

INSIDE

'Surge working' Bush says

JIM GARAMONE
Army News Service

AL ASAD AIR BASE, Iraq — The military surge into Iraq is working, President Bush told troops Monday, during a surprise visit here.

The president said he came to Anbar province so he could see the success in the war on terror and thank the men and women who are making sacrifices for that success.

Bush, Defense Secretary Robert M. Gates, Secretary of State Condoleezza Rice, Chairman of the Joint Chiefs of Staff Marine Gen. Peter Pace and U.S. Central Command chief Navy Adm. William Fallon flew in to meet with Army Gen. David Petraeus, Multinational Force Iraq commander, and U.S. Ambassador to Iraq Ryan Crocker.

The president told the more than 700 service members assembled in the morale, welfare and recreation center that he is "incredibly proud to be the commander-in-chief of such a great group of men and women."

The Soldiers, Marines, sailors and airmen in the audience gave the president a rousing welcome. Calls of "Hooah" came from the Soldiers and "Oorah" from the Marines, many of whom have had multiple deployments to the region.

"I want to tell you this about ... my decision about troop levels," Bush said. "Those decisions will be based on a calm assessment by our military commanders on the conditions on the ground — not a nervous reaction by Washington politicians to poll results in the media."

Bush said he will order redeployments "from a position of strength and success, not from a position of fear and failure."

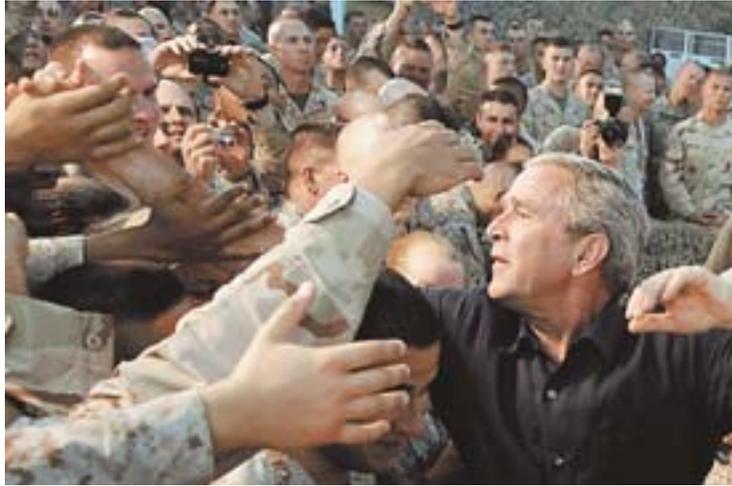


Photo by Air Force Staff Sgt. D. Myles Cullen

President Bush shakes hands with troops during a surprise Labor Day visit to Iraq Monday. The president thanked about 700 U.S. troops at Al Asad Air Base for their hard work.

Their service in Iraq is making the United States more secure, Bush told the service members, some of whom had waited four hours for the president to appear.

"Anbar is a huge province," Bush said. "It was once written off as lost. It is now one of the safest places in Iraq because of your hard work."

The president credited the bravery and sacrifice of U.S. troops for denying al Qaeda a safe haven to plan and carry out attacks against the U.S. The sacrifice in Iraq makes America safer, Bush told the service members.

But the work is not done, he said.

Iraq needs stability to build a better future, he said, "and America needs this stability to prevent the chaos that allows the terrorists to set up bases from which they can plot and plan attacks on our homeland."

"If we don't want to hear their footsteps back home, we have to keep them on their heels over here," he said. "That's exactly what you're doing," he told the troops, "and America is safer for it."

(Jim Garamone writes for the American Forces Press Service.)

Army remains committed to Hawaii

Responding to presence of depleted uranium at Schofield, Pohakuloa, Army partners with experts to ensure safety

SGT. 1ST CLASS CHRISTINA BHATTI
U.S. Army, Pacific, Public Affairs

SCHOFIELD BARRACKS — The Army has reaffirmed and demonstrated its commitment to work with the Hawaii Department of Health and Nuclear Regulatory Commission to ensure public safety regarding the depleted uranium (DU) discovered here and at Pohakuloa Training Area (PTA) on the Island of Hawaii.

A panel of experts representing local, state, national and federal agencies gath-



Sgt. Angela Gilmore | USARPAC Public Affairs

The M101 spotting round shows the depleted uranium in black, left, and the tailfin, a metallic alloy, in silver.

ered here at Range KR3, Aug. 29, to discuss plans to address the DU fragments found in Hawaii with members of Oahu and the Island of Hawaii news media.

"The Army takes very seriously its roles and responsibilities with regards to this discovery," said Col. Matthew Margotta, commander, U.S. Army Garrison, Hawaii. "Depleted uranium fragments from the M101 spotting round for the Davy Crockett, an obsolete weapon system, were found on remote sections of the impact areas that are not accessible to the general public."

The DU fragments found here and at PTA do not pose a threat to the population of Hawaii, Margotta said.

What is DU?

DU is a man-made heavy metal used in both private industry and the U.S. military.

"The Army does not routinely use munitions that contain DU during military training. However, in the '50s and '60s it was used when you needed a heavy weight," said Greg Komp, senior health physicist, Office of the Director of Army Safety, Washington D.C.

A Nuclear Regulatory License is required to fire munitions that contain DU; the Army does not have and has no intention of obtaining that authorization in Hawaii, according to the Department of Army.

In the military, because of its hardness and penetrating (armor-piercing) ability, DU is currently used in munitions to destroy or disable enemy-armored vehicles. It also has other military applications, which, among other things, provides our Soldiers protection from enemy fire.

In private industry, DU has a number of applications, including its use as a counterweight to balance aircraft and boats.

"DU occurs naturally in the soil. Through a process called enrichment, the most radioactive part of uranium is removed. This process results in DU, which is 40 percent less radioactive than regular uranium."

The Army's Response

The Army, working with the Hawaii Department of Health and the Nuclear Regulatory Commission, has adopted a methodical process for assessing DU fragments on Army ranges in Hawaii, said Komp.

The first part was an archival search



Shaping stability

Teams of 325th Brigade Support Battalion Soldiers take steps to improve the Iraqi army's self-sufficiency in Kirkuk, Iraq

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Remembering Sept. 11

The Installation Chaplains' Office will host a ceremony entitled "A Time of Remembrance" at the Wheeler Army Air Field Chapel, at 12:30 p.m., Tuesday, Sept. 11. For details, call 655-9307.

Giving back

Spouses of deployed Soldiers are invited to a free car wash and maintenance checkup at the car wash rack by the Schofield Barracks' Foote Gate, Saturday, Sept. 8., from 9 a.m. — 1 p.m. Call 630-2333.

See Community Calendar, B-2.



Resources abound

From employment opportunities to tips on establishing their own careers, spouses have options for mitigating the impact of military moves

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NCO Academy earns coveted award

SGT. 1ST CLASS JASON SHEPHERD
U.S. Army, Pacific, Public Affairs

FORT SHAFTER — The Noncommissioned Officer Academy (NCOA)-Hawaii at Schofield Barracks and the United States Army, Alaska NCO Academy, Fort Richardson, Alaska, have recently been accredited as Institutions of Excellence by the United States Army Sergeants Major Academy (USASMA), the highest level of accreditation in the U.S. Army.

USASMA and the Training and Doctrine Command accredit NCO academies every three years to ensure Soldiers are receiving the best training possible. Currently only four of the 28 NCO Academies in the United States Army are accredited as an Institution of Excellence. The other two NCO Academies with this distinction are at Fort Lewis, Wash., and Fort Campbell, Ky.

More than 1,600 Soldiers enroll in the NCOA-Hawaii yearly. Not only do U.S. Soldiers go through the course, about 50 foreign Soldiers from six different countries also attend this academy.

According to Command Sgt. Maj. Michael Thomas, commandant of the NCOA-Hawaii, USASMA inspects 16 different areas during the accreditation process, and earning a perfect score in all areas isn't enough to be recognized as an Institute of Excellence.

"You must get 100 percent in every area without one gig," he said. "A lot of academies get 100 percent, but as soon as you get one comment, you're out of the running."

"It's not so much our paperwork is



Sgt. 1st Class Clifford Johnson | NCOA-Hawaii

Warrior Leader Course students patrol the area during the field portion of the course. The Noncommissioned Officer Academy, Hawaii, was accredited an Institution of Excellence by U.S. Army Sergeants Major Academy, Fort Bliss, Texas, Aug. 26.

straight, and we have our act together as far as our [standard operating procedures] and the way we do business at the Academy," Thomas added. "To me, it's the extra things that we do at this academy that no other academy in the United States Army does. That's why NCOA-Hawaii deserves this recognition."

For example, Thomas said the NCOA-Hawaii is the only academy that has an overweight program as a part of the Warrior Leader Course. According to the Army, if a Soldier fails the body fat test twice, he or she will "marginally achieve the course standard."

"We took a proactive approach," Thomas

said. "When they come in and don't meet Army height and weight standards, we give them a class on nutrition, we put them on a special high-protein, low-fat diet in the dining facility, we give them extra [physical training], we assign them a battle buddy who monitors everything they eat, and then we counsel them."

During the last year, 152 Soldiers have been put on the program, the average are 4-8 percent over their body fat. Under this program, 99 percent of the Soldiers went on to meet the Army standard by the end of the cycle.

SEE NCO, A-3

Aviator bids farewell to 'green air'

SPC. BRYANNA POULIN
25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq—Disco and polyester pants are a few of the memories people have of the '70s. However, for one young man, the '70s is a reminder of an Army recruiter giving him the wrong job, a mistake that would ultimately have a lifelong effect.

With hair down to his shoulders and wearing faded blue jeans with holes in them, Charles Carlos Cantu, now a chief warrant officer 4 and an aviator with 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, was on his first Army flight to Ft. Jackson, S.C., Aug. 5, 1975. He was on his way to Basic Combat Training with the dream of being an Army firefighter, but as destiny would have it, Cantu took a different path.

"I thought I signed up for fireman, and the recruiter gave me aircraft fire control repair man," said Cantu with a chuckle. Cantu quickly realized the mix-up when he made his way to Advanced Individual Training and discovered his fire stations were aircraft hangars.

"When I walked into a hangar and saw a Cobra helicopter, I was confused on why there weren't any fire trucks," he said with a laugh. "I realized then my job was to repair missiles fired from Cobra —

that's how I got into aviation."

As Cantu continued his enlisted career working on Cobras, fate once again stepped in to take him on yet another path.

One day at work Cantu noticed a co-worker leaving the hangar with clearance papers.

"I found out he was leaving for flight school," Cantu recalled. "I was amazed ... I thought only doctors or lawyers could be pilots, so I took my Alternate Flight Aptitude Selection Test (AFAST) and was on another plane to flight school."

Throughout the next 30 years, Cantu, whose friends call him Chico, would experience things that most people only dream of while continuing to overcome both personal and professional challenges. "The biggest heartache I had in my career was joining after the Vietnam War and not being able to do my part immediately in a combat zone," he said somberly. "Nevertheless, in 2004, we were activated and I had to get the guys [aviators] proficient enough to deploy. It was one of the biggest challenges for me, but I finally felt like I was giving something back."

Cantu faced another fork in the road when he became a single parent to a preteen daughter who was more interested in makeup

SEE CANTU, A-3

OIF

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LIGHTNING SPIRIT

Take time for reunions of family, spirit

CHAPLAIN (MAJ.) RICHARD H. SAVAGE
Plans, Operations, and Training Chaplain,
8th Theater Sustainment Command

When we hear the phrase "homecoming" we think of many things; it can be of high school or college homecoming games; a chance to get with friends that we grew up and haven't seen for a while; or coming back to our family. Each situation can involve returning to where we are stationed or back to our place of birth. Homecoming is a phrase we have heard several times in my unit as we have had Soldiers coming home from Iraq. It is a time of excitement as the Soldier and the family anticipates being together again. It is exciting because the Soldier is returning home safely and because he or she gets to be together with family again.



Savage

The thought of the homecoming brings to mind many things that the family wants to do together, but there always seem to be more on the list than can be accomplished in the allotted time. On that list are places to go, places to eat out together and sites to see.

What we forget to do in all this planning is just to spend time together talking about things that have happened to each family member while the Soldier was deployed.

I realize that taking time to talk about events in each family member's life is not exciting, but it is an important part of the Soldier's homecoming. It may be done as a family group or one-on-one with the Soldier.

As a family group, it is a time to share all the accomplishments and disappointments that happened to the family. It is a time of sharing in the joys of the accomplishments and helping to deal with the pain of the disappointments. This is important to the Soldier and to the family, as it allows each to see what has happened in the life of the family while the Soldier was deployed. It is something that may take more than a couple days.

There also needs to be a time when the Soldier gets one-on-one with each family member to just talk about what has happened in that family member's life. With younger children, they will want to talk for some time, as they want to catch you up on everything that has happened while the Soldier has been gone. This one-on-one time is important in the life of the family as it helps to rebuild the bonds between each family member.

This whole process may be repeated as the Soldier takes leave and go back to the mainland to visit with his or her immediate family. The homecoming is a time that is both exciting and nervous at the same time due to the uncertainty of what it will be like and how it will be received. It can also be tiring for the Soldier because he or she is taking on one routine to another, which takes additional adjustment time. Be sure and take the time to rest and get back into the routine of the family.

There is another homecoming that we don't think about. That homecoming relates to our faith or spiritual roots. This is an area that we don't often think about in our reintegration and reunion process, but which is a vital part of our lives.

Physical, mental, and spiritual elements comprise who we are as we relate to others, and if we neglect one area, we will not be complete.

We may wander from our faith or stop going to church after a while for various reasons. We may find it hard to come back to our spiritual roots for varied reasons. However, we will need to take that step in our lives to get back to our spiritual roots. Take the time necessary to come back home to your spiritual roots, or your return home will not be complete.

Education Front

Survey cards key to schools funds

JEWEL CSISZAR
Army School Liaison Office

Tuesday, Sept. 5, was an important date for Hawaii public schools. It was the day students brought home a federal survey card for parents to complete and return to schools the following day. Schools will receive federal impact aid based on the number of survey cards that are returned.

Why do the survey cards lead to federal impact aid?

The survey cards determine the number of federally connected students in the public school system. Federally connected students are those children whose parents or legal guardians reside or work on federal property. The law recognizes the following as eligible, children whose parents:

- both live and work on federal property
- are members of the uniformed services and reside on a military base, including children of foreign military officers
- are members of the uniformed services, but who reside off the military base including children of foreign military officers
- are civilian employees of the federal government or who work on federal property
- reside on federal property, but who

work on taxable land

- live on Indian trust or treaty land
- reside in federal low-rent housing, not including Section 8 housing

Based on these criteria, data is collected from the survey cards and delivered to the Federal Department of Education, which reimburses the Hawaii Department of Education (DOE) in impact aid for educating federally connected students.

What is federal impact aid?

Impact aid is intended to partially compensate the Hawaii DOE for the families of federally connected students that pay less in taxes into the school district than local residents. It partially makes up for local tax losses resulting from tax-free federal installations.

For example, people living on federal property do not pay local property tax. People who work on federal property in turn, work for companies that do not pay local property tax. Also, people who work for the military have the ability to shop for food and other items at a post exchange that does not charge sales tax.

Therefore, Hawaii and its school districts lose not only property tax revenue, but also sales tax and licensing fees.

Why should parents fill out the federal survey card?

Impact aid is used in the areas that the DOE needs it most as determined by the locally elected school board. These funds can be used for teacher salaries, school programs, materials, equipment, and supplies.

"Hawaii's public schools rely on federal impact aid as a significant part of the education budget," said Superintendent Patricia Hamamoto. "By filling out and returning the survey cards, parents are helping our schools claim and benefit from their authorized share of federal support."

How much impact aid has Hawaii received in the past?

During the 2006-2007 school year, the state counted more than 29,000 federally connected students and received more than \$46.7 million in federal impact aid, or an average of \$1,587 per student. This represents about 15.5 percent of the state's average per-pupil expenditure of \$10,252 (2005-2006 data).

How can parents help?

Parents are encouraged to fill out and return surveys to schools promptly. Nonresponses could result in the loss of millions of dollars in federal funds that benefit both our military and local communities. Every card that is not returned will result in lost revenues to Hawaii classrooms statewide.

Spouses need battle buddies too

CHELSEA ILIFF
Army News Service

FORT HUACHUCA, Ariz. — Alone in a foreign country, in a new apartment, with no vehicle and no household goods, I was forced to make friends when my husband deployed to Iraq for the first time in October 2003.

We were stationed in Germany and he had been there a month before I was allowed to come. He deployed a little more than 48 hours after I arrived, and I didn't see my husband again for 10 months.

I believe good friends are critical in sustaining throughout a deployment. Just like our Soldiers, these friends become our battle buddies, our confidantes, our family.

While one can tell you where you'll find your closest friends or how to build your spouse network, it doesn't hurt to have a cookout with neighbors, attend family readiness group meetings, have coffee with co-workers or volunteer for a local organization.

A battle buddy is someone who truly experiences the difficulties of a deployment with you. This could be a family member or an old friend, but I've found the best battle buddies are other spouses who live through the pain of war and separation alongside you.

COMMENTARY I met my battle buddy while working for the education center on post. We conducted briefings back-to-back for weeks and finally met for coffee. Our husbands were friends and roommates in Iraq and this allowed us to experience the separation as a collective team.

Here are a few ways you and your battle buddies can get through a deployment together:

- Go out and travel. If you have kids, take them along. Because we were in Europe, my girlfriends and I experienced Christmas markets in Germany, pottery shopping in Poland, theatre hopping in London, and road tripping through France



Landy Stewart Miyake | Pacific Media Publishing

Battle buddies give each other a leg up during a spouses' spur ride last year. Spouses can make long deployments more bearable by participating in activities ranging from shopping to sports.

and Switzerland.

We had equal amounts of fun traveling in and around our small community. We went to the market and museums and theatres. There's a lot to do right around your doorstep.

- Volunteer for the local community club or other organizations. You'll discover that this is a great way to build your spouse network.

- Grab a few friends and start a dinner group. Rotate hosting duties and enjoy weekly or monthly meetings. After dinner, let each person talk uninterrupted for 15 minutes.

I got this idea when I attended the American Women's Activities in Germany annual conference in 2006. It's a very basic idea, but it allows you to share your feelings with your friends and in turn, become a better listener.

- Exercise together. I'm not one who

loves to hit the gym, but I do enjoy going for walks. Play tennis, play basketball, be creative.

My battle buddy and I used to walk from our apartment downtown. We do a little shopping in the market and have breakfast. It was a great way to spend a day.

- Start a poker group or a bunco group. Again, rotate houses and refreshments and get together for some fun. You will be surprised at how other spouses will jump at the opportunity to be involved with a group.

You don't need to do anything fancy or expensive to build your spouse network. Sometimes watching American Idol together or going to the movies may be all you and your battle buddy need to help each other through these long separations.

Find yourself a battle buddy and find yourself a friend for life.

(Editor's Note: Chelsea Iliff writes for the Fort Huachuca Scout.)

Courts-Martial

Pvt. gets bad-conduct discharge

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

Over the past month, one Soldier was tried, found guilty, and sentenced for various offenses occurring on and off Schofield Barracks

A private (E-2) from Headquarters and Headquarters Company, 25th Special Troops Battalion was sentenced at a special court martial to be reduced to the grade of private (E-1), to be confined

for four months, and to be discharged from the service with a bad-conduct discharge, for failure to report, absence without leave, missed movement, and underage drinking.

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

Q: Why does the Hawaii Army Weekly publish court-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

298 days since last fatal accident

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

A division training holiday will be awarded for the next 100 consecutive days with no accidental fatalities. Current as of 9/5/07.

Voices of Lightning: What did America learn September 11, 2001?



"That we are not invincible."

Amy Arabian
UH Warrior Bn.
ROTC Cadet



"Freedom isn't free."

Chief Warrant Officer 2 Darrell Jordan
2-25th Aviation Regt.
Black Hawk Pilot



"When everyone pulls together as a country, we are stronger."

Sherri McIntyre
Family Member



"You shouldn't take life for granted."

Amber Rombout
Family Member



"[To] not take our freedoms for granted."

Sgt. 1st Class Gary Vandertang
57th MP Co.
Military Policeman

Cantu: Seasoned aviator reflects on 32 years of service

CONTINUED FROM A-1

and boys than family time.

“Being a single parent I had to manage time, health, money and love while establishing values in her,” Cantu said, gleaming as he spoke of his daughter. “I had to balance the time I spent working, as well as making sufficient time to be a dad to her ... not just a father, but a dad.”

Instilling values in his daughter was imperative to Cantu, even during times when his daughter would rather hang out with her friends.

“Sundays were family day, and we spent that day together whether she liked it or not,” Cantu said with a grin. “I would sit at the picnic table on the beach, and she would sit in the car sulking. After about a half hour, she would get out, and we would have fun for the rest of the day. It’s growing pains, but I wanted her to understand the importance of family values.”

Through challenges and interpersonal relationships, the Chinook pilot spent 32 years making an impact on those with whom he interacted.

Cantu recalled being an instructor and the day a brigade commander was so impressed after sitting in on a class, that he awarded Cantu an impact Army Achievement Medal.

Although Cantu was a mentor and teacher to some, he stressed the importance of the team concept.

The team effort came together Aug. 5, when friends gathered to celebrate Cantu’s last flight at Contingency Operating Base Speicher, here.

“Ironically, 32 years later from the exact date I joined the Army, I flew my last flight as an Army aviator,” Cantu said to friends at his retirement ceremony. “What better place to have your last flight than in a combat zone with all of your friends.”

During his 32-year tenure, Cantu has logged more than 11,000 hours of accident- and incident-free flight



Spc. Bryanna Poutin | 25th Combat Aviation Brigade Public Affairs

time, and more than 1,100 hours of combat flight time, which included 288 combat missions.

Chief Warrant Officer 4 Charles Carlos Cantu, a CH-47 aviator with 3-25th Aviation Regiment, 25th CAB, receives several awards at Contingency Operating Base Speicher.

Cantu said he will miss a number of things about Army aviation.

“I am going to miss the ‘juice’ –

the adrenaline rush from flying an air assault mission,” he said. “I will also miss flying the ‘green air’ [flying with night vision goggles], along with all the guys joking around and having fun out here.”

NCO: School takes proactive approach

CONTINUED FROM A-1

This is just one of the many extra things the NCOA-Hawaii does for Soldiers who attend courses there.

Along with the proactive approach come instructors who are willing to go the extra mile to ensure the best training for Soldiers. According to 1st Sgt. Troy Baylis, first sergeant, NCOA-Hawaii, the cadre expected to do well during the accreditation process.

“These instructors do a lot of training, so they’re not nervous when they’re being evaluated,” he said. “They’ve received top-quality training and would have been very disappointed if they didn’t receive this distinction. We’re only 44 deep, so everybody knows what’s expected of them.”

Staff Sgt. Edward Bower, senior small group leader and escort of the accreditation team, said that this award exemplifies what everyone does at the NCO Academy.

“A few people might have stepped up and did quality assurance, but every member of the cadre got checked on something,” he said. “This is a great team, and everybody works together. We weren’t given this award; the academy went out and earned it.”

325th BSB 'BLAsTT' Iraqis toward sustainability

OIF

Story and Photos by

SGT. MIKE ALBERTS

3rd Infantry Brigade Combat Team Public Affairs

KIRKUK, Iraq – When speaking of military operations it's often said, "Nothing happens until something moves." Once moved, "Nothing lasts without support." A military unit's ability to move and maintain itself is critical to sustainability and success.

Soldiers of the 3rd Infantry Brigade Combat Team's (3IBCT) 325th Brigade Support Battalion (BSB) understand the importance of logistical support for military operations – it's what they do; they provide flexible and responsive combat service support and combat health support to 3IBCT.

For the past year, however, it's what they've done to improve the sustainability of the Iraqi Army's 4th Division that is remarkable.

"One of our many challenges when we arrived in Iraq was to figure out a way to support the brigade's strategic mission to help establish a credible Iraqi Security Force," said Lt. Col. James D. Hess, battalion commander, 325th BSB. Hess' diverse battalion contains Soldiers with expertise in more than 127 different military occupational specialties, many of whom could assist an Iraqi Army logistics system left



2nd Lt. Glenn P. Sudol (left), fuel and water systems platoon leader, and Sgt. Jacques Mesadiou (center), squad leader, both with the 325th BSB, help resolve fuel accountability issues during a weekly meeting at "K1," an Iraqi Army compound in Kirkuk Province, Iraq, Aug. 14.

undeveloped during the initial efforts to rebuild a capable Iraqi Army. To this end, Hess' unit partnered with the Iraqi Army 4th Division at "K1."

K1 is an Iraqi Army compound located on the outskirts of Kirkuk, approximately 150 miles north of Baghdad. It is home to the Iraqi Army 4th Division's

Garrison Support Unit (GSU) and 4th Motorized Truck Regiment, among other elements. The 325th BSB's mission is to train and mentor the GSU and 4th MTR and to improve their respective logistical infrastructure and operations.

"They had basic mechanics, medics, infantrymen and so forth, but the division really didn't have much of a logistics middle to sustain itself," explained Hess. "So we built the 'BLAsTT' concept in response to that challenge and to supplement the existing MiTTs (Military Transition Training team) at K1 and throughout our brigade's area of responsibility."

The Bronco Logistics Assistance Training Team, or "BLAsTT" as its known, assists the GSU's and 4th MTR's logistical needs by providing a consistent presence of medical, supply, maintenance, ammunition and fuel system specialists. In addition, BLAsTT assistance is tailored to the specific logistical needs of the GSU and 4th MTR.

For instance, if a generator goes down at K1, BLAsTT augments its team with generator mechanics to assist in the repair and to conduct necessary training. In other words, Hess allows their issues to

SEE 325th BSB, A-9

Combat veterans get bonuses for recruiting in hometowns

U.S. ARMY RECRUITING COMMAND PUBLIC AFFAIRS
News Release

FORT KNOX, Ky. — Active duty Soldiers who are veterans of Operations Enduring Freedom or Iraqi Freedom have the opportunity to tell their Army stories in their hometowns through the Special Recruiter Assistance Program (SRAP).

“There’s really no one better to tell the Army story to the American public than our Soldiers who have been the boots on the ground in Iraq and Afghanistan,” said Maj. Gen. Thomas P. Bostick, commanding general, U.S. Army Recruiting Command, Fort Knox, Ky.

This initiative enables families, friends, area schools, local organizations and community leaders to hear firsthand accounts of the war through the voices of their hometown heroes.

“They have incredible stories that deserve to be heard; they make our Army and nation proud,” Bostick said.

Bostick said the Soldiers who serve on SRAP duty play an incredibly important role in assisting with recruiting efforts and helping meet the Army’s end strength. In addition, Soldiers on SRAP duty are eligible for the Army’s \$2,000 referral bonus if any individuals they refer enlist.

The Army is seeking as many Soldiers as possible to return to their hometowns for SRAP duty before the end of the year. SRAP volunteers may be located in the U.S. or overseas, but cannot be currently deployed in support of contingency operations.

SRAP participants will serve in a temporary duty (TDY) status for up to 14 days, and may claim reimbursement for travel expenses and per diem.

While on SRAP duty, Soldiers will assist recruiters at the recruiting stations nearest their hometowns, participate in area recruiting events and activities, and talk to people interested in learning more about what it means to be a Soldier.

Details about the SRAP and \$2,000 referral bonus programs are available online at www.2k.army.mil, by calling toll free 1-800-223-3735, ext. 6-1538 or 6-0448, or toll 1-502-626-1538 / 0448.



Lee Elder | U.S. Army Recruiting Battalion, Nashville

Spc. Paul D. Workman, from Fort Campbell, Ky., interviews a would-be Army applicant while serving in the Special Recruiter Assistance Program.

Residents can sleep well after area boulders removed

\$309,000 project rids valley near Tripler of five massive boulders

DINO W. BUCHANAN
Honolulu District Public Affairs

FORT SHAFTER — Several Moanalua Valley residents are now sleeping well at night after boulders that could have fallen on their homes were removed by a U.S. Army Corps of Engineers Honolulu District rockfall mitigation project in August.

Moanalua Valley resident Lisa Hall watched and smiled as a helicopter lifted more than 35 bags of boulder fragments from a hillside behind her home.

"It's a relief," Hall said.

The airlift concluded the \$308,850 rockfall mitigation project to remove five boulders — boulders that were up to five feet in diameter and weighed approximately three to 20 tons — above homes near 1615 Ala Mahina Place in Moanalua Valley.

The boulder that had sat precariously on the slope about 275 feet above street level and behind the home Hall rents was about the

Medical Center (TAMC), where they were later trucked away to a Mililani stone dealer for reuse.

The project was initiated by concerns from Moanalua Valley residents to State Rep. Glenn Wakai, 31st District (Moanalua Valley, Moanalua, Salt Lake) and then an inquiry from Hawaii Sen. Daniel K. Inouye's office in February.

The Honolulu District awarded the current \$308,850 rockfall mitigation contract to Prometheus Construction, July 5, to remove the five boulders.

"This action was not us as a community crying that the sky is falling," Wakai said. "Boulders actually fell, and they continue to pose a danger to the residents."

Wakai said he and Inouye worked together to secure funding for this project, and according to a recent press release issued by Wakai's office, \$6.5 million more to remove boulders on the Red Hill side of Moanalua Valley,

where the U.S. Navy has identified 49 sites as having dangerous boulders.

"This action was not us crying the 'sky is falling'... boulders actually fell, and they continue to pose a danger to the residents."

Glenn Wakai
State Representative

Prometheus began the project Aug. 14 and finished in about two weeks — weeks ahead of the contract's October deadline. All of the boulders removed were just inside TAMC's property line at or above 260 feet in elevation.

Residents in homes near the five boulder sites were evacuated during the airlift, which took about 40 minutes, Tillotson said.

In late 1995, Prometheus Construction completed a \$1.4 million Corps rockfall mitigation project along the TAMC property line uphill of the Moanalua Valley residences on Ala Aolani Street and Ala Mahina Place, removing 50 boulders from 15 sites. That project followed heavy rains and landslides that damaged properties near TAMC in late 2003.

Watching the boulder chunks being flown away from the hillside in August was much more than a weight lifted off the minds of the Ala Mahina Place residents.

"Now we can move back into our bedroom and have a good night's sleep," Hall said.

A Pacific Aviation helicopter lowers a bag of boulder fragments to a field at Tripler Army Medical Center during the Corps' 2005 rockfall mitigation project in Moanalua Valley.



Courtesy Photo

Pacific Aviation and Prometheus Construction workers watch as a bag of boulder fragments is lowered during the Corps' 2005 rockfall mitigation project in Moanalua Valley.

size of a Volkswagen Beetle and weighed an estimated 20 tons. Since she moved into the house earlier in 2007, Hall worried that it could roll downhill into her bedroom.

"It concerned us because the geologist had mentioned to me that particular big boulder could have come down and landed inside my home at any time," Hall said. "We were sleeping in the living room because we were afraid it would land in my bedroom. When we first noticed the boulder, it was kind of scary because it looked like it would come down any moment."

"That boulder in particular looked really unstable," said Cliff Tillotson, vice president of Prometheus Construction, the Corps' contractor for the project. "I have kind of a gut rating system on boulders, and that one was a seven or eight. It was just sitting on two little rocks, and if they were to move or give way, then the boulder could roll down."

Removing the boulders involved placing temporary secure cable net drapery (fences) over the boulders and then breaking them into pieces using a pneumatic splitter. After crews split the boulders into manageable pieces, they placed the rocks into heavy-duty bags. Pacific Helicopters transported the bags to a field area at Tripler Army

News Briefs

Send news announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

8 / Saturday

Financial Counseling – Catch the next courses Sept. 8 & 15, 9 a.m., at the 9th Regional Readiness Command, Fort Shafter Flats, Building 1557, Room 112. Contact Angela Brown at 438-2243 or e-mail angela.brown@9rrc.army.mil to reserve a seat.

10 / Monday

Road Closure – Due to construction, Lewis Street, the road between E and F quads (Waianae Avenue to Foote Avenue), will be closed from Sept. 10 through July 16, 2008. For more information, call 624-7234 or e-mail Owen.K.Ogata@poh01.usace.army.mil.

11 / Tuesday

SSA Closure – The Supply Support Activity (SSA) will be closed Sept. 11–21 for a physical inventory. Normal operations will resume Sept. 24. For emergency services during this period, call Alfred Chugen, 656-0744, or Sam Sapatu, 656-2277.

Transition Assistance – ACAP hosts Transition Assistance Program (TAP) and Department of Labor TAP workshops, which cover job search skills, including networking, resume writing, cover letter writing, interviewing, salary negotiation and career planning.

The next TAP class is Sept. 11–13. For appointments, call 655-1028; however, walk-ins are welcome, if seating is available.

14 / Friday

Vehicle Registration Closure – The Schofield Barracks Vehicle Registration and Installation Access Pass Offices, Building 6508 Leilehua Golf Course Road will be closed Sept. 14. The Fort Shafter vehicle registration office will conduct business as usual that day from 9 a.m. to 3:30 p.m. For more information, call 655-0894.

Signal Ball – All interested personnel are invited to attend the 2007 Signal Corps Regimental Ball Friday, Sept. 14 at the Ko'olau Golf Course, Kaneohe. Maj. Gen. Donna L. Dacier, commanding general, 311th Signal Command (Theater) will be the guest speaker. The evening will include traditional military ceremonies, a three-course dinner, entertainment, dancing, and a ceremonial cake. Cost is \$50 per person.

Attire is mess or dress blues or Class A with bow tie for military and formal attire for civilians. Cocktails will be served at 5 p.m., followed by a reception line at 5:30 p.m., and the opening ceremonies at 6 p.m.

For ticket information and menu selection, call Master Sgt. Quentin Whitehurst, 656-1367, or Bill McPherson, 438-8264.

20 / Thursday

Garrison Oahu Office Moves – The U.S. Army Garrison-Oahu commander's office will be closed Sept. 20-21 as it relocates to Fort Shafter.

All USAG-Oahu personnel, with the exception of the Oahu North and South Community director's offices, will relocate. USAG-Oahu personnel can be reached at the

following locations and phone numbers: USAG-Oahu commander's office – Building 344, Fort Shafter, 438-0428; S3 and Compliance Section – Building 344, Fort Shafter, phone number not established; S1, S2, S4, S6 – 1st floor, Room 104, Building S330, Fort Shafter, phone number not established; Installation Troop Command – 2nd floor, Building S330, Fort Shafter, phone number not established; Oahu South Community commander's office – 2nd floor Building S330, Fort Shafter, 438-6996; and the Oahu North Community commander's office –

3rd Floor Building 690, Schofield Barracks, 655-0497.

21 / Friday

Hispanic Heritage Month – Come celebrate Hispanic Heritage Month, Friday, Sept. 21, from 11:30 a.m.–1 p.m. at Schofields' Nehelani Club. Call Master Sgt. Damian Miller, 655-1603, for details.

27 / Thursday

Change of Command – The 45th Special Troops Battalion will host a change of command ceremony at Schofield Barracks' Sills Field, Thursday, Sept. 27, at 10 a.m.

Ongoing

Testing Services – The Army Education Testing Center offers a variety of military and civilian tests, such as the TABE, DLPT, DLAB, AFCT, CLEP, DSST, SAT and national certifications exams and interest surveys. Testing is a great way to earn potential college credits and further career advancement. Most tests are fully funded for active duty and reservists. Individuals interested in testing need to see an Army guidance coun-

selor for approval. The testing center, located at Schofield Barracks' Yano Hall, Building 560, 2nd Floor, is open Monday–Friday, 7:30 a.m.–4 p.m. Call 655-9776 for more information.

Recovered Property – The Provost Marshal Office has recovered several lost or stolen bicycles. Owners cannot be identified because these bicycles were not previously registered on post or with any other agency.

Other recovered items include cellular phones, keys, jewelry, sporting goods and more.

To make arrangements to identify bicycles or any other items that may have been recovered, call 655-8255.

Vehicle Registration – The Schofield Barracks Vehicle Registration office at the Leilehua Golf Course Road, Building 6508, will be issuing government ID cards to: (1) Family members of current DA civilian employees (2) Retired DA civilian employees (3) Family members of retired DA civilian employees.

Call Ron Vallente at 655-1620, for more information.

DU: Army's four-point plan includes partnering with experts, state officials

CONTINUED FROM A-1

to collect data and information about the Army's use of munitions that contain DU on Hawaii's ranges. The second step was a scoping survey that confirmed DU was present in the impact areas here and at PTA. The third step is a full characterization survey. This type of survey is now being conducted at Schofield Barracks. It will determine the extent of contamination and assist in generating a Human Health Risk Assessment.

Komp said he anticipates the characterization survey to be complete here by the end of 2007.

"Once we complete our assessment and analysis, we will work with the Hawaii Department of Health and the Nuclear Regulatory Commission to develop a prudent, proactive and transparent response," said Margotta.

The Army has laid out a four-point plan to fully address the issue of DU on its ranges in Hawaii.

"A key part of the Army's senior leadership's plan is to work with the State of Hawaii to determine the appropriate response," Komp said.

Komp also emphasized the sharing of knowledge between the Army and the state.

"Everything we do is provided to the state of Hawaii and other agencies to achieve full transparency and help us take the appropriate response for Hawaii," he said.



Sgt. Angela Gilmore | U.S. Army, Pacific, Public Affairs

An Army contractor demonstrates the equipment used to find DU remnants of the M101 spotting rounds.

"The Army is committed to Hawaii and the land it has entrusted us."

*Col. Matthew Margotta
Commander, U.S. Army Garrison, Hawaii*

Does DU pose a health risk to humans?

The health concerns associated with DU have been a hot topic in the state of Hawaii legislature this year.

"We are very pleased the Army has opened all of its activities regarding DU to the Department of Health and the state of Hawaii," said Russell Takata, program manager for State Radiation Program, Hawaii Department of Health. "We see no immediate danger to the public," Takata said. "We will continue our vigilance to see the appropriate protocols are taken and ensure we are also part of the solution."

Health effects from DU occur when there is actu-

al exposure, said Sam Keith, senior health physicist, Center for Disease Control and Prevention, Atlanta.

Actual exposure is defined as breathing or eating the substance or possible transport through the environment. However, Keith added, there is no known association between low-level DU exposure and adverse health effects.

To ensure there is no immediate health threat to the public, the Hawaii Department of Health has completed periodic background surveys, particularly at PTA and the Waianae area and the background levels are in the normal range, Takata added.

"We do not suspect anything that tells us there is an immediate hazard at this time," Takata said.

According to the Department of the Army, many nonmilitary agencies, to include the World Health Organization and RAND Corporation, have found that possible impacts to health from DU radiation in impact areas are extremely unlikely in nearly all cases.

"The Army is committed to Hawaii and the land it has entrusted to us," Margotta said. "We will do everything we can, in conjunction with the State of Hawaii to take appropriate measures in this situation."

325th BSB: Teams streamline procedures, help Iraqis become self-sufficient

CONTINUED FROM A-4

help focus his efforts.

According to Hess, during any given week, 10 to 15 BLAsTT Soldiers are training, mentoring and advising Iraqi Army counterparts at K1. Among those BLAsTT Soldiers are 2nd Lt. Glenn P. Sudol, platoon leader, fuel and water systems, and Sgt. James Brawley, vehicle mechanic.

Sudol, a native of Bridgewater, N. J., assists and advises the GSU on fuel delivery and storage issues. The 24-year-old, who is completing his first combat deployment, explained the importance of fuel requirements in the Iraqi military environment.

"The fuel improvements are a priority because keeping generators running is critical to the goal of making K1 self-sufficient," said Sudol. "Generators run off fuel. The more improved the fuel systems are and the capacity to store fuel, the closer the Iraqi Army at K1 gets to that goal," he said.

Since their arrival, Sudol and his fuel team have improved the fuel storage capabilities at K1 from about 8,000 gallons of usable fuel to more than 50,000 gallons, supervised the installation of six external diesel

fuel tanks, helped install a fuel pumping station and new fuel pumps, and implemented various fuel handling safety measures, among other improvements.

Brawley is a vehicle mechanic who has worked to improve the 4th MIR's maintenance systems. The Fremont, Ohio, native explained that BLAsTT has streamlined maintenance and transportation systems immensely, albeit less quantifiably. Improvements include the implementation of comprehensive vehicle maintenance training, administrative reforms and safety procedures.

"So much has improved since we arrived," said Brawley. "The key, though, is that we don't tell them what to do. We listen to their concerns and needs and offer our recommendations," he said. "They are grateful to have us as partners and are receptive to our advice."

Iraqi army Capt. Thamir works in the GSU's logistics section and has interacted with various members of the 325th BSB's BLAsTT. He complimented his counterparts on their contribution to the GSU's sustainability. Thamir attributed BLAsTT success to its simple approach.

"When the BLAsTT Soldiers arrived, they immediately treated us as equals, as human beings," said Thamir, through an interpreter. "They



Six new external diesel fuel tanks flank an Iraqi fuel handler and his vehicle at a refurbished fuel point at "K1," an Iraqi Army compound in Kirkuk Province, Iraq, Aug. 14.

listen. They care for us. They work with us," he said. "That has been the difference. We will miss them."

Employment orientation



Robin Sherrod addresses a class at the Army Community Service Employment Readiness orientation. The class assists family members with making a successful job search.

GIVES SPOUSES TOOLS FOR SUCCESS

Story and Photo by
MOLLY HAYDEN
Staff Writer

ALIAMANU MILITARY RESERVATION — Members of the military ohana introduced themselves at Robin Sherrod, program manager, Army Community Service Employment Readiness, began the spousal employment orientation here, Aug. 27.

Army Community Service's Employment Readiness Program aims to assist families with the challenges associated with the job search, particularly as military families are impacted by a mobile lifestyle. The focus of the class was to jumpstart each individual's job search in Hawaii.

The few in attendance explained their employment desires and listened as Sherrod discussed available options and resources. The course identified ca-

reer options and discussed lessons on researching businesses and companies in the area.

Family member Janina Olson has been on the island for less than a month. She felt the opportunities provided by the military are plentiful and suggested that everyone seeking employment take advantage of the programs offered.

"This is a great way to network," said Olson. "These are opportunities we could not get on our own."

Sherrod stressed the fact that the organization is not a placement agency but offers help in finding an employment match for family members.

"We work as liaisons for companies on the island," said Sherrod. "I will do whatever I can to provide each family member the opportunity to exist in a job they are suitable for."

The course also included resume critiques and an explanation of job-searching skills.

"I have learned a lot from this orientation," said family member Diana Bolden. "Basic understanding of the job market is important."

Sherrod handed out flyers with information such as helpful Web sites and local resources, and individually counseled attendees to ensure each understood the available options.

"Hawaii is unique in its employment opportunities," said Sherrod. "Knowing how to start will help the individual tremendously for a successful job search."

The Employment Readiness Program provides a variety of services to assist military spouses, retirees, Department of Defense employees, and members of the reserves, National Guard and their family members. The course provided numerous resources, including computers with resume-writing software and computer tutorial programs.

"The readiness program office operates as your of-

face' while developing a job search campaign," said Sherrod. "We want you to feel welcome and use the facilities to write a resume and cover letter that sells your skills and abilities."

Spousal Employment Orientation

Schofield Barracks — Every Friday from 9-10:30 a.m.

Fort Shafter Outreach Center — Sept. 10 and Oct. 15, from 1-2:30 p.m.

AMR Chapel — Sept. 24 and Oct. 29; 10-11:30 a.m. For more information contact Schofield ACS, 655-4227, or Fort Shafter Outreach, 438-9285.

In addition, visit the job fair sponsored by Leeward Community College, ACAP & ACS, at Leeward Community College, Oct. 10, from 9 a.m.-noon.

Book helps spouses create own lives

ARMY NEWS SERVICE
News Release

WASHINGTON — They have one of the toughest jobs in the military and they do it without pay, without leave and often without thanks.

Military spouses give up careers, friends and stability to follow their service members through multiple cross-country and international moves and hold down the fort during long deployments. Some sacrifice their dreams; others discover the world is at their feet.

Kathie Hightower and Holly Scherer, both Army wives of more than 20 years, are helping spouses find fulfillment and happiness with their book, "Help! I'm a Military Spouse — I Get a Life Too! How to Craft a Life for You as You Move with the Military."

The book is based on the "Follow Your Dreams While You Follow the Military" workshop the authors have offered to Army-wide spouses for the last 13 years. The pair offers advice, resources and exercises to help readers make and keep friends, strengthen marriages and follow their dreams. Their suggestions are based on research and feedback from other military wives.

A retired Army Reserve officer who left active duty when she married, Hightower said this is the book she and Scherer wish they'd had when they became Army wives — lonely, unhappy and struggling to follow their careers.

"We want to save other spouses from wasting ten years like we each did, or even one year. Sure it's hard, but there are ways to make it work. And there are some pretty wonderful things about this lifestyle when we open our eyes to them," they wrote.

Above all, they say, the key to a successful, happy life with the military is for spouses to make time for themselves to enjoy friends, relax, work on a hobby, volunteer or pursue a dream.

"When you have something for yourself," said one of the women they quoted, "those times alone won't seem so lonely."

The authors urge military spouses to find new,

creative ways to pursue their careers, wherever military life leads. While the path may take them to new locations far from family and friends, military travel and other advantages can actually improve resumes and self-confidence, they said.

Hightower had almost given up on her public-speaking career after transferring to Germany with her husband, for example. Instead, she offered seminars to military spouses all over Europe and marketed herself as an international speaker.

The authors suggest a number of exercises to help military spouses keep their dreams in sight. A visual treasure map filled with pictures relating to goals can inspire them. And an accomplishment list full of successes, congratulatory notes and awards will remind spouses of all the wonderful things they've already achieved.

"One of our favorite things when doing a seminar," said Scherer, "is to ask a volunteer to share an impossible dream and share their ideas of what they can do here and now, then ask other participants for ways she can move forward. It opens her eyes to the possibilities."

One example they offer is a woman who couldn't find secretarial work but dreamed of opening a bakery. She took a job in a sandwich shop to learn about small businesses. Another woman who dreamed of law school volunteered at the

For more information about the "Follow Your Dreams" workshop and the book, go to www.militaryspousehelp.com.

Judge Advocate General's office and took distance-learning classes.

"As a new military spouse, I had been struggling with an almost hopeless feeling when it came to pursuing my dreams," said Army wife Nikki Thomas from Fort Rucker, Ala. "Southern Alabama is not the place an aspiring actress wants to be stuck! However, after reading the book I realized that

there are so many ways to pursue my goals — no matter where the Army sent us. With my renewed drive and new insight, I was able to do some networking and get myself into a New York acting class, as well as land a principal role in a local movie."

While praising the strength and independence of military spouses in dealing with moves, deployments, home disasters and raising children alone, Hightower and Scherer caution them against trying to live up to anyone else's expectations or doing too much alone.

They emphasize the importance of supportive friends and family in everything from surviving a deployment and child care to brainstorming ideas of how to work towards a dream.

And the myth of the perfect military wife who has her boxes unpacked, curtains up and entertains and volunteers two weeks after a move? It's just that — a myth no spouse should feel compelled to achieve, they said.

"We all have boxes we've never unpacked," said Hightower.

Families serve community at PX

ARMY AND AIR FORCE EXCHANGE SERVICE
News Release

DALLAS — Spouses and children of Soldiers are playing both sides of the post exchange counter as more than 10,000 military family members have joined the Army & Air Force Exchange Service's (AAFES) ranks. Helping to deliver the exchange benefit to more than 3,100 exchange locations across the globe, these military family members make up more than one-fifth of AAFES' entire 44,795-person workforce.

"No one is better equipped, or devoted, to offering superior service to exchange shoppers than military spouses and children," said James Moore, AAFES' senior vice president of human resources. "Today, this command employs 10,688 military family members and is always on the lookout for more."

To attract and retain military spouses and dependents, AAFES offers a generous reinstatement program that ensures military family members who move from installation to installation are eligible to compete with current associates for in-house jobs.

"We consider the reinstatement as no break in service," said Moore. "The initial eligibility period is six months and an additional period of 30 months is authorized if the associate is brought on in a temporary or intermittent basis during the initial six-month eligibility period."

Recognizing those married to an active duty military member are often required to adapt to varied geographic demands, AAFES also offers a Spouse Employment Preference program that provides additional preferential considerations to military spouses who apply for positions with the exchange.

AAFES is currently recruiting for entry-level positions and management positions worldwide in retail, information systems, finance & accounting, logistics, food service and restaurant management, contracting & procurement, and occasionally other career fields.

Find out more about AAFES employment opportunities, including a listing of current job openings, by clicking the AAFES "employment" link at www.aafes.com.



7/Today

Once Upon A Mattress – Richardson Theatre at Fort Shafter begins its 65th season with this musical starring Tina Shelton. Enjoy comedy, romance and music. Performances run Sept. 7, 8, 14-15, and 21-22. Call the Box Office at 438-4480.

Scholastic Book Fair – The Hale Kula Elementary School Book Fair will offer specially priced books and educational products, including new releases, award-winning titles, children's classics, interactive software, adult books, and current bestsellers from more than 150 publishers, Sept. 7-14, 7:30 a.m. – 3 p.m. Visitors are welcomed and are asked to sign in at the school office. The school is located on Waiānae and Ayres Avenue, Schofield Barracks. The book fair is in Building 11 & 12. For more information visit <http://book-fairs.scholastic.com/homepage/halekula> or contact Book Fair Chair, Michelle Colte at 622-6380 ext. 232.

8/ Saturday

13th Annual Joint Spouses' Conference – This conference provides a forum for spouses of active duty, reserve and retired military members to uplift, motivate, educate and strengthen spouses' in their challenging roles as spouses, parents, professionals and community leaders through a variety of workshops Oct. 19 and 20 at the Hickam Officers' Club on Hickam Air Force Base.

The event offers more than 50 workshops, featuring subjects such as resumes, paddling, hula, entertaining, home decor and much more. The cost of the two-day conference is \$30, and includes breakfast and lunch, a conference tote bag of goodies, and more. Participants may also register for one day of their choice, at a cost of \$20. Registration is limited to 300 attendees, Sept. 8-Oct. 6.

Register online at www.jschawaii.com or pick up registration forms at all military exchanges, commissaries, family support centers, thrift shops, fitness centers, and chapels. Call 843-0674.

9/ Sunday

Great Aloha Run Workshop – In-Training workshop director Dr. Christiane



Molly Hayden | Pacific Media Publishing

Smooth skating

Jeff Brown helps daughter Keely maneuver around the ice skating rink at the Ice Palace in Salt Lake. See next week's Hawaii Army Weekly for more coverage.

W. Christ will meet with walkers and runners on Sundays, rain or shine, in September at 7:20 a.m. at Kapiolani Park Bandstand for a one-hour, no cost training session. Sessions include warm-up, cool-down and great camaraderie. For more information or questions, call Dr. Christ at 943-0309.

15/ Saturday

Free Babysitting Classes – Youths 11-and-a-half years old and older are invited to attend a free babysitting class at Kaala Community Center, Schofield Barracks, Sept. 15, 8:30 a.m.-5 p.m. Youths 13-and-a-half and older are invited to learn CPR/Standard First Aid at AMR Youth Center, Sept. 22, 9 a.m.-4:30 p.m.

Youth must be members of CYS or be enrolled in Schools of Knowledge, Inspiration,

Exploration and Skills (SKIES) Unlimited to participate. Call AMR (833-5393) or Kaala Community Center (655-8380).

17/ Monday

Individualized Educational Program (IEP) Workshops – Learn how to become an advocate for your special needs child. Exceptional Family Member Program partners with Learning Disabilities of Hawaii to present IEP workshops at Schofield Barracks, Army Community Service (ACS), Sept. 17, 19 and 20, and at Fort Shafter, ACS, Sept. 24, 26 and 27, 6-9 p.m. Learn about Hawaii's special education rules, the Americans with Disabilities Act, the evaluation process, assessments and an overview of federal requirements. Learn the necessary skills to develop an education program uniquely designed for your special needs

these events at the Aloha Tower Marketplace in September. Admission to all events is free:

- Aloha Festivals Ukulele Contest, Sept. 16, 10 a.m., Center Atrium
- Hawaii's Miss Beauty Pageant, Sept. 23, 2-5 p.m., Center Atrium. For young ladies of all ages; no pageant or modeling experience is necessary. Every contestant goes home a winner, and participants will receive lessons in poise, walking, speech and etiquette. Call 384-7659 for more details.

Pearlridge Center – Lots is happening at Pearlridge during September, including these exciting events:

- Meadow Gold Healthy Baby Contest, Sept. 8, 10 a.m.-2 p.m., Uptown Center Court. Contest promotes good health and nutritious diets amongst youngsters and their families. Prizes include a \$2,500 U.S. savings bond for the first-place winner.
- Aloha Festivals Keiki Hoolaulea, Sept. 22, 10 a.m.-3 p.m., Uptown and Downtown Center Courts. Events include hands-on activities and games, plus non-stop entertainment.

10/ Monday

Teen Planning Conference – Students in grades 6-11 are invited to attend the Army, Hawaii Youth and Teen Planning Conference, Friday, Oct. 5, from 8 a.m. to 4 p.m., at Building 1283, 241 Hewitt Street, Schofield Barracks.

Attendees will voice ideas on improving opportunities for military youth. A free continental breakfast, lunch and bus service, which will depart from and return to Aliamanu Military Reservation (AMR), will be provided for AMR and Fort Shafter students.

RSVP before 4:30 p.m., Monday, Sept. 10, by calling 655-9818.

11/ Tuesday

Breakfast with Clifford – Bring your appetite and children to the Hale Kula Elementary School Cafeteria for "Breakfast with Clifford the Big Red Dog," Sept. 11, from 7-8 a.m. The cost is \$1.50. Call 622-6380 ext. 232, to reserve a spot.

"7 Habits" Covey Seminars – John Covey will teach a one-day course, "The 7 Habits of Highly Effective Army Families," Sept. 10-13 at Schofield Barracks. This

workshop is specific to Army families and will focus on ways to improve participants' ability in family decision making, goal setting, managing stress, and increasing deployment and reintegration readiness. For more details, call Cole Weeks at ACS, 655-4227.

13/ Thursday

Book Fair Blizzard – Child and adult bookworms are invited to the free Hale Kula Book Fair Blizzard, Sept. 13, from 2:15-3:30 p.m., at Hale Kula Elementary School.

Children and families can make ice cream, throw snowballs, shop the Scholastic Book Fair, and make some predictions with our icky science projects. Call Michelle Colte at 622-6380 ext. 232.

14/ Friday

"4 Disciplines" Seminar – Kevin Miller will teach a one-day course, "The 4 Disciplines of Execution," Sept. 14, at Schofield Barracks. This workshop is specific to building effective teams and organizations. Call Cole Weeks at ACS, 655-4227.

Aloha Festivals – The statewide festival opens Sept.

14 and features a parade and ho'olaule'a, or block party, on each island. On Oahu, activities run through Sept. 28. For the most current schedule of events, visit www.alohafestivals.com. To purchase an Aloha Festivals ribbon, \$5, and receive the official 2007 program guide, call 589-1771.

15/ Saturday

Floral Parade – Scheduled to begin at 9 a.m., this year's Aloha Festivals Floral Parade can best be described as an "eruption of flowers," with pageantry unlike any other parade in the world. The procession includes pau riders, floral floats, hula halau and marching bands. The free, two-hour parade begins at Ala Moana Park and ends at Kapiolani Park. Discount parking will be provided throughout Waikiki. Call 589-1771 for more details.

19/ Wednesday

Combat Stress and Families – Sponsored by the Family Life Chaplain, this

child. Call 536-9684 or 655-4777. Registration is required.

Ongoing

Fort Shafter Teen Center – The Teen Center has something for everyone. It's where teens can meet new friends, participate in club activities, learn about employment programs and leadership opportunities.

Teens can also access the Internet; play video games, ping pong, foosball; listen to music; watch television; or enjoy snacks.

The Teen Center is open from Monday – Friday 2-6 p.m., and Wednesdays 1-6 p.m. Some Friday nights and weekends, extended hours apply for special events.

The Fort Shafter Teen Center is located across the street from Richardson Theater parking lot, Building 505, Bonney Loop. Call the manager at 438-6470.

Pacific Teen Panel – Teens grades 9-11 have the opportunity to learn leadership and public speaking in monthly video teleconference (VTC) calls with other teen panels in the Pacific, such as Japan, Alaska and Kwajalein. Teens are encouraged to volunteer at least 8 hours to the program, prepare and conduct briefings and maintain good grades in school. Teens must be registered at CYS. Call 833-0920.

4H & Boys and Girls Clubs – The AMR Teen Center has a variety of social and leisure time recreation activities through local Boys & Girls Clubs and 4H (Health, Head, Hands, Heart) Club including cooking, digital festivals, fine arts exhibits and photography contests. The Teen Center also offers Torch (Middle School Teen Council) and Keystone Clubs (High School Teen Council). Call 833-0920.

Little Ninja Classes – Parents or guardians, bring your 3-5-year-olds to Child and Youth Services (CYS) so they can learn basic Tae Kwon Do skills. At these classes, children will improve their motor and communication skills, learn to focus, and build confidence and socialization skills.

Children must be enrolled in Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) or be a current member of CYS. Register at the CYS Office, 556 Heard St. Call SKIES at 655-9818.

Gymboree – SKIES Unlimited, in partnership with Army Hawaii Family Housing, is offering Gymboree to children 6 months-5 years old. These classes will help children build strong motor skills, social skills and self-esteem. Call CYS at 655-9818.

presentation is part of the ongoing series of Deployment Survival Nights, tailored especially for the rear detachment command teams, family readiness group leaders and spouses of deployed Soldiers. The event, which runs from 5:30-8 p.m. at Schofield's Main Post Chapel Annex, Building 791, Room 212, provides an opportunity for learning how the marriage relationship can be a "safe haven" for healing the wounds of combat stress. Limited child care will be available. For additional information, call Chaplain (Maj) Scott Kennedy at 656-1384, or e-mail scott.craig.kennedy@us.army.mil

Pacific Aviation Museum – The museum is hosting a special after-hours hangar viewing and lecture, Sept. 19, 5-9 p.m., by local aviation historian Peter Forman, author of "Wings of Paradise." Come and discover what attracted monarchs and the military to Ford Island during this special presentation.

After-hours viewing will run from 6-7 p.m., the lecture from 7-8 p.m. The fee for Hawaii residents & military is \$10 for adults and \$5 for children; general admission is \$14 for adults, \$7 for children.

Call 441-1000 to make your reservation by Sept. 14. Seating is limited. The Lani Akea Café, located in the museum, will be open for diners.

22/ Saturday

"Lost" Symphony – Experience the epic musical score of the hit ABC television series "Lost" as an award-winning American composer brings this original music to the Honolulu Symphony, Sept. 22, 7:30 p.m., at the Waikiki Shell.

Tickets start from \$36; 20-percent discounts are available for military, seniors and students with ID. Call the Box Office at 792-2000 or visit www.honoluluysymphony.com.

25/ Tuesday

Women's Leadership Conference – Gov. Linda Lingle will host the 4th annual conference, "Inspiring Today for Tomorrow," Sept. 25 at the Sheraton Waikiki. Online registration for conference attendees and sponsors is now available at www.iwlchi.org.

This year's conference will feature celebrated women leaders from Indonesia, Afghanistan and the U.S. who are unparalleled in their achievements in various fields. The public is encouraged to attend.



Aliamanu (AMR) Chapel, 836-4599

- 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 Beach
- Protestant Sunday, 9 a.m. – Worship Service

Fort Shafter Chapel, 836-4599

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

Helemano (HMR) Chapel

- Contemporary Protestant Sunday, 10 a.m. – Worship Service & Children's Church

***Main Post Chapel, 655-9307**

- * (Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)*
- Catholic Sunday, 9 a.m. – CCD & RCIA Collective Protestant Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School

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 Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Service
- Gospel Sunday, 12 p.m. – Worship Service



Underdog

(G) Friday, 7 p.m.



Ratatouille

(G) Saturday, 2 p.m.



Hairspray

(PG) Saturday, 7 p.m. Thursday, 7 p.m.



Nancy Drew

(PG) Sunday, 7 p.m.



Who's Your Caddy

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

No shows on Mondays or Tuesdays.



Send calendar announcements to community@hawaiiarmyweekly.com.

7/ Today

Peace Day – Entry deadline is today to join Hawaii as the first state in the nation to celebrate Peace Day, Sept. 21. In honor of the United Nations International Day of Peace, people of all ages in Hawaii are invited to submit an artistic expression of what "peace" means to them. The artwork will be displayed at the State Capitol; award winners will be announced at a special ceremony on the 21st.

To submit your expression, send two-dimensional art (such as paintings, drawings, prints or posters) or a literary submission of 500 words or less (stories, essays and poetry) to Dr. Jeannie Lum; Matsunaga Institute for Peace; University of Hawaii at Manoa; Saunders Hall #723; 2424 Maile Way; Honolulu, Hawaii 96822. Drop off pieces in person to State Capitol, Room 427, Honolulu.

For each submission, include your name, age, mailing address and telephone number. If desired, you may also include a brief bio and explanation of the piece submitted.

8/ Saturday

Free Car Wash, Maintenance Check-up – Spouses of deployed Soldiers are invited to a free car wash and maintenance checkup sponsored by the congregations of Schofield Barracks' Main Post Chapel. The free services will be offered at the car wash track by Foote Gate, for one day only, Saturday, Sept. 8, from 9 a.m. – 1 p.m. For additional information, contact Ben Cady at 630-2333.

HI-5 Recycling – R&R Recycle has agreed to increase its services to the Schofield Barracks Community on Saturdays. The new Saturday service will run for a 90-day trial period. Depending on the community support, a decision will be made to continue or cancel the service after the trial period. Recycling hours will be 10 a.m.- 4 p.m. The current weekly Tuesday recycling hours of 9 a.m.- 1 p.m will continue as usual.

Aloha Tower – Mark your calendar for



Cruising the island on a motorcycle enables drivers and passengers to view the scenery almost without obstruction. Soldiers from the 311th Theater Signal Command saddle up and ride every Sunday.

Group explores island on two wheels

Story and Photos by
MOLLY HAYDEN
Staff Writer

HONOLULU – Filled with enthusiasm and a desire for speed, a group of Soldiers from the 311th Theater Signal Command sets off in the early morning nearly every Sunday to explore Oahu on motorcycles, here.

From Harleys to Hondas to Command Sgt. Maj. Gerald Capps' one-of-a-kind custom ride, motorcycles lined the street in preparation for the day.

Before the ride began, riders polished bikes, secured helmets and safety checked all gear. Newer members were given a brief description and last minute instructions and an indefinite route plan was mapped out.

"This is something to do on a day off that we all enjoy," said Sgt. 1st Class Nathan Chromczak. "There is no real set time schedule or location, we just ride."

For Capps, the Sunday motorcycle excursion is a way to delve into island life and provide new riders with the experience they need to successfully maneuver their motorcycles.

"Any new Soldier that comes in with an interest in motorcycles goes on a ride with us," said Capps. "It's our way of showing them around and teaching them riding skills."

Capps explained that experience is the best way to learn motorcycle

safety and receive hands-on training.

"Taking a test can only get you so far," said Capps. "You need to actually ride to learn."

Sgt. Rose Marie Wells, a novice rider and newcomer to the group, listened attentively to veteran riders.

"I've always wanted to ride," said Wells. "I finally got a bike, and I'm still in the learning phase."

Wells expressed that "leaning into the curves" was good advice, and something she was forced to learn rather quickly on her first ride with the group.

"They weren't kidding," she said laughing. "I thought I was a goner on the last turn."

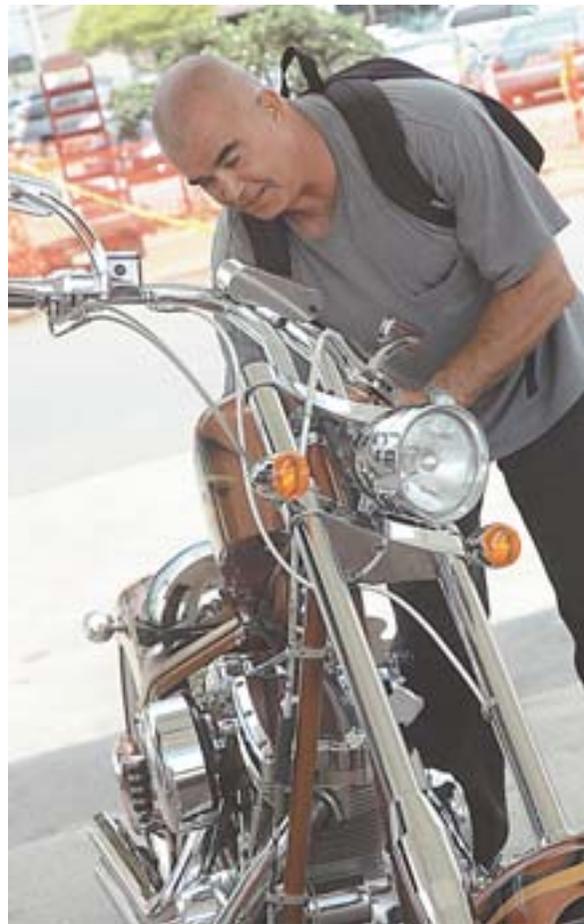
The roar of the engines echoed off the mountains and passing motorcycles gave friendly acknowledgements to the group as it rode along the coast.

"There is a [camaraderie] with all motorcycle owners," said Sgt. 1st Class Adren Kela. "It is customary to wave or acknowledge them in some way."

Each Sunday the group rides with a handful to as many as 15 motorcyclists.

Capps said the Soldiers share a common bond as motorcycle enthusiasts and the ride is a great way to express it.

"People are amazed at how beautiful things can be without the obstruction of a car," said Capps.



Command Sgt. Maj. Gerald Capps polishes his motorcycle and checks all gear before heading out on the Sunday ride. Members of the 311th Theater Signal Command ride every Sunday to explore the island on two wheels.

Dietician reveals five habits for maintaining better health

1ST LT. RUTH ROBINSON
Registered Dietician
Tripler Army Medical Center

HONOLULU — Most people know at least one person who is a total health nut.

You know the type. They come to work every day with their gym bag and love to talk about how good their morning workout was. You've never been able to catch them eating junk food, and they avoid the office pool of candy, chocolate or other sweets that seems to consistently pull you in.

Do you ever find yourself wondering how do they do it? How do they look so good, have such self-control and discipline? Do you ever feel like that type of lifestyle is beyond your reach?

I'm here to tell you a secret: It turns out you don't have to be a complete health nut to be healthy. Everyday people are able to adopt some simple lifestyle changes that have big impacts on their health and wellness. Adopting a few or all of these habits can greatly reduce your risk of some of the major health problems in America today like diabetes, heart disease and some cancers.

The habits are reported in more detail at the Na-

tional Weight Control Registry (NWCR) at www.nwcr.ws. This registry has been collecting data for years regarding people who have been able to lose weight and keep it off long term. Learning habits from successful dieters can help others succeed in losing weight and being healthier.

The first important step is to make time for breakfast every morning. Study after study shows that starting your day with breakfast helps jumpstart your metabolism and keep your calorie intake down the rest of the day. This, in turn, will help you lose weight and maintain weight loss.



For more details on successful dieting, visit the National Weight Control Registry (NWCR) at www.nwcr.ws.

It doesn't have to be a huge breakfast, either. A quick multigrain bar, cereal or piece of fruit is a great place to start.

The second habit is to keep track of your weight to stay motivated. By weighing yourself at least once a week you can feel good about the progress you're making and stay motivated to keep up the good

work. Having a reasonable goal in mind and charting your progress on the way to that goal is a great way to stay on track.

The third habit of healthy people is to keep TV time to less than 10 hours a week. Spending time being physically active, preparing more meals at home instead of eating fast food, and decreasing time spent in front of the TV can really improve the health and wellness of you and your family.

The fourth habit is very important: Adopt an exercise program you will do most days of the week. The importance of increasing physical activity in your daily life cannot be emphasized enough.

Increasing physical activity can be achieved by small changes, like parking farther away from stores



than usual or taking the stairs instead of the elevator. Increasing the number of small distances you walk can add up to a significant amount of weight-loss by the end of the day. This short walk can be a great starting place to later add in other aerobic exercise as you feel comfortable.

The key is to increase daily activity with a goal of doing 30-60 minutes of exercise most days of the week. Find an activity you enjoy and will look forward to doing. Make it a social time by including others, or try out new activities like dance lessons, hiking or something else you've been interested in starting, but just haven't gotten around to yet.

The last habit can be more challenging, but is a key to successful weight loss. Reduce fat and increase complex carbohydrates in your diet. The vast majority of successful dieters adjust their diet in some way; most decrease total calories and add in more fruits, vegetables and whole grains.

Fortunately, a lot of options provide variety for dieters. The key is to make small changes and figure out what is best for you. Next thing you know, people will be asking you what your secret is.



7/Today

Health & Fitness Center – There is no longer a membership fee to use the Schofield Barracks Health & Fitness Center (HFC), Building 582, which offers cardio and weight machines, speed bags, stability balls, a tread wall, and stretch stations.

Bring your own earphones and enjoy more than 75 channels of cable TV while you work out on the cardio theater. Aerobic classes, dance classes, massage therapy and personal trainers are also available Monday through Saturday for a nominal fee.

Bring in your Blue Star Card and receive a discount on an unlimited monthly class pass. Call 655-8007.

Army Mini Sports Flag Football – Youth Sports and Fitness at Child and Youth Services presents an opportunity for children born

between 2002–2003 to gain basic skills and understanding of flag football. Cost is \$10 and includes a child T-shirt. The program runs through Sept. 14. Parents are encouraged to participate. Call the Bennett Youth Center Field, Schofield Barracks, at 655-0883, or Aliamanu Military Reservation (AMR) football field, 836-1923.

15/Saturday

Hawaii Championship Wrestling – Wrestling returns to the Tropics at Schofield Barracks from 7–10 p.m. Doors will open at 6 p.m. Cost is \$5 for ages 12 and over, \$3 for 11 and under, and free for 5 and under. Call 655-5697.

Ongoing

Cosmic Bowling – Schofield Bowling Center offers Cosmic Bowling, Friday & Saturday, 10 p.m.-1 a.m., and Sunday, 6-10 p.m. Plan a birthday party or enjoy bowling specials.

Birthday packages cost \$5 per child for two hours of unlimited bowling; add a food package for \$8 per child. Also, Monday – Friday enjoy lunch specials and discounted bowling rates. Call 655-0573.



Send community announcements to community@hawaiiarmyweekly.com.

8/Saturday

All-Girls Rodeo – Don't miss the 15th annual Zip Memorial All-Girls Rodeo, Sept. 8, at Kualoa Ranch. This popular and fast-paced rodeo commemorates one of Hawaii's great quarter horse stallions, "AKA Diamond Jim (Zip)," who died unexpectedly earlier this year.

Rodeo action begins at 9 a.m. and will include breakaway and team roping, goat-tying, barrel racing, pole-bending, steer undecorating, and a special exhibition event of "mixed barrels" that will have the state's top men and women barrel racers competing against each other in teams.

Tickets are \$7 in advance, \$9 at the gate. Call Lu Faborito at 668-9006 or visit [HWRA www.rodeoohu.com](http://www.rodeoohu.com) for more details.

Hike Oahu – Come join the Hawaiian Trail & Mountain Club on its next hiking adventure, beginning at 8 a.m.

-Sept. 8, 2-miler, Kaukonahua Wade, intermediate hikers. Trek an interesting stream on this exploration, but be prepared to negotiate slippery rocks. Call coordinator Steve Brown, 247-8845.

-Sept. 16, 6-miler, Makiki Tantalizer, intermediate hikers. At numerous junctions on this maze-like trail, carefully follow instructions from coordinator Sandra Klein, 263-8330. Expect an aerobic workout!

A \$2 donation is requested of nonmembers 18 and older. Children under 18 must be accompanied by a responsible adult.

Hikers meet at the Iolani Palace, unless otherwise noted. Bring lunch and water on all hikes; wear sturdy shoes and clothing as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, and treat trees and plants with care and respect. Firearms, pets, radios and other audio devices are prohibited on all hikes. Visit <http://htmcclub.org> for more details.

10/Monday

Niketown 5K Run – The deadline to register for this year's Niketown 5K is Sept. 10. The race will take place Sep. 23, beginning at 7 a.m.; a one-mile Fun Run will begin an hour later. Both runs will start at Niketown, 2080 Kalakaua Ave., in Waikiki, to benefit physical education in Oahu schools, and both are open to runners and walkers of all ability levels. Parents are encouraged to participate in the same event as their children.

Cost is \$20 (includes \$15 registration fee and \$5 T-shirt fee). All registration fees are donated to Oahu schools, and runners can designate their entry fee to the school of their choice. Free shuttle transportation will be provided to and from Kapiolani Park, and parking will be available at the Royal Hawaiian Shopping

Center and Hale Koa Hotel (limited) for \$3. To register, visit niketown5k.com.

14/Friday

Hunter Education Courses – The Hawaii Department of Land & Natural Resources offers monthly Hunter Education classes. Subjects covered include wildlife identification and conservation, firearms and archery safety, survival and first aid, game care, and more.

The free, two-day classes are held Fridays and Saturdays, and classes run from 5:45–10 p.m., Friday, and from 7:45 a.m.–4 p.m., Saturday. Classes are family-friendly and open to anyone age 10 years and older. All students are required to provide a picture ID.

Upcoming classes are Sept. 14–15, Oct. 12–13 and Oct. 19–20, at the Nimitz Center, 1130 N. Nimitz Highway, Room A-212. Call 587-0200 or visit www.state.hi.us/dlnr/Idx-Hunting.htm for more details.

22/Saturday

USO Base Race – The 8th Annual USO Base Race Series event is scheduled Sept. 22 on historic Ford Island. This family-friendly fitness event features a 10K race at 7 a.m., and a 5K race at 8 a.m. All finishers will be eligible to win one of many door prizes, including a neighbor island getaway for two.

Make your commitment to fitness today, and sign up for the race.

Visit the USO Hawaii online at www.uso-hawaii@uso.org, or call 836-3351 for details. Entry forms are also available at base fitness centers.