

# HAWAII ARMY WEEKLY

Vol. 34 No. 40

Serving the U.S. Army community in Hawaii

<http://www.251dl.army.mil/haw.asp>

October 7, 2005

## What's Inside

Lightning Six .....A-2  
Training .....A-3  
News Briefs .....A-4  
Deployed Forces .....A-6  
Soldiers .....A-9  
Health .....A-10  
MWR .....B-2  
Sports .....B-5

## DA announces modular unit designations

Army News Service  
News Release

The U.S. Army announced today new unit designations in ongoing efforts to build the modular force.

These naming conventions support the Army's continued modular force restructuring, while preserving most of its famous and historic lineages.

A blue-ribbon panel composed of distinguished military leaders reviewed various proposals for naming these units before making its recommendations.

The resulting plan enables the U.S. Army to retain the names of many of its activated regiments and divisions, allowing these units to continue their proud traditions among today's Soldiers.

Until now, the Army was using working terms to describe various units and their levels of responsibility. Now that the redesign is complete, the new unit designations provide familiar terms that Soldiers will identify with and use easily:

### Unit designations

**Armies:** The units of employment (UEy) will become the Army component of a joint major command and will be referred to geographically.

This headquarters will be capable of assuming the duties of a joint task force (JTF) or a joint force land component command (JFLCC), with augmentation from other services, and controlling operations. Soldiers assigned to one of these commands will wear the patch of a tradi-

See "Modular," page A-9

## Spouses make connections at an annual affair

Story and Photo by Joy Boisselle  
Staff Writer

Knowledge and fun-seekers alike converged on Schofield Barracks Sept. 30 and Oct. 1, as more than 300 Army, Navy, Air Force, Marine and Coast Guard spouses attended the 2005 Joint Spouses Conference (JSC) at the Nehelani Convention Center. Originally founded at Schofield Barracks in 1988 as an Army wives volunteer program, today's JSC is a joint undertaking encompassing volunteer spouses of all services.

The purpose of the conference as stated in the program brochure is to "provide valuable information to military spouses that will enrich, empower, uplift, enlighten, motivate and strengthen their roles as wives, husbands, parents, professionals and community leaders." According to many attendees, the conference accomplished its goals and more.

Of the importance of the conference to military spouses, Elaine Brown, honorary director and wife of Lt. Gen. John Brown, commander, United States Army, Pacific said, "It is a time to bring everybody together, to make new friends, learn

See "Spouses," page A-7



## Deployed Forces

The 298th Engineer Detachment lends a big assist during deployment to Forward Operating Base Lagman, Afghanistan, prior to and during local elections. A-6.

## Sergeant Major

Still as active as ever, 81-year-old, retired Sgt. Maj. Leonard Kling continues to leave his mark on the Army and the Rainbow Chapter of Hawaii, Sergeant Major Association. A-7



## Living History

Weekend rains didn't stop crowds from gathering at the Tropic Lightning Museum to celebrate Living History Day. B-1

## Fire Prevention

The Federal Fire Department is reminding all military and civilian employees, as well as family members, to be especially vigilant when using candles. A host of activities, including displays and tours of fire equipment at the Schofield Commissary, Wednesday from 9 a.m. to 2 p.m., are planned. B-3



## Army 10-Miler

The annual race becomes a 11-plus-mile fun run due to security concerns. B-6



## Tropic Lightning Week "Ready to Strike"

# The contests begin



Sp. Juan Jimenez

Lt. Col. Michael Browder (left) and Command Sgt. Maj. Louis Angelucci of 2nd Bn., 35th Inf. Rgt., lead the "Cacti" battalion during Monday's Division Run that kicked off Tropic Lightning Week activities at Schofield Barracks.

Sp. Amanda Richardson  
Public Affairs Office, 25th ID  
(L) and USARHAW

The 25th Infantry Division (Light) celebrated 64 years of division history by kicking off Tropic Lightning Week, an annual gala celebration.

First thing in the morning, Monday, events started with a division run, followed by other challenges such as, volleyball, basketball, ultimate Frisbee, softball and squad endurance, to name just a few.

Tropic Lightning Week celebrates the 25th ID (L) anniversary Oct. 1. It has become a way to boost morale among Soldiers and to instill "esprit de corps." It also allows units to compete for yearly "bragging rights" and trophies at diverse events.

"It's a nice time to relax after a pretty hectic month of constant unit training [and a] good way to reinforce some of the basic skills people should know in a social kind of a fun environment," said Sgt. David Huntington of Company A, 2nd Battalion, 5th Infantry Regiment.

"Overall, it's just a great way for new people who just got to the unit to get to know the people they work with," Huntington added.

Sgt. Sonny Lee of Headquarters and Headquarters Co., 325th Brigade Support Battalion said, "[Tropic Lightning Week] is real good to have because it's a week away from the mundane. Fifty-

See "TLW," page A-9

## The Flying 'V' honors veterans

Master Sgt. Terry Anderson  
Public Affairs Office,  
25th ID (L) & USARHAW

Hugh O'Reilly had just celebrated his 27th birthday when the Tropic Lightning Division was formed on Oct. 1, 1941. Sixty-four years later, on the Division's anniversary, O'Reilly was on hand to take part in the celebration.

Division leaders paid trib-

ute to the honorary sergeant major of the 27th Infantry Regiment and other veterans Oct. 3 on Sills Field, Schofield Barracks, during the Flying "V" to kick off Tropic Lightning Week activities.

"Today as we gather on this field of honor, we are fortunate to honor numerous veterans of past campaigns," said 25th Infantry Division (Light) and U.S. Army, Hawaii, command-

ing general, Maj. Gen. Benjamin R. Mixon. "These veterans bring honor and dignity to this ceremony.

"We active duty Soldiers cherish our association with them, and we are so very proud of them," Mixon continued. "They answered the call to duty during their watch, and did so magnificently."

See "Flying V," page A-9

## Army launches online course to reduce traffic accidents

The new training program is required for all Soldiers, Army civilians and contractors

Installation Management  
Agency  
News Release

ARLINGTON, Va. — Everyone who drives an Army vehicle must complete a new online course designed to make people think about driving safer.

The Accident Avoidance Course is now available

through the Army Knowledge Online Learning Management Services. All Soldiers, civilian employees and contractor employees who drive Army-owned or leased vehicles must complete the training when they start working for the Army.

Refresher training must be completed every four years. The course meets the

four-year refresher training requirements of Army Regulation 385-55 and Army Regulation 600-55.

Installation Management Agency safety officials worked with the Combat Readiness Center and the National Traffic Safety Institute to develop the course that explores how values and attitudes affect an individual's driving behavior.

Driving is one of the few critical skills that Soldiers

use in both military and civilian life. Changing attitudes toward vehicle safety during the span of an individual's career is key to reducing accidents, said Mario Owens, chief of Safety and Occupational Health for IMA.

Training will be customized for each person using a risk assessment of driving behavior and habits. The driver's safety course is expected to motivate people to improve driving skills,

Owens said.

Awareness of aggressive driving, defensive driving techniques and avoiding distractions will be emphasized through the course.

Discussion of driving under the influence, substance abuse, child safety and weather factors also have been included in the training program. The course takes about an hour to com-

See "Traffic," page A-9

## We want to hear from you..

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

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

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

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

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

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

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

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, or the firms, products or services advertised.

## HAWAII ARMY WEEKLY

**Commander**  
Maj. Gen. Benjamin R. Mixon  
**Public Affairs Officer**  
Maj. Stacy M. Bathrick  
**Command**  
**Information Officer**  
Ed Aber-Song  
([edward.abersong@schofield.army.mil](mailto:edward.abersong@schofield.army.mil))  
**Managing Editor**  
Aiko Brum  
**Assistant Editor**  
Sgt. Sean Kimmons  
**Photojournalists**  
Joy Boisselle  
Staff Sgt. Manuel Torres-Cortes  
Spc. Cheryl Ransford  
Spc. Juan Jimenez  
Spc. Amanda Richardson  
Pfc. Nicole R. Montoya  
Pfc. Kyndal Brewer  
**Layout**  
Leah Mayo  
**Advertising:** 521-9111  
**Editorial Office:** 655-4816/8728  
**Fax:** 655-9290  
**E-mail:** Write the HAW at [editor@hawaiiarmyweekly.com](mailto:editor@hawaiiarmyweekly.com)  
**Address:**  
Public Affairs Office  
Bldg. 580, Stop 215  
Schofield Barracks, HI 96857  
**Web Site:**  
<http://www.25idc.army.mil/haw.asp>

# Is giving just too hard?

## Hurricane victims are counting on the support of the able-bodied

Sgt. Maurice Smith  
Public Affairs Office, 3rd Brigade

Natural settings can provide comfort and peace. From the beautiful beaches of Hawaii to the Grand Canyon in Arizona, these settings can provide temporary escapes and whisk the beholder away on an adventurous journey or to a calm paradise setting.

However, just as quickly, nature can take those images and much more away at a moment's notice — without allowing proper warning or preparation time.

Newscasters may be able to tell us that a storm or a hurricane may be heading our way, but the forecaster can't pinpoint when a hurricane or tornado is going to change directions or where lightning is going to strike during a storm.

Natural disasters come in many forms — hurricanes, volcano eruptions, landslides, lightning, tsunamis and others. Like an earthquake, some come without warning and leave a path of destruction or take a horrific number of lives.

The hopes and dreams of many are gone in an instant in the wake of these violent acts of nature. Only trails of debris lie in locations people once considered homes.

Lives are lost. Many are left without food and proper drinking water, relying on the aid of shelters for months to come.

This scenario can happen to anyone, so now is the time to prepare in case one of these events occurs. Now is also the time to assist and aid others who have recently experienced these tragedies.

A month ago marked the beginning of an indescribable measure of pain, suffering, property damage and hunger for the residents of Louisiana, Mississippi and Texas. Hurricane Katrina left a devastating trail in the south as it made its way inland through the Gulf Coast. Shortly after, Hurricane Rita sent an aftershock to many in almost the same exact areas.

More than 1,000 lives have been lost, and property damage is estimated in the billions. An estimated 80,000-plus people were forced out of their homes and into shelters due to flooding, total home destruction and State of Emergency declarations.

While many citizens question our nation's response time to this disaster, it's still not too late to lend a personal hand and help rebuild lives. There isn't anything any of us can do to bring back the lost lives of loved ones for victims, but there are still plenty of people out there who are without food, shelter and medical supplies.

That's something we can help change.

My thoughts and prayers go out to those coping with the aftermath of Katri-

na and Rita. I don't know what it's like to be a victim of a hurricane, but I do know what it's like to be without food and shelter.

### I know what it's like

Growing up in Philadelphia, Pa., was very hard on my family. Around the age of 13, we found ourselves homeless and having to resort to a shelter for a brief period of time.

My mother, sister and I had to pack up what little belongings we could carry and go from shelter to shelter, every single night, until one could find a permanent room for us.

We would walk for miles in the hot sun, lugging our personals on our back, and then turn around and do it all again the next day.

I remember plenty of nights without food and a few nights without a roof over our heads. It wasn't that hard for me to deal with because I've always liked to consider myself a tough individual, even before I joined the military. Watching my mother and younger sister go through this was the hardest part for me.

It's always harder to see women and children fall victim to poverty. I'd pray every night for someone to rescue us or just lend us a helping hand, whatever they could afford.

Thousands of residents of Louisiana, Mississippi and Texas are experiencing this type of misfortune and more; many of them are women and children. They are spread out in shelters, in as many as 25 states in the country, according to various sources. But, being placed in a shelter doesn't mean your needs are met.

### I know from experience

There are limited supplies and overworked employees and volunteers in those shelters because they have to provide for so many people. Volunteers, care packages and money are still needed for supplies, food and the rebuilding efforts in the areas hit hard by the storms. Every little bit helps to feed mouths and get victims back on their feet.

Yes, there were many nights I had to watch my family go without food. My sister was way too young to understand the reason for her hunger because she was only 6 years old. Today, she and my mother are living comfortably. Yet, something as simple as watching them eat what they want, and when they want, makes me happier than anything.

I'm pretty sure the feelings will be mutual for the victims of Hurricanes Katrina and Rita once they can stand on their own again. That's why I plan on donating whatever I can give to help them reach that goal.

# Lightning Six Sends

'I encourage you to give ... to make a difference'

The 2005 Hawaii-Pacific Combined Federal Campaign (CFC) is Sept. 19 to Oct. 28. The theme is "Heroes of the Pacific - Be one!"

This is our annual opportunity to respond to needs in our community, our Nation and our world.

Giving freely to those in need, making a significant and lasting impact in the lives of others, is a great American tradition. Through your contributions to specific CFC agencies, you offer vital support to the charity of your choice.

The generosity that has traditionally been demonstrated by our Soldiers and Department of Defense civilians has had an incalculable impact on the lives of countless individuals.

Our Army Hawaii goal this year is \$760,000. I have no doubt that we can exceed this goal and strongly encourage each individual to support the charity of his or her choice.

Your contributions go directly to those agencies that you designate. It is impossible for any individual to review the donor brochure and not find at least one agency that has affected him or her or the extended families' lives.

I encourage you to give back



to those agencies and continue to make a difference in the lives of others.

I commend you for already giving so much for your country through your daily service to our Nation. Please extend that commitment with a charitable contribution to this year's Combined Federal Campaign.

Tropic Lightning!

*Benjamin R. Mixon*

Benjamin R. Mixon  
Major General, U.S. Army  
Commanding

## CFC donations slowly edge up

The Combined Federal Campaign collects donations to help benefit a listing of more than 1,800 nonprofit organizations. "Without our donations," said Capt. Andrew Thompson, CFC agency project officer for the 25th Infantry Division (Light), "these organizations would not be able to survive. We all use these charities, so take a minute to give back to all they have done and what they will do for you in the future."



## Lightning Spirit

# Singles, couples should take time for a retreat

Chaplain (Maj.) Timothy L. Hubbs  
Division Support Command

Soldiers who were deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom last year received some delayed gratification.

The Office of the Chief of Chaplains supplied grants to fund two separate "Single Soldier Retreat Days" and one overnight "Couples Retreat."

It is through the generosity of those who donate monies in their military chapels that Soldiers reap the benefits. Those who place donations in chapel baskets often do not know where the money goes. They are elated to hear that their contributions do a world of good.

Chaplain Timothy Hubbs and Chaplain Scott Crossfield coordinated these events with the help of chaplain assistants Sgt. 1st Class Angela Lind-

sey and Staff Sgt. Damon Baker.

A million details are involved in setting up and executing events such as these, and when they run smoothly, it is the result of many hours of "behind-the-scenes" taskings.

Retreats are excellent tools to use when Soldiers and spouses need time apart from the regular routine of life, to reflect on the meaning, mission or direction of their lives. We all need this time, whether we know it or not.

Sometimes waiting too long to "decompress" can wreak havoc in one's life. We always tend to think that "things will just work out" or "I'll feel better tomorrow." Not true.

Instead of "mental health" days missed from work, planned periodic retreats can revitalize us and give us a new lease on life. And retreats following deployments to war zones are even more essential for our troops.

Since each deployment experience is different,

the effects of the retreat upon an individual or couple vary. One word said at the right moment can change a life, save a marriage or heal a wound. Ask any chaplain; we see this every day.

Our DISCOM Lightning Support Soldiers, who served both in Iraq and Afghanistan, benefited from their brief step outside the boundaries of the ordinary duty day.

How do we know? They told us.

A retreat setting can run the gambit from extravagant to very ordinary. Our choices of the Hawaii Adventures Water Park for single Soldiers and the Prince Kuhio Hotel for our married couples were just right. Those settings made us comfortable, but again, it is what needs to be discussed and what is discussed that makes all the difference during and after a retreat.

Think about taking a retreat sometime soon. You will notice the difference immediately and be thankful for the results indefinitely.

## Voices of Lightning: What do you like best about Tropic Lightning Week?



"It's a great opportunity to get out of work and play sports with your co-workers."

Spc. Kevin McMahon  
1st Bn, 25th Aviation Rgt.  
Crew Chief



"The competition between companies is the best thing of this week."

Pv2. Jason Westfall  
66th Engineers Co.  
Combat Engineer



"...Seeing my husband compete and releasing his aggression."

Valerie Delarosa  
Family Member



"...Having some fun and being able to play other companies."

Pfc. Kenneth Crissosotomo  
725th Main Support Battalion  
Medic



"...The fact that it is a good time to relax and increase company spirit."

Capt. Shawn Ross  
Co.C., 325th FSB  
Company Commander

# Infrared prototype to aid Soldiers in combat

Story and Photo by  
Spc. Juan Jimenez  
Staff Writer

As Military Police Soldiers patrolled the streets of the Military Operations in Urban Terrain (MOUT) site Sept. 23, they encountered sniper fire from many directions.

Instead of going through the usual confusion and collateral damage that takes place before locating hostile fire, this time the MPs received help from new technology.

The 58th Military Police Company took part in a demonstration of the Overwatch Advance Concept Technology Demonstration (ACTD) system to determine its effectiveness for combat.

The Overwatch system provides Soldiers with an advantage over their enemy: It helps locate the enemy and gives Soldiers the opportunity to return fire quickly.

"This system is really nice, and we're glad that we had the chance to test it now," said Sgt. Zack Larson, a team leader with the 58th MP Co. "We're looking forward to the improvements that will be made on the system, especially while it's on the move."

The Overwatch is an infrared



Sgt. Zack Larson (center left) shows Lt. Gen. John M. Brown (center) commander of U.S. Army Pacific, and Command Sgt. Maj. Mark L. Farley, how easy it is to operate the Overwatch system.

sensor introduced by the Space and Missile Defense Command with the purpose of detecting, classifying

and locating weapons fired in a complex and urban terrain.

This system can detect hostile

fire, collect photographic evidence and provide situational awareness to support ground forces.

The Overwatch system has a field of view of 120 degrees and a distance range of more than 300 meters, increasing force survivability and reducing collateral damage through application of accurate counter fire and counter sniper operations.

The system works by sending the target location of the enemy as a digital message to the tactical operation center located inside the vehicle.

The Overwatch system has been field tested before, at Camp Shelby, Miss., and at Ft. Benning, Ga.

"The system is in its early stages of testing and building," said Reginald Snell, a technician with Radiance Technology. "We still have to find a way to make this prototype smaller, and all-weather resistant."

"Currently, we have five prototypes being tested in Iraq," Snell added, "and we brought this one here to test its capability on the mountainous terrain of Hawaii."

"The Overwatch has performed to our expectations in spite of the improvements it needs," said Snell.

"It is really important to get this prototype ready for the future," added Larson, "because it will help troops in combat."

# Division's fleet of humvees sport new, 'modular' equipment

Story and Photos by  
Pfc. Nicole Montoya  
17th Public Affairs Detachment

Sitting in a row, more than 40 high mobility multi-purpose wheeled vehicles awaited their turn for new equipment systems, such as radios and enhanced precision locating and reporting systems, to be installed.

Installation yards began a division-wide transformation for new equipment located at Schofield Barrack's East Range Sept. 13-15.

"Transformation is all encompassing, as far as military equipment is concerned," said Lt. Col. Ruth Haider, command, control, communications, computers, intelligence, surveillance and reconnaissance officer.

This is the first time the 25th Infantry Division (Light) has undergone a division-wide transformation.

Normally, every brigade receives a new system every couple of years, but this year every brigade is getting retrofitted.

The installation yards receive up to 25 vehicles a week to upgrade. From the time the vehicle is received, a team of support contractors begin installing new equipment into them at a pace of about five HMMWVs a day.

In addition to the staff at the yards, support contractors come from other installations to help the



High mobility multi-purpose wheeled vehicles at the installation yards located on East Range, Schofield Barracks, await new technology that will transform their capabilities.

transformation process easily proceed from putting the first piece of equipment in the vehicle to distribution across the division for mission accomplishment.

The bigger the vehicle is, the larger the time frame becomes to install equipment, said Chief Warrant Officer 3 Terry D. Clark, G-7 transformation facility officer in charge.

Before troops are able to work with vehicles which already have new equipment installed, they are trained how to operate and maintain them, said Clark.

"Our goal, ultimately, within 30 days of a Soldier finishing a New Equipment Training Team class, is to have their vehicle coming out of the install yard ready to be distributed," said Haider. "We try really hard to succeed in that goal."

As opposed to running a brigade-sized element through the installation yard, give or take 400 vehicles, the transformation of the division will bring more than 1,300 vehicles through the facility.

However, because more vehicles are coming through the yard, the

window of opportunity for the completion of the transformation isn't always bigger.

Other factors may also prevent the vehicle from leaving the installation yard on time.

Every once in a while a problem may occur, such as it being inoperable or missing equipment, and the goal of 30 days is prolonged until the dilemma is fixed.

No matter what obstacles they may face, the transformation facility plans to have all vehicles retrofitted by the time the division deploys again.



Humvees will be retrofitted with equipment racks (above) to hold the latest new technology. Installation yards began transforming the division's fleet in mid-September.

# Pacific Endeavor unites 16 nations with communication

Spc. Tim Meyer  
Public Affairs,  
U.S. Pacific Command

**BELLOWS AIR FORCE STATION** – Military forces from 16 countries in the U.S. Pacific Command (PACOM) learned to improve communications and information systems interoperability in Pacific Endeavor 2005 here, Sept. 12-23.

During the workshop, delegations from participating nations tested their radio equipment interoperability — the process of enabling one country to speak to another — which often meant breaking equipment and language barriers.

“The language barrier was a problem,” said Australian Army Cpl. Jodi Lennard, a radio operator from the 1st Joint Support Unit in Brisbane, Australia, and detachment commander for the five personnel in her country’s group.

“But it was good to see the equipment that the other countries have, and the difference between how the Australian army works compared to the other countries.”

The workshop was a success, according to participants and organizers.

“Sixteen nations with different backgrounds and dif-

ferent cultures put aside their differences and worked together towards a common goal,” said Capt. Christopher Goh, the delegation chief from Singapore.

According to U.S. Air Force Lt. Col. Douglas Persons, chief, Standards Branch, PACOM, and the workshop director, many of the participating countries use U.S. equipment, “but some of them, like Mongolia, for instance, use Russian-made equipment.”

PACOM hosted the inaugural workshop, developed by the Communications Working Group of the Multinational Planning and Augmentation Team (MPAT) Program at PACOM. Participating nations included Australia, Fiji, the Republic of Korea, Thailand, Mongolia, Singapore, Madagascar, Germany, Malaysia, New Zealand, Tonga, Sri Lanka, India, Indonesia, the Philippines and the United States.

As a result of the workshop, a database is being created that will permit communications planning when countries with different equipment work together in the future.

“This database allows communications planners to be able to construct a communications architecture for



PH3 Rebecca J. Moat.

**Army Staff Sgt. Clifford Taylor (left) reviews test results of high frequency radios with Lt. Ochirbat Gunaajav (center) and Sgt. Ganbold Bolor of the Army of Mongolia during Pacific Endeavor 2005.**

a combined task force, or an exercise, and it allows them to do it a lot quicker,” Persons explained, “because they have the information right in front of them, instead of calling 1,000 places to find out what you are going to bring, and all the details.”

The database will include

statistics such as what equipment was used, from which country, how the different connections were made, how each piece of equipment was connected together, and all the technical specifications, like size, weight, dimensions, frequencies, range of frequencies, power and connections

requirements, and the test results, Persons added.

Pacific Endeavor organizers said they learned some things from Combined Endeavor, an annual exercise in its eleventh year, which brought together 43 countries in Europe earlier this year.

“The other side of this,

which is equally important, is human interoperability, which is a term we use for establishing professional relationships,” said Persons.

“One of the good things that we saw come out of Combined Endeavor is that a lot of participants from each of the countries over the years have moved up in the ranks. Some have become general officers or leading decision makers within the communications area,” he explained.

Through all those years working together, Combined Endeavor participants formed relationships with their counterparts in other countries, so that when the time comes to make informed decisions, it makes it very easy to reach out to another country, and know who to reach to get the right kind of information, Persons added.

The same process took place during Pacific Endeavor, according to Persons.

“It will take some time to develop those kind of long-term relationships, but we have a good start, and we’ve been working together for more than a year now,” he added.

During the workshop, future events were planned to foster stronger relationships among the delegates and their countries.

## News Briefs

**Garrison CSM** — Garrison Commander, Col. Howard J. Killian, has selected Command Sgt. Maj. Edmond Murrell as the next Garrison command sergeant major.

**The Wave** — This Fort Shafter worship service meets each Sunday at 9 a.m. in the Fort Shafter dining facility. For more details, call Chaplain (Capt.) James Lester at 438-1816.

**National Fire Prevention Week** — The week of Oct. 9-15, the Federal Fire

Department will emphasize fire prevention and the slogan “Use Candles With Care, When You Go Out Blow Out.”

The fire department will host static displays and tours of their fire equipment at the Schofield Commissary from 9 a.m. to 2 p.m., Oct. 12.

The public is invited.

**Transitioning** — Officers

and senior noncommissioned officers who plan to leave the service in the next one to five years are heartily encouraged to attend “Marketing Yourself for a Second Career,” Wednesday, Oct. 12, from 9 to 11:30 a.m. in Building 896, Room 108, Schofield Barracks.

Spouses and civilians are also invited to this seminar. For more details, contact

Charlene Shelton at 655-8945.

**Vet Clinic** — The Fort Shafter Veterinary Clinic is hosting a Saturday vaccination clinic on Oct. 15 from 8 a.m. to 1 p.m. Appointments must be scheduled for vaccinations, but walk-ins are welcome for product sales. Call 433-1975 or 433-2271

to schedule an appointment.

**Road Closing** — Hewitt Street (from Trimble Road to Floyd Street), Schofield Barracks, will be closed Oct. 17-28 from 7 a.m. to 3:30 p.m. to install underground electrical duct lines.

For more information, contact Matt Forney at Actus Lend Lease, 748-8200.

## Traffic

From A-1

plete.

Driving accidents — both in Army motor vehicles and privately-owned vehicles — are the number one killer of Soldiers, Owens said. More Soldiers have died behind the wheel in fiscal year 2005 than in each of the previous 14 years.

“Soldiers are driving more than ever before, and under a wider variety of conditions than they ever previously [did],” Owens explained. “Soldiers must drive everything from passenger cars to Humvees. This contributes to accidents from human error and behavioral factors,” he continued. “The Army also has more Soldiers who have never driven before entering the Army.”

About 25 percent of new Soldiers do not have driver’s licenses when they join the Army.

### Driver Safety Course

To enroll in the Accident Avoidance Course, log onto AKO, click “My Training,” click “Army Learning Management System.”

Go to the “Training” catalog from the menu and type in “Army” in the product name block then enter.

Click on the course you wish to enroll in. Confirmations are provided by e-mail.

Standardized traffic safety courses for everyone who drives in the Army that incorporate awareness, skills and motivation are one of the first steps in reducing accidents and improving combat readiness, Owens said.

In the next year, IMA also plans to field instructors who will hold face-to-face Army Traffic Safety Training Program classes at installations. The agency is already conducting Motorcycle Safety Foundation training at installa-

tions.

Development of standardized Army-wide safety training is expected to save the Army money.

“Some commands were spending more than \$1 million a year for vehicle safety programs of all types,” Owens said. “The programs weren’t standardized.”

“We should be able to save the Army millions of dollars with a standardized course,” Owens continued. “It’s better for Soldiers, as well, because it is common training they will carry through their Army careers.”

“The Army is committed to the public health and safety of our Soldiers and civilian employees. We’re convinced we can prevent the senseless deaths and injuries that can result from irresponsible behavior behind the wheel,” Owens emphasized.



Spc. Roy Felts, III, food server, 3rd Brigade Special Troop Battalion, plates and serves lobster, steak and other delectables to friends, families and Soldiers of the battalion.

## 3rd BSTB extended clan ‘savours’ Family Night

Story and Photos by  
Spc. Leslie Alberts  
Public Affairs Office, 3rd Brigade

The aroma of Alaskan king crab legs, lobster tail, shrimp scampi and T-Bone steak, among other savories, greeted friends, family and Soldiers of the 3rd Brigade Special Troop Battalion at the Battalion Family Night “Surf and Turf” dinner held at the 3rd BSTB Dining Facility, Sept. 28.

The 3rd BSTB leadership and dining facility staff welcomed Soldiers and their guests to the monthly event to strengthen camaraderie among troops and give family members and friends an opportunity to interact in an environment different from deployment-related events, explained Command Sgt. Maj. David M. Clark, sergeant major, 3rd BSTB. “We want to show family members that we



The 3rd BSTB leadership and dining facility staff treated guests to “surf and turf” during the battalion’s unique Family Night event.

have a continuous, genuine concern for them throughout their spouse’s tour in Hawaii,” he added.

“And the families seem to truly enjoy the event,” said 1st Lt. Gregory Polk, Support platoon leader, 3rd BSTB.

According to Polk, families said they like connecting with each other because it

gives them access to others who are going through the same experiences while here on post.

The third consecutive Family Night to be held, Clark said the battalion plans to continue the event indefinitely. Steak and lobster, however, will be an occasional treat.



Soldiers from the 298th Engineer Detachment and Afghan civilians work to build and set up the FOB Lagman's new transient quarters in Qalat.

## Hawaii Soldiers prepare Afghans for elections

Story and Photos by  
Sgt. 1st Class Stephen Lum  
117th Mobile Public Affairs Detachment

**FORWARD OPERATING BASE LAGMAN, Afghanistan** — The electrical upgrade at the FOB here has now turned into a full-blown construction project.

Hawaii's 298th Engineer Detachment is assisting in FOB Lagman's expansion.

"In less than two weeks, our three-person team brought the electrical wiring up to code," said Army Sgt. Jon M. Julius, a 298th electrician from Kapolei, Hawaii. "We finished running hundreds of feet of cable, installing outlet boxes and building a generator shelter for the provincial reconstruction team pole barn."

Next, the detachment built transient quarters for the force provider Soldiers joining the FOB's during the election process. Logistics included selecting the construction site, drawing up plans and ordering materials.

A leveled soccer field provided an ideal platform for the 20 tents.

"Thirteen carpenter/ masons and

**Spc. Michael C. Bearis, a 298th Engineer Detachment electrician from Ewa Beach, Hawaii, prepares an electrical box for final assembly at the Qalat Provincial Reconstruction Team's pole barn.**



Forward Operating Base Lagman's former soccer field becomes its newest sleeping quarters.

plumbers joined the team," said Army electrician Spc. Michael C. Bearis, a social worker from Ewa Beach, Hawaii. "We finished the decks in less than a week. Close on our tail were Afghan workers who erected the tents," Bearis added. "All that is left is wiring the 'rooms' for lighting and outlets."

"I've only got a

three-man team of technicians here," said Kalman J. Szazay, KBR's Lagman team leader. "These guys have been a blessing. They're quick and efficient. They do quality work and always wear a smile."

Added to the list of projects was a pole barn for Army mechanics and an office for intelligence staff of the 2nd Battalion, 503rd Parachute Infantry Regiment.

"They keep completing projects days and weeks ahead of schedule," said Army Sgt. 1st Class Jeri G. Coleman, the 503rd liaison noncommissioned officer in charge with the 298th.

## American Legion opens Web site to 'tell it like it is'

The American Legion  
News Release

INDIANAPOLIS — In an effort to tell the positive stories of daily accomplishments by troops in Iraq and Afghanistan, the American Legion launched its "Letters to America from the Front" initiative, Sept. 30.

"America needs to hear the good news firsthand from those who are fighting the war," said National Commander Tom Bock. "It's about time that the American public hears about the positive things our Soldiers, sailors, Marines, airmen and Coast Guardsmen are doing for our country and for the Afghani and Iraqi people."

In support of the Legion's Resolution 169 (Support for the War on Terrorism), Bock is inviting all family members, spouses and friends of Soldiers serving in Iraq and Afghanistan to share letters from their loved ones fighting the war on terror.

"The focus that we are looking for in these letters is positive energy," said Bock. "We want to share with America their success stories: acts of kindness to the Iraqi and Afghani people [especially children], camaraderie, and most important, their love of God and country."

As a new addition to the American Legion Web site, "Letters to America from the Front" submissions from troops will tell of all the good things happening that are not reported in the media.

Submit letters for posting to [pr@legion.org](mailto:pr@legion.org). To view letters, go to <http://www.legion.org> and click on "Letters to America from the Front" in the upper right hand corner of the screen.

"I urge all Americans to visit the Web site and see for themselves the tremendous accomplishments of our young men and women in uniform," Bock said.

"And I ask our fighting forces around the world to take this opportunity to speak directly to America and tell it like it is," he added.

To kick off the new initiative, Bock posted a letter from his son, Adam, currently serving in Iraq.



# Retired SGM impacts Army today

Pfc. Nicole R. Montoya  
17th Public Affairs Detachment

Since he was in his early teens, Leonard Kling wanted to be a part of the military, so he signed up for the Ohio National Guard at the tender age of 14, and helped the Army without getting paid, then later, became an active member of one of the Army's most respected organizations.

After being kicked out of the National Guard due to him being underage, and rejoining four years later, Kling had a very successful military career.

From assignments to Texas to North Africa, to spending time in Europe, he knew he wouldn't have changed anything for the world.

As a high ranking E-8, Kling was sent to 3rd brigade of the 25th Infantry Division (Light) to help with the war in Vietnam.

As a first sergeant, he was promoted to E-9, sergeant major.



Staff Sgt. Carmen L. Burgess

**Secretary of the Army Francis Harvey addresses the annual Association of the United States Army in Washington, D.C. Oct. 3, 2005.**

"Those days, the Sergeant Major Academy was only accepting E-8's," Kling said. "I was at war and had no way of going to school when I got promoted."

After retirement and 10 years of instructing JROTC students at a high school here in Hawaii, he decided to fully retire and stop teaching.

"I hung up everything," he said. "I was ready to retire at 65 years of age."

In 1975, before retiring though, he joined the United States Army, Pacific Command Sergeant Major Association.

During that time, the top three senior noncommissioned officers were able to attend the meetings and be apart of the association.

Soon the association became exclusively available to sergeant majors only and began to run in to its problems with military regulations.

The military personnel office told the association that it couldn't conduct meetings on post, he said, or have any military tie with it unless it supported lower ranking Soldiers.

"We had to do something," Kling explained. "It was like a fraternal organization at the time."

The Sergeant Major Association

is now in charge of taking care of the Christmas Basket Program in which the organization distributes to Soldiers every Christmas.

The membership fees, to be in the association, go to part of the purchasing and putting together of the baskets.

Kling has been a life long member for many years now, and, at the age of 81, still actively participates in all the organization's events such as raising money for the Christmas baskets.

The Sergeant Major Association Hawaii is still looking for new members everyday.

With over 100 Rainbow Chapter of Hawaii members, the organization is still going strong with meetings at Schofield Barracks, Fort Shafter, and Tripler Army Medical Center.

With a tiny grin on his face, Kling blissfully said, "I'm going to be with the association until the day I die."

## Spouses

From A-1

something new, to be uplifted, to be motivated and to be inspired.

"We want this conference to be something that spouses at any level would find meaningful," she added.

According to Brown, many of the attendees were first-timers to the conference.

One first-timer was Rhonda Mixon, wife of Maj. Gen. Benjamin R. Mixon, commanding general, 25th Infantry Division (Light). She said, "It [the conference] provides us with an opportunity to come together on a special day where military spouses are offering their talents to teach classes as well as providing us with the opportunity to be exposed to resource people within our areas. It is also a great day to take a break and enjoy yourself."

Kaye Goldthorpe, an Army

spouse and co-director of this year's event said, in her opening remarks, "The Army is delighted to host this year's event and bring it back to Schofield Barracks where it began. And, what a wonderful opportunity to come together to learn, share experiences and celebrate the invaluable contributions that we make to our services and communities."

Goldthorpe touched on the conference's history and the significance of the JSC logo. The logo depicts a hand upraised holding a hibiscus flower in its palm. The upraised hand symbolizes hope, the five petals of the hibiscus symbolize the five services, and the logo's purple color represents the separate petals, combining to create something greater than the sum of its parts.

Following Goldthorpe was Maj. Gen. Eric T. Olson, former commanding general, 25th ID (L) who

delivered the conference welcoming remarks.

Olson said, "This conference is very, very important. It is a great opportunity for spouses to get together and make connections with one another."

Touching on the high military operational tempo, he added, "The connections made here during a time of great change in our services are extremely important."

He went on to explain those changes citing construction improvements across the island, the transforming of the 25th Infantry Division, and the ongoing deployments of men and women of all services.

On the role of the military spouse, Olson said, "I have a deep appreciation for the military spouse ... during our deployment. I was enormously impressed with how important it was to have spouses together, shoulder to shoulder, con-

necting and working together in their communities. It is a true combat multiplier."

Over the course of the two-day conference, attendees selected workshops they desired to attend from a list of more than 60 possible topics. Goldthorpe explained that topics covered a wide range including health, family, entertainment, professional development and more.

The diverse group of instructors included dancers from the Hale Koa Hotel, university professors, Army Community Service staff and many talented military spouses. Participants could learn to hula, find the best shopping spots in Hawaii, to throw a great party, and then, balance their checkbooks.

Other workshops included an overview of Hawaii schools, lei making and stress relief. The opportunities seemed endless, and every workshop instructor enjoyed

a focused, want-to-be-there audience.

Keynote speakers further added to the conference's appeal. On Friday, Dr. Kent Keith, author of "Anyway: The Paradoxical Commandments," delivered an inspirational speech to the group.

Brig. Gen. Coral Wong Pietsch, the first woman general in the Judge Advocate General's Corps and the first Asian-American woman general, followed Keith, Saturday.

Closing his welcoming remarks, Olson charged attendees to think about connections over the next two days.

"Think about connections with Hawaii, connections with your inner self, and perhaps most importantly, connections with each other," Olson said. "Enjoy yourselves and make connections here that will help you face the challenges of the future."

# One woman's will to survive thrives despite adversity

Story and Photo by  
Spc. Mary Simms  
Public Affairs Office,  
25th ID (L) and USARHAW

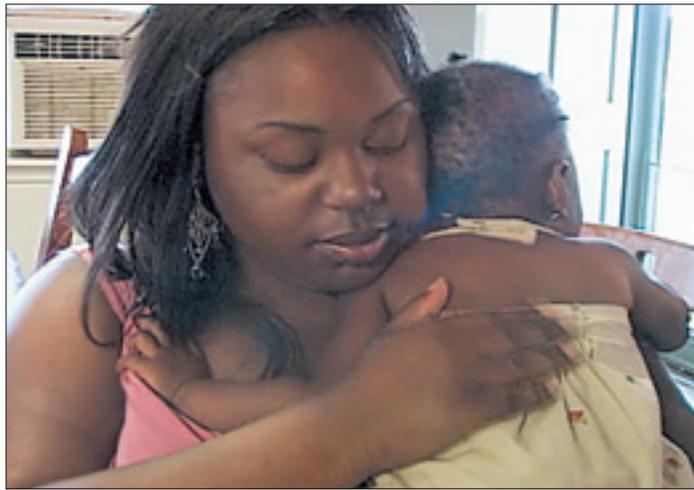
At only 22, Jenniece "Nissi" Fraise is a staggering illustration of how unfair life can be. At the same time, she is an amazing example of how "when the going gets tough, the tough get going."

In March of 2004, Fraise was a happily married wife and mother to a 4-month-old infant. Little did she know then that her husband, who was preparing to deploy with 2-35th Infantry, 25th Infantry Division (Light), to Afghanistan, would soon become the Division's first fallen comrade of Operation Enduring Freedom.

Cpl. David M. Fraise, 24, of New Orleans, La., died June 7, 2004, in Kandahar, Afghanistan, when an improvised explosive device hit his patrol. Fraise says even now she sometimes still expects her husband to call her.

"It's like I'm still waiting for the phone call for him to say, 'Hey baby, I'm coming home,' or 'How's the baby doing?' It's hard," explains Fraise.

Dealing with the death of a spouse is never easy, but Jenniece Fraise's strong bonds with the members of the Cacti Battalion and



**At 22 years old, Jenniece "Nissi" Fraise and her 2-year-old daughter, Jirah, have lived through the devastation caused to their property by Hurricane Katrina and their ultimate, earthly loss, the death of a Soldier husband/father to war. Faith keeps Nissi going.**

a close bond with another military family, the Smith's whom they met through church, has helped her manage through the pain.

In November of 2004, six months after her husband's death, Fraise moved herself and her daughter back to the place she and her husband had always called home, New Orleans. She searched for a place

they could call home, and in May, she found it.

She purchased her first home and began to rebuild her life. However, after only five months, Hurricane Katrina came and took it all away.

Fraise and her daughter were again forced to leave their home, this time evacuating to Houston.

"It's like this feeling of just having to start over. When I got married, I had to start over. When he died, I had to go back to Louisiana and start over. And now, everything I have is ruined, so I have to start all over again," explained Fraise. "It kind of feels like I'm never comfortable, and I won't ever have a comfort zone anymore, not even in my own house."

"It's hard to start over, but it's something I have to do to take care of my daughter."

Now Fraise and her daughter are in Hawaii, staying at Helemano Military Reservation with family friends Cedric and Yasmee Smith. The Fraise and Smith families met four years ago at the Word of Life Church and have shared a sense of ohana ever since.

For Yasmee Smith, whose home is already filled with the love and rambunctiousness of a family of six, inviting Fraise into their home was the obvious thing to do.

"When our husbands deployed, we helped each other out and we got really close," said Smith. "Through our relationship, there wouldn't be any other option than to help her out. It's just the natural thing to do."

The Smith family isn't the only military family on the island showing Fraise aloha. Members of the

Cacti Battalion, the battalion her husband was serving in when he was killed, have been reaching out to show Fraise she is still a part of their family too.

The Soldiers and spouses of the battalion have donated money and diapers, gift certificates and phone cards to help Fraise meet her immediate needs.

Fraise's good friend Yasmee has a take on what has helped Fraise make it through.

"She's very strong, and I think it comes from the fact that she's joyous, said Smith. "Things do get hard, but I think she pulls her strength from that."

"I know she'll be all right; God doesn't give you anything more than you can bear and she's exemplified that greatly," Smith added.

It will soon be time for Fraise and her daughter to return to New Orleans, assess the damage, clean up and start all over, yet again. In the meantime, she says there is one thing that makes her get up every day and keep on going.

"It's the smile on my daughter's face," said Fraise in a soft voice with moist eyes. "It really helps me to know that I'm raising her in the will of God."

"I want her to know that she is capable ... of doing things that neither of us can imagine."

## Checklists prepare us for what may come

Installation Operation Center  
News Release

Of all severe weather forms affecting the State of Hawaii, flooding represents the most persistent and chronic problem, as heavy rains (of 2 inches or more within 12 hours) result in flooding and/or high water in many areas.

To protect Army resources during periods of potential or actual flooding, follow these procedures:

- Protect electrical systems by unplugging, covering, or relocating endangered and vulnerable electrical systems.
- Seal or sandbag openings susceptible to flooding.
- Move equipment and vehicles from areas of poor drainage to higher ground.
- Ensure drains and downspouts are open and unclogged.
- Report any emergency situations to the Department of Public Works service order desk at 656-1275.
- Clear outside areas of trash and small items and secure larger items.
- Monitor local Emergency Broadcast System (EBS) radio announcements for off-post traffic conditions and other developing situations.
- Provide status reports to the Installation Operations Center at 655-8763.

Here's a sobering thought



## TLW

From A-1

one weeks of the year, we're either sitting in offices or doing training and this is kind of a chance where training is incorporated into stuff. But it's also fun and gets people involved in a relaxed atmosphere."

Sgt. Lindgren, also of HHC, 325th BSB, believes that something similar to Tropic Lightning Week would be a good idea for Soldiers after a deployment.

"It helps to build unit cohesion, esprit de corps ... you know, teamwork," Lee said. "It's a change of pace for the personnel working. At heart, we're all Soldiers wanting to compete and be the best."

Participants converged at the games and challenges as early as 5:30 a.m. with the intent of being the best in their company for their company.

Eager to compete, many swaggered and strutted, boasting and taunting opponents early on — all in the name of fun — that their unit would emerge victorious.



**Monday's Flying "V" ceremony honored Tropic Lightning veterans, past and present. At left, Pvt. Christopher Cadle (far left), Maj. Gen. Benjamin R. Mixon (center) and retired Sgt. Maj. Hugh O'Reilly cut the ceremonial cake celebrating the Division's 64th anniversary.**

## Flying "V"

From A-1

O'Reilly was one of more than 50 former 25th Infantry Division Soldiers who attended the Flying "V," honoring Tropic Lightning troops, past and present. He's a 91-year-old World War II and Korean War veteran, who has maintained close ties with the "Wolfhound" regiment and the Division.

O'Reilly is a resident of Ewa Beach, and his presence at the ceremony meant a lot to current "Light Fighters."

"He's a constant sight around the 27th Infantry Regiment here on Schofield Barracks," said Lt. Col. Drew Meyerowich, commander of 2nd Battalion, 27th Infantry Regiment. "When you look at Sgt. Maj. O'Reilly

you see a gruff exterior, a dedicated, disciplined and demanding leader, but he's a compassionate man, one that's willing to do anything for the less fortunate, as evidenced by his association with the Holy Family orphanage in Japan.

"He's a great man, and when we see him around here weekly," Meyerowich continued, "the Soldiers eat it up."

O'Reilly was the oldest veteran attending the ceremony, and Pvt. Christopher Cadle was the youngest at age 17. The duo joined Mixon in front of the reviewing stand on Sills field, cutting the traditional cake with a sword.

During his remarks, Mixon issued a challenge to Tropic Lightning Division veterans.

"We have a situation in our nation today

where we need young people to join the Armed Forces and serve, just as you have served," Mixon said. "You all have great influence in your communities, both here and on the mainland, so I've got another mission for you.

"I'm going to ask you, through your representation, to encourage those young men and women to serve in our Armed Forces, particularly in our Army. As you know, more so than I do, they will be proud of their service," Mixon emphasized.

## MODULAR

From A-1

tional numbered Army and perpetuate its lineage and honors.

Corps and Divisions: The unit of employment (UEX) will feature three-star and two-star versions, consisting of a headquarters of about 800 and 1,000 Soldiers respectively that are capable of functioning as a joint task force and a joint force land component command.

The three-star UEX will be a corps, perpetuating the lineages and honors of an historical corps. The two-star UEX will be a division, perpetuating the lineages and honors of an historical division.

Brigade Combat Teams: The unit of action (UA) will become a brigade combat team (BCT), perpetuating the lineages and honors of a divisional brigade or separate brigade. These brigade combat teams will be of three types: heavy, infantry and Stryker.

Battalions: The constituent battalions for brigade combat teams will continue the lineages and honors of U.S. Army Regimental System's battalions, as they have for nearly 50 years.

The special-troops battalion of each brigade combat team will perpetuate the lineages and honors of the headquarters company of the brigade being perpetuated by the brigade combat team.

The unit designs formerly known as SUAs will now be organized into five types: combat aviation brigades, fires brigades, battlefield surveillance brigades, combat support brigades (maneuver enhancement), and sustainment brigades.

Battalions subordinate to the support brigades will also continue the lineages and honors of U.S. Army Regimental System battalions.

All unit designations enable the Army to perpetuate virtually all of its regiments and divisions active now, and thus to pass their proud traditions along to Soldiers.

# Cholesterol is both good and bad

Norma Suarez

Community Health Nursing,  
Tripler Army Medical Center

HONOLULU — September is National Cholesterol Education Month, but many don't know that there is both good and bad cholesterol, let alone what knowing their cholesterol number is all about.

Nonetheless, it's important to understand what cholesterol is and how it can affect you, the purpose of the monthlong focus.

## What is cholesterol?

Cholesterol is a soft, waxy substance that is found among the lipids, or the fats, in the bloodstream, as well as in all other cells in your body. The body uses cholesterol to form cell membranes and some hormones. It's also needed for other bodily functions.

Cholesterol comes from two sources: your body and the foods you eat. The liver produces cholesterol everyday in varying amounts. Foods from animals (especially egg yolks, meat, poultry, fish, seafood and whole-milk dairy products) can also contain cholesterol.

The American Heart Association recommends that you limit your average cholesterol intake to less than 300 milligrams a day. Typically, the body makes all the cholesterol it needs, so people

don't need to consume it.

Cholesterol travels in your blood in particles called lipoproteins. Two of the more common lipoproteins are low-density lipoprotein (LDL)



and high-density lipoprotein (HDL).

Too much LDL cholesterol in the blood can slowly build up plaque in the walls of the arteries that carry oxygen-rich blood to the heart and brain. This buildup causes "hardening of the arteries," known as atherosclerosis, which can ultimately lead to a heart attack or stroke.

Increased levels of HDL cholesterol, on the other hand, can help

reduce this risk. HDL tends to carry cholesterol away from the arteries and back to the liver, where it's passed from the body.

Medical experts believe HDL removes excess cholesterol from plaques and thus slow their growth. Therefore, health care providers sometimes refer to LDL



as "bad cholesterol" and to HDL as "good cholesterol."

## How do I find out my cholesterol number?

The best way to measure cholesterol is with a blood test called a lipid panel or a lipid profile. You need to fast (that is, not eat) for

nine to 12 hours before the lipid test, which will determine the amounts of total cholesterol, including LDL and HDL cholesterol, measured in milligrams per deciliter of blood (mg/dL). The test also measures triglycerides in the blood, which is the chemical form in which most fats exist in the body.

Total cholesterol is the sum of all the cholesterol in your blood. The higher your total cholesterol, the greater your risk for heart disease. A cholesterol level of 200 mg/dL or greater increases your risk.

A high level of LDL cholesterol (160 mg/dL and above) reflects an increased risk of heart disease. The optimal level of LDL cholesterol is less than 100 mg/dL, particularly in those who already have heart disease or diabetes.

Elevated triglyceride levels can also raise heart disease risk. Triglyceride levels that are borderline high (150-199 mg/dL) or simply high (200 mg/dL or more) may need treatment in some peo-

For more information on cholesterol, contact Tripler Army Medical Center's Community Health Nursing at 433-6834, or Schofield Barracks' Community Health Nursing at 433-8675 or Tripler's Nutrition Clinic at 433-4950.

Get more information at the following Web sites: American Heart Association at [www.heart.org](http://www.heart.org) or the National Heart, Lung, and Blood Institute at [www.nhlbi.nih.gov/guidelines/cholesterol](http://www.nhlbi.nih.gov/guidelines/cholesterol).

ple.

The opposite is true for HDL cholesterol. A low HDL level (less than 40 mg/dL) indicates a greater risk of heart disease and may also raise the risk of stroke. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

## How do I get a "good" cholesterol number?

The good news is that most people can lower their "bad" cholesterol level with a "lowered fat" diet and exercise, and the good cholesterol level can be enhanced through diet and exercise.

There is much to learn when it comes to cholesterol. Understanding the facts about cholesterol will help you take better care of your heart and live a healthier life, reducing your risk for heart attack and stroke.

## Several tactics help combat high cholesterol

Department of Veterans Affairs  
News Release

WASHINGTON — High cholesterol affects Americans of all ages and sizes. Although cholesterol is needed by our bodies to create healthy cells, Vitamin D and certain hormones, too much can clog blood vessels and slow down and even stop blood flow, enhancing the possibility of cardiovascular disease, coronary disease, heart attacks and strokes.

According to a medical study done by the Department of Veterans Affairs (VA), high cholesterol levels are not only bad for the heart and blood vessels, but they may also increase the risk of cognitive impairment, which may lead to Alzheimer's disease.

During September, National Cholesterol Education Month, the VA highlights screening and prevention as two smart ways to combat high cholesterol and subsequent health problems. A simple blood test lets you and your doctor know your total blood cholesterol level and allows your doctor to recommend treatment.

Keep these tips in mind when considering cholesterol screening:

High levels of HDL, over 40.  
Low levels of LDL, under 100.

- Your total blood cholesterol level should be 200 mg/dl or less, but it can differ from person to person based on weight, lifestyle and family history.
- Everyone 20 or older should have his or her cholesterol checked at least every five years.
- You should be aware of your family's medical history. Further, your total blood cholesterol level may be increased if you are a male over 45 or a female over 55; if you are a smoker; if you have a family history of high blood pressure or heart attacks before 55 for males or 65 for females.

While the aforementioned cholesterol levels are average, ask your health care provider about an acceptable cholesterol level for you and how often you need it checked.

Although cholesterol-lowering drugs do exist, VA emphasizes prevention as the best combatant against high-risk

cholesterol levels. A healthy diet and exercise are key in preventing LDL cholesterol build-up.

Follow these guidelines for preventing high-risk cholesterol levels:

- Limit your intake of saturated fat, which stimulates the production of cholesterol in the liver. Saturated fat is generally found in beef, pork and fattening dairy items. High cholesterol foods also include egg yolks, organ meats and shellfish.
- As an alternative, eat more broiled or grilled fish and skinless chicken breasts. Choose lean cuts of beef, pork and lamb. Choose low-fat or non-fat dairy products.
- Eat smaller portions and a variety of foods. Include fiber-rich dark grains, oats, and all fruits and vegetables in your diet.
- Exercise at least three to five times a week for 20-30 minutes. Being physically active will help lower LDL cholesterol and raise HDL cholesterol.

For more information about cholesterol, visit [www.vaprevention.com](http://www.vaprevention.com).



Spc. Juan Jimenez

## Exercise helps

Ladies attending the pilates class at the Schofield Barracks Physical Fitness Center keep in shape and optimal health with regular exercise.

# HISTORY Comes alive

Story and Photos by Pfc. Nicole R. Montoya  
17th Public Affairs Detachment

On a semi-cloudy autumn morning, history came back to life during the 25th Infantry Division (Light) museum's Living History Day held at Schofield Barracks Oct. 1.

Living History Day honored the division's 64th anniversary. It's held the first Saturday of every October to coincide with the foundation of the division in 1941.

About 300 guests celebrated by interacting with history re-enactors, crawling through tunnels, painting their faces, and socializing with friends and family.

Speakers who lived through much of the division's history told their stories and explained how the division has changed over the years.

A former Schofield Barracks Soldier, Sgt. Bob Kinzler experienced the day of infamy: Dec. 7, 1941, the fateful day Japan attacked Hawaii at Pearl Harbor.

A benefactor hosted a screening of rare films that surrounded the events of Dec. 7, 1941. The films showed how Schofield Barracks was affected by the tragic events of that day.

"This is a good way to sustain the division's history," said Linda Hee, the 25th ID (L) museum curator. "The children will benefit from today immensely."

Retired Sgt. Flo Rivera, who was a "tunnel rat" in the Vietnam War, recalled how the war and the division impacted him.

Representing the Global War on Terrorism, Sgt. Felix Sanchez, an infantryman with 2nd Battalion, 35th Infantry Regiment, shared his experiences during Operation Enduring Freedom with crowds.

He talked about getting wounded, and how he made it through his tour in

Afghanistan.

Master Sgt. Bill Jackson, a logistician with 9th Regional Readiness Command, brought his family up from Fort Shafter to see the museum during the special event.

His wife Tina said, "My daughter, Heather, is learning more about the history of the 25th ID (L) because the event is more interactive and more hands on. I wanted to learn more about the history of the different places around Hawaii and around Schofield Barracks," she added.

Children also experienced what it's like to be a real Soldier. Besides getting their faces camouflaged with paint and enjoying numerous, interactive exhibits, they crawled through the imitation tunnels and emerged to receive a Tropic Lightning patch.

Many families

lies said they gained a better understanding and appreciation for past sacrifices. Hee hopes that Hawaii Soldiers and family members will visit the museum sometime during their tour of duty in the islands.



This realistic exhibit at the 25th ID (L) museum attracted many Soldiers and families throughout Living History Day, guests enjoyed listening to veterans talk about their time in the division and their wartime experiences.



Above — Master Sgt. Bill Jackson, wife Tina and daughter Heather enjoy learning about the division's history on a touch screen computer. Left — Andrew Oxtoby crawls through the imitation Vietnam "rat tunnel" during Living History Day. He received a Division patch upon exit.



Christopher Smead, a re-enactor during Living History Day, demonstrates how a Soldier worked during the Vietnam era.



On March 27, 1945, members of the 1st Battalion, 161 Infantry Regiment, attack entrenched Japanese on Luzon. Re-enactors at Living History Day brought to life scenes from the 25th Infantry Division's past.



**MWR Briefs**  
Serving America's Army in Hawaii

**OCTOBER**

**7 / Today**

**Fondue and Wine at Reggie's** — Fondue and fondue menu with friends from 5 to 8 p.m. The selection includes a variety of fruits, breads, cheeses and chocolates, and a bottle of wine.

Cost is \$24.95 for a party of four; each additional person is \$5. Call 655-4466 for more information.

**8 / Saturday**

**Yu-Gi-Oh** — Get ready to duel at the Tropics. Registration for the Yu-Gi-Oh Tournament starts at 1 p.m. and matches will start at 2 p.m. Cost is \$6 and includes Yu-Gi-Oh merchandise.

Prizes will be awarded, and all ages are welcome. Call 655-8522 for more details.

**10 / Monday**

**Reggie's Closure** — Reggie's will be closed on Oct. 10 in observance of Columbus Day.

**14 / Friday**

**Right Arm Night "Oktoberfest"** — Spend a relaxing evening with friends enjoying pupus, beverages and entertainment while celebrating Oktoberfest at the Nehelani on Oct. 14. The festivities will begin at 4 p.m. and continue until closing.

Tickets will be available for \$5 before Oct. 14, and \$7 at the door.

Right Arm Night is for adults only; no children will be admitted. For additional information, call 655-0660.

**Teen Center** — The Schofield Barracks Teen Center, located at the Kaala Recreation Center, is sponsoring a social on Oct. 14. Teens are invited to listen to music, dance, play games and participate in contests at the center from 7 to 9:30 p.m.



Robin Sherrord

**Family team building**

Army Family Team Building master trainer Louise Webb leads a session during one of four days of instructor training at Schofield Army Community Service in September. Five new graduates are now qualified to teach Training Levels I, II and III, important components of AFTB.

Army Family Team Building is a global educational program. Its primary objective is to improve the overall readiness of the force by teaching and promoting personal and family readiness through standardized, progressive and sequential education of the military community. As well, the program assists members of the Army in adapting to Army life, managing change and accepting challenges. Instructor training is held two to three times per year depending upon demand. To get more information about future classes, contact the program manager at 655-2744.

Admission is \$3 for members and \$4 for non-members.

**15 / Saturday**

**Parent's Night Out** — Leave your kids in the competent hands of Child and Youth Services on Oct. 15, and enjoy a nice night out on the town. Children enrolled in Parent's Night Out must be registered with the Resource and Referral office no later than noon on Oct. 12.

Reservations are on a first-come, first-served basis at the Resource and Referral Office. Call 655-8313 for more information.

**Teen Karaoke Contest** — Teen singers, come sing to the latest hits and win cash prizes on Oct. 15 from 6:30 to 8 p.m. at the Tropics teen Karaoke Contest.

Sign up at the Tropics for this fun event. Call 655-8522 for details.

**16 / Sunday**

**Teen Read Week** — All teens are invited to visit the nearest Army library to participate in "Teen Read Week," Oct. 16 - 22. Teens that check out books and take a quick survey will have an opportunity to win a free pizza from Pizza Hut.

**17 / Monday**

**Steak Night at Reggie's** — Enjoy a sizzling steak cooked on the grill with garlic mashed potatoes, rolls and vegetables. Dinner is served from 5 to 8 p.m.

Cost is only \$11.95 for top sirloin steak and \$14.95 for Porterhouse steak. Children's pricing is available. For more information, call 655-4466.

**18 / Tuesday**

**CYS Open House** — Child and Youth Services presents

"Lights On After School" and CYS Open Houses on the following dates:

- Oct. 18 at the Fort Shafter Youth Center, Building 505, from 3 to 5:30 p.m.;
- Oct. 19 at the Bennett Youth Center, Building 9090, Schofield Barracks, 3 to 5:30 p.m.;
- Oct. 20 at the Aliamanu Youth Center, Building 1781, from 3 to 6 p.m.; and
- Oct. 21 at the Helemanu Youth Center, Building 25B, from 3 to 5:30 p.m.

Come enjoy door prizes, games, displays, bouncer fun, events, entertainment and CYS and community information.

Help celebrate after-school programs and learn about services for kids within your community. Contact Sandy Salisbury at 655-5525 for more details.



**Community Calendar**

**OCTOBER**

**7 / Today**

**Employment Orientation** — ACS will be holding weekly employment orientation workshops on Fridays during October. Workshops will be held Oct. 7, 14, 21 and 28 from 9 to 10:30 a.m. at Schofield Barracks ACS, Building 2091.

These workshops could be the first step in helping you find the job you want. Learn how to prepare for the job search process, get employment information and see the reference materials, job listings, computers and more that are available for use at the ACS employment resource area.

Call 655-2400 for more information or to register.

**11 / Tuesday**

**"Be Ready for Deployment" Series** — ACS presents the first of an ongoing pre-deployment readiness and training series beginning with "Be Ready for Deployment and Be Beautiful." This training will last for an hour followed by a free beauty makeover.

Classes begin Oct. 11 from 6 to 8 p.m. at the Halawa View Community Center at Aliamanu Military Reservation. For reservations and more information, call 655-2400.

**12 / Wednesday**

**Resumé Workshop** — Learn how to write a masterpiece of a resume at the ACS "Resume Writing Workshop" on Wednesday, Oct. 12, at the Fort Shafter ACS, from 9:30 to 11:30 a.m.

The workshop will provide you with skills to create effective resumes for public and private sector jobs and cover the importance of cover letters and tips on following up with your resume. To register, call 438-9285.

**Marketing Yourself for a Second Career** — For officers and senior NCOs who plan to leave the service in the next one to five years, the Schofield Barracks Army Career and Alumni Program presents "Marketing Yourself for a Second Career." The guest speaker is retired Army Col.

Jerry Crews.

The presentation is scheduled Oct. 12 from 9 to 11:30 a.m. in Building 896, Room 108, at Schofield Barracks. Spouses and civilians are also invited. For more information, contact Charlene Shelton at 655-8945.

**13 / Thursday**

**Identifying Your Skills** — Looking for a new job or re-entering the workforce? Come to an Army Community Service workshop and learn how to identify your skills and the type of positions that would be a good fit for you.

You will also learn what employers want from job seekers. This training will be held Oct. 13 from 9:30 to 11:30 a.m. at ACS, Building 2091, Schofield Barracks. To register, call 655-2400.

**15 / Saturday**

**WOA Picnic** — The "Aloha" Chapter of the U.S. Army Warrant Officers Association is hosting a "Family Appreciation Day" picnic, Oct. 15 from 11 a.m. to 5 p.m. at Bowen Park (Lyman Road) on Schofield Barracks. All are welcome to attend; however, a donation of \$5 is requested for an all-day pass or \$15 for a family of four. Children under 3 are free.

This nonprofit event will offer military families and community members the opportunity to enjoy fellowship, camaraderie and good food. Donations will directly support charities that will give back to Soldiers and the community.

Events include fire prevention displays, a military working dog demonstration, a bouncy house, arts and crafts contests, baking contests and much, much more.

For more details, contact Chief Warrant Officer Woodyard at 561-3059 or Chief Warrant Officer Hood at 655-8856.



**Army Hawaii Family Housing** — AHFH presents "Take Pride in Your Community," a community-pride contest aimed at its youngest residents.

Children ages 4 to 17 are invited to participate in a drawing or essay contest. Children, ages 4 to 8, are asked to draw a picture of what com-

munity pride means to them, while youth, ages 9 to 17 should submit an essay explaining what they think community pride means.

Entries should be submitted no later than Oct. 15. The entries will be judged according to age groups, 4 to 8, 9 to 12, and 13 to 17; first, second and third place winners will receive a special gift.

Contact your community center for more details.

**Vaccination Clinic** — The Fort Shafter Veterinary Clinic is having a Saturday vaccination clinic on Oct. 15 from 8 a.m. to 1 p.m.

Appointments must be scheduled for vaccinations, but walk-ins are welcome for product sales.

Call to schedule an appointment at 433-1975 or 433-2271.

**Hale Kula Elementary Fall Festival** — Hale Kula Elementary School's Parent Teacher Association will hold a fall festival on Saturday, Oct. 15, from 1 to 5 p.m., rain or shine. Come join the community for games, crafts, food, entertainment, prizes and static displays.

**17 / Monday**

**Red Cross CPR Class** — The American Red Cross at Schofield Barracks will be offering an Adult, Child, and Infant CPR plus First Aid class on Oct. 17, 19, and 20 from 6 to 9:30 p.m. The cost for the class is \$40 and includes the book. Call 655-4927 to register.

**20 / Thursday**

**Hui O' Na Wahine** — The Hui O' Na Wahine on Schofield Barracks will have its monthly luncheon on Oct. 20 at the Nehelani Club. October is Breast Cancer Awareness Month, and the guest speaker will be Maj. Stephanie Lomax, deputy director of the OB/GYN specialty course at Tripler Army Medical Center, who will provide information on breast cancer and breast cancer prevention.

Limited on-site child care will be provided. Call central registration at 655-3929 and 655-5314 to make a reservation. Children must be registered with Child and Youth Services prior to calling. If interested in being a vendor, contact Amy Snyder at 624-4989 for more information.

This luncheon is one you do not want to miss. Come early and shop, meet new friends and enjoy lunch. Doors open at 10:30 a.m. for shopping followed by lunch at 11 a.m.

For luncheon reservations, last names beginning with A through L and late cancellations contact Kristin Flynn at 624-8199 or e-mail her at dkflynn@earthlink.net. Last names beginning with M through Z, and for the space available list, contact Kelly Albert, at 624-0015 or e-mail her at Kelly.s.albert@us.army.mil.

**21 / Friday**

**Leilehua High School Craft Fair** — Leilehua High School is hosting a craft fair in the high school cafeteria on Nov. 5. The craft fair will benefit the Class of 2006's graduation party, which is an alcohol/drug-free event that is held for graduates each year.

Anyone who would like to be a vendor can call or e-mail Moana Agliam, at 330-6143 or kumuhula1064@yahoo.com.

Deadline for sign-up is Oct. 21, and interested vendors should contact her as soon as possible, as indoor spaces will be given out first.

**22 / Thursday**

**Make A Difference Day** — The 25th Infantry Division (Light) and U.S. Army, Hawaii, will participate in the 7th Annual Make a Difference Day on Saturday, Oct. 22. Last year, community members participated in 35 volunteer projects throughout the island. This year, more than 80 projects will be available for community agencies and units.

Projects available include everything from painting homes, assisting the elderly and building a gazebo at Fisher House, to cleaning up streams and beaches. Something will be available for everyone.

If you would like to adopt a project or get more information about this very worthy community effort, contact Cathie Henderson at 655-2398 or e-mail hendersonca@schofield.army.mil.

**ONGOING**

**Community Calendar Briefs** — Do you have announcements of upcoming events or activities you'd like to post in the Hawaii Army Weekly? If so, e-mail your information to editor@hawaiiarmyweekly.com two weeks in advance.



**HACN TV2 Schedule**

**Morning**

- 6:00 Sign On
- 6:26 Coqui Frog Invasion in Hawaii
- 6:47 Welcome Home Redeployment Guam
- 7:00 Bulletin Board
- 7:30 What's Down the Drain
- 7:41 White Face
- 7:55 Hawaii Report
- 8:00 Hawaii Army Report
- 8:30 Army News Watch
- 9:00 Pentagon Channel
- 10:00 White Face
- 10:15 Change of Command Ceremony 25ID (L) & USARHAW
- 10:20 Bulletin Board
- 10:50 Welcome Home Redeployment Guam
- 11:04 Coqui Frog Invasion in Hawaii
- 11:26 VATV #2
- 11:52 Inside Afghanistan 8/31/05
- 12:00 Hawaii Army Report
- 12:35 Pentagon Channel

**Afternoon**

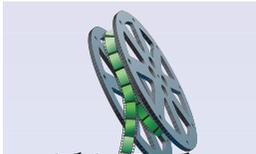
- 2:00 Inside Afghanistan 9/08/05
- 2:12 Bulletin Board
- 2:42 Welcome Home Redeployment Guam
- 2:55 Shamu: The Rhino Story
- 3:30 Coqui Frog Invasion in Hawaii
- 3:50 Hurricane Safety
- 4:00 Pentagon Channel

**Evening**

- 6:00 Hawaii Army Report
- 6:30 Community Focus
- 6:47 What's Down the Drain
- 6:56 Change of Command Ceremony 25ID (L) & USARHAW
- 7:00 NFL: Football Follies
- 8:00 Bulletin Board
- 8:30 Inside Afghanistan 8/31/05
- 8:42 What's Down the Drain
- 8:50 White Face
- 9:06 Volunteers
- 9:21 Welcome Home Redeployment Guam
- 9:34 Inside Afghanistan 8/22/05
- 9:45 Safety Video
- 9:49 Coqui Frog Invasion in Hawaii
- 10:10 NFL: Ice Bowl
- 11:25 Bulletin Board

**Overnight**

- Pentagon Channel



**This Week at the MOVIES**

**Sgt. Smith Theater**

*Today*  
The Skeleton Key  
7 p.m. (PG-13)

*Saturday*  
Undiscovered  
7 p.m. (PG-13)

*Sunday*  
The Skeleton Key  
7 p.m. (PG-13)

*Wednesday*  
Undiscovered  
7 p.m. (PG-13)

*Thursday*  
The Skeleton Key  
7 p.m. (PG-13)

The theater is closed Monday & Tuesday.

National Fire Prevention Week

# Firefighters target candles during prevention week

Joy Boisselle  
Staff Writer

Legend has it that Mrs. O'Leary's cow started the Great Chicago Fire by knocking over a lantern in the O'Leary barn on Oct. 8, 1871. Whether the story is fact or fiction, the fire was real.

The Great Chicago Fire burned for more than 27 hours, through Oct. 9. It killed more than 300 people, left 100,000 homeless and destroyed more than 2,000 acres and 17,000 structures.

**Some history**

Over the years, this tragedy became the driving force behind today's National Fire Prevention Week.

The first fire prevention and education-focused commemoration of the Great Chicago Fire came on the fire's 40th anniversary. Fourteen years later, President Calvin Coolidge proclaimed the first National Fire Prevention Week, Oct. 4-10, 1925.

Since then, Fire Prevention Week has been observed

on the Sunday through Saturday period in which October 9 falls. This year's observance begins Sunday, Oct. 9 and runs through Saturday, Oct. 15, not only nationally, but also on U.S. Army and other service installations across Oahu.

On Schofield Barracks, the fire station will host static displays and tours of its equipment at the post commissary on Wednesday from 9 a.m. to 2 p.m.

**This year's theme**

National Fire Protection Association (NFPA) members choose a theme each year to focus education and prevention efforts.

With holiday season celebrations just around the corner, this year's national fire prevention week theme, "Use Candles with Care," couldn't be more appropriate or timely.

So why candles, anyway? For starters, candles are an open flame and can easily light any nearby combustible — curtains, decorations and furniture. The statistics are sobering; half of the home



candle fires during 1999-2002 occurred when some form of combustible material was left or came too close to a candle.

**Statistics**

According to NFPA statistics, in 2002 alone, an esti-

- Candle Safety Tips**
- Extinguish all candles when leaving the room or going to sleep.
  - Keep candles away from items that can catch fire like curtains.
  - Use large, sturdy candleholders made from materials that can't burn and won't tip over easily to collect wax.
  - Keep candles/open flames away from flammable liquids.
  - Keep candlewicks trimmed to one-quarter inch and extinguish taper and pillar candles when they are within two inches of their holder.
  - Extinguish votives and containers before the last half-inch of wax starts to melt.
  - Avoid carrying a lit candle during power outages; use flashlights.

mated 18,000 home fires started by candles and resulted in an estimated 130 civilian deaths, 1,350 civilian injuries and an estimated direct property loss of \$333 million.

December saw almost twice the number of home candle fires of an average month, and Christmas Day was the peak day of the year for home candle fires, with New Year's Day and Christmas Eve tied for second.

So, while candles can add romance and atmosphere to surroundings, their careless use can be deadly. Sadly,

many of the statistics could have been prevented if safety guidelines for candle use had been known and followed. Many of the tips may seem like common sense, but in more than one instance, common sense and an eye on safety were totally lacking.

**Year-round safety**

Patrick Allen, Federal Fire Department inspector for Schofield Barracks, provided tips on surviving a home fire. He said, "Everyone should have a fire exit plan and a meeting place. And, once you get out, do not go back in."

He further advised par-

ents to practice fire safety in the home with their children. "Discuss your fire evacuation plan at family dinners, teach and practice stop, drop, and roll," Allen said, "and how to dial 9-1-1, the emergency number."

And perhaps most importantly, keep matches and fire sources away from children, Allen added.

"Treat matches and lighters like they are household poisons and keep them out of a child's reach," explained Capt. Robert Chandler, Schofield Barracks Station 15 Fire Chief.

Good advice from professionals could one day save a life, even your own.

*(Editor's Note: NFPA has been providing fire, electrical, building and life safety to the public since 1896. Visit [www.nfpa.org/education/index.asp](http://www.nfpa.org/education/index.asp) for more fire safety tips.*

*In next week's Hawaii Army Weekly, learn about the Federal Fire Department on Oahu's Army installations and meet the firefighters of Station 15 at Schofield Barracks.)*



Courtesy Photo

**'Soap' gathering**

WAIKIKI — Oceanic Time Warner Cable sponsored more than 100 Army community members to a live taping of "Soap Talk" on the beach adjacent the Hilton Hawaiian Village, Sept. 23. Nancy Lee Grahn who plays Alexia Davis on "General Hospital" was among celebrity guests interviewed by hosts Lisa Rinna and Ty Treadway. The daily talk show filmed four episodes here to launch its fourth season, Monday. The show with Army families will air Oct. 13 at 11 a.m. and 11 p.m. on the Soap Channel.

# Unattended cooking destroys

Sammy C. Houseberg  
Director, Installation Fire and Safety Office

Recently the 25th Infantry Division (Light) and U.S. Army, Hawaii, experienced yet another unattended cooking incident that resulted in fire and smoke damage to the common kitchen area on the first floor of a senior enlisted facility.

An unknown occupant left a frying pan with oil cooking on the stove unattended.

Fortunately, activation of the automatic fire sprinkler system in the room extinguished the fire, but extensive water damage throughout the first floor and basement of the facility resulted.

Unattended cooking fires continue to be the leading cause of fires throughout our

military family housing and civilian community.

Could this fire have been prevented? Yes.

How can you prevent cooking related fires? By not leaving the kitchen while cooking — even for a minute, to drive to the store, to pick up the children at child care, to answer the telephone in the next room, to go next door to speak with the neighbor — for any reason.

All these reasons are listed on past fire reports, usual-

ly with the following statement: "I was only gone for a minute."

As evidenced by the increasing number of cooking-related fires on military installations, it is imperative that leaders set

the example and brief Soldiers and their family members to remember safety at all times, whether on the job or tending to affairs at home.

Never leave cooking unattended. Further, you could be held liable for damages to government property if you are found negligent.





# Wai'oli Tea Room is a delicious journey into old Hawaii

Story and Photo by  
Patrice Mishket  
Contributing Writer

Pssst! Can you keep a secret? Well, I can too, but I won't keep this one.

There is a wonderful place in downtown Honolulu that has been a secret for far too long. It's the Wai'oli Tea Room, a combination of old world Hawaii, lush tropical ambience and delicious, or as Hawaiians say, "ono" food.

The Salvation Army originally built the Wai'oli Tea Room back in 1922.

It started out as a place to teach marketable skills such as baking, customer service and helping in the kitchen to older orphans who lived at the Salvation Army's Children's Home.

The Tea Room closed during World War II and came under many different managers throughout the years. For a time, the facility was used mostly for wedding receptions.

Today, the Tea Room is a thriving get-away for tourists and locals, as well as a State and National Registries of Historic Places site.

The Tea Room, however, is not the only reason to visit. A wedding chapel built in 1939, mostly from lava rock and featuring stained glass windows, sits just adjacent to the bakery and restaurant.

Another landmark is a grass shack, which used to be in the Tea Room's back gardens. Moved from Waikiki to the Tea Room grounds in 1926, the shack was rumored

## Wai'oli Tea Room

**Location:** 2950 Manoa Rd., Honolulu

**Lunch:** 10:30 a.m. to 3:30 p.m., weekdays

**High Tea:** 2 to 4 p.m., reservations, weekdays

**Breakfast:** 8 a.m. to noon, weekends

**Lunch:** noon to 3:30 p.m., weekends

Rooms are available for private functions.

For more details, call 988-5800.

to be a gathering spot for Hawaiian monarchs, sailors and Robert Louis Stevenson.

Unfortunately, winds demolished the shack in 2004, but a reconstruction effort is now underway.

Getting to the Tea Room takes some doing, but the trek is well worth the effort. Located in Manoa Valley, just a few miles off H-1, the drive allows visitors to take advantage of scenic views and lovely homes along the way.

The Tea Room sits off the road a bit, and it would be hard to find if it weren't for the King Kamehameha historical marker out front.

Once you arrive, you can enjoy a fine view from anywhere on the grounds while relaxing and enjoying the fragrant landscaping.

The Tea Room is a great place to treat a special friend for lunch, to go for a girl's day out, or even to sneak away



with your loved one for a romantic afternoon.

The Tea Room, a restaurant and bakery, still serves High Tea, but also fabulous lunches great breakfasts. And, while tea is a favorite, a variety of nonalcoholic, exotic drinks are available as well.

The lunch menu offers a variety of salads and sandwiches, which range in price from \$6 to \$13.

For breakfast, you can choose a variety of items including a continental breakfast of papaya, pastry and a beverage, or an ala carte order, which includes the Tea Room's famous Eggs Benedict.

The bakery offers an array of mini and large scones, cakes and breads.

When I visited the Tea Room, I went with a couple of

**Lush, tropical gardens (above) surround the Wai'oli Tea Room, while inside entrées such as the Chicken Curry Sandwich on Pita Bread (right) delight the palate.**



Courtesy Photo

friends, and we had lunch. We all tried different drinks — a banana daiquiri, Plantation Pineapple Iced Tea, and a Calamansi Cooler that was very light and refreshing.

No alcoholic beverages are permitted on the premises.

For our meals, we ordered the Manoa Chicken Salad, Asian Chicken Salad (Wai'oli style) and the quiche and side salad. Thanks to my generous friends, it was obvious to me that there was not a bad item on the menu.

Everything we tasted was

delicious, and the portions were good sizes.

Even though we were full, we somehow managed to squeeze in a sample of some yummy desserts.

Keep this restaurant in mind for your next special event. Ample parking is available, the staff is patient and no one hustles you out the door.

To arrive at the Wai'oli Tea Room, take the Punahou exit off H-1 and turn mauka (mountainside). Punahou turns into Manoa Road. Look for the historical marker out front.

*(Editor's Note: Do you know a terrific spot to enjoy a good meal, simple or fancy? Send your finds to editor@hawaiiarmyweekly.com)*

## Gifts of groceries can help military families displaced by Katrina

Bonnie Powell

Defense Commissary Agency

A special link at <http://www.commissaries.com> will connect those interested in helping military families with a "gift of groceries."

Donated gift certificates can be used to assist military families in purchasing groceries at any commissary while they are temporarily housed at other installations.

"Several organizations, including ... the USO and Fisher House Foundation already receive thousands of dollars in commissary gift certificates every year to help military families in need," said Patrick B. Nixon, chief executive officer and acting director of the Defense Commissary Agency.

"We are making it possible for people to earmark their donations for Katrina relief," said Mike Baskerville, vice president of Certifichcks Inc. "The link will stay up until the need has been met."

The Gift of Groceries program is made possible through a business agree-

ment with Certifichcks Inc. at no cost to DeCA or the federal government. The program allows anyone to purchase commissary gift certificates to donate or give as gifts, but only authorized commissary shoppers can



spend them.

"Thirty patients in their last trimester of pregnancy were relocated to Lackland Air Force Base [Texas] from Keesler [Air Force Base, Miss.]," said David Coker, executive director of Fisher House Foundation.

The foundation has also constructed 33 comfort homes for military families who have loved ones being treated at military medical centers.

"We are also helping at other installations and in other situations. For

instance, residents at the Navy Armed Forces Retirement Home in Gulfport [Miss.] are now living at the AFRH home in Washington, D.C."

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of 30 percent or more on their purchases compared to commercial prices — savings worth about \$2,700 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

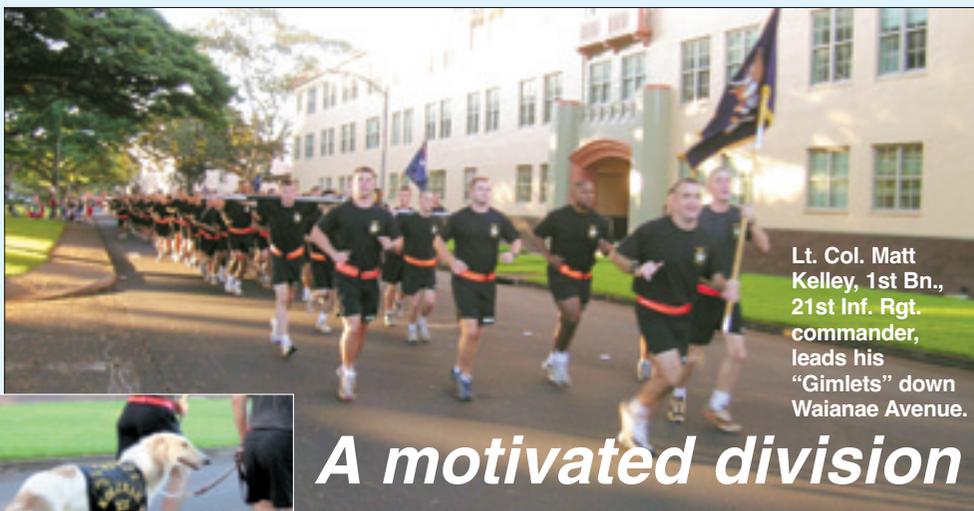
You Drink.  
You Drive.  
You Lose.

Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes.

— National Highway Traffic Safety Administration

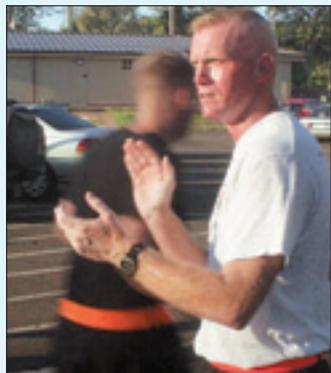


Pfc. Nicole Montoya  
The 725th Main Support Battalion picks up the pace a notch.



Lt. Col. Matt Kelley, 1st Bn., 21st Inf. Rgt. commander, leads his "Gimlets" down Waianae Avenue.

Joy Boisselle



Pfc. Nicole R. Montoya

1st Sgt. Curtis Arnold motivates runners as they take part in Monday's Division Run.



Joy Boisselle

Above — Cpl. Kolchak, mascot, 27th Inf. Rgt., keeps pace with his unit.



Spc. Juan Jimenez

Right — Lt. Col. James Hess leads the 325th Brigade Spt. Bn. in Monday's Division Run.



Pfc. Nicole R. Montoya

Above — Soldiers of the 125th Signal Bn. sound off as they pass the reviewing stand in front of Fernandez Hall.

# Community Sports

## OCTOBER

### 11 / Tuesday

**NBA Military Appreciation Night** — Active duty military will be honored at an NBA pregame ceremony at the Stan Sheriff Center at the University of Hawaii-Manoa campus. The game between the Los Angeles Lakers and the Golden State Warriors begins at 7 p.m.

## NOVEMBER

### 12 / Saturday

**UH-Military Appreciation Night** — Selected military service members will be honored at Aloha Stadium, prior to the 6:05 p.m. University of Hawaii against Utah State football game. Active and reserve Soldiers will receive two football tickets for the price of one.

A valid military ID is required and there is only one discount offer per ID. The offer is for presale purchases only, and tickets are available at the Stan Sheriff Center and Aloha Stadium box offices only.

Information on military discounts is available at 486-9300.

## ONGOING

### Local Sports Calendar

**Briefs** — Send your announcements to editor@hawaiiarmyweekly.com.

# Security precaution lengthens Army '10-Miler'

Tom Mani  
Army News Service

WASHINGTON, D.C. — The largest 10-mile race in the United States also became the longest Oct. 2 when a suspicious package on the 14th Street Bridge converted an officially sanctioned event to a "fun run."

The adjustment came mid-race, when D.C. area runner Chris Graff was leading the field of some 20,000 registered runners west on Independence Avenue.

The detour added a mile or more to the race distance.

## Interagency partners hurry behind scenes

Race participants were unaware of the flurry of activity and coordination that was occurring as a result of the discovery of a suspicious package on the 14th Street Bridge under the HOV span.

The race began on schedule at 8 a.m., with an early contingent of runners that included the "Missing Parts in Action Team" heading out 10 minutes earlier.

The package was spotted two minutes into the race by the D.C. Metro Police, part of a large group of interagency partners who work with the race host, the U.S. Army Military District of Washington, and the Joint Force Headquarters National Capital Region to assure a secure and safe event.

The planned course for the race had the runners returning to the Pentagon over the high-occupancy-vehicle segment, roughly eight miles into the race.

Instead, the runners were directed west on Independence Avenue, past the planned turn onto 14th Street. They crossed back to Virginia on Memorial Bridge, the same one they had used on the outbound leg.

## Better safe than sorry

Based on the recommendations from the D.C. Metro Police, who had not yet cleared the package by the time the lead runner had reached mile marker 7, race officials opted to complete the race using the modified course. A later-issued official statement explained, "so runners could complete the race and spectators could participate in a safe and secure manner."

At 8:55 a.m., shortly after the first runner crossed the previous start line — now the finish — the D.C. Metro Explosive Ordnance



Photos by Maj. Stacy Bathrick

Retired Marine Cpl. Dan Lasko leads the field of military amputees participating in the 11.4-mile fun run. Army Sgt. Tim Gustafson, below the knee amputee, runs behind Lasko in his first Army Ten-Miler as an amputee. "Seeing the military amputees running with us was truly an inspiration to me," said Sgt. Maj. Raymond Arnold, 25th Infantry Division (Light) G-4 sergeant major and coach of the U.S. Army, Hawaii, running team.

Sgt. Maj. Glenn Wildgen, 3rd Squadron, 4th Cavalry Regiment, operations sergeant major, crosses the finish line of what would turn out to be the 11.4-mile fun run in a time of one hour and 22 minutes.



Disposal Unit declared the package clear.

"We are very proud of our interagency partners as we were successful in making the 21st Army Ten Miler a safe and secure event," the official statement declared.

Being able to complete the race afforded everyone the chance to recover appropriately, meeting up

with family members and securing personal belongings as well as obtaining food, water and medical support, officials said.

## Course change smooth as possible

Dan Clark, one of several blind runners who completed the run, said the course change went

smoothly for him and his guide.

Graff, who lives in Rosslyn, passed the media truck that had been leading the field and learned that the route had been changed. He made the left turn from Independence Avenue to get back up on Memorial Bridge and went on to the finish.

Washington Times writer Steve

Nearman, covering the race on a bicycle, was able to alert trailing Army World Class Athlete Ryan Kirkpatrick from Fort Carson, Colo., where to make the turn.

Runners with GPS equipment found that the courses they ran were between 11 and 11.4 miles.

## No awards presented

Because the race was not on an officially sanctioned course, no individual or team awards could be made, according to the race director, Jim Vandak.

"After seven miles, about 10K," the race no longer counted, Vandak said.

The first woman to cross the line, 23-year-old Samia Akbar, from Reston, Va., was running in her first Army Ten Miler.

The most-decorated runner ever to come from American University, the Oakton High School graduate participated with other elite runners in a pre-race press conference and remained after the race to talk, conveying by her presence and her smiles the absence of an award would not mar the race day and the opportunity to run with the U.S. Army.

Graff also said he got what he came after, a good, hard run prior to taking part in the New York City Marathon in six weeks, where he is aiming for a 2-hour, 10-minute mark.

Graff is a professional runner, whose 20-mile-a-day regimen puts into play his interest in and practice of an active, isolated stretching regimen to keep him and a number of clients in shape.

Until the course change, the entire event was hitting every mark:

- Weather was bright and clear.
- The GEICO pre-race pasta meal was a rousing treat.
- Sponsorship continued strong, with the Association of the United States Army and others in support.
- The field limit of 20,000 registrants was reached earlier than it ever had been.
- The Golden Knights Army Parachute Team jumped for the first time ever.
- Army runners made a point of running despite amputations or other injuries.

The change proved adaptability, for which the race officials thanked all participants. And, despite a delay, the Kids' Fun Run took place late in the morning with hundreds of participants.

MWR  
Sports

OCTOBER

**8 / Saturday**  
**Hawaii Championship Wrestling** — Come watch Hawaii Championship Wrestling at the Tropics today. Doors open at 6 p.m. and matches start at 7 p.m. The cost is \$5 for ages 12 and up, \$3 for ages 11 and under, and the event is free for children age 5 and under.

Look for more great wrestling entertainment on Oct. 29. Call 655-8522 for more information.

**16 / Sunday**  
**"5 Game, No Tap" Tournament** — Individuals are invited to participate in the "5 Game, No Tap" Tournament at the Schofield Bowling Center. Check-in is at 1 p.m. and the cost is \$20. Call 655-0573 for more information.

## ONGOING

**Sports Night at Reggie's** — Join the excitement every Monday with a special sports bar menu served from 4 to 8 p.m. The lounge closes at 9 p.m., but until then, patrons can enjoy big screen TV satellite sports, ESPN and more.

Call 655-0660 for more information.

**Wheeler Lanes Parties** — Score a strike with your friends by planning a party at Wheeler Lanes. Rent the entire six-lane bowling center on Saturdays or Sundays for birthday parties, reunions, Hail and Farewell gatherings, and other special occasions.

Call 656-1745 for more information.

**Scuba Classes** — Scuba class provides individuals with an opportunity to earn their PADI certification during two weekends for \$175.

Instruction is held on Saturday and Sunday at various locations depending on class content and skills being taught. Call 655-0143 for more information.



Staff Sgt. Manuel Torres

## Lakers v. Warriors

L.A. Lakers assistant Scotty Pippen talks to Spc. Mary Simms, "Hawaii Army Report" news anchor, during a Los Angeles Lakers practice session at the University of Hawaii, Tuesday. The Stan Sheriff Center will host NBA Military Appreciation Night, Oct. 11, when the Los Angeles Lakers take on the Golden State Warriors at 7 p.m.