

HAWAII ARMY WEEKLY

VOL. 39 NO. 28 | JULY 16, 2010

Serving the U.S. Army Community in Hawaii | www.garrison.hawaii.army.mil/haw.asp

INSIDE

311th Signal changes command

Story and Photo by
LIANA MAYO
311th Signal Command

FORT SHAFTER — Col. William Scott assumed command of the 311th Theater Signal Command from outgoing commander, Brig. Gen. Alan Lynn, during an official ceremony at historic Palm Circle, here, Friday.

The 311th is the designated signal command for Army Service Component Commands within the Pacific and Korean theaters. Its mission to build, maintain and defend a robust LandWarNet and provide tactical signal support in the Pacific theater ensures that information services, systems and communications are provided throughout the Pacific region under any conditions.

"Thank you for providing me the op-

portunity to join this team and command these American Soldiers," said Scott. "Gen. Lynn and Brook, together you've built a strong, capable and proud team. Rest assured that (my wife) Paula and I will continue to lead it with the care, dedication and pride that you've both given."

According to Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, Scott is "extremely" qualified for his assignment. His experience includes a variety of command and staff positions, like serving as chief of staff for the U.S. Army Network Enterprise Technology Command and director of the LandWarNet/Battle Command Directorate, Army G-3/5/7, at the Pentagon.

As commander of the 160th Signal Bde. during Operation Iraqi and Endur-

ing Freedom, he also led more than 3,000 Soldiers and civilians and provided network capabilities throughout Iraq, Afghanistan, Kuwait, Qatar and Kazakhstan.

"How exciting it is to be joining this vital and dynamic theater, the incredible USARPAC team, and this great Hawaiian community, at this important time in our nation's history," Scott said. "This is a theater that has fully embraced the amazing operational potential and opportunities of network technologies and information sharing ... it is a tremendous honor to be able to serve and lead with you here."

A short award ceremony at the Palm



Lt. Gen. Benjamin Mixon, left, commander, U.S. Army-Pacific, passes the 311th Signal Command colors to Col. William Scott, incoming commander, Friday, at Fort Shafter.

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MP's safety standards

Six companies receive safety streamers for 365 days without accidents.

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Soldiers on the move

Check out what's current with deployments and activities in the 25th CAB, 8th TSC and COE.

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'Don't Ask, Don't Tell' surveys service members

JIM GARAMONE
American Forces Press Service

WASHINGTON — Survey responses on the possible repeal of the law that bans gays and lesbians from serving openly in the military will allow leaders to make informed decisions, Pentagon Press Secretary Geoff Morrell said Monday.

Morrell said many stories that have resulted from advocacy groups leaking a 103-question survey, e-mailed this week to 400,000 service members, "have been inflammatory in the worst case, and misleading in the best case."

Defense Department officials wanted the survey to remain confidential, Morrell said, but the distribution of the survey to 200,000 active duty service members and 200,000 reserve component personnel worked against that aim.

The survey was designed to be a confidential conversation between the Defense Department working group studying the matter and a large representative sample of the force, he said.

"We thought it would be breaking faith with them for us to be proactively sharing the survey," Morrell said. "because what we are trying to do is preserve the credibility and integrity of the answers that it elicits from the force."

Outside influence is not helpful to the process, he said.

The survey is designed to get the attitudes of the force on how to proceed if Congress repeals the so-called "Don't Ask, Don't Tell" law, and is not a referendum on whether or not the law should be repealed, Morrell said. The answers will inform the working group's deliberations.

Pentagon officials worked with a professional and reputable polling firm to produce the survey. Roughly, the first third of the 103 questions seeks demographic information. The second third asks about professional and military experience. The final third asks how the law's repeal might affect the individual being surveyed.

The working group, led by Gen. Carter Ham, commander of U.S. Army Europe, and Jeh Johnson, the Defense Department's general counsel, already has spoken with 14,000 service members, Morrell said. Another 33,000 service members have interacted with the department electronically.

Of the responses to date, he said, many included concerns about privacy issues.

"Clearly," Morrell said, "a component of this scientific survey had to deal with privacy questions."

Ten survey questions address privacy issues surrounding bathing facilities, living facilities and social settings.

"We think it would be irresponsible to conduct a survey that didn't address these questions, because when Don't Ask, Don't Tell is repealed, we will have to determine if there are any challenges in those particular areas, any adjustments that need to be made in terms of how we educate the force, or perhaps even facility adjustments that need to be made to deal with those scenarios," Morrell said.

"But we won't know any of that until we get a sense from the force of their attitudes. It could turn out, based on this survey, that there are far fewer concerns than we are led to believe," he said.



Spc. Jesus J. Aranda | 25th Infantry Division Public Affairs

Coming home

WHEELER ARMY AIRFIELD — Children eagerly await the return of their redeploying Soldier during the Welcome Home Ceremony held, here, Monday, in honor of the 25th Combat Aviation Brigade's successful 12-month rotation to northern Iraq. During the ceremony, the combat veterans of the 25th CAB were reunited with their families and friends for the first time since the brigade departed last year.

Resiliency services work to combat suicides with prevention programs

Part one of a three-part series, explores local chaplains' services like Strong Bonds for couples

VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS — Military life can be overwhelming, challenging and demanding without the right information and support networks.

For example, going, returning or reintegrating from the combat environment can be the emotional stressor that pushes a Soldier to commit suicide.

As well, circumstances like living and working in the Pacific, far from a mainland home, while a spouse is deployed, can be devastating for families.

"We need to re-double our efforts to let Soldiers know we are concerned about their well-being," said the Army's Vice Chief of Staff, Gen. Peter Chiarelli, in a letter to Army leaders. "Look each and every Soldier in the eye. Convey the message that each one is valued by our Army, their families and friends, and our nation."

Points of Contact: For additional information on the Strong Bonds program, contact your unit chaplain or visit www.strongbonds.org/skins/strongbonds/home.aspx.

For more information on health promotion, risk reduction and suicide prevention, visit www.preventsuicide.army.mil.

"Remind Soldiers that their Army remains committed to help support and assist them to meet hardships head-on, no matter the struggle, stressor or challenge," Chiarelli said.

According to Army.mil statistics, Army suicide rates have been on the rise since 2004. In 2007, 115 Soldiers committed suicide. In 2008, that number jumped to 140, and then rose again to 163 in 2009. But in 2010, the Army has seen a significant reduction in suicides among active duty Soldiers. As of June 10, 62 suicides have been reported,

SEE SUICIDES, A-7

500th MI's strength

The unit builds esprit de corps and enhances its physical fitness at an obstacle course.

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Tropics reopening

Attend Tropic's Grand Reopening Extravaganza and celebrate with live bands and comedians, July 16 and 17.

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Engineers deploy, build road on U.S./Mexico border

ARMANDO CARRASCO & IST LT. BRIGIDA SANCHEZ
Contributing Writers

FORT BLISS, Texas — A detachment of military engineers from the 82nd Engineer Support Company, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, based at Schofield Barracks, completed a monthlong deployment to the U.S.-Mexico border, July 3.

The engineers deployed to Southern California in response to a request for Department of Defense assistance, submitted by the U.S. Border Patrol, San

Diego sector.

The company volunteered to repair and upgrade 3.5 miles of border road, used by border patrol agents near the Tecate Port of Entry, located southeast of San Diego. The road project is designed to enhance the mobility and safety of border patrol agents responding to suspected illegal activities along the border, and was coordinated by Joint Task Force-North, the U.S. Northern Command element based, here.

"Military engineer units from all services execute a variety of construction

projects along the Southwest border," said Lt. Col. Larry Stephney, JTF-North staff engineer. "Our engineer support operations provide military engineer units unique training opportunities to exercise multiple, skill-level tasks in military construction."

"This mission provided us with a unique opportunity to certify our unit on its horizontal construction capabilities for future deployments," said Capt. Joshua Long, commander, 82nd Eng. Support Co., 130th Eng. Bde. "Our unit leaders were exposed to a technical mis-

sion that will enhance their capabilities. This is critical to our future success."

JTF-North support operations provide units with the opportunity to train on 90 percent of their mission-essential task lists, the units' required military wartime duties. In accordance with DoD policy, JTF-North support missions must provide a training benefit to volunteer units or make a significant contribution to national security.

"We don't get the opportunity to

SEE JTF, A-5

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.

The Hawaii Army Weekly is printed by The Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

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HAWAII ARMY WEEKLY

Commander, U.S. Army Garrison-Hawaii
Col. Douglas S. Mulbury
Director, Public Affairs
Dennis C. Drake
Chief, Internal Communication

Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil

Managing Editor
Lacey Justinger, 656-3488
editor@hawaiiarmyweekly.com

News Editor
Vanessa Lynch, 656-3150
vanessa@hawaiiarmyweekly.com

Pau Hana Editor
Vickey Mouze, 656-3156
community@hawaiiarmyweekly.com

Layout
Nicole Gilmore

Web Content
Stephanie Rush, 656-3153
stephanie.anne.rush@us.army.mil

Advertising: 525-7439
Classifieds: 521-9111

Editorial Office: 656-3155/3488

Address:
Public Affairs Office
742 Santos Dumont Ave.,
WAAF

Building 108, Room 304
Schofield Barracks, HI
96857-5000

Website:
www.garrison.hawaii.army.mil/
haw.asp & hawaiiarmyweekly.com

Nondelivery or distribution problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3488.

92 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 7/15/10.

Straight Talk

Residents should secure property, stay diligent

LT. COL. DANIEL HULSEBOSCH
Director, Directorate of Emergency Services

WHEELER ARMY AIRFIELD – Larcenies and damage to private property continue to be the most frequently committed crimes on our installations. Since most of these crimes are attributed to juvenile family member conduct, parents are once again asked to take an active part in their children's activities.

As a reminder, children 10 years old and under should never be away from parents' or guardians' supervision, except when traveling to or returning from school.

Additionally, many of these larceny cases involve property left unsecured in the home, yard or automobile.

To negate these crime-conducive conditions, take the time to ensure that personal belongings are either locked up

or out of plain sight.

Speeding on installations.

Speeding continues to be a problem on the installation. Police have been conducting more speed enforcements, especially during heavy-pedestrian traffic times in the early morning, between 5:30-9 a.m.

Drivers are reminded that the speed for passing physical training formations is 10 mph. Runners are reminded that if a sidewalk is available, it should be used. PT formations should also review the running routes to ensure they are using authorized routes for their formation runs.

Car decals to access installations.

Department of Defense Decals are re-

quired for all privately owned vehicles to access all Army installations.

All drivers who live on, work on, or frequently use Army installations, need to register their vehicles at an Army Vehicle Registration Office for an official military vehicle decal.

Vehicles without a decal will be routed to a Visitor Control Center for a temporary pass. VCCs are located at Schofield Barrack's Lyman Gate, Fort Shafter's Buckner Gate, and Tripler Army Medical Center's main gate.

Call 656-5398, 655-9496 or 438-2230.

Keeping it safe this summer.

Now that summer is here, more people are out and about on their bikes, skateboards, scooters and electric toys.

Remember, safety equipment is required for all those who ride bikes, skateboards and scooters.

Such equipment includes approved helmets for all ages, as well as knee- and elbow-pads for skateboarders and motor scooter operators.

Motor scooters aren't to be driven on the public roadways or sidewalks, whether on the installation or off, the latter of which is noted in the Hawaii traffic code.

Just because these toy scooters can be purchased at the post exchange, doesn't give Soldiers or civilians the right to operate them on post.

Law benefits children of active duty military

HAWAII HOUSE OF REPRESENTATIVES
News Release

HONOLULU – Governor Linda Lingle signed into law HB2061, June 25, which establishes a process by which family court can resolve matters related to custody and visitation for active duty service members of the U.S. Armed Forces, Reserves and National Guard when deployed.

The issue is the military-readiness of parents who are faced with child custody and visitation matters when deployed, and also the well-being of affected children.

The measure provides the court with a legal process to address custody and visitation matters.

"This new law reflects the changing needs of our military families, and I'm pleased we are now able to have a positive impact on the children of active members of the Armed Forces," said Rep. Cindy Evans, who introduced the bill.

Some of the provisions include the following:

- Allowing an already deployed parent to participate in a custody hearing through electronic means such as telephone, video conference or other means that the court deems reliable.
- Clarifying that deployment shall not be the sole factor in determining custody and that awarding custody shall be in relation to all factors.
- Requirements related to visitation and contact.
- Delegation of the deployed parent's contact rights.

The new law goes into effect Aug. 1. The purpose of this act is to require special consideration in custody matters involving deploying parents.

Hawaii has approximately 50,000 active duty military personnel, 61,000 associated family members and 12,000 Reserve and National Guard members.

Hawaii has the highest percentage of people ages 16-64 in the armed forces.



View the legislation at www.capitol.hawaii.gov/session2010/lists/measure_indiv.aspx?billtype=HB&billnumber=2061 or call 586-8510.



Spc. Emerson Marcus | 106th Public Affairs Detachment

Building international relations

BANDUNG, Indonesia — Lt. Gen. Benjamin Mixon, commander of U.S. Army-Pacific, lifts a young child as he commemorates the opening of a baby care clinic, here. The clinic was built with members of the 797th Engineering Company, 411th Engineering Battalion, 9th Mission Support Command; 411th Eng. Battalion, of Guam; and the Indonesian army's 9th Combat Eng. Bn. as part of Operation Garuda Shield 2010, an annual humanitarian and peacekeeping exercise in its fourth year.



Everyone should be thankful for blessings

CHAPLAIN (MAJ.) KIL CHUNG
Oahu North Community Chaplain

The Bible tells us in Genesis, Chapters 7-8, about the flood and how Noah was chosen by God to preserve mankind from the flood.

We cannot imagine the trauma and confusion Noah and his family experienced during this time.

They lived on a boat with animals for more than 10 months. It was not a modern cruise ship, which accommodates our every need; there weren't any side windows or air conditioners. It was very warm and smelly inside the cabins.

According to Genesis 8:16, God said to Noah, "Come out of the ark, you and your wife and your sons and their wives."

Hearing these words must have ranked as one of the most wonderful moments in Noah's life.

A praise-party probably followed Noah's announcement that it was time to leave behind the ark and step again on dry land.



Chung

However, the first thing Noah did, once his family and the animals had left the ark, was build an altar to worship God.

How many levels of appreciation he must have felt: first, for the safety of him, his family and the animals; then, gratitude that they could finally leave what, by then, must have been a smelly, noisy place.

How Noah and family must have looked forward to their new life.

When we come to a happy turning

point in our lives, do we rush to thank God? Or do we assume that our own abilities have brought us this far and take the credit for ourselves?

We have never stepped foot on an ark, but God is surely caring for us and bears our burdens every day.

The Bible commands us to thank God always, regardless of our circumstances. This command can be seen in Psalms 68:19: "Praise be to the Lord, to our Savior, who daily bears our burdens." It's also in 2 Thessalonians 5:18: "Give thanks in all circumstances, for this is God's will for you in Christ Jesus."

Can you count God's blessings to you and your family? Try.

Thank you, Lord, for every time you've saved me and kept me from harm. I praise you for being the compassionate one who guides my life each day.

Voices of Ohana

What's the best thing about summer?

Photos by 311th Signal Command



"The fact that it's always summer here."

Capt. Patrick Dolan
Executive Officer,
HHC, 3rd BCT,
25th ID



"Summer motivates me to stay in shape."

Sgt. 1st Class Roderick Kennedy
S4 NCOIC, HHC,
3rd BCT, 25th ID



"Lighter traffic."

LeAnne Lamadora
Executive Assistant,
311th Signal Command



"Cooking outside."

Staff Sgt. Dominic Leach
Cook, HHC, 3rd
BCT, 25th ID



"The beaches."

Pfc. Brandon Williams
Cannon Crew Member,
Bravo Batt., 3rd Bn., 7th
FA Regt., 3rd
BCT, 25th ID

552nd MPs deploy to Afghanistan

Story and Photos by
CAPT. SHEA ASIS

8th Military Police Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — Service members of the 552nd Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, participated in a deployment ceremony on Hamilton Field, here, July 9.

As part of the U.S.'s surge effort in Afghanistan, the 552nd's mission is to assist training the local police force to help stabilize Afghanistan, with the Police Training Team. PTT is a program that partners coalition forces with local Afghan police units, developing the units as true coalition partners in the overall mission of improving the country's security.

“(I’ve) seen the firsthand successes of surging forces and precisely employing forces where they are needed.”

— **Capt. Christopher Nogle**
Commander, 552nd Military Police Company

For 1st Sgt. John Berry, the senior enlisted leader for the company, this deployment will be his seventh in his military career and an unexpected deployment for him and his company.

“We were on schedule for Iraq; then that was turned off. And when we came back from the National Training Center, we received orders for Afghanistan,” Berry said.

“It does get easier and I know what to expect,” said his wife, Anita.

As the senior noncommissioned officer's wife, Anita said she keeps herself busy with going to school and raising two children.

“A spouse recommended that I could be like a mother to those who are going through their first deployment,” Anita said, of her experience with deployments.

Her experience is in high demand, as for most of the troops and families in the 552nd, this deployment will be their first to Afghanistan. For Capt. Christopher Nogle, commander of the 552nd, this deployment will be his second, but his first to Afghanistan.

PTT is a familiar mission for Nogle, having done this kind of mission in Iraq, and his wealth of knowledge will benefit his troops.

“Having been part of the surge in Iraq a couple of years back, (I’ve) seen the firsthand successes of surging forces and precisely employing forces where they are needed,” Nogle said.

Like Nogle and Berry, Sgt. Isaac Agosto, team leader with 3rd Platoon, 552nd MP Co., is experienced with deployments,



Capt. Christopher Nogle, left, commander, and 1st Sgt. John Berry, senior noncommissioned officer, case the company's guidon in preparation for the 552nd Military Police Company's deployment to Operation Enduring Freedom. The 552nd will have a Police Training Team mission in Afghanistan.

SEE 552ND, A-5

Corps' 565th Engineers activate, unfurl unit colors

DINO W. BUCHANAN

U.S. Army Corps of Engineers-Honolulu District Public Affairs

FORT SHAFTER — Colors of 565th Engineer Detachment, Forward Engineer Support Team-Advance, were unfurled, Monday, for the U.S. Army Corps of Engineers-Honolulu District-based unit during an activation and assumption of command ceremony at Palm Circle, here.

The occasion marked a new beginning for the team, as it became a deployable Army field unit with the mission of providing responsive, technical-engineer planning and limited design capabilities in support of combatant commands and civil agencies for full-spectrum operations.

Activation of a military unit is a rare event for the U.S. Army Corps of Engineers, and this activation was no different, as the unit has been compiling the necessary unit engineers and equipment since Oct. 2007.

“This special occasion marks a new beginning for this team as it recently officially went into its first deployable cycle since being reactivated,” said Lt. Col. Jon Chytka, commander, COE-Honolulu District.

The FEST-A staff consists of a detachment commander, a noncommissioned officer in charge and six Department of Defense civilians who serve in the jobs of a geographic information system specialist/cartographer, a contract specialist, and civil, environmental, mechanical and electrical engineers, with additional engineering disciplines available for augmentation.

The detachment provides technical engineering support, including engineer reconnaissance, engineering design and planning of construction projects; construction management; limited contingency contracting support; and other general engineering tasks. One of the most valuable capabilities is the unit's ability to conduct reach-back support with experts in the COE, and other sources of expertise.

Chytka said FEST-A delivers COE support to combat, stability and disaster operations through forward deployed and reach-back capabilities.

“The organization you see represented before you today is

SEE 565TH, A-4



Chytka



Capt. Jonathan Fredericks | 45th Sustainment Brigade Public Affairs, 8th Theater Sustainment Command

First kiss

WHEELER ARMY AIRFIELD — Capt. Benjermin Hecker embraces his wife during the 524th Combat Sustainment Support Battalion, 8th Theater Sustainment Command's redeployment ceremony, held here, recently, after the unit returned from a yearlong deployment to Afghanistan.

25th CAB hosts successful bone marrow drive at COB Speicher

Deployed Forces

Story and Photo by

SGT. 1ST CLASS TYRONE C. MARSHALL

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

TIKRIT, Iraq — For nearly 25 years, the Department of Defense has championed bone marrow registration through a DoD Marrow Donor Program to assist thousands of people searching for bone marrow matches.

The Soldiers of the 209th Aviation Support Battalion, 25th Combat Aviation Brigade, “Task Force Lobos,” 25th Infantry Division, led the efforts, here, registering 2,050 people at Contingency Operating Base Speicher, near Tikrit, Iraq, recently.

Staff Sgt. Brian Cashell, Company B, 209th Avn. Spt. Bn., 25th CAB, spearheaded the weeklong, all-volunteer initiative, as he had previous experience overseeing a blood and bone marrow registration drive at Wheeler Army Airfield, on Oahu, Hawaii, where nearly 1,500 people registered.

“I read a quote a long time ago that I liked (by Albert Pike): ‘What we have done for ourselves alone dies with us; what we have done for others in the world remains and is immortal.’” Cashell said. “I’ve always liked that, and I realized this is something that should be ongoing.”

Cashell said he knew he would need a new pool of potential donors to be successful this time around.

“I realized I pretty much dried up the well within this brigade last year,” he said, “so we found a new pool with the 3rd Infantry Division and all the civilians here. Instead of trying to do it one more time back in Hawaii, and get fewer numbers, I figured I’d expose more people to it and educate them about the C.W. Bill Young DoD Marrow Donor Program. A lot of people didn’t know what it was about or what was going on. This way we’ve enlightened more people about the need for (becoming) bone marrow donors.”

The Soldiers of TF Lobos supported the initiative with companies A, B and C, all providing personnel. The unit's determination to exceed its 2,000-person registration goal meant using multiple locations throughout COB Speicher, to include the dining facilities and the main post exchange,



Chief Warrant Officer 2 Ryan Maltsberger, left, Company A, 3rd Battalion, 25th General Support Aviation Battalion, Task Force Hammerhead, 25th Infantry Division, completes a bone marrow registration kit during a registration drive at Contingency Operating Base Speicher, near Tikrit, Iraq, recently. The bone marrow drive registered 2,050 people.

Call the C.W. Bill Young DoD Marrow Donor Program at 800-MARROW-3 (800-627-7693) for a program overview, additional details of the registration process and donor drive schedules.

where their presence would motivate other Soldiers to register.

“(I registered) because I enjoy giving back. I like to do things to help other people, especially children,” said Pfc. Tiffany Gordon, Headquarters and Headquarters Company, 25th CAB. “I was nervous at first because I heard the (actual marrow transplant) procedure is painful, but I like to give back, and any (discomfort) would be worth it if somebody else could live because of me.”

According to Cashell, the registration and selection process is simple and quite painless. After four cheek swabs, each individual is registered as a potential volunteer bone marrow donor.

Each participant's tissue type is determined and entered into the DoD and other

national registries. Once registered, bone marrow transplant medical teams throughout the U.S. and the world can search the registries to match donors with those who need a transplant.

Cashell said he hopes the bone marrow registration continues, even after he departs TF Wings.

“I think the statistics are for every 300 people that register, one of them will be a match,” Cashell said. “So between our last two drives, we’ve gotten over 3,000 people to register. So we’ve (potentially) got at least 10 matches right off the bat.”

With the support of the Soldiers and every echelon of his chain of command, Cashell and his team were able to achieve their goal of 2,000 registrations.

“Everybody was very supportive of the program, and it worked out well,” Cashell said. “I’m very glad people came out and actually supported us. This is something that everyone should take on, so it spreads throughout the Army. (Hopefully,) we can get a majority of the DoD registered.”

‘Vertical Horizon’ performs for troops

Story and Photo by

STAFF SGT. MIKE ALBERTS

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

CONTINGENCY OPERATING BASE SPEICHER, Iraq — For a moment, Soldiers were anywhere but the desert — there was no wind, sand, heat or war.

In their minds, Soldiers had been transported by the power of music to more familiar places.

Vertical Horizon, an alternative rock, post-grunge band from Washington, performed for Soldiers and other attendees at Contingency Operating Base Speicher's South Morale, Welfare and Recreation facility, July 7.

“The show was great, the (musicians) were really good and I recognized a bunch of songs,” said Pfc. Amber Wyller, Headquarters and Headquarters Company, 2nd Battalion, 25th Aviation Regiment, Task Force Diamond Head, 25th Combat Aviation Brigade 25th Infantry Division. “This really took me out of my work (mindset), and I felt like I could just enjoy myself, which I really needed after being in Iraq after almost a year. I will never forget that I got to go to a concert in Iraq and listen to great music on my birthday.”

“I followed them through the years, and they sound as good now as they ever have,” said Maj. Scott Wyatt, HHC, 25th CAB. “I ap-

preciate them for coming out here and playing for us, especially because they’re accustomed to playing for thousands of fans.

“But, this was more than just a good time,” Wyatt said. “Having a chance to get away from work for awhile reinvigorates, and these events can really be a mission enabler.”

Vertical Horizon's play list included more than a dozen songs from previous albums, including “Everything You Want” and “Go,” as well as songs from their newest release, “Burning the Days.”

Founding band member and guitarist Matt Scannell explained his motivation for the band's tour of Iraq.

“We wanted to come and show respect and honor to those that deserve it the most, the Soldiers, and I mean that sincerely,” Scannell said. “Our military is out here serving and sacrificing. We wanted to allow (them) to sit back, relax and let someone else do the work. For us, it was just our humble offering, a little bit of music and levity, to allow (them) to have a good time.”

In a twist of typical concert protocol, the show was capped by the band's heartfelt standing ovation directed to those in attendance.

“Please sit and let us applaud you for your service,” Scannell said. “As far as we’re concerned, you are the most important peo-



Founding band member and guitarist Matt Scannell, Vertical Horizon, has a laugh with Maj. Scott Wyatt, Headquarters and Headquarters Company, 25th Combat Aviation Brigade, 25th Infantry Division, after performing for Soldiers and other attendees at Contingency Operating Base Speicher, near Tikrit, Iraq, July 7.

ple from the United States. We’re so happy to be able to celebrate this Fourth of July holiday week with you. There isn’t anywhere else we’d want to be right now. Thank you!”

USACE-POD swears-in new deputy, chief of staff

Sansone retires, Henderson moves from Honolulu District to Pacific Ocean Division

Story and Photo by
TERRI KOJIMA

U.S. Army Corps of Engineers-Pacific Ocean Division Public Affairs

FORT SHAFTER — Lt. Col. John Henderson has been named deputy commander of the U.S. Army Corps of Engineers-Pacific Ocean Division, replacing Col. Lawrence Sansone, who retired from the Army, here, July 1.

POD is responsible for major design and construction and real estate management for the Army in Hawaii, the Army and Air Force in Alaska, and for all Department of Defense agencies in Japan, the Republic of Korea and the Kwajalein Atoll, Marshall Islands.

The division also administers the Corps' federal water-resource development and regulatory programs governing water and wetland work in Alaska, Hawaii, American Samoa, Guam and the Commonwealth of the Northern Mariana Islands.

Henderson was the deputy commander for the division's Honolulu District for the past two years, where his leadership skills were magnified during the district's emergency responses in the aftermath of the September 2009 earthquake and tsunami that devastated American Samoa.

"John did the right things to provide sound leadership in support of the government out there, and we received nothing but praise from the governor of American Samoa," said Brig. Gen. Mark Yenter, commanding general and division engineer of POD. "I have never seen anyone who could



Brig. Gen. Mark Yenter, right, commanding general and division engineer of the U.S. Army Corps of Engineers-Pacific Ocean Division, promotes Lt. Col. John Henderson, June 29, at the Palm Circle Gazebo, Fort Shafter, before Henderson assumes duties as the deputy commander and chief of staff of the division, July 1.

bring calmness out of utter chaos. John Henderson is a natural leader."

Prior to being assigned to the Honolulu District, Henderson served as the operations officer and battalion executive officer for the 25th Special Troops Battalion, 25th Infantry Division, during its deployment to Operation Iraqi Freedom from 2006-2008.

Henderson is now responsible for directing the division staff and assisting the division commander in the leadership of 1,800

military and Department of Army civilian engineers, technicians and other professionals in the annual execution of a \$2 billion program.

"The deputy commander is normally a senior colonel with numerous years of leadership experience, but there was one name and one name only that came to my mind — John Henderson," Yenter said.

Henderson was frocked to the rank of lieutenant colonel, June 29.



Dino W. Buchanan | U.S. Army Corps of Engineers-Honolulu District

Maj. Evan Ting, right, commander of the 565th Engineer Detachment, unfurls the unit guidon with Honolulu District Commander Lt. Col. Jon Chytka, center, and Sgt. 1st. Class Colleen Hatfield, during the 565th activation ceremony, held Monday at the Palm Circle Gazebo on Fort Shafter.

565th: Activation underway since '07

CONTINUED FROM A-3

(the COE's) commitment to this goal," Chytka said. "Simply, this team is a great asset for any unit it is attached to, but the meaning of the FEST can best be expressed by the people it supports."

At the ceremony, Maj. Evan Ting, FEST-A commander, recalled the numerous personnel changes and short-notice travel for training in the past 17 months, since he assumed command of the unit in March 2009.

"It's been a whirlwind of activity since that day," Ting said. "The 565th has traveled to the Philippines, Palau, Marshall Islands, Germany and to the Cobra Gold exercise in Thailand. Our training schedule continues to build, as does our experience and knowledge for our future missions."

311th: Unit has challenges ahead

CONTINUED FROM A-1

Circle Gazebo honored the accomplishments and service of Lynn, whose passing of command came on his last day on the island, before moving to Fort Gordon, Ga., to accept his next assignment as the commander of the U.S. Army Signal Center.

"Many of Alan's most important contributions will have impact far into the future," Mixon said. "He increased opportunities for collaboration

while enhancing network capabilities and forging strong ties with fellow 'signaleers' from not only fellow members of the Department of Defense, but also our allied militaries."

During Lynn's tenure with the 311th, he coordinated and focused the command's energy during a period of incredible transformation that ranged from the implementation of enterprise

signal advances on the network, to the deployment of the 307th Integrated Theater Signal Battalion to Afghanistan, Mixon said.

"You and your Soldiers have performed superbly while conducting a broad spectrum of simultaneous operations to support deployment, sustainment, redeployment and refitting of Army-Pacific units, as well as the highly successful execution of Theater Security Cooperation Program exercises throughout theater," said Mixon. "I am very proud of the work you have accomplished."

"Soldiers and civilians of the 311th, 516th Signal Bde. and USARPAC G-6, you have changed the Pacific forever," Lynn said. "The magnificent work

you have provided in building a combat survivable network, bringing on new services and transforming units, is unprecedented.

"You have become one of the Army's premier Signal organizations, and it has been my honor to serve alongside so many hard working professionals," Lynn added.

Despite all these accomplishments, the 311th still has many challenges ahead.

"I look forward to the many missions we'll achieve together: building upon the outstanding reputation and standard of excellence you've established and delivering the full operational effect across this theater," Scott said.

You Drink.
You Drive.
You Lose.

In 2003, about 38 percent of all drivers involved in fatal crashes in the 21- to 24-year-old age group had consumed some alcohol.

— National Highway Traffic Safety Administration



Armando Carrasco | Joint Task Force-North Public Affairs

Soldiers carry stones to a newly constructed ditch to help control the flow of water and prevent soil erosion on a border road.

JTF: Unit trains for 160 operating hours

CONTINUED FROM A-1

operate equipment very often,” said Staff Sgt. Ivan Ramirez, platoon sergeant with the 82nd. “During the five hours of Sergeants’ Training Time, our Soldiers only receive about two hours of technical training.

“Here, the Soldiers receive eight hours of technical training each day, for 20 days,” he said. “That adds up to 160 hours of (actual equipment operating) time. That’s plenty of time for the Soldiers to become proficient on a variety of equipment.”

(Editor’s Note: Armando Carrasco is with Joint Task Force North Public Affairs, and 1st Lt. Brigida Sanchez is with 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command.)

552nd: MPs prepare for rigorous mission

CONTINUED FROM A-3

having spent two tours in Iraq. However, this deployment will be his first to Afghanistan.

Agosto’s experience with PTT missions in Iraq helped him prepare his team by understanding that this environment is different to conduct missions in. To train his Soldiers for the rigors of mountainous Afghanistan, Agosto increased his team’s cardiovascular ability with ruck marches and long-distance runs.

As the company gets set to deploy from Oahu in the coming weeks, motivation is high and the company is ready to execute its PTT mission without hesitation.

“We are making history and I’m happy to be a part of history,” Agosto said.

8th MPs receive safety streamers

Story and Photo by

PFC. MARCUS FICHTL

8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – Six companies of the 8th Military Police Brigade, 8th Theater Sustainment Command, received safety streamers on Hamilton Field, here, July 1.

The safety streamers were awarded for 365 days without a class A accident, an accident that causes death, permanent total disability or that costs more than \$2 million, or class B accident, an accident that causes permanent partial disability, hospitalizes three people or more in a single occurrence or costs more than \$500,000 but less than \$2 million.

“Receiving an award for safety in our rapid deployment environment is a testament to our leaders and Soldiers,” said Capt. Timothy Zalesky, commander, Headquarters and Headquarters Company, 8th MP Bde., of being one of the companies to receive the streamer. “The unit not only maintained safety overseas in a deployed environment, but maintained that safety in the training environment, an environment that includes not only military affairs but personal affairs.”

The 8th MP Bde.’s colors also received two streamers for safety during deployment, including a streamer for the brigade’s deployment to Iraq in 2008-2009 and a Global War on Terrorism streamer for participation in Ongoing Contingency Operations missions outside of the Afghanistan and Iraq theaters.

“Campaign streamers are part of a long tradition of recognizing units for their participation in battles and engagements throughout the military’s history,” said Sgt. 1st Class Benson Thomas, tasking noncommissioned officer, 8th MP Bde. “While the men and women that helped the unit earn that streamer will change, it’s important for the history and traditions of that unit to be symbolized, for all future service members of a unit to understand the values and history they are now custodians of.”

“What ultimately makes for a safe environment is that everyone – from officer, noncommissioned officer and Soldiers – makes on-the-spot safety corrections without the fear of reprisal,” said Master Sgt. James Meyers, 8th MP Bde.



Capt. Christopher Nogle, right, commander of 522nd Military Police Company, along with company commanders from within the 728th MP Battalion and 8th MP Brigade, affix safety streamers onto their guidons for being accident free for 365 days without any class A or B accidents. A total of six companies received the streamer.



Soldiers from the 552nd Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, take one last group photo prior to their deployment to Afghanistan. The 552nd MP Co. will deploy for a year in support of Operation Enduring Freedom.



U.S. Army-Pacific Courtesy Photo

Bill Abney, occupational safety and health administration instructor, from Eastern Kentucky University, discusses hazardous materials placards during the June U.S. Army-Pacific Safety Symposium in Seoul, Korea. Abney will provide electrical safety training at Schofield Barracks, July 19-23.

Safety team offers free OSHA training

U.S. ARMY-PACIFIC SAFETY OFFICE
News Release

SCHOFIELD BARRACKS – Building on the knowledge and partnerships created during the Pacific Safety Symposium, held in Korea last month, the U.S. Army-Pacific safety team has arranged for an occupational safety and health administration instructor to conduct an OSHA Electrical Safety Course, here.

The course is scheduled for July 19-23 at the Schofield Barracks Education Center, Building 560, 2nd Floor, Room 213. The class will be led by Bill Abney, from Eastern Kentucky University, who works with the U.S. Army Combat Readiness/Safety Command, to provide continuing education and training for Army safety professionals worldwide.

This electrical course is only available for U.S. Army-Pacific safety officers and additional duty safety officers who are 0018 (Safety) and have one year's retainability. For more information, call 438-2280 or e-mail scott.knowles@us.army.mil.

According to OSHA, electrocutions are one of the top four leading causes of workplace fatalities.

"Each year many Army personnel are injured and even die in preventable electrical accidents," said Jaye Shareef, a safety specialist with 94th Army Air and Missile Defense Command. "Most accidents and incidents can be avoided by following electrical safety rules, since electric currents at home and work have enough power to cause death by electrocution. Even changing a light bulb can be dangerous if you come in contact with the live part of the socket – it could kill you."

Abney tailors OSHA courses to situations that tactical safety specialists and additional

duty safety officers could encounter in the field.

"During the June training symposium, Abney taught safety professionals how to recognize impending danger, face risks, deal with potential accidents at work and at home, and provided outstanding hazardous materials instruction," said Scott Knowles, safety manager with USARPAC. "Quality training is especially difficult during reset and prior to deployment. This training specifically targets the issues and problems occurring in our area of responsibility."

Saving lives and preventing injuries both on and off duty, through leadership and education, is a priority for USARPAC Commander Lt. Gen. Benjamin Mixon and USARPAC Safety Director Tommy Penrose and his staff.

"USARPAC's dedication to safety training is evident, even through tough economic times, as this course is cost-free for participants," Shareef said.

Army safety and health regulations require adequate and ongoing training for safety professionals.

"Training provides safety managers and additional duty safety officers with the skills, knowledge and experience needed to keep them competent in the safety and health aspects of the work," Penrose said. "Participants will learn the warning signs and safety precautions essential to preventing accidents, Army property losses and most importantly – loss of lives."

Participants who finish the training may earn continuing education units and will receive a certificate of completion.

"USARPAC has experienced home and workplace electrical incidents, and we have numerous electrical safety violations throughout our workplaces, so the relevance of this OSHA training is clear," Knowles said. "Electrical safety is a serious matter, and precautions are of utmost importance."

Units announce upcoming leadership changes

The Army Hawaii community is invited to attend upcoming changes of command ceremonies. The change of command is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

Generally, awards ceremonies precede the change of command.

• July 16, 10 a.m., Lt. Col. Jon Chytka, commanding officer, U.S. Army Corps of Engineers-Honolulu District, will relinquish command to Lt. Col. Doug Guttormsen, at Palm Circle, Fort Shafter.

• July 20, at 10 a.m., Col. James George Jr., commanding officer, 196th Infantry Brigade, will relinquish command to Col. Jack Pritchard at Palm Circle, Fort Shafter. Call 656-2390/2277.

• July 30, at 10 a.m., Col. Byron Freeman, commanding officer, 8th Military Police Brigade, will relinquish command to Col. LaTonya Lynn at Sills Field, Schofield Barracks.

(Editor's Note: Information listed is subject to change due to inclement weather. Times listed are start times for the changes of command.)

News Briefs

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

Today

Water Conservation Notice – Residents and building occupants on Schofield Barracks, Wheeler Army Airfield, and Helemano Military Reservation are to conserve water due to a major water valve leak.

Water should be used for essential purposes only. Residents should refrain from watering lawns or washing cars until further notice.

The Directorate of Public Works is on-site working to resolve the problem. Once resolved, restrictions will be lifted. Call 655-0591.

Puerto Rico Birth Certificates – The Government of Puerto Rico extended the validity of current Puerto Rico birth certificates for three months through Sept. 30, 2010.

Puerto Rico birth certificates issued prior to June 30, 2010 were scheduled to become invalid on July 1, 2010.

Defense Enrollment Eligibility Reporting System offices will only be accepting the new certified birth certificate for initial enrollment into DEERS.

Firearms and Weapons Usage – The use of firearms, weapons, explosives and fireworks on Army Hawaii installations is limited to designated areas by the senior commander.

Designated areas are ranges under the control of range operations, Directorate of Plans, Training, Mobilization, and Security, U.S. Army Garrison-Hawaii; the Schofield Main Post Chapel, Wheeler Army Airfield Chapel, and the Post Cemetery when conducting military memorial services; the Duck Field parking lot adjacent to 25th Headquarters and Headquarters Battalion, 25th Infantry Division, at Schofield Barracks; and the paintball field at Wheeler Gulch, Wheeler Army Airfield.

Call 655-0497.

Lunch Wagons – Army and Air Force Exchange Service is now offering two new lunch wagons at Fort Shafter. Kiani's is located to the left as motorists enter Fort Shafter Flats and is serving guava chicken and beef ribs. Jay's Steak Out is located in the parking area of the old dining

facility (Building 503). Hours are 10 a.m.-2 p.m., Monday-Friday. Call 423-7302

19 / Monday

Road Closures – Portions of Ayres Avenue, from Waianae Avenue to McNair Gate on Schofield Barracks, are closed for road resurfacing through July 19. Call 656-2473.

20 / Tuesday

East Range Supply – The East Range Supply Support Activity will be closed through July 20 for inventory. Only high priority emergency requests will be taken. Normal operation will resume July 25.

22 / Thursday

FBI Recruitment – Attend an FBI career presentation, July 22, 10 a.m., at the Soldier Support Center, Building 750 on Ayers Ave., Schofield Barracks.

Call 655-1028 or 566-4488.

18th MDSC helps couples build stronger relationships

Story and Photo by

SGT. 1ST CLASS RODNEY JACKSON

18th Medical Deployment Support Command Public Affairs

FORT SHAFTER – Soldiers and spouses of the 18th Medical Deployment Support Command participated in the unit's second Strong Bonds marriage retreat at the Waikiki Beach Marriott resort, recently.

Strong Bonds is a chaplain-led retreat to increase individual Soldier and family member readiness through relationship education and skills training.

"The family dynamic is part of comprehensive Soldier fitness," said Col. Erin Edgar, commander, 18th MDSC. "The stronger you are in family dynamic, the more resilient you are."

The Strong Bonds program focuses on dynamic risk factors and danger signs, including commitment, motivation, conflict management and communications, and helps couples deal with these risks.

Chaplain (Lt. Col.) Bill Sager, 18th MDSC, spent time with the group discussing standard risk factors in marriages that make couples unhappy and may likely lead to the marriage not working out.



For more information on the strong bonds program, visit strongbonds.org.

"Strong Bonds focuses on what matters, and it's changeable," Sager said. "We have to make the difference complimentary instead of conflicting."

The group also watched a video titled "A Tale of Two Brains," which describes many differences between the male and female brain, then discussed the similarities and personal experiences.

The leaders of the command supported attendees with words of wisdom and encouragement, and they shared personal experiences from their own marriages.

"If there is no discussion, no communication – nothing happens. There is just frustration build-up," said Col. Michael McDonald, chief of staff, 18th MDSC. "Decisions and choices, not change, will determine a healthy relationship."



From left, Elizabeth and Maj. Mark Kurowski, communications officer, 18th Medical Deployment Support Command; and Master Sgt. Roberto Rosales, plans and operations noncommissioned officer, 18th Medical Deployment Support Command; and his wife, Marisela, enjoy a laugh together during the unit's Strong Bonds couples retreat at the Waikiki beach Marriott resort, recently.

Suicides: Chaplain led program strengthens military families

CONTINUED FROM A-1

compared to the 89 that had occurred by the same time in 2009.

In order to combat Solider suicides, the Army has responded by taking preventative measures, which include offering Soldiers and families more training and programs than ever before.

"The Army has come a long way in the past 20 years in terms of providing Soldiers with resiliency training and developing programs and resources to help prevent suicide," said Chaplain (Maj.) Damon Onellion, the North Community Family Life Chaplain, who has been in the service for 25 years. "Active duty Soldiers have access to two or three times as many resources as their civilian counterparts, so there is really more than ample opportunity for people to seek help."

In addition to traditional chaplain services and counseling, Soldiers and families have access to Strong Bonds, a unit-based, chaplain-led program that assists commanders in building individual resiliency by strengthening the Army family.

"Suicide is a permanent solution to a tempo-

rary problem," Onellion said. "The suicidal person is balancing between the desire to live and the desire to end the pain. Our goal as chaplains is to restore hope to a person going through a crisis, thus tipping the scales back in favor of life."

The Strong Bonds mission is to increase individual Soldier and family member readiness through relationship education and skills training.

"Chaplains are the only helping agency where a person can confide in someone without it going any further," Onellion said, adding that 70 percent of his job consists of counseling those in need. "We take it very seriously that we see everyone who needs us." Formerly called Building Strong and Ready

Families, Strong Bonds began in 1997 with the 25th Infantry Division, here.

Initially, 90 active duty couples participated in four events.

During the past year, more than 160,000 Soldiers and family members have participated in more than 2,600 Strong Bonds events Army-wide. The program's success has led to increased funding, expansion and more training options.

New programs have grown to meet Soldiers at different phases of the relationship cycle. Specific training is offered for the single Soldier, couples, families with children, and Soldiers and families facing deployment.

"The average weekend is worth about \$1,700 per couple and costs the participant nothing," Onellion said. "We have about seven to eight retreats, per month, somewhere within the military community here in Hawaii. If (couples want) to attend a retreat they should contact their unit chaplain, who can not only advise them of the next event within their own unit, but can also find out about any unfilled slots in sister units."

The Strong Bonds website emphasizes that healthy relationships contribute to the maintenance of a healthy Army and a secure future force. With increasing demands placed on Soldiers, couples and families, to include both frequent deployments and duty relocations, intimate relationships are fully tested.

"The hardest nut to crack is how best to reach out to those who don't understand how to seek help on their own," Onellion said. "We are happy to receive calls from anyone who needs us."

(Editor's Note: This series focuses on suicide prevention programs available, locally. Look for next week's article that details local risk reduction programs.)





Above — Pfc. Christopher Roaldi leaps to his next position, July 1, during obstacle training at Schofield Barracks conducted by Company A, 715th Military Intelligence Battalion, 500th MI Brigade. Obstacle courses are designed to improve Soldiers' speed, agility and coordination and help build teamwork and camaraderie.

Left — 1st Sgt. Kevin Peyatt climbs up a steep ravine as Cpl. Brandon Shanks prepares to follow.

Below left — Spc. Jessie Blair, left, and Spc. Desazeo Johnson, right, help Staff Sgt. James Ou over a high wall.

Below right — Soldiers work together to keep a tire upright. Co. A, 715th MI Bn., 500th MI Bde. Soldiers are primarily signal intelligence analysts who work rotating shifts on a 24-hour cycle.



TESTING THE TEAM

Team-building obstacles put MI to the test

Story and Photos by
1ST LT. JULIANNE BARCIA
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — A steady rain did not hamper the Soldiers in Company A, 715th Military Intelligence Battalion, 500th MI Brigade, as they completed obstacle course training, here, July 1.

If anything, the weather made the course conditions more challenging and muddy, pushing the MI Soldiers to work together as a team.

“The intent of today’s event is to build esprit de corps and enhance physical fitness,” said Capt. Manoj Puthenparampil, commander, Co. A, 715th MI Bn., 500th MI Bde.

During the pre-course briefing, 1st Sgt. Kevin Peyatt, Co. A, reminded Soldiers that it wasn’t about how fast they got through the obstacle course, but how they worked together as a team.

The Soldiers did just that, not proceeding to the next obstacle until all members of their team had made it over, up, through or

down each point on the course, successfully and safely.

“We decided that everyone, including our Soldiers on profile, would participate and attempt all obstacles to the best of their ability or within the limits of their profile,” said Staff Sgt. Jesse Porter, the company’s training noncommissioned officer. “Team-building and esprit de corps were our main focus point for this physical training event, and the way to accomplish this was to have everyone participate.”

The “weaver,” the over/under obstacle, was the most challenging event of the day.

“The weaver takes the most coordination on the course, and it proves to be even more challenging for our shorter Soldiers,” Porter said. “Upper body, lower body and coordination all play a factor into completing this obstacle, so it was great to see that all Soldiers completed this task.”

The company is primarily made up of signal intelligence analysts who work rotating shifts on a 24-hour cycle.

“These specialized Soldiers are given the opportunity to conduct Army training twice a month, so getting them out on the course together was a great way to strengthen camaraderie,” Puthenparampil said. “When the Soldiers have to depend on one another to safely and successfully complete each obstacle, it brings out the best in each of them, develops leaders and challenges what they think they can do.”

Lt. Col. David Perrine, commander, 715th MI Bn., and Command Sgt. Maj. Dayron Vargas completed the course shoulder-to-shoulder with their Soldiers, which proved to be a motivating force for the company.

“It is always a good thing to see your senior leadership conduct a physical training session with the Soldiers, whether it’s conducting a formation run around base or completing an obstacle course in the rain,” Porter said. “It helps to build pride in the company and the battalion when you see your leadership out there, on the course, motivating Soldiers to complete each task.”



Today

Tropics Grand Reopening Extravaganza – Come party with Family and Morale, Welfare and Recreation July 16 and 17 and help celebrate the re-opening of the Tropics, 6 p.m., July 16, at Family Fun Friday featuring the teen band Delayed Resistance.

Continue the celebration, 7 p.m., July 17, with a rock concert and "Comics on Duty," featuring Steve Bills, Paul Ogata, Scott Henry and Tom Foss. Call 655-5698.

Waikiki Party Bus – The free party bus to Waikiki runs again July 16, 9 p.m.-4 a.m. Reservations are required and pickups are available from Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

Family Fun Friday – Come party with Family and Morale, Welfare and Recreation at 6 p.m., July 16, or the first and third Friday of every month. Visit the website for each Friday's location for an evening filled with food, fun and activities. Visit www.mwrarmyhawaii.com or call 655-5698.

Day Camps – Child, Youth and School Services has summer day camp through July 30, Monday-Friday, 5:30 a.m.-6 p.m., at Schofield Barracks, 655-5314; Helemano Military Reservation, 653-5314; Aliamanu Military Reservation, 653-0717; and Fort Shafter, 438-1487.

19 / Monday

Free Hula Classes – The Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, Mondays, 6-8 p.m., at the Kalakaua Recreation Center, Schofield Barracks.

Beginner classes are 6-7 p.m.; advanced classes are 7-8 p.m.

Class feature the different types of hula, fundamentals of hula steps, movement and posture.

E-mail nhliasion@gmail.com or call 655-9694.

20 / Tuesday

Native Hawaiian Legends – Join Dr. Puakea Nogelmeier, associate professor at the University of Hawaii at Manoa for this free class and discover Native Hawaiian legends, July 20, at Aliamanu Military Reservation library, and July 22, at Sgt. Yano Library, Schofield Barracks. Both classes run 5:30-7 p.m.

The Hawaiian culture has numerous legends that provide the basis for



Vickey Mouze | U.S. Army Garrison-Hawaii Public Affairs.

'Lovely hula hands'

SCHOFIELD BARRACKS — Kenyetta Hayes practices hula steps, movement and posture at the Kalakaua Recreation Center, here, July 12, during the free hula lessons conducted by the Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii. All Soldiers and families are invited to participate in the free classes, Mondays, 6-8 p.m. For more information, e-mail nhliasion@gmail.com or call 655-9694.

Hawaiian religion, government, and science, and explain how Hawaiians perceived life.

Call AMR Library at 833-4851 or Sgt. Yano Library at 655-8002 for registration or information.

Driver Education Class – Hawaii state law requires anyone under the age of 18 to complete a certified driver education program to obtain a driver's license. SKIES is now offering a Driver Education course with the next session taking place July 20-Aug. 26. Mandatory parent orientation is at 6 p.m., July 20.

Call SKIES at 655-9818 to register.

21 / Wednesday

Free Hawaiian Language Workshop – Learn a few phrases and how to pronounce those long street names you find around the islands at the free Hawaiian language workshop

Presented by the Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, 6-8 p.m., every Wednesday through Aug. 11, the class will teach Hawaiian vocabulary, including colors, numbers and shapes.

Bring a list of five Hawaiian words you'd like to learn how to pronounce. Classes are conducted at the Army Community Service, Building 2091, Kolekole Avenue, Schofield Barracks.

E-mail nhliasion@gmail.com or call 655-9694.

Fun @ Arts and Crafts – Search-

ing for something artistic to do? Visit the Arts and Crafts Center, 9 a.m.-12 p.m., July 21, for a ceramic pouring class. Let your imagination lead the way. A \$25 free covers your supplies for three classes.

Live on the south side of the island? Enjoy these classes at Fort Shafter, as well.

Call 655-4202 or 438-1315.

22 / Thursday

Keiki Art Club – Design, learn and explore the world of arts and crafts at Schofield Barracks, July 22. Four sessions are only \$50/\$40 for siblings.

Classes are 2:30-3:30 p.m., every Thursday. Call 655-4202.

23 / Friday

"Nine" – The musical "Nine" will be performed July 23 & 24 at Richardson Theatre, Fort Shafter. Curtain call is at 7:30 p.m. Tickets are \$25.

"Nine" is a vibrant and provocative musical that follows the life of Italian film director Guido Contini and the epic crises he faces in his personal and professional lives.

Purchase tickets at by calling 438-4480 between 10 a.m. - 2 p.m. or visiting www.mwrarmyhawaii.com.

30 / Friday

Hawaiian Luau – The Piliuau Army Recreation Center hosts a luau, July 30, or the last Friday of every

month at the Sunset Café.

Dinner begins at 6 p.m., and the entertainment starts at 6:30 p.m.

Cost for adults is \$22.95 and \$15.95 for children ages 5-12.

Call 696-4778.

24 / Saturday

Watercolor Painting for Beginners – Learn color mixing and abstract techniques, 12-2 p.m., July 24, at the Arts and Crafts Center, Schofield Barracks. Four sessions are only \$60 and include all supplies.

Call 655-9042 to register.

31 / Saturday

Blue Star Card – Attend the family friendly Blue Star Card pool party, 3-6 p.m., July 31, Richardson Pool, Schofield Barracks. Light pupus will be provided. Space is limited.

RSVP by calling 655-0002 or e-mail Sarah.chadwick@us.army.mil by July 23.

Ongoing

Summer Sensations – Middle School and Teen programs include "Hired," a weekly and weekend apprenticeship, 655-0445; summer camp, 655-0451; and Teen Summer Blowout, 833-0920 or 438-6470. Also, www.mwrarmyhawaii.com lists leadership opportunities, such as the Keystone Club.

Protestant Women of the Chapel meets every Tuesday, 9 a.m., at the Schofield Barracks Main Post Chapel Annex, Room 212.

Join for food, fun and fellowship. Free child care is available with RSVP. Contact valeriepwoc@me.com or 753-3584.

K-Bay Air Show – Premium-seat tickets are now on sale for the Kaneohe Bay Air Show Top Brass Chalet, Devil Dog Chalet, Flight Deck Chalet, box seats and the grandstand.

The air show features the Navy's Blue Angels aerial demonstration team, games for the keiki, and BayFest music and food, Sept. 25-26.

Events and music are free and open to the public.

Visit www.mcbh.usmc.mil/airshow, <http://twitter.com/kbayairshow> or www.kaneohebairshow.com.

Dinosaurs – It's the invasion of the dinosaurs! Pearlridge Center's Uptown and Downtown Center Courts will be overrun with animatronic dinosaurs and other free activities, now-Aug. 15.

The Pearlridge Safari Train will take youngsters on a reptile adventure amidst oversized flora, creepy fauna and huge boulders for a nominal fee.

Veterinary Treatment Facility – The Schofield Barracks Veterinary Treatment Facility is now seeing patients five days a week, with extended hours every third Wednesday of the month until 7 p.m.

Book an appointment for the new Wellness Package for affordable preventative care, or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu. Call the facility at its new phone numbers: 655-5893 or 655-5889.

Worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- FS: Fort Shafter Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Friday, 9 a.m. at AMR
- Saturday, 5 p.m. at FD, TAMC and WAAF chapels
- Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
- Sunday services:
 - 7:30 a.m. at WAAF
 - 8 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 12 p.m. at MPC and TAMC

Gospel Worship

- Sunday, 12 p.m. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Monday, 6 p.m. at PH (Bible Study)
- Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at FD, FS, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at AMR and HMR

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.

Killers

(R)
Fri., July 16, 7 p.m.

How To Train Your Dragon

(PG)
Sat., July 17, 4 p.m. (\$2 admission)

Splice

(R)
Sat., July 17, 7 p.m.

Marmaduke

(PG)
Sun., July 18, 2 p.m.



Prince of Persia: The Sands Of Time

(PG13)
Wed., July 21, 7 p.m.

Iron Man

(PG13)
Thurs., July 22, 7 p.m.

No shows on Mondays or Tuesdays.

Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Shuttle Bus Cancellation –The 2010 Oahu North summer shuttle bus between Helemano Military Reservation, Schofield, and Wheeler Army Airfield is no longer operating due to lack of ridership. The summer shuttle was originally scheduled to operate until Aug. 27.

17 / Saturday

Prince Lot Hula Festival –The 33rd Annual Prince Lot Hula Festival, Hawaii's largest noncompetitive hula event, will be held at Moanalua Gardens 9 a.m.-4 p.m., July 17.

Everyone is welcome to the free event.

A donation for a limited-edition festival button makes a great souvenir and proceeds help the festival to continue. There will also be 2010 Prince Lot T-shirts available. Bring your beach chairs or mats and enjoy the hula performances, crafts and food.

Hawaiian practitioners will share their talents including, feather lei making, surfboard shaping and Hawaiian weapons. The festival is named in honor of Prince Lot, who later reigned as King Kamehameha V.

Visit www.moanaluaagardensfoundation.org or call 839-5334.

Tahitian Solo Dance – The Poly-

Upcoming on

Live Garrison TV Town Hall
Wed., July 28 at 7 p.m.



Maj. Gen. Michael J. Terry, commanding general, U.S. Army-Hawaii, along with U.S. Army-Hawaii and installation subject matter experts, will take your calls live at the next televised town hall.

This 90-minute program will feature updates on garrison programs and issues and an open forum for callers with questions.

Send your questions to AsktheCommander.USAGHI@us.army.mil or tweet your question at twitter.com/USAGHI.

nesian Cultural Center will host the 10th Annual Te Mahana Hiroa Tumu O Tahiti, or Tahitian Solo Dance, July 17, 9 a.m.-2 p.m. Tickets are \$10 for adults and \$6 for keiki ages 5-15. Call 293-3333.

PTA Hunting

– Hunting activities at Pohakuloa Training Area are closed July 17-Aug. 31, for live-fire training purposes. Call 969-3474.

20 / Tuesday

Children's Physicals – Children enrolled at Tripler Army Medical Center's Pediatric and Adolescent clinics may get required school and/or sports physical examinations, July 20 and Aug. 14, 9 a.m.-2 p.m.

Normal Saturday clinics will be cancelled on these days. Parents of children enrolled at Schofield Barracks Health Clinic should make appointments with their primary care managers during normal clinic hours.

Visit www.tamc.amedd.army.mil.

23 / Friday

FOCUS Workshop – Military parents from all services are invited to attend "Keeping Your Cool," a free work-

shop presented by the FOCUS project, 9:30-11:30 a.m., Room 21, Navy College, Building 671, Joint Base Pearl Harbor-Hickam.

Topics include: "Skills to Recognize Deployment Related Emotional Triggers," Tools for Raising Children in a Military Family," and "Stress Reduction Techniques."

The FOCUS Project provides resiliency training for military families facing the challenges of a family member's deployment during wartime.

RSVP by July 23 by calling 265-6719.

27 / Tuesday

Community Prayer Breakfast – Soldiers, family members and civilians are invited to a Community Prayer Breakfast, July 27, 6:30-8:30 a.m., at the Nehelani on Schofield Barracks, with Dr. Billy Kim and a 50-person children's choir from the Far East Broadcasting Company in Korea. Call 833-6831 or 655-9307.

Ongoing

Newcomers Welcome – The



USO helps with military kids' back-to-school needs



Courtesy Photo

The USO Hawaii is giving away free school supplies, July 25, at the Officers Club, Joint Base Pearl Harbor-Hickam to military kids whose parent's rank is E5 and below. Distribution is on a first-come, first-served basis.

USO

News Release

HONOLULU – Military children of Soldiers ranked E5 and below can receive free backpacks and school supplies through USO Hawaii's Back-to-School program.

Backpacks and school supplies will be distributed on a first-come, first-served basis to families with proper military identification, July 25, from 1-3 p.m., at the Officers Club, Joint Base Pearl Harbor-Hickam.

A limited amount of brand new children's books and "Hannah Montana" teen books will also be available, as well as children's shoes from Kids in Distressed Situations, or K.I.D.S.

To request free backpacks and school supplies, call 256-7744 or e-mail btroegner@uso.org.

Community members are encouraged to donate brand new backpacks and school supplies, such as notebooks, pens, pencils, scissors, erasers and glue, for elementary to high school students.

Donations may be dropped off through July 25 at the Pearl

All donations to the USO, a nonprofit organization, will be acknowledged with a letter for individuals' IRS annual donation reporting.

To donate visit <http://affiliates.uso.org/hawaii> or mail a check to USO Hawaii at 300 Rodgers Blvd. # 48, Honolulu, HI, 96819. For PayPal donations, call 836-3351 or e-mail wjohnson@uso.org.

Harbor Navy Exchange Aloha Desk, as well as at the USO center at the Honolulu International Airport.

"We are all experiencing challenges in a tough economy, and our junior military on our islands feel the burden as well," said Eva Laird Smith, director, USO Hawaii.

"This is a great opportunity for our community to show their aloha support for our military and their families with their children's back-to-school needs," Smith added. "It will be one headache less, one (less) challenge on the home front for our deployed troops."



Until Every One Comes Home.®

Immunization clinic protects against unseen enemies

PFC. PHIL REGINA

305th Mobile Public Affairs Detachment

SCHOFIELD BARRACKS – American Soldiers stand ready to deploy, engage and destroy any enemy of the U.S. in close combat, but sometimes, the deadliest of enemies are the smallest of all.

Anthrax, smallpox, typhoid, influenza and other pathogens, unseen to the naked eye, can render any service member to a withered corpse in a matter of days.

However, the Schofield Barracks Troop Immunization Clinic, or TIC, ensures America's fighting forces, here, are armed with the proper defenses to counter the threats posed by these deadly diseases.

The TIC administers all vaccinations for troops stationed, here, including smallpox and anthrax vaccines that are routine vaccinations for all deploying troops. Ensuring troops' protection from these two diseases is of special importance.

"Smallpox and Anthrax can be absolutely devastating to mission readiness," explained Sgt. Jared Taylor, noncommissioned officer in charge of troop immunizations and Soldier readiness at the TIC. "Anthrax, if contracted through inhalation, has an approximate lethality rate of 80 percent for any individuals without prior vaccination.

"Smallpox, though less lethal (30 percent lethality rate), is just as devastating because it spreads quickly, and those who contract it are severely debilitated," he said.

For the Soldiers working at the TIC, immunizing Soldiers from harmful viruses is more than just a job.

"I was trained as a medic, and it feels good to be doing my job, but it's even more rewarding to know that I'm keeping the Soldiers healthy and vaccinated," said Pfc. Anthony Norris, a medic at the TIC.

But keeping healthy is also the responsibility of each individual Soldier. Simple actions such as washing your hands can greatly reduce the risk of contracting and suffering from a debilitating illness.

"Since the advent of hand-washing among medical practitioners, no other contemporary medical practice has helped save more lives than vaccinating," Taylor said.

Army treats pain with yoga, acupuncture

ALEXANDRA HEMMERLY-BROWN

Army News Service

WASHINGTON – The Army's health care system may soon see changes in how Soldiers are treated for pain, according to a report recently released by the Army's surgeon general, which recommends 109 changes.

The Pain Management Task Force's final report, initiated by Lt. Gen. Eric Schoomaker in August of 2009, addresses the lack of a comprehensive pain management strategy across the Army and suggests alternative treatments to medication, such as acupuncture, meditation, biofeedback and yoga.

Also noted in the report is the fact that pain management has changed very little since the discovery of morphine in 1805.

Schoomaker is troubled with the increasing numbers of Soldiers returning from combat with severe wounds, especially as some suicide reports list pain as a possible contributing factor to the suicide.

"While these issues might not be directly related to pain management, I felt a thorough evaluation and assessment of current pain-management practice was indicated," Schoomaker said.

He added, part of the problem is that severely injured Soldiers, like those in warrior transition units, are often prescribed multiple medications and sometimes seen by several different doctors, which can cause inconsistencies in care. But he maintained that this practice is not just an Army problem. It's a problem throughout the U.S. health care system.

"This is a nationwide problem ... we've got a culture of 'a pill for every ill,'" said Brig. Gen. Richard Thomas, assistant Army surgeon general.

"As a physician, the hardest thing to deal with is patients with chronic pain," said Col. Jonathan Jaffin, director of health policy and services, Army office of the surgeon general. "So many of us went into medicine to relieve suffering, and chronic pain is frustrating because we want to relieve that pain."

The task force visited 28 military, Veterans Affairs and

civilian medical centers between October and January to observe treatment capabilities and best practices. Schoomaker said his goal is to form a pain management strategy that is holistic, multidisciplinary and puts Soldiers' quality of life first.

"This is an opportunity to change medical care and the way we take care of patients," Thomas said.

Schoomaker stressed that Army practices have always been in compliance with America's medical regulations, but he thinks the Army can do better.

"Everything we do in the Army, even managing a toothache, is all in compliance with national standards ... what we want to do is set the bar higher," Schoomaker said.

Schoomaker's higher standards include offering treatment alternatives that might not yet be prescribed in average doctors' offices, but which patients are already seeking out on their own, such as acupuncture. He said the Army has looked at research on the effectiveness of these complementary techniques, and he would like to see them integrated into traditional medical treatment.

"Programs such as biofeedback and yoga have been subjected to scientific randomized trials and have been proven to be effective," Schoomaker said.

Biofeedback involves measuring body signals, such as temperature, heart rate, muscle tension and brain waves, to help patients with relaxation techniques and pain reduction.

Schoomaker said he is hopeful that Soldiers will be receptive to alternative methods of care once they see that the treatments work.

"Seeing success is the best way to convince people of the usefulness and the need for other approaches," Jaffin agreed.

The 109 recommendations are divided into four areas to provide tools and infrastructure that support pain management, build a full spectrum of best practices, focus on Soldiers and families, and synchronize a culture of pain awareness, education and intervention.

Schoomaker said the recommendations that can be put into policy under his authority will be implemented in the coming months, and the 2010 National Defense Authorization Act asks the secretary of defense to integrate a pain-management policy into the military health care system no later than March 2011.



Schoomaker



For more information about military vaccinations, visit <http://www.vaccines.mil>.



Sgt. Taeon Bing | U.S. Army-Pacific Public Affairs

1-2-3, pull!

BELLOWS AIR FORCE STATION — Teams face off in a tug of war competition as U.S. Army-Pacific celebrates “One Team!” organization day at Waimanalo Bay, July 1. Activities included body-surfing, volleyball and horseshoes.



Today

Flag Football and Cheerleading Registration

Registration continues through July 30 and is open to children born in the years 1995-2006. The cost for flag football registration is \$45 and cheerleading is \$60.

Call Parent Central Services at 655-5314.

Fishing Camp – Enjoy three days and two nights of fun kayaking, bottom and shoreline fishing, and trolling.

Also, knot-tying, jig- and lure- making activities are available.

This event is limited to the first ten fishermen who are registered and have paid the fees.

Sign up at Schofield Barracks Outdoor Recreation Center, Building 556, Heard Avenue.

Call 655-0143.

17 / Saturday

Stand Up Paddleboard – Have the guts to learn something new?

Take a stand-up paddleboard lesson, July 17.

Family and Morale, Welfare and Recreation can help with equipment rentals.

Sessions are only \$45 each. Call 655-0143.

18 / Sunday

Adventure Kayak II

Are you an adrenaline junkie or just love the outdoors? Spend half a day, July 18, kayaking from different beaches around the island.

Classes are available in three skill levels, as well as kayak fishing. The cost is \$49 per person. Call 655-0143.

21 / Wednesday

Guard Start Program

Children ages 11-14 can learn what a lifeguard's duty is and to start on a journey for a possible career in water safety.

This program begins July 21 at the Richardson Pool, at Schofield Barracks. Participants must be able to swim in the deep end of the pool.

Call 655-9698.

24 / Saturday

Run, Swim, Paddle at

PARC – Calling all competitors! Pihilaau Army Recreation Center will host its first-ever Swim, Run, Paddle Sprint, July 24, at Pokai Bay.

This event is for service members only and not for the weak and weary.

There are individual events for male and female athletes, with “Under 30” and “Over 30” Divisions offered.

You'll be required to run and swim 1,000 meters and paddle about one-half mile.

The race will begin at 9 a.m.; a limited number of boards will be available to borrow on a first-come, first-served basis.

Registration deadline is still to be determined.

Registration forms are online and can be picked up at various Family, Morale, Welfare and Recreation facilities.

Visit <http://mwrarmyhawaii.com/> or e-mail shelly.leslie@us.army.mil.

25 / Sunday

K-Bay Sandbar – Looking for great fun in the sun?

The K-Bay sandbar is the perfect way to relax and enjoy the island.

Hitch a ride with Outdoor Recreation from 6 a.m.–1 p.m. to K-Bay, July 25, and enjoy the scene from the middle of the ocean.

Lunch will be provided. Cost is just \$65 for adults, \$48 (12-16-year olds) and \$32.50 (11 and under).

Call 655-0143 to register.

community Sports

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

17 / Saturday

Relay For Life – The American Cancer Society Relay For Life is July 17, at Magic Island Beach Park, from 6 p.m.–6 a.m. The event raises community awareness and funds for the American Cancer Society's patient services, research, advocacy and community education.

Visit www.relayforlife.org/magicislandhi, e-mail Misty.Pacheco@gmail.com or call 432-9165.

Sports Festival – Come to the inaugural ESPN 1420 Sports Festival, July 17, at Kakaako Park in Honolulu, 9 a.m.–4 p.m. The free event features hands-on sports activities and demonstrations for children, including a speed and quickness clinic and soccer camp.

Call 534-7101 or e-mail randali@espn1420am.com.

18 / Sunday

Kailua Beach 8K – Show up and sign up for the Kailua Beach 8K, July 18, at 7 a.m. Meet at Alala Point and run out-and-back over sandy Kailua Bay. Race costs \$10 to enter. Visit www.mprc.com.

20 / Tuesday

Taiko Drumming Classes

The Taiko Center of the Pacific, a school of traditional and contemporary Japanese drumming, offers classes year-round to the general public for all ages and skill levels. Students learn aspects of Japanese culture, etiquette and language.

Beginning, intermediate and advanced classes are available for youth, adults and families. No experience is necessary.

Weekly, one-hour classes are held at various times at Kapiolani Community College.

Registration is currently open for the 2010 session. The next five-week session starts June 20.

Call 737-7236, e-mail info@taikoarts.com, or visit www.taikoarts.com.

24 / Saturday

Surf 'n Sea North Shore Swim

The third Surf 'n' Sea North Shore Swim Series event, Jaco Chuns to Waimea Swim, is July 24, and is 1.6 miles from Shuns Reef to Waimea Bay.

Visit www.hawaiiswim.com for more information.

25 / Sunday

Volksmarch

Join the Menehune Marchers Volkspport Club on a 5K or 10K Hoomaluhia Botanical Garden Volksmarch (or walk), July 25, in Kaneohe. The event is free; IVV credit, if desired, is available for a nominal fee.

Start point is the Kahua Nui Pavilion at the Hoomaluhia Botanical Garden, 45-680 Luluku Rd., Kaneohe. Par-

ticipants can start anytime between 9 a.m. and noon.

Call Maria at 261-3583 or visit the club's website at www.ava.org/clubs/menehunemarchers.

Ongoing

Interactive Water Safety

Tool – Test your water safety I.Q. with the new U.S. Army Combat Readiness/Safety Center's web-based Water Safety tool at <https://safety.army.mil/WaterSafety>.

Players will be presented with water safety challenges including swimming, jet-skis, life ring-toss and beach hazards.