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Maj. Chris Borchardt | 506th Air Force Expeditionary Medical Support

The "Dustoff Team" — Airman 1st Class Louis P. Grassi (front left), Maj. Armando L. Rosales (rear left), Tech. Sgt. Ronald Whitman (front right) and Tech. Sgt. Michael Zimmer (rear right) — all of the 506th Expeditionary Medical Squadron transfer an injured Soldier from an Army medical evacuation helicopter for surgical stabilization.

'Golden hour' effort saves lives

SPC. MIKE ALBERTS
3rd Brigade Public Affairs

KIRKUK, Iraq — Whether a Soldier survives a traumatic injury at war may depend on whether critical surgical care is administered within the "golden hour" — that first hour from the moment of injury when a Soldier has the best chance for a positive outcome.

The 506th Expeditionary Medical Squadron (EMEDS) brings the operating room directly to the fight to treat Soldiers with traumatic injuries and save lives at Forward Operating Base Warrior, Kirkuk, Iraq.

"Our primary job as a surgical trauma center is to care for injured Soldiers," said Col. Steve Reinhart, squadron commander, EMEDS. "We cooperate with the Army to bring Soldiers with traumatic injuries to EMEDS to save their lives and stabilize them until we can get them to a higher level of care," he said.

According to Reinhart, it didn't used to be that you could get this echelon of care this close to the point of injury. However, EMEDS has brought the surgeons and the necessary medical equipment to the front lines of war. Now, an injured Soldier is literally minutes

from definitive, life-saving surgical care.

"Our greatest success is that every Soldier who has come to us alive has left alive," he said. "Families should know that their injured Soldiers are getting the best medical care possible within the critical golden hour."

"In trauma cases, we now know that those patients who get to care quicker, within the first hour from the point of injury, tend to do better. If you cannot treat a traumatic injury within that golden hour, the patient

SEE EMEDS, A-6

Army unveils new advertising campaign

DEPARTMENT OF THE ARMY PUBLIC AFFAIRS
News Release

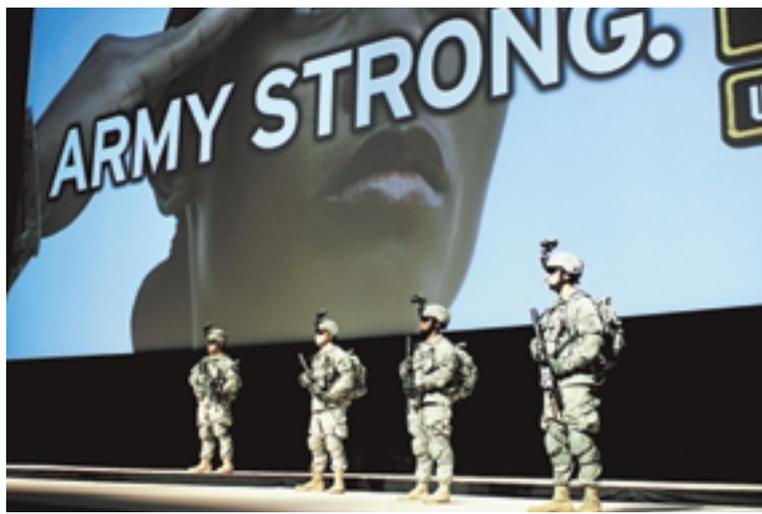
WASHINGTON — The Army announced the start of its communication and education efforts to assist the Army family to communicate to the nation its new advertising campaign — Army Strong — to an audience of Soldiers, Army civilians and family members Tuesday.

Army Secretary Dr. Francis J. Harvey unveiled the effort to tell the Army about the campaign, a key component of the Army's recruiting efforts, during an opening ceremony for the 2006 Association of the U.S. Army Annual Meeting in Washington, D.C.

"This morning we will launch our internal communications and education phase lasting several weeks until we formally launch the new advertising campaign on Nov. 9," Harvey said. "It is vitally important that the internal Army family understand and embrace this new campaign. I believe it speaks to an essential truth of being a Soldier."

The Army is taking 30 days to educate its internal audience on the campaign's meaning.

SEE CAMPAIGN, A-6



Betsy Weiner

Four Soldiers stand on stage as Army Secretary Dr. Francis J. Harvey unveiled the "Army Strong" campaign, a key component of the Army's recruiting efforts, during a ceremony for the 2006 Association of the U.S. Army Annual Meeting Oct. 9 in Washington, D.C.

Army adjusts weight standard to reflect female body types

New weight limits will not compromise Army standards

LISA BURGESS
Stars and Stripes, Middle East Edition

ARLINGTON, Va. — In a move officials say acknowledges the fact that women come in different body shapes, the Army has raised its weight standards for females across the board.

The new regulations, which went into effect Oct. 2, allow female soldiers to weigh anywhere from six to 19 pounds more than was previously permitted, depending on their height and age.

The standards for the maximum percentage of body fat women soldiers are permitted to carry, however, remain unchanged, according to Army regulation 600-19.

The new rules "are trying to be more reflective of actual women's body types," said

Army Lt. Col. Norman Wade, an Army spokesman.

The regulation had not been updated since 1987.

Army officials decided to take a look at the weight charts because they were "hoping to reduce the [number of] Soldiers being put into the Army weight control program," according to Master Sgt. Charles Timms, a senior enlisted adviser in the Army's personnel division.

"We saw many women were being introduced into the weight control program due to the stereotype that all females are basically shaped the same," Timms told Stripes on Wednesday.

Some of these women, Timms said, were not necessarily fat or unfit. They just had body types that gave them the appearance of being overweight.

Army officials conducted surveys and read research papers on the topic of women's

health and fitness and how it relates to body composition, "and we found that stereotype to be false," Timms said.

By increasing the maximum allowable weights, but not the maximum allowable body fat percentages, the Army is "identifying what's really out there in society" but not compromising the Army's standards, Timms said.

For example, women 17 to 20 years old who are 67 inches tall, or 5 feet 7 inches, can now weigh up to 159 pounds, instead of 145 pounds.

A woman that height who is 21 to 27 years old can weigh up to 161 pounds, instead of 149 pounds.

A female soldier who is 28 to 39 years old can now weigh 163, up from 154, and one who is more than 40 years old can weigh up to 166 pounds, instead of 159 pounds.

Maximum allowable body fat percent-

ages for women in the following age groups are: for 17-20, 30 percent; for 21-27, 32 percent; for 28-39, 34 percent; and for women 40 and older, 36 percent.

Once Army officials concluded that "various females have various shapes and sizes... We had to redesign and revamp the measuring process," Timms said, so the updated regulation also changes the places women soldiers are measured.

Instead of using the neck, forearm, wrist and hips, female soldiers are now measured around the neck, waist and hips, Timms said.

The weight standards for men have not been updated, Timms said, and neither has the process for measuring men: They are still measured around the neck and abdomen.

The Marine Corps has stricter weight standards than the Army. Body fat is limited to

SEE WEIGHT, A-5

Khalilzad launches PR Team

PFC. PAUL J. HARRIS
3rd HBCCT, 4th ID Public Affairs

BAQUBAH, Iraq — United States Ambassador to Iraq, Zalmay Khalilzad, visited Forward Operating Base Warhorse Oct. 5 to ceremoniously inaugurate the Provincial Reconstruction Team.

The PRT is responsible for overseeing the reconstruction efforts in Diyala Province and working with local leaders and government to make sure the projects run smoothly. To date, the U.S. has invested an estimated \$735 million in Diyala Province on 771 projects.

"This ceremony provides yet another great example of how far Iraq has traveled on the road to peace and prosperity," said Maj. Gen. Benjamin R. Mixon, commander, 25th Infantry Division, Task Force Lightning, during the ceremony.

"This is also significant to Diyala and is most appropriate following the opening of (Independence Radio and Television) earlier this week in Baqubah. The Provincial Team is now fully mission capable and the people of Diyala can expect great results from this team of highly qualified professionals."



Mixon

Mixon, after finishing his comments, introduced the Governor of Diyala, Province, Ra'ad Rashid Mulla Juwad Al-Timimi, who spoke about how impressed he was with the U.S. commitment to Diyala's reconstruction efforts.

"The governor straight out said 'The high level involvement shows that the U.S. government puts emphasis on what the PRT is doing,'" said Kiki Munshi, team leader for the Diyala PRT. "I think it will have payback in the future with increased cooperation."

Munshi explained the challenge is not the reconstruction of infrastructure but giving empowerment and knowledge to the people of Iraq to be self-sustaining.

One of the future projects the PRT has in development is a soil testing laboratory at Diyala University. The laboratory would aid in the planning of a soil map which would help the local farmers have a better understanding of what crops to plant and where. The size of the project would employ local workers and teach them a skill at the same time.

"It is a win, win situation," Munshi said.

To close out the ceremony,

SEE DIYALA, A-6

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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16 days since last fatal accident

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

Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities. As of 10/11/06

Soldiers get confinement, BCD

To deter misconduct and inform the division's Soldiers and civilians of military justice trends, the office of the Staff Judge Advocate publishes the results of the following recent courts-martial:

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

A staff sergeant from Installation Troop Command, Oahu Base Support Battalion, was sentenced to rank reduction to E-1, 40 months confinement, and a bad conduct discharge for desertion, absence without leave, wrongful use of a controlled substance, larceny, dam-

age of property and obstruction of justice.

A specialist from Headquarters Service Battery, 2nd Battalion, 11th Field Artillery, 2nd Brigade, was sentenced to rank reduction to E-1, forfeiture of all pay and allowances, 24 months confinement, and a bad-conduct discharge for wrongful use and distribution of a controlled substance.

A private first class from Rear Detachment, 2nd Battalion, 27th Infantry Battalion, 3rd Infantry Brigade Combat Team, was sentenced to be a rank reduction to E-1, forfeiture of all pay and allowances, eight months confinement, and a bad-conduct discharge for be-

ing absent without leave, missing movement, disobeying a lawful order, and wrongful use of a controlled substance.

All of these sentences were pursuant to plea agreements between the government and defense.

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

'On Cyber Patrol' contest seeks ideas to promote information assurance

ARMY NEWS SERVICE
News Release

WASHINGTON — In a contest running today through Nov. 27, the Office of the Army Chief Information Officer/G-6 is seeking ideas on information assurance (IA) to feature in "On Cyber Patrol" (OCP), a series of cartoons and articles that reinforce IA's importance to the success and safety of today's Soldiers.

The contest is open to active duty and reserve component

Soldiers, civilian employees and supporting contractors.

Entries should include a 500-word description of an idea — with examples — on how to keep Army networks, communications and information secure. Subjects include security issues, social engineering attempts, localized policies and procedures that augment Army regulations, and the equivalent of cyber Darwin Awards.

The winner will have his or her likeness and idea featured in January's OCP cartoon. In-

dividuals may submit multiple entries in separate e-mails. All material must be unclassified.

Entries must include a brief IA-centric biography and will become the property of the OCP team. If non-winning ideas are used for future cartoons/articles, the contest contributor will be acknowledged.

Entries with the participant's name, rank and unit should be e-mailed by 6 p.m., Nov. 27, to oncyberpatrol@hqda.army.mil with "OCP Contest" in the subject line.



Army chief says consensus key to terror war victory

DONNA MILES
American Forces Press Service

WASHINGTON — Winning the global war on terror requires a national consensus, with support demonstrated in actions as well as words, the Army's chief of staff told hundreds of Soldiers and defense industry representatives here yesterday.

That means ensuring troops on the front lines have what they need to succeed, Gen. Peter J. Schoomaker told attendees at the Association of the U.S. Army annual meeting.

Soldiers have a reasonable expectation that their country will ensure they're trained, equipped and resourced for the missions they're called to conduct, the general said.

"This resonates loud and clear," he said. "It echoes an almost sacred duty for those of us in a position of responsibility.

"As we look back on the Army's accomplishments and leap forward to meet future challenges, everything we do must be judged

against the standard of preparedness," he said. "In fact, by meeting our Soldiers' expectations, we will uphold our responsibility to them and they will be a relevant and ready force."

Schoomaker cited sweeping transformation efforts under way in the Army so it's prepared to face current and future challenges. New equipment, evolving doctrine and the incorporation of lessons

learned into training and operations are creating a stronger, more agile force, he said.

That's critical as the Army confronts "perhaps the most dangerous period in our lifetime" in the global war on terror, he said.

"While we must prevail, victory is not assured," the general warned, noting that the

United States is "much closer to the beginning than the end" of the war.

Schoomaker expressed concern that national support for the war on terror has been "tepid," noting that just 4 percent of the United States' gross national product is committed to defense. This compares to 38 percent during World War II.

"Ultimately, victory requires a national strategic consensus ... in words and actions," he said. "Another 9/11 should not have to occur to shake us into action."

Ensuring that the force receives the funding it needs "is a matter of national priority, not a matter of affordability," Schoomaker said.

The general thanked Soldiers for "answering the nation's call to duty in this time of war" and praised their skill, professionalism and adherence to the warrior ethos and Army values. "Their dedication and optimism about our future is contagious," he said. Today's leaders serve as

"caretakers for this generation of Soldiers, ... who will continue to meet America's challenges long after we take our uniforms off," he said.

"Like their predecessors, today's Soldiers continue to distinguish themselves in many ways, demonstrating initiative, resilience and innovation at all levels," he said. "I am proud to report that our Soldiers serving on our nation's behalf continue to exceed every expectation of courage, dedication and selflessness. They are the heart of all that we do. ... They are also our future."

Schoomaker vowed to help ensure these troops have what they need to carry out the tasks they're assigned -- from combat operations to humanitarian support missions and everything in between.

"Their expectations are high, but they are not selfish," he said of America's Soldiers. "And chief among them is an expectation to be prepared to fight wars and any missions the nation assigns our Army."

LIGHTNING SPIRIT

Love and marriage just like baseball

CHAPLAIN (1ST LT.)
DEREK POTTINGER

1st Battalion, 27th Infantry Regiment

I love baseball. I've watched it, coached it, and played it since I was nine years old. I went to college in Cincinnati, Ohio where professional baseball was born. During those college years, a group of buddies and I would begin each school year by drafting players for our computer fantasy league. The draft was always a raucous free-for-all.

Each year, every major-league player was up for grabs. Everyone wanted to "one-up" his buddy. Everyone wanted to win. We would poke fun at risky early-round picks, like the time Buddy Biancalana (a career .205 hitter) was selected in round one. We all knew, however, the proof would be in the pudding as the season progressed throughout the winter. In a sense, it was a battle of wits to see who the real baseball geniuses were, or which of them would just get lucky.

On draft day, guys would bring reams of statistics, baseball preview guides, and their own super-secret methods of prioritizing and selecting players. We talked baseball on a level that few people ever do. Heated arguments flared over in-depth salary details, like who was overpaid, who was underpaid, and who was the biggest steal for their team. Invariably, the discussion would turn to performance-based contracts.

Basically, the idea of a performance-based contract is that a guy should only get paid for what he produced on the field. We thought, "Hey why is this bum getting millions when he can't hit his weight or catch a cold in the outfield?" or "Why is that pitcher looking at seven figures when he can't go seven innings?"

That's all well and good when you're playing hot-stove-league general manager, but it is devastating when you use performance to judge your marriage partner.

Baseball is a game of failure. The best hitters fail two-thirds of the time. Marriage is very much the same. Choosing to extend love to your spouse based on their performance in the marriage guarantees failure. No matter how hard we work, no matter how much we try, no matter how smart we are, there will be times when we hurt the one we love the most by failing to communicate, being selfish, being unwilling to compromise to resolve conflict, or being insensitive to their needs.

Spouses fail because they are human. It's what we do when our spouse

fails that makes the difference.

You can look at his or her performance and say, "Until you measure up to my expectations, I'm not going to love you." or "You're in the doghouse. If you were only as good a husband/wife as _____, maybe then...."

My baseball buddies and I called the guys that couldn't hit or couldn't consistently get outs "scrubs."

Do you ever look at your spouse and think, "What a scrub?"

Do you choose not to accept them or respect them because they just aren't getting it done?

Do you ever think, "She could look a little better, try a little harder, or cook a little better?" Do you ever think, "He could focus on me a little more, spend less time with his buddies and more with the family, or actually appreciate what I do for him?"

I'm not suggesting you shouldn't expect loving behavior from your spouse, but when you start keeping stats on how he hasn't discussed his feelings with you in a meaningful way in months or how she hasn't quit nagging in months, you're entering a danger zone.

Performance-based love leads to scorekeeping and comparisons. As it is in baseball, so it is in marriage, there's always someone out there that looks better. That's dangerous!

Truthfully, there are very few Babe Ruths, Hank Aarons, Derek Jeters, or Pedro Martinizes out there; most of us are a little more like minor leaguers when it comes to marriage. We show up, we work hard, we do our best, and we make mistakes. When that happens in a positive coaching environment, where we're accepted for who we are, we get better as time goes on.

When love and acceptance are extended first, when forgiveness is a common commodity, and where respect is always present, our performance improves and we begin to meet the potential our spouse saw in us when the spark of romance began to glow.

Championship teams celebrate together when someone hits a home run and struggle together when someone's in a slump. They are dedicated to the success of each team member, because that leads to the success of the team. Championship relationships cannot be measured by today's performance or yesterday's performance. Championship relationships are measured by an undeniable commitment to unity, loyalty, growth, and enhancement over the course of a long season.

Voices of Lightning: "What CFC charity organization are you giving to this year?"



"American Red Cross. I give back to those who have helped me."

Sgt. Jonathon Baugher
94th AAMDC
Attack Operations
NCO



"Boys Scouts of America. I grew up in the scouts. It's a good way to give back."

Capt. Michael Peters
311th Signal
Command
HHC Commander



"Operation Smile. I give so others can have surgeries to smile."

Spc. Tasha DeFalco
39th MP
Detachment
MP Officer



"American Cancer Society. I donate with hopes they find a cure."

Capt. James Crenshaw
Hqtrs USARPAC
Assistant Ops
Officer



"The Cancer Society, because my great-grandmother died from cancer."

Master Sgt. Leo R. Crimbley
G4 Rear Det.
Sergeant Major

FOB Warrior takes time to celebrate National Hispanic Heritage Month

Spicy fiesta showcases richness and diversity of Hispanic culture

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

KIRKUK, Iraq – The vibrations of Salsa, Bachata, Meringue, Reggaeton and Cumbia music filled the room. Soldiers danced in the aisles, and the comforting aroma of traditional Mexican “comida” permeated the air.

The scene was set for Soldiers of 3rd Infantry Brigade Combat Team, 25th Infantry Division, as they celebrated National Hispanic Heritage Month together at the “Clamtina” reception tent at Forward Operating Base Warrior, Kirkuk, Iraq, Sept. 26.

National Hispanic Heritage Month runs from September 15 through October 15. The FOB event was organized by 3IBCT’s equal opportunity advisor. The purpose of the celebration was to ensure that Soldiers continue to educate themselves about the military’s cultural differences while at war, and to provide a venue for Soldiers to celebrate their Hispanic culture.

“The importance of the event is to make both Hispanic and non-Hispanic Soldiers aware of Hispanic culture. We want Soldiers to understand that there is diversity in our military. For this reason, we conduct ethnic observances of all nationalities represented in the military,” said Sgt. 1st Class Hurshie



Soldiers of 3rd Infantry Brigade Combat Team, 25th Infantry Division, danced to sounds of Salsa, Bachata, Meringue, Reggaeton and Cumbia at the National Hispanic Heritage Month celebration at Forward Operating Base Warrior, Kirkuk, Iraq, Sept. 27.

Williams, equal opportunity advisor, Headquarters and Headquarters Company, 3IBCT.

The event’s keynote speaker was Major Alexander P. Espinosa, executive officer, 3rd Brigade Special Troops Battalion,

3IBCT. Espinosa took the opportunity to highlight the achievements of notable Mexican-Americans that were – and are

– equally as committed as he is to service not only of this country but also of the Hispanic community.

“Whether any of us will achieve like current U.S. Attorney General Alberto Gonzales, or Medal of Honor recipients David Barkley and Master Sgt. Roy Benavides we don’t yet know. However, we can use those that have attained such heights to motivate and even inspire us,” Espinosa said.

“Our heritage is enriched by those that have answered the call to service whether in the service of our fellow citizens through politics, the service of our country through the military, or just in the service to each other, our fellow warriors,” he said.

Espinosa then offered an answer to his earlier rhetorical question: “How important is it then that we celebrate Hispanic heritage month here in Iraq?”

“It is extremely important,” he emphasized. “We [must] remind ourselves daily of our proud heritage and hold that as a guide for our actions everyday lest we forget our proud tradition and the history we all share.”

One of those proud Soldiers is Pfc. Caroline Mendez, Alpha Co., 325 Brigade Support Battalion, 3IBCT. Mendez also helped organize the celebration.

“Any time I can represent my culture I jump at the opportunity,” said Mendez. “Even though we’re at war, it’s important to remember where you come from and to represent not only the military but also our [Hispanic] culture,” she said.

'Wolfhounds' unleashed to take out bomber

BEN MURRAY
Stars and Stripes

HAWIJAH DISTRICT, Iraq — U.S. and Iraqi military forces near Hawijah launched a multifaceted attack Sunday to bring down a roadside bomb maker thought to have damaged or crippled numerous vehicles in the area in recent months.

The bomber, known by his use of a particular, well-crafted and well-hidden type of trigger wire, has eluded members of the 2nd Battalion, 27th Infantry Regiment "Wolfhounds" several times since the unit arrived at Forward Operating Base McHenry in August.

On Sunday, the unit went on the offensive in an attempt to take out the insurgent. But the bomber did not appear.

Still, the day's mission was dubbed a "limited success" after follow-up action by helicopter-borne troops yielded two detainees in a village near the bomber's favorite territory, said 1st Sgt. Troy Tuten, from C Company, 2-27, who took part in the mission.

But insurgents also made a strike of their own, detonating an improvised bomb next to a humvee in the mission, injuring two men, Soldiers said.

Sunday's complex attempt to target the bombers in the thinly populated farmlands southwest of the major oil city of Kirkuk involved an array of military assets, including a convoy, the helicopter-borne troops and aerial support.

It's not the first time local forces have linked up to go hunting for bombers south of Hawijah, where they have come close to



Ben Murray | Stars and Stripes

First Sgt. Troy Tuten, of Jacksonville, Fla., left, scans a town near Forward Operating Base McHenry for possible insurgents while Pvt. Charles Ramsey Leigh relays a message for him. Both Soldiers are from 2-27th Infantry Regiment, 3rd Infantry Brigade Combat Team.

finding the particular insurgent in the past, commanders said, but to no avail.

Officials at FOB McHenry kept the specifics of Sunday's operation close to their vest for security reasons, but said they would continue efforts to nab the

bomber. The region around the small U.S. base of about 800 Soldiers is generally unfriendly territory for American troops, where roadside bomb, mortar and small-arms attacks are a daily occurrence.

The unit has suffered four Soldiers and

one U.S. civilian killed in the six weeks since it has arrived from its home base of Schofield Barracks, Hawaii.

(Editor's Note: Used with permission from Stars and Stripes. Copyright 2006 Stars and Stripes. Please do not reprint.)

CF assist with Iraqi security

PFC. BRYANNA POULIN
25th ID Public Affairs

RABIYAH, Iraq — Rabiya City Council members and local leaders met to discuss investing in long-term solutions for the village and Coalition Force (CF) involvement with future projects.

The council felt CF had given them solid ground to stand on, and knew that in order to have support of the people, they had to run daily government operations on their own.

"City Council members are working hard with the Joint Communication Center (JCC), Iraqi Security Forces (ISF), Iraqi Police and Army on security issues," said Lt. Col. Malcolm Frost, commander, 3rd Squadron, 4th Armored Cavalry Regiment. "Local leader feedback is crucial for success before, during and after processes."

Establishing new contracting rules, equal prices and warranties empowers council members to prioritize and select projects for local and coalition forces.

To reinforce CF's dedication, tip cards with JCC phone numbers were distributed to residents.

Trial Defense Service to don new patch to distinguish itself within JAG Corps

CAPT. JAY THOMAN
Trial Defense Services

A little more than 25 years ago, the Judge Advocate General Corps decided that to avoid the appearance or chance that a chain of command might influence those providing defense advice to Soldiers, an independent organization was needed to represent Soldiers. As a result, the Trial Defense Service (TDS) was born. Since then, TDS has provided defense counsel services for Army personnel worldwide.

To further distinguish TDS as a separate entity within the JAG Corps, the senior JAG attorney, Maj. Gen. Wilton Persons, decided a new patch was needed.

ed. He felt that wearing the patch of the local command was inconsistent with the basic purpose of the organization.

Under Army Regulations in effect at the time, approval of a new TDS Shoulder Sleeve Insignia (SSI) would have taken two or more years, in the meantime, leaving the organization without a patch. A search of regulations found that TDS counsel was authorized to wear the little-used Department of the Army Staff Support SSI.

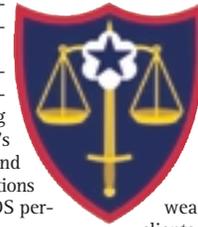
Within the JAG Corps, this patch has become identifiable as the TDS patch, but in fact, other units have also worn the patch. Thus, the patch was not unique to TDS.

Earlier this year, the TDS leadership submitted a

proposal to the Institute of Heraldry requesting a new SSI that would be exclusive to TDS.

The design submitted was a shield-shaped patch that reflects the nature of legal defense work. The sword supporting the scales of justice represents the unit's mission to seek justice of all Soldiers and defend them at courts martial and separations boards. The sword also signifies that TDS personnel are Soldiers, as well as lawyers.

The glory, mullet and the red border are adapted



from the DA SSI previously authorized for wear by the TDS and serves as a historical link to its organizational heritage.

In June 2006, the proposed patch was approved by G-1, subsequently approved by the Institute of Heraldry in August. TDS attorneys will begin wearing the new SSI in October.

No matter the patch a TDS attorney is wearing, the mission remains unchanged — clients can be assured of quality, independent legal advice. To reach TDS locally, call 655-0959.

Part two of a four-part series

Practicing efficiency vital for energy, cash savings

JOE FEIND

Resource Efficiency Manager Tetra Tech, DPW, Hawaii

Improving energy efficiency is one of the most constructive and cost-effective ways to counter the growing energy problem. Last week, we took a revealing look at the big energy picture.

This week, we'll examine easy, practical steps to take at home and on the road that can result in significant energy savings.

Army Hawaii Family Housing accounts for 32 percent of the garrison's electricity consumption. Thus, the average home of a Soldier and his or her family living on post has a significant impact on the garrison electric bill, which is nearly \$15 million each year.

The graph shows the consumption breakdown of the average home in Hawaii that uses electric water heating.

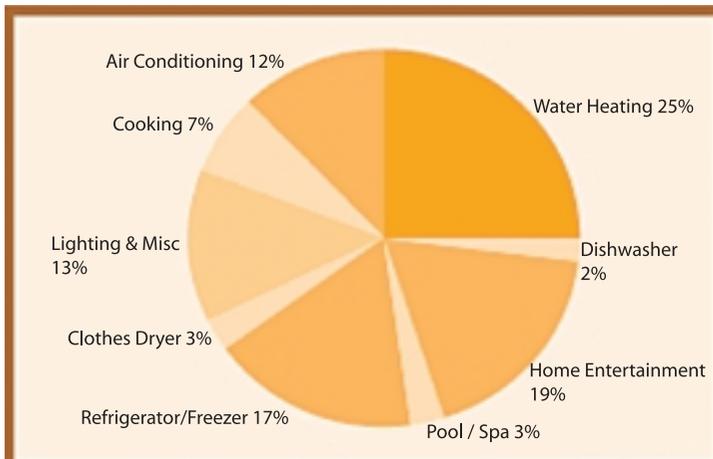
For military housing without electric water heating, each category percentage should be increased by one third to get the representative values.

Based on numbers from the Energy Efficiency and Renewable Energy Web site, www.eer.energy.gov, in 2003, a Hawaiian home of four had an electrical consumption of about 763 kilowatt-hours per month.

After heating water, the biggest energy users are home entertainment, refrigerator/freezer, lighting/miscellaneous and air conditioning.

Electricity is a vital part of our quality of life. It is one of the cheapest forms of energy. However, it is important to use energy efficiently.

The most important low cost/no cost en-



This pie chart shows the average electricity consumption for homes with electric water heating on Oahu, the Big Island, and Maui Island. Your usage will differ depending on the number of people in your household, as well as the type, number, and age of you appliances.

ergy saving tip simplified is: If it isn't being used, turn it off.

- When leaving a room, turn off the lights.
- Turn off outside lights when they are not needed. Using motion sensor will allow the light to be there when you need it.
- Turn off televisions and stereos when they are not being used. Phantom loads, the current drain that maintains the ready-state for most electronic equipment, accounts for 75 percent of the total power used by

this equipment. Plugging home electronics and computers into power strips allows you to conveniently turn off these items eliminating the phantom load.

- Before opening a refrigerator, know what you want beforehand to minimize the time the door has to be open.
- When using the air conditioner, keep the thermostat above 74 degrees Fahrenheit, and keep doors and windows closed. Better yet, use fans instead of the air conditioner

when the weather is not as hot.

- Do only full loads of laundry, preferably in cold water, and line dry when possible.
- When the option is available, use a microwave to heat foods. They use less energy than oven heating. If a conventional oven must be used, avoid the urge to peek at heating foods by opening the oven door.

How you drive and maintain your vehicle has a big impact on mileage efficiency.

- Just say "no" to aggressive driving. Speeding and jack rabbit starts and stops reduce mileage up to 33 percent, according to the U.S. Department of Energy (DOE).
- Avoid using the air conditioning on full blast; that can erode up to a 10 percent of mileage efficiency. Try using the fan
- Consolidate trips and select shorter routes.
- Keep the vehicle properly tuned to improve gas mileage by about 4 percent.
- Keeping tires properly inflated can improve gas mileage by more than 3 percent, as well as extending the tire life and improving passenger safety.

We all pay for energy waste. Even if we are not paying the electric bill directly, the cost eventually gets passed on to us. If gasoline ever reaches \$10 per gallon, will you cringe and bemoan what it costs? There will be some who may have a contented feeling by knowing that their vehicle is getting 100 miles per gallon.

That scenario of \$10 per gallon is hopefully years away, and unfortunately, so is the affordable 100 miles per gallon vehicle. The attitude that gets us to the brighter future can exist right now today, the choice is ours.

Weight: Army leads other forces

CONTINUED FROM A-1

a maximum of 18 percent for males and 26 percent for females regardless of age, according to spokeswoman Staff Sgt. Christina Delai.

The Marines do not make allowances for age in their weight tables, either, Delai said.

The Navy is the same as the Marine Corps, gearing its weight tables to height and sex, but making no allowances for age, according to spokesman Mike McLellan.

In the Air Force, recruits must meet weight standards in order to join, and the weight chart for men and women recruits is identical: for example, the maximum entry weight for a recruit who is 5 feet 5 inches tall is 165 pounds, and the minimum weight is 114 pounds, according to Air Force regulations.

Once an airman is accepted into the force, however, the service no longer uses a weight chart. Instead, airmen are judged according to body mass index, which uses a mathematical formula that calculates body fat relative to height and weight.

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Maj. Chris Borchardt | 506th Air Force Expeditionary Medical Support

Senior Airman Tiffany Campbell (middle foreground), operating room technician, prepares surgical equipment (middle) as Maj. Anita McSwain, surgeon, and Maj. Joseph Gower, surgeon, treat an injured Soldier. Lt. Col. Aleta Jefferson (far left), operating room nurse, stands at the ready.

EMEDS: Airmen laud Army medics

CONTINUED FROM A-1

generally will not have as good an outcome," said Maj. Anita McSwain, surgeon, 506th Expeditionary Medical Squadron.

However, McSwain was quick to emphasize that caring for traumatic injuries doesn't begin at EMEDS, but starts from the moment a Soldier gets injured in the field.

"We are very fortunate to be working with such competent Army medics. They are the ones, for instance, applying a tourniquet that stabilizes a patient so that they can get to us," said McSwain. "If the Army medic wasn't doing his job so well in the field, many Soldiers [would not have as good a medical outcome]," she said.

McSwain's colleagues agreed that the Army's medics contribute tremendously to their buddies' medical treatment. "Army medics are involved in the treatment of their Soldiers' traumatic injuries in a variety of ways," said Lt. Col. Aleta Jefferson, operating room nurse, 506th EMEDS.

"Whenever we receive [news] that an injured Soldier is being [medically evacuated] here to us, I get in touch with the Army clinic and they coordinate all of the patient administration for the most part. We also invite the brigade's surgeon to get involved who literally 'scrubs' into every Soldier surgery," said Jefferson.

According to 1st Lt. James Huang, 3rd Brigade's medical operations officer, Headquarters and Headquarters Company, 3rd Infantry Brigade Combat Team, the Army's medical capabilities and resources are really very good. However, the brigade doesn't have surgical capability like EMEDS.

Among other duties, Huang works with the 3IBCT surgeon to coordinate medical support for injured Soldiers and make recommendations on the use of medical assets.

"What EMEDS does is increase our capability to handle surgical cases right here at Forward Operating Base Warrior," said Huang. "It would be far more challenging to handle traumatic injuries without EMEDS. Its surgical capability and the quality of its doctors are outstanding. We really have a great working relationship with the Air Force," he said.

Huang's observations about the unique relationship between 3rd Brigade's medical capability and EMEDS were shared by his Air Force counterparts.

"We are very much a part of the Army team and have done an exceptional job of becoming a member of the Army family," said Col. Reinhart. "We all care about the Soldiers and admire the work that [they] do. We understand [their] role and, in the end, we are here to support [their] mission."

Diyala: PRT manages reconstruction

CONTINUED FROM A-1

Khalilzad spoke to the audience of civilian, military and Iraqi leaders on the vitality of the PRT's mission.

"You have come a long way for a noble cause to help the leaders of Diyala Province," said Khalilzad. "You are here to help the people of Iraq and Diyala succeed. In doing so we are working toward a better world. This, in turn, will help with the security of the U.S."

But the ambassador was quick to caution that the U.S. is not alone in the driver's seat for the reconstruction effort.



Pfc. Paul J. Harris | 3rd HBCT, 4th ID PAO

United States Ambassador to Iraq, Dr. Zalmay Khalilzad, and Maj. Gen. Benjamin R. Mixon, commander, 25th Infantry Division, Task Force Lightning, shake hands at the Provincial Reconstruction Team inauguration ceremony at Forward Operating Base Warhorse near Baqubah, Iraq.

"PRT is the manifestation of the U.S.-Iraqi interest to build a secure sovereign and prosperous Iraq," Khalilzad said. "But the PRT can only play a supporting role. Now this country belongs to the Iraqi people. The tyrant is in jail and in the end the success of Iraq will depend upon the decision of the Iraqi people and its leadership."

Campaign: Target is Generation Y

CONTINUED FROM A-1

It will go "public" Nov. 9 with television, radio and online spots, as well as an updated www.goarmy.com Web site. Print ads are scheduled to begin in January, and will be directed to media that appeals to young adults.

The Army Strong campaign will build on the foundation of previous recruiting campaigns by highlighting the transformative power of the Army. It will also capture the defining experiences of Soldiers – active duty, Army reserve, and National Guard – serving the nation at home and abroad.

The Army Strong campaign will address the interests and motivations of those considering a career in the Army, and will also speak to family

members and friends supporting prospective recruits.

Developing the campaign is McCann Worldgroup, a marketing communications agency retained last December after a competitive review of potential agencies. To develop the campaign, McCann conducted extensive research among prospective Soldiers and their influencers, and interacted with hundreds of currently serving Soldiers.

"This is a campaign informed by research and inspired by Soldiers," said Eric Keshin, McCann Worldgroup's worldwide chief operating officer and regional director for North America.

A streaming "Army Strong" video is available at www.25idl.army.mil. For more campaign details, visit www.us.army.mil.

Save time, money with Tricare's mail-order pharmacy

TRICARE MANAGEMENT ACTIVITY News Release

Instead of heading to the pharmacy every month to refill your prescriptions, now might be a good time to think about switching to the Tricare mail-order pharmacy. Getting medications through the mail is one of the easiest changes you can make to save yourself time and money every month.

"We think the mail order pharmacy is the best way to get medications that you'll be taking for a long time or the rest of your life," said Capt. Thomas J. McGinnis, U.S. Public Health Service, pharmaceutical operations directorate chief. "Getting them delivered to your home is convenient and cost-effective."

When you choose to receive medications through the mail, you can save as much as 66 percent off what you now pay for your prescriptions at a retail pharmacy.

Money in Your Pocket

If you take prescription medications regularly for conditions such as heart disease,

high blood pressure or diabetes, and want to avoid the expense of continually filling and refilling them at your local pharmacy, the mail-order option is for you. For every prescription you fill at a retail pharmacy, you pay a \$3 co-payment for generic medications and \$9 for brand name medications every month.

If you fill those same prescriptions through the mail-order pharmacy, your co-payments remain the same but you receive a 90-day supply for the same price. A year's supply of a single generic medication costs you \$12 through mail-order instead of \$36 at a retail pharmacy.

How to Sign Up

Before your next prescription is written, tell your provider you want to use Tricare's mail-order service to fill your prescriptions. Ask your provider to write two prescriptions: the first for a one-month supply to fill immediately at a local pharmacy, and the second—for a maximum 90-day supply—for submission to the mail-order pharmacy.

The first time you use the mail-order option

TRICARE's Mail-Order Pharmacy

In the U.S. and its territories, 866-363-8667

Outside the U.S. and its territories, 866-275-4732, option 5

TDD (for the deaf and hard of hearing), 877-540-6261

Express Scripts mailing address
P.O. Box 52150
Phoenix AZ 85072-9954

Express Scripts online
www.expressscripts.com/Tricare

you must fill out the registration form (available by phone or online) and send it in with your prescription to Express Scripts, Inc. (ESI). Along with your prescription(s) and registration, you must include a \$3 co-payment for generic medications, a \$9 co-payment for brand-name medications, or a \$22 co-pay-

ment for non-formulary medications for each prescription.

"Signing up for the mail-order pharmacy is easy," said Army Maj. Gen. Elder Granger, Tricare deputy director. "Just fill out one form, mail it in and you're all set. Then you can either mail in your new prescriptions, or have your doctor's office fax them. Getting your prescriptions refilled is even easier with available online mail and phone options."



News Briefs

Send calendar announcements to community@hawaiiarmyweekly.com.

13/Today

Health and Wellness Seminar — Spouses of senior leaders are invited to this seminar that is designed to offer ideas and strategies to reduce potential deployment-related stressors, and increase awareness of health related issues that impact women.

This seminar will be held at the Schofield Nehalani from 8:30 a.m. to 2:30 p.m. Call Army Community Service at 655-1710.

14/Saturday

Schofield Barracks Road Closure — Lyman Road from Hewitt Street to Kolekole Avenue will be closed Oct. 14 and 21, from 8 a.m. to 5 p.m. to connect a new sewer line to an existing line. For more information, call 624-1134.

15/Sunday

DV Donation Stations — In recognition of Domestic Violence Awareness Month, the Armed Services YMCA will be accepting donations of non-perishable food items and cellular phones with chargers for the Military Safe Shelter in the Schofield commissary Oct 15 from 9 a.m. - 1 p.m. and Oct. 18 at the Aliamanu Military Reservation (AMR) Exchange from 2 to 5 p.m. Call 655-4ACS(4227).

17/Tuesday

Supply Support Activity Closed — The Supply Support Activity (SSA) will be closed Oct. 16 through 27 for change of accountability inventory. Normal operations will resume Oct. 30. For emergency services, call 656-0744, 656-2277 or 227-2760.

Schofield Town Hall — The next Oahu North Town hall meeting is

scheduled for Tuesday, Oct. 17 at 6:30 p.m. in Sgt. Smith Theater, Schofield Barracks.

23/Monday

Ammunition Supply Closed — The Wheeler Army Air Field Ammunition Supply Point will be closed Oct. 23-27 for Division Ready Force reconfiguration. Normal operations will resume Oct. 30.

Emergency requests will be processed if approved by G-3 Training during this period. Contact Staff Sgt. Littlejohn at 655-8993 or John Madarang at 656-1649.

November

29/Wednesday

SAEDA / OPSEC Community Brief — The Hawaii Resident Office presents the annual, mandatory SAEDA (Subversion and Espionage Directed against the Army) briefing. Army regulation 381-12 requires

all Department of the Army personnel receive this training annually.

The briefings are scheduled for Nov. 29, 2 p.m. at Richardson Theater, Fort Shafter and Nov. 30, 9:30 a.m. and 1:30 p.m. at Sgt. Smith Theater, Schofield Barracks. Call 438-1872.

Ongoing

HPU Military Scholarship — A new Hawaii Pacific University scholarship offers reduced tuition to military spouses. Graduate and undergraduate students can apply for the scholarships, which reduce the already-discounted military tuition by 25 percent.

This scholarship applies for classes taken at military campuses between October 2006 and September 2007.

Spouses of National Guard or Reserve member who have been deployed for more than 60 days and

are HPU students can also apply.

HPU is Hawaii's largest private university with more than 8,000 students. For details, call the Schofield military campus program at 624-9881 or Tripler's program at 834-4008.

CLEP — College level preparatory exams are available free to active duty, Reserve and National Guard, and for only \$75 for others. Family members of Reserve, National Guard, and Coast Guard may take the tests free, but they must pay a \$20 administrative fee.

Tests are scheduled three times a day on the following schedule:

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

PAU HANA

www.25id.army.mil/haw.asp

"When work is finished."

FRIDAY, OCTOBER 13, 2006

American Heroes

find eternal rest high above Honolulu

National Cemetery is one of the most visited and revered places on Oahu

Pfc. Matthew C. Moeller
17th Public Affairs Detachment

When compared to all other national cemeteries, the National Memorial Cemetery of the Pacific, also known as Punchbowl, has been described as the most moving.

Located in the Punchbowl Crater, an extinct volcano near downtown Honolulu, this site serves as the eternal resting place of more than 47,000 fallen service members.

"This was the most important stop of our vacation," said Ashley Micheals of Aurora, Ill., softly. "I brought my kids here so they could see the sacrifice that these men made for them."

Annually, more than 5.5 million visitors come to see the gravesites of passed-on service members, and the memorials dedicated to struggles they endured, making this the most visited site on Oahu.

"This place personifies the last extensive honor by a grateful nation," said Gene Castagnetti, director for the cemetery.

Of the 136 existing national cemeteries, few compare with the dramatic and natural beauty of Punchbowl.

As visitors pass through the ornate gates, a road leads around the crater floor to the Honolulu Memorial, which was built in 1962 by the American Battle Monument Commission.

There, massive Italian marble walls, called the Courts of the Missing, create a monumental stairway and are inscribed with the names of 28,776 veterans of World War II, Korea, and Vietnam whose remains were never recovered.

At the top of the massive staircase is the Court of Honor that houses a chapel, and an impressive mosaic map gallery detailing various Pacific theater conflicts.

The iconic 30-foot high statue, Columbia, which symbol-



Christa B. Thomas | U.S. Army Garrison Hawaii
Public Affairs

Above — The 30-foot high statue "Columbia" is standing on the symbolized bow of a U.S. Navy ship with a laurel branch in her left hand and the inscription by President Abraham Lincoln, "The solemn pride that must be yours to have laid so costly a sacrifice upon the altar of freedom."

Right — The Memorial Walk, lined on both sides with granite and marble plaques donated by numerous veteran's organizations, leads to the scenic overlook area.

izes all grieving mothers, overlooks the vast cemetery like an eternal guardian.

Alongside the burial grounds, visitors can follow the Memorial Walk, lined with granite and marble plaques donated by veteran's organizations and dedicated to the character of the service member, to the overlook area.

With a view that rivals that of Diamond Head, visitors may enjoy the sights of a jostling leeward coast.



"These people died for us, they died so we can be free. We must always remember their sacrifices. Always," said Charlotte Uyehara, as she laid flowers on her brother-in-law's gravesite, a World War II veteran who died in 1983.

By the end of World War II, several hundred temporary cemeteries had been established throughout the Pacific Islands. However, the public outcries to bring these souls home to American soil lead to the need for a national cemetery.

After the territorial governor of Hawaii donated the land, plans were drawn to develop a ceme-

tery worthy of these fallen fighters' sacrifice.

Construction began almost immediately after Congress approved funds for the cemetery in February 1984.

Following its completion, the remains of service members in locations across the Pacific, such as Japanese prisoner-of-war camps, were relocated to the Punchbowl.

The first remains were interred Jan. 4, 1949 and included 776 casualties from the December 7 attack of Pearl Harbor.

The cemetery was officially opened for burial July 19, 1949, but was not open to the public until Sept. 2, 1949, the fourth anniversary of the Japanese surrender to Allied Forces during World War II.

In 1991, the cemetery was declared "full," for first time in-ground burials. Now, only cremated remains are accepted for placement in the columbarium.

Since that time, veterans from World War I, World War II, Korea and Vietnam have been laid to rest here, including 53 Medal of Honor recipients.

Prominent civilians, such as the late U.S. Sen. Spark Matsunaga of Hawaii; Ernie Pyle, noted war correspondent who died at the hands of a Japanese sniper; John A. Burns, former governor of Hawaii, and Congresswoman Patsy Mink are also entombed here. Punchbowl is also the final resting place for Lt. Col. Ellison Onizuka, the first astronaut from Hawaii.

"Cemeteries are for the living," said Castagnetti. "They are where you can go to pay respects for those who paid the ultimate price for their country, because freedom is not free."

The National Memorial Cemetery of the Pacific is free to visit and open to the public 8 a.m. to 6:30 p.m. seven days a week during the summer months, and 8 a.m. to 5:30 p.m. during the winter months.

For more information on The National Cemetery of the Pacific and other national cemeteries, visit the Department of Veterans Affairs at www.va.gov.



Pfc. Matthew C. Moeller | 17th Public Affairs Detachment

The statue Columbia soars above the Court of Honor and overlooks the 116-acre cemetery. From atop the massive staircase, visitors have a panoramic view of the final resting place of our nation's fallen heroes.



13 / Today

Teen Social — Join friends for an evening of fun at the Schofield Barracks Teen Center social, 7 to 9:30 p.m.

Admission is \$3 for members and \$4 for nonmembers, and an ID card is required. Call 655-0451.

14 / Saturday

Yu-Gi-Oh — Get ready to duel at Tropics on Schofield Barracks. Registration for the Yu-Gi-Oh tournament starts at noon and matches will start at 1 p.m. Cost is \$6 and includes a pack of the latest Yu-Gi-Oh cards.

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

17 / Tuesday

Teen Week — Teens, ages 12 to 18, are invited to celebrate Teen Week at the Sgt. Yano Library, Oct. 17 and 19. Jeff Gere, well known throughout Hawaii as a master of spooky tales, is scheduled to share some of his creepy stories with guests Oct. 17, at 4 p.m. Come and decorate a visor at the library Oct. 19 at 4 p.m.

For more information and to register, call 655-8002.

18 / Wednesday

Walk off the Wait — Blue Star Card holders are invited to grab your walking shoes and Walk off the Wait of deployment. The group will walk every Wednesday from 9 to 10 a.m., beginning Oct. 18. Meet in the front lobby at the Kaala Recreation Center, Building 556, Schofield Barracks. For more information, call 655-0112.

"Annie" Preview Night — Blue Star Card holders, come to a free preview of the Army Community Theatre's performance of "Annie." Preview night is Nov. 15. Registration deadline is Oct. 18.

Enjoy an evening that includes light refreshments, transportation, and child care. Spaces are limited. Call 655-0112 for more information or to register.

20 / Friday

Seafood Bucket for Two — It's back! Seafood lovers can dig into a variety of seafood, including shrimp, crab, clams and mussels at KoleKole Bar & Grill, from 5 to 8 p.m.

Cost is \$24.95 for two and includes the seafood bucket and a pitcher of your favorite beverage. Call 655-0664.

Teen Movie Night — Teens are invited to Tropics, Oct. 20, at 6 p.m. for a free movie night. Call 655-8522 for more information or to reserve your seat.

21 / Saturday

Parents Night Out — Leave your kids with Child and Youth Service (CYS) at the



Landy Miyake-Stewart | Staff Writer

Fire friends

As part of National Fire Prevention Week, Oct 8 – 14, the Schofield Barracks Federal Fire Department (FFD) handed out information packets and showcased a series of displays at the Schofield commissary Oct. 11.

This year's theme "Prevent Cooking Fires-Watch What You Heat" was chosen to draw attention to the nation's leading cause of house fires: unattended cooking.

Sparky the Fire Dog and Freddy the Robot Fire Truck were on hand to take pictures with the kids.

Above, Marjorie Kelly watches her daughter, Jacky interact with Freddy the Robot Fire Truck.

The FFD, Sparky and Freddy will be at Schofield's Hale Kula Elementary School Fall Festival Oct. 14.

Peterson Center on Parents Night Out, and then enjoy a nice night out on the town.

Children enrolled in Parents Night Out must be registered with CYS no later than noon, Oct. 20. Reservations are first-come, first-served. For more information, call 655-8313.

25 / Wednesday

Halloween Activities at Tropics — Come enjoy spook-tacular fun at Tropics, Oct. 25, 6 p.m. Guests can win prizes for participating and for wearing costumes. Cost is \$6 and includes two slices of pizza and a drink. Youth, teens and families are welcome. For more information, call 655-8522.

Haunted House — Children ages 6 to 12 years old are invited to the Haunted House and Halloween Costume Contest at Sgt. Yano Library.

The fun starts at 3 p.m. Prizes will be awarded. For more information, call 655-8002.

26 / Thursday

Halloween Fun — Children ages 5 to 10 year old are invited for hear some "not so scary" stories, play games and make crafts at the Aliamanu Military Reservation Library, Oct. 26 at 3:30 p.m.

If you dare, wear a costume and receive

a trick or a treat. For more information, call 833-4851.

Ante up! — Put on your best poker face and participate in a free Texas Hold'em tournament at Tropics, Oct. 26 at 6 p.m. All ID card holders are welcome to play, but get there early, because we only have room for 120 people to play. For details, call 655-5697.

27 / Friday

Hawaiian Luau Lunch Buffet — Enjoy the "ono" taste of a traditional Hawaiian feast, 11 a.m. to 1 p.m. at Fort Shafter's Hale Ikena, or 11 a.m. to 2 p.m. at the Schofield Nehelani.

Cost is \$9.95 per person. Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations.

Oktoberfest — Celebrate Oktoberfest at the Schofield Nehelani. Oktoberfest will be held Oct. 27 at 4 p.m. Enjoy pupus, entertainment and great prizes. Cost is \$5 in advance and \$7 the day of the event. Civilians, spouses and all military ranks are welcome. Guests must be age 18 or older. Call 655-4466.

Fondue Night — Fondue night returns to the KoleKole Bar & Grill. Enjoy three cours-

es of fondue, complete with cheese, vegetables, bread, hot oil, a selection of meats, chocolate, fruits and cakes.

The cost is \$39.95 for two people and two additional guests may be added for \$14.95 per person. Reservations are required.

After enjoying fondue, join the Oktoberfest celebration outside of the Nehelani at no additional cost. To make reservations, call 655-4466.

Costume Dance — Teens, join friends for an evening of fun at the Schofield Barracks Teen Center social, 7 to 9:30 p.m. and wear your favorite costume.

Admission is \$3 for members and \$4 for nonmembers, and an ID card is required. Call 655-0451.

31 / Tuesday

Trick or Treat — Visit the Tropics between 3:30 and 6:30 p.m. on Halloween day. Dress up in a costume and receive a treat bag. For more information, call 655-5697.

Ongoing

Free Tutoring Service — The School of Knowledge, Inspiration, Exploration & Skills (SKIES) is now offering free tutoring to youth who are enrolled with SKIES or registered with CYS.

Tutoring is available for English, math, sociology, social studies, history, drama, and science students. This service is available each Monday from 3:30 to 4:30 p.m. for students in grades 6 through 12. To enroll, call 655-9818.

Nehelani Catering — The Nehelani Banquet and Conference Center is the perfect setting for all of your catering needs. This service is available for weddings, graduations, proms, first birthdays, military functions, reunions, conferences, workshops or private parties.

The Nehelani staff will work hard to make your occasion an event to remember. For more information, call 655-0660.

SKIES Unlimited Volunteer Opportunities — Do you have a special skill or talent and enjoy teaching children? Join the Child & Youth Services family as a child/youth instructor.

SKIES is looking for qualified, caring volunteer instructors for the School of Arts, School of Sports, School of Academics, and the School of Life Skills.

For more information, call 655-9818.

Arts and Crafts Classes — The Arts and Crafts centers on Schofield Barracks and Fort Shafter offer a variety of classes including ukulele making, stained glass, pottery classes, framing and matting, and woodshop.

Call 655-6330 (Schofield Barracks) or 438-1315 (Fort Shafter) to find out class locations, schedules and additional information.

Pau Hana Friday — Enjoy cool refreshments and the chef's choice, a \$2 pupu platter every Friday, beginning at 4:30 p.m. at Mulligans and Hale Ikena on Fort Shafter. Call 438-1974 for more information.

racks. For information, call 656-2012.

The Pops on Broadway — The Honolulu Symphony Pops and Maestro Matt Catingub bring New York to Honolulu Oct. 27 and 28 at 8 p.m. as they present an evening of Broadway's most popular music.

The Pops will spotlight award-winning musicals such as "Hello Dolly," "Miss Saigon," "The King and I," "South Pacific" and more.

This event will also feature Jimmy Borges and local favorites Rocky Brown and Jordan Segundo.

Tickets can be purchased for as little as \$15 by calling the box office at 792-2000 or visiting www.honolulusymphony.com.

31 / Tuesday

CAB Haunted Barracks — The Combat Aviation Brigade has spook-tacular fun planned Oct. 31 for the Schofield Barracks and Wheeler Army Air Field communities. The CAB will be opening the Haunted Barracks on the second floor of Building 841, from 5:30-8 p.m. A donation of \$1 is suggested for this event. For information, call 656-2012.

Howling Hoopla — Boys and ghouls, imagine exploring Bishop Museum's Great Lawn for Halloween goodies.

Bishop Museum is once again transforming its grounds into Treat Street Oct. 31 from 5:30 to 8 p.m. so kids of all ages can trick-or-treat to their hearts' content.

Kids will delight in the spookiest and most original costume competition, eating contests, coloring, great food and the hilarious Creepy Crawly Roach Race.

Treat Street, a custom-designed neighborhood of house fronts, built by University of Hawaii's architecture students, is the center of the activities.

Admission to Treat Street is free; however, donations are welcome to help support the museum's education and outreach programs. For the bare bones, call 847-3511 or visit ww.bishopmuseum.org.



Aliamanu (AMR) Chapel

- Catholic
Sunday, 8:30 a.m. – Mass
Sunday, 9:45 a.m. – Religious education (Sept. – May only)
- Gospel
Sunday, 11 a.m. – Sunday school (Sept. – June only)
Sunday, 12:30 p.m. – Worship service
- Protestant
Sundays, 9:45 a.m. – Worship service
Sunday, 11 a.m. – Sunday school (Sept. – June only)

**Fort DeRussy Chapel
836-4599**

- Catholic
Saturday, 5 p.m. – Mass in chapel (May – Aug.)
Saturday, 6 p.m. – Mass on the beach
- Protestant
Sunday, 9 a.m. – Worship service

**Fort Shafter Chapel
836-5899**

- Contemporary Protestant
Sunday, 9 a.m. – "The Wave" worship service

Helemano (HMR) Chapel

- Contemporary Protestant
Sunday, 10 a.m. – Worship service and children's church

Main Post Chapel 655-9307

- Catholic
Sunday, 9 a.m. – CCD & RCIA
Sunday, 10:30 a.m. – Mass
- Collective Protestant
Sunday, 9 a.m. – Worship service
Sunday, 10:30 a.m. – Sunday school
- Gospel
Sunday, 10:30 a.m. – Sunday school
Sunday, 12 p.m. – Worship service

MPC Annex, building 791

- Chalice circle
Tuesday, 7 p.m.
- Islamic prayers and study
Friday, 1 p.m.
- Buddhist
4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic
Friday – Saturday, 12 p.m. – Adoration (24 hours)
- Protestant
Sunday, 9:30 a.m. – Worship service

Tripler AMC Chapel 433-5727

- Catholic
Sunday, 11 a.m. – Mass
Monday – Friday, 12 p.m. – Mass
Saturday, 5 p.m. – Mass
- Protestant
Sunday, 9 a.m. – Worship service

Wheeler Chapel

- Catholic
Saturday, 5 p.m. – Mass
- Collective Protestant
Sunday, 10:30 a.m. – Worship service and children's church



Send calendar announcements to community@hawaiiarmyweekly.com.

October

13 / Today

Jewelry Trunk Show – Boutiki, located on Naval Station Pearl Harbor will host a trunk show featuring Ming Dynasty fine jewelry Oct. 13 and 14, from 9 a.m. to 1 p.m. The trunk show will feature sterling silver jewelry, gemstones, pottery shard boxes, scarves and more.

Boutiki, a nonprofit resale corporation, also carries a unique array of antique furniture, local Hawaiiana, hostess gifts and home accessories. For more information, call 664-0695.

New Product Expo — The 42nd Annual Food & New Products Expo will be held Oct. 13 – 15 in the Neal Blaisdell Center Exhibition Hall.

Come experience exotic foods with interesting ingredients and see demonstrations of recreational, electronic, and personal care products that are new to the Hawaii market.

Tickets are available at the box office before and during each show. The cost for tickets is \$5 for military and senior patrons, and \$6 for general admission.

14 / Saturday

Brighter Lights Conference — The Brighter Lights Conference on prayer and faith will be held Oct. 14, from 9 a.m. to 4 p.m. in the Wheeler Army Airfield Chapel.

Guest speakers are Rev. Ralph and

Susan McIntosh, founders of ACTS (Accclaiming Christ Through Service) Foundation, Inc.

This event is free. A hot lunch and child care will be provided. Study handouts, books and compact discs will be available.

To reserve a space for child care, call 655-8313. For more information, call 655-6643 or visit www.actfoundation.org

Sinbad in Concert — Comedian Sinbad is scheduled to perform at the Blaisdell Concert Hall Oct. 14, at 7:30 p.m. Purchase tickets at the Blaisdell box office, Ticketmaster outlets, charge-by-phone at 877-750-4400, or visit www.ticketmaster.com.

Get Slimed with Nickelodeon — Bring the kids out to see Nickelodeon's "Nick Live!" show, where getting messy is half the fun!

This return engagement will feature a variety of fast-paced stunts and physical challenges based on popular Nickelodeon programs, and will give kids and their families a chance to get on stage and into the action.

Two 45-minute shows, beginning promptly at noon and 2 p.m., will be presented in the uptown center court of Pearlridge Mall.

Hale Kula Fall Festival — Hale Kula Elementary School on Schofield Barracks will host its annual Fall Festival Oct. 14 from 11 a.m. to 3 p.m.

There will be games, food, live entertainment, a Keiki I.D. station and static displays. Fun and entertainment is scheduled for the kids and the kids at heart.

For more information, contact the school PTA at halekulapta@yahoo.com.

18 / Wednesday

Resident Safety Orientation — Army Hawaii Family Housing (AHFH) hosts a new resident safety orientation Oct. 18 at 10:30 a.m. This orientation will be held

monthly at 215 Duck Rd., near the Veterinary Clinic on Schofield Barracks.

Scheduled to attend are representatives from the Federal Fire Department, Provost Marshals Office, and Family Advocacy. Discussions will include fire, community and child safety tips. Refreshments will be provided. RSVP to 275-3790.

19 / Thursday

Hui Luncheon — The Hui O' Na Wahine, the all-ranks spouses' club, hosts its monthly luncheon Thursday, Oct. 19, at 10:30 a.m. at the Schofield Nehelani. The buffet lunch will be served at 11 a.m.

The theme for this month's luncheon is "Survivor: Hui Edition." Guests can earn fire, water and food by competing in a series of mental and physical challenges.

To RSVP or for more information, call 624-0217 or 624-0015 by 7 p.m. Sunday, Oct. 15

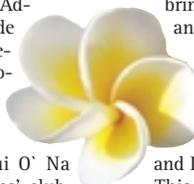
International Film Festival — The 26th Louis Vuitton Hawaii International Film Festival is scheduled for Oct. 19-29. The festival is dedicated to advancing understanding and cultural exchange through film among the people of Asia, the Pacific, and North America.

The first movie, "Babel," will be screened Oct. 19 at 8 p.m. in the Hawaii Theater. Discounted tickets are available for military patrons. Tickets are available by phone by calling 550-8475 (TIKS), or faxing 536-8192, or visiting www.hiff.org. To see the scheduled lineup of films, visit the HIFF Web site.

27 / Friday

CAB Family Night — The Combat Aviation Brigade family readiness group will host Family Night in the barracks courtyard between Buildings 840 and 841 for CAB Soldiers and family members at 6 p.m.

Guests may visit the Yellow Ribbon Room open house or enjoy the Halloween party, which will feature games, crafts, a costume parade for children and the Haunted Bar-



World Trade Center

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



Crossover

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



Material Girls

(R)
Thursday, 7 p.m.



Photo courtesy of Aloha Festivals

Hula dancers and the Royal Court Investiture gather in front of Iolani Palace during last year's Aloha Festivals opening ceremonies. The 60-year old festival is celebrated on six islands each year from September–October.

Festivals culminate this weekend

CHARLIAN WRIGHT
Executive Director, Aloha Festivals

Celebrating a time when Hawaii boasted the only reigning monarchy in the U.S., Aloha Festivals illuminates a culture and experience found nowhere else in the world.

The Aloha Festivals 60th anniversary theme is "Na Paniolo Nui O Hawai'i: The Great Cowboys of Hawaii," a tribute to the life, music, spirit and family of the Hawaiian cowboy, or paniolo.

Just like the paniolo, Aloha Festivals has its own place in the history of the islands and strives to perpetuate and share the Hawaiian culture with visitors and residents alike.

Most activities are free, however, the organizers hope that participants buy and don a \$5 Aloha Festivals ribbon, the official "ticket" that helps underwrite some expenses.

The purchase of an Aloha Festivals ribbon is also a demonstration of support of the only

On The WEB
For a current schedule, visit www.alohafestivals.com. To purchase an Aloha Festivals ribbon or to get the official program guide, call 589-1771.

statewide cultural festival in the United States.

Upcoming events

False alto Concert and Statewide Contest

Royal Hawaiian Hotel's Monarch Room Oct. 13, 7 p.m. – This event brings together the finest amateur false alto performers in concert. Contestants belt out their best high-register false alto, as they compete for a recording contract with Hula Records. Doors open at 6 p.m., and the contest begins at 7 p.m. Highlighted entertainment will be Raiatea Helm. For information on ticket prices and reservations call 921-4600.

Royal Aha Aina and Hawaii Artisan Showcase

Village Green at the Hilton Hawaiian Village Oct. 14, all day – Aloha Festivals wraps-up the statewide celebration as Hawaiian artisans demonstrate their works throughout the day. The evening brings together all island royal courts for a delectable meal and island entertainment that culminates the festivities for the year. The arts event is 10 a.m. to 3 p.m. and the evening function and dinner is from 6 to 9:30 p.m. General admission is \$70 per person and includes dinner (\$60 with Festivals ribbon). Corporate tables are available for \$550.

Violence often endured by pregnant family members

DONNA GATEWOOD
Family Advocacy Program

Approximately 1.5 million women in the United States report a rape or physical assault by an intimate partner, and as many as 324,000 women are pregnant when domestic violence occurs, according to the Centers for Disease Control (CDC).

Likewise, children and adults with disabilities are two to four times more likely to be victims of abuse than those without special needs.

The research is staggering. Domestic violence often severely impacts those least able to seek help.

Pregnant women

Studies indicate nearly one third of American women will experience intimate partner violence and approximately 4-8 percent of women will report experiencing violence during pregnancy. However, the depth of the problem may be underestimated because most incidents are never reported. Violence during pregnancy could be more common than currently thought.

The CDC reports that domestic violence is the leading cause of female homicide and injury-related death during pregnancy.

Research also suggests possible associations between violence and unintended pregnancy; late, delayed or no prenatal care; injuries, including falls (one-third of trauma experienced during pregnancy); poor self care or compliance; and smoking, alcohol and drug abuse.

No consistent research findings show the effects of violence on fetal health; however, severe physical abuse that results in trauma to the mother is known to cause miscarriage, fetal injury or death. As well, violence that is associated with maternal stress, smoking, alcohol or drug abuse can possibly affect the fetus through poor fetal health outcome, such as low birth weight, fetal alcohol syndrome and intrauterine growth restrictions, ac-

ording to the American College of Obstetrics and Gynecology.

Victims need to know that abuse is never okay. And abuse often gets worse during pregnancy. The victim can take action.

If you are in a relationship, and you feel you are in danger of being harmed, get help. Call the ACS hotline at 642-SAFE (642-7233).

You might feel very scared about leaving, but do it for yourself and for your baby.

Exceptional family members

The statistics are ugly when it comes to children and adults with disabilities. They are at greater risk than those without disabilities when it comes to being abused, according to Family Violence Prevention Fund (DVPF), a part of the National Health Resource Center on Domestic Violence.

Likewise, the DVPF reports that women who have disabilities are frequently targets of abuse for longer periods of time with a larger number of abusers.

Unfortunately, children and adults with special needs suffer the same types of domestic violence – physical, sexual, financial, emotional and verbal abuse – as do other victims. They are also at a greater risk for neglect, including refusal to provide essential care and manipulation of medications.

Adult exceptional family members who experience abuse often face more obstacles in preventing or stopping the abuse and may lack the resources to escape a caregiver who may also be the perpetrator. Since they are often socially isolated with physical and cognitive challenges, accessing victim services is equally difficult.

The Army Community Service provides resources and victim advocacy for exceptional family members. If you or someone you know needs help, call the ACS at 655-4777.



14 / Saturday

BMX Racing — Come to the BMX track at Wheeler Army Air Field for racing. First, second and third place ribbons will be awarded, along with participation ribbons.

Registration will be held from 4 to 5 p.m., and cost is \$4 per rider. Races will begin at 5 p.m. Visit www.armybm.org.

15 / Sunday

Bowling Tournament — A “5 Game, No Tap” tournament will be held at the Schofield Bowling Center. Check-in is at 1 p.m., and the cost is \$20 per bowler. Call 655-0573.

17 / Tuesday

Mini Sports Basketball — Oct. 17 is the last day to register for the Mini Basketball program. This program allows children ages 4 and 5 to gain the basic skills of basketball.

Cost is \$10 and includes a T-shirt. Call 836-1923 (Aliamanu), 438-9336 (Fort Shafter), 655-0883 (Wheeler and Helemano) or 655-6464 (Schofield).

31 / Tuesday

Youth Sports Basketball and Cheerleading — Registration begins Oct. 31 for youth basketball and cheerleading. The program is open to youth born between 1988 to 2001.

Cost is \$60 per person and \$20 for cheerleaders (who have a uniform from the previous season). The season starts in February.

Call 836-1923 (Aliamanu), 438-9336 (Fort Shafter), 655-0883 (Wheeler and Helemano) or 655-6464 (Schofield).



Photo courtesy of Fort Shafter Cobras

Just kickin' it

The Fort Shafter Cobras completed the 2006 Soccer season as the champions of the Hawaii Youth Sports League (HYSL) Grasshopper Division by topping the Pearl Harbor Blue Thunder.

The Cobras, coached by Lt. Col. Scot W. Merkle, boasted a record of seven wins, no losses and one draw.

Pictured (from left) in yellow is Ben Bravenec, 7, Scott Green, 8, Xzavier Ffrench, 7, and Jacob Rodriguez, 7. All the Cobras pictured are sons of Hawaii-based Soldiers.



Send community announcements to community@hawaiiarmyweekly.com.

13 / Today

White Cane Walk — Hoopono Services for the Blind will be holding a “White Cane Safety Awareness Day Walk” Oct. 13 at 10 a.m.

The walk is being held to heighten awareness of the significance of the long white cane and the freedom and independence it affords blind or visually impaired people.

This walk is free and begins at the State Capitol on Beretania Street and ends at the Iolani Palace grounds. Wear comfortable walking shoes and come prepared for an enjoyable stroll through downtown Honolulu.

19 / Thursday

Exotic Belly Dancing — Women of all levels of fitness are invited to

tone muscles and burn fat by belly dancing. Belly and veil dancing and yoga are all part of this sensual, yet effective workout.

This workout will tone the abdomen, arms, buttocks and hips. Guests should bring a towel and water bottle. All other equipment will be provided.

Cost is \$12 per person, per class, or bring a friend and pay \$8 each. This class is held every Thursday, from 5:30 to 7 p.m. in Studio 305 of the Moiliili Community Center, 2535 S. King St.

For more information, call 255-9839 or visit www.InnerFire-Hawaii.com.

28 / Saturday

Paws on the Path — Join the Paws on the Path hiking club Oct. 28 for its monthly hike. This hike is along Waimano Ridge.

Meet at the trailhead at 8:30 a.m. This hike starts promptly at 9 a.m. Bring snacks and enough water for people and pets.

The trailhead is at the top of Waimano Home Road in Pearl City. Parking is available on the left just

after the Waimano Training School. For more details, e-mail hhs@hawaiianhumane.org.

Ongoing

Prenatal Exercise Program

— Exercise during pregnancy has been shown to positively impact fitness during labor and childbirth. Learn and practice safe exercising during pregnancy. Classes are each Monday, Wednesday, and Friday at the offices of Pacific Health & Fitness Consultants, through Dec. 30.

A physician's referral is required. For more information, call 599-5918.

Masters Swim Program

— Team Move hosts a master's swimming program Wednesdays, from 7:30 to 8:30 a.m., and Saturdays from 7 to 8:15 a.m., in the Pearl City district park swimming pool.

The innovative group workouts are designed for beginning and advanced swimmers. Expert coaching will be provided to improve upon form and technique.

All ages are welcome. Cost is \$15 per month for Team Move members and \$25 per month for non-members. The pool is located at 785 Hoomaemae St., Pearl City.

Cricket in the Park

— The Honolulu Cricket Club invites players of all levels of experience to get into the game. Join the club at Kapiolani Park, at the base of Di-

mond Head, for exciting rounds of cricket.

For more information, call Nevin at 256-8236 for match dates or visit <http://home.hawaii.rr.com/cricket/hcc.htm>.

Bike Hawaii

— Join Bike Hawaii's professional nature guides, and explore Oahu from the

rainforest to the reef. Packages can include downhill biking, waterfall hiking and sailing off Waikiki with exclusive access to a remote Hawaiian rainforest.

Delicious meals are included. For more information or to schedule your adventure, call 734-4214, toll free 1-877-682-7433, or go online at www.bikehawaii.com.