

# HAWAII ARMY WEEKLY

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## AUSA conference lauds war efforts, state of Army

### 'Call to duty' opens the 2005 conference in D.C.

Dennis Ryan  
Army News Service

WASHINGTON — Normally American founding fathers do not share the stage with modern-day Soldiers bathed in laser lights, but 230 years of Army history merged Oct. 3 for a few moments at the Association of the United States Army annual meeting at the Washington Convention Center.

The opening ceremony depicted that values fought for by citizen-Soldiers during the

Revolution are the same ones Soldiers are battling for in Iraq and Afghanistan today.

Secretary of the Army Francis J. Harvey delivered a state of the Army address to the audience. He described how the Army is extremely busy during the fourth year of the war on terror.

"Soldiers from every corner of this country are serving 'we the people,'" he said. "Because of that service, the Army will remain the pre-eminent land force in the world."

Harvey went on to mention how Soldiers are not only fighting terrorists in

See "AUSA," page A-9

### The Chief of Staff reviews recent Army successes

Dennis Ryan  
Army News Service

WASHINGTON, D.C. — Army Chief of Staff Gen. Peter Schoomaker delivered the keynote address Oct. 4 at the Association of the United States Army's luncheon at the Washington Convention Center.

The chief told the full house, the war on terror would not be a short one.

"It will be a long war because of the insidious nature of the threat," Schoomaker said.

"It is not clear many grasp the scope of what we have done."

### Chief cites accomplishments

Schoomaker went on to cite some of the Army's major accomplishments in the four-year-old conflict.

"For the first time in our history, we've fought with an all-volunteer force," Schoomaker said. "... We liberated two nations with a population of 50 million people. Our accomplishments have been staggering."

See "Successes," page A-9

### What's Inside

Lightning Spirit .....A-2  
Training .....A-3  
News Briefs .....A-8  
Health .....A-10  
MWR .....B-2  
Sports .....B-5

### Memorial Service

A memorial service will be held today at 1 p.m. inside the Main Post Chapel on Schofield Barracks for Spc. Felicia LaDuke.



### NBC Battle Run

Division Support Command Soldiers conduct Nuclear, Biological and Chemical training on Schofield Barracks. A-3

### Legal Assistance

The Legal Assistance Office will be moving its walk-in day from Thursday, Oct. 20, to Friday, Oct. 21, for this week only.

### Retention

Army Hawaii is doing everything it can to retain quality Soldiers. A-7



### Island Tour

Soldiers and family members new to Oahu take an island tour. B-1

### Halloween Alternatives

It's not too early to plan what you will do this Halloween. A host of activities are lining up. B-3

# Tropic Lightning Week



Pfc. Kyndal Brewer

## Get that flag!

Lawrence Werdlow, quarterback for the 3rd Battalion, 7th Field Artillery Regiment, tries to escape from a leaping defender on the 5th Battalion, 14th Cavalry Regiment, team during an intense flag football game as part of Tropic Lightning Week events. For more coverage on Tropic Lightning Week, see pages B-6 and B-7.

## Personnel can claim reimbursement for gear

Jim Garamone  
Army News Service

WASHINGTON, D.C. — Some service members who bought their own protective gear will get reimbursed for the purchase under a new policy approved, Oct. 4.

David S. C. Chu, the undersecretary of defense for personnel and readiness, approved the directive that allows military personnel to be reimbursed "for privately purchased protective,

safety or health equipment."

The order covers the period between Sept. 10, 2001, and Aug. 1, 2004. Pentagon officials said "relatively few" service members are affected by the order.

In the early days of the War on Terror, there was a shortage of interceptor armor. The services issued body armor to those most in need of it. However, some service members, both active and reserve component, bought their own protection.

Legislation passed by Congress earlier this year authorized the services to reimburse service members for the expenditures. The legislation applies to a specified set of personal protection equipment and can be claimed "by either the member or by another person on behalf of the member for the member's personal use in anticipation of, or during, the member's deployment for operations Noble Eagle, Enduring Freedom or Iraqi Freedom."

Reimbursement is limited to the actual purchase price (plus shipping) of the equipment, and service members must have the receipts. Under the legislation, those claiming reimbursement must turn in their privately purchased gear.

The services will destroy the equipment, as it may not meet government standards. Under the policy, reimbursement cannot exceed \$1,100 for any one piece of equipment.

The services can request to add items to the list. The list includes: the complete outer tactical vest or equivalent commercial ballistic vests. The components of the vest — groin protector, throat protector, yoke and collar assembly, collar protector, ballistics inserts and small arms protective inserts — are covered individually.

The list also includes the Kevlar helmet, ballistic eye protection and hydration systems.

## Spouse employment program gains some new companies

### Partnership aids spouses seeking worthy careers

Margaret McKenzie  
Army News Service

ALEXANDRIA, Va. — The Army Spouse Employment

Partnership program welcomed four new partners Oct. 3-4 in Family Forum II: "Supporting Families of a Transforming Army" at the Association of the United States Army annual conference in Washington, D.C.

The new partners are Concentra Inc., SunTrust Bank, United Services Auto-

mobile Association and Sabre Holdings/Travelocity. The four bring the number of program partners to 21.

"We will share good news about how the greatest Army in the world builds its strength," said Teresita Rivera, Army employment readiness program manager for the U.S. Army Communi-

ty and Family Support Center. "Partnerships are the way we do business in America and partnerships have become vital to the transformation of the U.S. Army."

One of the results of the Army Spouse Employment Partnership is the Military Spouse Job Search database, said Rivera. It has become a

virtual job center for both military spouses and the corporate partners.

"Through strong viable partnerships with corporate America, we've created a vehicle to give Army spouses the opportunity for a true career," she said. "Together

See "Spouse," 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.

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

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

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**Giving mighty generously**

**After reflecting on the many worthy organizations and causes highlighted in this year's Combined Federal Campaign booklet, Lt. Gen. John M. Brown III, commanding general of U.S. Army, Pacific, takes a moment to complete his pledge card.**



U.S. Army Photo

**CFC donations edge upward**

The Combined Federal Campaign collects donations to help benefit a listing of more than 1,800 nonprofit organizations. "Without our dona-

tions," said Capt. Andrew Thompson, CFC agency project officer for the 25th Infantry Division (Light), "these organiza-

tions 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."



**The Iraq war poses easy questions, tough answers**

Spc. Jennifer Fitts  
Army News Service

BAGHDAD, Iraq — I've been asked before what makes me stay in the Army through what will probably be, in its entirety, an almost three-year separation from my husband, and I can't seem to explain it.

**Why am I in the Army?**

The simple answer might be "patriotism," but there's so much more to it than that.

Yes, I am a patriot. I love my country and I'm proud of her. I'm not proud of everything that she's done, but I am proud of her as a whole.

I am proud of the ideals that my country stands for; proud of the people who, whatever background they come from, stand beside me and say "I'm an American."

I'm proud of the country that my great-grandparents risked their lives to come to, from Holland, from France, from Poland and from Russia. They saw a golden land, one where dreams grew wild in endless stretches of land.

I still see that original promise that brought them here.

I see those very same dreams, though there are days when those dreams don't shine so brightly, and I wonder if the "American Dream" is a shadow that I've been told to chase with no hope of actually catching it.

Then, the sun comes out again, and my dreams, so big that only a land as vast as America could hold them, shimmer in the sun like treasures scattered over mountains.

**I love my country.**

I love her with a fierce pride and a passion that isn't always explainable to someone who hasn't experienced that love.

I love my country enough to answer her call, to put my civilian life on hold to respond to the burden she asks me to pick up, regardless of whether or not I agree with why she's asking me.

I love her enough to wear a uniform and to possibly give my life in her service.

But there's more to it than that.

Over the years, I've tried putting it in plain words, with various degrees of success.

I'm a patriot, yes, but it's more than a deep and abiding love of my country and a need to give back to her somehow that keeps me in the Army.

It's not the pay; although for the first time in my adult life, I am totally out of debt and living more than just barely above the poverty level.

It's not the education benefits, since I earned them after my first enlistment. The GI Bill is a lovely thing, but it's not why I stay.

It's not the medical care necessarily, since as a National Guard member, I don't get many medical bennies when I'm not activated.

It's the people, the Soldiers, the good, the bad and the indifferent.

It's that human factor that reaches out, across backgrounds and educations and lives, and binds us together. No matter how fragile those bonds seem, they're still there and they're everlasting.

Get a group of people together, and Soldiers and veterans will congregate, usually trading "No kidding, there I was" stories, peppered with obscure acronyms and coarse language.

It's a uniquely shared set of experiences, shared by individuals who are, forever afterward, part of something bigger than themselves. It's something that honestly defies my attempts to catalogue, classify or quantify.

**RELATED STORY**

• The U.S. Army is continuing to recruit quality young men and women in its ranks, as well as retain top-notch Soldiers. A-7

It's almost impossible to truly dissect.

I've been asked if I could find such fulfilling camaraderie in another field, and I probably could, as long as certain parameters were met. My alternative calling would have to be challenging, both physically and emotionally.

I could probably find that dream job somewhere else, but I love Soldiers, like no one I've ever loved before. They are, in my mind, my family.

I've been through so many things with other Soldiers. I've been hurt by other Soldiers and also held up by Soldiers when I thought I couldn't take any more.

I've fallen in love with a Soldier, someone who understands the why, the what and the how of the Army, and I wouldn't trade that for anything.

I've cried because of my love of the Army, and I've experienced anguished heartbreak, enduring personal sacrifices that made me doubt my future in the military.

I've laughed and cried and made friends who will be part of my life until the day I die.

**So, yes, I am a patriot.**

But the men and women in uniform beside me show me why I'm proud of my country. My fellow Soldiers remind me day in and day out why it is that I love America and why I stay in the Army.

For that, I thank them.  
(Editor's Note: Army journalist Spc. Jennifer Fitts' article first appeared in the Marne Express, a weekly newspaper for Task Force Baghdad and the 3rd Infantry Division.)

**Voices of Lightning: What are your favorite recreational activities on Oahu?**



"...Going to the beach, doing family activities and spending time with fellow Soldiers."



"I like to go swimming, play tennis and go to the beach."



"...Going to the beach, hiking and walking."



"I like playing basketball, going to the beach and going to Ala Moana mall."



"...Going to the beach, water parks and site seeing."

**Spc. Rick F. Cooley Jr.**  
HHC, 1st Bn., 21st Inf. Rgt.  
Indirect Fire Infantryman

**Terri Green**  
T-Mobile  
Sales Representative

**William Wood**  
Food Court Manager

**Spc. Dionate Hart**  
82nd Engineer Battalion  
Equipment Operator

**Madalene Aponte**  
Family Member

# DISCOM warriors engage NBC battle run

Story and Photos by  
Pfc. Kyndal Brewer  
Staff Writer

On a humid, cloudy day, while walking through an imitation of Vietnam, about 80 Division Support Command Soldiers from the 25th Infantry Division (Light) conducted a nuclear, biological and chemical (NBC) battle run at the NBC range on Schofield Barracks, Sept. 29.

In an NBC battle run, Soldiers run through an obstacle course and train how to properly use their mission-oriented protective posture gear. The Soldiers are also put in random situations that help them learn how to quickly maneuver with proper equipment.

For example, in one obstacle Soldiers received exactly eight seconds to don their gas mask. If they failed to have it properly sealed when the time was up, they automatically became a casualty. Teamwork really came into play.

Soldiers also took the chance to refresh

their memory on how to use M8 paper and other materials to detect hazardous gases

“A lot of these Soldiers work in an office and don’t go to the field much,” said Staff Sgt. Andre Bess, brigade noncommissioned officer in charge.

“So, this is an opportunity for me to train my subordinate Soldiers and leaders on many different tactics they wouldn’t normally do.”

DISCOM Soldiers refreshed their memories on everything from the proper procedures to put on MOPP gear to knowing when and how fast to put it on.

“The training has emphasized what I’ve learned in the past and sharpened my memory more and more,” said Pvt. 2 Casandra Kay, an ammunition specialist with DISCOM. “I learned a whole bunch of new things as well.”

With booby traps and spikes in the

ground, the training was sort of a re-enactment of situations in Vietnam, Bess said.

The realistic terrain gave Soldiers a hands-on opportunity to experience what downrange may be like.

“You have to move through the obstacle very diligently, and you have to understand the

concept of teamwork,” Bess explained. “To me, that’s the beauty of it all.”

“Hopefully, every unit in the division will be able to have this training,” said Kay. “They will benefit a lot from this and will appreciate the training a lot more.”

“It’s beneficial,” added Kay. “Because, in the long run, when you’re downrange, it’s going to come in handy.”



Above — Division Support Command Soldiers used a great deal of teamwork to complete the course effectively.

Below — Pvt. 2 Casandra Kay maneuvers through land mines and other booby traps set up in the obstacle, all while wearing MOPP gear and carrying her ruck sack.



Above — After hearing “Gas! Gas! Gas!” Soldiers received eight seconds to put on their gas masks.



Left — After going through the entire course, feeling tired and exhausted from low crawling and other tasks, Soldiers were still required to complete the gas chamber.

# JPAC continues to search for American POWs, MIAs

As our nation has promised, no one is ever left behind on foreign soil

Staff Sgt. Erika Ruthman  
Joint POW/MIA Accounting  
Command

HICKAM AIR FORCE BASE - "I would like everyone to know that our nation is keeping its promise to bring home every American POW/MIA, no matter how long it takes," said Brig. Gen. Michael C. Flowers, commander of the Joint POW/MIA Accounting Command.

The people keeping that promise from JPAC are tasked to account for approximately 88,000 missing military from past conflicts. They were formed from a merger of the 30-year-old U.S. Army Central Identification Laboratory (CIL), Hawaii, and the 11-year-old Joint Task Force - Full Accounting.

As JPAC's predecessor, CIL identified Arlington cemetery's "Vietnam unknown." Seven years ago, after careful mitochondrial DNA comparison and forensic examination, U.S. Air Force 1st Lt. Michael Joseph Blassie became the face behind the monument, the face who was one of the "American Soldiers known but to God."

Hundreds more military have been accounted for and returned to their families, by the now joined unit. JPAC is the nation's only joint unit whose mission it is to search for and recover American's missing military.

From the Tibetan mountains to the Cambodian jungles, Marines, Soldiers, airmen, sailors and civilian personnel search for military missing from the Persian Gulf War to World War II.

"People need to know that there are men that didn't come home. Those wars are over, but for the family members [waiting for loved ones to come home], it is never really over," said one of JPAC's U.S. Army mortuary affairs specialists, Sgt. Tamara Gross. The JPAC veteran of almost



Navy PH1 Andrew Heuer



Air Force Staff Sgt. Derrick C. Goode

three years is assigned to one of JPAC's 18 teams that deploy worldwide on search and recovery missions.

Approximately 46 million government dollars are devoted to the scope of JPAC, which covers five main areas: government negotiations, investigations, search and recovery operations, analysis, and identifications.

JPAC experts interface with international governments to ensure missions are carried out within safe parameters. Meanwhile, JPAC investigative teams survey sites and documents to generate case leads on missing personnel, while finding the most up-to-date information.

Search and recovery operations use the information gathered by the investigative teams to set up excavation sites.

At the sites, grids are set up to mark off areas where there may be artifacts or remains. JPAC teams of 10 to

14 members sift through ounces of soil at a time in the search. Recovered items are returned to JPAC's identification laboratory for analysis in the effort to link what could be remains or artifacts to a missing service member.

Sgt. Avery Green is a JPAC recovery team member and mortuary affairs specialist. He said that while recovering a World War II site in Burma, his team recovered dog tags.

"There is joy [when teams recover items], but there's also a sense of urgency," Green said. "We think, 'If we found this there must be more here, so we have to work harder to find it. There's somebody here to bring home.'"

Green said serving in JPAC is an honor.

"Working at JPAC seems surreal to me because my dad served in Vietnam as a 'specialist four.' He has since retired as a 'sergeant first class,' but to go places and do recovery missions where he lost friends is very rewarding

**Above — Navy IT2 Matt Thieneman, communications specialist, USS Russell, uses an INMARSAT satellite to give a report to the operations center during JPAC's 89th Joint Field Activity in Laos.**

**Left — Soldiers from 7th Dive Detachment conduct training to increase readiness for water recovery missions for JPAC.**



Marine Corps Sgt. Jose O. Mediavilla

**Sgt. 1st Class Kenneth Slankard, a Mortuary Affairs Specialist attached to the 87th 05-2L JFA, Recovery Team 1 of the JPAC, looks for crash ordnance, life support or possible human remains from a screening station that was built close to the 87th JFA's crash site in Laos.**

before you, the last person to touch this was the pilot over 30 years ago?"

Sgt. 1st Class David DeNard is a JPAC explosive ordnance disposal technician. DeNard, an Ewa Beach, Hawaii, resident, is one of the EOD technicians whose job entails locating and mitigating UXO hazards on recovery sites, a common concern on missions. He said that JPAC moves mountains to make identifications happen.

"We won't leave anyone behind," DeNard said, "and we are the only country in the world that makes that promise."

JPAC staff relentlessly needle away at their mission to link names to the 88,000

unaccounted-for military.

Military still missing include 78,000 from World War II, 8,100 from the Korean War, 1,800 from the Vietnam War, 120 from the Cold War and one service member from the Gulf War.

"With the DNA technology and the other forensic techniques that are being developed now in our laboratory," said Jonnie Webb, JPAC senior advisor, "it will be highly unlikely that we will ever have another unknown to place in the tomb of the unknown."

"I think that says a lot about the work that we do and about how our country cares about our fallen of those who defended this great country."

# Collaboration helps Army protect its local environment

Michelle Mansker and Brad Wright  
*Directorate of Public Works*

U.S. Army in Hawaii has eight training areas on the islands of Oahu and Hawaii, and within the boundaries of these training areas more than 100 listed endangered species thrive. However, many of the species have less than 50 individuals left in the wild.

These species also occur in small, widely distributed populations of a few individuals on State of Hawaii, U.S. Fish and Wildlife Service, City of Honolulu and other private lands. The Army collaborates with these landowners to ensure that endangered species are protected.

One landowner, The Nature Conservancy, manages land at Honouliuli Preserve, located adjacent to the Schofield Barracks Military Reservation. This parcel provides a "buffer area" for Schofield Barracks, which is one of three live-fire training areas in Hawaii.

"The Nature Conservancy and the Army have forged a good partnership in the Waianae Mountains at the Conservancy's Honouliuli Preserve," said Suzanne Case, the Hawaii executive director for the Conservancy.

The Army assures isolation of



Kapua Kawelo

## A Schofield Barracks team conducts assessment at the Honouliuli Preserve in May.

training areas, while the Conservancy receives assistance in preserving endangered species and controlling invasive plants and animals.

The Honouliuli Preserve contains many of the same endangered species as Schofield Barracks.

"The Army assists us with protecting native 'elepaio [fly catcher] from rats, controlling invasive weeds, outplanting rare species and monitoring their survival," explained Pauline Sato, director of the Conservancy's Oahu Program. "While the cross-over with

the Conservancy's goals is not 100 percent, there is enough overlap to produce meaningful results."

An example of the Army commitment to endangered species in Hawaii can be seen with one such species, *Cyanea pinnatifida*, an

endangered plant. This species survives because of the combined efforts of the Conservancy and the Army. The last known wild individual died several years ago.

Because the Army had harvested propagation material for this species, it is alive in collection and has been returned to its original wild location.

In May 2005, a brush fire threatened a section of the Honouliuli Preserve that is home to an endangered tree snail and four rare plant species. The Army dropped water around the sensitive area and helped the Conservancy clear vegetation. The fire scorched a total of 2,500 acres, but the combined effort paid off, as none of the sensitive areas in the Preserve were lost.

With almost 40 full-time individuals on staff who do nothing but conservation, and an understanding of the importance of collaboration, the Army in Hawaii demonstrates a commitment to the environment, while maintaining training capabilities.

*(Editor's Note: Michelle Mansker is the Army's natural resource manager for Army Garrison, Hawaii; Brad Wright is the Army REC for Region 10. For more information, contact Mansker at 656-2878, extension 1029.)*

## Tours are offered in leeward preserve

Honouliuli Preserve is home to nearly 70 rare and endangered plant and animal species. The land once belonged to Hawaiian royalty and was named Honouliuli (meaning dark, dark harbor) for the dark, fertile lands that stretch from the waters of Pearl Harbor to the summit of the Waianae Mountains.



Courtesy Photo

### The Waianae Mountains contrast the flat lands on Oahu's leeward side.

The preserve is home to rare plants such as mints and lobelias.

#### What animals to see

Honouliuli Preserve protects a native land snail species that is found nowhere else on Earth. Its boundaries contain one of the last remaining habitats on Oahu for native forest birds and for the Hawaiian owl (pueo), revered as a guardian spirit or 'aumakua by ancient Hawaiians.

Here, too, lives the fly-catching 'elepaio, a singing land bird once revered by Hawaiian canoe builders. Honeycreepers also inhabit the forests of Honouliuli, along with the crimson-feathered 'apapane and the yellow 'amakihi.

#### Why the Conservancy selected the site?

The forest contains some of the last remnants of a diverse native ecosystem.

#### Location

Leeward Oahu, on the southeast slope of the Waianae Mountains.

#### Size

3,582 acres.

#### How to prepare for your visit

Nature Conservancy staff and volunteers lead monthly hikes on each of two trails in Honouliuli Preserve. For more information on visiting this preserve, call the hike line at 587-6220.

#### What plants to see

A wish can teach a sick child that anything is possible. Even the future.

Visit us at [www.wish.org](http://www.wish.org) or call (800) 722-WISH

**Share the Power of a Wish®**

Make-A-Wish Foundation® is a CFC participant. Provided as a public service.



MAKE A WISH

# Conflict is not necessarily a bad thing

Sgt. 1st Class Damian Miller  
Equal Opportunity Advisor,  
U.S. Army Garrison, Hawaii

When it comes to conflict, most of us want to win. However, if we can take a conflict and find a solution in which everybody wins, we can make a stronger relationship.

Conflict is defined as a disagreement between or among individuals, as a fight, a battle, a war, a difference of opinion or idea, and as a misunderstanding.

Another source sums up conflict as competitive or opposing action of incompatibles, an antagonistic state or action, a mental struggle resulting from incompatible or opposing needs, drives, wishes or external or internal demands.

It is true that conflict can be destructive in many ways; for example, conflict can divert energy from more important activities, issues or the military mission. Conflict can destroy the morale of a cohesive unit, it can deepen differences in values and beliefs, and it can produce irresponsible and regrettable behavior.

We should focus less on the negative impact of conflict and more on positive impacts — yes, conflict can

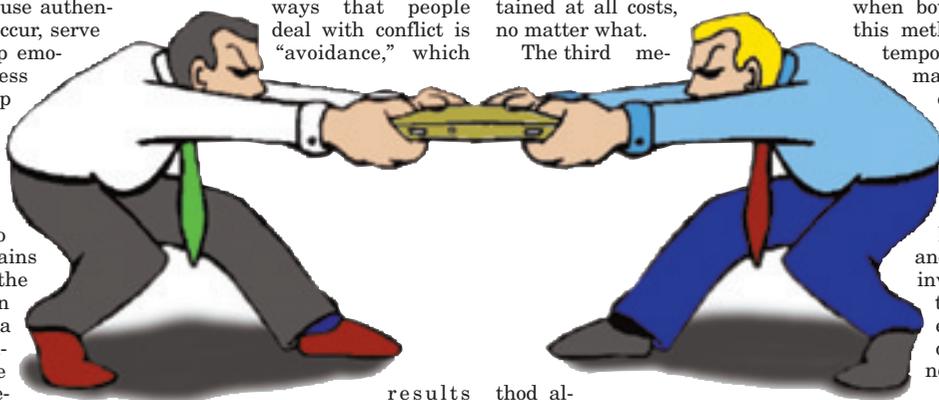
be positive. Conflict is constructive in many ways; for example, it can open up issues of importance for discussion, increase the involvement of individuals, cause authentic communication to occur, serve as a release to pent-up emotion, build cohesiveness within a team and help individuals to grow.

In every family, there is growth, and with growth, comes friction, confrontation and conflict — also known as growing pains within a family. In the military, where we often refer to our team as a family, we work together, deploy together, live together and fight side-by-side, entrusting each other with our lives.

As we often say, “One team one fight,” and just like a family, this team will have growing pains. Confrontation is inevitable, but in the long run, we are all still reaching for the same goal: mission success.

I submit that confrontation is to conflict as water is to wetness. We really cannot separate the two; if we get one, we get the other.

Conflict models demonstrate how people typically deal with conflict. Five methods are worthy of review. One of the more common ways that people deal with conflict is “avoidance,” which



played down and only a superficial surface harmony exists. In using this approach, an individual decides that peace must be maintained at all costs, no matter what.

The third method also results in a “lose/lose” outcome. Avoidance is denial, denial that there is even a problem. People use this method when they are afraid to confront an issue, or when the issues are not important or not worth the cost of the trouble to confront, from their perspective.

Another method is referred to as “accommodating.” This method of dealing with conflict results in a “lose/win” situation. Differences are

played down and only a superficial surface harmony exists. In using this approach, an individual decides that peace must be maintained at all costs, no matter what.

The third method

also results in a “lose/lose” outcome, and it is termed “competing.” This approach requires dissolving the conflict by eliminating the causes of conflict. One’s authority, position, majority rule or persuasive minority settles everything and leaves no room for discussion.

“Compromise” is the fourth method, resulting in a “draw.” No one loses and no one wins. One might think this is the best way,

but using this method means each party gives something in order to meet at the midway mark. Compromise can be a powerful tool when both sides are correct, but this method still only achieves a temporary solution until a permanent one can be negotiated.

The best method gives a “win/win” result. This approach is referred to as “collaboration.” This method highlights the abilities, values and expertise of all parties involved. Each person’s position is clear, but the emphasis is on the success of the group or the whole, not on any one individual.

With every conflict we encounter, personal or professional, we get to choose how we will work towards resolution. A win/win situation is always best.

If we look at conflict in a positive light, as a way to build up, not tear down the relationship, family or team, we can make conflict work for us, making us stronger.

A parting thought on conflict to contemplate: “What we authorize to stay, we will never change.”

## Specific procedures govern TDY rentals

Capt. Irene D.A. Hanks  
Staff Judge Advocate

Navigating the ins and outs of the rental car process can be confusing. However, service members need only keep a few pointers in mind when renting a vehicle during periods of temporary duty. (For more details, call Claims at 655-9279.)

### At the rental agency

\*When reserving and paying for your vehicle, use your official Bank of America VISA government travel card.

\*When renting your car, decline any insurance or collision damage waiver (the LDW and CDW) offered by the rental agency. Ensure the rental agency understands that you are renting the car for official government business.

### If you are involved in an accident

\*Notify local law enforcement and the rental agency immediately. Under some state laws, failure to report accidents may result in you being charged with the repair costs.

\*Within 20 days of the accident, call the VISA rental insurance program at 1-800-VISA 911 (that is, 1-800-847-2911), report the accident and request accident claim forms.

\*File forms with VISA within 90 days.

\*Follow procedures because failure may result in payment from unit TDY funds and in adverse action from your chain of command.

## Feres prohibits suits against the government

Capt. Irene D.A. Hanks  
Chief, Claims, Staff Judge Advocate

Most Soldiers know they are prohibited from suing the government. Still, although this prohibition may not seem fair, a closer look at the rationale for this legal doctrine, known as the “Feres Doctrine,” will show that valid reasons exist behind the government’s immunity from lawsuits by service members.

First, however, it is helpful to examine the history and precise implications of the Feres Doctrine.

### What is the Feres Doctrine?

The Feres Doctrine originated in 1950, when the U.S. Supreme Court unanimously decided in *Feres v. United States* that the government is not liable under the Federal Tort Claims Act for injuries to service members that arise out of activity that is “incident to service.”

Incident to service encompasses a wide variety of activities, from the most intuitive example of a training injury, to less obvious situations like a slip and fall at the commissary.

A vast amount of litigation defines what amounts to “incident to service,” and the litigation is a somewhat complicated legal issue. However, the Feres Doctrine has stood the test of time, and courts are still enforcing it more than 50 years after it was decided.

The Supreme Court’s rationale for this

decision was threefold. First, Congress has made other remedies available to service members if they get injured or killed. For example, the Veterans’ Benefit Act provides monetary compensation in the form of disability and death benefits.

Additionally, health care benefits ensure that Soldiers will not have to pay out-of-pocket medical expenses for injuries that happen as a result of their service.

The second rationale behind the Feres Doctrine is that the courts should not get involved in decisions that affect military discipline. For example, it would seriously undermine the disciplinary structure of the Army if Soldiers were allowed to sue their commanders, noncommissioned officers or each other for personal injuries.

Further, complicating the issue is the fact that civilian judges and juries do not fully understand how the military works. It would be difficult and inappropriate for civilian counterparts to scrutinize sensitive military decisions.

The last rationale for the Supreme Court’s decision in *Feres* is that military service is distinctly federal in nature, and it is therefore better to compensate service members under a uniform system like the Veterans’ Benefit Act, rather than under local state law (state law would normally apply in the event of a lawsuit against the government). This way, for example, Soldiers stationed in Alabama receive the same compensation as Soldiers stationed

in Hawaii.

The Feres Doctrine similarly bars lawsuits for property loss or damage; however, Soldiers may file an administrative claim against the Army under the Personnel Claims Act. This act permits recovery for property damage when, for example, a Soldier’s car is vandalized on post or by movers during a permanent change of station move of his or her household goods.

In these situations, a Soldier is not required to first file a claim with an insurance company before the Army will pay compensation for property loss or damage. Further, under the Military Claims Act, Soldiers may file an administrative claim for property loss or damage caused by the negligence of a service member performing his official duties (for example, an auto accident involving a military vehicle and a privately owned vehicle).

The Feres Doctrine does not bar civilians and dependent family members; however, they may not bring suit for injuries to their service member spouse. Additionally, the Federal Tort Claims Act requires that family members file an administrative claim before bringing a lawsuit against the government. After either six months or the claim being denied, a civilian or family member can then file a lawsuit.

The Schofield Barracks Claims Office Handles property and personal injury claims. For more information about these types of claims and other legal questions, call 655-9279.

## Candidates now sought for 05-06 ROTC program

A new program seeks scholar, athlete and leader Soldiers to consider a commission as an Army officer.

The Office of the Commanding General, Headquarters, Cadet Command, at Fort Monroe, Va., gives the commanding general of the 25th Infantry Division (Light) and U.S. Army, Hawaii, authority to nominate five outstanding Soldiers for the School Year 2006-2007 Hip Pocket ROTC (Reserve Officer Training Corps) Program.

Soldiers nominated for the program will have the option to compete for an opportunity to remain on active duty while pursuing a commission through ROTC in the "Green to Gold" active duty option. Soldiers accepted will not receive a scholarship; however, they will receive full pay, allowances and other authorized benefits.

The Directorate of Human Resources (DHR), Department of the Army Boards Section, will accept applications from all Soldiers who meet the following qualifications:

- a U.S. citizen and under the age of 31,
- an Honor Graduate or a Commandant's List of Non Commissioned Officer Education System (NCOES) School,
- an SAT of over 1100 or an ACT 21,
- a minimum of two years of active duty,
- a GT score of more than 110,
- completed at least 54 semester hours with no more than two years of academic years remaining, and
- obtained a minimum cumulative grade point average of 2.5 on a 4.0 scale.

Additionally, Soldiers must possess a favorable National Agency Check or an Entrance National Agency Check, and they must exhibit leadership qualities such as having been selected as Soldier or NCO of the Quarter/ Year at the battalion or higher level.

Further, Soldiers must be athletic, having scored 270 on their Army Physical Fitness Test (APFT), with a minimum 90 points in each event. Soldiers must show proof of competitive involvement in post level or higher sports.

If you meet all of these requirements, then you are on your way to becoming an officer.

For information on how to obtain applications checklists for the program, visit DHR, DA Boards Section, Building 750, Room 130, or call at Angie Dizon at 655-4510, or Quenita Samuel at 655-4511.

## Efforts to retain quality Soldiers pay off

Story and Photo by  
Spc. Juan Jimenez  
Staff Writer

The U.S. Army is doing everything it can to retain as many Soldiers as possible.

"Our goal is to keep every quality Soldier in the Army," said Sgt. Maj. Jonathan Stone, 25th Infantry Division (Light) retention sergeant major. "So the Army is offering incentives such as bonuses, military and civilian school attendance, choice of duty station, stabilization and change of MOS [military occupational specialty] to retain Soldiers."

When it comes to bonuses, about 100 million dollars is set aside for retention purposes, Stone said.

In Hawaii, "Schofield Barracks has the highest mission of recruitment over any other base," Stone continued. "We have made two out of three missions that we are required for the year.

"As a nation we need war fighters," Stone continued. "The Army is designed to protect and defend the Constitution of the United States against all enemies domestic and foreign."

Leaders are talking to Soldiers to encourage them to stay in the Army.

"Soldiers know what the Army has to offer them, but a lot of time leaders have to remind them," Stone said.

### U.S. Army Recruiting

For fiscal year 2005, the Army's national recruiting goal is 80,000 troops. By June, 48,000 had enlisted, leaving recruiters to scramble for another 31,500 young adults by Sept. 30.

An average of 8,500 people lose their jobs, nationwide, on a daily basis, making the military a lucrative choice when it comes to job security.

In the Army, "Soldiers don't have to worry about losing their jobs tomorrow," Stone said.

Also the benefits of medical and dental insurance are covered for the Soldier, their spouse and children at little or no additional cost. "Civilians spend hundreds of dollars every month to provide insurance and medicines for their families," Stone said. "The advantage that the military has over their civilian counterparts in these aspects is what we have to remind Soldiers about."

The chain of command in units throughout U.S. Army, Hawaii, installations is also helping re-enlistment by giving additional incentives such as four-day passes, uninterrupted college attendance time and, sometimes, the choice of a military school.

"We are doing everything we can in our part, but it's up to the leaders to help keep quality Soldiers in Army," Stone said.



Staff. Sgt. Tito Parra-Fiallo with Headquarters and Headquarters Company lifts his right hand and affirms his oath of re-enlistment before 2nd Lt. Jodi M. Pietrantuono at Wheeler Army Air Field, Sept. 29.

## OCS board is scheduled the week of January 30

The next Headquarters, Department of the Army Officer Candidate Selection Board is scheduled to convene the week of Jan. 30. Soldiers who wish to be considered by this selection board must submit their applications through command channels to the Directorate of Human Resources, DA Boards Section, Building 750, Room 130 (located on Ayers Avenue), Schofield Barracks, no earlier than Monday, Oct. 3, and no later than Oct. 28.

The Installation Structured Interview Panel will convene Nov. 14-18 to interview

qualified applicants. Specific interview dates, times and locations will be provided to each individual applicant. Eligibility criteria and application procedures are outlined in Army Regulation 350-51.

The education requirement to apply for OCS is a minimum of 90 semester hours, verified by the Education Center. Soldiers who do not possess a baccalaureate degree must submit a Scholastic Aptitude Test (850 or higher) or American College Test (19 or higher) that is not older than six years.

Soldiers without a secret security clearance must provide a memorandum signed by the Division security officer stating a secret security investigation has been received and initiated by Defense Security Service.

If you are interested in applying for OCS, provide an original and three copies of your completed application packet to DHR by Oct. 28. For more information, call Quenita Samuel at 655-4511.

## News Briefs

**WOA Picnic** — The "Aloha" Chapter of the U.S. Army Warrant Officers Association is hosting a "Family Appreciation Day" picnic, Saturday 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. Kids 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 3 Woodyard at 561-3059 or Chief Warrant Officer 3 Hood at 655-8856.

**Vet Clinic** — The Fort Shafter Veterinary Clinic is hosting a Saturday vaccination clinic 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.

**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.



Courtesy Photo

### IMA leadership

**Philip E. Sakowitz Jr., principal deputy director of the Installation Management Agency (left), presents the IMA Stalwart Award to Maj. Gen. Ronald L. Johnson, outgoing IMA director, Oct. 6 in Arlington, Va. Johnson received the Stalwart Award for his contributions to IMA. See next week's Hawaii Army Weekly for more details about IMA.**

**Special Forces** — All Soldiers interested in applying for Special Forces should attend the Special Forces Briefing to be held at the Schofield Barracks Education Center, daily through Thursday at 11:30 and 1:30 p.m., or Thursday at 5 p.m.

To determine eligibility, e-mail your name, rank, SSN, unit, unit phone, GT Score and BASD to stephen.szwajkowski@usarec.army.mil. For more details, call Angie Dizon at 655-4510, locally, or Sgt. 1st Class Szwajkowski at (877) 840-8489 toll free.

**Quarterly Retirement Ceremony** — The 25th Infantry Division (Light) and U.S. Army, Hawaii will honor retiring Soldiers

and their spouses on Friday, Oct. 21 at 2pm during a ceremony at the Nehelani Club on Schofield Barracks.

**Purple Heart** — The president of the Military Order of the Purple Heart, Hawaii chapter, Thomas Tanaka, is extending a one-year free enrollment in the local MOPH chapter to all MOPH recipients from Operation Iraqi Freedom and Operation Enduring Freedom.

Interested recipients of the Purple Heart should contact Tanaka at 988-2820 for more details.

**CIF Closing** — The Central Issue Facility at Schofield Barracks will be closed through Sunday, Oct.

16, to update systems. Emergency situations will receive attention; however, personnel who are deploying, making a permanent change of station move or exiting the service must make appointments at 655-9876.

**Road Closing** — Hewitt Street (from Trimble Road to Floyd Street) will be closed Monday through Oct. 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.

**New Deputy PACOM Commander** — Air Force Lt. Gen. Daniel P. Leaf assumed the duties and responsibilities as the 15th deputy commander of U.S. Pacific Command, Wednesday. He was previously the vice commander of the U.S. Air Force Space Command at Peterson Air Force Base, Colo.

"Lieutenant General Leaf's experience and proven leadership skills mark him as an outstanding choice for deputy commander," said Adm. William J. Fallon, commander USPACOM. "He's a welcome addition to the Pacific Command team."

A native of Shawano, Wis., he earned his commission as a distinguished graduate of the University of Wisconsin-Madison

Air Force ROTC program in 1974. He is a command pilot and command space operator with more than 3,600 flying hours, including Operations Allied Force, Joint Forge,

Northern Watch and Southern Watch combat missions.

He has commanded at all levels including squadron, group and wing, and has previously been stationed in the Pacific Command region, including Osan Air Base and Yongsan, Republic of Korea; Kadena Air Base, Japan; and Hickam Air Force Base here in Hawaii.

**Organization Day** — Veterans of the 29th Engineer Battalion (Topographic) are cordially invited to attend the 29th Eng. Bn.'s Organization Day, Saturday, Oct. 29 at the Polynesian Culture Center.

If you are interested in this event, contact Capt. Jesse Jones, adjutant, at 438-6689 or e-mail jesse.a.jones@us.army.mil.

**NSPS Town Hall** — All civilian personnel are encouraged to attend one of three upcoming Town Hall briefings to learn more about the new National Security Personnel System.

Available dates follow:  
•Oct. 25, 1-3 p.m., Richardson Theater, Fort Shafter,

•Nov. 15, 1-3 p.m., Keyser Auditorium, Tripler Army Medical Center, and/or,

•Nov. 16, 1:30-3:30 p.m., Sergeant Smith Theater, Schofield Barracks.

**Combined Federal Campaign** — The 2005 Hawaii-Pacific CFC will run through Oct. 28, and this year's theme is "Heroes of the Pacific - Be One!"

The 25th Infantry Division (Light) is the designated Army agency for participating Army units, and staffs look forward to coordinating an effective and rewarding campaign. For more details, contact Capt. Thompson at 655-3984.



Leaf

## Spouse

From A-1

with the Army, each of our partners signed a statement of support pledging their best efforts to increase employment opportunities and provide training for Army spouses."

Companies today are taking every necessary step to attract skilled individuals, Rivera said. The diversity of employable military spouses is an important factor for the corporations involved in the program.

"In the past, many spouses hid the fact that they were military spouses because they felt employers saw them as short-term employees, but not any more," she said. "Now businesses are eager to hire Army spouses because they discovered they have a virtual gold-mine of very educated, highly motivated, well-trained employees who are very diverse, and some of whom speak several languages."

"In the last year, there have been 2,500 spouse hires through the ASEP partnership," Rivera added.

"Many spouses see this program as an answer to the job security issues they faced in the past."

Partners include Adecco USA; Army and Air Force Exchange Service; Army Career Alumni Program; Army Civilian Personnel; BellSouth; Boys and Girls Clubs of America; Computer Systems Corporation; CVS/Pharmacy; Defense Commissary Agency; Dell, Inc.; EURPAC Service, Inc.; Hospital Corporation of America; Home Depot; Lockheed Martin; Manpower, Inc.; Sears Holdings Corporation; and Sprint.

*(Editor's Note: Margaret McKenzie is a public affairs specialist for the U.S. Army Community and Family Support Center.)*

**AUSA** From A-1

Afghanistan and Iraq, but are helping to institute democracy and free elections in both nations.

“For 230 years our nation has thrived because citizens have always answered the call to duty,” Harvey said before reciting some of the calls to duty citizens have answered since the Revolution: the Civil War, World War I, World War II, Korea and Vietnam.

Harvey also lauded the first responders to Hurricanes Katrina and Rita and the families who support Soldiers.

Sgt. 1st Class Paul Ray Smith’s selfless actions in Iraq that earned him a posthumous Medal of Honor were also cited by the secretary as an example of someone who answered the call to duty.

Then he said the Army, even though it has performed admirably in the past, has to change to continue to be as effective in the 21st century against new threats.

Harvey outlined how the Army is transforming, modernizing and growing. He said the Army has 315,000 operational (combat) troops now and that number will increase by some 40,000 to 355,000 by 2007.

The modernization and growth of the Army will be made possible by new and more efficient business practices, he said.

Retired Gen. Gordon Sullivan, president of AUSA, told the large crowd how his organization is “proud to provide support for American Soldiers.”

AUSA, founded in 1950, is a nonprofit educational organization dedicated to promoting Army interests and values.

*(Editor’s Note: Dennis Ryan is a staff writer for the Pentagon newspaper at Fort Myer, Va.)*

# AUSA honors journalist Tom Brokaw

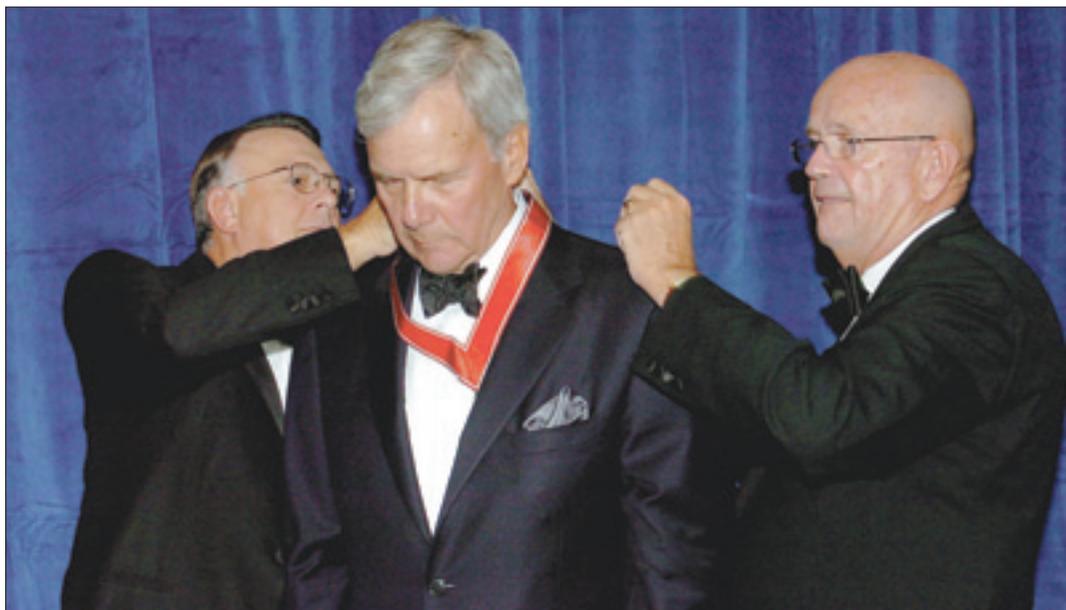
Col. Randy Pullen  
*Army News Service*

AUSA President and retired Gen. Gordon Sullivan (right) presents the Marshall Award to Tom Brokaw, the first journalist to receive the Association of the United States Army’s highest award.

Brokaw, former news anchor and editor for the “NBC Nightly News” and author of *The Greatest Generation*, was presented the 2005 George Catlett Marshall Medal, Oct. 5, at the closing event of AUSA’s 51st Annual Meeting and Exposition, the George Catlett Marshall Memorial Dinner. The medal is awarded annually to an individual who has exhibited “selfless service to the United States of America,” according to the association.

The AUSA Council of Trustees chose Brokaw to recognize him for his lifetime contributions as a journalist, reporter, editor, broadcaster and author.

Brokaw is equally known and respected for his telling the story of an earlier generation of Americans fighting for their country. He is the author of the bestselling



Staff Sgt. Carmen Burgess

**AUSA president and retired Gen. Gordon Sullivan (right) presents the Marshall Award to Tom Brokaw.**

1998 book, “*The Greatest Generation*,” which told the story of those Americans who grew up during the Great Depression of the 1930s and

who then fought and won World War II.

He followed this book with two more recounting the experiences of

World War II veterans and their families: *The Greatest Generation Speaks* in 1999 and *An Album of Memories* in 2001.

## Successes

From A-1

The general told how the Army facilitated elections in Iraq and Afghanistan and have conducted operations “around the world to secure our homeland.”

Schoomaker said, unlike during World War I and II when our nation’s military schools were closed, more than 1,000 officers are receiving advanced schooling today.

He cited the privatizing of Army

housing as one of the examples of the Army’s attempt to improve the living conditions of Soldiers. The conversion to more mobile modular units should be 80 percent complete by next year the general said.

“The Army has accomplished a lot in the last several years,” Schoomaker said. “But there is a lot more to do.”

The chief said the Army must continue to use American technology and resources to ensure Soldiers,

“see first and act first.”

“Our adversary will not achieve their evil intent,” Schoomaker said.

### Singled out for praise

He praised those in uniform and called them, “the best of their generation” before giving a word of caution to our foes.

The president of AUSA, retired Gen. Gordon Sullivan presented the Walter T. Kerwin Readiness Awards to the 225th Engineer Group of the

Louisiana National Guard and the 81st Medical Readiness Command of the Army Reserve.

Sullivan told how 80 percent of the Louisiana Guard unit were combat veterans of Iraq, and they were unable to attend because they were busy conducting humanitarian assistance along the Gulf Coast.

Sullivan recognized two popular members of the Army Racing team in the audience, NASCAR driver Joe Nemechek and drag racer Tony Shumaker.

## Flu shots will soon be offered at Tripler

Tripler Army Medical Center  
Public Affairs Office

HONOLULU — Tripler Army Medical Center staff are gearing up for the flu season, and the vaccine is scheduled to arrive on or soon after Saturday.

Information about the Tripler flu program will be announced as soon as the staff has the information available. For updates regarding the plan, contact the influenza information hotline or log on to the Tripler Web page at [www.tamc.amedd.army.mil](http://www.tamc.amedd.army.mil).

Flu season can begin as early as October and last as late as May, according to Capt. Lisa Lute, head nurse of Tripler's Immunization Clinic.

October or November is the best time to receive the flu vaccine, according to the CDC. Tripler staff are working on scheduling flu vaccination clinics once the vaccine is received. TAMC will let patients know as soon as possible what those times and dates will be.

If Tripler patients are eligible for services through the Veterans Administration or civilian providers, check with them as the vaccine may be available at other sites.

Patients may also call "211" for other sites offering the vaccine.

**Tripler's flu hotline is 433-3357.**

# Women's health issues get needed attention

Norma Suarez  
Community Health Nursing, Tripler Army  
Medical Center

HONOLULU — Women's health issues were not always a primary concern in our society. During the last several decades, however, medicine has progressed in the care women receive.

The health issues that women have special concern about are heart disease, breast cancer, and osteoporosis.

Heart disease is the number one killer of women in the United States, but many women, and even a few health care providers, overlook the seriousness of heart disease symptoms in women.

Women are more likely to have "atypical" symptoms of heart disease leading to the under-diagnosis or misdiagnosis of heart disease.

The symptoms that women most likely experience are shortness of breath, shoulder aches, nausea, vomiting and, sometimes, chest pain. These symptoms should prompt immediate medical attention.

Women who are concerned about having heart disease should discuss this with their primary care provider.

Breast cancer is the second leading cause of cancer death in women.



Pfc. Kyndal Brewer

**Pvt. 2 Jennifer Hartman, a health care specialist with Company C, 725th Main Support Battalion, takes vitals on Sgt. Jennifer Adams-Ward, an emergency care noncommissioned officer in the same unit.**

Although breast cancer does not claim as many lives as heart disease, it is often the most feared disease in women because of the effect it has on their bodies and their lives.

Health care providers stress the importance of regular mammograms,

starting at age 40. Those with a family history of cancer should have their initial mammogram done at age 35.

Women should inform their primary care provider of family history of breast cancer and perform month-

ly self-breast exams.

Osteoporosis affects millions of women each year, and even more are at high risk for fracture because of this disease. Risk factors for osteoporosis include small frame, smoking, excessive alcohol use, steroid use, older age and diet low in calcium and vitamin D.

Physical activity, particularly weight-bearing exercises and adequate calcium and vitamin D are essential for maintaining and promoting bone health. Bone density testing can be performed to help identify those at risk for fracture and those who have osteoporosis.

Testing is recommended for women over the age of 65 or who are postmenopausal.

Other top health concerns for women include depression, nutrition and obesity.

However, as time goes by, health care providers and patients are learning more and finding other problems that are not as well known such as irritable bowel syndrome, ovarian cancer and migraine headaches.

For general health concerns, call Tripler Army Medical Center's Community Health Nursing at 433-6834. For specific health concerns, contact your primary care provider.

## Breast cancer is often treatable when caught early on

Department of Veterans Affairs  
News Release

WASHINGTON — The chance that a woman will be diagnosed with breast cancer during her lifetime is 1 in 8. However, did you know that many men are diagnosed with breast cancer, too?

The U.S. Department of Veterans Affairs (VA) continues conducting research into breast cancer to discover potential causes, and to develop better diagnostics and treatments for this disease.

October is National Breast Cancer Awareness Month, and the VA reminds that mammograms are encouraged in order to help detect breast cancer at the earliest and most treatable stages — every year for women aged 40-70, especially for high-risk women who have had a first-degree relative diagnosed with breast cancer.

However, a VA study urges discreet use of mammograms for women older than 70, as the radiation exposure from mammograms may outweigh the potential benefits

for elderly women in very poor health.

Mammograms may detect cancer, but they do not prevent cancer. While the causes of breast cancer are still unknown, here are a few tips that may help reduce the risk of developing the disease:

- Don't smoke, exercise regularly and maintain a healthy weight. Studies show that excess weight may increase the risk of breast cancer.
- Eat fresh fruits and vegetables daily. The fiber, antioxidants

and other nutrients found in fresh fruits and vegetables may help reduce the risk of breast cancer and some other cancers.

- Conduct self-breast examinations monthly. Seventy percent of all breast cancers are found through self-breast exams.
- Reduce the negative stress in your life. Keeping a positive, relaxed outlook may be beneficial for the immune system, therefore reducing the risk of some diseases.



## ACS Island Tour

*ACS tour introduces new Soldiers, families to Oahu*

Story and Photos by  
Spc. Stephen L. Proctor  
17th Public Affairs Detachment

The small island of Oahu can feel like a large, confusing place to new Soldiers and their families. To help familiarize newcomers to the island, Army Community Service (ACS) will send in-processing Soldiers and their families on a guided tour of Oahu, highlighting military facilities and entertainment and historical points of interest.

"This tour is a new requirement for Soldiers in-processing here, so all single Soldiers will attend," said Lt. Col. Bruce Jenkins, the battalion commander for the 556th Personnel Support Battalion.

Families are encouraged to participate in the tour as well. Children are welcome.

Currently, the tour is restricted to in-processing Soldiers and their families because of the number of incoming Soldiers. When numbers drop back to normal, hopefully, the tour will be open to people who did not have a chance to go, said Jenkins.

One of the things that the command wanted to do was to make this a mandatory event for every Soldier, said Jenkins.

"That way they have a good feeling for the local facilities here, and they hit the ground running instead of getting here wondering where everything is the first couple of weeks," he explained.

The tour begins just after Soldiers and their families climb into tour busses at the ACS building. A tour guide points out useful places like the post exchange (PX), commissary and post chapel.

Continuing on, the guide points out military points of interest along the H-1 freeway such as Fort Shafter and Tripler Army Medical Center.

"It's helpful to know where the highways are and how to get around," said Pvt. Andrew Braden, a Soldier with 2nd Brigade.

On the way to Honolulu, family

members and Soldiers see shopping and entertainment venues useful to island newcomers.

At Honolulu, the tour takes the newcomers through the downtown business and government districts, passing the state capitol.

Aside from the city, the island of Oahu provides diverse, natural scenic sites of interest.

The first stop of the day was at the Nuuanu Pali Lookout. From the lookout, situated in a dense, wet forest, people can see mountains and ocean stretching along the Windward coastline.

The tour continues on Pali Highway, around the east side of Oahu, highlighting several beach areas. A stop is made for lunch in Waikiki at the Hale Koa Hotel, an armed forces resort recreational facility.

Multiple options exist for lunch. The Hale Koa Hotel features the Koko Café, "contemporary island cuisine" and "family favorites," and a PX with snacks and sandwiches.

Also, being in the heart of Waikiki, a number of restaurants just outside the hotel, from sandwich shops to sushi bars, offer island treats.

After lunch, busses travel to the Bishop Museum replete in Hawaiian history, where Soldiers receive cultural awareness education and some time to wander the museum and take in some of the local background.

"I liked seeing the different places and getting deeper into the culture," said Pvt. Jeanette Torrales, a new Soldier to Schofield Barracks.

The tour was educational, said Christina E. Berthiaume, the wife of another new Soldier to Schofield Barracks. The insight into the local areas and restaurants will definitely be helpful, she added.

The island tour continues along Kamehameha Highway, towards the North Shore beach area.

Along the way, busses stop at a macadamia nut farm and store. In the back of the store tables set up with bags of macadamia nuts, pack-



Soldiers and their families leave the Bishop Museum a bit more knowledgeable of Hawaiian history after getting cultural awareness education.

aged fresh daily, in an assortment of flavors like honey roasted, garlic, salted, cinnamon and sugar, and many more flavors, beckon customers. Along the tables, free samples welcome visitors to taste varieties before making purchases.

Soldiers and family members eagerly sampled every flavor of nut, and then they sampled their favorite ones a few more times.

In another part of the farm, a table of coffee pots also allows customers to pour free samples of pure Kona coffee.

The ACS newcomers program gives Soldiers and their families a chance to become acquainted with the island so they do not start off lost and confused.

"I think it's a great program," said Jenkins. "We help get the families well grounded early on."

From the beginning, they feel like someone cares, she said.



Pvt. Andrew Braden samples 100 percent Kona coffee during a stop at the Macadamia Nut Farm on Kamehameha Highway.



Soldiers and families disembark the bus at the Bishop Museum of Hawaiian History.



Soldiers and family members have a chance to taste the 100 percent Kona coffee, flavored or regular, and macadamia nuts offered at a Macadamia Nut Farm.



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

**OCTOBER**

**14 / Today**

**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, and tickets will be available for \$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.

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.

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.

**16 / Sunday**

**Teen Read Week** — All teens are invited to celebrate "Teen Read Week," Oct. 16 to 22. Teens who visit a military library at Schofield Barracks, Fort Shafter, Aliamanu Military Reservation or Tripler Army Medical Center, and then complete a short survey, will receive their choice of a temporary "READ" tattoo or a "READ" elastic wristband.

Teens will also have the opportunity to win Pizza Hut gift certificates.



Joy Boisselle

**Fire Safety**

"Sparky," the official firefighter mascot, gives youngsters, Savannah Hickey, 18 months, and Cormac Roethler, 2, a lesson in fire safety. The robotic Sparky was a popular exhibit at the Fire Prevention Week display set up at the Schofield Barracks commissary, Oct. 12.

For more information, call Janet Howard at 655-8002.

**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 additional 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 Helemano 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. For general event information, contact Sandy Salisbury at 655-5525.

**21 / Friday**

**NAF Property Sale** — Need an office chair or a set of dishes? These items and more will be available at the NAF property sale located at the Morale, Welfare and Recreation Supply warehouse, Building 1598, Fort Shafter, on Oct. 21 from 9 a.m. to 3 p.m.

Sales will include golf carts, office and home furniture, golf course equipment, restaurant equipment and more. All property will be sold "as is" and only cash or checks will be accepted for payment. There is no preview opportunity for property prior to sale.

As an added incentive to buy, your sales receipt will entitle you to receive \$1 off the cost of a luau lunch at the Hale Ikena on Oct. 28. For more information, call 438-3492.

**Pasta Bar at Reggie's** — Interested in creating your own signature

pasta dish? Visit Reggie's today from 5 to 8 p.m. and choose from a variety of pastas, sauces and other extra ingredients to design your perfect Italian meal.

"Build a Pasta Night" features adult pricing at \$8.95 and children, ages 3 to 12, at \$4.95. Call 655-4466 for more information.

**AMR Teen Social** — The Aliamanu Military Reservation Teen Center is holding a Halloween Social tonight from 7 to 9:30 p.m. The cost is \$3 for CYS members and \$4 for non-CYS members. Teens wearing Halloween costumes will receive \$1 off admission.

**22 / Saturday**

**Army Photo Contest** — The deadline for the 2005 Army Photo Contest is today. You can pick up your entry forms at the Craft Shop. For more information, call 655-4202 or 438-1315.

**26 / Wednesday**

**Wine and Dine** — Enjoy a gourmet four-course dinner including soup and salad, appetizer, entrée and dessert. Each course will be served with a selected wine. Dinner starts at 6 p.m. and cost for adults is \$29.

Reservations are recommended and will be taken from Oct. 3 through 21. For more information or to make reservations, call 655-4466.

**Community Calendar**

**OCTOBER**

**14 / Today**

**Ikebana International** — Ikebana International Honolulu Chapter 56, a society dedicated to friendship through flowers, will be having an exhibit as part of the annual Honolulu Orchid Show "Masquerade of Orchids" at the Neal Blaisdell Center from today through Sunday, Oct. 15.

The event will feature many floral arrangements in both traditional and contemporary styles representing 10 different schools of Ikebana. Also, Karen Bowman-Kirk, an Ikebana International member, will be giving a demonstration and a free hands-on Ikebana workshop today at 1 p.m.

Admission to the Honolulu Orchid Society's show is \$3. The "Masquerade of Orchids" is open from 12 noon to 8 p.m. on Friday, 9 a.m. to 7 p.m. on Saturday, and 9 a.m. to 4 p.m. on Sunday. Call 839-4168 or 551-1072 for more information.

**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 char-

ities 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 community 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 Ft 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, and this luncheon is one you do not want to miss. 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.

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; however, deadline for sign-up is Oct. 21. 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 Aghiam, at 330-6143 or kumuhula1064@yahoo.com. Interested vendors should contact her as soon as possible, as indoor spaces will be given out first.

**22 / Saturday**

**Army Photo Contest** — The deadline for the 2005 Army Photo Contest is today. Entry forms are available at the Fort Shafter or Schofield Barracks craft centers. For more, call 438-1315 or 655-4202.



**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.

**29 / Saturday**

**Shafter Elementary Fall Festival** — Shafter Elementary School will be having a Fall Festival at Fort Shafter on Oct. 29 from noon to 5:00 p.m.

Activities will include many bouncers provided by Inflatable City, concessions, games, free "Trick or Treat," a cake walk and much more.

Contact the school for more information.

**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 Water Safety
- 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**  
40 Year Old Virgin  
7 p.m. (R)

**Saturday**  
March of the Penguins  
2 p.m. (G)

**Saturday**  
40 Year Old Virgin  
7 p.m. (R)

**Sunday**  
March of the Penguins  
7 p.m. (G)

**Wednesday**  
40 Year Old Virgin  
7 p.m. (R)

**Thursday**  
March of the Penguins  
7 p.m. (G)

The theater is closed Monday & Tuesday.

# Halloween events begin haunt to centerstage

Compiled by Joy Boisselle  
Staff Writer

Halloween Trick or Treat hours for the Fort Shafter and Schofield Barracks areas on Oct. 31 are 5:30 to 7:30 p.m. only. Children under the age of 10 require an adult escort.

The Tripler Army Medical Center Department of Radiology will x-ray candies on Oct. 31 from 8 to 10 p.m. and again on Nov. 1 from 1 to 5 p.m. This service is available to eligible military beneficiaries. Children must have an adult escort.

X-rays will primarily show metallic objects within the candy or the treats. X-rays cannot detect whether other potential harmful substances, such as fine glass, liquids, powders or chemical contaminants have been added to the treats. Parents are strongly encouraged to visually inspect all candies prior to consumption.

**Tips**

- Dress children in light colored clothing or sew reflectors on dark clothing.
- Brief children on taking precautions when crossing streets and utilizing the crosswalks.
- Wait for the proper traffic signals
- Look both ways before crossing the street.
- Watch out for cars turning at intersections and leaving or entering driveways
- Stay on the sidewalk whenever possible
- If there is no sidewalk, walk on the left side of the roadway facing traffic.
- Never enter vehicles or homes if invited by a stranger.

**October 21**

The Aliamanu Military Reservation Teen Center is holding a Halloween Social tonight from 7 to 9:30 p.m. The cost is \$3 for CYS members and \$4 for non-CYS members. Teens wearing Halloween costumes will receive \$1 off admission.

**October 28**

Schofield Barracks Social Teens are invited to a Halloween Dance at the Schofield Teen Center tonight from 7 to 9:30 p.m. The cost is \$3 for CYS members and \$4 for non-CYS members. Teens wearing Halloween costumes will receive \$1 off admission.

Medicorps, a Honolulu-based nonprofit, is looking to scare up some funds to support its medical training missions to Cambodia.

To support this cause, Medicorps has contracted with famed local storyteller, Lopaka, to conduct a seven-hour bus-and-walking tour through haunted Oahu, Oct. 28.

The haunting will start at 6:30 p.m. at Kawaiahao Cemetery on Punahou Street for a walking tour of the cemetery, Kawaiahao Church,



Iolani Palace, and the Kamehameha statue. At 7:30 p.m., the bus will leave from the Kawaiahao trolley stop for the Oahu Cemetery, Ewa Village Plantation, Pokai Bay Heiau, and the Makua Cave in Waianae. The tour will conclude at the Kawaiahao trolley stop at 1:30 a.m.

The cost for this not-to-be-missed event is \$55, \$20 of which is tax-deductible. Call 754-4154 for more information or to reserve a seat.

Monster Bash-Come enjoy a spook-filled event with plenty of tricks and treats at Reggie's from 8 p.m. to Midnight. The evening will include pupus, beverages, and Halloween related contests.

So, dress up, stop by, and enjoy the fun. Monster Bash is for adults only. For more information, call 655-4466.

**October 29**

You and your family are guaranteed "Howl-oween" fun at the Hawaiian Humane Society's K-9 Game Day on Oct. 29 from 9 a.m. to 2 p.m. The event will feature wacky and wild games for your dog, a pet costume contest, educational booths, dogs for adoption, Pictures with Santa Paws and more.

Game Day will be held at Thomas Square Park in downtown Honolulu with parking at the Neal Blasidell Center. For more information, call 356-2290 or go online at [www.hawaiianhumane.org](http://www.hawaiianhumane.org).

Spook-a-thon The Schofield Barracks Craft Shop will host a Spook-a-thon on Oct. 29 from 10 a.m. to 2 p.m. Come enjoy prizes for the scariest costume, pumpkin carving, spooky crafts, cookies, juice and more. The cost for the event is \$10 and registration is required. For more information, call 655-0111.

The Outdoor Circle's Trick or Treats Fundraiser The Outdoor Circle will host a bewitching fundraising gala, Trick or Treats, featuring elaborate live and silent auctions, Halloween-themed decor and costumes, lavish dining and entertainment. The "spook-tacular" event will take place Oct. 29 at the Hilton Hawaiian Village. Activities will include live and silent auctions for items such as a sail for 12 aboard the Hokule'a, a Polar Bear Photo Tour for two in Nova Scotia, Beatles memorabilia, a Qing dynasty Buddha, and a weeklong stay on Flathead Lake in Montana.

Tickets start at \$150 per person guests are encouraged to wear costumes or cocktail attire with masks. Doors open at 5:30 p.m. For more information, call (808) 593-0300, email [mail@outdoorcircle.org](mailto:mail@outdoorcircle.org) or visit [www.outdoorcircle.org](http://www.outdoorcircle.org).

**October 31**

Halloween Trick or Treat hours for the Fort Shafter and Schofield Bar-

racks areas on Oct. 31 are 5:30 to 7:30 p.m.

All Army Hawaii Family Housing community centers will be open for trick or treaters on Oct. 31 from 5:30 to 7:30 p.m.

AMR chapel will host a Halloween-alternative candy carnival from 6 to 8 p.m. Events include games, prizes, face painting, picture taking, candy and refreshments. Activities are available for children, ages 3 to 5, grades 1-6; and youth, grades 7 to 12. Chapel organizers are requesting no scary costumes and registration for the event is required. Call 836-4599 for more information.

Bishop Museum's 18th Annual Treat Street, gather on the Great Lawn for a spook-tacular night of fun for costumed keiki of all ages. Treat Street, a custom-designed neighborhood of colorful house fronts built by students of the University of Hawaii's School of Architecture, will be at the center of the evening's activities. Children under 12 are invited to gather. Halloween loot as they trick-or-treat down Treat Street.

Admission is free and the event runs from 5:30 to 8 p.m. For additional information, call 847-3511 or visit [www.bishopmuseum.org](http://www.bishopmuseum.org).

*(Editor's Note: Do you have an upcoming Halloween or fall event you would like to publicize? If so, e-mail your information to [editor@hawaiiarmyweekly.com](mailto:editor@hawaiiarmyweekly.com) at least two weeks in advance of your event or activity.)*



# Installation energy use soars beyond acceptable levels

Keith Yamanaka  
Directorate of Public Works

This past fiscal year the US Army Garrison Hawaii dished out a record \$37.5 million for electricity and \$960,504 for propane and synthetic natural gas. Compared to last year, our bill rose 14% and usage rose 10%.

On the cost front there is no relief in sight for rising energy cost. Hawaii is 96% dependant on oil for energy, 69% of which comes from foreign sources. To meet the increasing demand for power, new generating facilities need to be built. These factors will continue to drive rates higher.

On the engineering front the Army implements cost effective energy conservation measures in the design and construction of new and renovated facilities. The Army is a leader in implementing energy efficient measures in facilities. These measures at best, however, can only offset the increased energy requirement due to growing number of facilities and the technology requirements of a modernizing and changing Army.

On the user front we can win the war on climbing energy cost and use. If each of us continually practices the following simple energy conservation tips, we can collectively reduce energy use by 20%. A lot of little from many can amount to something big. Let's all do our part during and after the Energy Awareness Month of October to secure our national energy and money

resources. You can make a difference.

## Energy Saving Tips

Close all windows and doors for air conditioned spaces.

Set thermostats to no cooler than 74 degrees Fahrenheit for cooled areas and no higher than 55 degrees Fahrenheit for heated areas.

Turn off window A/C units in unoccupied rooms.

Turn off lights for all unoccupied spaces.

Turn off all office and shop equipment – printers, copiers, computer and all peripherals, battery chargers, shredders, etc. at the end of the day and during work hours where practical.

Consolidate rear detachments (i.e., personnel administrative areas, work areas, etc.) into as few buildings as possible.

Practice full load washing and drying.

Minimize number of refrigerators – consolidate contents.

Ensure surrounding grounds are watered outside the hours of 0900 to 1700.

Ensure timed sprinkler are limited to 15 minutes of watering.

Ensure sprinklers are directed only at green space.

Submit work orders for broken doors or glass, non-functioning AC controls and equipment, broken light timers/sensors and leaking water fixtures.

Consolidate trips. Walk or ride a bike if it is practical.

Point of contact for further information is Keith Yamanaka, 656-2682, x1120.

# AAFES installs energy-saving soda machines

Keith Yamanaka  
Directorate of Public Works

The Army and Air Force Exchange Service, AAFES, is helping to save energy by removing the sign lamps in 342 vending machines.

Even if you see the lights off, these machines are still working. You can be further verify that they are working by noting if the indicator lights are still on.

Removing lamps now conserves 533,725 kilowatt-hours of electricity, avoids 486 tons of emissions and saves the Army \$65,009 annually.

Patrons are encouraged to continue to patronize the vending machines because a portion of the proceeds is contributed to Morale, Welfare and Recreation funds.



**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

# Finals near for military idols

Tim Hipps  
Army News Service

ALEXANDRIA, Va. (Army News Service, Oct. 11, 2005) – Thirty-six Soldiers will compete Oct. 17 through 22 at Fort Gordon, Ga., to become the first Military Idol.

The winner will be announced Oct. 23.

The Army Morale, Welfare and Recreation program is based on FOX Television's "American Idol." For contest rules and details on how to watch the finals and vote, visit <http://www.militaryidol.com>.

Each finalist won a local contest on one of 36 Army installations around the world, where competitions ranged from one night to eight weeks.

On Oct. 17, all competitors will sing a cappella and the field will be pared from 36 contestants to 16. After the next two days of eliminations, five finalists will remain.

The preliminary rounds will be contested at the Fort Gordon Performing Arts Center. The finals are scheduled for 2 p.m. EDT Oct. 22 at Alexander Hall.

Leeann Tweeden, hostess of SPEED Channel's "NASCAR Nation" and a regular on FOX Sports Network's "The Best Damn Sports Show Period," will serve as master of ceremonies for the finals.

The judges are Jack L. Tilley, former Sergeant Major of the Army; Debra Byrd, vocal coach and arranger for "American Idol;" and country music artist Michael Peterson, best known for "I am a Soldier" and "From Here to Eternity."

The winner will be announced Oct. 23 at 2 p.m. EDT.

The Military Idol will receive \$1,000, with \$500 going to the runner-up and \$250 for the third-place performer. For more details, visit <http://www.militaryidol.com>.

## Military Idol finalists

These Soldiers are scheduled to perform in the final week of Military Idol competition at Fort Gordon, Ga.:

- Spc. Sonya Hackman, Camp Casey, Korea;
- Staff Sgt. Deneen Murray, Camp Humphreys, Korea;
- Pfc. Willie Bolden, Camp Walker, Korea;
- Staff Sgt. Eddie Garcia, Yongsan Garrison, Korea;
- Staff Sgt. Linda Sterling, Camp Zama, Japan;
- Sgt. Simeon Porter, Schofield Barracks, Hawaii;
- Pfc. Vohetta Gooden, Fort Richardson, Alaska;



Sgt. Simeon Porter with 39th Military Police Detachment, Fort Shafter, is representing U.S. Army, Hawaii, at the Military Idol finals.

- Sgt. Charles Dixon, Ansbach, Germany;
- Staff Sgt. Scott Loveless, Bamberg, Germany;
- Pfc. Michael Trotter Jr., Baumholder, Germany;
- Pfc. William Glenn, Darmstadt, Germany;
- Staff Sgt. Windy Ramel, Hanau, Germany;
- Sgt. Kimberly Sligh, Heidelberg, Germany;
- Maj. Philip Stagg, Hohenfels, Germany;
- Spc. Festus Togbeola, Schweinfurt, Germany;
- Spc. Aliesha Turner, Wiesbaden, Germany;
- Spc. Richard Sianoya, Wurzburg, Germany;
- Spc. Davina Eubanks, SHAPE, Belgium;
- Spc. Serri Sheridan, Fort Polk, La.;
- Sgt. Dushaune Gaines, Fort Huachuca, Ariz.;
- 1st Lt. Sonya Moore, Fort Irwin, Calif.;
- Spc. Christian Ortiz, Fort Lewis, Wash.;
- Sgt. 1st Class David Patterson, Fort McCoy, Wisc.;
- Sgt. Fred Pedro, Fort Carson, Colo.;

## ON THE WEB

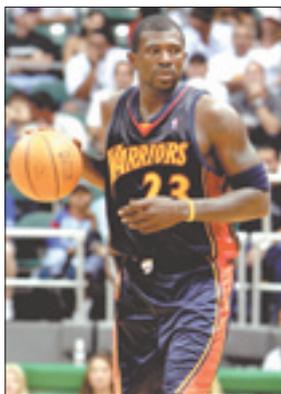
Vote for your favorite idol on line  
<http://www.militaryidol.com>

- Spc. Robert Chattin, Fort Rucker, Ala.;
- Master Sgt. Shawn Gibson, Fort Lee, Va.;
- Staff Sgt. Ron Henry, Fort Eustis, Va.;
- Sgt. Jovan Mathieu, Fort Sill, Okla.;
- Spc. Lucky Tagalao, Fort Hood, Texas;
- Staff Sgt. Jeffrey Vanderlin, Fort Sam Houston, Texas;
- 1st Sgt. Robert Webster, Fort Leonard Wood, Mo.;
- Capt. Scott Willens, Fort Myer, Va.;
- Capt. Ron Carden, Fort Knox, Ky.;
- Spc. Corey McAleesejergins, Fort Bragg, N.C.;
- 1st Lt. Aida Green, Fort Gordon, Ga.;
- Capt. Adrienne McDonald, Fort Jackson, S.C.

(Editor's Note: Tim Hipps writes for the U.S. Army Community and Family Support Center Public Affairs Office in Alexandria, Va.)

# Lakers v. Warriors

Sgt. Shasta Benavente (below left, in uniform) with Company C, 225th Forward Support Battalion, receives a plaque and autographed shoes signed by Los Angeles Lakers for being the NCO of the Quarter, 25th Infantry Division (Light). The Lakers invited Oahu's military to its game against the Golden State Warriors, Wednesday.



Above — Jason Richardson of the Golden State Warriors drives in for a reverse lay up at the net.

Top Right — Richardson brings the ball down court to set up his offense.

Right — Los Angeles Lakers Kobe Bryant dunks a score with one hand.



Photos by Spc. Juan Jimenez

L.A. Lakers Kwame Brown looks to throw a pass over Golden State Warriors Trjoy Murphy.

## Community Sports

### 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 only one discount offer is available per ID. However, this offer is valid for presale purchases only, and tickets are available at the Stan Sheriff Center and Aloha Stadium box offices only.

More information about military discounts can be obtained at 486-9300.

### ONGOING

**All-Army deadlines** — Applications for the 2006 All-Army Men's and Women's Bowling Teams are due to Department of the Army Sports on Nov. 1.

All-Army Men's and Women's Boxing applications are due on Nov. 15.

The athlete application form (DA 4762-R, dated Jan 1), must be submitted to the Sports Office, Building 556, Kaala Recreation Center, Schofield Barracks.

For more information, contact Peter Burke at 655-9914.

## MWR Sports

OCTOBER

### 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

#### Gopher Golf Contest

You could win a great gift certificate from MWR when you participate in the Gopher Golf Contest. If you find the hidden golf ball in the Discovery magazine, log on to the MWR Web site at [www.mwrarmy-hawaii.com](http://www.mwrarmy-hawaii.com) and submit your answer.



Contestant answers must include both the section and page number the golf ball is on. For more information, call 438-7120.

See "MWR Sports," page B-8

# TROPIC LIGHTNING WEEK

## Batter up! Sergeants major outswing commanders

Pfc. Kyndal Brewer  
Staff Writer

The command sergeants major softball team continued its winning streak with a 13-2 victory against commanders Oct. 5 at Stoneman Field on Schofield Barracks, during the traditional Tropic Lightning Week for the 25th Infantry Division (Light).

"It was an excellent game," said G-6 Command Sgt. Maj. Kevin Stewart. "We will continue this tradition until the sergeants major leave," he added.

Both teams played well, and the commanders' team put up a good fight to win, but the CSM team was determined to keep its winning tradition.

The CSM team started out strong in the first inning with a score of 2-0 in the top of the second.

The commanders started to come back in the second inning holding the CSMs at two and scoring one run themselves.

The competition continued on until the fifth inning. The commanders played good defense, but not



Photoby Pfc. Kyndal Brewer

Above — Anthony Marrero tries to get Drew Meyerowich out as he slides into third base.

Left —A.T. Ball makes an awesome catch at short stop, making the play at first base.

good enough to keep the CSMs from scoring.

The main highlight of the inning was a home run hit by Command Sgt. Maj. John E. Coleman with the 25th

Military Police Brigade, which helped give the CSMs a 10-1 lead, along with continuous contact with the ball from other players, and errors made by the defense.

The commanders got one more run in before the end of the game, but it just wasn't enough.

"It was a fun and enjoyable time," said Coleman, "to show camaraderie and be competitive ... and the sergeants major being triumphant is always a good thing."



Lt. Col. Bryan Truesdell 3rd BSTB commander; Brig. Gen. John M. Bednarek (center), ADC (Operations); and Command Sgt. Maj. David Clark of 3rd BSTB all hold onto a piece of the Guadalcanal Cup that proclaims 3rd BSTB the champions of Tropic Lightning Week.

## CG Golf Scramble is a 'max out'

5-14 Cavalry takes first

1st Lt. Lindsey Dane  
Contributing Writer

At the first CG Golf Scramble after an eight-month hiatus due to the division's redeployment and transformation, golfers certainly showed no lack of interest in the revival of the event, part of Tropic Lightning Week activities.

The scramble, Oct. 4 at Leilehua Golf Course, maxed out with 36 teams from throughout the division that were ready to hit the greens as their way of celebrating the division's birthday.

The team from 5-14 Cavalry Regiment was the overall winner of the event; Charles Mitchell, Michael Sansone, William Burford and Patricio Perezsilerio of 3rd Brigade Combat Team won the event with a score of 61.

As the victors, they were awarded the CG Golf Scramble trophy to display at their unit until the next golf scramble. Each individual received a first place plaque.

The winners of the closest-to-the-pin and longest drive individual events were David Dougherty (in two holes) of 1st Battalion, 14th Infantry Rgt., Michael Bender of Headquarters and Headquarters Division, Daniel Blackmon of 3-7th Field Artillery, Chong Delist of 84th Engineers and Kenneth Weiland of the STB.

Winners of the individual events received \$35 gift certificates from the Pro Shop.

For those who tried to sign-up for the TLW scramble and could not due to such high interest, the next CG Payday Golf Scramble is scheduled Nov. 4. This event is open to all Soldiers, spouses



1st Lt. Lindsey Dane

A member of the 84th Engineer team surveys his long drive.

and Department of Defense civilians.

Teams do not have to be unit specific. To register, contact Capt. Thomas Brownlow of the division's G-1 Plans and Operations to sign up for individual or four-player team events.



Players with the 5th Battalion, 14th Cavalry Regiment, and 3rd Battalion, 7th Field Artillery Reimment, play a competitive game of flag football Wednesday during Tropic Lightning Week. Both teams performed well, offensively and defensively

## All good things must come to an end

Spc. Amanda Flemett  
Staff Writer

As the boxing competition ended and Soldiers reveled in the events of Tropic Lightning Week, the noise inside the Conroy Bowl on Schofield Barracks was deafening.

Boasts of who was the best and who was going to win the overall championship filled the air.

For 64 years, Tropic Lightning Week has celebrated the birthday of the 25th Infantry Division (Light). TLW builds unit cohesion and esprit de corps by comprising 16 athletic and Soldiering challenges for any units who wish to participate.

This year's TLW concluded with trophies and bragging rights during a closing ceremony, Oct. 6.

Maj. Gen. Benjamin Mixon, 25th Infantry Division (Light) and U.S. Army, Hawaii, commander, made his way up to the stage to commence the ceremony.

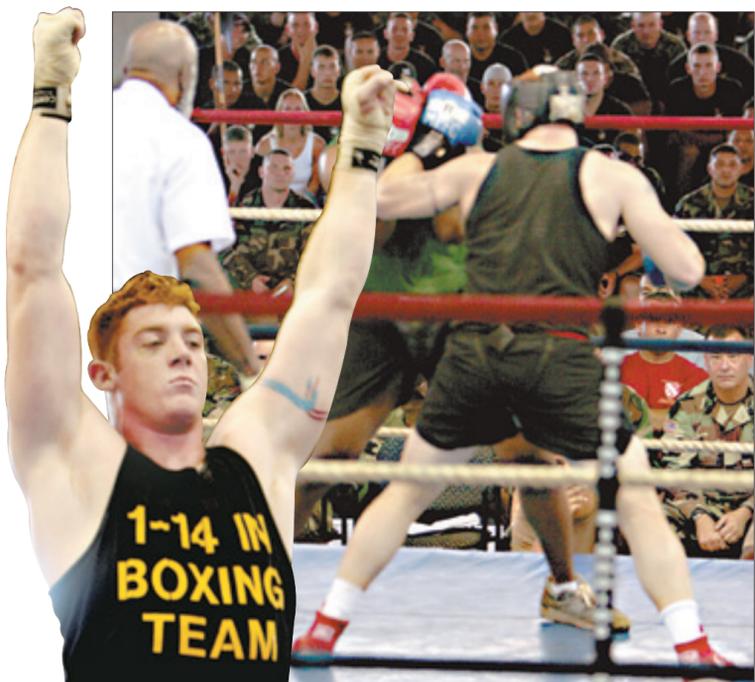
"Did you enjoy your week?" he asked the silenced crowd.

A thunderous "Hooah!" and clapping echoed as he continued to thank everyone who participated in the week's events. Everyone was excitedly awaiting the announcement of the TLW winners.

After a few more words, and then a safety brief, the moment came.

At company level, first place honors went to 66th Engineers with 130 points. Company C, 25th Aviation Regiment, took second place, with 120 points, and Headquarters and Headquarters Company, 25th ID (L), third place, with 15 points.

In the battalion level, the sought-after Guadalcanal Bowl went to 3rd Brigade Special Troop Battalion with a total of 65 points. Second place went to 1st Bn., 14th Inf. Rgt. with 60 points, and third to 2nd Bn., 35th Inf. Rgt., with 55 points.



Pfc. Juan Jimenez

Spc. Michael Fraleigh with Company B, 1st Battalion, 14th Infantry Regiment, became the Super Heavyweight Champion after he defeated Spc. Cedrik Stewart from 3rd Brigade at Conroy Bowl, Oct. 6.



Burly Soldiers of HHC 3rd BDE, 25th ID, pull their way to a 2-1 championship victory over 2nd Battalion, 5th Inf. Regiment at Gimlet Field's "Swamp" Oct. 6.



Pfc. Nicole R. Montoya

Soldiers with the 556th Personnel Service Battalion, "Service Always First," participate in a litter carry during Tropic Lightning Week. This event was just one of the activities along with boxing, football, basketball and softball that the 25th Infantry Division (Light) Tropic Lightning Soldiers participated in.



Spc. Juan Jimenez

Above — Spc. Huntley (goalie) with the 84th Engineers dives to stop the ball on the final shoot out of the soccer game against Company B, 2nd Battalion, 35th Infantry Regiment, Cacti won the game, 3-2.



Spc. Stephen L. Proctor

Above — Soldiers participate in the division run that kicks off Tropic Lightning Week.



Right — A 1st Bn., 21st Inf. Rgt., warrior returns the volley enthusiastically.

# MWR Sports

From B-5

**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.

**Fantasy Football** — Play free Fantasy Football at Reggie's and win cool stuff. Stop by to draft your team for Monday Night Football, and then, join the gang again to watch the game every Monday at 5 p.m.



Reggie's will be offering food and beverage specials all night long. When the game ends, you will find out if you are a winner.

Draft picks for Monday Night Football must be submitted by closing every Saturday.

**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.

**Muscle Moves** — Tone your muscles using a variety of equipment, including bands, dumbbells, exercise balls and more.

Classes are offered every Friday at the Schofield Barracks Health and Fitness Center at 11:45 a.m. Call 655-8007 for more details.



**Step Classes** — A variety of step classes are offered at the Schofield Barracks Health and Fitness Center, including the dynamic Multi-step Class held Mondays at 8:30 a.m., the Step and Ab Class held Mondays at 5 p.m., and the Step and Pump Class held Thursdays at 5 p.m. and Fridays at 8:30 a.m.

Classes are available to fit any individual's exercise regimen and goals, and they are held from Monday through Saturday. Call 655-8007 for more information.

**Hatha Yoga** — Relish the traditional approach to yoga that aids relaxation, and strengthening and lengthening muscles.

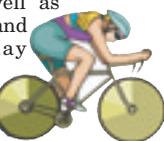
Techniques can be modified based upon an individual's skill level.



Sessions will be held Wednesday at 5 p.m. and Saturdays at 8 a.m. at the Schofield Barracks Health and Fitness Center. Call 655-8007 for more details.

**Group Cycling** — Participants can use stationary bikes and drills to work out during group cycling. With tension and resistance, individuals can simulate up and downhill climbs to provide challenging experiences.

Classes are every Thursday, as well as Tuesday and Wednesday at various times. Call the Schofield Barracks Health and Fitness Center at 655-8007 for more details.



**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.

**Scuba Club** — Join the Scuba Club for only \$7 a month and get free air fills and a 10 percent discount on all your scuba equipment rentals.



Tank rentals come with "unlimited air" during the rental period. For more information, call 655-0143.

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

At TAMC, classes offered are step aerobics and beginning-to-intermediate cardio-kickboxing. Classes will be held Monday, Wednesday and Friday at 4:30 p.m.

At Fort Shafter, cardio-kickboxing will be offered on Tuesday and Thursday from 4:30 to 5:30 p.m. For more information, call 433-2031.

**Leilehua Golf Course Driving Range** — The golf driving range is open until 9:30 p.m. on weekdays, Monday through Friday, at the Leilehua Golf Course.

Call 655-4653 for more information.

**Mizuno Club Fitting** — Make an appointment with PGA professional Lou Merkle to schedule custom fitting of golf clubs or individual lessons to improve your game. Call 438-9587 to make an appointment or obtain more information.

**Run/Walk/Swim Club** — Record each mile you run, walk or swim and win incentive prizes in the 100-mile run/walk and 50-mile swim clubs. Runners receive a pair of Thorlo running socks, and swimmers receive goggles.

Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914 for more information.

**Youth Sports Coaches** — Youth Sports is looking for volunteer coaches to help make the program a success. If you would like to give back to the youth what you received as a child, see your local Youth Sports Director or call these numbers for more details: Aliamanu Military Reservation at 836-1923, Fort Shafter at 438-9336, or Schofield Barracks at 655-6465.

## HAWAII ARMY REPORT

COMPELLING STORIES OF SOLDIERS & FAMILIES

Their accomplishments, sacrifices, and joys

DAILY ON HACN TV2 @ 8AM, NOON, AND 6PM AND THE PENTAGON CHANNEL (CH.120) SAT. @ 4 AM & PM AND SUN. 9:30 AM & PM