

## INSIDE



### 'Steele' bodies

Helping Soldiers overcome blocks to close combat

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### Ammo amnesty

Soldiers who have ammunition or explosives to turn in can do so, no questions asked, Sept. 18, 9 a.m.-3 p.m., at the Ammunition Supply Point on Wheeler Army Airfield.

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### New dads boot camp

Boot Camp for New Dads is a father-to-father workshop that gives new fathers the tools to relate to their infants and spouses, and to navigate the transformation into dads. The class will be Sept. 20, 9 a.m.-noon, at Army Community Service, Schofield.

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Chief of Staff of the Army Gen. George Casey presents Sgt. 1st Class Richard Porter, station commander, Pearlridge Recruiting Station, Hawaii, and Sgt. 1st Class Laslo Lukacs, Mililani Recruiting Station, Hawaii, with the Glen E. Morrell Award. The Glen E. Morrell Award is the highest achievement award offered by the U.S. Army Recruiting Command.

## CSA inspires Hawaii recruiters

Casey outlines four areas that need to be balanced

Story and Photo by  
**STAFF SGT. CRISTA YAZZIE**  
U.S. Army-Pacific Public Affairs

PEARL CITY — Hawaii recruiters met the Army's senior officer recently when Gen. George Casey, Army Chief of Staff, stopped in for a visit to the Pearlridge Recruiting Station, Sept. 4.

Several recent and delayed-entry recruits were invited to the station for the event.

"It's a great honor for me to meet someone who is very important to our nation's security and leadership; I am nervous, but I am looking forward to it very much," said new recruit Luis Delgado-Altamirano prior to Casey's arrival.

Casey met and spoke briefly with recruiters, their families and several new recruits, then promoted Staff Sgt. Mark Tat-

#### RELATED STORY

• Army family welcomes brothers who joined together on Page A-4

suno, a recruiter from the Kapolei Recruiting Station; then awarded Sgt. 1st Class Richard Porter, station commander, Pearlridge Station, and Sgt. 1st Class Laszlo Lukacs, Mililani Recruiting Station, the Glenn E. Morrell Award.

"As I travel all over the world, there is no question in anybody's mind that the best army is the United States Army, and it wouldn't be that way if it wasn't for the magnificent job the folks in the recruiting command do in bringing the best women and men in America into the United States Army," said Casey.

"So those of you who are getting ready to raise your hand or have just raised your hand, thank you, because you are coming to serve your country in a time of war, and it takes a special breed of men and

women to do that," he added.

Casey was visiting Hawaii for an update on activities in the U.S. Army-Pacific (USARPAC) area of responsibility, and he expressed his satisfaction with being able to promote, award and meet Soldiers.

"It's always a pleasure for me to get out of the Pentagon and promote real Soldiers," Casey said, putting his hand on the shoulder of Tatsuno before promoting him. "Normally, I get to promote two- and three-star generals, which is very nice, but it's great to be out here now to promote this noncommissioned officer."

The award Casey presented Porter and Lukacs, the Glenn E. Morrell award, is the highest achievement offered by the U.S. Army Recruiting Command.

Casey thanked the parents and families of the recruiters and new recruits for their presence and support as well.

SEE RECRUITERS, A-9

## Survivor recalls 9/11 memories

JOHN J. KRUZEL  
American Forces Press Service

WASHINGTON — The emotional trauma caused by memories of the Sept. 11, 2001, terrorist attack on the Pentagon have dulled some for survivor Patrick Smith, but the pain will never leave him.

"It's an image that haunted [me] repeatedly for at least the first couple of years," he said. "I guess the trauma of it subsides over the years, but it never goes away."

Smith, an information management specialist for the Army's deputy chief of staff for personnel, spoke to the Pentagon Channel last week, before Thursday's seven-year anniversary of the morning when hijackers drove American Airlines Flight 77 into a section of the Pentagon next to Smith's office.

His desk sat in a second-floor office on the western side of the building, in the middle of the Pentagon's five concentric rings. A nearby coworker watching television informed Smith and his colleagues that an airplane had struck one of the World Trade Center towers in New York City.

The initial confusion crystallized into clear and present danger, as footage appeared showing another plane barreling into the second tower.

"Certainly when the second plane hit, all of us knew this was a terrorist action going on," he recalled.

Smith, like other coworkers, intermittently checked back at the TV for updates. Around 9:40 a.m., as he approached the TV, he heard a loud crash.

"I could see the top of the wall coming inward," he recalled. "At the same time, the ceiling tiles started falling from the ceiling, wires were starting to fall. Of course, this seemed like a long period of time. Actually, it was probably fractions of seconds."

The power shorted. The office fell black. Then a burst of fire ripped through the ceiling toward Smith.

"I could basically hear the hairs on my head, the hairs on my arms, crackling from the intense heat — prior to any flame ever touching me," he recalled.

"The fireball starting advancing towards me, and momentarily, I was frozen until I really got the sense of what was going on," he said. "I started to turn and get away, and I noticed one of my coworkers basically inside the fireball, waving her arms."

SEE MEMORIES, A-9

## Memorial commemorates 184 innocent lives lost in tragedy

Pentagon memorial is now open to public access 24/7

JIM GARAMONE  
American Forces Press Service

WASHINGTON — Thursday, the seventh anniversary of the date a hijacked airliner slammed into the Pentagon, President Bush dedicated a memorial near the crash site, calling it not only a place of remembrance, but also a reminder of the resilience of the American spirit.

The attacks in New York, at the Pentagon,

and the thwarted hijacking of United Flight 93, which crashed in Pennsylvania, are events that "changed our world forever," Bush said during his remarks at the dedication ceremony.

"The years that followed have seen justice delivered to evil men and battles fought in distant lands," the president continued, "but each year on this day, our thoughts return to this place. Here we remember those who died, and here, on this solemn anniversary, we dedicate a memorial that will enshrine their memory for all time."

The president said the memorial will be a

place of remembrance and a place where those who lost family and friends can find solace. But it is more, he said.

"For all our citizens, this memorial will be a reminder of the resilience of the American spirit," Bush told the audience. "As we walk among the benches, we will remember there could have been many more lives lost."

The memorial also will remind Americans that "when buildings fell, heroes rose," Bush said.

In the Pentagon, employees ran into smoke-filled corridors to guide co-workers to safety.

In New York, firefighters and police rushed up the stairs of the World Trade Center as the towers neared collapse.

"Passengers aboard Flight 93 charged the cockpit and laid down their lives to spare countless others," Bush said. "One of the worst days in America's history saw some of the bravest acts in America's history."

The events of Sept. 11 still sear Americans, said Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff.

"Even for all the pain, it heals us to come

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### Pieces of Glass

Learning to make art out of shattered plates

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## 'Cell Phones for Soldiers' keeps lines of communication open

MOLLY HAYDEN  
Staff Writer

SCHOFIELD BARRACKS — Communication is important, and communication between families and their deployed Soldier is essential, said Sgt. Maj. Lisa Torello, 322nd Civil Affairs Brigade.

Upon hearing about the Cell Phones for Soldiers program, Torello took action collecting nearly two boxes of used cell phones from her unit in the first two weeks. She has since gathered numerous boxes to aid communication for Soldiers in Iraq and Afghanistan.

Cell Phones for Soldiers is a nonprofit organization that collects old cell phones, resells them for parts, and uses the profits to purchase calling cards for Soldiers deployed in Iraq and Afghanistan.

For more information, visit [www.cellphonesforsoldiers.com](http://www.cellphonesforsoldiers.com) or contact Sgt. Maj. Lisa Torello at 386-2088.

"I've been to Iraq," said Torello. "I know how important it is to be able to communicate back home."

The process is simple. Gather the donated phones, print the free postage envelope from the Web site and drop the package in a mailbox.

The Cell Phones for Soldiers program was begun in April 2004 by 13-year-old Brittany Bergquist and her 12-year-old brother Robbie of Norwell, Massachusetts.

Robbie and Brittany's goal was to help Soldiers serving overseas call home. They had hoped to provide as many Soldiers as

possible with prepaid calling cards. Through current donations today, Robbie and Brittany have already distributed thousands of calling cards to Soldiers around the globe.

Cell Phones for Soldiers hopes to turn old cell phones into more than 12 million minutes of prepaid calling cards for U.S. troops stationed overseas in 2008. To do so, Cell Phones for Soldiers expects to collect 15,000 cell phones each month through a network of more than 3,000 collection sites across the country.

Torello expressed the need for other units

on the installations to participate in this project.

"If each unit had a collection point, we could easily gather thousands of phones," said Torello. "You have a lot of Soldiers (who) can't afford to call home. This simple act can raise the morale for so many."

Torello's ongoing support for the Cell Phone for Soldiers program has made it easy for many to phone home.

"Anything you can do for a Soldier in a war zone, they really do appreciate," said Torello. "It's little effort for a big gift."



## We want to hear from you...

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

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

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

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

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## 96 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 9/10/08.

# Caslen thanks community for MRX work

I would like to pass on my sincere thanks and appreciation to the entire Schofield Barracks garrison, community, and families and friends of the 25th Infantry Division for supporting our Tropic Lightning Soldiers during our recent Mission Readiness Exercise (MRX) from Aug. 24 through Sept. 5.

The MRX was the Division's best opportunity to come together as a staff, along with other units that will deploy with us, in order to train our warfighting skills before our deployment to Iraq this fall. Literally thousands of people from the mainland came to Hawaii to support this event.

My thanks go out to all of you and the entire Oahu community for giving our guests a piece of our ohana that they will take back with them.

During the exercise, our Soldiers encountered complex scenarios that occur daily in Iraq. We analyzed reports, developed solutions and took actions to defeat the enemy, and postured our forces for greater success. I



Caslen

am very proud of all our Soldiers, as they exceeded all expectations.

As the days wind down to our departure, I ask that you make sure to find quality family time together and enjoy the many activities offered in beautiful Hawaii. Attend our free family Oktoberfest event at Schofield Barracks, Oct. 3rd, or go to the beach, or just be with your extended ohana.

Once again, I extend my heartfelt thanks to the entire Schofield Barracks community and all our Tropic Lightning Soldiers, families and friends for your support during the Division MRX.

Thanks to you, we will depart on this vital mission with experience, confidence and a Warrior's spirit!

Tropic Lightning!

Robert L. Caslen Jr.  
Major General, U.S. Army  
Commanding

## Army discusses 25 years of family progress

C. TODD LOPEZ  
Army News Service

WASHINGTON — Secretary of the Army Pete Geren recently took time to reflect on the progress the Army has made in the 25 years since the beginning of the Army Family Action Plan (AFAP).

"This is an important opportunity for us to look back on 25 years of the AFAP," Geren said. "The Army over the last several years has been stepping up to this challenge and doing everything we can to provide Army families with the quality of life that is comparable to the quality of their service. But we recognize there is more to do."

Delores Johnson, director of Family Programs for the Family and Morale, Welfare and Recreation Command; Geren; and the spouses of several Soldiers met Sept. 4 to answer questions for bloggers about how the Army cares for Soldiers, their families and veterans.

Bloggers asked about how the Army helps Soldiers who are geographically separated from Army or Veterans Administration (VA) treatment facilities. They asked how the Army aids families of Soldiers afflicted with post-traumatic stress disorder (PTSD), how the Army might deal with the influx of Soldiers who could come back from Iraq and Afghanistan if the war were ended today, and how the Army could better include parents of Soldiers in the Army family.

Some veterans are geographically separated from the military or VA facilities that can provide them medical services, if needed. Becky Pillsbury, wife of Maj. Gen. John Pillsbury, said a program called "Still Serving Veterans," based in Huntsville, Ala., aims to help those veterans connect to the services they need.



Spc. Kyndal Hernandez | 8th Theater Sustainment Command  
Maj. Gen. Raymond V. Mason, commander of the 8th Theater Sustainment Command, speaks at the 2008 Army Family Action Plan Conference hosted at the Nehelani on Schofield Barracks in April.

"We travel to them," said Pillsbury of the program. "We wrap our arms around the entire family, and we provide counseling and have gotten them into the VA system."

Pillsbury said the program helps provide those geographically separated Soldiers with

getting their homes handicapped accessible, their cars handicapped accessible, and even helps them get college educations completed in their own homes.

The Army helps Soldiers returning from the war on terror who are suffering from PTSD or traumatic brain injury (TBI). But often, military spouses need assistance as well. Sometimes just to learn to better deal with afflicted spouses.

"Through their family readiness groups (FRG), we can provide information and training on what the surgeon general has developed, in terms of battlemind," said Johnson. "So, I think the first strategy is to be able to take some of those courses that are offered through FRGs, so they understand a little bit more about what kind of injuries are the result of the war — whether that's mild brain injury or PTSD, because these are conditions that we've not — at least this generation of spouses — had to face in the kind of volume that we're facing it now."

Johnson said it's important for spouses to understand what mild brain injury is and for spouses to be able to identify and to play a key role in encouraging their Soldiers to seek assistance with PTSD, if needed.

Some three quarters of a million individuals have deployed to support the global war on terror, some more than once. Right now, nearly 150,000 people — from all branches of the military — are deployed. Were they all to return at once, systems in place now for dealing with their medical and psychological needs would be strained, Geren said.

"If the war were to end tomorrow and all

SEE PROGRESS, A-8

## Face of energy savings appointed

DIRECTORATE OF PUBLIC WORKS  
News Release

SCHOFIELD BARRACKS — Utilities (water, electricity and propane) conservation has a new leader in U.S. Army Garrison-Hawaii (USAG-HI): Robin Hibler.

Assigned to the Directorate of Public Works (DPW), Utilities Division, Hibler is the face for conservation efforts and is responsible for a vast majority of Army buildings in Hawaii.



Hibler

With a roughly \$68 million electricity bill, which is \$15 million over budget, USAG-HI will begin enforcing some simple, but much needed, common-sense policies aimed at reducing utility consumption on all Army installations in Hawaii.

Some of the most common violations that have been found so far include leaving equipment on at night and when people are out of the area/office for an extended time.

"Would you leave the air conditioning and lights on at home when you are paying the electric bill?" Hibler asked. "Do you realize as taxpayers you are paying the government's electricity bill?"

When you leave an office for more than five minutes, turn off the lights and your computer monitor. Chances are high you will be gone longer than you plan, Hibler said. The old myth about it being cheaper to leave a light on rather than turning it off and on again is just that, myth. It is not true.

This fact holds true for pretty much any piece of electric equipment, including air conditioning, so turning things off will result in savings.

"Energy audits both during the day and at night are now being conducted, looking for utilities waste. Let's make it hard to find any," said Hibler.

New policies include a computer shutdown policy, the Building Energy Monitor program and lighting retro-fits.

**Computer Shutdown Policy.** Previously, computers were left on to allow updates at night. As of July 1, however, the policy is to turn computers off at night. Updates will happen when you turn the computer on in the morning. This method will save the Army more than \$500,000 per year in electricity costs.

SEE ENERGY, A-8

## Drug use cuts Army career short, earns time

OFFICE OF STAFF JUDGE ADVOCATE  
25th Infantry Division

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

A sergeant from 3-7th Field Artillery Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, Schofield Barracks, was sentenced at a general court-martial to be reduced to the grade of private (E-1), to be confined for two years, and to be discharged

from the service with a bad conduct discharge, for distribution, possession and introduction of marijuana and ecstasy.

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

**Q: Why does the Hawaii Army Weekly publish court-martial findings?**  
**A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.**

## Scriptures teach God joins us in the storms of life

CHAPLAIN (1ST LT.) KEITH FERRELL  
65th Engineer Battalion Chaplain

If there is one thing I miss about my home state, it is, oddly enough, the thunderstorms. There is just something about the way the sky turns dark, the wind begins to blow, and the rains begin to fall hard as the sky flashes with lightning.

These types of storms have always fascinated me. But when it comes to the storms of life, such as the death of a loved one, issues with those that we work with or financial problems, many of us would rather just pass. No one wants problems.

Thankfully, scripture is replete with examples of God bringing man through tough times, and these passages give us assurance that God is still in control. Two prime examples can be found in the New Testament.

In Luke 8, we find the story of the disciples

in the midst of a major storm upon the sea. As the winds blew, the Bible says Jesus slept. When awakened by the fear of the disciples, he rebuked them for their lack of faith and then rebuked the storm.

The scripture says the seas fell flat and the wind died down. What a powerful passage to call to memory when life gets rough. Through it, we are reminded that God is not only the God of Heaven but of all things on Earth, and that even in the midst of our own storm, he can rebuke the winds and cause the storm to die.

Yet, it is in Matthew 14 where we learn that many times God will not simply dispel the



Ferrell

storm, but he will bid us to come out into the waters with him, as he did with Peter.

Faith stands when we believe that, even if God does not rebuke the storm, he is nevertheless in the storm with us, and he will see us through if we keep our eyes on him.

Today we stand as a nation at war, and because of this, we are constantly bombarded with problems that inevitably arise when families are separated, when Soldiers are pushed to the limits of their physical and mental thresholds, and when we are faced with issues such as death.

But even in the midst of life's storms, God bids welcome to those with enough faith to step out of the boat, to stand with him in the midst of the storm, and to know with assuredness that he is God of all. When we do so, our faith grows as well as our ability to handle the future storms that inevitably arise.



# Voices of Ohana

How does the Army improve your quality of family life?

<p>"Programs that involve the whole family help us get to know the area better since we just moved here."</p> <p>A.J. Blodgett &amp; Santiago Naranjo-Blodgett Family Members</p>	<p>"Our unit commanders support FRGs 100 percent."</p> <p>Capt. Keirsten Kennedy Brigade Judge Advocate, 8th MP</p>	<p>"One program that helps improve family life is the chaplains' couples retreats. They help couples learn and understand each other."</p> <p>Master Sgt. Ricardo Natera Equal Opportunity Advisor, 311th Signal Command</p>	<p>"Having activities and big events close by, right on post, makes it easier to spend time with my family not far from home."</p> <p>Maj. Amor Santos Operations Officer, Directorate of Plans, Training, Mobilization and Security</p>	<p>"The Blue Star Card program is the best benefit I've found since moving here."</p> <p>Tisha Yoffe Family Member</p>
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# Strykehorse leader leads with laughter

**PFC. LYNDESE DRANSFIELD**

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — All leaders have their unique thoughts on what it is and means to be a leader. One “Strykehorse” Soldier explained what being a leader is to him, recently.

“Leadership is being that guy,” said 1st Sgt. William Burford. “Everybody likes a professional Soldier. Even if you disagree with him, you admire the principles he stands on.”

Burford, first sergeant of Headquarters and Headquarters Troop, 2nd Battalion 14th Cavalry Regiment “Strykehorse,” joined the U.S. Army in 1987 as a tankier, and although it was years ago, he remembers what it’s like as a young Soldier in the Army when he learned from his leaders.

“I wasn’t born with this first sergeant rank,” he said.

Burford said he is where he is today because of the experiences he had as a young Soldier. Those experiences, he said, are the same ones young Soldiers go through today.

“I was the married private first class with two kids who paid all his bills and had seven bucks left to last me two weeks. I remember when dinner was red beans and rice for a week straight because we didn’t have any money.”

Burford attributes his success to this second platoon sergeant, “the greatest NCO (noncommissioned officer) I’ve ever served with.”

“He was standard, and he never had to tell me how to do something unless it was brand new to my job. All he had to say was ‘Is that your standard?’ and I would know immediately what he was talking about.”

Burford recalls that this platoon sergeant was a nonsmoker and didn’t like cigarettes. The punishment for throwing a cigarette butt on the ground was to dig a six-foot “grave” and bury the waste.

“To this day, I will not throw one on the ground, because if he sees me, I’ll dig,” he said, as he opened his side pocket to reveal the cigarettes he’d smoked that day.

Digging those two-and-a-half “graves” were lessons on leadership he said he’ll never forget, and though he doesn’t make his Soldiers dig, he teaches them those lessons he learned from that experience.

As a first sergeant and senior NCO, Burford is responsible for accomplishing the mission at hand and taking care of his Soldiers, no matter the circumstance.

Because of his mentoring and success, his Soldiers admire him and evaluate his tactics daily to develop knowledge.

“I’ve learned a lot about working with people as well as how to relate to them,” said Staff Sgt. Rickey Mitchell, troop operations sergeant with HHT, 2nd Bn., 14th Cav. Regt.

Mitchell has worked with Burford during the past five months.

Burford has developed a bond with his Soldiers, but maintains professionalism. He believes a key element of success is laughter.

“I laugh to keep from crying,” he said, joking. “But really, you can be top notch at what you do and still have the ability to laugh.”



Burford

# NCO makes bodies lethal

Story and Photo by  
**SGT. WHITNEY HOUSTON**  
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — The vibrant and multi-talented Soldier leads many Soldiers to reach their full potential through instruction and example.

It is his mission, as an Army Combatives instructor for his battalion, to help his fellow Soldiers overcome the many physical and psychological barriers associated with these combat systems.

The combatant instructor who so diligently commits his time to guiding his fellow Soldiers is Staff Sgt. Lonny Steele, a native of Honolulu, who serves with the Headquarters and Headquarters Company (HHC), 225th Brigade Support Battalion (BSB) “Mongoose.”

“(Staff) Sergeant Steele’s leadership style always motivates Soldiers and drives them to be the best,” said Spc. Daniel Randall, HHC, 225th BSB. “He leads by example, and he’s not afraid to get his hands dirty.”

His leaders also recognize the valued contributions Steele provides for his fellow troops.

“He helps Soldiers overcome what psychologists call the universal human-phobia, which is doing violence upon another human, especially in hand-to-hand combat,” said Lt. Col. Mark Collins, commander, 225th BSB. “If you look at the difficulty of killing in proximity to distance, the closer you get, the more difficult it becomes to do violence to another human being, and he helps bridge that psychology gap through his close-combat training.”

Despite the many challenges of teaching people, Steele said he gains a sense of pride and accomplishment through finding ways to share his knowledge with his fellow Soldiers in his weekly combatives class.

“I like training the Soldiers,” said Steele. “A lot of them come here with the attitude that they don’t want to learn it, or that it’s boring. But by the end of the day, they are glad that they came, and they can’t wait to come back next week. And I like that I can give something back to the Soldiers.”

Not only does Steele teach combatives, he teaches Soldiers in such a way that they are able to teach others.

“I don’t expect them to just learn the moves,” said Steele; “they have to learn to be the trainer for other Soldiers.”



During a combatives class at Camp Taji, Staff Sgt. Lonny Steele, a native of Honolulu, assigned to Headquarters and Headquarters Company, 225th Brigade Support Battalion “Mongoose,” teaches the proper way to do a bent arm bar on Spc. Daniel Randall, also assigned to HHC, 225th BSB.

Army combatives is one of many of Steele’s strong points; he also serves as Collins’ personal security detachment noncommissioned officer in charge.

“He’s an outstanding (NCO), and he enables me to do a lot of things,” said Collins. “Of course, as NCOIC of my PSD, he keeps me out of trouble when we are dismounted during operations.”

As if combatives instructor and PSD NCOIC weren’t enough to manifest the worth of this exemplary Soldier, Steele’s strong Polynesian roots have landed him doing a lot of artistic tribal wood work for his battalion as well.

“I got started doing woodwork when we performed a dance called Toa O Taji, which

translates from Samoan to ‘Warriors of Taji,’” said Steele. “I made the tribal sticks, and they liked them. From there, I branched off to warrior weapons, picture frames and whatever you can think of.”

Regardless of a heavy workload, Steele said he feels privileged to have gained his knowledge through the military and looks to a bright future.

“I was fortunate,” said Steele, “to go to all of these schools and be certified in different things. I’m very happy where I am.”

Steele’s versatile personality has shown through his military career and will continue to benefit the lives of many as he continues to mentor and lead through his many talents.

**OIF**

# Army family welcomes brothers who joined together

**STAFF SGT. CRISTA YAZZIE**  
U.S. Army-Pacific Public Affairs

KAPOLEI — Sept. 11, 2008, Kalani Amadeo Jr. not only joined the Army, he also convinced his older brother Anthony to do it with him.

"The first time he brought Anthony in [to the recruiting station] for the referral, Kalani took over," said Sgt. 1st Class Omar Knight, station commander, U.S. Army Recruiting Station, Kapolei. "We didn't even have to talk."

Anthony, age 25, claims his marriage also gave him incentive to join.

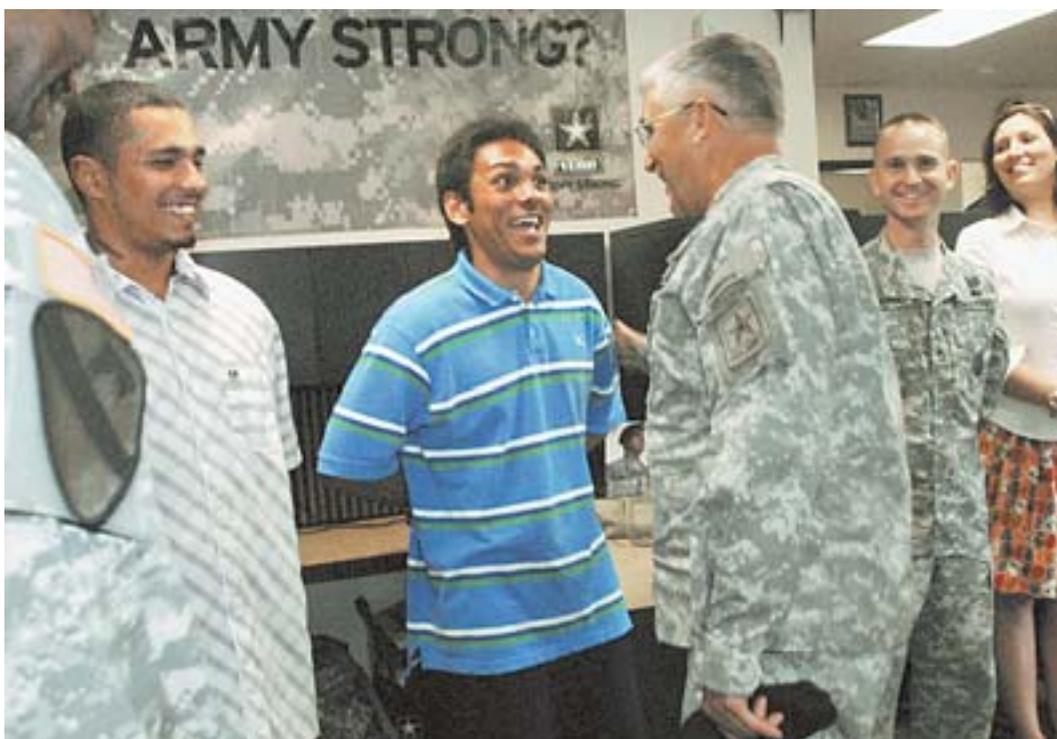
"I support my brother, and we joined the Army together, but deciding to join was a personal decision," said Anthony. "I got married recently, in February; that's when everything changed. I wasn't living for myself anymore; I was living to support my wife and my future kids, and that's something to really think about ... wanting to make a better life, so I made that personal choice."

Twenty-three year-old Kalani, also married with three children, cited family as an important incentive in enlisting, but further stated that he has always been interested in joining the military.

"Kalani is just one of those kids that one day ... was just sitting outside of our office, filled with questions," said Knight.

Out of a possible 212 choices, the brothers from Makakilo chose different jobs. After finishing basic training, Kalani will train to be a light-wheel vehicle mechanic and Anthony a small-arms repairman.

"We are going in together, but we have different paths, different situations, so



Gen. George Casey, Chief of Staff of the Army, jokes with Anthony Amadeo (center), a new Army recruit, while visiting the U.S. Army Recruiting Station, Pearlridge. Amadeo enlisted together with his brother Kalani Amadeo (left). Both leave for basic training this week.

we chose different jobs," said Anthony.

Both trained together to prepare for their upcoming enlistments, motivating one another in many ways.

"We run together and train together,

we even practice our drill facing movements," said Kalani.

According to Knight, with both striving for this goal together, they forged a stronger bond.

"This is truly an Army family, where they are a support system for one another, not only as future Soldiers, but ... as blood brothers for support," Knight said.

Kalani gives strong words of encouragement to anyone considering the Army.

"If you want to better your life, in all aspects, top to bottom, even medical and financial, the military is the way to go," said Kalani. "Even with the chance of deployment, it all depends on whether you want to make that sacrifice."

Sgt. 1st Class Steven Mance, a Kapolei Station U.S. Army recruiter who has worked with the boys since they first started, spoke highly of the Amadeo brothers.

"I am so proud of them both, and of course, I'm proud of everyone that I help to join. But these two have worked really hard, and you can tell that they are going to excel," he said.

Anthony has had the experience of traveling to the continental U.S. before, but for Kalani, the mainland trip will be the first when he flies to Fort Jackson, S.C., Sept. 10.

"I'm excited about the plane ride," Kalani said, smiling, despite its being his first time to the mainland.

The brothers have many plans and goals. Primarily, Anthony plans to make the rank of staff sergeant between four to six years, while Kalani plans to learn as much as he can, but mostly to better his life for his children.

"Don't let deployment be a factor about your decision to join the military," Kalani said. "It's kind of serious, but come to your wits before. Be sure about it in your heart and mind before you do it."

For more information about joining the Army, visit [www.goarmy.com](http://www.goarmy.com).

## US Army Corps of Engineers breaks ground on C-17 ramp expansion

**TOM CZERWINSKI**  
Contributing Writer

FORT SHAFTER — In continuing support of the C-17 bed-down, a groundbreaking ceremony for Hickam's newest flight line expansion project was held Sept. 3.

The project, awarded to San Juan Construction of Honolulu, will add more than 40,000 square yards of aircraft parking space and access roads to Hickam's C-17

ramp. It has been in the planning and design stage for the past two years and is expected to be completed in August 2009 at a cost of \$15.5 million.

"This project has been an achievement in teamwork from initial planning through construction award," said Lt. Col. Jon J. Chytka, commander, Honolulu District Corps of Engineers.

"It wouldn't have been possible without the valuable partnership of Pacific Air Forces (PACAF), the 15th Civil Engineer-

ing Squadron and the design-build team of San Juan Construction."

Lt. Col. Dwayne Thomas, commander, 15th Civil Engineering Squadron, discussed some of the benefits of the ramp expansion at the ceremony.

"The project, in addition to adding five C-17 parking spaces, will feature new lighting poles, drainage system improvements and access road improvements," he said. "This will expand the parking space capability for active duty and Air

National Guard C-17 operations."

The colonel added that not only will this project benefit aircraft operations, it will also enhance Hickam Fire Department operations by improving access to the flight line.

The project will be built in accordance with horizontal Leadership in Energy and Environmental Design (LEED) standards, which is a "green building" rating system that provides a standard for environmentally sustainable construction, according

to the Army Corps of Engineers.

"Since we are a nation at war, we cannot overemphasize the importance of our joint efforts to deliver these essential mission capabilities for our military men and women," Chytka said.

The Reverend Kordell Kekoa, chaplain, Kamehameha Schools, blessed the project and the aina, or land, upon which it is being built.

*(Editor's Note: Tom Czerwinski writes for the Hickam Kukini.)*

# 500th MI NCO is INSCOM Career Counselor of the Year

Story and Photo by

**SGT. 1ST CLASS SHERYL LAWRY**  
500 Military Intelligence Brigade Public Affairs

FORT BELVOIR, Va. — Master Sgt. Brad Burgess, career counselor, 500th Military Intelligence Brigade, was recently named the 2008 U.S. Army Intelligence and Security Command (INSCOM) Career Counselor of the Year during an award ceremony here, Sept. 10.

A dedicated noncommissioned officer who always looks out for others, Burgess goes out of his way to follow sage advice from his father, Richard, to always do his best.

As a father of three and married to his high school sweetheart, Jamie, since 1994, Burgess ensures first that his priorities are solid and in order on the home front.

Of the several qualities his wife loves and appreciates in her husband, the time and effort he puts in to making sure his family knows they are loved surfaces first.

"I know everyone always says that their husband is a fabulous father, but it is true about Brad," explained Jamie. "When we lived in Germany, everybody spent a lot of time on the playgrounds with their kids. One day, I realized that amongst all the

moms on the playground, my husband was the only dad out there. Not only was he playing with our kids, but many more would always join in to play with them as well.

"I know that no matter how tired he is after work," she continued, "he always makes an effort to spend time with all of us."

Burgess simplifies his role saying that while the Army is always present in their lives and important to him, his family will always be first.

"You have to take care of your family, because when you hang up the ACU, they are the ones who remember how you spent your last twenty years."

As a dedicated Soldier during the past 14 years, Burgess has earned many decorations as well as earned the Ranger tab and been a member of the Third U.S. Infantry's "Old Guard."

"The Old Guard was probably the most rewarding job of my fourteen years in the Army," Burgess said. "You get a chance to see and do things that you absolutely cannot do anywhere else."

"The most important mission during my time there was obviously laying out



Master Sgt. Brad Burgess, the 2008 INSCOM Career Counselor of the Year, helps his teammates draw up a bridge constructed of two 2x12 planks. Burgess made 500th MI Bde. history this year when the unit made its retention mission for the first time ever.

fallen comrades to rest in a respectful and dignified manner."

Yet, there were difficult times too.

"The most challenging time was par-

ticipating in the recovery effort at the Pentagon during 9/11," he said. "My squad was tasked with clearing one of many exit routes out of the Pentagon during

the first few days."

At the end of his tour with the Old Guard, Burgess made a career change from infantryman to career counselor.

"As a career counselor, I have the ability to influence hundreds of Soldiers and actually take a personal interest in their career or professional development," he explained.

This dedication to Soldiers is how he found himself in front of a board competing for the INSCOM Career Counselor of the Year.

"He is a very candid NCO," said 1st Sgt. Anthony Bishop of Headquarters and Headquarters Detachment, 500th MI. "He truly represents what the Army values stand for and mean. Soldiers see a leader (who) will go the distance for them and with them."

"The most rewarding thing is being part of something bigger than yourself," Burgess added. "Without a doubt, the Army and our nation needs highly qualified Soldiers to continue to support and defend our country against enemies."

"I can actually say I had a part in helping the Army retain its best weapon: the American Soldier," he added.

## News Briefs

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

### 12/Today

**Leadership Development Program** — The Military Child Education Coalition (MCEC) is accepting applications for the

Frances Hesselbein Student Leadership Program for students in the student-to-student program. The program will be held at the U.S. Military Academy, West Point, N.Y.

Call Jewel Csiszar at 655-9818 for more details.

### 18/Thursday

**Ammunition Amnesty Day** — Soldiers, do you have ammunition or explosives to turn in? Ammunition Amnesty Day, Sept. 18, is the perfect opportunity.

Bring any ammunition or explosives to the Ammunition Supply Point (ASP), Building 1551, Wheeler Army Airfield, between 9 a.m.-3 p.m., no questions asked.

Call 655-0718 for more details.

### 22/Monday

**Road and Field Closure** — Bonney Loop, Fort Shafter, will close to regular traffic Sept. 22. Access will be allowed only for business at Building 515. The timeline for the closure is expected to be two years.

Favreau Field will also be closed and is no longer available for physical training. Units are required to find an alternate location to conduct physical fitness training. The closure is in support of barracks construction.

Call Randall Mita, 438-1309, for more details.

### 25/Thursday

**Fire Warden Training** — Army Regulation 420-1 mandates that every unit commander or facility manager must appoint a primary and alternate fire warden for their facility. Training is held each month.

Upcoming training dates are Sept. 25 and Oct. 30. Call 471-3303, ext. 632, for details.

To reserve your seat, contact Battalion Chief David Jimenez at [david.djimenez@navy.mil](mailto:david.djimenez@navy.mil) or 471-3303, ext. 632.

## October

### 6/Monday

**Spouse Information Meeting** — The next Spouse Information Meeting (SIM) is scheduled for Oct. 6, 9 a.m. in the Post Conference Room.

**Schofield Advisory Council Meeting** — The next Schofield Barracks PX/Commissary/Nehelani Advisory Council

SEE NEWS BRIEF, A-7

## News Briefs

From A-6

Meeting will be Oct. 6, 10:15-11:15 a.m., at the Small Post Conference Room.

This bimonthly forum of representatives allows the council and patrons to exchange ideas and information. Contact Melvin Wright, 655-0497.

## Ongoing

**Mass Transportation Benefit Program** – Soldiers, Department of the Army civilians and nonappropriated fund employees are eligible to receive free vouchers, redeemable for monthly bus passes and/or vouchers for monthly participation in the Hawaii Van-pool Program.

The program was initiated six years ago, and the objective is to ease traffic congestion and air pollution. Call Keith Daszek at 656-8720 to apply.

**Garrison Web Site Survey** – Have an idea on how to make the Garrison's Web site better? Let the garrison know your thoughts on the site. A survey is available at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). Click "Survey" on the left.

The results from the survey will be used to update content, reorganize the site and make it more useful for end users.

Call 656-3153 for more details.

**Office Change** – The ID card operation center, Fort Shafter, was moved from the Aloha Center to Building 1599 (same building as Vehicle Registration), Funston Loop, Fort Shafter Flats.

Hours of operation are Monday-Friday, 7:30 a.m.-3:30 p.m. Call 438-1757.

# 8th TSC recognizes volunteer of the year

Story and Photo by  
**SPC. KYNDAL HERNANDEZ**  
8th Theater Sustainment Command Public Affairs

ALIAMANU MILITARY RESERVATION – The military community is full of volunteers – military, civilian and family members, who go above and beyond their duties everyday as an effort to enrich the quality of life for everyone.

The 8th Theater Sustainment Command hosted its first Volunteer of the Year Recognition Ceremony at the Aliamanu Military Reservation Community Center, Monday.

Soldiers and civilians from the 8th Military Police Brigade, 8th Special Troops Battalion, 45th Sustainment Brigade, and the 130th Engineer Brigade (Provisional) were nominated as the Volunteer of Year for donating nearly 7,000 combined hours and efforts to Soldiers and their families.

Volunteers performed tasks like cooking breakfast at the Fisher House at Tripler every month, participating in improvement at local community schools, and helping Soldiers and families in their units as much as possible.

One volunteer, however, put herself over the top. Melissa Miller-Crowley, 82nd Engineer Company, 130th Engineer Bde. (Provisional), was awarded the 8th Theater Sustainment Command Volunteer of the Year award for showing the true spirit of volunteerism and dedicating herself to the Soldiers and family members of her unit, the 8th TSC and U.S. Army-Hawaii.

"It was a total surprise; I was not aware of this at all," said Miller-Crowley, wife of Sgt. Jarrett Crowley, senior equipment operator, 82nd Eng. Co. "I am overjoyed and thankful for the opportunity to be able to do what I do."

Miller-Crowley is the family readiness group Leader for the 82nd Engineer Company. She has contributed countless volunteer hours to go above and beyond all expectations. She has helped soothe many a sweet tooth by sending care packages with homemade cookies to deployed Soldiers every month.

Miller-Crowley has also been present to welcome new births in the unit's families, has assisted with babysitting, and has



8th Theater Sustainment Command's volunteer of the year, Melissa Miller-Crowley, is awarded a plaque by Maj. Gen. Raymond V. Mason, 8th TSC commander, during the 8th TSC's first recognition ceremony Monday at the Aliamanu Military Reservation Community Center.

taken family members to the hospital for appointments.

"I do this for the Soldiers and their families to show gratitude for giving us our freedom," said Miller-Crowley. "It gives me great pride and honor to help the ones who are willing to give all."

Four volunteers were nominated for 8th TSC Volunteer of the Year, including Sgt. 1st Class Beverly Browne, Miller-Crowley, Laura Oliver, and Candice Schmidt.

Each volunteer was selected and awarded as Volunteer of the Year for her specific units.

"These volunteers fill (the) gap between Soldiers and families, establishing and maintaining the essential cord of hope," said Maj. Gen. Raymond V. Mason, commander, 8th TSC. "They are also the guardians of our neighborhoods and communities, extending the same hope they provide to Soldiers to those in need right here in Hawaii."

## Progress: Deployments are Army's new 'normal'

CONTINUED FROM A-2

of a sudden 150,000 Soldiers, Sailors, Airmen, and Marines came home, there's no doubt it would stress the system in a number of ways," he said. "But the system is being tested now, and we're shaping the system to meet the needs. We're also looking at the next 20 years as an era of persistent engagement, persistent deployment and persistent conflict, so we're trying to shape the Army to meet the needs of an Army that is consistently deployed."

The secretary said the Army must accept what is the status now — so many deployed — as the "new normal" for the service.

"We're not going to go back to the 1990s and a garrison-based Army," he said. "We're going to continue to be a deployment Army — an expeditionary Army — and that's causing transformation of the entire Army in how we educate our Soldiers."

Some of that transformation, for instance, includes how to handle health care needs of Guard and Reserve members who are so geographically dispersed when they return home.

Some Soldiers have no families, except for their parents. Military mothers and fathers want to be more involved in their Soldier's lives, one blogger said.

Parents can become part of a virtual family readiness group to stay better connected to their Soldiers and the military family, said Johnson. And many FRGs in the Guard and Reserve, she said, are now run by parents.

"Those parents have tremendous insight," Johnson said. "They have a lot that they have told us about what needs to happen, because they're the ones closest to the Soldier (who's) deployed."

# Dedication: Pentagon now place of remembrance

CONTINUED FROM A-1

back here and reflect on the suffering and the sacrifice of that day," he said.

American service members serving around the world in harm's way remember that sacrifice and are dedicated to the memory of the innocents who died in the attacks. They are resolved that it doesn't happen again, the chairman said.

"I see it in their eyes — the eyes of every one of our Soldiers, Sailors, Airmen, Marines and Coast Guardsmen who, at this very moment, stand watch anywhere, any time, ready to do their duty," Mullen said. "The enduring resolve to take the fight to our enemies — those who brought the fight here — burns strong within each and every one of our service men and women. It is that resolve that will always return us here to this spot — this 'vision-place of souls.'"

Defense Secretary Robert M. Gates said the memorial consecrates the Pentagon.

"With this memorial, we pay our respects to 184 souls, to the many who were injured, and to the families who still grieve," the secretary said. "While no public display can make up for the injustice, or lessen the pain of these losses, the one that we dedicate today binds all of America to the dead and their survivors. Your suffering and your solace, so personal to you, become the nation's as well."

"From now on, the Pentagon is more than a symbol of government, more than the seat of military affairs," he continued. "It is also a place of remembrance."

The president also honored Americans who decided to defend the nation in a time of war.

"When our enemies attacked the Penta-



Cherie Cullen | Department of Defense Photo

The official party watches as the first inscribed memorial unit is unveiled at the Pentagon Memorial, Thursday. The national memorial is the first to be dedicated to those killed at the Pentagon, Sept. 11, 2001. The site contains 184 inscribed memorial units honoring the 59 people aboard American Airlines Flight 77 and the 125 in the building who lost their lives that day.

gon, they pierced the rings of this building, but they could not break the resolve of the United States armed forces," he said. "Since 9/11, our troops have taken the fight to the terrorists abroad, so we do not have to face them here at home."

"Thanks to the brave men and women and all those who work to keep us safe, there has not been another attack on our soil in 2,557 days."

Donald H. Rumsfeld, the defense secretary

on the day of the attacks, also spoke at the dedication. The former secretary, who ran to the site of the attack and helped triage the victims, said Americans will not forget what the attack meant to the United States.

"In the sinister logic of its perpetrators and in the suffering of its victims, September 11 was among the darkest days for Americans," he said. "But it was also a day when, it can be said, America rediscovered its special grace: the American people's capacity

for courage, for goodwill and for sacrifice."

As part of the dedication of the Pentagon Memorial, announcers read the names of all those killed aboard the flight and in the building. From Paul Ambrose to Yuguang Zheng, the names went on.

Army, Navy, Air Force, Marine Corps, Defense Department civilians, passengers and crew, several sets of husbands and wives, and a whole family — 184 innocent lives lost at 9:36 a.m. on Sept. 11, 2001.

## Energy: Garrison encourages people to conserve at offices

CONTINUED FROM A-2

**Building Energy Monitor (BEM) Program.** The BEM program assists ongoing efforts within the Army to get people to think about utility conservation in their everyday work. A major part of the program is assigning someone to be the monitor to every building.

The BEM is responsible for ensuring energy-saving measures are being enforced in each building and to provide regular re-

ports showing how well people within their area are doing. Expected savings from these efforts exceed \$1 million per year.

"To most people, the utilities at work are 'free,' since they do not directly pay the bill," Hibler said. "We are working hard to change that mindset and get people to turn lights, air conditioning and office equipment off when not in use."

**Best Practices.** Hibler encourages employees use the following tips:

- Don't leave doors or windows to air conditioned rooms/buildings open.
- Set air conditioner thermostats no lower than 74 degrees.
- Make sure water leaks are reported so they can be repaired.
- Run sprinkler systems at night to minimize evaporation.

"These are simple things many of us do at home, but many people do not think about it in the work environment," added Hibler.

**Lighting Retro-fits.** Employees can also help by minimizing the lighting they use each day. Only light up the areas needed and use controls such as occupancy sensors, photo sensors and timers to turn off lighting when not needed.

Offices can also upgrade to new lighting technologies that are more efficient, but still provide adequate lighting.

"None of these actions happen without some effort, and we all need to take these measures to heart," Hibler said.

# Recruiters: Casey praises work

CONTINUED FROM A-1

“We have really ratcheted up what we’re doing for families,” he said. “The Army has doubled the amount of money we put towards Soldier and family programs, because it was clear to my wife and I as we traveled around the Army, that what we were asking of families with all the multiple deployments was a lot more than we had anticipated.”

“And I’m an Army brat,” he continued, “so I’ve been a member of the Army family for sixty years, and what I saw was, even though we had done a lot, we weren’t doing enough.”

“It’s the families that give the Soldiers the resilience and strength they need to do their jobs,” said Casey.

Casey presented his four-part plan for the Army to those at the station.

“We need to do four things to put us back in balance,” he said. “Sustain Soldiers and families, continue to prepare Soldiers for success when they go to war, continue to reset, or fix them again when they come back, and continue our transformation so we give the nation the Army it needs for the 21st century.”

“I’m glad we got to meet him,” said Felicia Fau-muina, a delayed-entry recruit from Nanakuli.

# Memories: Events of day never go away

CONTINUED FROM A-1

“I stood there hoping she could keep on coming. I was at a standstill. Do I go in to try and get her? Do I wait for her to come out?” he said. “Unfortunately, she basically went down, and I just couldn’t find her again.”

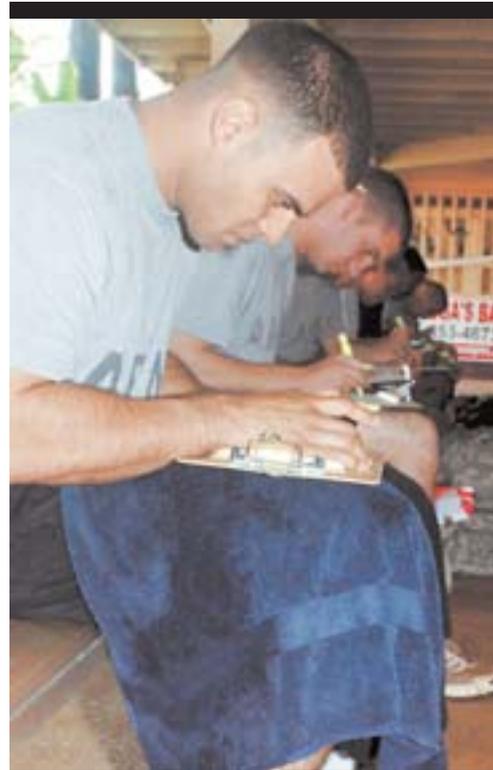
Smith crawled along the floor until he could feel the sprinkler system spraying him. He evacuated the building and received medical treatment shortly after.

Though Smith survived, the attack claimed the lives of 184 victims, to whom the Pentagon Memo-

rial — a two-acre park near the point of impact with an illuminated sculptural element and lighted reflecting pool in memory of each person lost — is being dedicated this week.

Smith, who received the Defense of Freedom Medal, the civilian equivalent of the military’s Purple Heart, said the interview was the first time he’d spoken out about his experience.

“It wasn’t until just this past anniversary, last year, that I did go out to Arlington [National Cemetery] with one of my coworkers who was injured as a result,” he said, “and it was a good feeling to pay tribute to those resting in Arlington right now.”



Staff Sgt. Crista Yazzie | U.S. Army-Pacific Public Affairs

## Paralegal Challenge

SCHOFIELD BARACKS — Moments after completing a physical fitness test, 10-meter swim and pull-up/hanging event, competing paralegals from throughout the U.S. Army-Pacific must wipe the sweat away and review correspondence memorandums.

The Paralegal Challenge combines physical tests simultaneously with mental activities. Combined with still other events like Urban Orienteering and Article 15 Reviews, the contest is quite a handful for the Soldiers.

See next week’s edition of the *Hawaii Army Weekly* for full coverage of the event.

HAWAII **ARMY** WEEKLY

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www.garrison.hawaii.army.mil/haw.asp

“When work is finished!”

FRIDAY, SEPTEMBER 12, 2008



Jessica Acfalle (left) and Carrie Scheib create patriotic-themed mosaic pieces during a class at the Schofield Barracks Arts and Craft Center. Blue Star Card holders enjoyed the free day of fun and art, each creating one-of-a-kind artwork to take home with them.

## Mosaic tile

### Blue Star Card holders become artists at the arts and crafts center

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

SCHOFIELD BARRACKS – Army family member Catherine Florang sat at a long table with other military spouses, carefully placing small pieces of broken tile on a wood board at the Schofield Barracks Arts and Crafts Center, Aug. 23. She reminisced about the day spent with her husband, Pvt. Robert Florang, 2nd Squadron, 6th Cavalry Regiment, prior to his deployment to Iraq.

“We were walking in the mountains, and I was picking wildflowers,” said Florang. “It was the best day of my life.”

“I’m trying to recreate that moment,” said Florang, looking at her mosaic piece covered with bright flowers and a colorful mountain range.

The arts and crafts center was packed with family members for a day of art sponsored by the Directorate of Family and Morale, Welfare and Recreation (FMWR.) All Blue Star Card members enjoyed the free event as creative juices flowed around the room.

Tammy Bruce, arts specialist at the center, explained the process of creating a mosaic art piece with small pieces of colored glass and

tile. Participants drew a simple design on each board prior to gluing the glass pieces down.

Family members wore protective eyewear as they smashed pieces of tile and glass to place on their wood boards. Boards were adorned with American flags, words of aloha and various layouts to match the décor of their homes.

For more information about the Schofield Barracks Arts and Crafts Center. Call 655-4202.

Mosaics create beautiful decorative art pieces and are great for interior design and sprucing up a wall, walkway or even a piece of furniture in your house, according to Bruce. The act is simple allowing any beginner to become a master of arts and create beautiful works to display.

“This is a great way for spouses of deployed Soldiers to relax and learn a new skill,” said Bruce, “and it gives them a chance to see what the arts and crafts center has to offer.”

After the small glass pieces cured on the boards, participants starting grouting their work, working the grout into the cracks. While the boards were drying, family members showed off their work proudly to other participants.

“It’s great to share this new experience with



Left — Family member Toni Ruiz cuts pieces of tile to place on her mosaic artwork. Spouses of deployed Soldiers enjoyed a free day at the arts and crafts center, courtesy of FMWR.

FMWR is committed to taking specific Army Family Covenant (AFC) initiatives and customizing them to meet the unique needs of Soldiers and families in Hawaii. AC programs are designed to increase the quality of life for families of and Soldiers who have recently returned from a deployment or are gearing up for a deployment, as well as spouses of currently deployed Soldiers.

“We try to offer a variety of events to meet the needs of every family member,” said Darlene Marshall, Blue Star Card program coordinator. “We are always looking for new ideas and ways to keep our families entertained during times of deployment.”

The arts and crafts center offers an array of programs for every member of the family including a “Mom and Tot” class allowing parents and children to create artwork together, and a newly added “Wahines in the Woodshop,” taught by a woman for women.

“We have so many things to entertain and offer families,” said Bruce. “Come in and be creative.”

other spouses,” said family member Carrie Scheib. “Saturdays can be pretty long with your husband gone.”

## Got Chili? FRGs ready to face off to prove whose recipe is best

FAMILY AND MORALE, WELFARE AND RECREATION  
News Release

SCHOFIELD BARRACKS – Why cook when you can come out and sample great chili recipes instead?

The follow-up event to last summer’s successful ChiliFest is the 2008 Family and Morale, Welfare and Recreation (FMWR) Chili Cook-Off, Sept. 19, 5-8 p.m. at the Tropics Recreation Center.

Family readiness groups (FRGs) from across the 25th Infantry Division will be competing to see who has the best chili while raising money for their organizations. For the low cost of \$5 presale, or \$7 at the door, “Passports to Chili” are available for purchase.

Patrons may also purchase additional tickets for \$2 for meal-size bowls of chili, if they want a larger portion. Side items like rice, chips and cheese will be available for purchase for \$1. The Tropics will provide beverages for purchase, too.

“Passports to Chili” are good for a sample of chili at each of the 10 competing groups’ booths,



as well as for votes for the People’s Choice Best Chili, People’s Choice Best Showmanship, and Spirit Awards.

A panel of judges will be on hand to choose the Judges’ Choice Awards. The ballots will be collected and tallied at 7:30 p.m., so get there early to get your vote in.

Winners will be determined and announced at approximately 8 p.m.

Chili enthusiasts may also test their taste buds in a jalapeno eating contest. Another bonus, Blue Star Card members can indulge in a blueberry pie

Call the Recreation Activities Office at 655-0111/2 for more information.

eating contest. The winners of both competitions will receive \$100 cash.

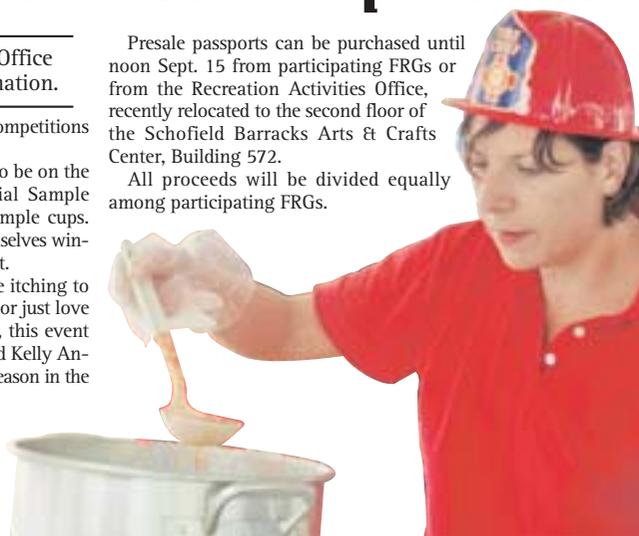
Blue Star Card members should also be on the lookout for a Blue Star Card Special Sample Giveaway. Pay close attention to sample cups. Some lucky attendees might find themselves winners of gift cards to Chili’s Restaurant.

“Whether you love to cook and are itching to show off, need to raise a little money, or just love (to eat good food) with good friends, this event will have something for everyone, said Kelly Andrews, FMWR Marketing. “There’s no reason in the world not to check it out.”

Right – FRG member, Tonya Krupp, stirs a pot of chili to prepare samples for the crowds in 2007. Chili enthusiasts gathered at Sills Field to sample 15 unique recipes last year.

Presale passports can be purchased until noon Sept. 15 from participating FRGs or from the Recreation Activities Office, recently relocated to the second floor of the Schofield Barracks Arts & Crafts Center, Building 572.

All proceeds will be divided equally among participating FRGs.





**12/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. 12, 13, 19 and 20, 7:30 p.m.

Also, the Reader's Theater featuring Dante's Inferno, takes place Sept. 14 and 21, 2 p.m. Performances are at Fort Shafter's Richardson Theatre. Call 438-4480.

**New Dinner Service** – Mulligan's Restaurant, Fort Shafter, has a new dinner service. 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.

**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**

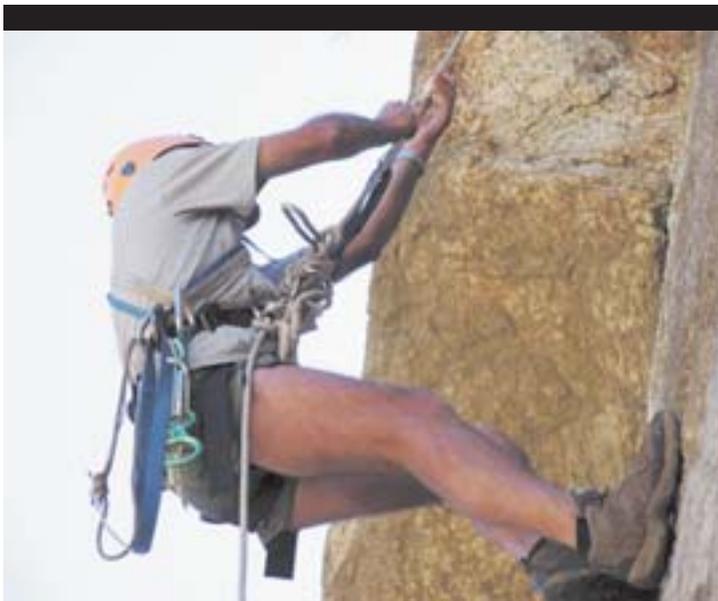
**Operation Rising Star** – Don't miss this fantastic chance to win \$500 and a chance to compete nationally for a professionally-recorded demo in Los Angeles.

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.

**17/Wednesday**

**Breaking the Financial Bonds** – This course provides ways to financially navigate divorce, Sept. 17, 9-10:30 a.m., at Army Community Service (ACS), Schofield Barracks. Topics will include marital real



Family and Morale, Welfare and Recreation Command | Courtesy Photo

**Warrior Adventure Quest**

SCHOFIELD BARRACKS — This weekend, the Army is testing a new program designed to help Soldiers make the adjustment from the high-paced, high-adrenaline combat environment to garrison or "home" life. Warrior Adventure Quest combines high-adrenaline sports such as rock climbing with Battlemind training to help Soldiers adjust to the return to garrison life from the combat environment.

Visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) or call 655-0143 for more information on Army Hawaii Warrior Adventure Quest program, one of hundreds of programs and activities brought to you by the Army Family Covenant through the Family and Morale, Welfare and Recreation Command.

estate, investing, retirement and tax issues. Call 655-4ACS (4227) or visit [mwrarmyhawaii.com](http://mwrarmyhawaii.com).

**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.

**Newborn Care** – Learn the basics of newborn care to make the early months special for parents and baby, Sept. 19, and 26, 9-11 a.m. Classes are held at Fort Shafter Flats, Army Community Service. Call 655-4ACS (4227) or visit [mwrarmyhawaii.com](http://mwrarmyhawaii.com).

**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 served.

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

**Boot Camp for New Dads** – Boot Camp for New Dads is a unique father-to-father, community-based workshop that inspires and equips men of different economic levels, ages and cultures to become confidently engaged with their infants, support their mates, and personally navigate their transformation into dads. The next class will be held Sept. 20, 9 a.m.-noon, at Army Community Service (ACS), Schofield Barracks. Call 655-4ACS (4227) or visit [mwrarmyhawaii.com](http://mwrarmyhawaii.com).

**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](mailto:Sarah.r.horrigan@us.army.mil) or call 438-2911 to let FMWR know you are coming or to reserve child care.

**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** – Fine arts classes designed for children in second-sixth grade are now available at the Schofield Barracks Arts & Crafts Center. 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.

**Wheeler Bowling Center** – Rent the entire eight-lane bowling center for a party or special occasion on Saturday or Sunday for \$120 per hour. A three-hour minimum applies. Shoe rentals are \$1.75 per person. Call 656-1745.

**Waianae Beach Club Restaurant** – The Beach Club at Piilaa Army Recreation Center overlooks the emerald waters of Pokai Bay and is a great spot for retreats or lunch. Call 696-4778.

**Piilaa Army Recreation Center** – Located at Pokai Bay in Waianae, 18 miles from Schofield Barracks and 22 miles from Pearl Harbor, the rec center has 39 beachfront cabins, an equipment rental center, club facility and a Cove Pavilion area for group outings.

Accommodations range from studios, two-bedroom and three-bedroom cabins with kitchens. For reservations, call 696-4158.

**Mulligan's Food Specials** – Check out these specials at Mulligan's, located at Fort Shafter:

- Burrito Grills, chicken or steak, \$6.95. Combo price includes choice of small salad with dressing or small fries and a beverage.
- Quarter-pound hot dog combo, \$2.95, includes soft drink. Buy six hot dogs and get one free.
- Pau Hana Fridays start at 4:30 p.m. Enjoy refreshments and chef's choice of pupus after a round of golf or work. The \$2 pupu platter is so filling, you may not eat dinner.
- Start your day off right; breakfast is served Thursday-Sunday.

Resume Writing. Register at [www.acshiemployment.com](http://www.acshiemployment.com) and click on the TeleSeminar link under the Virtual Classes header. Call 655-4227.

**17/Wednesday**

**Free Family Caregiver Training** – The Caregiver Foundation and the Waikiki Community Center (WCC) will hold free caregiving lessons titled "Lessons in Loving and Living with Caregiving," Sept. 17 and 24, 10-11:30 a.m., at the WCC.

Topics include Medicare and Medicaid programs, financing long-term care, legal matters, understanding home care agency options, choosing an assisted living facility, and making a nursing home choice.

Registration is recommended. Visit [www.thecaregiverfoundation.com](http://www.thecaregiverfoundation.com) or call 923-1802.

**18/Thursday**

**Tour of Wahiawa** – Registration is due Sept. 18 for the free bus tour of Wahiawa, Sept. 20, 10 a.m.

This 45-minute tour will begin and end at Center Street and is offered by the Wahiawa Community and Business Association's Community Strengthening Program. Seating is limited and reservations are required. Call 621-6531.

**19/Friday**

**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. 19 and 26, 9-10:30 a.m.

Call ACS at 655-4227 or register online at [www.acsclasses.com](http://www.acsclasses.com). Child care vouchers are available if children are registered and space is reserved by a parent.

**21/Sunday**

**Women Air Force Service Pilots Presentations** – The Pacific Aviation Museum, Pearl Harbor, will hold a lecture series titled "WASPs-Flying Into History," featuring Bernice "Bee" Haydu, a member of the Women Air Force Service Pilots during World War II.

The presentations, Sept. 21, 2 p.m., and Sept. 22, 3 p.m., will be followed by a book signing.

General admission is \$14/\$7 or \$10/\$5 for military or kamaaina. Call 441-1008 or visit [PacificAviationMuseum.org](http://PacificAviationMuseum.org).

**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.waiaquarium.org](http://www.waiaquarium.org) for more information.

**24/Wednesday**

**Parent Teacher Student Organization** – Radford High School's Parent Teacher Student Organization will hold its first membership meeting, Sept. 24, 6:30 p.m. in the school library.

Come discuss goals for the year and school improvements. Call Renee Fisher, 206-9334.

**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](http://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.

This 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](http://www.triplerfisherhouse.com).

**Charity Dinner** – ClubCorp will hold a Casino Classic Charity Dinner, Sept. 26, 6:30 p.m., at the Plaza Club.

The event will feature a culinary show, entertainment, a live auction, dancing and casino games. All proceeds will be donated to the Muscular Dystrophy Association and ClubCorp's Employee Partners Care Foundation.

Tickets cost \$100 plus tax and gratuity. Call 521-8905 or 593-4454.

**27/Saturday**

**Museum Day** – A number of museums and galleries in Hawaii will participate in Smithsonian Magazine's Museum Day, Sept. 27.

The promotion gives free admission cards admitting the bearer and one guest free of charge. Cards are available in the September issues of Smithsonian Magazine or at [www.smithsonianmagazine.com/museumday](http://www.smithsonianmagazine.com/museumday).

**Ongoing**

**HI-5 Recycling** – Residents may redeem their recyclable aluminum/metal cans, plastic and glass containers any Saturday from 10 a.m.-4 p.m., or any Tuesday from 9 a.m.-1 p.m., at the parking lot of the Schofield Barracks commissary.

Containers must be empty and clean, and state law prohibits milk or dairy product containers.



**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 School 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 School Sunday, 9 a.m. – Sunday School



Send announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.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 favorite board games as well. Bring a brunch-type dish to share and drinks for your own family, as drinks will not be provided.

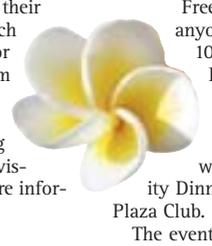
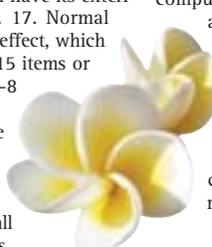
This event is a great way to meet other homeschooling families. E-mail to Sarah Mitchell at [meandmyprincess@aol.com](mailto:meandmyprincess@aol.com) for more information.

**Commissary Painting** – 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.

Patrons with children are reminded to be safe around painting equipment and scaffolding and to obey all posted signs. Call 655-5066 for more details.

**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

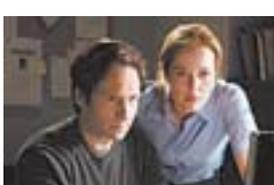


Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under realtime movie listing.



**Mummy: Tomb of the Dragon Emperor**  
(PG-13)  
Friday, 7 p.m.  
Thursday, 7 p.m.

**Journey to the Center of the Earth**  
(PG)  
Saturday, 4 p.m.  
Wednesday, 7 p.m.



**The X-Files: I Want to Believe**  
(PG-13)  
Saturday, 7 p.m.  
Wednesday, 7 p.m.

**Space Chimps**  
(PG-13)  
Sunday, 2 p.m.  
No shows on Mondays or Tuesdays.

# Army Hawaii represents at Singapore half marathon

**SGT. FIRST CLASS SHERYL LAWRY**  
500 Military Intelligence Brigade Public Affairs

SINGAPORE CITY, Singapore — Two 500th Military Intelligence (MI) Brigade Soldiers, who are also members of Hawaii's Army Ten-Miler Team, participated in the Republic of Singapore's 17th Annual Singapore Army Half Marathon, Aug. 24, in Singapore City.

Capt. Shawn Dodge and 1st Lt. Kelly Calway, both from the 500th MI BDE, along with their Ten-Miler teammate, Staff Sgt. Daniel Lopez, orthopedics, Tripler Army Medical Center, joined more than 70,000 other participants on the Esplanade Bridge for the start of the race.

The mass amount of runners spanned the entire length of the bridge — 260 meters.

Organized by the Singapore army, the half marathon began at Marina Bay, and wound past famous landmarks, such as the Singapore Flyer, the Marina Bay Gardens, and over the Marina Barrage, before ending at Padang Park.

The U.S. Army was one of nine foreign Armies represented at the race; others included New Zealand, Brunei, Cambodia, India, Indonesia, Malaysia, Myanmar and Thailand.

A significant milestone, this year's marathon was the first time a U.S. Army team has competed in the 13.1-mile race. Calway was the first female in the event's history to represent a foreign army.

"It was an incredible experience to represent the United States Army in a foreign



Photo Courtesy of 1st Lt. Kelly Calway

Runners line up, spanning an area of 260-meters, at the start of the Singapore Army Half Marathon at the Esplanade Bridge.

country," said Calway. "I was the only U.S. and foreign Army female running.

"During the race, it was especially motivating to know that I was running for

more than myself," she continued. "I was honored to represent the U.S. Army in Singapore."

Teammate Capt. Shawn Dodge was just

as pleased with the race and experience.

"I ran because I love to run. As a member of the Hawaii Ten-Miler team, I was asked to get some runners together who

could go and represent the U.S. Army at the race in Singapore," he said, explaining how the three-person teams came to be. "Not only was I happy to go run, I figured that the timing and distance of the event could not have been better.

"To be able to represent my country doing something that I love to do is quite a unique opportunity," he said.

Additionally, Dodge appreciated the professionalism and organization of the race as well as the incredible host nation support.

#### Hawaii Team finishers:

- Capt. Shawn Dodge, 500th MI, 1:21
- 1st Lt. Kelly Calway, 500th MI, 1:32
- Staff Sgt. Daniel Lopez, Tripler Army Medical Center, 1:44.

"The Singapore army sponsored the race, which was the most organized, professionally run event I have ever seen," Dodge said. "I have raced all over the continental U.S. including marathons in Boston, Seattle, Portland, San Diego, Washington D.C., Phoenix and Las Vegas and have yet to come across an event more well organized. I would highly recommend this race to anyone."

Next up for the team, the Army Ten-Miler takes place in October.

*(Editor's Note: 1st Lt. Kelly Calway provided background information for this story.)*



## 13 / Saturday

**Upcoming Outdoor Recreation Programs** — A ton of new experiences are planned to keep you busy over the next couple of weeks.

• Deep-sea fishing is scheduled for Sept. 13. Half-day and full-day sessions are available.

• Learn more about the scuba certification process, free, Sept. 13, 2-4 p.m.

• Not a fan of the ocean? Try a beginner's level hike Sept. 14, 7 a.m.-2 p.m. The cost is \$10.

Call 655-0143.

## 17 / Wednesday

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

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

The next class is Sept. 24, 8:30-11 a.m. Classes will be held every Wednesday. Each session costs \$10. Call 655-0143.

## Ongoing

### Hawaii Hockey Challenge Tour

Interested in hockey? Play golf or paintball with National Hockey League alumni celebrity all-stars Oct. 29-Nov.1 at Schofield Barracks.

Don't miss an autograph session with Gary Nylund (Toronto Maple Leafs, Chicago Blackhawks, NY Islanders), Greg Adams (New Jersey Devils, Vancouver Canucks), Kirk McLean (Vancouver Canucks, NY Rangers), Terry Bingley (Vancouver Canucks), BJ McDonald (Edmonton Oilers), Jamie Huscroft (Calgary Flames), Reed Larson (Detroit Red Wings), and TJ Gorence (Philadelphia Flyers).

An added bonus, Dave Coulier from Full House will be on hand.

To register for events, call 655-0111/0112.

**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 youth 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 youth 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 the 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.

**All Army Sports** — Soldiers interested in applying for Army-level sports competitions 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.

# Understanding of expiration dates on perishables is needed

KAY BLAKLEY

Defense Commissary Agency

FORT LEE, Va. — Understanding how food-product dating works may not be a subject you've lost any sleep over. But, if you're a typical consumer, it has probably been a source of confusion that's resulted in some perfectly good food being thrown in the garbage or poured down the drain.

Many consumers incorrectly assume that a date stamped on a product's package is an expiration date. They automatically throw it out once that date arrives, thinking the food is unsafe to use, which is not true.

Does federal law require product dating? Except for infant formula and some baby food, product dating is not required by federal regulations. Even so, you will typically find what's called an "open date" (use of a calendar date as opposed to a code) on perishable foods such as meat, poultry, eggs and dairy products.

The date is intended to help the store determine how long to display the product for sale and to help the consumer know the time limit to purchase or use the product at its best quality.

The date is not a safety date.



Types of dates and what they mean. If a calendar date is shown on a product, federal regulations do require that a phrase explaining its meaning be printed immediately adjacent to the date. These phrases are "sell-by," "use-by" and "best if used by/before."

A "sell-by" date tells the store how long to display the product for sale. You should buy the product before this date.

A "best if used by/before" date is a recommendation for best flavor or quality. It is not a purchase or safety date.

A "use-by" date is the last date recommended for use of the product while at

peak quality. This date is determined by the manufacturer based on analysis of the product throughout its shelf life.

Most asked about items. The items that cause most concern among commissary shoppers are exactly those perishable items listed above — dairy products, eggs, meat and poultry.

•Milk: A "sell-by" date is normally stamped on every carton. Make sure you purchase the milk before this date. Take it straight home and refrigerate immediately at 40 degrees or lower.

Under optimum conditions, milk should remain fresh up to five days or longer be-

yond the "sell-by" date.

•Yogurt: Most yogurts will be stamped with either a "sell-by" or a "best if used by" date. Store yogurts in the same manner as fresh milk and use by the "best if used by" date for highest quality.

Yogurts stored under optimum conditions can be expected to be of good quality and freshness seven to 10 days beyond the "sell-by" date.

•Eggs: Egg cartons will normally be stamped with a "sell-by" date. Eggs have a very long shelf life. Properly refrigerated, they can be expected to maintain reasonable quality for three to five weeks beyond the "sell-by" date.

•Meat and Poultry: Vacuum-packed meats sold in European commissaries carry both a "sell-by" and a "use-by" date. Purchase these meats before the "sell-by" date, keep them refrigerated properly and either use or freeze by the "use-by" date.

Once a perishable product such as meat or poultry is frozen, these dates become irrelevant because, according to U.S. Department of Agriculture (USDA) experts, foods kept frozen continuously (at 0 degrees or below) can be safe indefinitely.

•Infant formula and Baby Food: Federal regulations require a "use-by" date on the

product label of infant formula and the varieties of baby food under Food & Drug Administration (FDA) inspection.

Dating of baby food is for quality as well as nutrient retention. Do not buy or use baby formula or baby food after its "use-by" date.

Practice safe-food handling at home. Your commissary maintains rigid quality assurance and sanitation standards to make sure the foods you are offered are fresh, wholesome and safe. After making your selections, though, it's up to you to care for them properly until consumed.

To answer the "Is this stuff still good?" question with confidence, practice these four rules at your house.

1-Purchase fresh-dated products before the "sell-by" date;

2-Refrigerate perishable products promptly, and use or freeze Omeat and poultry products before the "use-by" date;

3-Remember that product dating is a guide for quality, rather than safety; and

4-Remember these rules do not apply to infant formula and baby food, which should not be used after the "use-by" date.

(Editor's Note: Kay Blakley is a home economist for the Defense Commissary Agency.)



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

## 13 / Saturday

**Hike Oahu** — Join the Hawaiian Trail & Mountain Club on a 6-mile, intermediate hike through Wahiawa's contours, on a lovely trail to the Koolau crest. Unlike most hikes, registration is required; the number of spots available is limited. (Hikers will not meet at Iolani Palace.)

Call coordinator Laura Owens, 388-5373, as early as possible if you have a four-wheel drive vehicle, since these are required. This number will determine how many hikers can participate.

Save the date for these upcoming hikes, too:

•Sept. 21, a 10-mile advanced hike through Laie Ridge, and

•Sept. 27, a 5-mile intermediate hike through Tantalus Ridge.

Hikes begin at 8 a.m., and a \$2 donation is requested of non-members. 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).

## 19 / Friday

**Joint Services Gaming Tournament** — Navy Region Hawaii MWR Liberty Programs will host its 4th Annual All Services Halo 3/Paintball/Call of Duty 4 Tournament, Sept. 19 and 20.

Four-player teams of each game were chosen to represent the Air Force, Army, Coast Guard, Marines and Navy to make up the final 12-person team.

Services will combat the alien civilization in Halo 3 and the modern warfare in Call of Duty 4 at Pearl Harbor's

Beeman Center using Xbox 360 consoles, Sept. 19, 7 p.m.

Join in on the outdoor action of paintball, Sept. 20, 9 a.m. at Wheeler's Paintball Field.

The overall winning service will take home a trophy at an awards ceremony, Sept. 20, 1 p.m., at the paintball course. Prizes will include Playstation 3, Xbox 360, Nintendo Wii and top-rated games. All participants will receive a T-shirt and individual prize.

Spectators ages 18 and above are welcome to cheer for their favorite team; children will not be admitted. Free food and beverages will be provided. Call 473-4279 or visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).

## 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.

## 21 / Sunday

**Kid's 5K** — Niketown, Honolulu, will hold a 5K race for children, Sept. 21, 7 a.m. Cost is \$23 (\$20 entry fee and T-shirt plus \$3 processing fee), and all profits benefit Oahu's school athletic programs. Visit [www.nike5kforkids.com](http://www.nike5kforkids.com).

## October

### 5 / Sunday

**Triathlon** — The Haleiwa Triathlon is scheduled for Oct. 5, 6 a.m. at Haleiwa Beach Park. Events will include a 400-yard swim, 12-mile bike ride, and 3-mile run.

Entry fees are \$80 for individuals and \$115 for teams. After Sept. 25, fees increase to \$90 and \$125 respectively.

Call Chris Gardner, 372-8885, or visit [www.hawaiiswim.com](http://www.hawaiiswim.com).

## Ongoing

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

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

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

# Ambulance service a 'go' for Hawaii military

## TRICARE MANAGEMENT ACTIVITY

News Release

HONOLULU — Ambulance service in Hawaii continues for military families despite the State of Hawaii Department of Health Emergency Medical Services (EMS) withdrawing from the Tricare provider network.

In case of emergency, military families who are Tricare beneficiaries should continue to dial 911. They should also notify their primary care manager (PCM) when receiving emergency services.

Active duty family members with Tricare Prime coverage will not have any co-pays

or cost-shares for emergency ambulance services. Eligible retirees and their family members with Tricare Prime coverage will continue to have a \$20 co-payment for ambulance service.

Because the ambulance service is non-network, Standard coverage will apply. Beneficiaries who use Tricare Standard coverage may be billed up to 15 percent over allowable Tricare charges for medical services.

Any amount over the Tricare-allowed charge will be paid by the beneficiary, along with the usual cost-share of 20 percent for active duty family members and 25



Visit [www.triwest.com](http://www.triwest.com) or call 1-888-TRIWEST (874-9738) about eligibility, costs or claims.

percent for retirees and their families (after the annual deductible has been met).

A full list of cost-shares, co-pays and deductibles can be found at [www.tricare.mil/mybenefit/home/Medical/Costs](http://www.tricare.mil/mybenefit/home/Medical/Costs).

Provider Information. Any Standard providers outside of the Tricare network may bill the Standard beneficiary directly for the entire maximum Tricare-allowed charge (plus up to 15 percent over the maximum charge). Providers may have to pay the charge out-of-pocket and then file their own claim to be reimbursed by Tricare.

Forms and instructions for filing claims are available online at [www.triwest.com/beneficiary](http://www.triwest.com/beneficiary).



## National Food Safety Month

# Did you remember to wash your hands?

## STAFF SGT. DEREK MARTIN

Schofield Branch Veterinary Services

Today's news is ripe with reports of food causing illnesses like Salmonella and Botulism, just two examples of common food-borne illnesses.

Many times these illnesses are caused by poor storage of food or improper cooking techniques; however, the biggest cause of food-borne illness is poor sanitation.

When preparing or consuming food, all must follow proper sanitary procedures when washing their hands. Knowing how to properly wash your hands will reduce the likelihood of illnesses that can occur.

Particularly, children should learn proper handwashing techniques because they are particularly susceptible to food-borne illnesses due to their growing immune system. Kids tend to use their hands to "explore" the world around them, a recipe for disaster if children do not wash their hands properly.

During September, which is National Food Safety Month, reinforce techniques of handwashing in order to prevent food-borne illnesses. Call 655-9170 for more information.



### The 1-2-3s of handwashing...

- 1) Preferably, turn on a warm water temperature.
- 2) Use approximately a dime-sized squirt of liquid hand soap.
- 3) Lather and rub hands together for at least 20 seconds.
- 4) Wash well between your fingers and under nails.
- 5) Rinse all soap off your hands.
- 6) Use paper towels to dry your hands completely.
- 7) Before discarding paper towels in a garbage can, turn off the faucet with the with them.

### Nice to know tidbits...

- Hot water is not necessary, but recommended.
- Handwashing is effective at washing away germs, but not necessarily killing them.
- Antibacterial soaps have not been proven to be more effective than regular soap, so use what you like.
- A sanitizer should be used after first properly washing your hands with water, to further reduce risk of food-borne illnesses.

# Food allergens are no sneeze

## STAFF SGT. DEREK MARTIN

Schofield Branch Veterinary Services

SCHOFIELD BARRACKS — The month of September is designated National Food Safety and Education Month by the National Restaurant Association Educational Foundation (NRAEF). Veterinary Services, Schofield Barracks Branch, wants you to be informed about how to serve food safely and keep yourself, your customers and your families safe from food-borne illnesses or allergic reactions.

Several events are planned, and informational booths — staffed by personnel who can answer any questions you may have — will be set up in the food court, the commissary, and other establishments around post. Stop by the booths for chances to win gift certificates from the Defense Commissary Agency (DeCA) and Army & Air Force Exchange Services (AAFES).

Each year, the NRAEF designates a theme to educate food handlers, managers, consumers and everyone in between. This year is no different; the theme is "Take Action to Prevent an Allergic Reaction."

While the theme may not seem like much at first, if you take into account how many people allergies affect, the focus is warranted.

Eight foods account for 90 percent of allergic food reactions, according to the American Academy of Allergy, Asthma and Immunology. The foods include milk, eggs, peanuts, tree nuts, wheat, soy, fish and shellfish.

Approximately 12 million Americans suffer from some form of food allergy. Of the 12 million affected with food allergies, approximately 2.2 million are school-age chil-

dren, and one in 17 are children under the age of 3.

Despite the serious risks, the mortality rate is low, with 150 deaths attributed to anaphylactic shock yearly.

What can I do to keep from being a victim to a food-borne allergy? Education is most important. Know if you or your loved ones have a food allergy and what the allergen is. A visit with a licensed physician and simple skin test can be conducted to determine if you are allergic.

After confirmation, avoidance is key. If you serve food to the public for consumption, you may want to state if your products include any of the eight common allergens.

Remember, when preparing a product in a food establishment or private residence, rinsing or wiping utensils is not enough. You can transfer allergens from handler or food contact surfaces. The most important thing to remember is to clean, wash and sanitize — including your hands.

What are the signs and symptoms of a reaction to an allergen? Common symptoms of allergic reaction include itching in or around the mouth, face or scalp; tightening in the throat; wheezing or shortness of breath; swelling of eyes, face or feet; hives; abdominal cramps; vomiting or diarrhea; or loss of consciousness.

If any of these occur, time is limited. The onset of these reactions range from immediately to hours after the food is consumed. Individuals affected need to seek medical attention right away. Take affected individuals to the nearest emergency room or call 911.