

INSIDE

Five recognized for valor

'Cacti' and 3-4th Cav. Regt. Soldiers are honored for their courage on battlefields in Iraq

Story and Photos by
JEREMY S. BUDDEMEIER
Editor

SCHOFIELD BARRACKS — Boom. That was how Pfc. Tanner Archibald remembered it.

In less than a blink of an eye, an improvised explosive device (IED) tossed his humvee 30 feet into the air, flipping it upside-down.

"I thought I was dyin', then I found out I was OK."

*Spc. Craig Wiggins
3rd Squadron, 4th Cavalry Regiment*

"I held onto that steering wheel as tight as I could," Archibald said of what was an otherwise routine patrol outside Kirkuk, Iraq, three months ago, today.

Still upside-down, he began to reach for the radio console.

"Fire was everywhere ... I just bailed," he said.

With blood from two head wounds obscuring the vision in his left eye, Archibald said



Maj. Gen. William Brandenburg, 8th Theater Sustainment Command, pins an Army Commendation "V" device on Sgt. Ernst Bennett, 2nd Battalion, 35th Infantry Regiment, at the Schofield Barracks Tropic Lightning Memorial, Friday.

adrenaline enabled him to kick open the heavily armored door and crawl away from the burning vehicle.

As a medic approached, Archibald told him to check the humvee first.

It was too late. Archibald was the sole survivor.

As tradewinds lightly rustled battle streamers at the Tropic Lightning Memorial here, Friday, Maj. Gen. William Brandenburg, commander, 8th Theater Sustainment Command, presented medals to Archibald and four

SEE VALOR, A-4

Schofield Soldier KIA in Iraq

U.S. ARMY GARRISON, HAWAII, PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS — The Department of Defense announced Sept. 11 the death of a Task Force Lightning Soldier who was supporting Operation Iraqi Freedom.

Sgt. Alexander U. Gaglac, 28, of Wahiawa, Hawaii, died Sept. 9 in Hawijah, Iraq, from injuries sustained from rocket fire while on a combat patrol. Gaglac was assigned to the 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division.

Gaglac joined the Army in January 2000, and was assigned to Schofield Barracks in October 2003.

UAV kills IED-setting enemies

MULTI-NATIONAL DIVISION NORTH
PUBLIC AFFAIRS
News Release

TIKRIT, Iraq — A Hunter unmanned aerial vehicle (UAV) engaged and killed two suspected improvised explosive device (IED) emplacements along a major thoroughfare for coalition forces during a historic flight near Qayyarah, Iraq, in Nineveh province, this month.

A scout weapons team (SWT) from 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade (CAB), observed the two unknown enemy fighters in a tactical overlook near the roadside. The SWT requested support from the Hunter UAV.

Pilots guided the Hunter operator to the scene, where it set up for a strike mission and dropped its precision munition, killing both unknown enemies and marking a first in Army aviation history.

"It's very humbling to know that we have set an Army historical mark in having the first successful launch in combat from an Army weaponized UAV," said Capt. Raymond Fields, commander, Unmanned Aerial Surveillance Company. "This would not be possible without my Soldiers and civilians working hard, day in and day out in Iraq, to accomplish this feat."

"I think that this success will set the tone for Army aviation in years to come," Fields said. "We will see more weaponized Army unmanned vehicles being used, instead of manned platforms, to save not only our aviator brethren but our Army ground brethren from enemy contact."

"This accomplishment adds a precise and discriminate means for our Army to successfully engage the enemy in counterinsurgency warfare," said Col. A.T. Ball, commander, 25th CAB.



Fresh face of law enforcement

The blue-uniformed gate guards are just one part of the changes designed to improve security in communities on post

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Financial advice

Brush up on your budget tactics, Sept. 15, 9 a.m. at the 9th Regional Readiness Command, Fort Shafter Flats, Building 1557, Room 112. Call 438-2243 to reserve a seat.

See News Briefs, A-8.

Family focus

Join the fellowship at Family Deployment Night, from 5:30-8 p.m. Wednesday, Sept. 19, at Schofield's Main Post Chapel. Call 656-1384 for more information.

See Community Calendar, B-2.



Ninjas attack

Children learn confidence and build social skills in the Child and Youth Service's "Little Ninjas" martial arts program

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Soldiers and family members reflect on the sixth anniversary of the Sept. 11 attacks during a commemoration ceremony at the Wheeler Army Air Field Chapel, Tuesday. Pianist Betty Pottinger plays during the prelude prior to the ceremony.

Community pauses to reflect

Story and Photos by
JEREMY S. BUDDEMEIER
Editor

WHEELER ARMY AIR FIELD — More than 30 Soldiers and family members gathered here, Tuesday, to commemorate an event that six years ago shocked the world and steeled the United States' resolve in the global war on terror.

Rhonda Mixon, wife of Maj. Gen. Benjamin Mixon, commander, 25th Infantry Division, and Maj. Dewey Mosely gave their perspectives as a spouse and Soldier during the ceremony.

"As Soldiers, our resolve was not born on 9/11. It came to life the day we raised our right hand and swore to support and defend the Constitution of the United States," Mosely said. "Though there is not a more soul-shaking sound than the cry of a spouse who sheds their tears upon empty combat boots ... we have what it takes to finish."

Following the reflections, a meditation by Chaplain (Lt. Col.) Hanson Boney and special music performed by Rebeca Highfill, attendees bowed their heads for a moment of silence as the names of 25th ID Soldiers who were killed since August 2006 were read.

marked the fifth time the unit has participated in the KTO since its activation in October 2005.

"We wanted to demonstrate to the leadership of the KTO, as well as our new commander, that we are trained on our warfighting tasks," said Col. Lorenzo Mack, assistant chief of staff for operations. "I think we did that."

UFL is the world's largest command-post exercise designed to provide simulated combined training for U.S. and Korean forces and strengthen the alliance between the two countries. The simulation's design brings U.S. allies and sister services together under

the command and control of the 94th AAMDC.

Unlike previous years, this year the 94th AAMDC interacted with the U.S. Marine Corps. In the past, the unit worked directly with the Air Force and Navy, but had always simulated operating with the Marines.

In addition, the 94th AAMDC had the opportunity to exercise planning and execution processes with the 35th Air Defense Artillery (ADA) Brigade, headquartered at Osan Air Base in Korea. The 35th ADA Brigade is the only Patriot Advanced Capability-3, or PAC-3, brigade in the Pacific. It has a real-world mission to protect critical

assets from TBM threats throughout the South Korean peninsula.

"UFL provides the opportunity to focus on the full spectrum of strategic and operational issues associated with theater missile defense operations on the Korean peninsula," said Maj. Pablo Batista, operations officer, 35th ADA.

"In every case, the 35th ADA has postured itself to provide effective air and TBM defense of critical asset in South Korea," said Brig. Gen. Roger F. Mathews, commanding general, 94th AAMDC.

94th AAMDC victorious at final Ulchi Focus Lens exercise

MAJ. RICHARD A. STEBBINS

94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER — The last-ever Ulchi Focus Lens (UFL) exercise, Aug. 20-30, on the South Korean peninsula, provided the perfect platform to the test crisis-action procedures of the Pacific missile defense command's new staff.

The 94th Army Air and Missile Defense Command (AAMDC) practiced its interoperability between joint and combined air defense forces to defeat the tactical ballistic missile (TBM) threat in defense of the Korean Theater of Operations (KTO). This year

UFL will officially change its name to Ulchi Freedom Guardian starting in 2008.

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 full captions and bylines.

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Commander's Corner

Communities require cooperation

LT. COL. MARK BOUSSY

Commander, U.S. Army Garrison-Oahu

Whether Soldiers are calling cadence during physical training in the early hours of the morning, a dog is barking in the neighbor's yard, or someone's car music is playing, noise is all around us. Some noise is welcome and inviting while other noise can be detrimental, distracting and just plain inconsiderate. This September Commander's Corner focuses on noise control and our responsibility to each other when it comes to keeping the noise down.



Boussy

Cadence Calling

When Soldiers march or run, the "Sounds of Freedom," known as cadence, can be heard throughout the installation. All too often we get phone calls from upset residents whose infants or children are awakened by the early morning cadence around housing areas. Five key points should be remembered.

First, calling of cadence must not begin prior to 6:30 a.m. Second, several residential areas have signs posted with "no cadence area" due to the streets' close proximity to family housing. Service members and leaders must be responsive to the designated no cadence areas while also being aware of the new homes and communities being built

in areas previously unoccupied. Third, when housing is located on both sides of the street, calling of cadence is prohibited unless an exception is granted. Fourth, formations moving through family housing areas will not call cadence. Fifth, Soldiers will not use vulgar or derogatory cadence or language at any time.

We expect leaders and units to be respectful of our residents, while residents must also understand cadence is an important part of building unit esprit de corps. However, if residents can identify a unit that is not complying with these policies, notify Command Sgt. Maj. Brown, U.S. Army Garrison (USAG), Oahu, at 438-0428.

Noise Control Policies

Noise can be defined as something "detrimental to the physical, mental, and social well-being of people." It is important to understand the effects noise can have on our well-being. We must all do our part to ensure noise does not negatively impact our communities. Understanding the policies and policing ourselves is the first step.

Policies regulating noise control can be found in the 25th Infantry Division (ID) & USAG-Hawaii Regulation 210-8, Chapter 6-21, "Disruptive Music and Noise"; the 25th ID & USAG-HI PAM 210-5, Chapter 7-7, "Noise Control"; and the Army Hawaii Family Housing Resident Guide & Community Standards Handbook, dated Jan. 1, 2007. These documents clearly define prohibited noise actions that may result in a citation or other adverse action as deemed appropriate by the installation commander.

The inconsiderate blasting of stereo and music systems in vehicles has recently irritated many members of our communities. In response, the provost marshal has issued tickets to violators and suspended violators' post vehicle registration.

The following actions are prohibited:

- Radios or other sound-producing devices operated in a manner that disturbs the peace, quiet and comfort of neighbors. Individuals will not play radios, stereos, tape players or other audio equipment loudly enough to be heard or felt more than 30 feet away from homes, yards or automobiles. This prohibition does not apply to musical performances or other entertainment events authorized by the USAG-Oahu commander.

- Vehicles causing unnecessary noise because of improper loading, defects or lack of a proper muffler.

- Animals causing frequent or continued noise that disturbs the comfort of other persons.

- Operational use of equipment, including, but not limited to, mowers, power tools, hand tools, causing loud or unusual noise between the hours of 9 p.m. and 8 a.m.

Violations of noise policies should be immediately reported to the provost marshal.

For information regarding community issues, contact the Oahu North Community director's office at 655-0497, if you reside on Schofield Barracks, Wheeler Army Air Field or Helemano Military Reservation. Contact the Oahu South Community director's office at 438-6996, if you reside on Fort Shafter, Tripler or Aliamanu Military Reservation. My staff will be happy to assist you.



Photo by Marine Corps Cpl. Darhonda Rodela

Service members and friends gather for a memorial to honor Army Col. Jon Lockey at Camp Victory, Iraq, July 11.

Fallen troops' families get additional support

JOHN J. KRUZEL

American Forces Press Service

WASHINGTON — Families of deceased active-duty Soldiers can receive an extended level of support from a long-term care program the Army launched 18 months ago, the program's chief said.

The Army Long Term Family Case Management program provides long-term support to families of fallen Soldiers by helping them through the often painful and sometimes arduous steps toward receiving benefits and various other types of support, Lt. Col. Nora Linderman, program chief of Army Long Term Family Case Management, told online journalists and "bloggers" in a conference call yesterday.

"My team and I are constantly listening to families, learning what they need and enhancing and expanding our program accordingly so that we can do whatever is required," she said.

Casualty assistance officers generally avail themselves to Families at the early stages of the mourning process, at least through a fallen Soldier's interment, Linderman said. But in the months and years following the loss of a loved one, unresolved issues and questions often surface regarding benefits and support services, she said.

To address such issues, a support coordinator with Army Long Term Family Case Management contacts the family about six months following the loss of a loved one. The coordinator maintains an "open dialogue" with family members for as long as they find it helpful, Linderman said.

The program also follows congressional legislation that pertains to benefits programs offered to families of deceased Soldiers and posts the information on its Web site, www.altfcm.army.mil.

Launched in February 2006, Army Long Term Family Case Management already has helped more than 5,000 families identify benefits to which they're entitled, Linderman noted.

"Being able to be there with a support structure for the families through the months and the years after the loss is a wonderful step in the right direction," she said. "I encourage anyone who has suffered a loss to lean on us."

'HI Ways' combines physical, spiritual

SGT. 1ST CLASS SHERYL L. LAWRY

500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — Merriam-Webster Online defines fitness as a "quality or state of being fit." It defines spiritual as "relating to, consisting of, or affecting the spirit."

Together the words mean the quality or state of being spiritually fit — the exact goal the 500th Military Intelligence (MI) Brigade's Unit Ministry Team (UMT) worked toward when it unofficially declared August as brigade spiritual fitness month.

To get Soldiers involved physically and spiritually, the brigade's UMT sponsored a number of events based on its "Moral HI Ways" training program. The training first challenged Soldiers' physical strength, then toughened their whole persona.

Military service in the MI Corps places Soldiers in various training, in diverse locations, working alongside both Army and joint-service personnel. To embark on such a journey requires physical, spiritual and moral fitness.

The "way" of the Moral HI Ways program signifies the pathway warfighters must follow; the "HI" reflects their Hawaiian duty location. Since morality is all about right action and choosing to do the right thing at all times and in all places, Moral HI Way best describes the goals and objectives of the training program, explained Chaplain (Maj.) Ira Houck, brigade chaplain and UMT leader.

Doing its part, the 205th MI Battalion chose to hike to the Makapuu Lighthouse on Oahu's windward side for its spiritual fitness hike. The 732nd MI Bn. and 500th Headquarters and Headquarters Detachment (HHD) hiked the Maunawili Falls Trail, also on the windward side. Then both battalions and the detachment met at Schofield Barracks for a four-mile spiritual fitness fun run, Aug. 29.

Judging by the number of participants at each of the hikes and at the run, goals and objectives to reach out to Soldiers were achieved.

"Getting out of this busy environment ... it was very calming," said Sgt. Andrea Denetso, communication specialist, HHD, 500th MI Bde.

Denetso partnered with Staff Sgt. Christi Smith, currently pregnant, for the one-and-a-quarter-mile hike, which crossed the stream a number of times without bridges.

"Their schedules are such that the hectic lifestyle overwhelms most of them," said Chaplain (Capt.) Jeremy Mount, 732nd MI Bn., about the brigade's Soldiers. "This



Sgt. First Class Sheryl L. Lawry | 500th Military Intelligence Brigade

Chaplain (Maj.) Ira Houck (right), 500th Military Intelligence Brigade chaplain and Unit Ministry Team (UMT) leader, runs next to Capt. Isabel Nazareth, commander, Headquarters, Headquarters Detachment, in front of a brigade spiritual fitness fun run formation, at Schofield Barracks, Aug. 29. The fun run was part of a monthlong UMT training program, Moral HI Ways.



Photo courtesy of 205th Military Intelligence Battalion

Soldiers from the 205th Military Intelligence Battalion hike their way to Makapuu Lighthouse on Oahu's windward side during a spiritual fitness event based off the Moral HI Ways training program.

[Moral HI Ways training program] provides them the opportunity to pause and drink deeply from life."

Houck agreed, and said, "Moral HI Ways is very popular with Soldiers, as it mixes unit interaction, sound training experiences

with low risk, [and] high adventure in Hawaii.

"This unique training experience is action oriented, conducted away from the duty area, and fulfills command concerns for Soldier morale," he added.

305 days since last fatal accident

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

For surpassing another 100 days, Soldiers will receive two division training holidays, which will be awarded Sept. 21 & 24. Current as of 9/12/07.

Voices of Lightning:

What is the first thing you want to do now that you or your loved one is home?



"Take my kids to the beach."

Sgt. David Coney
3-25th Avn. Regt.
Petroleum Supply Sergeant



"Be present at the birth of my child. My wife is due in October."

Chief Warrant Officer 2 Giovanni Faraca
2-25th Avn. Regt.
Black Hawk Pilot



"Spend time with my wife and kid."

Spc. Coy Hurley
3-25th Avn. Regt.
Black Hawk Repairer



"I'm looking forward to spending quality time with my daughter."

Yvette Lopez
Family Member



"Spend time with family and with each other."

Natasha Wingate
Family Member

Soldiers prepare for reunion

Story and Photo by

SGT. MIKE ALBERTS

3rd Infantry Brigade Combat Team Public Affairs

KIRKUK, Iraq — Soldiers at war adapt to the rigors of 24-hour operations in a combat zone. They absorb the stress, anxiety and fear that accompanies deployment to remain mission capable. They condition themselves to be hyper-vigilant in all their affairs. Doing so is a matter of survival.

Now, after 15 months in Iraq, Soldiers will soon return home, a place where, for many, “normal” isn’t normal anymore.

Chaplains of the 25th Infantry Division’s 3rd Infantry Brigade Combat Team (3IBCT) recognize the life-change that will accompany redeployment.

To ease the transition home, brigade chaplains are offering a Relationship Enhancement Workshop series to Soldiers at Forward Operating Base Warrior, here.

During a period of five weeks, on consecutive Fridays, Soldiers participate in seminars that address the topics of marriage, sex and intimacy, parenting and forgiveness, and finances in anticipation of reuniting with their families and friends.

“We’ve recognized over the years and after redeploying ourselves that going home and reintegrating is not automatic,” said Chaplain (Maj.) Scott Sterling, brigade chaplain, 3IBCT. “There are some very serious issues that Soldiers and their family members face upon return from theater.”

“We’ve been operating in another realm of existence since we’ve been here,” added Chaplain (Capt.) Scott Smith, battalion chaplain, 3rd Battalion, 7th Field Artillery Regiment, 3IBCT. “We’ve not been able to enjoy the quality of life that we enjoyed back home or able to build and sustain relationships as we normally would have,” he emphasized. “Above all, with each of the topics covered during this

series, we must understand that life at home must become our new ‘normal.’ We need to be reminded what it means to be in a normal world and in a relationship where we are actually around the people that we love.”

For married couples and others in intimate relationships, both chaplains stress building and developing strong, intimate relationships that require a commitment of ongoing communication.

“[Each partner] must communicate to the other that there is nothing more important than meeting their deepest, emotional needs,” said Sterling. “Therefore, you must learn what those needs are and how to meet them. There is no happier scenario when [both partners] are working intentionally to meet each other’s needs,” he said.

Sterling’s colleague agreed.

“To fully enjoy sex and intimacy as we were designed requires an emotional connection,” said Smith. “There are no exclusives, but men have a propensity to focus on the sexual act. Women tend to need the more intimate interactions,” he said.

“My advice is to find middle ground. Be aware of your sense of self and your needs; communicate those to your [partner]; and listen and address your [partner’s] needs.”

Redeploying parents learn that they should “take time to spend time” with each child, individually, and continue to love their children enough to appropriately discipline them.

For those dealing with forgiveness issues, of paramount importance is the realization that forgiveness is not an emotion, but a conscious choice. Soldiers are asked to consider, “Is holding onto the emotion of anger more damaging to the relationship than letting go?”

SEE WORKSHOPS, A-4



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

Remembering Sept. 11

KIRKUK, Iraq — Soldiers of the 3rd Infantry Brigade Combat Team’s 325th Brigade Support Battalion bow their heads in prayer during an early morning Sept. 11 remembrance breakfast at Forward Operating Base Warrior, here.

Valor: Wounded Soldiers distinguish themselves on the battlefields in Iraq

CONTINUED FROM A-1

other Soldiers for their courage under fire in separate incidents on the battlefields of Iraq.

Among the awardees were Spc. Craig Wiggins, 3rd Squadron, 4th Cavalry Regiment, who along with Archibald, 2nd Battalion, 35th Infantry Regiment, received a Purple Heart; Sgts. Ernst Bennett and William Price, 2-35th Inf. Regt., who received Army Commendation "V" devices; and Staff Sgt. Alejandro Romar, also 2-35th Inf. Regt., who received the Bronze Star.

Two weeks before Archibald's vehicle was hit, an IED struck the humvee Wiggins was riding in.

"I thought I was dyin'," Wiggins, the vehicle's gunner, said. "Then I found out I was OK."

The blast knocked Wiggins unconscious for about 20 seconds. Shrapnel tore through his skin and broke bones in his right hand.



A Soldier holds the awardees' medals, including two Purple Hearts, the Bronze Star, and two Army Commendation Medals with "V" devices, prior to the ceremony, Friday.

Reacting quickly, he applied a tourniquet until the medic arrived. He was the only Soldier injured in the explosion.

Others, like Romar, preferred not to speak of their experiences.

"We got attacked, and we saved some people," he said, after stating he didn't want his wife, standing next to him, to have to hear what he did.

Romar received the Bronze Star for his actions while deployed with his previous unit, the 1st Battalion, 6th Infantry Regiment.

Comrades-in-arms in the strictest sense, Bennett and Price were awarded "V" devices for their actions during the same battle.

While on patrol between Baghdad and Kirkuk with the Iraqi army, Nov. 7, 2006, insurgents am-

"They hit everything except for the artery."

*Sgt. Ernst Bennett
2nd Battalion, 35th Infantry Regiment*

bushed Bennett's unit, which resulted in "one helluva firefight," he said.

Price was part of the initial wave of 10 Soldiers sent to assist Bennett's unit. As soon as they disembarked the Black Hawk, they began taking fire.

During the fight, enemy bullets shattered bones in Bennett's left arm and hip.

"They hit everything except for the artery," he said. Bennett also received the Purple Heart for his actions; Price received the Purple Heart three months after the firefight, Feb. 28, when an IED threw him 30 feet from his humvee, shattering his right foot.



From left to right — Spc. Craig Wiggins, 3-4th Cav. Regt.; Pfc. Tanner Archibald, Staff Sgt. Alejandro Romar, Sgt. Ernst Bennett, and Sgt. William Price, all 2-35th Inf. Regt., stand in front of Schofield's Tropic Lightning Memorial prior to an awards ceremony, Friday.

Nearly one year later, Bennett calls himself 90 percent recovered after two reconstructive surgeries involving two metal plates, 18 screws, and "a lot of stretching."

"I can snap now," Bennett said. "I learned last night."

Following the awards ceremony, in front of more than 80 Soldiers and family members flanking the memorial, Brandenburg addressed the five awardees.

"Thank you very much for allowing me to stand with you today," he said. "I'm absolutely overwhelmed by your presence."

Security changes benefit isle's Army installations

On-post security a three-pronged effort by Dept. of Army police, MPs and Coastal security guards

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — Soldiers, civilians and family members entering the post gates may have noticed some unfamiliar faces. Men and women in blue uniforms, part of the Coastal International Security team, have been contracted to provide access control and gate security to a large number of locations traditionally manned by the Department of the Army (DA) Police.

"We are filling a necessary void," said security guard Dennis Nugent. "The skills we are taught are beneficial for security measures on base."

The change allowed approximately 50 DA police officers to be integrated into law enforcement roles,

supporting the Fort Shafter and Schofield Barracks communities.

This month DA Police and Army Military Police (MPs) have begun patrolling the community together, as well as working in MP stations in a variety of positions.

The Directorate of Emergency Services (DES), U.S. Army Garrison, Hawaii (USAG-HI), is responsible for a variety of law enforcement activities on the Army's installations. Two of the major functions consist of installation access control and providing law enforcement support for the community. Prior to the implementation of the contract security guards, Army MPs, who supported the law enforcement mission, and the DA Police, who deal primarily with controlling access to the installation, handled these missions.

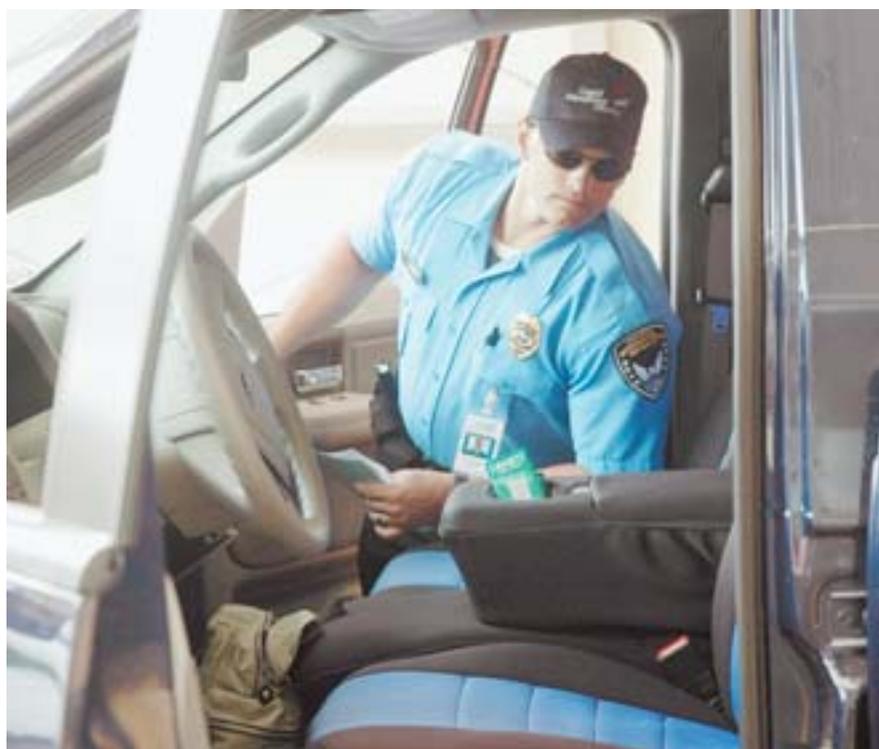
"One of the greatest downfalls of having a strictly Army MP program was the lack of continuity and sense of familiarity with the police force," said Miles Sharrock, deputy provost marshal, Schofield Barracks. "With the addition of DA Police to this operation, it will allow for a familiar face to be recognized in [the] community, in addition to improved law enforcement capabilities."

The DES and USAG-HI implemented the changes after Coastal International Security guards completed classroom and on-the-job training.

Coastal security guards receive formal training and certification on all the necessary components of security and access control. This training includes everything from basic weapons qualifications to the identification of suspicious personnel and proper search techniques.

Once the first Coastal guards were in place, DA police officers initially assigned them to support law enforcement activities. They were sent through an extensive five-week, DES-sponsored law enforcement certification program. Even though DA police officers had all been certified, the program enhanced their abilities and assured each officer was fully qualified to manage additional responsibilities inherent to the law enforcement mission.

"This change will help the Army greatly," said DA police officer Taugao Vee. "By all of us working together, the job of security is better performed."



Coastal International security guard Dennis Nugent inspects a vehicle at Schofield Barracks' Lyman Gate. After extensive training, security guards are manning the front gates of Oahu's Army installations.



Pfc. Jeremy Muncert, 39th Military Police Detachment, inspects a military police car before patrolling the post. With the Coastal security guards now manning the gates on military installations, MPs have more time to maintain safety in the community.

This transition is permanent, nonetheless still evolving. The initial 50 DA Police officers were the first to receive training and be implemented into their new assignments. DA Police officers remaining at the access control positions will eventually receive equivalent training and certification, allowing them to execute law enforcement functions.

"We are experiencing a transitioning period," said Staff Sgt. Daniel Smith, 13th MP Detachment. "It will take time for everyone to feel comfortable with the

change, but the end result is positive."

Smith explained that allowing the DA Police to work alongside MPs will create a safer environment on military installations, as well as free up MPs for deployment and other military duties.

"Everyone is working together for the future of the Army," said Smith.

"Overall, this is a benefit," said Sharrock. "not only to the DA Police and Army MPs, but to the community as well."

Simple precautions ensure fun in sun

Protection from sun's harmful rays requires daily vigilance, even on overcast days

Story and Photo by
MOLLY HAYDEN
Staff Writer

HONOLULU — Basking under sunny skies year round may seem like paradise, however, if unprotected, the sun can cause permanent damage to one's skin and overall health.

By taking simple precautions, island residents and visitors can protect themselves from the sun's radiation and have safe fun under the sun.

The American Academy of Dermatology suggests that, regardless of skin type, a sunscreen with a sun protection factor (SPF) of at least 15 should be used at all times. Even on a cloudy day, 80 percent of the sun's ultraviolet rays pass through the clouds.

Children more than 6 months old can use the same sunscreen as adults. Infants younger than 6 months, should be covered while in the sun.

The sun produces two forms of ultraviolet (UV) rays, UV-B and UV-A, according to the American Cancer Society. These two types of rays can affect the youthfulness and health of skin.

UV-B rays primarily affect the skin's outer layers and tend to be more intense during the summer months, at higher altitudes, and at locations closer to the equator.

Experts believe UV-B is respon-



Experts recommend wearing sun protection lotion year round and reapplying often after participating in water activities. Children under the age of 6 months should be covered completely and avoid direct sunlight, especially during peak sun hours of 10 a.m.–2 p.m.

ponsible for much of the skin damage caused by sunlight, especially sunburn. Repeated exposure to UV-B rays over a lifetime can alter the immune system and lead to three forms of skin cancer: melanoma, basal and squamous cell carcinoma.

Less harmful are UV-A rays, which are longer-wavelength rays that can damage the skin's connective tissue and lead to premature aging, as well as skin cancer. UV-A rays, the type used in tanning salons, also increase the risk of cataracts and retinal damage.

Wearing a wide-brimmed hat is a great way to showcase fashion, as well as protect oneself from harsh sun exposure, according to Lt. Col. Kurt Maggio, assistant chief of dermatology and director of cutaneous surgery, Walter Reed Army

Medical Center.

"About 75 percent of all skin cancers occur on the head and neck," said Maggio. "Sensitive areas such as the ears, nose, upper cheek and areas around the eyes need to be protected as well."

Maggio also suggested sun bathers avoid mid-day sun, seek shade whenever possible, reapply sunscreen often, and never use tanning beds. Sunscreen that is highly water-resistant is a must while on the island, Maggio said.

"We live in a city with an abundance of water activities," said Maggio. "We need to be conscious of this and protect our skin."

According to Maggio, the island sees a slightly higher rate of sun-related illness, mostly in the form of dysplastic moles. He recommended having a physician examine any irregular new moles that appear on the body.

Based on statistics at the American Cancer Society Research Center, more than one million cases of skin cancer occur annually. The most serious form of skin cancer is melanoma, of which more than 60,000 people are expected to be diagnosed in 2007.

"Wearing sunscreen should be a daily habit," Maggio said.



Molly Hayden | Pacific Media Publishing

Deliberate sunbathing can be dangerous if the proper precautions are not taken. Wearing sunglasses, especially during the peak sun hours between 10 a.m. and 2 p.m., can protect your eyes from harmful ultraviolet rays.

Play it safe with eye protection

DR. JACK SMITH

Acting Chief Medical Officer, Tricare Management Activity

Tricare would like to remind you that one of the best ways to prevent eye injury is to wear appropriate eye protection. In addition to proper safety eyewear, early detection and treatment of eye conditions and diseases are essential to maintaining good vision at every stage of life.

Here are some tips for protecting your eyes from ultraviolet (UV)-related damage:

- Wear a brimmed hat
- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays
- Wear goggles or sunglasses that wrap around your temples for better protection if you spend time in the water
- Protect your eyes when ultraviolet light is most intense, usually from 10 a.m. to 2 p.m.
- Protect your eyes whenever you're outside for a prolonged period — even when it's gray and overcast
- Don't forget the kids! Protect their eyes with hats and sunglasses too.

Long-term ultraviolet exposure may lead to cataracts. In addition to sunglasses for ultraviolet protection, you should wear safety glass-

es whenever working with any tool that might cause debris to get in your eyes, including lawn mowers, leaf blowers and chain saws.

Also, don't forget earplugs when using powered tools and yard equipment.

If you have questions about your Tricare vision benefit, check out the vision benefit fact sheet at www.tricare.mil/factsheets/viewfact-sheet.cfm?id=264 or contact your regional contractor.

Additionally, your local beneficiary counseling and assistance coordinator or health benefits adviser may also help. Special vision programs may exist at local military treatment facilities, so please contact your local military treatment facility for specific information.

Tips of the Month

Tricare encourages you to protect yourself from the sun. Here are some tips:

- Seek the shade, especially between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF of 15 or higher every day.
- Apply one ounce (two tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours.
- Wear protective clothing and be especially aware of sensitive areas such as the nose, ears and neck.

Also, visit www.cdc.gov, keyword search "sun."

News Briefs

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

14 / Today

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

15 / Saturday

Financial Counseling – Catch the next course, Sept. 15, 9 a.m., at 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.

SSA Closure – The Supply Support Activity (SSA) will be closed through Sept. 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.

20 / Thursday

Garrison Oahu 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
Oahu North Community Commander's Office – 3rd Floor Building 690, Schofield Barracks, 655-0497.

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.

Hail and Farewell – All current Garrison employees are cordially invited to the Hail and Farewell gathering, Thursday, Sept. 27, 4:30 p.m., at Schofield's Nehelani Club, as we bid aloha to newly arriving and departing employees.

Heavy pupus will be served. Cost is \$15.

RSVP by Sept. 21 through the following directorate points of contact: Garrison, including OBSB, PTA, 1101st GSU, Chaplain, Safety, DPTM, EEO, IRO, PAO, Trans. Office and CPAC, Ruby Batalona, 656-0616; DES, Marilyn Galima, 655-6654; DMWR, Cynthia Mercado-Mack, 656-0037; DOIM, Helene Chung, 656-9321; DOL, Coralie Kobuke, 656-2402; DPW, Patricia Amatul-Majeed, 656-1289; DRM, Billie Oliveira, 656-5571.

October

2 / Tuesday

Troops to Teachers – Soldiers seeking careers in public education may attend a Troops to Teachers briefing any first Tuesday of the month at the Education Center, Building 560, Room 221, from 11:30 a.m.–1 p.m.

Mark your calendar for the following dates, too: Nov. 6 and Dec. 4.

11 / Thursday

Hispanic Heritage Month – Come celebrate Hispanic Heritage Month, Thursday, Oct. 11, from 11:30 a.m.– 1 p.m. at Schofield's Nehelani Club. Call Master Sgt. Damian Miller, 655-1603, for details.

13 / Saturday

SSA Closure – The Supply Support Activity will be closed, Oct. 13-21 for physical inventory. Normal operations will resume Oct. 22. For emergency services during this period, call Alfred Chugen, 656-0744, or Sam Sapatu, 656-2277.

Ongoing

Legal Assistance – The Office of the Staff Judge Advocate has opened a Legal Assistance Office at Fort Shafter, which provides a wide range of free legal services to eligible clients, including estate planning, powers of attorney, family law, real or personal property law issues, consumer protection law, military law, and tax issues.

Claims service is available every Thursday for active duty, military retirees, National Guard or Reservists (on active duty orders more than 29 days), and family members. Call 438-6725 to schedule

an appointment.

Legal Assistance is located on Carter Drive, Building 718, and is open Monday–Friday, 9 a.m.– 4 p.m., excluding holidays.

Legal services are also available at Schofield Barracks, Building 2037, Humphries Road, 655-8607.

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 counselor 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.

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.

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.

Wives of the Warriors – The Military Council of Catholic Women (MCCW) at Aliamanu Military Reservation (AMR) Chapel meets each Thursday at 9:15 a.m. in the chapel for its fall Bible study, "Wives of the Warriors." The focus

of this Bible study is learning to live confidently in Christ as a military spouse.

On-site child care will be provided for STACC-registered children at least 9 months old. Nursing babies are welcome; however, RSVP for child care. Call 836-4599 or e-mail MCCWHawaii@yahoo.com.

Sessions will be held in the Main Post Chapel on Schofield from 9–11:30 a.m. Free on-site child care is available by reservation. Call 206-8504.

Law School for Officers – The Office of the Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 25 active duty commissioned officers (second lieutenant through captain) to law school at government expense, if funding permits.

Selected officers will attend law school beginning the fall of 2008 and will remain on active duty while attending law school. Inter-

ested officers should review Chapter 14, AR 27-1 (Judge Advocate General's Funded Legal Education Program) to determine eligibility, and contact their local Staff Judge Advocate for further information.

Pre-Separation Audits – The 125th Finance Battalion has created a new section, the Pre-Separations Audits Section, to closely monitor and resolve any deficiencies of pay accounts for Soldiers who are separating and are between 30 and 120 calendar days of their End Term of Service (ETS) dates.

Soldiers who are in their window should visit the Soldier Support Center, Building 750, Room 126, to fill out and re-certify a DA form 5960 (BAH form). In addition, any deficiencies of pay accounts should be submitted in the form of a pay inquiry to include any supporting documents.

Contact Sgt. Terry Bibey, 655-9094, or Spc. Arsalan Khan at 655-9376.

Workshops: Sessions highlight communication, reintegration

OIF

CONTINUED FROM A-1

Finally, Soldiers are cautioned that they will be earning less money and are encouraged to create written budgets and not overspend.

One of the dozens of Soldiers who have benefitted from the brigade's Relationship Enhancement Workshop series is Spc. Juan F. Jimenez, Headquarters Headquarters Company, 31BCT.

"When I got back from Iraq after my first deployment, we didn't have these classes, and I wasn't prepared," said Jimenez. "I didn't realize that my daughter was no longer that 1-year-old that I left behind. She was now walking and talking. My wife had also changed," he continued.

"These classes help you understand that everything has changed. Not only have you changed, but your family has changed as well," he said. "Your [spouse] or child hasn't been at war, but they've had to deal with all kinds of other stresses and issues that you haven't. Those stresses are just as real," Jimenez explained. "The classes help you appreciate issues [from their perspective]."

Chaplain (Capt.) Scott Smith, battalion chaplain, 3rd Battalion, 7th Field Artillery Regiment, 31BCT, discusses sex and intimacy topics during his portion of the Relationship Enhancement Workshop series for Soldiers at Forward Operating Base Warrior, Kirkuk, Iraq, Aug. 24.



PAU HANA

Escape from the heat at the Ice Palace

Story and Photos by **MOLLY HAYDEN**
Staff Writer

HONOLULU — The air is always crisp and cold as children of all ages don scarves and hats as they converge at the Ice Palace, here.

Hundreds of enthusiastic ice skaters dance around the rink as a DJ fills the arena with music. Competitive skaters test their skills, and beginners hug the rails.

The Ice Palace is the only ice skating rink on Oahu, and it will celebrate 25 years of cooling people off this month. The monthlong celebration will bring events and specials to quell any skater's desire.

Manager Brandon Torricer has been working and skating for more than 17 years at the Ice Palace.

"There is nothing else like this on the island," said Torricer. "There is something to do here for every member of the family."

Darci Romas and her husband, Sgt. Kelly Romas, 545th Transportation Company, have been working at and visiting the ice skating rink for many years. When Darci attends the cash register in the pro shop, her husband patrols the ice.

"I used to come here as a kid, now I take my kids here," Darci

said, adding that their two daughters, Kori, 7, and Kyla, 9, take lessons and enjoy hanging out at the Ice Palace while mom and dad work. "It's fun here," Kori said, shyly.

The lessons have taught both girls balance and techniques that will aid them in future sports, according to Darci.

"This is something different they both enjoy doing," said Darci. "Ice skating in Hawaii isn't your regular sporting activity."

For dad, the involvement at the rink is a way to spend time with his family.

Raised on the island, Kelly Romas has been working on and off at the rink for more than 10 years. He continues to work on weekends and to expose his family to his favorite childhood pastime.

"This is a family environment," said Kelly. "Everyone I work with and the regular skaters are a second family to me."

Ice Palace offers lessons for all ages and abilities, plus youth and adult hockey and figure skating. The rink is open from 5:30 a.m. to midnight, most days.

"This is a cool place to hang out," said Torricer, laughing. Pun intended, he said.



Jeff Brown helps daughter Keely maneuver around the ice skating rink. Skaters of all skill levels take to the ice to participate in the fun and unique sport.



Skater Aliza Milette eases her way across the ice. Many enthusiasts flock to the Ice Palace to indulge in a sport that is unlike any other in Hawaii.



Hundreds of ice skaters converge here every weekend to test their skills on the ice. The Ice Palace is the only ice rink on the island and will celebrate 25 years of business this month.

Ice Palace Public Skating Hours of Operation

4510 Salt Lake Boulevard

Monday-Thursday

9 a.m.-4:30 p.m. & 7-10 p.m.

Friday

9 a.m.-4:30 p.m. & 6:30-11 p.m.

Saturday

10:45 a.m.-11 p.m.

Sunday

10:45 a.m.-10 p.m.

Call 487-9921 for more information.



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 the Aliamanu Military Reservation (AMR) Youth Center, Sept. 22, 9 a.m.-4:30 p.m.

Youth must be members of Child and Youth Services (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).

Boys & Girls Club Day for Kids – The Bennett Youth Center, Schofield Barracks, is hosting the biggest and best celebration for kids, Sept. 15, from 1-4 p.m. Keiki will enjoy games, refreshments, face painting, iron chef with Twinkies, giant checkers, baby crawling contest and more. Call 655-6461.

17 / Monday

Individualized Educational Program (IEP) Workshops – Learn how to become an advocate for your special needs child. Exceptional Family Member Program (EFMP) partners with Learning Disabilities of Hawaii will present IEP workshops at the Schofield Barracks Army Community Service (ACS), Sept. 17, 19 & 20, 6-9 p.m., and at Fort Shafter ACS, Sept. 24, 26 & 27, 6-9 p.m.

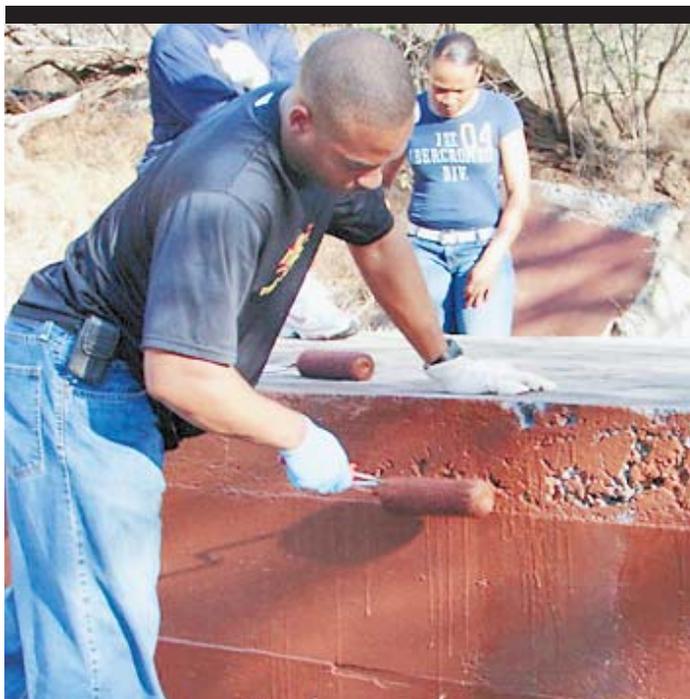
Learn about Hawaii's special education rules, the American's with Disabilities Act, the evaluation process, assessments and an overview of federal requirements. Also learn the necessary skills to develop an education program uniquely designed for your special needs child.

Call 536-9684 or 655-4777 for more details. Registration is required.

20 / Thursday

Idol Singing Contest – The Tropics at Schofield Barracks is hosting the annual idol singing contest. Auditions are scheduled Sept. 20 & 27 and Oct. 4 & 11, 6-10 p.m.

The first place winner will receive \$500; second place, \$250; and third place, \$100. Plus, the contest winner's unit will receive



Sp. Kristopher C. Saylor | 94th Army Air and Missile Defense Command

Sp. Earle D. Hudson paints over graffiti near the entrance to Diamond Head State Monument during the 94th AAMDC's cleanup, Aug. 30.

94th AAMDC gives Diamond Head face lift

MAJ. RICHARD A. STEBBINS

94th Army Air & Missile Defense Command Public Affairs

FORT SHAFTER – Being a good neighbor and spreading the aloha spirit is more than just being friendly. Sometimes it means lending a helping hand when you can.

That is exactly what the 94th Army Air & Missile Defense Command (AAMDC) did when it helped spruce up Diamond Head State Monument, Aug. 30.

Normally, the 94th AAMDC conducts a cleanup once per quarter to pick up trash along the monument's trail. This time, the cleanup included removing leaf litter, cleaning up trash, and painting over graffiti around the park entrance – an area that had not received attention in years.

"In appreciation for the state parks division's generosity in granting us special access to the monument, we offered our services in cleaning up the grounds and conducting service projects throughout the

SEE CLEANUP, B-3

\$500 in unit funds.

The audience will have an opportunity to win cool prizes, too. Applications are available at the Tropics. Call 655-5698 for more information.

24 / Monday

Eighth Birthday Celebration – Hale Ikena, Mulligan's and the Walter J. Nagorski Golf Course are celebrating their eighth birthdays and welcome the community to participate in festivities all week. Pick up free tickets in advance at the Fort Shafter Hale Ikena.

•Sept. 24-27, feast at the \$5 lunch buffet. Tickets must be purchased in advance to receive this special discount. Regular price during birthday week is \$8.95.

•Sept. 27, 5-7 p.m., enjoy heavy pupus, live entertainment and give-a-ways.

•Sept. 28, 11 a.m.-1 p.m., enjoy the cuisine of the islands at the Hawaiian lunch buffet. Cost is \$9.95 and large groups are welcome. Call 438-1974 for more details.

25 / Tuesday

Pre-School Story Times – Parents may bring their keiki to enjoy adventures at 10 a.m., Tuesdays, at the Fort Shafter library, and Wednesdays, 10 a.m., at Schofield Barracks' Sgt. Yano library. Call 655-8002 for details.

Aloha Tower Marketplace – Enjoy the Aloha Festivals Ukulele Contest at Center Atrium, Sunday at 10 a.m. Admission is free.

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

19 / Wednesday

Combat Stress and Families – Sponsored by the Family Life Chaplain, this presentation is part of the ongoing series of Deployment Survival Nights, tailored especially for rear detachment command teams, family readiness group leaders, and spouses of deployed Soldiers.

The next event runs from 5:30-8 p.m. at Schofield's Main Post Chapel Annex, Building 791, Room 212. Participants will learn how the marriage relationship can be a "safe haven" for healing the wounds of combat stress. Limited child care will be available. Call Chaplain (Maj.) Scott Kennedy at 656-1384, or e-mail scott.craig.kennedy@us.army.mil for more details.

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.

21 / Friday

Peace Day – Celebrate International Peace Day, Sept. 21, at various events on Oahu. Visit [www.internationaldayof-](http://www.internationaldayof-peace.org/peaceday/hawaii/index.htm)

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 and 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 the Richardson Theatre parking lot, Building 505, Bonney Loop. Call the manager at 438-6470.

Pacific Teen Panel – Teens in grades 9-11 have the opportunity to learn leadership and public speaking while representing Fort Shafter, Tripler and AMR in monthly teleconference/video teleconference (VTC) calls with other teen panels in the Pacific, such as Japan, Alaska and Kwajalein.

Teens are encouraged to volunteer at least eight 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) Clubs, 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 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 SKIES or be a current member of CYS. Register at the CYS Office, 556 Heard St. Call 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. Classes are held the first four Wednesdays of each month. Call 655-9818.

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. Costs are \$150 for government or military employees, \$195 per person and \$99 for students. The fee includes continental breakfast and lunch.

29 / Saturday

Pearlridge Center – The Hawaiian Electric Live Energy Lite Fair is scheduled Sept. 29, 10 a.m.-3 p.m., Uptown Center Court. Enjoy musical entertainment, interactive exhibits, games and prizes for the entire family while learning energy conservation and environmental awareness.

Ongoing

Toastmasters – The Pineapple Toastmasters Club meets the first and third Thursday of every month at Sgt. Yano Library, Schofield Barracks, from 6:30-7:30 p.m. Join the club and work on your public speaking skills. Prospective members are welcomed. Call Don or Elaine Glover, 622-0169, for more details, or visit <http://pineapple.freetoasthost.us/index.html>.

Marriage Enrichment Seminar – Bring your significant other to a Marriage Enrichment Seminar and learn the keys to building a strong, satisfying and lasting marriage. This seminar runs every third Wednesday of the month, 9 a.m.-4 p.m., at the Wheeler Army Air Field Chapel. It's designed for engaged couples, but all couples are invited to enhance their communication, manage conflict and learn secrets to a more satisfying relationship. A free lunch will be provided, and child care is available. Call Staff Sgt. Parker at 656-4481, or e-mail latonia.parker@us.army.mil.

Alcoholics Anonymous – All interested personnel are welcome to attend Alcoholics Anonymous, a free program of recovery for dealing with alcoholism. Meetings are held every Thursday morning, 11:30 a.m.-12:30 p.m., at the Petersen Child Development Center, Schofield Barracks, Room 223. Call 537-3406, or e-mail jpaulcampbell1218@yahoo.com.



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

- 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



The Bourne Ultimatum

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



Underdog

(PG)
Saturday, 2 p.m.



No Reservations

(PG)
Saturday, 7 p.m.



Transformers

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



Rescue Dawn

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

No shows on Mondays or Tuesdays.



Send calendar announcements to community@hawaiiarmyweekly.com.

14 / Today

Richardson Theatre – Army Community Theatre at Fort Shafter presents the following in September:

•Sept. 14, 15, 21 & 22, 7:30 p.m., "Once Upon A Mattress," a musical retelling of "The Princess and the Pea." Tickets are \$12-20 with discounts for children at the ACT Box Office, 438-4480 or www.armytheatre.com.

•Sept. 16 & 23, 2 p.m., Readers Theatre With "The Three Sisters" by Chekov. Admission is free.

"4 Disciplines" Seminar – Kevin Miller will teach a one-day course, "The 4 Disciplines of Execution," today from 8 a.m.-4 p.m. at the Main Post Chapel, Schofield Barracks. This workshop is specific to building effective teams and organizations. Call Cole Weeks at Army Community Service (ACS), 655-4227, to register.

Aloha Festivals – This statewide festival opens today and features a parade and ho'olaule'a (block party) on each island. On Oahu, activities run through Sept. 28. For the most current schedule of events, visit www.alohafestivals.com.

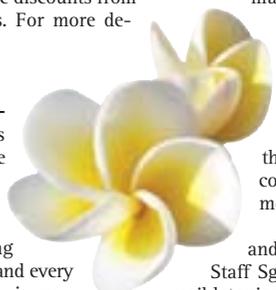
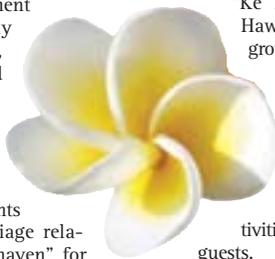
To purchase an Aloha Festivals ribbon (\$5) and receive the official 2007 program guide, call 589-1771.

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 will include pau riders, floral floats, hula halau and marching bands.

This free, two-hour parade will begin at Ala Moana Park and end at Kapiolani Park. Discount parking will be provided throughout Waikiki. Call 589-1771 for more details.

15 / Saturday

Kapolei Mele – Celebrate Aloha Week at the Kapolei Regional Park, Saturday beginning at 5 p.m. Get full details at www.alohafestivals.com or call 589-1771.



Hawaii's Aloha Festivals begin

ALOHA FESTIVALS
News Release

The traditions of the Aloha Festivals continue and this year embrace the theme "Hawaii's Beloved Royal Playgrounds" or "Ke Kahua Lani O Hawai'i," in Hawaiian.

Created in 1947, Aloha Week began as a public festival to honor the cosmopolitan heritage of Hawaii through music, dance and history.

The first Aloha Week was held during the fall as a modern-day makahiki, the ancient Hawaiian festival of music, dance, games and feasting. By 1974, Aloha Week had expanded to a monthlong slate of activities, with events on six islands. In 1991, it was renamed Aloha Festivals to reflect the festival's expansion, which now encompasses hundreds of events.

Aloha Festivals features a parade and ho'olaule'a, or block party, on each island and showcases events that are unique to certain islands such as the Ms. Aloha Nui Contest on the Big Island honoring the large stature of island women.



Aloha Festivals is funded each year through the sale of Aloha Festival ribbons, merchandise, corporate and private donations and grants from the Hawaii Tourism Authority, and support from the counties of Maui, Hawaii, Kauai, and the City and County of Honolulu.

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.

Aloha Festivals 2007 - Oahu

Today, Aloha Festivals Opening Ceremony
Saturday, Aloha Festivals Floral Parade, Waikiki

Saturday, Thunderbirds Flyover, Waikiki

Saturday, Kapolei Mele

Sunday, Aloha Festivals Aloha Sunday

Sept. 21, Aloha Festivals Waikiki Ho'olaule'a

Sept. 22, 3rd Annual Ho'ike 'Ike O Wai'anae at

Makaha Resort and Golf Club

Sept. 22, Aloha Festivals Keiki Ho'olaule'a

Sept. 22, Longest Hula Line on Waikiki Beach for

Guinness World Records

Sept. 28, Aloha Festivals Falsetto Concert &

Statewide Final

Cleanup: Sea Dragons make monument inviting for visitors

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park on a regular basis," said Capt. Frederick Harrell, commander, Headquarters and Headquarters Battery, 94th AAMDC.

The Hawaii Department of Land & Natural Resources Division of State Parks identified areas requiring work that were too large for its normal volunteer staff, called curators, and asked the 94th AAMDC to assist. The "Sea-Dragons" were more than willing to lend a hand, and in the end, Diamond Head got a fresh look for the thousands of visitors that come to the park each day.

"Their effort was greatly appreciated," said Yara LaMadrid-Rose, director of Diamond Head State Park. "They did a terrific job."

The 94th is the park's only military curator, partly due to the shared heritage between Diamond Head and the 94th AAMDC. The bunkers outlining the rim of Diamond Head crater, used through World War II, were once used by the coastal artillery, a precursor

to today's air defense units. The 94th AAMDC is the newest unit in Hawaii with air defense lineage.

"The Diamond Head State Monument provides a reminder of where we come from as an Air Defense Artillery unit," said Harrell.

The Soldiers, having put a lot of hard work into the project, felt great about their efforts and left with a tremendous sense of accomplishment.

"Anytime the 94th AAMDC has the opportunity to assist in the cleanup of the local environment shows that — although we are stationed here for a short [time] — we care about what our surrounding looks like ... this is our home too," Spc. Earle D. Hudson, unit clerk, said.

The 94th AAMDC plans to continue its partnership throughout the year with other cleanup projects.

"We look forward to getting help from the 94th AAMDC. We appreciate all their efforts at the park," said LaMadrid-Rose.



15 / Saturday

Hawaii Championship Wrestling – It's back at the Tropics. Enjoy a great night of wrestling, 7–10 p.m. Doors will open at 6 p.m. Cost is \$5 for ages 12 & up, \$3 for 11 & under, free for children 5 & under. Call 655-5697.

16 / Sunday

Great Aloha Run Workshop – Workshop director Dr. Christiane W. Christ will meet with walkers and runners on Sundays at 7:20 a.m., rain or shine, in September, at Kapiolani Park Bandstand for a one-hour, no cost in-training session.

Sessions will include warm-up, cool-down and great camaraderie. Call 943-0309.

22 / Saturday

Spouse Self Defense Seminar – Increase your physical awareness and have fun at a free self-defense seminar at the Health and Fitness Center, Schofield Barracks, 12–2 p.m.

Martial arts instructors from the Relson Gracie Academy will be on-hand conducting defense demonstrations and teaching simple techniques that will make everyday situations and times during deployment safer.

Appropriate attire is required for this seminar; wear athletic pants and

T-shirts. No shorts or tank tops will be allowed. Also, children are not allowed to attend.

Child care will be provided for Blue Star Card holders, but spaces are limited. Call 656-0135 or e-mail Darlene.j.marshall@us.army.mil to register.

25 / Tuesday

Army Mini Sports Basketball – Youth Sports and Fitness at Child and Youth Services (CYS) presents an opportunity for children born between 2002–2003 to gain basic skills and understanding of basketball. Registration will run from Sept. 25–Oct. 16. Cost is \$10 and includes a child T-shirt.

This program is scheduled for Oct. 23–Dec. 13. Parents are encouraged to participate.

Call the Bennett Youth Center Field, Schofield Barracks, at 655-0883, or Aliamanu Military Reservation (AMR) at 836-1923.

Ongoing

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–Saturday for a nominal fee.

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

Cosmic Bowling – The 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.

Brazilian Capoeira – Develop the mind, body and spirit to include physical fitness, self-defense and self-discipline through Brazilian Capoeira. Classes are held Tuesdays from 5:30–7 p.m. at the Fort Shafter Physical Fitness Center. Call Mestre Kinha at 247-7890.

Leilehua Golf Course Driving Range – The golf driving range at the Leilehua Golf Course is open weekdays until 9:30 p.m. Call 655-4653.

Water Aerobics – Come join this exciting workout at Richardson Pool. Classes are held Mondays, Wednesdays and Fridays from 11:30 a.m.–12:30 p.m., and Tuesdays and Thursdays from 5 p.m.–6 p.m.

Classes are \$2 each, or a punch card is available for \$15.

Water aerobics provides a safe and effective exercise alternative that improves fitness levels with little stress on the joints. Call 655-1128.

What's Up Gymnastics – Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited is partnering with What's Up Gymnastics to offer a military discount program for all upcoming classes. What's Up Gymnastics provides several classes to choose from, including recreational and competitive classes, and it offers the only indoor climbing wall on Oahu.

Classes are available for all ages, even as early as age 1. Discount cards can be picked up at the CYS registration offices. Call 655-9818.



Send sports announcements to community@hawaiiarmyweekly.com.

14 / Today

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. 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, Oct. 19 & 20 at the Nimitz Center, 1130 N. Nimitz Highway, Room A-212. Call 587-0200 or visit

www.state.hi.us/dlnr/IdxHunting.htm for more details.

16 / Sunday

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

•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!

•Sept. 22, 6-miler, Halapepe Nui, intermediates. This trek is a fairly easy, rambling loop hike, not much up and down, with spectacular views of Pearl Harbor and the upper Waimanalo watershed. Plan to stay with the group. Call coordinator Wil Kawano, 373-1492.

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.

For more information, visit the club's Web site at <http://htmlclub.org>.

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 at 7 a.m., and a 5K 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.

For more information, visit the Web site www.uso-hawaii@uso.org for an entry form or call 836-3351. Entry forms are also available at base fitness centers.

Hunting & Fishing Day – Hunters and anglers can come out and help celebrate the 36th annual National Hunting & Fishing Day, Sept. 22–23, from 10 a.m.–4 p.m., at the Kokohead Shooting Range. To get there, take the first left past Hanauma Bay, going towards Waimanalo, off Kalanianaʻole Highway.

Bring canned food or cash donations, because for each canned good or \$1 donation, you will receive a free activity coupon, good for trap shooting, archery, airgun, fish casting and more. Contributions benefit the Hawaii Food Bank.

For more details, call the state's Hunter Education Program at 587-0200 or visit www.state.hi.us/dlnr/IdxHunting.htm for more details.

Ongoing

Take Off Pounds Sensibly – The T.O.P.S support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423.

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

Fleet Feet – Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field. The club meets Wednesdays from 5:15–7 p.m. Cost is \$50 per year. Call 277-3609.

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.

Meals are included. Call 734-4214, 877-682-7433, or go online at www.bikehawaii.com.

‘Little Ninjas’ teaches children confidence, social skills

Martial arts masters teach pre-schoolers basics of coordination and discipline

MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — Each Thursday the pitter-patter of little feet echoes through the School of Knowledge, Inspiration, Exploration and Skills (SKIES) studio here, during a meeting of the “little ninjas.” In the Little Ninjas program, children ages 3 to 5 gather to learn preliminary martial arts skills and expend some of their “excess” energy.

“I’m very excited to be offering a course that touches on so many parts of a child’s character and physical well being,” said Sandy Salisbury, SKIES administrator, Child and Youth Instructional Programs, Child and Youth Services (CYS).

The program is an age-specific, detailed curriculum that focuses on improving preschool-aged children’s basic motor and listening skills. These skills are designed to help children enter society with a more confident outlook, as well as become better students in school, better listeners at home, and more ambitious toward the future.

“The practice of martial arts is beneficial for a person of any age.”

Ik Kung
Martial Arts Grand Master

The program was created to enhance positive development in a fun and motivational way.

Taught by Grand Master Ik Kung, along with black belt John Snook, Little Ninjas focuses on eight main points: teamwork, control, balance, memory, discipline, focus, fitness and coordination.

“The practice of martial arts is beneficial for a person of any age,” said Kung.

The first level of the program helps children develop good aim and hand- and foot-to-eye focus and reflexes, enabling children to react more quickly. As the program advances, ninjas learn coordination, helping them develop good agility, a skill that is important in sparring.

The program also aids in children’s development through positive interaction with others their age. It encourages good behavior and independence.

“My daughter is developing social skills,” said Nicole Foster-Cole about her 3-year-old, Emma. “It is good for her to develop a social relationship [with others].”

Little Ninja activities keep children physically fit, and many of the group activities show children the benefits of good behavior. The curriculum also encourages children to see the value of teamwork, good manners, and trying their best outside of the classroom.



Ian Bazar learns to punch from Grand Master Ik Kung while Cayden Makela, right, looks on. The young children will learn all elements of martial arts, including sparring and mental discipline.

Photos by Sandy Salisbury | Child and Youth Services

To participate in the Little Ninjas Program, children must be members of Child and Youth Services or be enrolled in the School of Knowledge, Inspiration, Exploration and Skills (SKIES).

Classes are held at Aliamanu Military Reservation and Schofield Barracks, Tuesdays & Thursdays, respectively. All classes cost \$35 per month. Children should wear comfortable clothing.

For more information, contact SKIES at 655-9818.



Instructor John Snook, left, and Grand Master Ik Kung, guide (from left to right) Ian Bazar, Nicole Miles, Cayden Makela, and Conner Molok through their first Little Ninjas course. The hands-on training will teach children focus and discipline, along with physical strength.

