

INSIDE

White House report gives OIF progress

President to "stay course" in Iraq; believes success is possible if troops remain

DONNA MILES

American Forces Press Service

WASHINGTON — Iraqis are showing good progress toward meeting eight of 18 benchmarks set by Congress and mixed progress toward two other benchmarks, President Bush said yesterday as he summarized findings of a new White House report.

The Initial Benchmark Assessment Report, released Thursday, offers a preliminary review of security, political and economic progress in Iraq. Congress set a July 15 deadline for the report as part of the emergency war-spending supplemental measure. The final report is due in September.

Bush said the September report is expected to be far more telling because it will reflect the impact of the 30,000-troop surge in Iraq, which became full strength only a month ago.

"In September, as Congress has required, General [David H.] Petraeus, [commander of Multinational Force Iraq] and Ambassador [Ryan] Crocker will return to Washington to provide a more comprehensive assessment," Bush said. "By that time, we hope to see further improvement in the positive areas and the beginning of improvement in the negative areas."

The September report also will provide "a clearer picture of how the new strategy is unfolding," putting those who read it "in a better position to judge where we need to make adjustments," he said.



Chris Greenberg

After opening the newly renovated press briefing room, President George W. Bush, commander in chief of the armed forces, addressed the White House press corps about progress in Iraq, Thursday.

In the meantime, the many areas in the interim report showing solid progress reflect success in the Baghdad security plan. The report cites positive movement toward:

- Establishing supporting political, media, economic and services committees in support of the plan;
- Providing three trained and ready Iraqi brigades to support Baghdad operations;
- Ensuring the plan doesn't provide a safe haven for any outlaws, regardless of their sectarian or political affiliations; and
- Establishing planned joint security stations in Baghdad.

"Iraqis have provided the three brigades they promised for operations in and around Baghdad," Bush said Thursday. "And the

Iraqi government is spending nearly \$7.3 billion from its own funds this year to train, equip and modernize its forces."

The report also notes that the Iraqi government, with substantial coalition assistance, has made satisfactory progress toward reducing sectarian violence. However, it recognizes that the progress has not yet extended to eliminating militia control of local security.

Iraqis also are making satisfactory progress on several key areas on the political front, the report notes. It recognizes positive momentum toward:

- Forming a constitutional review committee and completing the constitutional review;

• Enacting and implementing legislation on procedures to form semi-autonomous regions;

- Protecting rights of minority political parties in the Iraqi legislature; and
- Allocating funds to ministries and provinces.

Two benchmark areas show progress "too mixed to be characterized one way or another," Bush said, and "in eight other areas, the Iraqis have much more work to do."

"For example, they've not done enough to prepare for local elections or pass a law to share oil revenues," the president said.

Bush said he's not surprised that political progress is lagging behind security gains being experienced in Iraq.

"Our strategy is built on the premise that progress on security will pave the way for political progress," he said.

To help further boost political progress, Bush announced Thursday that he will exercise waiver authority granted by Congress to release more economic development funds. These funds are designed to spur economic progress also deemed critical to political progress.

Bush acknowledged that people reading the Initial Benchmark Assessment Report are likely to interpret it depending on their views about the war.

Bush said the debate over Iraq sometimes gets miscast as a disagreement between those who want to keep U.S. troops in Iraq and those who want to bring them home.

"I don't know anyone who doesn't want to see the day when our brave service men and women can start coming home," he said. "I believe we can succeed in Iraq, and I know we must," he said.

Care coalition

Two 2-35th Inf. Regt. Soldiers notice an injured Iraqi boy and give him hope & care

A-3

Deployment Survival Night

"Transitioning from Combat to Home" is the topic for Wednesday's Deployment Survival Night at the Main Post Chapel, Schofield, 5:30 p.m. (dinner), 6:15 p.m. (discussion). Limited child care (655-8628) available. Call 656-1384 for more details.

See News Briefs, page A-6.

Auto excitement

Cruise into the weekend Saturday, July 14, at the BOSS Auto Show at Schofield's Tropics from 10 a.m. - 4 p.m.

See MWR Briefs, page B-2.



Test of Endurance. (Left to right) Spc. Richard Dennis, Spc. Karsten Johnstone and Sgt. Peter Nesbitt begin the seven-mile road-march portion of the INSCOM Pacific Region Soldier and NCO of the Year competition. Nesbitt, who placed first, was the only Soldier who ran the entire seven miles without stopping.

Soldier/NCO of the Year competitions heat up 500th MI

Story and Photos by

SGT. FIRST CLASS SHERYL L. LAWRY
500th Military Intelligence Brigade Public Affairs

Many types of competitions comprise the Army: physical ones, mental ones and ones just for fun.

However, two annual competitions challenge Soldiers physically and mentally. They test their ideas of "fun." These competitions are the Soldier and Noncommissioned Officer (NCO) of the Year challenges.

The 500th Military Intelligence (MI) Brigade (Bde.) recently put six of its best Soldiers and NCOs to the test, to see if they had what it took to win the brigade-level title. Those Soldiers then advanced to compete at the U.S. Army In-

INSCOM Pacific Region
Soldier and NCO
of the Year

Spc. Richard Dennis and Staff Sgt. Brian Kemper, both from 732nd MI Bn., 500th MI Bde.

telligence and Security Command (INSCOM), Pacific Region level, in June.

The brigade competition spanned four days, during which participants battled each other through written tests, a physical fitness test, a 3.7-mile road march — while carrying a 35-pound

SEE 500th MI, A-6

'Wolverines' head outside wire to support Iraqi schools

Despite danger, community missions uplift 209th ASB

Story and Photo by
1ST LT. DANIEL SEM
209th Aviation Support Battalion

TIKRIT, Iraq — A mission briefing ends as the morning cool gives way to the 100-degree noon heat. Soldiers don their body-armor, and truck commanders quickly finish a final inspection on their vehicles.

Gunners check and re-check their turret-mounted 240B machine guns. A driver elsewhere catches a last-minute smoke break while the theme to "Mission Impossible" plays in the background over a vehicle loud-speaker.

The Soldiers are minutes away

from heading outside the wire into the dangerous, unpredictable Iraqi landscape.

The mission they are entrusted with is to escort supplies on a joint-humanitarian mission with the Iraqi Police, to benefit a local school. The day is just a normal day for any infantry Soldier, but these are not infantry Soldiers.

These Soldiers are motor pool mechanics, communication specialists, truck drivers and aircraft maintenance personnel of the 209th Aviation Support Battalion, (ASB) serving their tour in Iraq on Contingency Operating Base Speicher Quick Reaction Force (QRF), here.

"Essentially, we react to any contingency that may occur on or off post involving enemy forces," said Master Sgt. Frank

SEE WOLVERINES, A-4

Acting Secretary of the Army visits

Story and Photo by

SGT. 1ST CLASS JASON SHEPHERD
U.S. Army, Pacific, Public Affairs

Acting Secretary of the Army Pete Geren came to Hawaii with a purpose. While on his whirlwind, two-day visit to Army units and activities July 1-2, Geren clearly demonstrated his intense interest in issues affecting Soldiers and their families — so much so, he frequently deviated from his carefully planned itinerary to stop to talk to Soldiers and ask for additional briefings on Soldier-related issues.

Geren's best chance to talk to Soldiers and family members was during a town hall meeting held at Schofield Barracks, July 2.

More than 100 Soldiers and family members greeted Geren and asked candid questions on Army policy and programs. Geren spent two hours answering them on topics covering family member benefits, deployment schedules, equipment maintenance and more.

When asked about the percentage of Soldiers who have deployed



Lt. Gen. John M. Brown III, commander, U.S. Army, Pacific, gives Acting Secretary of the Army Pete Gere some history about the 25th Infantry Division during Geren's visit, July 2.

in support of the global war on terror (GWOT), Geren candidly responded, "When you count all the Soldiers who have deployed, are currently deployed, or will be deploying soon, about seventy-five to eighty percent of Soldiers have been deployed somewhere in support of the [GWOT]," he said. "Our goal is to spread deployments more evenly across the board by moving people from those [Military Occupational Specialties] that are in lower demand, but high density, to those that are more relevant to the current needs of the Army."

Geren's visit started with an

overview of U.S. Army operations and transformation in the Pacific from Lt. Gen. John M. Brown III, commanding general, U.S. Army, Pacific (USARPAC).

"The Secretary was focused on readiness and support of our Soldiers, professional Army civilians and Army families. He made the most of his two days in our command," Brown said.

After visiting USARPAC headquarters, Geren went to Tripler Army Medical Center where he awarded two Soldiers with Purple Hearts for injuries received during action in support of GWOT.

Running strong

Coach Joe Washington teaches his "Roadrunner" athletes about winning, on and off the track

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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 full captions and bylines.

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Spc. Bryanna Poulin | 25th Combat Aviation Brigade Public Affairs

'I swear to support and defend...'

TIKRIT, Iraq — Lt. Col. Bill Fisher, (left) commander, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, re-enlists Sgt. Christopher Flindee of Headquarters Support Company, recently, at Contingency Operating Base Speicher. Flindee became the 200th Soldier to re-enlist in the battalion.

Commander's Corner

Garrison-Oahu commander explains passes in new column

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

This Commander's Corner is a new column that will appear in the Hawaii Army Weekly the second Friday of each month, creating an opportunity for me to communicate a multitude of installation topics intended to educate and inform the community.

The topics for this month are the Gold Installation Access Pass and Agent Card. A Gold Installation Access Pass is issued to approved houseguests, Family Care Plan providers, caregivers and agent cardholders, authorizing them access to Army installations on Oahu. Access passes are only issued with proper documentation and upon completion and approval of the application process.

With the summer months upon us, many of you may be receiving houseguests, or if your spouse is currently deployed or deploying in the near future, you may be considering having a family member stay with you for an extended period of time. Houseguests who stay in on-post housing for 30 days or more must request and receive approval from your designated Army Hawaii Family Housing community center prior to requesting a Gold Installation Access Pass.

A Family Care Plan provider is defined as a relative or nonrelative who is properly documented in the Soldier's Family

Care Plan. This individual typically provides for the care of a Soldier's family while he or she is deployed, on temporary duty or hospitalized.

A caregiver is an individual who has been referred by the Exceptional Family Member Program or state agency, or indicated in a legal binding contract appointing that person as an in-home care provider on a regular basis.

An Agent Card provides an approved applicant access to the commissary, post exchange, and Morale Welfare and Recreation facilities (certain restrictions apply). An Agent Card is issued to individuals for the following reasons:

- An individual caring for dependent children of an active duty member(s) (single parent or dual active duty status) who will be off-island (temporary duty, permissive temporary duty, illness in the family, force training exercise, etc.).
- An individual assisting a retired member, a retired member's spouse, or a widowed spouse with shopping, due to severe illness or disability.

- A divorced spouse of active duty military and with custody of children and a valid identification (ID) card. ID cards will be checked to verify authorized privileges.

For your security and safety, access to Army Installations is highly restrictive and only given to those individuals authorized to access post. The Gold Installation Access Pass and Agent Card are reserved for a specific group of individuals who meet certain criteria.

The Gold Installation Access Pass and Agent Card applications can be obtained from the Oahu North Community director's offices on Schofield Barracks, Building 690, 3rd Floor or the Oahu South Community director's offices, Building S330, 2nd Floor.

The approved Gold Installation Access Pass application can be processed at the Installation Access Pass Office at Leilehua Golf Course or Fort Shafter Flats.

For more information regarding the Gold Installation Access Pass or Agent Card, contact the Oahu North Community director's office at 655-0497, if you reside on Schofield Barracks, Wheeler, or Helemano.

Contact the Oahu South Community Director's Office at 438-6996, if you reside on Ft Shafter, Tripler, or Aliamanu. My staff will be happy to assist you.



Boussy

Major confined 10 months

During the past month, one Soldier was tried, found guilty and sentenced for various offenses occurring on and off Schofield Barracks.

A major from Headquarters, Special Operations Command Pacific, Camp H.M. Smith, was sentenced at a general court-martial to be confined for 10 months and to be dismissed from the United States Army, for disobeying lawful regulations, conduct unbecoming an officer and a gentleman, and wrongful possession of classified material.

In addition to forfeiture of pay (either adjudged or by operation of law), confinement, and a punitive discharge, this Soldier will also have a federal conviction that he or she must report when filling out a job application. This federal conviction may strip the Soldier of some civil rights, such as the right to purchase and maintain firearms and the right to vote.

Q: Why does the Hawaii Army Weekly publish court-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Quotable



U.S. Army Photo

"If I could only have one [item] at this point in Iraq, it would be more time."

Army Gen. David H. Petraeus commander of Multinational Force Iraq, during a question-and-answer session published in the New York Post, Tuesday.

242 days since last fatal accident

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

A division training holiday will be awarded for the next 100 consecutive days with no accidental fatalities. Current as of 7/11/07.

Voices of Lightning: What one possession can you not live without?



"The Bible."

Staff Sgt. Shawn Cochran
 311th Signal Cmd.
 Commanding General's Driver



"iPod."

Staff Sgt. Corey Horton
 U.S. Army Reserves,
 Japan
 NCOIC



"Family."

Pvt.2 John Meyers
 205th MI Bn.
 Human Intelligence



"Soap."

Spc. Jamie Santiago
 70th Eng. Co.
 Lithographer



"My coffee."

Martin F. Sullivan Sr.
 Family Member

Responding to rejection not easy at all

CHAPLAIN (LT. COL.) JOSE RODRIGUEZ
 Operations, Training and Mobilization Chaplain

One of my earliest childhood memories is sitting at a table with four other kids in first grade at Fort Bragg, N.C. I don't remember why we were at the same table, but I remember the distinct feeling of rejection.

Even though they did not know me, they simply did not like me. I don't know if it was because I didn't know how to speak English yet or if I had taken someone's seat, but there I sat with four sets of eyes looking at me as if I were from outer space, and they wanted me to go back to the mother ship.

The experience made enough of an impression on me that I can still remember it many years later. People still reject the new and different, but as crazy and confused as the world may seem at times, most would agree that the majority of people just want to live in peace and be accepted for themselves.

I once served in a unit where a common saying was that you weren't loved unless someone yelled at you at least once a week. We tended to laugh when we said it, but I suspect that it still was not a good thing to have happen to our more inexperienced Soldiers. In any case, we understood that if no one yelled at you, you were probably being rejected.

Everyone experiences rejection at some time or another. So, how is that rejection thing going for you? I imagine there are different ways to experience rejection. Yours is surely unique.

Maybe someone in your unit rejected you, or maybe someone close to you said something to you or about you that sunk deep in your spirit.

Maybe you didn't get the job you wanted or make the team. Perhaps you have rejected yourself because you don't think you can meet the standard. Whatever the reality of the rejection, it is not the truth about you.

Rejection obviously didn't begin with us. In 1902, the poetry editor of The Atlantic Monthly returned a sheaf of poems to a 28-year-old poet with this curt note: "Our magazine has no room for your vigorous verse."

The poet was Robert Frost. Perhaps you have heard of him.

In 1905, the University of Bern turned down a Ph.D. dissertation by a young physics student as being irrelevant and fanciful. Albert Einstein was the young physics student who felt the sting of rejection.

In 1894, the rhetoric teacher at Harrow in England wrote on the 16-year old's report card, "a conspicuous lack of success."

The 16-year old was Winston Churchill. This wasn't the first time he was rejected. After leading the British people to victory and hailed as a hero in World War II, he lost the next election.

In the Old Testament Book of 1 Samuel, the people were demanding a king to rule over them so they could be like the surrounding communities that had their own kings. They told the prophet Samuel that they did not want his sons to rule over them after he died. Samuel felt rejected.

It was then that God told Samuel, "They have not rejected you, but they have rejected me" (1 Samuel 8:7). Therein is the key to dealing with rejection.

There are different ways of responding to rejection, only one of which guarantees victory over it. One way is by accepting it, which will result in getting depressed and having a pity party. A better way is by denying it over and over again, like the people I mentioned earlier, until you possibly prove them wrong.

The rejection that I experienced in first grade wasn't the last time. We experience rejection through different situations and from different people throughout life. It's enough to fuel a lifetime of depression. However, at the end of the day, it's not who you are, but whose you are.

I discovered, like Samuel, that the best way to overcome rejection is to realize to whom I belong. My relationship with God, through Christ, has made all the difference in my life.

There are a lot of dumb things that people can do and still land on their feet. Rejecting God is not one of them.

I rejected Jesus for many years only to find that the only time that God will reject you is when you reject him.

The people of Samuel's time rejected God and paid the price. Don't you reject him, too.



Rodriguez

Crew chief redefines a woman's role in combat

OIF

Story and Photos by
SPC. BRYANNA POULIN
25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq — Every child has a dream of what they want to become when they grow up. Whether it's a doctor, lawyer or teacher, dreams are ambitions that pave the way for future endeavors.

Yet many times, childhood dreams are left behind when Saturday morning cartoons are swapped with a fresh-brewed cup of coffee and the Sunday newspaper.

However, for one Black Hawk crew chief with 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade at Contingency Operating Base Speicher, her childhood dream is a day-to-day reality in a male-dominated specialty.

"Ever since I was a little girl, I always wanted to fly and do something concerning aviation," said Sgt. Jenell C. Munson, crew chief with B Company, 2-25th Aviation. "It's exhilarating to be able to fly and go places that many Soldiers never have the opportunity to go."

Munson has overcome many obstacles on the path to her dream job. Although she is not the first woman in a combat role, she is part of the small number of female Soldiers performing combat missions each day.

"When I first came to B Company, I was the only female crew chief and worked with all males," Munson said with a chuckle. "It took them a while to get used to working with a girl ... now I fit right in."

The soft-spoken crew chief overcame the gender stereotype from co-workers,



Above — Sgt. Jenell C. Munson, crew chief with B Company, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, performs security on a Black Hawk during a recent mission.

Left — Munson checks the tail rotor blade on a Black Hawk. The pre-maintenance inspection is performed before every mission.

but continues to receive looks of astonishment when passengers see her working.

"Being a female crew chief and a gunner, people often associate those roles with males ... a crew chief is a combat arms [Military Occupational Specialty]," she said humbly about her role as a Black Hawk gunner. "Being a door gunner, people have asked if know what I am doing. It's shocking for people to see a female firing this huge weapon ... it's usually not a female role."

A door gunner is an extra set of eyes for pilots that are continuously looking for enemy fire, pulling security for

downed aircraft and engaging the enemy.

Having a female as a gunner is laying the foundation for females in combat roles, Munson said. Ten years ago, women weren't in combat ... now female Soldiers are filling more roles than ever before, she said.

Yet, the combat role is exactly what thrills her. Fortunately, Munson has never been in a situation where she has engaged the enemy. However, she gets a rush of adrenaline during test fires and becomes more excited when she tosses smoke grenades from the helicopter.

Smoke grenades are used as a variety of

identifiers for ground forces.

"When the birds go out, we do test fires through the hills of Iraq. At first I was nervous, but now I'm used to it and can do it from memory," Munson said.

Munson, who represents the small number of female crew chiefs in the 25th Combat Aviation Brigade, is one of the many unsung heroes that make up the aviation brigade.

"I see myself as just another crew chief, carrying out the mission I am given," Munson said. Ironically though, the first female crew chief Munson met had a significant impact on her life.

"I saw this female crew chief when I was in Afghanistan and envied her. I wanted to be like her, to play a part in a combat role," she said about her first deployment with 25th CAB. "So hopefully, I impact other female Soldiers' lives."

Like so many other deployment missions, Munson faces obstacles every day. From trust issues, to being responsible for passengers' safety, Munson finds herself overcoming these obstacles, proving women can perform combat roles.

"People give me looks that they don't trust me [when she directs them on the Black Hawk] as though I can't handle this [job]," noted Munson. "Also, being accountable for others safety is tough; sometimes passengers don't want to use safety belts, but I make them understand, I am in charge of the aircraft, and it's my duty to enforce safety standards."

When passengers board the aircraft, they have to understand safety is the primary goal, not only for them, but also for the crewmembers, Munson said. If the aircraft goes down and passengers aren't buckled in, they could fall on the pilots and crew chiefs, risking everyone's protection, she said.

Through every obstacle and challenged faced, Munson's sheer passion for the aviation mission has been a lifelong venture.

"I love my job, and I couldn't imagine doing anything that didn't involve aviation," Munson said. "This is something I have wanted to do since I was a child. I get to do things that others only dream of."

Two Soldiers' compassion gives an Iraqi child another chance

Story and Photo by
SPC. MIKE ALBERTS
3rd Infantry Brigade Combat Team Public Affairs

KIRKUK, Iraq — The nine-year old boy would most certainly lose his leg. Given the prohibitive cost of medical care and his family's lack of resources, amputation and a life of pain and dependence seemed inevitable.

The boy's father was resigned to that conclusion. Then, two Soldiers got involved and hope arrived along with them.

Sgt. Donald R. Campbell and Capt. Geoffrey Dutton, both Georgia natives, brought coalition and Iraqi resources together to give an Iraqi boy hope after a chance encounter during a routine patrol here.

Campbell, of Athens, Ga., is a team leader with 1st Platoon, Charlie Company, 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team. The infantryman is on his third combat deployment, currently stationed here.

At 26 years old, Campbell's a seasoned combat veteran who turned a chance encounter into a crusade to help.

Campbell's unit works to train and mentor Iraqi police (IP) in the northern oil-rich city of Kirkuk. During a routine patrol at an IP station, his unit spotted what appeared to be someone surveilling the platoon's activities. They investigated and found a boy with a severely injured leg.

"His leg was all bent up, and it looked like he had a pipe wrapped to it," Campbell said. "My immediate instinct was to rewrap it and change the splint for him because it looked uncomfortable. When I removed the wrap, I noticed that the pipe was actually a metal bar that was screwed into the lower part of the boy's leg below the knee. What concerned me most, though, was the obvious infection."

Campbell learned that the family was at a wedding some months ago when at least two bullets from celebratory gunfire impacted the young boy's leg below the knee and exited the bottom of his foot. For a va-

riety of reasons, local doctors simply screwed an exterior metal brace into the young boy's bone at four locations.

"I cleaned the leg the best I could, gave the family extra field dressings, iodine, alcohol and instructions on how to take care of the infection," said Campbell who would meet with the family on more than two dozen future occasions to check on the boy's status.

"The family appeared to be doing everything correctly, but the leg seemed more infected each time I saw him. I knew we had assets in the brigade that could provide more help," he said.

So Campbell went to brigade civil affairs.

"My biggest concern was that the infection was systemic, which could be a life-threatening situation," said Capt. Geoffrey Dutton, civil affairs officer, 425th Civil Affairs Battalion, attached to 3IBCT. "This child had no antibiotics, no pain killers and no aftercare other than what Sergeant Campbell was providing."

SEE COMPASSION, A-4



Sgt. Donald R. Campbell, left, team leader, 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, treats an infection and re-dresses a wound of a young child at an Iraqi Police Station, Kirkuk, Iraq, June 14.

Wolverines: Mission an 'adrenaline rush'

CONTINUED FROM A-1

Wallace, 209th ASB QRF noncommissioned officer in charge. "The heart of the QRF mission is to be trained and ready for anything."

With two teams on 12-hour shifts standing ready to react to any manner of threat at any hour of the day, the 209th ASB QRF "Wolverines" vigilantly guard the security of thousands of Soldiers living safely inside the wire on COB Speicher.

The Wolverines have been fulfilling this crucial duty since January and will continue to protect the base until they return to Hawaii. However, this QRF is much more than just a group of security guards.

The Wolverines also set up traffic control points on local roads, provide convoy security, stake out suspected improvised explosive device ambush sites, and conduct humanitarian assistance missions with local Iraqi forces, Wallace said.

"My favorite [mission] is humanitarian assistance," he explained, "because the Soldiers get out meeting the people, find out what's going on, and see if we can help."

The complexity and potential risk of the QRF mission might seem like it would bring anxiety and fear to these Soldiers, but not the Wolverines.

"I was actually quite excited [about QRF duty]," said Staff Sgt. Edward Seerdy, a communications specialist from Company C and a truck commander for the Wolverines. "It was a change in the monotony of things."

Seerdy's wife was a little less excited than he was when he told her about the QRF duty. "She's not happy, but she understands it's my job," Seerdy said, before quickly clarifying his statement. "Not that she's not happy; she's proud of what we do."

Despite the unknown dangers that await



Staff Sgt. Frederick Williams, center, patrol leader for a humanitarian operation, explains the mission plan for securing a village to members of the 209th Aviation Support Battalion's "Wolverine" team in its Quick Reaction Force staging area, prior to departing for Contingency Operating Base Speicher.

them on every mission, Seerdy said they usually have no complications.

"Nothing has really been a surprise," he said. "Hopefully, nothing will surprise us."

There's no risk that the missions will become monotonous for him, however.

"You always get an adrenaline rush going outside the wire," Seerdy said. "I can be asleep until we get to the test fire pit, but as soon as I hear that magazine go into the well [of the machine gun], I'm awake."

The mission

A recent mission was another trust-building joint-humanitarian mission with Iraqi Police in a village just beyond the wire of COB Speicher. The team slowly maneuvered through the broad lanes of the Iraqi village, swerving to avoid the endemic low-hanging wires and continually waving to the curious Iraqi children on the streets.

"All these kids look so old," one of the

Soldiers said.

As children passed by the vehicles in huddled groups, they occasionally stopped to smile for a camera aimed out the vehicle's window.

The Wolverines moved quickly to secure the school perimeter, and escorted the Iraqi Police into the schoolyard to hand out books, school supplies and toys provided by Chaplain (Capt.) Bill Kim, 25th Special Troops Battalion. Kim made the trip to assist with the mission, his fourth mission with the Wolverines.

Less than two hours after departing the COB Speicher gates, the Wolverines finished their escort mission and departed the schoolyard, leaving school supplies in the hands of grateful Iraqi children.

"It didn't go too bad," Seerdy said, cautiously positive about the conclusion of the mission. "Every mission's a success when you come back with everybody."

Compassion: Actions forge bond with family

CONTINUED FROM A-3

A reserve officer, Dutton is also a licensed practical nurse who worked at the Augusta, Ga., Veterans Administration prior to being called to serve in Iraq. The 21-year Army veteran and father of three children served in medical units during the majority of his military career and recently switched career fields to civil affairs.

"As civil affairs, we interact with the local populace on a day-to-day basis," he said. "Among other things, we compile information about local communities' ethnic and religious make-up, as well as their economic and social needs to enable the brigade to identify and coordinate assistance projects."

Locating assistance for the boy presented challenges, but Dutton welcomed the opportunity to help. Based on his medical experience, he understood the situation's urgency and quickly explored possibilities.

"As civil affairs we are all about developing relationships. I have only been here for a couple months, but I got contact information for a nongovernmental organization (NGO). They agreed to help," he said.

Dutton put the boy's family and the NGO into contact. Since then, arrangements have been made to transport the child together with other children with extraordinary medical needs to doctors and ex-

perts in locations beyond Kirkuk.

Dutton identified the obvious tactical impact in rendering aid to the local population in terms of affecting public perception of coalition forces and their mission here in Iraq. However, both he and Campbell were quick to explain that they helped the boy simply because it's what Soldiers do.

"A large segment of the American public thinks its military just breaks and destroys things," said Dutton. "I've consistently seen that it's our compassion that separates us. Sergeant Campbell and his efforts here represent that and show what's best about the American Soldier."

Campbell downplayed his role. "Of course, we're here to capture bad guys, but it's also our job to help the people," said Campbell. "It's not about me. This is what American people are all about, and I'm going to help everyone I can because that's what an American Soldier is about."

As for the boy's father, he's no longer resigned to the inevitable. As importantly, his distrust of coalition forces has been replaced by gratitude.

"Sergeant Campbell and the others were always by me and always helped me," said the boy's father through an interpreter. "They came to my house to treat and clean the leg and help when no one else would," he said. "This is all to get my son help. For that, I'm grateful."



Upcoming changes in command

The 25th Infantry Division and the U.S. Army Garrison, Hawaii, community is invited to attend several changes of command ceremonies taking place in July and August.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

Local ceremonies will be preceded by an awards ceremony, 30 minutes prior to the change of command ceremony. Point of contact (POC) for more details is Sgt. Maj. Robert Pittman, 655-0283 (unless otherwise noted).

The following ceremonies will be held at Sills Field, Schofield Barracks, unless otherwise noted.

• July 18, 10 a.m., 94th Army Air and Missile Defense Command. Brig. Gen. John E. Seward passes command to Brig. Gen. Roger F. Mathews at Fort Shafter's historic Palm Circle. (POC is Capt. Jasmin Cho, 438-2847.)

• July 31, 10 a.m., 45th Sustainment Brigade. Col. Michael T. McBride passes command to Col. Clay B. Hatcher.

• Aug. 2, 10 a.m., 599th Transportation Group. Col. Kathi L. Kreklow passes command to Col. Susan A. Davidson on board the USS Missouri Memorial. (POC is Donna Klapakis, 656-6420.)

Crawford takes command of 516th Signal Bde.

Story and Photo by **BILL MCPHERSON**
516th Signal Brigade Public Affairs

FORT SHAFTER — “Your tremendous reputation for excellence precedes you, and I’m humbled by your presence,” Col. Bruce T. Crawford told the Soldiers, civilians and guests of the 516th Signal Brigade shortly after assuming command of the brigade, July 6, at a Palm Circle ceremony.

“I look forward to the challenges that we as a team will overcome, but more importantly, to the climate that we’ll set and the relationships that we’ll establish over the next 24 months,” Crawford



Crawford

ford said to the crowd of more than 400.

Crawford assumed command from Col. Edrick A. Kirkman, who had led the brigade since June 28, 2005. Maj. Gen. Donna L. Dacier, commander, 311th Signal Command (Theater), officiated.

Kirkman moves to Dacier’s Fort Shafter headquarters later this month to become the 311th’s next chief of staff.

Dacier thanked Kirkman, his wife Anita, and their sons Lamar and A.J. for their contributions to the U.S. Army, Pacific, the past two years, and welcomed Crawford, his wife Dianne, and their sons Bruce and Corey to the theater.

“Colonel Kirkman provided the brigade with a variety of command and control and information technology initiatives, deployment readiness and Soldier development programs, ensuring the training and readiness of each Soldier and unit,” Dacier said in her remarks. “Throughout his command time, he was an integral part of transformation — from ex-

tending the Pacific LandWarNet, to relocating the 307th Integrated Theater Signal Battalion (ITSB) from Korea to Hawaii and Alaska.”

Kirkman thanked the command teams of the 516th’s five battalions and its Headquarters and Headquarters Company, as well as the brigade headquarters’ senior staff for their loyalty, talent and drive in accomplishing the command’s theater-wide signal missions in Alaska, Hawaii, Okinawa and Japan.

“One of our most important transformation initiatives this past year was the transfer of the 307th ITSB to the 516th Signal Brigade last fall, and the 307th’s success-

ful achievement of initial operating capability last month,” Kirkman said. “When the 307th reaches full operating capability, it will give USARPAC expeditionary signal forces in the near future.”

Dacier pointed out to the audience that Crawford is a Ranger, a master parachutist. While a battalion commander, he deployed to support both Operations Iraqi Freedom and Enduring Freedom.

“I can guarantee that a tremendous warfighter has joined our ranks today,” Dacier said. “Bruce, we are thrilled to have you.”

Crawford comes to Hawaii from the Industrial College of the Armed Forces, Fort McNair, Va.

‘Quiet professionals’ at SOCPAC get new commander

SPECIAL OPERATIONS COMMAND-PACIFIC
News Release

CAMP H.M. SMITH — Brig. Gen. Salvatore F. Cambria assumed command of Special Operations Command-Pacific (SOCPAC) here, July 3.

“The men and women of Special Operations Command-Pacific have affected the lives and fortunes of folks [in the Southern Philippines] who don’t have electricity,” said Adm. Timothy J. Keating, commander, U.S. Pacific Command, who officiated the ceremony.

“They showed the Philippine military what to do, and they have watched the Philippine military as they restored freedom to folks who desperately needed it because they had it taken away by terrorists.”

The Department of Defense announced Cambria’s assignment as SOCPAC commander last month. Cambria, an Army Special Forces officer, replaced Maj. Gen. David P. Fridovich, who had commanded SOCPAC for two and a half years.

Cambria spoke at the ceremony about how he’s looking forward to



Petty Officer 3rd Class Elisia Gonzales | SOCPAC Public Affairs

joining SOCPAC’s team.

“I am deeply aware of SOCPAC’s proud history and the many significant accomplishments under General Fridovich’s leadership,” said Cambria. “I look forward to joining this very talented team of quiet professionals.”

Cambria commented that it was an honor and privilege to follow Fridovich, and that he looks forward to continuing the great work Fridovich started in the command.

“God bless this beautiful area of the world and all the cultural and national diversity,” Cambria added.

As SOCPAC commander, Cambria exercises operational control of special operations forces within the Pacific Region. SOCPAC forces play the dominant role in U.S. Pacific Command war on terror operations.

Left — Brig. Gen. Salvatore F. Cambria, incoming commander Special Operations Command-Pacific, passes the SOCPAC colors to Command Sgt. Maj. Stephen M. Bush, July 3.

SOCPAC troops are the core of Operation Enduring Freedom-Philippines. Through their advice and assistance to the Armed Forces of the Philippines (AFP), the AFP has improved its ability to coordinate and sustain counterterrorism operations.

SOCPAC forces are also involved in humanitarian assistance projects in the Southern Philippines such as medical, dental and veterinarian clinics, and engineering projects.

500th MI: Dennis, Kemper head to Department of Army-level competition

CONTINUED FROM A-1

rucksack, and a five-station, round-robin event that tested Soldiers' knowledge of first-aid, communications, casualty reporting and handling, defense measures, and a mystery event.

The brigade competition continued with more Warrior Leader Skills (WLS) tests and ended with traditional Soldier and NCO of the Year boards. The board panel was comprised of six senior ranking NCOs in the rank of first sergeant to command sergeant major.

"These are the caliber of Soldier and NCO that are the backbone of the Army," said Col. Steven Grove, commander of the 500th MI Bde., as he spoke at the awards ceremony.

At the Pacific Region level, the 3.7-mile road march increased to seven miles, and the WLS topics and mystery events changed. The seven-mile road march proved to be the most grueling of the physical tests. Sgt. Peter Nesbitt, 501st MI Bde., Korea, NCO of the Year came in first, followed by Staff Sgt. Brain Kemper, a language analyst and team leader with the 732nd Military Intelligence Battalion just seconds later.

While Kemper took a more relaxed approach to the road march, Nesbitt charged full steam ahead,



Staff Sgt. Brian Kemper plots points on his map during the Land Navigation portion of the 500th Military Intelligence Brigade Noncommissioned Officer of the Year Competition. Competitors were required to locate all of their points within a three-hour time frame.

running the entire seven miles.

"Sergeant Nesbitt is a physical demon," said Command Sgt. Major Martin Glenn of 500th MI Bde.

Both Nesbitt and Kemper scored the maximum 300 points on their physical fitness tests.

The four-day INSCOM-level competition also ended with traditional Soldier and NCO boards judged by command sergeants majors.

"It was anyone's race going into the board," said Glenn, reflecting on the Soldiers stellar performances to that point.

"I have been through many years of boards and ... it was close," said Command Sgt. Maj. Angel Chaves, 732nd MI Battalion. "Unfortunately, there can be only one winner."

"The 501st has two warriors they can be proud of," Glenn said. "Even though I'm in a different brigade, I am proud to wear the same uniform as them."

A language analyst and team leader in the 732nd MI Bn., Kemper was named INSCOM Pacific Region NCO of the Year winner. Married and a father of two, Kemper and his wife are from Twin Falls, Idaho.

"I really enjoyed competing," Kemper said. "If you missed just one little step, you were gigged for it, so it forced you to know and remember every little thing to do."

"This is what I joined the Army for," he added. "I like to train hard."

Kemper, who has served for six years, intends to

make the Army a career.

Spc. Richard Dennis, a linguist with the 732nd Military Intelligence Battalion was named INSCOM Pacific Region Soldier of the Year. He said he did not earn the two titles alone.

"Many quality NCOs and Soldiers have taken their personal time to train, coach and encourage me through hours of board study and some pretty challenging workout routines," Dennis said.

Dennis expressed that the title, "Soldier of the Year" is a bit misleading.

"We all have made sacrifices for our country, for honorable ideals, for our families and futures," Dennis said. "My efforts [in the competitions] pale in comparison to the sacrifices of so many who have gone before me and of so many who serve now."

Growing up, Dennis' family moved around a good deal because his father was a preacher. However, he considers Lubbock, Texas, his hometown. He spent 10 years in Lubbock, and four years ago, he enlisted in the Army there.

"It was a calling for me [joining the Army]," Dennis said. Prior to enlisting, he was a school teacher. The 732nd Bn. is his first duty assignment.

Dennis and Kemper will compete at the next level, the Department of the Army Soldier and NCO of the Year competitions.

News Briefs

Send calendar announcements to community@hawaiiarmyweekly.com

July

17 / Tuesday

DAPS Open House — Document Automation and Production Service (DAPS) will host an open house, July 17, 8:30 a.m.-2:30 p.m. in Schofield Barracks Building 2038. DAPS will exhibit its extensive portfolio of document and digital transformation services. Contact Nanette Tamura at 473-4457 or e-mail nanette.tamura@dla.mil.

18 / Wednesday

Fort Shafter PX Market Meeting — The next meeting for the Oahu South Community is scheduled July 18 from 10-11 a.m. at the Aloha Center, Fort Shafter, Building S-330, Conference Room #201.

The PX Market Meeting is held on a quarterly basis, so that all tenants on Fort Shafter can receive information and address their concerns. Call Mary Ann Scott at 438-6996 for more details.

GSA Vendor Fair — General Services Administration (GSA) is sponsoring a free training and vendor fair July 18 at Pearl Harbor Naval Station's The Banyans from 7:30 a.m.- 2:30 p.m. This event is free to all military and federal agencies.

Forty vendors will exhibit items relating to information technology, furniture, tools and hardware and environmental services. Call 541-2770.

Family Deployment Night — Enjoy fellowship & fun at Family Deployment Night, July 18 at 5:30 p.m., Main Post Chapel, Schofield Barracks. Call 656-1384.

Also at the Main Post Chapel, the Spouse Support Group will begin its weekly meetings starting July 18, also at 5:30 p.m.

26 / Thursday

Quarterly Retirement Ceremony — Come say mahalo to warriors for their patriotic service at the Quarterly Retirement Ceremony, July 26, 2 p.m., at the Schofield Barracks Nehelani Banquet and Conference Center.

27 / Friday

Quarterly Volunteer Ceremony — The 25th ID's rear detachment will recognize outstanding volunteers in the community at its Quarterly Volunteer Ceremony, July 27, 2 p.m., in the Schofield Barracks Post Conference Room.



PAU HANA



Members of the Roadrunner Track and Field Team run the track at Tripler Army Medical Center during practice. Exercises to increase strength and endurance aid long distance runners as well as sprinters.

Track & Field

more than just good exercise

Story and Photos by
MOLLY HAYDEN
Staff Writer

TRIPLER ARMY MEDICAL CENTER — When members of the Roadrunner Track and Field team lined the track for practice here, last month, Head Coach Joe Washington gave the children a brief talk as they stretched and warmed up for a run.

Washington, who started the team in 1992, has coached the Roadrunners for the past 15 years. His team, along with the Schofield Stallions, is number two of three Army Youth Track and Field programs sanctioned by the U.S. Track and Field of America.

Both teams have taken home 35 to 40 percent of all medals and honors at local track meets, according to Washington. Both teams are also comprised of a total of 56 Department of Defense children between the ages of 7 and 16.

Washington, along with six other coaches, begins training the children in April for the track meet season, which runs June through

mid-July. Participants compete in six meets on consecutive Saturdays, against teams in 12 other sectors on Oahu.

"This is not a one-person show," said Washington. "This is a group effort amongst children and coaches."

Washington stated he could not run this program without the help and guidance of his wife, Jane, known as the "team mom."

"She actually runs the show," joked Washington. "I just show up in the coach's hat and pretend."

Washington is an Army veteran who retired from active duty in 1995. He is currently the patient education assistant coordinator at Tripler Army Medical Center. He feels coaching has rewarded him in ways that go well beyond monetary value.

"I get paid when a child does his best," said Washington. "A sport like this raises the children's self-esteem and confidence. The medals and ribbons are secondary."

More than 10 participants of the program

have moved on to continue their track and field career with college scholarships. Washington and his wife have kept in contact with many of the past Roadrunner members.

"It feels great when a child you once taught calls and tells you how successful they have become in the sport," said Washington. "I'm so proud of all the accomplishments of my children."

Washington believes track and field helps build a child's confidence due to the array of activities in the sport designed for all skill levels. Some children become runners, while others are more skilled in the long jump or shot-put throwing.

"If I can teach a child to walk away from an event and truly believe they have done their best, then they have won," said Washington, "and I have won too."

For more information on the Roadrunner Track and Field Program, call 836-1923.



Head coach Joe Washington, left, shows Nyanza Morgan the correct procedure for throwing the shot put. Athletes also learn techniques for the long jump, high jump, running and sprinting.



Tyrrel Springer preforms the speed ladder exercise at track and field practice. Members of the team practice three nights a week to prepare for the weekly meets.





13 / Today

Texas Hold 'Em Tournament – Put on your best poker face and participate in a free Texas Hold 'Em Tournament at the Tropics, Schofield Barracks, from 6–10 p.m. Players must be seated by 5:45 p.m. Only the first 120 people will have the opportunity to play. Call 655-5697.

14 / Saturday

Auto Show – Gather with Better Opportunities for Single Soldiers (BOSS) members and see unmodified and modified cars, trucks, SUV/4x4, motorcycles and hoopy cars on display at the BOSS Auto Show, from 10 a.m.–4 p.m. at the Tropics Community Activity Center parking lot, Schofield Barracks.

For more details, call Spc. Murphy at 655-6954 or the Tropics at 655-0002.

18 / Wednesday

HOT Night at Hale Ikena – The Hawaii Opera Theater (HOT) is performing free at the Hale Ikena from 6:30–7:30 p.m. Catch the pre-event pupu social hour from 5:30–6:30 p.m.. Cost is \$10. For reservations call the Hale Ikena at 438-1974.

20 / Friday

Back 2 School Dance – Aliamanu Military Reservation Teen Center is sponsoring a dance to kick off back to school from 7–11:30 p.m. Call 833-0902.

21 / Saturday

Craft Sale & Open House – The Fort Shafter Arts & Crafts Center is having a Craft Sale and Open House from 9 a.m.–4 p.m. Sale items include handcrafted pottery, stained glass, ceramics, woodcrafts, mirrors, baskets and more.

Enjoy craft demos and “Make & Takes” fun for the whole family. The Fort Shafter Arts & Crafts Center is located in Building 339 near the Aloha Center. Call 438-1315.

28 / Saturday

Cooking with Titus Chan – Tour Chinatown, come dine on a gourmet lunch, then enjoy a show with famous Master Chef Titus Chan, 9 a.m.–1 p.m. Chan, well-known for his cooking shows on PBS and Warner Brothers, will share top-of-the-line Chinese cooking techniques.

Also, patrons can enjoy the two-hour walking tour of Chinatown, the one-hour cooking show, take-home recipes, and the one-hour lunch at an upscale Chinese Restaurant.

Cost is \$63 for all activities, including tour, lunch and transportation. Call the Leisure Activities Office to register at 655-0112.



Shoring the harbor

KAUNAPALI HARBOR, Lanai – An aerial view shows U.S. Army Corps of Engineers contractors placing Core-Loc units onto the new Kaunapali Harbor breakwater in May 2007. The Corps recently completed the harbor project and celebrated with congressional, state, and county officials here, Saturday. The \$28.2 million project that modified the Kaunapali breakwater, originally built in the 1920s, to reduce wave action in the harbor and to increase harbor safety and usability. Sen. Daniel K. Inouye attended and gave congratulatory remarks.

At inset, a 35-ton, 13-foot tall Core-Loc unit dwarfs construction workers at the Kaunapali Harbor project during unit placements in 2006.

Photo courtesy of Honolulu Engineer District

Ongoing

Little Ninja Classes – Parents or guardians, bring your 3–5-year-olds to Child and Youth Services (CYS) so they can learn basic Tae Kwon Do skills. At these classes, children will improve their motor and communication skills, learn to focus, and build confidence and socialization skills.

Children must be enrolled in Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) or be a current member of CYS. Register at the CYS Office, 556 Heard St. Call SKIES at 655-9818 or CYS at 655-380.

Gymboree – SKIES Unlimited, in partnership with Army Hawaii Family Housing, is offering Gymboree to children 6 months–5 years old. These classes will help children build strong motor skills, social skills and self-esteem – all the ingredients they need to grow into confident, happy, successful people.

Classes are held the first four Wednesdays of each month. Call CYS at 655-9818.

Auto Detailing – The Schofield Barracks Auto Skills Center is offering a new auto detailing service for a limited time. To make an appointment or to find out more information, call 655-9368.

Hawaiian Luau Lunch Buffet – Enjoy the “ono” taste of a traditional Hawaiian-style feast, 11 a.m.–1 p.m. at the Hale Iken-

na, Fort Shafter, or 11 a.m.–2 p.m. at the Schofield Barracks Nehelani. Cost is \$9.95 per person. Call the Hale Ikena (438-1974) or the Nehelani (655-4466) for lunch buffet reservations or more information.

New MWR Calendar Feature – Visit the Morale, Welfare and Recreation (MWR) Web site, www.mwrarmyhawaii.com, and check out the new calendar feature, which allows users to view the calendar by day, week or month, in a list or tabular format.

Other features allow users to search for events, receive event reminders or notifications of event changes by e-mail or text message, as well as download event info, e-mail event information to friends, and import events to a calendar.

SKIES Driver Education – Learn to drive with SKIES at Valentine's Driving School, Schofield Barracks. The session is taught by qualified instructors and includes 32 hours of classroom instruction and six hours of behind-the-wheel instruction.

The fee is \$295 and must be paid at the time of registration. Call 655-9818.

“Paint It & Take It” – Ceramic parties offer a unique way to celebrate get-togethers, coffees, children's birthday parties, showers or any occasion. Your arts and crafts center provides a varied selection of ceramic bisqueware to paint and take home. Call 655-6330 at Schofield Barracks or 438-1315 at Fort Shafter.

Salvage Yard Auto Sales – Fort

Shafter and Schofield Barracks salvage yards will be sponsoring sealed bid auto sales twice a month. Bidding will end on the first and third Saturdays of each month, and the highest bidder will be notified the following day.

A minimum bid will be marked on each auto that is for sale. Call 655-9368 at Schofield Barracks or 438-9402 at Fort Shafter.

Tropic Lightning – Enjoy a fast and hot lunch buffet, Monday–Friday, from 11 a.m.–2 p.m. at KoleKole Bar & Grill, Schofield Barracks. Cost is \$8.95 per person. Call 655-4466.

Family Child Care – Individuals interested in caring for children in their home should inquire with the CYS Family Child Care (FCC) Program. Benefits include free training, additional income and flexible hours.

Call the Aliamanu Military Reservation (AMR) Family Child Care (FCC) office at 837-0236, or the Schofield Barracks FCC at 655-8373.

Information, Ticketing and Registration – Looking for tickets to area attractions? ITR has your tickets to paradise when you visit offices located on Schofield Barracks and Fort Shafter. A variety of tickets to luaus, cruises, whale watching adventures, Hawaiian Waters Adventure Park, Sea Life Park, movie tickets, interisland packages and much more is available.

Call the Schofield Barracks ITR (655-9971), the Fort Shafter ITR (438-1985).

25 / Wednesday

Employment Orientation – Looking for a job in Hawaii? Attend an Army Community Service employment orientation and get employment information on federal, state, private sector and staffing agencies. Reference materials, job listings, computers and more will be available for use. The next workshop is July 25, 10–11:30 a.m., at the AMR Chapel.

For more details, call ACS, Schofield at 655-4227 or Fort Shafter, 438-9285. Register online at www.mwrarmyhawaii.com. For child care at AMR, call 833-5393.

Schofield PX Grand Opening

– Mark your calendar now the Schofield Main Exchange official grand opening celebration, July 25–28. Enter for a chance to win door prizes and giveaways each day, plus enjoy numerous promotions and discounts.

Hours of operation are 9 a.m.–9 p.m.; however, July 25, the dedication and blessing ceremony will begin promptly at 8:30 a.m. Call 622-1773 for more details.

August

7 / Tuesday

National Night Out – AHFH residents are invited to celebrate National Night Out at the Schofield Barracks Kalakaua Community Center at from 3:30–7:30 p.m. Activities, exhibits and presentations for kids and adults will focus on safety in our communities. Admission is free. Call 275-3178/3179 or log onto www.ArmyHawaiiFamilyHousing.com and click on the Community Calendar for more details.

18 / Saturday

Square Dancing – Classes, hosted by the Paradise Shuffler, will be held at the Manana Recreation Center in Pearl City starting August 18. Cost is \$2 and classes run 6:30–7:30 p.m.; the first three nights are free. Casual attire and children ages 13 and up are welcome. Call Rita Melemai at 689-7645 or 923 0446.

family at free celebrations at Uptown Center Court. Bring keiki for crafts, balloons, storytelling, face painting, silly songs and more.

• Tuesday evenings (July 17, 24 & 31). Junior Keiki Tuesday is a fun-filled evening adventure for families with school-age children.

• Tuesdays from 6–8 p.m. Chess classes are held Uptown on the first floor fronting the American Savings Bank Convenience Center.

• July 23, 7:30–9:30 a.m. The Mokichi Okada Association (MOA) aims to improve your mind and body through the practice of jorei (flower arranging) and Japanese tea, Uptown, second floor, in front of Chemistry.

14 / Saturday

Yard Sale Mania – Great bargains and treasures galore can be found at Army Hawaii Family Housing's community-wide yard sale. Stroll through AHFH communities at Aliamanu, Fort Shafter, Helemano, Red Hill, Schofield Barracks and Wheeler, tomorrow from 11 a.m.–3 p.m. and enjoy fantastic finds for kids, teens and adults. Log onto www.ArmyHawaiiFamilyHousing.com and click on the Community Calendar for more details.

17 / Tuesday

Creating A Winning Resume – Never written a resume and need professional advice on updating, formatting and editing one? Then create your winning resume at one of these free workshops:

• July 17, 9:30–11:30 a.m., Army Community Service, Schofield Barracks.

• July 19 from 9:30–11:30 a.m., at the Aloha Center, Fort Shafter Outreach Center.

In addition to assistance with resume preparation, get help developing other job search tools like cover letters, networking cards and follow-up letters. Register online at www.mwrarmyhawaii.com.

19 / Thursday

State Farm Fair – Kraft Foods Hawaii has partnered with the Hawaii State Farm Fair to offer discounted wristbands for un-

limited rides and admission on opening night, Thursday, July 19. From 6 p.m.–closing, fair-goers can enjoy a country market, orchid and plant sales, agricultural exhibits and demonstrations, petting zoo and children's fair, live entertainment, E.K. Fernandez rides and games, and more.

On opening night only, fair-goers can purchase half-price wristbands for unlimited rides when they bring one package or product wrapper from any Kraft, Chips Ahoy, Oreo, Ritz or Triscuit, Kool-Aid, Post cereal, Lunchables, Di Giorno or Capri Sun product. The \$13 wristbands include free admission to the fair, which takes place July 19–22 and July 27–29. For more details, call 533-4165.

21 / Saturday

Haleiwa Arts Festival – Save the dates of July 21–22 for the 10th annual Summer ArtFest at the Haleiwa Arts Festival in historic Haleiwa Town on the North Shore. More than 140 artists, musicians, singers and dancers will be featured, as well as cultural trolley Tours, storytellers, student art demonstrations and activities, and plentiful ono food.

The festival runs 10 a.m.–6 p.m., July 21, and 10 a.m.–5 p.m., July 22 Admission and parking are free. For more details, surf www.HaleiwaArtsFestival.org.

22 / Sunday

CPR / First Aid – The American Red Cross is offering a CPR/First Aid class, July 22, from 9 a.m.–5 p.m. This course will certify participants in adult, child and infant CPR, as well as standard first aid. To register, call the Schofield Barracks Service Center at 655-4927.

Ukulele Festival – World-renowned ukulele player and teacher, Roy Sakuma, brings his annual Ukulele Festival to Honolulu. This year's free festival will be held July 22 at Kapiolani Park Bandstand from 9:30 a.m.–1:30 p.m.

Jake Shimabukuro and Manoa DNA will make special appearances. Other performers include ukulele master Ohta San, Nando Suan, and some very special surprise guests.



Send calendar announcements to community@hawaiiarmyweekly.com.

13 / Today

Vacation Bible School – Aliamanu Military Reservation (AMR) Chapel is now accepting registrations for its Ahalancho Ranch Vacation Bible School (VBS), which will run July 16–20, from 9–11:45 a.m. each day.

VBS is perfect for children who have just moved to Hawaii because they meet friends right away, and the entire family has a church home to help support them as they get settled in Hawaii.

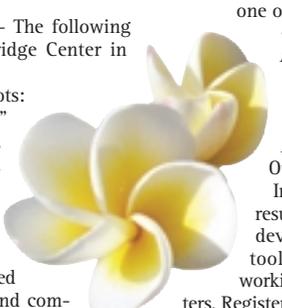
Children ages 4–11 are eligible. To register, stop by the AMR Chapel and fill out a form. Call 833-8175 or 839-4319.

Thrift Shop Openings – The Hui O'Na Wahine Thrift Shop is now accepting applications for a floater/display coordinator and cashier. E-mail manager Jodie Marerro for an application or more details at jodiemarero@hawaii.rr.com. Applications will be accepted through Sunday, July 15.

Pearlridge Center – The following events happen at Pearlridge Center in July:

• Today–Aug. 5. “Robots: The Interactive Exhibition,” a multimedia showcase, introduces young and old to the world of robotics through large-scale educational interactives and hands-on displays during mall hours. It's based on the movie “Robots” and combines learning, technology and fun.

• Tuesdays (July 17, 24 & 31), 10:30 a.m.–noon. Keiki Tuesday features kid-friendly entertainers like Chris da Clown, Aloha Clowns, Stevo the Clown and Mad Science of Hawaii who delight the whole



Aliamanu (AMR) Chapel, 836-4599

- 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)
- Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

Fort DeRussy Chapel, 836-4599

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

Fort Shafter Chapel, 836-4599

- Contemporary Protestant Sunday, 9 a.m. – “The Wave” Worship

Helemano (HMR) Chapel

- Contemporary Protestant Sunday, 10 a.m. – Worship Service & Children's Church

***Main Post Chapel, 655-9307**

- *(Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)*
- Catholic Sunday, 9 a.m. – CCD & RCIA Collective Protestant Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School

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
- Gospel Sunday, 9 a.m. – Worship Service

Wheeler Chapel

- Catholic Saturday, 5 p.m. – Mass Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Service
- Gospel Sunday, 12 p.m. – Worship Service



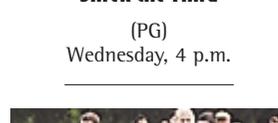
Pirates of the Caribbean: At World's End

(PG-13)
Friday, 7 p.m.
Saturday, 2 p.m.
Sunday, 2 p.m.



Mr. Brooks

(R)
Saturday, 7 p.m.
Thursday, 7 p.m.



Shrek the Third

(PG)
Wednesday, 4 p.m.



Gracie

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

No shows on Mondays or Tuesdays.

Shoplifting drops while cost to community increases

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

DALLAS – The state of shoplifting on military installations is becoming a good news/bad news proposition as sophisticated anti-shoplifting measures work to decrease incidents, while increasingly aggressive thieves increase costs for all exchange shoppers.

The good news is that upgraded camera systems capable of recording to DVR, as well as a 2002 amendment allowing federal retailers to pursue losses and administrative costs related to shoplifting, produced a decrease of occurrences for Army & Air Force Exchange Service (AAFES) base and post exchanges of 12 percent, from 8,537 in 2005 to 7,542 in 2006.

The bad news is that while occurrences decreased, the average cost of products involved in detected cases increased AAFES-wide from \$99 per incident in 2005 to \$119 in 2006. This resulted in increased costs for the military community last year as the amount of merchandise went up from \$848,293 in 2005 to \$898,851.

With a dual mission to provide quality goods

and services at competitively low prices and generate earnings to support Morale, Welfare and Recreation (MWR) programs, AAFES – which has contributed more than \$2.4 billion to military quality of life programs in the past 10 years – continues to focus efforts on reducing theft.

“Shoplifting at the exchange results in a reduced return on investment to our primary shareholders, the entire military community,” said AAFES’ Director of Loss Prevention Col. Jorge Garza. “Because AAFES is a command with a mission to return earnings to MWR activities at Air Force and Army installations, shoplifting at the BX or PX, in my mind, is the same as taking money directly from the pockets of military families.”

In an effort to protect the MWR dividend and reduce shoplifting incidents, AAFES Loss Prevention associates proactively identify store display areas that tend to have high theft rates. These areas include electronics, sporting goods and cosmetics, which offer small, high value items.

All AAFES exchanges have camera surveillance systems manned by detectives to monitor these areas, and with new DVR capability, they can review



New technology on post allows more thieves to get caught, but can cost shoppers in the long run.

more than 100 hours of recording on all cameras.

Most exchanges also have Electronic Article Surveillance systems that alarm when un-deactivated tags on unpaid merchandise attempt to leave the store. A highly successful partnership by major retailers has created a win-win by having most manufacturers tag merchandise at the source.

“No one likes catching shoplifters,” said Garza. “In fact, a major effort by Loss Prevention is to educate the public on our capability to monitor and record suspicious activity as a tool to deter shoplifting before it ever happens. It’s our hope that individuals who might be considering theft will see the security measures and think twice.”

If shoplifting is suspected, AAFES Loss Prevention associates turn the issue over to military police. In addition to possible disciplinary action and/or criminal prosecution, the Federal Claims Collection Act, which began March 1, 2002, allows AAFES to enact a flat, administrative cost (Civil Recovery) of \$200.

There may be further fees, in addition to the Civil Recovery Program, depending on the condition of the stolen merchandise.

AAFES announces birth of newest catalog – 2007 Baby Book

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

DALLAS – The Army & Air Force Exchange Service (AAFES) proudly welcomed its newest bundle of joy – the 2007 Baby Book. At just over ten inches and weighing 2.99 ounces, this 50-page assortment features name brand essentials from nursery furniture and décor to strollers and car seats. It delivers plenty of items for babies, toddlers and moms-to-be.

“With our growing family of value-related products, AAFES continues to ‘show-er’ our customers with savings,” said AAFES’ Chief Marketing Officer Richard Sheff. “We

put all the baby necessities in one convenient place to make welcoming military families’ newest recruits easy and convenient.”

Baby Book 2007 is available at all main stores and online at aafes.com, usmc-mccs.org, navy-nex.com or cg-exchange.com.

In other news, AAFES reminds patrons that the use of bank-issued cards by troops at their exchanges costs the military community millions of dollars annually that could be directed to Morale, Welfare and Recreation (MWR) efforts.

Last year alone, bank-issued card processing expenses at AAFES facilities jumped

approximately 12 percent, ultimately sapping more than \$65 million from the exchange and, in turn, critical MWR programs in 2006.

Since 2001, AAFES has paid more than \$310 million in fees to card-issuing banks, resulting in lost revenues for the military community.

“Traditionally, two-thirds of AAFES’ earnings are paid to MWR, while the other third is returned to the military community in the form of improvements, such as technology investments or capital expenditures to enhance the shopping experience,” said AAFES’ Chief Financial Officer Harold

Lavender. “With 100 percent of AAFES earnings going back to authorized customers in one way or another, something as seemingly insignificant as credit card processing fees can quickly add up to a quality of life issue.”

One way military families can help reduce costs and strengthen their exchange benefit is to take advantage of the exchanges’ exclusive Military Star Card. Unlike bank cards, profits generated from the Military Star Card are shared with military communities through contributions to the military service’s MWR funds.

These funds reduce the tax burden of all

U.S. citizens, and are used to fund Youth Services, Armed Forces Recreation Centers, aquatic centers, post functions and golf courses that are enjoyed by military families across the globe.

The Military Star Card is accepted at AAFES, Navy, Marine Corps and Coast Guard Exchange activities, as well as the Exchange Catalog and the Exchange Online store at www.aafes.com.

For more information on the Military Star Card, visit www.aafes.com and click on the Military Star Card icon.

(Editor’s Note: Compiled from various news releases.)

Difference between emergency, urgent care matters

To save on unnecessary fees, Tricare explains types of care

JENNA HOLTZ
TriWest Healthcare Alliance

Of course, the first priority when you or a loved one is injured or sick is to seek help. However, knowing what type of assistance is needed can help Tricare beneficiaries avoid unnecessary expenses.

What is urgent care?

An urgent condition is an illness or injury that won't cause further disability or death if you're not treated immediately. The illness or injury requires professional attention to prevent it from developing into a greater threat.

Urgent care centers should be used only if your primary care manager (PCM) is not available, such as after hours. Regardless, you must still obtain an au-

thorization for urgent care, otherwise you will be billed under Tricare Prime's point-of-service (POS) option, which includes additional cost-shares and a deductible.

Examples of urgent care situations include, but are not limited to, the following:

- Minor lacerations
- Urinary tract infections
- Earaches
- Migraine headaches
- Sprains

A beneficiary may appeal the payment of a claim under the POS option if they believe the care was an emergency.

How is emergency care different?

Tricare defines an emergency as a medical condition that a "prudent layperson" – someone with an average knowledge of health and medicine – believes could threaten life, limb or eyesight without imme-

diate treatment.

If you feel the situation requires immediate medical treatment, or there are painful symptoms requiring immediate attention to relieve suffering, the situation is an emergency.

Examples of emergency situations include, but are not limited to, the following:

- Severe bleeding
- Chest pains
- Inability to breathe
- Spinal cord or back injury
- Severe eye injuries
- Broken bones

In an emergency, you should call 9-1-1 or go to (or be taken to) the nearest emergency room for treatment. You (or someone on your behalf) need to contact your PCM or TriWest within 24 hours if the emergency room visit results in an inpatient admission, so ongoing care can be coordinated.

For more information about Tricare benefits, visit www.triwest.com or call 1-888-TRIWEST (874-9378).



Help plentiful for smokers who want to kick the habit

Tricare covers Hawaii tobacco cessation programs to help smokers go cold turkey, once and for all

ED KEATING

Hawaii Multi-Service Market Management Office

Few civilian health care plans can compare to the free tobacco cessation benefit offered by the military services for Department of Defense military health system beneficiaries.

Each Oahu medical treatment facility (MTF) offers a tobacco cessation program comprised of classroom education and pharmacy support to ease the side effects of nicotine withdrawal.

All cessation programs are administered in accordance with the American Cancer Society's Fresh Start Program and provide education on behavioral modification techniques to help individuals overcome the effects of tobacco use.

Hawaii MTFs recently added a relatively new medication, Varenicline or Chantix, to their formulary for beneficiaries enrolled in smoking cessation programs. In clinical trials, patients treated with this medication were more successful in quitting smoking than with Zyban.

Varenicline stimulates brain receptors to release dopamine, while at the same time blocking activation of these receptors by nicotine. But, based on poor long-term success by pharmacological intervention alone, the use of Varenicline is limited to beneficiaries participating in a formal to-



bacco cessation program.

The formal program assists beneficiaries in employing effective behavior modification and coping strategies via a group support environment, increasing long-term success in kicking the tobacco habit.

In addition to Varenicline, Zyban and nicotine replacement therapy are options for some individuals who participate in formal programs.

All military health system beneficiaries, regardless of service affiliation or Tricare program (Prime, Standard, or Tricare for Life) are authorized to enroll in tobacco cessation programs at MTFs.

For additional information on schedules or class location, contact the following health promotion activities:

- Naval Health Clinic Hawaii (Makalapa or Kaneohe Bay Clinics), 473-1880, extension 2282/2283;
- Tripler Army Medical Center, 433-1498;
- Schofield Barracks, 433-8675; or
- Hickam Air Force Base, 448-6170.

Tricare coverage follows college-bound students to mainland areas

BRIAN SMITH

TriWest Healthcare Alliance

College-bound family members of active duty or retired service members can take comfort that their Tricare coverage will make the journey with them.

Insurance industry studies have shown that as much as 10 percent of uninsured Americans are college students.

As long as the sponsor remains eligible for Tricare benefits – active duty, retired or eligible under the Transitional Assistance Management Program (TAMP) – the eligible college-aged family member will remain covered until age 21.

Benefits will extend until the student is 23 if he or she remains a full-time student at an accredited institution and over half of their financial support comes from the sponsor. Eligible family members moving to another state or even a different Tricare region will have coverage.

A key to maintaining Tricare eligibility is to ensure that the student's address, status and personal information is updated in the Defense Enrollment Eligibility Reporting System (DEERS). If the information – including any change in address – is not updated, claims may be delayed or even denied.

Coverage ends when the student either turns 23, graduates or otherwise ceases to be a full-time student, whichever occurs first.

Tricare Programs

The choice of Tricare programs (Prime, Standard or Extra) will depend on where the student lives. If the student lives near a military treatment facility, in what Tricare designates a Prime Service Area (PSA), he or she may enroll in Prime.

Prime coverage is portable, following the student during travels or when returning home. To avoid out-of-pocket costs, non-emergency care must be coordinated with the student's primary care manager and regional contractor where the student is enrolled.

Split enrollment allows the student with Prime coverage to live in a different Tricare region than the sponsor. If an annual fee is due, it is due to the Tricare regional contractor

Helpful Web addresses

- Tricare benefits for college students (www.tricare.mil/collegestudents)
- Finding a local uniformed services ID card-issuing facility (www.dmdc.osd.mil/rsl)
- DEERS information (www.tricare.mil/deers)
- Dental programs (www.tricaredentalprogram.com)
- Pharmacy programs (www.tricare.mil/pharmacy)
- TriWest Healthcare Alliance (www.triwest.com)

where the sponsor resides.

One fee is paid per family, even if the Tricare -eligible college family member lives in another region. The student then coordinates care with a primary care manager where he or she is located.

Outside a PSA, Tricare Standard and Extra are the only options. Standard and Extra coverage does not require enrollment, but information in DEERS must be up-to-date.

Students who were previously enrolled in Prime Remote for Active Duty Family Members (TPRADFM) can transfer their Prime coverage if the college is in a PSA. In non-PSAs, Standard and Extra are available, so students should disenroll from TPRADFM to avoid Point of Service charges.

Tricare-eligible students may enroll for dental coverage, too, but it's separate from other Tricare benefits. Depending on the sponsor's status, the Tricare Dental Program or the Tricare Retiree Dental Program is available for the student.

Students can also get prescriptions through a Tricare retail pharmacy network or from a local military treatment facility.

Water an integral part of summer

MAJ. KAREN FAUBER
Defense Commissary Agency

FORT LEE, Va. – While you are busy having fun this summer, remember to frequently drink water. Though water is often the last beverage we reach for on a hot summer day, water is the beverage you need the most.

It is estimated that 60 to 70 percent of your body is water. It is used by our bodies to get rid of waste in our organs and carries nutrients to all the cells.

We lose water through perspiration, respiration and elimination of body waste. People who do not drink enough become dehydrated and feel lethargic; they have headaches, muscle aches and cramps.

How much fluid do you need each day?

- Men need about three liters (13 cups) of total beverages a day, and women need about 2.2 liters (nine cups) of total beverages a day according to the Institute of Medicine.



- Exercise less than one hour and you need about one or two extra cups of water.

- Exercise more than one hour and you need at least two to three extra cups of water. Drink more if you are sweating a lot or the weather is really warm.

- During intense, long exercise periods, it's a good idea to use a sports drink that contains sodium to replace the sodium lost in sweat.

- Replace fluid after exercise. Drink 16 ounces of fluid per pound of body weight lost during exercise as a general rule.

Have trouble drinking water? Water is the best choice for fluid replacement; however, sports drinks are beneficial for replacing electrolytes lost during long exercise periods.

Juices are also good because they have vitamins and nutrients, but sodas and teas can have a lot of sugar in them so you may take in more calories than you need.

Try adding a little lemon, lime or orange to water to help water go down. There are also a variety of flavored waters available in your local commissary, but be aware of the calories as they add up quickly if you choose flavored waters.

If you drink alcohol, remember to drink water. That six-pack of beer may appear to quench your thirst, but alcohol has a diuretic effect that causes the body to lose fluids more than normal.

This means, if you drink alcohol, you need to drink an equal amount of water, especially on hot summer days.

Patrons who have questions about water, fluid replacement and other nutrition topics can post their questions for a quick response at the DeCA dietitian forum: www.commissaries.com.

(Editor's Note: Maj. Karen Fauber is a dietician for the Defense Commissary Agency.)

101 Critical Days of Summer

Heat savvy can prevent injuries, save lives

Summer safety campaign addresses heat injuries, best practices for health

LORI YERDON
U.S. Army Combat Readiness Center

FORT RUCKER, Ala. – Hot weather poses potential risk to Soldiers and family members alike, so individuals need to realize that heat injury prevention is not only a command and leadership responsibility, but a personal one, too.

Heat injuries can affect anyone and they are avoidable. Individuals not used to hot weather, especially when it's combined with high humidity, are particularly susceptible.

Young children, individuals with a long-term illness, and Soldiers who work in enclosed environments such as aircraft cockpits or vehicle interiors, specially run the risk of becoming heat casualties. As well, the use of supplements may also increase the chance of dehydration.

"Leaders and Soldiers must do more than just have water available," said Col. John Campbell, U.S. Army Combat Readiness Center command surgeon.

According to the Army's Office of the Surgeon, 220 heat stroke cases were documented in 2006. Of that number, 57 Soldiers were hospitalized, 163 were outpatients, and two died.

The injuries happened in garrison and operational environments, and occurred during physical fitness training and testing, training exercises, and other activities including recreational exertion and non-exertion activities.

The best defense against a heat-related incident is prevention. Before engaging in an outdoor activity or mission in the heat, the identification and assessment of potential hazards, such as a high heat category or the physical exertion level of the

activity, can reduce an individual's chance of becoming a victim of heatstroke, heat exhaustion or heat cramps.

"Training is the priority, and Soldiers [must] learn how to cope in the heat," said Maj. Karl Strellner of the 198th Infantry Brigade S-3 at Fort Benning, Ga., which conducts training for drill sergeants.

In addition to drill sergeant training, trainees are immersed in proper hydration methods, hydration tracking mechanisms and battle buddy care. Drill sergeants monitor their heat conditions and adjust training accordingly.

By developing and implementing controls, leaders reduce the chance of a Soldier in their formation succumbing to a heat injury. Also, having sufficient hydration sources and providing rest cycles, as needed, are some of the measures that leaders can take.

Applying similar control measures when off duty can protect family members. Drinking more fluids, avoiding alcohol or drinks full of sugar or caffeine, and staying indoors, whenever possible, are several ways to beat the heat.

Additionally, wearing a wide-brimmed hat, sunglasses and putting on sunscreen of SPF 15 or higher, diminishes the possibility of a heat-related incident.

"Soldiers have a responsibility to look out for each other and speak up when a comrade is in trouble," said Campbell. "Someone always knows when a Soldier isn't at peak performance level. Buddies should make leaders aware of these situations to thwart a possible heat injury."

For more information on the 101 Critical Days of Summer safety campaign visit <https://crc.army.mil>.

Pfc. Matthew Moeller, Special Troops Battalion, 25th Infantry Division, stops to rest during an eight-mile tactical roadmarch.



Spc. David House | 17th Mobile Public Affairs Detachment



Send community announcements to community@hawaiiarmyweekly.com.

21 / Saturday

Fall Youth Soccer — The American Youth Soccer Organization (AYSO), Region 188 Hickam AFB/Pearl Harbor, will be accepting registration applications in front of the Hickam BX-tra from 10 a.m.–2 p.m., July 21 & Aug. 4. Players 4–18 (born between Aug. 1, 2002–July 31, 1988) need to show proof of age.

The season will run from August–November. The early-bird registration fee is \$55 per player. Preregistration is also available online at www.eayso.org (specify Region 188). E-mail questions to reg@aysoregion188.org.

28 / Saturday

Keiki Rodeo — The Hawaii Women's Rodeo Association (HWRA) will host a Jackpot Rodeo, July 28, at the DK Ranch Arena in Waimanalo. Rodeo action begins at 10 a.m. with open, 3D and keiki barrel racing followed by pole-bending.

Admission and parking are free. Call HWRA President Lu Faborito at 696-5055 or Sandy Van, vice-president, 526-1708, for more details. Visit HWRA online at www.rodeoohu.com.

Ongoing

Take Off Pounds Sensibly — The T.O.P.S support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423.

Golfers Wanted — Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322. Tee time is usually before 8 a.m.

Officials Wanted — If you are a football or soccer official, or if you've ever thought about becoming one, call Larry Cravalho, officials development coordinator, at 780-4099 or 455-4575. Officials are needed (paid positions) prior to the intramural season that will start the first week of September.

Games will be played weeknights at either Schofield Barracks or Fort Shafter. The youth season will start shortly after, with games played Saturday mornings at Schofield Barracks, or Helemano and Aliamanu Military reservations.

Bike Hawaii — Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages can include downhill biking, waterfall



Spc. Mike Alberts | 3rd Infantry Brigade Combat Team Public Affairs

Gunning for Cacti

KIRKUK, Iraq — Two 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team Soldiers take aim at their dodgeball competitors during an Independence Day celebration at Forward Operating Base Warrior here, July 4.

hiking, and sailing off Waikiki with exclusive access to a remote Hawaiian rainforest. Meals are included. To schedule your adventure, call 734-4214, 877-682-7433, or go online at www.bikehawaii.com.

Masters Swim Program — Team Move hosts a master's swimming pro-

gram Wednesdays from 7:30–8:30 a.m., and Saturdays from 7–8:15 a.m. in the Pearl City district park swimming pool.

These innovative group workouts are designed for beginning and advanced swimmers. Expert coaching is provided to improve upon form and technique.

Cost is \$15 per month for Team Move

members and \$25 per month for non-members. The pool is located at 785 Hoomaemae St., Pearl City.

Fleet Feet — Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the UH track. Call 277-3609.



13 / Today

Army Mini Sports Flag Football — Child and Youth Services Youth Sports and Fitness presents an opportunity for children, born between 2002–2003, to gain the basic skills and understanding of flag football. The \$10 fee includes a child T-shirt, and parents are encouraged to participate.

Register today through July 18. Program runs from July 25–Sept. 14. Call the Bennett Youth Center Field at

Schofield Barracks, 655-0883, or the Aliamanu Military Reservation (AMR) football field, 836-1923.

Flag Football & Cheerleading Registration — Youth Sports flag football & cheerleading registration takes place now through July 31 and is open to youth born between 1993–2002. Cost is \$50 per person for flag football and \$60 per person for cheerleading.

Practices begin Sept. 24, and the season will run Oct. 20–Dec. 15. Call 655-5314 or 833-5393 for more information.

14 / Saturday

Hawaii Championship Wrestling — Wrestling returns to the Tropics at Schofield Barracks from 7–10 p.m. Doors will open at 6 p.m. Cost is \$5 for ages 12 and over, \$3 for 11 and under, and free for 5 and under. For more information, call 655-5697.

Ongoing

Teen Fit — Certified personal trainer Kristy Osborn teaches Teen Fit classes once a week for teens 12–17 years old. These small, group classes teach the basics of proper strength training, cardio and stretching in a fun setting. Fee is \$35 per teen.

For more information, contact Osborn at 381-5944, or sign up at the Health and Fitness Center.

Well-Being T-Shirts — Earn a Lifetime Sports & Recreation (LS&R) "Targeting Your Well-Being" T-shirt and hat, when you earn LS&R points by participating in award-winning activities and special events.

Pick up an LS&R brochure at any Community Recreation Division (CRD) facility

and start earning 1–5 points per activity.

Your first 20 points earns you a limited edition long-sleeve or standard T-shirt, and your second 20 points an LS&R cap. Completed cards can be turned in at the Schofield Barracks or Fort Shafter Health & Fitness Centers; call 655-0110. Quantities are limited.

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

Leilehua Golf Course Driving Range — The golf driving range at the Leilehua Golf Course is open weekdays until 9:30 p.m. Call 655-4653.

Water Aerobics — Come join this ex-

citing workout at Richardson Pool. Classes are held Mondays, Wednesdays and Fridays from 11:30 a.m.–12:30 p.m., and Tuesdays and Thursdays from 5–6 p.m.

Classes are \$2 each, or a punch card is available for \$15.

Water aerobics provides a safe and effective exercise alternative that improves fitness levels with little stress on the joints. Call 655-1128.

What's Up Gymnastics — Schools of Knowledge, Inspiration, Exploration and Skills (SKIIES) 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 it offers the only indoor climbing wall on Oahu. Classes are available for all ages, even as early as age one. Call 655-9818.