

## INSIDE

# 'Ready Army' stresses preparedness

**HEIKE HASENAUER**  
Army News Service

WASHINGTON — When Tropical Storm Fay was dancing back and forth from Gulf Coast waters into Florida communities in mid-August, some 100 attendees of the Army Emergency Management's annual workshop for installation preparedness were wrapping up a weeklong meeting in Tampa, Fla., which culminated with a new emergency preparedness initiative: Ready Army.

The program is intended to "get the entire Army community ready for emergencies," said James Platt, chief of the Asymmetrical Warfare Office's Protection Division.

The Ready Army Campaign kicked off Tuesday, in conjunction with the Department

of Homeland Security's National Preparedness Month, which encompasses the seventh anniversary of the Sept. 11 attacks.

Previously a one-year pilot program, Ready Army's concepts were tested at Fort Hood, Texas, and at U.S. Army installations in Germany, Platt said.

The message was simple. "It's about being prepared for the first 72 hours after an emergency situation occurs. We want people to consider how they'll notify their families and where they'll meet," said Patricia Powell, a spokeswoman for the Florida workshop from Battelle Corp's Crystal City Operations in Virginia.

Soldiers who raced out of the Pentagon when American Airlines Flight 77 crashed into the building, Sept. 11, 2001, remember

**On The WEB**  
Involve your kids. Go to [Ready.Gov](http://Ready.Gov) to download materials for you and your children.

well their futile attempts to notify family members that they were OK, one Pentagon-based Army officer said.

As was the case then, "you're more likely to be able to reach someone by cell phone outside the critical area than inside the area," said Platt.

How to reach loved ones in an emergency to reunite or simply ease their minds is something everyone should think about.

Unique to service members might be the question of where to go, he said, if their off-post home is destroyed by a tornado, fire or flood. At overseas locations, especially, Soldiers and their families likely do not have extended family with whom they could live temporarily.

"What if you're visiting another country while stationed overseas and a disaster occurs?" Platt asked. "Will you have enough foreign currency to get where you need to go? Will language be a barrier?"

"Emergency preparedness is all about the multiple disasters we could face that could disrupt lives," Powell said.

SEE READY, A-4



## Ring of fire

Leaders from 30 countries converge for PAMS.

A-4

## 9/11 memorial services

The public is invited to attend 9/11 services, Thursday, Sept. 11:  
• At Fort Shafter's Religious Activity Center, 11:30 a.m. - 12:30 p.m.  
• At Schofield Barracks' Main Post Chapel, 11:30-Noon. Call 655-8731.

## Road closure

Trimble Road on Schofield Barracks will be closed Sept. 6-7.

See News Briefs, A-6



## Achieving together

Leaders complete physical, mental and ethical challenges in team-building exercise.

B-1

## This issue

- Footsteps in Faith **A-2**
- Deployed Forces **A-3**
- News Briefs **A-6**
- FMWR **B-2**
- Sports & Fitness **B-4**

## JVEF honors Wheeler's contribution

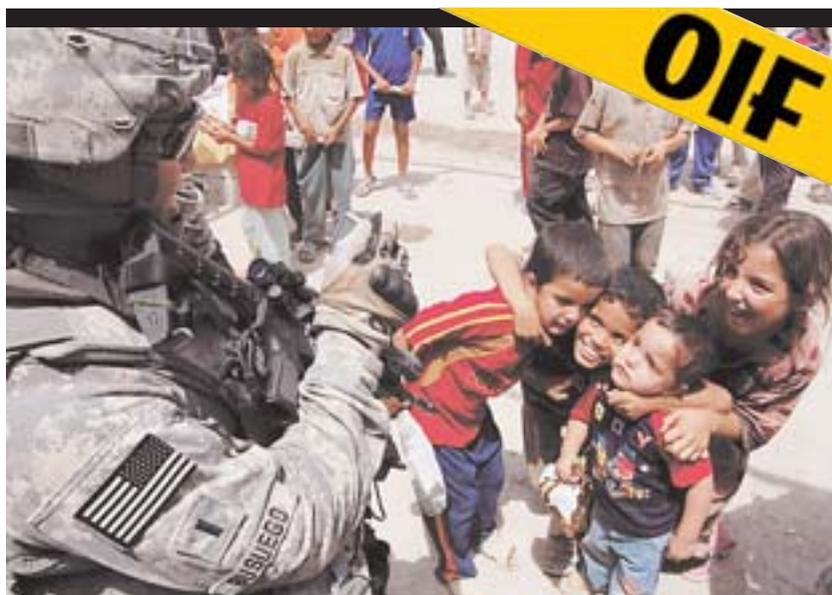
Story and Photo by  
**MOLLY HAYDEN**  
Staff Writer

WAIKIKI — More than 300 educators, volunteers and family members gathered to celebrate military participation in schools at the Hale Koa, Aug. 29, for the annual Joint Venture Education Forum (JVEF) meeting.

Initiated in 1998, the JVEF is a partnership between Hawaii's military community, the Hawaii State Department and other organizations. The forum supports cooperative efforts to assist schools and military family member students within the public school system.

The JVEF also encourages military participation in Hawaii public schools through numerous outreach programs and partnerships.

SEE AWARD, A-6



Staff Sgt. J.B. Jaso III | 1st Battalion, 27th Infantry Regiment

## Say cheeeese!

CAMP TAJI, Iraq — 1st Lt. John Busuego seizes the moment by photographing a small group of children in Baghdad's Adhamiyah Security District, Aug. 19. Busuego is the economics development coordinator for the 1st Battalion, 27th Infantry Regiment "Wolfhounds."

# 70th Engineer Company deploys

Story and Photo by  
**SGT. MATTHEW MOELLER**  
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — "You have trained long and hard for the challenges that lie ahead, and you should feel confident that you are ready," said a proud Lt. Col. Scott Petersen, 65th Engineer Battalion commander, to more than 30 members of the 70th Eng. Company during the unit's deployment ceremony here, Aug. 28.

The unit, part of the 65th Eng. Bn., 130th Eng. Brigade (provisional), will depart for Iraq and then be divided into small teams to provide geospatial engineering support and training to multinational forces throughout Iraq, said 1st Lt. Trenton Burgess, 70th Eng. Co. rear detachment commander.

Geospatial engineering, also known as topography, involves surveying geographical areas, and creating and distributing maps as well as other terrain identification materials.

According to 1st Sgt. Oswaldo



Lt. Col. Scott Petersen (forward), commander of 65th Engineer Battalion, addresses Soldiers of the 70th Engineer Company (geospatial) during the unit's deployment ceremony at Schofield Barracks, Aug. 28.

Arevalo, the 70th Eng. Co.'s first sergeant, the work will be long and difficult, but the Soldiers are feeling motivated and ready to face any challenges ahead.

"I can't wait to go honestly," said Pvt. 2 Jim Althaus, a geospatial engineer with 2nd Platoon. "I'm still learning (my job), but I've had a lot of training, so I'm prepared."

"Still learning" is what makes this unit's deployment a special one. Less than a year ago Soldiers were divided into two separate roles: lithography and topographic analysis. Now, as part of the Army's continuing modularization, the two jobs have become one, and the unit will be among the first to deploy with the new title of geospatial engineers.

But, according 70th Eng. Co. Soldiers, the transition was an easy one. The Soldiers are confident about their training experiences on Oahu, the Big Island of Hawaii, and Korea, which have left them feeling prepared for any task ahead.

"My Soldiers are ready for this," said one sergeant proudly. "They've worked hard, and now it's going to pay off."

"Many of (the Soldiers) have learned the skills of geospatial analysts when, less than a year ago, (their) job was to operate presses," said Petersen. "Simply put, (they) are prepared to take care of each other and the commanders (they) support. You have truly come together as teams of teams," Peterson said.

The 70th Eng. Co. specializes in geospatial surveying support. While deployed the Soldiers will augment additional units throughout Iraq by assembling tactical maps and providing data analysis to service members.

## Garrison shifts energy conservation efforts to fifth gear

Savings in energy costs could fuel many more Army Family Covenant programs in Hawaii

**AIKO ROSE BRUM**  
Chief, Command Information

WHEELER ARMY AIRFIELD — "It is the little things that really matter. Simple conservation measures — for example, turning off lights when you leave the room, washing clothes in cold water, turning off the window air conditioner when you leave your house, and just leaving the windows open — can

make a huge difference," said Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii (USAG-HI).

The garrison commander is also keeping his options open — looking at four-day workweeks or telecommuting, or other different approaches for a government entity — to decrease the amount of money going to pay Army Hawaii's electric bill.

If energy dollars can be saved, money can be put to better uses with more Army Family Covenant deliverables, such as free child care and additional recreation programs.



"As you all know, energy prices have skyrocketed over the past year," Margotta said. "This has had a significant impact on USAG-HI, as this year we will spend \$68 million on electricity alone."

The commander emphasized that the expenditure is \$15 million more than what was anticipated and budgeted. Hence, he charged his directorates, the

SEE ENERGY, A-6

## All in Army must work to prevent suicides

**MOLLY HAYDEN**  
Staff Writer

SCHOFIELD BARRACKS — The loss of any Soldier's life is a great tragedy, regardless of cause or reason. In the case of suicide, a preventable tragedy, the aftermath for Soldiers and family members can be devastating.

In 2007, the Army saw its highest suicide rate and statistics, which have followed a similar trend in 2008. The rate has nearly doubled since 2001, according to the Army G-1, Suicide Prevention Office.

More deaths and suicide attempts occur as Soldiers serve longer combat deployments, multiple deployments and suffer from the aftermath of war, including Post-Traumatic Stress Disorder and failed relationships, according to Dr. Stephen Morris, chief of outpatient psychiatry at Tripler Army Medical Center (TAMC).

"The phenomenon of suicide is very complex," said Morris. "It is fairly rare and difficult to study, but there are both dynamic and static risk factors to look at."

Morris explained that gender, age and past mental illness are all factors in suicide. The stress of military life contributes heavily to suicide attempts as well.

"The stress of deployment and combat effects every Soldier and often follows them home," said Morris. "The wounds of war last well after Soldiers return from deployment, and Soldiers and family members face sensitive readjustment periods."

In efforts to remain committed to the safety and well-being of its Soldiers, the Army, along with Department of the Army (DA) civilians and families, join the nation and Department of Defense in observing National Suicide Prevention Week, Sept. 7-13, and the World Suicide Prevention Day, Sept. 10, 2008.

The Army is committed to providing resources for awareness, intervention, prevention and follow-up necessary to aid Soldiers and family members in overcoming difficult times.

Suicide prevention is the term used to encompass all three areas of the Army's leadership concerns: suicide prevention awareness, suicide intervention actions, and post-intervention grief and bereavement support. It is vital to implement each one of these three areas of the program in units, on installations, and in communities to maintain a comprehensive, proactive, and effective suicide prevention program within the Army.

SEE SUICIDE, A-7

## We want to hear from you...

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

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

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

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

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army, or The Honolulu Advertiser, of the firms, products or services advertised.

### HAWAII ARMY WEEKLY

**Commander, U.S. Army Garrison**  
Col. Matthew Margotta  
**Director, Public Affairs**  
Dennis C. Drake

**Chief, Command Information**  
Aiko Rose Brum, 656-3155  
Aiko.Brum@us.army.mil

**Managing Editor**  
Jeremy S. Buddemeier, 656-3156  
editor@hawaiiarmyweekly.com

**News Editor**  
Kyle Ford, 656-3150  
kyle@hawaiiarmyweekly.com

**Web Editor**  
Stephanie Rush  
stephanie@hawaiiarmyweekly.com

**Layout**  
Leah Mayo  
**Staff Writer**  
Molly Hayden

**Advertising:** 525-7439  
**Classifieds:** 521-9111

**Editorial Office:** 656-3155/3156  
**Fax:** 656-3162  
**Address:**  
Public Affairs Office  
742 Santos Dumont Ave., WAAF  
Building 108, Room 304  
Schofield Barracks, HI 96857-5000

**Web site:**  
www.garrison.hawaii.army.mil/haw.asp

**Nondelivery or distribution**  
problems in Army Hawaii  
Family Housing areas? If so, call  
656-3155 or 656-3156.

# 89 days

since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 9/3/08.

# ROTC cadet embodies Hoe's spirit

Story and Photo by  
**PVT. JESUS ARANDA**

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — A Reserve Officer's Training Corps (ROTC) cadet received a \$1,000 scholarship from the Nainoa Hoe Scholarship of Honor at the 1st Lt. Nainoa K. Hoe Battle Command Training Center, Aug. 28.

Alexander Ladeira was chosen from a pool of many applicants as the unanimous winner, according to Allen K. Hoe, a civilian aid to the Secretary of the Army and father of Nainoa Hoe.

Ladeira, son of retired Army Col. Bruce Ladeira, stood out among his peers for his commitment to his high school junior ROTC program, as well as his determination toward pursuing a career in the Army.

The young awardee credits men like his father and Nainoa Hoe for instilling in him an interest in the Army.

Allen Hoe spoke highly of both his son and Ladeira, noting their similarities.

"He looked a lot like Nainoa at that age," he said, smiling.

The similarity between the two is evident in more than just Ladeira's and Nainoa Hoe's sense of military bearing.

Both men attended Kamehameha

High School, and both shared an enthusiasm for serving the U.S., Hoe said.

The Nainoa Hoe Scholarship of Honor was founded following Nainoa's death while he was deployed with the 25th Infantry Division (ID) in support of Operation Iraqi Freedom in 2005.

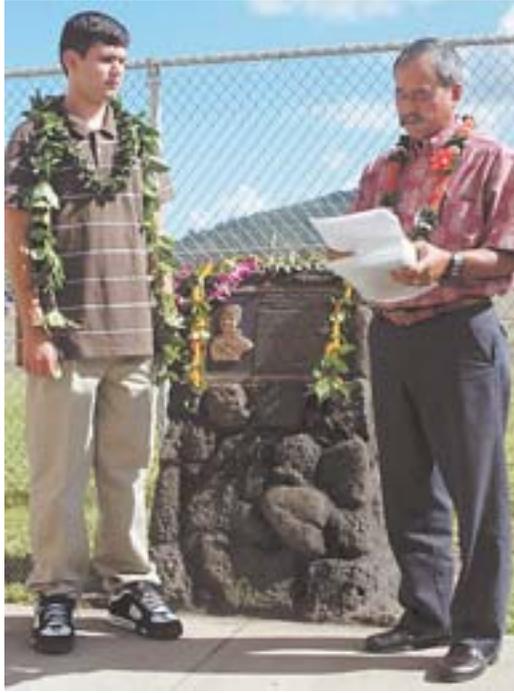
Maj. Gen. Robert Caslen Jr., commanding general, 25th ID, presented Ladeira with a Medal of Honor commemorative book, and Waimanalo businessman Ohelo Kaopio, a key contributor to the memorial scholarship, presented the scholarship.

Ladeira received both on what would have been Nainoa's 31st birthday.

"I am truly humbled and honored," said Ladeira. "I am inspired to do the best I can in the U.S. military."

Ladeira's acceptance of award drew applause and cheers from guests, family and friends of both the Ladeira and Hoe families. Soldiers who served alongside Nainoa Hoe also attended the event.

Priding himself on maintaining the same values that Nainoa Hoe lived daily as a Soldier, Ladeira proves that though heroes pass on, the indomitable spirit of the modern American Soldier will live on in the hearts and minds of generations to come.



Alexander L. Ladeira prepares to receive the 2008 Nainoa Hoe Scholarship of Honor in front of the 1st Lt. Nainoa K. Hoe Battle Command Training Center, Aug. 28, as Allen K. Hoe, father of Nainoa Hoe, speaks to the crowd of guests as he names Ladeira this year's recipient.

# Education benefits Soldiers

Students learning to respond to more than narrow set of problems

**DAVID W. KUHN SR.**  
Army News Service

It takes a good mind to be a Soldier these days, so it's a good thing the Soldier education system is keeping pace.

Back in the day, the military education system was pretty good, but it tended to prepare Soldiers to respond to a pretty narrow set of problems. We served a big machine designed to stop the Communist threat.

Each of us had a little niche to fill, and the military education system focused on that niche. There wasn't the degree of commonality I see now.

Heck, Soldiers even had different NCO courses, based on the part of the battlefield where they would serve. Combat arms Soldiers went to the Primary NCO Course (PNCOC), but combat service support Soldiers went to the Primary Leadership Course (PLC).

I'll give you one guess as to which one was tougher training — of course, PNCOC was. But those cooks and clerks and logisticians weren't expected to actually fight, so why run them through the woods the way you would an infantryman?

That began to change in the early '80s when PLC and PNCOC were combined to introduce the Primary Leader Development Course, PLDC. A couple of years ago, PLDC evolved further into the Warrior Leader Course, with an increased emphasis on the latest lessons learned and hands-on experience in leadership roles.

The world Soldiers operate in now isn't a simple one. Junior leaders need to not only master basic combat roles, but must be adaptable enough to deal with any of the surprising situations that arise in wars without front lines and easily identified enemies.

Soldiers now could be in a stand-up fight today and passing

SEE EDUCATION, A-7



Stephanie Rush | U.S. Army Garrison-Hawaii Public Affairs

## 'Round-the-world re-enlistment

SCHOFIELD BARRACKS — Chief Warrant Officer Keith Wagner re-enlists Petty Officer 3rd Class Shantel Walker, electronics technician, Naval Station Pearl Harbor, while Walker's husband, Spc. Charles Walker, 536th Maintenance Company, watches from Taji, Iraq, via video teleconference, Aug. 28, at Army Community Service. Spc. Walker and his wife were both up for re-enlistment and decided to re-up together despite being thousands of miles apart.

The season runs June 1-Nov. 30, so stay vigilant for turbulent shifts in weather.

If a hurricane is approaching Hawaii, you will learn about it from radio and TV news reports, collected from the National Weather Service in Honolulu.

Stay tuned to HACN TV2 in Army Hawaii Family Housing for specific guidance, respond to instructions on the AHFH CallMax automatic telephone system and comply with directives from Military Police via public address systems.

Emergency shelters are located on Oahu Army installations. You will be advised when to proceed to your assigned shelter. When you get this notice, take your family and your Emergency Readiness Kit to your assigned emergency shelter.

Review the 2008 AHFH Hurricane Readiness trifold pamphlet, now, which lists Oahu Army emergency shelters and items you should have in your readiness kit. Download the pamphlet at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil) - under the left side "Hazard Awareness" link.

Off-post military must determine their area shelter from their local phone book, visit [www.oahucivildefense.com](http://www.oahucivildefense.com) or call 523-4122.

### 5 STEPS in FAITH

# Communication with God should not be occasional impulse

**CHAPLAIN (CAPT.) APRILL BRIGHT**

3rd Infantry Brigade Combat Team Rear Detachment Chaplain

The famous cliché says sticks and stones may break my bones, but words will never hurt me. In all honesty, I believe most of us can attest that this statement is not always true. I like to view it as a defense mechanism.

Offentimes, we mask our true feelings, and we tell ourselves things like this to protect our feelings and emotions from people who harm us with their words. Words can be used to edify or destroy. Words are so powerful, and it is important for us to use them in a positive way.

Proverbs 15:28, verses 1 and 4, reads the godly think before speaking; the wicked spout evil words. Harsh words stir up anger; gentle words bring life and health. Are you using words that encourage or words that discourage? When you speak with your Soldiers, co-workers or family members are you inspiring them with healthy motivation?

I have come to realize in moments of distress how much easier it is to speak words

that are not always positive. But what I have learned is, when I turn those words (complaints, etc.) into a prayer, my negativity somehow becomes more positive.

A saying goes pray about everything and worry about nothing. There was a time in my life where I would look to friends and family to discuss my problems and to talk about everything that was going wrong in my life.

There were times when they were so busy; no one was there to listen. In those moments, God reminded me of his presence. The Holy Scriptures remind us of God's continual presence in the lives of his children.

It is so easy to call your friends and vent to them about situations that may occur in your life. It's so easy to allow emotions to flare and to allow anger to consume us, but in these times, we should

pray because prayer affords us the opportunity to release our cares to him who is able to handle them.

Psalm 145:18 reads the Lord is close to all who call on him, yes to all who call on him sincerely.

Someone may be wondering what prayer is. Prayer is communication with God.

In the words of Walter A. Mueller, prayer is not merely an occasional impulse to which we respond when we are in trouble. Prayer is a life attitude. In other words, prayer is not just a one-time event on your knees. As you go throughout the day, you should remember to talk to God about everything.

Prayer doesn't always have to be in response to a negative situation, but you can give prayers of thanksgiving for all the blessings God has bestowed upon you; prayers of protection for Soldiers who are in harm's way; prayers of peace for family members who are separated from loved ones; and even for God's direction when you don't know what path to take.

God is always there to listen, to lead, to guide and to protect.

There is a story of a Sunday school teacher who asked a little girl if she said her prayers every night.

"No, not every night," declared the child, "cause some nights I don't want anything."

Let us be reminded that we should not only pray when we want something, but let us pray, communicate with God, to thank him for all of his blessings.

Someone once said, in the morning, prayer is the key that opens to us the treasures of God's mercies and blessing; in the evening, it is the key that shuts us up under his protection and safeguard. Let us remember to allow our thoughts, concerns and experiences to become our prayers.

Whether an unexpected blessing we receive or a challenge that seems too difficult to endure, let us remember to always look to him who is able to keep us and strengthen us in times of need.

As Louise Evans said, "Remember, man is never so tall as when he kneels before God, never so great as when he humbles himself before God. And the man who kneels to God can stand up to anything."



Bright

# Voices of Ohana

How has 9/11 changed your daily routine?



"I'm more appreciative of the little things now. It makes you appreciate family and friends because you never know what might happen."

**Pfc. Juan Johnson**  
Supply Specialist  
B Co., 209th ASB



"It makes coming through the gates a lot harder."

**Sharien Kawamura**  
Branch Supervisor, Hawaiian Tel Federal Credit Union-Wheeler Branch



"The new security measures make getting in and out of post take longer."

**Walter Konys**  
Service Order Clerk  
DPW



"I joined the Army after 9/11, so the biggest change is that I wear this uniform every day. It's the normal Army life for me; it hasn't really changed."

**Spc. Douglas Leggat**  
Helicopter Mechanic  
D Co., 325th Avn.



"Waking me up to the fact that even though we live in the greatest country on the face of this planet, we are not alone and they have to learn and grow with the rest of the world and deal with the threats to our country."

**Robert Marsh**  
Antiterrorism Officer  
DES

# 'Operation Sapper Torch' rids terrorists of hideout

Story and Photos by  
**SGT. WHITNEY HOUSTON**

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq – Engineers with the 66th Engineer Company "Sappers" conducted a controlled burn on a route used by Iraqi security and coalition forces, Aug. 26.

The flamethrower's fire devoured reeds that provided concealment for terrorists who have planted many improvised explosive devices (IED) along the route.

"What we've done essentially is a controlled burn to get rid of a bunch of reeds in a past enemy engagement area, voiding concealment," said Capt. Joe Byrnes, executive officer for the 66th Eng. Co., as he stood next to a crater in the road made from a previous IED explosion.

A joint security station (JSS), called Mushada East, has been placed on the route to provide security along one particular route; however, coalition forces at the JSS couldn't see through the tall reeds. The operation, called "Operation Sapper Torch," will provide that line of sight.

"There is a joint security site here, full of coalition forces, and all of these reeds in the area don't allow them to see any enemy movement," said Byrnes, "so we've come out here with a flamethrower to burn it all, down giving the coalition forces a clear view for at least 500 meters out."

Ordinarily, the 66th Engineers would use bulldozers and other landscaping equipment to get rid of the reeds, but there were a lot of obstacles like canals, which nullify their equipment. As a last resort, they sought out the appropriate equipment to burn the weeds.

"We had to borrow the flamethrower from the Marines in Camp Fallujah," said Byrnes.



Sgt. Dominic Johnson, who serves with the 66th Engineer Company "Sappers," 2nd Stryker Brigade Combat Team, sends an explosive stream of flaming petroleum to scorch reeds along a commonly used route at Camp Liberty, Iraq.

The clearing exposed the sides of the road where terrorists had previously hid improvised explosive devices, called IEDs.

The 2nd Engineer Company, 34th Engineer Brigade, 9th Iraqi Army (IA) Division, was also involved in the operation for safety and logistical purposes.

"The Iraqi Army helped provide some engineering equipment like dozers, as well as show a friendly presence for any local nationals that come on-site," Byrnes said. "They also helped provide security by cordoning off the area to make sure the area was clear of any type of explosives



Sgt. Joshua Robbins, who serves with the 66th Engineer Company "Sappers," torches an area with a flamethrower. The effort denies terrorists concealment and gives coalition forces at Joint Security Station Mushada East a clear line of sight along the road.

or personnel before we conducted the burn."

Operation Sapper Torch was a success in that it evoked the initiative of the IA and local nationals, showing evidence of a joint movement against terror.

"The IA and local leaders are really taking initiative," said 2nd Lt. Ty Padilla, 66th Eng. Co. "They really wanted to come and help. The IA offered us anything that we really wanted, and it was the

same thing with the sheiks. Hopefully, this is a step in the right direction or a building block for better things to come."

The usual mission of the Sappers is to teach the IA route clearance as opposed to "route sanitation," which they were doing by burning the reeds. But the special mission has proven to be good training for the IA soldiers.

"We've done a lot of clearance training and operations with the IA on Camp Taji,"

said Byrnes. "We embed their sergeants and their lieutenants into our route clearance patrols, so they can learn how to properly clear the roads."

"Operation Sapper Torch" succeeded on many fronts with the IA and coalition forces. It also stripped the foliage that terrorists could potentially use as cover in the future, making the route a more efficiently patrolled and safer road for all travelers, both Iraqi and coalition forces.



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

## Through the gate

CAMP TAJI, Iraq – Spc. Joshua Foster walks through a gate that still bears the old Bathe party symbol during a patrol in the Istiqlal Qada, Aug. 12. Foster serves as a mortarman with B Company, 1st Battalion, 27th Infantry Regiment "Wolfhounds."

## Wolfhounds build partnership with Iraqi Police

Story and Photo by  
**PFC. JOHN AHN**  
1st Battalion, 27th Infantry Regiment

CAMP TAJI, Iraq – In the predawn light, Soldiers of A Company, 1st Battalion, 27th Infantry Regiment "Wolfhounds," and police officers of the 2nd Brigade, 1st Iraqi National Police Division linked up along a stretch of highway that connects the Diyala Province to Baghdad to search a city in the neighborhood of Hussaniya Nahia, Aug. 19.

The densely populated area of the Hussaniya Nahia is known as a supporter of roadside bombings, suicide attacks and cache storage sites.

"The Iraqi National Police have done an outstanding job working hand-in-hand with coalition forces to help secure the Istaqlal Qada," said Capt. Lucas Yoho, commander, A Co.

The joint Wolfhound Stryker armored vehicles and the National Po-

lice (NP) armored trucks moved to Hussaniya Nahia. After quickly establishing a perimeter, NP officers and Soldiers, with a tactical attachment of bomb-sniffing dogs and combat engineers, began to search the area.

While the search yielded no weapons or explosives, the operation was considered a success.

"The National Police integrated well with the mission objective," said Sgt. Andrew Lambright, A Co. "They were organized and tactically very sound. They worked well with coalition forces and were a huge success."

"Though it was the first time I worked with (Iraqi policemen) 1st Lt. Ehab, (of 2nd Bde., 1st Iraqi National Police Div.), he came extremely well prepared, proactive and had excellent knowledge of the area," said 1st Lt. Tommy Ryan, A Co. platoon leader. "He is the best Iraqi leader I've worked with."



Soldiers from A Company, 1st Battalion, 27th Infantry Regiment "Wolfhounds," and police officers of the 2nd Brigade, 1st Iraqi National Police Division, take a security halt during joint operations, Aug. 20, in the Husayniyah Nahia, located northeast of Baghdad. The operation was aimed to rid the neighborhood of weapons and explosive making materials.



Staff Sgt. Tyrone C. Marshall Jr. | 25th Combat Aviation Brigade Public Affairs

## Makua slingload

MAKUA — CH-47 Chinook pilots from B Co. "Hillclimbers", 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, maneuver a 7,000-pound sling-loaded MILVAN onto a steep 28,000-foot slope at Ohikilolo Ridge, Makua Military Reservation, Aug. 25. The MILVAN was placed at the ridge to provide crew quarters to support the Oahu Natural Resources Program, Directorate of Public Works-Environmental. Research missions occur every six weeks at the military reservation.

## Ready: Officials work to ensure people prepared

CONTINUED FROM A-1

increases the resiliency of America's fighting forces and supports Soldiers who are forward deployed. Ready Army will help ensure individuals and families Armywide are ready for emergencies by providing information outlining what they need to do to be prepared, Platt said.

In the aftermath of an emergency, such as Sept. 11, 2001, or

Hurricanes Katrina or Gustav, preparation can mean the difference between life and death.

"Whatever the response, it has to be a community effort," Platt said, "so Ready Army officials will work closely with Department of Homeland Security officials, community leaders and emergency-preparedness personnel."

*(Editor's Note: Information was added to this article from news releases.)*

# Pacific seminar fosters teamwork

Story and Photos by  
**SGT. 1ST CLASS JASON SHEPHERD**  
U.S. Army-Pacific Public Affairs

JAKARTA — Senior leaders and security officers from 30 countries converged here, Aug. 25-29, with the goal of sharing experiences, fostering partnerships and furthering multilateral cooperation in the Pacific region during this year's Pacific Army Management Seminar (PAMS).

PAMS is the U.S. Army's largest Asia-Pacific theater security cooperation program event. The multinational military seminar provides a forum for senior-level officers from the Asia-Pacific's regional ground forces in U.S. Army-Pacific's (USARPAC) area of responsibility to exchange views and ideas.

"PAMS is important because we have all the military scholars and thinkers to come together to share their experiences," said Patu Navoko Lui, Vanuatu police commissioner. "I have gained a lot of experience by listening to some of the military presenters here at PAMS."

The theme for PAMS XXXII was "Critical Land/Security Forces' Challenges." Delegates spent five days discussing training and educating forces for success, transition from conflict to post-conflict operations, gaining and maintaining situational awareness, and employing cooperative interagency and nongovernmental approaches during post-conflict operations.

"I appreciate both the depth and scope of your discussions, and we've all expanded our knowledge base," said Lt. Gen. Benjamin Mixon, commanding general, USARPAC, and co-host for the seminar. "You are examples of what can be accomplished by working together as a team for peace and regional security."

Lt. Gen. Bambang Darmono, commander, Indonesian Army Training and Doctrine Center, served as the Indonesian co-host.

"We all expected that this seminar would contribute to the already strong relationships between the Asia-Pacific armies and provide a warm, friendly atmosphere to build the spirit of cooperation and mutual understanding," he said.

For many of the delegates, PAMS was a chance to meet old friends, discuss new topics and learn from each others' experience.

"PAMS is an arena that provides the opportunity for senior officers in this region to interact," added Thailand Col. Somak Roongsita. "All operations that we are conducting are going to be a joint or combined effort, and it's very important that the leadership from our armies know each other. PAMS is one of the best events that we are a part of."



Members of the Indonesian 7th Cavalry Battalion demonstrate martial arts skills by jumping through a ring of fire for participants in this year's Pacific Armies Management Seminar (PAMS) Jakarta, Aug. 28. PAMS is the US Army's largest Asia-Pacific theater security cooperation program event.



During the closing ceremony in Jakarta, Aug. 29, Lt. Gen. Benjamin R. Mixon, commanding general, US Army-Pacific, passes the Pacific Armies Management Seminar colors to Japanese Maj. Gen. Misakazu Kakegawa, the co-host for next year's PAMS.

"PAMS is a very effective forum to discuss areas of security cooperation throughout the region where every participant's opinion is valued and indeed necessary for greater understanding," said USARPAC Command Sgt. Maj. Joseph Zettlemyer.

PAMS have been held throughout the Asia-Pacific region since 1978. Honolulu has hosted PAMS numerous times; however, Auckland, Bangkok, Calgary, Dhaka, Manila, Nadi, New Delhi, Seoul, Singapore, Sydney and Tokyo have hosted at least once. This year is the first that the National Army of Indonesia has co-hosted a PAMS.

"We're very fortunate to have another very

successful PAMS event partnering with our Indonesian Army counterparts," said Terry Slatery, USARPAC PAMS coordinator. "They have taken the standard to a very high level and ended up with a program of success. This will long be remembered as an event with great cultural significance and importance to those that attended."

The first PAMS in Honolulu was attended by delegates from Taiwan, the Philippines, Singapore, Thailand, South Korea, the United States, Japan, Indonesia and Malaysia. Now, countries such as China, Chile, India, Mongolia and France send delegates.

Senior Col. Nie Songlai, director, Institute of Military Studies, Peoples Liberation Army of China, said that this PAMS was a huge success, but added that improvements can always be made.

"This is my first time at PAMS," he said. "It's a really great success and couldn't be better. If I had to choose something, I'd like to see more representatives from other services, from civil agencies, because in the future, we are going to operate in a joint environment."

"Many of our discussions in PAMS have revolved around our relationship with the nongovernmental organizations and other governmental agencies," Mixon said, "so their representation here would benefit us greatly on how we could work inside the region."

During the closing ceremony, Japanese delegate Maj. Gen. Misakazu Kakegawa accepted the PAMS colors as next year's co-host. Japan has proposed "International Humanitarian Assistance and Disaster Relief" as next year's topic.



Lt. Col. Carlos Betancourt, chief of plans and exercises, 94th Army Air and Missile Defense Command, directs air coverage at a Joint Targeting Air and Missile Defense working group meeting during the Ulchi Freedom Guardian Exercise in South Korea.

## US, Korea strengthen air defense readiness

Story and Photo by  
**PFC. ASHLEY ARMSTRONG**

94th Army Air and Missile Defense Command

SEOUL, South Korea — Soldiers of the 94th Army Air and Missile Defense Command (AAMDC), based out of Fort Shafter, trained with U.S. and Republic of Korea (ROK) Combined Forces Air Defense during the Ulchi Freedom Guardian (UFG) Exercise here, Aug. 18-22.

"This exercise is a great opportunity for the ROK and U.S. ADA (Air Defense Artillery) personnel to get together and enhance their mutual understanding and at the same time strengthen their combined mission capability," said Maj. Gen. Kwon Young Ho, commanding general, Air Defense Artillery Command, ROK Air Force.

According to a Combined Forces Command press release, this year's exercise was historic because it was the first time in its 34-year existence that ROK military took the lead role, while U.S. military held the supporting role.

"(UFG) is a sustainment exercise designed to keep our warfighting skills honed," said Brig. Gen. Roger Mathews, commanding general, 94th AAMDC.

The exercise is an annual ROK-U.S. combined exercise designed to train participants through computer simulations. Participants from the 94th AAMDC reacted, based on their job fields, to computer-simulated missile attacks during UFG.

"By incorporating computer simulation, operators learn how to read theater missile defense data quickly, disseminate that data accurately, and keep records of events, just as they would in real world. At the same time, staff personnel and subsequent units learn how to react to an event as well as the proper procedures to receive the information they need," said Sgt. Renea Wyen, operations noncommissioned officer, 94th AAMDC.

The primary purpose of UFG for ADA personnel is to familiarize with ROK-U.S. combined defense procedures against Air Breathing Threats (ABT) and Theater Ballistic Missile (TBM) attacks in the most effective manner, said Kwon.

"We specifically strengthened our combined capability during the exercise," said Mathews. "Ultimately, we want to combine all aspects of warfighting."

"General Mathews and I maintain a really close relationship, like brothers, in conducting combined operations together," added Kwon.

The 94th AAMDC, along with the 35th ADA Brigade and 164th ADA Brigade, were the only Army ADA personnel to participate in the exercise.

"The 94th can only get better with each training event. Most importantly, our personnel are afforded in-depth training that can only be achieved in a real-world environment," Wyen said.

# Task force keeps marijuana off streets

Story and Photo by  
**SGT. JAMIESON POND**  
117th Mobile Public Affairs Detachment

GUAM — Soldiers and Airmen from Hawaii's National Guard flew to Guam and Saipan in support of Operation Green Harvest, recently, a nationwide, multiagency, cooperative effort to conduct marijuana eradication operations.

The Operation Green Harvest Guam and Saipan mission began in 2001; however, the original operation began in 1977 in Hawaii and is still ongoing.

"The operation typically lasts between seven and ten days and occurs once a year," said Air Force Senior Master Sgt. William Gordon, the acting counterdrug coordinator for Operation Green Harvest.

"We usually recover between 900 and 1,000 plants on Guam and Saipan," said Gordon. "The plants range in size from seedlings to 16 feet. The estimated value of each plant is \$1,000, regardless of the size of the plant."

"The major role of the Hawaii National Guard in Operation Green Harvest is aviation support. The Hawaii Guard and DEA each bring down a helicopter to support the operation," said Army Maj. Stan Garcia, operations officer in charge.

"Each helicopter has at least one spotter, who is trained to locate marijuana plants. The DEA helicopter has two spotters while the Hawaii Guard's helicopter includes two pilots who are both trained in spotting the marijuana patches," said Garcia.

"The most common places we find the plants are in people's backyard," said Army Chief Warrant Officer Clyde Pelekai, a helicopter pilot and spotter with the Counterdrug Support Program. "We've found plants pretty much anywhere you can imagine. Plants have been found on federal property, including unoccupied parts of military bases."

"After the operation ends, all the plants are collected and handed over to the local law enforcement. The plants are then dried out for approximately one week, and then they are burned," said DEA Special Agent Ken Bowman.

"This operation is important because it prevents the drugs from getting to the youth.



Special Agent Thanh Churchin with the Drug Enforcement Administration tapes together plants found in the backyard of a Guam resident during Operation Green Harvest, recently.

Marijuana is a gateway drug, and the most important thing is keeping it out of the hands of the kids," said Pelekai.

Bowman said that every time the organization finds marijuana plants during the operation it is preventing drugs from hitting the streets, which makes it harder for the public to get its hands on the drug. In addition, he said, the marijuana eradication drives the price higher, which makes it less available.

Operation Green Harvest includes coopera-

tion between the Hawaii National Guard's Counterdrug Office and the Drug Enforcement Administration; the Bureau of Alcohol, Tobacco, Firearms and Explosives; the Federal Bureau of Investigation; the U.S. Marshals Service; the U.S. Coast Guard; the Naval Criminal Investigative Service; the Air Force Office of Special Investigations; Guam Customs and Quarantine Agency; local law enforcement; and the Guam National Guard Counterdrug Unit.

# News Briefs

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

## 6/Saturday

**Road Closure** — Schofield's Trimble Road, between Cadet Sheridan Road and the commissary, will be closed for construction as follows:

- Saturday, Sept. 6, 6 a.m.-3 p.m., the two east-bound lanes will be closed. The bus stop across the Flagview Mall will be temporarily closed.

- Sunday, Sept. 7, 6 a.m.-3 p.m., the two west-bound lanes will be closed. There will be no entry to the Flagview Mall, commissary and Main Exchange parking lots from Trimble Road.

Call Stanley Salangron at 655-0580.

## 8/Monday

**Suicide Awareness Training**

— The Installation Chaplain's office will hold training to assist Soldiers, leaders and family members in the detection and prevention of suicide and substance abuse, Sept. 8-11.

- Sept. 8, 10-11 a.m., Fort Shafter's Religious Activity Center.

- Sept. 8-11, 9:30-11:30 a.m. and 1:30-3:30 p.m., Schofield's Main Post Chapel (MPC).

- Sept. 9 and 11, 6-8 p.m., Schofield's MPC.

- Sept. 10, 10-11 a.m., Aliamanu Military Reservation Chapel.

- Sept. 11, 8-9 a.m., Schofield's Army Community Service.

Call 655-8731.

**Combined Federal Campaign Classes** — Project manager classes for the 2008 Combined Federal Campaign will be held Sept. 8, 1-2 p.m., at Fort Shafter's Richardson Theatre.

Call 438-0173 or 438-1322 for more information.

# Award: School recognized for military impact

CONTINUED FROM A-1

as well as open dialogue on educational concerns that promote an understanding and support for the needs and transition issues of military children and their families.

Col. Cosmas Spofford, Headquarters and Service Battalion's commanding officer, Marine Forces Pacific, emceed the forum.

"We are here to recognize the efforts of the volunteers, military, schools, educators and faculty, as well as contributions of elected officials and business leaders," said Spofford, "all of whom have significantly enhanced the learning experience for our children."

Spofford kept the meeting on track as speakers lined the stage, giving updates on new programs and education initiatives, including textbook and technology, transition programs and partnership highlights.

Col. Joseph Pedone, director of Manpower, Personnel and Administration, Pacific Command, explained JVEF's history and the impact military partnership has made on students islandwide.

"These are challenging times ... especially tough for military children experi-



Wheeler Middle School Principal Brenda Vierra-Chun addresses the JVEF crowd after receiving the Norbert Commendation Award at the annual JVEF meeting. Wheeler Middle School was recognized for its dedication in providing an excellent environment for military students and families.

encing adjustments of a transient lifestyle and the stresses and uncertainty of multiple deployments," said Pedone. "School becomes more than a place of learning for these kids. It represents the stable force in their lives."

Currently, Soldiers, Marines, Sailors, Airmen and Coastguardsmen participate in 165 school partnerships statewide. They provide a vital link between the military

and local community with numerous outreach programs and a positive presence in schools.

"The positive impact of these initiatives are due to the dedication of many individuals who have given their time, expertise and heart to support schools and children," said Spofford.

One by one volunteers moved across stage, receiving lei, handshakes, certificates

of appreciation and numerous words of gratitude for their efforts.

As the meeting neared its end, Wheeler Middle School staff received the JVEF Norbert Commendation Award on behalf of its faculty and students. The award recognizes schools that provide an excellent environment for transitioning students and families. The quality, assistance and support of military students gave Wheeler Middle School a "golden seal of excellence" from the JVEF and the community.

Principal Brenda Vierra-Chun, joined onstage by Cathy Sumner, Parent Community Networking Center (PCNC) facilitator, and Melissa Crowley, transition coordinator for Wheeler Middle School, graciously accepted the award.

"We are fortunate enough to serve the children of parents who sacrifice for our country," said Chun. "Our military partnerships (aid) in our success."

Since 2000, the JVEF has spent more than \$47 million in federal funds for school repair and maintenance, textbooks and technology, school partnership projects, school playgrounds, curriculum initiatives and citizenship and transition programs in schools.

# Energy: Simple measures can save thousands in energy costs

CONTINUED FROM A-1

organizations that support the installations, to accelerate to full throttle in monitoring and, hopefully, conserving energy usage.

Margotta said programs are on the way to help decrease usage, like building and home metering, which will show users just how much they're consuming; however, work and residential communities must also consider what they are giving up.

"The impact is on them," Margotta said. "Instead of that new children's playground, we are paying HECO (the Hawaiian Electric Company)."

Yet, according to the garrison's utilities conservation manager, many employees may already be contributing their utmost

to workplace energy conservation. Skyrocketing costs may actually belie conservation measures.

"My personal bill at home is a great example. When I compare August 2008 to August 2007, the kilowatt hours used is about the same, but the cost is roughly 50-percent more for August 2008," said Robin Hibler, energy conservation manager, Directorate of Public Works (DPW), USAG-HI.

Still, every employee who sits in front of a computer can impact energy costs. For example, if everyone, literally if every employee, would simply shut off his or her computer and monitor at the end of the workday, a savings of \$500,000 could be instantly realized, Hibler explained.

In too many instances, managers are discovering blatant violations of energy policy.

"I have sat through meetings where I was shivering because of the cool temperatures in the room," said a garrison employee. "When I checked, the temperatures were set at 68 degrees, but we're supposed enforce a 74-degree facility temperature."

"I know this may seem insignificant to some people," she continued, "but we are under the gun to cut our energy bill, so we cannot behave in the same manner as we were when electricity was cheaper."

Many factors influence post energy consumption, said Keith Yamanaka, garrison energy manager, DPW, USAG-HI.

"Energy use is increasing due to two requirements: mission growth and quality of life," said Yamanaka. "To support mission, we are getting more facilities and increasing hours of operation. To improve

quality of life, more facilities are being air-conditioned and to a higher standard than before.

"While energy efficient technologies are being utilized where resources allow," he continued, "it cannot overcome the increases due to these requirements."

In the weeks and months ahead, Soldiers, family members and garrison employees in Army Hawaii will see an increase in energy conservation messages. Margotta hopes the renewed emphasis will remind individuals that they are in the driver's seat when it comes to reducing energy consumption.

After all, every dollar diverted to pay energy bills is a dollar that could have helped fund an Army Family Covenant initiative, sooner rather than later.

# DeCA, military promote suicide prevention awareness

**KEVIN ROBINSON**  
Defense Commissary Agency

FORT LEE, Va. — A reported 115 Soldiers died from suicide in 2007, making it the worst year for self-inflicted deaths among Soldiers in almost three decades.

During National Suicide Prevention Week, Monday-Saturday, the Defense Commissary Agency is partnering with both the DoD-funded Mental Health Self Assessment Program (MHSAP) and the U.S. Army Center for Health Promotion and Prevention to highlight the benefits of good mental and physical health, especially in areas that can help prevent instances of suicide.

“Death by suicide is a tragedy that can be prevented,” said DeCA Director and

Chief Executive Officer Philip Sakowitz Jr. “And we owe it to the military community we serve to spread the word about where service members and their families can get professional help.”

As part of the national observance that begins with Suicide Prevention Week and continues throughout the month, commissaries will give away magnets and eco-friendly shopping bags, and they will display posters provided by the Mental Health Self Assessment Program that promotes mental health screenings.

The logo on the giveaways, “Commissary – good for your body, good for your mind, good for your wallet,” underlines the missions of both organizations: DeCA delivering a commissary benefit that helps

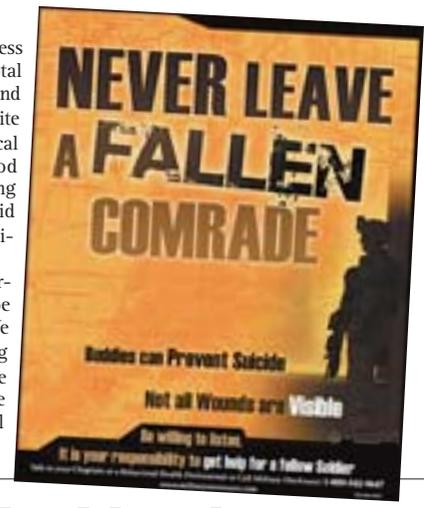
service members save money, and the MHSAP providing free, anonymous mental health and alcohol use self-assessments to the military and its families.

Commissaries will also display special suicide prevention posters from the U.S. Army Center for Health Promotion and Prevention that bear the message, “Shoulder-to-Shoulder: No Soldier Stands Alone.”

While each of the services has its own suicide prevention program tailored to its force, they share the same basic philosophy: Make mental health support and suicide prevention available to service members before, during and after deployment. This shared philosophy means the poster is suitable for all commissaries on all installations.

At the heart of the awareness campaign is the concept that total wellness involves good mental and physical health. There is a definite link between improving physical health through nutritious food choices, exercise and addressing psychological health needs, said Maj. Karen Fauber, DeCA dietician.

“This is one of the most important campaigns that DeCA will be participating in,” Fauber said. “We all have a vested interest in doing whatever it takes to help decrease the instances of suicide in the military community. And, we all need to be involved.”



## Education: Schools grow Soldiers

CONTINUED FROM A-2

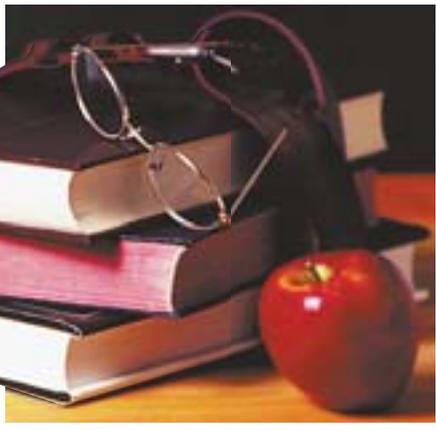
out relief supplies at a school tomorrow. Their decisions now affect not only their own small units, but could be front page news around the world. And the likelihood of that only grows as Soldiers go up in rank and responsibility.

All that calls for a force made up not of narrowly trained specialists, but adaptable and confident individuals who can understand broad goals and objectives and improvise and innovate without minute-to-minute guidance.

No one in uniform can get by with just the basics. Every Soldier must know how to fight; every fighting Soldier must know how to think; and thinking Soldiers must be able to make smart and timely decisions.

Fort Lewis Soldiers were at the forefront of that new way of looking at Soldiers' roles. When Gen. Erik Shinseki, former Army chief of staff, called for revolutionary changes in how the Army was organized, equipped, trained and fought — and first labeled the process “Transformation” — the initial steps were taken right on Fort Lewis.

The lessons learned in fielding the Interim Brigade Combat Team, which evolved into the Stryker Brigade Combat Teams of today, have now been integrated across the Army. They repre-



sented what was described then as not just a new way to fight, but a new way to think about fighting.

In the Army of today, officers and enlisted Soldiers of all ranks benefit from an education system that helps each individual grow and develop, not to fill a rigid mold for a specific purpose, as in the past, but to reach their full potential in an ever-changing world.

It is amazing that the Army has taken on such a difficult task. It is a confidence builder that the education system is showing the ability to succeed. But most remarkable of all, for an old timer like me, is how Soldiers have risen to the challenge and made it work.

## Suicide: Battle buddies have obligation to heed warning signs

CONTINUED FROM A-1

“The increasing number (of suicide and suicide attempts) is a warning sign that we need to address this now,” said chaplain assistant Sgt. Michael Swintek, operations noncommissioned officer in charge for the Schofield Barracks religious community. “The Army is taking many proactive steps in doing so, but it is also the responsibility of each Soldier and unit leader to listen to their battle buddy.”

Swintek explained the importance of the Army's 2008 suicide prevention theme “Shoulder -to-Shoulder: No Soldier Stands Alone.”

“We as Soldiers have an obligation to look out for each other in the battle zone and at home,” said Swintek. “Listen to each other, notice warning signs or changes in personality, and help each other succeed.”

The Army has instituted numerous tools addressing this issue including informational pamphlets, educational classes for all units and ranks and various programs to include the Army Suicide Prevention Program (ASPP).

The Armywide program provides resources for suicide awareness, intervention skills, prevention and follow-up in an effort to reduce the occurrence of suicidal behavior across the Army. Additionally, the ASPP tracks demographic data on suicidal behaviors to assist Army leaders in the identification of trends.

The ASPP has been in existence since 1984. Since 2001, the Army has increased emphasis on preventive and intervention measures, directing commanders to take ownership of the program and synchronize and integrate resources at installation level to mitigate risk.

Suicide prevention training is provided in pre-command, leadership, and noncommissioned officer courses, and to all deployed Soldiers during the redeployment phase of the deployment cycle support process.

Since 2007, the Army has increased the number of suicide prevention coordinators in the active duty component, the Army National Guard, and the U.S. Army Reserve; distributed 5,000 Applied Suicide Intervention Skills Training (ASIST) kits; and formed the Multinational Force-Iraq task force to review trends and allocate resources as needed.

These initiatives have resulted in an increase of behavioral health personnel for units who have been in theater for more than six months. The program requires a health promotion council member to aid the commander in suicide prevention at every installation.

“Everyone is responsible for understanding and reducing the risk of suicide,” said Chaplain (Lt. Col.) Robert Powers, senior clinician at TAMC. “We want to make sure they have the tools to accomplish the mission.”

# PAU HANA

[www.garrison.hawaii.army.mil/haw.asp](http://www.garrison.hawaii.army.mil/haw.asp)

"When work is finished!"

FRIDAY, SEPTEMBER 5, 2008

**Learning the ropes.** Brig. Gen. Robert Brown, deputy commanding general, 25th Infantry Division (right forefront) and Team Molokai Kanunu representative, completes a blindfolded journey across the difficult Odyssey III High Challenge Course at YMCA Camp H.R. Erdman, Mokuleia, Aug. 30.

## Building the team

"Together each achieves more"

Story and Photos by  
**PVT. 2 JESUS J. ARANDA**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Moving with decisive, but carefully placed steps, daring and determined Soldiers made their way across cables and ropes suspended far above Hawaiian soil — some were even blindfolded.

Leadership from the 25th Infantry Division (ID), along with brigades joining the division on its upcoming deployment, participated in physical, mental and ethical challenges during the two-day team-building and development exercise at YMCA Camp H.R. Erdman, Mokuleia, Aug. 30-31.

"We wanted to do team-building because in today's fight, cooperation, collaboration and fighting as a team is more important than it's ever been," said Brig. Gen. Robert Brown, deputy commanding general for support, 25th ID.

The event was organized by several leaders, including retired Army Col. Dr. Louis Csoka, a former professor at the U.S. Military Academy at West Point, and Maj. William Epolito, 25th ID deputy division chemical, biological, radiological and nuclear officer.

Csoka, at the request of Brown, began organizing the training event that coincided with the break in the division's mission readiness exercise (MRX), to prepare the departing command staff for its upcoming deployment.

"Our intent with the confidence and team-building exercise was to take time away from the heavy MRX process," said Csoka, "to stop focusing on the mechanics, equipment and the tactics of the operation, and focus more on working together."

YMCA Camp H.R. Erdman was chosen as the venue for training because of its relaxing setting and the Odyssey III High Challenge Course.

"There are six events in the Odyssey with low and high ropes," said Epolito. "Each individual event has a set of rules that must be complied with. You might not be able to touch a wire, or sometimes you must have so many people on the block to proceed."

The Odyssey creates dilemmas and obstacles for participants, making the adventure from start to finish additionally demanding.

"One event, halfway through, we had to change our idea, right in the middle of it," said Brown.

"The focus is on improving their physical and mental toughness and agility," said Csoka. "It was once just hoped that we'd learn to be adaptive in our training; now we train

them with that intention."

Participants were divided into four teams for the Odyssey challenge and each team competed for points in separate categories. Though no overall winner was declared, each team strived for the top spot in each event.

Members of each team were chosen randomly for each of the three separate events. Each team, however, maintained one representative for the duration of the weekend.

Team Maui Alema na, meaning warrior, was represented by Brig. Gen. James C. Nixon, deputy commanding general, operations, 25th ID; Team Molokai Kanunu, meaning strong one, by Brown; Team Kauai Lalama, meaning daring or fearless, by Col. Thomas Guthrie, chief of staff, 25th ID; and Team Oahu Ikaika, meaning powerful, by Maj. Gen. Robert Caslen Jr., commanding general, 25th ID.

"Building trust is the biggest part of the exercise," said Caslen. "When you have tremendous trust you can build a good team."

Each team traversed the overlapping cables, pushing through swinging poles while carefully attempting to maintain balance. Csoka emphasized the importance of problem solving and communication in all of the weekend's challenges.

"The biggest process is not what they produce but the process of going through it and the discussions they have about the subject," said Csoka. "Different brigade commanders and staff, division staff, have to work together even though they are physically separated in Iraq. It's important for them to learn how to communicate, collaborate and create trust amongst themselves."

Brown used the leadership training he accumulated in his military career to help shape the event. His experience at West Point with legendary men's basketball coach Mike Krzyzewski taught him an anagram that he related to the event.

Krzyzewski played basketball and coached at West Point and later became famous for coaching Duke University to several NCAA men's basketball championships.

"We were taught at West Point by Coach Krzyzewski that 'together each achieves more.' T-E-A-M," said Brown.

Conversely, the ethical exercises challenged participants to think individually and cast aside preconceived notions.

Right — Maj. Gen. Robert Caslen Jr., commanding general, 25th Infantry Division, completes the Odyssey III High Course Challenge.



Lt. Col. Joseph Doty, Army Center of Excellence for Professional Military Ethics (right), from the U.S. Military Academy at West Point, explains the rules for a mental team challenge to Team Kauai Lalama.

"Our goal is to get them to think about things differently. Things might seem black and white when you look at them one way but if you look at them at a different angle, they might not seem so black and white," said Lt. Col. Joseph Doty, Army Center of Excellence for Professional Military Ethics, U.S. Military Academy at West Point, who organized the weekend's ethics activities.

"Leaders have to set the example in how they act and what they talk about. They have to set standards and enforce those standards," said Doty. "A lot of that is easier said than done. You set an ethical command climate like a broken record repeats. You have to say the same thing over and over because as soon as you step off of that you've ruined the ethical command climate."

Looking beyond the weekend's activities,

the primary goal in everybody's mind was establishing continuous trust and teamwork.

Though no finalized plans have been made, according to Epolito, the division plans to continue to take the team-building exercises beyond the weekend.

"There will be additional team-building events to keep the team together, because even when we deploy with our team, people will change out at different times, and we'll get new members of the team," Epolito said.

"We want to build a vision for Task Force Lightning," said Caslen.

As the last participant sailed triumphantly down the cable of the Odyssey challenge, cheers and high fives filled the air.

"I'd rather do fifteen months in Iraq than have to do that again," 25th ID Special Troops Battalion Command Sgt. Maj. Valerie Greene said, jokingly.



**5/Today**

**New Shows** — Don't miss the play based on Charles Dickens' classic "Oliver Twist." Witness Oliver's adventures in the streets of London navigating his way through street gangs and the legal system. Shows are Sept. 5, 6, 12, 13, 19 and 20, 7:30 p.m.

Also, the Reader's Theater featuring Dante's Inferno, takes place Sept. 7, 14 and 21, 2 p.m. Performances are at Fort Shafter's Richardson Theatre.

Auditions for High School Musical are Sept. 8, 9 and 10. Call 438-4480.

**8/Monday**

**First-Term Financial Training** — Learn basic financial skills, develop self-reliance and personal responsibility, encourage financial planning, improve money management skills, and enhance personal financial literacy. This class is a mandatory eight-hour program of instruction, Sept. 8 and 22, 8:30 a.m.-4 p.m., at ACS, Building 2091, Schofield Barracks. A certificate will be awarded. Call 655-4227.

**New Dinner Service** — Mulligan's Restaurant, Fort Shafter, has a new dinner service beginning Sept. 8. Dinner will be served Monday-Friday, 5-8 p.m.

The new menu will offer a delicious assortment of six appetizers, four salad choices, seven entrées and three desserts.

Mulligan's is located next to Hale Ikena and Nagorski Golf Course. Call 438-1974.

**9/Tuesday**

**Better Googling Demo** — Tired of searching the Internet and getting a 1,001 hits and not finding what you want? Learn tips on limiting your searches to achieve better results, Sept. 9, 2-4 p.m., at Sgt. Yano Library. Call 655-8002 to register. This session is free and hands-on.

**10/Wednesday**

**Money Management** — Learn basic tools for financial success, develop a spending plan, reduce expenses and make your paycheck work for you, Sept. 10, 17 and 24, 10:30 a.m.-noon, at the Army Community Center (ACS), Building 2091, Schofield Barracks. Call 655-4227.

**11/Thursday**

**Anger Awareness** — Are you angry? Do you feel like you are out of control? This workshop provides information about the basic mechanisms of anger and provides the tools to resolve anger in a healthy way, Sept. 11, 9-11 a.m., at Army Community Service, Schofield Barracks. Call 655-4227.



Molly Hayden | Pacific Media Publishing

**A smashing time**

SCHOFIELD BARRACKS — Family member Catherine Florang breaks tile into small pieces for her mosaic during a free art class for Blue Star cardholders at the Arts and Crafts Center, recently. Florang used her creativity to make a mosaic depicting a day spent with her husband, Pvt. Robert Florang, 2nd Squadron, 6th Cavalry Regiment, who is currently deployed in Iraq. See next week's *Hawaii Army Weekly* for more coverage of the free art class.

**12/Friday**

**Bringing Waikiki to You** — Here's a once-in-a-lifetime opportunity. For one night only, Waikiki comes to the Tropics, Sept. 12, 9 p.m.-3 a.m. Get your groove on and enjoy a classic Waikiki club night without the drive and all the lost gas money.

And if that weren't enough, Better Opportunities for Single Soldiers (BOSS) will be providing a shuttle service, so there's no reason you can't cut loose and have some fun. A fully stocked bar and refreshments will be available, \$5 at the door. Call 655-0002.

**15/Monday**

**Operation Rising Star** — Don't miss this fantastic chance to win \$500 and a chance

to compete nationally for a professionally-recorded demo in Los Angeles.

The deadline to sign up is Sept. 15 at the Recreation Activities office. The competition is scheduled for Sept. 17, 24 and 26, 6 p.m., at the Tropics Recreation Center, Schofield Barracks.

Cash prizes will also be awarded for second and third place. As a special bonus, the most enthusiastic family readiness group to come out and support their singers wins \$300. Call 655-0111/0112.

**19/Friday**

**Chili Cook-Off** — Gather your family readiness group and prove you've got the best chili recipe on post, Sept. 19, 5-8 p.m., at the Tropics Recreation Center, Schofield

Barracks. Don't feel like cooking? Just come to taste others' creations.

Pick up your passport to chili at the Recreation Activities office. Cost is \$5 in advance, \$7 at the door.

Enjoy karaoke, eating and other contests for chances to win prizes. Call 655-0111.

**20/Saturday**

**Boys and Girls Club Day for Kids** — This year's annual event is Sept. 20, 1-4 p.m., at the Bennett Youth Center, Schofield Barracks. Free for everyone, there will be cooking demonstrations, food sampling and healthy snacks, USDA-approved, served.

Bouncers, face painting and other fun activities for keiki will be available. Prizes will be awarded every half hour. Call 655-5314/1230.

**24/Wednesday**

**Big R: Blue Star Card Family Feud** — Play the Family and Morale, Welfare and Recreation (FMWR) version of Family Feud complete with real polls and the lightning round, Sept. 24, 6-8 p.m., at the Nehelani, Schofield Barracks. Join in on the fun, enjoy complimentary light pupus and free child care.

E-mail Sarah.r.horrigan@us.army.mil or call 438-2911 to let FMWR know you are coming or to reserve child care.

**October**

**7/Tuesday**

**Autism Support Group** — The Aliamanu Military Reservation (AMR) support group meets on the first Tuesday of the month, Oct. 7, at the AMR Chapel, 6-10 p.m. The Schofield Barracks support group meets on the second Wednesday of each month, Oct. 8, at the Main Post Chapel, 6-10 p.m. Call Army Community Service (ACS) at 655-4777/1551 for information or child care reservations.

**Ongoing**

**Theater Program** — SKIES is accepting families who are interested in a new theater program, scheduled to start in October. Upcoming classes include Broadway Basics, Broadway Stars, High School Movie Musicals, Prince and Princess Sing-a-long, Theatre Play and creative drama classes for older youth.

Children can receive four months of one class free with a valid Blue Star Card. Call 655-9818.

**Keiki Fine Art Classes** — Now available at the Schofield Barracks Arts & Crafts Center, fine art classes designed for children in second-sixth grade.

Join Family and Morale, Welfare and Recreation (FMWR) every Wednesday, from 2-3 p.m., for lessons in various artistic media to challenge your children and expand their horizons. The cost is \$50 per month, plus supplies. Call 655-4202.

**12/Friday**

**Weekend Family Camp** — The Armed Services YMCA is accepting applications for a Weekend Family Camp, scheduled Sept. 12-14 at Camp Erdman. Preference will be provided to families of 2008 deploying or deployed Soldiers, but all are invited to apply.

Applications are available at the Armed Services YMCA on Wheeler or by e-mailing asymcawhlr@aol.com. Call 624-5645.

**Aquarium After Dark** — Discover if fish sleep, sea snails snooze or weedy seadragons doze on an after-dark flashlight tour of the Waikiki Aquarium, Sept. 12, 7-9 p.m. Discoverers must be a minimum of 5 years and accompanied by an adult. Pre-registration is required.

Cost is \$10 for adults and \$7 for children (\$8/\$6, if a Friends of the Waikiki Aquarium member). For more information about the Waikiki Aquarium, call 923-9741 or visit www.waquarium.org.

**Employment Workshop** — Attend "Ten Steps to a Federal Job," Sept. 12, 9-11 a.m. at Army Community Service, Schofield Barracks. This workshop is open to military family members, military personnel and Department of Defense employees. Call 655-4227 or register online at www.acsclasses.com.

**14/Sunday**

**Soldier Appreciation Breakfast** — The Knights of Columbus Council 6302 and Schofield Barracks/Wheeler Army Airfield Catholic parishes will sponsor a free breakfast in appreciation for Soldiers preparing to deploy, Sept. 14, following the 10:30 a.m. mass in the Main Post Chapel Annex, Room 212. Soldiers and their families are welcome. Call Matt Momiyama, 626-7870.

**15/Monday**

**Homeschoolers Brunch Potluck Social** — The Schofield Homeschool Support Group will host a potluck social, Sept. 15, 10 a.m.-noon, at the Kalakaua Community Center.

There will be dancing and karaoke but people are encouraged to bring their fa-

vorite board games as well. Bring a brunch-type dish to share and drinks for your own family (drinks will not be provided).

This event is a great way to meet other homeschooling families. E-mail Sarah Mitchell at meandmyprincess@aol.com for more information.

**Commissary Closure** — The Schofield Barracks Commissary will have its exterior painted Sept. 15-Oct. 17. Normal business hours will be in effect, which are early bird, 8-9 a.m. (15 items or less), and regular, 9 a.m.-8 p.m. Call 655-5066.

**16/Tuesday**

**Free Online Job Training Classes** — Attend job search training from your home or office. All you need is a phone and a computer. Attend Sept. 16, 10-11 a.m., for a class on Strategies for Private Sector Resume Writing.

Register at www.acshiemployment.com and click on the TeleSeminar link under the Virtual Classes header. Call 655-4227.

**22/Monday**

**Home for a Hermit Crab** — Spend an afternoon investigating hermit crabs and their housemates through storytelling, art and up-close encounters with these crusty creatures, Sept. 22, 3:30-5 p.m., at the Waikiki Aquarium.

Parents and their 4-6 year-olds will meet left-handed, elegant and anemone hermit crabs and then create a crab of their own design. Cost is \$16 for each adult and child team (\$12 for Friends of Waikiki Aquarium members).

For more information about the Waikiki Aquarium, including membership, call 923-9741 or visit www.waquarium.org for more information.

**24/Wednesday**

**International Women's Leadership Conference** — The Fifth Annual International Women's Leadership Conference is scheduled for Sept. 24, 8:30 a.m.-6 p.m., at the Sheraton Waikiki Hotel and Resort.

The conference will feature celebrated women leaders from eight different nations who are unparalleled in their achievements. More than 1,200 women and men

are expected to register for this year's conference.

Registration fees range from \$99-195 and include conference materials, coffee break, continental breakfast, lunch and reception. Register online at hawaii.gov/gov/iwlc/2008.

**26/Friday**

**25th ID Band Performance** — The 25th Infantry Division Band will hold its last performance before deploying, Sept. 26, 6 p.m., at the Hale Koa Luau Gardens.

The concert, open and free to the public, will feature Ms. Riya Davis, from the group "Eight-O-Eight."

Seating for the general public will be on a first-come, first-served basis. Call 655-9759.

**Founders Day** — The Fisher House, Tripler Army Medical Center, will celebrate Founders Day, Sept. 26, 10 a.m.-2 p.m., with Polynesian dancers, music, face painting, a blood drive and various information booths from Veterans of Foreign Wars, Soldier's Angels, Army Community Service and the American Cancer Society.

Free hairstyles will be provided to anyone who would like to donate a 10 inch ponytail to "Locks of Love." Call 561-7423 or visit www.triplerfisherhouse.com.

**Ongoing**

**Free Computer Training** — Army Community Service (ACS) and New Horizons have teamed up to provide computer training Tuesdays, 9 a.m.-12:30 p.m., at the ACS Computer Lab, Schofield. Classes cover Microsoft Word Levels 1, 2, 3 and Excel Levels 1 and 2. Seating is limited. Register online www.nhofhawaii.com/acs or call 655-4227.

**Children's Performing Group Classes** — Sunshine Generation is now accepting registration for their fall classes. Children, ages 3-16, will sign and dance, learn choreographed shows, gain confidence and have the opportunity to perform on stage. All skill levels are welcome. Call 489-1998.



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

- Catholic Sunday, 8:30 a.m. — Mass Sunday, 9:45 a.m. — Religious Edu.
- Gospel Sunday, 11 a.m. — Sunday School (Sept.-June only) Sunday, 12:30 p.m. — Worship service
- Protestant Sundays, 9:45 a.m. — Worship Service Sunday, 11 a.m. — Sunday School (Sept. — June only)

**Fort DeRussy Chapel 836-4599**

- Catholic Saturday, 5 p.m. — Mass in Chapel (May-Aug.) Saturday, 6 p.m. — Mass on Beach
- Protestant Sunday, 9 a.m. — Worship Service
- Buddhist 1st Sunday, 1 p.m.

**Fort Shafter Chapel 836-4599**

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

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

- Contemporary Protestant Sunday, 9 a.m. — Bible Study Sunday, 10 a.m. — Worship Service & Children's Church

**Main Post Chapel 655-9307**

- Catholic Sunday, 9 a.m. — CCD & RCIA Sunday, 10:30 a.m. — Mass
- Collective Protestant Sunday, 9 a.m. — Worship Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School Sunday, noon — Worship Service

**MPC Annex, Building 791**

- 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, noon — Adoration
- Liturgical Sunday, 9:30 a.m. — Worship

**Tripler AMC Chapel 433-5727**

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

**Wheeler Chapel 656-4481**

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



Send announcements to community@hawaiiarmyweekly.com.

**5/Today**

**Military Discount** — Ruth's Chris steakhouse at Restaurant Row, Honolulu, is offering a 25-percent discount to service members (active duty, reservists or retired) with a military ID. The discount runs Sept. 1-30. Call 599-3860.

**Office Hours Change** — Effective Sept. 2, the General Services Administration (GSA) Global Supply Store will change its hours of operation. The new hours will be 9 a.m.-3 p.m., Monday-Friday. Call 655-0280.

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

Orientations will be held at Schofield Barracks, ACS, Sept. 5, 19 and 26, 9-10:30 a.m.

Call ACS at 655-4227 or register online at www.acsclasses.com.

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

**11/Thursday**

**Marriage and Soldier Retreat** — The 8th Theater Sustainment Command (TSC) Chaplain's office will hold a Strong Bonds Marriage and Single Soldier Retreat, Sept. 11-12, at Turtle Bay Resort, Kahuku.

The Strong Bonds Retreat helps Soldiers and family members deal with issues such as domestic violence, blended families, single parents and communication strategies, in order to strengthen and build relationships. Call 438-5502.



Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



**The Dark Night**

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

**Space Chimps**

(PG)  
Saturday, 4 p.m.



**Mamma Mia**

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

# Old CYS transforms into CYS2

SCHOOL LIAISON OFFICE  
News Release

SCHOFIELD BARRACKS — Army Headquarters has announced a new name for Child and Youth Services (CYS). Maj. Gen. John Macdonald, deputy commanding general, Installation Management Command, shared this information with Army region directors, garrison commanders and the Directorate of Family and Morale, Welfare and Recreation staff.

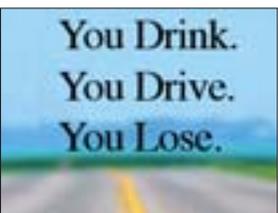
The new name will be Army Child, Youth & School Services, also known by the acronym CYS2. The key reason for the change focuses on the Army's vision to support schools that serve Army children.

With the many transforming changes in the Army, military children deserve increased attention due to the stresses of deployment and troop movements.



Recently published promotional and training materials will still reflect the previous name of CYS. However, as new materials are developed and published, the new name will be disseminated to all Army installations.

Garrison commanders will emphasize school support initiatives and introduce parents to the fact that new responsibilities reside in the "schools" function of CYS Services at the garrison.



Courtesy Photo | Army Hawaii Family Housing

A unique feature in Army Hawaii Family Housing (AHFH) is the bio-swale — landscape elements designed to remove silt and pollution from surface runoff water — is specifically placed as part of the efficient landscaping plan in AHFH. The bio-swale includes native plants and trees, chosen for their drought tolerance.

# AHFH takes home two top awards for 'going green'

ARMY HAWAII FAMILY HOUSING  
News Release

SCHOFIELD BARRACKS — Army Hawaii Family Housing (AHFH) was recently selected as the recipient for two Multifamily Executive Awards.

AHFH is taking home the Military Project of the Year Award for its exemplary service and the Green Project of the Year award for all of its sustainable initiatives.

AHFH beat out hundreds of nominations to win these coveted awards.

The Project of the Year award focuses on several key aspects of community development, including innovation in architecture, floor plan efficiency, suitability to target market, creative use of materials, interior design, landscaping, financing and the ability to work with government and community officials.

The AHFH nomination focused on the project's energy conscious design, amenities and technology, its sensitivity to the environment during site planning, and its reuse and recycling of materials.

The Green Project of the Year award is presented to the company that demonstrates innovation in land planning, creative nature of the reuse of materials, compatibility with surrounding development, ability to overcome unique challenges of the development, design

creativity and historical sensitivity for renovations, rehabilitation and adaptive reuse of existing buildings and land.

AHFH was recognized for incorporating smart growth and green building principles throughout planning, demolition, construction and operations.

AHFH has also incorporated some of the latest technologies surrounding energy-efficient buildings and an innovative recycling program. In addition, when complete, AHFH will be one of the largest solar-powered residential communities in the world.

Other AHFH initiatives that stood out for the judges included the following:

- Homes with solar hot water heaters,
- Fully insulated homes,
- Smart meters (electric) and water meters that will help control waste and assist in reducing consumption,
- Siding material made of recyclable fiber cement instead of vinyl, which is nonrecyclable,
- Major kitchen appliances that meet Gold Energy standards, and
- Low-flow 1.6-gallon toilets.

AHFH will be recognized for both awards at a ceremony in October.

## Tripler hosts drive at Bowfin

### Blood donors who support troops to get free passes to the USS Bowfin Museum

MICHELLE LELE  
Tripler Army Medical Center

PEARL HARBOR — The Armed Services Blood Donor Center at Tripler Army Medical Center will host its first blood drive at USS Bowfin Submarine Museum & Park, Sept. 11, from 8 a.m.–4 p.m. Participants will receive four free passes to the museum with every blood donation.

Blood collected from this drive will support military personnel injured in Iraq, Afghanistan and at U.S. military hospitals worldwide. Thousands of blood products are being shipped to the combat zone each month.

The Armed Service Blood Program (ASBP) was established in 1952 to meet the unique needs for military personnel injured during combat. The program is a triservice organiza-

tion comprised of 24 Food and Drug Administration-licensed blood donor centers, 13 U.S. Army Reserve blood donor centers, four Army Wartime Blood detachments, three Frozen Blood depots, four Blood Transshipment centers, and two Armed Services Whole Blood Processing laboratories.

Since its inception the ASBP has provided millions of blood products for military treatment facilities in the U.S. and abroad. During contingencies or war, the ASBP is capable of meeting emergent blood needs within hours.

To be eligible to donate blood, participants must meet the following requirements:

- Weigh at least 110 pounds,
- Be at least 17 years of age,
- Have been feeling well for at least three days, and
- Have eaten a good meal and drank plenty of fluids prior to donating.

*(Editor's Note: Michelle Lele is a blood donor recruiter at Tripler Army Medical Center.)*

## Military Star Card users earn discounts at pump

### Card users can save three cents per gallon

ARMY AND AIR FORCE EXCHANGE SERVICE  
News Release

SCHOFIELD BARRACKS — Army & Air Force Exchange Service (AAFES) gas stations here are taking Soldiers and their families farther now that pumps have been programmed to reflect a three cents-a-gallon discount for drivers who pay with a Military StarSM Card.

"Anytime a customer uses a bank-issued debit or credit card, the retailer pays a portion of the transaction to a third-party financial institution," said Mark Polczynski, the post exchange's general manager.

"Because the Military StarSM Card is administered by the Exchange Credit Program, AAFES is not subject to the additional fees incurred through other 'pay at the pump' options. As a result, we're able to pass savings on to authorized exchange shoppers."

Also, the three-cent-a-gallon Military StarSM Card discount will be applied soon to transactions at the Kolekole Shoppette at Building 1167, and Schofield Car Care Center at Building 80.

The Military StarSM Card is accepted at all AAFES, Navy, Marine Corps and Coast Guard Exchange activities, as well as the Exchange Catalog and the Exchange Online store at [www.aafes.com](http://www.aafes.com).



**7 / Sunday**

**Adventure Bike Tour** – Want to inject a little adrenaline into your life? Join us for this moderate-effort bike tour in some of the most scenic areas of the island, Sept. 7, 7 a.m.-2 p.m.

The cost is \$15 if you are using your own bike. Don't have one? Don't worry! Check one out from Outdoor Recreation for only \$5. Call 655-0143.

**10 / Wednesday**

**Workout Without Walls** – Trying to get in shape but the same old routine has you unmotivated? Outdoor Recreation's program gives the chance to try a different workout in a new location every week.

The next class is Sept. 17, 8:30-11 a.m. Classes will be held every Wednesday; each session costs \$10. Call 655-0143.

**13 / Saturday**

**Deep Sea Fishing** – Don't miss your chance to catch the big one Sept. 13.

Transportation, cooler and ice for your fish will be provided. Space is available for groups up to six. The cost is \$130 for a half-day session. Call 655-0143.

**Ongoing**

**Gym Hours** – New hours of operation are in place at the gyms since Sept. 1:

- Schofield Barracks' Martinez Physical Fitness Center, Monday-Friday, 5 a.m.-9 p.m.; Saturday, 7 a.m.-5 p.m.; and Sunday and holidays, 8 a.m.-4 p.m. The Friday Late Nights at Martinez program is no longer running.

- Schofield Barracks' Health and Fitness Center, Monday-Friday, 6 a.m.-7:30 p.m.; Saturday, 7 a.m.-noon; and closed Sunday and holidays.

- Fort Shafter's Physical Fitness Center, Monday-Friday, 5 a.m.-9 p.m., Saturday, 7 a.m.-noon; and Sunday and holidays, 8 a.m.-4 p.m.

Also, Fort Shafter's Physical Fitness Center is open 9-10:30 a.m. for females only for a 90-day trial period.

Call 655-8007/0900 (Schofield Barracks) or 438-1152 (Fort Shafter) for more information.

**Youth Sports** – Registration is now open for a variety of fall and winter youth sports programs.

- Mini Basketball is a parent-participation program intended for youths born in 2003 or 2004. Participants will learn the basic skills of basketball.

The \$15 fee includes a youth T-shirt and sports ball. Registration is Sept. 23-Oct. 14 and the program runs Oct. 21-Dec. 11 at Aliamanu Military Reservation's, (AMR), Youth Center or Schofield Barracks' Bennett Youth Center Gym.

- Registration for basketball and cheerleading is Oct. 1-28 for youths born between 1992-2003. There is a \$60 fee (\$20 for cheerleaders who still have their uniform). Practice begins Jan. 6 for the Jan. 31-March 21 season.

Call 655-6465 (Schofield Barracks) or 836-1923 (AMR and Fort Shafter).

**Little Ninja** – Classes are now being offered at Aliamanu Military Reservation's (AMR) Youth Gym, Saturdays, 9-9:45 a.m., for children ages 3-5. The cost is \$35 per month. Call AMR Child and Youth Service's Registration Office at 833-5393. Classes are also offered at Schofield Barracks.

**NFL Sunday Ticket** – Whenever your team is playing in the 7 a.m. or 10 a.m. game on Sundays, catch the action at the Tropics, Schofield Barracks.

Tropics will open at 6:30 a.m. with lots of brand-new big screen high-definition TVs and will close at the conclusion of the 10 a.m. game. Enjoy stadium-style food and ice-cold beverages. Call 655-0002.

**Bowling Parties** – Wheeler Bowling Center's eight lanes are available for private parties on Saturdays and Sundays for \$120 per hour. A three-hour minimum and \$1.75 shoe rental apply. Call 656-1745.

**Volleyball & Racquetball** – Learn basic skills and techniques from experienced instructors, Tuesdays and Thursdays, 8:30-10 a.m., at Martinez Physical Fitness Center, Schofield Barracks.

Courts will be open for free play across the street from the facility. Call 655-4804.

**Pool Seasonal Hours** – Effective immediately, the Aliamanu Military Reservation (AMR) and Helemano Military Reservation (HMR) swimming pools will be



Kayla Overton | U.S. Army Garrison-Hawaii Public Affairs

**Hiking boots ready**

AIEA -- Outdoor Recreation Specialist Conor Joyce (blue shirt) joins Army community members on a 5-mile hike through Aiea Ridge, Aug. 10.

Outdoor Recreation offers ADventure Tours in hiking, biking and kayaking on weekends. Each session is designed to provide challenging, yet fun experiences you're sure to enjoy, at beginner, moderate and advanced skill levels. Call 655-0143 or visit [www.MWRArmyHawaii.com](http://www.MWRArmyHawaii.com) for more details.

operating as seasonal pools.

Both pools will be open for business from Memorial Day through Discoverer's Day (Oct. 13), each year, and will be closed for the remainder of the year.

Richardson Pool on Schofield Barracks and the Tripler Pool will maintain their current hours of operation throughout the year. Call 655-9654 or visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) for the full schedule.

**All Army Sports** – Soldiers interested in applying for Army-level sports compe-

titions must apply with their Army Knowledge Online (AKO) account at <https://armysports.cfsc.army.mil>. Faxed copies are no longer accepted by the Sports Office. Call 655-9914 or 655-0856.

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

**Ongoing**

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

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

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

**TOPS** – The Take Off Pounds Sensibly (TOPS) support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss

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

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

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

**Volunteer Coaches** – Interested in volunteering to be a Youth Sports coach? Contact your Youth Sports director today. Call 836-1923 for AMR, 438-9336 for Fort Shafter/Tripler, 655-6465 for Schofield, or 655-0883 for HMR.

**Golf 'Til You Drop** – Catch this all-you-can-golf special every Thursday at Walter J. Nagorski Golf Course, Fort Shafter. Pay one fee and play as many holes as you want. Call 438-9587.

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

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

**Pool Fees** – Monthly passes are now available for use at any Army pool. Active duty Soldiers can use all pools for free. Family members and retirees can purchase individual monthly passes for \$12 or monthly family passes for \$20.

Department of Defense, and Army and Air Force Exchange Service (AAFES) civilians can purchase individual monthly passes for \$15. All passes are valid from the first day of the month until the last day of the same month, at any pool.

Call Richardson Pool, Schofield Barracks, 655-9698; Tripler Army Medical Center Pool, 433-5257; Helemano Military Reservation (HMR) Pool, 653-0716; or Aliamanu Military Reservation (AMR) Pool, 833-0255.

**Youth Dive Team Lessons** – Spring board and platform youth diving lessons are available Monday-Thursday, 4-6 p.m., at Richardson Pool, Schofield Barracks. Cost is \$63 per month. Call 864-0037.

6-7, at Kualoa Ranch.

Cost is \$55 and bicyclists can enter online at [www.active.com/page/Event\\_Details.htm?event\\_id=1568142](http://www.active.com/page/Event_Details.htm?event_id=1568142). Visit [www.alohasinglespeeders.blogspot.com](http://www.alohasinglespeeders.blogspot.com).

**7 / Sunday**

**Hike Oahu** – Join the Hawaiian Trail & Mountain Club on a hike through Halawa Ridge. After an initial steep climb, you'll access the contour trail, which leads leisurely (and lengthily) to the Koolau Summit, overlooking Kaneohe and Haiku.

Ignore the sounds of H-3, or pretend it's a wild river cascading alongside the trail. This advanced hike is 14 miles. Call Kevin English at 271-5125.

Save the date for these upcoming hikes, too:

- Sept. 13, a 6-mile intermediate hike through Wahiawa's contours.
- Sept. 21, a 10-mile advanced hike through Laie Ridge.

Hikes begin at 8 a.m., and a \$2 donation

is requested of nonmembers. An adult must accompany children under 18. Hikers meet at Iolani Palace, mountainside.

Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails. Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect. Visit [www.htmclub.org](http://www.htmclub.org).

**20 / Saturday**

**5K and 10K Race** – The 9th Annual USO-Hawaii Base Race is scheduled for Sept. 20, 7 a.m., at Wheeler Army Airfield.

Individuals and teams may enter; fees range from \$10 to \$20 per runner. Military formation running is encouraged, but 20 or more runners must comprise formations.

Participants can preregister and pick up packets at various on-post gyms or on the day of the race. Call Nicole

Darity, 836-3351, for registration forms or more information.

tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423 for more information.

**Eskrima Classes** – Pedoy's School of Eskrima, the Filipino art of self-defense, holds classes every Tuesday, Thursday and Sunday at its training center in Wai-pio.

Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438 or 216-3211.

Eskrima classes for men, women and children of all ages are also held at Mililani Elementary School.

Develop character and self-confidence during a Wednesday class, 6:30-7:30 p.m., or Saturday class, 9:30-10:30 a.m. Call 398-0119.

**SEE COMMUNITY SPORTS, B-5**



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

**6 / Saturday**

**Square Dancing Class** – The Paradise Shufflers of Pearl City will host a square dancing class, Sept. 6, 6:30 p.m., at Manana Community Park's Community Center, Pearl City.

The first two classes are free and cost \$2 a class thereafter. Contact Dave Jenkins at 624-9490 or [djenkinssd@gmail.com](mailto:djenkinssd@gmail.com).

**Overnight Bike Ride** – Aloha Single Speeders will hold their 7th Annual 24 Hours of Hell in Paradise bike ride, Sept.

# G-Eyes brings optical readiness to deployed troops

LT. COL. CAROL Z. RYMER

Schofield-Tripler Army Medical Center Optometry Department

Imagine you are 300 miles from any large post in Afghanistan. Your Combat Eye Protection insert is scratched. Your eyeglass frame is bent, and the right lens keeps popping out.

Further, you don't have your prescription, and you really don't want to leave your squad to go on some flight or arduous convoy to Bagram Air Force Base (AFB), where you heard you can get new optical items.

Until recently, when eyewear needed to be replaced due to damage or loss, deployed service members had to fly or convoy to a forward operating base with optometry support in order to request replacement frames. Today, thanks to improved technology, ordering new eyewear is just a mouse click away.

The military's new G-Eyes Web-based replacement eyewear system allows all service members, regardless of branch, to order eyewear from the comfort and security of their own office or even quarters. This innovative idea was made a reality by a team of computer experts that man-



age the Spectacle Request and Transmittal System (SRTS).

Thomas Brannon, SRTS administrator, credits his small team of four individuals for working overtime, wading through bureaucratic red tape, and creating this remarkable system within a few months.

Since its creation, G-Eyes has become

an important part of optical readiness throughout Iraq, Afghanistan and Kuwait. Early Operation Iraqi Freedom and Enduring Freedom (OIF/OEF) rotations found concern over the risk of sending service members via convoy or air simply to get a replacement pair of spectacles. Previously, this process would have tak-

**On The WEB**  
 Visit the G-Eyes Web site at <https://geyes.amedd.army.mil>.

en service members out of commission for an untold number of days while they traveled, and then waited for the eyewear to be delivered.

With G-Eyes, service members typically receive their orders back in about 10 days from the time they place the optical order.

**How it works.** The service member goes to the G-Eyes Web site at <https://geyes.amedd.army.mil> and navigates through a series of screens to confirm he/she is in an authorized location to use the program. After these initial screens, users are asked to enter their Social Security Number, which is used to search for the service member's previous optical orders.

If eyewear has been ordered through a military optometry clinic within the past

two years, those orders will appear on the screen. The patient may then choose from those previous optical orders and request a replacement.

The frame cannot be altered or changed from what has been ordered previously, except that a comment can be added to change Combat Eye Protection inserts if a different insert is needed.

The user then types in the APO mailing address and submits the order. The fabrication laboratory takes it from there. In Afghanistan, the Task Force optical laboratory at Bagram AFB is responsible for fabricating most of the G-Eyes orders, which are received through the lab's SRTS computer system, fabricated, and mailed directly to the service member via the Military Postal System.

In some cases, when the theater optical lab does not have a unique frame, the lab will substitute with a common "Frame of Choice" item that fits comfortably under Sand, Wind and Dust goggles. Complex optical orders and bifocals that cannot be made by the theater lab are forwarded to Germany for fabrication, and thus may take additional time to receive.

# 'See Victory' keeps kids' eyes protected

MARY KATHERINE MURPHY

U.S. Army Center for Health Promotion and Preventive Medicine

"Operation See Victory" is a health promotion campaign that helps protect children's eyes when they participate in recreational activities. The campaign provides a kit with a range of tools to help spread the word on the importance of wearing eye protection when participating in sports.

The kit includes posters, brochures, trading cards, mini-prizes, a DVD, a sports-related eye injury article that can be adapted for local publication, and an eyeball for display. The kits can be set up at a table or booth at a health fair, sports sign-up, sports physicals or any location where eye protection would be relevant.

Lt. Cmdr. Brian Hatch, Navy optometrist and staff member at the Army Center for Health Promotion and Preventive Medicine's (CHPPM) Tri-Service Vision Conservation Program, brought See Victory to the Department of Defense (DoD). The program was originally intended to work through DoD optometrists; however, DoD recreational facilities, health promotion/community health staff, and individuals who think they have use for it may also participate.

"We had to develop some kind of program that could be taken by a local optometrist and be individualized to the needs of a local installation," Hatch said. Program designers did ground work and created the kit; those who receive the kit are responsible for getting the information out to their community.

Hatch got the idea for the program while attending the annual Armed Forces Optometric Society meeting. There, he learned about the

Operation See Victory advises on the different types of sports eye protection and provides tips on purchasing the right eyewear. Protective eyewear for use in sports should meet the following criteria:

- Meet or exceed ASTM standards for the specific sport.
- Accommodate prescription lenses if needed.
- For outdoor sports, have 100 percent UVA & UVB protection.
- Add comfort by decreasing light transmission through tinted lenses, and by reducing glare through an antireflective coating.
- For water and snow sports, reduce surface glare through polarized lenses.
- Stay in place through use of sports bands or retention straps.

American Optometric Association's (AOA) Keep Injury Down in Sports (K.I.D.S.) program.

According to the AOA, about 40,000 eye injuries occur in the U.S. each year during sports or recreational activities. This factoid works out to an eye-related emergency room visit every 13 minutes, AOA says.

By far, the majority of these injuries occur in

**On The WEB**  
 For additional information on eyewear standards, visit the American Optometric Association at [www.aoa.org/x7679.xml](http://www.aoa.org/x7679.xml). To implement Operation See Victory, visit [www.afos2020.org/TEMP/OSV%20index\\_files/Pages552.htm](http://www.afos2020.org/TEMP/OSV%20index_files/Pages552.htm).  
 Materials are available through October 2008.

people under the age of 25. Sadly, some lead to irreversible vision loss.

The good news is that 90 percent of these injuries are preventable through use of the proper protective equipment.

When Hatch looked at the numbers, he found the reason for Operation See Victory. The program ultimately targets more than seven million DoD youth up to age 17. They were deemed the best target audience because Hatch found that 43 percent of sports-related eye injuries occur in children under the age of 15.

DoD children also are extremely active and have access to Family and Morale, Welfare and Recreation facilities.

Through the program, Hatch and his colleagues at the CHPPM hope to bring greater sports-related eye injury awareness to parents, guardians, coaches and sports program directors who work with young athletes, and offer them tips for obtaining the right sports eye protection.

## Community Sports

From B-4

**Outdoor Excursions for Veterans** – Outward Bound, an international nonprofit outdoor education program, will offer fully funded outdoor adventure excursions to all Operation Iraqi Freedom and Operation Enduring Freedom (OIF/OEF) veterans. Anyone who has deployed in support of OIF/OEF combat operations is eligible to apply.

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

To sign up for a prescheduled course, call Doug Hayward at 1-866-669-2362, ext. 8387. Visit [obvets@outwardbound.org](mailto:obvets@outwardbound.org).

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

To schedule adventures, call

734-4214, or toll free 1-877-682-7433. Visit [www.bikehawaii.com](http://www.bikehawaii.com).

**Volunteers Needed** – Volunteers are needed for the Honolulu Century Ride, Hawaii's oldest and largest cycling event, scheduled for Sept. 28.

Volunteers are needed in a variety of areas including as aid station captains, food and beverage servers, greeters and event setup.

To sign up, call 735-5756 or e-mail [john@hbl.org](mailto:john@hbl.org). Visit the Web site at [www.hbl.org](http://www.hbl.org).

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

**Wrestlers Wanted** – Hawaiian Championship Wrestling seeks new members. Applicants should be at least 6-feet tall, weigh 250 pounds or have an above average muscular build. Sports background is preferred. Call 676-8107 for more information.

**Golfers Wanted** – Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course can call 347-8038 or 375-3322.

# Campaign targets food allergies, safety while dining

Central Pacific District observes National Food Safety Education Month

**STAFF SGT. DEREK MARTIN**  
Schofield Branch Veterinary Services

SCHOFIELD BARRACKS – This September the Schofield Branch Veterinary Services will partner with the rest of Central Pacific District Veterinary Command for the 2008 National Food Safety Education Month (NFSEM) to showcase its commitment to food safety education and training.

This year's theme, "Take Action to Pre-



To obtain materials and information on how to get involved in National Food Safety Education Month, visit the NFSEM Web site at [www.nraef.org/nfsem](http://www.nraef.org/nfsem), or contact Derek Martin at 433-8544.

vent an Allergic Reaction," focuses on the importance of reducing the incidence of food allergy reactions in the food service industry.

This annual food safety campaign strives to build awareness of the restaurant and food service industry's commitment to serving safe food, to heighten awareness about the importance of food safety education, and to encourage additional food safety training for all industry employees.

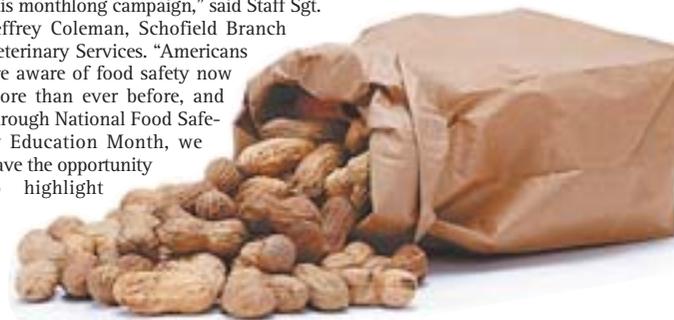
To help the public participate in NFSEM, the Veterinary Services Branch has developed training activities. All weekly activities are based off the ServSafe food safety training program. The free Training & Promotion Guide is available at the NFSEM Web site, [www.nraef.org/nfsem](http://www.nraef.org/nfsem).

As part of NFSEM, Schofield Branch Veterinary Services will be out in the com-

munity training and giving demonstrations on a variety of topics.

"We are excited about participating in this monthlong campaign," said Staff Sgt. Jeffrey Coleman, Schofield Branch Veterinary Services. "Americans are aware of food safety now more than ever before, and through National Food Safety Education Month, we have the opportunity to highlight

what we are doing in the restaurant and food service industry to educate our members on proper food safety procedures."



## Kids can make healthy choices

**MAJ. KAREN E. FAUBER**  
Defense Commissary Agency

FORT LEE, Va. – We all want the best for our children; yet, we find it challenging at times to get healthy, satisfying meals on the table. Work, school and all the many day-to-day activities often have us on the go.

If you find yourself rushing home after work and trying to decide what to make for dinner at the last minute, you are not alone. Your commissary is working with you to help you make choices that are good for you and your family.

Many of us are concerned about our children's health, especially with the growing trend of overweight and obese kids today. The Defense Commissary Agency recognizes that we need to teach our children the importance of healthy eating and being physically active.

The U.S. Department of Agriculture's Web site, [www.mypyramid.gov](http://www.mypyramid.gov), has a section designed for children that discusses how they can be more physically active and make healthy food choices.

An interactive computer game lets kids reach Planet Power by fueling their rocket with food and physical activity. In the game, "fuel" tanks for each food group help students keep track of how their choices fit into MyPyramid.

After viewing the Web site with your kids, have them help plan meals and snacks for a few days. This activity can be a fun learning experience that the whole family can enjoy. To help you get started here are a few ideas from the site:

**Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice and low-fat popcorn, more often.

**Vary your veggies.** Go dark green and orange with

For more information about children's nutrition, visit [www.commissaries.com](http://www.commissaries.com), go to Ask the Dietitian, post your questions on the DeCA Dietitian Forum, and be sure to look for other useful information in the Dietitian's Voice archive.

For tempting and delicious recipes, check out Kay's Kitchen. And to enjoy all your local commissary benefit has to offer, sign up for the Commissary Connection.

sweet vegetables. Eat spinach, broccoli, carrots and sweet potatoes.

**Focus on fruits.** Eat them at meals and at snack time, too. Choose fresh, frozen, canned or dried, and go easy on the fruit juice.

**Get your calcium-rich foods.** To build strong bones serve low-fat and fat-free milk and other milk products several times a day.

**Go lean with protein.** Eat lean or low-fat meat, chicken, turkey and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

**Change your oil.** We all need oil. Get yours from fish, nuts and liquid oils such as corn, soybean, canola and olive.

**Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

Encourage your children to apply what they have learned while shopping regularly at the commissary, where your savings can amount to 30 percent or more. With savings like that, it's always worth the trip.

## Close quarters of military service make tuberculosis a viable threat, even today

**MAJ. KIRSTEN ANKE**

U.S. Army Center for Health Promotion and Preventive Medicine

More than 100 years ago, Dr. Robert Koch announced his discovery of Mycobacterium tuberculosis. This bacteria causes latent (dormant or sleeping) tuberculosis (TB) infections, which can progress to infectious, active TB.

Old news? Yes. Still news? Yes.

In 2007, TB made national news when a sailor aboard the aircraft carrier USS Ronald Reagan developed symptoms of TB and was later diagnosed with the disease.

Bacteria knows no borders. According to the U.S. Centers for Disease Control and Prevention, 13,779 people across the U.S. were diagnosed with active TB in 2006. About 8.8 million people around the world developed active TB in 2005, and 1.6 million died, according to the World Health Organization.

Here is what you need to know about TB. It's passed from person to person through the air. A person with active TB in the lungs or throat can cough or sneeze TB germs into the air. Others who are exposed to an ill person for a long period of time breathe in the TB bacteria.

In the military, service members often work and sleep in close quarters, which can contribute to prolonged exposure to germs that are spread through the air.

A person who is exposed to TB can have a skin test or blood test to determine if latent TB infection is present. The military often uses the TB skin test before and after deployment or travel in certain areas of the world. A positive skin test indicates latent TB infection.

A person with latent TB infection cannot make others sick and does not feel sick. However, medication may be needed to prevent the latent infection from progressing to active disease. People with weakened immune systems, the very young and the elderly, are at higher risk of progressing from latent TB infection to active TB.



For more information, visit the CDC at [www.cdc.gov](http://www.cdc.gov), the World Health Organization at [www.who.int](http://www.who.int) or CHPPM at <http://chppm-www.apgea.army.mil/>.

A person with active TB is ill and can expose others to TB. Symptoms of active TB may include a cough that lasts more than three weeks, coughing up blood, chest pain, fatigue, fever, chills, night sweats, loss of appetite and/or unexplained loss of weight.

Active TB usually affects the lungs, but may spread to the throat, kidneys, spine and other areas of the body.

Tests for TB may start with a chest X-ray and lab tests on sputum (spit with mucus in it). Also, several medications are available to treat most TB. However, the germ is becoming resistant to some of the medications.

A person with TB may need to be hospitalized for treatment until he or she can no longer spread the infection to others. If untreated, TB can cause death.