

HAWAII ARMY WEEKLY

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

INSIDE



More than just weather

Task Force Wings' 22nd Expeditionary Weather Squadron helps pilots conduct safe missions.

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Spc. Mahlet Tesfaye | 25th Infantry Division Public Affairs

'Flying V' Ceremony

SCHOFIELD BARRACKS — Col. Thomas Guthrie, outgoing chief of staff, 25th Infantry Division, observes 25th ID unit commanders with their colors during a "Flying V" ceremony for Guthrie at Sills Field, here, Wednesday. The Flying V ceremony displays respect and gratitude for departing key military officers. See next week's Hawaii Army Weekly for the story and more photos.

500th MI Bde. welcomes home 205th Bn.

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

FORT SHAFTER — Twelve Soldiers from the 205th Military Intelligence Battalion, 500th MI Brigade, were welcomed home at a ceremony on Takata Field, here, June 15.

The Soldiers, who were deployed to Afghanistan for a year, operated on a multi-functional team, or MFT, providing intelligence support to the 5th Stryker Brigade Combat Team, 2nd Infantry Division.

MFT 2051 was formed from two battalions and three different companies in February 2009 in response to a request for forces in support of Operation Enduring Freedom.

The MFT supported the 5th SBCT, 2nd Inf. Div., during the critical surge of forces in response to the deteriorating situation in Afghanistan.

Leaving Hawaii in July 2009, the team traveled to Kuwait and then on to its assignment in Kandahar, Afghanistan.

During its tour, the MFT performed various tactical human intelligence, also known as HUMINT, and counter-intelligence support missions, as well as low level voice intercept missions.

The team's success in frequently less-than-ideal conditions was recognized during the welcome home ceremony.

"A rapid train-up, new equipment, changes in personnel at the last minute before deploying and once in theater you were split up, receiving constantly changing missions and locations, and you adapted and overcame as American Soldiers do," said Lt. Col. Timothy Parker, commander, 205th MI Bn., 500th MI Bde.

"In your hearts, you know you served honorably and well, and we are one step closer in this war because of your efforts," Parker said.

One of the difficulties of being attached as an intelligence team was that there was never a tasking for all 12 team members to conduct an operation together; the team was continually split up.

"Keeping track of my guys was a

NSPS Town Hall

All U.S. Army Garrison-Hawaii employees are invited to attend an NSPS Town Hall meeting with Jim Duttweiler, USAG-HI deputy commander, Monday or Thursday.

See News Briefs, A-5

AG Hall of Fame inducts Hawaii's Ono

BOB ORTIZ

U.S. Army Adjutant General School

FORT JACKSON, S.C. — Lt. Gen. (Ret.) Allen Ono, chair of the U.S. Army Retiree Council-Hawaii, along with 10 other top Army personnel and human resources leaders, were honored in a ceremony that marked the first inductees into the Adjutant General's Corps Hall of Fame, here, June 11.

Ono, who was raised in and currently resides in Hawaii, was the Army's first three-star Japanese-American and AG officer.

"It's a high honor, and I'm very appreciative being in the first group to be recognized," Ono said about being inducted to the Hall of Fame.

Ono is credited with marketing the Army to the general public, in order to attract quality recruits. He also led the effort to develop stringent recruiting

eligibility criteria.

"These men were visionaries," said Col. Robert Manning, chief, Adjutant General's Corps, when speaking about the inductees.

"They were direct players in many landmark personnel and human resource programs, policies, prophecies, and operating systems ... that have helped support literally millions of Soldiers.

"As tomorrow's adjutant general leaders walk the hallowed halls of the Adjutant General School, in their quest to become more knowledgeable leaders and professionals, they will be able to see and read firsthand how we arrived at this point in our corps' history," Manning said.

Memorials honoring the inductees' contributions to the Army and the AG Corps will remain on permanent display in the AG Corps Hall of Fame within the AG School.

Also hanging in the Hall of Fame is "New Dawn," a framed print depicting the Pentagon the day after the 9-11 terrorist attacks.

Teri Maude, widow of Lt. Gen. Timothy Maude, presented the print.

Maude's husband was killed in action Sept. 11, 2001, during the terrorist attack on the Pentagon, while serving as the Department of the Army Deputy Chief of Staff for Personnel.

He was the first to be inducted at the ceremony, June 11.

The Hall of Fame opening was part of the AG Corps Regimental Days, held June 10-11.

In addition to Ono, the following AG Corps Soldiers and civilian (in rank order) were inducted into the Hall of Fame as members of the Inaugural Class of 2010:

•Lt. Gen. Timothy Maude is credited

SEE ONO, A-6



Celebrate patriotism

View the Fourth of July Spectacular schedule of events and activities.

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Voyage to Book Island

Join the summer reading clubs for all ages at our post libraries.

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Sports & Fitness B-6

Bogus tourniquets on market could endanger lives

STEVE ELLIOTT

Fort Sam Houston Public Affairs

Counterfeit models of the U.S. Army's combat application tourniquet, or CAT, are available on the Internet and on the open market.

Using the counterfeits can be lethal; the Army recently sent out a priority message, sounding the alert on these bogus devices.

"While I haven't seen any of these counterfeits in use, I have seen a few ordered by logisticians more interested in cutting costs than in quality control," said Col. John Kragh, U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas. "The Combat Application



Packaging is the difference between the real Combat Application Tourniquet, left, and the counterfeit model, right. The authentic tourniquet has a manufacturing date stamped on it.

Tourniquet is standard issue to all deploying Soldiers. It's in each Soldier's individual first aid kit pouch."

Kragh further explained the Army's concern with the counterfeits.

"The rod on the dummy tourniquet is bendable to a point where it cannot work right. It's like bending Gumby's arm," he said. "The makers do not market the item ostensibly as a medical device, but they sell it and package it like a retail item.

"The danger is if someone mistakes the fake for a real CAT, or a real medical device," Kragh said.

"That mistake could be fatal, since the counterfeit cannot control bleeding."

A tourniquet is used to cut off the flow of blood to a part of the body, most often an arm or leg. A tourniquet may be a special surgical instrument, a rubber tube, a strip of cloth, or any flexible material that can be tightened to exert pressure.

In medical emergencies, a tourniquet can be used to completely stop the flow of blood.

Meant as a temporary fix, tourniquets are not recommended to be used for more than 20 minutes at a time

SEE TOURNIQUETS, A-6

25th ID unit learns how to prevent, combat domestic violence

SPC. MAHLET TESFAYE

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Soldiers from Headquarters Support Company, 25th Infantry Division, received domestic violence prevention training from Army Community Service, June 9, at Wheeler Army Airfield.

"One of the reasons we had the training was to let the Soldiers know about the Family Advocacy Program and its benefits. We wanted them to know some of the ways the program can help them cope with issues like anger management and stress," said Capt. Richard Gibson, commander, HSC, Headquarters and Headquarters Battalion, 25th ID.

Soldiers learned about the types of domestic violence, the causes of do-

mestic violence, how to identify the signs of domestic violence, and how to prevent it from happening.

"I see more incidents of domestic violence in the Army today than I've seen throughout my career," Gibson said. "I think part of the reason is dealing with the stress of multiple deployments in a short period of time."

During the training, Soldiers pointed to financial problems, lack of communication, multiple deployments and the lack of anger management as some of the factors that can lead to domestic violence.

According to Gina Peirce, a social worker with FAP, FAP's mission is to reduce family violence within the Army, as well as to educate Soldiers, family

members and professionals in the community about life skills, recognizing abuse, and reporting procedures.

"FAP teaches life skill classes to Soldiers and family members such as stress management, anger awareness, conflict resolution, relaxation and communication skills — all things that, if not managed, could potentially be risk factors to family violence," Peirce said. "All the life skill classes are meant to strengthen families and bolster units so they can cope well with stress and multiple deployments."

ACS works closely with units to teach Soldiers and prevent the different forms of domestic violence, such as physical abuse, emotional abuse, sexual abuse and neglect.

"Today's training is the beginning in educating Soldiers about the growing issue of domestic violence in the unit. In the future, we are going to bring guest speakers from the Family Advocacy Program to our family readiness group meetings to make sure family members also are getting the information," Gibson said.

"Nobody has to be in a domestic violence situation. ACS has so many resources for Soldiers and families, and we are here for those who need to get out of violent situations," Peirce said.

The company also plans to have the staff judge advocate speak on the legal consequences of domestic violence, according to Gibson.

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

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

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

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71 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 6/24/10.

Defender 6 sends

AFAP strives to continuously improve Army

LT. GEN. RICK LYNCH

Commander, Installation Management Command

WASHINGTON – As the Assistant Chief of Staff for Installation Management, one of the most important duties I have is overseeing the Army Family Action Plan process.

The AFAP is the Army's grassroots effort in which members of the Army-community – Soldiers, civilians, families and retirees – identify and elevate significant quality of life issues affecting the Army community to senior leaders for action.

The AFAP is also a key component of the Army Family Covenant because it gives commanders and other Army leaders insight into needs and expectations of the Army community.

Simply stated, AFAP is a voice for the Army community to inform and partner with Army leaders to determine if we're doing the right things, whether we're doing things right, and to find out what we're missing.

I want you and every member of the Army community to know about the AFAP, understand how it works, and to become a partner in the process. The AFAP allows you to communicate with and receive feedback from the most senior military and civilian leaders of the Army and Department of Defense about issues important to the health and well-being of Soldiers, civilians and family members.

Here's how it works: The AFAP is a year-round process that begins on installations where representatives of the community meet in forums to identify, develop and prioritize issues they believe are important to maintain a good standard of living for the Army community.

Approximately, 90 percent of the AFAP issues that emerge are resolved at the local level and result in ongoing community improvements.

However, some issues require support beyond the local level. Those issues are elevated to mid-level (Army command) AFAP conferences. Issues that require the attention of higher-level authorities go to the Headquarters Department of the Army AFAP Conference, where delegates from across the Army determine which issues

will be worked by Army staff.

The AFAP General Officer Steering Committee, or GOSC, comprised of senior Department of Defense officials, Army leaders and field representatives (commanders and command sergeants major), meets every six months to provide senior leader

"AFAP is a voice for the Army community to inform and partner with Army leaders."

— Lt. Gen. Rick Lynch
Commander, IMCOM



direction on action plans, milestones and resolution of AFAP issues.

In the six months since the last AFAP GOSC meeting, functional representatives from the DA staff and I have met for six AFAP sessions, reviewing 86 active AFAP issues.

During those sessions, we studied the history and latest developments for each issue, then decided on a recommended status – remain active, complete, or unattainable – to present to the AFAP GOSC for consideration.

After I present our recommendations to the GOSC, June 30, we will determine the next steps and status for each issue. The results from this GOSC, as well as previous GOSC meetings, are available on the new and improved AFAP website.

The AFAP website is conveniently located at Army OneSource, www.myarmyonesource.com, to provide the Army community with easy one-stop shopping for Army information, including meeting results from the January GOSC and previous meetings.

The AFAP website has been improved

by the addition of the active issue search application. This new feature allows users to search the status of all issues using several filter options, such as keywords, issue status, service component, subject, demographic group, command and more.

The Army is dedicated to building awareness of AFAP across the Army, and ensuring everyone has full access to AFAP recommendations and accomplishments and knows how to become a partner in the process.

As the ACSIM, I am committed to ensuring all AFAP recommendations are thoroughly analyzed to determine if they are realistically achievable based on factors such as congressional support and cost.

I am also committed to ensuring that the GOSC provides the Army community with the results of our analysis and decisions as quickly as possible. Providing these results is important work. Previous recommendations submitted through the AFAP process have had very positive and wide-reaching effects for the Army community.

Past recommendations include:

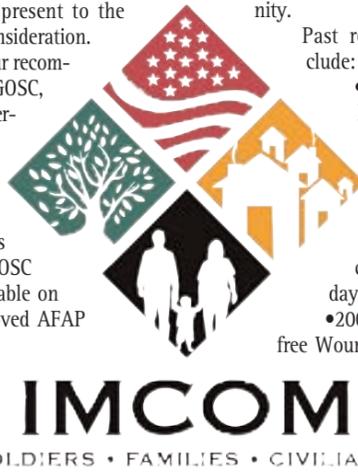
- 2009 - Distribution of Montgomery GI Bill benefits approved for dependents;

- 2008 - Military annual leave carry over increased from 60 to 75 days;

- 2007 - Established toll-free Wounded in Action phone number; improved communication to families.

The AFAP has an excellent record of success. Some 117 AFAP recommendations have resulted in legislative changes; 162 resulted in DA policy changes; and 178 improved programs or services.

However, our work is not complete. The following is just a sample of the AFAP



For more information on the Army Family Action Plan, visit www.myarmyonesource.com.

For information about the Hawaii Army Family Action Plan, or how you can get involved, call 655-1657.

recommendations we will be working on at the next GOSC:

- AFAP Issue Recommendation #610: Establish a comprehensive integrated rehabilitative program for Traumatic Brain Injury patients at military Medical Centers of Excellence.

- AFAP Issue Recommendation #653: Fund a formal program to provide service dogs for Wounded Warriors.

- AFAP Issue Recommendation #658: Install visual monitoring systems for surveillance of hallways, common areas and parking lots, and require keyless entry and peepholes in barracks across the Army.

- AFAP Issue Recommendation #647: Require the availability of 24/7 child care for all age groups through Child, Youth and School Services delivery systems at all Army garrisons.

Now that you know more about this grassroots process that was created to enable the Army community to collaborate with leaders – from the installation level to Congress – it is time to get involved.

I encourage you to go to the AFAP website and view the status of the 86 active issues.

I also challenge you to become a partner with us in our continuing effort to improve our Army by contacting your garrison AFAP program manager within Army Community Service and becoming a volunteer, participating in an AFAP forum, or submitting an AFAP issue.

Your contributions to the AFAP provide real-time information that enables commanders to respond more rapidly to resolve problems, implement good ideas, guide policy formation, and enhance Soldier, civilian and family well-being and installation readiness.



St. Damien's faith helped overcome depression

CHAPLAIN (CAPT.) JOEL PANZER

Headquarters & Headquarters Battalion, 25th Infantry Division

One of the most difficult challenges facing our Army at war today is the substantial increase in Soldiers taking their own lives. With a record 160 confirmed suicides in 2009, we are on track to surpass that number this year.

Virtually every Soldier has been affected in some way by the tragic loss of a unit member to suicide.

Sgt. Maj. of the Army Kenneth Preston, who visited recently, and said he believes the number one cause of suicide in Army is untreated depression.

Rather than seeking help, a depressed Soldier is likely to believe he must be strong and drive on.

He may hide his symptoms and deny the existence of problems requiring professional help to remedy. Finally, as the soldier's perspective on life continues to constrict more and more, and wishing to stop the seemingly endless pain he's experiencing, the only solution he can see before him is to bring an end his life.

In July, I will be offering Mass on the island of Molokai for 20 pilgrims during a visit to the home of Damien de Veuster, the "leper priest" who died in 1889.

Over the past few months I read two biographies of St. Damien in preparation for preaching a sermon during this trip.

Of the many interesting facets of this complex man, it was surprising to learn that such a holy and selfless priest struggled at times with loneliness and despair, bordering perhaps on what we would term today "clinical depression."

Damien was a Belgian missionary who spent 16 years ministering to the victims of leprosy banished to Molokai,



Panzer

making him then, and now, a beloved figure to the Hawaiian people.

In 1969, statutes of King Kamehameha I and Damien were unveiled in the rotunda of our nation's Capitol, where they serve as the two distinguished historical representatives of the State of Hawaii. Pope Benedict XVI declared Damien a saint of the Catholic Church just last October.

Serving God far from home in the most difficult of missionary fields, each of Damien's days was filled with experiences of human misery, hopelessness and, inevitably, death for every member of his suffering flock.

He fed and sheltered the lepers, dispensed medicines, bandaged their wounds, built their coffins and dug their graves.

After some 11 years of close daily contact, Damien contracted leprosy himself.

Damien admitted that he felt quite lonely at times ministering under such profoundly difficult conditions. Isolated from the normal support system of family, friends and fellow clergy members, how was he able to cope with such crosses? Damien found strength to get through dark times in two important ways.

Foremost was his faith in God, strengthened by his spiritual regimen of celebrating Mass, and meditating upon the Scriptures, and other daily devotionals. A belief in the great love and

mercy of God provided the supernatural grace and inspiration Damien needed to keep before him the bigger picture of eternity, even in the midst of his daily burdens.

Damien's profound love for God expressed itself naturally and secondarily in loving service to God's people on Molokai.

After being diagnosed with leprosy, Damien did not give in to despair. Rather, he recommitted himself to accomplish as much good as possible for his people during the time he had left. He knew that the most effective way to improve the moral and spiritual condition of his flock was to provide for their basic needs.

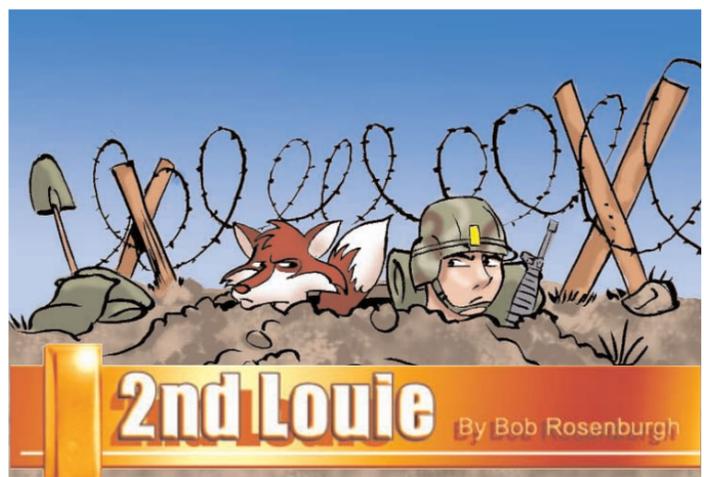
Going beyond the daily spiritual and medical care he rendered to the lepers, Damien worked all the harder to construct churches, farms, schools, homes and a hospital. These basic institutions and communities not only made life more comfortable and secure for the

If you or a neighbor needs help with depression, call Military One Source at 1-877-342-9647. Support is available 24/7, and is free and confidential.

people, but also rekindled their love for God and developed a sense of civic pride, morale and personal happiness. For Damien, such selfless service actually ended up invigorating, rather than draining, his pastoral energies.

Given the demands placed upon Soldiers and families in the current high deployment op tempo, stress at work and home may render any one of us susceptible to bouts of depression.

During those times when we are tempted to turn inward and withdraw from life and its problems, faith in God and service to neighbor may be sources of tremendous personal strength to help widen our perspective on life and enliven God's grace within our souls.



Voices of Ohana



"Learn how to surf."

Pvt. Kimika Barnett
71st Chemical Co., 8th MP Bde.



"Tour Hawaii."

Pvt. Hardeo Bhagwandeon
57th MP Co., 728th MP Bn., 8th MP Bde.



"Volunteer with the community and finish my master's."

Sgt. Frank Bland
728th MP Bn., 8th MP Bde.



"Gym and more gym."

Spc. Ashley Love
HHC, 8th MP Bde.



"To spend as much time as I can with my youngest son before he leaves for college."

Master Sgt. James Meyers
8th MP Bde.

"What are your plans for the summer?"

SWO 'operationalizes' weather for TF Wings' mission

Deployed Forces

Story and Photo by
STAFF SGT. MIKE ALBERTS

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

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Imagine a blinding, gusting wall of sand and dust 5,000 to 8,000 feet high, spanning 60 to 90 miles, moving at a rate of 35 to 60 kilometers an hour.

That describes a “haboob,” an Arabic word for a type of intense sandstorm common to Iraq—a sandstorm that can have a devastating impact on aviation operations.

Now, imagine a pilot’s relief in receiving a tactical instant message from a staff weather officer, or SWO, miles away that advises the pilot of an approaching haboob in time to avoid it.

That is what is referred to as “operationalizing” weather – mitigating the impact of weather on Army aviation operations by forecasting and interpreting weather systems and data in real time – and that is what Task Force Wings’ staff weather team does here, 24/7.

According to Capt. Erica Haas, SWO, 25th Combat Aviation Brigade, 25th Infantry Division, 22nd Expeditionary Weather Squadron supporting TF Wings, her core team of six Airmen conduct around-the-clock operations in order to do more than simply forecast weather.

“While our job includes forecasting weather, we don’t simply provide data,” Haas said. “We take data and transform it into useable information so that the brigade commander can accomplish his mission. In fact, being integrated into tactical aviation operations is really where we add the most value to the task force.

“We know how weather affects operations. As a result, we are able to assist those who make operational decisions mitigate those effects,” Haas continued. “We reduce the frequency that pilots fly into dangerous weather conditions. In that sense, we provide an awareness that enables missions to be conducted more safely and effectively.”

The weather team accomplishes its mission by relying on field observations and by using computer-generated models and satellite images. Also, the team employs a variety of tactical equipment, to include a Blue Force Tracker and a tactical meteorological observing system, also known as a TMQ-53. The TMQ-53 is used to obtain pressure, wind speed and direction, temperature, dew point, relative humidity, precipitation, surface visibility, cloud height and lightning detection.

Haas’ weather team also conducts forward area limited observer program, or FALOP, training.

FALOP training uses Airmen to teach Soldiers how to perform weather observations and relay pertinent data to the SWO from strategic locations in northern Iraq.

According to Haas, having qualified weather observers in strategic locations is paramount as U.S. forces draw down and reduce their numbers throughout Iraq.

Maj. Jeffrey Poquette is one of two of TF Wings’ chief of operations in charge of synchronizing the day-to-day efforts of the brigade-level tactical operations. Brigade operations include



Senior Airman Deonta Brooks, weather forecaster, staff weather team, 22nd Expeditionary Weather Squadron, supporting Task Force Wings, performs preventative maintenance on a tactical meteorological observing system, also known as a TMQ-53, at Contingency Operating Base Speicher, near Tikrit, Iraq, June 4.

intelligence, lethal and nonlethal fire support and effects, and all manned and unmanned brigade flight operations. Poquette provides situational awareness for the brigade commander for all aviation assets in U.S. Division-North.

“Weather is one of our biggest threats, the thing that can place us in dangerous situations,” Poquette said. “For that reason, the weather team’s presence in our tactical operations center is absolutely invaluable.

Poquette, a UH-60 Black Hawk pilot and 10-year veteran on his second combat deployment in support of the overseas contingency operation, knows firsthand the value that the SWO team adds to aviation operations. “The weather team knows and understands our various aviation missions, and they are able to evaluate

the weather in conjunction with those missions and tell us where the impacts are. They are far more than mere providers of raw weather data,” Poquette said.

“In addition, they provide their analysis to us and to our pilots in ‘real-time.’ I can tell you as an aviator that having real-time access to weather information removes the concern that our pilots and air crews are receiving inaccurate or incomplete weather information which can put them in dangerous situations,” Poquette concluded.

According to Poquette, TF Wings’ weather team is the best he has ever worked with. Haas credits her team’s success to the high quality of her noncommissioned officers and junior Airmen.

Two of those Airmen are Master Sgt. Paul Rogers, weather forecaster and staff weather team noncommissioned officer in charge, 22nd EWXS, and Senior Airman Cassandra Napolitano-Romero, weather forecaster, 22nd EWXS. Both take pride in the value they add to Army aviation operations.

“Weather is one of our biggest threats, the thing that can place us in dangerous situations.”

— Maj. Jeffrey Poquette
Chief of Operations, Task Force Wings

Rogers is a 20-year veteran on his third combat deployment, all in support of the 25th CAB. He recalled how weather first intrigued him as a young Airman.

“Early in my career, an officer showed me a clear picture of the sky and explained to me that while there appears to be nothing happening, a dynamic existed – beyond what I could see – that was always changing the atmosphere,” he said. “The ‘unseen’ and having tools that can predict with a good degree of accuracy changes in the atmosphere instilled in me the desire to be a forecaster.”

Rogers has worked as a weather forecaster ever since.

“I especially love working tactical operations,” Rogers said. “There are instances where I have been relied upon by a commander to identify a very brief window of opportunity in the weather for that unit to deliver resources to troops in need. With weather operations, you get those opportunities to help Soldiers in dire situations.

“That’s when you know you add value,” he continued. “That’s why I do this job.”

Rogers’ love of his work is shared by Napolitano-Romero, who is on her first combat deployment.

“I have never experienced job satisfaction like I have experienced with Task Force Wings,” she said. “Out here, you know that the work you are doing is being relied upon by pilots and staff. You also know they appreciate that work and that you are making a difference every day. That’s rewarding.”

‘Vipers’ provide critical air traffic services to deployed units

SGT. 1ST CLASS TYRONE C. MARSHALL
& STAFF SGT. MIKE ALBERTS

25th Combat Aviation Brigade Public Affairs
25th Infantry Division

CONTINGENCY OPERATING BASE SPEICHER, Iraq – The importance of aviation operations in the current contemporary operating environment in Iraq cannot be overstated with hundreds of movements of troops, supplies and equipment daily.

These critical aviation operations demand a watchful and experienced air traffic services team to manage the air space in and around U.S. Division-North.

The Soldiers of F Company, “Vipers,” 3rd Battalion, 25th General Support Aviation Battalion, Task Force Hammerhead, provide the necessary over watch for the high-density airspace in and around Contingency Operating Base Speicher. The company is also responsible for all air traffic services, or ATS, operations at Forward Operating Base Warhorse and COB Qayyarah West.

“We provide coverage for all types of aircraft at our three locations using different facilities, to include both tower and radar capabilities,” explained Lt. Col. Gregory Baker, commander, 3rd Bn. 25th GSAB, TF Hammerhead.

“Our Soldiers are handling an array of civilian, U.S. State Department and military fixed-wing aircraft, a host of rotary-wing aircraft from all branches of service, and several types of unmanned aerial vehicles.

“It’s a lot of traffic, particularly at COB Speicher, which rivals Charlotte-Douglas International, the eighth largest airport in the U.S., and that airport



Staff Sgt. Mike Alberts | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

Spc. Barry West, seated, air traffic controller, F Company, 3rd Battalion, 25th General Support Aviation Battalion, Task Force Hammerhead, performs ground control functions while Sgt. Klarke Castellanos, air traffic controller and training noncommissioned officer in charge, also with F Co., provides local control of a departing fixed-wing aircraft at Contingency Operating Base Speicher.

doesn’t handle UAVs,” Baker continued.

Army aviation’s operational tempo remains high in USD-N, even as Iraq transitions to stability operations, and this tempo translates to a complex and continuously demanding role for the Vipers.

Capt. Matthew Basil, commander, F Co., 3rd Bn., 25th GSAB, TF Hammerhead, discussed the scope of his unit’s responsibilities as these demands increase.

“Here at COB Speicher, we are running two facilities,” Basil said. “We’ve got the tower and the

Army Radar Approach Control. On average, the tower is handling about 500 movements a day, while the ARAC is handling around 150 movements a day.”

“Just the density of aircraft movements we’re looking at 24 hours a day is probably the biggest challenge about Speicher,” Basil said.

Basil also spoke about the other ominous challenge his ATS Soldiers face on a daily basis – weather. Weather has traditionally been a significant challenge with aviation operations as pilots, crews and ATS must contend with the unpredictable changes in weather patterns.

“In the event that weather conditions are terrible with no visibility, we can pinpoint the aircraft on radar and guide them on an exact glide path and course to a safe landing,” Basil said. “Radar approach is basically our extended eyes.”

On April 12, Maj. Gen. Tony Cucolo, commanding general, Task Force Marne, hosted a commander’s conference at COB Speicher. Brigade commanders, senior leaders and others were arriving throughout the day in weather so bad the only way to get aircraft in safely was through the use of the ARAC system, with controllers vectoring aircraft in for landing. It was a significant accomplishment and one that was later formally recognized by Cucolo himself.

1st Sgt. Matthew Clark, F Co., 3rd Bn., 25th GSAB, TF Hammerhead, elaborated on the importance of having the ARAC system at his unit’s disposal.

“Before the existence of the ARAC system, the aircraft would call from

25 miles out and would be instructed to enter the traffic pattern once inside a five-mile ring,” Clark said. “Often, during the time between those calls, many other aircraft would come inbound or outbound and cause congestion. (Radar approach) really helps streamline the traffic flow.”

Clark further explained that he was not surprised that his Soldiers were recognized for their performance during the critical period of bad weather.

“I think it’s great that the CG came down to recognize our Soldiers, but that’s just a snapshot,” he said. “My Soldiers are handling busy air traffic and keeping the skies safe every day.”

Another task the unit is responsible for is ensuring all four of their ATS facilities are following the same procedures and guidelines. Chief Warrant Officer 2 Mark Stubbs, standardization officer and platoon leader, F Co., 3rd Bn., 25th GSAB, TF Hammerhead, oversees the implementation of these policies.

“My job is to standardize air traffic control facilities operations,” Stubbs said. “(I also serve) as a liaison for the companies, battalions and brigade to division for air traffic control matters. (I ensure each facility is doing) the same thing across the board, to include following published regulations, field manuals and (Federal Aviation Administration) rules and guidelines.”

USARHAW competes in 'Iron Chef'-style cookoff

SGT. 1ST CLASS DAVID WHEELER

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – Most Soldier of the Quarter Boards are easy to prepare for; however, the Soldiers competing for the U.S. Army-Hawaii Chef of the Quarter competition realized just how hard it is to prepare for a cookoff with no prescribed recipes, a strict time limit, and mystery ingredient list.

“(Our competition) somewhat mirrors the ‘Iron Chef’ TV show,” said Master Sgt. Kal Shibata, chief, food operations noncommissioned officer, Headquarters Company, 8th Theater Sustainment Command. “We reveal the mystery ingredients, and then they have 30 minutes to come up with a menu, and two hours and 45 minutes to prepare four entrees.”

While food service specialists are trained to strictly follow recipes when working at a dining facility, Spc. Juan Tamez, food service specialist, 65th Engineer Battalion, 130th Eng. Brigade, 8th TSC, welcomed this change to his day-to-day duties.

“I would rather be able to come up with recipes off the top of my head,” Tamez said. “I take pride in what I do, and if I come up with the recipe then it is mine.”

Coming up with a recipe from scratch was an easy task for Sgt. Robert Woodring, food service specialist, 65th Eng. Bn., 130th Eng. Bde., 8th TSC, due to his years of working in a

dining facility.

“I’ve been in the Army for 11 years,” Woodring said. “Spending all of that time in a DFAC, you cook a lot of different stuff. You learn a lot of recipes, and you get a lot of ideas that older DFAC workers pass down to you.”

Although the cookoff portion was the most exciting thing to watch, it only counted for one third of the entire competition.

“The scores from the cookoff will be added to the scores from an Army Physical Fitness Test and an oral board,” Shibata said. “Normally we just do an oral board, but this is the first time in several years that we have attempted this format.”

Another change in this competition comes from the Soldiers themselves.

“Because there is only one brigade in the 25th Infantry Division that is not currently deployed, and three brigades in the 8th TSC, we decided that it would create greater competition between the units if we did a joint competition,” Shibata said.

Unlike almost every other competition, though, winning isn’t the only reason to compete.

“This competition also gives the culinary team captain eyes on certain individuals who will be able to compete with the U.S. Army-Hawaii Culinary Team, which (begins training together) around the December-January time frame,” Shibata said.



Pfc. Darnell Collins | 8th Theater Sustainment Command Public Affairs

Spc. Juan Tamez, food service specialist, 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, stuffs peppers, June 17, at the B Quad Culinary Laboratory on Schofield Barracks, during the U.S. Army-Hawaii Chef of the Quarter competition.

The U.S. Army-Hawaii Chef of the Quarter winner will advance to the U.S. Army-Hawaii Chef of the Year competition in September. The winner will be announced at a later date.

Tripler holds ceremony for health education program graduates

JAN CLARK

Tripler Army Medical Center Public Affairs

HONOLULU – Opening the commencement ceremony, June 18, Commanding General Brig. Gen. Keith Gallagher addressed the class of 122 students of the Graduate Professional Health Education Program assembled at Tripler’s flag, here.

“For our students, this day culminates following many years of continuous and deliberate academic study; the mastery of hands-on technical skill; the compassion and empathetic bedside manners; long hours in the clinic; emergency room, operating room, and on the ward at the patient’s bedside; doing papers and exhaustive research; rotating off the island around the world; and performing thousands of face-to-face encounters with our most precious and important mission, seeing patients,” Gallagher said.

“This class, like all the classes before you, will maintain the honor of earning board certification in the first year of eligibility and ranked them among the very best in the DoD and amongst our civilian universities,” he continued.

The 2010 graduating class consisted of 112 Army officers, one Air Force officer and nine civilians. One hundred and two physicians, 13 psychologists, three pharmacists, three health

care administrators and one oral and maxillofacial surgeon completed their residency training. The seven graduating fellows include four physicians and three psychologists. Sixty-five graduates completed their first year of post-graduate training.



Daniel Kawasaki | Tripler Army Medical Center

During Tripler Army Medical Center’s Graduate Professional Health Education Program commencement ceremony, June 18, Navy Capt. Christopher Culp, deputy chief of the Navy Medical Corps, addressed the 122 graduate students.

Keynote speaker Navy Capt. Christopher Culp, deputy chief of the Navy Medical Corps and former deputy commander for Clinical Services, TAMC, addressed the 122 health care professionals and spoke of having witnessed firsthand the quality of education provided and the outstanding health care providers and officers who graduate from the various programs offered here.

“You are physicians, psychologists and owners of the system in which the patients who receive care wear the uniform of our country in time of war,” Culp said. “For many of you, an extraordinary demand will be your future.”

“(Your mentors) have and will prepare you exceptionally well because you hold health, life and comfort in your hands. Because you wear this uniform, extraordinary demand is your destiny,” he said.

“For others, you will find yourself in crosshairs of events your children will later study. I don’t know what these demands and challenges and opportunities will be, and how they present to you, and how they will play out. That belongs

to a future that, will be with you with astonishing speed. What I can tell you with certainty and experience is that when you return from Kuwait, Haiti or Iraq, by extension or wherever the defense will call you, you will feel a sense of pride, contribution of good, and of satisfaction that your colleagues will never know,” Culp continued.

Sharing an observation of Louis Thomas, Culp’s favorite man in medicine, Culp read to the class “life is a ticket to the greatest show on earth, and we as physicians will always have first row seats.”

“Well, indeed, all these years later (I) can only add, you as military physicians, many of you, will be asked to play starring roles, roles that this assembled group is absolutely confident you are extraordinarily well prepared to play,” Culp said. “Congrats each and every one of you on this milestone. (This is) a day to celebrate with your family with pride and a sense of achievement.”

Upon the last graduate’s walk across the stage to accept his or her diploma, a cake-cutting ceremony, in celebration of the Army’s 235th birthday, concluded the day’s event.

Mainland cadets experience 'real' side of Army in Oahu

CAPT. JONATHAN FREDERICKS

45th Sustainment Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – Each summer, cadets from across the nation participate in Cadet Troop Leadership Training, where cadets shadow a platoon leader for three to four weeks and then lead Soldiers before returning back to their schools.

For a few lucky U.S. Military Academy and ROTC cadets currently going through CTLT, they can now brag to their friends that they got to visit Hawaii.

Cadet Alyssa Noltner, from the University of Wisconsin-Madison, learned what life as a platoon leader in the 125th Financial Management Company, 45th Sustainment Brigade, 8th Theater Sust. Command, was like. As with most cadets, she expressed surprise at how different a finance platoon leader's job is, compared to what she is being taught in school.

"In school we learned what you are supposed to do as a platoon leader, but CTLT gives cadets the opportunity to learn firsthand," Noltner said. "I think it's good because I'm learning and seeing day-to-day activities of a lieutenant."

Noltner is one of six cadets being sponsored by

the 45th Sust. Bde., 8th TSC, along with other 8th TSC brigades, this summer.

Due to the 45th Sust. Bde.'s diverse mission, the cadets were assigned to units that provide specialized support to not only the brigade, but to all of Oahu, as well.

After CTLT training, cadets are scheduled to attend the four-week Leadership Development and Assessment Course, in Fort Lewis, Wash.

The 45th Sust. Bde.'s main priority for the incoming cadets is to expose them to as many of its branches as possible. This allows the cadets maximum exposure to Army logistics, and highlighting its diversity throughout the Army.

Cadet Peter Banos, from Pennsylvania State University, was assigned to the 536th Support Maintenance Co., where he assumed some of the roles assigned to 2nd Lt. Matthew Dutton, which included safety officer for the company.



"I really enjoyed the experience," Banos said about witnessing behind-the-scenes action of a maintenance company platoon leader. "I wasn't expecting to see all the branches, and when seeing them, I got a lot more out of it than expected."

"It's interesting to see the logistics and combat side of everything. The program is a really great opportunity for cadets."

The cadets also visited units ranging from 74th Explosive Ordnance Disposal Co., where they participated in counter-improvised explosive device training, to logistics support vessel training with the 45th Sust. Bde.

"Coming through the program offered by Penn State, Cadet Banos has shown maturity and openness to learn the different (military occupational specialties)," said Dutton, platoon leader, 536th Support Maint. Co., 45th Special Troops Battalion, and Banos' sponsor during the training. "It is really preparing him for his future Army career."



The U.S. Army Cadet Command's mission is to commission the future officer leadership of the United States Army and motivate young people to be better citizens.

Today, Army Reserve Officers Training Corps, or ROTC, has a total of 272 programs located at colleges and universities throughout the 50 states, the District of Columbia, and Puerto Rico, with an enrollment of more than 20,000.

ROTC produces approximately 60 percent of the second lieutenants who join the active Army, the Army National Guard and the U.S. Army Reserve.

More than 40 percent of current active duty Army General Officers were commissioned through the ROTC. Visit www.rotc.usaac.army.mil.

News Briefs

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

Today

POSH – Civilian employees and military and civilian supervisors need to attend mandatory Prevention of Sexual Harassment, No Fear Act and Equal Employment Opportunity training sessions.

Schofield Barracks employee sessions are at the Sgt. Smith Theater, June 25, 10-11 a.m. or 2:30-3:30 p.m.

Schofield Barracks supervisor sessions are at the Sgt. Smith Theater, June 25, 8:30-9:30 a.m. or 1-2 p.m. Call 655-9382.

Lunch Wagons – Army and Air Force Exchange Service is now offering three lunch wagons at Schofield Barracks. Kianis is located behind the Commissary; Ono Local Foods is located at the Soldier Support Center, Building 750; and Chiqui's Surf Grill is located at Building 1492, near Leader's Field and Hauula Street. Call 423-4552/7302.

Road Construction – Portions of Ayres Avenue, from Abbot Street to Waianae Avenue on Schofield Barracks, will be closed for road resurfacing through June 30.

Bragg Street will be temporarily converted to a two-way street for residents of Patrick Henry, Thomas Jefferson and Betsy Ross courts. Call 656-2473.

28 / Monday

NSPS Town Hall – All U.S. Army Garrison-Hawaii employees are invited to attend an NSPS Town Hall meeting with Jim Duttweiler, USAG-HI deputy commander, June 28, 10-11 a.m., at the Religious Activity Center, building 344 on Fort Shafter; or July 1, at Sgt. Smith Theater on Schofield Barracks, 11:30 a.m.-12:30 p.m. or 2-3 p.m.

July

1 / Thursday

ID Card System – The garrison's new ID Card Appointment System start is delayed until October at the Directorate of Human Resources ID Card Offices. Call 655-1374.

Road Closures – Portions of Ayres Avenue, from Waianae Avenue to McNair Gate on Schofield Barracks, will be closed for road resurfacing, July 1-19. Call 656-2473.

2 / Friday

Office Closure – The Installation Access Pass office at Leilehua Golf Course will be closed July 2 in order to install new equipment.

The IAP office on Fort Shafter will remain open.

4 / Sunday

Event Road Closures –

Cadet Sheridan Road to Trimble Road, Humphreys Road, and Kolekole Avenue will all be closed for the Fourth of July Spectacular on Schofield Barracks.

Residents are encouraged to walk to the event.

9 / Friday

311th Signal Change of Command – Brig. Gen. Alan Lynn, commander, 311th Signal Command, will relinquish command to Col. William Scott, at Palm Circle, Fort Shafter, July 9, at 10 a.m.

12 / Monday

UVA Training – Initial Unit Victim Advocate training will be held July 12-15. Brigades are required to have one Deployable Sexual Assault Response Coordinator and two UVAs per battalion. Pre-registration is required. Call 655-1718.

Sex Signals – The Sexual Assault Prevention and Response Program is hosting 12 showings of Sex Signals for Soldiers ages 18-25, July 12-15. Pre-registration is required. Call 655-1718.

Ongoing

Deployment Books and Audiobooks – The Sgt. Yano Library on Schofield Barracks will issue paperback book and Playaway audiobook kits to deploying units. Call 655-9143.

Dealing With Stress – Visit the Employee Assistance Program office, building 2091, Schofield Barracks, for help and ideas for dealing with stress or other issues affecting job performance. Call 655-6047/6046.

25th ID Values – The 2nd Tropic Lightning Values photo contest is running through Aug. 1. Soldiers are invited to submit photographs of 25th Infantry Division Soldiers depicting Army Values, which will be used for posters and publicity items.

For entry rules, call 655-8780, e-mail divisionretentionoffice@hawaii.army.mil or visit the Division Retention Office at 1586 Trimble Rd., building 585, Schofield Barracks.

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

Vehicles without a decal will be routed to a Visitor Control Center for a temporary pass. Call 656-5398, 655-9496 or 438-2230.

Soldier Stories – Tripler Army Medical Center is looking for Soldiers to tell their stories about their battles with and recovery from post-traumatic stress disorder or other behavioral health issues resulting from combat tours.

The testimonials collected will encourage Soldiers to come forward and seek medical care. E-mail jan.clark@us.army.mil or call 433-2809.



1st Lt. Sean Pezzini, left, and fellow Soldiers of the Multi-Functional Team 2051, 205th Military Intelligence Battalion, 500th MI Brigade, are welcomed home at a ceremony at Takata Field, Fort Shafter, June 15.

205th: Unit participated in major operations

CONTINUED FROM A-1

huge challenge when we were so spread out, and I was living in poppy fields with no electricity, except for what I could get from the Strykers," said 1st Lt. Sean Pezzini, MFT officer in charge. "We made it work, though.

"You keep going because you have to. There's no going back, and no going home early, unless something bad has happened," Pezzini added. "You just do what you have to do. Everyone keeps him or herself going in their own way."

The MFT participated in four major offensive operations, including Operations Treadstone, Laconia, Las Cruces and Longview. During these operations, the team provided critical assessments of 18 villages in the region vital to the 5th SBCT, 2nd Inf. Div., mission.

Additionally, the team provided support to Task Force

Stryker during Operation Focus Hold, detailing Taliban influence and operations in the Zabul Province.

The MFT also provided support to the force protection mission at Kandahar Airfield by conducting HUMINT operations at one of the entry control points. The team's efforts helped expose enemy corruption networks and illegal checkpoint activity.

"(The MFT) did a heck of a job, and it was an honor to have them on our team," Lt. Col. Patrick Gaydon, commander, Brigade Special Troops Battalion, 5th SBCT, 2nd Inf. Div., wrote in an e-mail.

Gaydon said that the team continually exceeded his expectations and did so, in several instances, under hostile enemy fire.

(Editor's Note: Maj. Mark Reardanz, executive officer, 205th MI Bn., 500th MI Bde., contributed to this story.)

Ono: AG Hall of Fame inducts first honorees

CONTINUED FROM A-1

for the concept of an electronic "paperless" Army and for executing the "Army of One" recruiting campaign.

•Sgt. Maj. Larry Strickland was serving as the Army Deputy Chief of Staff for Personnel sergeant major when he was killed during the 9-11 attack. Strickland was known for his efforts in expanding education to all Soldiers and believing that "if you educate the NCO, you educate the Soldiers they lead."

•Lt. Gen. Frederick Vollrath provided the leadership and management for the Army's enlisted force buildup to support Desert Shield and Desert Storm.

•Maj. Gen. Ronald Brooks relocated the Soldier Support Center from Fort Benjamin Harrison, Ind., to its current location at Fort Jackson, S.C. He also served as honorary colonel of the Regiment from 1999 to 2008.

•Maj. Gen. William Gourley in 1983 established personnel policies for physical profile management and enlisted reclassification. He served as honorary colonel of the Regiment and regimental colonel emeritus from 1990 until his death in 2008.

•Maj. Gen. Robert Joyce created and was the first to command both

the now inactivated 1st Personnel Command, U.S. Army-Europe; and the U.S. Army Community and Family Support Center.

•Maj. Gen. Jack Wheeler developed and initiated the Enlisted Distribution Assignment System, a real-time automated system that supports the management of the active component enlisted force, still used today.

•Col. Frank Foster Jr. is considered the founding father of the AG Corps "Regiment" in 1987. He also activated the AG Corps Regimental Association.

•Chief Warrant Officer 5 Antonio Eclavea was the first in the AG Corps to be promoted to chief warrant officer five.

•John Dinnien served as an Army civilian employee for 50 years and established the USAREUR AG Liaison Office in Heidelberg, Germany, and its counterpart in Alexandria, Va.

(Editor's Note: Stephanie Rush, U.S. Army Garrison-Hawaii Public Affairs also contributed to the article, which originally appeared in the June 17 issue of the Fort Jackson Leader. Visit www.army.mil/info/organization/jackson/ for the original article.)

Tourniquets: Routine supply channels offer approved commercial item

CONTINUED FROM A-1

because of the danger of congestion and gangrene.

The Army's message said that the Defense Logistics Agency knows the fake items are available for purchase through non-Department of Defense websites, and that authorized DoD procurement gateways will supply only the approved commercial part from authorized distributors.

If the counterfeits are found in any inventory, they should be replaced by the real thing, and the counterfeit should be reported to that activity's logistical supply office.

"It's easy to get the right items using routine, professional supply channels," Kragh said. "If

other channels are used, then it's easy to get the wrong stuff. It just takes a credit card and choosing the wrong online supplier."

The message said the phony tourniquet was first encountered several years ago in a depot in Afghanistan and was thought to have been purged from the system. At that time, the item was of obviously inferior construction and recognizable as a counterfeit. Today, the product has been modified and is difficult to distinguish from the authentic CAT.

The Element CAT is a very carefully made counterfeit CAT tourniquet, manufactured in Hong Kong for \$8.50 each. It was designed to look, feel and act like the real thing.

The authentic item, National Stock Number

6515-01-521-7976, has a unit cost of \$27.28.

"The markings appear to be a copyright or trademark infringement, and that is why law enforcement has become involved in the investigation," Kragh noted. "We have had a previous counterfeit CAT confirmed from the Middle East, but this was purged from the warehouses uneventfully a couple of years ago. This is one of the reasons why we should remain vigilant."

As to why anyone would purchase the fake CAT while the authentic item is available through Army supply channels, the colonel had a possible explanation.

"The ordering system is decentralized giving initiative to low-level supply persons who can order what they think is best. An unknowing person

could easily think that they are ordering a combat application tourniquet online for a good price, but getting one cheap from China is too good to be true," Kragh said.

Information about the proper CAT can be viewed on the U.S. Army Medical Materiel Agency website at www.usamma.army.mil/assets/docs/CAT.pdf, under the category "Hot Topics." An information line at 301-619-3548 is also available.

If counterfeit tourniquets are found in your unit's inventory, they should be replaced by real tourniquets, and the counterfeits should be reported to the logistical supply office. For more information, call 301-619-3548.



PAU HANA



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

"When work is finished!"

FRIDAY, JUNE 25, 2010



During the 2009 Fourth of July Spectacular on Schofield Barracks, (top) Soldiers hang a flag at the main stage; (bottom left) Jodi, left, Nathan and Sophia Liermann enjoy carnival food after the 1-Mile Fun Run; and (bottom right) children get a thrill from one of the many Midway rides.

File Photos

INDEPENDENCE DAY



Islandwide Activities

This Fourth of July, celebrate Independence Day with a multitude of opportunities and activities islandwide that allow spectators to safely view fireworks displays:

July 3

• **Aloha Tower Marketplace**, Honolulu, 8 p.m. One of the Oahu's bigger July Fourth events actually occurs July 3, at Aloha Tower Marketplace in Honolulu. Festivities begin at 3 p.m.

July 4

• **Kailua Beach Park**, East Oahu, 8 p.m. This is a spectacular display of fireworks on the Windward side of the island.

• **Maunaloa Bay**, Hawaii Kai, 8 p.m. This family event includes entertainment and food booths starting at 1 p.m.

• **Turtle Bay Resort**, North Shore, 8 p.m. The fireworks show starts "at dark" but there are display booths and games for the kids starting at 5:30 p.m.

• **Mali Beach Park**, Waianae, 7:45, 8:45 and 9:45 p.m. This celebration runs July 3 and 4, 10 a.m.-10 p.m., and is filled with food and craft booths, keiki rides and entertainment. There are three fireworks shows, July 4, at 7:45, 8:45 and 9:45 p.m.

• **Ala Moana Center 4th of July Spectacular**, Honolulu, 8:30 p.m. The fireworks extravaganza is among the best in the country. Fireworks begin at 8:30 p.m., but there's plenty of excellent entertainment starting at 12 p.m.

• **Joint Base Pearl Harbor-Hickam Fourth of July Block Party**, 9 p.m. Join a patriotic celebration at Ward Field, Joint Base Pearl Harbor-Hickam that begins at 2 p.m., and includes batting cages, a petting zoo, pony and train rides, a Texas Hold 'em tournament, a car show, Pacific Roller Derby demonstrations and a carnival.

Topping the list of the day's entertainment is Grammy-award winner singer and songwriter Michelle Branch at 5:30 p.m., and actor and comedian Sinbad at 7:30 p.m., followed by a military fireworks show at 9 p.m. Visit www.greatlifeohawaii.com for more information.

SCHOFIELD BARRACKS – Celebrate Independence Day and join the day-long activities and patriotic events at Sills Field, here, during the 39th annual Fourth of July Spectacular, hosted by Directorate of Family and Morale, Welfare and Recreation, July 4.

So, grab the family and friends and start the festivities:

- 8 a.m., Late registration for 5K Run and packet pickup for the 5K or 1-Mile Fun Run on the corner of Cadet Sheridan and Trimble roads across from the Commissary. Entry fee for the 5K is \$20 and is free for the Fun Run.
- 9 a.m., 5K Run starts. The top three male and female finishers will receive awards in the following age groups: 17 and under, 18-29, 30-39 and older than 40 years old.
- 10 a.m., Children's 1-Mile Fun Run starts. All finishers will receive a ribbon. T-shirts may be purchased for \$10.
- 10 a.m.-9 p.m., Booths, games, Midway and sales are open, including the Information Booth, food booths, event T-shirts sales, Smash Mouth merchandise sales, ATM and Lost and Found. Tickets are required for all games, rides, food and beverage sales.
- 10 a.m.-5 p.m., Enter the drawing for a car giveaway.
- 10 a.m.-6 p.m., Attend a Crafts and New Products Bazaar.
- 10 a.m.-6:30 p.m., Enjoy pony rides.
- 11:30 a.m., Astonish the family with Military Working Dog demonstrations.

MWR Stage

- 12 p.m., Kazoo Fun, entertainment for families and children
- 1 p.m., 25th Infantry Division Lightning Jazz Project
- 2 p.m., Attitude, a Top-40 variety band
- 3 p.m., Show of Force, a rock band

Main Stage

- 3:45 p.m., Battle of the Band winner: Delayed Resistance
- 5:25 p.m., Flag Retreat
- 5:30 p.m., Smash Mouth (Video recording of this concert is prohibited.)
- 7 p.m., Prize drawing for the car giveaway
- 7:30 p.m., 25th ID Band plays the "1812 Overture" and a 50 State Patriotic Salute and Concert
- 8:30 p.m., Fireworks display

• After party, Flux Capacitor, a rock band

Important Information

- All personal fireworks are prohibited on post; this includes sparklers.
- No pets are allowed on Sills Field.
- No glass bottles are allowed on the field.
- Open flame or charcoal cooking is not permitted except in picnic areas.
- Canopies are allowed on the field until 5 p.m., and all umbrellas must be lowered at 5:30 p.m. for the concerts.
- Lost children may be found at the Military Police Control Tent on Desiderio Field. The Lost and Found will be located at the Information Booth.

Noise Warnings

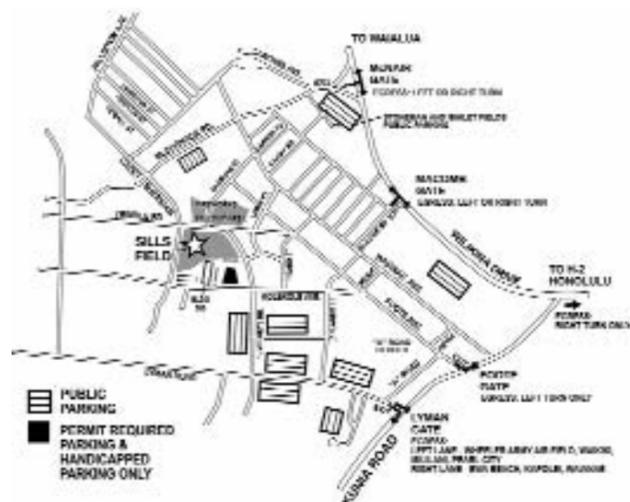
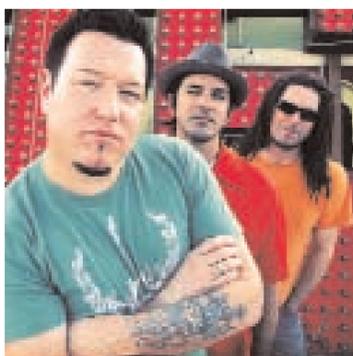
Residents and visitors on post will hear the cannon rehearsal and performance, July 3, 6-10 p.m., and July 4, 7:15-8:30 p.m.

Closures

The commissary and Flagview Mall stores are closed July 4, and their parking lots will close at 9:30 p.m., July 3. The parking lot at building 580 will close at 12 p.m., June 30, and reopen at 8 a.m., July 5.

The Military Clothing and Sales and Army Community Service parking lots also will be closed during the event.

For more information on the Fourth of July Spectacular, visit www.mwrarmyhawaii.com or call 655-0111/0112.



Traffic

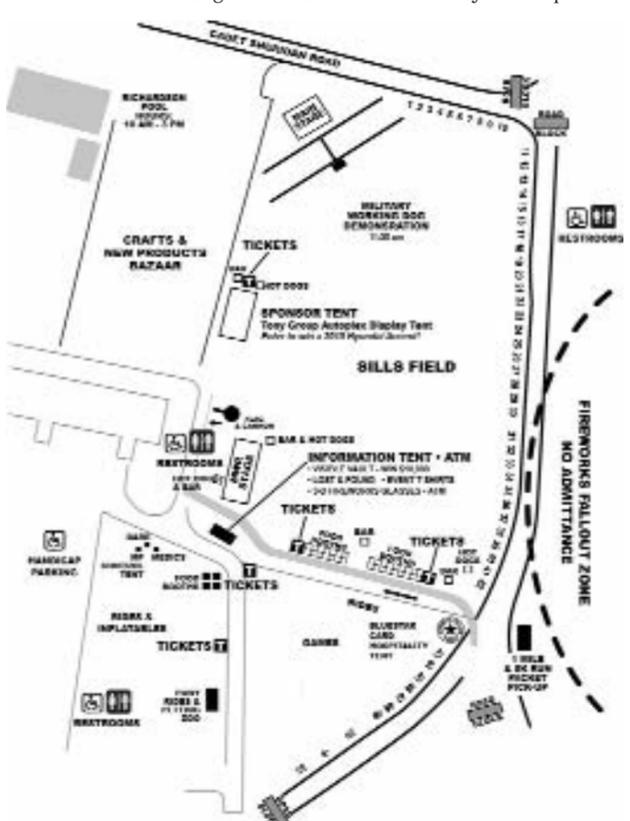
Cadet Sheridan Road and the loop from Cadet Sheridan Road along Trimble and Humphreys roads to Kolekole Avenue will be closed for the Fourth of July Spectacular all day.

Follow event parking signs. Pay attention to road signs as regular traffic patterns may be rerouted from one-way roads to side-by-side traffic.

Due to security requirements, random identification card and vehicle checks will be in progress.

Drivers are reminded that they need an official military vehicle decal to enter post, or they will need to visit a visitor control center for a temporary pass. Call 656-5398.

Residents are encouraged to walk to the event if they live on post.





Today

Financial Enrichment – Sign up for Army Community Service finance classes in July, including:

- Managing Your Checking Account or All About Credit, July 7;
- Mandatory First Term Financial Training, July 12 and 26;
- Money Management, July 14 and 28;
- Secrets of Car Buying, July 14;
- Financial Planning for Deployment or Understanding Insurance and Scams, July 21; or
- Simple Tips for Saving and Investing, July 28.

Visit www.acsclasses.com or call 655-4227.

SKIES Unlimited – Schools of Knowledge, Inspiration, Exploration and Skills classes will continue at Schofield Barracks and Aliamanu Military Reservation without break during the summer, to include dance, theater, karate and little ninjas.

Call 655-9818/8380 or 833-5393.

The Edge – Weekly registration is open for art, fitness, life skills and adventure activities, held Mondays-Fridays, at the Schofield Barracks Teen Center, including youth and teen cooking, wood crafts, pool games and introduction to outdoor adventure water safety, “bowlopolis,” outdoor adventure surfing and snorkeling, and teen music programs like keyboard, guitar and drums. Call 655-0095/0451.

Summer Sensations – Middle School and Teen programs include *Hired*, a weekly and weekend apprenticeship, 655-0445; summer camp, 655-0451; Teen Summer Blowout, 833-0920 or 438-6470; and leadership opportunities like youth sponsorship and Keystone Club available at www.mwrarmyhawaii.com.

Voyage to Book Island – Join the summer reading clubs for all ages at post libraries, including *Read to Me*, preschool story time and weekly entertainment like *Bungie the Clown*, the *Bubble Show*, and *Hawaiian Magic Company*. Call Fort Shafter at 438-9521, Aliamanu at 833-4851 and Sgt. Yano at 655-8002.

Hawaiian Luau – The Piliiaau Army Recreation Center hosts a luau the last Friday of every month at the Sunset Café. Experience “Old Hawaii” with authentic cuisine, a hula show and a fire-knife spectacular, June 25. Dinner begins at 6 p.m., and the entertainment starts at 6:30 p.m.

Cost for adults is \$22.95 and \$15.95



Lacey Justinger | U.S. Army-Garrison-Hawaii Public Affairs

Summer shuttle is on a roll

SCHOFIELD BARRACKS — Roy Naki, shuttle driver, stops the Directorate of Family and Morale, Welfare and Recreation summer shuttle outside the food court at the PX/Commissary, here.

The summer shuttle operates Monday through Friday, 8 a.m.-5 p.m., for all Department of Defense service and family members with valid IDs. The shuttle stops at Helemano’s Community Center; Schofield Barracks’ Teen Center, Martinez Gym, Richardson Pool, the skateboard park, Commissary, PX and Burger King; and Wheeler Army Airfield’s Camp Stover and bowling center. Children must be at least 12 years old to ride alone. Call 656-8720 or visit www.mwrarmyhawaii.com.

for children ages 5-12. Call 696-4778.

ACS Courses – Registration is open for Army Community Service courses in June. Visit www.acsclasses.com or call 655-4227 for:

- June 29, Breastfeeding Basics;
- June 30, Money Management; and
- June 30, Home Sweet Home.

New courses also include the New Parent Support Program and Kelly Bear C.A.R.E.S. Call 655-1670.

26 / Saturday

Ceramic Pouring – Learn about all the items a person can make by taking a ceramic pouring class, June 26, 9 a.m.-12 p.m., at Schofield Barracks and Fort Shafter. One session is \$25 and includes all supplies for three classes. Classes are offered every Saturday. Call 655-4202 or 438-1315.

28 / Monday

Hula Classes – The Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, 6-8 p.m., June 28, July 5 and 12, at the Kalakaua Recreation Center on Schofield Barracks.

Classes will feature the different types of hula, fundamentals of hula steps, movement and posture. Call 655-9694 or e-mail nhliasion@gmail.com.

29 / Tuesday

Hawaiian Magic Company – Want to be amazed by magic? Bring

your whole family out to this new program on one of the following dates: June 29, at Fort Shafter Library, June 30 at Sgt. Yano Library or July 1 at Aliamanu Library. The show starts at 3 p.m. at all three locations. Call 655-8002.

Fort Shafter Thrift Shop – The Fort Shafter Thrift Shop is closed for a summer break from June 29-July 13. Call 842-1074.

July

3 / Saturday

PARC Cabins Closed – All Piliiaau Army Recreation Center cabins on the surf side will be closed for renovation through July 3.

All cabins on the swim side will be closed for renovation July 5-Sept. 30.

4 / Sunday

Fourth of July Spectacular – Fun, prizes, fireworks and more! It’s that time of year again, so don’t miss out on all the fantastic events taking place on Sills Field, July 4, starting at 8 a.m. Visit www.mwrarmyhawaii.com.

See the related article on B1.

Closures – The commissary will be closed, July 4, and its parking lot will close at 9:30 p.m., July 3.

The parking lot at building 580 will close at 12 p.m., June 30 and reopen at 8 a.m., July 5. Call 655-0111/0112.

Ongoing

Watercolor Painting – Be creative, join Arts and Crafts every Wednesday from 12-2 p.m., and learn color mixing and abstract techniques. Four sessions are only \$60 and include all the supplies needed. Call 655-9042.

Schofield Barracks’ Arts and Crafts Center also has classes on quilting and sewing, lei making and Mom and Tot Crafts. Dates, times and prices vary per class. Call 655-4202.

Military Appreciation Specials

– Visit Information, Ticketing and Reservation for summer specials through July 31, including the Alii Kai Catamaran; Magic of Polynesia show and dinner; Sea Life Park dolphin encounter, sea trek and sea lion activities; Atlantis Navatek sunset or royal dinner cruises; and the Atlantis Submarine dive.

Visit www.mwrarmyhawaii.com or call 438-1985 or 655-9971.

Auto Skills Center – The Auto Skills Center’s hours have changed to Wednesdays-Fridays, 11:30 a.m.-7 p.m., and Saturdays and Sundays, 9 a.m.-4 p.m. The center is closed Mondays and Tuesdays. Services include pre-buy auto inspections, flat bay and lift bay rentals, computer scans, tire disposal and long-term storage of autos, recreational vehicles, boats and jet skis.

Community Calendar

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

Today

Reserve Enrichment Camp – Registration is open for Army Reservists’ children ages 6-15, who are invited to attend the Army Reserve Enrichment Camp, July 11-16, at Camp Erdman on the North Shore.

This free event includes boating, fishing and archery. Activities are designed to challenge and support youth to develop skills like independence, leadership and peer relationships.

Visit www.arfp.org/arec.

Korean War Exhibit – The forgotten war veterans will be honored in a MiG Alley Korean War Exhibit, Pacific Aviation Museum, Pearl Harbor, June 25. This exhibit can be seen exclusively on the museum’s “Aviator’s Tour.” Call 441-1000 or visit www.PacificAviationMuseum.org.

26 / Saturday

Ham Radio Day – The Hawaii Emergency Amateur Radio Club will be demonstrating amateur “ham” radio to the public as part of a national Field Day exercise at the Wahiawa Latter-Day Saints Church, 44 Leilehua Road, 8 a.m.-12 p.m.

Come learn about all of the exciting things that amateur radio operators do for fun and to serve the community.

This week on

“Warriors: Island of Blood”

Daily at 7 p.m.

Learn about the Hawaiian warrior culture, including its deadly martial arts and how a warrior king unified the islands in the 1790s.

Hosted by Green Beret Terry Schappert, this History Channel series on ancient warrior cultures profiles iconic warrior groups like the Vikings, Spartans, Samurai and Hawaiians and the rituals, technology and strategies they used that made them unique.

Plus, get a chance to get on the air during this event designed to test emergency preparedness and operating skill in less-than-optimal conditions.

E-mail kh6owl@arrl.net, call 224-0344 or visit www.earchi.org.

Freedom Tours

The Navy’s first Littoral Combat Ship, USS Freedom, is in port at Joint Base Pearl Harbor-Hickam, and is open for tours for all Department of Defense ID cardholders and their sponsored guests, June 26, 1-5 p.m.; and June 27, 2-5 p.m., at Pier Mike 1.

For safety reasons, children should be at least 8 years old, and participants should dress appropriately for climbing ladders and walking on gridded decks. Call 619-726-1901.

27 / Sunday

Military Appreciation Day – Liberty Christian Center is hosting military appreciation day at Kailua Beach Park on the Lanikai side, June 27, 11 a.m., to celebrate the sacrifices of the men, women and families of the U.S. Armed Forces.



The event has a local music group, free food, games and activities for the whole military family.

Bring swimwear, beach mats and chairs. Call 479-8896 or 393-5791.

July

1 / Thursday

Palettes, Pilots and Planes – The Pacific Aviation Museum Pearl Harbor is hosting an art show and lecture series, July 1-4, 9 a.m.-5 p.m., that is free with museum admission.

Military service members may visit the Pacific Aviation Museum Pearl Harbor for free while in uniform.

Call 441-1000 or visit www.PacificAviationMuseum.org.

Summer Concerts – The Waikiki Aquarium will host oceanside concerts, July 1, 15 and 29; and Aug. 12.

Aquarium doors open at 5:30 p.m.; concerts are 7-8:30 p.m. Aquarium galleries and exhibits will remain open

throughout the evening. Tickets are \$30 for adults, \$10 for children ages 7-12. Call 550-8457 or visit www.honoluluboxoffice.com.

Patriots Celebration – The Hawaii Foodbank will salute Hawaii’s Vietnam War Purple Heart recipients at its 15th Annual Patriots Celebration, July 1, 6 p.m., at the Hilton Hawaiian Village, Coral Ballroom.

Proceeds from the gala dinner will benefit Hawaii Foodbank programs to feed the state’s hungry. Guests are encouraged to wear red, white and blue, or purple, in honor of Purple Heart veterans.

Table or individual prices are available, call 836-3600 ext. 244, e-mail events@hawaiifoodbank.org or visit www.hawaiifoodbank.org.

2 / Friday

PTA Hunting – Hunting activities at Pohakuloa Training Area are closed through July 2, and July 17-Aug. 31, for live-fire training purposes. Call the PTA Hunter’s hot line, 969-3474.

3 / Saturday

Cannon Rehearsal – Residents and visitors near Cadet Sheridan Road will hear the cannon rehearsal and performance July 3, 6-10 p.m., and July 4, 7:15-8:30 p.m. Residents of Schofield Barracks are encouraged to walk to the Fourth of July event to reduce traffic on post. See B-1.

4 / Sunday

Block Party – Join the Joint Base Pearl Harbor-Hickam block party, July 4, 2-9 p.m., featuring Michelle Branch and Sinbad. See B-1.

SEE COMMUNITY CALENDAR, B-4

Worship Services

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

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

Buddhist Services

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

Catholic Mass

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

Gospel Worship

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

Islamic Prayers and Study

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

Jewish Shabbat (Sabbath)

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

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

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

This Week at the MOVIES Sgt. Smith Theater

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



MacGruber

(R)
Fri., June 25, 7 p.m.

Just Wright

(PG)
Sat., June 26, 4 p.m.



Iron Man 2

(PG-13)
Sat., June 26, 7 p.m.
Thur., July 1, 7 p.m.

Furry Vengeance

(PG)
Sun., June 27, 7 p.m.

Robin Hood

(PG-13)
Wed., June 30, 7 p.m.

No shows on Mondays or Tuesdays.

Yellow Ribbon Room completed in time for unit deployment

Story and Photos by
PFC. ROBERT ENGLAND

2nd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS – Family readiness group leaders from all batteries in 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, attended a ribbon-cutting ceremony for the battalion's Yellow Ribbon Room, here, June 15.

The room is filled with amenities providing families a way to keep in touch with their deployed Soldiers, and shows how important the families are to all Soldiers, from all units, in the brigade.

Commanders and junior enlisted alike know that there will be difficult times during the upcoming deployment, but communicating with loved ones through the Yellow Ribbon room

amenities will help keep morale high, while Soldiers accomplish their deployment missions to come home safely.

"(The room) is about setting aside a place for families to connect with their Soldiers in a comfortable environment," said Emily Harrison, battalion FRG support assistant for 2nd Bn., 11th FA Regt.

The room is visually appealing with a welcoming atmosphere and a vibrant mural of Molly Pitcher, painted by Sgt. Ray Duffy, Headquarters Battery, 2nd Bn., 11th FA Regt., depicting Pitcher assisting artillerymen on a battlefield.

A faded blanket with the 2nd Bn., 11th FA Regt. crest sewn as the centerpiece hangs by the door, proudly displaying the names of each battery in the battalion, as well as the Field Artillery motto "King of Battle!"

The blanket's vintage appearance suggests a unit history rich with esprit de corps.

Crowding a shelf are photos that depict recent battalion events.

New couches are positioned near the flat-screen TV and DVD player to give spouses a way to entertain their children. If the movies

don't suffice, there are plenty of toys to choose from, as well.

Sgt. 1st Class Paul Dyess, the rear detachment noncommissioned officer in charge, and Spc. Brady West from Battery B, assembled a custom computer desk from scratch, where three computers with webcams and video-chat capabilities allow family members to communicate virtually face-to-face with their deployed Soldiers.

Battery FRG advisors and battalion Soldiers supported individual projects, while Maj. Mark Sherkey, plans officer with 2nd Bn., 11th FA Regt., oversaw the entire project every step of the way.

The battalion's supply and communications shops also assisted in providing equipment and electronic connectivity.

The Yellow Ribbon Room is open to all family, friends and supporters of the battalion. Hours of operation are still being negotiated, but the goal is to have unlimited usage so that everyone has an opportunity to enjoy the amenities.

The Yellow Ribbon Room concept has been in place throughout the brigade since 2006; however, not all units had one, Harrison said. A lot of discussion went into planning where the room would be and what the finished product would look like.

Once a plan of action was put together, the whole process only took about two months to complete.

The FRG has ideas for a second, separate room that would be ideal for meetings such as Bible studies or various support groups gatherings.

This second room would also have an adjacent playroom to keep children entertained while spouses or other family members are busy.

Plans for this room are on hold until after the battalion deploys.



Gina Preston, family readiness group advisor with 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, cuts the ribbon to the battalion's Yellow Ribbon Room. Also present are her husband, Lt. Col. Andrew Preston, left, commander, 2nd Bn., 11th FA Regt., and Col. Malcolm Frost, commander, 2nd BCT, 25th ID, June 15.

Family Child Care offers parents, children in-home options

Story and Photo by
RITA HALL

Family Child Care, Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS – The Army's Family Child Care, or FCC, program has been in existence for decades, but there are still folks in the military community who are unaware that it is a viable child care option.

FCC matches trained Child, Youth and School Services child care providers with families.

FCC children are immersed in an array of entertaining activities from 6 a.m. until 5 p.m., like storytime, music and movement, arts and crafts, water play, games, cooking, drama, blocks, puzzles, outdoor play and outings.

FCC children are fed well, receiving a delicious and nutritional U.S. Department of Agriculture-approved family style breakfast and lunch, as well as a morning and afternoon snack.

Providers receive great support from FCC staff with continual in-house professional training and assistance. A wide array of toys and equipment are available to borrow from the FCC Lending Library, so the provider can set up a home child care environment.

Pam Murray is one such provider, here. Before relocating to Hawaii, she was employed as a child care provider in the private sector for 16 years. She said the FCC program compares favorably with child care in the private sector, and she believes FCC offers superior, quality child care and better educational opportunities and ongoing professional training.

Murray initially decided to become an FCC provider because she loves working with children, sought to create social experiences for her young son, wanted to earn an income while being a stay-at-home mom, and desired to support Soldiers by providing reliable, quality care for their children.

She said being an FCC provider is very rewarding as the provider is a positive role model for children, and she takes that role very seriously. Murray enjoys watching children grow and develop, knowing that she plays an important role by providing them with a safe, nurturing and fun learning environment.

For parents to have "peace of mind," knowing their children are safe, is important, she said.

"All you have to do is fill out a simple application, complete the state and federal background checks, and attend a one-week training that includes CPR, first aid and child abuse identification and reporting," Murray said, while describing the process to become a provider.

"You also undergo safety, health and fire home inspections, and pick out the toys and furniture you need from the FCC Lending Library," she added.

Murray said the FCC is a won-

derful career for military spouses who love children, want to be a positive role model, and have the patience to work with children from different backgrounds and experiences.

FCC providers are all trained professionals who are given the opportunity to expand their skills and knowledge through ongoing training.

The training credits help create a portable career that is applicable at any duty station.

For more information on Family Child Care and providers on Schofield Barracks, Fort Shafter, Aliamanu Military Reservation, Tripler Army Medical Center, Helemano Military Reservation and Wheeler Army Airfield, call 655-8373.



Pam Murray, child care provider with Schofield Barrack's Family Child Care Program, interacts with children in her care during small group activities. From left to right are Murray, Angel Slaton, Kaytla Domingo, Aydin Buchanan and William Slaton.



Courtesy Photo

The new Wilikina Community Center, located in the Wheeler Army Airfield Community, will be completed in the fall. Families will enjoy great amenities, including the swimming pool being built.

Wili Wili neighborhood taking shape

ARMY HAWAII FAMILY HOUSING

News Release

SCHOFIELD BARRACKS – Nearly 150 homes have been completed in Wili Wili with less than 100 to go to finish the neighborhood at Wheeler Army Airfield.

Also, families started moving into the Aloala neighborhood here this month where the first 24 new homes were completed. By summer's end, all 74 homes will be completed.

In addition to new homes, more than 750 homes at Schofield and Wheeler have been ren-

ovated, 324 of which are scheduled to be completed in both north and south communities in fiscal year 2011, which begins July 1.

Also, Wilikina Community Center, located on WAAF, is scheduled to open in September.

All Army Hawaii Family Housing community centers on Oahu have amenities that include a fitness facility open 24 hours a day, seven days a week; a large multi-purpose activity room; a fully loaded kitchen; and a movie theater.

The Wilikina Center will also feature a swimming pool.

Exercise is still possible with asthma

LISA YOUNG

U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — Asthma is a disease that affects the airways of the lungs, and exercise-induced asthma, or EIA, is acute airway narrowing or constriction either during or after exercise.

With asthma, the airways and bronchial tubes are extra sensitive to triggers that cause them to swell and the muscles around them to tighten, making it hard for air to pass through the airways. A trigger does not cause a person to be asthmatic, rather a trigger is something that sets off an asthma attack.

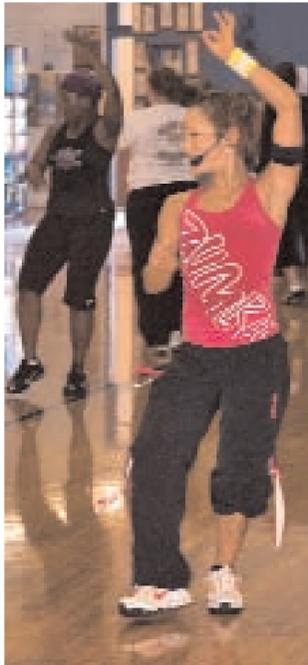
One of the things that can trigger an asthma episode is exercise. These asthma attacks generally peak in severity about five to 10 minutes after starting to exercise, and can continue for 20 to 30 minutes.

Symptoms of EIA include shortness of breath, wheezing, coughing and tightness in the chest.

The causes of EIA are not clearly understood, but are possibly due to changes in airway temperature, changes in airway dryness and congestion of the bronchial arteries. Breathing cold, dry air, like air conditioning, tends to make an asthma episode worse.

A person with EIA should continue to exercise as much as can be enjoyably managed, but under a physician's guidance.

It is important to take asthma medication before exercising, do



Lacey Justinger | U.S. Army Garrison-Hawaii

Shinobu Yagi-Robinson, Zumba instructor, leads a popular aerobics class at the Health and Fitness Center on Schofield Barracks. People exercising with asthma should consult their physician before joining an aerobics class and monitor their reactions to the exercise.

warm-up and cool-down exercises, and don't push to exercise at too high an intensity level.

Some exercise activities that are good to try are those that consist of



Additional information about exercise-induced asthma is available at:

- American Academy of Allergy, Asthma and Immunology, www.aaaai.org/patients/allergic_conditions/exercise_induced_asthma.stm;

- American College of Allergy, Asthma and Immunology, www.acaai.org/public/advice/excrse.e.htm; and

- Asthma and Allergy Foundation of America, www.aafa.org/display.cfm?id=8&sub=17&cont=168.

only short bursts of energy with periods of rest in between, such as swimming, walking, golf, slow biking and baseball.

It is best to avoid sports that require constant, heavy physical activity like long-distance running, aerobics, basketball, hockey and soccer.

Certain medications are tremendously helpful in managing asthma that is triggered by exercise.

A physician may prescribe a short-acting bronchodilator to take puffs of before and during exercise, as well as the use of long-acting reliever medicines.

The better asthma is controlled, the less EIA will be a problem.

Although EIA is frequently diagnosed in children, it is not unusual in adults.

Adults who exercise frequently at intense levels are also susceptible to other asthma triggers, such as tobacco smoke, air pollution, strong odors, allergens and occupational sources.

There are strategies that can reduce the incidence of an exercise-induced asthma attack, so exercise regularly and follow these "Do's" and "Don'ts:"

Do:

- Check with a doctor before starting a new or more advanced exercise program.

- Drink plenty of fluids before, during and after exercise.

- Use a bronchodilator before exercise or if asthma symptoms are noticed during exercise.

- Try to exercise indoors where the air is warmer and there are fewer triggers.

- Breathe in slowly through the nose to warm and moisten air.

Don't:

- Exercise when feeling tired or sick.

- Suddenly start and stop exercising – be sure to warm up and cool down adequately.

- Forget to monitor breathing to see how exercise is affecting asthma.

- Exercise on busy streets where air pollution is higher.

- Exercise on hot, humid days when ozone levels are high.



CONTINUED FROM B-2

Ongoing

K-Bay Air Show – Premium-seat tickets are now on sale for the Kaneohe Bay Air Show featuring the Navy's Blue Angels aerial demonstration team, games for the keiki, and BayFest music and food, Sept. 25-26.

Events and music are free and open to the public. Visit www.mcbh.usmc.mil/airshow, <http://twitter.com/kbayairshow> or www.kaneohebairshow.com.

Red Cross Service Center – The American Red Cross Service Center office on Schofield Barracks has re-opened in the Soldier Support Center, Building 750 on Ayers Avenue. Office hours are 9 a.m.-3 p.m., Monday through Friday. Call 655-4927.

YMCA Parent Participation Preschool – Wheeler Armed Services YMCA Parent Participation Preschool is hosting a program for children ages 3-4, designed to help preschool children make a smooth transition into the structure of kindergarten with parents right by their sides. Cost is \$30 a month, and classes are Tuesdays and Thursdays, from 9-11 a.m.

E-mail wheeler@asymcahi.org or call 624-5645.

Facebook – Get updates about U.S. Army Garrison-Hawaii events on Facebook at www.facebook.com/usaghawaii.

Sun exposure, ultraviolet rays damage skin, health

DR. WAYNE COMBS

U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — Ultraviolet rays are a part of sunlight that is an invisible form of radiation. There are three types of UV rays: ultraviolet A, B and C.

Scientists believe that UVA radiation can cause damage to connective tissue and increase a person's risk for developing skin cancer.

UVB rays penetrate less, but can still cause some forms of skin cancer.

Natural UVC rays do not pose a risk because they are absorbed by the earth's atmosphere.

Because light-colored sand reflects UV light and increases the risk of sunburn, Soldiers are especially vulnerable when in the field or deployed to places like Iraq or Afghanistan.

Soldiers and families that live in sandy areas like Hawaii are also vulnerable.

Sunlight exposure is highest during the summer, especially between 10 a.m.-4 p.m., and UV rays may reach exposed skin from the sky and from reflecting off the ground. This can cause

burns even on cloudy days.

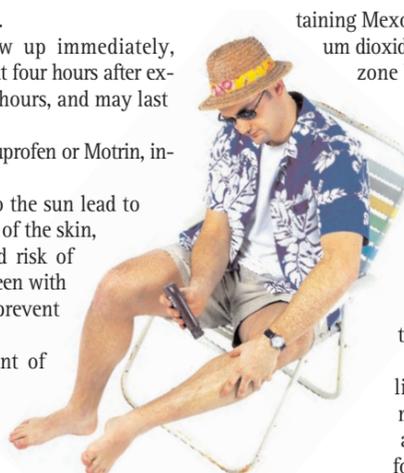
Sunburn does not show up immediately, symptoms usually start about four hours after exposure, worsen in 24 to 36 hours, and may last for three to five days.

Many drugs, including ibuprofen or Motrin, increase the risk of sunburn.

Years of overexposure to the sun lead to premature wrinkling, aging of the skin, age spots and an increased risk of skin cancer, so wear sunscreen with a minimum of SPF 15 to prevent sunburn.

SPF refers to the amount of time that a person will be protected from a burn. An SPF of 15 will allow a person to stay out in the sun 15 times longer than he or she normally would be able to stay without burning.

The SPF rating applies to skin reddening and protection against UVB exposure. SPF does not refer to protection against UVA. Products con-



taining Mexoryl, Parsol 1789, titanium dioxide, zinc oxide or avobenzone block UVA rays.

Sunscreen performance is affected by wind, humidity, perspiration and proper application.

Old sunscreens should be thrown away because they lose their potency after one to two years.

Sunscreens should be liberally applied. Use a minimum of one ounce at least 20 minutes before sun exposure. Special attention should be given to covering the ears, scalp, lips, neck, tops of feet and backs of hands.

Sunscreens should be reapplied at least every two hours and each time a person gets out of the water or perspires heavily.

Some sunscreens may be less effective when applied with insect repellents, apply sunscreen more frequently when the two products are used together.

Wear dark clothing with a tight weave to protect against sunburn, rather than light-colored, loosely woven clothing.

In addition to the skin, eyes can get burned from sun exposure. Long-term exposure to the sun can lead to cataracts and has been linked to the development of macular degeneration.

Wear sunglasses with almost 100 percent UV protection and with side panels to prevent excessive sun exposure and damage to the eyes. Hat brims provide additional protection for eyes.

There are several first aid steps for treating minor sunburn:

- Take ibuprofen, acetaminophen or Tylenol to relieve sunburn pain and headaches, and to reduce a fever.

- Drink plenty of water, take cool baths or apply cool, wet cloths on the burned area.

- Avoid further exposure to the sun until the burn has resolved.

Military members, families cut the waves

Story and Photo by
TECH SGT. COHEN YOUNG
Defense Media Activity-Hawaii

KAPOLEI – Active duty and retired military personnel living on the island of Oahu participated in an annual surfing competition, Saturday, with the support of the local community.

More than 600 spectators and beach goers looked on as 90 participants knifed their way through the waves of White Plains Beach, here, during the All-Military Surf Classic sponsored by Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation Department; Hawaiian Island Creations; and Quiksilver.

There were "Open" and "Military" competitions in the short and longboard categories, which were broken down even further by age groups.

There was an overall service competition.

To the surprise of some, the Navy did not win, as the Army had more participants and thus won the overall service "Top Branch Award."

"We came out in force this year and really ripped the waves that were on hand," said Col. Mike Donnelly, U.S. Army-Pacific and a competitor in the Open and Military longboard categories. "Enlisted, officers and retirees – you name it – we had it. Our team stood out, gaining a majority of the team points to capture the top award."

Although all five services were represented in the competition, some individuals dominated

their service, as well as the others in competition.

U.S. Army Capt. Chris Defiori, 1st Battalion, 27th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, won the military longboard for ages 17-29.

U.S. Navy diver Chief Jason Tangalin won the Open and Military shortboard competition for ages 30-39. Tangalin also placed in the longboard portion for the same age group.

"I'm stoked to win this competition and represent my service," said Tangalin, a 14-year Navy veteran.

Individual awards weren't based on tricks and skill alone. It was also helpful to be able to ride the wave inward as far as possible.

"In the pro competitions tricks are good, but distance is a factor here," said Jack Shipley, head judge. "Guys that take off on the outside and ride it all the way into the beach do pretty well."

Additionally, many families enjoyed the competition as children also competed in the short and longboard portions of the contests.

"This is our first time competing. For our family, it was a nice opportunity to actually compete against other military service members and have a super time at the beach," said Lt. Col. Donald Brown, 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID, who is getting ready to deploy soon. "Just before leaving, this is a nice way to remember Hawaii, the kids and what we have to look forward to when we get back."



Col. Mike Donnelly, U.S. Army-Pacific, rides a wave inward during an All-Military Surf Classic hosted by Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation Department; Hawaiian Island Creations; and Quiksilver, Saturday. More than 90 active duty and retired service members and their dependents competed in the seventh annual surfing event at White Plains Beach in Kapolei.

"This is a fun day out here for these guys and their families, and I'm happy to be out here supporting them," Shipley said.

The most important part of the event was that the community recognized service members for what they do every day.

"I think it's good to do events like this because

they are important and it lets the military know that we support them and believe in their mission; we're out here celebrating that," Shipley said.

(Editor's Note: Randy Dela Cruz from Joint Base Pearl Harbor-Hickam's Hookele newspaper contributed to this article.)



Today

Fun Run – Register for the Fourth of July celebration 5K and the children's 1-Mile Fun Run by June 25.

The 5K Run is at 9 a.m., and the 1-Mile Fun Run is at 10 a.m., July 4, at Sills Field on Schofield Barracks.

The 5K entry fee is \$20. A T-shirt is included with all 5K preregistrations.

No entry fee is charged for the 1-Mile Fun Run, which is for children 12 years or under. All Fun Run finishers will receive ribbons, and Fun Run T-shirts are \$10.

E-mail michael.e.kim@us.army.mil or call 655-9650.

26 / Saturday

Kayak I – Are you an adrenaline junkie or just love the outdoors? Spend half a day, June 26, at various beach-

es around this beautiful island kayaking. Classes are available in three skill levels, as well as in kayak fishing.

The cost is only \$49 per person. Call 655-0143.

27 / Sunday

Stand-Up Paddleboard – Have the guts to learn something new? Take a stand-up paddleboard lessons June 27. We can help with equipment rentals. Sessions are only \$54 each. Call 655-0143.

July

6 / Tuesday

30 and Older Basketball – Got skills on the basketball court? Enter by July 6, at 4 p.m., for 30 and Older Basketball, which is open to battalion and company level active duty, Reserve and National Guard units stationed in Hawaii.

An organizational meeting will be held at 2 p.m., July 9, room 100, building 556, Schofield Barracks. Call 655-0856.

Ongoing

Free Ladies Golf Clinic – Learn the basics of golfing at a free ladies golf clinic.

This clinic is offered the first Saturday of each month, from 2:30-3:30 p.m., at the Leilehua Golf Course Driving Range. Call 655-4653.

Ladies Fitness Classes – Cardio Step and Circuit, and Vinyasa Power Yoga classes are offered at the Fort Shafter Physical Fitness Center.

Beginner-through advanced-level yoga classes are Tuesdays, 9-10 a.m., and cardio classes are Thursdays, 9-10 a.m. Call 438-1152.

Volleyball & Racquetball – Learn basic skills and techniques from experienced instructors, Tuesdays and Thursdays, 8:30-10 a.m., at Martinez Physical Fitness Center, Schofield Barracks.

Courts will be open for free play across the street from the facility. Call 655-4804.



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

26 / Saturday

Raging Isle Sprint – Join the Surf 'n Sea Swim Series, June 26, 9 a.m., for a one-mile swim from Sunset Beach to Ehukai Beach Park in Haleiwa. Visit www.hawaiiiswim.com.

27 / Sunday

Firecracker Sprint Triathlon – Test your athleticism and endurance with a 500-meter swim, 13.4-mile bike ride and a five-kilometer run, June 27, 6 a.m., Nimitz Beach at Barbers Point.

The race will have two waves of contestants, three minutes apart. First wave is all individual men. Second wave is all women, relays and the military division competitions.

To be eligible for the Military Division, you must be an active duty service member.

The top three military will be removed from the military division age groups to receive awards. All the remaining military entries will be eligible for the individual male or female awards in their age group. Visit www.firecrackersprinttri.com.

July

4 / Sunday

Runway Run – All of Oahu is invited to get physical and enter the Runway Run, 7 a.m., July 4, at Marine Corps Base Hawaii, Kaneohe Bay.

The Commanding Officers Fitness eries race starts and finishes at Hangar 104, and takes runners along the MCBH flightline, catching glimpses of historical Pyramid Rock.

Awards will go to the top three finishers in various age groups, and to the top three overall male and female finishers in the Runway Run.

Visit www.MCCshawaii.com/cgfit.htm.