

INSIDE

New policies manage expanding WTUs

MEDCOM hopes to recruit more nurses and primary care managers to assist workers at swelling WTUs

ELIZABETH M. LORGE
Army News Service

WASHINGTON — The Army has announced plans to increase staffing at Warrior Transition Units, revise WTU admission and exit criteria, and streamline Medical and Physical Evaluation Boards (MEB/PEB).

Secretary of the Army Pete Geren and Chief of Staff of the Army Gen. George W. Casey Jr. announced the new measures to address the expanding WTU population, July 2, in a message to Army commanders. Brig. Gen. Gary H. Check, assistant sur-

geon general for warrior care and transition, and the director of the Warrior Care and Transition Office, recently announced that the WTU population has doubled in the past year to more than 12,000. And while these Soldiers are still receiving the best care possible, this increase has created some management challenges, Check said.

Recognizing that each WTU is different, new policies emphasize the importance of local leadership. In fact, leadership will now form a triad, consisting of the senior installation commander, the medical treatment facility commander, and the WTU commander. The triad of leadership comes in addition to the triad of care of squad leader, nurse case manager, and primary care manager.

"Secretary Geren and General Casey are committed to taking care of our wounded, ill

and injured warriors and doing whatever it takes to meet their needs," said Check. "Ultimately, this policy revision is about matching the provision of care to the needs of the Soldier. Local commanders are the right leaders to make the call."

Local commanders had until Monday (July 14) to ensure WTUs were fully staffed. According to Col. Jimmie Keenan, WTCO chief of staff, this means they had to reassign squad leaders and platoon sergeants from other units to the WTU. The new cadre had to be reassigned on orders and not borrowed from the other units, which makes them eligible for the new \$375 special duty pay, which Sgt. Maj. Ly Lac, WTCO sergeant major, said should start in the next few weeks.

An online training course, resident courses, and mobile training teams were available

to train the new cadre in the skills they'll need to care for sick and injured Soldiers, Check said.

In turn, the Office of the Deputy Chief of Staff for Personnel (G-1) plans to backfill the new cadre's positions in their original units by October.

The Army Medical Command, Keenan continued, is also looking for civilian and contract nurse case and primary care managers to fill those positions, and is also considering retiree recalls.

"From our initial indications, there are many reserve nurse case managers and also retiree nurses who have retired from the Army who are interested in still serving their country, and they are located near many of these posts, camps and stations

SEE POLICIES, A-8



Helping hands

Soldiers from the 225th Brigade Support Battalion add amenities to make deployment a little more like home

A-3

Wedding save

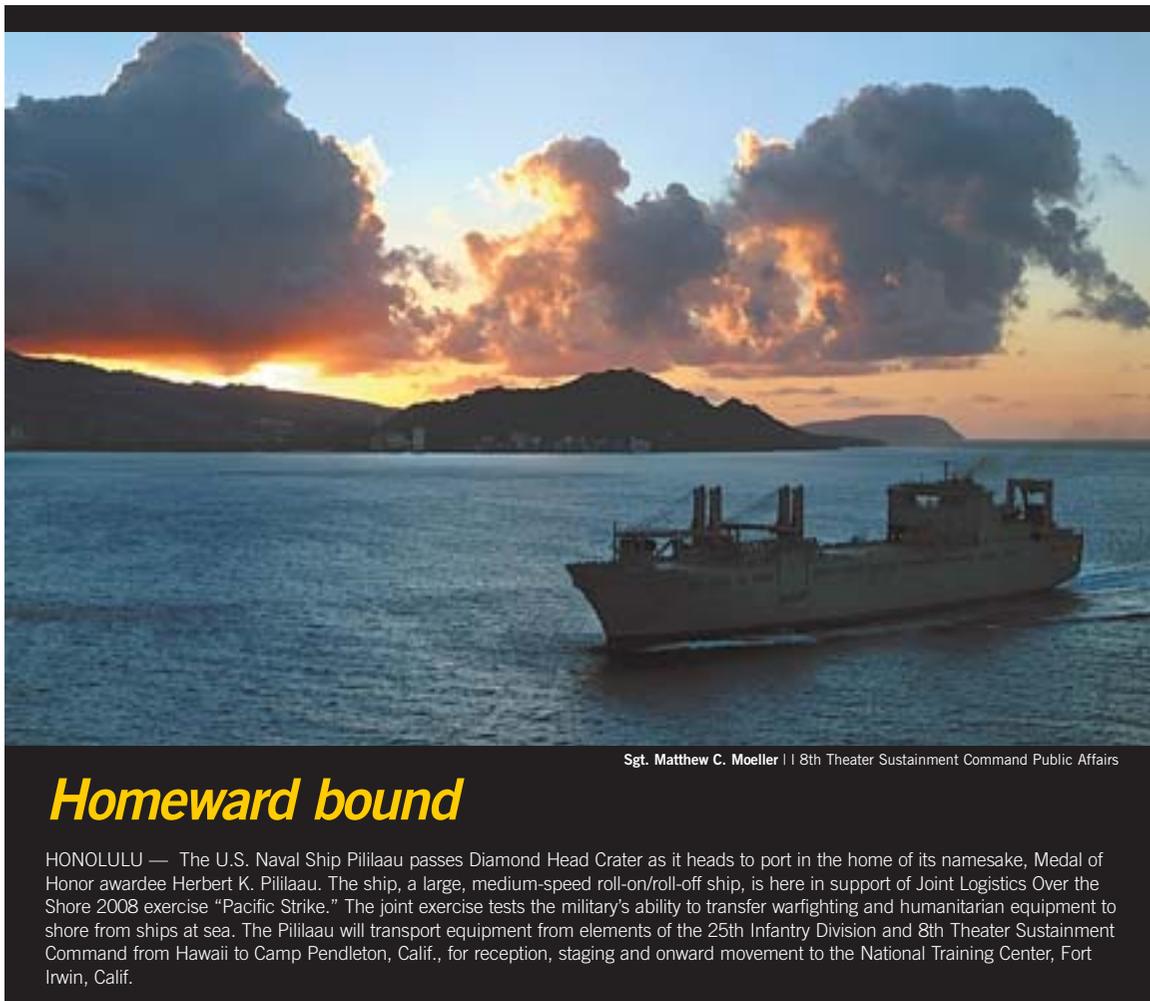
When a mobilization altered Pvt. Brandon Manygoats' wedding plans, fellow Soldiers from the 301st Military Intelligence Battalion ensured he got hitched without a hitch.

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Haleiwa Arts

The North Shore will be bustling Saturday and Sunday with artists, singers and children's activities for the 11th annual ArtFest.

See Community Calendar, B-2



Sgt. Matthew C. Moeller | 8th Theater Sustainment Command Public Affairs

Homeward bound

HONOLULU — The U.S. Naval Ship Piliiaau passes Diamond Head Crater as it heads to port in the home of its namesake, Medal of Honor awardee Herbert K. Piliiaau. The ship, a large, medium-speed roll-on/roll-off ship, is here in support of Joint Logistics Over the Shore 2008 exercise "Pacific Strike." The joint exercise tests the military's ability to transfer warfighting and humanitarian equipment to shore from ships at sea. The Piliiaau will transport equipment from elements of the 25th Infantry Division and 8th Theater Sustainment Command from Hawaii to Camp Pendleton, Calif., for reception, staging and onward movement to the National Training Center, Fort Irwin, Calif.

FRSAs vital link between commanders, families

Story and Photo by
SGT. MIKE ALBERTS
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Unit family readiness groups (FRGs) exist to help address needs that arise out of questions like: What can my spouse do to better tolerate our separation? Where can we get help for a child who's having difficulties at school? Are resources available to help us manage deployment pay?

As such, FRGs can be invaluable to deploying Soldiers and their families. Critical to FRG success, however, are the few who ensure that family support is coordinated and responsive.

On July 14, those vital few, known as family readiness support assistants, or FRSAs, and other military leaders, participated in a town hall meeting here, at the Kalakaua Community Center.

Seventeen Hawaii-based FRSAs and an equal number of military leaders, to include

current and future rear detachment commanders, convened at Schofield Barracks to discuss certain administrative, training and performance evaluation issues, as well as hiring practices and policies related to the FRSA program.

The program began in 2003 when the need to further address family readiness became apparent. At that time, FRSAs were born.

SEE FRSA, A-6



'Bots back home

Wahiawa Middle School students put their programming to the test at a robotics competition in Oklahoma

B-1

Residents voice concerns at Oahu North town hall

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — More than 60 military personnel and family members filled scattered seats at Sgt. Smith Theater for the North Oahu Town Hall meeting here, Tuesday.

The meeting aimed to provide the community with information regarding upcoming events, and security and housing updates. Subject matter experts presented information on the status of ongoing and finished projects, information regarding what families can expect in the future, and activities for families of deployed Soldiers.

Lt. Col. Mark Boussy, commander, U.S. Army Garrison-Oahu, facilitated the meeting by starting with rules of engagement.

"We are here to support you, please be courteous and kind," he said. As the meeting began, presenters discussed updates from the last town hall meeting, including building a gas station at Helemano Military Reservation (HMR). The project is on hold indefinitely. Boussy explained the demand was not high enough, but the issue could be revisited in the future.

SEE TOWN HALL, A-7



Army family member Shelby Langlois (left) talks with Child Youth Services Coordinator Debra Blanchard following the Oahu North town hall meeting. Subject matter experts remained after the meeting to talk to community members about individual concerns.

Simple steps can prevent ID theft

INSTALLATION MANAGEMENT
COMMAND
Operations Center

WASHINGTON — The Army Casualty and Mortuary Affairs Operations Center reported a recent phishing scam concerning families of deceased Soldiers.

The scam purports to be from Defense Finance and Accounting Service (DFAS) and Army Human Resources Command (HRC), and it informs families of deceased Soldiers that they are entitled to monetary compensation in excess of \$12 million.

The scam says the money will be available to families in one week in exchange for personally identifiable information (PII) such as Social Security numbers, dates of birth and addresses. Then, families are advised to e-mail the PII to an overseas Yahoo account to expedite payments.

A phishing attack is a form of social engineering used by identity thieves to collect PII, which they use to commit fraudulent activity. Social engineering schemes use spoofed e-mails to lead individuals to Web sites that appear to belong to a legitimate business. Once on the Web site, visitors are asked to provide financial data such as credit card numbers, account usernames and passwords.

According to the FBI, pharming is a malicious Web redirect and is implemented when an individual, trying to reach a legitimate site, is unknowingly sent to a fraudulent site. This action allows the pharmer to obtain sensitive PII for the furtherance of criminal activities.

A redirect is conducted by using trojans, worms and other technology that attacks the browser address bar. Another method attacks the domain name service (DNS) system, a series of domain servers or large directories of common names, such as Google and Amazon.

The directories locate the actual registered Internet address for which the user is searching. There, everyone who enters a valid uniform resource locator (URL), or "link," will be redirected to a fraudulent site.

All Army personnel, to include Department of the Army civilians and support contractors, should take precautions to prevent themselves from becoming victims of phishing, pharming and other types of Internet scams. Army personnel should also inform family

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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 656-3155, or e-mail editor@hawaiiarmyweekly.com.

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

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

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

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Nondelivery or distribution

problems in Army Hawaii

Family Housing areas? If so, call

656-3155 or 656-3156.

40 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 7/16/08.

Voices of Ohana



"I wanna go to Chuck E. Cheese."

Anui Fuiava
Family Member
7 years old



"(I'm going to) day camp and getting school supplies."

Marlis Leisure
Family Member
11 years old



"(I'm getting) school supplies and hanging out with friends."

Laura Madigan
Family Member
14 years old



"I'm going to the (Hawaiian Adventures) Water Park."

Blessing Moeaveave
Family Member
4 years old



"I'm going to the (Hawaiian Adventures) Water Park."

Tausala Moeaveave
Family Member
5 years old

Homeland Security encourages preparedness

U.S. DEPARTMENT OF HOMELAND SECURITY News Release

WASHINGTON — The U.S. Department of Homeland Security has announced that more than 1,200 national, regional, state and local businesses and organizations have pledged their support and joined the 2008 National Preparedness Month Coalition. Sponsored by the department's Ready Campaign, the observance helps raise awareness and promote action by busi-

nesses and communities on emergency preparedness.

"As we approach our fifth National Preparedness Month, I want to thank the hundreds of coalition members who are making a difference in their communities by helping raise the basic level of preparedness in our country," said Homeland Security Secretary Michael Chertoff. "Individual preparedness is the cornerstone of emergency preparedness. Experience shows that if Americans take steps

ahead of time, they stand a much better chance of coming through an emergency unharmed and recovering more quickly."

The Ready Campaign and Citizen Corps (www.citizencorps.gov) are specifically encouraging individuals to take important preparedness steps, including getting an emergency supply kit, making a family emergency plan, being informed about the different emergencies that may affect them, and taking necessary steps to get trained and become engaged in commu-

nity preparedness and response efforts.

National Preparedness Month coalition members have agreed to distribute emergency preparedness information and sponsor activities across the country that will promote emergency preparedness. Membership is open to all public and private sector organizations. Groups and individuals can register to become members by visiting www.ready.gov, and clicking on the National Preparedness Month banner.

Post access changes to enhance security measures, efficiency

Drivers without DoD, VA or USAG-HI ID will be issued 24-hour temporary passes

Effective Aug. 1, all drivers who do not possess a Department of Defense (DoD)-, Department of Veterans Affairs (VA)-, or U.S. Army Garrison-Hawaii (USAG-HI)-issued picture ID card will only be issued a 24-hour temporary access pass from the Lyman, Buckner, and Tripler Visitor Control Centers (VCC).

This measure is being implemented to expedite installation access and enhance force protection.

Upon issuance of the 24-hour pass, individuals will be directed to apply for and obtain an installation access picture ID from the Installation Access Control Office at the Leilehua Golf Course.

Upon application, the Installation Access Control Office will issue temporary passes of longer duration, if necessary, until the ID is approved.

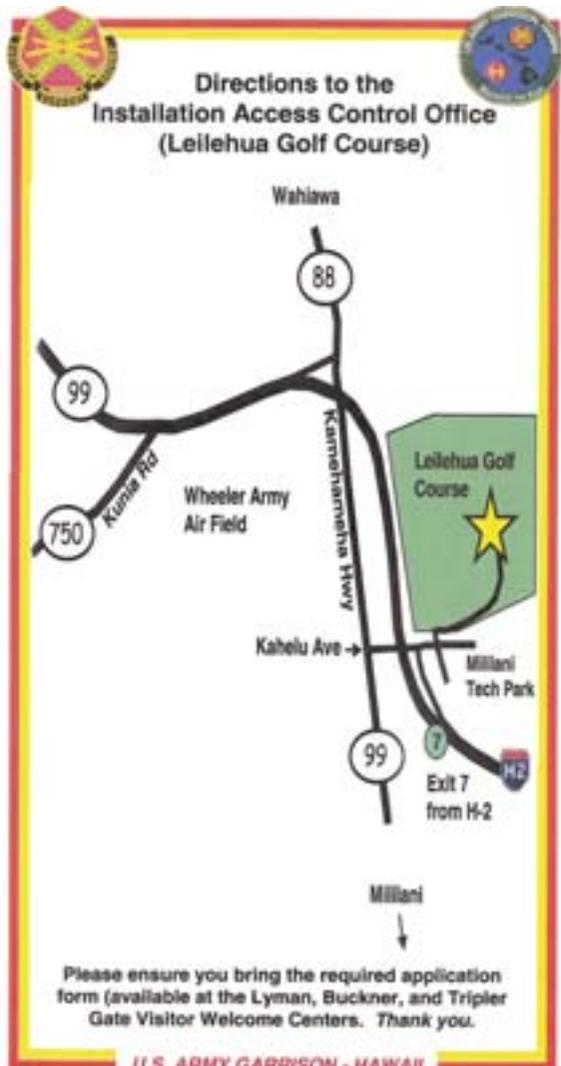
Effective Sept. 1, access will not be granted to those who routinely access Army installations and housing areas, unless they possess a DOD, VA, USAG-HI access control picture ID.

Temporary (24-hour) passes will still be available for visitors at the VCCs.

Applications for the installation access control picture ID are available at the Lyman, Buckner, and Tripler Gate Visitor Control Centers.

Hours of operation for the Installation Access Control Office are 9 a.m. to 3:30 p.m. Monday through Friday.

The Directorate of Emergency



Services thanks everyone for their cooperation and support. Contact Fred Makinney at 656-6750, or Master Sgt. Gregory West at 656-6751 for more information.

Courts-Martial

Careers marred with bad conduct discharge

During the past month, five Soldiers were tried, found guilty and sentenced for various offenses occurring on and off Schofield Barracks.

A private first class from 70th Engineer Company, 65th Engineer Battalion, was sentenced at a general court-martial to be reduced to the grade of private E-1, to be confined for 11 months, and to be discharged from the service with a bad conduct discharge, for desertion and escape from custody.

A private first class from B Company, 307th Integrated Theater Signal Battalion, 311th Signal Command (Theater), was sentenced at a special court-martial to be reduced to the grade of private E-1, to be confined for 10 months, and to be discharged from the service with a bad conduct discharge, for failure to report, disobeying a lawful order, failure to obey a lawful order, and wrongfully using and possessing marijuana.

A specialist from C Battery, 2nd Battalion, 11th Field Artillery Regiment, was sentenced at a general court-martial to be reduced to the grade of private E-1, to be confined for 10 months, and to be discharged from the service with a bad conduct discharge, for desertion.

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.

A specialist from C Company, 1st Battalion, 21st Infantry Regiment, was sentenced at a special court-martial to be reduced to the grade of private E-1, to be confined for six months, and to be discharged from the service with a bad conduct discharge, for larceny and fraud.

In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, Soldiers will also have a federal conviction that they must report when filling out a job application.

This federal conviction may strip the Soldiers of some civil rights, such as the right to purchase and maintain firearms and the right to vote.



Life, relationships about knowing when to remove dust from feet

Instead of living in the past, let your memories provide a springboard for good times

CHAPLAIN (MAJ.) KEVIN P. STROOP Fort Shafter Community Chaplain

I have been spending much more of my time trying to regain some of the joys of my youth, but I am failing. In recent weeks, bicycling has captured my imagination. No, not the dreams of the Tour de France, but merely going up the street and down again, which has not been that difficult, but it has been a few years and some surgery from the last time I rode the bike with some athletic prowess. Hence, the problem I have encountered.

I don't seem to be making the strides in conditioning as fast as I had planned. As a matter of fact, it has become a bit frustrating, and I am losing my desire. Has this ever happened to you?

A few years ago, I retired from most forms

of baseball. It was not for the love of the game, which I still care about, but more about the way I felt after a game. From time to time, from countless throws, my arm became like rubber, and my one vaunted ability to field left me at important moments. Like Willie Mays Hayes, in "Major League II," my long ball fell softly into the waiting glove of the short fielder. I could not keep up with the kids any longer, so I packed it in. As a matter of fact, I no longer own a baseball glove, but I use the bat to scare intruders.

Retirement from prior joy, somehow, in some cases, is a good thing. We cannot continue to live in the past. The recollection of happy times should serve as a springboard for the times to come. Yet, many of us become mired in the past. Situations that we cannot get out of our mind can fester into terrible sores of discontent. To move on and ultimately grow can be difficult, but we need to just pack up or ease off just a little and accept the limitations of a relationship or situation.

For example, Jesus' disciples were sent

to various towns to preach the "good news." If the people would listen to their words, he told them to stay and teach, but if the people did not listen, they were to "wipe the dust" from their feet and move on.

Likewise, the remnants from our past should not include relationships and situations that are dust collectors. They are items that should be locked in the attics of our souls and not touched again. The positives of life are the ones that need to be retouched and rekindled daily — the love of a spouse or child, the warmth of friendship, the challenge of helping and caring. These are the things that need to be handled each and every day.

The pain of loss, the coldness of separation, and the abandonment of loneliness, often capture our imaginations and leave us with the very pain we seek so hard to heal from. Sometimes, we just need to retire from that situation.

Thank God for those opportunities, but make the realization that it is time to move on — and move on. Dust off your feet and realize you will find new and exciting oppor-

tunities along the road of life. However, I am not talking about quitting, which means looking at a situation and saying "no way." What I am referring to are losing moments that, in their complexity and depth of commitment, have vexed us into wholly committing ourselves to the fray. Resolve is never found in them.

In short, we can find ourselves in a situation or relationship interesting enough to invest ourselves, but somehow it goes awry. The reasons are hidden though our commitment given, so we spend hours in analysis going around in circles.

I say, wipe the dust from your feet. Move on. Let those baseball gloves collect dust since you have found another outlet for your talents. Pedal as fast as you can, not as fast as you used to.

There is freedom in moving on, freedom from the tyranny of "what if" and "used to be," ushering us into the joy of who we really are ... men and women of God, primed for the now and the future, with nice clean feet.

What do you have planned for the last weeks before school starts?

225th BSB makes deployment more like home

“Comanche” Brigade adds small amenities that go a long way

Story and Photo by

PFC. LYNDESE DRANSFIELD

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — While most Soldiers here are rubbing the remnants of sleep from their eyes, one group of Soldiers is already up in the early morning light, preparing to rollout on a convoy.

First, Soldiers perform pre-combat checks and inspections, to ensure they haven't forgotten anything, and then gather around in a circle for a group prayer.

As the prayer ends, Soldiers put one hand into the middle of the circle and shout their company motto in unison, “Let it rain!”

And that's exactly what the Soldiers from the Forward Area Support Team (FAST), A Company “Comanche,” 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team, do — let it rain supplies.

The first stop of the day, July 7, was Joint Security Station (JSS) Mushada. Just two months ago, Soldiers from 1st Battalion, 14th Infantry Regiment “Golden Dragons,” 2nd SBC, who live at the JSS, spent their nights sleeping in the back of a Stryker, playing cards, eating cold muffins for breakfast, and showering only when

they returned to Camp Taji.

These same Soldiers are now sleeping in air-conditioned trailers, watching movies on the TV in the Morale, Welfare and Recreation trailer, eating hot meals twice a day, and showering as often as needed in the recently added shower trailer.

“It's a complete turn around from what it was like before,” said Staff Sgt. James Watts, vehicle commander, Headquarters Platoon, C Co., 1-14th Inf. Regt. “Now when we are out here, we get privacy and we can relax. It's a little more like home.”

Most of the changes would not have been possible if not for the Comanche's FAST. The 225th BSB's FAST is a running distribution team that consists of Soldiers with various military occupational specialties. The team is responsible for delivering supplies to forward bases in the area, making everyday life more enjoyable for Soldiers.

“Food, water bottles, ammunition, generators, bulk water, fans, lights, ice, exercise equipment — anything to take care of the big team,” said Lt. Col. Mark Collins, battalion commander, 225th BSB.

Though these Soldiers don't receive a lot of recognition, if they neglect their duties for one day, the effects are far reaching.

The contribution these Soldiers make daily is essential for us all,” Collins said. “Without them, it would be a dry, miserable summer.”



Soldiers from the Forward Area Support Team, A Co. “Comanche,” 225th Brigade Support Battalion, and the 1st Battalion, 14th Infantry Regiment “Golden Dragons,” work together to unload bags of ice at Joint Security Station Mushada, northwest of Baghdad.

728th MPs stand up Iraqi police training center

OIF

Story and Photo by
CAPT. LAURA C. MACK
728th Military Police Battalion

DIYALA, Iraq — As the dust turns to heat and the sun begins to pound down, Soldiers of the 728th Military Police Battalion enter into their eighth month of deployment.

The battalion has made great strides since it first arrived in Kuwait last November and moved north to Contingency Operating Base Speicher, Iraq.

In addition to successfully commanding and controlling nine military police companies across four partnered provinces in northern Iraq, the battalion has undertaken a special project: establishing the Multinational Division - North (MND-N), Iraqi Police Regional Training Center (RTC) here in Diyala.

The RTC, which began as a plot of dirt on Forward Operating Base Grizzly in Diyala, has grown into a full-fledged Iraqi police academy, accredited by the Iraqi Ministry of Interior.

"On March 15 there was absolutely nothing here. Now there is a booming academy that has already trained over 950 Iraqi police in Diyala," said Capt. David Castillo, officer in charge of the RTC.

Along with the Iraqi 1st Armored Division, Soldiers from Headquarters and Headquarters Detachment, 728th MP Bn., gathered tents, equipment, contracts, food and other necessities for the facility. The academy officially opened in



Soldiers with the 728th Military Police Battalion and the commandant of the Iraqi Police Regional Training Center discuss training for new recruits in Diyala, Iraq, recently.

April, and no one has looked back since.

The RTC now stands as a fully functional academy that has trained hundreds of Iraqi policemen. Training at the

academy includes everything from weapons handling and procedures to check point operations and ethics.

"The RTC is a tangible and quantifiable

success story for training Iraqi police," said Capt. Franklin Dennis, MND-N Iraqi police services cell. "It will undoubtedly leave a lasting effect on the improved se-

curity of (Multinational Division-North) and Diyala province."

As the third class of more than 600 Iraqi policemen (IP) begin another rotation, the backlog of untrained policemen continues to dwindle.

In addition, the RTC will be expanded in order to train more police in less time. As the other three academies in the Kirkuk, Salah ad Din and Ninewa provinces continue their training cycles, the RTC will augment those academies and provide another venue where the other provinces can send their policemen.

The success of this center will continue, and Iraqi police will continue to receive quality training with the oversight of coalition forces. Although establishing the RTC is a significant accomplishment for the 728th MP Bn., it is only the beginning.

"Although the 728th MP Battalion has been the lead in establishing and getting this training center off to a great start, the real success is the fact that our partners, the Iraqi police, are executing quality training to make a professional police force with the goal of serving its citizens," said Lt. Col. Brian R. Bisacre, commander, 728th MP Bn.

The battalion plans to continue conducting Police Transition Team operations within MND-N, while providing Iraqi police services development and expertise to the 1st Armored Division.



Renee Acosta, CEO of Global Impact, a nonprofit organization currently leading the overseas Combined Federal Campaign, proudly displays a giant check for \$43,194 alongside Brig. Gen. John Seward, deputy commander, USARPAC. Seward received the funds on behalf of the Family Support and Youth Programs in Army Pacific.

CFC funds to support Pacific families

Story and Photo by
STAFF SGT. CRISTA YAZZIE
U.S. Army-Pacific Public Affairs

FORT SHAFTER — The U.S. Army-Pacific Family Support and Youth Programs (FSYP) received a giant check here, July 8, based on outstanding contributions to the 2007 Combined Federal Campaign — Overseas.

Brig. Gen. John Seward, U.S. Army-Pacific (USARPAC) deputy commanding general, accepted the check on behalf of the FSYP.

Renee Acosta, the chief executive officer of Global Impact, a nonprofit organization based in Alexandria, Va., pre-

sented the check.

Acosta is responsible for campaign management for the Central, European, Pacific, Southern and Africa commands, as well as the Combined Federal Campaign for the Washington, D.C., area. Global Impact is the Department of Defense-appointed Principal Combined Fund Organization that was appointed to manage the CFC from 2007-2010.

CFC-Overseas is the only approved charity fundraiser for DoD personnel overseas and received more than \$15.7 million within all four components of the Pacific Command.

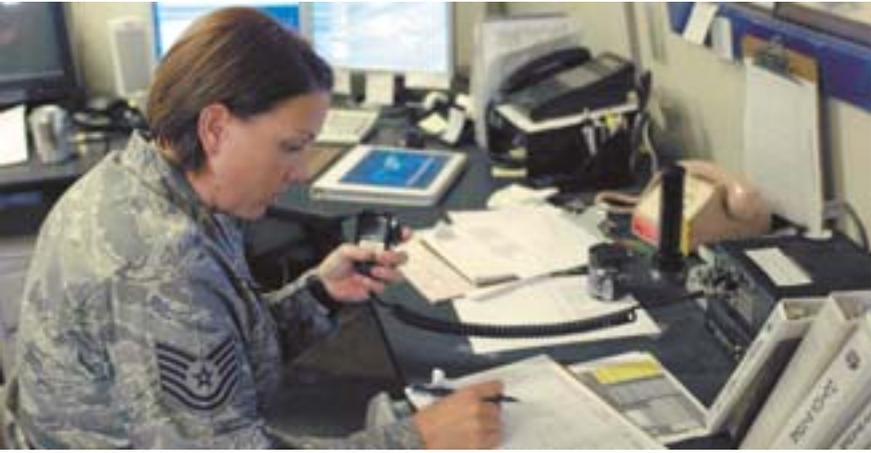
"It's a wonderful win-win situation,"

said Helen Gibson Ahn, strategic planner for Installation Management Command-Pacific, who was on hand to witness the check donation.

One-hundred percent of the money contributed to Family Support and Youth Programs is returned to military installations to improve quality of life programs at the commander's discretion.

The giant check for USARPAC families was not the full story, though. The check was merely a portion of the more than \$714,000 donated to FSYP across the services from funds collected in 2007.

The 2008 CFC-O campaign is scheduled to run from Oct. 1 through Dec. 3.



Tech. Sgt. Lisa Smith, Staff Weather Office, 25th Air Support Operations Squadron, answers a radio call. Smith provided weather forecasts when the 25th Combat Aviation Brigade was deployed to PTA.

Forecasters boost pilots

Story and Photo by
STAFF SGT. TYRONE C. MARSHALL JR.
25th Combat Aviation Brigade Public Affairs

HILO, Hawaii — When a Soldier's occupation involves flying in the blue skies of Hawaii, asking about the weather isn't simply small talk, its big business.

In fact, for the experienced airmen of the 25th Air Support Operations Squadron (ASOS) weather flight, who are routinely called upon to forecast weather for training and combat operations, weather is their livelihood. During their most recent mission, the weather flight provided support to the 25th Combat Aviation Brigade (CAB).
"We provide support for all the

crews that fly," said Tech. Sgt. Lisa M. Smith, Staff Weather Office (SWO), weather flight, 25th ASOS. "We pretty much support anyone (whenever) there is a need for weather support."

The weather flight's overall mission is to facilitate and integrate the most effective use of air power and weather support into the joint and combined battle plan. The SWO is a critical player in the planning of movements and battle tracking of troops during operations.

As the 25th CAB trained at the Pohakuloa Training Area (PTA) recently, it remained on constant alert for dangers to its pilots and

ground crews in the mountainous area.

"That is a major challenge," said Tech. Sgt. Omar D. Nurse, SWO, weather flight, 25th ASOS. "Any forecaster can forecast ... when you go someplace new that you're not familiar with, it takes someone years to build up an idea of what the weather in an area is going to do on any given day."

The weather team is equipped with specialized equipment such as the Tactical Meteorological

SEE FORECAST, A-6



Spc. Carlee Ross | 25th Infantry Division Public Affairs

Job well done

SCHOFIELD BARRACKS — Chief Warrant Officer 4 Brian O'Connell (right), 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, receives congratulations from Brig. Gen. James Nixon, deputy commanding general, operations, 25th ID, at the quarterly retirement ceremony, July 10.

O'Connell, who is married to Navy Lt. Cmdr. Christine O'Connell, looks forward to being a stay-at-home dad for the child they are expecting in August. "My wife is in the Navy, as you can tell," he said. "It's been interesting to say the least."

25th Infantry Division retirees:

- Sgt. 1st Class Robert Barrow
- Chief Warrant Officer 4 Claude Boushey
- Lt. Col. Stephen Burk
- Sgt. Maj. Keith Castaneda
- Staff Sgt. Michael Coniff
- Master Sgt. Leo Crimbley

- Sgt. 1st Class Darrell Lowery
- Chief Warrant Officer 4 Joseph Monfort
- Chief Warrant Officer 3 Patrick Morrissey
- Chief Warrant Officer 4 Roger Mullins
- Chief Warrant Officer 4 Brian O'Connell
- Chief Warrant Officer 4 Stephen Sacayan

Forecast: Pilots call SWO advice 'invaluable'

CONTINUED FROM A-5

Observing System, or TMOS, to determine weather patterns and process data. Also, other methods and Web sites are used to meet the challenges of forecasting weather in such an unpredictable area.

Once the experienced airmen pool the information, they advise each unit training in their area of responsibility of current and projected weather for planning purposes.

When a mission is successfully completed, the SWO, behind the scenes, is happy knowing it has contributed.

"That's the ultimate when everything works out," Smith said. "It's even better when it does happen and you're recognized for it, because you don't always hear about it."

Pilots from the 2nd Battalion, 25th Aviation Regiment, readily expressed their support for the weather experts.

"I think their job is invaluable," said Chief Warrant Officer 2 Dillion Sapp, Black Hawk pilot, 2-25th Avn. Regt. "They give the pilots what they need to complete the mission safely without incident or accident, and they are very knowledgeable and accurate."

"It would definitely put a bigger strain on us if they were not here," added Chief Warrant Officer 2 Tom Leimkuhler, Black Hawk pilot, 2-25th Avn. Regt.

With the addition of a skilled and knowledgeable weather team, 25th CAB pilots were able to fly high on a daily basis knowing they wouldn't have to worry about the weather.

"They are the ones that help make it happen," Sapp said. "Without them, we couldn't come close to predicting what they can."

FRSA: Support assistants prove critical to mission

CONTINUED FROM A-1

An FRSA's main duty is to provide administrative and logistical support to commanders, rear detachment commanders and volunteer FRG leaders. By taking the administrative burden off volunteers, FRSAs allow FRG leaders to concentrate on performing outreach to Soldiers and their families, thus preserving stability on the homefront, according to Carolyn Killian, Well Being/Quality of Life specialist, FRSA program manager, U.S. Army-Pacific.

"FRSAs are combat multipliers," said Killian. "They allow commanders to focus on the mission, while the FRSA supports the commander and the FRG leader, which increases the level of family readiness of the unit."

Because of their importance to mission success, Killian believes that providing forums for discussion of specific concerns and issues impacting FRSAs is critical to program success.

Senior military leaders agree. "Public forums like today's town hall are critical to the success of the program," explained Col. Thomas Guthrie, chief of staff,



Family Readiness Support Assistants and their military leaders participate in a town hall meeting at Schofield's Kalakaua Community Center, Monday.

25th Infantry Division. "They provide the opportunity to dialogue, to publicly discuss concerns and opinions, and to basically

get answers to specific questions about a resource and a program that is not only evolving, but critical to mission success."

Lori Garcia is the FRSA for 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team. Motivated simply by a genuine interest in helping Soldiers and their families better tolerate deployment, Garcia explained her role.

"I see myself as a facilitator," said Garcia. "If I do my job correctly, the command knows exactly what is going on with the FRGs, and the FRGs know exactly what the command wants. Everyone is connected and no one falls through the cracks like they might have in the past."

Garcia's rear detachment commander, Capt. Charles Romero, acknowledged her extraordinary value to his unit.

"Lori's a critical piece of deployment for us," said Romero. "Among other things, she frees up a staff officer or company commander, which allows them to focus on preparing their Soldiers for (deployment) operations."

"With the group of ladies that we have running the FRGs within our battalion, and with Lori administering and coordinating for us, I have total confidence that we can take care of all our families '24/7,'" he said.

News Briefs

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

18 / Today

Office Closure – The Supply Support Activity (SSA) will be closed through July 25 for a 100-percent physical inventory. Only high-priority emergency requests will be processed during this time. Normal operations will resume July 28.

For emergency services, call Alfred Chugen, 656-0744, or Sam Sapatu, 656-2277.

Recycling Official Documents – Documents containing personally identifiable information, For Official Use Only materials, or critical or sensitive information must be shredded prior to disposing.

Strip-shredded material can still be recycled. If your shredder is a crosscut, the

shredded documents must be disposed of in regular trash. Shred all work-related waste prior to placing into recycle bags.

For more details, call Angela Walters, Operations Security program manager, at 656-0211.

19 / Saturday

Military Reserves Retiree Association – The next bimonthly meeting for the Military Reserves Retiree Association (MRAA) is July 19, 10 a.m.-noon, at the Kyzer Conference Room, Tripler Army Medical Center. The guest speaker will discuss submitting claims for reimbursements from Tricare.

This meeting is open to all retired military personnel and their spouses from the Army Reserves and National Guard. E-mail militaryrra@aol.com or call 739-2208/261-8752 for more details.

24 / Thursday

Volunteer Ceremony – The next 25th Infantry Division Quarterly Volunteer Ceremony will be held at Schofield Barracks' Post Conference Room, July 24, 2 p.m.

28 / Monday

Closure – The Central Issue Facility (CIF), Schofield Barracks, will close July 28-Aug. 8 for a change of Accountable Officer Physical Inventory. Normal operations will resume Aug. 11.

Contact your supply sergeant for turn-ins during this period, or schedule an appointment with the CIF prior to the inventory dates. Call 655-9876 to schedule an appointment.

For emergency services during this period, call Kealii Kahanu, 655-1223, or Angel Hernandez, 655-8120.

29 / Tuesday

Temporary Office Closure – In recognition of the 233rd Army Chaplain Corps Anniversary, all Army chapels and chapel offices on Oahu will be closed July 29 to allow the members of the unit ministry teams and their families to honor the Chaplain Corps with annual joint ministry team training and fellowship.

For emergencies, contact the Installation Operations Center, 655-8763 and ask for the on-call duty chaplain. Contact Chaplain (Maj.) Stroop at 833-6831, or Staff Sgt. Parker at 655-1450 for details.

30 / Wednesday

Oahu South Town Hall – The next Oahu South town hall meeting for the Oahu South community will be held at the Aliamanu Military Reservation Chapel, July 30, 6:30 p.m. Call 438-6147 for more information.

31 / Thursday

Workforce Town Hall – Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, will hold workforce town hall meetings at Schofield Barracks and Fort Shafter.

•July 31 at Schofield Barracks' Sgt. Smith Theater, 10:30-11:30 a.m. and 1:30-2:30 p.m.

•Aug. 1 at Fort Shafter's Richardson Theatre, 10:30-11:30 a.m. and 1-2 p.m.

All Garrison employees are invited to attend for an update on the latest information on working for the Garrison. Call 655-6131.

Fire Warden Training – Army Regulation 420-1 mandates that every unit commander or facility manager must appoint a primary and alternate fire

SEE NEWS BRIEFS, A-7

8th TSC learns basics of combatives

Story and Photo by
SPC. KYNDAL HERNANDEZ

8th Theater Sustainment Command Public Affairs

ALIAMANU MILITARY RESERVATION – More than 40 Soldiers with Headquarters and Headquarters Company, 8th Theater Sustainment Command, honed their basic, level one combative skills at the fitness center here, July 10, by learning the first basic moves.

“We focused on drill one, which is basically the fundamentals of combatives,” said Sgt. Keith Gatlin, a video teleconference technician and combatives instructor with the 8th TSC. Drill one includes escape the mount, arm trap and roll, pass the guard, and receive the mount from side control, he said.

Soldiers watched a video that stressed fundamentals and ways those moves lead into every other move in combatives. After the training, Soldiers were tested on these fundamentals to ensure they were doing the right moves and hand grips.

“You always want to make sure they are doing the hand grips they are supposed to, because if they aren’t, they can break or sprain their wrists or even something worse,” Gatlin said.

“Overall, I think the training was very effective in teaching the Soldiers who weren’t knowledgeable about combatives,” said Marie Sheppard, personnel specialist with 8th TSC. “I



1st Sgt. Curtis Rucker (bottom) and Sgt. Edward Ramey, a combatives instructor, practice the arm trap and roll move during combatives training, July 10.

enjoyed going through the steps and the scenarios ... like, if this were to happen, then you would do this.”

Sheppard said she would like to see more male against female combatives. In the real world, she explained, it doesn’t matter if a

Soldier is female defending herself from another female or a male.

“I absolutely loved it (training); it was superb. I don’t think it could’ve gone better,” Gatlin said. “Everyone was motivated and didn’t try to do their own thing. Overall, it was good training.”

Town Hall: Vandals say they learned lesson

CONTINUED FROM A-1

Residents from the Kalakaua housing area asked if additional street lighting would be added between Kolekole Avenue and Cadet Sheridan Road now that the Kalakaua housing project was complete. After conducting a lighting survey, the Directorate of Public Works will install lights on Cadet Sheridan Road, between Kolekole Avenue and Trimble Road, and the project should be completed by the first quarter of 2009.

Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, said the new babysitting policy was being reviewed. Residents were concerned with the minimum age requirement, which is set at 14. Because of the policy, only two registered babysitters are currently on post. Margotta said if the consensus is to lower the age, he will change the policy; however, he said he will not change the requirements for certification.

Tony Hintz, Army Hawaii Family Housing (AHFH), spoke of the recent vandalism and graffiti at the AHFH community centers. The Kalakaua and Porter Community centers have been vandalized on several occasions over the past month. A reward of \$1,000 is being offered to anyone providing information leading to the apprehension of the responsible parties.

Community members are asked to contact the military police at 655-5555.

Debra Blanchard, Child Youth Services (CYS) coordinator, recapped the CYS Army Family Covenant savings to patrons, announcing a total of \$315,790 to members in the past year. Benefits of the Covenant, including free child care, were also discussed.

Sarah Horrigan, Directorate of Family and Morale, Welfare, and Recreation (DFMWR), discussed upcoming events and programs and stressed the organization’s commitment to providing Soldiers and families an increased quality of life through quality programming and services.

Directorate of Emergency Services Deputy Director Sam Barton discussed concerns regarding the security change implemented on HMR, June 9. Gate guards were removed to allow for a police presence within the neighborhoods. Barton explained the combination of vehicle, bike and walking patrols were better positioned than static security to deter, detect and interdict crime. The two-patrol minimum has now been raised to three or four police officers. A crime analysis found no signs of outside threats, and the main cause of crime continues to be internal to their community.

Schofield Barracks’ Foote Gate will close from August 4-22. A road will be open from Ly-

man Gate to help eliminate traffic congestion.

Safety was a big concern during the question-and-answer session as many spoke of lack of military police presence and disconcerting behavior among juveniles. Many were concerned of the safety of unsupervised children riding bicycles without helmets and gathering at playgrounds at HMR after curfew.

Margotta introduced two young family members who had recently been involved in an act of vandalism. The individuals spoke to the crowd saying they had been caught slashing the tires of a military police car.

Margotta explained his intent was not to degrade the juveniles, but to get them involved in the community to showcase their behavior on the installation.

The individuals involved apologized to the audience stating they had learned their lesson.

Margotta assured residents their safety concerns would be met.

“We need to verbalize our concerns to the command,” said Staff Sgt. Ricardo Rafael, 25th Infantry Division Band. “We want to make sure our voice is heard.”

“Things are getting done, things are changing,” said Boussy.

The meeting adjourned as subject matter experts and concerned residents remained to discuss issues one on one.

News Briefs

From A-6

warden for their facility. Training is held each month. Upcoming training dates are July 31 and Aug. 5. Call 471-3303, ext. 632, for details. To reserve your seat, contact Battalion Chief David Jimenez at david.d.jimenez@navy.mil or 471-3303, ext. 632.

August

4 / Monday

Gate Closure – Schofield Barracks’ Foote Gate will temporarily close, Aug. 4-22, in order to install a new gate with additional force protection measures.

In the first of two phases, the work will include paving, concrete work and work on the outbound islands. All other gates at Schofield Barracks will maintain their current operational times.

For more information, call the Directorate of Public Works at 656-2435.

Ongoing

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

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

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

Road Closure – Hewitt Street, between Menoher and Kanell roads, Schofield Barracks, will be closed until Nov. 1 for construction. See a map of the affected area at www.garrison.hawaii.army.mil, the Garrison Web site, under the “Traffic/Post Updates” link on the left. Call 656-2473 for more details.

Signal Corps Regimental Ball – Tickets are now available for purchase for the Hawaii Signal Corps Regimental Ball, scheduled for Sept. 12, at the Hilton Tapa Ballroom, Honolulu.

The ball includes a keynote speech, entertainment, music and dancing. Tickets cost \$65 and are open to the public. Dress is formal.

Contact Capt. Joshua Hamilton, 438-2305, joshua.dale.hamilton@us.army.mil, for tickets.

Deployment Financial Checklist – The NASD Investor Education Foundation, the National Endowment for Financial Education (NEFE) and the National Military Family Association have created the Family Financial Checklist. The checklist details financial commitments service members need to be aware of when preparing to deploy.

The list also helps service members and their families discuss important financial issues before deployment such as credit card bills, mortgage payments, taxes and insurance. Visit www.SaveAndInvest.org for more information.

Policies: WTUs renew focus, care for warriors

CONTINUED FROM A-1

where we have this requirement, so we think that we will be able to address that requirement," Keenan said, adding that all medical personnel should be in place by Oct. 16.

Part of the reason for the personnel shortage is more Soldiers enter WTUs every month than exit, and there is a backlog of Soldiers who either are almost done with their treatment and don't need as much care, or who are waiting for their Medical or Physical Evaluation Board results.

The Army also wants to ensure that only those Soldiers with the greatest medical needs enter WTUs, so it can focus on their care, Cheek said. Soldiers with more minor injuries or illnesses will be managed by their units and treated at the installation hospital.

"While the policy affects Soldiers entering into the program, those warriors currently assigned to a WTU can remain or be reassigned to his or her unit with the consensus of the triad of care and approval of the triad of leadership," Cheeks said, emphasizing the importance of ensuring Soldiers get the best care, and the right care for them.

He added that all reserve component Soldiers will continue to be assigned to WTUs, regardless of the amount of care they need.

Army leaders have also directed commanders to look at the Army Physical Disability Evaluation System on their installations and make the MEB/PEB process easier for Soldiers.

In addition, WTCO is looking at installations around the Army to determine which has the most efficient processes, so these can be institutionalized across the Army, Keenan said.

301st MI Bn. makes wedding day memorable

Comrades in arms wed couple when mobilization threatens to intervene

SGT. 1ST CLASS SHERYL L. LAWRY
500th Military Intelligence Battalion

PHOENIX — When most Soldiers find out their unit is being mobilized and will soon deploy, all-important life plans are put on hold. When a wedding is one of those events, some couples head to the courthouse for an uneventful exchange of vows with a justice of the peace and then they return the next day or week with wedding rings and simply "drive on" as the Army saying goes.

The scenario, however, doesn't have to be that way. Providing proof of this fact is the close-knit 301st Military Intelligence Battalion, 500th MI Brigade.

Upon learning that Pvt. Brandon Manygoats, and his fiancé, Charity, were headed for that uneventful courthouse exchange, members of the battalion stepped in.

"This was not an M-16 (hasty) wedding," said Master Sgt. Tina Kennedy, A Company first sergeant. "They were supposed to get married a few months from now, but the mobilization interfered with it."

Leading the wedding charge was Staff Sgt. Kelly Greene, A Co.'s supply noncommissioned officer and unofficial unit wedding planner.

Instead of the courthouse, Greene planned for Manygoats' wedding to be held in the unit's courtyard.

"Once the plan was approved, I decided the green grass (of the unit's courtyard)



Cheryl Olson | 301st Military Intelligence Battalion

While Soldiers watch from the balcony, Pvt. Brandon Manygoats and his bride Charity exchange wedding vows. Manygoats' unit arranged the ceremony after they learned he had dumped formal plans for a courthouse "quickie" ceremony prior to being deployed.

would be a better location for a summer wedding," she said.

While the wedding took only a week to plan, guests and even Manygoats himself said the event felt like it had been planned for months.

"I liked the way it turned out," said Manygoats, who dated Charity for seven years be-

fore they were married and had a son, Cameron, together. "It was way more than I expected. I can't thank them enough for all the work and effort they put into this."

The wedding was just as special to the battalion's Soldiers.

"It was really sweet," said Spc. Kayla Berry, a supply specialist. "It was kind of tra-

ditional, except it was at the unit."

As with all weddings, this one came with a reception, first dance, and a "just married" vehicle.

"It was just amazing what they put together," said Kennedy. "They put in a lot of time and extra effort to make it look amazing. It was crazy cool."

Theft: Suspicious e-mail address, attachments may indicate scam

CONTINUED FROM A-1

members about scams and urge them to take precautionary measures when using the Internet.

The following may be indicators of a scam:

- Suspicious e-mail address,
- Generic subject line and message body,
- Poor use of English,
- Suspicious hyperlinks,
- Suspicious attachments, and
- Requests for PII (such as SSN, date of birth, passwords and more).

To avoid victimization, the following precautions are advised for use on personal computers:

- Do not reply to e-mail or pop-up messages from suspicious or untrusted sources that ask for personal or financial information, and do not click on links in the message.
- Do not cut and paste a link from a message into your Web browser; phishers can make links look like they go to a certain place, but the links actually send users to a different site. Simply delete the suspicious e-mails.
- Some scammers send an e-mail that appears to be from a legitimate business and ask you to call a phone number to update your account or access a refund. Because they use voice over Internet protocol

technology, the area code you call does not reflect where the scammers really are.

If you need to reach an organization you conduct business with, call the number on your financial statements or on the back of your credit card.



Get more details at onguardonline.gov/phishing.

- Use antivirus and antispyware software, as well as a firewall, and update them regularly.
- Do not e-mail personal or financial information.
- Review credit card and bank account statements as soon as you receive them to check for unauthorized charges.
- Be cautious about opening any attachment or downloading any files from e-mails you receive, regardless of who sent them.
- Forward phishing e-mails to spam@uce.gov, and to the company, bank, or organization impersonated in the phishing e-mail.
- You also may report phishing e-mail to report-phishing@antiphishing.org.
- If you have been the victim of an Internet scam, visit the Federal Trade Commission's identity theft Web site at ftc.gov/idtheft for recovery guidance.



Staff Sgt. Crista Yazzie | U.S. Army-Pacific Public Affairs

What's the frequency, Kenny?

FORT SHAFTER — Spc. Kenny Hughes, 307th Signal Battalion, manually adjusts an antenna to find a satellite frequency during a U.S. Army-Pacific communications exercise, Tuesday. By performing troubleshooting diagnostics during various mission scenarios, the exercise familiarizes elements of the staff with specific Army Battlefield Command Satellite Systems and provides hands-on training.

HAWAII **ARMY** WEEKLY

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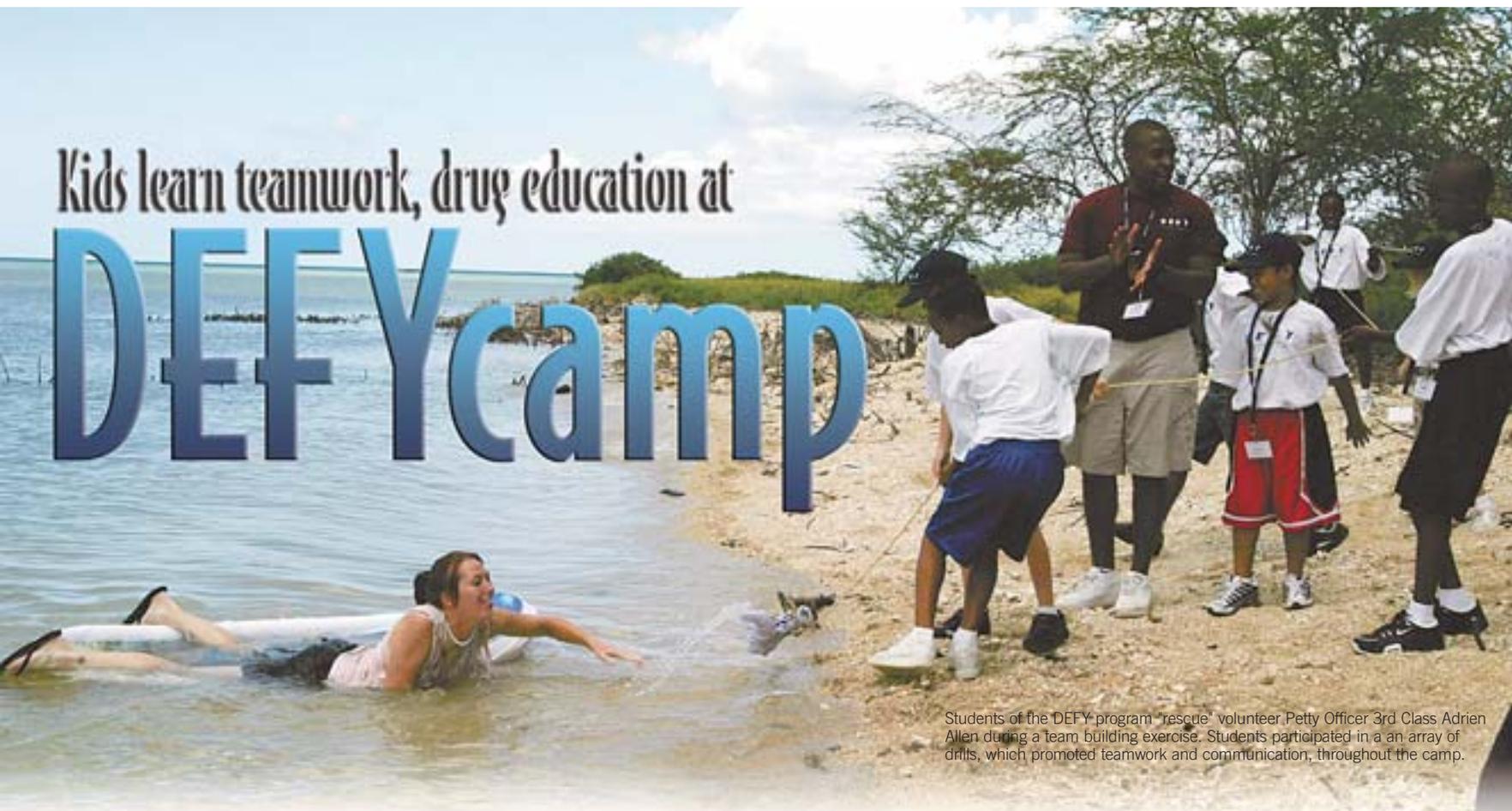
www.garrison.hawaii.army.mil/haw.asp

"When work is finished!"

FRIDAY, JULY 18, 2008

Kids learn teamwork, drug education at

DEFYcamp



Students of the DEFY program "rescue" volunteer Petty Officer 3rd Class Adrien Allen during a team building exercise. Students participated in an array of drills, which promoted teamwork and communication, throughout the camp.

Military youth, from all branches of service, get lowdown on drugs while enjoying multi-activities

Story and Photos by
MOLLY HAYDEN
Staff Writer

HICKAM AIR FORCE BASE —Navy Petty Officer 3rd Class Adrien Allen from the USS Chafey sat in a small raft offshore here, July 11, shouting words of distress to a small group of children on the beach. The children located a rope, tied a knot and cast the rope out to sea.

As the rope landed within reach of Allen, she grabbed on tightly as all students worked together to pull her ashore.

This exercise, called "Lost in the Pacific," was one of many obstacles students overcame during the Drug Education for Youth (DEFY) program. The exercise taught team building and problem-solving skills to students.

DEFY is a self-esteem building program that provides children with the tools to resist drugs, gangs and alcohol. It focuses on building wholesome self-images and setting goals, as well as teaching students to resist peer pressure.

"The program involves so much more than drug education," said program leader, Petty Officer 1st Class LaTasha Jones, a yeoman at U.S. Pacific Command (PACOM). "We teach them how to resolve conflicts and provide them with the education they need to say 'no' to certain behaviors and make healthy decisions. We teach positive life skills to create positive citizens," she said.

"I've learned how to work together



Team "Drug Slayers" proudly display their handmade flag during the DEFY program. The structured preventative DEFY focuses on building self-image and setting goals, as well as helping youth resist peer pressure and drug abuse.



with my team and help each other," said 11-year-old Army family member Deija Chiles. "I've made a lot of

loyal friends here."

"We learn a lot about communication," said 11-year-old Army

family member Isiaha Warner.

"We learn about drugs and how to resist them, and help other

people say no to them."

Drug Demand Reduction Task Force (DDRTF) initially developed the nationwide DEFY program in 1992. The local chapter of DEFY, sponsored by PACOM, started three years ago at Hickam Air Force Base to bring children from all branches of the service together for a fun and educational experience.

For more information on the DEFY program, contact YN1 LaTasha Jones at 477-9327 or visit www.donhq.navy.mil/defy.

Military family members, ages 9 to 12, participated in the free, 10-day program to build skills and learn an array of information regarding drugs and substance abuse.

"I teach Soldiers all the time about leadership and teamwork," said DEFY volunteer Staff Sgt. Clayton Jones, PACOM. "It's even harder to teach the kids, but this information will pay off later. This is my way of giving back to the future generation of leaders."

Starting in August, children may join Phase 2 of the program and attend the camp one Saturday each month to partake in activities such as swimming, hiking, a ropes course challenge and canoeing.

The prevention program is the catalyst for increasing community participation and commitment to youth — particularly in the Army with its Army Family Covenant.

The DEFY structured curriculum offers education, skill development and physical fitness. The Covenant promises to provide "families a strong, supportive environment where they can thrive" and ensure excellence in schools and youth services.

Wahiawa 'Botball' robotics team competes on mainland

Story and Photos by
MOLLY HAYDEN
Staff Writer

WAHIAWA — A small group of Wahiawa Middle School students gathered here in early July for the final test of their self-built robots. The students placed first among 38 middle school and high school teams in the Hawaii Botball tournament, and also competed nationally at a conference in Oklahoma last week.

The competition robot, named Mo-jorobojo by the team, consisted of a vacuum cleaner bottom and a Game Boy for its brain. It was held together by Legos and metal and plastic parts.

Students programmed the robot to perform an array of duties including gather-

ing and moving pom poms and plastic cups. The youth learned computer programming skills so that the robot, once placed on the game board, would perform its tasks independently.

"It's going to be a hard competition (in Oklahoma)," said 12-year-old Aaron Ferido, before leaving for the trip. "But we have been testing and working a lot."

The game board course, made of PVC pipe, acted as the testing station as the team worked rigorously to program Mo-jorobojo for a flawless run through a variety of tasks.

"This is pretty much the course we will see in Oklahoma," Ferido said. "Now we just need to fix the robot as best we can to complete it without messing up."

Seventh-grade science teacher and ro-

botics coach Thomas Lee started the robotics program at Wahiawa Middle School about a year ago after seeing a need for more after-school programs.

"This is a great program to get the kids involved and thinking," said Lee. "Robotics has become more popular in the last few years, and the competition helps the students focus on their efforts."

SEE ROBOTICS, B-3

Right — Allen Geismar (standing) puts finishing touches on the robotics course as team members (from left to right) Jessie McGeary, Aaron Ferido, Kawika Lavarias and Sierra Hale look on. The team recently placed first at the Hawaii Botball tournament, sending them to the Global Conference competition in Oklahoma.





18 / Today

Greenware Sale — Receive a discount of 10-50 percent off Greenware shelf items the entire month of July. Paint and take home ceramic vases, lamps, pitchers, bowls and more at the Arts & Crafts Center, Schofield Barracks. Call 655-4202.

25 / Friday

Big R: Game Extravaganza — Test your game skills and enjoy a free tournament night with your friends at the Nehelani, Schofield Barracks, Wednesday, July 30, 6-8 p.m.

Free child care is available and complimentary pupus will be served. Favorite games will include Scattergories, Taboo, Uno, Wii Bowling and more.

To reserve child care, or to reserve your space, call 438-0376 or e-mail darlene.j.marshall@us.army.mil by July 25.

August

1 / Friday

Play in Paradise — Discover Family and Morale, Welfare and Recreation (FMWR) and all of the amazing ways to Play in Paradise, Aug. 1, 4-7 p.m. at the Nehelani, Schofield Barracks.

Find out about programs and activities FMWR offers to make your stay in Hawaii full of play and fun. Program experts will be on hand to answer all of your questions.

Learn about new programs, enjoy complimentary pupus, fun children's activities, prize giveaways and more. The grand prize is a free trip for four on the Hawaii Superferry.

Attendees will receive a complimentary FMWR PlayPlanner Calendar, which showcases six months of exciting upcoming FMWR events.

Did you attend Spouse Appreciation Day in May? Pick up your free photo at the marketing table.

Call 438-2911.

Ongoing

Job Search — Visit, browse and apply for federal jobs in Hawaii at www.nafjobs.com.

Pau Hana Social Hour — Stop by the KoleKole Bar & Grill, Schofield Barracks, after work and enjoy ice-cold beverages.

Specials for drinks and food run Monday-Friday, 4:30-5:30 p.m. Call 655-4466/0660.



Courtesy Photo

Aloha all around

CAMP TAJI, Iraq — Deployed soldiers from the 2nd Stryker Brigade Combat Team show their appreciation for "Aloha Care Packages" from Operation Homefront of Hawaii. Three tons of local style snacks, flip-flops, University of Hawaii football shirts and caps, Hawaii coffee and other tokens of aloha were sent to deployed troops.

Lunch Buffet — Have lunch, Monday-Friday, 11 a.m.-1 p.m., or brunch on Sunday, 10 a.m.-1 p. at the KoleKole Bar & Grill, Schofield Barracks.

The brunch buffet features an omelet station, French toast, Belgian waffles, eggs, assorted pastries and hot lunch entries. Call 655-4466/0660.

Recreation Storage — Don't have enough room for all your toys? Deploying soon and need a safe place to keep your valuables?

A brand new recreation vehicle/boat storage facility is now available for use at the Fort Shafter Auto Skills Center.

The Schofield Barracks Auto Skills Center also offers long-term storage options for vehicles and other personal items.

Cost is \$30 per month. Call Fort Shafter at 438-9402 or Schofield Barracks at 655-9368.

HMR Teen Lounge — The Helemano Military Reservation (HMR) Teen Lounge, located inside the HMR Youth Center, is now open Monday-Friday, 2-6 p.m.

If you are in grades 6-12, the Teen Lounge is the place to go after school. The lounge offers daily activities, including tournaments, sports, video games, crafts, games and volunteer opportunities.

A nutritious snack is offered each day,

and the program is free except for the annual Child and Youth Services (CYS) registration fee of \$18. Call 655-0451 or 653-0717.

Preschool Story Times — Family and Morale, Welfare and Recreation (FMWR) libraries hold Story Time at 10 a.m., Tuesdays, at Fort Shafter (438-9521); Wednesdays at the Sgt. Yano Library, Schofield Barracks (655-8002); and Thursdays at Aliamanu Military Reservation (AMR) Library (833-4851).

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables and watch it grilled to your liking at the KoleKole Bar & Grill, Schofield Barracks, every Monday, 5-8 p.m.

Cost is 65-cents an ounce. Call 655-4466/0660.

Flat Stanley Project — Pick up your "Flat Stanley," a flattened paper cutout of the title character from Jeff Brown's Flat Stanley books, at any Army library. Take him on an adventure and bring him back to the library by Aug. 11.

Be creative, dress him up and take a photo of his travels. Prizes will be awarded for the furthest traveled and other creative entries. Grand prize for most creative photo is a digital camera.

Visit your local Army library for more information.

Fort Shafter Thrift Shop — Browse the Thrift Shop for all your décor. Normal business hours are Tuesday and Friday, 9 a.m.-1 p.m., and consignment hours are 9-10:30 a.m.

Donations and volunteers are always welcome as the Thrift Shop is the main fundraising venue for the Fort Shafter Hui O Wahine Spouses club.

All profits are donated to charities and scholarships in the military and local community. Call 842-1074 or visit Building 342, Pierce St.

Auto Services — Get your oil changed, transmission services performed, tires rotated and other auto services performed at the Auto Skills Center while you're at work. Call 438-9402 (Fort Shafter) or 655-9368 (Schofield Barracks).

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 for sale. Call 655-9368 (Schofield) or 438-9402 (Fort Shafter).

"Home of the Brave" Quilt Project — The public is invited to the Pacific Aviation Museum, Pearl Harbor, July 19, 10 a.m.-2 p.m., to sign names and write messages of hope and comfort on "Home of the Brave" quilts, sewn by volunteers and provided to families of fallen service members.

No reservations are needed. Admission is \$14 for adults and \$7 for children. Kamaaina and military discounts are available. The quilts will be at the museum again on Sept. 1. Call the museum at 441-1000 or visit www.PacificAviationMuseum.org.

22 / Tuesday

AHFH Open House — Army Hawaii Family Housing will host an open house showcasing its Leadership in Energy and Environmental Design (LEED) for Homes Gold pilot initiative, July 22-23, 10 a.m.-2 p.m. at Schofield Barracks.

AHFH residents can take self-guided and guided tours of homes. Register at rsvp@armyhawaiiifh.com. Call 275-3177 for more details.

23 / Wednesday

Post Exchange Meeting — The next Fort Shafter Post Exchange/Market meeting for the Oahu South community will be held July 23, 10-11 a.m., at the Aloha Center, Building S-330, 2nd Floor OSCD Conference Room #201C.

All Fort Shafter community members are invited to attend and provide input. Call Rosey Stone at 438-6147 for more details.

24 / Thursday

Volunteer Ceremony — The next 25th Infantry Division Quarterly Volunteer Ceremony will be held at Schofield Barrack's Post Conference Room, July 24, at 2 p.m.

Ke Kani O Ke Kai Summer Concert Series — The Waikiki Aquarium will continue its annual oceanside concert featuring some of the island's top performers, restaurant partners and fun for all.

Concert dates (and artists) are July 24, Eddie Kamae, and Aug. 7, Willie K.

Doors open at 5:30 p.m., and concerts begin at 7. Aquarium galleries and exhibits will remain open throughout the evening. Each concert is \$25 for adults, \$10 for

children (ages 7-12) and free for children ages 6 and younger.

Due to space limitations, only the first 500 reservations will be accepted. Visit www.waquarium.org or call 440-9015.

25 / Friday

Essay Contest — The deadline for entries in the Elva Resa Publishing and Military-FamilyBooks.com writing contest for essays, short stories and poems focusing on stories for children about military life is July 25.

Entries should be appropriate for children ages 4-10. The contest is open to anyone, but children under 18 must have a parent or guardian's permission.

Grand prize is \$500 and all additional published entries will receive \$300. Each writer with a winning entry will also receive five copies of the book.

For complete contest rules and submission guidelines, e-mail contest@elvaresa.com or visit www.elvaresa.com/anthologycontest.html.

August

3 / Sunday

Cooking Demonstration — Master Chef Martin Yan of the "Yan Can Cook" series of cookbooks and cooking show will conduct a cooking demonstration and autograph signing, Aug. 3, 2:30-4 p.m. at the Navy Exchange, Pearl Harbor.

Call 421-1568 for more information.

Ongoing

Pets of Patriots — The Hawaiian Humane Society is looking for volunteers for the Pets of Patriots program, which finds someone willing to foster the pets of deployed service members.

Call 356-2217 or visit www.hawaiian-humane.org.

Waimea Valley Tours — Visit historic Waimea Valley at the North Shore, a 1,875-acre valley that offers an authentic cultural window into the lifestyles and customs of the Hawaiian people through daily pro-

grams and activities. The valley is open daily (except Christmas and New Year's Day), 9 a.m.-5 p.m.

Guests can participate in native plant, history, wildlife and other interpretive walking tours. Valley visitors experience Hawaiian culture by participating in lei making, kapa demonstrations, hula lessons and Hawaiian games.

Admission is \$10 for adults, \$5 for children. Kamaaina and military discounts are available. Call 349-3301.

Hawaii Wartime Historical

Tour — Historian Steven Frederick will host a four-hour walking tour to sights of Hawaii's wartime history, three times a week through September, at 1 p.m.

Tours will be conducted on Tuesdays, Thursdays and Saturdays. The next tour will be held Tuesday, July 22.

The tour will include locations in downtown Honolulu and Chinatown. Comfortable shoes are recommended.

For reservations, contact Steven Frederick, 395-0674 or filmguy54@hotmail.com. Tickets are \$20.

Making the Grade — Students can cash in on the Army and Air Force Exchange Service's (AAFES) "You Made the Grade" program. This reward program is designed to recognize above-average academic achievement.

Qualifying students will receive a coupon booklet that includes free admission to an AAFES Reel Time Theater, a complimentary slice of Anthony's Pizza with drink and a free magazine, as well as other coupons.

To be eligible for a booklet, students must present a valid military ID card and proof of an overall "B" or better average to their local post exchange.

Civil Air Patrol — Civil Air Patrol's Wheeler Composite Squadron will meet every Tuesday, 5:30-8:30 p.m., Wheeler Army Air Field. The squadron regularly accepts new members, ages 12-18, who are interested in aerospace education, leadership training, physical fitness, and character development. Call or e-mail 386-1374 or tony4atmos@aol.com.



Aliamanu (AMR) Chapel 836-4599

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

Fort DeRussy Chapel 836-4599

- Catholic Saturday, 5 p.m. — Mass in Chapel (May-Aug.) Saturday, 6 p.m. — Mass on Beach
- Protestant Sunday, 9 a.m. — Worship Service
- Buddhist 1st Sunday, 1 p.m.

Fort Shafter Chapel 836-4599

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

Helemano (HMR) Chapel 653-0703

- Contemporary Protestant Sunday, 9 a.m. — Bible Study Sunday, 10 a.m. — Worship Service & Children's Church

Main Post Chapel 655-9307

- Catholic Sunday, 9 a.m. — CCD & RCIA Sunday, 10:30 a.m. — Mass
- Collective Protestant Sunday, 9 a.m. — Worship Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School Sunday, noon — Worship Service

MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday-Saturday, noon — Adoration
- Liturgical Sunday, 9:30 a.m. — Worship

Tripler AMC Chapel 433-5727

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

Wheeler Chapel 656-4481

- Catholic Saturday, 5 p.m. — Mass
- Collective Protestant Sunday, 9 a.m. — Worship Sunday, 9 a.m. — Sunday School



Send announcements to community@hawaiiarmyweekly.com.

18 / Today

Employment Orientation — Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies.

Reference materials, job listings, computers, a Web tour and more will be available. Orientations will be held these dates:

• July 18 & 25, 9-10:30 a.m., Schofield Barracks' ACS. Call ACS at 655-4227 (Schofield Barracks). Register online at www.acsclasses.com.

Child care vouchers are available if children are registered and space is reserved.

19 / Saturday

Haleiwa Arts Festival — The 11th Annual Summer ArtFest will feature more than 130 Juried Visual Artists from Oahu, the neighbor islands, mainland and international locations, July 19-20, in historic Haleiwa town on the North Shore.

Performance stage showcases will feature musicians, singers, dancers and storytellers. Cultural trolley tours, student art displays, art demonstrations and children's art activities will also return.

Admission, parking and all activities are free. Hours are 10 a.m.-6 p.m. on Saturday and 10 a.m.-5 p.m. on Sunday. Visit www.haleiwaartsfestival.org.

Enrollment Deadline

The deadline to apply for the next course in a Master of Arts in Managerial Economics with the University of Oklahoma is July 19.

This nonthesis program can be completed in 18 months or less. Contact Oklahoma University at aphickam@ou.edu or 449-6364.



Indiana Jones and the Kingdom of the Crystal Skull

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

Iron Man

(PG-13)
Saturday, 4 p.m.
Wednesday, 4 p.m.



The Chronicles of Narnia: Prince Caspian

(PG-13)
Sunday, 2 p.m.

Sex and the City

(R)
Thursday, 7 p.m.

Robotics: Team programs its way to sportsmanship award

CONTINUED FROM B-1

Students complete all aspects of designing, building, programming and documenting the robots, including creating a 3-D computer image of each robot. They combine science, engineering, technology, math and writing skills for the hands-on project that reinforces what they've already learned.

A smaller robot named Chibizilla sat in the hands of Army family member Sierra Hale.

"I'm just finishing up the program," said Hale. "It's fun to see how everything works and learn how to build it from scratch."

Hale placed the robot on the course, and with a push of a button, the robot began its programmed route. The robot moved its arms back and forth at specific times to gather small pom poms, and eventually brought them together in a corner of the track.

"I think we are ready," said Hale about the upcoming competition.

The team has worked tirelessly in the past few weeks gathering donations and hosting fundraisers to fly 14 students to the competition.

Donning team shirts that show a guitar-playing cow and the words "Save the cows," students on the Wahiawa Middle School Robotics Team traveled to Oklahoma, July 6, to attend various educational workshops on robotics and technology.

Afterward, the team made its final preparations before competing against the best robotics teams



Robotics coach Thomas Lee assists student Aaron Ferido with the team's robot. The after school program teaches middle school children science, engineering and technology by programming the robots to perform an array of tasks.

in the nation at the Global Conference on Education Robotics in Norman, Okla., July 8-11. The team walked away from the competition with the judge's choice award for sportsmanship.

Before returning to the island, the team made an educational stop in Houston to tour the NASA

Space Center. There, the team learned how to use simple machines to construct and use robotic arms.

The Wahiawa Middle School Robotics team returned to the island Wednesday, with more information and skills to prepare them for their next competition.

Army Hawaii receives first gold certified homes

ANN WHARTON
Army Hawaii Family Housing

SCHOFIELD BARRACKS – Olympic hopefuls are not the only ones going for the gold this summer. Army Hawaii Family Housing (AHFH) will deliver the military's first homes to receive the Leadership in Energy and Environmental Design (LEED) for Homes Gold Certification.

The four units located at Schofield Barracks are also the first homes on Oahu to receive this prestigious certification from the U.S. Green Building Council.

A LEED-certified home is one that is energy efficient, water efficient, uses efficient landscap-

ing and materials and is healthy. Constructed by developer Actus Lend Lease, AHFH homes do include many LEED and Energy Star features; however, these homes are the first to receive certification that requires rigorous standards be met.

Criteria go beyond just photovoltaic panels and solar hot water systems. Among the innovative design and new technologies featured in the homes are the use of specific materials used to construct them as well as permeable concrete pavement.

An open house will be held July 22-23, from 10 a.m. to 2 p.m., at 5368 Handrich Loop, in Schofield's Kaena Neighborhood. Attendees must R.S.V.P. to rsvp@armyhawaiiifh.com and give their name and what day they plan to attend.

AAFES safeguards patrons' SSNs

Requirement for Social Security Numbers makes shopping efficient

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

OKINAWA – The Social Security Number (SSN) is the number used by the Department of Defense (DoD) for all financial transactions to identify and locate service members and their authorized dependents.

Consequently, the Army & Air Force Exchange Service, or AAFES, must continue to require SSNs for certain financial transactions such as writing and cashing checks and obtaining refunds at military exchanges.

A patron's SSN is used to identify authorized customers whose check-cashing privileges have been suspended. The SSN is also used to process involuntary collections of outstanding debts that the customer has not voluntarily repaid.

AAFES is aware of the sensitivity of giving SSNs for transactions; however, in order to continue offering check-cashing services, AAFES must take all authorized actions to collect unpaid debts and protect its assets.

AAFES is diligently working on a system to scan the bar code on the back of DoD ID cards and retrieve the SSN at the register. Meanwhile, SSNs are still required in order to perform the actions listed herein at your local exchange.

About AAFES. The Army & Air Force Exchange Service is a joint command and is directed by a board of directors, which is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff.

AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and generating nonappropriated fund earnings as a supplemental source of funding for military Family and Morale, Welfare and Recreation programs.

Taking blood pressure meds at night better for some patients

E. WAYNE COMBS

U.S. Army Center for Health Promotion and Preventive Medicine

High blood pressure or hypertension has a significant impact on the military health care system — and don't think that just middle-aged and elderly people suffer from it.

In fiscal 2007, the Army wrote more than 390,000 prescriptions for medicines used to treat high blood pressure in the active duty population, totaling more than \$8.7 million. Those figures for the entire Department of Defense active duty population are estimated at 857,000 prescriptions totaling more than \$17.8 million.

Although high blood pressure usually has no symptoms, it can cause serious chronic problems such as stroke, heart failure, heart attack and kidney disease. The good news is you can control high blood pressure through healthy lifestyle habits and taking medicines, if needed.

Better control of high blood pressure could help reduce the enormous amount of money spent on medicines and, most importantly, substantially decrease the more serious chronic problems caused by hypertension.

Whether you take your blood pressure medicine in the morning or at night may be very important in blood pressure control. Researchers in Italy

report that taking blood pressure medicine at night instead of in the morning helped restore normal nighttime blood pressure in some patients. This simple switch may also help reduce the risk of heart and kidney disease.

On The **WEB** www.americanheart.org

Why? Everyone has a 24-hour internal clock that may actually make certain diseases worse at certain times of the day and, in turn, affect the time we should take medicine. In healthy people, blood pressure dips at night by 10 to 20 percent.

When it comes to blood pressure, you want to be a dipper. Scientists do not know why, but suspect the drop gives our arteries a little rest. People whose high blood pressure does not dip at night, the so-called “nondippers,” appear to develop more serious heart disease.

Also, the 26 million Americans with chronic kidney disease seem more likely to be nondippers. In addition to heart problems, they are at extra risk of needing dialysis because of kidney damage.

Dr. Lawrence Appel, Johns Hopkins University, found 80 percent of African-American kidney patients in a recent study were nondippers. Most

startling, 40 percent had nighttime blood pressure that was even higher than daytime levels. Two-thirds of chronic kidney disease patients and at least 10 percent of the general population are estimated to be nondippers, said Dr. Joseph Vassalotti, National Kidney Foundation.

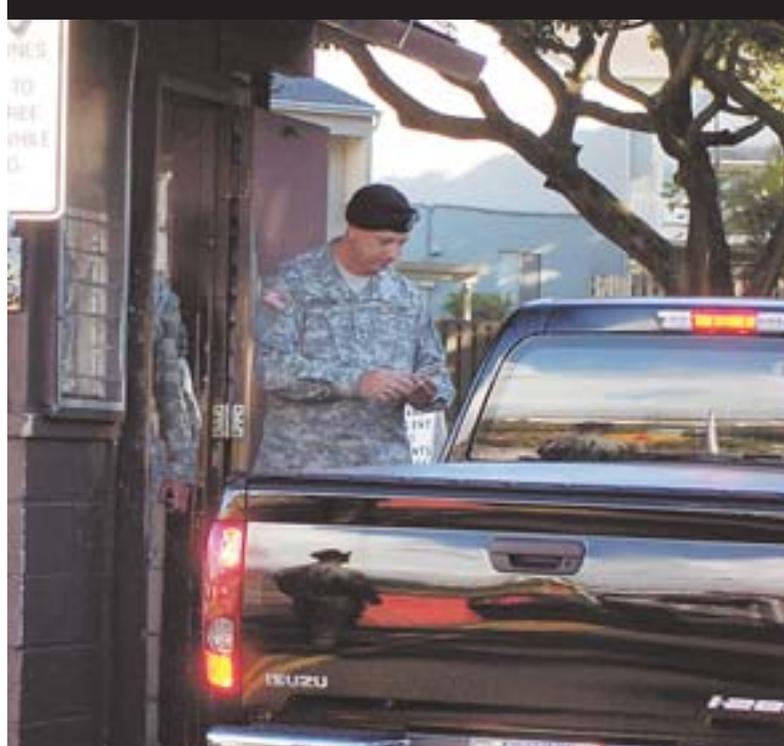
Yet, few patients have ever heard of the problem. And few doctors know who is affected. Most people get their blood pressure checked only during the day.

A 24-hour blood pressure monitor can help but is rarely used, partly because insurance seldom pays for the extra doctor visit to download and diagnose the readings. And most patients who take several once-a-day pills swallow them all in the morning, meaning they all start wearing off around the same time, said Dr. Gina Lundberg, St. Joseph's Hospital in Atlanta.

This fact does not mean everyone should start taking their blood pressure medicine at night. Morning may be best for people on just one drug, and no one knows yet if the switch truly gives nondippers better overall health.

You should never change the time you take your medicines without consulting your health care provider.

Still, it's worth finding out if changing the timing of your medicine may help you.



Antonio Williams | Fort Shafter Provost Marshal Office

Just checking

ALIAMANU MILITARY RESERVATION — Sgt. 1st Class Vincenzo Avanzini, Fort Shafter Provost Sergeant, checks ID cards at AMR's gate as part of the ongoing security and law enforcement efforts in the community. Command group leaders Col. Matthew Margotta, garrison commander, Lt. Col. Jay Hammer, garrison executive officer, and Directorate of Emergency Services Sgt. Maj. Anthony Herrera, participated in the event to evaluate ongoing security initiatives.

Soccer helps build some lasting friendships

Iraqis rally to beat 225th Brigade Support Battalion and other MND-Baghdad warriors in friendly game

Story and Photo by

PFC. LYNDESE DRANSFIELD

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq – Soldiers from Multi-national Division (MND) – Baghdad and the Iraqi army (IA) gathered here, July 10, for a friendly soccer game, followed by a dinner.

Soldiers from the Ammunition Transfer Holding Point (ATHP), A Company, 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team, and Iraqi Army soldiers from the Logistics Battalion, 35th Brigade, participated in the day's activities.

As the MND-B Soldiers warmed up with practice shots and stretches, the IA soldiers arrived at the field looking as though they had just come from competing in the World Cup.

"(The MND-B Soldiers) are not going to win, but at least they're getting better," said Mohand Taleb, an IA soldier from Log Bn., 35th Bde., as he watched the game begin from the sidelines.

The game was not the first the two teams had played against each other, and



Soldiers from the Ammunition Transfer Holding Point, A Co., 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team and Iraqi army soldiers from the Logistics Battalion, 35th Brigade, 9th Iraqi Army Division, compete in a friendly soccer game at Camp Taji, July 10. The 225th BSB Soldiers' ability to play may have improved since the last game, but the results were the same; the Iraqi soldiers triumphed with the final score of 5 to 0.

it certainly won't be the last. First Sgt. Kenneth Reynolds, A Co., 225th BSB, plans to make soccer a monthly event for his Soldiers to build a stronger relationship

with the IA.

"Soccer is their major sport, and we learn a lot about them playing against them," he said.

The MND-B Soldiers' abilities may have improved since the last game, but the results were the same; the Iraqi soldiers triumphed with the final score of 5-0.

In addition to being productive for the participants, the games also provide a great social event for the spectators as well, by allowing them to develop personal relationships.

"This is a good opportunity for us to tie our relationship together," said Taleb "We are not just working together; we are becoming friends."

"It's great that we can sit down after they beat us and eat together."

*Sgt. Fredrick Scott
ATHP section sergeant*

After the grueling game, players worked up their appetites and continued to build friendships over dinner.

"It's great that we can sit down after they beat us and eat together," said Sgt. Fredrick Scott, ATHP section sergeant. "It builds a trust between us and shows them they can talk to us. I hope it continues."

Soldiers from A Co., 225th BSB, may have lost this game, but they didn't go home empty handed. At the end of the night, the IA soldiers presented them with a second place trophy with "In the Spirit of Friendship" engraved at the top.

101 Critical Days of Summer

Attention needed to share road with motorcyclists

BOB VAN ELSBERG

U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. – The Army remains steadfast in its commitment to foster an environment of responsible motorcycle riding by providing Soldiers the education and tools to help prevent accidents and stay safe on the road.

One aspect of motorcycle safety, however, is often beyond riders' control.

"We teach Soldiers the skills to ride safely and tell them what to wear to protect themselves physically, but unfortunately, we cannot protect them from dis-

tracted or inattentive motorists," said Lt. Col. Roy Templin, driving task force chief, U.S. Army Combat Readiness/Safety Center.

For more information on motorcycle safety, contact the U.S. Army Garrison-Hawaii, Installation Fire and Safety Office at 655-6455.

National Highway Traffic Safety Administration statistics indicate motorcycle fatalities nationwide have more than doubled during the last 10 years. Ac-

cording to the Motorcycle Safety Foundation (MSF), more than half of all fatal motorcycle accidents involve another vehicle. Most of the time, the motorist, not the motorcyclist is at fault.

To help educate nonmotorcyclists, the MSF has developed a Web site designed for motorists to enhance traffic safety, www.ForCarDrivers.com. The site offers tips such as "Ten Things All Car & Truck Drivers Should Know About Motorcycles" and provides video downloads to help car drivers learn how to safely share the road with motorcyclists.

"This information helps build motorcycle awareness among the non-riding community and emphasizes the importance of sharing the road," said Templin. "Teaching drivers to be more aware of motorcycle traffic is as important as Soldiers practicing safe riding skills and will ultimately save lives."

For more information on the 101 Critical Days of Summer safety campaign and the Army's Motorcycle Mentorship Program, visit <https://crc.army.mil>.





Send sports announcements to community@hawaiiarmyweekly.com.

18 / Today

Fitness Center Reopened – The Fort Shafter Physical Fitness Center reopened July 14 after an expansion and renovation of the cardiovascular room.

The fitness center is operating under normal business hours, weekdays, 5:30 a.m.-9 p.m., and weekends, 6 a.m.-6 p.m. Call 438-1152.

19 / Sunday

Kailua Beach Run – Registration ends July 19 at 3 p.m. for the Mid-Pacific Road Runners Club's (MPRRC) Kailua Beach Run, July 20, 7 a.m.

The run, along the sandy shore in Kailua, is approximately 4.5 miles, out and back. Fees are \$5 for MPRRC members, \$10 for nonmembers and free for life members. Visit www.mprrc.com.

26 / Saturday

North Shore Swim Series – The 20th Annual Surf 'n Sea North Shore Swim Series continues with Chun's to Waimea Bay Swim, a 1.6-mile swim from Chun's Reef to Waimea Bay, July 26, 9 a.m.

The final swim, the North Shore Challenge, is 2.3 miles from the Pipeline to Waimea Bay and will be held Aug. 9, 9 a.m.

Lifeguards will patrol each event. Swims are electronically timed. Individual event times are combined, and series awards are presented to top swimmers in each age category.

Visit www.hawaiiswim.com to download an application.

27 / Sunday

Mango Days 5K – The 6th Annual Mango Days 5K, July 27, 6:30 a.m. at Ala Moana Beach Park, will benefit the Leukemia & Lymphoma Society.

Online registration closes July 22, 11:59

p.m. After that, register in person at packet pickup July 26, 10 a.m.-2 p.m. at Nike-town, Waikiki.

The registration fee is \$25 to run/walk or participate in the stroller division. Late registration is \$30.

All participants will receive a T-shirt; however, a T-shirt is not guaranteed with late registration. Strollers are welcome.

Visit www.active.com/page/Event_Details.htm?event_id=1587774 to register online.

Volksmarch – Join the Menehune Marchers Volkspart Club on a 5 or 10K volksmarch (walk), July 27, at the Hoomaluhia Botanical Garden's Kahui Nui Pavilion, Kaneohe.

Walkers can begin anytime between 9:15 a.m.-noon. Call Maria at 261-3583 or visit www.ava.org/clubs/menehunemarchers.

Also, mark your calendars for another march, Aug. 3, at the Koko Head District Park. Walkers can begin anytime between 7:30-11:30 a.m.

Call Marsha at 395-9724 or visit www.ava.org/clubs/menehunemarchers.

Ongoing

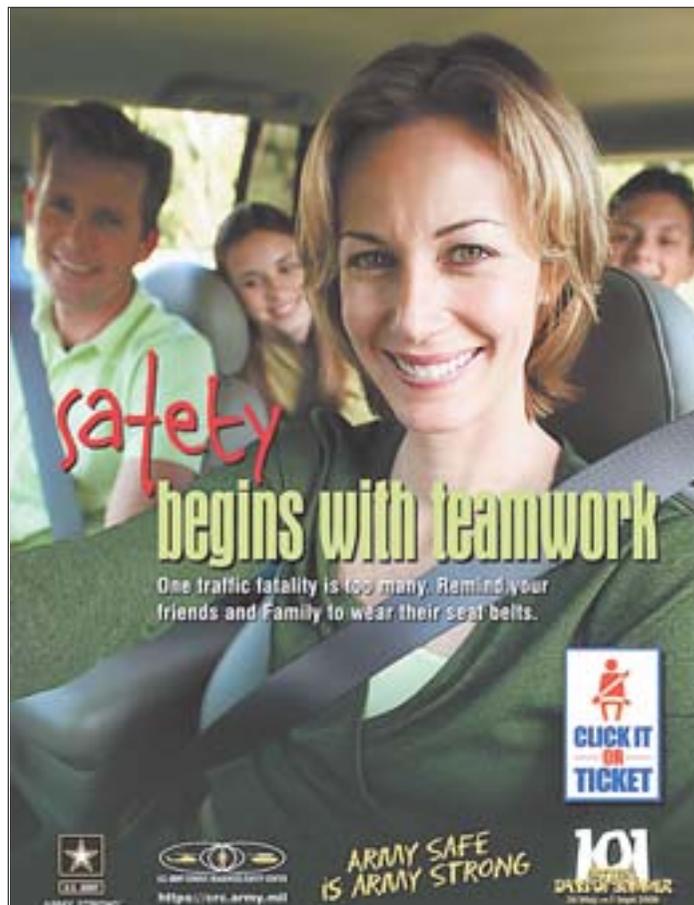
Hawaii Youth Triathlon Club – Children, ages 7-19, are invited to join the Hawaii Youth Triathlon Club (HYTC), an organized sport club run by athletes.

Membership is \$50 and includes an annual membership with USA Triathlon, insurance during training, swim cap and club certificate, review clinics and newsletter. Visit www.hawaiiyouthtri.com.

TOPS – The Take Off Pounds Sensibly (TOPS) 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 for more information.

Escrima Classes – Pedoy's School of Escrima, the Filipino art of self-defense, holds classes every Tuesday, Thursday and



Sunday at its training center in Waipio.

Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438 or 216-3211.

Eskrima classes for men, women and children of all ages are also held at Mililani Elementary School. Develop character and self-confidence during a Wednesday class, 6:30-7:30 p.m., or Saturday class, 9:30-10:30 a.m. Call 398-0119.

Girls' Basketball – The Hawaii Strikers Club team is comprised of skilled play-

ers who have a passion for basketball and can perform as a member of a cohesive team.

The selection process is very competitive and requires each player to be a well-rounded individual who performs at a high academic level, exhibits superior sportsmanship qualities, and displays a positive attitude and a respectful and coachable demeanor at all times.

The Strikers are currently participating in weekly National Junior Basketball League of Honolulu games. Practices are

conducted three days a week at various locations in the Central Oahu area.

Contact Coach Thompson at 381-7722 or hawaiistrikers@yahoo.com or visit www.hawaiistrikersbasketball.com for more information.

Bike Hawaii – Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included.

To schedule adventures, call 734-4214, or toll free 1-877-682-7433. Visit www.bikehawaii.com.

Football League – The Hawaii Athletic League of Scholars (HALOS) is signing up youth players for its upcoming spring football season. HALOS, a no-weight limit tackle football league for ages 9-14, is a nonprofit group that aspires to provide a high-quality experience for kids.

Visit www.myhalos.com, or call 620-8523.

Wrestlers Wanted – Hawaiian Championship Wrestling seeks new members. Applicants should be at least 6-feet tall, weigh 250 pounds or have an above average muscular build.

Sports background is preferred. Call 676-8107 for more information.

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.

Jazzercise – Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikale.

Classes are held Mondays and Wednesdays, 6:30-7:30 p.m., at the Waikale Elementary School cafeteria. Call 674-1083.

Waikale Wrestlers – The Waikale Athletic Club holds wrestling classes for children and adults. Cost is \$45 per student. Call 671-7169.



18 / Today

Youth Sports Registration – Youth born between 1992-2003 can now sign up for flag football or cheerleading through July 29. The cost is \$50 for flag football and \$60. for cheerleading. Cost is \$20 if you participated last year and still have the uniform.

Visit www.mwarmyhawaii.com or call the Sports Director at Aliamanu Military Reservation (836-1923), Schofield Barracks (655-6465) or Helemano Military Reservation (655-0883).

Personal Training Summer Special – Receive one free personal training session when you purchase a 10-pack of sessions during the months of July and August.

Call Kristy Osborn, 381-5944, or the Health & Fitness Center, Schofield Barracks, 655-8007.

19 / Saturday

Discover Scuba – Ever been curious about what's involved in scuba diving, but didn't want to spend the money for the full class?

Discover Scuba, a program designed to give newbies a free introduction, will be held July 19, 10 a.m.-2 p.m. at Richardson Pool, Schofield Barracks.

Call 655-0143 to register or learn more.

23 / Wednesday

Workout Without Walls – Trying to get in shape but the same old routine has you unmotivated? Outdoor Recreation will offer a brand new program, giving you the chance to try a different workout in a new location every week.

The next class is July 23, 9-11 a.m.; classes will be held every Wednesday. Each session costs \$10.

Call 655-0143 for more information.

26 / Saturday

Deep Sea Fishing – Don't miss your chance to catch the big one, July 26. Outdoor Recreation will provide transportation, a cooler with ice, snacks and drinks. Space is available for groups up to six.

Cost is \$130 for a half-day session. Call 655-0143 for more information.