

## INSIDE



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Soldiers of the 29th Engineer Battalion (Topographical), acting on the first order of new commanding officer Maj. Gen. William H. Brandenburg, swap out their United States Army Pacific shoulder patches for the reactivated 8th Theater Sustainment Command (TSC). The engineers are one of eight units making up the 8th TSC.

## 8th TSC reactivates, transforms

Story and Photo by  
**J. REESE**  
U.S. Army Garrison, Hawaii, Public Affairs

The 8th Theater Sustainment Command was formally activated and Maj. Gen. William H. Brandenburg assumed its command in a ceremony that took place Monday on Sills Field.

The ceremony marked the unit's return to duty after it was inactivated more than 35 years ago.

Host commander Lt. Gen. John M. Brown

III, commander of U.S. Army, Pacific (US-ARPAC), addressed the troops and guests and introduced the incoming commander.

"I could not pick a better warrior. I could not pick a more professional general officer. I couldn't pick a man I respect any more than Major General Bill Brandenburg," said Brown.

Brandenburg, an infantry officer, assumed duties as deputy commanding general, US-ARPAC, Aug. 8, 2003, before he deployed to Iraq as the deputy commanding general of detainee operations and commanding general of

Task Force 34.

"Twenty-eight years ago, on this same field, I was privileged to take command of my first company. Obviously, a significant change has occurred, both here at Schofield and with me," said Brandenburg. "But it seems very fitting that I should return to this same place."

Brandenburg's first order as commander was for the units to change their shoulder patches to the 8th TSC patch – a white shield

SEE 8TH TSC, A-6

## 25th brethren become 'united by sacrifice'

Story and Photos by  
**AIKO BRUM**  
Managing Editor

Spec.4 Dean Wooten, a highly respected veteran of Meigs County, Ohio, is one of Soldiers now memorialized at the Tropic Lightning Memorial, outside Fernandez Hall, the 25th Infantry Division (ID) headquarters at Schofield Barracks.

Wooten survived a tour of duty in Vietnam ('69-'70) with the 125th Signal Battalion, only to return home and tragically die in a farm accident, said David Garrod, past president of the 25th ID Association and co-chair of its fundraising. Garrod himself was drafted into the Army and shipped to South Vietnam with the 3rd Squadron, 4th Armored Cavalry, 25th ID, in 1966.

"He's at home now," Garrod said of Wooten, in a faltering, barely audible voice, moments after pouring fresh, rich soil from Meigs County at Wooten's memorial brick.

"We lost quite a few ... the 3-4th 'Cav,' back in '67, '68. They were the worst off. I'll never forget it, January 31st, the Tet Offensive in '68," Garrod said, recalling images. "We lost



Sgt. 1st Class Caroline Trent (left) ensures 25th Infantry Division Association veteran Tom Jones and her working party, Sgt. John Truman (center) and Cpl. Jose Mares, both of Headquarters and Headquarters Company, 25th Special Troops Battalion, are "good to go."

thirteen guys in two hours ... We have a tribute to the thirteen killed in action at the top left corner of the yard."

Soldiers like Ed McKenna of B Troop, 3-4th Cavalry Regiment (March 1967 to March 1968) and airman Chet Fedorowicz (Tan

Son Nhut Air Base, near Ho Chi Minh City, Saigon) are other comrades Garrod remembered on the grounds of the Schofield monu-

SEE MEMORIAL, A-6

## Combined Federal Campaign 2006 gets in gear with kickoff

Story and Photo by  
**CHRISTA B. THOMAS**  
Pau Hana Editor

The idea of changing lives not lost on CFC charity fair attendees

Most service members and civilians in Hawaii don't hesitate or think twice about spending \$5 a day for lunch.

Consider this, by brown-bagging it once a week and turning that same \$5 into a Combined Federal Campaign (CFC) donation, a child attending school in a third-world country can each lunch everyday – for a whole year.

That was an underlying mes-



Robin Sherrod, Volunteer Program manager for Army Community Services, shares information on the Army Family Team Building (AFTB) educational programs with Staff Sgt. Hernandez. AFTB's CFC code is 8011.

**On The WEB**  
Get CFC-Hawaii information at the USARPAC Web site:  
[www.usarpac.army.mil/cfc2006/](http://www.usarpac.army.mil/cfc2006/)

sage at the Army's CFC kick-off held at the Schofield Barracks Nhelani, Monday. The theme for this year's campaign is "Your Gift Changes Lives."

Col. Timothy Ryan (rear detachment commander, 25th Infantry Division) and Lt. Gen. John M. Brown III (commander, U.S. Army, Pacific), 2006 Hawaii-Pacific CFC chairperson, addressed the throng of Soldiers, civilians and repre-

## IED kills two 25ID Soldiers

The Department of Defense announced the death of two Soldiers who were supporting Operation

Iraqi Freedom: Sgt. Velton Locklear, III, 29, of Lacey, Wash., an infantryman who entered the Army in June 2003; and Pfc. Kenneth E Kincaid, IV, 25, of Lilburn, Ga., also an infantryman, who entered the Army in October 2005.

The Soldiers died in Riyadh, Iraq, on Sept. 23, of injuries sus-

tained when an improvised explosive device detonated near their humvee during combat operations.

Both were assigned from the 2nd Battalion, 27th Infantry Regiment, 3rd Brigade, 25th Infantry Division, Schofield Barracks, Hawaii in February this year.

## DOD to review decorations program

**SGT. SARA WOOD, USA**  
American Forces Press Service

WASHINGTON – In an effort to provide clarity in awards standards across the military services, the Department of Defense (DoD) has begun a comprehensive review of military awards and decorations, a DoD official said here yesterday.

This routine review will result in revision of DoD Instruction 1348.33-M, the Manual of Military Decorations and Awards, Bill Carr, deputy undersecretary of defense for military personnel policy, said in an interview.

The changing nature of warfare in the global war on terror and lessons learned during the past few years have prompted some changes to make the system work better across the military, Carr said.

"It's been about 10 years since we've reviewed our directive in a comprehensive way and, given the events of the global war on terror – our experience operationally in that environment, there are some

SEE AWARDS, A-7

representatives from more than 30 charities in attendance.

"We live in an abundant nation," Ryan said. "We are the most blessed nation, and we are willing to share that abundance."

Brown reminded guests that the CFC is something the Army family has supported for decades.

"These great charities give us a chance to help out here in Hawaii, in our hometowns on the mainland and internationally," he said.

"Why should we give to the CFC?" Brown asked. "Everyone in the room has directly benefited from one of the CFC organiza-

SEE CFC, A-7

We want to hear from you...

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

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

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

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

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# What are 'outrages on personal dignity'?

**KATHLEEN T. RHEM**  
American Forces Press Service

WASHINGTON – Detainee treatment and interrogation operations at Guantanamo Bay, Cuba, are fully compliant with the Detainee Treatment Act and Common Article 3 of the Geneva Conventions – at least as best as U.S. military leaders understand Common Article 3, the general with overall responsibility for operations there said yesterday.

Army Gen. Bantz J. Craddock, commander of U.S. Southern Command, said "outrages on personal dignity" – outlawed by Common Article 3 – is an overly ambiguous term that could lead to trouble for U.S. service members trying to understand rules for interrogations.

"In the military, we like 'tasks, conditions and standards,'" he said. "We need to know what it is we have to do, the conditions under which we do it, and we want to know the standard, the level of expertise required. What is it that we must reach?"

Craddock told a group of Pentagon reporters he'd like to see the article defined more clearly because "outrages on personal dignity" can mean different things to different people.

"I don't know what an outrage on personal dignity is. It's in the eye of the beholder," he said. "Look, I pledged a fraternity. I felt I had some outrages on personal dignity, but others didn't feel that way."

A new Army field manual on interrogations, out earlier this month, provides specific techniques that are banned.

Craddock said this type of specificity is helpful.

"We don't cross lines when we know where those lines are," he said of military experts conducting interrogations at Guantanamo Bay. "And we're trying to make sure the line is very clear and that we understand it."

He likened banning outrages on personal dignity to saying speeding is illegal but not setting a speed limit. "To say, 'Don't speed,' isn't good enough," Craddock said. "Give me a speed limit and tell me that under certain conditions – rainy, wet, snow – the speed limit's 'this.' But just to say, 'Don't speed' ... I don't want to sign up for that."

Military interrogators need to have a clear

understanding of the rules, so they don't inadvertently break them and open themselves up to punishment or prosecution.

"The notion that, 'We don't know how to define it, but we'll know when it's not right when we see it,' is, I think, unacceptable," Craddock said. "It puts our folks in harm's way."

U.S. Southern Command is responsible for U.S. military operations in Central and South America and the Caribbean. Craddock is slated to hand over reigns of the command in October.

He has been nominated to command U.S. European Command and also to head NATO military operations. Navy Vice Adm. James G. Stavridis has been nominated for his fourth star and to replace Craddock at Southern Command.

**COMMENTARY**

# 'Universal' ID card to be part of security upgrades

**GERRY J. GILMORE**  
American Forces Press Service

WASHINGTON, Sept. 18, 2006 – New identification cards to be issued to Defense Department employees beginning next month will help standardize work-force identification and security access systems across the government, a senior Defense Department official said here Sept. 15.

The new common access card eventually will be issued to all federal employees and is part of a standardized, secure credentialing system that was mandated after the Sept. 11, 2001, terrorist attacks, Mary Dixon, deputy director of the Defense Manpower Data Center in Arlington, Va., said Sept. 15 during a joint interview with American Forces Press Service and the Pentagon Channel.

Starting Oct. 27, the new "super CAC" ID cards will be issued to employees over the next three years as the old cards reach their expiration dates, she said.

The new cards interface with a secure, encrypted credentialing database and are interoperable for personal identification as well as access to federal buildings and facilities, she said.

However, each facility will still determine who is authorized access, Dixon pointed out. Information embedded on the cards is quickly referenced and compared to centrally stored personnel security clearance data, she said.

"It is an effort to try to improve the security in the federal government," Dixon explained. The new cards also help employees secure their computer networks,

she said, as well as providing improved security for federal buildings, military installations and campuses.

"So, I can use this card, not just in the Department of Defense, but it can be read in other agencies," Dixon said. "If they choose to give me access, they can then read my card," she said.

The new card features the user's photograph, like other cards now in circulation, Dixon said. But its computer chip also will contain two encrypted fingerprints, as well as a unique personal identification number.

The new card can be read, either by swiping it or by waving it near a special card reader, she said.

Issuance of the new card has the potential of reducing the number of agency security badges, Dixon said, because federal agencies will refer to a standardized credentialing system. However, agency security administrators still have the authority to approve or deny access.

"The card, on its own, does not entitle you to any access to anything," Dixon explained. "It is an authentication token."

"Every time you use the card, it is authenticated, meaning somebody checks to make sure that that card is a 'good' card issued in the Department of Defense to you, and that it is still valid," Dixon said.

As always, employees who believe their government-issued ID card has been lost or stolen are required to notify security administrators, Dixon said, who then deactivate the card.

This ensures that cards reported stolen or missing can't be used in DoD, she said.



Spc. Mike Alberts | 3rd Infantry Brigade Combat Team Public Affairs

## A General visit

Col. Patrick Stackpole (left), brigade commander, 3rd Infantry Brigade Combat Team, 25th Infantry Division, and Command Sgt. Major Frank Leota, brigade command sergeant major, 3IBCT (right), greet Gen. George W. Casey Jr. (center), commanding general, Multi-National Force Iraq, at Forward Operating Base Warrior, Kirkuk, Iraq, Sept. 22. Casey visited Stackpole's brigade for an update of operations in the Kirkuk province.

**LIGHTNING SPIRIT**

# Sincere apologies are vital to sustain healthy relationships

**CHAPLAIN (CAPT.) RAY ESTES**  
Squadron Chaplain, 5th Squadron,  
14th Cavalry Regiment

Dr. Gary Chapman, a well-known Christian marriage and family therapist and author, has recently released a new book entitled "The Five Languages of Apology." If you are familiar with Chapman's work, you are probably aware that he has another very successful book entitled "The Five Love Languages."

I'll admit that, at first, I was a little skeptical about his new book. I found it very convenient for Chapman to discover "five" apology languages, and only five, which nicely matched his previous work on the five love languages. But, as I heard Chapman speak about the five languages of apology, I realized that he was on to something.

In his new book, Chapman says that the goal of any apology should be the restoration of a relationship. Although apologies pave the way for relationship restoration, for them to be effective, they have to be accepted. But for apologies to be accepted, they have to be considered sincere.

Sincerity is where many people miss the mark with their apologies. They are in fact

sincere, but the person they are apologizing to does not think they are sincere – because they are apologizing in a way that is different from the way the offended person ("the offeree") perceives sincere apologies, according to Chapman.

The author explains that just as people have different ways of expressing love and feeling loved, people have different ways of apologizing and receiving apologies. He calls these differences "apology languages."

The five types of apologies are 1) expressing regret, 2) accepting responsibility, 3) making restitution, 4) genuine repenting, and 5) requesting forgiveness.

The big question every offended person wonders when an offender apologizes is, "Are they sincere?" If the offender is not perceived as sincere, then the offeree is less likely to want to extend forgiveness and have the relationship restored.

Offenders, therefore, have to ensure that their apologies come across as sincere to offerees, so they can regain the closeness of fellowship they enjoyed prior to the offense.

Now let me quickly explain the five languages of apology, according to Chapman.

Usually, we express regret by saying, "I'm sorry." This apology communicates that we feel the offeree's pain and that we regret what we have done and the affect that it has caused the offeree.

In saying "I'm sorry," Chapman says we are expressing our feelings of pain and regret for our actions, and the subsequent results.

Accepting responsibility is often expressed by saying, "I was wrong." Some people need to hear us say we were wrong, which can be really difficult for some offenders to admit. But if we want our apology to come across as sincere to the offeree, we need to realize that some people need to hear us admit that we were wrong and made a mistake – before they will forgive us.

Making restitution might be expressed by asking, "What can I do to make this right?" or "How can I make up for this?" These questions or such actions show the offender is trying to make up for the offense. An example would be bringing flowers home to one's wife after an argument.

Genuine repenting is expressed in the statement, "I'll try not to do that again," says Chapman. It is the expression of a genuine

desire to turn things around, make a change, and not repeat the offense in the future. The intent is to not make the same mistake again.

Finally, requesting forgiveness is expressed in the question, "Will you forgive me?" Chapman says, and some people need to hear us ask them to forgive them, so that they receive a chance to verbally share their forgiveness with us.

Chapman says there is nothing wrong with us expressing our sincere apology with more than one of these methods, or even all five. However, we should realize that each and every person has his or her primary way of receiving what he or she considers to be a sincere apology.

A good and effective apology that aids in restoration of a relationship should be expressed in the language of the offeree. Once the apology is made and forgiveness is granted, the people affected should put the incident behind them and move forward to a new and better level of fellowship in the relationship.

Friendships are important, forgiveness keeps good friendships alive, and apologies pave the way to forgiveness.

# 2 days since last fatal accident

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

Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities. As of 9/27/06

# Voices of Lightning:

## "What's the best thing about your job?"



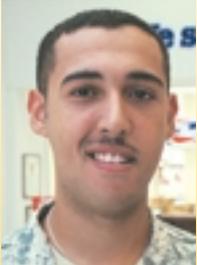
"I get to travel."

**Cpl. Jason Johnson**  
82nd Eng. Co  
Construction Equip. Operator



"Being available to Soldiers ... solving their phone problems on the spot."

**Karen Adams**  
Sprint Store Manager



"The relaxed, comfortable environment that Hawaii brings."

**Sgt. Willie Atiles**  
307th Signal Bn.  
Communication Specialist



"Field training."

**Spc. James Cleveland**  
66th Eng. Co.  
Combat Engineer



"Demolition training."

**Pfc. Robert Fiscal**  
66th Eng. Co.  
Combat Engineer

# 149th Guard complements 25th ID at Speicher



The 149th IBCT brings multiple, essential skill sets in support of the 25th ID Tropic Lightning Division

Story and Photo by  
**STAFF SGT. TYRONE C. MARSHALL JR.**  
Task Force Lightning Public Affairs

TIKRIT, Iraq — Soldiers residing at Contingency Operating Base (COB) Speicher enjoy, arguably, some of the best living conditions of any of the various COBs, forward operating bases (FOBs) or camps in Iraq — largely due to the diligence of a relatively small group of dedicated and passionate Soldiers in a unit that's been around quite a while.

The 149th Infantry Brigade Combat Team (IBCT), a National Guard unit home-based in Louisville, Ky., is the "lifeblood" of COB Speicher.

The brigade is responsible for all garrison functions such as force protection, infrastructure, official mail management, life support, expansion and base defense, with one goal: "to provide a safe and secure environment to enable Task Force Lightning to do its mission outside the fence," said Col. Charles T. Jones, commander, 149th IBCT, and a native of London, Ky.

Since assuming command of COB Speicher's garrison functions June 1, the unit has prided itself on providing Soldiers with the highest possible standards of living.

"I believe we've changed the whole atmosphere of the camp," said Master Sgt. Jeffrey N. Kemper, brigade communications noncommissioned officer (NCO) and life support operations (LSO) noncommissioned officer in charge (NCOIC).

For the 22 Soldiers here, task accomplishment has not always been easy. Each



Force protection officer Maj. Tamara Hurst (right center) of the 149th IBCT provides guidance to her security team, led by Samir Abdul-Sahib (right), during an impromptu visit to one of Contingency Operating Base Speicher's checkpoints, Sept. 19.

Soldier has faced his or her own difficulties in executing the mission.

"We're a 22-person team executing several missions," said Maj. Tamara M. Hurst, COB Speicher's force protection officer and a native of Frankfort, Ky. "We didn't come with any equipment, transportation or anything like that."

Other Soldiers in the unit adjusted to conducting garrison operations.

"I've always been in a [combat] unit," said 1st Sgt. William W. Hayes, first sergeant for Headquarters, and Headquarters Company (HHC), 149th IBCT. "Out of my 22 years, 18 were in a line unit."

Similarly, Sgt. Cory L. Edwards, a resident of Clarksville, Tenn., overcame chal-

lenges as the intelligence NCOIC.

"It was a 'learn on the fly' type thing," said Edwards. "The biggest challenge was just learning how to do it ... either you sink or you swim. The good thing about this unit is that everybody talks to each other. If you don't know something, it's not hard to get an answer."

As tasks multiplied, the unit's resiliency and resourcefulness began to show, for example, when needs arose as 14 Soldiers in the intelligence and operations sections, helmed by Maj. Michael A. Abell, conducted base defense missions for nearly 100 days. During this period, they captured and detained 23 anti-Iraqi forces.

"In our battle space, we have 300 square kilometers outside the perimeter," said Abell, a native of Louisville, Ky. "There wasn't one Soldier, sailor, airman or Marine — anybody who was killed or [severely] wounded."

Although they have only been here a few months, according to Jones, a 29-year veteran himself, experience is not an issue. Only about 500 of approximately 3,500 troops under his command haven't deployed before.

Jones also commands Soldiers serving in Multi-National Division Baghdad, as well as in two battalions in Kentucky and three in Alabama.

"My job is to make sure everybody who

lives on [COB] Speicher is successful," said Jones in his thick Kentucky accent. "If you're worrying about me doing my job, you ain't got time to focus on yours. Right?"

Jones' dedication to his enormous responsibilities and confidence seems to be infectious, and his attitude trickles down through his staff.

"We're just a group of Soldiers with a heart for service," said Hurst.

Generally, most Soldiers are trained to be flexible and adaptive. For the members of 149th IBCT, it's the norm. They enjoy the duality of the National Guard.

"We're utilizing our civilian skills and bringing them to the military sector," said Staff Sgt. Joseph Boccuzzi, range NCOIC for COB Speicher.

Oftentimes, the Guardsmen's multiple skill sets become essential. For instance, Hurst is the brigade S-1 and force protection officer, Hayes is the HHC first sergeant and LSO NCOIC, and Capt. Stephen M. Fuson is the HHC commander, as well as the night shift battle captain and education officer for COB Speicher.

As far as complementing the 25th Infantry Division, Jones demonstrates the mindset of the collective with a colorful analogy.

"We're team players ... don't worry about the horse — load the wagon," he said. "We'll tell you when we can't pull it anymore."

With the 149th IBCT's disciplined approach to its mission, COB Speicher won't have to worry about lack of motivation or service.

"[The] 149th IBCT represents everything that is good about the [National] Guard," said Abell. "All the old ways of the guard are gone ... what's left are the real warriors, the ones that have kept the tradition of the true militia alive."

# 25th ID suggests ideas, moves on

Story and Photo by  
**SGT. 1ST CLASS STEVEN PETIBONE**  
138th Mobile Public Affairs Detachment

MOSUL, Iraq — Another Operation Iraqi Freedom rotation has begun, and the 25th Infantry Division (ID) has assumed command of an area of responsibility once occupied by the 101st Airborne Division.

Maj. Gen. Benjamin Mixon, commander, 25th ID, met with Ninewa Province Governor Duriad Kashmoula to introduce himself, his staff and to discuss issues facing both parties.

Kashmoula described issues of fuel shortages, unemployment and other urban issues that, if fixed, could help Mosul better battle the influences of anti-Iraqi forces.

Mosul's chief of police, Maj. Gen. Wathic, talked about the criminal justice system. He pointed out that terrorists and insurgents are captured and not properly tried in Mosul. Many of them are set free by corrupt judges with known ties to Saddam Hussein's regime. He also stated that archaic laws that allow them to find loopholes to get freed are trying criminals.

Mixon asked that the U.S.-led Provincial Reconstruction Team, Rule of Law section, to focus on finding the facts and lend their help. He suggested that new



Maj. Gen. Mixon and his interpreter present Gov. Kashmoula with flyers from the 25th ID with a message of cooperation from coalition forces. (Photo by Sgt. 1st Class Steven Petibone, 138th Mobile Public Affairs Detachment, 15 Sept. 2006.)

judges would be periodically brought from Baghdad to replace incompetent or corrupt ones.

Iraqi Maj. Gen. Jamal articulated to Mixon that there are security issues having Iraq Security Forces stationed on the outskirts of Mosul. Mixon informed Jamal that he was briefed on the issues by the outgoing 101st commander, and emphasized that the Iraqi Army needs to stay in place but form a tighter working relationship with Coalition Forces and the

Iraqi Police while focusing on areas where insurgents operate.

The meeting concluded with Mixon assuring that he would return to talk to Kashmoula and his staff again. Mixon's staff handed out flyers with a message of cooperation between coalition and Iraqi forces.

As a token of friendship and unity all signed a poster of coalition and Iraqi Soldiers working together and was presented it to Kashmoula

## News Briefs

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

### 29 / Today

**Schofield Memorial Dedication** — As part of Tropic Lightning Day activities, the 25th Infantry Division (ID) Association will be dedicating the Schofield Memorial Monument, Sept. 29, outside the division headquarters, Building 580.

For more information on the 25th ID Association, visit [www.25thida.com](http://www.25thida.com).

## October

### 1 / Sunday

**Employee Climate Survey** — U.S. Army Garrison, Hawaii, employees are encouraged to complete the 2006 Employee Climate Survey that will provide pertinent feedback to garrison leadership. The survey will be available online starting Oct. 1 — 30.

For employees without Internet access, hard copies of the survey will be distributed through the various chains of command. For more information, call 656-4681.

**Domestic Violence Donation Stations** — October is Domestic Violence Awareness Month. The Armed Services YMCA will be accepting donations of non-perishable food items and cellular

phones with chargers for the Military Safe Shelter, Oct 7, from 9 a.m. to 1 p.m. at the Fort Shafter Post Exchange.

Additional donation dates are Oct. 15 in the Schofield commissary from 9 a.m. — 1 p.m., and Oct. 18 at the Aliamanu Military Reservation (AMR) Post Exchange from 2 to 5 p.m. Call 655-4ACS(4227).

### 3 / Tuesday

**Troops to Teachers** — The federally-funded Troops to Teachers program supports military members choosing teaching as their next career.

Find out what it takes to become a teacher and how the program can be of benefit.

The program coordinator is available 11:30 a.m. to 1 p.m. at the Schofield Education Center the first Tuesday of each month. Call 587-5580, extension 409 or e-mail [hawaiiitt@notes.k12.hi.us](mailto:hawaiiitt@notes.k12.hi.us).

### 6 / Friday

**Schofield Job Fair** — Jump start a new career at the Army Community Service and Army Career and Alumni Program Job Fair, from 9 a.m. to noon at the Nehelani.

Guests can meet with local and national company representatives, talk with recruiters, and pick up employment applications.

More than 50 companies are scheduled to participate. Please bring multiple

SEE NEWS BRIEFS, A-5

# State of Hawaii, military prep for pandemic outbreak

First-ever exercise tests first responders in state, military on Garden Isle

Story and Photo by  
**LT. COL. ED TOY**  
Joint Task Force Homeland Defense

BARKING SANDS, Kauai – The first Pandemic Influenza Medical Response Drill of its kind took place here Sept. 13-14 at the Pacific Missile Range.

Emergency responders and medical personnel from the Army, Navy and Coast Guard joined responders from state and federal agencies for the two-day event.

The mass casualty exercise replicated the idea of a "safe haven" operation with patient triage and medical monitoring to define the level of care needed.

During the exercise, emergency and medical services responded to victims suffering from infectious disease, critical trauma and other injuries after their plane had crash-landed on Wake Island. In the scenario, the plane landed due to an apparent outbreak of an infectious disease.

According to Lt. Col. Jimmy Barrow of the Pacific Air Forces Validating Flight Surgeons Office, "This exercise served to bring together the medical response capabilities of the joint and interagency



In the pandemic scenario, medical personnel tend to patients at an evaluation center at the former Barbers Point Naval Air Station. The exercise was designed to test medics on their ability to handle mass casualties.

partners.

"I have learned a lot about what has to come together and [about] the folks with

a part in the initial response," he said. "I have met a lot of good folks with good intentions, and I have learned their capa-

bilities. As for me, I can do my job better from what I have already experienced in helping plan this training event."

The ability to assess, accurately and timely, the signs and symptoms associated with an infectious disease were tested throughout the exercise.

In addition to assessing injury, responders set up a patient evaluation, quarantine and isolation area at the former Barbers Point Naval Air Station, now simply called Kalaeloa, nestled between Ewa Beach and Kapolei in West Oahu. With the help of the Hawaii National Guard, Air Force and Coast Guard, nearly 30 role players were flown in to act as patients.

Joint Task Force Homeland Defense provided operational support and coordination of key assets for the pandemic influenza medical response training. Members will produce a report of lessons learned that will outline the critical roles and responsibilities of each participant.

The entire training audience included numerous emergency medical service organizations, including Tripler Army Medical Center, U.S. Coast Guard and Navy medical teams, Hawaii state and local emergency services, the State Civil Defense Agency, the Department of Homeland Security, FEMA (Federal Emergency Management Agency), Hawaii's Department of Health and Human Services, the American Red Cross, Healthcare Association of Hawaii, and Queen's Medical Center.

## 'Emeril Live' hosts contest for aspiring military chefs

**ASHLEY FARRELL**  
Army News Service

WASHINGTON – If you're currently a chef on active duty, TV cooking-show icon Emeril Lagasse wants your favorite recipe.

Emeril is looking for a military chef who has the right recipe and knows how to use it. Any military chef who has a favorite dish can enter the first ever Military-Only Emeril Cooking Contest. Recipes ranging from jambalaya or marinated steak to specialty pies and appetizers all have a chance of winning.

"I have great respect for our men and women who serve in the military," Emeril said. "I also understand the challenges their chefs face stationed all over the world. We created this contest to acknowledge their hard work and dedication."

Emeril will pick his favorite entries, which will be used in an upcoming show. Recipes must be original creations and will be judged on creativity and, above all, taste.

The idea for the contest came from the show's great experience with the men

and women of the armed forces, said Karen Katz, a producer for the "Emeril Live" program. An aircraft hanger at McGuire Air Force Base, in Lakehurst, N.J., was the taping site of one of 2005's best "Emeril Live" shows and "was a huge success," she said.

"We have continued to have great experiences with the military when they have been included on the show, so when the idea for the military-only cooking contest came up, we all were on board," Katz said.

The contest starts at 9 a.m. Eastern Time Sept. 25 and ends at 5 p.m. Oct. 9. Interested chefs can enter by visiting the Food Network Web site at [www.FoodNetwork.com](http://www.FoodNetwork.com) and completing an entry form online that outlines personal and military background and the recipe. Participants must be at least 18, U.S. residents and active duty service members.

"We are anxious to see what is being served out there," Katz said. "We are always amazed by what America is cooking and are excited to include chefs of the Armed Forces."

## Convoy Cafe sets culinary standard

**SGT. EDMUND PEREZ**  
Headquarters and Support Company,  
84th Engineer Combat Battalion (Heavy)

LANDING SUPPORT AREA ANACONDA, Iraq – In the middle of the Iraqi desert, a small facility that's hidden in the back of the LSA here is known as a "diamond in the rough," a forgotten secret – or just forgotten.

Its true name is the Convoy Café Dining Facility, actually a hidden treasure.

Upon arrival in theater, no military presence was available in this particular dining facility that catered to local nationals and contract civilians. Thus, the 84th Engineer Combat Battalion (Heavy) and the 50th Engineer Multi-Role Bridge Company were delegated the responsibility of establishing a military quality control and force protection program.

The units quickly set up shop and went to work by taking over headcount, temperature monitor duties and ration control. They also began enforcing force protection standards.

Within the first month of arriving, food service specialists achieved the honored status of the commanding general's Dining Facility of the Month.

In the first month, Convoy Cafe had



Sgt. Motavia Alston | Food Service Sergeant, 84th Engineer Combat Battalion

Sgt. Edmund Perez and other young chefs at Convoy Café set out to make a special meal featuring a whole pig. Here, Perez stuffs and places a dry rub on a pig, then smokes it for 16 hours. When he redeployes, Perez will return to his duties as team captain for the U.S. Army Hawaii Culinary Art Team.

set up a training schedule to rival other facilities. Training such as Military Occupational Specialty (MOS) Skill Level 1-4 and Culinary Arts – plus a "Chef of the Month" Board encompassing MOS common knowledge, Soldier common knowledge and culinary arts terminology – all quickly helped to improve meals.

Now, the Convoy Café team is defeating its competition by a wide margin. It's holding its own as Best Overall Dining Facility, Small Category.

The Convoy Café serves, on average, more than 2,000 meals, daily, in support of convoys, Soldiers, contract drivers and escorts.

## News Briefs

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copies of your resume. For more information, call 655-4227 or 655-8945.

### 7/Saturday

**PAM Wants You** — The Pacific Aviation Museum-Pearl Harbor (PAM) will be opening Dec. 7 and needs team members to help bring Hawaii's aviation history to life by becoming a docent.

Docents are needed to be re-enactors to portray pilots, nurses, ground crew, officers, and every day people who were caught up in the events of Dec. 7, 1941.

Docents are also needed to greet visitors and direct them to various activities, enhance their museum experience, and assist with educational tours.

An orientation will be held Oct. 7 and Oct. 21, from 5:30-6:30 p.m. on the Bowfin Lanai located next to the Arizona Memorial. All interested people are invited to attend. For more information or to RSVP, call KT Budde-Jones, 836-7747, or e-mail kt@pacificaviationmuseum.org.

### 9/Monday

**Military Personnel Survey** — The 2006 Sample Survey of Military Personnel (SSMP) will be distributed to all 25th ID units Oct. 9 through 13. Army policymakers use the survey results to assess Soldier and family well-being and to develop plans, assess policies, and evaluate program operations and outcomes.

The SSMP includes sections on quality of life, family matters, job satisfaction, morale, unit climate, retention; it also includes impacts of deployments, deployment lengths and rotation, stress, Army Continuing Education System (ACES), distance learning, and Army life (commitment).

Completed survey booklets must be received by the Department of the Army Boards in the Soldier Support Center, building 750, room 130 no later than Nov. 10.

For more information, contact Laura Liebold at 655-4511.

# PTA celebrates 50 years of service on Big Isle

Story and Photo by  
**BOB MCELROY**  
Pohakuloa Training Area Public Affairs

POHAKULOA TRAINING AREA, Hawaii — Nearly 200 people gathered Sept. 20 here to celebrate PTA's 50 years of service as the prime military training area in the Pacific Region.

Joining Pohakuloa Base Support Battalion (PBSB) Commander Lt. Col. Kimberly A. Rapacz were U.S. Army, Pacific, Deputy Commanding General Maj. Gen. William H. Brandenburg; Stanley Sokoloski, director of the Pacific Region, Installation Management Agency (IMA); and veterans, business and civic leaders, and friends.

First used as a Marine Corps artillery base during World War II, PTA came under Army control following the war. In the mid-1950s Oahu-based Soldiers built the Quonset Huts that have become the post's signature building.

Through the years, PTA has hosted units from every American military service as well as military personnel from allied nations and other federal agencies. The post's numerous training ranges, impact area, and remoteness from any town makes PTA an ideal place for unit training up to a battalion.

In her opening remarks, Rapacz drew a connection between those who have passed through PTA to today's military.

"Today we stand on the shoulders of the Soldiers, Marines, airmen and sailors who have passed through here," Rapacz said. "Your presence here today honors PTA and all of those who have trained and worked here over the last half century."

And, although the military has changed dramatically during the last 50 years, the mission of PTA has not changed.

"From the days when the Marines trained for combat in World War II to the present, Pohakuloa has had a simple but essential mission — support and sustain the warfighter," Rapacz continued. "Our mission remains the same today and into the future."

But, while PTA's primary mission is to support and sustain military training, Rapacz stressed it was equally important to balance that mission with protecting the environment.

"To that end we've dedicated personnel and resources to ensure Hawaii's precious resources are here for generations to come," she added.

Rapacz concluded by encouraging those



Maj. Gen. William H. Brandenburg (right), U.S. Army, Pacific, deputy commanding general, and Lt. Col. Kimberly A. Rapacz, commander, Pohakuloa Base Support Battalion (PBSB), unveil the *pohaku*, or stone, assisted by PBSB Command Sgt. Maj. James A. Murray. About 200 people attended a brief program celebrating the Pohakuloa Training Area's 50 years of service on the island of Hawaii.

attending to "...take the time to look around, talk with the staff and learn about PTA. I think you'll find that there's a great deal being done here, sometimes quietly, but always quite well."

Rapacz then introduced Stanley E. Sokoloski, director of the Pacific Region, IMA.

Sokoloski built on Rapacz's remarks, touching on the twin themes of transformation and protecting the natural and cultural resources at PTA.

"As the Army transforms and Stryker Brigade Combat Teams take their place in the way the Army fights, PTA will become even more important," Sokoloski said. "The Army is investing millions of dollars in PTA because of its strategic importance to the future of the Army and other military services in Hawaii and the Pacific."

Balancing the training requirements of the military while promoting environmen-

tal sustainability practices is a top priority for the Army IMA, Sokoloski said.

"I doubt there is any place in the world that will receive more environmental attention than the 133,000 acres of PTA," noted Sokoloski.

Of equal importance according to Sokoloski, is protecting the more than 300 sensitive cultural resources at PTA.

"PTA is a vital part of Army transformation and a place to train our Soldiers to fight and win," Sokoloski said. "We are a nation at war, but at the same time, we are dedicated to preserving Hawaii as a national treasure while protecting our nation's strategic assets."

Sokoloski introduced Brandenburg who emphasized PTA's critical mission to provide Soldiers with realistic training to prepare for their wartime mission.

"There is no place on the planet like PTA," Brandenburg said, adding that train-

ing exercises there "have saved countless lives."

Brandenburg said he considers PTA the third most-significant Stryker training facility, behind Fort Irwin, Calif., and Fort Polk, La. — and a linchpin in future Stryker training.

Once formal remarks concluded, the group moved outside to witness the blessing and unveiling of the 50th anniversary *pohaku* or stone.

Kahu (Rev.) Paul Teves led the blessing; Brandenburg and Rapacz unveiled the stone, assisted by PBSB Command Sgt. Maj. James A. Murray.

Following the blessing and unveiling of the commemorative *pohaku*, those attending were invited to visit the displays set up by PTA Natural and Cultural Resources sections and then to join the staff for lunch in two of PTA's Quonset Hut mess halls.

# 8th TSC: Eight units comprise command

CONTINUED FROM A-1

with red wedges enclosing an eight-point blue star, symbolic of the command's numerical designation.

The centralized logistics organization, originally constituted in Korea in 1968 as the 8th Field Army Support Command to provide logistical support to field units in Vietnam, was inactivated in June 1971. It was re-designated as the 8th TSC on April 14, 2005.

The former 45th Corps Support Group was inactivated on Jan. 11, 2006, and reorganized as the 8th TSC (Provisional). During the busy transition period while the unit was organized, it was commanded by Col. Stanley Q. Tunstall whose hard work in standing up the 8th TSC was publicly recognized by both generals during the ceremony.

The following units constitute the 8th TSC: the 8th Special Troops Battalion, the 29th Engineer Battalion (Topographical), the 84th Engineer Battalion (Heavy), the 125th Finance Battalion, the 8th Human Resources Sustainment Center, the 8th Military Police Brigade, the 10th Area Support Group, and the 45th Sustainment Brigade.

"These are great organizations, vital and critical to what we do in the Pacific every day, and they participate in the war on terrorism at a high, high rate," said Brown. "In fact, as the 45th Sustainment Brigade — Col. Mike McBride's great warrior logisticians — departed on their recent deployment, 66 percent of those logistics warriors were returning to battle for at least a second time.

"The highest percentage of veterans of any organization in the U. S. Army Pacific was those logistics warriors. Sixty-six percent. Think about that."

Logistician warriors from Hawaii, Alaska, Guam, Japan, American Samoa and many other small stations across the Pacific fight the global war on terrorism, provide security for the Pacific command, and participate in the universal transformation of the Army, said Brown.

"This is a crowning moment of the transformation of the United States Army in the Pacific," said Brown.

"There is little doubt that the early years in this century will be viewed as a pivotal time in our nation's history," said Brandenburg. "People will ask if we were bold enough to look into the future and summon the courage to change. The progress we have made tells me we are on the right track."

With the 25th Infantry Division "Tropic Lightning" Band deployed to Iraq, the Navy's Pacific Fleet Ceremonial Band provided music for the ceremony. The Sailors' brilliant white uniforms contrasting with the subdued Army combat uniforms were an unusual sight on the parade field.

# Memorial: 25th IDA unveils statues, bricks

CONTINUED FROM A-1

ment. Their stories are told in "Wandering Souls," a documentary about the pivotal Tet Offensive.

As well, seven Soldiers of the 8th Field Artillery Battalion who perished Dec. 7, 1941, and 41 Soldiers who earned the Medal of Honor for valor lie at rest at the center base of the brick memorial, mere feet away from the Tropic Lightning Memorial.

The Memorial depicts Soldiers of World War II, Korea, Vietnam, and now the global war on terrorism (GWOT). They stand in tribute, giving final honors to a pair of bronzed boots, a sole helmet and rifle — symbols of a fallen Soldier.

With determination, the association resolved it would erect the memorial within two years, just in time for the division's redeployment from Operation Enduring Freedom, in June 2005. And, with concerted effort, the GWOT Soldier greeted the division's return from Afghanistan at an initial dedication in June 2005.

Butch Sincock, executive director of the 25th IDA, said many patriots embraced their vision, like former 25th ID commander, retired Maj. Gen. Eric T. Olson who encouraged the tribute after three Soldiers perished Nov. 27, 2004, in a plane crash high in the snow-covered mountains of Bamiyan Province in central Afghanistan.

The nation's World War II Memorial was almost 60 years in the making, said Sincock, the Korean War Veterans Memorial, more than 40, and the Vietnam Memorial, almost 20. He said the 25th IDA did not want to prolong its tribute.

"We wanted to show that older Soldiers, veterans, support Soldiers of today," Sincock said. "This memorial shows this unit [the 25th ID] goes way, way back."

"I'd like them [people who visit the



Above — David Garrod, past president of the 25th Infantry Division Association and co-chair of fundraising, verifies placement of memorial bricks that will be located on the grounds just in front of him at the Tropic Lightning Memorial.



memorial] to know each one of these bricks is a person. They represent people who would otherwise not be remembered," said Sincock.

"It's almost a duty ... to recall ... to expand their lives beyond our lifetime," he stressed.

The 25th Infantry Division Association hopes to eventually honor 3,200 Soldiers with memorial bricks. "We lost thousands in the 25th. It

would be wonderful if we could represent them all," said Sincock.

More than 600 veterans of the 57-year-old association have converged on Schofield Barracks for their annual reunion. Today they will gather at the memorial for its official unveiling, tour the Tropic Lightning Museum, converse with younger generations of Soldiers at the 1st Battalion, 14th Infantry Regiment, and sup with other division warriors at several dining facilities.

"The guys like to get the patches, regimental crest, hats, T-shirts, at the clothing store," said Sincock.

"Brass [insignia]," added veteran Tom Jones. "They might want cross

rifles, too."

Jones, who arrived a week prior to the reunion, has already toured his former unit, 1-14th Golden Dragons.

"It made me so proud to see my old unit had won the Presidential Unit Citation," he said. "I walked through the battalion area. I saw how they live and work now."

Garrod wrapped up. After veterans fill themselves with memories, I'm sure they will wander back to the monument, when the crowds disperse.

They will wander back "to look for [specific] bricks and for private moments," he said in a solemn voice.

# Pacific leadership changes at Tripler AMC

Story and Photo by  
**MINDY ANDERSON**

Tripler Army Medical Center Public Affairs

HONOLULU – Leadership of Pacific Regional Medical Command (PRMC) and Tripler Army Medical Center (TAMC) changed hands Tuesday as Maj. Gen. Gale S. Pollock relinquished command to Brig. Gen. Carla G. Hawley-Bowland.

Pollock, who commanded the PRMC and TAMC since Aug. 11, 2004, has been assigned to the Office of the Surgeon General, where she will serve as deputy surgeon general, U.S. Army Nurse Corps, in Falls Church, Va.

Hawley-Bowland comes to Honolulu following a two-year assignment as commanding general of the European Regional Medical Command/Command Surgeon, U.S. Army, Europe and Seventh Army in Heidelberg, Germany.

"Coming here from Germany has been quite a journey, spanning two oceans and the land mass of CONUS [continental U.S.], but it has its advantages. At least we didn't have to change our clocks!"

The incoming commander told those in attendance she is thrilled to take command of Tripler and the PRMC.

Pollock has led the medical center and region superbly through so many challenges.

"Mahalo' for presenting me with a dynamic, growing organization," Hawley-Bowland said to the outgoing commander.

As the Army transforms to meet the requirements for an ever-changing world situation, as well as the global war on terror, Hawley-Bowland discussed the many transitions and challenges to be faced.



Brig. Gen. Carla G. Hawley-Bowland, incoming commander, accepts the command and colors from Command Sgt. Maj. Joel Jenkins as Maj. Gen. Gale S. Pollock, outgoing commander, looks on during the Pacific Regional Command and Tripler Army Medical Center Change of Command Ceremony Sept. 26.

As we traverse this winding trail, we must care for ourselves and each other to be ready for the road ahead," she said. "Hopefully, we will find some

fun along the way to lighten our load, and together with flexibility and accountability, we will face and conquer the demanding tasks ahead – always doing

the right thing for our Soldiers, sailors, airmen and Marines. We must never forget them and what they represent."

## CFC: Smallest contributions can generate a big difference

CONTINUED FROM A-1

tions," he continued, proposing a test.

He instructed everyone in attendance to raise a hand into the air.

"As I name an organization, lower your hand if you've ever used their programs or services."

"The YMCA or the YWCA." More than half the hands came down.

"Public Access Television. The Humane Society. Boy Scouts. The American Cancer Society."

With that, all hands were down.

Because of all the military deployments and the operations tempo, U.S. Army, Pacific, the CFC host organization, has not set a specific dollar goal for the 2006 campaign, which concludes Oct. 31.

Rather, the goals that have been set are to ensure 100 percent contact of potential donors; achieve a 12.4 percent participation increase over last year, which means a minimum of 60 percent participation; and to maintain or increase the 2005 donation average of \$178.10 per donor.

In 2005, CFC worldwide received a record \$268 million. With contributions totaling \$6.1 million, the Hawaii-Pacific Area CFC ranked third, behind Washington, D.C., and the Overseas-CFC.

Created in 1961, CFC offers federal em-



Mark Jackson | Tripler Army Medical Center Public Affairs

Maj. Gen. Gale S. Pollock, outgoing commander of Tripler Army Medical Center, makes a donation for the Combined Federal Campaign at the "kickoff" celebration at Tripler, Sept. 21, as Capt. Thelma Davis, Tripler's CFC coordinator, looks on.

ployees an opportunity to help support more than 2,000 local, national and international charities. Among the organizations that benefit from the CFC is the American Red Cross (ARC), which was among the first to respond to the Gulf Coast after Hurricanes Katrina and Rita.

ARC showcased its crisis response capa-

bilities at the kickoff.

"CFC donations provide a significant portion of our funding. We do provide services to many military service members in Hawaii, and we're hoping they will again be generous in their giving," said Becky Lapolice-Murphy, station coordinator for the Schofield ARC.

## Awards: Consistency is essential for integrity

CONTINUED FROM A-1

changes we think we can make to give greater clarity and consistency to the awards," he said.

The review will focus on several specific areas where discrepancies among the different branches of the military have come to light, Carr said.

One of these areas is the criteria for "V" devices and Purple Heart Medals, he said. In the Army, the "V" device only is awarded for valor, whereas in the other services, it can be awarded simply for a service member's presence in the theater of operations, he explained.

When it comes to Purple Hearts, the different services have slightly different standards for level of injury, Carr said.

Another area that will be addressed in the review is the definition of the theater of operations when it comes to expeditionary medals, Carr said.

The Air Force defines the theater of operations as the globe, because their pilots fly all over the world, but other services define the theater as a specific piece of ground, he said.

"The review itself really is generated by questions that arose from the services, one by one, over the past couple of years," Carr said. "Concerns have been expressed by one service about the practices of another service, and as we saw that pattern, it was pretty clear that it was now time to conduct a more comprehensive review."

A working group consisting of representatives from each service, the Joint Staff and the Institute of Heraldry will form the core of the comprehensive review effort, Carr said. There will also be a structure in place to address institutional changes that come up from the review, he said.

The review is expected to last about six months, and shortly thereafter, if the services have achieved a consensus, DoD will be able to move pretty quickly with publication of the new instruction, Carr said.

After the review, DoD will have one set of standards for awards procedures, as it does now, Carr said.

Discrepancies have arisen because of language in the current standards that can be interpreted differently, he said. With this review, DoD officials hope to make the standards clearer and more objective, he said.

"There probably are ways to do that and, if we achieve it, we'll have greater consistency," he said.

# Army spouses spurred by Cavalry rite of passage

Story and Photos by  
**LANDY STEWART MIYAKE**  
Staff Writer

WHEELER ARMY AIR FIELD — Spouses of the 2nd Squadron, 6th Cavalry Regiment, participated in the first ever volunteer Spouses Spur Ride, Sept. 23, which began at the wind tunnel here.

The spouses arrived at 7 a.m., prepared to spend the day getting a small taste of what their husbands endure on their Cavalry spur rides.

A traditional Cavalry spur ride includes a test of military knowledge and skills such as Cavalry history, leadership ability and other challenges as determined by the chain of command.

Only Soldiers who are in a Cavalry regiment may be awarded spurs. For Soldiers, these events usually last more than 24 hours and include intense physical and mental challenges.

This spur ride was designed to build teamwork among the separate family readiness groups (FRG) and instill a sense of pride within their unit.

Spouses arrived in battle dress uniforms and were issued Kevlar helmets for safety. Then, there was the “shakedown.”

Spouses were required to turn in all personal belongings. No cell phones, food or cameras were allowed.

To kick off the day, the 50 guests were loaded into three LMTVs (light mobile tactical vehicles) and transported to Bellows Air Force Station for paintball games. After a few rounds of paintball, they headed to East Range for a fun, yet challenging, obstacle course.

The participants, separated into teams of eight or nine, competed in five events. Elements of each event included the high step-over, a rope swing, over-under, the monkey bars, a mud crawl under barbed wire, and a mud pit that was the finish line.

After completing the obstacle course, the ladies were transported back to Wheeler for the final event. As the Navy Fire Department hosed them off, the spouses recited the Fiddler’s Creed, the Cavalry Soldier’s Creed.

Overall, the spouses were happy with



how the day went and were glad they participated.

Sara Jean-Baptiste, service coordinator, 2-6th Cav., felt she accomplished a great deal.

“It was really fun and challenging, especially for me, because I am not really a physical person. It was awesome to participate and overcome that challenge.”

Most of the spouses had never played paintball before, and none of them had

ever completed an obstacle course like the one on East Range. The event forced them to work outside their comfort zone and to work together as a team.

“It was good to see everybody’s strengths and weaknesses and use those to get the whole team to work together. It was definitely challenging sometimes because even though some of us were already done, we still had to help out the rest of the team,” said Jean-Baptiste.

Above — Members of the Yellow team take a dive into the mud pit finish line. The Yellow team won second place in the obstacle course event.

Left — Teammates give each other a leg up on the up- and-over portion of the obstacle course, Sept. 23.

Capt. Katherine Oleksiak, 2-6th Cav. rear detachment commander and officer in charge, was also pleased with the event.

“I am very happy with how things turned out. I was very excited to see how the women participated and gave 100 percent. They worked really hard; they listened to everything we said and they did everything we asked them to,” she said. “I was really surprised, especially how they got into the mud. They did a great job.”

After the spur ride, the women were awarded certificates and became honorary members of the Order of the Spur. Participants also received spur charm necklaces for their achievements.

The unit plans to create a spur ride for children and continue the spouses spur ride at least two times a year.

## OBSTACLE COURSE WINNERS:

### First place

Black team, winning time 8:48

Karen Barker, Candy DeWees, Mindi Church, Christina Peterson, Staff SGT. Gore, Marie Wardrobe, Allison Hess, Michelle Swallows, Stacey Dhom

### Second place

Yellow team – time of 9:09

Rachael Gonzales, Tandy Ropp, Stephanie Tulp, Tiffany Furland, Estela Tovar, Yvette Aguirre, Ruby Arcieri, Laura Goehl

### Third place

Blue team – time of 10:46

Merrilea Murray, Wanda Hamilton, Kerum Steele, Leslie Myers, Stephanie Scrogin, April Stoup, Angela Ingold, Yvette Rhodes

# PAU HANA

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

"When work is finished."

FRIDAY, SEPTEMBER 29, 2006



Rhonda Mixon, senior family readiness group coordinator, discusses the importance of a constant flow of information to family members.

## SIMS roundtable keeps spouses informed

Story and Photo by  
**LANDY STEWART MIYAKE**  
Staff Writer

As an Army spouse, it is critical to know what resources are available for Soldiers and families, especially during deployment. Therefore, the Spouses Information Meeting (SIMS) supports Army spouses while also serving as a vehicle to distribute important information.

A SIMS meeting is held monthly in the Post Conference room. Command-level spouses and representatives from various organizations gather to discuss topics that affect Army families in Hawaii.

Rhonda Mixon, senior family readiness group (FRG) coordinator and wife of the 25th Infantry Division commanding general, Maj. Gen. Benjamin R. Mixon, said the goal of the meetings are for senior leadership to disperse information to ensure that spouses know their resources and are aware of activities going on in the community.

The information gathered at SIMS is meant to be filtered down to brigade, battalion and company-level spouses. FRG-related concerns are also discussed at SIMS, but on a wider scale, the main purpose of the meeting is to support spouses and their families. Hence, SIMS disseminates pertinent information that can assist or enhance the lives of spouses and their families in Army Hawaii.

For instance, at the Sept. 5 meeting, Dr. Rick Schobitz from the Soldiers and Family Assistance Center (SFAC) and Dela LeFleur, director of the Armed Services YMCA, gave briefings about volunteer and mentoring programs available at the facility.

SIMS works in conjunction with Army Community Service, representatives from the finance department, Army Hawaii Family Housing, the Main Post Chapel and Tripler Army Medical Center to compile information.

"It is our hope, that with all this working together, we are providing the support and the resources needed to our Army families," said Mixon.

At the meetings, attendees do not merely receive information, they are encouraged to ask questions and bring forth any concerns they may have.

"It's all about support and making sure that we are supporting the Army family. We want to reach out and inform them," said Mixon.

Julie Pendolino, FRG leader and staff judge advocate (SJA) coordinator, said the meetings are helpful for her FRG and SJA groups.

"It's a good source of information. I pass it on to the ladies when I see them or send it via e-mail. They're always happy to get it because it tells them what's going on in the community and on post. It's extremely valuable to them," said Pendolino.

Open to command-level spouses (division, battalion and brigade spouses), primary and special staff spouses, as well as spouses of command sergeants major, the Division Command and the chief of staff, the SIMS encourages all spouses to be involved in their unit FRG to help keep the lines of communication open and flowing.

Breannah Brock, 9, stirs a concoction that will soon become homemade modeling clay.



## Taste of MWR

MWR takes center stage to showcase all its best

Story and Photos by  
**LANDY STEWART MIYAKE**  
Staff Writer

More than 1,000 Soldiers, spouses and children attended the second annual Morale Welfare and Recreation (MWR) Expo, held at the Schofield Nehelani, Sept. 20.

A Taste of MWR was the theme this year as over 30 MWR facilities showcased their programs and services.

"We wanted to put something together so that Soldiers and their families could get a taste of everything MWR has to offer in Hawaii, especially for those who are new to the island or new to the military," said Army MWR Marketing Assistant, Sarah Horrigan. "With the expo, they have a chance to see what MWR is really about and what it can offer them."

To encourage greater participation and interaction this year, MWR provided upside down sundaes to participants. Each time a person visited a new table, they collected a different sundae topping. Upon leaving the expo, Meadow Gold Dairies topped off the upside down sundae with a delectable scoop of vanilla ice cream.

To capture audience attention, several stage demonstrations took place throughout the event. Child and Youth Services, the Health



Children gather around and listen with excitement as Deborah Ybarra, 15 (with halo) and Sheri Tokunago, Training and Curriculum specialist at Child and Youth Services read "Jamberry," a children's book by Bruce Degen.

and Fitness Center and Army Community Service (ACS) presented special services that are offered at their facilities. In addition, recent Military Idol winner, Angelo Johnson and hula instructor, Darleen Keifer performed for the event-goers.

Additionally, door prizes were given out throughout the event. Latacha Rodriguez-Gist

took home the Grand Prize, airfare to the Big Island and a two-night stay for four at Kilauea Military Camp, a \$1,000 scholarship for University of Phoenix and a gift basket from Army Hawaii Family Housing. Steve Dong won a gift basket from Army Hawaii Family Housing, and

SEE EXPO, B-4

## Annual conference offers workshops to educate, strengthen spouses

**MELANIE WINTERS**  
Joint Spouses' Conference Publicity

The 12th Annual Joint Spouses' Conference will be held Oct. 20-21 at the Officers Club at Marine Corps Base Hawaii Kaneohe Bay. The conference provides a forum for spouses of active duty, reserve and retired military members, of all services, to be uplifted, motivated, educated and strengthened in their ongoing roles as spouses, parents, professionals and community leaders through a variety of workshops and keynote speakers.

During the two-day conference, more than 50 one-hour workshops will be held on such topics as Hawaiian culture and history, health and wellness, communication and parenting skills, and entertaining tips. Attendees have the option of attending one or both days and can choose to register for any five of the workshops. They will also benefit from printed resource materials on topics such as health care, family support, recreation activities and volunteer opportunities.

Executive Chef Russell Siu and Hawaii Senator Fred Hemmings are keynote speakers for the event. Oct. 20, Chef Siu, co-owner and executive chef of the restaurant 3660 On the Rise, will offer unique and exciting cooking demonstrations. He has won many awards for his distinctive Euro-island cuisine.

Hemmings will address conferees Oct. 21. The Republican leader is co-host of "Equal Time" on KHNH Radio, a contributing editor of the Honolulu Magazine, advisory director of the Denver Broncos

**On The WEB** For workshop details, visit [www.JSCHAWAII.com](http://www.JSCHAWAII.com).

football team, a world surfing champion, an author of three books, and a strong proponent of Hawaiian water sports. Hemmings will provide an engaging presentation on Hawaiian culture and history.

Spouses can register online at [www.JSCHAWAII.com](http://www.JSCHAWAII.com), or submit a hard copy registration form and submit no lat-

er than next Friday, Oct. 6. Forms can be picked up at local military exchanges, commissaries, family support centers, thrift shops and chapels.

Registration is \$35 for both days or \$20 for one day. The fee includes the workshops, a continental breakfast and lunch, and a conference tote bag filled with donations from local businesses.

Seating is limited to 300 and space is limited. Child care is not available, so children will not be permitted.



**September 29 / Today**

**Hawaiian Luau** — Enjoy the “ono” taste of a traditional Hawaiian style feast, 11 a.m. to 1 p.m. at the Hale Ikena on Fort Shafter, or 11 a.m. to 2 p.m. at the Schofield Nehelani.  
 Cost is \$9.95 per person.  
 Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations or more information.

**Steak Night** — Enjoy a sizzling steak cooked on the grill with garlic mashed potatoes, rolls and vegetables at the Kolekole Bar & Grill. Dinner will be served from 5 to 8 p.m.  
 Cost is only \$11.95 for top sirloin steak, and children’s pricing is available. For additional information, call 655-4466.

**30 / Saturday Living History Day** — Come to the Tropic Lightning Museum, Schofield Barracks, Sept. 30, 9 a.m. to 3 p.m. for Living History Day. See restored Army vehicles, try on Soldier’s gear and camouflage face paint, talk with the re-enactors and current Soldiers.  
 Guest speakers will add flavor to this event, along with food and great prizes. For more information, call 655-0438.

**Halloween Rubber Stamping** — Make “spook-tacular” Halloween cards and goodie bags using rubber stamp techniques at Schofield’s Sgt. Yano Library, 2 to 3:30 p.m. This activity is free for adults and all supplies are provided. Registration is limited. For more information or to register, call 655-8002.

**October**

**2 / Monday Home Alone** — Youth ages 9 to 12 are invited to an interactive workshop designed to teach the safety skills needed when at home alone. Activities include fire and telephone safety and basic first aid.  
 Workshops are 9 a.m. to noon, Oct. 2, at the Schofield Barracks Army Community Service, Bldg. 2091 and Oct. 6, Aliamanu West Community Center. For more information call 655-4227.

**6 / Friday Job Fair** — Looking for a new job? Come to the job fair sponsored by Army Community Service and Army Career and Alumni Program, Oct. 6, 9 a.m. to noon, at the Schofield Nehelani.  
 Attendees will be able to meet company representatives, talk to recruiters and about job openings, pick up applications, and submit



Sp. Amanda Flemett | 2nd Stryker Brigade Combat Team Public Affairs

**They’ve got a yellow streak ...**

Soldiers of 1st Battalion, 21st Infantry Regiment, join students and members of the National Honor Society, and the Leo Club, Saturday morning, to help beautification efforts at Waianae High School. The Army School Liaison Office donated necessary supplies to help get jobs done. (Pictured, from left, are Kiyomi Joseph, Chelsy Lau, Princess Ahtgang, and Neal Araki.)

Army Hawaii Soldiers regularly support public schools in the islands, as part of the Military Partners in Education Program.

resumes. For more information, call 655-4227.

**Mongolian Barbecue** — It’s stir “fry-day!” Select your favorites from a large variety of meats and vegetables, and KoleKole Bar & Grill’s staff will grill them to your liking. Come Oct. 6 from 5 to 8 p.m. for Mongolian barbecue, cooked outside in front of the Nehelani with seating in the air-conditioned KoleKole Bar & Grill.  
 Cost is 65 cents per ounce, and reservations are recommended. For more information, call 655-4466.

**7 / Saturday Parents Night Out** — Leave your kids with Child and Youth Service (CYS) at the Fort Shafter or Peterson Centers on Parents Night Out, and then enjoy a nice night out on the town.  
 Children enrolled in Parents Night Out must be registered with CYS no later than noon, Oct. 6. Reservations are first-come, first-served. For more information, call 655-8313.

**11 / Wednesday Preschool Enrichment** — “Oogles ‘n Googles” preschool enrichment program presents the Harvest Hoedown, at Schofield’s Sgt Yano Library at 10 a.m. The program provides children ages 3 to 5 an interactive adventure of jumping, dancing, singing, laughing and learning. For more information, call 655-8002.

**13 / Friday Oktoberfest** — Celebrate Oktoberfest at the Schofield Nehelani at 4 p.m. Enjoy pupus, entertainment and great prizes. Cost is \$5 in advance and \$7 the day of the event.

Civilian, spouses and all military ranks are welcome. Guests must be age 18 or older. For more information, call 655-4466.

**Teen Social** — Join friends for an evening of fun at the Schofield Barracks Teen Center social, from 7 to 9:30 p.m.  
 Admission is \$3 for members and \$4 for nonmembers, and an ID card is required. For more information, call 655-0451.

**14 / Saturday Yu-Gi-Oh** — Get ready to duel at Tropics on Schofield Barracks. Registration for the Yu-Gi-Oh tournament starts at noon and matches will start at 1 p.m. Cost is \$6 and includes a pack of the latest Yu-Gi-Oh cards.  
 Prizes will be awarded, and all ages are welcome. Call 655-8522 for more details.

**Ongoing**

**SKIES Registration** — Children and youth who register for instructional classes and off-post discounts through School of Knowledge, Inspiration, Exploration & Skills Unlimited (SKIES) only need to enroll in SKIES and do not need to enroll with CYS. Parents must complete a one-page application, and show proof of their child’s age. There is a one-time enrollment fee of \$18.

To enroll in SKIES, visit the CYS registration office at Schofield Barracks, Building 556 (655-8380), or at Aliamanu, Building 1782, (833-5393).  
 To register for Sports, CDC, SAS, Summer Fun, FCC, PNO, STACC or MST, children and youth need to be registered members of CYS. SKIES Unlimited enrollment does not cover CYS membership.

**Music and Voice Lessons** — SKIES Unlimited is partnering with Hawaii MusicWorks Studio to offer a military discount program for music and voice lessons. Hawaii MusicWorks offers classical study and pop study.  
 Classes include “Intro to Piano and Composition,” “Intro to Guitar and Ukulele,” “Intro to Voice,” “Intro to Percussion” and “Rock School.” Discount cards can be picked up at the CYS registration offices. For more information, call 655-9818.

**Waianae Beach Live Entertainment** — Unwind over the weekend at Waianae Beach with live entertainment, every Saturday from 9 p.m. to 1 a.m. and Sunday from 6 to 10 p.m. Call 696-4778 for more information.

**RecTrac Registration** — The Department of the Army has instituted a tracking system for Morale, Welfare and Recreation to better serve its customers, monitor usage and assist in obtaining funding support programs.

To participate in MWR programs, guests must complete a simple registration process. No fees are charged, and the process takes less than five minutes.

In lieu of using sign-in sheets, customers only need to scan their ID cards when they visit a facility or program. Scanners are designed to read bar codes located on the back of the ID card of eligible patrons.

Programs affected include physical fitness centers; swimming pools; craft shops; recreation centers; outdoor recreation equipment checkout; Information, Ticketing, and Registration; and theater productions.  
 For more information, call 656-0086.

**Worship Services**

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

- Fort DeRussy Chapel 836-4599**
- Catholic  
 Saturday, 5 p.m. – Mass in chapel (May – Aug.)  
 Saturday, 6 p.m. – Mass on the beach
  - Protestant  
 Sunday, 9 a.m. – Worship service

- Fort Shafter Chapel 836-4599**
- Contemporary Protestant  
 Sunday, 9 a.m. – “The Wave” worship service

- Helemano (HMR) Chapel**
- Contemporary Protestant  
 Sunday, 10 a.m. – Worship service and children’s church

- Main Post Chapel 655-9307**
- Catholic  
 Sunday, 9 a.m. – CCD & RCIA  
 Sunday, 10:30 a.m. – Mass
  - Collective Protestant  
 Sunday, 9 a.m. – Worship service  
 Sunday, 10:30 a.m. – Sunday school
  - Gospel  
 Sunday, 10:30 a.m. – Sunday school  
 Sunday, 12 p.m. – Worship service

- MPC Annex, building 791**
- Chalice circle  
 Tuesday, 7 p.m.
  - Islamic prayers and study  
 Friday, 1 p.m.
  - Buddhist  
 4th Sunday, 1 p.m.

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

- Tripler AMC Chapel 433-5727**
- Catholic  
 Sunday, 11 a.m. – Mass  
 Monday – Friday, 12 p.m. – Mass  
 Saturday, 5 p.m. – Mass
  - Protestant  
 Sunday, 9 a.m. – Worship service

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

**Community Calendar**

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

**September 29 / Today**

**Hispanic Heritage Month Observation** — The Fort Shafter Equal Opportunity Community is sponsoring a Hispanic Heritage Month event from 11:30 a.m. to 1 p.m. at the 9th Regional Readiness Command Assembly Hall, Building 1554.  
 Guest speaker will be Col. Judith Ruiz, Army Nurse Corps, Tripler AMC.  
 For more information, call Master Sgt. Sophia Mendoza, 438-1600, extension 3218.

**Bargains Galore** — Come see what’s in store at the Schofield and Fort Shafter Thrift Shops.

• The Fort Shafter shop is having a “Bag Sale,” today from 9 a.m. to 1 p.m. Grab a bag of goodies for \$5, and E-4 and below can get one bag free!

Hours at Fort Shafter are Tuesdays and Fridays, 9 a.m. to 1 p.m., in Building 342 on Pierce St.

• Hours at Schofield Barracks are 9 a.m. to 1 p.m., every Tuesday and Thursday and the first Saturday of each month. The shop is closed the third Thursday of each month; however, it will reopen the following Friday.

The Schofield Thrift Shop is on Cadet Sheridan Road behind the ACS. Consignment hours are 9 a.m. to noon each shop day. All profits go toward the Hui O’ Na Wahine Welfare and Scholarship Fund.  
 For more information, call 624-3254.

**Joint Spouses’ Conference** — Limited registration is currently underway for the 12th Annual Joint Spouses’ Conference to be held Oct. 20 and 21 at the Officer’s Club on Marine Corps Base Hawaii. The conference is a forum to empower, enlighten, motivate and educate military spouses.

Registration concludes Oct. 6 and is open to spouses of active duty, reserve and retired military members of all ranks, from all military branches.

During the two-day conference, attendees may select five, one-hour workshops, choosing from more than 50 workshops on such topics as Hawaiian culture and history, health and wellness, communication and parenting skills, and entertaining tips.  
 Register online or download a registration form at: [www.JSCHAWAII.com](http://www.JSCHAWAII.com).

The cost is \$35 for both days or \$20 for one day. The fee includes workshops, a continental breakfast and lunch, and a conference tote bag filled with donations from local businesses.

Child care is not available for this event, and children will not be allowed to attend. Log on to the Web site or call Katie Lynch, Marine Corps liaison, at 489-7886, for more information.

**30 / Saturday YMCA Donation Station** — In honor of Domestic Violence Awareness month, the Armed Services YMCA will be accepting donations at the Schofield commissary from 9 a.m. to 1 p.m.

Nonperishable food items and working cellular telephones with chargers will be graciously accepted. For more information, call 655-4227.

**Catholic Women’s Retreat** — Enhance your faith as you receive more knowledge on the blessings of the rosary at the Catholic Women’s retreat to the Benedictine Monastery in Waialua. The retreat is Oct. 14 from 9:30 a.m. to 2:30 p.m. Lunch and child care will be provided.  
 Pick up registration forms at the Schofield or Aliamanu Chapels. The last day to regis-

ter is Oct 2. For more information, call 839-4319 or e-mail [MCCWHawaii@yahoo.com](mailto:MCCWHawaii@yahoo.com).

**October**

**1 / Sunday Children and Youth Day** — Families are invited to “Children and Youth Day” from 10 a.m. to 3 p.m. on the grounds of the State Capitol, Iolani Palace, Washington Place, the Hawaii State Art Museum and Honolulu Hale.

The day will be packed with over 100 free activities for the family, including bounce houses, a bungee trampoline, a horse carousel, and train rides. Visitors may also go on a tour of the Governor’s ceremony room, the Iolani Palace gallery, Washington Place and the state art museum.

Also featured will be a teen zone, with activities including an interactive tech village, demonstrations by the Hawaii stunt association, urban art displays and more.

Parking is free at all neighboring public parking lots. For a listing of the entertainment lineup, visit [www.kipchawaii.org](http://www.kipchawaii.org) or call 586-6130.

**Filipino Centennial Celebration** — The Bishop Museum will celebrate the Filipino Centennial, Oct. 1 from 9 a.m. to 5 p.m. in the Castle Memorial building on the museum campus.

The event will feature demonstrations of Filipino culture and cuisine, and lively entertainment throughout the day.

Two new exhibits will be on display: “Sentenaroy: 100 Years of Filipinos in Hawaii and Beyond” commemorates the contributions of Filipinos to the all-around growth of Hawaii over the last century.

“Singgalot (Ties That Bind) - Filipinos in America: From Colonial Subjects to Citizens” explores the challenges that confronted Filipinos in America. The exhibit was most recently on display at the Smithsonian Institute in Washington, D.C.

Entry fee is \$3 for local residents and military, and free for museum members and children under age 3. For more information, call 847-3511 or visit [www.bishop-museum.org](http://www.bishop-museum.org).

**7 / Saturday Plantation Days Keiki Festival** — The Plantation Village celebrates Hawaii’s children by hosting a special keiki festival Oct. 7 from 10 a.m. to 2 p.m. at its facility, 94-095 Waipahu St.

Food, games and entertainment for children will be the order of the day. As an added incentive to come join the fun, admission is free.

Come enjoy a magic show, a professional storyteller and puppeteer, a hip-hop street dance revue, and hula performances. For more information, call the Village at 677-0110, or visit [www.hawaiiplantationvillage.org](http://www.hawaiiplantationvillage.org)

**Portuguese Heritage** — The Hawaii Council on Portuguese Heritage (HCPH) presents “Festa,” a celebration of Portuguese heritage in Hawaii, Oct. 7 and 8, from 10 a.m. to 5 p.m. at McCoy Pavilion, Ala Moana Beach Park (1201 Ala Moana Blvd.). Admission is \$3 and free for children 10 and younger.

The festival will also feature craftwork imported from Portugal, local artists and vendors, cooking demonstrations, cultural displays and entertainment. For more information, call HCPH at 845-1616.

**Energy Awareness Event** — In celebration of October as Energy Awareness Month, the Hawaiian Electric Company (HECO) is hosting a fun-filled day for kids to emphasize the importance of energy conservation and environmental awareness. Kids can learn simple ways to use energy wisely to protect limited environmental resources.

Kid-friendly activities will be held at Pearlridge Mall uptown from 10 a.m. to 3 p.m. and will include interactive exhibits, prizes and live music.

**This Week at the Movies**  
**Sgt. Smith Theater**



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



**The Descent**  
 (R)  
 Saturday, 7 p.m.



**Snakes on a Plane**  
 (PG-13)  
 Sunday, 7 p.m.  
 Thursday, 7 p.m.

# Awareness is focus of DV Month this October

**DONNA GATEWOOD**  
Family Advocacy Program

October is recognized as Domestic Violence Awareness Month throughout the United States, and locally, U.S. Army Garrison, Hawaii, is giving extra attention to this societal ill with an information campaign.

Through mid-October, Army Community Service (ACS) is receiving donations for Military Safe Shelter.

Multiple information resources emphasize social intolerance towards domestic violence.

Many are unaware that domestic violence not only involves physical abuse, but also a pattern of emotional and verbal abuse. It's one person's need to feel powerful and in control of another person's behavior and actions.

Domestic violence is an attempt to maintain control over another person by using insults, put-downs, public humiliation, name-calling, verbal threats, isolation from family and friends, and economic isolation. The tactics are meant to silence victims, so they will be afraid to seek help.

Both men and women may be the subject of domestic violence, although women are the most frequent victims. The U.S. Department of Justice estimates that more than 90 percent of all victims of domestic violence are women. According to Military OneSource, husbands physically abuse almost 4 million American women every year.

However, spouses are not the only people involved in abusive relationships.



Since Jan. 1, the Department of the Army has used an expanded definition of domestic violence to include intimate partners — a person of the opposite sex with whom the victim shares a child in common, or a person with whom the victim shares, or has shared, a common domicile.

So, what should you do if you know someone who is in — including yourself — an abusive relationship? Seek support.

Talk with a friend, neighbor, co-worker or relative. Call the Victim Advocacy Program at ACS, 655-1551 or 655-4227, for assistance and information.

A 24-hour Victim Advocacy Crisis Line is also available at 624-SAFE (624-7233) for emergencies.

A victim advocate remains on-call, 24 hours a day, seven days a week, to assist victims of domestic violence and sexual assault. Assistance is available for men and women, including spouses, Soldiers and intimate partners.

Victim advocates also provide 24-hour access to the Military Safe Shelter for anyone who is afraid and in need of a safe, temporary, place to stay.

Victims are not alone. ACS listens, acts and cares.

# DVD addresses teen deployment stress

**ELAINE WILSON**  
Army News Service

FORT SAM HOUSTON, Texas — A DVD aimed at reducing deployment stress for military teenagers has been released worldwide.

The 30-minute DVD — called “Teens Coping With Military Deployment: How’s Your Family Doing?” — addresses a variety of teen deployment-related concerns, including fear of injury or death, anxiety brought about by changes in the home and coping mechanisms for dealing with the absence of a parent.

A mix of personal life experience and concern for fellow Soldiers inspired Maj. Keith Lemmon to create the DVD.

“I deployed to Afghanistan (in 2002), and while I had my concerns, I thought my family would cope with my absence fairly well,” said Lemmon, an adolescent medicine specialist in training at Brooke Army Medical Center.

A pediatrician with a wife experienced in the education field, Lemmon figured his family was well equipped to recognize signs of deployment-related depression and stress and, therefore, better able to handle the effects.

“But it soon became apparent that no one is immune,” he said.

During his deployment, his wife struggled with situational depression and his 4-year-old son was irritable and acted out.

“I was concerned,” he said. “If deployment affected us this significantly,...what might others be facing?”

Shortly after redeployment, Lemmon became interested in the affects of deployment on families. He discovered projects in the works for other age groups, including a DVD called “Mr. Po & Friends” for 6- to 12-year-olds and a preschool DVD by Sesame Street in the early stages of development.

“But there was nothing for adolescents,” Lemmon said. “We decided to concentrate our efforts on that age group since there was nothing out there to address their issues in relation to deployments.”

“Our goal was to reduce the anxiety and

“Adolescents are more comfortable discussing these kinds of emotional issues with each other ... ”

*Maj. Keith Lemmon  
Adolescent Medicine Specialist*

fear surrounding military deployments and to let teens know they are not alone in the struggles their families are facing,” he said.

A DVD made sense, Lemmon said, as it would grab the attention of a TV- and computer-driven generation.

For funds, Lemmon enlisted the help of his fellowship program director, Col. Elisabeth M. Stafford, military child health and wellness expert, and applied for a \$20,000 grant from the American Academy of Pediatrics (AAP), successfully.

The grant proposal included a plan to address the affects of deployment on adolescents: develop a DVD and Web site, create a training curriculum, and offer civilian health care providers training so they could better screen for deployment stress.

Lemmon’s first step in implementing his comprehensive plan was to create the DVD. He decided to make the DVD “peer to peer, with teenagers relating their own deployment-related stories and offering advice.”

“We know adolescents are more comfortable discussing these kinds of emotional issues with each other rather than adults,” Lemmon said.

Last summer, Lemmon visited Operation Purple, a summer camp for children of deployed service members, to interview adolescents for the DVD. Lemmon said he

was surprised that teens were so eager to discuss the emotions surrounding their family deployment stories.

“I asked children about the affects of deployment: What are you most worried about? Did your families prepare you? Did the military offer helpful support? I ended up with nine hours of video, which we edited to 30 minutes,” he said.

The final product features various teenagers touched by deployment talking about their experiences and lessons learned, some tearfully and others with regret.

“Since he’s been gone ... I cared a lot less because I didn’t have anyone to push me to do better,” said Tyler, one teen featured in the DVD. “I started the school year being an A-plus student, and by the end of the school year I was getting Cs and Ds.”

Other teens expressed worry for their deployed parent, particularly in light of media attention surrounding the war.

“It’s horrible what you hear on the news; it’s like, oh, in Iraq there’s another bombing. You’re just like, please don’t let it be [where] my dad is,” Victoria said.

Teens on the DVD advise others to listen to the deployed parent rather than the media — or to avoid the news altogether. They also encourage others facing the same issues to speak to someone, whether a family member, friend or a trusted adult such as a teacher or their doctor.

“Don’t keep your emotions bottled up, let it all out and talk to people, people who had their (parent) deployed, and ask them for advice and what to do and what not to do,” said James.

The DVD is available on the Web at [www.aap.org/sections/unifserv/deployment/index.htm](http://www.aap.org/sections/unifserv/deployment/index.htm). Follow links at “View the New Multimedia Support Videos” to download a copy of the DVD.

*(Editor’s Note: Elaine Wilson writes for the Fort Sam Houston Public Information Office.)*

# Expo: 'One-stop shop' is a big hit with children

CONTINUED FROM B-1

Mary Ballard was the lucky winner of the \$100 gift certificate from the PX.

## Health and Fitness Center, Schofield Barracks

The Health and Fitness Center promoted its group exercise classes and personal training program. Darleen Keifer performed a brief hula demonstration to promote her classes held at the fitness center.

When asked the program, Aimee Roark, Head Personal Trainer replied, "We offer full personal training programs comparable to 24-Hour Fitness, but our prices are a lot cheaper."

Once signed up, the person will be contacted by Roark to establish goals and to confirm their availability. After the assessment, the person is set up with a trainer who Roark believe best suits their needs.

When assigned a trainer, the potential client receives a free consultation to determine if they would like to continue personal training sessions.

For more information, contact the Health and Fitness Center at 655-8007.

## ACS Boot Camp for New Dads

The Boot Camp for New Dads workshop was recently added to the extensive list of programs at Schofield's ACS. The workshop is designed to help new dads prepare for fatherhood.

The program was created in 1990 by Greg Bishop in Irvine, California, and began at Schofield Barracks in July 2006.



**Aye! thur she throws!** Children at the Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) booth try their hands at a pirate-themed ring toss.

The workshop is completely confidential which helps expectant fathers open up and share concerns about upcoming fatherhood.

"The mission of the program is to bring out the best in new dads, using a team effort," said

Gregg Williams, Family Advocacy Program educator.

ACS hosts Boot Camp for New Dads every 3rd Saturday on Schofield from 9 a.m. to 12:30 p.m.

For more information, contact ACS at 655-44ACS (4227)

## Tropics Community Activity Center

Tropics Community Activity Center has so much to offer service members and their families. The facility is a one-stop shop for family activities.

Complete with a coffee bar, smoothies, web cafe, pool tables, televisions, a juke box, game room and snack bar, everyone in the family is sure to be entertained.

For a small fee, families can reserve an area to hold special events such as birthday parties, baby showers and theme parties.

With football season just underway, patrons are welcome to come and cheer on their favorite football teams on Sundays and Mondays.

Tropics will be hosting Poker Night Oct. 26, which will be open to all ID card holders.

"There is so much more going on at the Tropics than people think. We have so much more to offer families if they just knew about the activities," said Shane Giltner-Baptista, recreation assistant at Tropics.

For more information, contact the Tropics at 655-5697.

When asked about her experience at the expo, Army family member Relisa Wilson said she was very impressed. "This is the first one we've been to and I'm glad we came," she said. "I really liked the hands on stuff, like the play dough and the clay. It's like trick or treating for the kids but without the candy."

# Muslims begin monthlong observance of their holiest holiday, Ramadhan

**MOHAMED SALIM**  
Army Family Member

Recognized as one of the holiest months on the Islamic calendar, Ramadhan observances began Sept. 24. Billions of faithful Muslims around the world are obliged to purify their bodies and souls by fasting, starting with the sighting of a new moon ending nearly a month later.

As a religious obligation, Muslims must fast during the daylight hours, from sunrise to sunset. The purpose of fasting is developing self-restraint. Fittingly, Muslims must refrain from drinking and smoking, among other things.

It is revealed in the Holy Quran, 2:183, "O you who believe, fasting is prescribed on you as it was prescribed to the people before you so that you may have Taqwa (self-restraint)." In Arabic, *taqwa* is the state

of heart that motivates virtuous conduct and prevents evil action. The love and fear of God lead to taqwa.

During Ramadhan, Muslims are required to do more good deeds and distance themselves from all misconduct, intensify their worshiping, read the Quran, give to charity, and remain steadfast in their Salat (prayers).

Muslims at Schofield Barracks have "adopted" Wilikina Drive from Schofield's Macomb Gate to the start of the H2 freeway, as part of Hawaii's "Adopt-a-Highway" program, which reflects their community service commitment.

The Quran, however, provides in 2:185 that fasting is not obligatory for all Muslims. Because God wishes convenience and not hardship on his creation, illness, pregnancy, and age are among many factors that exempt some faithful from observing the fast.



Photo courtesy Staff Sgt. Jamel Abdelwahed

Members of the Schofield Barracks Muslim community fulfill an obligation to do good deeds by cleaning up their "adopted" portion of Wilikina Drive.

The believing Muslim who does observe the fast is rewarded when the fast is over, when he or she meets the Lord. The most rewarding of all fasting benefits is receiving God's mercy, his forgiveness and salvation from hell-fire.

Fasting also provides a social and health benefit. As a social benefit, abstaining from food and drink allows the faithful Muslim to feel what the poor, hungry and less fortunate feel most of their life.

As a health benefit, the Prophet Muhammad said, "Fast and you shall be healthy," and fasting has been known to benefit those with diabetes, obesity and gastrointestinal disorders.

The Schofield Muslim community meets at the Chapel Annex, Building 791, Room 232 for daily prayers at 1 p.m. and for a fast-breaking meal every Friday evening at 6:30.

**COMMENTARY**



**30 / Saturday**

**Punt, Pass, and Kick Competition** — Youth ages 8 to 15 are invited to participate in the Pepsi NFL Punt, Pass, and Kick Competition, Sept. 30, from 10 a.m. to 12 p.m. at the Aliamanu Sports Complex.

This competition is free and sign-ups will be on-site. Proof of age is required, and parents must sign a waiver for their child to participate. For more information, call 438-1159.

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

Registration will be held from 4 to 5 p.m., and cost is \$4 per rider. BMX races will begin at 5 p.m., and refreshments will be provided.

In the future, races will be held every second and fourth Saturdays. Volunteers are needed to help make this event a success. For more information, visit [www.armybmw.org](http://www.armybmw.org) or call 656-1601.

## October

**1 / Sunday**

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

**7 / Saturday**

**Ladies Golf Clinic** — Ladies, sharpen those golfing skills at a free golf clinic. The clinic will be held Oct. 7 at the Leilehua Golf Course located right outside the Wheeler Army Air Field front gate.

The clinic will last for one hour and will begin promptly at 2:30 p.m. All required equipment will be provided to participants and advance reservations are recom-



Photo Courtesy Pearlridge Mall

## Fairly Odd Parents...

The "Nick Live!" show returns to Honolulu Oct. 14. With its fast-paced antics and physical challenges, based on popular Nickelodeon programs, will give kids and their families a chance to get on stage and into the action. Two 45-minute shows, beginning promptly at noon and 2 p.m., will be presented in the uptown center court of Pearlridge Mall.

mended. For more details or to reserve a space, call 655-4653.

**Mini Sports Basketball** — Registration continues for the Youth Sports Mini Basketball program. This parent participation program allows children ages 4 and 5 to gain the basic skills of basketball.

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

## Ongoing

**Aerobic Classes** — Tripler Army Medical Center (TAMC) and Fort Shafter Gyms are offering aerobics classes. Cost for these classes are \$1 per class, per person.

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

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

mation, call 433-2031.

**Muscle Moves** — Tone those muscles using a variety of equipment, including bands, dumbbells, exercise balls and more. Classes are offered every Friday at the Schofield Barracks Health and Fitness Center at 11:45 a.m. Call 655-8007 for more details.

**Wheeler Lanes Parties** — Strike out with friends by planning a party at Wheeler Lanes. Rent the entire bowling center on Saturdays or Sundays for birthday parties, reunions, hail and farewell gatherings, and other special occasions. Call 656-1745 for more information.

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

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



**29 / Today**

**Hunter Education Courses** — The Hawaii Department of Land & Natural Resources is offering Hunter Education classes. Subjects to be covered include wildlife identification and conservation, firearms and archery safety, survival, game care and more.

The free classes are today, from 5:45 to 10 p.m., and Sept. 30, 7:45 a.m. to 4 p.m. Attendance at both classes, which are family-friendly and open to anyone age 10 years and older, is required.

Register by calling 587-0200.

**30 / Saturday**

**Surfing Contest** — The Girls Who Surf Amateur Wahine Surf Contest will be held at 7 a.m. at Kewalo Basin, near Ala Moana Beach, to recognize surf talent and to develop a sense of community among female surfers.

Short board, long board, and

body board divisions will be open to girls, in three age divisions: 8-18; 19-29, and 30 and over, with awards given to the top three finishers of each.

For more information on this free event, call Lymari at 282-8535 or 371-8917, or visit [www.girlswhosurf.com](http://www.girlswhosurf.com).

## October

**1 / Sunday**

**Niketown Race** — Open to anyone, this year's race will be held Oct. 1 at 7:30 a.m. Participants can choose between a 5K or one-mile distance. The race begins at Niketown, 2080 Kalakaua Ave. in Waikiki.

Cost is \$20 to enter, and includes a T-shirt. All proceeds will be donated to the school of your choice. Register at [www.niketown5k.com](http://www.niketown5k.com).

## Ongoing

**Prenatal Exercise Program** — Exercise during pregnancy has

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

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

**Masters Swim Program** —

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

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

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

**Cricket in the Park** — The Honolulu Cricket Club invites players of all levels of experience to get into the game. Join the club at Kapiolani Park, at the base of Diamond Head, for exciting rounds of cricket.

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

**Bike Hawaii** — Join Bike Hawaii's professional nature guides, and explore Oahu from the rainforest to the reef. Packages can include downhill biking, waterfall hiking and sailing off Waikiki with exclusive access to a remote Hawaiian rainforest.

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

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