

HAWAII ARMY WEEKLY

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INSIDE

Army of One downsizes to one service uniform

Simplified uniform reduces expenses for Soldiers

ARMY NEWS SERVICE
News Release

WASHINGTON — Army service uniforms will be streamlined to one blue Army Service Uniform, the Army announced Monday.

“World-class Soldiers deserve a simplified, quality uniform. The blue Army Service Uniform is a traditional uniform that is consistent with the Army’s most honored traditions,” said Sgt. Maj. of the Army Kenneth O. Preston.

“We have all of these variations of uniforms – green, blue and white,” said Army Chief of Staff Gen. Peter J. Schoomaker. “It makes sense for us to go to one traditional uniform that is really sharp and high quality and which Soldiers will be very proud to wear. And that’s what we’ve done by adopting this blue Army Service Uniform that reflects simplicity, quality, utility and tradition.”

Many Soldiers already own an Army blue uniform (now to be called the Army Service Uniform) and may continue to wear it. Improvements will be made to the fabric and fit. Reduction of the number of uniforms will reduce the burden on Soldiers for purchas-

es and alteration cost.

Introduction in the Army Military Clothing Sales stores should begin in fourth quarter of fiscal year 2007. Introduction in the Clothing Bag should begin first quarter 2009. The mandatory possession date is expected to be fourth quarter fiscal year 2011.

A wear-out date for the Army green Class A and white dress uniforms will be determined at a later date.

The consolidation of Army service uniforms is part of a streamlining process. In 2004, the Army reduced the number of battle dress uniforms from three to one when it adopted the Army Combat Uniform (ACU)

in place of the Woodland Green Battle Dress Uniform (winter and summer versions) and the Desert Combat Uniform. That uniform consolidation has been a resounding success in terms of soldier acceptance and reducing the variety of combat uniforms with which they must deal.



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License to drive

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Wolfhounds foster a friendly competition with Leihoku Elementary School

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Seventy miles of sweat

Wayfinder XO competes in half Ironman on Big Island

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Soldiers march through smoke and bag pipe music as they carry their colors for the last time during the 6th Squadron, 17th Cavalry, inactivation ceremony at Wheeler Army Air Field, Tuesday.

‘Love of country’ leads 2-6 Cavalry

Story and Photo by
PVT. 2 AMANDA SWEETNAM
Combat Aviation Brigade Public Affairs

WHEELER ARMY AIR FIELD — The 1st Battalion (Attack), 25th Aviation Regiment, was inactivated Tuesday and re-flagged as the 2nd Squadron, 6th Cavalry, during a ceremony off Lahuala Road.

The 2nd Squadron, 6th Cavalry, originated May 4, 1861, almost 100 years before the 1-25th was constituted.

The change became necessary due to the separation and consolidation of equipment and supplies as part of the Army’s transformation process.

“As the Army transforms, we take our place in the roles of the United States Cavalry,” said Lt. Col. James Barker, squadron commander, 2-6th.

All battalions equipped with Kiowa warriors will now be labeled cavalry

squadrons and Apache-equipped battalions will become attack squadrons. Prior to the latest series of changes, units were a mixture of both types of equipment.

Although the squadron’s name has officially changed, preparation for the mission will remain the same, according to Barker.

“Even though we’re equipped and manned exactly the same as we were yesterday, this transformation to a ‘Cav’ squadron will make us a different unit – a better unit,” Barker said.

The 1-25’s re-flagging is significant due to the upcoming deployment in support of Operation Iraqi Freedom.

“Our mission for our upcoming deployment won’t change whatsoever,” said Barker. “We’ve been training for this mission as 1-25 Attack, and we will fulfill that mission as 2-6 Cav.”

Now that the official re-flagging has occurred, the newly minted 2-6th Cav. looks forward to carrying on the duty and honor associated with its distinguished legacy.

“This ceremony represents a bitter-sweet time for the squadron as we complete another chapter of the rich history of the 1st Battalion 25th Aviation Regiment, and initiate a new chapter as the 2nd Squadron, 6th Cavalry,” said Barker.

As part of a new beginning, the 2-6th Cav. also adopted a new motto, which it proudly embraces.

“We embrace our new colors as a symbol of our future and the uncertainty that the future holds for us,” he said.

“Our new motto – ‘Led by Love of Country’ – says it all,” said Barker. “That’s why we’re here, not for the glory, money or personal gain.”

Security, housing dominate town hall

Story and Photos by
JEREMY S. BUDDEMEIER
Assistant Editor

More than 80 residents of Army Family housing filled scattered seats to voice their concerns at the Oahu North town hall meeting in the Sgt. Smith Theater, Tuesday night. Although the meeting was general in nature, the majority of the questions fell into two categories: housing and security, both of which hinged on the upcoming deployment.

One of the first to raise a question was Tiffany McMurray, who lives at the Helemano Military Reservation (HMR).

“I chose to live on post because of the security,” McMurray said, then contrasted her initial impression with examples of neighbors reporting stolen property and the military police being slow to respond or lacking presence in the community.

Others chimed in with similar observations, pointing to the absence of full-time gate guards, and they questioned whether the situation would change prior to deployment. Lt. Col. Stephen Moniz and Michael Hamilton, deputy provost marshal for Schofield Barracks, addressed the audience’s questions.

RELATED STORY

• Summer events were a hot topic at the Oahu South town hall. A-7

By population, HMR has more military police assigned to it than most cities in America, Hamilton said. In addition, he reminded residents that HMR wasn’t an installation, but a military housing area in a civilian community, and didn’t warrant the same level of security as an installation.

“I want to dispel the myth that there isn’t crime on Schofield Barracks or Fort Shafter [because they have 24-hour gate guards],” said Moniz.

SEE ISSUES, A-7

Army, Tropic Lightning celebrate storied birthdays in 2006

ADAM ELIA
25th Infantry Division Historian

Currently, 231 years and counting... That is how long the United States Army has existed.

For more than two centuries, the Army has defended America and its allies at every corner of the globe. The Army’s history has been written by its Soldiers, penned in the sweat and blood they have shed to ensure freedom for all. The story of the 25th Infantry Division has contributed to the U.S. Army’s history for the past 64 years and continues to add to that tradition today.

The Tropic Lightning Division’s story began on Oct. 1, 1941, when it was organized with the 24th Infantry

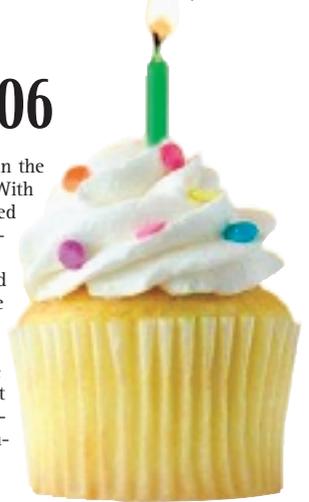
Division at Schofield Barracks. Just eight weeks later, the division would bear witness to a critical moment in history when the Japanese attacked Oahu Dec. 7. During World War II, the division participated in campaigns in the Solomon Islands and the Philippines. The division earned its nickname “Tropic Lightning” for its superior and effective performance during the battle of Guadalcanal in the Solomon Islands. Also, the division’s commanding general, Maj. Gen. Joseph Lawton Collins, had been nicknamed “Lightning Joe” for his division’s aggressive pursuit of the enemy.

Tropic Lightning would see its name written again in the Army’s history when it fought in the Korean War from 1950-1953. During the dark, early days of

the war, the division took part in the defense of the city of Pusan. With the sea to its back, it defended against relentless attacks by communist forces. In spite of incredible odds, the division held its ground and took part in the breakout from the Pusan perimeter.

The division would continue the battle in Korea for the next three years, fighting in mountainous terrain against tough com-

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We want to hear from you...

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

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

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

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

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Provost Marshal Corner

Double-digit larcenies, assaults among crime stats

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

COL. JACQUELINE CUMBO
Provost Marshal, 25th Infantry Division

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

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

Crime statistics recorded from May 1-16

• At Fort Shafter and south areas

The Fort Shafter PMO reported a total of 16 cases during this period, which included three assaults cases.

One case occurred in Aliamanu Military Reservation (AMR) between two juveniles fighting on a school bus. The second occurred at Tripler Medical Center (TAMC) and involved a civilian male and Soldier. The third occurred at Piliilau Army Recreation Center and involved two civilians.

Three domestic assaults occurred; two were reported at AMR and resulted in the apprehension of two female family members. The third occurred in the Coast Guard housing area and resulted in the apprehension of an active duty spouse.

A robbery took place at Fort DeRussy. An unidentified male subject approached a civilian male victim and demanded his wallet at knife point. The subject took the wallet and ran through the park toward Kalia Road. An investigation is underway by the Honolulu Police Department.

Eight larcenies were reported; four occurred at AMR, two at TAMC, one at Fort Shafter, and one at Fort DeRussy. Five of the eight larcenies were unsecured personal property, which included purses and wallets left unattended.



Cumbo

Finally, a Soldier was apprehended for altering a U.S. Army common access card (CAC). The Soldier attempted to enter the Pink Cadillac Club in Waikiki with his CAC, which showed an altered date of birth.

• At Schofield Barracks

The Schofield Barracks PMO reported 19 cases during this period. The cases included two separate shoplifting incidents at the post exchange where one Soldier and one civilian were apprehended when they attempted to remove an X-box 360 game (Oblivion) and two pair of sunglasses without paying for them.

A total of four larcenies occurred in the Schofield Barracks area: Two took place in housing, one in a common area and one in a troop area. Two of the larcenies were of unsecured property. Items stolen included two Apple IPODs and one transmitter, a watch, a wallet and a surfboard. A civilian was apprehended for at least one of the thefts.

Three fights (simple assaults) were reported and resulted in the apprehension of three Soldiers. Eight domestic assaults were also reported, resulting in the apprehension of two family members (one male and one female) and six Soldiers (four male and two female).

Hot Topic of the Week

Although, traditionally, the Fourth of July in Hawaii is a day of celebration punctuated with fireworks. Fireworks are prohibited on military installations – event though fireworks can be legally purchased and used outside of military installations.

PMO has observed a few fireworks-related

injuries on post installations during previous years, and MPs are determined to see fewer of these injuries this year.

The 25th Infantry Division and U.S. Army, Hawaii, Regulation 210-8, titled "Discipline, Law and Order," classifies fireworks in Chapter 2 as a "destructive device" and prohibits possession of fireworks on Army installations. Violation of this regulation will result in confiscation of fireworks and could also result in disciplinary actions.

Our goal is to see that everyone has a safe Fourth of July celebration. We encourage everyone to attend the many authorized fireworks displays that will be conducted on Schofield Barracks and other locations around the island.

If you plan to purchase and use fireworks off post, use common sense and be safe. Eye protection is a must and so is any other safety measure that will prevent injury.

The City and County of Honolulu has provided specific times that fireworks can be used legally, and that is from 1 to 9 p.m. on the Fourth of July.

Traffic Safety

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

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

The following traffic statistics were recorded this period:

- Speeding, 43
- DUI, alcohol, 0
- Stop sign violation, 3
- Seat belt violations, 1
- Expired registration, 40
- Expired safety, 47
- Driving without a driver's license, 11
- Driving without insurance, 9
- Parking, 100
- Cell phone violation, 0

LIGHTNING SPIRIT

Military families can thrive during deployment

CHAPLAIN (MAJ.) SCOTT KENNEDY
Family Life Chaplain

With yet another deployment on the horizon, many families may be asking themselves, "How are we going to survive another deployment?"

I was recently at a conference in Orlando where all of the family life chaplains from around the Army gathered for a week of training. I asked them what advice I could give to families preparing

for yet another deployment. Here's what they said:

- 1) Pay attention to how you say goodbye. Be intentional about it. Do your best to make it special. This may sound like a no-brainer, but if you do not make a special effort during the farewell period, it can get the deployment off to a bad start for both the Soldier and his or her family. On the other hand, if done well, it

can give both the Soldier and family energy to fuel the first several months of the separation.

Don't bring up old issues that have been difficult for you to solve in the past. If you haven't had success up until now, it's probably best to put that discussion on hold or seek professional help to get it resolved before you separate. Otherwise, it could blow up in your face, which will only

serve to aggravate the effects of separation.

Be sure everyone gets quality time with the deploying family member before the Soldier leaves. This will communicate value, honor and a sense of importance to each family member. It will also make it easier to stay connected once the separation begins.

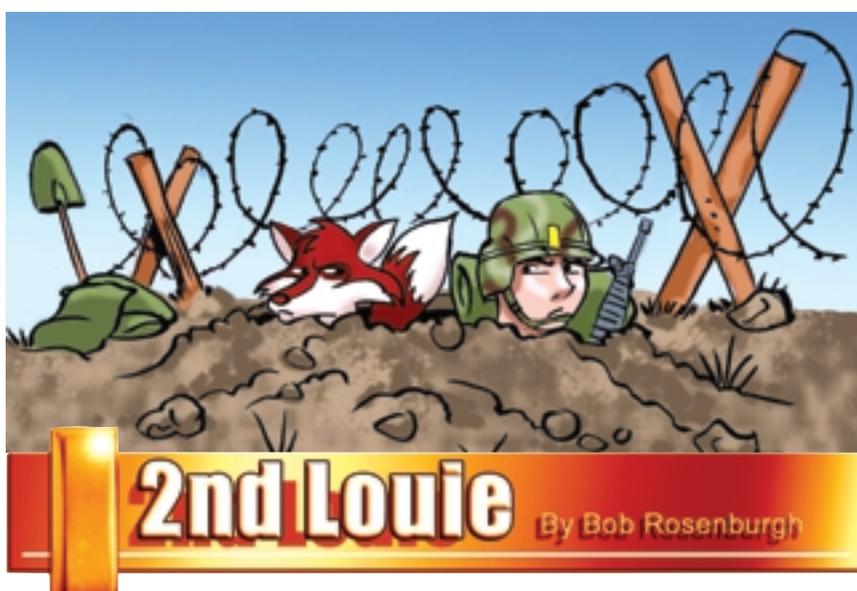
One of the most important things you can do before a deployment is "shore up" family relationships. This attention makes for a successful deployment.

2) Be ready for heightened stress two weeks leading up to the deployment. Expect it. Don't be caught off guard with it. Prepare yourself for it. Have grace with it.

Do everything you can to reduce tension during that period, but don't take things personal if a blow-up does occur. Write the blow-up off to pre-deployment stress, and do your best to make amends quickly, so that the incident does not derail your relationships and create obstacles for a successful deployment.

3) The first two months are the hardest. Don't let yourself believe it's going to stay this way. Hold

SEE SPIRIT, A-8



Courts-Martial

Forgery, drug use top list

(Editor's Note: Column lists results of proceedings from the Staff Judge Advocate for the period of May.)

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

A former sergeant from 536th Maintenance Company, 524th Corps Support Battalion, was found guilty at a general court-martial of violating a lawful general order. The military judge sen-

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

tenced him to reduction to E-4 and 30 days hard labor without confinement.

A Soldier out of 71st Chemical Company, 8th Special Troops Battalion, 8th Containment Command (Theater), was sentenced by a military judge at a general court-martial to reduction to the grade of private (E-1), forfeiture of \$750 pay per month for 24 months and a bad-conduct discharge for making a false official statement, larceny of U.S. currency, impeding an investigation to help evade prosecution, and two counts of altering/forgery of a DD Form 689.

The Soldier's sentence to confinement was limited by a pretrial agreement.

A private (E-1) from 185th Military Intelligence Company, 2nd Brigade, was found guilty of three counts of wrongful use of cocaine, wrongful use of methamphetamine, and two counts of wrongful possession of cocaine with intent to distribute.

At a special court-martial, a military judge sentenced her to forfeit \$849 pay per month for 12 months, confinement for 12 months, and to be discharged from the service with a bad-conduct discharge.

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

17 days since last fatal accident

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

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

Voices of Lightning: What would make your Father's Day perfect?



"... A day off..., so I can spend time with my family."

Spc. Hank Chang
F Troop, 3-25 CAB



"If all family members just show they appreciate him."

Pfc. Denise States
125th Finance Bn. Customer Service Specialist



"Go out to eat with family and spend some stress-free time."

Pvt.2 Joseph Hereford
5-36th Maint. Co. Mechanic



"Spending quality time with family."

Pvt.2 David Strait
B Co., 2-27th Inf. Forward Observer



"Getting to spend time with family on a day off."

Cpl. Adam Corson
F. Co., 3-25th Aviation Bde. Air Traffic Controller

Cavalry cases flag, mounts up for Alaskan tundra

Story and Photo by
PFC. CARLEE ROSS
25th Infantry Division Public Affairs

WHEELER ARMY AIR FIELD – Bidding farewell to Hawaii, the 6th Squadron, 17th Cavalry (CAV) cased their colors June 1 before the remainder of their unit moves to Fort Wainwright, Alaska.

The unit is being re-stationed in Alaska based on demand, and they are looking forward to advancing their air-ground integration at their new home, said Lt. Col. Robert Brown.

The few remaining Soldiers stood proudly on the flight line in formation as the commander, Brown and reviewing officer, Col. Thomas Ball, commander of the 25th Combat Aviation Brigade marched out to roll up and case the colors together.

After the casing of the colors, the unit gathered into a hangar to listen to their commander and brigade commander as they discussed the history of the unit and their future.

According to Brown, all of the equipment and more than half of their personnel is already in Alaska.

The remainder of the unit will all have arrived in Alaska by June 5, said Brown.

This could not have been accomplished without support from the families, the



Bagging the flags — From right to left, Capt. David Barber, executive officer, Peter Nelson, operations officer, and Andrew Sescilla, Headquarters Troop commander from the 6th Squadron 17th Cavalry Regiment, case their guidons June 1 in a ceremony for their unit, which is being re-stationed to Fort Wainwright, Alaska.

Soldiers' professionalism, the command group and many others, stated Brown.

The squadron has a rich history of dedicated service behind it. They have many deployments, most recently in support of Operation Iraqi Freedom

(OIF) and Operation Enduring Freedom (OEF).

The 6th Squadron (Attack), 17th Cavalry Regiment was first constituted and activated as Troop F, 17th Cavalry Regiment July 1, 1916 at Fort Bliss, Texas.

Troop F was reorganized and activated Nov. 16, 2005 as Headquarters and Headquarters Training, 6th Squadron, 17th Cavalry Regiment at Wheeler Army Air Field and assigned to the Combat Aviation Brigade, 25th Infantry Division, as a Kiowa

Warrior (OH58) attack helicopter squadron.

Brown discussed how the unit was different having been assigned away from their normal duties as a Cavalry unit.

The Soldiers of Cavalry who are given assignments to armor or aviation units will come out with wisdom, said Brown.

"You are never not Cav., but simply assigned away from your regiment," Brown said.

Having deployed many times with great successes in severe climates, Brown believes the unit will once again come out on top in the new environment they face in the arctic.

Although the ongoing transformation continues to re-shape the Army and the squadron, the success the unit has had in combat and in training is directly attributable to the Soldiers and leaders that stood before him, said Brown.

"The squadron is no stranger to operating at the edge of the environmental envelope," said Brown.

Brown looked optimistically toward the unit's future and the challenges that lay ahead for the newly assigned unit.

The challenges of the past will help the challenges of their future, said Brown.

29th Engineer Battalion capitalizes on time at PTA

Wayfinders receive tailored convoy live-fire training

Story and Photo by
BOB MCELROY
Pohakuloa Training Area Public Affairs

POHAKULOA TRAINING AREA, Hawaii — The Wayfinders of the 29th Engineer Battalion (Topographic) honed their combat skills during their recent two-week deployment to Pohakuloa Training Area on the Big Island.

Led by battalion commander, Lt. Col. Chris Benson, the Wayfinders took advantage of every opportunity to train new Soldiers and develop new leaders.

Benson said the focus of the training was to provide a tactical mission ready exercise for the 70th Engineer Company and the 7th Engineer Detachment (Heavy Dive).

"The scenario the staff put together was good, a civil affairs mission," Benson said. "We're moving supplies to a school; it's more realistic for us, we won't be doing combat patrols when we deploy."

Benson said the goal of the training was to develop good battalion tactics, techniques and procedures for convoy operations based on lessons learned from the Center for Army Lessons Learned.

"We wanted to get a good baseline and work from that," he said.

The Observer-Controllers (OCs) for the convoy live-fire training were the Soldiers of the 7th Engineer Detachment (Heavy Dive), Benson said. He felt that acting as OCs for this exercise would benefit the Dive Detachment "down the road" when they performed the same training drills.

The Wayfinders used the same method common among the other units that have conducted convoy live-fire training at PTA: "Crawl, walk, run."

The first time through the convoy course — the "crawl" phase — Soldiers fired dry, with no ammunition. The purpose was to familiarize them with the necessary actions upon contact, especially proper sighting and aiming and firing on the move.

During the "walk" phase, Soldiers drove the course again, this time firing blank rounds from their M-16 rifles and squad automatic weapons.

The final exam was the "run" phase, where live ammunition was fired downrange at silhouettes of enemy Soldiers and vehicles.

During each phase of the training the Wayfinders also had to react to a disabled vehicle, ambushes, a roadblock and an improvised explosive device (IED) attack; all of which could be encountered on deployment.

To apply just a bit more realism into the scenarios, the unit employed an IED simulator. As the lead vehicle in the convoy drove down a dusty road it passed a low-lying shrub. Suddenly there was a flash and low explosion and the vehicle was hit with a grayish powder.

"If we deploy, this is what we'll be doing; as a driver you have to be aware."

*Spc. Richard Witkovsky
Mechanic*

Had this been a real IED, Benson said, the powder showed where the brunt of the blast would have hit.

The realism of the training was not lost on two Wayfinder Soldiers: Spc. Richard Witkovsky, a mechanic, and Spc. Benjamin Gilbert, a welder.

"It was good to get out and do some



A 29th Engineer Battalion (Topographic) humvee is hit by a simulated improvised explosive device (IED) during one phase of convoy live-fire training at Pohakuloa Training Area on the Big Island. The training also included ambushes, a disabled vehicle and a casualty evacuation at PTA the week of May 29.

training at PTA," Gilbert said. "This is the first time I've done convoy live fire and I learned a lot. It was fun training, I got to fire live rounds."

Witkovsky agreed adding that the training gave him a good insight into what he and the unit might encounter should they deploy.

"If we deploy, this is what we'll be doing; as a driver you have to be aware," Witkovsky stressed. "Everyone needs to go through this, they need to pay attention."

Gilbert said that one challenge for him was to learn how to shoot his M249 squad automatic weapon while moving down the road in his humvee.

Both Soldiers joined the 29th Engineer Battalion in October 2005 when they left the 82nd Engineers in Korea. They shared

the same opinion on the difference in training in Korea versus training at PTA.

"I've never done anything like this, you couldn't do it in Korea," Gilbert said.

Witkovsky concurred.

Battalion commander Benson put the training in perspective, noting that his Soldiers were training at PTA over the Memorial Day weekend when they could easily have taken the time off or reduced their training load.

His intent, he said, was to maximize the time, facilities and resources available to him to ensure his Soldiers were better prepared for future contingencies.

"Because of the engineer specialty, all of these guys have to be ready to go collectively or individually," he concluded.

Changes in command announced

The 25th Infantry Division and U.S. Army, Hawaii, community is invited to attend upcoming changes of command ceremonies taking place this summer.

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

Local ceremonies will be preceded by an awards ceremony 15 minutes prior to the change of command, and all will be held at Sills Field, Schofield Barracks, unless otherwise noted.

•**June 14, 2 p.m.**,
Oahu Base Support Bn.
Lt. Col. Stephen Moniz will relinquish command to Lt. Col. Mark Ocboussy

•**June 16, 11 a.m.**,
25th ID Chief of Staff,
Col. James Boisselle and incoming Col. Gary S. Patton will be honored in a Flying V Ceremony

•**June 16, 3:30 p.m.**,
17th Corps Support Bn.
Lt. Col. Patricia Matlock will relinquish command to Lt. Col. Rodney Fogg

(Editor's Note: Information is subject to change due to inclement weather.)

3rd Brigade rolls out relevant driver's training

Story and Photo by
SPC. MIKE ALBERTS
3rd Brigade, Public Affairs

SCHOFIELD BARRACKS – Life is difficult if you can't get where you need to go. Third Brigade is ensuring that it can get where it needs to go when it deploys by licensing to drive as many Soldiers as possible.

Each week, about a dozen 3rd Brigade Soldiers take drivers training that is held on post and at east range in order to obtain licenses to drive a variety of military vehicles.

The course consists of 40 hours of classroom instruction, during which Soldiers take three written exams. In the classroom, instructors emphasize preventative maintenance checks and services (PMCS), road rules and regulations, equipment capabilities and limitations, and military vehicle movement, according to Sgt. Juan F. Esparza, master driver and driver-training instructor, 325th Base Support Battalion.

In addition to the class work Soldiers must complete an online accident avoidance class, pass an eye examination, and take a road test. Soldiers must also complete an interview with their commanders so that commanders may assess the Soldiers' driving competence.

Esparza explained that during the road test Soldiers PMCS and drive a high mobility multi-purpose wheeled vehicle (HMMWV) during the day and PMCS and drive a light medium tactical vehicle (LMTV) at night. At the end of the course, Soldiers are licensed to operate the HMMWVs, LMTV's and certain five-ton vehicles.

"Cooks, medics, other support, basically everyone who operates a military vehicle, must take this course," said Esparza. "The command needs to be sure that you can operate these vehicles safely ... and that is one of the two main things we emphasize,



Pfc. Evan K. Palmer, signal support specialist, 3rd Infantry Brigade Combat Team, performs preventative maintenance checks and service (PMCS) on a high mobility multi-purpose wheeled vehicle (HMMWV) as part of driver's training at the brigade's motor stables.

safety of yourself and for other vehicles and pedestrians."

"The second critical thing for drivers is PMCS," he said. "If you take care of your vehicle it will take care of you. The last thing anybody wants in theater in the middle of the desert is for your tire to blow during a mission because you decided not to check it," he said.

For the Soldiers, the highlight of the course is the night driving.

"The night driving with the LMTV was the most interesting," said Pfc. Evan K. Palmer, signal support specialist, 3rd Infantry Brigade Combat Team. "During the night driving you use NODs [night operating devices] and, therefore, really get to see the full extent of the army's technology, and what they have available for the Soldiers," he said.

"I do communications work that requires me to go into the field, so having a license

to drive will help me in my job, and definitely makes our shop more mission capable," he continued.

Palmer's colleague in 3rd Brigade's communications shop agreed.

"We need to be in the field quite a bit to set up our signal equipment," said Pvt. Aldhin Hernandez, signal support specialist, 3rd IBCT. "Now, if anything happens with the vehicle, I am able to troubleshoot and repair it," he said.

Uniform: Changes stem from tradition

CONTINUED FROM A-1

Army Blue as a uniform color traces its origins back to the National Blue and was first worn by Soldiers in the Continental Army of 1779.

Besides tradition, the Army Service Uniform reflects utility, simplicity and quality.

- In utility, the blue Army Service Uniform provides a basic set of components that allow Soldiers to dress from the lowest end to the highest end of service uniforms with little variation required.

- In simplicity, the blue Army Service Uniform eliminates the need for numerous sets of green Class A uniforms, service blue uniforms and, for some, Army white mess uniforms (and tunics, for women). Streamlining various service uniforms into one Army Service Uniform reduces the burden on Soldiers in the same manner that the ACU did for the field utility uniform.

- In quality, the blue Army Service Uniform is made of a durable material that is suitable for daily use without special care.

Information about the blue Army Service Uniform and its composition is available at www.army.mil/symbols/uniforms.



Joel Quebec | 4960th Multifunctional Training Brigade

Combat life savers

FORT SHAFTER FLATS — About 80 Soldiers with the 657th Area Support Group, U.S. Army Reserve, completed the Army's Combat Lifesaver Course here in preparation for deployment to Iraq this summer. Units are required to train one combat lifesaver per every 10 Soldiers in the unit.

The course consists of basic first aid treatment, including common battlefield trauma such as bullet and shrapnel wounds, dehydration, breaks, sprains and shock. Troops give IVs to their fellow students, and they learn to work in teams to save a comrade's life.

The course culminates in a realistic scenario. The combat lifesavers must treat the "wounded" on the battlefield while reacting to simulated enemy fire and improvised explosive devices.

The combat lifesavers are timed during the last phase of training, to ensure they can evacuate their patients in a safe, timely manner.

Birthday: Tropic Lightning tackles communism, global war on terrorism

CONTINUED FROM A-1

munist forces. In July 1953, a truce was reached between the allied and communist forces, forged in part by the determination of the 25th ID. By 1954, Tropic Lightning had returned home to Hawaii.

Communism would be the foe once again for the division as the Vietnam War grew in intensity in the 1960s. Tropic Lightning began deploying in December 1965, and by April 1966 was fully committed to the war. For the next five years, the division fought against communist forces in the hot jungles of Southeast Asia. In January 1968, enemy forces launched a massive offensive against U.S. and allied forces throughout South Vietnam during the Tet New Year.

One of the early attacks of this offensive was beaten back by units of the 25th ID. In the opening hours of the offensive, communist forces attacked the vital Ton Son Nhut airfield just outside the South Vietnamese capital of Saigon. Units from Tropic Lightning responded to the attack and in a fierce battle, forced the enemy to withdraw.

During the Tet Offensive, communist forces failed in their attempts to destabilize South Vietnam, and the 25th ID was part of this important chapter of the Army's history. Upon its return from Vietnam, the division played an important role as guardian of the Pacific.

On September 11, 2001, the Army and Tropic Lightning faced a new war: the global war on terrorism. The division deployed to Iraq and Afghanistan in 2004 to combat the forces of terror and help new democracies flourish in countries once ruled with an iron fist. As the first steps towards freedom were taken, Tropic Lightning witnessed two of this new war's most inspiring moments.

The first democratic elections were held in



U.S. Army Photo

The 25th Infantry Division archives show Wheeler Army Air Field during post World War II.

Afghanistan in October 2005. In January 2005, the first free elections were held in Iraq. Despite threats from terrorists, the people of Iraq and Afghanistan defied intimidation and voted not only for new leaders, but also for freedom. Soldiers of Tropic Lightning helped set the stage and keep the peace during this proud moment in history.

The history of the United States Army cannot be told without the stories of the Soldiers and units that have fought under its flag. The 25th ID has been an integral part of that history for the last six decades. The Soldiers who have fought and died in the Army did more than protect their country; they represented the very ideals we hold to be precious.



Pfc. Shanelle Luning, 1101st Garrison Support Unit, hands Soldiers from the 322nd Civil Affairs Brigade their SRP files June 2 at the Conroy Bowl as they prepare to return home.

1101st Garrison Support is hub for 'citizen Soldiers'

Story and Photo by
SGT. TYRONE C. MARSHALL JR.
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — As the Army's missions around the world continually evolve, the need for more efficiently trained, readily deployable troops must grow to meet the challenges of this rapid operational tempo.

As part of the Total Force concept, the Reserve and National Guard components provide additional manpower needed to sustain the Army's missions. As these units are mobilized or demobilized, they sometimes require support integrating themselves into their respective missions.

Since January 2004, support for these units has come from the 1101st Garrison Support Unit (GSU).

The 1101st GSU serves as the primary hub for units home stationing throughout the Pacific theater, as well as the continental United States, as they support the global war on terrorism.

Serving as part of United States Army, Garrison, Hawaii, their mission is to take care of Reserve and National Guard Soldiers and their families while providing command and control, administrative and logistical support.

"We are the only unit here that supports this type of mission with [National] Guard and Reserve [units]," said Master Sgt. Norene Tunstall, senior human resources sergeant for the 1101st GSU.

The support unit's role encompasses units during all phases of their missions, coming full circle once they are complete.

"We provide pre-mobilization support for units ... and organization to their integration back in," said Tunstall. "We prep as much as possible by communicating with units in theatre before they return. We do a lot of day-to-day tracking and accountability."

This can be challenging at times for the 1101st's staff since they are a mobilized unit themselves.

"We were mobilized in January of 2004 for a year, [then] we were extended another year until January 2006," said Lt. Col. Steven Kahili, 1101st GSU's executive officer.

The GSU is currently on an active duty order until Oct. 1, he said.

Kahili revealed some of the challenges his unit faced when they first arrived at Schofield Barracks.

"Coming up [for activation] we knew we'd be augmenting the Garrison staff," said Kahili.

"We ended up with two more missions — command and control of the Reserve Component units ... and also we support the 196th [Training Brigade]," he said.

They're the trainers, Kahili explained. The GSU assists the 196th Training Brigade with support requirements and all other needs to help validate the units' training.

"Physical training of the units takes place here," said Tunstall, not-

ing the 196th Training Brigade's headquarters is at Fort Shafter.

At times, the operational tempo for the 1101st GSU is just as rigorous as the units they support.

"We had about 2,500 [Soldiers] come back from the 29th Brigade," said Kahili. "That was an experience!"

Tunstall estimates the GSU welcomed home all those Soldiers in a three-month time period.

Three weeks ago, the GSU provided support to 109 Soldiers returning from mobilization. Just days prior to that, 128 Soldiers arrived at Schofield Barracks to begin the deployment cycle process.

Although the 1101st GSU belongs to the USAG-HI, the 25th Infantry Division provides support as well.

"As part of the [operational order] the division G-1 takes care of briefings and sets up welcome briefs at Martinez Gym," said Tunstall. "We get a lot of good support from division."

Kahili added, "The [mobilization] mission belongs to the garrison now. Previous to that everything came from the division. We had our funding through them."

As all of the elements of this support structure have come together — the division, USAG-HI, 1101st GSU and the 196th Training Brigade — they have educated each other on their roles.

"We have a good support staff here," Tunstall said.

2-25th CAB Soldier named top aeromedical physician assistant

Story and Photo by
JEREMY S. BUDDEMEIER
Assistant Editor

SCHOFIELD BARRACKS — Most students finish college in four years. Capt. Edward "Tripp" Baldwin III is not one of those students.

"I started school in 1987 and finished in 2002. I guess you could say I was on the 15-year program," Baldwin said with a slight Southern drawl and a chuckle.

However, this "late bloomer" has done anything but take his sweet time in distinguishing himself in his professional life.

Baldwin was recently recognized as the top aeromedical physician assistant in the Army after having been with the 2nd Battalion, 25th Combat Aviation Brigade for only eight months.

Like many Soldiers though, quick turnarounds have become somewhat of a norm for Baldwin.

After completing Interservice Physician Assistant Program in 2002, he spent one year just a few miles south of the demilitarized zone in the Republic of South Korea. By July of the next year, Baldwin was in Hawaii, but not for long; he deployed with the 2nd Battalion, 11th Field Artillery Regiment for Operation Iraqi Freedom II five months later. Baldwin returned to Hawaii in February 2005.

On his first day reporting to the 2-25th CAB in October the same year, Lt. Col. Frank Tate, the brigade commander, told Baldwin to pack his bags. Four days later, he was on his way to Pakistan to provide relief for the massive earthquake that devastated the region.

Baldwin admitted that sometimes he feels like he's on "TDY [temporary duty] in Hawaii, and stationed in Middle East." And with good reason, so far during his three-year stint in Hawaii he has spent close to half that time on deployment.

Being chosen for the Pakistani earthquake relief mission was somewhat of an ironic twist for Baldwin, who had volunteered to be assigned to 2-25th CAB so that his deployment cycle would match his wife's, who is a career counselor with Headquarters and Headquarters Company CAB.

After learning he would be deployed, he immediately called her.

"Hey honey, it's not my fault," he said.

However, the much-needed relief and assistance he delivered to Pakistani citizens during the two-month deployment was very much his "fault."

Baldwin supported B Company, 2-14th CAB and was responsible for providing medical assistance to service members conducting the relief effort and Pakistanis who were rescued from



Capt. "Tripp" Baldwin checks Chief Warrant 4 Michael Nevada's heart and lungs as part of an annual flight physical at Schofield Barracks Aviation Medicine Center.

the disaster-affected areas.

Baldwin provided basic medical care to old, sick and injured Pakistanis before releasing them to local medical officials. "They were in poor shape," he said. "... But you'd be surprised about the health care in Pakistan — one of their hospitals accepts Tricare." By the time Baldwin left in December, he and B Co. had made a significant impact.

"When we left the most popular toy among the Pakistani children was the toy Chinook helicopter," he said.

Providing assistance and being able to take care of Soldiers are what Baldwin cites as the best parts of his job. Having spent the first 10 years of his Army career as an enlisted medic, he appreciates the increased responsibility and acknowledged his safety net, the flight surgeon.

His safety net, Capt. Sarah Anderson, is particularly strong; also from 2-25 CAB, she recently was recognized as the Army's Flight Surgeon of the Year. Although it is rare for the Army's top physician assistant and flight surgeon to be from the same brigade, Baldwin described their complementary relationship.

The flight surgeon has all the medical knowledge but has only been in the Army for a short period of time; I provide the practical knowledge and have more experience with how the Army works, he said.

When he retires in six years, he plans to remain a physician assistant as a civilian. "I'll have plenty of time to fish, and won't have to kill myself working," he said.

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'Helmets to Hardhats' aids job search

Hawaii governor signs proclamation linking military to construction jobs

HELMETS TO HARDHATS

News Release

HONOLULU — Hawaii Governor Linda Lingle joined retired Marine Corps Maj. Gen. Matthew P. Caulfield, executive director of the national "Helmets to Hardhats" program, in a proclamation signing May 30 supporting the program's efforts to link former and active military personnel with civilian employment opportunities.

Helmets to Hardhats is a national program that connects National Guard, Reserve and transitioning active duty military members with quality career training and employment opportunities within the construction industry.

The implementation of a statewide direct entry program gives former and active military personnel the opportunity to quickly start quality construction careers soon after they apply for them through the program.



Pfc. Durwood Blackmon | 25th Infantry Division Public Affairs

A construction crew uses a backhoe to dig away dirt and create a trench for laying new pipe. Now apprenticeships are available in the construction industry for military transitioning into civilian careers.

Now that the state proclamation is signed, it allows all building construction trade department joint apprenticeship training councils (BCTD JATC) and locals (at their discretion) to immediately accept these men and women into their apprenticeship programs and provide them with credit for their military training and experience.

"The men and women that have served our country deserve

the chance to have great careers after returning home from battle," said Caulfield.

"A signing of this kind will help speed up the process to place the Helmets to Hardhats candidates into quality construction careers throughout the state," he said.

Senator Daniel Akaka; Tom Rosenwike, Hawaii state director, U.S. Department of Labor; Buzz Hong, director, Hawaii BCTC;

Sean McGarvey, secretary-treasurer of the BCTD; Nelson Befitel, director, Hawaii Department of Labor; and Maj. Gen. Robert G.F. Lee, adjutant general, Hawaii National Guard also participated in the signing ceremony onboard the USS Missouri.

Military personnel who are interested in a career in the construction industry may learn more by visiting the Helmets to Hardhats Web site at <http://www.helmetstohardhats.org> or by calling (866) 741-6210.



25 YEARS AGO

June 11, 1981

•In response to plans by some states to impose tuition fees on military children if the federal government dropped its impact aid funds to states, Secretary of Defense Casper W. Weinberger said in a statement that he was "determined that no Soldier, sailor, airman or Marine will be forced to pay tuition for the public school education or his or her dependents."

The impact aid program provided federal funds to public schools in the continental

U.S. to help defray costs to states for educating federal employees.

•Recruiting for the Army Reserve's All-Hawaii Platoon wrapped up. Under this program, which began in 1976, men and women joined the reserves knowing that they would attend Army basic training as members of a group rather than individually.

1981 marked the first time that American Samoan troops joined the group.

•June was named "Burglary Prevention

Month" after 118 break-ins at Schofield Barracks and 29 incidents at Fort Shafter logged for 1980.

Stolen property from both bases totaled more than \$41,500. The designation was intended to heighten public awareness.

•Fans attending the Pacific Coast League Islanders vs. Edmonton baseball game received a \$1 military discount on tickets at Aloha Stadium — \$2.50 vs. \$3.50.

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

News Briefs

Send military news announcements to community@hawaiiarmyweekly.com.

CIF Slowdown — Because of mandatory training for personnel, the Schofield Barracks Central Issue Facility will have a slowdown in service through today. Normal operations will resume Monday. For more information, call Al Warren, 655-9876 or Kealii Kahanu, 284-1457.

Deployment Expos — Deployment Expos will be held at the Nehelani, Schofield Barracks, to prepare Soldiers and families for deployment. All Soldiers, spouses and significant others are invited to attend this day of training.

•June 12: Combat Aviation Bde.
•June 26: 3rd Inf. Bde. Combat Team.

Nehelani will open to Soldiers from 8-9 a.m. Briefings and Army Community Service-led classes will be held from 9-11:30 a.m.

Commissary Closure — The Schofield Barracks commissary will close at 2 p.m. Monday, June 19 and re-open for regular business Thursday, June 22 at 9 a.m.

Blood Drive — TAMC will hold an individual blood drive at Schofield Barracks June 20th. Spouses and FRGs especially are encouraged to attend. The event will be held from noon to 5 p.m. at the Tropics. Almost all blood taken at the drive will go to Iraq.

Veterinary Service Disruption — All Military veterinary clinics on Oahu will be unavailable for veterinary care from June 21-23. However, they will still be open to dis-

pense products. Please make sure you know where the nearest available civilian veterinary clinic is located in case of emergency.

Lyman Gate — Schofield Barracks' Lyman Gate will be closed to incoming traffic for the installation of telecommunications' duct lines June 17 from 5 a.m. to 6 p.m., and June 24 from 5 a.m. to 3 p.m. Vendors may use Foote Gate instead. For more information, call 624-5896.

Borrowed Library Materials — Deploying Soldiers are asked to return all borrowed materials to the Sgt. Yano Library, Schofield Barracks before departure. For information call 655-8002.

Army Reserve Opportunities — Soldiers, are you are looking to continue an Army career, but your schedule conflicts with attending weekend drills? Are you leaving active duty, but want to continue earning points toward retirement?

If you answered yes, join a local, points-only Army Reserve unit and continue your military career while maintaining commissary, PX, and Service members' Group Life Insurance benefits.

Drills are three evenings a month at Fort Shafter Flats. All ranks and any MOS are eligible. Contact Maj. Bob Pepper, 655-6192, or Sgt. Maj. Jesus Kahalehoe at 228-3323 for more information.

CLEP — College level preparatory exams are now free to active duty, Reserve and National Guard, and \$75 for others. Family members of Reserve, National Guard, and Coast Guard may take the tests free, but must pay a \$20 admin fee. Tests are given three times a day on the following schedule:

•Hickam AFB, Mondays and Wednesdays (422-1032)
•Pearl Harbor, Tuesdays and Thursdays (422-0079);
•Marine Corps Base Hawaii (MCBH), Fridays (254-4133).

Oahu South town hall meeting focuses on summer events

Housing, deployment services concerns at AMR addressed

SPC. STEPHEN PROCTOR
17th Public Affairs Detachment

ALIAMANU MILITARY RESERVATION — Service members and their families gathered to discuss community issues during the Oahu South Town Hall Meeting hosted by the Oahu Base Support Battalion at the Aliamanu Military Reservation's (AMR) Chapel Wednesday night.

With all the construction occurring at AMR, housing was a hot topic.

Janine Lind, the director of property management for Army Hawaii Family Housing, gave an update on the Ama housing community demolition, which began April 12.

As of May 24, 50 houses have been demolished, said Lind. The demolition is expected to be completed July 20, and construction of new homes is projected to begin September 30.

One problem associated with the construction has been trespassing.

There are a lot of abandoned quarters around, and people need to watch for anyone who does not belong in them, said Dennis Morris, the PMO representative.

With deployment on everyone's mind, ways to properly store household goods was also addressed.

Victoria Tuggle, the Department of Logistics representative, gave information on storing goods and privately owned vehicles throughout the duration of deployment.

Tuggle outlined the circumstances under which Soldiers can get long-term storage, which can be found at www.armyg1.army.mil/MilitaryPersonnel/ppg.asp in chapter 8.

In addition, representatives from numerous offices gave attendees information on current and upcoming projects and events in the Oahu South area.

In honor of Father's Day, the Army and Air Force Exchange Service (AAFES) an-

nounced the Great Grill Giveaway, which will take place at the AMR shoppette June 16 from 3 p.m. until 6 p.m. The event will include food tastings, prizes and more.

Morale, Welfare and Recreation (MWR) also has several upcoming summer events planned.

The 35th annual July 4th Independence Day celebration, which will include fireworks and a car giveaway, will take place at Sills and Desiderio Fields, Schofield Barracks. Also on Schofield Barracks, the Nehelani Club will host a deployment luau July 7. There will be an arts and craft sale June 22-24 at Fort Shafter, Building 339.

For kids out of school, MWR will offer a High School Leadership program called Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited. For younger children, there will be reading clubs during June and July at the libraries on Fort Shafter, Schofield Barracks and AMR.

The Chapel Services have ongoing events for all of the family.

The chapel youth group, including Bible study, youth camp, hiking and bowling, takes place every Tuesday from 6-7:30 p.m. The chapel will put on a Vacation Bible School July 10-14; children can register at the AMR Chapel. In addition, every Tuesday night is Family Night with a potluck at 5:30 p.m., followed by Bible study classes from 6-7:30 p.m.

Also, throughout the summer, Army Community Service (ACS) will be holding summer job fairs in July, August and September.

For information on other upcoming MWR and ACS events, go to www.mwr.armyhawaii.com.

After the briefings, Lt. Col. Stephen Moniz, the Oahu Base Support Battalion commander, took questions. Community members discussed topics including trash in the streets, religious services and problems with age restrictions at the fitness facilities.



Michael Hamilton, deputy provost marshal for Schofield Barracks, entertains questions related to security at Helemano Military Reservation following the Oahu North town hall meeting, Tuesday night at Sgt. Smith Theater.

Issues: Callmax system big hit at town hall

CONTINUED FROM A-1

He pointed out that crime statistics between HMR and other housing areas on post were not significantly different.

Both panelists suggested that residents continue to report suspicious or criminal activity to the military police.

In addition to security issues, residents raised housing concerns and issues surrounding moving their households prior to deployment. One woman worried that she would be stuck setting up her entire house and situating her children while her husband was deployed.

"Let me assure you that you will be covered either way and that the housing office will be here to provide as much assistance as you need," said Janine Lind, director of property management, Army Hawaii Family Housing (AHFH).

Lind also fielded questions for nearly 20 minutes on everything from leaking toilets to residents' positions on the list for new homes.

Current housing problems also surfaced.

"I live on Floyd Street, and people always park on the curbs but are never ticketed," Roberta Sandoval said. "Often ambulances and fire trucks can't get through [because the street is so packed]."

Sandoval, who just moved to Schofield Barracks in January from Albuquerque, N.M., was attending her first town hall meeting.

Another first-time attendee was Amy Allee, who has been living on post for the past three to four years. She decided to come this time because a recorded message informed her of the meeting.

She was not alone.

When asked if they had received a recorded message about the town hall meeting, nearly a quarter of the audience raised their hands.

The recorded message was left by Callmax, an interactive, programmable phone message system. The system, which can be programmed to call 100

phone numbers every half hour, became operational May 1, said Morgan Brock, operations director for AHFH.

Last month, Callmax was used for the hurricane exercise at Fort Shafter and also to inform residents to turn in their resident satisfaction surveys to the housing office. In the future, the system will be used to relay emergency preparation procedures.

In addition to the question and answer session, the meeting included presentations on a handful of topics including kids' summer camps, Morale, Welfare and Recreation events, an upcoming blood drive, and the "Click it or Ticket" campaign.

After the meeting adjourned, the panelists remained to address individual concern in more detail.

"We don't know what we don't know," Moniz said, as residents collected their belongings.

He encouraged participants to act as "sensors" and to continue to voice their issues to improve the community.

Isle's federal workers open wallets for CFC

U.S. ARMY, PACIFIC PUBLIC AFFAIRS
News Release

FORT SHAFTER — The Hawaii-Pacific Area Combined Federal Campaign (CFC) ranked third in the country in contributions during the 2005 fall campaign according to results recently released by the office of personnel management in Washington, DC. Hawaii's federal military and civilian employees contributed more than \$6.1 million — an unprecedented increase of 22.5 percent with an average gift of \$178.

"Our federal employees in Hawaii have always been very generous. The dramatic increase is most likely a combination of events: returning deployed military, recent hurricane and tsunami events and an overall commitment to helping others," said Nita Yates, Hawaii-Pacific CFC coordinator.

The CFC is the federal government's program to promote philanthropy and provide an opportunity for giving among its employees.

Hawaii ranks sixth in number of federal employees and ranks third in amount donated through the CFC. Washington, DC, the Overseas CFC, San Diego, Norfolk and Baltimore have larger federal populations than Hawaii. Only DC and the Overseas CFC contributed more than Hawaii to the 2005 campaign.

The CFC is made up of approximately 350 local campaigns that raise funds in federal workplaces across the country and around the world. In 2005 a record \$268.5 million was raised for local, national and international charitable organizations.

"This is an outstanding achievement and attests to the generosity and community spirit of our federal military and civilian employees," said Lt. Gen. John M. Brown III, commanding general U.S. Army, Pacific and chair for this year's Hawaii-Pacific CFC.

This year the U.S. Army, Pacific is the executive agent for the 2006 Hawaii-Pacific Area Combined Federal Campaign. Interested media should contact Christopher Rodney at U.S. Army, Pacific Headquarters at Christopher.rodney@us.army.mil or 808-438-2662.

The office of personnel management is responsible for regulating the CFC, providing guidance and oversight nationwide. For more information, visit www.opm.gov/cfc.



Spc. Carlos Guzman | 2nd Battalion, 11th Field Artillery Regiment

Sending rounds downrange

POHAKULOA TRAINING AREA — You just can't keep good "Redlegs," the traditional name for field artillerymen, from doing what they do best — providing timely and accurate field artillery (FA) fires.

Soldiers from C Battery, 2nd Battalion, 11th Field Artillery Regiment, conduct direct fire as part of an artillery live-fire module during their recent deployment to Pohakuloa Training Area on the Big Island.

Spirit: Deployment allows time for growth, renewal

CONTINUED FROM A-2

onto the hope that the days ahead will get better. Realize this and pamper yourself during this time.

Hire help if necessary. Stay busy. Establish healthy patterns early on that you can stick with — exercise, healthy diet, good sleep schedule, devotional life, friends, support groups, Protestant Women of the Chapel, church and the like.

Stay in contact with your spouse and help your kids stay connected to their deployed parent. Settle into a "battle rhythm" that works for you, but pace yourself. Cut yourself some slack during this period, so that you don't get too discouraged, which could lead to depression.

4) Find meaning in the midst of the separation. Some may find separation more palatable when they view the deployment as a noble cause, one in

which the nation needs its Soldiers to fight to protect our freedom and those who are oppressed around the world, to fight the larger role of the global war on terrorism.

Some may understand the deployment in terms of duty to God and country, to honor a family tradition or to simply fight to protect one's buddy. However, others may want to frame the deployment as a way to get out of debt or put a considerable amount of money in savings or make a large purchase when after the deployment is over.

Regardless of how you choose to view the deployment, remember that it will be much easier for you, your family and your Soldier if you find positive meaning in the midst of your separation.

5) Don't put your life on hold; do things you have always wanted to do. Go back to school, try

out a new career, take the opportunity to travel, take a scrapbooking class, or catch up on that reading that you've been putting off.

If you have children, focus on them because they may also be having a difficult time with the parent's absence and need a listening ear or just someone to spend time with.

Or maybe you could try your hand at writing — anyone can journal, and it is a great way to pass the time and record your thoughts and memories that you and your spouse will enjoy sharing after the deployment.

Some may want to take advantage of extra time to work out or renew old friendships. Whatever you do, don't just sit around and pine away for your Soldier. Doing nothing may lead to depression and negative thinking in general, so stay active and make the most of the time you have so that you will not only survive, but also thrive during this deployment.

PAU HANA

Soldiers build educational bonds at Leihoku Elementary

Story and Photos by
SPC. AMANDA FLEMETT
2nd Brigade Public Affairs

2nd SBCT offers hands-on approach during a student challenge at elementary school

WAIANA'E — At the end of the year, most schools will close with the usual pomp and circumstance. Leihoku Elementary School in Waiana'e decided to go out with a "Hooah!"

The school, along with its educational partners 2nd Stryker Brigade Combat Team's A Company, 1st Battalion, 27th Infantry Regiment, hosted a student challenge on campus June 2.

"We got together with the school and came up with stations to familiarize students and Soldiers with each other and to foster a little competition among the students," said Capt. Michael McCarthy, A Co., 1-27th commander.

The unit set up a physical fitness station, radio station, Meal Ready to Eat (MRE) station and a station that featured the art of camouflage in the school courtyard. The unit also brought a HUMVEE for the children to experience up close.

"This has helped not only the Soldiers, but also the kids. They don't get to see how we are. They see us on T.V., but they've never actually met us," said Sgt. First Class Ernest Oberst. "They're having a great time and the guys are too."

Children trekked from station to station challenging either themselves or each other. Even the Soldiers hosting the event couldn't resist challenging the kids during the friendly competition.

"This relationship has helped our kids and shown them there's much more to being in the military than having guns and that it's not about violence, but it's about protecting and maintaining peace," explained Geri Martin, vice principal of the school.

Leihoku Elementary School and 1-27th both feel this partnership has grown throughout the year, proving to be beneficial for each. Interaction between the teachers, students and Soldiers has increased and each would like to further this trend.

"I think it's great to support our services. I would like to see more of this type of involvement with the kids," said Christina Wagner, a kindergarten teacher. "They like to know about the military."

"I don't think it's such a surprise to see humvees and Soldiers down on the Waiana'e coast anymore," said McCarthy. "We just want to foster a better relationship so that students understand Soldiers a little better and Soldiers get a chance to interact with the local population."

"I've seen a difference, especially with the younger ones. On our first visit, the kids really talked about guns and things like that and now that's not the first thing that they talk about. I think that's the proof right there," explained Martin.

"We want to continue to build upon the relationship that we have with the military because one of the things we talk about is



Above — Pvt. Terry Cunningham of 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, teaches a student how to apply camouflage as he gets a lesson in "makeup" in return.



Mrs. Wagner's kindergarten class gets a lesson in log PT. To pass the station, the children had to lift the 100 pound log (with a little help from their friends).

how much they do provide for our safety and we refer to that a lot with the faculty, staff and children," she continued.

"We have seen the partnership grow much this year, the commander and his sergeants have been very proactive in seeking a stronger partnership with the school," said Randall Miura, principal of Leihoku.

"Initially the kids' questions to the Soldiers were very biased in terms of the media coverage that occurs and a lot of the questions were like 'how many people did you kill?'" Miura said. "The Soldiers have done a really good job in explaining what their mission is and they have been great ambassadors to the Army in that respect."

McCarthy explained that his unit wants to continue to be an asset to their partner school. He and his Soldiers enjoy the opportunities to work with the faculty, children and community.

"This is good for my Soldiers to get out and interact with children and tend to that softer side," said McCarthy.

He explained how the unit has been able to have a more hands on approach this year helping the school with activities that included a reading workshop for the kids and previous visits to connect children and Soldiers.

Non-commissioned officers believe this helps the Soldiers and the community learn to appreciate and relate to each other's culture.

"It's different for my Soldiers to come down and work in the community and it's great for them to interact with the community," said Sgt. First Class James Durdiaga.

"I would like to see a better understanding and awareness from our side from the school and the community side in terms of the role of the military and the fact that they are just ordinary people," said Miura.

"Our kids just love them. They call them 'The Army Men', so we wanted to take advantage of the opportunity to build those relationships," said Martin.

When asked if they felt the event had been successful, both Martin and Miura agreed.

"Today was very successful if you look at the faces of all the children and even the excitement from the teachers," said Miura.

Martin echoed the principal's response.

"I think just by looking at the kids and the teacher's faces, their smiles say...how successful it has been today," she said. "They are so excited just to make that personal contact with our Soldiers."

As the challenge concluded, it was certain the Soldiers of 1-27th had brought smiles to the faces of the children of Leihoku Elementary.



One of the stations included mock PT tests for the children to tackle. The students were thrilled to find out how well they did with the different exercises.



As a call comes in from another Soldier, Pvt. Kevin Butron explains to a student how the Army uses the two-way radio.



June

9 / Friday

Helemano Military Reservation Pool Hours— Because of swimming classes, the Helemano Military Reservation Pool open swim hours will be from 12:30 to 5 p.m. Wednesday, Thursday, and Friday, June 7 through August 31.

July 4th Picnic Sites — Picnic sites for the 4th of July Spectacular can be reserved for \$60 at the Leisure Activities Office, Kaala Community Activities Center. The 20 by 25-foot sites will be on the perimeter of Sills Field. These are the only areas authorized for grilling. For more information, call 655-0111 or 655-0112.

Seafood Bucket for Two —Seafood lovers can dig into a variety of seafood, including shrimp, crab, clams and mussels at Reggie's tonight from 5 to 8 p.m. Enjoy great food and live music by Jazz Di Nova until 9 p.m. Cost is \$24.95 for two, and includes a pitcher of your favorite beverage. For reservations or more information, call 655-4466.

10 / Saturday

Yu-Gi-Oh— Get ready to duel at the Tropics. Registration for the tournament starts at noon, and matches will begin at 1 p.m. Cost is \$6 and includes a pack of the latest Yu-Gi-Oh cards. Prizes will be awarded, and all ages are welcome. Call 655-8522 for more details.

Parents Night Out — Leave your kids with Child and Youth Services at the AMR Child Development Center on Parents Night Out, Saturday, and then enjoy a night out on the town. Children enrolled in Parents Night Out must be registered with the Central Enrollment Registration Office no later than noon today. Reservations are first-come, first-served. For more , call 655-8313.

12 / Monday

Teen Summer Blowout — Teens are



Donna Klapakis | 25th Infantry Division Public Affairs

Strawberry stackers

Wendy Reynolds, Armed Services YMCA volunteer of the quarter, helps her son Preston put together strawberry graham stackers as she conducts a Kids in the Kitchen class at the Wheeler Army Air Field Armed Services YMCA Tuesday.

The Armed Services YMCA has ongoing classes and programs, and is looking for volunteers for all projects, according to director Dela Lefleur. Call 624-5645 for more information.

invited to participate in the three-week, summer blowout with the Aliamanu Military Reservation teen center. The action-packed three weeks include hiking, Hawaiian Adventures Water Park day trip, teen social, and trip to the state fair. For more information, call 833-0290.

13 / Tuesday

Summer Reading Club Kick-Off — Army libraries invite students to "Read in the Wildest Places" during the 2006 Summer Reading Club. The program kicks off with a visit from Ronald McDonald at the Fort Shafter Library, June 12, Sgt. Yano Li-

brary, June 14 and the Aliamanu Library, June 15. All programs are at 3 p.m. and are open to students in kindergarten through sixth grade.

For more information, call 438-9521 (Fort Shafter), 655-8002 (Sgt Yano), or 833-4851 (Aliamanu).

14 / Wednesday

Kids Club Summer Crafts and Games—Children are invited to the Tropics, June 14 at 2 p.m. for lots of summer fun. Participants need to pre-register at the Tropics no later than June 13. Cost is \$3. Call 655-8522 for more details.

Bishop Museum — Explore why your body produces the stuff it does at the opening of Grossology: The (Impolite) Science of the Human Body from 9 a.m. to 5 p.m. The day will also include fun and exciting activities, food booths, prize giveaways, contests, and special planetarium shows.

Royal Hawaiian Band — Hawaii's band will give a free performance at the Kapalani Park Bandstand at 2 p.m.

Sunset on the Beach — The movie "Paradise Hawaiian Style" will begin at sunset.

"La Cage Aux Folles" — This play will run at Diamond Head Theatre at 4 p.m. Call 733-0274 for tickets.

"Quiet Wedding" — This classic film will play at the Movie Museum at 2, 4, 6, and 8 p.m. Call 735-8771 for more information.

12 / Monday

Vacation Bible School — Children 4 years old through the sixth grade are invited to Vacation Bible School (nondenominational) at Schofield Barracks, June 12-16 from 9 a.m. to noon. Call 655-6645 or 655-4461 for more information.

14 / Wednesday

Sakamaki Extraordinary Lecture Series — Retired Hawaii State Judge Marie Milks will share stories and insight from her career in the judiciary at 7 p.m. in the University of Hawaii Manoa Yukiyoshi Room, Krauss 012. Call 956-8246, or visit www.outreach.Hawaii.edu/summer for more information.

15 / Thursday

Interviewing — Does your stomach knot up when you think about going for an interview? Learn some hints and basic interviewing skills to be the best candidate for the job. Learn about typical questions and answers, and how to close an interview session.

The workshop will be held on Thursday from 9:30-11:30 a.m. Helemano Community Center. To register, call 655-4ACS (655-4227).

Bishop Museum — The Mele on the Lawn concert series presents Na Palapalai and Aaron Sala in concert. Doors open at 6 p.m. Call 847-9290, for more information.

"Another Heaven" — Kumu Kahua Theatre will stage a play about violence on a Honokaa sugar plantation. Showtime

through June 17 is 8 p.m. June 18 at 2 p.m. Call 536-4441 for more information.

16 / Friday

The Hawaii International Jazz Festival — Catch Mela No Ka Oi, an evening of Hawaiian Swing. Showtime is 7:30 p.m. in the Paliku Theatre. Call 235-7433 or visit www.paliku.com for more information.

50th State Fair — The Hawaii State Fair continues at Aloha Stadium from 6 p.m. to midnight.

Salsathon 2006 — Reggae, salsa, auction and cultural exhibits will be held June 15 and 16 at Ala Moana Beach Park's McCoy Pavilion. Call 941-5216 for more information.

17 / Saturday

Pearlridge Mall — The Royal Hawaiian Band will perform at the Uptown Center Court, Saturday, June 17, from 11 a.m. to noon. Hawaii Music Works will follow from 1 to 2 p.m.

30 / Friday

Photo Contest — The Hawaii Visitors and Convention Bureau (HVCB) is inviting Hawaii residents to submit photographs of island life for display in its online "My Hawaii Photo Gallery."

HVCB's My Hawaii photo contest runs through June 30, after which photos will be judged and the top three winners, along with other selected images, displayed online at HVCB's popular GoHawaii.com travel Web site.

Prizes include roundtrip tickets for two to any mainland U.S. city served by Hawaiian (Las Vegas, Los Angeles, San Francisco, San Diego, Sacramento, San Jose, Seattle, Portland and Phoenix), roundtrip tickets for two between any interisland city served by Hawaiian (Lihue, Honolulu, Kahului, Kona and Hilo), and a one-year membership in Hawaiian's Premier Club program.

A complete set of contest rules and information is available online at GoHawaii.com/photocontest. Call 924-0259 for more information.

July

24 / Monday

Kailua School of Music — The Kailua School of Music presents the second annual "Curtain Up" program for students 8-14 years old to study with three of Oahu's top teachers.

The program will be held Monday through Friday, July 24-Aug. 4, from 9 a.m. to 1 p.m.

18 / Sunday

Father's Day BBQ — Kick back and relax with Dad this Father's Day at the Nehelani. Come enjoy a delicious BBQ with all of your favorites- including BBQ Riblets, Chicken, Beef, potato salad, corn on the cob, pies, and more! June 18, 11 a.m to 3 p.m. Cost is \$18.95 and children's pricing is available. Reservations are recommended. Call 655-4466 for more information.

Father's Day Brunch at the Hale Ikena — Join us for Father's Day Brunch, June 18 from 8 a.m. to 1 p.m. Enjoy a wonderful selection of breakfast and lunch favorites including an omelet station, Prime Rib, Lamb with rosemary, and Maple glazed turkey. Cost is \$23.95 for adults, \$18 for children 6-10, and \$12 for children 3-5. Reservations are recommended. Call 438-1974 for more information

20 / Tuesday

Summer Reading Club— Army libraries invite students to "Read in the Wildest Places" during the 2006 Summer Reading Club. The program continues with the Bubble Show at the Fort Shafter Library, June 20, Sgt. Yano Library, June 21 and the Aliamanu Library, June 22. All programs are at 3 p.m. and are open to students in kindergarten through sixth grade. For more information, call 438-9521 (Fort Shafter), 655-8002 (Sgt Yano), or 833-4851 (Aliamanu).

22 / Thursday

High School Leadership Program— SKIES Unlimited, in partnership with Army Community Services and Army Family Team Building, is introducing a new leadership program for high school students. Classes on leadership, listening skills, college applications and scholarships, problem solving, teamwork, and teen employment will be offered throughout the year.

Teens will also have the opportunity to perform volunteer work, including the annual Hawaii Army Family Action Planning Conference. The program begins June 22 at Schofield Barracks. For more information or to apply, call 655-9818 or e-mail sandy.sailsbury@hawaii.army.mil.

Summer Craft Sale—Come to the Fort Shafter Arts and Crafts Center, June 22 and 23 from 11 a.m. to 7 p.m., and June 24 from 9 a.m. to 4 p.m. for the summer craft sale. Enjoy a great selection of quilts, wood-crafts, pottery, jewelry, stained glass, ceramics, and more. For more information, call 438-1071 or 438-1315.

Video Messenger — Deploying soldiers are invited to participate in the Read to the

Enrollment is limited, and cost is \$350 per student. Call 261-6142 for more information and to sign up.

August

26 / Saturday

Oahu Arts Center — The Oahu Arts Center announces its third annual "A Night of the Arts," an evening of food, live entertainment, art activities, and a silent auction to raise funds to build a community arts education center and performing venue.

This event takes place Saturday, Aug. 26, from 6 to 10 p.m. at the Mililani Golf Course. Costs are \$50 per person and \$25 for children 12 and under. Call 848-7632 for more information or visit www.oahuarts-center.org.

Ongoing

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

Cub Scout Pack 183 — Join the Webelos at Wheeler Army Air Field for fun and learning the Boy Scout way. The pack meets every Monday night at 7 p.m. at the Camp Stover Community Center.

Boys, grades 1-5, or ages 6-10 are eligible to join. For more information, call 624-2722, 457-5816, or e-mail at johnstoor@hawaii.rr.com.

Kindergarten Registration — Wheeler Elementary School is accepting kindergarten registration for the 2006-2007 school year. Children who are 5 years old by Dec. 31 are eligible.

Parents may pick up a registration packet at the school office. For more information, call 622-6400.

Catholic Women of the Chapel — Join the CWOC for fellowship and sharing of the Catholic faith. CWOC meets on Fridays at the Main Post Chapel from 9:30 to 11:30 a.m. in Room D-9. On-site child care is available by reservation.

For child care reservations, call 624-6025. For further information, call 206-8367.

ACS Volunteers — Free child care at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS. What's more, volunteering offers job experience and flexible hours. For more information, call 655-4227.

Work and Career Web Site — Need help in your job search process? Explore the Web sites www.myarmylifetoo.com and

SEE CALENDAR, B-4

HACN TV2 Schedule

5:00	Army Emergency Relief
5:01	What's down the drain
5:09	Safety message CG Brown
5:13	Hurricane Safety Storm Alert
5:33	Coqui frog invasion in Hawaii
6:00	Sign-on tape
6:25	Army Emergency Relief
6:26	Bulletin board
6:56	After the storm
7:17	Safety message CG Brown
7:22	What's down the drain
7:30	Lighting Rumble 4
7:34	Deployment message CG Mixon
7:40	Hurricane Safety Storm Alert
7:58	Hurricane Awareness
8:00	Hawaii Army report
8:30	Safety message CG Brown
8:36	I give my heart to you
8:42	Bulletin board
9:12	Community focus
9:20	Pentagon channel
10:00	Army Emergency Relief
10:01	Hurricane Safety Storm Alert
10:20	Hurricane Awareness
10:26	Pentagon channel
11:00	Safety message CG Brown
11:04	Army Emergency Relief
11:05	Deployment message CG Mixon
11:10	Hurricane Awareness
11:14	Hawaii - hidden beauty & danger
11:33	Pentagon channel
11:55	Safety message CG Brown
12:00	Hawaii Army Report
12:28	Community focus
12:35	Army Emergency Relief
12:36	Bulletin board
1:06	Deployment message CG Mixon
1:11	After the storm
1:34	Coqui frog invasion in Hawaii
1:54	Lighting Rumble 4
1:59	Safety message CG Brown
2:04	What's down the drain
2:12	Pentagon channel
3:00	Safety message CG Brown
3:05	Lighting Rumble 4
3:10	Hurricane Awareness
3:13	What's down the drain
3:21	Maui - the Magic Isle
3:43	I give my heart to you
3:49	Deployment message CG Mixon
3:53	Pentagon channel
5:00	Safety message CG Brown
5:04	Army Emergency Relief
5:06	Hurricane Awareness
5:10	Pentagon channel
5:55	Safety message CG Brown
6:00	Hawaii Army Report
6:29	Community focus
6:35	I give my heart to you
6:40	After the storm
7:02	Hurricane awareness
7:06	Deployment message CG Mixon
7:10	Bulletin board
7:40	Army Emergency Relief
7:41	Lighting Rumble 4
7:45	Coqui frog invasion in Hawaii
8:05	Safety message CG Brown
8:10	Hurricane Safety Storm Alert
8:30	What's down the drain
8:38	Lighting Rumble 4
8:42	White Face
8:57	Safety message CG Brown
9:01	Bulletin board
9:32	Army Emergency Relief
9:33	Lighting Rumble 4
9:37	Deployment message CG Mixon
9:42	After the storm
10:04	Deployment message CG Mixon
10:08	I give my heart to you
10:14	Hurricane Awareness
10:18	Bulletin board
10:48	Coqui frog invasion in Hawaii
11:08	Safety message CG Brown
11:13	Army Emergency Relief
11:14	I give my heart to you
11:20	After the storm
12:00	Safety message CG Brown
12:04	I give my heart to you
12:10	Deployment message CG Mixon
12:15	Bulletin board
12:45	Lighting Rumble 4
12:49	Coqui frog invasion in Hawaii

Overnight — Pentagon Channel
Because of hardware failure, TV2 Programming maybe interrupted during daily scheduled programming.
HACN/TV2 - your Command channel

Community Calendar

Send calendar announcements to community@hawaiiarmyweekly.com.

June

9 / Today

Kokua — Fisher House at Tripler needs the following products: paper plates, plastic spoons and forks, styrofoam cups, paper napkins, paper towels, toilet paper, and liquid laundry detergent with HE (high efficiency).

If you are able to help, call Ave Porter at 433-1292 or 561-7423.

10 / Saturday

Hawaiian Waters Adventure Park — The Kulcha Klash music festival will be held at the park June 10, from 7 p.m. to 3 a.m. Presale tickets are available at \$18; tickets the week of the event are \$20, at the door, \$25.

For more information, call 674-WAVE (674-9283), extension 102.

Sunset on the Beach — "Harry Potter and the Goblet of Fire" will start at sunset on Kuhio Beach at the ewa end of Kapiolani Park.

"Unlikely Lawman" — Manoa Valley Theatre stages this play starring Joe Moore in Mamiya Theatre today at 2 and 8 p.m., Thursday at 7:30 p.m., June 16 at 8 p.m., and June 17 at 2 and 8 p.m.

Call 988-6131 or go online at www.manoavalletheatre.com for tickets. The play runs until June 17.

"La Cage Aux Folles" — This play runs at Diamond Head Theatre at 8 p.m. Call 733-0274 for more information and tickets.

50th State Fair — The Hawaii State Fair continues at Aloha Stadium from noon to midnight.

11 / Sunday

Family Day — Mililani High School Football Stadium will host carnival rides, bouncers and midway games from 10 a.m. to 2 p.m.

Power Rangers Mystic Force, and top local entertainers including Na Leo, Kapena, Da Braddahs, The Next Generation, Mark Mauricio, Christian from Ho'onua, Taz from Kalaeloa, and GameKids will perform.

Admission is \$2 per person; all proceeds will benefit the Ready to Learn program.



This Week at the MOVIES Sgt. Smith Theater



Scary Movie 4

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



The Wild

(PG)
Saturday, 2 p.m.
Sunday, 2 p.m.



Sentinel

(PG-13)
Saturday, 7 p.m.
Thursday, 7 p.m.

The theater is closed Monday & Tuesday.

Army childcare programs get infants 'back to sleep'

Story and Photo by
CHRISTA B. THOMAS
Staff Writer

SCHOFIELD BARRACKS – In 1994, the national "Back to Sleep" campaign was launched to reduce the risk of Sudden Infant Death Syndrome, or SIDS, by encouraging parents and childcare providers to place babies on their backs or sides to sleep.

SIDS, just as the name implies, is the sudden, unexplained death of an infant under one year old. According to the National Institute of Child Health and Human Development (NICHD), it is also the leading cause of death for babies between one and 12 months old.

Recently, the American Academy of Pediatrics (AAP) released new guidelines for SIDS prevention.

The new AAP guidelines require that infants be placed on their backs to sleep at all times, even during naps. Side-sleeping is no longer an alternative under the new guidelines and the only exception to the new practice is by explicit, written instructions from the child's physician.

The U.S. Army Community and Family Support Center has followed suit by implementing the updated practices in Child and Youth Services (CYS) Programs, including Family Child Care (FCC) Homes.

Sheri Tokunaga, head trainer for Army Hawaii's CYS program, said the "Back to Sleep" campaign has been engaged in local centers since its inception.

"When the program began, we ordered all the posters, flyers and pamphlets directly from the [program sponsor's] Web site to teach our staff and parents the reasons for 'Back to Sleep,'"



The FCC director to ensure they adhere to the new safe infant sleep practices. Three-month-old Zackery Miyasato goes "back to sleep" during a busy day at the Schofield Barracks Child Development Center.

"Along with all our many other training modules like CPR, first aid, family style dining, we have annual, ongoing training

According to the NICHD, SIDS annually claims the lives of nearly 2,500 infants in the United States. Army CYS has directed its programs to update their SIDS policies and procedures to ensure that all requirements of AAP's new guidelines are met.

- Always place infants on their backs to sleep, for naps and at night.
- Side-sleeping is no longer recognized as a reasonable alternative to sleeping on the back. This position is unstable and increases the risk of infants rolling over on their stomachs.
- Exceptions requested by a child's physician due to a medical condition are still permissible with detailed written instructions by physicians.

Additionally, Army CYS Family Child Care providers caring for infants in home environments must:

- Avoid exposing infants to second-hand smoke. Second-hand smoke is a major risk factor for SIDS.
- Avoid commercially marketed "SIDS devices" as a way to reduce the risk of SIDS.

The AAP further recommends these measures to help prevent the risk of SIDS:

- Use a firm crib mattress, covered by a tightly fitted sheet. Avoid waterbeds, sofas, and soft mattresses.
- Keep soft objects, toys and loose bedding out of sleep area. Don't use pillows, quilts, comforters, and

pillow-like crib bumpers.

- Dress infants lightly. The room temperature should be comfortable to a lightly clothed adult.
- Place infants with their heads to one side for one week and then change to the other side to prevent misshaping of the baby's head.
- Avoid extensive time in a car seat carrier or bouncer to ensure upper body muscle development.
- Provide "tummy time" when the baby is awake and someone is watching them. This helps to develop and strengthen upper body muscles.



TRICARE policy expands coverage for medically necessary ultrasounds

MARK JECKER
Triwest Healthcare Alliance

Although taking an ultrasound peek to satisfy curiosity over whether a baby a boy or a girl isn't covered by TRICARE, a new policy change expands the types of diagnosis to include a greater variety of clinical circumstances than before.

TRICARE's new policy for obstetric (OB) ultrasounds, which took effect April 1, allows for additional "medically necessary" reasons, based on the provider's documented diagnosis. Additional justifications for an ultrasound covered under the new policy are:

- estimating gestational age
- evaluating fetal growth
- fetal well-being, including cardiac activity
- evaluating a suspected ectopic pregnancy



- vaginal bleeding during pregnancy
 - diagnosing or evaluating multiple gestations
 - evaluating maternal pelvic masses or uterine abnormalities
 - evaluating a suspected hydatidiform mole.
- Previously, TRICARE benefits covered only obstetric ultrasounds, also known as sonograms, that were required to diagnose and manage "high-

risk" pregnancies, and those conditions are still covered.

They include multiple fetuses, a history of two or more spontaneous abortions, shortage or excess of amniotic fluid, potential genetic disorders, advanced maternal age (over 35), fetal infections, fetus affected by maternal conditions unrelated to pregnancy, short gestation and low birth weight, long gestation and high birth weight, and a prior cesarean section.

OB ultrasounds that are not medically necessary are not covered by TRICARE. These include those performed for purposes of "screening," routine evaluations, or to determine the gender of the unborn baby.

If you are unsure whether your OB ultrasound meets the above requirements, please contact 1-888-TRIWEST (1-888-874-9378) for assistance.



Calendar

From B-2

www.militaryspousejobsearch.org to learn about the Army spouse employment partnership. The site includes job search techniques and resume writing tips.

For additional help, contact your ACS employment readiness program manager at 655-4227.

Financial Health — Want to find the road to healthy finances? Contact ACS, located in Building 2091, across the street from Richardson swimming pool.

Classes include checkbook maintenance, money management, credit management, the Thrift Savings Plan, car buying, mutual fund investing, college funding, and AER/command referral. Instructors also assist with zero percent interest Army Emergency Relief loans.

To attend a class or schedule a one-on-one appointment with a financial counselor, call 655-4ACS (4227). All services are free and help is only a phone call away.

Army Community Theatre — Army Community Theatre's 2006-2007 season tickets are on sale now. Shows include "Sweeney Todd," "Annie," "Joseph and the Amazing Technicolor Dreamcoat," and "Grease."

Season tickets are \$60 and \$75 for adults and \$45 and \$50 for children for the four-show musical series.

The season will begin in September 2006 and run through May 2007 at Richardson Theatre, Fort Shafter. Call 438-4480 or view details at www.squareone.org/ACT.

Tour time is 7:30 a.m. to 4 p.m. Lunch is not provided, but you can bring your lunch or purchase it at the Hale Koa. Call the Fort Shafter ACS at 438-9285 for registration or questions.

Schofield Barracks Newcomers — Army Community Service will conduct a newcomer's orientation tour every Friday for new Soldiers and family members. The tour will include Schofield Barracks, Tripler Army Medical Center, surrounding civilian communities, the Hale Koa Hotel, the Bishop Museum and other points. Call ACS at 655-2400 for more information.

Wayfinder XO tests his mettle in triathlon



Maj. Nathan Rainey, executive officer of the 29th Engineer Battalion (Topographic), finishes his first Ironman 70.3 Triathlon. His finishing time, six hours, three minutes, 14 seconds, placed him as 387th of 818 athletes who completed the event.

Story and Photo by
BOB McELROY
Pohakuloa Training Area PAO

KOHALA COAST, Hawaii—Maj. Nathan Rainey, 29th Engineer Battalion (Topographic), pulled off a difficult task last week while his battalion was training at Pohakuloa Training Area (PTA) on the Big Island—not only did he work day-to-day to ensure the Engineer Soldiers had top-notch training, but on Saturday he also completed his first Ironman event, the 70.3 Honu Triathlon.

Rainey, who is transitioning from the battalion operations officer job to the executive officer's position, finished 387th in a field of 818 athletes who completed the grueling three-course event in near 90-degree heat.

The 70.3 refers to the combined mileage of each course and represents one-half the distance of an Ironman event. An Ironman consists of a 2.4-mile swim, a 112-mile bicycle course and a 26.2 mile marathon run. The 70.3 features a 1.2-mile swim, 56-mile bicycle ride and a 13.1-mile run.

Rainey said he became interested in competing in the 70.3 through friends that he worked out with in Honolulu. Some of those frenids joined him in competing in the 70.3.

"It was nice to do this with them," he said.

When he decided to try a triathlon, Rainey began a training regimen that a personal trainer recommended. That was nine months ago and his efforts allowed him to compete in and finish the Honu.

Over the last few months, Rainey competed in events in Honolulu to prepare for the 70.3.

As he began serious training, the challenge for Rainey, like many other amateurs who competed, was to meet his professional responsibilities and continue the intensive

training necessary to complete the 70.3.

The two weeks leading up to the 70.3 proved challenging for Rainey because he was deployed to PTA with the 29th Engineers. As the battalion operations officer of a unit in the field, he had myriad responsibilities that occupied most of his time. His solution: use the time available the best he could.

"It seems the wind is always in your face when you're riding."

Maj. Nathan Rainey
29th Engineer Battalion executive officer

"I'd run for an hour in the morning and ride the stationary bike for a while," Rainey said.

The rest of his time at PTA was spent ensuring his battalion training went smoothly and effectively.

After he completed the Honu 70.3 Saturday, Rainey said he felt "pretty good. My legs are tired but I feel good. I had good nutrition last night and drank lots of juices today to keep me going."

Rainey said that overall he found the 70.3 "pretty tough." The most difficult of the three courses was the 56-mile bicycle ride, he added.

"The bike was the toughest, the wind coming back was strong," he said. "It seems like the wind is always in your face when you're riding," he joked.

As for the future, Rainey said he needed to train some more to improve but on the whole, he was happy to have competed and finished a challenging event like the 70.3.

MWR Briefs

From B-2

Kids pre-deployment program. Before deploying, stop by the Sgt Yano library and record yourself reading a story to your child. Recordings can be made on DVD or VHS. The video messenger can also be used to record birthday, anniversary, and holiday messages. For more information or to make an appointment, call 655-8002.

Borrowed Library Materials — Deploying soldiers are asked to return all borrowed materials to the Sgt. Yano Library, Schofield Barracks prior to

departure. For information or questions, call 655-8002.

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

SKIES Registration — Children and youth who register for instructional classes and off post discounts through SKIES Unlimited only need to enroll in SKIES and do not need to enroll with CYS. Parents now need to complete a one-page application, and show proof of children's ages. There is a one-time enrollment fee of \$18. To enroll in SKIES, visit the CYS Registration Office at Schofield Barracks, 655-8380 or at Aliamanu, 833-5393.

To register for Sports, CDC, SAS,

Summer Fun, FCC, PNO, STACC or MST, children and youth need to be a registered member of CYS. SKIES Unlimited enrollment does not cover CYS membership.

Hawaii MusicWorks Studio Classes — SKIES Unlimited is partnering with Hawaii MusicWorks Studio to offer a military discount program for music and voice lessons. Hawaii MusicWorks offers both classical study and pop study.

Classes include "Intro to Piano and Composition," "Intro to Guitar and Ukulele," "Intro to Voice," "Intro to Percussion" and "Rock School." Discount cards can be picked up at the Child and Youth Services registration offices. For more information, call 655-5525.

Storage Shed Rentals — Many 8- by 6-foot sheds are available for rental at \$40 per month at Schofield Barracks or Fort Shafter.

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

Outdoor Recreation Rentals — Outdoor recreation can supply all your party needs to include tables, chairs, canopies, inflatable and even a dunk tank for the kids.

Not having a party, going camping instead? Outdoor Recreation can supply you with all the gear, from tents and coolers to stoves. Outdoor Recreation is open everyday, except Tuesday. Call 655-0143 for more information.



June

9 / Friday

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

Grand Prizes include a trip for four to an "Aly & AJ" concert and a private movie screening of "How to Eat Fried Worms" for one lucky winner and 100 guests. Other prizes include a portable DVD player, iPod shuffle, video games and prizes from the Schofield and Fort Shafter Bowling Centers. For more information, call 655-0573 (Schofield Bowling Center) or 438-6733 (Fort Shafter Bowling Center).

12 / Monday

Summer Junior Golf Program

— Registration is ongoing for the summer junior golf program to be held June 12 through July 24. The program is open to active-duty and retired military family members and civilian family members with a golf association membership. Junior golfers must be 7 years old by June 12 and may not be older than 17 by July 24. Separate sessions for beginner, intermediate, and advanced players will be held on Mondays and Wednesdays. For more information, call 655-4653.

18 / Sunday

"5 Game, No Tap" Tournament — A "5 Game, No Tap" Tournament will be held at the Schofield Bowling Center June 4. Check-in is at 1 p.m. and the cost is \$20. Call 655-0573 for more information.

28 / Wednesday

Summer Soccer Clinic— Youths born between 1990 and 2001 are invited to register for a summer soccer clinic, conducted by Hawaii Pacific University soccer coach Mark Kane. The cost is \$12 and includes a T-shirt. Registration is open now through June 14 at your nearest Army youth center. The clinic will be held at Aliamanu Military Reservation Field, June 28 from 4 to 6 p.m. and at Watts Field, Schofield Barracks, June 29, 4 to 6 p.m. For more information, call 836-

1923 (AMR), 438-9336 (Fort Shafter), 655-6465 (Schofield Barracks), or 655-0883 (Helemano Military Reservation).

Ongoing

Aerobic Classes — Tripler Army Medical Center and Fort Shafter Gyms are offering \$1 per class per person aerobics classes.

At TAMC, classes offered are step aerobics and beginning to intermediate cardio-kickboxing. Classes will be held Monday, Wednesday and Friday at 4:30 p.m. At Fort Shafter, cardio-kickboxing will be offered on Tuesday and Thursday from 4:30 to 5:30 p.m. For more information, call 433-2031.

Muscle Moves — Tone your muscles using a variety of equipment, including bands, dumbbells, exercise balls and more. Classes are offered every Friday at the Schofield Barracks Health and Fitness Center at 11:45 a.m. Call 655-8007 for more details.

Wheeler Lanes Parties — Strike out with all your friends by planning a party at Wheeler Lanes. Rent the entire six-lane bowling center on Saturdays or Sundays for birthday parties, reunions, hail and farewell gatherings, and many other special occasions. Call 656-1745 for more information.



Army Hawaii Family Housing

A 'hole' lot of fun

Kayla Lepore, assists Actus Lend Lease site manager Steve Lindsey, celebrated World Environment Day June 5, 2006, by planting a fern tree at the future site of Army Hawaii Family Housing's Kalakaua community center.



Send community announcements to community@hawaiiarmyweekly.com.

June

15 / Thursday

American Youth Soccer Organization — AYSO Region 188 (Hickam AFB/Pearl Harbor) will accept preregistration for the Fall 2006 soccer season from now through June 15. Youth, born between Aug. 1, 1987 and July 31, 2002, are eligible to participate.

Practice begins in August and the season runs from September-

November. Cost is \$55.

Volunteer coaches, assistant coaches, referees and board members are needed, too.

For more information, visit www.soccer.org and logon to e-AYSO or call 834-5439.

16 / Friday

8K — Mid-Pacific Road Runners Club will hold an eight-kilometer footrace along the Lanikai Bike path Friday, June 16, at 7 a.m. No registration is necessary. Cost for nonmembers is \$10. For more information and a schedule of events, go to <http://www.mprc.com/raceschedule.html>.

17 / Sunday

Waimea Valley Audubon Center — A sanctioned 5K and 10K volksmarch (walk) will be held June 17 at the Waimea Valley Audubon Center. Walkers can start anytime between 9 a.m. and noon.

A nominal entrance and vehicle-parking fee will apply. Call 626-3575 for more information.

July

10 / Monday

2006 Relay for Life — "Relay For Life" is a team event that increases cancer awareness in the community. Families, schools, companies, hospitals and other community groups will create teams of 8 to 15 people who will take turns walking around a track all night to raise money to find a cure.

The next Relay for Life will be held at the athletic field, Kapolei High School, July 10 from 7 p.m. to 7 a.m.

Relays are ongoing throughout the month at various locations. For more information, contact Burgandie Onekea at 486-8420.

Ongoing

Laie 5K Fun Run — Make a run for charity. The race is July 1 at 7 a.m. and begins at the flag circle on campus. All proceeds are for the Leukemia and Lymphoma Society. Fees are \$15 before June 15, \$18 on race day, and \$40 for families. For more information, go to <http://www.laiedays5k.com/>.

NikeTown Run — Just show up at NikeTown on Kalakaua. The run starts at 6 p.m. every Wednesday.

Bike Hawaii — Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages can include downhill biking, waterfall hiking and sailing off Waikiki with exclusive access to a remote Hawaiian rainforest.

Delicious meals are included. For more information or to schedule your adventure,

call (877) 682-7433, 734-4214, or surf online at www.bikehawaii.com.

Tai Chi — The Kapahulu Community Center offers tai chi classes for beginners Mondays from 8-9 a.m., and Saturdays from 11 a.m. to noon. Advanced classes are held Wednesdays and Saturdays from 8-9 a.m. Call 737-1748 for more information.

Honolulu Marathon Clinic — Looking to get in shape and run a marathon? Join the free Honolulu Marathon Clinic, led by Dr. Jack Scaff and his trained staff. The clinic meets Sundays at 7:30 a.m. at Kapiolani Park, at 3833 Paki Ave.

This clinic stresses slow, recreational running for beginners and walkers. Its focus is to train runners to finish the Honolulu Marathon in December.

No headsets are allowed when running with the group. For more information, call 655-4692.