

HAWAII ARMY WEEKLY

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Serving the U.S. Army Community in Hawaii ★ www.garrison.hawaii.army.mil/haw.asp

INSIDE



Training to fight

45th Sustainment Brigade creates and completes predeployment certification training.

A-5

Road closure

Lauhala Road, Wheeler Army Airfield, from Kawamura Gate to Latchum Road, will be closed to all vehicular traffic, Saturday, from 6:55-7:15 a.m., for the USO 5 and 10K runs.

See News Briefs, A-6

Final 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 is free and open to the public.

See Community Calendar, B-2



Rock school

SKIES program teaches young musicians what it takes to succeed in today's music world.

B-1

This issue

Footsteps in Faith A-2

Deployed Forces A-3

News Briefs A-6

FMWR B-2

Sports & Fitness B-4



Kyle Ford | U.S. Army Garrison-Hawaii Public Affairs

Going over the wall

SCHOFIELD BARRACKS — Members of the Army's Special response Team (SRT) navigate an eight-foot wall during the Army sponsored SWAT team competition, Tuesday. Teams from Schofield Barracks, Tripler Army Medical Center, Maui and Marine Corps Base Kaneohe competed for top bragging rights in Hawaii Tuesday-Thursday, here. See next week's *Hawaii Army Weekly* for full coverage of the event.

Paralegal Soldiers 'judged'

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

SCHOFIELD BARRACKS — After an uninterrupted Army Physical Fitness Test, a 100-meter swim, a pull-up contest, a correspondence memorandum review, and a 3-to-5-mile urban orienteering contest, most would be ready for a break. But at the U.S. Army-Pacific (USARPAC) first Paralegal Challenge, the 12 competitors were met with a final mental challenge: an Article 15 review.

And that was day one.

"Every mental test we mixed in with the physical events, so they're performing under stress, such as reviewing a correspondence memorandum, or an Article 15," said Master Sgt. Barbara Rubio, USARPAC chief paralegal and non-commissioned officer in charge (NCOIC) of the event.

From Sept. 8-12, paralegal staff sergeants and below competed in 10 events, followed by a Senior Paralegal Conference.

The verdict, Spc. Harley Jordan, 8th Theater Sustainment Command (TSC), placed first with the Soldiers, E-4 and below. Staff Sgt. Juan Santiago, USARPAC Administrative Civil Law, placed first with the non-commissioned officers (NCO), E-6 and E-5.

"It was an awesome opportunity to build esprit de corps and simultaneously meet individuals from our job field, especially because the field is so small that we're bound to run into one another in our careers," said Santiago.

Soldiers flew from commands as far away as Alaska, Japan and Okinawa to compete. A variety of commands from Hawaii were additionally represented, to include the 130th



Pvt. Laqwen Collette, a paralegal from the 130th Engineer Brigade, conducts first aid during the Warrior Task Training portion of the Paralegal Challenge.

Engineer Brigade, 8th Military Police Brigade, 500th Military Intelligence Bde., 311th Theater Signal Command, 94th Army Air and Missile Defense Command, and 8th TSC.

"It's about networking, NCO development and camaraderie," said Rubio. "It's a chance for us to come together, which we rarely get to do in our job. So, for the younger Soldiers, it's the competition, but it is also about the networking, getting to know who is in what units, so that way if you need assistance,

you know who you can turn to."

Other events included Warrior Task Training in conjunction with a chapter review and a sergeant major oral board, hosted by a panel of senior paralegals.

"It's a good opportunity to get us out of the office and work on our soldiering skills," said Sgt. Ryan Gabrukiewicz, 8th TSC NCOIC for the Division Legal Assistance Office.

SEE PARALEGAL, A-8

Conference inspires 8th TSC leaders

SPC. KYNDAL HERNANDEZ
8th Theater Sustainment Command Public Affairs

KANEOHE BAY — Commanders and senior leaders from around the Pacific region flocked to the 2nd Annual 8th Theater Sustainment Command (TSC) Commanders Conference at the Officers Club on Marine Corps Base Hawaii, Kaneohe Bay, Sept. 11-13.

Unit leaders from within the 8th TSC traveled to Hawaii from as far away as Alaska and Japan to discuss future operations, establish a new command vision, and get to know one another prior to upcoming deployments.

Representatives from strategic partners such as Defense Logistics Agencies (DLA) and the 19th Sustainment Command (Expeditionary) (ESC) also attended the three-day event.

"If you lay out all the commands of the 8th TSC on a map, then you understand the critical importance of everyone getting together to not only discuss issues, but to also have some team building," said Col. Jim Woodard, commander of the 10th Support Group in Okinawa, Japan. "Major General Mason has units stretched across half of the world, so it is important that we all get together like this and get to know each other face to face."

"If you really think about it, this really is a special moment because of where we are in our battle rhythm, in our calendar," said Maj. Gen. Raymond Mason, 8th TSC commander. "This is probably going to be one of the last times that the people in this room are going to be together ... due to the upcoming deployments."

"It is the right time for us to pause and reflect on where we have been and where we are going," he added.

During the conference, commanders and senior leaders discussed important issues and future operations, produced a new command vision, set future goals for the command, and much more.

But it wasn't all work and no play. Attendees also participated in some fun-in-the-sun team-building activities at the beach, Sept. 11, attended a dining-in, Sept. 12, and took part in a golf scramble with more than 50 participants, Sept. 13.

"Events like this are very beneficial to commanders and senior leaders. We are able to learn a lot in discussions that we didn't

SEE CONFERENCE, A-7

Hawaii witnesses demonstration of 'instant' causeway

New system takes less people, time to set up, transport equipment

Story and Photo by
SGT. JENNIFER PREMIER
45th Sustainment Brigade Public Affairs

WAIPAHA PENINSULA — Military and community members gathered here to witness the first official demonstration of the Lightweight Modular Causeway System (LMCS), Monday.

Soldiers from 45th Sustainment Brigade and the 331st Causeway Company from Fort Eustis, Va., joined forces to present the prototype LMCS, which was transported by Logistics



Logistics Support Vessel 5 floats in to connect its ramp, weighing about 30 tons, onto the Lightweight Modular Causeway System at Waipahu Peninsula. The LMCS is a prototype that can be used in many ways.

Support Vessel 5.

Developed by a joint Department of Defense and industry

team, the inflatable-bridge system, which is much easier to transport and deploy, may be

used in the future to assist in warfighting missions and to conduct humanitarian aid missions.

"(The LMCS) can go where we currently can't go due to Mother Nature or enemy forces," said Don Resio, technical manager and senior scientist with the U.S. Army Corps of Engineers Research and Development Center.

"It's easy to deploy; it's almost instant, fast and efficient," said Spc. Christian Giggy, a watercraft engineer with the 331st Causeway Co.

In reality, "almost instant" amounts to approximately three hours using a team of seven Soldiers, which is a huge improve-

ment for those who have worked with the other systems.

"The LMCS is too easy, much easier than deploying the Marginal Causeway System. It takes less crew, less work, and less manual labor," said Mitchener.

"I found it pretty exciting to work on something the Army is still testing," said Spc. Matthew Mitchener, a watercraft engineer with the 331st Causeway Co.

However, Resio, who contributed to the concept and design of the LMCS, claims the system is not perfect — yet.

"It's a little like the Wright Brothers' plane; it will be improved and improved upon in the years to come," he said.

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

103 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 9/17/08.

Community comments invited for Makua impact

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS

News Release

SCHOFIELD BARRACKS – The Department of the Army will issue a Supplemental Draft Environmental Impact Statement (SDEIS) this month for resumption of live-fire training at the Makua Military Reservation (MMR) in Hawaii. Public comments to this new draft will be considered in preparing a final statement and decision by the Army on Makua's future use.

The original DEIS was issued in 2005, but several developments during the past

three years have necessitated a new draft. These developments include analyzing the cumulative impact of stationing additional Army units and Stryker combat vehicles in Hawaii, additional clearance of unexploded ordnance to expand safe cultural access at Makua, and Army responses to a 2007-08 biological opinion regarding Makua.



Mason

"Several changes were made to the initial Draft Environmental Impact Statement in response to public comments," said Maj. Gen. Raymond Mason, senior commander of Army installations in Hawaii. "With the release of this Supplemental Draft EIS, we look forward to receiving valuable input and concerns from the community."

The new draft will have a 45-day public comment period, and public meetings will be held on Oahu and the Big Island. The Army will take all public input and develop the final environmental impact statement.

The new draft's notice of availability is ex-

pected to be published in the Federal Register, today. The exact dates, times and locations of the public meetings are being finalized and will be announced as soon as possible. Information on how to submit public comments by e-mail, fax, online or by U.S. mail will also be provided at that time.

The new draft, when released, will show a thorough analysis of potential environmental impacts associated with the Army's proposed use of MMR and follows the National Environmental Policy Act (NEPA), as well as other regulations. The SDEIS addresses all comments to the original draft EIS.

U.S. Army-Hawaii commemorates 9/11

STEPHANIE RUSH

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – The U.S. Army and community members in Hawaii commemorated the seventh anniversary of the terrorist attacks on Sept. 11, 2001, in remembrance services at Fort Shafter and Schofield Barracks, Sept. 11.

Drawing on Roosevelt's famous words of a date that would live on in infamy, Chaplain (Lt. Col.) Tim Walls, community chaplain, Schofield Barracks community, opened the service at Schofield's Main Post Chapel.

"We come together to reflect on where we've come since then, to reflect on family and those who have lost loved ones and to reflect on ourselves," Walls said.

After the opening, attendees joined hands to share personal stories, thoughts and feelings about Sept. 11. Deputy Community Chaplain (Capt.) Brian Reed led the group in a final prayer before ending the service.

"Commemorating the anniversary of 9-11 reminds us as a nation that we do stick together when it matters most," said Reed.

"We may be Democrats or Republicans, Christians or Buddhists, all with great chasms in certain areas of beliefs and values, but when it comes to our fellow countrymen, we are family."

Afterwards, chaplains were on hand to talk one-on-one with people.

"I was reminded by someone attending the service that children born after 9-11 have never known what our world was like before the tragedy," Walls said. "That is a sad thought; yet, it should also help us to be all the more vigilant in our pursuit to rid the world of this evil, so that our children can know someday in the not-so-distant future what it's like to not worry about war."

Walls, who was involved with recovery efforts in New York City at Ground Zero,



Robert Gowen | Courtesy photo

A member of big island Hawaii veterans group, Gathering of Eagles, proudly waves the Stars and Stripes during a Patriot Day roadside rally in Kona, Hawaii, Sept. 11.

had items such as photos, glass shards and other mementos on display from his time there.

"My job was to help the Corps of Engineer employees deal with the mental and spiritual stressors of 9-11," Walls explained, "for example, the loss of family members in the World Trade Center and working at Ground Zero, where remains were continuing to be found in the rubble."

Want to know more about the services the Installation Chaplains' Office provides? See page B-4.

"They had endured a horrific tragedy, but to this day, I am still amazed at the resiliency of the New York people," Walls continued. "That tragedy pulled them together as a city and a family, and it was truly inspiring."



Guitar's journey helps player realize joyful noise

CHAPLAIN (LT. COL.) KEVIN STROOP

Deputy Community Chaplain, Fort Shafter

"Make a joyful noise unto the Lord!" So writes the Psalmist.

Well, a noise is just what I have been making over the years with my guitar. I had my first guitar lesson way back in the early 1970s; my instructor was a "hippie" trying to make a few bucks.

The instructor reminded me of all those "otherworldly" types of that era, and I wanted to be like him – play like him and act like him – he was so "cool" and I wanted to be "cool."

So instead of practicing the guitar, I practiced being "cool." You know, ratty clothing, not bathing, and sandals (or was it earth shoes, not sure). The guitar collected dust, and for a period of three months, I was very cool, but a horrible guitarist.

My hippie instructor went on his vagabond way, and I went on to eighth grade, very cool mind you. It would be a few years later, after seminary, when I would again attempt to make music with a guitar.

I went to private lessons at a local music store. My beloved wife bought me a very nice acoustic guitar (very pricey back in those days) and encouraged me to play. This time, cool was not in season, so I tried hard to play.

It was difficult. I could not read music, had no pitch or sense of rhythm. I felt like I was

playing at the guitar, like we were wrestling, and it wasn't pretty.

My instructor was great. He loved the songs I wanted to learn and was refreshed by someone not wanting to learn heavy metal rifts to rival Metallica or Van Halen. I was content in learning John Denver faithfuls and the simple chorded songs of the early sixties (real oldies). However, between the guitar wrestling, lack of talent, and a family, I put the guitar away again.

Fast forward to the early 2000s, I once again picked up the guitar, encouraged by a friend who is a top-notch musician. He told me to just enjoy the instrument and the music that we could play together. Don't play for any reason, he said, but just to enjoy.

What an epiphany. Just play for my own enjoyment, just strum around for my own sound, and simply be in the moment at peace with the guitar and myself. This is the stuff of true meditation and enlightenment.

It worked for a while, until I outplayed my skill and was thwarted by over-ambition. The guitar went in the closet again.

The guitar moved to Hawaii, where the traditions of playing the six-string guitar run deep. However, my guitar got hit by a fork

truck in transit here and was rendered inoperable.

It was then that I missed its presence in my life, when it was no longer capable of making a joyful or any sort of noise. Seeing it in that helpless state reminded me about the early joy of attempting music and the moments when a song appeared out of nowhere – the real reasons we try playing an instrument in the first place – to make music to go beyond our own voice and make a melody.

The simple song of our early religious education: "If you're happy and you know it, clap your hands" reminds us that, in praise to our creator, the simple handclap denotes the joy of our hearts. Joy is not measured in symphonic grandeur but in just letting loose with the song inside ourselves.

God put the sound in there; we just need to get it out. For some of us, it is noise, but to God, it is the sweetest sound in the universe because it is directed upward to the heavens and amplified by our praise. There is no higher form of music.

I am taking guitar lessons once again. It is about worshipping God, finding my own sound – and for my own enjoyment. It may take me a lifetime to realize my song, but I am willing to try.

There is a new guitar in the house, and it better watch out. I've got years of experience in guitar wrestling, and I'm raring to go – to make a joyful noise unto the Lord.



Stroop

Garrison needs help serving up information

AIKO ROSE BRUM

Chief, Command Information

These days, the way people consume information is a telltale sign of their generation.

In general, Baby Boomers and those born before World War II are perfectly comfortable getting their morning news from a newspaper. On the other hand, their offspring, the Generation Xers, born during the era of 80s hair bands and the Internet explosion, prefer a quick glance online for the major headlines.

Whichever the generation, U.S. Army Garrison-Hawaii (USAG-HI) wants to know who's going where to get their news, that way commanders can get important information and Army Hawaii news to Soldiers, family members and civilian employees in the best way possible.

For this reason, the Command Information team in the Public Affairs Office, USAG-HI, worked jointly with Customer Management Services (CMS) in the Plans, Analysis and Integration Office, USAG-HI, to assemble their most pressing questions in an Internet survey.

"There's just something about holding a newspaper in your hands – it's comforting," said Dennis Drake, director, Public Affairs. "You can sit, read and relax without straining at a computer monitor."

"I get my news from a smattering of sources – online, National Public Radio in the car, and the newspaper on the weekends," said Jeremy Buddemeier, Hawaii Army Weekly (HAW) managing editor. "Each week I edit the paper with stories from deployed and local Soldiers, but still I wonder, is the community getting this news?"

SEE SURVEY, A-7

Getting it Straight:

In the Sept. 5 edition of the Hawaii Army Weekly, the author of the article "Campaign targets food allergies, safety while dining," on B-7, should have listed Staff Sgt. Jeffrey Coleman as the author.

In the Sept. 12 edition of the Hawaii Army Weekly, the author of "Did you wash your hands?" on B-5, should have listed Sgt. Shawn Gunn.

Both writers are members of the Schofield Branch Veterinary Services.

Voices of Ohana

"What's the best thing about your local library?"



"Friendliness, everyone is friendly."

Lil Brady
Family member



"I love to read and with the library you can give and exchange books freely."

Sgt. 1st Class
Beverly
Browne
8th TSC



"Free Internet."

Spc. Lacey
Hattaway
8th TSC



"So many resources for people to use."

Sgt. Helen Oh
8th STB



"Video games you can rent and the computers."

Sgt. Tristan
Peltier
B Co., 205th MI
Bn.



Kyle Ford | U.S. Army Garrison-Hawaii Public Affairs

Symone Carter, Deployment Health LPN, makes sure Sgt. Luis Nicolas, Headquarters and Headquarters Company, 25th Infantry Division, G-1 casualty noncommissioned officer, is up to date on his shots at the Soldier Readiness Process (SRP), Monday.

Ceremony marks 25ID's return to Iraq

25TH INFANTRY DIVISION PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS — The public is invited to honor and help send off "Tropic Lightning" Soldiers at the Operation Iraqi Freedom Deployment Ceremony Oct. 3rd, 10 a.m., at Sills Field.

Hawaii Lt. Gov. James "Duke" Aiona Jr. is the scheduled guest speaker, while Lt. Gen. Benjamin Mixon, U.S. Army-Pacific commander, and Maj. Gen. Robert Caslen Jr., 25th ID commander, will also provide remarks.

Several units, including 25th ID Headquarters and the 3rd Infantry Brigade Combat Team will roll up their unit colors and store them in flag casings for travel, signifying the beginning of a scheduled 12-month deployment.

The 25th ID begins deploying this fall to Iraq, where it will assume responsibility for the large northern section of the country known as Multinational Division-North.

The Tropic Lightning Division led MND-N operations during its last deployment from July 2006 to October 2007.



Kyle Ford | U.S. Army Garrison-Hawaii Public Affairs

Monica Petersen-Smith, human resources technician, reviews Chief Warrant Officer 4 Rick Dell's paperwork at the Soldier Readiness Process (SRP), Monday. Dell is a food advisor for the 25th Infantry Division. The SRP is a one-stop-shop to ensure Soldiers are prepared for deployment. The SRP can process more than 700 Soldiers a day.



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

Sgt. 1st Class Ernest Oberst conducts a thorough search seeking hidden enemy weapons caches during Operation Hammer Bonzai IV in the Taji Qada, northwest of Baghdad.

Wolfhound leader is integral part of team

PFC. LYNDESE DRANSFIELD
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — During a World War II battle in Holtzwihr, France, Audie Murphy, a wounded U.S. Soldier, climbed inside of a burning tank, took a spot behind a .50-caliber machine gun and fired until the enemy was vanquished.

At the age of 19, he was awarded the Medal of Honor and, to this day, is an inspiration to military leaders, Soldiers — and Sgt. 1st Class Ernest Oberst.

"As a kid, I used to watch the Audie Murphy Biography 'To Hell and Back' on TV, and I wanted to be a Soldier, said Oberst, who joined the Army three months after graduating high school. "He was my hero."

Oberst is a platoon sergeant with 1st Platoon, B Company, 52nd Infantry Regiment, attached to 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team.

He is responsible for all 33 Soldiers in his platoon.

"I do anything a mom or dad does," he said, jokingly.

Oberst has served in the Army for 14 years. He said he believes the best way to lead his Soldiers is by setting an example for them and sharing the load.

"You can't just supervise; you have to be a part of the team," he said. "If my Soldiers are out digging for caches, you won't find me sitting in the truck. I'm an able body

that can work, and I'll be out there digging with them."

His Soldiers describe him as a well-rounded leader who maintains discipline and has the ability of doing the right thing at the right time, every time.

"No matter what the mission is, Oberst is the first one on the ground and the last one back in the vehicle. That's just his style," said Cpl. Zachary Manuel, 1st Platoon, B Co., 52nd Inf. Regt.

Sgt. Lucas Collins, said Oberst will give any Soldier a chance to succeed.

"When I came into this unit, I had two blown-out knees," said Collins, a team leader. "In the infantry, you are looked at as done. I was going to be chaptered out, but he gave me the chance to get better."

Three years later, Collins is awaiting promotion to staff sergeant and said a great amount of what he's learned is attributable to Oberst.

"He has shown me that taking care of my Soldiers is number one," Collins said. "And if something needs to be done, make sure it gets done."

Throughout the years, Oberst has gained the respect of his fellow Soldiers and those he mentors. He has discovered the key elements essential to being a good leader.

"He requires the best out of his men and expects nothing less," said Manuel. "For that reason, he gets the best."

Soldiers use horror of Sept. 11 'Pile' as motivation

Story and Photo by
STAFF SGT. BROCK JONES
Multinational Division-Baghdad

CAMP LIBERTY, Iraq — Sept. 10, 2001, was a normal Monday for most Americans: another workweek, another commute, another day.

New Yorkers and others across the nation went about their day not knowing that the next 24 hours would bring the worst terrorist attacks in America's history. The nation went to sleep on Monday night and woke up reeling from the horrors of terrorism.

But there were others for which Sept. 11 was a call to action.

"During 9-11, I was a first responder," said Juan Vega. "I was in Tower 2 during the initial attacks. World Trade Center Tower 2 was the first building that fell, that collapsed, and I just managed to be one of the lucky ones to escape."

"My wife is a paramedic with the fire department, so the whole time that I spent trying to run from this damn building, I'm trying to run back because I knew that my wife was somewhere in there," Vega added. It wasn't until four days later that he ran into his wife, alive and well.

The rescue workers at all the sites — New York, Washington, D.C., and Pennsylvania — were relentless in their efforts and their optimism. Rescuers worked around the clock those first days, often going without sleep and food, in the hopes of finding survivors and answers.

Many New Yorkers and Americans who weren't firefighters or paramedics also came forward that day,

compelled to do whatever they could to help. However, though rescue workers and firefighters, like Vega, were searching with urgent optimism for survivors during the first days, the optimism soured as the days wore on.

"I spent eight months in 'The Pile.' That's what we called Ground Zero," said Vega. "There was no way that I was going to leave that Pile."

"If somebody found something, everything stopped on the Pile. Everything. All construction, all movement, all noise. It just became total silence," he explained. "We'd have a little ceremony there or a memorial with the chaplain, a brief moment. (We would drape the remains) with the flag, say a prayer, and then we'd march it to the ambulance."

The force with which the planes had hit the towers and the eventual collapse of the buildings had literally ground everything to bits and pieces, including the civilians and rescue workers who were inside them at the time.

Of the thousands who died that day, less than 300 bodies were found intact at Ground Zero. They had literally been turned to dust and smoke.

One of the firefighters who ran toward the flames on Sept. 11 was Lt. Kevin Dowdell, a 22-year veteran of the New York Fire Department. He had been around for the first World Trade Center bombing in 1993, and had also assisted with the Oklahoma City



Vega



Sgt. Juan Vega (middle), a native of Bronx, N.Y., who was a first responder with the New York Fire Department on Sept. 11, 2001, reaches up to hand off an FDNY flag to Victory Base Complex firefighters so they can attach it to the side of their fire truck.

bombing in 1995.

"On the morning of September 11, he came over the Brooklyn Bridge and raced into Manhattan," said Patrick Dowdell of his father, Kevin. "He went into

Tower 2 and was on his way up to the fire floor when the building fell."

Patrick was at college, north of Manhattan, when the planes hit the towers. On Sept. 12, he went back home to wait with his mother and brother for word on his father. When it was obvious that his father was not going to emerge alive from the stories-high pile of rubble, he returned to college to finish his application to West Point, then quickly returned to help his father's surviving friends and firefighters with the search.

Vega, who had served in the Army during the Gulf War, enlisted again in 2003 as a medic. He is now in the Army Reserve, deployed as a combat medic.

"I put on the uniform because I love this country," said Vega.

Dowdell also found the military to be the means to satisfy his need to do more. 1st Lt. Dowdell currently serves as a platoon leader on his first deployment to Iraq.

"(Going to West Point) was something my father wanted, and I finally got to see it through," said Dowdell.

These men continue to serve with the same zeal and fervor that drove them to "The Pile" seven years ago, and there are thousands serving with them in the military from Maine to Hawaii, Alaska to Florida.

Thousands of lives were lost Sept. 11, 2001, but thousands, if not millions of Americans were brought together by that tragedy, appalled by the horror of human hatred, but propelled to action by the desire to serve and the need to simply do something more.

Engineers pave way for infantry one road at a time

First lieutenant gives his perspective of operations, keeping routes passable

1ST LT. BARRY BOYD
5th Engineer Battalion

DIYALA PROVINCE, Iraq — As we embarked on our mission to Patrol Base McHale, many of the members of 2nd Platoon (including me) did not fully understand what we were getting into.

I briefed the Soldiers that we were responsible for upgrading the main supply and maneuver route for the area of operations surrounding Patrol Base McHale, which sounded easy enough.

As we rolled south after sundown to report to McHale, we quickly realized the gravity of the situation we were entering. The narrow, unimproved road leading to McHale was riddled with craters caused by improvised explosive device (IED) detonations, and pieces of damaged vehicles were scattered about the dark landscape.

Once safely inside the perimeter of McHale, I reported to the actual operations center to receive instructions for the following day. The brigade engineer informed me that we were now a part of the biggest fight currently being waged in Iraq and that the probability for contact was high.

Our first assignment was to fix two major land bridges crossing large canals that were eroding and becoming difficult for convoy logistics patrols to pass. As we slept in our vehicles that first night, the sights and sounds of outgoing artillery



1st Lt. Trevor Money | 5th Engineer Battalion

The power of the Army D9 Bulldozer is shown as it clears rubble from fallen buildings along the route of a new combat trail.

and mortar fire reminded us we were now on the frontlines of a major battle.

The first two projects went well. We completed each in about a day and doubled the width of the existing land bridges by pushing large quantities of earth into the canals with a D9 Bulldozer. We completed the mission and headed back into base. Thirty minutes later, a convoy was struck by an IED 100 meters from the construction site we had just left.

The 2nd Brigade Combat Team (BCT), 1st Armored Division (AD), was maneuvering into the village of Tamuz. We were to attach a team of Soldiers with a D9 dozer to a route clearance platoon in order to build an unimproved road leading into Tamuz.

We had to divide our platoon assets between that mission and another impass-

able spot on "Route Chargers," south of McHale.

My platoon sergeant, Sgt. 1st Class Jamie Cosey, took a D9 dozer team with the route clearance patrol to cut the new road leading to Tamuz. I took the rest of the platoon south to fix the section of road that was wreaking havoc for the resupply effort.

As my crew headed out the gate south to fix the road, the brigade net was erupting with transmissions from the units tasked with moving into Tamuz.

Occasionally, I could hear Cosey calling out instructions to his crew or calling back reports to his convoy commander. Units were calling back reports of IED strikes; first one, then two, then a third.

As we turned south, I could see smoke rising to my east from the IED strikes surrounding Tamuz. A feeling of helplessness came over me as we moved further and further away from Cosey's team.

I knew they were in danger and knew that I could do nothing to help or even be certain that everyone was all right. As I focused on completing my portion of the day's mission, I wanted to get back to McHale quickly to check on the D9 dozer team.

On the way back to McHale, I received a transmission from the other team saying they were all OK and the mission was a success.

The Spartan living conditions at Patrol Base McHale were the biggest obstacle for 2nd Platoon to overcome during week two of the mission. Their resolve and dedication impressed me more than anything else during this difficult mission.

Once again the Soldiers proved to be an essential asset in the battle for providing the citizens of Iraq with a safe place to call home.

45th Sustainment Brigade trains up for deployment

Story and Photo by
SGT. JENNIFER PREMIER
45th Sustainment Brigade Public Affairs

SCHOFIELD BARRACKS — American Soldiers surrounded the building and rushed in to secure it as men with faces partially obscured by turbans taunted the Soldiers.

This scene, however, is not one from the battlefield of Iraq or Afghanistan, but from the 45th Sustainment Brigade's level one predeployment certification training, which took place Sept. 8-11 at the Command Sgt. Maj. Walter J. "Sabo" Sabalauski Military Operations on Urban Terrain (MOUT) site here.

The 71st Chemical Company, 45th Sustainment Bde., created the training scenarios and running the stations during the four-day training exercise.

Capt. Wilbert Alverado, commander of the 71st Chemical Co. said that it was the Soldiers of his unit who put the training together.

"I put the idea in their head, and they ran with it," Alverado said.

The Soldiers worked exhausting hours,

coming in as early as 2 a.m. to set up the site, prepare the scenarios and ensure things ran smoothly during the important training days.

"From my experience, almost every Soldier encounters a situation where they have to conduct a combat-related mission or tasking while deployed; there is no specific (military occupational specialty) that performs these tasks in today's Army, so everyone should be trained," said Sgt. Kealii Sequeira, a squad leader with the 71st Chemical Co., 45th Sustainment Bde.

The Soldiers going through the training agreed with Sequeira.

"Every Soldier should be trained in these basic skills; you're a Soldier first, and we all need to maintain that attitude," said Staff Sgt. Alejandro Romar, a maintenance management noncommissioned officer (NCO) with Headquarters Co., 45th Sustainment Bde.

The 71st worked hard to replicate situations that take place on the battlefield.

Sgt. 1st Class Lester Gittens, a platoon sergeant with the 71st Chemical Co., was in charge of the urban operations portion.



A group of Soldiers dons suits and protective masks that will protect them in the event of a nuclear, biological or chemical attack. After dressing in the gear, Soldiers conducted a short patrol to get a feel for the gear while moving.

"I chose a building with different floors and multiple rooms, so the Soldiers would have multiple areas to cordon off, which is what the Soldiers are doing downrange," Gittens said.

For all the 71st's hard work, Soldiers who participated in the training appreciated the knowledge and skills they gained.

"This is awesome," said Staff Sgt. Harrison Brewer, Headquarters Co., 45th Sustainment Bde. "I've never been in a unit where I had to don a chemical suit and mask and then train while wearing it."

"All the instructors, even the junior enlisted Soldiers, were well informed and well prepared," said Staff Sgt. Rene Me-

lendez, an administrative NCO with Headquarters Co. "Overall, it was great training."

In addition to the deployment preparation, Soldiers gained valuable experience in other areas during training.

"Not only is this good training, it's a good team-building activity and a good way to orient new Soldiers," said 2nd Lt. Kevin White, a platoon leader with Bravo Co., 45th Sustainment Bde.

"It's different being out here than in the office," said Sgt. Justin Wilson, an administrative specialist with Headquarters Co. "When you get out and train, you see what people are made of."

At the end of the week, when everything was said and done, Soldiers departed with a good feeling.

"It was a pleasure and an honor to be awarded the task of training these Soldiers," said Alvarado. "Although I'm not deploying, it's been great to play a part in the safety of these troops."

"We sweat and bleed out here during training so that we don't while we're deployed," said Romar.

WPH KD 0708

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News Briefs

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

19/Today

FBI Recruitment – Are you interested in a career with the Federal Bureau of Investigation (FBI) as a special agent or professional support employee? The FBI will hold career presentations throughout Honolulu. Upcoming presentations include the following:

- Sept. 19, 10 a.m., University of Hawaii at Manoa, Campus Center, Room 307. Call. 956-8136
- Sept. 23, 10 a.m., Family Support Center, Building 1105, Hickam Air Force Base. Call 449-0300.
- Sept. 26, 10 a.m., Prince Jonah Kuhio Federal Building, 300 Ala Moana Blvd., Room 5-208. Call 566-4488.

•Sept. 30, 10 a.m., Hawaii Pacific University (Downtown Campus), 1132 Bishop Street. Call 544-0230.

For more information, call Special Agent Kal Wong, 566-4488/4300.

20 / Saturday

Road Closure – Lauhala Road, Wheeler Army Airfield, from the Kawamura Gate to Latchum Road, will be closed to all vehicular traffic, Sept. 20, 6:55-7:15 a.m., for the USO 5- and 10-kilometer runs.

Expect delays and alternative traffic patterns from 6:55-10 a.m. Drivers are asked to observe physical training speed limits of 10 miles per hour and yield to runners. Call 836-3351.

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 lo-

cation 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.d.jimenez@navy.mil or 471-3303, ext. 632.

October

4 / Saturday

Retiree Appreciation Day – The annual Retiree Appreciation Day program will be held Oct. 4, 9 a.m., at the Nehelani,

Schofield Barracks. Guests may arrive as early as 8 a.m. to speak with representatives of military associations, federal and state agencies and obtain medical screenings.

Guest speakers include Brig. Gen. John E Seward, deputy commanding general, U.S. Army-Pacific; Dennis Disbrow, Defense, Finance & Accounting Service; Edward H. Kubo Jr., U.S. Attorney, District of Hawaii; Richard Brawley, chief, Staff Judge Advocate; and Maj. Gen. William M. Matz, Jr., president, National Association for Uniformed Services.

Advance payment of \$15 per person is requested for guests ordering lunch. Call the Schofield Barracks Retirement Services Office at 655-1514/1585.

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 Post Exchange/Commissary/Nehelani Advisory

Council 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.

16 / Thursday

Retirement Ceremony – The next 25th Infantry Division retirement ceremony will be at the Nehelani, Schofield Barracks, Oct. 16, 2 p.m.

21 / Tuesday

Oahu North Community Town Hall – The next town hall meeting for the Oahu North community will be held at the Sgt. Smith Theater, Schofield Barracks, Oct. 21, at 6:30 p.m.

The town hall provides information about community events, security, housing updates, deployments and much more. Call Melvin Wright at 655-0497.

22 / Wednesday

Fort Shafter Advisory Council – The

SEE NEWS BRIEFS, A-10

Conference: Success due to partnerships

CONTINUED FROM A-1

know before," said Master Sgt. Duane Strong, operations noncommissioned officer in charge with the 45th Sustainment Brigade. "I was able to see and understand more about the great things that our strategic partners are doing for us."

The strategic partners of the 8th TSC include the 19th ESC, DLA, 404th Quartermaster Battalion, U.S. Army-Alaska, and the 599th Surface Deployment and Distribution Command.

"That partnership is what helps make us successful," said Mason. "We can't do any of this alone. So that power when we come together – no job is too tough. It's true with our partners, and it's true inside of us from our companies, to the battalions, to the brigades of the 8th TSC."

"Building camaraderie is what this is all about," said Strong. "It is the most important part of this. We get to see our counterparts from Japan and across the island, and we all come together as one."



Sgt. Maj. Terry Anderson | 8th Theater Sustainment Command Public Affairs

Maj. Gen. Raymond Mason, commander of the 8th Theater Sustainment Command (TSC), and Command Sgt. Maj. George Duncan of the 8th TSC, dip their canteen cups into the grog bowl during the 8th Special Troops Battalion dining in at the Kaneohe Enlisted Club, Sept. 12.

Survey: Public affairs helps people get news

CONTINUED FROM A-2

"Over the last few months, you may have noticed changes to the Web site's layout and the addition of new links and pages," said Stephanie Rush, USAG-HI Web editor. "People's responses to the survey will tell us how the site can be more useful and what changes still need to be made."

All in the Army Hawaii community are encouraged to take the survey and provide truthful answers. The survey will be available through Oct. 3.

Once CMS analyzes the data, the Public Affairs Office will make changes necessary to reach the intended audience in its preferred



Posted at www.garrison.hawaii.army.mil/sites/local/, the survey seeks answers to questions about the post newspaper, the HAW; the garrison's cable access network, TV2; and the garrison Web site.

medium – whether Generation Y and Z, those 80's babies and new millennials who grew up with text messaging, iPods and You Tube, in their cyberworld, or the Baby Boomers who look for the newspaper at their doorstep.

Paralegal: Legal unit competitors strain bodies, minds

CONTINUED FROM A-1

Gabrukiewicz felt fully challenged by the combined events.

"Your whole body is exhausted, but you still have to try to put forth the effort to try to comprehend what you're reading," he said. "I was reading words, but I couldn't comprehend what was on the sheet."

Competing Soldiers were awarded points per event, with the winner chosen by highest number of points scored.

"At the end of the day, I think, what did I get from it? Who did I meet?" said Pvt. Laqwen Cannette, 130th Engineer Bde. "We'll see each other again. It's low density, and a small job field, so we'll probably work together at some time."

Senior paralegal NCOs from throughout the Pacific were also involved in the event, first as graders, and finally in the Senior Paralegal Conference, held Sept. 11-12.

"Every senior NCO we have is an NCOIC



of an event or a grader of several of the events, so they are learning how to manage and lead from their level," Rubio stated.

The conference featured a virtual

teleconference with the Judge Advocate General's (JAG) Legal Center and School in Charlottesville, Va., which included classes on requisitions and authorizations, among other technically-related

Competing paralegals from throughout the U.S. Army-Pacific attempt to hang during the Paralegal Challenge. The hanging event immediately followed a PT test and 100 meter swim. Later, competitors wiped the sweat away for a written challenge.

subjects and guest speaker, Command Sgt. Maj. Shannon Boyer, JAG school commandant.

"The conference is geared towards E-6s and E-7s, to mentor them into the chief paralegal position, which is the management of the JAG offices," said Rubio.

The event closed with a visit to Pearl Harbor and Hanauma Bay, a national ecological reserve, and an awards dinner at Ford Island.

The Association of the U.S. Army, Staff Judge Advocate and the Sergeants Major Association contributed to the challenge, to which Rubio attributes the success of the program.

"USARPAC has been a huge support ... the command group, USARPAC Com-

mand Sgt. Maj. (Joseph) Zettlemyer. They're the ones that helped me reach out to the other commands and fund it to get everybody involved, and to project for next year's budget, so we are already planning for next year's challenge," said Rubio.

"I know that mechanics, cooks and rangers have their challenge; now we have the paralegal challenge."

*Sgt. Ryan Gabrukiewicz
8th TSC NCOIC for the Division Legal Assistance Office*

Participants agreed that they are interested in future paralegal challenges.

"I would definitely do this again," said Gabrukiewicz. "I know that mechanics, cooks and rangers have their challenge; now we have the paralegal challenge — definitely one for the record books for this year."

Tricare announces new payment process

Service members must set up electronic payment for Prime enrollment by 2010

TIFFANY ANDERSON
TriWest Healthcare Alliance

Tricare rules are expected to change regarding how your Tricare Prime enrollment fees are paid.

As early as 2010, Prime beneficiaries will need to begin making their enrollment fee payments via electronic means. However, not everyone pays enrollment fees, so please note whether this applies to you:

- You pay fees if you are enrolled in Tricare Prime as a retired service member or are the family of a retired service member, a survivor or an eligible former spouse.
 - You do not pay fees if you are enrolled in Tricare Prime or Tricare Prime Remote as an active duty service member, the family of an active duty service member, or a transitional survivor of an active duty service member. There are also no fees associated with standard coverage.
- These changes to payment of enrollment fees mean that those Tricare enrollees who pay enrollment fees will be required to pay them by one of the following methods:
- Allotment from the sponsor's retired military pay,
 - Electronic funds transfer (EFT) from your financial institution established directly to TriWest; or
 - Recurring credit card (Visa or MasterCard).

To start your electronic payments

•Online

Registered users can log on to www.triwest.com. Non-registered users can create an account at www.triwest.com and receive a password within minutes. Click "Online Payment" and provide the information required for your payment option (allotment, EFT, or credit card).

•By mail

Go to www.triwest.com and select "Find A Form" from the Quick Links section to download and print an allotment or EFT/Recurring Credit Card form. Complete the applicable form, sign and mail it with your initial fee payment to:

TriWest Healthcare Alliance Corp.
P.O. Box 43590
Phoenix, AZ 85080-3590

When these changes become effective, the only time a check payment will be accepted is for the first payment, to cover the next quarterly period while an allotment or other electronic means of payment is being processed.

If you are currently making your Tricare Prime enrollment fee payments electronically, no action is needed, unless you are signed up for an online bill pay with your bank. This method may mean that a physical check is being cut from your bank and mailed to TriWest, and a change such as an EFT is needed to become compliant with Tricare's electronic requirement.

Luckily, it's easy to register and get started. To begin, simply log on to

www.triwest.com/epay.

Paying online has several positive features.

Security. TriWest uses a secure Web site, certified through the Defense Information Security Accreditation Program, leaving you the peace of mind that comes with secured access while managing your family's health care.

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Learn more about making your electronic payments by logging on to www.triwest.com/epay or calling 1-888-TRIWEST (874-9378) between 8 a.m. and 6 p.m., Monday-Friday. A representative will answer any questions and better inform you about online Web registration or help you establish an electronic fee payment.



T R I C A R E

worry of writing and mailing checks, therefore helping to eliminate risk of missing payments, which could result in disenrollment from Prime.

Less relocation worries. When your payments are electronic, you'll have one less stop to make on your move, so you can concentrate on what matters most.

Automatic payments. Automated payments take one more worry off your plate each month.

Breakfast helps kids do better in class

MAJ. KAREN E. FAUBER
DeCA dietitian

FORT LEE, Va. — Starting the school day with a good breakfast can give your children an academic edge this year. Many studies have shown that children who eat breakfast in the morning tend to do better in school, including getting better grades on tests.

However, skipping breakfast is a real problem for more than 40 percent of girls and 32 percent of boys, according to the American Dietetic Association. There are many reasons why children don't eat breakfast before their day begins, but just as many reasons exist why it's important to encourage your children to fuel up with breakfast to break the overnight fast of not eating for the last eight to 12 hours.

Children are more likely to eat breakfast in the morning if they eat with their family or see their parents eating. To help start their engines in the morning, have a little breakfast with them and get

SEE BREAKFAST, A-9

Keeping sanitary kitchens at home wards off illness

STAFF SGT. DEREK MARTIN
Schofield Branch Veterinary Service

Each year 76 million food-borne illnesses occur in the U.S. Of that total, 325,000 hospitalizations and 5,000 deaths are estimated to occur each year.

A majority of these causes can be attributed to and traced back to personal hygiene of the individuals preparing food, to cross contamination, and other unsafe food-handling and preparation practices.

Common sense comes into play when working in the food service industry. At work, people wear clean clothes, bathe daily, and wash hands frequently to reduce the risk of illness. But at home, these same people may not follow those standards.

At home, many things get taken for granted, such as thawing meats improperly, using old sponges to clean food contact surfaces, failing to wash hands after using the restroom, storing foods improperly resulting in cross contamination, and not cleaning or sanitizing food contact surfaces between uses to prevent cross contamination.

Thawing meat. Thawing meat im-

properly can give harmful pathogens an ideal environment to grow at a rapid rate, resulting in food-borne illness. The ideal temperature for microorganisms' growth is between 70-120 degrees Fahrenheit. Don't put frozen meat items on the counter or sink and forget about them until the time to prepare them many hours later.

Proper ways to thaw meat include placing meats in the refrigerator, running cold water over them that is no higher than 70 degrees Fahrenheit, or thawing them in the microwave.

Sponges. Using old sponges to clean food contact surfaces can also lead to a food-borne illness. Bacteria thrive in moist environments, and what better place than in a damp sponge.

Swap out dirty and/or old sponges on



a regular basis to prevent bacterial contamination. Antibacterial cleaning agents also reduce the risk of contamination.

Hand Washing. Improper hand washing is a large cause of food-borne illness outbreaks. Experts recommend washing hands for at least 20 seconds with water at 100 degrees Fahrenheit or as hot as you can stand with antibacterial soap.

Food storage. Improper food storage can lead to cross contamination. As a

rule of thumb, all raw items should be placed in the refrigerator under ready-to-eat items.

For example, if the refrigerator contains a thawing whole chicken, some raw hamburger meat, and a cooked bakery item, order the refrigerator this way: From the top of the fridge to the bottom, place the cooked bakery item, raw hamburger meat, and then the thawing whole chicken.

This particular ordering prevents any

liquid from the thawing chicken from accidentally falling on the bakery items, thus preventing salmonella poisoning.

Food contact surfaces. At home, people tend to do all their cutting and prepping on one cutting board. Take the time to clean and sanitize the cutting board between food preparations to reduce the risk of cross contamination.

For example, instead of preparing raw chicken and then cutting salad materials on the same cutting board, use different cutting boards or wash and sanitize between prepping each item.

Raw chicken can leave harmful bacteria on the surface of the cutting board, which can be transferred when cutting up salad items.

These days, many food establishments use different colored cutting boards for the different items they prepare.

Finally, allergens can also be transferred from food contact surfaces, so extra care should be taken when preparing foods that are one of the eight major allergens.

When in doubt, it is easier just to wash, rinse and sanitize the food surface. Cleaning can never be overdone.

News Briefs

From A-6

Next Fort Shafter Post Exchange/Market Advisory Council for the Oahu South community will be held Oct. 22, 10-11 a.m., at the U.S. Army Garrison-Oahu Commander's Conference Room, Building 334, 217 Montgomery Drive, Fort Shafter.

All Fort Shafter community members are invited to attend and provide input. Call Rosey Stone at 438-6147.

Ongoing

Online Traffic Safety Courses – All Hawaii-based Soldiers and civilian employees will have a new tool to request traffic safety classes beginning Oct. 1.

Anyone needing an Army Traffic Safety class can visit <https://airs.lmi.org>, look at available classes, sign up, and get an e-

mail notification of any changes.

Initially, six classes will be offered:

- Motorcycle Basic Rider Course
- Motorcycle Experienced Rider Course
- Army Traffic Safety Intermediate training for under 26-year-old Soldiers.

- Army Traffic Safety Advanced training for over 26-year-old Soldiers.

- Army Traffic Safety Supervisor training for military and civilian supervisors of Soldiers.

- Remedial Drivers Improvement training for Soldiers and civilian workers with traffic infractions.

Call Bruce Marshall, 655-6455.

Revision of Death Gratuity Designation – As of July 1, the Department of Defense implemented a new procedure in which a Soldier can designate his \$100,000 death gratuity election on his/her DD Form 93 (Record of Emergency Data).

Soldiers may now designate from one to 10 persons to receive all or a portion of the death gratuity payment. Call 655-4510.

Breakfast: DeCA offers morning meal tips

CONTINUED FROM A-9

your day off to a good start, too.

For more information about children's nutrition, visit www.commissaries.com, go to "Ask the Dietitian" and post your questions on the DeCA Dietitian Forum.

Start your engine with breakfast

People are more likely to get nutrients that are needed at breakfast time, including iron, calcium, fiber, phosphorus and magnesium, as well as vitamins such as riboflavin, vitamins A, C and B12, which may help keep weight under control.

Common reasons for skip-

ping breakfast (and fixes)

- 1) I don't like to eat in the morning. Instead, have a yogurt drink. Have a fruit smoothie made with low-fat milk, juice and fruit. Eat something you like such as pizza or leftover chicken.
- 2) I overslept. Instead, set the alarm for 10 minutes earlier and put the clock within walking distance of the bed.
- 3) I do not have time to eat in the morning. Instead, get ready for school the night before. Lay out clothes, pack a lunch and backpack.
- 4) I am trying to lose weight. Remember, skipping breakfast leads to eating more calories later in the day, not weight loss.

Use high-test fuel to start your internal engine

It's easy to grab high-calorie, low-nutri-

ent foods such as donuts and chips while rushing out the door. These foods may be all right for hectic mornings, however, just like cars, children's bodies run best on high-test fuel such as the following:

- Whole grain cereal with low-fat milk and fruit
- Oatmeal with low-fat milk, cinnamon and fruit
- Whole-wheat muffin, bagel or bread with nut butter or cheese
- Fruit smoothie made with yogurt, milk and fruit
- Breakfast bar with nut butter
- Hard-boiled egg
- Trail mix made with almonds, whole grain cereal and dried fruit
- Breakfast cookie with 5 grams of fiber or more per serving

PAU HANA



Ted Tolentino, center, demonstrates a drum pattern to Rock School students. Rock School is a great way to introduce music to beginners and allow them to intimately experience their favorite rock songs.

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – The rhythmic motion of 11 heads nodding to the beat of a semitonal version of the Boys Like Girls' tune "Thunder" introduced passersby to the newest craze to hit the installation here.

Offered by School of Knowledge, Inspiration, Exploration and Skills (SKIES), Rock School has grown in popularity within its first month.

Rock School is a program that allows young amateur musicians to experience the level of musicianship, commitment and dedication it takes to succeed in today's music world. Students max their musical potential by building solid instrument skills, applying music theory and gaining experience in live performance.

Mark Santos, music educator and owner of Hawaii MusicWorks, instructs the weekly class.

Santos, evidently a rocker himself – in black jeans and T-shirt, with bangs that fall faintly below his eyebrows – guided the children by engaging them in the music they relate to.

"This is a great way to get beginners enthused about learning music," said Santos. "This allows them to discover their natural ability."

Santos, along with music educator Ted Tolentino, taught the young rockers basic chords, bridges and transitions needed to master the popular rock song.

"It's amazing what these kids have learned in the short time we have been with them," said Santos. "They pay attention and really want to learn."

Three piano players lined the back wall, five guitar players gathered around a table a few feet away, and three drummers circled around Tolentino as he pounded his fist in the air to the beat, showing them the necessary percussion pattern. This ensemble of new musicians represents SKIES' first "rock band" currently underway.

"Pay attention to the music and listen to each other," said Santos to the class. "You are a band. Work together."



From left to right — Latiara Robertson, Tiana Arzuaga and Ekim Gabino tickle the ivories during "band practice" at SKIES. Rock School presents students with hands-on learning techniques to maximize their musical potential on their instrument of choice.

Santos spoke of proper stage etiquette and gave helpful hints to keep the players on beat.

Children internalized rhythm with the interactive and effective learning technique from Santos and Tolentino.

"Students develop an ear musically," said Santos. "Developing the foundation of musical understanding can later help them understand music theory."

Practicing helps as well, according to 7-year-old Chloe Traffanstedt.

"When I come home from school, I do my homework, then I practice my guitar," said Traffanstedt. "I'm trying my best."

Right — Chloe Traffanstedt listens attentively to the music educators as she strums the chords to a popular rock song during Rock School at SKIES.

Brushing her long blonde hair out of the way in true "rock star" fashion, Traffanstedt then adjusted her child-size acoustic guitar, decorated with pink stars, and strummed a few chords.

"I'm getting really good," she said. To appease the high demand, SKIES recently added three more classes. All filled up quickly.

For more information on Rock School, call SKIES at 655-9818 or Hawaii MusicWorks at 486-8600.

"The children love it," said Sandy Salisbury, SKIES administrator, Child and Youth Instructional Programs, Army Child, Youth & School Services (CYS2). "It's an inexpensive way to get music lessons, and the children always come out smiling."

Rock School is open to children ages 7 to 17. Blue Star Card discounts apply. Each session runs approximately eight weeks.

Group lessons, as well as one-on-one lessons for advanced students, are also available at Hawaii MusicWorks' Aiea location. Military discounts are available.

Santos and his crew are dedicated to keeping the music alive for generations to come through innovative teaching methods and dedication from the young students.

After all, rock 'n' roll will never die.



Volunteers across the country to 'dig in' for National Public Lands Day

U.S. ARMY GARRISON HAWAII PUBLIC AFFAIRS
News Release

KAHANAHAIKI – Volunteers and Army staff will roll up their sleeves, September 27, as they join the nation in honoring National Public Lands Day.

Oahu Army Natural Resources staff and community volunteers will remove invasive weeds from a large section of Kahanahaiki Ridge, dividing the Kahanahaiki and Makua valleys. The goal is to reintroduce palapalai ferns, which were once native in large numbers to the area.

Besides playing a vital role in Hawaii's ecosystem, the palapalai fern has historical and cultural significance. Known to grow 4-5 feet tall, the fern was used by ancient

Volunteers interested in participating in this year's event should contact Kimberly Welch at 656-7641 or e-mail kimberly.welch2@us.army.mil.

Hawaiians to decorate altars to the hula goddess, Laka, and is still used in making lei today.

During the hike to and from the restoration site, OANRP staff will share natural and cultural insights about the area, highlighting the endangered plants and animals found in this mesic forest.

"Kahanahaiki contains one of the last remnants of native mesic forest on Oahu, which is one of the most imperiled forest communi-

ty types in the Hawaiian Islands," said Kimberly Welch, OANRP outreach specialist.

"This is in large part due to deforestation, degradation from introduced wild pigs and goats, and the spread of invasive weed species," Welch added. "The work our volunteers will be doing on National Public Lands Day is a great step toward preserving our environment."

According to the National Environmental Education Foundation, National Public Lands Day is "the nation's largest hands-on volunteer effort to improve and enhance American public lands."

Last year, 110,000 volunteers nationwide built trails and bridges, planted trees and plants, and removed trash and invasive plants.





19 / 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. 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.

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 655-4443 (4227) or visit mwarmyhawaii.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 655-4443 (4227) or visit mwarmyhawaii.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,



Molly Hayden | Pacific Media Publishing

Oom Pah Pah party

SCHOFIELD BARRACKS — During last year's Oktoberfest, the Haugen's Oom Pah Pah Band enticed a crowd full of people to show off their dance moves. This year's celebration will be bigger and better, Oct. 3, from 4-10 p.m., at Sills Field. See FMWR Briefs, below, for more information on activities and tickets, or call 655-0111/0112.

Schofield Barracks. Join in on the fun, enjoy complimentary light pupus and free child care.

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

25 / Thursday

Test Prep Tools – Find out how to access various test-prep resources and take advantage of selected DANTES practice tests, online books, college, military, high school and allied health career tools Sept. 25, 2-6 p.m., at the Sgt. Yano Library.

This class is for Soldiers and family members and will cover how you can take ASVAB, CLEP, SAT, ACT, GED, NCLEX-PN AND NCLEX-RN practice tests online for free. Call 655-0145.

Stress Solutions Class – Are you stressed out? Can you use some creative ways to manage your anger? Learn basic information for designing a personalized stress program, Sept. 25, 3-4:30 p.m., at Army Community Service, Building 2091, Schofield Barracks. Call 655-4227 to register.

26 / Friday

Operation Rising Star Finals – The final round for Operation Rising Star will be held Sept. 26, 6 p.m., at the Tropics Recreation Center, Schofield Barracks.

Enjoy great entertainment and watch your friends compete for the \$500 first place prize. As a special bonus, the most enthusiastic family readiness group to come

out and support their singers will receive \$300. Blue Star Card members get half price on drinks. Call 655-0111/0112.

October

1 / Wednesday

Outdoor Recreation Renovations – The Outdoor Recreation Equipment Check-out Center facility, Building 556, Schofield Barracks, will be undergoing facility renovations, scheduled to begin Oct. 1.

During the renovation, equipment check-out, programs and all other services will continue to be available, operating out of Building 556 and out of temporary facilities in the parking lot.

There are no plans to close the facility during this time, but construction may cause closures or adjusted hours on a case-by-case basis. Hours of operations will continue to be Monday-Saturday, 8:30 a.m.-5:30 p.m. and Sundays, noon-4 p.m. Call 655-0143.

3 / Friday

Oktoberfest – Family and Morale, Welfare and Recreation will host Oktoberfest, Oct. 3, 4-10 p.m., at Sills Field, Schofield Barracks.

Enjoy great German feasts, alcoholic and non-alcoholic beverages, Hougen's Oom Pah Pah Band, contests, awards and much more.

Presale tickets are available now at Recre-

ation Activities, second floor, Building 572, Schofield Barracks, and at Information, Ticketing and Registration locations on Schofield Barracks and Fort Shafter.

The cost is \$15 for presale tickets for both admission and food. Tickets at the door will cost \$20 for admission and food, while available, and \$5 for admission only. Call 655-0111/0112.

4 / Saturday

Living History Day – The Tropic Lighting Museum is celebrating the 25th Infantry Division's annual organization day, Oct. 4, 9 a.m.-3 p.m., with Living History Day.

Enjoy history with your family as the museum hosts special children's activities, war re-enactors and more. Call 655-0438.

Ongoing

New Toys at Tropics – It's football season again, and Tropics has all the games, toys and gadgets you're looking for.

Miss seeing your favorite home team out here on the islands? Not to worry, Tropics now carries NFL Sunday Ticket. Stop by and see all the best gridiron action you can stand.

If football isn't your thing, Wii, PlayStation 3 and Xbox 360 game systems are available. Check them out for free and play anytime Tropics is open.

Pool, ping-pong and chess sets are all also available. Call 655-0002.

For more information, call 488-0981 or visit www.pearlridgeonline.com.

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.

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

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

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

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 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 breaks, a continental breakfast, lunch and a reception. Register online at hawaii.gov/gov/iwlc/2008.

Film Festival – Historian Steven Frederick will show the second movie in his Hawaii Wartime Film Series, "The Big-Band Music of Hawaii," Sept. 24, 7 p.m., at the VIP Screening Room in Hawaii Kai.

This film features steel-guitar legends Hal Aloma and Sam Koki. Included in the Lani McIntire orchestra is comic hula performer Jennie "Napua" Woodd.

Reservations are required, and tickets cost \$10. Call 395-0674 or e-mail filmguy54@hotmail.com.

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 the 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.

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

This 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.

30 / Tuesday

Life Skills Classes Available – Personal development classes are offered at the Army Substance Abuse Program/Employment Assistance Program in Building 2091 (Army Community Service), Schofield Barracks.

•Understanding You & Me: Improving Relationships, Sept. 30, 11 a.m.-1 p.m. Classes are limited to the first 18 people and are open to service members and civilians. Call 655-6047 to register.

October

1 / Wednesday

Free Admission – In honor of its 20th anniversary, the Contemporary Museum will offer free admission to all patrons during the month of October. A birthday celebration, complete with cake, will be held Oct. 22, during museum hours.

All year long, Oct. 1, 2008-Sept. 30, 2009, 20-somethings get in free with ID. Visit www.tcmhi.org.

2 / Thursday

Honolulu Ghost Tour – Historian Steve Frederick will host tours throughout haunted sites and mystical places in downtown Honolulu and Chinatown, every Tuesday, Thursday and Saturday evening, 7:30 p.m., throughout October.

Paranormal activities are known to occur at several of the sites visited throughout the course of the one and a half hour walking tour. The tour is recommended for adults only.

Cost is \$25 but Hawaii Army Weekly

SEE COMMUNITY CALENDAR, B-4

Worship Services

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

Helemanu (HMR) Chapel
653-0703

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

Main Post Chapel
655-9307

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

MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday-Saturday, noon – Adoration
- Liturgical Sunday, 9:30 a.m. – Worship

Tripler AMC Chapel
433-5727

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

Wheeler Chapel
656-4481

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

Community Calendar

Send announcements to community@hawaiiarmyweekly.com.

19 / Today

Prisoners of War/Missing in Action Ceremony – The Joint Prisoners of War (POW)/Missing in Action (MIA) Account Command will commemorate National POW/MIA Recognition Day with a ceremony, Sept. 19, 10 a.m., at the National Memorial Cemetery of the Pacific. Call 448-1935.

Commissary Painting – The Schofield Barracks Commissary will have its exterior painted Sept. 15-Oct. 17; however, normal business hours will be in effect: 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.

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

20 / Saturday

Aloha Festival – Pearlridge Center will host a Keiki Hoolaulea, an aloha festival, Sept. 20, 10 a.m.-3 p.m., at the Pearlridge Center.

This Week at the MOVIES Sgt. Smith Theater

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



Step Brothers

(R) Friday, 7 p.m. Saturday, 7 p.m.

Wall-e

(G) Saturday, 4 p.m.



The Dark Night

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

No shows on Mondays or Tuesdays.



Chicpaul Becerra | Pohakuloa Training Area Public Affairs

Senior update

POHAKULOA TRAINING AREA — Bob Wright, deputy garrison commander, Pohakuloa Training Area, provides an update to members of the Waikoloa Senior Citizens Club at the Waikoloa Golf Course Club as part of PTA's public outreach program, recently. Tom Carll, PTA Directorate of Public Works, and Wade Jones, PTA Directorate of Logistics, were also present to answer questions during the command briefing.

Holy days services announced

Jewish High Holy Day Services

Come observe the Jewish High Holy Day services being held at the Aloha Jewish Chapel, Building 708 (across from the Makalapa Medical Clinic), Pearl Harbor. Retired Rear Adm. Harold Robinson will lead the services.

Rosh Hashanah (New Year). Mark your calendars for these important dates:

- Sept. 29, 7:30 p.m.
- Sept. 30, 10 a.m.
- Oct. 1, 10 a.m.

Yom Kippur (Day of Atonement)

- Oct. 8, 6 p.m., Kol Nidre.
- Oct. 9, 10 a.m., Yom Kippur. Fasting is required for ages 13 and up. Breakfast immediately following service.

Service members requiring transportation or experiencing difficulty attending should coordinate with their installation chaplain or chain of command. Contact Cmdr. Shelly Geringer, 477-1459, for more information.

far (ram's horn).

"The Jewish High Holy Days mark the beginning of a very busy holiday season," according to Navy Cmdr. Sheldon Geringer, Pacific Command, "Immediately following Yom Kippur is Sukkot and then Simchat Torah."

Sukkot is the last of the three pilgrimage festivals. Sukkot commemorates the forty-year period during which the children of Israel were wandering in the desert, living in temporary shelters. Agriculturally, Sukkot is a harvest festival. The word "Sukkot" means "booths," and refers to the temporary dwellings that we are commanded to live in during this holiday in memory of the period of wandering.

Simchat Torah means "Rejoicing

in the Torah." This holiday marks the completion of the annual cycle of weekly Torah readings. Each week in synagogue a few chapters are publicly read from the Torah, starting with Genesis Ch. 1 and working around to Deuteronomy 34. On Simchat Torah, the last Torah portion is read, then proceed immediately to the first chapter of Genesis.

This completion of the readings is a time of great celebration. There are processions around the synagogue carrying Torah scrolls and plenty of high-spirited singing and dancing in the synagogue with the Torahs.

(Editor's Note: Compiled by Kyle Ford, U.S. Army Garrison-Hawaii Public Affairs.)

Army-Hawaii chapels ramp up religious education programs

Garrison's Religious Services Office strives to meet spiritual needs of entire family

RELIGIOUS SERVICES OFFICE

News Release

SCHOFIELD BARRACKS — Feeling scared, worried, frustrated, anxious, overwhelmed? Is this all happening as you prepare to deploy?

Are you helping your Soldier or family member get ready for his or her deployment? Dealing with the current deployment?

If you answered "yes" to any questions, it is time for you to "plug in" at one of the seven Army chapels available to you on Oahu. Chaplains want to support and assist you and your family so that each one of you is spiritually ready for whatever life brings.

The Army prepares you on the tactical and technical side of the house. Let the Religious Services Office prepare you on the spiritual side of the house.

What can you expect from your Army chapels?

Army chapels offer spiritual, personal, marriage and family counseling. Chapels host a variety of

religious services every week to meet your spiritual needs.

Religious classes are offered weekly that will strengthen your faith, prepare you for your sacramental celebrations and get you ready to "do" life with a firm spiritual foundation.

Family members aren't left out either. Younger children have their own Bible club. A youth group is available for seventh-twelfth graders and offers activities, Bible studies and the chance to meet new friends who care about what each of the others is going through. Weekly men's and women's groups meet for Bible studies, devotion and prayer, too.

Family nights are held to allow you to find fellowship with other adults over a home-cooked meal and your children to have their own Bible study.

On a daily basis, prayer books and boards are reviewed and deployed service members, or anyone else listed, are prayed for.

How can you get plugged in?

Drop in at the Religious Services Office or any of the Army chapels for information on programs, classes or assistance.

(Editor's Note: View the complete worship schedule on page B-2.)

Religious education offers classes for patrons of all ages

At Aliamanu Military Reservation (AMR) Chapel

- Sundays**
- Catholic Religious Education Classes, 4 years-12th grade, 9:45-10:45 a.m.
 - Rite of Christian Initiation for Adults (RCIA) & Faith Formation, adults, 9:45-10:45 a.m.
 - Sunday School, 4 years-12th grade, 11:10 a.m.-12:10 p.m.
 - Academy of Discipleship, adults, 11:10 a.m.-12:10 p.m.

Tuesdays

- Protestant Women of Chapel (PWOC), Protestant and Gospel Women's Bible study, adult women, 9-11:30 a.m.
- Family Night, all ages, 5:30-6:10 p.m. (includes dinner).
- Bible Study, 4 years-6th grade, 6:10-7:30 p.m.
- Youth Group, 7th-12th grade, 6:10-7:30 p.m.
- Adult Classes (see below), 6:10-7:30 p.m.

Thursdays

- Military Council of Catholic Women (MCCW), Bible study and Mass, adult women, 9-11:30 a.m.

Third Saturdays

- Gospel Women's Fellowship, women, 9-11:30 a.m.

Saturdays

- Children Youth Choir and Praise Dance Rehearsal. Call for time.

AMR Adult Classes

- Financial Peace University; Great Characters of the Bible; Acts of the Apostles Bible Study (Catholic); Can God Help Me with PTSD?; Jesus, the One and Only by Beth Moore; Autism Family Support Group (1st Tuesday of the month); Family Resiliency for Spouses of Deployed Soldiers (2nd Tuesday of the month).

At Schofield's Main Post Chapel

- Sundays**
- Catholic Religious Education Classes, 4 years-12th grade, 9-10 a.m.
 - Sunday School, 4 years-12th grade, 10:30-11:30 a.m.
 - Academy of Discipleship, Adults, 10:30-11:30 a.m.

Tuesdays

- Protestant Women of Chapel (PWOC), Protestant and Gospel women's Bible

study, Adult women, 9-11:30 a.m.

Wednesdays

- Family Night, all ages, 5:30-6:10 p.m. (includes dinner)
- Bible Study, 4 years-6th grade, 6:15-7:30 p.m.
- Youth Group, 7th-12th grade, 6:15-7:30 p.m.
- Adult Classes (see below), 6:15-7:30 p.m.

Main Post Chapel Adult Classes

- Autism Family Support Group (2nd Wednesday of the month)
- Books of the Bible Study
- Buddhist Study Group
- Can God Help Me with PTSD?
- Deployed Spouses Group Study
- Family Resiliency for Spouses of Deployed Soldiers (once a month)
- Financial Peace University
- Truth Thru Transformation
- Life Skills for Parenting Teens
- Liturgical Theology
- MCCW Book Study
- PWOC Book Study
- Never Mind The Jones'
- New Believers Study Group
- RCIA/Adult Confirmation.

At Helemano Military Reservation Chapel

Sundays

- Sunday School, 4 years-Adults, 9-10 a.m.

Community Calendar

From B-2

readers will receive a \$5 discount if they bring this announcement with them. Participants are encouraged to wear comfortable walking shoes.

Reservations are required. Call 395-0674, e-mail filmguy54@hotmail.com or visit www.stevestoursandfilms.vpweb.com.

3 / Friday

Mental Health Seminar — Mental Health of American will host a seminar on Mental Health Challenges of Hawaii's Soldiers and their Families, Oct. 3, 11:30 a.m.-1:30 p.m., at Catholic Charities in Makiki.

Register by e-mailing susan@mentalhealth-hi.org. The seminar is free but a \$10 donation is encouraged.

4 / Saturday

Ko Olina Taste at Kapolei Goes

Green — The Rotary Club of Kapolei will host its 9th Annual Ko Olina Taste at Kapolei, Oct. 4, 5:30-9 p.m., at Ulua, the fourth lagoon of the Ko Olina Resort and Marina.

The oceanfront event is a benefit for Leeward Oahu community groups.

This year's theme is Ko Olina Taste at Kapolei Goes Green and all serving ware-plates, spoons, cups, and more-will be made of recyclable and biodegradable materials.

Tickets are \$75 for adults, \$35 for children ages seven-12. A portion of the ticket price is tax-deductible.

Tickets can be purchased at www.hawaiiibesttickets.com or by calling 545-2772.

Blood Drive — The Blood Bank of Hawaii will host a blood drive, Oct. 4, 7:30 a.m.-1 p.m. at the Pearlridge Shopping Center's Uptown parking lot in front of Tilt. Call 488-0981.

7 / Tuesday

Chess Lessons — Chess lessons are offered every Tuesday, 6-8 p.m., at Pearl-

ridge Shopping Center's Uptown Center Court. Call 488-0981.

10 / Friday

Women's World Festival — Women of Our World will host a Women's World Festival, Oct. 10-11, 9 a.m., at the Hawaii Convention Center, Honolulu.

The festival offers a wide range of workshops on topics including martial arts and self-defense techniques, public speaking, drawing, music recording and copyrighting, cosmetics, self-publishing, cooking and voice techniques.

Tickets are available at all Ticketmaster outlets and through the Women of Our World office by calling 341-8614. Tickets are \$12 for a two-day pass and \$45 for a two-day pass including the fashion show. The festival is free for students under the age of 21 with a paying chaperone.

Women of Our World are encouraging attendees to come in their cul-

tural outfits, modern or classic.

Visit www.womenofourworld.com.

24 / Friday

Orchestra Performance — The Oahu Civic Orchestra will perform pieces from 'West Side Story,' 'Swan Lake' and other musicals, Oct. 24, 7-8:30 p.m. at Pearlridge Shopping Center's Uptown Center Court. Call 488-0981.

25 / Saturday

Holiday Faire — The Children's Center Inc. Preschool's 24th Annual Holiday Faire will be held Oct. 25, 8:30 a.m.-2:30 p.m., at the Nuuanu Congregational Church.

The faire will feature family-style fun and food, keiki games/activities, crafts, baked goods, a country store, plants, silent auction, white elephant, raffle and

entertainment. Children ages 2-6 can sign up for the free Halloween Parade, held 10-11 a.m. Admission and parking are free. Call 595-6341.

Blues Festival — Come to the Beyond the Blues Festival, featuring home-style blues and rich, smooth jazz Oct. 25, 10 a.m.-3 p.m., at Pearlridge Shopping Center's Uptown Center Court. Call 488-0981.

31 / Friday

Halloween Spooktacular — Jungle River Mini Golf will host a Halloween Spooktacular, Oct. 31, 6-9 p.m., at the Pearlridge Shopping Center. Call 488-8808.

The free family event will include a costume contest, door prizes, games, arts and crafts and trick or treating. Call 488-8808.

Community Sports

Send sports announcements to community@hawaiiarmyweekly.com.

19 / Today

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 in each game represent the Air Force, Army, Coast Guard, Marines and Navy on the final 12-person team. Now services will vie in Halo 3 and 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.greatlifeohawaii.com.

20 / Saturday

Ballet Auditions — Ballet Hawaii will hold auditions Sept. 20, beginning at 11:30 a.m., for its annual production of "Nutcracker," performed Dec. 19-21 at the Blaisdell Concert Hall.

Auditions are open to all dancers in the community ages 6 to adult. Dancers in Ballet VI/VII must bring pointe shoes.



Stefanie Gardin | U.S. Army Garrison-Hawaii Public Affairs

Zumba rumba

SCHOFIELD BARRACKS — Serving up sweat, smiles and sass, Madalene Aponte leads a hip-swivelling, heart-pumping Zumba class at Schofield's Health and Fitness Center, Wednesday. Zumba is the newest addition to the center's aerobics classes and is offered every Tuesday and Wednesday at 6 p.m.

For a complete schedule of auditions, visit www.balletehawaii.org/nutcracker.htm or call 521-8600.

Hawaii Streetball Association — The next Hawaii Streetball 3-on-3x3 Tournament will be held Sept. 20, 10 a.m., at Waianae's District Park.

The Hawaii Streetball Association is

looking for teams to join and represent all communities on Oahu, including each branch of the military.

E-mail hsba@hiteamsports.com or call 218-4060.

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.



20 / Saturday

Adventure Bike Tour — Want to get out of the house and explore more of Hawaii's island paradise? Try our mod-

erate-effort bike tour through some of the island's most picturesque locations, Sept. 20, 7 a.m.-2 p.m.

The cost is \$15 with your own bike, or \$20 with bike check out. Call Outdoor Recreation, 655-0143.

21 / Sunday

Adventure Kayak Tour — Itching for some water exploration? Our inaugural kayak adventure tour is scheduled for Sept. 21, 7 a.m.-2 p.m.

Don't miss this opportunity to explore the island at your own pace from a truly unique perspective. Call

Outdoor Recreation, 655-0143.

23 / Tuesday

Home School Health & Fitness Classes — Classes at Aliamanu Military Reservation (AMR) Youth Center meet every Tuesday, 9-10 a.m., for ages 6-9 years old and 10-11 a.m. for ages 10-12 years old.

Classes at Bennett Youth Center, Schofield Barracks, meet every Thursday, 9:30-10:30 a.m., for Kindergarten through third grade, and 10:45-11:45 a.m. for fourth grade and up.

The classes will cover health and fitness

activities and sports programs. Call AMR at 836-1923 and Schofield Barracks at 655-6465/0883.

Mini Basketball — Registration begins Sept. 23 for the upcoming Mini Basketball season, Oct. 21-Dec. 11.

Children, born in 2003 or 2004, will learn and practice basic basketball skills once a week, either at Aliamanu Military Reservation (AMR)'s Youth Center or the Bennett Youth Center, Schofield Barracks, in this parent-participation program.

For youth born in 2004, practices are held Tuesdays, 5-6 p.m. For youth born in

21 / Sunday

Hike Oahu — Join the Hawaiian Trail & Mountain Club on a hike through Laie Ridge.

Endure some initial road walking, before eventually joining a verdant contour trail that meanders peacefully all the way to the summit. It's a long journey, but halfway up is a waterfall pool, offering a cool dip.

This advanced hike is 10 miles. Call Kris Corliss or Larry Oswald at 638-7268.

Save the date for these upcoming hikes, too:

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

- Oct. 5, a 12-mile advanced hike through Waiau 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.

Military Appreciation Day — The Honolulu Polo Club will celebrate Military Appreciation Day, Sept. 21, 2:30 p.m., with an Army vs. Navy polo match at the polo field across from Bellows Beach.

Gates open at 12:30 p.m. There will be free waffle dogs, hamburgers, soft serve ice cream and other refreshments.

This event is free with military ID. Call 521-6927.

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.

2003, practices are held Thursdays, 5-6 p.m. The \$15 fee includes a youth T-shirt and a sports ball. Call AMR, 836-1923, or Schofield Barracks, 655-6465/0883.

24 / 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 Oct. 1, 8:30-11 a.m. Classes will be held every Wednesday. Each session costs \$10. Call 655-0143 for more information.