

## INSIDE

# Community sends 3IBCT off

Wahiawa leaders wish deploying Soldiers well, present free calling cards

Story and Photo by  
**MAJ. CATHY WILKINSON**  
3rd Infantry Brigade Combat Team Public Affairs

WAHIAWA – Warriors, young and old, gathered Friday night for a community aloha send-off for the Soldiers of the 3rd Infantry Brigade Combat Team (IBCT) as they prepared to deploy to Iraq.

More than 50 community and military leaders and family members wished the Soldiers well and presented units in attendance with free calling cards at the

Wahiawa Recreation Center.

“Our close relationship goes back 100 years, but most recently when Gen. (Eric) Olson formalized the Wahiawa community link during the division’s deployment a few years ago,” said Ben Acohido, a long-time Veterans of Foreign Wars (VFW) and community leader who organized the send-off.

“We sent more than 7,000 packages to the Soldiers on (the 3IBCT’s) last deployment,” he said. “We were there at Ohana Day in Waikiki, we received the troops at the airfield last October, and now we see you deploy again.”

Participating groups included three VFW posts (Post 1572 – Wahiawa, Post 1576 – Fort Shafter and Post 849 – Waianae), the

Wahiawa-Whitmore Village Neighborhood Board #26, Disabled American Veterans (DAV), the Wahiawa Business Association, the Wahiawa Rainbow Seniors and the Wahiawa Ministers’ Association.

“The VFW is here to help,” said Richard J.C. Wong, VFW state commander.

Many vets in attendance fought in the Vietnam War.

**SEE ALOHA, A-10**

Frank Lamson, the VFW’s Hawaii State Inspector General, joins other community members signing a banner presented to the 3rd Infantry Brigade Combat Team at a community aloha send off in Wahiawa, Friday. The 3rd IBCT will carry the banner with it as it deploys to Iraq this month.



## Blizzard in the desert

Operation Wolfhound  
Blizzard freezes terrorists with wanted posters and flyers.

**A-4**

## Oahu North Town Hall

The next Oahu North town hall meeting for the Oahu North community will be Tuesday, 6:30 p.m., at Sgt. Smith Theater, Schofield Barracks. Call 655-0497.

See News Briefs, A-5

## Halloween festivities

From dodge ball, costume contests and ghost tours, Oahu boasts several Halloween-themed events for every guy and ghoul.

See Community Calendar, B-2



## Preventing influenza

A shot in the arm today is better than weeks of being sick.

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Sgt. Brad Willeford | 1st Battalion, 27th Infantry Regiment

## Kids on high

CAMP TAJI, Iraq — First Lt. Kenneth Jura plays with a boy in the Rashidyah Nahia neighborhood, recently. Jura, an infantry platoon leader with B Company, 1st Battalion, 27th Infantry Regiment “Wolfhounds” and his platoon were conducting an assessment of the area.

# Mission Rehearsal Exercise prepares Sappers



Courtesy Photo

A Soldier with the 65th Engineer Battalion pulls security while trying to detain an Iraqi role player during a three week long Mission Rehearsal Exercise on Schofield Barracks.

## 65th Eng. Bn. trains for Iraq deployment

**SPC. KYNDAL HERNANDEZ**  
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – Soldiers with the 65th Engineer Battalion, 130th Engineer Brigade, completed a Mission Rehearsal Exercise, Oct. 8, after three weeks of vigorous training here.

Three different companies within the battalion went through the training, which was designed to mirror predeployment training conducted at the National Training Center in Fort Irwin, Calif.

“It has been really successful for all of (the companies),” said Command Sgt. Maj. Dale Moran,

130th Eng. Bde. “All of them have really grown with the training.”

The main goal of the exercise was to train and prepare Soldiers for the missions they will be tasked with during deployment, which will consist of route-clearance missions, basic forward support coverage, casualty evacuation, distribution support and training of Iraqi engineers.

“The realism of this training we have put together has been tremendous for our Soldiers,” said Col. Fabian Mendoza, commander, 130th Eng. Bde. “When you add the fog of war along with gun fire and language barriers, it puts leaders in a more

**SEE ENGINEERS, A-6**

# 29th IBCT Soldier dies at Ft. Hood

**29TH INFANTRY BRIGADE  
COMBAT TEAM PUBLIC AFFAIRS**  
News Release

FORT HOOD, Texas – Sgt. Julian Manglona, an Army Reserve Soldier from the 100th Battalion, assigned to the 29th Infantry Brigade Combat Team (IBCT), collapsed after a six-mile run, Oct. 9, at approximately 7 p.m. in the north Fort Hood training area.



Manglona

Manglona had no pulse and was quickly attended to by fellow

**SEE 29IBCT, A-10**

# I-21 Gimlet Soldier killed in combat

SCHOFIELD BARRACKS – The Department of Defense announced today the death of a 25th Infantry Division Soldier who was supporting Operation Iraqi Freedom.

Pfc. Christopher A. McCraw, 23, of Columbia, Miss., died October 14 in Baghdad, Iraq, of wounds suffered when he encountered small arms fire while on dismounted patrol in Nasar Wa Salam.

McCraw was assigned to the 1st Battalion, 21st Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, Schofield Barracks, Hawaii.

He joined the Army in February of 2007 and was assigned to Schofield Barracks in July of 2007.



McCraw

# 500th MI Brigade meets its retention goals, earns recognition

Story and Photo by  
**SGT. 1ST CLASS SHERYL LAWRY**  
500th Military Intelligence Brigade

SCHOFIELD BARRACKS – It was an afternoon of giving and re-enlisting at the 500th Military Intelligence Brigade Retention Award Ceremony, Oct. 7, at the Nehelani, here.

Kicking off the event was a formation of eight Soldiers who re-enlisted together and walked away with a combined total in Selective Re-enlistment Bonuses of \$113,000;

and a combined total of 35 years of continued military service.

Also, their re-enlistment options ranged from Naples, Italy, and Goodfellow Air Force Base, Fort Belvoir, Va., to stabilization and a semester of college, said Master Sgt. Brad Burgess, the brigade’s career counselor.

The Oath of Re-enlistment was given by Col. Christopher Ballard, commander, 500th MI Bde. Representatives from all five of the brigade’s subordinate battalions, which range in distance from Japan to Fort Hood, Texas,

were on hand to accept their unit’s individual awards.

Following a lunch buffet, the 500th MI Bde. retention team led by Burgess distributed awards and certificates to each of the units. Every company and battalion was awarded a certificate and plaque because each unit met its overall retention goal for 2008. This year was also the first time in the brigade’s history that it met its retention mission.

“During fiscal year 2008, the brigade ac-

complished many milestones,” Burgess explained. “We re-enlisted 250 Soldiers for a combined bonus total of 2.3 million dollars, and we played a significant role in (Intelligence and Security Command) making its retention mission for the first time in 11 years.

“We have proven that it is possible for a military intelligence brigade to meet its retention mission despite all the challenges

**SEE AWARDS, A-10**

## We want to hear from you...

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

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

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

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

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### Nondelivery or distribution

problems in Army Hawaii

Family Housing areas? If so, call

656-3155 or 656-3156.

## 131 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 10/15/08.

### Commander's Corner

# AHFFH supports families during deployment

This article is the second in a series of three that highlights the many programs available for spouses and family members of deploying Soldiers.

### LT. COL. MARK BOUSSY

Commander, U.S. Army Garrison-Oahu

With another deployment getting underway, Army Hawaii Family Housing (AHFH) is again positioning itself to support families faced with deployment.

"Several members of our staff are spouses who have experienced deployment and they are continually sharing with our AHFH team what's important to families during a deployment," said Lisa Reese, AHFH director of property management. "Whether it's help around the house or with child care, creating opportunities for them to get together with others or working with ACS, MWR and the like to bring support services into the community, AHFH is committed to making this happen."

Reese also encourages families with a deployed spouse to reach out to their AHFH community center staff with ideas on services, programs or activities they could benefit from.

"As an organization, we can implement programs such as our Family Care Package, but at the community level we know we could do more to try to personalize some of our activities," said Reese.

AHFH will again offer its Family Care Package to residents with a deployed spouse. To register, residents simply need to bring their MWR Blue Star Card to their community center. The Family Care Package offers families free backyard lawn service, five hours of

complimentary child care each month and maintenance support not normally included in day-to-day services.

### AHFH Ready to Support Families of Deployed

Families that decide to return to the mainland during deployment may face some challenges when they return to the islands and try to secure a home. The following information covers options under a number of common scenarios faced by families of deploying Soldiers:

#### Family remains in Hawaii, continues to live in AHFH community:

No changes.

#### Guest Policy:

Few restrictions on who visits and length of stay.

#### Family moves off-post in Hawaii:

Family may be placed on waitlist when service member redeploy;

Date of eligibility is date service member completes application; service member must be on-island;

Waitlist priority status is 2; families on temporary lodging assistance (TLA)

will have priority.

#### Family maintains AHFH residence, temporarily relocates to mainland, then returns to Hawaii when spouse redeploy:

No changes.

Family must notify community center, provide local point of contact and complete permission to enter form;

Basic allowance for housing remains at Hawaii rate.

#### Family clears residence, temporarily relocates to mainland, then returns to Hawaii when spouse redeploy:

Service member or family may be placed on waitlist when service member redeploy or when family arrives on island prior to redeployment;

Date of eligibility is date application is completed; service member or family must be on-island;

Family not eligible for TLA;

Waitlist priority status is 2; families on TLA will have priority;

BAH remains at Hawaii rate.

#### Family relocates to the Mainland via early return of dependents process:

Service member or family may be placed on waitlist when service member redeploy or when family arrives on island prior to redeployment;



Boussy

## Survey gives customers representation

### CUSTOMER MANAGEMENT SERVICES

News Release

Customers who live, work, train or play on U.S. Army Garrison-Hawaii (USAG-HI) will have an opportunity to provide detailed feedback about garrison services. The Army's Installation Management Command (IMCOM) will be releasing its Customer Assessment Survey, which will be used to evaluate and improve the delivery of garrison services and programs to our Soldiers and families.

While the Interactive Customer Evaluation (ICE) system captures individual customer satisfaction data from a single provider and a single transaction, the assessment survey will capture broader data.

The survey is divided into two main categories, corporate and constituent. When customers begin the survey, they will be asked to provide demographic data that will automatically direct them to the appropriate set of corporate or constituent questions. In this way, cus-

**On The WEB**  
The Customer Assessment Survey will be available to customers from Oct. 20–Nov. 7 at [www.myarmyvoice.org/Community2008](http://www.myarmyvoice.org/Community2008).

tomers won't be asked to rate services that wouldn't apply to them. For example, family members or retirees will not be asked to rate the Central Issue Facility or the Ammunition Supply Point — two services used by Soldiers and their commanders.

Within the survey, customers will be asked to rate services by both performance and importance using a scale of 1 (very poor) to 5 (excellent). This allows customers to rate how well the services they receive match their expectations.

IMCOM will consolidate the assessment data from each installation and begin analysis after the survey win-

down closes. The USAG-HI data will be sent to Customer Management Services in the Plans, Analysis, and Integration Office for a more detailed analysis. The results will be reported to the garrison commander as a tool for determining what is most important to the community and the unit leadership. Additionally, the results will be reported back to the community so customers will know how their opinion compares to other people who took the survey.

For more information about the survey, contact the Customer Management Services office at [usaghi.cms@us.army.mil](mailto:usaghi.cms@us.army.mil) or call 655-9033.

The ultimate goal is to provide the best quality of service within the garrison. If services that customers want are provided well, then the garrison is doing the right things to support Soldiers, families and the community.

## AUSA unveils plans for survivor support

### ROB MCVLAINE

Family and Morale Welfare and Recreation Command Public Affairs

WASHINGTON — In the spirit of the Army Family Covenant, the U.S. Army unveiled its plan for Survivor Outreach Services (SOS) at the AUSA Family Forum I, "Army Family Covenant, A Year in Review," Oct. 6.

Survivor Outreach Services is a joint effort between the Installation Management Command, the Family and Morale, Welfare & Recreation Command (FMWRC) and the Army Casualty and Mortuary Affairs Operation Center (CMAOC).

"We are dedicated to supporting survivors, and letting them know that the Army will not forget them," said Lt. Col. Betsy Graham, chief, Long Term Family Case Management Branch. "They will continue to be part of the Army family for as long as they desire."

Following the chief of staff of the Army's opening remarks on the Army Family Covenant, a formal joint briefing on SOS was presented by Col. Carl Johnson, chief, CMAOC, and Delores Johnson, Family Programs director, FMWRC.

"This Army program was largely developed based

SEE SURVIVOR, A-4

## Chaplain shares 7 good things about combat deployment

### CHAPLAIN (CAPT.) DANIEL CHO

524th Combat Sustainment Support Battalion

As I start my article today, I wonder how many people in this world can say they served a combat duty tour in their lives.

I don't know exactly, but I think not many people have served combat duty. However, some of our Soldiers will be deploying for their third or fourth time. Nowadays, a lot of people say things negatively about deployments. Well, today, I'd like to talk about the "7 Good Things About Deployment":

1. You will really be thankful for your family members. Of course, as soon as you leave your parents and your spouse will be praying more than before. If you have a spouse, you will deeply be thankful for your spouse more than before. Until you come back, every day you will miss your spouse and loved ones.

2. You will deeply realize this country's beauty. As soon as you leave the country, especially this beautiful island, you will automatically realize and be thankful to God that you have a great country God allows in your life. Of course, our nation is not the

greatest country in this world; however, there are so many people who really want to come and live in our country as well.

3. You will realize how wonderful all armed forces work together as a great team. Before we deploy, we normally work together in our Army environments. However, when we deploy we always work together as a great team with other armed services. So you will learn how important it is to work together and you will also deeply appreciate other brothers and sisters from different branches.

4. If you want to, you will save some money before you come back. Before I came to the U.S., when I was a young man I served in the Korean Marine Corps for two and half years. Back then, they paid me less than \$5 a month. When I was in combat duty, I saw many Soldiers who saved up a lot of money before they came back. We all know that money is not everything in our

lives; however, it is a very important matter in our lives.

God says through the Bible, "A feast is made for laughter, and wine makes life merry, but money is the answer for everything" Ecclesiastes 10:19 (New International Version). A combat environment is hard, however, when you are in combat-duty area, you will be supported by almost everything you need. If you want to save money, it's not hard to do.

5. You will deeply learn the most important matter of our lives, which is endurance. As a human being, the hardest thing to have is endurance or patience. We all know combat environments are very hard to live in. So every day we have to deal with endurance.

Your spouses will take care of all the issues at home. Your children must wait for their father or mother to come back. You will profoundly learn what it means to have endurance. And you will grow in many ways and become a very strong person.

The Bible says, "So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing" James 1:4 (New Living Translation).



Cho

# Voices of Ohana

What do you do to relieve stress?



"Try to do PT, running."

Spc. Jason Hollingsworth  
3rd BSTB  
Intelligence Analyst



"Listen to instrumental music featuring the saxophone."

Sgt. Ida Ramarui  
A Co., 2-49th Eng. Bn.  
Human Resources Sergeant



"Exercise."

Jim Schellenger  
Education Center  
Education Facilities



"Go out with friends and talk, write."

Pfc. Tina Suhren  
540th  
Quartermaster  
Company  
Supply Specialist



"Go to the beach."

Karla Van Beveren  
Family member



Sgt. Brad Willeford | 1st Battalion, 27th Infantry Regiment

## Reading with the people

CAMP TAJI, Iraq — Staff Sgt. Rudy Mello, looks at a newspaper with a man in the Rashidyah Nahia, during a patrol through a market, recently. Mello serves as an infantry squad leader with B Company, 1st Battalion, 27th Infantry Regiment “Wolfhounds.”

# Wolfhound pup fights terrorist activity

## PFC. JOHN AHN

1st Battalion, 27th Infantry Regiment

CAMP TAJI, Iraq — Known as “Havoc,” he is the youngest Soldier in his company and also is affectionately known as the company “pup.”

Havoc’s real name is Pfc. Robert Hatala, and he is a reconnaissance scout assigned to Headquarters and Headquarters Company, 1st Battalion, 27th Infantry Regiment “Wolfhounds.”

Hatala joined the Army in July 2007, just three days after graduating high school in Ottawa, Ill. His goal, he said, is

to do his part and better his life. Joining the Army was a stepping stone for his future aspirations. Ultimately, he plans to pursue a career in special weapons and tactics law enforcement after using his college benefits from the Army.

In the meantime, he serves his country proudly.

“I knew it would come sooner or later,” stated Hatala, in speaking about the inevitability of deploying to the warfront.

He rapidly deployed in support of Operation Iraqi Freedom in December 2007, where he is currently patrolling, securing

and conducting reconnaissance missions in the Istiqlal Qada, to help ensure that the residents in this area are free of criminal and terrorist activity.

Hatala took part in numerous successful missions that resulted in the capture of several of the brigade’s and battalion’s high-value individuals during a two-week surge to combat terrorist activity in the area. Through the eight- to 10-hour night missions, Havoc continued to keep fellow Soldiers motivated through his jokes and

**SEE PUP, A-4**

# Sol guards remain on job

**OIF**

## KEN GRIFFIN

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — It’s business as usual for the volunteer security force known as the Sons of Iraq (SoI) or Abna al Iraq, in Tarmiyah, northwest of Baghdad, as they patrol their city streets day and night.

As Soldiers from A Company, 1st Battalion, 14th Infantry Regiment “Golden Dragons,” conducted a routine SoI checkpoint reconnaissance mission, recently, they saw what they always see: SoI guards manning their posts, doing their jobs.

“There hasn’t been any change,” said Spc. Bryan Austin, a Golden Dragon squad leader. “They don’t seem to mind that they’ll be paid by the Iraqi Army instead of us, and they’re still out providing security.”

Although the entire SoI organization is in a transition phase, its mission remains the same and is unlikely to change in the near future, said Capt. Jeremy Clardy, brigade planner, 2nd Stryker Brigade Combat Team (SBCT). Next month, the security force will fall under Government of Iraq (GoI) control, drawing pay from the Iraqi Army rather than U.S. forces.

“We’ve registered 96 percent of our SoIs with the GoI,” Clardy said, also

mentioning that under the GoI plan, many SoIs would transition to Iraqi Security Force positions and possibly civilian jobs.

The Sons of Iraq began in Anbar province as the Awakening Council, formed by Sunni Sheik Ahmed Abu Risa and other tribal leaders who grew tired of unnecessary violence and crime al-Qaeda had forced on them. The movement rapidly spread to other provinces, making its way to Taji Qada.

Many analysts, civilian and military leaders have recognized the SoI as a key factor in increased security throughout Iraq, and key 1-14th Inf. Regt. leaders agree.

“The Sons of Iraq have not only provided security in Tarmiyah, dropping attacks from a few a day to a few a week, but have given the local populace hope, peace of mind and a return to normalcy,” said Capt. Calvin Kline, information operations officer, 2nd SBCT. “They deserve security positions where they’ll be able to continue to provide security ... they’ve made great sacrifices and have proudly served their country.”

In recognition of those sacrifices, 2nd SBCT will continue to monitor the transition and facilitate a smooth transition, Kline said. In other words, the deterrence against terrorism the SoI provide is not going away any time soon.

# Pup: Hatala motivates his platoon mates

CONTINUED FROM A-3

uplifting personality.

“(Havoc) is the most high energy person I have ever met. It doesn’t matter how tired everyone else is. He always has energy,” said Staff Sgt. Michael Mucha, section leader in the reconnaissance platoon.

The pace of missions is hard, but the reconnaissance platoon continues to stay motivated and detain terrorists who have hurt or killed innocent Iraqi people. Hatala rests a few hours and then continues to search for the enemy.

“It’s a cool job,” Hatala said. “You go out on missions, look for the bad guys and provide accurate and timely information to other units to facilitate (future) operations.”

Lt. Col. Richard “Flip” Wilson, task force commander, recognized Hatala for his service and for being the youngest “Outlaw” Soldier, recently, by giving him a command coin.

Hatala has a large family waiting and praying for his safe return home in 2009. His fiancé is raising the couple’s 1-year-old son while Hatala is deployed; they’re expecting twins in November. The young couple had planned to wed during Hatala’s rest and recuperation leave, but the dates weren’t compatible with their families.

When he returns to Hawaii from combat operations, he said he plans to spend time with his children and get married as soon as possible.

In the meantime, Havoc will keep up the spirits of his platoon.



Hatala

# Wolfhounds plow through ‘blizzard’ OIF

Police, coalition forces hand out wanted posters

Story and Photo by  
**STAFF SGT. J.B. JASO III**  
1st Battalion, 27th Infantry Regiment

CAMP TAJI, Iraq — There is a blizzard hitting Husayniyah town, northeast of Baghdad.

This blizzard isn’t cooling the summer temperatures, nor is it blowing snow. Rather, Soldiers from Multinational Division – Baghdad’s A Company, 1st Battalion, 27th Infantry Regiment “Wolfhounds,” are weathering the 110-degree summer heat and severe dust storms in an effort to rid the area of terrorist activities as part of Operation Wolfhound Blizzard. The “blizzard” here refers to a large dissemination of flyers and wanted posters on known criminals in the area.

The operation began as an ongoing effort between the Wolfhounds and the 2nd Brigade, 1st Iraqi National Police (INP) Division, to ensure the safety of residents in the area.



Maj. Patrick Aspland points out an individual that is wanted for terrorist activity to a young man in Husayniyah, northeast of Baghdad, during Operation Wolfhound Blizzard, recently.

Operation Blizzard increased a presence of INP and Wolfhounds in the Istaqlal Qada. The INP and Soldiers informed res-

idents about criminals in the area and highlighted recent essential service gains.

“We are notifying residents of known

terrorists that plan to return to the area from other locations,” said 1st Lt. Tommy Ryan, Wolfhound platoon leader.

“The people are tired of living their life in fear, and they are calling us with information that we hope will lead to arrests.”

While they receive information on the whereabouts of terrorists in the area, the Wolfhounds and INP continue to inform residents by disseminating wanted posters and flyers.

“The other night, I was giving some men the wanted signs and they looked at the picture of the terrorist and immediately threw it on the ground,” said an INP officer. “The men immediately began stomping the picture with the bottom of their shoes.”

The officer said this reaction was a true indication people want to live their lives in peace and free from terrorists.

The overwhelming support from residents is allowing the INP and the Wolfhounds to continue to remove terrorists and ensure the safety of the residents.

## Iraqi police officers qualify to train peers

‘Steel Trainer’ program makes best IPs better

Story and Photo by  
**CPL. DUSTIN WEIDMAN**  
1st Battalion, 21st Infantry Regiment

BAGHDAD — Twenty Iraqi Police (IP) officers graduated the “Steel Trainer” program in Nasser Wa Salam, west of Baghdad, recently.

The Soldiers of Mortar Platoon “Steel,” 1st Battalion, 21st Infantry Regiment, began “Steel Trainer” as a train-the-trainer program. Only the best officers from local stations are selected to attend the six-week program.

“These were the best IPs from Abu Ghraib,” said Staff Sgt. Gary Strickland, section sergeant for the mortar platoon. “Now that they have graduated Steel Trainer, they are even better.”

The goal of the program is to train the selected IP officers so, in turn, they are able to return to their stations and train fellow officers what they learned in the program. The course included training on checkpoint operations, clearing houses, making arrests and searching for weapons and improvised-explosive device materials.

At the end of the six-week program, students are given a final exam in which they are required to complete the tasks

they have learned without the help of instructors.

The exam proves their competency in the tasks and their ability to go back and train other officers at their stations, said Strickland.

“These are some of the best Iraqi Police in Abu Ghraib,” said Brig. Gen. Kareem at the graduation ceremony. “With what they have learned over the past six weeks, it will help to improve security in Abu Ghraib.”

Spc. Anh Nguyen, gunner for the Mortar Platoon, 1st Battalion, 21st Infantry Regiment, is “captured” by students from the Iraqi Police participating in the “Steel Trainer” train-the-trainer program.





The 25th Infantry Division Tropic Lightning 10-mile run team gather at division headquarters prior to heading to Washington, D.C., to represent the 25th ID in the annual Army Ten-Miler and at the Association of the U.S. Army Conference.

# 25th Infantry Soldiers take part in AUSA Conference, Amy Ten-Miler

Story and Photo by

**PVT.2 JESUS ARANDA**

25th Infantry Division Public Affairs

WASHINGTON — Journeying further from their island homes, Tropic Lightning Soldiers found themselves in the nation's capital and closer to the nation's heart.

Members and leadership of 25th Infantry Division (ID) attended the 2008 Association of the U.S. Army (AUSA) annual meeting and exposition at the Walter E. Washington Convention Center in Washington, D.C., Oct. 6-8.

AUSA welcomed more than 29,000 attendees from a multitude of countries to participate in many events, conferences and discussions to assist Soldiers in communicating openly, networking and witnessing the latest innovations in military strategy and technology.

"The event was more about professional development and reaching the Soldier than anything else," said Lt. Col. Eulalio Medina, civil affairs officer.

The event kicked off with the 24th annual Army Ten-Miler marathon run, Oct. 5, with proceeds going to the Army Family and Morale, Welfare and Recreation Program (FMWR).

The Army Ten-Miler, the largest 10-mile run in America and the second largest 10-mile run in the world, attracted military and civilian runners from more than a dozen countries.

Beginning and ending at the Pentagon, runners passed several of the capital's historic landmarks, such as the Lincoln Memorial, the Washington Monument, the Potomac River, and the Smithsonian National Museum of Natural History.

"We had a great team," said Capt. Chris Brown, division strength manager and coach of the 25th ID Tropic Lightning run team. "We came in pretty strong, so I was very proud of my

## RELATED STORY

• The 94th Army Air and Missile Defense Command's 1st Sgt. Patricia Williams received the Larry Strickland Leadership Award and Scholarship at the AUSA Conference. See next week's *Hawaii Army Weekly* for the full story.

team and how well they did in the run."

"It was my first run, but the training really paid off," said Spc. Zachary Rios, G-3 aviation operations specialist. "We trained for ten weeks with strenuous runs, light runs, strength training and cardio training to prepare."

The Tropic Lightning run team placed fifth overall in the Army Ten-Miler Active Duty Mixed Division. Capt. Douglas Holt, G-3 aviation officer, the team's first to cross the finish line, completed the course with a time of 1:04:26.

"The difficult part about the run was fighting through the runners to get in front. It's easy to get gridlocked behind other runners," said Rios. "Other than that, I loved it."

The convention hosted more than 200 corporations and exhibitors, displaying innovations and conveniences that promise to make the Army's future operations in theater and abroad easier.

"There were new humvees, radar systems, you name it," Rios said. "Also displayed was a new kind of lasers built into the handgrips. I really think they will be beneficial for infantrymen when it comes to missions."

Medina credits the initiative of Maj. Gen. Robert Caslen Jr., commanding general (CG), 25th ID, for the capacity at which the 25th ID was able to attend the event.

"The CG's guidance brought the command group and the run team together to represent the

division for the whole conference," said Medina. "Everybody involved got to get a taste of not just the convention, but the Washington area, as well. I think everybody had a great time."

Medina serves as the state of Hawaii's AUSA convention representative, accepting several streamers for the Hawaii AUSA chapters guidon, including the 233rd Army Birthday streamer and the Special Award Ribbon 2008.

"We visited the Armed Forces Retirement Home," Medina said. "It was an honor to meet veterans from our nation's wars and see what they have done for us."

Additionally, Medina, as well as other 25th ID Soldiers and representatives, had the opportunity to participate in guided tours of Arlington National Cemetery and the Pentagon.

"It was great a great experience and a unique opportunity to unite," said Medina. "We met people we would otherwise not have an opportunity to meet. The camaraderie throughout the convention was profound because Soldiers regardless of rank interacted with each other."

Army Chief of Staff Gen. George Casey Jr., former Secretary of State Madeleine Albright, and Sergeant Major of the Army Kenneth Preston led the conference, discussing a range of topics largely focusing on welfare and support of Soldiers and their families.

"The Sergeant Major of the Army had a discussion with a lot of the junior enlisted Soldiers focusing a lot on the Army, where it's at, where it's going, and how we're going to get there," said Rios.

"I think we were successful in our role in that we all represented who we are as the 25th Infantry Division and what we bring to the table," said Medina. "Everyone participated in capturing knowledge and bringing it back home."

## News Briefs

Send news announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 17 / Today

**Crime Tips** — Community members can now submit anonymous crime tips to the military police via cell phone text messaging or online.

To submit a text message tip through your personal cell phone, send "TIP730" along with your tip information to the number "Crimes" (274637). To submit a tip online, visit [www.militarycrimetips.com](http://www.militarycrimetips.com).

**Installation Access Office** — U.S. Army-Hawaii personnel, local community members and business people who meet access control requirements can now obtain installation access picture IDs at Fort Shafter Flats.

The office, located at Building 1599, Room 110 (adjacent to Vehicle Registration), will be open Tuesdays and Thursdays, 9 a.m.-3:30 p.m., closing for lunch from 11:30 a.m.-noon.

The Directorate of Emergency Services anticipates expanding the service to Monday-Friday within the next 90 days. The Leilehua Golf Course Installation Access Control Office's hours of operation remain unchanged,

Monday-Friday, 9 a.m.-3:30 p.m.

**Athletic Field Closure** — The following athletic fields will be closed due to an irrigation system being installed:

- Stoneman softball field, Oct. 6-13;
  - Stoneman stadium infield, Oct. 14-26;
  - Gimlet softball field, Oct. 27-Nov. 7;
  - Patriot Park, Nov. 10-23;
  - Watts Field, Nov. 24-Dec. 14;
  - Wheeler Army Airfield's baseball fields, Dec. 15-31.
- Call 655-9915/9654.

**Vehicle Resale Lot Relocated** — The Resale Lot, located behind the Schofield Barracks Commissary, has relocated to the parking lot behind the post office.

The service is now free; however, authorized patrons must register U.S. Army Garrison-Oahu. Contact the Oahu North Community Director's Office, 655-0497/1252.

### 20 / Monday

**Womens Army Corps Celebration** — Beginning Oct. 20 through mid-November, the Army will be celebrating the 30th anniversary of the full integration of women in the Army. The Army Deputy Chief of Staff for Personnel, G-1, is looking for former members of the Womens Army Corps who would like to share their stories and memories with their local media. E-mail [g1pao.hqda@us.army.mil](mailto:g1pao.hqda@us.army.mil).

### 21 / Tuesday

**Oahu North Community Town Hall** — The next town hall meeting for the Oahu North community will be held at the Sgt. Smith Theater, Schofield Barracks, Oct. 21, at 6:30 p.m.

The town hall provides information about community events, security, housing updates, deployments and much more.

Call Melvin Wright at 655-0497.

### 22 / Wednesday

**Post Exchange Meeting** — The next Fort Shafter Post Exchange/Market meeting for the Oahu South community will be Oct. 22, 10-11 a.m., at the U.S. Army Garrison-Oahu Conference Room, Building 344, 263 Montgomery Drive.

All Fort Shafter community members are invited to attend and provide input. Call Rosey Stone at 438-6147 for more details.

### 23 / Thursday

**Volunteer Ceremony** — The next 25th Infantry Division Quarterly Volunteer Ceremony will be held at Schofield's Post Conference Room, Oct. 23, 10 a.m.

**Retirement Ceremony** — The next 8th Theater Sustainment Command and 25th Infantry Division retirement ceremony will be held at the Nehelani, Schofield Barracks, Oct. 23, at 2 p.m.

# Combat engineers honor WWII veteran, fellow engineer

Story and Photo by

**SPC. KYNDAL HERNANDEZ**

8th Theater Sustainment Command Public Affairs

KAILUA — World War II veteran, 83 year-old Sgt. Rehman Scholz got a big surprise Oct. 2, when two fellow engineers with the 130th Engineer Brigade paid him a visit at Castle Medical Center, here.

Col. Fabian Mendoza, commander, 130th Eng. Bde. and Command Sgt. Maj. Dale Moran visited Scholz to show their appreciation for his military service in a time of war. The pair presented Scholz with an honorary certificate, a T-shirt and a shadow box filled with medals he received while on active duty, including a Purple Heart.

Mendoza said the 8th Theater Sustainment Command (TSC) Chief of Staff Col. Darryl Daugherty brought to their attention that Scholz was in the hospital, so they wanted to do something special for him.

"We found out from his wife that he had lost all of his awards he received when he was on active duty, we being on



Col. Fabian Mendoza, commander, 130th Engineer Brigade, and Command Sgt. Maj. Dale Moran present gifts to World War II veteran Sgt. Rehman Scholz while he was at Castle Medical Center in Kailua, Oct. 2.

the active side of the house, we have a responsibility for our veterans. And when any veteran comes calling for us, it is our responsibility to help and assist as

much as we can," said Mendoza. "Then, of course, the affiliation with our regiment and the engineer castle and the esprit de corps, there was no hesitation. It was just

amazing that we had the privilege to do that."

"It's unbelievable," Scholz explained. "I really can't put it in words but it's far from anything I ever expected."

**"I wouldn't go through it again for the world ... But I wouldn't have missed it for the world either."**

*Former Sgt. Rehman Scholz  
World War II Veteran*

Scholz took the oath of enlistment in December 1942, and went to basic training in February 1943. Soon after that he went to war and fought in the Battle of Normandy and the Battle of the Bulge, where he was injured and sent to Paris for surgery on Christmas Eve.

"I had one of my most memorable experiences when I was there," Scholz said. "Madeline Carol was a volunteer nurse at the time, when I was leaving, she came on the train and handed me a donut ... I never ate that donut."

After Scholz returned to his unit, he spent three months in Berlin before finally returning home. When he returned, he was discharged from the Army, attended Purdue University and became a civil engineer, thanks to the G.I. Bill, he said.

Aside from the gifts Scholz received at the hospital, Mendoza and Moran also inducted him as an honorary member of the 130th Eng. Bde.

"Once you are affiliated with a brigade, you're a member for the rest of your life. It's your family," Mendoza said. "We made him and honorary member so that if he ever needs anything he is part of our family."

Scholz is currently in the hospital due to a heart condition and is awaiting surgery.

"I get asked the question many times, do you regret going into the military, having gone through what you did," Scholz said. "I say no, I wouldn't go through it again for the world ... But I wouldn't have missed it for the world either."

## Survivor: Services help families

CONTINUED FROM A-2

upon feedback we received from our survivors," said Johnson. "It is designed to ensure we take a more proactive approach to meeting the needs of survivors, while also helping others prepare in advance for the unexpected."

By expanding and improving services to families of the fallen, SOS will ensure a holistic and multiagency approach by providing services at the installation level and across all components to reach Reserve component and geographically dispersed families.

Following the formal announcement, a working session convened, bringing together eight surviving parents, 20 surviving spouses, and six non-governmental organizations, including the National Military Family Association, Tragedy Assistance Program for Survivors, Helping Unite Gold Star Survivors, God Star Wives, Soldier Angels and Veteranscorp, Inc.

"Our objective for that meeting," said Vickie LaFollette, chief of Army Family Enrichment, FMWRC, "was to listen to the survivors' concerns after presenting the gaps in service we've identified and our recommended solutions."

**On The WEB** Visit Army OneSource at [www.myarmylifetoo.com](http://www.myarmylifetoo.com).

SOS will provide additional staff at 33 casualty assistance centers Armywide, training for casualty assistance officers, and specialized resources to help casualty assistance officers support families of deceased Soldiers. Benefit specialists knowledgeable of all entitlements and special benefits available to survivors will be added to the casualty assistance center staff. In addition, the Army will hire certified financial counselors to help families address funeral and estate planning issues.

To ensure survivors receive ongoing support, SOS support coordinators will

be available in the Army Community Service centers. These coordinators will provide long-term support throughout the grief process, coordinate support groups, provide information and referral services, coordinate child care as needed, and provide other services as required.

This holistic strategy will streamline and improve the overall process. To inform survivors of the change, CMAOC sent letters to all known survivors this fall.

"But the challenge remains," said Graham. "We've received approximately 20 percent return on our letters because people move and addresses have changed."

"If you're a survivor and you haven't heard from us, let us know," Graham said. "Go to your local casualty assistance center and update your information. We want you to know that you're still included in the Army family."

## Engineers: Training gives Soldiers a lesson in teamwork

CONTINUED FROM A-1

stressful situation and they have to think on their feet quicker."

Mendoza said his Soldiers repeatedly had to go through the lanes times until they understood their role and how to function as a team.

"I think this was actually great training," said Spc. Jason Marshall, a combat engineer with the 95th Sapper Company. "We have gone through (the lanes) a few times and these guys are already starting to pick up on the basic necessities of finding (improvised explosive devices). We are got a lot out of it the more and more times we did it, and another thing is we are a fairly new platoon so we are starting to figure out each other."

Leaders of the 130th Eng. Bde., 65th Eng. Bn., and members of the Counter Improvised Explosive Device (IED) Mobile Assistance Team, worked cohesively to plan a

realistic mission rehearsal exercise for the engineer Soldiers. The Counter Improvised Explosive Device (IED) Mobile Assistance Team is a subordinate team of the Joint Counter IED Center of Excellence, whose mission is to train nonbrigade combat teams on Central Command predeployment IED tasks.

"Our job is to help the unit design the training to fit their tasks and objectives in order for them to complete requirements prior to deployment," said Lt. Col. Emmett Burke, chief, C-IED Mobile Assistance Training Team. "The training went very well from both our standpoint and also from the unit's perspective."

"We are going to train the task to standard," said Burke. "So if the unit wants to do it again, we are here for them to do as many iterations to ensure that when that Soldier leaves that lane, they are comfortable and the leadership is comfortable that the task has been trained to standard."

# TAMC brings 'Sight, Sound, Smiles' to Southeast Asia

## TRIPLER ARMY MEDICAL CENTER PUBLIC AFFAIRS

News Release

As part of a humanitarian outreach program and the Pacific Command's (PACOM) mission to strengthen relationships and set conditions for regional security and prosperity, Tripler Army Medical Center (TAMC) sent specialized surgical teams to three Southeast Asia countries this year.

The Department of Defense (DoD) has a large number of ongoing humanitarian programs worldwide, ranging from medical missions to fresh water projects and building schools. TAMC is DoD's tertiary referral medical center for Asia and the Pacific and routinely provides medical support to humanitarian or disaster relief events in the region.

In many parts of developing Southeast Asia, health care access and capabilities are limited or too expensive, preventing impoverished families from getting the health care they need. As a result, there is large demand for all types of medical services but, in particular, specialized care.

A team of doctors was assembled to treat patients needing specialized care. These doctors recognize the significant impact that disorders of vision, hearing loss, craniofacial abnormalities, and other conditions of the head and neck can have and are dedicated to treating them.

The mission teams were named "Sight, Sound, and Smiles" because they were designed to provide surgical treatment for



Courtesy Photo

Sight, Sound and Smile Team and Academy members Capt. Marc Herr and Lt. Col. Chris Klem perform a surgical procedure during the Sight, Sound and Smile mission in Bangladesh, recently.

vision loss, hearing loss, and craniofacial disorders (cleft lip and palate). The first Sight, Sound, Smiles mission took place in Bangladesh in 2007.

"The Sight, Sound and Smile model allowed a much broader range of capabilities than we anticipated," said Lt. Col. Joseph Sniezek, chief of the Otolaryngology service (ear, nose and throat), TAMC. "We knew we could treat vision loss from cataracts, hearing loss from chronic infections, cleft lips and palate, but the reality was we were able to treat most disorders of the head and neck."

The missions are part of the Peace Through Health Care initiative, a congressional program designed to provide humanitarian assistance, improve medical readiness of U.S. surgical staff, and increase the medical capacity of our host country colleagues.

Three surgical missions were completed this year. Tripler physicians and team members planned, coordinated and led the teams: Lt. Col.

Scott Rooft led the team to Kuantan, Malaysia; Lt. Col. Christopher Klem and Benjamin Cable co-led the team to Bogra, Bangladesh; and Lt. Col. Joseph Sniezek and Mitchell Ramsey co-led the team to Phnom Penh, Cambodia.

All three missions had similar goals – to provide free surgical care to impoverished civilians, provide training and education, and build health care capacity. Every mission included otolaryngology residents who were largely responsible for much of the organization, planning and execution.

For the residents, these missions provided a great and varied clinical experience with exposure to very far advanced diseases. There was also a relevant military training aspect found in the planning and coordination as well as the execution which is often in austere conditions. Tripler is home to one of eight DoD Otolaryngology Training Programs. In total these programs represent about 10 percent of the total number of otolaryngology-head and neck surgeons trained in the U.S.

The Sight, Sound, Smiles teams collaborated with host nation military and civilian medical personnel. Two missions were carried out at military hospitals and one at a charity hospital. The team size ranged from seven to 13 personnel de-

pending upon the host country's needs and capabilities. The missions took place over a two week period – one week for travel, and one week of clinical operations.

"The need was overwhelming; most of the patients treated by the team would not have been able to get the care they needed because of lack of available expertise, cost or other limitations in the health care systems," said Ramsey, the mission team co-leader for Cambodia.

The Sight, Sound, and Smiles missions were received with overwhelming enthusiasm. This year, mission teams evaluated more than 350 patients and performed 150 surgical procedures; however, providing patient care to children and adults with so little means and such a high level of need was the most gratifying part of the mission.

"Ultimately, the goal is to achieve sustainability and increase capacity to the point where the host countries no longer need our assistance and patients can receive the care they need," Ramsey said. "Regardless of how you look at the outcomes – return on investment, training experience, capacity building, good will, or most importantly, the life altering impact on the patients – these missions were an incredible success."

# Equal opportunities apply to people with disabilities

JENN DOMASHEVICH  
Army News Service

FORT MCPHERSON, Ga. — Despite medical and technological advancements that offer greater opportunities for people with disabilities to work, their participation rate in the federal workforce has steadily declined while the overall federal workforce has actually grown.

Currently, disabled employees represent 0.92 percent of the federal workforce, a decrease of nearly 15 percent since 1997, according to the U.S. Equal Employment Opportunity Commission (EEOC).

"There are laws and regulations (on) the need to go out and hire and recruit people with disabilities," announced Christine Griffin, commissioner of the EEOC, at a July 23 conference in Washington, D.C.

Griffin called upon the federal government to set a goal of increasing the representation of disabled people in the workforce to 2 percent by 2010.

"We have more of a hook, frankly," she said. "Our hook is that we actually have laws and regulations that say to the federal government, 'you need to do a good job in this area.' And frankly, despite these laws, we are doing a terrible job."

An EEOC report released in January called upon the federal government to be the nation's model employer, providing equal opportunity to all Americans, including those with disabilities.

Among the highlighted obstacles that currently hinder the employment of people with disabilities is the lack of knowledge that agency officials have about how

to appropriately respond to reasonable accommodation requests.

For individuals with disabilities, normal workplace conditions may be workplace barriers, preventing them from carrying out their essential daily functions.

These barriers may be physical obstacles, such as inaccessible facilities or equipment. They may also be in the form of procedures or policy, such as unbendable work schedules and deadlines, when breaks are taken or how tasks are performed. Reasonable accommodations remove these barriers for employees with disabilities.

A reasonable accommodation is any change in the work environment or in the way a job is performed that enables a person with a disability to enjoy equal employment opportunities. There are three categories of reasonable accommodation: changes to a job application process; changes to a work environment or to the way a job is usually done; and changes that enable an employee with a disability to enjoy equal benefits and privileges of employment, such as access to training.

A person with a disability is qualified for a job if he or she can perform the essential functions of that job with or without the reasonable accommodation. Employers must make sure that once hired, individuals with disabilities have the tools they need to succeed and the same opportunities for advancement as other employees.

Even though the employer must ensure employees with disabilities receive the proper tools they need to perform their jobs efficiently, it is not the employer's job to recognize the disability, especially

when some disabilities cannot be seen based on appearance alone. Furthermore, it is illegal for an employer to ask about an applicant's disability before a job offer has been made.

"You can ask an employee during an interview if they can perform the essential functions of their job, and that's it," explained Lana Layton, an administrative judge for the EEOC. "Once they're hired, then you can ask if they need an accommodation to help them perform the essential functions of the job."

After being hired, the employer must be aware of an existing disability. This most often means that the employee must tell the employer that he or she needs an accommodation.

"Whenever you have an employee come up to you and say that they need an accommodation, the next step is to engage in an interactive process," Layton explained.

During this interactive process, the employer and employee discuss what is needed for the employee to perform his or her job in regards to accommodations.

To ensure there are no misunder-



standings regarding the exact accommodation an employee is requesting, the employee must complete a Confirmation of Request for Reasonable Accommodation.

Agencies must provide reasonable accommodations to qualified employees and applicants with disabilities, unless the accommodation would create an undue hardship on the everyday operations of the agency.

An undue hardship is an action that requires significant difficulty or expense in relation to the overall size of the agency's program with respect to the number of employees, the number and type of facilities and size of budget; the type of operation, including the composition and structure of the agency's workforce; and the nature and cost of the accommodation.

Reasonable accommodation allows agencies to expand their pool of qualified workers by giving them authorization to alter certain aspects of job functions to allow individuals with disabilities equal employment opportunities.

It is vital that people with disabilities who can and want to work are supported in their efforts to do so, and such support is available because of the advent of reasonable accommodation. With reasonable accommodation, any pre-existing barriers in the workplace have been knocked down, and the doorway to equal employment opportunities has been propped open.

*(Editor's Note: Jenn Domashevich writes for the Fort McPherson Sentinel.)*

# Study says Tricare's mental health services on track

## TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. — The results of a new study found Tricare reimbursement rates for mental health services are more than adequate compared to other health plans, and that access to care was not affected by the reimbursement rates. Statistics also indicated Tricare's new tool, the Behavioral Health Care Provider Locator and Appointment Assistance Service, is a success after eight months of operation.

Tricare announced the results of a recent study, Oct. 9, on the "Adequacy of Tricare Reimbursement Rates for Outpatient Men-

tal Health Services." Statistics were also released on the usage of the Behavioral Health Care Provider Locator and Appointment Assistance Service.

The study compared Tricare reimbursement rates to those of other health plans to determine if access to mental health services by Tricare beneficiaries was impaired in areas where Tricare reimbursement rates are below the median rates of other health plans.

The study examined many factors including the number of Tricare network providers, rate of change over time in the number of network mental health workers, and complaints from providers and beneficiaries about rates and services.

In the study, Tricare focused on 33 U.S. market areas and five current procedural terminology (CPT) codes, which are used to communicate consistent information about medical services in the areas of psychiatry, psychology and other outpatient mental health services.

For two of the CPT codes commercial insurance payments to psychiatrists exceeded the Champus maximum allowable charge (CMAC) amount for most claims. Conversely, psychiatrists offered discounts to Tricare approximately 50 percent of the time. Psychologists gave discounts of 10 to 15 percent from the CMAC for 80 percent of the services they provided to Tricare beneficiaries. In addition, 70 to 80 per-

cent of other mental health providers offered significant discounts to Tricare patients.

The study concluded that access to care was good.

Tricare also released statistics on the "Behavioral Health Care Provider Locator and Appointment Assistance Service." The service, launched in December 2007, is for active duty service members and their enrolled family members living in the U.S. who need help locating and making appointments with behavioral health providers.

Since the service began, the regional managed care support contractors (MCSC) have received more than 3,700 calls. The

service offers two alternatives for providing information. The MCSC can give the beneficiary phone numbers of providers or establish a three-way call with the beneficiary and the provider. The service has issued more than 2,500 referrals; completed three-way calls with more than 300 people; and directed 800 callers to other resources.

"This program is especially helpful for those who may find it hard to locate a behavioral health care provider in the network," said Maj. Gen. Elder Granger, deputy director, Tricare Management Activity. "It's exciting that people are utilizing the service. They also know they will receive quality care."



Sgt. Mike Alberts | 25th Combat Aviation Brigade Public Affairs

## Music maestro

SCHOFIELD BARRACKS — The 25th Infantry Division's 2008 Hispanic Heritage Month Observance was marked by a traditional Bolivian music and dance demonstration by Ronald Hurtado De Mendoza Munoz, featuring the Charanga, a traditional 10 double-stringed instrument, and a Bolivian dance called the Caporal. See next week's *Hawaii Army Weekly* for the full story.

# Tricare offers respite for caregivers of injured

## TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. — Tricare now offers primary caregivers of active duty service members much needed rest, relief and reprieve thanks to section 1633 of the 2008 National Defense Authorization Act (NDAA).

The respite benefit specifically helps homebound active duty service members who need frequent help from their primary caregiver.

It is important to know that "homebound" members are service members whose conditions or injuries make them unable to leave home without taxing effort. "Frequent" means that service members need more than two interventions during the eight-hour period per day that the primary caregiver would normally be sleeping.



For more information about this benefit, visit the Tricare Web site at [www.tricare.mil](http://www.tricare.mil).

To provide the best possible help and respite for caregivers, this benefit will provide a maximum of eight hours of respite per day, five days per week.

"What this benefit does is provide caregivers the opportunity to rest," said Maj. Gen. Elder Granger, deputy director, Tricare Management Activity. "We know that homebound patients have special

needs that take a real toll on the caregiver. And, if a caregiver is overworked, the wounded, ill or injured service member may suffer physically or mentally."

"Tricare knows that life doesn't stop when a service member is injured. Most of the time it just speeds up," said Granger. "Tricare wants to help the caregivers who help our service members. That's why this benefit is retroactive to Jan. 1, 2008, and has no cost shares or co-pays."

Active duty service members, or their legal representatives, can submit receipts for reimbursement of respite care services that were provided after Jan. 1, 2008, by a Tricare-authorized home health agency.

# Awards: INSCOM meets retention goals

CONTINUED FROM A-1

we face in re-enlisting Soldiers with valuable skills and talents that are very lucrative in the civilian sector.”

“Being a Soldier brings out the best in everyone ... I cannot tell you how proud I am to be a part of a unit with the type of (retention) success,” Ballard said. “My hat is off to all of you.”

Col. Christopher Ballard, commander, 500th Military Intelligence Brigade, recites the Oath of Re-enlistment to eight Soldiers at the Brigade's Retention Award Ceremony, Oct. 7, at the Nehelani.



# 29IBCT: Sergeant collapses after 6-mile training run

CONTINUED FROM A-1

Soldiers, who immediately began CPR.

Soldiers called Emergency Medical Services. Manglona was transported to Corewell County Emergency Room in Gatesville, Texas, and was pronounced dead at the hospital.

The official cause of death was not known at the time of this release and the incident is under investigation.

“Maj. Gen. Lee and I send our heartfelt condolences to Julian's family and to the Soldiers of the 29th IBCT and the 100th Battalion,” said Brig. Gen. Alexander Kozlov, commanding general of the 9th Mission Support Command.

“Losing a family member is very difficult. When Soldiers train and deploy together they, too, become like family. Anytime we lose a Sol-

dier we grieve. We are grieving right now. Our thoughts and prayers are with Julian's family and our Soldiers during this difficult time.”

The Hawaii Army National Guard's (HIARNG) 29th IBCT and the 100th Battalion are currently conducting mobilization training at the central Texas Army facility.

The 29th IBCT is headquartered at Kalaeloa (Barbers Point), Oahu. It is the largest unit in the HIARNG. Commanded by Col. Bruce Oliveira, the brigade is truly pan-Pacific with units located on the Big Island, Maui, Oahu and Kauai; on the mainland in Arizona; and in the Pacific at American Samoa, Guam and Saipan.

In July 2004, more than 2,100 Soldiers were ordered to report for active duty to begin preparations for a year of combat duty in Iraq. With six months of training time on the main-

land and at least a year in Iraq, the Hawaii Soldiers were deployed for a total of 18 months. In February 2005, the 29th IBCT replaced the 81st IBCT of the Washington State ARNG.

In mid-August 2008, about 1,200 Soldiers with the 29th IBCT left the Pacific to begin mobilization training at north Fort Hood. They are scheduled to depart for duty in the Middle East this month.

This is the second combat deployment for the 29th IBCT since the Vietnam War; the first being the 18-month deployment to Iraq and Kuwait three years ago. This time, the Hawaii Guardsmen will have command and control and security responsibilities in Kuwait.

# Aloha: Bronco Brigade honored by community

CONTINUED FROM A-1

“We can recall what happened when we came home,” Wong said. “We don't want you to go through what we've been through. We will be there to welcome you home. Call on us for help.”

“We signed the Army Community Covenant on the Fourth of July,” said Acohido, as he described the VFW's commitment to supporting deployed Soldiers and their families.

VFW programs include computer cafes in Iraq and Afghanistan, support to family readiness groups and the Unmet Needs Program, which supports families experiencing financial hardship.

Acohido and other VFW leaders presented calling cards and a banner to the brigade commander, Col. Walt Piatt. In addition, DAV Chaplain Robert Kent presented Gideon-donated New Testament Bibles to Chaplain (Capt.) Ed Willis, 3rd Squadron, 4th Cavalry Regiment, to distribute to Soldiers who request them.

“You are our ohana,” said Piatt

as he thanked the crowd for its support.

“Wahiawa is our home,” he said. “We've left our families here for many deployments and now we leave them again. This (presentation) is extra special coming from vets.”

“The Bronco Brigade has a new nickname, Bronco Lua, honoring the duality of the Hawaiian warrior,” Piatt continued. “Hard as the war god and soft as the moon goddess, this is what we must be to win the peace in Iraq.”

Piatt discussed the brigade's nonlethal focus on assisting farming, oil production and manufacturing throughout a swath of northern Iraq equal to the size of West Virginia. The brigade will also help train an Iraqi Army division and support the Iraqi provincial governments as they continue to build their capacity to govern.

“We can only do our mission with the support of the people back home. Now with these calling cards, I'll give you a call and let you know how we are doing,” Piatt said. “Thank you for your support.”



Getting flu shots were a big hit at Retiree Appreciation Day, recently, and Evelyn Arakaki, spouse of an Army retiree, was toward the head of the line. “It’s a plus to get my flu shot,” she said, as Col. Heidi Warrington, chief of Army Nursing Public Health, Pacific Regional Command, vaccinated her.

## Getting flu shot an easy choice

**JERRY HARBEN**  
U.S. Army Medical Command

You choose: a quick stick in the arm or a spray in the nose, or a week of headaches, coughing, sneezing, chicken soup and misery, while your unit works shorthanded.

Not a hard a choice to make.

Influenza is a contagious respiratory disease that can have serious, even fatal, effects. It threatens military readiness, with the potential to put many service members on sick call instead of on duty. Therefore, all military members are required to be vaccinated against the flu each year.

“The Centers for Disease Control and Prevention estimated an average of 36,000 Americans died annually in the 1990s due to influenza-related complications,” said Army Lt. Col. Patrick Garman, deputy director for scientific affairs at the Department of Defense Military Vaccine Agency. “Each year 5 to 20 percent of the United States population gets the flu, resulting in about 200,000 people being hospitalized. Vaccination is your best protection against influenza infection.

“DoD will offer its beneficiaries influenza vaccinations during the flu season in accordance with national guidelines,” he continued. “Certain groups take priority, such as active duty or individuals with chronic diseases like diabetes, and after these groups are adequately taken care of, the vaccine will be available to any beneficiary who wishes to be vaccinated.”

Flu immunizations are mandatory for all active duty, National Guard and reserve personnel. The Department of Defense has established a goal of having 90 percent of these people vaccinated by Dec. 31.

Vaccinations also are mandatory for civilian



Pvt. Carey Sexton, health care specialist, U.S. Army-Pacific Special Troops Battalion (STB), immunizes Master Sgt. Herman Welch, 8th Theater Sustainment Command STB, against influenza with the Flu Mist nasal spray, Wednesday.

health care personnel who provide direct patient care in DoD medical treatment facilities, and for emergency-essential DoD civilian personnel.

The vaccine is available by injection or intranasal spray.

“Influenza viruses change from year to year. Protection that develops after a person is infect-

### On The WEB

More information about flu vaccinations is available at [www.vaccines.mil/flu](http://www.vaccines.mil/flu) and from the Centers for Disease Control and Prevention at [www.cdc.gov/flu/protect](http://www.cdc.gov/flu/protect).

#### Flu shot schedule

Mark your calendar for the following dates:

- Nov. 29, Dec. 4 and Dec. 13 at the NEX, Pearl Harbor;
- Dec. 5 at Schofield’s Main Post Exchange;
- Dec. 19 at Hickam’s Base Exchange; and
- Dec. 20 at Marine Corps Base Kaneohe Exchange.

Flu shots will be administered from 9 a.m.-2 p.m. at all locations.

ed or is immunized against the circulating viruses of one season does not provide adequate cross-protection when a new influenza strain develops,” Garman said.

This year’s influenza vaccine composition in the U.S. is recommended for the Northern Hemisphere by the World Health Organization.

When the vaccine is well matched to the circulating virus strain, immunization of healthy adults has been 70 to 90 percent effective in preventing influenza illness.

“We stress that influenza vaccination should continue until the supply is exhausted or until the expiration date is reached for the vaccine. The highest incidence of disease is usually in February, but influenza can be contracted

year-round,” Garman said.

Influenza is spread through aerosolized respiratory droplets during close contact with an infected person or animal, or through contact with a contaminated object.

In addition to vaccination, experts recommend frequent hand washing and avoiding close contact with people who are sick. Also, people who are sick should avoid others, if possible, wash their hands often and cover their mouth and nose when coughing or sneezing to prevent the virus from spreading.

Most people who receive influenza vaccine experience no serious problems. Side effects of the injectable vaccine such as soreness, redness or swelling at the injection site, or fever, weakness, headache or muscle aches may last one or two days. More serious problems such as severe allergic reactions are rare.

Side effects of the intranasal vaccine can include runny nose, headache, fever, cough and sore throat.

People in a few categories, such as children less than 6 months old, those with sensitivity to eggs or egg products, or those with a history of Guillain-Barre Syndrome, should not receive the influenza vaccine.

While providing flu vaccinations, health care providers should screen immunization records to see if patients need other vaccines or boosters as well. Military commanders are responsible for ensuring immunization data is entered into electronic immunization tracking systems.

“Find out the hours of operation of your local DoD immunization clinic. Most organizations schedule walk-in clinic hours, so appointments may not be necessary,” Garman said.

Or, be prepared for that week of misery.

# Tricare answers general questions about flu vaccinations

**TARA MOGAN**  
TriWest Healthcare Alliance

Although flu season typically peaks in February, those of us with kids know we’re lucky to get through October without one of them bringing more than just homework home from school. Then it’s only a matter of time before that bug jumps from one member of the family to the next. But Tricare can help you swat that bug into the gutter to keep your family from being bowled over.

A flu shot is a covered preventive services benefit for all Tricare Prime, Standard and Extra beneficiaries. Flu vaccination is recommended in October or November, but may still be beneficial if received as late as December, as the

### On The WEB

For more information about Tricare coverage for flu vaccinations, visit [www.tricare.mil](http://www.tricare.mil), or the Healthy Living Portal at [www.triwest.com](http://www.triwest.com).

season typically runs from October through May.

There are two Tricare-covered options available:

The flu shot, which is an inactivated vaccine administered by needle. It is recommended for people ages 6 months or older, to include people with chronic medical conditions.

The nasal-spray flu vaccine, made

with live, weakened flu viruses that do not cause the flu. This is recommended for people ages 2-49 who are not pregnant.

#### Does the flu shot cause the flu?

No. “A coincidental virus or cold may creep up on you post-vaccination, but the virus that causes influenza will not come from receiving a flu shot,” said Dr. Len Tamsky, vice president of Health Care Services and senior medical director for TriWest Healthcare Alliance.

#### Who should get vaccinated?

As a general rule of thumb, anyone who wants to spare themselves or their family from the flu should get vaccinated. People at high risk for flu-related

complications, include but are not limited to:

- Children ages 6 months to 5 years,
- Women who will be pregnant during the flu season,
- People of any age with certain chronic diseases,
- People 50 years of age and older,
- People living in a nursing home, and
- Health care workers.

Regardless of your age or health, be sure to consult your primary care manager (PCM) about getting the vaccination, especially if you:

- Are ill,
- Are allergic to eggs,
- Have ever had an allergic reaction to a vaccine, and
- Have ever had Guillain-Barré Syndrome.

#### Where to go

If you are enrolled at a military treatment facility (MTF), contact your MTF to find out if and when flu shots are offered and then obtain the vaccination from your PCM. If you get a flu shot from a Tricare network provider, you do not need a referral or authorization from your PCM.

Flu shots received from a non-network provider — one who does not accept Tricare — are subject to point-of-service charges for Tricare Prime beneficiaries. Vaccines provided at civilian pharmacies and drugstores are not covered by Tricare.

Don’t let the flu bug strike your family. A little prevention can go a long way.



**17 / Today**

**Outdoor Recreation Renovations** – The Outdoor Recreation Equipment Check-out Center facility, Building 556, Schofield Barracks, will be undergoing facility renovations over the next several weeks.

During the renovation, equipment check-out, programs and all other services will continue to be available, operating out of Building 556 and temporary facilities in the parking lot.

There are no plans to close the facility during this time, but construction may cause closures or adjusted hours.

Hours of operations will continue to be Monday-Saturday, 8:30 a.m.-5:30 p.m., and Sundays, noon-4 p.m. Call 655-0143.

**Newborn Care** – How come they don't come with instruction manuals? Taking care of a newborn for the first time can be scary.

From holding to diapering to bathing, come learn the basics of newborn care in Newborn Care Classes I and II. Classes meet Oct. 17 and 24, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks. Call 655-4ACS (4227).

**18 / Saturday**

**Digital Camera Class** – The next session in this popular series will take place Oct. 18, 9:30 a.m.-noon, at the Arts & Crafts Center, Schofield Barracks.

Learn the basics of photocomposition and how to get the best shots out of that fancy new digital camera.

Cost is \$20 per person. Call 655-4202.

**Open House** – Fort Shafter's Teen Center will hold an open house, Oct. 18, at 5 p.m. Visit the teen center and learn about the year-round programs they offer including during school breaks.

There will be refreshments and a chance to win prizes. Call 438-9336.

**20 / Monday**

**Active Parenting Class** – The New Parent Support Program (NPS) will offer a one-day parenting class for parents of children ages 1-4 years, Oct. 20, 9-11 a.m., at Schofield's Army Community Service.

The class will teach parenting skills to enrich the parenting experience, teach parents how to recognize developmental milestones and teach them how to respond to difficult behavior in children.

Call 655-4227 to register.

**22 / Wednesday**

**Breast Feeding Basics** – Though it's one of the most natural things in the world, for many moms, breastfeeding can be confusing. Learn about getting started, overcoming



Chicpaul Becerra | Pohakuloa Training Area Public Affairs

**Many thanks for a job well done**

WAIKOLOA, Hawaii — Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, pins the Commander's Award for Civilian Service medal on Robert Wright, deputy garrison commander, U.S. Army Garrison-Pohakuloa Training Area (USAG-PTA) during a PTA staff farewell luncheon in his honor at Waikoloa Beach Marriott Resort & Spa, Oct. 9. Also at the luncheon was Wright's wife, Wonha, who was presented a Certificate of Recognition by Lt. Col. Warline Richardson, commander, USAG-PTA. Wright is PCSing to U.S. Army Garrison-Torii Station, Okinawa, Japan, and will serve as the deputy garrison commander.

ing challenges and the importance of breastfeeding for your baby. Class meets Oct. 22, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks.

Call Army Community Service at 655-4227.

**Breaking the Financial Bonds** – This class will provide information issues related to divorce: retirement, investing, home/rental property and taxes.

It will be held Oct. 22, 9 a.m., Army Community Service, Building 2091, Schofield Barracks. Call 655-4ACS (4227) to register.

**23 / Thursday**

**Stress Solutions Class** – Are you stressed out? Can you use some creative ways to manage your anger? Learn basic information for designing a personalized stress program, Oct. 23, 3-4:30 p.m., at Army Community Service, Building 2091, Schofield Barracks. Register at 655-4227.

**28 / Tuesday**

**Ages and Stages of Infant and Child Development** – Understanding the ages

and stages of normal child development will help you understand how to care for and encourage your child. Class meets Oct. 28, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks. Call Army Community Service at 655-4ACS (4227).

**31 / Friday**

**Children's Fall Festival** – Blue Star Card holders are invited to bring their kids and fall into fun at the Nehelani, Oct. 31. Drop in anytime between 3-5 p.m.

There will be fall-themed games and contests full of tricks and treats for all ages. Complimentary pupus will be provided. For reservations, call 438-0376 or e-mail Darlene.J.Marshall@us.army.mil.

**Big R: Fashion Fall Out** – Enjoy a great night of contests, dancing, karaoke and fun, Oct. 31, 7-9 p.m., at the Tropics Recreation Center, Schofield Barracks.

Come dressed in your favorite fashion that has fallen out of style. The Blue Star Card fashionista in the best (or worst) fashion will win a prize.

Don't have a favorite fashion? Come dressed in costume and still join in on the

fun. Reserve your seat and child care by calling 438-0376 or e-mailing Darlene.J.Marshall@us.army.mil.

**Ongoing**

**Change in Hours** – Fort Shafter's Thrift Shop has increased its hours of operation on Tuesdays and Fridays, 9 a.m.-1 p.m. and added Thursdays, 2-4 p.m.

Consignments for active duty military are only available on Thursdays.

The Thrift Shop is located at 342 Pierce St.; just follow the brown signs past the Post Exchange Market, Post Office, Vet Clinic and Housing Office.

Call 842-1074.

**FMWR Happenings** – To find out more information about Family and Morale, Welfare and Recreation activities, programs and facilities, pick up a copy of the "Discovery" magazine available at the Schofield Barracks Commissary, Fort Shafter Post Exchange, Aliamanu shoppette, Tripler mauka entrance, or any FMWR facility. Visit [www.mwrmhawaii.com](http://www.mwrmhawaii.com).



**Aliamanu (AMR) Chapel 836-4599**

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Edu.
- 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 Beach
- Protestant Sunday, 9 a.m. – Worship Service
- Buddhist 1st Sunday, 1 p.m.

**Fort Shafter Chapel 836-4599**

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

**Helemano (HMR) Chapel 653-0703**

- Contemporary Protestant Sunday, 9 a.m. – Bible Study Sunday, 10 a.m. – Worship Service & 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 Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School Sunday, noon – Worship Service

**MPC Annex, Building 791**

- Challice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

**Soldiers Chapel**

- Catholic Friday-Saturday, noon – Adoration
- Liturgical Sunday, 9:30 a.m. – Worship

**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 656-4481**

- Catholic Saturday, 5 p.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 9 a.m. – Sunday School



Call 624-2585 for movie listings or go to [aaes.com](http://aaes.com) under reeltime movie listing.



**Disaster Movie**

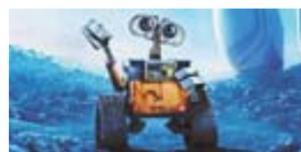
(PG-13)  
Friday, 7 p.m.  
Sunday, 2 p.m.

**The Mummy: Tomb of the Dragon Emperor**

(PG-13)  
Saturday, 4 p.m.

**Traitor**

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



**Wall-e**

(G)  
Sunday, 2 p.m.

**Bangkok Dangerous**

(R)  
Wednesday, 7 p.m.

**Tropic Thunder**

(R)  
Thursday, 7 p.m.

No shows on Mondays or Tuesdays.



Send announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**17 / Today**

**Employment Orientation** – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies. Reference materials, job listings, computers, Web tour and more will be available for use.

Orientations will be held at Schofield Barracks, ACS, today, and 24, 9-10:30 a.m. Call ACS at 655-4227 or register online at [www.acsclasses.com](http://www.acsclasses.com).

Child care vouchers are available if children are registered and space is reserved by a parent.

**Deployment Expo** – The 84th Engineer Battalion will host its deployment expo, today, 8 a.m.-noon, at the Nehelani, Schofield Barracks. Call 655-4358 for more details.

**Free Museum Admission** – In honor of its 20th anniversary, the Contemporary Museum will offer free admission to all patrons during the month of October.

A birthday celebration, complete with cake, will be held Oct. 22, during museum hours.

All year long, Oct. 1, 2008-Sept. 30, 2009, 20-somethings get in free with ID. Visit [www.tcmhi.org](http://www.tcmhi.org).

**18 / Saturday**

**Pearl Harbor Swirls** – The Rotary Club of Pearl Harbor will host a wine tasting fundraiser, Oct. 18, 5-8 p.m., at the Pacific Aviation Museum.

Tickets are \$85 per person and include samples of more than 32 wines from around the world, heavy pupus and a commemorative wine glass.

**Halloween festivities around Oahu**

**17 / Today**

**Halloween Dodge Ball Tournament** – The deadline to apply for the Family and Morale, Welfare and Recreation (FMWR) dodge ball tournament, Oct. 27-31, is today.

Teams may be co-ed and must have at least six people. All teams are highly encouraged to participate with costumes.

Call the Fort Shafter Fitness Center at 438-1152.

**21 / Tuesday**

**Honolulu Ghost Tour** – Historian Steve Fredrick will host tours throughout haunted sites and mystical places in downtown Honolulu and Chinatown, every Tuesday, Thursday and Saturday evening, 7:30 p.m., throughout October.

Paranormal activities are known to occur at several of the sites visited throughout the course of the one and a half hour walking tour. The tour is recommended for adults only.

Cost is \$25, but Hawaii Army Weekly readers will receive a \$5 discount if they bring this announcement with them. Participants are encouraged to wear comfortable walking shoes. Reservations are required.

E-mail [filmguy54@hotmail.com](mailto:filmguy54@hotmail.com), visit [www.stevetoursandfilms.vpweb.com](http://www.stevetoursandfilms.vpweb.com) or call 395-0674.

**24 / Friday**

**Costume Social** – Aliamanu Military Reservation's (AMR) Teen Center will host a costume social, Oct. 24, 7-9:30 p.m., at the Community Center, AMR. Wear your

costume and get a dollar off admission.

There will be a costume contest and refreshments will be served. The cost is \$3 for Child, Youth & School Services (CYS2) members and \$4 for non-members.

Bring your military/CYS2 ID. Call 833-0920 or 839-5957.

**Halloween Festival** – Get the scare of your life at the 10th Annual Bellows' BOO Fest, Oct. 24 and 25, 6-10 p.m. The theme this year is "Carnival of Lost Souls" and will feature spooky rides and attractions, live entertainment, costume contest, face painting and hair spraying and devilicious food. Save \$2 on presale tickets at your Information, Ticking and Registration office. Call 259-4112.

**28 / Tuesday**

**Costume Contest** – Come all dressed up for the Halloween costume contest, Oct. 28, 3-4 p.m., at Fort Shafter's Library; Oct. 29, 3-4:30 p.m., at Sgt. Yano Library, Schofield Barracks; and Oct. 30, 3-4 p.m., at Aliamanu Military Reservation (AMR) Library.

Prizes will be given for the best costume for ages 5 years and under and 6 years and up.

Call Fort Shafter at 438-9521, AMR at 833-4851, or Schofield at 655-8002.

**31 / Friday**

**Trick or Treating on Post** – Authorized Halloween trick or treat hours

Highlights include a make-and-take mini-pumpkin decorating station, a Ferris wheel, a turbo tubs ride, bounce playhouse and free fall-themed photos. Call 262-0687.

**21 / Tuesday**

**Free Online Job Training Classes – SEE COMMUNITY CALENDAR, B-3**

for the Fort Shafter and Schofield Barracks areas are Oct. 31, 5:30-8:30 p.m.

Children under the age of 10 require an adult escort. The Directorate of Emergency Services will partner with the 45th Sustainment Brigade to provide increased presence in the community during trick or treat hours.

Military and Department of the Army civilian police enhance safety by handing out chem-lites and ensuring all activities are conducted in a safe manner.

Parents are strongly encouraged to have children carry a flashlight or a chem-lite and to dress children in light-colored clothing or sew reflectors on dark clothing. Children should take precautions when crossing streets and use crosswalks.

**Halloween Spooktacular** – Jungle River Mini Golf will host a Halloween Spooktacular, Oct. 31, 6-9 p.m., at the Pearlridge Shopping Center.

The free family event will include a costume contest, door prizes, games, crafts and trick or treating. Call 488-8808.

**Trick or Trek** – Have a geocaching adventure with Outdoor Recreation and the opportunity to win great prizes, Oct. 31, 6 p.m. at Wheeler Gulch.

Geocaching is a high-tech treasure hunting game played by adventure seekers equipped with GPS devices. The cost is \$5. Call 655-0143.



# AAFES' rap, jingle contest gets encore performance till Oct. 31

ARMY & AIR FORCE EXCHANGE SERVICE  
News Release

DALLAS — The curtain has not gone down on the Army & Air Force Exchange Service's (AAFES) rap/jingle contest, meaning more time for aspiring artists to submit their rap or jingle for a shot at a \$500 shopping spree and a chance to be heard on the base and post exchange's worldwide television and radio networks.

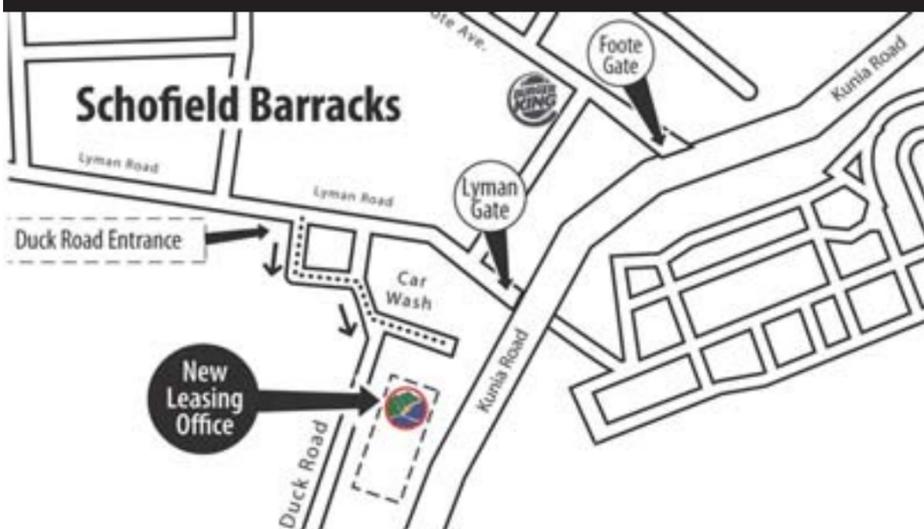
"We have received some very high-quality, entertaining raps and jingles that are certainly worthy to be used in AAFES' marketing efforts," said Mat Dromey, chief marketing officer, AAFES. "By extending the deadline an extra three weeks, we're allowing those creative juices a little more time to tell the AAFES story in a unique way."

Originally scheduled to wrap on Oct. 6, the contest deadline has been extended until Oct. 31. Open to authorized shoppers 18 years or older, AAFES' rap/jingle contest is a chance for every member of the military community to show off their talents by writing and performing an original jingle or rap song, up to 30 seconds in length.

Submissions to the rap/jingle contest can be about any one of the following four themes:

**On The WEB**  
Complete details concerning the AAFES rap/jingle contest, including a selection of approved backing tracks, are available at [www.aafes.com/Patriot\\_Family/rapjingle.asp](http://www.aafes.com/Patriot_Family/rapjingle.asp).

- What AAFES means to the entrant
  - The benefit AAFES provides military shoppers
  - The savings found at base and post exchanges (information about the AAFES "value story" is online at [www.aafes.com/docs/valuestory.htm](http://www.aafes.com/docs/valuestory.htm))
  - What the AAFES "Community Connection" means to the military community (background on the "Community Connection" is available at [www.aafes.com/Patriot\\_Family/home.asp](http://www.aafes.com/Patriot_Family/home.asp))
- Entries will be accepted electronically (through [www.aafes.com](http://www.aafes.com) or [PatriotFamily@aafes.com](mailto:PatriotFamily@aafes.com)) or by mail through Oct. 31. Submissions will be judged on style and creativity, suitability to be an AAFES official jingle, overall performance and the ability to tie-in with AAFES' "Community Connection" and "Value Story" themes.



## North housing office relocates

ARMY HAWAII FAMILY HOUSING  
News Release

SCHOFIELD BARRACKS — Effective Oct. 20, Army Hawaii Family Housing's (AHFH) North Regional Housing Office will relocate to 215 Duck

Road, Building 950, Schofield Barracks. On-post home leasing services as well as the Army's temporary lodging assistance (TLA) and off-post housing services will be available at the new location. Telephone numbers and e-mail addresses will remain the same.

## Community Calendar

From B-2

and click on the TeleSeminar link under the Virtual Classes header. Call 655-4227 for more information.

### 22 / Wednesday

**Post Exchange Meeting** — The next Fort Shafter Post Exchange/Market meeting for the Oahu South community will be held Oct. 22, 10-11 a.m., at the U.S. Army Garrison-Oahu Conference Room, Building 344, 263 Montgomery Dr.

All Fort Shafter community members are invited to attend and provide input. Call Rosey Stone at 438-6147 for more details.

### 23 / Thursday

**Operation Pay It Forward** — Deploying Soldiers can now donate items they would normally throw away to Operation Pay It Forward (OPIF), Building 2109 (behind Army Community Service), Schofield Barracks, which opens Oct. 23. The storefront will be open Thursdays, 3:30-7 p.m.

Soldiers new to Hawaii can purchase items (E-3 and below get 5 items free every visit, E-4 and above pay a small fee).

Proceeds will go into a Better Opportunities for Single Soldiers (BOSS) account and will be used to purchase necessities for the quads like shower curtains, snacks and hygiene items.

Volunteers are needed to work at the storefront. Call Sgt. Andre Espinosa at 227-4965.

**Environmental Film Series** — The Beach Environmental Awareness Campaign Hawaii (BEACH) will sponsor a film series to raise awareness of the impact of marine debris on marine life throughout October.

- Oct. 23, "Synthetic Polymers Entering the Marine Food Web."
- Oct. 30, "Our Ocean Dumping Grounds: Consequences and Repercussions for Sea Turtles."

All films begin at 6:30 p.m. at Hanalei Bay. Visit [www.b-e-a-c-h.org](http://www.b-e-a-c-h.org).

### 24 / Friday

**Orchestra Performance** — The Oahu Civic Orchestra will perform pieces from "West Side Story," "Swan Lake" and other musicals, Oct. 24, 7-8:30 p.m., at Pearlridge Shopping Center's Uptown Center Court. Call 488-0981.

### 25 / Saturday

**Silent Auction and Spaghetti Dinner** — The 2nd Stryker Brigade Combat Team (SBCT) Memorial Association will hold a Silent Auction and Spaghetti Din-

ner Oct. 25, 5-9 p.m., at the Tropics, Schofield Barracks.

Dinner tickets are \$8.00 presale and \$10.00 at the door. Dinner includes spaghetti, salad, bread and a nonalcoholic beverage.

All proceeds from the auction will be donated to the 2nd SBCT Memorial Association, a nonprofit organization established to honor fallen Soldiers from their deployment to Iraq with a permanent memorial.

The organization is currently soliciting donations for auction items.

If you would like to contribute or attend the auction, contact Lisa McCaffrey at [mccaffrt@aol.com](mailto:mccaffrt@aol.com).

**Holiday Faire** — The Children's Center Inc. Preschool's 24th Annual Holiday Faire will be held Oct. 25, 8:30 a.m.-2:30 p.m., at the Nuuanu Congregational Church.

The faire will feature family-style fun and food, keiki games/activities, crafts, baked goods, a country store, plants, silent auction, white elephant, raffle and entertainment.

Children ages 2-6 can sign up for the free Halloween parade, to be held 10-11 a.m. Admission and parking are free. Call 595-6341.

**Blues Festival** — Come to the Beyond the Blues Festival, featuring home style blues and rich, smooth jazz, Oct. 25, 10

a.m.-3 p.m., at Pearlridge Shopping Center's Uptown Center Court.

Call 488-0981.

### 26 / Sunday

**Torah Dedication** — A Jewish scribe will dedicate a new Torah, Oct. 26, 2 p.m., at the Aloha Jewish Chapel, Naval Station Pearl Harbor.

The chapel currently uses an 80-year-old Torah, which survived the Holocaust, but is in need of repair and restoration to remain kosher.

Call Harriet Weissman, 677-0120.

**Poker Run & Motorcycle Show** — A poker run and motorcycle show will be held Oct. 26 across four military installations, beginning and ending at Sand Island.

Instructors from the Motorcycle Safety Foundation will be on hand to pass out materials and talk about safety classes.

Cost is \$15 for the poker run and \$5 to enter your motorcycle in the show.

Call Jimmy Martin at 843-3895.

### 29 / Wednesday

**Film Festival** — Historian Steven Fredrick will show the third movie in his Hawaii Wartime Film Series, "A Wartime Comedy," featuring the East Side Kids, Oct. 29, 7 p.m., at the VIP Screening Room in Hawaii Kai.

Viewers are reminded by today's standards, the film is considered politically in-

correct.

Reservations are required, and tickets cost \$10. Call 395-0674 or e-mail [filmguy54@hotmail.com](mailto:filmguy54@hotmail.com).

### 31 / Friday

**Resume Writing Workshop** — Army Community Service (ACS) will hold a resume-writing workshop, Oct. 31, 9-11 a.m., at ACS, Schofield Barracks.

This workshop is open to military personnel, military family members and Department of Defense employees.

Call 655-4227 or register online at [www.acsclasses.com](http://www.acsclasses.com).

## Ongoing

**AER Scholarships** — Do you need money for college? Applications for the Stateside Spouse Education Assistance Program and the Dependent Children Scholarship Program are now available online at [www.aerhq.org](http://www.aerhq.org). Call Jackie Torres at 655-7132.

**Food For Families** — The Armed Services YMCA accepts donations of non-perishable items to replenish its food pantry. Its emergency food locker is available to families experiencing financial difficulty and needing extra assistance.

Supplies of canned goods, frozen food, dry goods and other items are accepted and usually available. Call 624-5645.



### 17 / Today

**Swimming Day** – The Exceptional Family Member Program (EFMP) will hold swimming days Oct. 17, 2:30-5 p.m., at the Richardson Pool, Schofield Barracks, and Oct. 24, 2:30-5 p.m., at Tripler Army Medical Center's pool.

Swimming provides families with special needs an opportunity to meet other families with unique challenges and to schedule some fun. Children and their families can feel free to enjoy togetherness and fun in a stress-free environment.

Registration is required, call EFMP at 655-4ACS (4227).

**Youth Sports Registrations** – Youth born between 1992-2003 can sign up for youth basketball or cheerleading through Oct. 28. The cost is \$60 for basketball or cheerleading. If using the same uniform as last year, cheerleading is \$20.

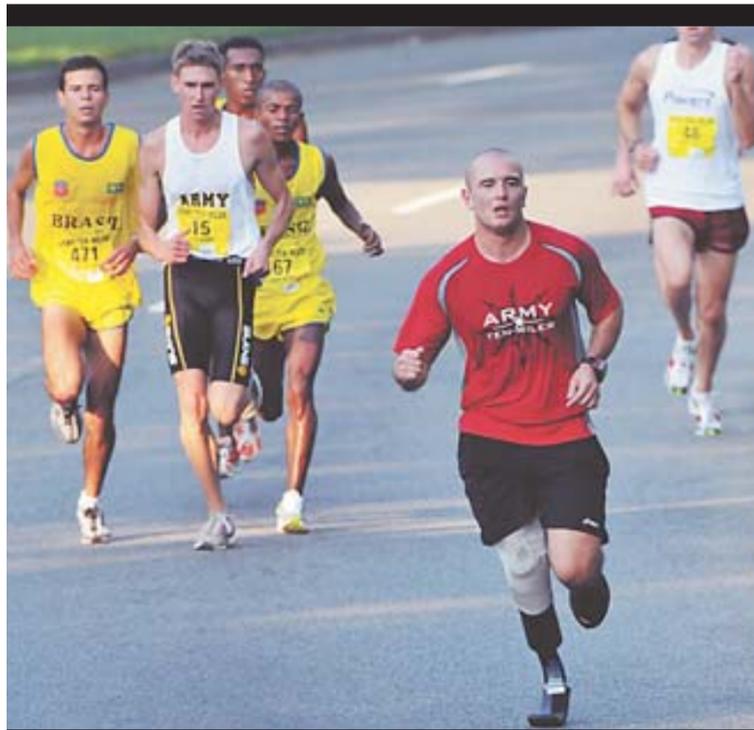
Practice begins approximately Jan. 6, for the Jan. 31-March 21 season.

Call the sports director at Aliamanu Military Reservation, 836-1923; Schofield Barracks, 655-6465; or Helemano Military Reservation, 655-0883.

Visit [mwarmyhawaii.com](http://mwarmyhawaii.com).

### 18 / Saturday

**Stampede Trail Run** – Wheeler Stables will hold a trail run, Oct. 18, 9 a.m.



Tim Hipps | FMWRC Public Affairs

## Closing the gap

WASHINGTON — Army Ten-Miler leaders Pvt. Reginaldo Campos Jr. of the Brazilian Army (471), U.S. All-Army Pvt. Philip Sakala (15) and Brazilia Joseuldo Nascimento (67) close the gap on a member of the Missing Parts in Action team during the 24th running of the Army Ten-Miler, Oct. 5.

The run will follow a 2.5-mile trail through Wheeler Army Airfield, beginning and ending at the stables.

Preregistration is available at Outdoor Recreation, Building 556, Schofield Barracks. Late registrations will be available

branches of the military.

E-mail [hsba@hiteamsports.com](mailto:hsba@hiteamsports.com) or call 218-4060.

### 19 / Sunday

**Hike Oahu** – Join the Hawaiian Trail & Mountain Club on a hike through Waianae Bridge.

Ramble across most of Waianae Valley, from the Lualualei overlook to Ala Kepau ridge (where the road and trail end). You'll see coffee, ironwood, lemon eucalyptus, allspice, sisal and other strange sights such as streams with running water, terraces built by the ancient Hawaiians and the house site of the Waianae Plantation manager. Just follow the yellow markers, or you may get lost at the many intersections.

This intermediate hike is 8 miles. Call

Steve Rohrmayr at 696-4746.

Save the date for these upcoming hikes, too:

- Oct. 25, a 4-mile intermediate hike through the Nuuanu Valley hillside.

- Nov. 8, a 4-mile intermediate hike through Waialae Ridge.

Hikes begin at 8 a.m., and a \$2 donation is requested of non-members. An adult must accompany children under 18. Hikers typically meet at Iolani Palace, mountainside, but for this hike, hikers will meet at Waianae Steve's.

Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect.

the day of the event at 8 a.m.

Top winners in both male and female categories will win \$250 gift cards. Call 655-0143.

### 21 / Tuesday

**Ladies' Fitness Classes** – Cardio Step & Circuit and Vinyasa Power Yoga classes are offered at the Fort Shafter Physical Fitness Center during female-only hours.

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

Call 438-1152.

### 22 / Wednesday

**Workout Without Walls** – Trying to get in shape but the same old routine has you unmotivated?

Outdoor Recreation gives you the chance to try a different workout in a new location every week.

The next class is Oct. 29, 8:30-11 a.m. Classes will be held every Wednesday. Each session costs \$10.

Call 655-0143.

### 25 / Saturday

**Deep Sea Fishing** – Don't miss your chance to catch the big one, Oct. 25. Outdoor Recreation will provide transportation, a cooler with ice, snacks and drinks. Space is available for groups up to six.

Cost is \$130 for a half-day session. Call 655-0143.

## Ongoing

**Belly Dance** – Learn the art of belly dancing at the Health and Fitness Center, Schofield Barracks, Tuesdays, 4-5 p.m. Call 655-8007.

Visit [www.htmclub.org](http://www.htmclub.org).

### 24 / Friday

**Lacrosse Tournament** – The 18th Annual Hawaii Lacrosse Invitational Tournament is Oct. 24-26 at Kapiolani Park, Diamond Head side in Waikiki. Since 1991, the Hawaii Lacrosse Invitational has welcomed men and women lacrosse players from across the globe as well as kamaaina for a weekend of world-class lacrosse, live entertainment, free clinics and more.

Visit [www.hawaiilacrosse.com](http://www.hawaiilacrosse.com).

## Ongoing

**Shafter Bowling** – Unit PT (physical training) bowling is held Monday-Friday,

**Mom and Baby Yoga** – Get fit with your baby at Mom and Baby Yoga, Wednesdays, 9:45 a.m., at the Heath and Fitness Center, Schofield Barracks. Mats are provided, but moms should bring a small towel or blanket for their babies to lie down on. Call 655-8007 to register or for more information.

**Paintball** – Check out the new paintball facility at Wheeler Army Airfield, just off of Lauhala Road next to the baseball fields. The facility features three lighted fields for day and evening play, and they are open for regular, league and youth play, plus private parties and physical training.

Visit [www.paintballhawaii.com](http://www.paintballhawaii.com) or call 343-3929.

**Karate Classes** – Children ages 5 and older can learn Do Shudokan karate at these physical fitness centers: Aliamanu, Fort Shafter, Helemano or Schofield's Bennett Youth Center.

All youth students must be registered at CYS; cost is \$35 per month. A discount is offered for two or more family members.

Also, adults 18 and older can learn Do Shudokan karate at the Aliamanu Physical Fitness Center, Mondays and Wednesdays, 7-8:30 p.m. Cost is \$40 per month. Call instructor Joseph Bunch at 488-6372 or 265-5476.

**Golf 4 Food and Fun** – Get a team together and come out to Nagorski Golf Course, Fort Shafter, every Tuesday, 2:30-4:30 p.m.

Golf 4 Food and Fun offers a nine-hole green fee, a foursome platter of pupus from Mulligan's, a pitcher of beverages and a luck door prize entry. Call 438-9587.

6-8 a.m. Cost is \$1 per Soldier and includes all games and free shoe rental. Reservations and a minimum of 20 bowlers is required.

Call 438-6733 for more information.

**Fleet Feet** – Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field.

The club meets Wednesdays from 5:15-7 p.m. Cost is \$50 per year. Call 277-3609.

**Wahine Sailors** – The Wahine Sailors is seeking new members.

Cost is \$35 per year or \$5 per sail. All levels are welcome. Call for more

**SEE COMMUNITY SPORTS, B-5**



Send sports announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 18 / Saturday

**Hawaii Streetball Association** – The next Hawaii Streetball 3-on-3x3 Tournament will be held Oct. 18, 10 a.m., at Ilima Intermediate School, Ewa Beach.

The Hawaii Streetball Association is looking for teams to join and represent all communities on Oahu, including all



Sgt. Dejuan Bowdry, right; adjusts the nautilus machine for Sgt. Yolanda Shy, center. Shy and Bowdry work together as Special Population PT trainers. Both have helped Sgt. Karen Cobb, left; work to reduce her run time by three minutes and lose more than 15 pounds on the program.

## Soldiers see results in new PT regimen

Story and Photos by  
**SGT. 1ST CLASS SHERYL L. LAWRY**  
 500th Military Intelligence Brigade

SCHOFIELD BARRACKS — Conducting physical fitness is something everyone in the Army is required to do. At the unit level, it's the responsibility of the first sergeant and company commander to ensure their Soldiers meet and maintain Army standards.

Ensuring Soldiers in the Headquarters and Headquarters Detachment, 500th Military Intelligence Brigade, have every opportunity to succeed, 1st Sgt. Anthony Bishop designed and implemented a program titled "Special Population PT."

The program was originally designed for Soldiers who needed additional assistance in areas in which they were weak, but after those same people made significant and very visible improvements, it became populated by Soldiers who were coming back from injuries, giving birth, TDY, extended leave or simply wanted to improve their current fitness level.

The program combines weight training and cardio workouts that are tailored to the needs



Staff Sgt. Robert Quidilla works on the nautilus leg machine as part of his Special Population PT workout program that is tailored to his fitness needs. Quidilla has lost more than 30 pounds on the program.

of the Soldier. This three-times-a-week regimen is different from the normal PT session given in a morning formation, though.

"(We conduct) weight training on Tuesdays

and Thursdays, and cardio on Wednesdays. Sometimes weight training is mixed with light cardio, depending on the needs of individuals in the program," said Sgt. Dejuan Bowdry, one of the program trainers. "(The program) works. It makes the Soldiers feel good about themselves when they see their (PT) scores increase and their weight decrease."

The success stories continue to surface, too. "I like (the program). It helps everybody who puts the time and effort in to it," said Pfc. Ashley Hogan. "I gained 41 points on my PT score."

For Bishop, knowing his Soldiers are pleased and doing well in the program is all that matters.

"Special Pops makes me proud because it validates that if Soldiers are willing to put the effort into getting better they will," Bishop said.

"The Soldiers who have exceeded the goals that were set for them all want to continue, although there is no requirement ... to stay in the program. Soldiers are fired up and, more importantly, they rave about how good the program is."

## Community Sports

From B-4

information, including the meeting place and times at 235-8392.

**Outdoor Excursions for Veterans** — Outward Bound, an international nonprofit outdoor education program, will offer fully funded outdoor adventure excursions to all Operation Iraqi Freedom and Operation Enduring Freedom (OIF/OEF) veterans.

Anyone who has deployed in support of OIF/OEF combat operations is eligible to apply.

The five-day excursions offer adventure activities in Maine, Texas, Colorado, California and Minnesota. All expedition costs for lodging, equipment, food and instruction are completely funded by a multimillion dollar Sierra Club grant, including the participants' round-trip transportation between home and the wilderness site.

To sign up for a prescheduled course, call Doug Hayward at 1-866-669-2362, ext. 8387.

Visit [obvets@outwardbound.org](mailto:obvets@outwardbound.org).

**Golfers Wanted** — Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course can call 347-8038 or 375-3322. Tee time is usually before 8 a.m.

**Jazzercise** — Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikale.

Classes are held Mondays and Wednesdays, 6:30-7:30 p.m., at the Waikale Elementary School cafeteria. Call 674-1083.

**Hawaii Youth Triathlon Club** — Children, ages 7-19, are invited to join the Hawaii Youth Triathlon Club, an organized sports club run by athletes.

Membership is \$50 and includes an annual membership with USA Triathlon, insurance during training, a swim cap and club certificate,

review clinics and newsletter. Visit [www.hawaiiouthtri.com](http://www.hawaiiouthtri.com).

**TOPS** — The Take Off Pounds Sensibly (TOPS) support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other.

Call Cheryl at 696-4423 for more information.

**Waikale Wrestlers** — The Waikale Athletic Club holds wrestling classes for children and adults. Cost is \$45 per student. Call 671-7169.

**Bike Hawaii** — Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included.

To schedule adventures, visit [www.bikehawaii.com](http://www.bikehawaii.com) or call 734-4214.

**Escrima Classes** — Pedoy's School of Escrima, the Filipino art of self-defense, holds classes every Tuesday, Thursday and Sunday at its training center in Waipio. Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438 or 216-3211.

Escrima classes for men, women and children of all ages are also held at Mililani Elementary School. Classes are Wednesdays, 6:30-7:30 p.m., and Saturdays, 9:30-10:30 a.m.

Call 398-0119 for details.

**Football League** — The Hawaii Athletic League of Scholars (HALOS) is signing up youth players for its upcoming spring football season. HALOS, a no-weight limit tackle football league for ages 9-14, is a nonprofit group that aspires to provide a high-quality experience for kids. Visit [www.my-halos.com](http://www.my-halos.com), or call 620-8523.

**Wrestlers Wanted** — Hawaiian Championship Wrestling seeks new members. Applicants should be at least 6-feet tall, weigh 250 pounds or have an above average muscular build. Sports background is preferred.

Call 676-8107.