

HAWAII ARMY WEEKLY

Vol. 33 No. 42

Serving the U.S. Army community in Hawaii

October 22, 2004

What's Inside



SEA LIFE PARK B-1
Briefs A-4, B-2
Fallen Soldiers A-8, A-9
Redeployment News B-3
Sports B-8, B-9

News briefly

New at Crossroads Coffeehouse
Mark Teves and friends will be in concert at the Crossroads Coffeehouse, Friday, at 7:45 p.m. at the Ka'ala Recreation Center, Schofield Barracks. Come out and enjoy the sounds of island music. The event is free and open to everyone. For more information call Chaplain Conway at 655-9355.

Army Hawaii Women's Volleyball Teams Wanted
Schofield Barracks, Helemano, WAAF, TAMC and Fort Shafter Active duty female Soldiers and wives of active duty Soldiers Army (battalion level) within the geographical limits of Hawaii are allowed to enter one team. All entries must be received by the USAG-HI Sports Office, building 556, Stop 112, Schofield Barracks, before close of business this Monday. First meeting will be at 1:30 p.m., Oct. 25 at the Ka'ala Recreation Center, building 556, Schofield Barracks. For more information call U.S. Army Garrison, Hawaii Sports Office at 655-0856 or 655-0101 Send e-mail to irvineba@schofield.army.mil

Fall Festival
A Fall Festival will be held at Hale Kula Elementary School, Schofield Barracks Saturday from 10 a.m. to 2 p.m., rain or shine. This family activity will include games, prizes, food, entertainment, silent auction, static displays and much more. Vendors, crafters, and FRGs wanted, booth price is \$20. Contact Andrea at 624-1110 for information.

Halloween Blood Drive on AMR
Oct. 28, 9 a.m. to 1 p.m. at the Tripler Army Medical Center blood donor center will be having a Halloween Blood Drive at the AMR Physical Fitness Center. Parents with children are welcome and there will be treats for the children. For more information call Pfc. Curtis or Spc. Restrepo at the Tripler Blood Donor Center at 433-6148, or 433-6195.

Annual Anti-terrorism Exercise from Nov. 1-18
Exercises will be accomplished through a series of short notice, one day situational training exercises. The Anti-terrorism office and U.S. Army Garrison Hawaii are endeavoring to create an exercise with minimal impact on the community's activities while protecting families, installations and islands from acts of terrorism. Call Robert C. Marsh at 655-5212 for more information.

Halloween 'trick or treating' hours
Official Halloween hours are Sunday, Oct. 31, from 5:30 - 7:30 p.m.

Four Schofield Soldiers killed

25th ID (L) Public Affairs

Two aviation Soldiers died in Baghdad, Iraq Oct. 16 and two infantrymen were killed in Afghanistan Oct. 14.

Capt. Christopher B. Johnson, 29, of Excelsior Springs, Mo. and Chief Warrant Officer William I. Brennan, 36, of Bethlehem, Conn. died when their OH-58D helicopter collided with another helicopter and crashed.

Both Soldiers were assigned to Company C, 1st Battalion, 25th Aviation Regiment.

Staff Sgt. Brian S. Hobbs, 28, of Mesa, Ariz., and Spc. Kyle Ka Eo Fernandez, 26, of Waipahu, Hawaii were killed and three others wounded while on patrol when an improvised explo-



Chief Warrant Officer William I. Brennan

sive device destroyed their Humvee.

Both Soldiers were assigned to Co. C, 2nd Battalion, 5th Infantry Rgt.

Johnson was the commander of Co. C, 1st Bn., 25th Avn. Rgt. and a pilot. He entered the Army in

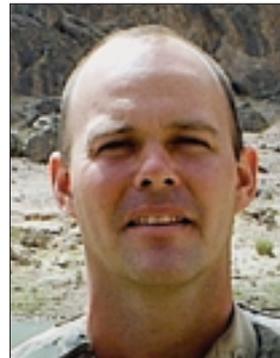


Cpl. Kyle Ka Eo Fernandez

June 1998 and was assigned to the unit since October 2003.

Brennan was a helicopter pilot and was assigned to the same unit since July 2003.

Of the wounded Soldiers, two were immediately evac-



Staff Sgt. Brian S. Hobbs

uated to the U.S. military hospital in Bagram and were in stable condition.

The third wounded Soldier was evacuated immediately to a U.S. military hospital in Kandahar and was in critical condition.

All three have since been



Capt. Christopher B. Johnson

evacuated to Landstuhl Regional Medical Center in Germany.

The incidents are under investigation.

(See stories on Soldiers' prayer services on page A-8 and memorial service on page A-9)

Rumsfeld visits 25 ID (L) Soldiers



By Spc. Sean Kimmons

Secretary of Defense Donald H. Rumsfeld, greets Maj. Ardrelle Evans, the S1 of 2nd BCT, as he leaves Kirkuk Air Base on Oct. 10.

By Spc. Sean Kimmons
25th ID (L) Public Affairs

KIRKUK AIR BASE, Iraq – Secretary of Defense Donald H. Rumsfeld spoke with 2nd Brigade Combat Team leaders, Iraqi Security Force troops and the 1st Infantry Division commanding general during a short visit here on Oct. 10.

Maj. Gen. John R.S. Batiste briefed Rumsfeld on the 1st Inf. Div. military operation in the city of Samarra while Col. Lloyd Miles, commander of 2nd BCT, presented a brief on his Brigade's area of operations.

Miles told Rumsfeld that insurgent attacks had decreased within the area since July. He also said Iraqi Security Forces in the Kirkuk area have improved and recently executed offensive operations on their own.

Rumsfeld later turned his chair around inside 2nd BCT's conference room to discuss Kirkuk's ISF situation with its leaders who were sitting behind him.

He also met a formation of ISF troops and presented their work with his coin before leav-

ing the base to his next stop on a UH-60 Blackhawk helicopter.

Throughout the day, Rumsfeld visited military leaders, U.S. Ambassador John D. Negroponte and interim Iraqi Prime Minister Iyad Allawi. He held a question-and-answer forum on Al Asad Air Base where more than 1,500 Marines attended inside the western Iraq base.

Rumsfeld also had dinner with South Korean soldiers who provide combat and support forces around the city of Irbil, north of Kirkuk.

According to an Associated Press article, the reason behind Rumsfeld's Iraq tour was to determine efforts to calm violence ahead of January elections.

Rumsfeld warned that violence would probably continue in the coming months as insurgents attempted to destabilize Iraq before January's scheduled parliamentary election. He doesn't expect the U.S. to decrease troop levels before then, the AP article stated.

This was the first visit Rumsfeld has made to Iraq since the transfer of sovereignty in June.

U.S. Commander: Afghan Elections 'significant milestone,' said Army officials

By Samantha L. Quigley
American Forces Press Service

WASHINGTON – The Afghan presidential election on Oct. 9 represented a significant milestone on the country's road to a brighter future, the U.S. general in charge of coalition forces there said.

The first election in 40 years and the first truly democratic election in Afghan history was a monumental accomplishment by any measure, Army Lt. Gen. David Barno said during a press conference in the Pentagon.

"After suffering decades of war and oppression, Afghanistan experienced the freedom of choice that democracy brings," said Barno, who heads Combined Forces Command Afghanistan. "Through the success of the election, the Afghan people demonstrated their courage and resolve to the world. Voter participation on that historic day was inspiring by any standard."

He said current projections indicate that nearly 8.4 million Afghans voted. That number includes more than 800,000 voting from Pakistan and Iran.

Terrorists tried intimidation tactics and threatened violence. The Afghan people, however, were determined to decide their future – so much so that people reportedly waited in lines 2.5 kilometers long just to cast a ballot in an area of Kandahar province, Barno said. There were reports of lines forming in the cold and snow at 3 a.m. and people waiting four hours for the polls to open in the mountains. They ignored rockets that landed nearby and refused to be driven away, he said.

"These efforts will forever remain a testament to the will and perseverance of each Afghan citizen, man and woman, that made their voice heard that day in a call for freedom and democracy for themselves and future generations," Barno said. "By gathering peacefully, waiting patiently, and casting their individual votes, the Afghan people determined their future would be one of their own choosing and not one forced on them by others."

"They delivered a clear message to the terrorists who sought to deny them that future, a message that has been heard around the world," he said.

Barno also praised the many organizations that contributed to the safety and security of the



Robert D. Ward

Lt. Gen. David W. Barno, commander of Joint Forces Command Afghanistan, briefs reporters at the Pentagon, Oct. 19, 2004, on operations conducted in support of the recent Afghan elections.

elections, including the Afghan National Police and Afghan National Army. They deserve special recognition for their efforts around the country that permitted Afghans to cast their ballots in an environment free of violence, he said.

In the week leading up to the elections, Afghan and coalition forces discovered and stopped dozens of potential attacks, seized nearly 60 improvised explosive devices, recovered ordnance, and arrested 22 individuals carrying weapons, munitions and explosive devices, he said.

"The overwhelming success of their efforts and of the election as a whole represent a significant defeat for the Taliban and al Qaeda and a significant victory for the millions of Afghans who chose to embark on a great journey to freedom and self-determination," Barno said.

New law states 'no more floating checks'

By 1st Lt. Bundhit Intachai
Staff Judge Advocate Office

Beginning Oct. 28, a new law goes into effect that allows all checks to be cleared within minutes, pulling money from bank accounts immediately, regardless of the day or time. This law, Check 21, presents challenges to consumers who are used to "floating" checks.

Becky McBride remembers the days when floating a check was a common occurrence.

"When we were younger, we lived to float checks and we were thankful we had the extra days before

the check would clear. Now, we don't worry about it, but I expect that young Soldiers will be impacted by the inability to float checks," McBride said.

"For young Soldiers, money is tight. I wish there was a grace period so Soldiers would not be adversely affected financially," she added.

This grace period in checking is known as "float time" and it has safeguarded the American check writer from overdraft and overdraft charges ever since the inception of the checking system.

However, come Oct. 28 the system as we now know it changes in a dramatic way. As of this date, it will no longer be possible to float a check and

Soldiers' reliance on float time may have a devastating financial impact on families.

"More than likely, we will see an increase in bad checks written because of the new system," said Juanita McKeown, financial readiness program manager for Army Community Service.

When a retailer receives a check, an electronic scanning process will instantaneously clear that check and withdraw the appropriate funds from the bank account. The system will know if a check is good right away and will honor or dishonor payment.

See "Checks" Page A-10

The Hawaii Army Weekly welcomes letters and commentaries from readers. To submit call the editor at 655-4816 or e-mail editor@hawaiiarmyweekly.com.

The deadline for articles is the Friday prior to the week of publication. Send all articles in Microsoft Word or text format.

OPINION & COMMENTARY

Triumphing over breast cancer

Commentary

By Rosalyn Valdez
Contributing Writer



Courtesy photo

Rosalyn Valdez after undergoing surgery to remove both breasts that were infected with cancer. She begins chemotherapy this month.

Friends and Family,
First of all, I'm not going to die. Having said that, I have treatable breast cancer in my right breast. I've dealt with this very privately up until now, mostly because we don't want to explain cancer to the little ones until we have to tell them. Keeping it private has helped me stay calm.

We caught it somewhat early. It's considered stage one for now. The CT scan showed that the cancer hasn't spread to any organs. The tumor is big enough (1.7cm) that I'll need chemotherapy and radiation.

I've also just learned that this tumor is estrogen receptor positive, which means that it will respond well to hormonal therapy, so I guess I have to go through that too.

Of course, this came as a complete shock. I saw the doctor for a lump, which is what you're supposed to do. The doctor ordered a mammogram and an ultrasound. Would you believe that the mammogram came back negative? I've since learned that mammograms don't usually detect this kind of cancer. Fortunately, the ultrasound did reveal an irregular mass, so the next step was a biopsy.

Even after all that, my husband and I didn't possibly think that it could be cancer. I've given you the facts. Now if you want to know how I really feel about the whole deal, keep reading.

I suspect that most of you silently reacted to my news in the following way: "Breast Cancer?! But her breasts are so small!" Admit it; you know that you did. Don't feel bad because that's what I thought too. I thought that my small breast size would protect me from breast cancer, but apparently, that's a myth. In a weird way, yes, this legitimizes my breasts as breasts, as if nursing my four babies to good health hadn't already done so!

As you can see, I'm obviously not too worried about dying. So what does all of this mean to me? For me, breast cancer has very little to do with mortality and everything to do with sexuality, and I'm not just talking about my tired, worn-out breasts.

My breasts have never really defined my sexuality. Let's face it. My breasts do add to the whole experience of life and love though. I never really thought that I had much to lose until I actually thought about losing them.

Fortunately, the choice between lumpectomy with radiation and mastectomy without radiation was mine to make. For the time being, I've chosen to deal with the current cancer and preserve the breast with a lumpectomy. Even still, I will likely walk away from the operation with a disfigured breast.

My husband, Greg, said, "Oh, it won't be that bad. They're just going to take about an inch."

When you start with 32 inches, an inch might as well be a

mile. It's hard enough finding a 32A; try finding a 31A.

(For years, I kidded myself into thinking that I was a 32B, but after a while, I got tired of the slack, much in the same way that I got tired of stuffing my size 7 foot into a 6 1/2 shoe.)

Anyway, I thought that I had worked through all my breast issues as a young teenager, but as you can imagine, the life of my breasts flashed before my eyes with this news. Quite honestly, I have a healthy body image and I love my body. In some ways, I like the fact that I can still turn heads without big breasts. I don't think that my breast size kept me from getting dates, but maybe it did. Of course, I eventually snagged a good husband.

Greg seems happy enough. I know that my health is more important to him than my sexuality. He'll love me no matter what - blah, blah, blah. Will the hormone therapy rob me of my sex appeal? Who's going to flirt with me when I'm bald and sickly from chemo treatments?

So, what is the reason? Why does a healthy 37-year-old

get breast cancer? The question isn't, 'Why me?' It's more like, 'How could it be me?' I have absolutely none of the risk factors. I don't smoke. I don't drink.

I suspect that the reasons are hormonal. I had three miscarriages after (first son) was born. Maybe the hormonal problems that caused the miscarriages are the same hormonal problems that caused the breast cancer. Maybe the progesterone that I took to maintain my last three pregnancies caused it.

I don't have a family history of breast cancer, with the exception of a paternal great aunt. I have taken a genetic test; I won't know the results of that for a few weeks. If the test reveals that this is indeed genetic, then I might have to consider a double mastectomy and an oophorectomy [ovaries removed].

So, tomorrow, Wednesday Sept. 8, Greg will deliver me to that pink castle in the sky. If you live here, you'll know I mean Tripler Army Medical Center. I feel so confident that the routine operation will occur without incident. I will spend the night there, and the hospital stay will give me a rest.

As I've said, you don't have to worry about me dying. I sometimes wonder if this will take me down in the end, but thank God that we've caught this in time for now.

I guess everyone reacts differently, but I just don't feel like I belong to that breast cancer club, even though I very much do. I'm certainly not a strong person. I just really don't think that this is such a big deal in my case. It's not like I have one of those "I'm going to beat this thing" attitudes.

I guess I'm just trying to keep everything as normal as possible, which is why I don't want my relationships to change. Don't treat me any differently than you've treated me over the last year. I don't want the kids to be confused by out-of-the-ordinary phone calls. I really don't want any sympathy. I'm very serious about that.

That's what breast cancer means to this 37-year-old. I'm sure that it means something entirely different to a 60-year-old woman. As Greg would say, I'm not going to pretend like this news doesn't bother us. But, it could be a lot worse: It could be a lung, a leg, an arm, a liver or a brain. At least I don't really need my right breast much anymore. I breast fed each of my kids for about nine months each. That's a total of three years. Anyway, it is what it is.

(Editor's Note: This letter is from Roz to her family and friends explaining the news of her breast cancer. The content was edited for length and privacy, but Roz's intent remains clear: Don't coddle me, feel sorry for me, or act differently because I have breast cancer.)

Since this letter was written, Roz underwent a double mastectomy Oct 6. The tumor was 3.5 cm, double the original estimate. The cancer had spread to five lymph nodes, genetic testing was negative, and she is now a category III breast cancer patient.

She begins chemotherapy this month followed with radiation therapy in six months. As before, her attitude is incredible, her courage unflinching, and her spirit undaunted.

October is Breast Cancer Awareness Month. Take charge of your breast health; schedule a clinical exam today.

Joy Boisselle contributed to this article. See page B-4 for more breast cancer awareness information.)

Voices of Lightning

Why is Make A Difference Day important?



"It is a day of national volunteerism where everyone has the opportunity to come together as a community and give back to organizations. Volunteers learn about the organizations and they are helping out the organization, too."

Dee Athey, Family Member,
DCA Family Advocacy



"It is a day for people to work together to make a difference in their communities. The focus is on areas that need cleaning up and it helps people to appreciate their communities."

Sabrina Ehia,
Civilian Employee



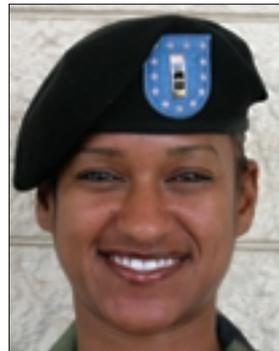
"It is important because it encourages people to get involved in their community and learn about the different services in their community."

Amber Triebull,
Civilian Employee



"It is important because it is a chance for the military to give back to their community. Since we are only stationed here, we are guests of the state. It shows what we can do outside of military operations."

Master Sgt. Julio Gordon
HHC 25th ID (L)



"It is a chance for all Soldiers, regardless of rank, to give an invaluable service back to the community."

Chief Warrant Officer Nicole Woodyard
HHC DISCOM



"It is important for the military to get involved in the community and it helps make the community better. It helps young Soldiers get involved in causes that make a difference and it also makes an impact on the Soldier."

Staff Sgt. Brian Moore,
196th Infantry Brigade

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

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

The Hawaii Army Weekly is printed by The Honolulu Advertiser, a private firm in no way connected with the U.S. Government,

HAWAII ARMY WEEKLY

under exclusive written agreement with the U.S. Army, Hawaii.

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

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital sta-

tus, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer will refuse to print advertising from that source until the violation is corrected.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army, or The Honolulu Advertiser, of the firms, products or services advertised.

Commander
Col. Michael McBride
Public Affairs Officer
Capt. Kathleen Turner
Command Information Officer
Ed Aber-Song
Editor
Sharee Moore
Staff Writers
Joy Boisselle
Spc. Charles Hayes
Layout
Sueann Carter

Editorial Office: 655-4816/8728
Fax: 655-9290

E-mail: e-mail the HAW direct at editor@hawaiiarmyweekly.com or ed.aber-song@schofield.army.mil
Address: Public Affairs Office
Bldg. 580, Stop 215
Schofield Barracks, HI 96857

Web site:
http://www.25idl.army.mil/haw.asp
Advertising: 521-9111

Briefs

Schofield Barracks and Shafter ID Card Sections Close – On Nov. 12 Schofield Barracks and Fort Shafter ID card sections will be closed. Normal business hours will resume at 7:30 a.m. Nov. 15. For more information, call Master Sgt. Constance Ceasar at 655-2959.

SAEDA/OPSEC Briefs in November – The Hawaii Resident Office, 205th Military Intelligence Battalion will present community subversion and espionage directed against the army and operations security briefs in November at Fort Shafter, Schofield Barracks and at Tripler. Soldiers and D.A. civilians are required to receive a SAEDA brief at least once a year. Dates and locations are as follows:

Nov. 15, 10 – 11 a.m. at Kyser Auditorium, Tripler

Nov. 17, 10 – 11 a.m. at Sgt. Smith Theater, Schofield Barracks

Nov. 30, 2 – 3 p.m. at Richardson Theater, Fort Shafter

Contact your unit security manager for more information or call the 205th MI Bn. at 438-1872 or e-mail 205mihro@shafter.army.mil.

Tricare Special Pharmacy Bulletin – In the transition to a new retail contract beginning on June 1 some patients and providers may have been inconvenienced by the enforcement of Tricare's long-standing mandatory generic drug policy. While the Department of Defense seeks documentation that may have been previously submitted to validate medical necessity, any beneficiary who has received a brand-name product when a generic alternative exists within 180 days from the date of the extension, (from Dec. 21, 2003 through June 18, 2004), will be allowed to continue receiving the brand-name product for a grace period of 180 days from June 18. (This timeframe was extended on Oct. 13 for an additional 60 days, a total of 180 days, and now expires Dec. 12, 2004.)

For more information about the Tricare Pharmacy program, visit the Tricare pharmacy Web site at www.tricare.osd.mil/pharmacy/ or call (877) 363-6337.

AMR Chapel "Hallelujah Night" – Will be held Oct. 31 from 5:30 – 7:30 p.m. at AMR Chapel. The chapel will provide two hours of games, prizes, devotions, music, and fellowship. The continuing goal at AMR Chapel is to provide a wholesome, spiritually oriented program for toddlers, children, pre-teens, teens, and other family members called "Hallelujah Night."

The program is designed to enhance morale, provide spiritual food for thought, allow chapel members to exercise the gift of giving, help families create a lasting memory, and praise the Lord. Register at the chapel during duty hours and on Sundays. For more information and registration contact AMR Chapel at 836-4599.

The Schofield Barracks Military Police Found Property Office – has several items in its possession. You will need to provide valid identification, a detailed description of the property, and proof of ownership to retrieve lost or stolen items. The Found Property office is located at the Provost Marshal Office, Bldg #3010 Lyman Rd. Schofield Barracks. Hours of operation are Monday through Friday 7 a.m. - 3 p.m. daily. If you have items that have been lost or missing, you can contact SSG Bunda or Mr. Roberts at 655-7114.

Commissary Now has Internet Coupons – The Defense Commissary Agency is helping customers increase their savings by making Internet coupon links available under a new section at the links page at www.commissaries.com.

"Although we sell groceries at cost, we are always seeking new resources to help our customers increase their savings," said Patrick B. Nixon, chief

D.A. Soldier of Year competition



Timothy L. Hale

Staff Sgt. Stephen Mudge, the U.S. Army, Pacific Noncommissioned Officer of the Year, right, looks over a sergeant's vehicle dispatch to ensure there were no deficiencies in the D.A. NCO of the Year competition in September. Sgt. Andrew J. Bullock, representing TRADOC won the competition. Spc. Wilfredo A. Mendez, representing U.S. Forces Korea, won the D.A. Soldier of the Year title.

By Travis Edwards
Fort Lee Public Affairs

The Army's third annual Soldier and Noncommissioned Officer of the Year competition, which took place Sept. 12-17 at Fort Lee, Va., is not your everyday soldiering test. Almost two-dozen of the Army's finest troops, representing the Army's major commands, competed in this challenging event.

Representing the U.S. Army, Pacific in the competition were the USARPAC NCO of the Year Staff Sgt. Stephen Mudge, 25th

Military Police Company, 25th Infantry Division (Light) and U.S. Army, Hawaii, and USARPAC Soldier of the Year Spc. Gabriel Martinez from the U.S. Army Japan.

During the week-long event, Soldiers tested their brawn and brains in several areas, which were a compilation of normal military events and simulated combat tasks.

For Mudge, the road to the DA level competition was a long and sometimes difficult one.

"Everything started about a year and a half ago," he said. "When I went to my first

board, I never thought I'd ever get to the point of being able to represent USARPAC in the competition. By the time I had become the brigade NCO, I decided to try and go for it all."

The journey to his ultimate destination was not a solitary one though.

"So many people helped me along the way, and without their support it would not have been possible for me to have accomplished everything that I was able to do," Mudge said.

(U.S. Army, Pacific Public Affairs Office contributed to this story.)

executive officer for DeCA. "As the trend toward Internet coupons grows, this section of our Web site will continue to grow as well."

Along with top Web sites for military grocery coupons, the new section has a link to a new site that offers a choice of English or Spanish; and for customers who prefer more traditional coupons, another link offers commissary shoppers the opportunity to sign up for coupons by mail.

Time Off For Voting Policy – In accordance with DoD Regulation 1400.25-M, excused absence may be granted to permit an employee to report to work three hours after the polls open or leave work three hours before the polls close, whichever involves less time away from work. For example, if polls are open 6:30 a.m. to 6:30 p.m., an employee with duty hours of 9 a.m. to 5:30 p.m. may report to work at 9:30 a.m. The 30 minutes of excused absence would permit the employee to report to work three hours after the polls open.

PWOC Meeting Location Change – Protestant Women of the Chapel meetings are now held each Tuesday morning at 9 a.m. in the sanctuary of the Schofield Barracks Main Post Chapel. Pre-arranged on-site child care is provided. For child care contact Sonya at 455-4011. For more information about the PWOC, contact Effie at 624-8251.

2005 All Army Sports Application Deadline Dates – Men's and women's sports: Bowling Nov. 1; Boxing Nov. 2; Cross-Country Nov. 29; Wrestling Dec. 15; Taekwondo Mar. 5; Triathlon Mar. 11. Men's sports: Volleyball Mar. 5. Women's sports: Soccer Feb. 14; Volleyball Mar. 19. Athlete appli-

cation, DA Form 4762-R January 2001, must be signed by the Soldier's commander and submitted to the U.S. Army Garrison, Hawaii installation sports director. Applications are available at all Army Hawaii gyms. Obsolete editions are not accepted. The sports office is located in the Ka'ala Recreation Center, building 556, Schofield Barracks. For more information call 655-9914 or 655-0101.

OCS Selection Board – The next D.A. Officer Candidate School Selection Board is scheduled to convene the week of Jan. 24. Soldiers who wish to be considered by this selection board must submit their applications through command channels to Military Personnel Division, D.A. Boards Section, Trailer 14, Room 4, on Ayers Ave, Schofield Barracks Nov. 1-18. The Installation Structured Interview Panel will convene Dec. 6 to interview qualified applicants. Specific interview dates, times, and location will be provided to each individual applicant. Eligibility criteria and application procedures are outlined in AR 350-51. For more information call Nan Lucero at 655-4511 or Corinne Queja at 655-1845.

Free Packing Materials – spouses and families of military members who are deployed overseas can get free packing materials from the postal service. To take advantage of this service call: 1-800-610-8734 and (press 1 for English and then 3 for an operator) and they will send free boxes, packing materials, tape and mailing labels. These products are to be used to mail care packages to service members. Log on to supplies.usps.gov Call the 1-800-610-8734 to receive priori-

ty mailing tape. Some of the items available online are: Box 7-12x12x8, Box 4-7x7x6, 106A

Labels, Form 2976A - Customs Form, Form 2976E - Envelope for Customs Form.

Honolulu Symphony – All military personnel are invited to save 20 percent when they purchase tickets to Honolulu Symphony shows. For a complete listing of show times and more information on the military discount, go to www.ticketmaster.com/promo/7463.

Annual Spookfest Fundraiser on Wheeler – The annual Spookfest celebration will be held Thursday, Oct. 28, from 6 – 7:30 p.m. at the Armed Services YMCA on Wheeler Army Air Field. This is a friendly fall festival designed for pre-school children. Come in costume and play games, win prizes and make crafts. Snacks and drinks will be available. Plan to join us during this "spook-tacular" fundraising event to support the Play Morning Program. There will be an admission charge of less than \$2. Call Dela LaFleur at 624-5645 for more information.

Blood Donations Needed – The Tripler Army Medical Center Blood Donor Center is located on the hospital's second floor, Oceanside and is open Monday through Friday, 8 a.m. to 2 p.m. Call 433-6148.

The Welfare Committee of the Fort Shafter Hui O Wahine serving Fort Shafter, Tripler, AMR, and Camp Smith is currently accepting requests for financial assistance. In accordance with Hui's constitution, only requests submitted from charitable, educational or commu-

nity organizations will be considered. Requests must include the organization's name, point of contact with phone number, and the amount of funds requested and how they will be utilized.

Deadline for requests is Nov. 1, 2004. Distribution of funds will take place by Nov. 15, 2004. For more information contact Marcella Heilig at 833-1834. Mail requests to Fort Shafter Hui O Wahine, Welfare Committee, c/o Marcella Heilig, Hale Ikena: Building 710, Fort Shafter, HI 96858

Off-post Loaner Furniture Program Discontinued – The on-post loaner program has not changed. Those who have loaner furniture and live off-post can continue to use the borrowed furnishings until the 90-day period is up or household goods arrive. All incoming military are encouraged to bring washers and dryers in household goods shipment. Contact the DPW Furnishings Section at 655-1131 or Kelli Wilson, community relations specialist, at 275-3122.

Free Money for College – The Maj. Gen. James Ursano Scholarship Fund helps Army families with the costs of undergraduate level education, vocational training, and preparation for acceptance by service academies for dependent children. Funds can be used for tuition, fees, books, supplies, and on or off campus housing. Eligibility: Applicants must be dependent children of Army Soldiers on active duty, retired or deceased while on active duty or after retirement. The children of Gray Area Retirees are also eligible. Deadline is March 1.

For more specific information

about deadlines and documentation (students may apply online after Nov. 1) visit Army Emergency Relief on the Web at www.aerhq.org. Call (703) 428-0035 or e-mail education@aerhq.org.

Abuse Shelter Open – The Joint Military Family Abuse Shelter provides a safe place to stay, food, clothing and personal care items, transportation, child care, crisis counseling, information and referral, advocacy, education, safety planning, and a 24-hour shelter and crisis hotline. All services are free and open to all branches of the military. Call the 24-hour crisis line 533-7125 for information or to talk to a support counselor.

Military Council of Catholic Women – MCCW meets each Thursday at AMR Chapel from 9 to 11:30 a.m. It begins with Mass and continues with fellowship and Bible study. Child care is free for those attending. Call Elsa for a child care reservation at 833-8175. Children must be registered for the Chapel STACC Site which is free.

Thinking about leaving the Army? – The Army Career and Alumni Program can help with the decision. What the Army offers, may be better than one thinks. Find a job that's a right match. Skills assessment, job search techniques, access to job openings are all part of the ACAP process. Counselors can help translate experiences and skills into job market language and determine one's fair market value. ACAP shows how to put the best foot forward with interview techniques, salary negotiation, dress for success, networking, and more. For more information, visit the Schofield Barracks Aloha Center, building 690, 3rd Floor, Room 3H or call 655-1026.

Nine Soldiers awarded Purple Heart

By Sharee Moore
Editor

"I had both legs broken after getting ejected from the Humvee, landing into a ditch, dragging myself from the ditch and repositioning both my legs," explained Spc. George Perez III of the 1st Battalion, 27th Infantry Regiment.

Perez is one of nine Soldiers awarded the Purple Heart Medal during a ceremony held at Sills Field, Schofield Barracks, Hawaii, Oct. 13.

This is "A pretty diverse group, but a group with something in common that will stay with them and identify them for the rest of their lives," began Lt. Gen. John M. Brown, U.S. Army Pacific commander.

"These nine Soldiers have made an investment in our country, an investment on behalf of all of us standing here today and every citizen of our great nation.

"They were asked to stand for their nation they did and they made the sacrifice necessary to make that so significant and so important," Brown said.

Brown described their experiences as, "that sudden flash, that immediate action, that looking out for my buddies-how's-the-rest-of-my-team-doing? That realization that wait a minute I'm hit. I'm the guy that got it this time."

Pvt. Jason Janahi, 2nd Bn. 27th Inf. Rgt. experienced that sudden flash while on patrol along the Afghanistan and Pakistan border.

"I'm a SAW gunner, and I



Sharee Moore

Above: Lt. Gen. John Brown, USARPAC commander pins the Purple Heart medal on Spc. George Perez of 1-27 Inf. Rgt.

Left: Command Sgt. Maj. Mark Farley, USARPAC command sergeant major shakes the hand of Pfc. Lloyd Evans, 1-27 Inf. Rgt. and presents a certificate during the Purple Heart Ceremony on Schofield Barracks Oct. 13.

was covering my security ... when I got hit from the side and then some shrapnel went through my jaw ... and next thing I know, I woke up in Germany," Janahi said.

Doctors took a bone from his hip to reconstruct the jaw and made artificial teeth for him. Pins protrude from his face that hold the bone in place.

Sgt. Sean Lane 524th Corps Support Battalion, 45th Corps Support Group (Forward) was injured when an IED detonated. He was concerned with the welfare of his Soldiers and didn't realize he was injured until a team

member told him.

"I don't want to leave my team and I made a promise that we come here together, we leave here together. I feel like I'm breaking my promise. Right now, I'm trying to find a way to make it back out there," Lane said.

The doctors have not yet released Lane for redeployment.

Pfc. Lloyd Evans of 1st Bn. 27th Inf. Rgt., will have the honor of serving with his comrades again, despite getting hit in the back with a shell from a rocket propelled grenade June 21.

"I want to go back to my

team. I'm excited and anxious. I went there with them and get to come back with them, too," he said. Evans redeployed to Iraq Oct. 14.

Awardees include: 1st Lt. David S. Morgan, Company A, 1-27 Infantry Regiment (Wolfhounds) 2nd Brigade Combat Team; Master Sgt. Jon L. Mclean, Co. C, 1-27 Inf.

Rgt; Sgt Sean U. Lane, 40th Quartermaster Co., 524th Corps Support Battalion, 45th Corps Support Group (Forward); Spc. George N. Perez, III, Co. C, 1-27 Inf. Rgt.; Spc. Christopher G. Terrell, Co. C, 1-27 Inf. Rgt.; Spc. Joseph Salinas, Co. A, 1-21 Inf. Bn.; Spc. Ryan J. Goede, and Pfc. Llyod F.

Evans both of Co. A, 1-27 Inf. Rgt. and; Pvt. Jason I. Janahi, Co. B, 2-27 Inf. Rgt. 3BCT.

"These nine Soldiers made an investment that most of us will never achieve; they've given more than most of us would ever want to give and they didn't want to make this level of investment, but it was called upon," Brown concluded.

Mechanics keep engineers on top

Story and photo by
Spc. Chris Stump
17th Public Affairs Det.

BAGRAM AIR BASE, Afghanistan — Mine clearing is a dangerous business that puts a lot of stress on equipment as well as Soldiers.

To keep the Soldiers safe and the vehicles rolling, the 367th Engineer Battalion relies on a team of heavy vehicle mechanics.

The 367th Eng. Bn. is one of the key units in the mine-clearing mission on Bagram Air Base, and has a large fleet of equipment to assist them in that task, said Sgt. 1st Class Chris Tomalewski, Company A, 367th Eng. Bn., motor sergeant.

The Soldiers of Co. A, 367th Eng. Bn., U.S. Army Reserve, have spent the last five months keeping their battalion's heavy equipment up and running, and making safety improvements to machines like bulldozers, which are vital to the mine-clearing mission.

Taking care of all this machinery is a never-ending process, but is one that must be done to keep up with the expansion of the air base and the surrounding civilian area, he said.

Soldiers in the unit are able to fix anything that is used in the mine-clearing process, said Spc. Matthew Erickson, Co. A, 367th Eng. Bn., heavy equipment mechanic.

"We mostly work on bulldozers and Aardvarks, but we can fix anything," said the reservist who also works on heavy machinery in his civilian occupation.

"It's really just a change in location, not a change in my job," said Erickson.

The location change hasn't affected the Soldiers of the unit. With the exception of the availability of repair parts, the mechanics' mission is the same thing they train for stateside.

"Parts are definitely harder to come by here, but we do what we can to get what we need to fix the equipment," said Erickson.

"There's constant maintenance to keep these machines running in this environment," he said.

The bulldozers and other equipment are made for grueling work in harsh conditions, but there's always maintenance to be performed no matter where work is being done or how tough the machine.

Even for skilled mechanics with all the right tools, maintaining the battalion's numerous pieces of equipment can sometimes be a daunting task.

"We have around 60 pieces of equipment that we are responsible for maintaining," said Spc. An Phan, Co. A, 367th Eng. Bn., prescribed load list and dispatch clerk.

Sixty machines may seem like a lot, but there are so many mines around Bagram that every one of those machines is essential to mission accomplishment, he said.

That equipment includes bulldozers, flailers, five-ton trucks and dump trucks.

The mechanics of the unit's motor pool can perform many different kinds of maintenance on the



Sgt. 1st Class Shawn Garin, Co. A, 367th Eng. Bn., checks the underside of a vehicle in the motor pool.

heavy equipment they work on. From oil changes to engine swaps the Soldiers can do everything needed to keep the dozers, trucks and other mine-clearing machines running.

Their job doesn't stop with maintenance though.

"We stay pretty busy putting armor kits on the equipment," said Erickson.

The armor the Soldiers are installing on the dozers protects both the operator and the machine from pretty much anything they could run across while clearing a minefield, he

said.

Although the motor pool's main focus is armoring the heavy mine-clearing bulldozers, they are also able to install armor on anything that has a kit made for it.

Armoring a piece of equipment isn't easy though, said Spc. James Krohn, Headquarters and Headquarters Company, 367th Eng. Bn.

"It takes two or three people about a week to armor one dozer," he said.

But the long days and weeks of work armoring the equipment pay off when the

operators hit mines while they are clearing.

The up-armored bulldozers' metal plating stops any mine an operator could come across while clearing in Afghanistan. The armor also stops rifle fire and rocket-propelled grenades.

Keeping the de-miners safe while they are doing their jobs makes the mechanics' daily efforts worthwhile.

"It's a good feeling to keep the mission going and to be able to support the mission," said Spc. John Myhre, Co. A, 367th Eng.

Bn. mechanic. "It's also a great day-to-day job — great people to work with. Good camaraderie," he said.

One of the most important things to the Soldiers of the unit is getting their job done and seeing the results.

"It's all about accomplishment — getting the mission done," said Sgt. Roland Ahrendt, Co. A, 367th Eng. Bn., mechanic.

"It's great to be able to make sure (operators) are able to drive their equipment and perform their mission."

Korean war veterans awarded prestigious Pioneer Medals

By Spc. Sarah A. Brewer
Contributing Writer

Two Korean War veterans, were presented the Order of Pioneer Medal on behalf of the 29th Infantry Regimental Association on Schofield Barracks Oct. 18.

Retired Command Sgt. Maj. Clarence Wilhelm and retired Sgt. Maj. Roger Jones are the first veterans to be inducted into the order, which was created on the 101st anniversary of the 29th Infantry Regiment in 2002.

After the ceremony, Wilhelm, Fort Shafter community coordinator said, "I never dreamed I would receive an award such as this but if you live long enough something good has to happen."

Both Wilhelm and Jones served in combat in Korea and Vietnam having survived the opening days of the Korean War when NK divisions were fighting against battalion-sized U.S. elements.

The 3rd Bn. of the 29th Inf. Rgt. suffered 70 percent casualties during the first major engagement against the NK forces.

Wilhelm and Jones, "epitomize the regimental motto 'We Lead the Way!' and the regiment namesake 'Pioneers' as they lead from the front during their military careers," said Lt. Col. Arthur Tulak, Standing Joint Force Headquarters, U.S. Army Pacific. Both Soldiers join an elite order in which only seven have been inducted since its inception.

The veterans spoke about being outnumbered by the enemy and having to fight them off with limited men. They reflected upon how difficult it was to watch their friends being killed or captured.

And for those who survived having to continue the fight in what were impossible odds until the perimeter at Pusan finally came together and General MacArthur conducted the famous Inchon landings. Both of these veterans started as recruits and ultimately achieved the highest enlisted rank of Sergeant Major.

Both Soldiers went to the Korean war on the Taka Saga Maru troop transport ship and sent directly into battle without receiving any training in-country.

Jones was injured and ultimately captured by the Korean Army. He spent several months as a prisoner of war where he and fellow Soldiers lived on rice.

Jones recalled a story of his time as a POW, "One day when I was eating my bowl of rice I came upon a worm, since all we



Master Sgt. Dean Motta

Korean War veteran Command Sgt. Maj. (Ret.) Clarence Wilhelm is awarded the Pioneer Medal for his exemplary service during the war.

had was the rice I said there was no way I was going to share it with this worm but the other POWs piped in and reminded me that it was protein."

Wilhelm retired from the Army in 1984 and plans to retire in 2005 from the Department of Army Civil Service with 55-years of federal service.

During his time in service he served three combat tours and received numerous awards including the prestigious Legion of Merit, Bronze Star with Oak Leaf Cluster and Purple Heart.

Jones enlisted into the Army in 1945 and retired in 1976 after 30 years of service. While in Korea he received many awards including the Legion of Merit, Bronze Star, Purple Heart and P.O.W. Medal. After his retirement from the Army he worked at Pearl Harbor as a civilian and is now fully retired.

When asked how they felt receiving the award they echoed one another's comments as many old friends do.

"We feel proud, honored, and satisfied," they both said.

Thrift Savings Plan Kicks Off Open Season

By Rudi Williams
American Forces Press Service

WASHINGTON – The federal government's Thrift Savings Plan kicked off its 2004 "open season" today with slogans to remind members of the uniformed services and civilian government employees that they can increase their retirement coffers substantially by investing in TSP.

Open season – the period when people can enroll in the program or change their options — runs through Dec. 31. "Let It Flow" is this open season's slogan aimed at federal civilian employees, while "Save For Later. Start Now" targets military personnel and other members of the uniformed services. Brochures are being distributed to eligible participants.

More than 85 percent of workers covered by the Federal Employees Retirement System, or FERS, and about 67 percent of employees covered by the Civil Service Retirement System contribute to TSP, a 401K-type savings program.

"As of the end of September, we have more than 1.8 million FERS participants, 475,000 CSRS contributors and 435,000 military participants," said Tom Trabucco, director of external affairs for TSP's overseer, the Federal Retirement Thrift Investment Board. "All of the money goes into the common fund and is invested by fund, which is more than \$141 billion for military and civilian investors."

Most contributions are invested in five different funds. As of Sept. 30, the Government Securities Investment, or "G" Fund had \$58.8 billion in it; the Common Stock Index Investment, or "C" Fund had \$59.6 billion; the Fixed Income Index Investment, or "F" Fund had \$10.3 billion; the Small Capitalization Stock Index Investment, or "S" Fund had \$7.6 billion; and the International Stock Index Investment, or "I" Fund had \$4.5 billion.

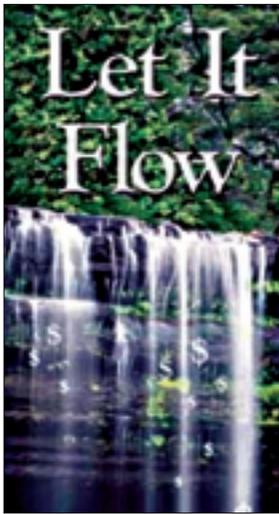
"This brings the total up to \$141 billion," Trabucco said.

"Open season is a good time make the initial decision on whether or not you will contribute to TSP if you're not currently contributing," Trabucco noted. "It's also the time to increase your contributions to take advantage of the increased amounts that you're allowed to contribute this year. If you're not contributing the maximum, now is your time to take a look and see if you can or should."

The primary difference between the 2003 and 2004 TSP open season is "you can contribute more this open season," Trabucco noted.

He pointed out that service-members can contribute from special pay as well as basic pay. Civilian can contribute only from basic pay.

"In the 2003 open season,



Artwork courtesy of TSP

DoD Photo The TSP Open Season slogan, "Let It Flow," markets the savings program to Federal Employees Retirement System, or FERS, and to Civil Service Retirement System, or CSRS, employees.

which was really for calendar year 2004, the contribution limits were 9 percent of pay, up to a maximum of \$14,000 a year," Trabucco explained. "For the current open season, which will cover 2005, eligible employees who are members of the uniformed services may contribute up to 10 percent of pay, to a maximum of \$15,000. Those numbers apply to uniformed services and CSRS employees.

"FERS people may contribute up to 15 percent of basic pay each pay period, but only up to the elective deferral limit of \$15,000 that's set by the Internal Revenue Service," he said. "FERS people who make more than \$93,333 per year should be concerned about exceeding the \$15,000 limit. If they're in that category, we have a fact sheet on the Web site, along with a worksheet so they can work it out so that they're sure they put in their maximum amount and pick up the maximum matching contributions from the government."

As soon as an employee is covered by FERS are eligible for agency contributions, the agency will automatically contribute an amount equal to 1 percent of the employee's basic pay each pay period, whether or not he or she contributes. If employees contribute their own money, the agency will match the employee's contributions dollar-for-dollar on the first 3 percent the employee contributes each pay period and 50 cents on the dollar for the next 2 percent the employee contributes.

Trabucco pointed out that this may be the last TSP open season, because legislation has passed the U.S. Senate and is in the House of Representatives that would eliminate open seasons in the future. The congress-

sional measure would allow people to make their contribution elections at any time.

"So it's an improvement, and one that we and the participants will welcome," he said.

Trabucco said the board is looking into creating "Lifecycle Funds" beginning next year. These funds provide the benefits of professional asset management to participants who choose them. "That means Lifecycle Funds will be set up based on different years when you would plan on drawing down your account balance," Trabucco explained. "We don't know what those years will be established at yet. That's part of the procurement process, and we're collecting bids from industry now on how to structure them.

"For instance, there will be a fund that is established for the year 2015, a second fund for the year 2025, a third fund for the year 2035," he said. "What you would do is pick the year in which you plan on beginning to draw down your funds and you simply invest in that. The allocation of those investments would be automatically adjusted over time based on the structure of that life cycle fund — in essence, going from a heavier weighting in stocks in the early years and more toward an investment in bonds and government securities — the more stable investments — as you get closer to the year when you're going to begin drawing those funds down."

TSP participants age 50 or older who are contributing the maximum amount of regular contributions may also elect to make additional "catch-up" contributions up to \$3,000 for 2004, and \$4,000 for 2005, Trabucco noted.

"Those contributions allow those age 50 and over to put in additional funds. It will rise to \$5,000 in 2006, where it will remain stable."

Those who choose to make catch-up contributions can do so at any time, but they must make a new election for each calendar year. For more information, they should check with their agency or service TSP representative for guidance about when to submit their election. Civilian employees should use Form TSP-1-C. The form for members of the uniformed services is Form TSP-U-1-C.

Are you an aspiring writer?



Submit your story for consideration to

**HAWAII
ARMY WEEKLY**

Email your story to the editor with your name and phone number to

editor@hawaiiarmyweekly.com

200 Soldiers attend aviators' service

By Spc. Sarah A. Brewer
Contributing Writer

A prayer service was held in honor of Capt. Christopher B. Johnson and Chief Warrant Officer William I. Brennan both assigned to Company C, 1st Battalion, 25th Aviation Regiment, at the Post Chapel on Schofield Barracks Oct. 20.

"Deep in my heart I know they would expect us to fight with the same courage as they have over the past nine months," wrote Lt. Col. Michael D. Lundy, 1st Bn., 25th Avn. Reg. commander in a statement that was read at the service.

Approximately 200 people listened as the statement was read by Capt. Daniel McAuliffe, the rear detachment commander of the 1st Bn. 25th Avn. Reg. Friends, family and fellow Soldiers sat in silence while listening to the words written by Lundy.

"I know that this statement will fail to adequately express how much this loss means to me, the battalion and their families," wrote Lundy. "Chris was truly selfless with extraordinary courage. He always put the Soldiers and the mission first ... Chris loved his Soldiers and loved being a Soldier," were the words used to describe Johnson.

Lundy's statements about Brennan captured many of the feelings of the Soldiers in his unit still fighting in Iraq.

"Mr. Brennan listened to us and gave sage advice on



Master Sgt. Dean Motta

Mourner pays her respects during a prayer service for Capt. Christopher B. Johnson and Chief Warrant Officer William I. Brennan, both assigned to Company C, 1st Battalion, 25th Aviation Regiment, at the Post Chapel on Schofield Barracks Oct. 20.

how to handle an issue. He made a difference in both the battalion as well as the Soldiers on the battlefield," said Lundy.

In his eulogy, Chaplain

(Maj.) David S. Baum described the respect given to an unknown soldier buried under Westminster Abbey in London.

"Since 1921 every royal

bride has had the option to honor them or walk on. All have chosen to honor the unknown warrior," Baum said.

Today countless civilians

and Soldiers who didn't know either fallen warrior, made that same choice.

Brennan and Johnson were killed Oct. 16 in Iraq

when their OH-58D helicopter collided with another helicopter and crashed. Both the Soldiers had been supporting Operation Iraqi Freedom II for approximately ten months.

Pilot remembers fallen aviator who rescued him, went above call

By Master Sgt. Dean Motta
Contributing Writer

Capt. Christopher B. Johnson, a 1998 West Point graduate was "The example of a mission focused Soldier," stated Chief Warrant Officer Claude J. Boushey rear detachment executive officer, for 1st Battalion, 25th Aviation Regiment.

With a lump in his throat, Boushey recalled how Johnson was one of four individuals who rescued him June 13, when his OH-58D helicopter encountered engine failure and crashed in a swamp near Taji Air Base.

"Johnson literally used his body to cover me while I laid on a stretcher when they thought nearby explosions were incoming fire," Boushey said. Thankfully there was no incoming fire but, this act of heroism is what Boushey

said is "going above and beyond duty."

Johnson had just finished a flight mission with his OH-58D helicopter when he had to return to the air to help his comrade in need.

While Boushey and co-pilot 1st Lt. Dwight Mears, both with Company A, 1-25 Avn. Rgt. lay pinned in the helicopter, Johnson immediately coordinated air and land security forces. After insuring security was established, Johnson landed his OH-58D helicopter and removed all sensitive items from Boushey's helicopter. Without hesitation, he assisted medical personnel on the scene to help remove Boushey and Mears.

Johnson and fellow Soldier Chief Warrant Officer Brennan, both assigned to Co. C, 1st Bn. 25th Avn. Rgt. died on Saturday when their OH-58D helicopter collided with another helicopter and crashed.

Prayer service held for two infantrymen KIA

By Spc. Charles Hayes
Staff Writer

A prayer service was held Oct. 19 for Staff Sgt. Brian S. Hobbs and Cpl. Kyle K. Fernandez, both with the 2nd Battalion, 5th Infantry Regiment.

Fellow Soldiers, family and friends gathered at the Post Chapel on Schofield Barracks to honor the fallen Soldiers.

"They made me proud to call them Soldiers and friends," said Capt. David Gohlich, 2nd Bn., 5th Inf. Rgt. rear detachment commander.

Sgt. Jason Roche, Headquarters and Headquarters Company, 2nd Bn., 5th Inf. Rgt., spoke in remembrance of Hobbs. "He taught me how to stop and listen and to make sure you help the Soldiers first. He told me he was going to be a pastor so



Spc. Charles Hayes

A memorial displays pictures of Staff Sgt. Brian Hobbs and Cpl. Kyle Fernandez. Both 2-5 Inf. Rgt. Soldiers died during a mission in Afghanistan.

he could have more of an impact on the Soldiers."

The Soldiers lost their lives while conducting missions in support of Operation Enduring Freedom. On Oct. 14 an impro-

vised explosive device detonated near their dismounted patrol while conducting combat operations in Afghanistan.

(See related story on page A-9)

Commander reflects on fallen Soldiers' lives

By Staff Sgt. Bradley Rhen
CTF Thunder Public Affairs

BAGRAM AIR FIELD, Afghanistan – Two 25th Infantry Division (Light) Soldiers were remembered after they were killed when an improvised explosive device destroyed their Humvee while on patrol near Deh Rahwod, Afghanistan Oct. 14.

Lt. Col. Terry Sellers, the 2-5 Inf. battalion commander, said Staff Sgt. Brian S. Hobbs, 31, of Mesa, Ariz., and Spc. Kyle Ka'eo Fernandez, 26, of Waipahu, Hawaii were great Soldiers.

Sellers described Hobbs as "courageous" and "very professional [non-commissioned officer]." He said Hobbs had been in a few ambushes before, including one where he was in the front seat of a HMMWV and RPGs hit the engine and the windshield, but it did not distract him from his mission.

"While those shook him up, he was ready everyday to go back out and do the job," Sellers said.

Fernandez, Sellers said, was a great source of morale for his platoon.

"He was very proud of the fact he was Hawaiian and was a local boy doing good," Sellers said. "On every single mission, he was upbeat and gave 110 percent.

"I thought they were both damn fine Soldiers,

and I was damn proud of them," he added.

In a statement released last week, Fernandez's sister, Kehau Fernandez, said her brother was a true hero.

"He sacrificed his life for his country and my family is so proud of him. He loved being in the Army," she said. "We want everyone to know how special my brother is and never forget what he did for his country."

Kehau Fernandez said her brother was blessed with a great sense of humor, and could always make you laugh. She also said he was a real family man.

"He dedicated his life to his wife, Celeste, and children, Kyla and Keahi," she said. "They are what kept him going during his time in Afghanistan.

"Ka'eo was the most selfless person I know. He was always worried about other people before himself. He would always write, 'Don't worry about me, I'm okay ... I'm the Hawaiian Supa Man ...' We know he is in a better place now."

Hobbs leaves behind his wife, Jennifer, and their three children, ages 11, 9 and 3.

Fernandez leaves behind his wife, his 4-year-old daughter Kyla and his 1-year-old son Keahi.

Both Soldiers were assigned to Company C, 2nd Bn., 5th Inf. Rgt. from Schofield Barracks, Hawaii.

Oct. 14, five Soldiers

were riding in a Humvee at about 2 p.m. local time and were part of a security convoy escorting supply trucks to a forward operating base when an IED detonated killing Fernandez and Hobbs and wounding three others.

The three wounded Soldiers were evacuated to Landstuhl Regional Medical Center in Germany. One Soldier is now at Walter Reed Army Medical Center in Washington, D.C., and two have returned to Hawaii for treatment at Tripler Army Medical Center. They are all in stable condition.

The battalion held a memorial service Oct. 15 at Forward Operating Base Cobra, near Tarin Kowt, Afghanistan.

Team LNO: 2nd BCT's link to 1st ID



Spc. Sean Kimmons

Sgt. 1st Class Matthew Mickunas, a liaison officer, hands Col. Lloyd Miles, commander of the 2nd BCT, pre-election plans for the upcoming Iraq election early next year. Miles was at FOB Danger for a commander's conference on Oct. 13.

Mock utility billing aims to conserve

By Gary Sheftick
Army News Service

WASHINGTON – Some families in new privatized housing on Army installations may notice technicians reading their utility meters beginning this month.

The meters are being read to determine an average monthly consumption rate for electricity, gas and heating oil, officials said.

Eventually, military families living in privatized housing on post will become responsible for their utilities, said Don Spigelmyer, director of the Residential Communities Initiative, which has privatized housing at 16 installations.

The utility billing will probably take place in 2006 after average consumption rates are computed and Soldiers have had a year of "mock" bills that reflect their usage, Spigelmyer said. When actual billing begins, those families that use less than the average rate will earn a rebate, he said, and those who use more will need to pay the difference.

"If you conserve, you can save money," said Ivan Bolden, RCI program manager for policy.

Six posts to participate

Families in the new and renovated privatized housing at six installations will start receiving "mock" utility bills early next year, Bolden said.

Along with the mock bills, families will also receive monthly energy tips and training on how to be more "energy efficient."

Under the one-year mock billing program, residents will have the chance to see how much energy they're using and make improvements, if necessary, before they become responsible for consumption, Bolden said.

Installations participating in the mock billing program include:

- Fort Carson, Colo.
- Fort Hood, Texas
- Fort Meade, Md.

- Fort Bragg, N.C.
- Fort Stewart, Ga.
- and Fort Campbell, Ky.

BAH should cover costs

Under RCI, a portion of Soldiers' Basic Allowance for Housing is used as payment for utilities. Beginning in 2006, Soldiers in privatized housing who use less than the average amount of utilities will be rewarded with rebates or credit.

Those who go over their average will be billed, Spigelmyer said. If a Soldier and his or her family use utilities in a conscientious manner, their BAH should cover all costs — rent and utilities — in privatized housing, Spigelmyer said.

Other services to follow suit

DoD established the policy to conserve energy and track usage, said Rhonda Hayes, deputy director of the Army's RCI program.

"They felt the only way to bring about conservation was to make the user responsible," Hayes said, adding that there would be no incentive otherwise.

Just like the off-post person is responsible (for utilities), the person living on post in privatized housing will be responsible too," Bolden said.

Only new, renovated units metered

Only new and renovated houses will receive the mock bills, Bolden said, because these homes are energy efficient, or "energy-star compliant," which he said is the industry term.

37,000 homes under RCI

Under the RCI program, more than 37,000 family housing units at a dozen installations have been turned over to private developers. The companies promise to maintain and renovate existing homes and build new housing.

"It's all about providing quality housing for the Soldiers and their families and using our nation's energy in a wise manner," Bolden said.

Wartime service recognized by ceremony

Story and photo by Spc. Chris Stump
17th Public Affairs Det.

FORWARD OPERATING BASE SALERNO, Afghanistan — Every generation has its heroes that serve their country selflessly, and this one is no different. To recognize the wartime service of members of Combined Task Force Thunder, a shoulder sleeve insignia ceremony was held at Forward Operating Base Salerno Oct. 1.

CTF Thunder is comprised of units from every branch of service and nearly every specialty. From Soldiers to Marines to Airmen to Sailors to Kiwis, a diversified task force was represented in the ceremony where each troop received the 25th Infantry Division (Light) patch.

The diversity of the “combat patch” ceremony formation didn’t stop at the task force level though. Many units have diversified their combat roles to adapt to the needs of fighting the war on terror in Afghanistan.

One of these units is Battery F, 7th Field Artillery Regiment, an M-198 towed field artillery battery serving at FOB Salerno.

Battery F is the “Big Guns” of the 25th Inf. Div. (L), specializing in providing fires in support of the division with their 155mm howitzers.

However, when they learned of their deployment, they also learned their howitzers would be left behind and they would



1st Lt. Manoj Puthenpampil, Btry. F, 7th FA Rgt., executive officer, pins the combat patch on one of his Soldiers during CTF Thunder’s SSI ceremony Oct. 1.

deploy as a mortar “battery,” taking on the role of an infantry company, said Capt. Brendan Raymond, Btry. F, 7th FA Rgt., commander.

After being certified as indirect fire infantrymen at the U.S. Army Infantry School at Fort Benning, Ga., the battery left for Afghanistan to accomplish its new mission.

“We initially deployed as a 120-millimeter mortar battery, providing support to infantry units and doing patrols ourselves,” said Raymond.

Many of the company’s men enjoyed their time serving as infantrymen, but were happy when they got their “big guns” back.

In August, the battery received its M-198 155mm howitzers from Schofield Barracks, Hawaii, and its Soldiers immediately set to work certifying its six guns and two fire direction centers, all while maintaining the ability to provide support as mortarmen.

“I had good experiences going on patrols and experiencing the culture and people here, but it was nice to get our 155s back,” said Spc. William Toledo, Btry. F, 7th FA Rgt., artilleryman.

“Going out as infantry was good, but I think it’s an honor to get the combat patch as an artilleryman. I’m proud to wear it,” he said.

Even the battery’s non-artillerymen are proud to have gone to war not just with the battery, but the Tropic Lightning Division
“I’m proud of having the

25th combat patch. The 25th has never lost a major engagement — I know I’m part of a winning team,” said Sgt. Richard Kilgo, Btry. F, 7th FA Rgt., medic.

“When I look back — when my kids and grandkids look back — they’ll see and be proud of what I did here,” he said.

But it’s not all just for glory or pride — the Soldiers also believe deeply that they are helping the country to a safe, secure and free future.

“It’s good to help the people of Afghanistan and give them the opportunity to have free elections and everything else that we as Americans may take for granted,” said Pfc. Michael Matthys, Btry. F, 7th FA Rgt., artilleryman.

“I think this patch brings pride to the unit, pride to myself and shows the world that we came here and helped,” he said.

The Tropic Lightning patch also means success and victory to the Soldiers who wear it.

“I feel we’re serving a great purpose here,” said Toledo. “We’re winning and preventing terrorists and Taliban from re-emerging and coming back to prevent the Afghans from having their elections.”

The patch’s connotation of success in past conflicts also inspires a feeling of personal success in those who now wear it on both of their sleeves.

“I believe in success. It’s a big part of who I am,” said Kilgo. “And I’m very proud to wear a patch that stands for success.”

Checks

From A-1

The dilemma is that checks will be presented to the bank and rejected in a matter of minutes, causing overdraft charges from the bank and the merchant.

If both charge \$30 for returned checks, then you’re already \$60 in debt for buying a gallon of milk.

McKeown warned family members, “More than ever, Soldiers need to be aware of their account balance and the need to reconcile their account. It’s a necessity.

“To help prepare Soldiers, ACS offers a Check Book Maintenance Class on the first Wednesday of the month for Soldiers, family members, and DOD civilians.”

Jerry Copenhefer, the commissary store director had a different take on the new law.

“50 to 60 percent of grocery purchases are paid for with both credit card and debit card. Less than 25 percent are paid for by check. Of that amount, a very small number are returned,” Copenhefer explained.

For those needing a grace period between pay dates, Copenhefer said, “Using credit cards for groceries actually gives the customer a 30-day grace period for payment.

But, a bad check costs the Soldier a lot, not only in fees but, commanders are notified, and [Soldiers can] end up with bad credit.”

Does Check 21 present a more efficient way to handle financial transactions?

It moves toward a potentially faster and more efficient electronic bill paying system to handle paper check transactions and eliminates the need to keep copies of checks because the hard copies will eventually be destroyed and substituted by an online “substitute check.”

The traditional check writer must use more caution and make sure funds are immediately available before writing a check.

The problem lies not only in the fact that the float time will no longer be available to the customer, but also that banks will still be able to hold consumers’ checking deposits for a few days to make sure they clear.

McKeown said it boils down to this: “If you don’t have the money, don’t write the check.”

(Editor’s Note: Joy Boisselle contributed to this article. To obtain more information about Check 21 and consumer rights visit www.consumersunion.org/finance/ckclear1002.htm)



Swim with dolphins and see ocean life at ...

Sea Life Park Hawaii

Story and Photos by Bethany Nied
Contributing Writer

Sea Life Park is located at scenic Makapuu Point just 15 miles past Waikiki. The park offers more than the usual aquarium experience, it offers a unique look into reef and sea life. With a wide range of activities, it's easy to find something to interest every member of the family.

There's going to be a military appreciation week kicking off on Nov. 14 from 9:30 a.m. to 5 p.m. There will be free admission for all military members and dependents. Some of the festivities include free scuba lessons, kids bouncers, Euro Bungy, climbing walls, contests, and more.

With general admission you can see a variety of live animal shows featuring the talents of dolphins, sea lions, and penguins. There's a 300,000 gallon Reef Tank with a wide assortment of tropical fish and other sea life including sharks and stingrays. For the children there is a Pirates' Lagoon with a maze and play areas, and the Sea Lion Café is convenient for mid-park snacking.

Sea Life Park and its staff are dedicated to the conservation of endangered species and are involved with several organizations with this goal.

One of their programs involves the breeding of green sea turtles who are later released into Hawaiian waters.

"We are really committed to educating visitors about these

wonderful marine creatures and offer entertainment at the same time," said Loreen Matsushima Director of Public Relations.

A one of a kind feature of the park is the world's first known wholphin. The wholphin, Punahale, is a hybrid of false killer whale and Atlantic bottlenose dolphin. She shows unique characteristics of both animals. She interacts with visitors at the Dolphin Cove.

"We have wonderful interactive programs available for a variety of people from children to adults. We're really proud of our marine park and staff. People get a real chance to look at these animals. It's a totally different perspective seeing them up close," said Matsushima.

For additional costs visitors can get up close with dolphins, swim with the stingrays or participate in other interactive activities. Be sure to bring a bathing suit and towel and make advanced reservations. Call 259-2500 for reservations and information.

Sea Life Park is open seven days a week from 9:30 a.m. to 5 p.m. Regular admission is \$24.96 for adults (ages 13 and older), and \$12.48 for children (4-12 years). For military families tickets are also available at the ticketing centers on Schofield Barracks and Fort Shafter for \$13 per adult and \$6.50 per child. Call 259-7933 for more detailed information.

To get to Sea Life Park take the H-1 going east. The H-1 will turn into Kalaniana'ole Highway. Continue on this road and the park will be on the left side. Ample parking is available.



Sea Lions



Sea Turtles

Harvest Week at the Tropics – The Tropics, building 589 on Schofield Barracks, is hosting Harvest Week from Oct. 25 – 31. Oct. 25 at 10 a.m. (for

ages 5 years and younger) and 6 p.m. (open to all ages) make Halloween crafts for \$1. On Oct. 26. at 6 p.m. listen to spooky tales and eat free popcorn. On Oct. 27 at 7 p.m. play blacklight basketball and volleyball with a haunted twist, for ages 10 and above. On Oct. 28 at 10 a.m. and 6 p.m. participate in pumpkin carving. Tropics will supply pumpkins to the first 20 registered or bring your own and learn some carving tips. On Oct. 29, teens can participate in a monster bash and costume dance from 6:30 – 9:30 p.m. Admission is \$3. On Oct. 30 from 6 – 9 p.m. participate in games, a costume contest, a Scooby Doo marathon for kids or an adult scary movie with free popcorn beginning at 8 p.m. Eat caramel apples for \$1.50. Prizes awarded for the best costume in three age categories. On Oct. 31 trick or treat at the Tropics from 5 – 8 p.m. Call 655-0002 or 655-5697 for more information.

Halloween Monster Bash – It's a graveyard smash with costume contests, light pupus, drink specials, games and prizes at the Nehelani, Schofield Barracks on Oct. 29, 7 – 11 p.m. Adults only. Call 655-4466.

\$.25 games at Wheeler Bowling Center – Every Wednesday until Oct. 31, from 10 a.m. - 9 p.m. pay

\$.25 per game and \$.25 for shoes at Wheeler Bowling Center. Call 656-1745 for information.

2004 Youth Basketball Clinic – Prepare for the upcoming Hawaii Youth Sports League Basketball season. Clinic is open to boys and girls born in the years 1988 – 1999. Clinic includes offensive (passing, dribbling, shooting, etc) and defensive (rebounding, block out, footwork etc.) skills and drills. Registration begins Oct. 26 and continues until Nov. 16. Register at the nearest Army Youth Center, AMR 836-1923, Fort Shafter 438-9336, or Schofield Barracks 655-6465. Children must be registered with Child and Youth Services.

Information, Ticketing and Registration – Are you looking for tickets to area attractions? Visit the ITR offices located on Schofield Barracks and on Fort Shafter. ITR offers a variety of tickets that include: Luau's, cruises, whale watching adventures, water park, Sea Life Park, movie tickets, inter-island packages and much more. Call today, Schofield Barracks 655-9971 or Fort Shafter 438-1985. Or log on to www.mwrarmyhawaii.com and click on ITR for a full list of discounts at the various attractions.

Free Yoga Class – A free Introduction to Yoga

class will be held at the Health and Fitness Center on Schofield Barracks every Wednesday at 4:15 p.m. until Dec. 1. Reduce stress and tension and enhance your strength, flexibility, balance, and breathing. Mats are provided. Call 655-8007 for information.

Lifetime Sports and Recreation – October is the last chance to enter the free Nov. 1 drawing for two nights lodging at Pililaau Army Recreation Center or Kilauea Military Camp. Lifetime Sports and Recreation brochures are available at any community recreation division facility. Points are then earned when patrons visit and use the facilities or participate in selected activities and special events. One through five points will be awarded for each activity. After twenty points, earn a limited edition, long-sleeve or standard T-shirt and on the second 20 points earn a cap. Quantities are limited.

Outdoor Recreation Rentals – Supplying all party needs to include: Rental tables, chairs, canopies and inflatables or a dunk tank for the kids. Going camping? We can supply all the gear, from tents and coolers to stoves. Located on Schofield Barracks, open everyday, except Tuesday. Call 655-0143.

Spouse's Night Out – This free adults-only pro-

gram at Army Community Service on Schofield Barracks is designed to get spouses out of the house every Thursday night from 6:30 - 8:30 p.m. to have fun. On Oct. 28 How to prepare for reunion, attitudinal Healing (4 of 6), Create Your own Family Web Page and Quilting. At the Tropics participate in making a photo card to send your deployed spouse. Children ages 6 and up are welcome to participate in Tropics activities. MWR Blue Star Card holders will receive free child care from 6 - 9 p.m. by reservation only at Peterson Child Care Center. Call 655-3929 by noon of the Tuesday before each Thursday event to make child care reservations. Child care reservations can be made two weeks in advance. Pre-registration for classes required, call 655-2736.

2005 Army Soldier Show – Nominations are requested for the 2005 show. Nominations for vocalists, dancers, musicians and specialty acts are requested. Nominations for technicians are being accepted for lighting, audio, video, costume and stage technicians. Preference in selection is given to performers showing versatility in musical style and experience. Preference is given to technicians having experience and possessing a variety of skills. Nominations must be submitted no later than Nov. 15. Log on to www.mwrarmyhawaii.com for more information or call 655-0112.

Pumpkin Coloring Contest – Ages 12 and under can enter to win a fun-filled pumpkin. Entry blanks available at all Army Youth Centers and Tropics on Schofield Barracks. Entries will be displayed at Tropics from Oct. 1-31. Grand Prize Drawing will be held on Oct. 30, 6:30 p.m. The winner will be selected by random drawing from all the entries submitted. Call 655-0002 for more information.

Are you interested in getting a massage? – Based on interest, a tour date will be set up and transportation will be provided. Call 655-0111 or 655-0112 for information.

Tropics Schofield Barracks October Food Special – Italian, ham,

chicken salad, turkey, or roast beef sandwich with all the fixings for \$3.25. Add the soup of the day for \$1.50. Call 655-0002 for information.

Junior Bowling – Junior Bowling with instruction for beginners and bowling techniques for other experienced junior bowlers is available every Saturday at the Fort Shafter Bowling Center. Call 438-6733 for information.

Tropic Lightning Items for Sale – Tropic Lightning Coffee, whole bean or ground for \$7.75 or Tropic Lightning Water, 23.9 oz for \$1.25 at the Tropics, building 589 on Schofield Barracks. Call 655-0002 for information.

Customized Engraving – Customize your special gift with an engraved message. The Schofield Barracks Arts and Crafts Center can customize any wood, plastic and metal items with your requested text or graphics. Photos, logos or names can also be put onto coffee cups, mouse pads and more. Call 655-6330 for information.

Join the New Teen Center – Are you between the ages of 11 – 18? If so, we have a place for you. The Schofield Barracks Teen Center, now located in Kaala Community Activities Center, building 556, offers fun services designed especially for you. Call 655-0451.

Family Readiness Group Assistance – Army Community Service offers a new program. Five part-time Family Readiness Administrative Liaisons, or FRALs, have been hired to assist family readiness groups with newsletter production and battalion level Web pages on the Division Web site.

FRALs can also assist with phone tree formats and resource information and referrals. FRGs are encouraged to use this new program. Contact 655-2734 for more information and to reach your assigned FRAL.

Blue Star Card Bowling Special – Blue Star Card holders can bowl for \$1 a game at Schofield Bowling Center every weekday until 5 p.m. (excluding federal holidays). Call 655-0573 for information.



This Week at the MOVIES

SGT. SMITH THEATER

TODAY
Anacondas: The Hunt For The Blood Orchid
7 p.m. (PG-13)

Saturday Oct 23
Anacondas: The Hunt For The Blood Orchid
7 p.m. (PG-13)

Sunday Oct 24
The Cookout
7 p.m. (PG-13)

Closed
Monday, Oct 25 and
Thursday, Oct. 28

HICKAM MEMORIAL THEATRE

TODAY
Cellular
7 p.m. (PG-13)

Saturday Oct 23
Napoleon Dynamite
2 p.m. (PG)

Saturday Oct 23
Cellular
7 p.m. (PG-13)

Sunday Oct 24
Napoleon Dynamite
2 p.m. (PG)

Sunday Oct 24
Cellular
7 p.m. (PG-13)

Closed
Mon. and Tues.

Wednesday Oct 27
Paparazzi
7 p.m. (PG-13)

Thursday Oct 28
Paparazzi
7 p.m. (PG-13)

HACN TV Schedule		October 22-28	
Morning			
6:00	Sign on	3:50	OIF Photo Montage 5
6:30	Fit for Life	4:00	Pentagon Channel
7:00	Bulletin Board	Evening	
7:30	SHAMU-Wild Babies	6:00	Voting 04' Assist Program
7:55	PAMS Report 2004	6:03	Community Focus
8:00	Pentagon Channel	6:13	Living History Day
9:00	Pentagon Channel	6:15	Bulletin Board
10:00	ASAP-Fitness For Duty	6:47	Arm Values Respect
10:30	OIF Photo Montage 7	6:53	OIF Photo Montage 3
10:46	Bulletin Board	7:00	NFL-Tight on the Spiral
11:30	Hawaii Hidden Beauty, Danger	8:00	OEF Deployment Ceremony
11:50	OIF Photo Montage 6	8:30	OEF Deployment Luau
12:00	Pentagon Channel	8:50	History of JAG
Afternoon			
2:02	Hurricane Safety	9:00	Anti Terrorism FP
2:21	Voting 04' Assist program	9:30	Oakland Army Base
2:28	OIF Photo Montage 2	10:00	Youth Protection
2:23	PAMS report 2004	11:00	NFL-'58 Championship Game
2:30	SHAMU-The Manatee	12:12	Bulletin Board
3:00	SHAMU-The Sea Turtle	Overnight	
3:40	OAHU-Aloha Begins	12:46	Pentagon Channel

ACS workshops tell families what to expect when the Soldiers come home

By Rafi Grant
Contributing Writer

Army Community Service organized a workshop at the Nehelani, Schofield Barracks aimed to help families prepare for reunion with their loved ones Oct. 13.

Frankie Howard and her mother Shauna are only two of the participants that took advantage of ACS's workshop, which was designed to support the Army community and prepare them for the re-deployment of Soldiers.

The topic of the first, of a series of workshops, was "Putting the Welcome Home," featuring Victor Voth, clinical director of the Marriage and Family Therapy Center.

Voth, a clinical social worker concentrating on military family issues, highlighted the word "welcome" and how it repre-



Rafi Grant
Dr. Victor Voth teaches at an ACS workshop.

sents important key features of the reunion.

By breaking down the

word into single letters, Voth shared his thoughts with the spouses (see box at bottom.).

After the presentation, spouses asked questions. Voth offered suggestions to the large variety of concerns the spouses articulated, but more experienced spouses in the deployment and reunion process, also shared their experiences.

Vicki Olson, wife of Maj. Gen. Eric T. Olson, commander of 25th Infantry Division (Light), who has a variety of deployments under her belt, reiterated Voth's emphasis on communication with regard to post-traumatic stress syndrome, re-integrating the deployed spouse into the family, and taking away the deployed spouse's guilt for leaving the family alone.

When the 90-minute workshop ended the spouses left the Nehelani with new thoughts about the day

they will finally reunite with loved ones.

Shauna Howard and her daughter were both convinced that "the time we spent tonight with Dr. Voth and the other spouses were very helpful in our preparation to get ready for the reunion."

The series of workshops Ready for Reunion continue Oct. 27 with Children and Reunion and Nov. 10 with Soldier's Mental State both at 7 p.m. at the Nehelani, Schofield Barracks. For more information call ACS at 655-2400. Free child care is available by calling 655-3929.

For information about the Marriage and Family Center programs, Victor Voth and his team can be reached at 433-8550. The center offers counseling and support for couples in a safe and confidential environment and will be covered by TriCare.

Financial education and readiness 'one Soldier at a time'

By Dawn Torres-Gale
Contributing Writer

There are credit offers in the mail, insurance advertisements in the newspaper, and credit counseling commercials on television.

These are just a few of the ways that the credit and financial industries regularly target consumers. What if there was a way to "immunize" families against the onslaught of people vying for their money?

Fortunately for Hawaii Soldiers and their families there is the Financial Readiness Program, sponsored by Army Community Service at Schofield Barracks.

The Financial Readiness Program includes classes that are designed to teach ways to manage and protect money. Juanita McKeown, Financial Readiness Program Manager, said the classes enhance a Soldier's preparation when faced with important financial decisions.

McKeown said, "A financially secure Soldier is a financially ready Soldier."

The classes offer subjects ranging from how to use credit wisely to buying the most car for your money. The underlying message of all the classes is for Soldiers and their

families to stay within a budget when making financial decisions.

One class at ACS that addresses both budgets and credit is the Power Pay class. In it, participants work in a computer lab learning how to use a software program that can help them examine and track spending so that they can reduce their debts.

Another class, My Pay, allows Soldiers and their dependents (with a power of attorney) to access the Defense Financial Accounting System to look at leave and earnings statements, start or change allotments and adjust tax withholdings.

McKeown stressed that, "Soldiers need not fear that they will be looked down upon by their command" if they request to attend any of ACS's financial readiness classes.

"In fact we are actively trying to work with individual units to ensure that Soldiers have access to the classes we provide," she said.

The next Power Pay class is Oct. 28 from 9 - 10 a.m. A class schedule can be obtained at ACS, building 2091 or online at www.mwrarmyhawaii.com. Interested Soldiers and dependents may register for classes by contacting ACS at 655-2400.

Putting W-E-L-C-O-M-E in 'welcome home'

W - WELCOME your partner home with rituals. Rituals bring meaning to the moment, acknowledge the moment, put the moment in history, seal the deal. Need not be elaborate. Keep it sober. Keep it real.

E - Decide whether or not to define clearly your EXPECTATIONS or to define none at all!! Expectations help define predictability; predictability lessens uproar. Freeing oneself of expectations enhances the need for flexibility. What are your partner's expectations? What are yours?

L - LET GO! of the big issues that need to be discussed. Take time to relax. It's time

to process feelings, not make decisions. Try to just BE.

C - COMMUNICATE! Listen, ask questions, listen some more. If you don't understand, say so. Stay with "I" statements plus feelings. Speak from the heart, not the head. Now is the time to feel; time for thinking will come later.

O - OBSERVE carefully. Be aware of your partner. Check the body language. Observe how the kids are doing with the reunion. A keen observer needs a clear head.

M - Be MINDFUL of your own feelings and thoughts. Stop, be aware. While the focus may be on your partner a lot is going on with you

also. You have lived a life also during this deployment. Note your feelings and thoughts. Don't hesitate to write in your journal at the right time when alone.

E - EXPLAIN gently to your partner your thoughts and feelings that accompany the ROLE you have had to assume during the deployment; the difficult pieces and the new, exciting pieces to this role. New growth? New visions? New sense of the future? Victor Voth, DCSW -

Marriage and Family Therapy Center Dept. of Social Work, Schofield Barracks -Marriage and Family Therapy Center 433-8550 Army Community

Service 655-2400.

The next lecture is "Children and Reunion" by Dr. Michael Faran, Chief of Child and Adolescent Psychiatry at Tripler. The lecture series will be repeated for Operation Enduring Freedom, but all should feel free to attend either series.

This lecture is scheduled for Oct. 27 at 7 p.m. in the Nehelani, Schofield Barracks.

Child care is available by calling 655-3929.

Lightning Spirit: Reunion reality

By Chaplain (Lt. Col.) Larry Conway
U.S. Army Garrison, Hawaii

I just had a birthday, and decided I am now an older man. I am, I admit, one of the few in the active Army who can remember where they were when they first heard of President Kennedy's assassination. The British novelist David Lodge once wrote about where he was on that day.

He was in a theater watching a set of short plays that he had helped write. In one sketch, a character was holding a transistor radio up in the air. The actor playing the part, trying for a bit of realism, always tuned in to a real broadcast, which the audience could faintly hear. Suddenly came the announcement over that radio that President Kennedy had been shot.

The actor quickly switched it off, but it was too late. Reality had crashed into the stage play and changed everything.

Reality has a way of crashing into our lives when we least expect it. Some may think that the problems of life will somehow not affect them — until they do crash unexpectedly into their lives. People may feel that "X (whatever the issue is) will never happen to me," and then it does in an unexpected way.

It's like an ocean wave that seems so small and weak offshore but so powerful once it reaches shallow water near the beach. You do not expect the crash of a wave based on what you see offshore, unless you know what powerful waves can do on a beach.

I write this because, for some, the experience of R&R has been like that wave hitting the beach or like that radio announcement. God made us to be together, and spouses do want a strong marriage because no one who marries wants a divorce from the start.

People marry and form couples because they want a life partner, someone to share life with, "for better and for worse". It's the way God made us and I believe God smiles down on it. And the months of separation, the months of longing and waiting for reunion, make the desire and the emotions for reunion even more

intense. And that very natural process can be the problem.

I say it's a problem because fantasy, like that stage play, can then creep in about what those 10 days or so of R&R will be like. This fantasy can be about what you both will do or how things will be or that everything will magically be perfect.

Sadly, the sudden crashing of the reality wave shatters the fantasy at the beginning of R&R can cause stress on a marriage and hurt families. When the fantasy is unexpectedly changed, the reality can be far from what anyone wants. It's even harder, and more different than the fantasy when the Soldier comes home with divided loyalties between the still deployed unit in a combat zone and home.

So what can you do, if you are still waiting for that cherished but brief reunion during this deployment? First of all, examine what you think it will be like, and allow yourself to admit that it could be different, because it will be. Please note that I did not say bad, just different.

It will not be just like what you imagined, but can be just as good, if not better. If you expect different and can stay flexible, any wave of reality will not be so shattering.

You can also remember that this period of reunion will be brief, and that there will be another deployment day at the end of R&R. It says in the Lord's Prayer to "give us this day our daily bread," and focusing on each day instead of on the last day of the reunion can help in enjoying each day.

It's also important to remember that couples do have disagreements and verbal issues, even during reunion periods. Knowing that an argument is common during "R and R" helps in keeping all in perspective.

Finally, it also helps to talk. Talk to those who have been through it, talk to friends, talk to those who can offer support, both mental and spiritual. "R and R" can be a very good thing if we watch out for the waves of life, and can accept that those waves are there and can crash in unexpectedly. May God bless the time you have with your loved ones!

Halloween safety: safe 'trick or treating' tips for parents

U.S. Consumer Product Safety Commission

Treats: Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

Flame Resistant Costumes: When purchasing a costume, masks, beards, and wigs, look for the label Flame Resistant. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

Costume Designs: Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.

- To easily see and be seen, children should also carry flashlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.
- Hats and scarfs should be tied securely to prevent them from slipping over children's eyes.
- Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.
- Swords, knives, and similar costume accessories should be of soft and flexible material.

Pedestrian Safety: Young children should always be accompanied by an adult or an older, responsible child. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.



Master Sgt. Terry Anderson

Taijon Kelly, son of Sgt. John and Debra Kelly, HHC, 2nd Battalion, 5th Infantry, dressed up as "Eeyore" from Winnie the Pooh the previous Halloween.

Choosing Safe Houses: Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.

- Children should not enter homes or apartments unless they are accompanied by an adult.
- People expecting trick-or-

treaters should remove anything that could be an obstacle from lawns, steps and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, deco-

rations, and other furnishings that could be ignited. For further information on product safety, consumers may call the U.S. Consumer Product Safety Commission's toll-free hotline on (800) 638-2772. Hearing impaired consumers may use TTY (800) 638-8270.

Have a great story you'd like to submit?

Hawaii
Army
Weekly

email the editor at
editor@hawaiiarmyweekly.com

October is Breast Cancer Awareness Month

Compiled from the National Breast Cancer Awareness Month and National Breast Cancer Foundation Web sites

- Know the Facts:**
- Breast cancer is the leading cause of death in women between the ages of 40 and 55.
 - 1,600 men are expected to be diagnosed with breast cancer this year and 400 are predicted to die.
 - Seventy percent of all breast cancers are found through breast self-exams. Not all lumps are detectable by touch.
 - Eight out of ten breast lumps are not cancerous. If you find a lump, don't panic-call your doctor for an appointment.
 - Mammography is a low-dose X-ray examination that can detect breast cancer up to two years before it is large enough to be felt.
 - Every 12 minutes a woman in America dies of breast cancer.
 - 13 million U.S. women 40 years of age or older have never had a mammogram.
 - Significant progress in mammography technology is helping physicians to



diagnose the disease earlier and new treatment options are providing more comfortable treatments and improved outcomes.

- An Early Breast Cancer Detection Plan should include: Clinical breast examinations every three years from ages 20-39, then every year thereafter.
- Monthly breast self-examinations beginning at age 20. Look for any changes in your breasts.

- Baseline mammogram by the age of 40.
 - Mammogram every one to two years for women 40-49, depending on previous findings.
 - Mammogram every year for women 50 and older.
 - A personal calendar to record your self-exams, mammograms, and doctor appointments.
 - A low-fat diet, regular exercise, and no smoking or drinking.
 - The good news! When breast cancer is found early, the five-year survival rate is 96%. Over 2 million breast cancer survivors are alive in America today.
- "It is important for all women age 40 and above to get a mammogram annually and to take charge of their breast health," said Susan Nathanson, National Coordinator for National Breast Cancer Awareness Month.
- (Editor's Note: Information compiled using the National Breast Cancer Awareness Month on-line site at <http://www.nbcam.org/> and the National Breast Cancer Foundation site at <http://www.nationalbreastcancer.org/>)*

Register with CYS before baby's born

By 1st Lt. Kim Luft
Contributing Writer

New and more experienced military parents on the island of Oahu have the challenge of finding dependable child care.

The first and most convenient option is arranging child care through the Child and Youth Services Center.

Within the CYS there are seven programs offered to families: Full-time and part-time day care, hourly care, before and after school care, youth development programs, sports and fitness programs, and youth education support services.

Parents can choose the program or programs that best fit the needs of the family, but the key to obtaining this child care is to be proactive and prepared with the necessary paperwork.

The first step in getting proper care is adding your name to the wait list as soon as the spouse or Soldier finds out they are pregnant.

"They need to fill out a wait list application. That way the child goes into the system," said Leida Noguerras, clerk at the Schofield Barracks CYS center.

"It can take up to 18 months on the list because of the infant to provider ratio." It is never too early for an expecting mother to put her name on the waiting list.

Noguerras explained why. "If two mothers with the same priority level and due date enter their names on the waiting list at different times, the woman who added her name earlier will be offered care first, regardless of the birth date of the children. That is why it is extremely important for expecting mothers to contact CYS."

Priority levels are assigned only to parents seeking full-time care. Single parents and dual-Army families are given first priority and there are twelve priority levels total.

Due to the child care provider shortage, there will likely be a wait regardless of priority level assigned.

Sgt. Selena Smith and Spc. Lindsay Rollins, both with children within the CYS system, received child care shortly after maternity leave, but still had to find outside care while they waited for an opening in CYS.

"I had to wait a month after maternity leave for child care," said Spc. Rollins.

After the child is born, he must be registered with CYS. It is the parents' responsibility to notify CYS after delivery and set up a time to fill out the registration paperwork.

The paperwork includes shot records, health assessments, proof of family income, and family care plans for single parents and dual military. The FCP must be turned in within 30 days of registration.

"Families need to make sure they are registered, regardless of their current child care status even if it is only for hourly childcare," said Rochelle Goodwin, Outreach



Rafi Grant



Top: Quentin Dixon, left, and Dennis Amethj play in the waiting room at CYS on Schofield Barracks while their parents fill out applications for registration. The key to obtaining child care at CYS is planning proactively, and bringing the right paperwork. Left: Quentin Dixon plays with toys in the CYS waiting room.

work. They must seek out outside care on their own until their number comes up. CYS is making efforts at this time to screen off-post providers so they can get referred in the future.

"Never forget, there are also home providers who go through the same training as the center providers," explained Stevens about a child care alternative. Parents seeking these providers will still go through the CYS for referrals. It is the same system and process for any CYS center registration.

The fees for child care are based on a sliding scale. That is why proof of income must be provided during registration. Both Rollins and Smith still believe the fees are excessive even though the sliding scale is in effect, although some home providers through the CYS offer flat rates for their customers.

Both Soldiers also agreed that they were satisfied with the care their child was receiving.

"I would rate it a seven out of ten," said Rollins. Sgt. Smith labeled her care through CYS as excellent. Sgt. Ronika Robledo, mother of a 15 month old with another on the way chose to go with off-post care.

"There is not enough individual

care for infants at the centers," she explained.

"It would help if they had a separate room and providers for infants at the centers. That way parents would feel more comfortable if the infants were receiving care away from toddlers," suggests Rollins.

For any parent, finding quality and trustworthy child care is an important task. The CYS is here to provide a service to families.

CYS centers are located at Aliamanu Military Reservation, Fort Shafter, Schofield Barracks, and the Helemano Military Reservation. CYS at-home providers are also available at the Resource and Referral Offices on AMR and Schofield Barracks, upon request.

Hours of operation at AMR are 8 a.m. to 5:30 p.m. for appointments. Walk-ins are welcomed from 8 to 11 a.m.

On Schofield Barracks the hours of operation are 7:30 a.m. to 5:30 p.m. with walk-in appointments available from 7:30 to 11 a.m.

Parents sign-in at the front desk and wait to be seen by a CYS clerk.

For more information, contact Schofield Barracks Child Development Center at 655-5314 or AMR at 833-5393.

Assistant Director.

"In most cases, the parents on-island are away from their immediate family and situations can arise where they need help caring for their children," Goodwin said.

Common pitfalls to avoid are: "Not having three points of contact for their child even if they are new to the island," began Goodwin.

"Also, not having tuberculosis test results if the child is over one year old," added Precious Stevens, CYS clerk.

The major problem for the center, both CYS employees agree, is that

there is a shortage of childcare providers at this time.

To become a child-care provider for CYS, the applicant must go through a series of training and screening processes. The training includes emergency procedures, fire prevention, child health, child abuse identification and reporting, and child growth and development.

CYS wants to ensure they are providing the highest quality of care and that is why they cannot make off-post referrals. This becomes a problem for mothers still on the waiting list who have to return to



Sharee Moore

Dr. Barry Nutter performs a Roling technique on "Ivy" a patient with tight muscles and tendons.

Revitalizing deep connective tissue

By Sharee Moore
Editor

Backaches, stiff necks, poor posture and muscle pains. We all have them, but is there a way to alleviate these annoyances without popping pills? Certified Advanced Rolfer Marianne Broz Wassel, says yes.

Wassel, a biologist and 25-year Rolfer veteran, likens the human body to the center pole that holds up a circus tent.

"In the body, the 'circus mast' is the spine and the 'ropes' are the connective tissues," said Wassel.

According to the European Rolfer Association's Web site, "Rolfer results in a feeling of fitness and wholeness. People who have been Rolfed stand with more stability and less strain, breathe deeper and more easily, move with more naturalness and grace and develop a wider range of self-expression."

Wassel asserted that people are unconscious of how they move and stretch the body. If a person uses any body part dominantly, for 20 or more years, dehydration, shortening and thickening of the connective tissues occurs.

The Rolfer fights this inevitable process by softening and lengthening the tissues with their hands. Hundreds of those micro-millimeters of changes create a significant difference.

What kinds of differences? "You just don't have that click in your heel anymore or that pain in your back," she said.

Ivy Jiang, 77, (not her real name) described how Rolfering

changed her and husband, Scott's (not his real name) lives.

"We had been exercising, but as we got older, we could feel the effects of aging," Ivy began in a soft voice. "The muscles tightened up and even the tendons will age as well."

"You can't stretch (tendons) and stretching can't help you with that. We feel that we were in so much discomfort and pain before we met Barry that we had to find someone who was good at it."

Dr. Barry Nutter, a Chiropractor and certified Rolfer for 30 years, explained how ten Rolfer sessions work and why it's different from massage therapy.

"Rolfering is very different than a massage because massage is like working in a very broad area using strokes and maybe oil," explained Dr. Nutter. "With Rolfering you need to go in with your fingertips and hold on to the deeper connective tissues."

There are three contraindications for Rolfering warned Wassel: "Cancer, AIDS and rheumatoid arthritis, which are all disease of the immune system. Also, never go to someone who says they 'do something like Rolfering. Practitioners should be certified in Boulder, Co. or Munich Germany", she added.

Practitioners typically charge \$115 a session. Some charge more, some less.

(Editor's Note: Learn more about Rolfering and its history from the European Rolfer Association's Web site www.rolfering.org.

Medical care team treats Afghans, builds relations

Story and photo by Sgt. Jennifer S. Emmons
17th Public Affairs Det.

ARGHNOB DISTRICT, Afghanistan - Soldiers from Task Force Victory's Surgeon Cell traveled to Zabul Province in southern Afghanistan to provide medical and veterinary care to the people of the remote region.

This medical care is called a Cooperative Medical Assistance.

"A Cooperative Medical Assistance is generally sponsored by Task Force Victory," said Staff Sgt. Thomas Rodriguez, Surgeon Cell Operations noncommissioned officer in charge. "It brings basic healthcare to the people of Afghanistan who are normally not able to reach a medical facility."

The medical professionals see men, women, and children who have traveled over the mountainous terrain to receive treatment.

"We are seeing a lot of skin problems because their skin is so dry," said Capt. Heather Canzoneri, 325th Field Hospital nurse. "This can cause infections because the skin is broken and exposed to the dirt."

The medical professionals provide the most basic healthcare, which is more than many of the local population have ever received.

"We're giving antibiotics," said Canzoneri. "We are treating the skin infections, nasal and ear infections with antibiotics. We are vaccinating women of child-bearing age against tetanus."

The CMA team didn't just treat the people, however. It also helped with their livelihood.

Down the hill from the makeshift clinic, Coalition veterinarians were corralling herds of animals for treatment.

During the three days of the CMA, more than 5,000 animals were treated, said Maj. Trudy Salerno, Task



Staff Sgt. Thomas Rodriguez, Task Force Victory Surgeon Cell Operations NCOIC, takes the blood pressure reading of a local national at a Cooperative Medical Assistance in Zabul Province in southern Afghanistan.

Force Victory Surgeon Cell veterinarian.

"We concentrate mostly on herd health," she said. "We move through the herd. All animals get vaccinated with a combination vaccine for multiple diseases, and all animals get a broad spectrum dewormer. The animals that are sick are pulled out and treated accordingly (for

their problem."

This vaccinating and deworming should keep the herds healthy going into winter, said Lt. Col. Michael Lennon, Task Force Victory Surgeon Cell veterinarian.

This is the second CMA held in the area.

"We've never seen a woman out in the three and a half months we've been working in this area," said Master Sgt. Bob

Labella, 3rd Special Forces Group.

"Today we saw 23 women. That means the people in this district are beginning to trust the government. Not just the U.S. government, but they're beginning to trust their own government."

As the trust of the Afghan people grows, the more willing they also develop relationships with the coalition forces.



Courtesy USS Missouri Memorial Association

More than 40 aviation Soldiers from Wheeler Army Air Field helped moor the U.S.S. Missouri Battleship to its pier Oct. 1. The Soldiers are from Company C, 25th Aviation Regiment; assisted by Co. G, 58th Avn. Rgt.; and Headquarters and Headquarters Co., Avn. Brigade.

Aviation Soldiers engage in a tug-of-war with the 'Mighty Mo'

U.S.S. Missouri Memorial Association Release

After 1st Sgt. Dean Walker's recent visit to the Battleship Missouri Memorial, he suggested that his unit's routine physical training regimen be adjusted to fit a mission aboard the "Mighty Mo" with the shoring up of the ship's lines that moor her to Pearl Harbor's Pier Foxtrot-5 on Oct. 1.

Pulling the 887-foot, 60-year-old battleship took the combined efforts of

approximately 40 men and women from Wheeler Army Air Field, Company C, 25th Aviation Regiment; assisted by Co. G, 58th Avn. Rgt.; and Headquarters and Headquarters Co., Avn. Brigade.

The job is a precautionary task periodically performed to ensure the battleship is adequately secured to the pier in the event of high wind.

Unlike the numerous crew members boasted by the Missouri during its

days as an active-service Naval ship, today its non-profit caretaker, the U.S.S. Missouri Memorial Association, relies on the help of volunteers who keep up with the painting, plumbing, welding, and cleaning that are constantly required.

While in active service, it took between 1,500 and 2,500 Sailors to maintain the battleship.

Located on historic Battleship Row in Pearl Harbor, the Battleship Missouri Memorial opened

on Jan. 29, 1999. The battleship served the United States in three wars – World War II, Korea, and Desert Storm – over a five-decade span.

It is best known as the site where Japan signed the Instrument of Surrender on Sept. 2, 1945 that ended WW II.

Neuter pets early to control the large stray populations

By Capt. Rachel Moulton
U.S. Army Veterinary Services

Did you know that female kittens, as young as four months, can reach sexual maturity? Pretty amazing, isn't it? What's also pretty amazing is the number of unwanted dogs and cats wandering around our towns and in our animal shelters.

"Well, what can I do about this huge local and national problem?" we ask ourselves, feeling frustrated and powerless. Early spay and neuter of our beloved pets is a tried, tested, and true way that pet owners can do our part to help reduce the large numbers of stray animals on post.

Puppies and kittens as young as six-weeks-old, and at least two-pounds, can be altered by the veterinarian. Even an observant owner can miss the signs of a first heat in their animal and it only takes once for "Muffin" to get outside, get pregnant and perpetuate the stray animal problem.

There is no certain way to tell when a male is sexually mature, and a single unneutered male can impregnate multiple females in a very short time. The key to early spay and neuter success is to sterilize pets before they are capable of reproduction.

Besides reducing the number of unwanted dogs and cats, early sterilization has other benefits. They include a significant decrease in the incidence of many diseases, like mammary cancer and painful inflammation of the prostate gland.

It can reduce unwanted behaviors like inter-dog aggression, mounting, scent marking, and roaming. It has been shown that spaying and neutering early produces a more calm and gentle pet than those that are sterilized at a more traditional age. This results in an increase in the strength of the human and animal bond.

Finally, the procedure is easier to perform on younger animals resulting in less time under anesthesia and faster recovery times.

The advantages of neutering animals at an early age are numerous and far reaching, and should be a part of the pets' basic health care regimen. The procedure is a simple way to approach the large stray animal population on Army posts.

Speak to a veterinarian about the benefits of early spay and neuter for your pet today.

(Editor's Note: Call the Schofield Barracks Veterinary Clinic at 433-8532 or Fort Shafter at 433-2271 for more information.)



Father-Son coaching team prepare for championship

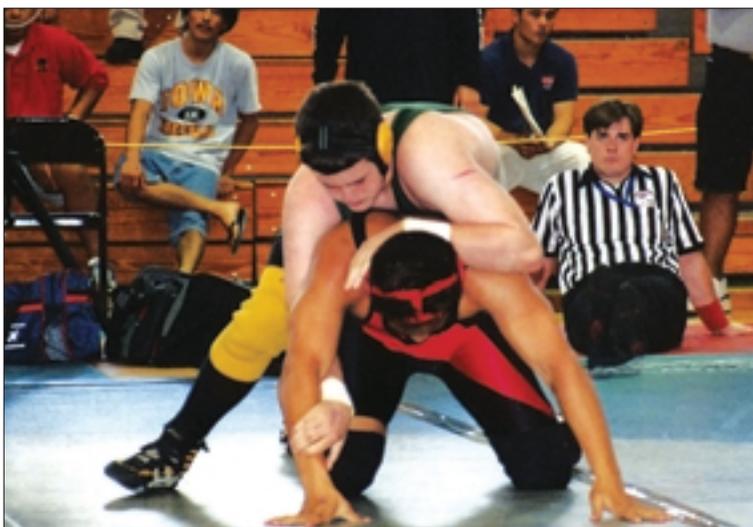
By Rafi Grant
Contributing Writer

Sgt. 1st Class Larry Mullen is Soldier, coach and maybe most importantly, a dad. When Mullen isn't working, he's spending time with his son Michael, coaching wrestling. Michael, 15, is not only an athlete like his dad, but a coach as well.

Michael and his dad coach wrestling together at Schofield Barracks.

"Michael has developed a special relationship with his kids," Mullen said. "At times the kids seem to understand Mike better than they understand me, as the age gap is not as wide between them."

'Big Mike', as the kids on post call him, shares his wrestling experience with the younger kids of the Schofield



Noralyne Mullen

Michael Mullen (yellow) wrestled to a 5th place finish during the OIA championships last year.

wrestling team. Michael not only coaches wrestling, and wrestles at Leilehua High School, but also plays on the Leilehua football team.

The young athlete brings the same dedication from his coaching as he does to his playing, Mullen added.

On Oct. 15 at Leilehua High School, a large group of juniors in green jerseys and white pants were doing jumping jacks in formation to warm up for their game against Pearl City.

Michael is an offensive blocker for the team, but isn't wearing his helmet and gear. He is standing on the sideline along with the trainers because he suffered a stress fracture in his foot during a practice about three weeks before the game, and is recovering for one month with no training and especially no games.

But injury and forced absence from practice and competitive challenges don't keep the young athlete away from the team.

Six days a week, Michael goes to practice and games to support them.

"It is hard for me, because I can't train nor play," he said. "But football is a team sport," he said, pointing out how support is a strong and important link to the team's structure.

Ever since Michael joined the Leilehua high school team in 2002, when he moved with his family to the new duty station Hawaii, he has taken football and wrestling very seriously, Mullen said.

Michael never misses training Mullen added.

"I would never skip practice or a game to go to the movies or hang out with friends," Michael said.

Michael's big goal for the coming wrestling season is winning the championship in Hawaii.

His outstanding dedication might bring the championship title within close reach. And maybe, one day, his dream of competing in the Olympic Games will come true.

HHB 1-62 ADA beats 406th MI Bn. Monday night: 12 - 7



Spc. Charles Hayes

Soldiers of HHB 1-62 ADA and 406th MI Bn. play flag football Monday on Stoneman Field at Schofield Barracks.

By Master Sgt. Dean Motta
Contributing Writer

A touch down late in the game provided the security needed to seal a victory for Headquarters and Headquarters Battery, 162nd Air Defense Artillery in a 12-7 win over the 406th Military Intelligence Battalion on Monday night, at Stoneman Field.

On their second possession in the first half, quarterback, Matt Isner of the 406th MI Bn. completed a 40-yard reception to Mike Whitaker to put the 406th on the scoreboard. After scoring the extra point and giving the 406th a 7-0 lead, quarterback David Alford, of HHB 162 ADA, threw a

slant pass to Marc Ladsen to bring 162nd within 1 point.

With the missed extra point by the 162nd, the 406th held a one-point lead until late in the game. Alford on a third and goal situation under heavy defensive pressure completed a shuttle pass to Ladsen for what was to become the game-winning touchdown.

With 40 seconds left in the game, the 406th drove down the field and found themselves on the 20-yard line. With only 10 seconds left in the game and a missed reception, time expired and left the 406th with their second loss.