

## INSIDE

# Gimlet gets hero's welcome

# Smooth transition promised



## Feeding Soldiers

The Mongoose Battalion keeps Iraq pantries stocked

A-3



FRG member Grace Martelo greets Sgt. Nathan Rolens at Honolulu International Airport, Sept. 17. Rolens returned after spending nearly two months at Fort Sam Houston's Brooke Army Medical Center where he recovered from shrapnel wounds when an improvised explosive device exploded beneath his Stryker vehicle, July 8.

Soldier's ohana in Hawaii makes return memorable

Story and Photos by  
**JEREMY S. BUDDEMEIER**  
Managing Editor

HONOLULU — When Sgt. Nathan Rolens packed for his return to Honolulu last week, one item — a pe-sized pebble — took priority. In fact, the pebble was so special, Rolens decided to carry it on the flight with him.

That's because two months ago, that pebble was lodged nearly two inches deep in Rolens' forearm, along with several other pieces of shrapnel that penetrated his right arm and left leg, when an improvised explosive device (IED) exploded beneath his Stryker vehicle.

After recovering at Fort Sam Houston's Brooke Army Medical Center, Rolens returned to a family-style, hero's welcome, Sept. 17.

An hour before his flight landed, nine Soldiers and family readiness group members (FRG) from Rolens' unit, 1st Battalion, 21st Infantry Regiment "Gimlets," gathered in the airport's USO office.

"We try to come for the (rest and recuperations), too," FRG member Adriane Fitzhugh said.

Fitzhugh and Grace Martelo decorated a sign that read, "Welcome home Sgt. Rolens!" Others filled a gift bag with snacks.

A few feet away, Spc. Adrian Delacruz and Staff Sgt. Erwin Saddi chatted in the USO's La-Z-Boy chairs.

"This is my first one," Delacruz said, referring to his being part of the welcoming party. The last time, the unit welcomed him home.

Delacruz and Saddi returned to

SEE WELCOME, A-5

DONNA MILES

American Forces Press Service

WASHINGTON — The Defense Department is doing everything possible to ensure a smooth transition as the next presidential administration takes control of the military in January, officials assured civilian business, academic and local government leaders.

The November election will usher in the United States' first change of administration during wartime in 40 years, Deputy Defense Secretary Gordon England told participants in the Joint Civilian Orientation Conference (JCOC) during the group's orientation visit, Sept. 19.

The business of defending the country and its interests transcends politics, England told the leaders, who visited the Pentagon before setting out for a weeklong trip through the U.S. European Command area of operations.

"This is serious biz that we are about; it is not political," he said. "We have one mission — protecting and defending the nation — and that is what everybody does."

The Defense Department has been working for the past year to ensure the political transition goes smoothly, so no "hiccups" divert focus from that mission, England said.

"We have been focused on it," he said. "We are determined to make this as smooth as we can."

The Joint Staff's director of operations agreed.

"We owe that to our troops, and we owe that to the American people, particularly now, with a war going on," Marine Corps Lt. Gen. John Paxton said.

Toward that end, transition task forces throughout the department are preparing continuity plans for the new administration, Robert Hastings Jr., principal assistant

SEE TRANSITION, A-6

# Deployment ceremony to affect traffic and parking

25TH INFANTRY DIVISION  
PUBLIC AFFAIRS

News Release

SCHOFIELD BARRACKS — The 25th Infantry Division's deployment ceremony, Oct. 3, at 10 a.m., will affect some vehicular traffic and parking at Schofield Barracks.

The Sgt. Smith Theater parking lot will be used as a marshalling area for troops. The lot will be cleared by Wednesday, Oct. 1, at 5 p.m., and blocked off until Friday, Oct. 3, at 10 a.m.

Troop movements during a rehearsal and the ceremony will close parts of Trimble Road, Cadet Sheridan Road, Humphreys Road, and Lewis Street, Oct. 2, starting at 1:30 p.m., and Oct. 3, starting at 9:30 a.m., between Sgt. Smith Theater and the 25th ID Headquarters, Building 580.

Traffic will resume normal flow on Trimble Road, Humphreys Road and Lewis Street once all formations have crossed over. Cadet Sheridan Road will remain closed Oct. 3 until 11:30 a.m. from Richardson Pool to the Trimble Road intersection.

All ceremony guests are encouraged to park in the Schofield Commissary parking lot and in open parking spaces in front of the 25th ID Headquarters.

## Field closure

Favreau Field is closed and is no longer available for physical training. The closure is in support of barracks construction.

See News Briefs, A-6

## Final band performance

The 25th Infantry Division Band will hold its last performance before deploying, today, 6 p.m., at the Hale Koa Lua Gardens. The concert is free and open to the public.

See Community Calendar, B-2



## Hot meat and beans

Groups compete to see who can put the most fire in victims' bellies at the family readiness group chili cook-off

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# Police teams compete for top honors

Story and Photos by  
**KYLE FORD**  
News Editor

SCHOFIELD BARRACKS — "You go left; you go right," yelled the team leader dressed in full battle gear to his two snipers as they jumped out of the command vehicle.

The snipers took down the nearest threat and covered the rest of the team as they cleared the building and rescued "Junior."

That was the first task facing the teams of the Special Tactics And Response (STAR) Competition, Sept. 16-18, here.

Special response teams from all over Hawaii competed for bragging rights as the best team in the islands and earned equipment for outstanding performance.

Special response teams are elite special operations tactical units in police departments. They are trained to perform high-risk operations that fall outside of the abilities of regular patrol officers. These can include serving



Members of the Tripler Army Medical Center Special Operations Team eliminate targets during the "Pistol Challenge" of the Special Tactics and Response Competition, Sept. 16-18, on Schofield Barracks.

high-risk arrest warrants; performing hostage rescue and/or armed intervention, and counterterrorism; and engaging heavily armed criminals.

The six-man teams from Maui Police Department; Tripler Army Medical Center (TAMC);

SEE STAR, A-6

# Open comment period for Makua announced

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

SCHOFIELD BARRACKS — The Department of the Army announced the availability of the supplemental draft environmental impact statement (SDEIS) for Military Training Activities at Makua Military Reservation (MMR), Hawaii, published in the Federal Register, Sept. 19.

The Army is committed to ensuring that its operations respect the environment and cultural resources, while simultaneously maximizing the readiness of its forces. Accordingly, the Army published the SDEIS to ensure the public has an additional opportunity to review and comment on this very important matter.

The SDEIS includes a 45-day public comment period, which ends Nov. 3, and four public hearings, after which the Army will thoroughly review all public comments and use those to assist in the preparation of a final EIS. The Army expects to issue the final EIS in the spring of 2009.

The Army invites the general public, local governments, other federal agencies and state agencies to submit written comments or sug-

Public meetings will be held at the locations listed. An open house, from 5:30-6:45 p.m., where information will be provided on the SDEIS, followed by a public comment session, from 7-9:30 p.m., will comprise each meeting.

•Oct. 6, 2008  
Nanakuli High School Cafeteria  
89-980 Nanakuli Ave.  
Waianae

•Oct. 7, 2008  
Wahiawa District Park Recreation Center

1129 Kilani Ave.  
Wahiawa

•Oct. 8, 2008  
Aunty Sally Kaleohano's Luau Hale  
799 Piilani St.,  
Hilo

•Oct. 9, 2008  
Waimea Community Center  
65-1260 Kawaihae Rd.  
Kamuela

•Individuals may also submit public comments online at www.garrison.hawaii.army.mil/makuaeis; by fax to (808)

656-3162; by e-mail to usaghipaomakuaeis@hawaii.army.mil; or by mail to: Attn: Makua SDEIS Public Comments  
USAG-HI Public Affairs Office  
742 Santos Dumont, WAAF  
Schofield Barracks, HI 96857

For questions about submitting public comments, call 656-3152.

On The WEB

Review the SDEIS online at www.garrison.hawaii.army.mil/makuaeis.

gestions concerning the alternatives and analysis addressed in the SDEIS.

The public comment period for the SDEIS ends Nov. 3, 2008, 45 days after today's Notice of Availability publication in the Federal Register by the U.S. Environmental Protection Agency. A final EIS will be published following the comment period on the SDEIS and incorporation of public comments.

The original Draft Environmental Impact Statement was issued in 2005 but several developments over the past three years have necessitated a new draft. Public comments to this new draft will be considered in preparing a final statement and decision by the Army on Makua's future use.

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

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

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

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

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

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

**Advertising:** 525-7439  
**Classifieds:** 521-9111  
**Editorial Office:** 656-3155/3156  
**Fax:** 656-3162

**Address:**  
Public Affairs Office  
742 Santos Dumont Ave., WAAF  
Building 108, Rm. 304  
Schofield Barracks, HI 96857-5000  
**Web site:**  
www.garrison.hawaii.army.mil/haw.asp

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

**110 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 9/24/08.

**Straight Talk**

**DES works to build community relationships**

**LT. COL. THOMAS DENZLER**  
Director, Directorate of Emergency Services

In an attempt to enhance interaction between military police (MP) and the U.S. Army Garrison-Hawaii community, the Directorate of Emergency Services (DES) recently established a Community Relations (COMREL) program.

Dedicated law enforcement officers assigned to the Fort Shafter and Schofield Barracks Provost Marshal offices make up the COMREL program. Officers develop and organize programs geared toward bringing residents together with law enforcement to deter crime and make communities safer.

Involved residents can make a significant impact on the level of crime in their communities by paying attention. Further, the program can bring neighbors closer and build a more cohesive and concerned community.

Upcoming programs include awareness classes on

what to watch out for and how to report suspicious activity, child passenger seat inspection points, bike rodeos, and Neighborhood Watch activities.

If you live at Fort Shafter, Shafter Flats, Aliamanu Military Reservation, or at Tripler and are interested in learning more about the program, join us for our first Neighborhood Watch meeting, Oct. 9, 6:30 p.m., at the Aliamanu Community Center.

The Schofield Barracks COMREL Officer will hold Neighborhood Watch meetings at each Army Hawaii Family Housing (AHFH) community center on Schofield Barracks, Wheeler and Helemano. Residents will be notified when meetings will be held in their communities.

The DES and AHFH staffs look forward to working with you to improve our USAG-Hawaii installations and housing areas. Thank you.



Denzler

**Tips help police keep communities safe**

Community members can submit anonymous crime tips to the MP station via cell phone text messaging or by using their computers.

**To submit a text message tip via cell phone:**

- Type "TIP730" and provide your tip information (e.g., John Doe stole a plasma TV from 123 Main St.).
- Type "Crimes" (or 274637) in the "to" line.
- Hit "Send."

**To submit a tip via computer:**

- Go to [https://www.tipsubmit.com/WebTips.aspx?](https://www.tipsubmit.com/WebTips.aspx?AgencyID=730)

AgencyID=730.  
•Provide as much tip information as you can, and click "submit tip."

Tipsters are provided an alias to allow for anonymous two-way communication should the MP station require more information. Additional information regarding our anonymous crime tip program will be provided through community bulletin channels.

Please continue to report emergencies by dialing 911 or contacting the Schofield and Fort Shafter MP stations at 655-7114 and 438-7114, respectively.

**JPAC honors lost commrades during POW/MIA Day**



Jeremy S. Buddemeier | U.S. Army Garrison-Hawaii Public Affairs

(From left to right) Sgt. Audie Murphy Club-Hawaii members Staff Sgt. Jeremy Emrick, Sgt. 1st Class John Culver, Staff Sgt. Richard Yniguez and Sgt. 1st Class Charles Martinez present a wreath as part of National Prisoner of War / Missing in Action Recognition Day at the National Cemetery of the Pacific (Punchbowl), Sept. 19.

**STAFF SGT. MATTHEW CHLOSTA**  
Joint POW/MIA Accounting Command Public Affairs

HONOLULU – The Joint POW/MIA Accounting Command (JPAC) held a ceremony at the National Cemetery of the Pacific (Punchbowl) to commemorate POW/MIA Day, Friday.

After the sunshine finally pushed away the dark gray clouds that had hovered over Punchbowl, Rear Adm. Donna Crisp, JPAC commander, began the event with her remarks.

"Today, we pause to reflect on the heroism of tens of thousands of Americans who endured the hardship of enemy confinement, and those whose fate in time of war still remains unknown to this day," she said. "POW/MIA Recognition Day events are held all over our nation on this day to remind us of those Americans who have sacrificed so much for their country."

"I want to begin by noting that this is also a day to remember those brave men and women actively involved in the global war on terror, who are currently in harm's way in Iraq, Afghanistan, and other less-known locations, especially those who are currently unaccounted for worldwide," Crisp added.

The overflowing crowd contained a patriotic mix of war veterans groups, active duty military, civilians, tourists and even members of the Combat Veteran's Motorcycle Association (CVMA) Hawaii Chapter, who rode to the ceremony in tribute.

The dozen or so CVMA members in attendance wore jeans and leather vests with their distinctive "Combat Vets" crest emblazoned on the back.

One CVMA member, Army Staff Sgt. Jamie Medinger, former member of 3rd Infantry Brigade Combat Team, 25th Infantry Division, said POW/MIA Day means, "honoring those lost brothers, those that are no longer with us, those that are gone but not forgotten."

The burly but soft-spoken Medinger, who served one tour in Afghanistan and two in Iraq, is cur-

rently in a Warrior Transition Brigade at Schofield Barracks. He is in rehabilitation and treatment for injuries he received from an improvised explosive device (IED) attack in Iraq.

"I came out to honor those fallen brothers and honor those who gave the ultimate sacrifice," Medinger said.

During his speech, keynote speaker and a former Vietnam War POW, retired Navy Capt. James Hickerson, recounted several stories and memories about his five-year captivity in Hanoi.

"As I was floating down in my parachute, I thought maybe I've got a problem here," Hickerson said, recalling when his plane had been shot down over Vietnam and he had ejected.

Hickerson said, after being tortured and sleeping on concrete for five years, he appreciates something as simple as the softness of a pillow.

"My wife didn't know if I was dead or alive. How did I get through (my ordeal)? God, country and my mates (fellow POWs)," Hickerson said. "The 'Hanoi Hilton' taught me so much about what my country means to me."

"There was no doubt in my mind that you'd come get me. What a great country we belong to, and we have a great country because of all the names on the walls around us here," he continued. "You're looking at a very, very lucky man. Lucky because I am alive today."

Hickerson spoke to an attentive audience that was full of veteran groups. They were easy to spot by their distinctive Hawaiian shirts and military style flight caps.

One group, the Military Order of the Purple Heart (MOPH), stood out with its distinctive purple hats and lavender-flowered print garments — exclusive membership criteria.

Korean War veteran and MOPH member Thomas Tanaka said membership is limited to service members who've received the Purple Heart.

"Today is the day that I remember some of my buddies that are still back there," Tanaka said. "It means a lot. A day we should remember all the veterans. Hopefully they'll come back one day."



**57 STEPS in FAITH**

**It can be dangerous to have 'Too much time on my hands'**

**CHAPLAIN (CAPT.) SEAN PHILLIPS**  
84th Engineer Battalion

Before many folks reading this article were born, there was a 70s band named Styx that recorded a song having the same name as this headline. For the few who have entered their fifth decade of life, you are probably remembering and singing this song right now.

Although we live in an age of incredible technology, one thing we cannot control is time. The second hand ticks away, and the sun rises and sets without fail. Most of us wish we had more time, especially when a deadline approaches.

Wouldn't that be great? We would all have more time for our families, more time to enjoy our favorite hobbies and more time to ... well, you name it, and you would have

more time for it. If only we could manufacture time.

However, I find that having too much time can be as equally difficult to manage as not having enough time. Too much time permits our minds to entertain ideas (out of sheer boredom) that have no goal other than passing the time.

For instance, I was recently on a short vacation and had about three hours before my return flight home. I decided to go to the mall, actually the tool section of Sears. Tim the Tool Man would have been proud of me.

After strolling through a few aisles, I start-



Phillips

ed looking at air compressors (I have no pneumatic tools), wheeled tool chests as tall as I am (I own enough tools to fill about 20 percent of them) and riding lawn mowers (my yard is about 500 square feet).

Why was I looking to buy something for which I have absolutely no need or use? Don't laugh at me or roll your eyes; you've been there too. Too much time on my hands is a dangerous thing.

Maybe it's not tools that tempt you, but shoes, or new golf clubs or the Internet. One day you and I will wake up (probably when the packers come for the next CLOS) wondering where so much stuff in our closets and garages came from. It came from having too much time on our hands.

No one wakes up intending to fritter away valuable resources, neglect one's spouse or children, or take up some new vice. These

problems often come from having too much time on our hands.

"Nobody can think straight who does not work," Henry Ford said. "Idleness warps the mind."

"The only thing wrong with doing nothing is that you never know when you're finished," an unknown author remarked.

So what's a person to do? When we don't have enough time, we want more. When we have too much time on our hands, we get into trouble. Since we can't manufacture, buy or borrow more time, we will just have to manage better the time we are given.

In the Christian Scriptures we will find the following guidance: "Be careful how you live, not as fools but as those who are wise. Make the most of every opportunity for doing good in these evil days" (Ephesians 5:15-16).

**Voices of Ohana**

**What is the greatest decision you ever made?**



"Having children."

**Pfc. Jon Barnard**  
B. Co., 3-25th Avn.  
Wheeled Vehicle  
Mechanic



"Quitting smoking."

**Spc. James Ehrler**  
B Co., 3-25th Avn.  
Wheeled Vehicle  
Mechanic



"Joining the military. I wouldn't be where I am today if it weren't for the military."

**Sgt. Aina Gayares**  
2-25th Avn.  
Supply Sgt.



"Joining the Army and that's the truth."

**Pfc. Doroteo Pecina**  
209th ASB  
Aviation Fueler



"Joining the Army. I've had the opportunity to better myself as a person."

**Spc. Josue Soto**  
209th ASB  
Aviation Fueler



Staff Sgt. Christian Foster | 2nd Stryker Brigade Combat Team

Staff Sgt. Corey Burke (left), assigned to the 556th Signal Company, 2nd Stryker Brigade Combat Team, demonstrates how to perform immediate action on his rifle for Sgt. Maj. Michael Sedillo, senior operations sergeant for 2nd Battalion, 14th Cavalry Regiment, during the Audie Murphy Board, recently.

## Audie Murphy Board held for Warrior NCOs

**STAFF SGT. CHRISTIAN FOSTER**  
2nd Stryker Brigade Combat Team

CAMP TAJI, Iraq — Seventeen Soldiers from the 2nd Stryker Brigade Combat Team (SBCT) appeared in front of the Audie Murphy Board at Camp Taji, northwest of Baghdad, Sept. 13.

During the board, Soldiers demonstrated their tactical and technical knowledge to prove they were the best.

“The Audie Murphy Club is an opportunity for (noncommissioned officers) to compete against themselves,” said 1st Sgt. Lamont Christian, first sergeant of Headquarters and Headquarters Company, 2nd SBCT.

Each NCO was hand selected from throughout the brigade by his or her company commanders and battalion command sergeants major to attend the brigade-level board.

In order to meet the recommendation requirements, Soldiers had to demonstrate certain qualities, such as selfless service and leadership, in both the Army and their respective communities.

The standards for induction into

the club by way of the Audie Murphy Board are designed to maintain the integrity of the ideals on which the club was founded. The Audie Murphy Club strives to emulate the valor and dedication demonstrated by Murphy, not only during his Army career but in normal life as well.

Staff Sgt. Christian Koscinski, a key organizer for the event, said induction into the club is an honor all NCOs should seek.

“To be a part (of this club is to be among) some of the best NCOs in the Army,” said Koscinski. “(They) have demonstrated their willingness to work 110 percent of the time.”

Of the 17 Soldiers who appeared in front of the board, six were recommended for induction into the Audie Murphy Club.

Their packets will now go for review by the Multinational Division-Baghdad chain of command. All Audie Murphy Board packets must have the signed approval of a major general.

The Audie Murphy Club Induction Ceremony, for those accepted for induction, is scheduled for December.

# Depot keeps kitchens stocked

**OIF**

‘Mongoose’ food supply warehouse fills deployed cooks’ shopping lists

Story and Photo by  
**SGT. 1ST CLASS CHRISTINA BHATTI**  
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — Feeding approximately 2,200 Soldiers at 14 different sites that span an approximate 1,300-square-mile area is a daunting task.

But every week, six Soldiers in the food supply warehouse from the 225th Brigade Support Battalion (BSB) “Mongoose,” 2nd Stryker Brigade Combat Team (SBCT), fill the “shopping lists” given to them by battalion cooks, according to Staff Sgt. Christopher Dent, food supply warehouse noncommissioned officer in charge, 225th BSB.

The warrior warehouse is reminiscent of popular wholesale stores with pallets from floor to ceiling. Soldiers bustle about putting together supplies for the 2nd SBCT battalions. They load pallets and boxes with everything from spices, sports drinks, snack foods and meat, to fresh fruits and vegetables.

Once those lists are filled, the food supplies are sent to the 225th BSB forward area support teams for distribution to every joint security station and combat outpost in the warrior area of operations.

These supplies go out to the Soldiers to keep their bellies full and their bodies healthy for the long missions in the severe climate of Iraq.

While Soldiers have a voice in what menus they receive, selection ultimately comes down to what is in stock in Kuwait, said Capt. Alburto Pantoja, Headquarters and Headquarters Company (HHC), 225th BSB.

Not only does stock play a factor in what goes out, weather is also an important factor. All of the supplies are driven in from Kuwait, Dent said. If weather is bad, then perishable food goes bad and must be thrown away.

“It can be difficult,” said Pantoja, referring to the weather. “We get only so much in quantity of fresh fruits and vegetables, and if the weather is bad, then they sit on trucks for too long. So, when it gets here, we have to distribute what is good to all of the sites, and that limits the amount everyone gets.”

Despite those issues, the warehouse Soldiers constantly ensure Soldiers only get the best.

“We do everything we can to get the Soldiers what they need and want,” Pantoja said. “This is a hard job, and these Soldiers do great things.”



Spc. Brian Smith, food supply specialist assigned to Headquarters and Headquarters Company, 225th Brigade Support Battalion “Mongoose,” 2nd Stryker Brigade Combat Team, carries boxes of food to load onto pallets for the Warrior battalions in September. Smith is one of six Soldiers who works in the food supply warehouse at Camp Taji.

Working in the warehouse is hard work, but for Sgt. Richard Hunt, food supply specialist, 225th BSB, the time was worth it.

“Working here for the last month was a great experience,” he said. “I really got to learn what is out here for the Soldiers.”

Hunt will soon leave the warehouse to re-

join a battalion as a cook, but he is now armed with new knowledge so he can better provide for his Soldiers.

“I now have a new respect for what these Soldiers do,” Hunt said, “and it is definitely something I will keep in mind when I am back out with the Soldiers.”



Staff Sgt. Christian Foster | 2nd Stryker Brigade Combat Team

## Century cycling

CAMP TAJI, Iraq — Despite being away from home, a group of Multi-national Division–Baghdad Soldiers ride the streets of Camp Taji, northwest of Baghdad, Sept. 12. The Soldiers are training for the Honolulu Century Ride at Camp Taji. The 100-mile race is scheduled for Sept. 28.

**You Drink.  
You Drive.  
You Lose.**



Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes.

— National Highway Traffic Safety Administration

# Couple re-ups together

Married military intelligence Soldiers recommit to Army where it 'feels like home'

Story and Photo by

**MAJ. AL HING**

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — Two Soldiers deployed here already share a life together, and recently both decided to share their careers for four more years by re-enlisting together.

Married Soldiers Sgt. Ashley Davis, and her husband, Sgt. Kenneth Davis, took the oath of re-enlistment during a ceremony, Saturday.

Both Soldiers are assigned to 185th Military Intelligence Company, 2nd Stryker Brigade Combat Team.

Capt. Chantal Dupuis, commander, 185th MI Co., praised Ashley and Kenneth for their decision to re-enlist.

"They're examples of what Americans are proud of in their Soldiers. They are true military intelligence professionals and true assets to the Army."

She turned over the ceremony to Capt. Joseph Marullo, intelligence officer assigned to 185th MI Co., who administered the re-enlistment oaths.

Why re-enlist? The answer was quick and easy for Ashley.

"It works. The Army is job security. You do your mission, and the Army takes care of you. It allows us to travel and see different parts of the world. The Army provides career progression, and this is truly a job that if you apply yourself, you can take it all the way for a career."

Her husband agreed.

"This is a great place for anyone who is goal-oriented," Kenneth said. "You set your



Sgt. Kenneth Davis (center) and Sgt. Ashley Davis, intelligence Soldiers who are married to one another, vow to serve the Army and then affirm the oath of re-enlistment before Capt. Joseph Marullo at Camp Taji.

sights on what you want to achieve and the Army helps you get there."

When considering the military as a career, Ashley said the Army was definitely her best opportunity.

"I was finished with high school and didn't want to go to college. I was working in retail, and it wasn't going where I knew I could be. I wanted more than what was there (in retail sales). The opportunities (in the Army) are nowhere else; that's why I enlisted."

Kenneth agreed with his wife on that note, as well.

"I was working in a restaurant full time,

and UPS part time and it wasn't working. I went to college for a couple years, and it wasn't keeping my interest. I was stuck in a rut, and the Army gave me opportunities that I have today."

Upon completion of their 15-month tour supporting Operation Iraqi Freedom, the couple is leaving Schofield Barracks and heading to positions in the Defense Intelligence Agency at Fort Meade, Md.

They chose to re-enlist where "it feels like home," according to Kenneth.

"The (185th MI Co.) is where we met, and it's where we serve."

# Welcome: Warriors recount life-changing event

CONTINUED FROM A-1

Honolulu in July within two days of each other after being injured in separate IED incidents. Saddi suffered a broken fibula; Delacruz suffered broken bones in his back, jaw and ankle.

"(I'm) getting better physically. Still dealing with it mentally," Delacruz said.

After checking in with airline staff, the group proceeded through the security checkpoint to the arrival gate to greet Rolens. Many commented how unique it was to be able to actually meet someone at the gate in the post-Sept. 11 era.

"You can really surprise them and give them a hero's welcome," said Maj. Adelaide Godinez, rear detachment commander, 2nd Stryker Brigade Combat Team.

As Rolens noticed the group, he threw his arms in the air and flashed a huge grin.

One by one, members of the group welcomed Rolens with hugs and lei.

"Dang! You came, too?" Rolens said to Saddi as they hugged.

Saddi was injured in the same explosion as Rolens but returned to Tripler Army Medical Center for recovery. Rolens said the Army often gives wounded warriors a choice in medical centers to allow them to be closer to their families while they recover. Rolens' hometown, Katy, Texas, was less than three hours from Brooke Army Medical Center.

"I was shocked," Rolens said of the welcome party. "It's kinda like a family coming since I don't have any family here."

A few minutes later, as Rolens waited for his bags, he recalled the events that brought him here.



Sgt. Nathan Rolens holds a pebble that was lodged in his forearm after an improvised explosive device detonated beneath his Stryker vehicle.

## Setting the scene

Both Rolens and Saddi described the morning of July 8 as a routine patrol. Their unit was securing the perimeter of a joint security station with the Iraqi Police near Camp Liberty, northwest of Baghdad.

Suddenly, an IED tore through their Stryker vehicle.



Family readiness group members Adriane Fitzhugh, left, and Grace Martelo decorate a sign to welcome home Sgt. Nathan Rolens at the USO office in Honolulu International Airport.

"My first thought was panic, but that went away real quick," Rolens said. "Then training kicked in.

"The radios weren't working ... it was really stressful," Rolens said, with a dazed look on his face, as though he were watching the story unfold in slow motion on the baggage claim monitor.

As the vehicle commander, Rolens was stationed in the front of the vehicle. Saddi manned the machine gun at the rear air guard hatch.

"I thought all my Soldiers (were) dead," Saddi said. He quickly began checking vital signs and noticed a lot of blood around the three-foot hole created by the IED.

Pfc. Trampus Miller, the remote weapons system operator, was wedged between a seat and a hatch, screaming. He later freed himself and suffered minor injuries.

The medic, Cpl. William McMillan III, died instantly.

After unsuccessfully attempting to open the rear door from the inside, Saddi climbed out the rear hatch. Rolens made his way out the front hatch. Both came to the vehicle's rear, opened the door, and began helping the injured.

For assistance, call the Wounded Soldier and Family Hot Line at 800-984-8523.

Other Stryker vehicles secured the perimeter and searched for possible secondary IEDs.

While Rolens assisted others, his squad leader Staff Sgt. Frank Enriquez, told him to sit down.

"The shirt I had on was just blood – all

the way down my ribs," Rolens said. "I didn't realize I was injured as bad as I was. I guess my arm was just gushing blood."

"This guy's a hero," Saddi said.

Though he didn't receive an award for his actions that day, Rolens did receive a Bronze Star for his actions three months earlier in Sadr City.

"The shirt I had on was just blood – all the way down my ribs."

*Sgt. Nathan Rolens  
1-21st Inf. Regt.*

He and four Soldiers ambushed five would-be IED emplacers, killing three of them. One of the remaining insurgents gave himself up, and the other got away.

As Rolens and the other Soldiers checked the bodies for weapons, an IED detonated within 30 yards of them. Rolens speculated that the insurgent who got away may have had a remote detonator.

Just days before this incident, Rolens had witnessed his first IED, but at a distance and from a Stryker vehicle.

"They got me on the third one," he said.

Rolens placed his souvenir pebble back in its plastic bottle and into his backpack. Finally, his last bag appeared on the carousel.

"It's always the last one," Rolens said, joking.

As the group made its way to the parking structure, FRG member Grace Martelo handed Rolens another souvenir, the welcome home sign she and Fitzhugh had made.

"Thanks. I'm gonna hang this on my wall," Rolens said.

# STAR: Special units gain rapport while competing

CONTINUED FROM A-1

Marine Corps Base Hawaii (MCBH), Kaneohe Bay; and Schofield Barracks learned about their teams and shared knowledge throughout the three-day competition.

"The real reason for this competition was to get the special units together and share knowledge," said event organizer Sgt. 1st Class David Johnson, Special Reaction Team officer in charge, 13th Military Police (MP) Detachment.

"Sergeant Johnson came with a good idea, and I saw it as great training," said Capt. Jay Guerrero, commander, 13th MP Det. "It's also an opportunity to do some networking and develop a professional relationship with the other special response teams in the islands."

This type of networking is important to build a rapport with other teams in Hawaii because these teams may end up working together on missions. Additionally, teams can share lessons learned and training ideas on tactics that have worked for them.

"I might look at buying a piece of equipment that might cost thousands of dollars, and one of the other teams might already have experience with that piece of equipment and can give me an honest as-



Members of the Army Special Response Team carry a 75-pound log during the "Pistol Challenge" of the STAR Competition, while an official monitors. The Pistol Challenge was a relay event where team members had to carry the log to each of the stations and fire at targets.

essment on how it works," said Guerrero.

"As far as training, we can look at what works for each team and see if we can bring new ideas from a different perspective," Guerrero said.

All the participating teams said they enjoyed the competition.

"As a team, we enjoyed getting to learn from other tactical response teams," said

Sgt. Mark Vickers, Maui Police Department SRT. "We enjoyed the camaraderie with other teams and talking tactics."

The Tripler Special Operations Team was thrilled to get to battle test their equipment.

"It's real valuable for the team to have scenarios to practice on and see where we stand as a team and what we can improve

on," said Maj. Kevin Guerrero, deputy provost marshal, TAMC.

The Marine Corps, which doesn't have a full-time SRT, was happy to be able to field a team.

"The best thing about the competition was competing and seeing how other teams handled the obstacles," said Gunnery Sgt. Shelby Fields, SRT commander, MP Department, MCBH, K-Bay. "It makes the whole team better throughout the years."

"It was a good competition; the other teams have a lot more experience. We're a relatively young team," said Sgt. Lucas Schull, entry team leader, Army SRT. "We learned where we need to sharpen our skills on marksmanship. Teamwork is key, and we came together well for that."

"The best thing was watching everyone working together and seeing the enjoyment they got from the competition," said Johnson.

"Everything was well planned and organized," said Vickers. "We're looking forward to the next event."

According to Johnson, 10 teams were supposed to compete but for various reasons could not make it.

"I hope next year and the following years more agencies will attend," he added.

## Final results after the end of three days:

### Overall Team Standings

- 1st - U.S. Marine Corps Special Response Team (SRT)
- 2nd - U.S. Army SRT
- 3rd - Maui SRT

### Individual Awards:

- SWAT Super Sniper
  - 1st - Sgt. Joshua Sammons, Army SRT
  - 2nd - Sgt. Jason Scachette, Marine SRT
  - 3rd - Officer Edmund Thompson, Tripler Army Medical Center (TAMC) Special Operations Team

### •Pistol Competition

- 1st - Officer Jayson Kozaki, Maui SRT
- 2nd - Sgt. Jason Scachette, Marine SRT
- 3rd - Gunnery Sgt. Shelby Fields, Marine SRT

### •Super SWAT Cop

- 1st - Spc. Charles Canady, Army SRT
- 2nd - Officer Michael Williams, TAMC SOT
- 3rd - Officer Mark Vickers, Maui SRT

## News Briefs

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

### 26 / 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:

- Today, 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.

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

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

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

## 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 Seward, deputy commanding general, U.S. Army-Pacific; Dennis Disbrow, Defense, Finance & Accounting Service; Edward Kubo Jr., U.S. Attorney, District of Hawaii; Richard Brawley, chief, Staff Judge Advocate; and Maj. Gen. William 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.

### 7 / Tuesday

**Finance Class** - The 125th Financial Management Company's Finance Operations Team will teach its next quarterly Personnel Actions Clerk (PAC) Finance Class, Oct. 7-8, at the Education Center, Schofield Barracks.

Sign up for the class by e-mailing Staff Sgt. Singley at [Danielle.singley@us.army.mil](mailto:Danielle.singley@us.army.mil) or Sgt. Jacobs at [Victoria.jacobs@us.army.mil](mailto:Victoria.jacobs@us.army.mil).

## Transition: Disruption to be minimal

CONTINUED FROM A-1

deputy secretary of defense for public affairs, told the group.

"We have gone as far as preparing a budget to hand to the next leadership of this department," he said.

Whether to submit that budget, alter it, or come up with a new one altogether will be up to the new leaders.

"But when they come through the door, the homework is done, and they will have available to them all resources they need to make decisions (about their) first budget," Hastings said. "We are pretty proud of the fact that the political leadership of this department will leave it in as good shape as we found it."

Earlier this year, England told department managers their leadership will be critical in ensuring a smooth transition during the administration change.

"Regardless of what administration comes in, there

(will be) a disruptive period," he said, with the exodus of current leaders and influx of new ones.

But, England said, the department is committed to minimizing any disruption, particularly in light of two ongoing wars and other operations around the world.

"I don't want to hand any bowls of spaghetti over to the next administration," he said at a May conference.

Hastings reiterated that message this week to the JCOC participants.

"We haven't had to change the civilian leadership of this department during wartime since Vietnam, and we are approaching that with all seriousness," he said. "Those troops in the field deserve leadership back here that is not disrupted, and we will continue to provide them that support."

The first U.S. Defense Secretary, James Forrestal, created the JCOC in 1948 to introduce civilian "movers and shakers" to the workings of the armed forces.

# Reducing food allergy reactions starts at home



### Local commissary shoppers, children learn food safety tips to implement at home

**STAFF SGT. NATHAN HUNSAKER**  
Schofield Branch Veterinary Services

September marked the 14th Annual National Food Safety Education Month, created by the International Food Safety Council, a restaurant and food service industry coalition committed to food safety education.

Restaurants, food service establishments, supermarkets, state and local health departments, and U.S. Department of Agriculture extension agents across the country participated in the National Food Safety Education Month.

This year's theme was "Take Action to Prevent an Allergic Reaction," which focused on the importance of reducing the incidence of food allergy reactions in the food service industry and at home.

This month Schofield Barracks food inspectors conducted food safety training and set up booths for Schofield Barracks and Barbers Point commissaries, Army and Air Force Exchange Services, and the dining facilities.

As well, children and staff at the three Schofield child care centers, Bennett Youth Center, Leilehua High School, and Wheeler and Wahiawa elementary schools received education on the importance of proper hand washing.

"This has been an excellent month," said Kathryn Belill, Schofield Branch Veterinary Services, branch chief. "We at the Central Pa-

cific District Veterinary Command, Schofield Branch, are very proud on how much participation we received from all of Schofield Barracks facilities, Soldiers, family members and civilians.

"I hope that all the participants took some knowledge with them and applied food safety at work and at home," she said.

In addition to participating in food safety education month, throughout the year, the Veterinary Corps conducts food safety training and inspections of facilities to ensure proper security measures, sanitation and food safety measures are in place.

"I would like to remind all that the Veterinary Corps is here for you to answer any questions, provide training and to help create a safer food program for our military and their families," Belill added.

# Proper food handling ensures homemade lunches are safe, healthy

**DEFENSE COMMISSARY AGENCY**  
News Release

FORT LEE, Va. — It's time to pull out the backpacks and clean the lunch boxes as children head back to school this month.

Since September is also National Food Safety Education Month, the Defense Commissary Agency (DeCA) is partnering with the U.S. Department of Agriculture and the nonprofit Partnership for Food Safety Education to provide tips to help parents keep their children healthy this school year.

"It's important for parents to ensure that whoever prepares their children's

school lunches at home knows and practices basic food safety," said DeCA Director and Chief Executive Officer Philip E. Sakowitz Jr. "Families can make it a learning activity that gives their children a practical lesson in science."

Throughout September, DeCA will reinforce the basics of "Be Food Safe" in its commissaries. The basics of Be Food Safe are to clean, separate, cook and chill to help reduce the risk of foodborne illness. When packing lunches to take to school, parents should keep the following food safety tips in mind:

- Wash your hands with warm water and soap for at least 20 seconds before

you prepare food or after playing outside, touching pets and using the bathroom. Sing "Happy Birthday" twice while washing hands to make sure you are washing long enough to send germs down the drain.

- Work on a clean surface. To prevent cross-contamination, always use a clean cutting board. Use one cutting board for fresh produce or bread and a separate one for meat, poultry and seafood.

- Rinse fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Dry with a paper towel.

- If lunches are made at home the night

### Apply for freebies

Parents and after-school providers are urged to help kids learn about food safety by getting them involved in fun, educational activities. Free worksheets, curriculum materials and a handwashing poster are available at [www.fightbac.org](http://www.fightbac.org).

Commissary customers who want more food safety-related information can visit the DeCA Web site at [www.commissaries.com](http://www.commissaries.com), go to the "Food Safety" section and access links to various consumer safety sites.

before, keep them in the refrigerator until it's time to go. Make sure the refrigerator is 40 degrees Fahrenheit or be-

low, at all times, and use an appliance thermometer to check the temperature.

- Use an insulated lunch box, with an insulated bottle for hot foods or a frozen gel pack or a frozen juice box to keep perishable foods cold.

- Wash insulated lunch totes or boxes with hot soapy water after each use.

- Never leave perishable foods out at room temperature for more than two hours. Toss any perishable food not eaten at lunchtime.

*(Editor's Note: Some information was provided by the U.S. Department of Agriculture and Partnership for Food Safety Education.)*

# PAU HANA

More than 250 hungry Soldiers, civilians and family members sample chili at the FRG Chili Cook-Off, held Sept. 19 at the Tropics.



## Heating things up at the FRG chili cook-off

Story and Photos by  
**STEPHANIE RUSH**

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – Family readiness groups (FRGs) from across the 25th Infantry Division put their cooking skills to the test, Sept. 19, at the Tropics, here, as part of Family and Morale, Welfare and Recreation's (FMWR) Chili Cook-Off.

A follow-up event to last summer's successful ChiliFest, the cook-off raised almost \$2,000 and fed more than 250 Soldiers, civilians and family members. The proceeds were split among participating FRGs.

Aubrey Kiemnec, recreation program coordinator, FMWR, who planned this year's Chili Cook-Off, considered the event a great success.

"The goal of FMWR is to provide recreational opportunities for Soldiers and their families," Kiemnec explained. "We want to provide positive programs that boost morale, which in turn builds a stronger Army."

"We had a variety of patrons attend the cook-off including a lot of families as well as single Soldiers," Kiemnec continued. "I received positive feedback from FRGs saying it was a great way for them to boost camaraderie between their members."

The money raised by FRGs goes directly toward supporting Soldiers and their families.

"We're raising money to go towards a reunion party for Soldiers coming home," said Relisa Wilson, FRG senior advisor, 1st Battalion, 27th Infantry Regiment. "The Soldiers are due home in March, and we're going to have a luau."

"We need to fundraise, and this was a fun one to do," echoed Sara Allison, FRG leader, A Company, 25th Special Troops Battalion (STB). "We use the money for



(From left to right, foreground) Family members Tyler Long, Donald Heather and Robert Heather race to see who can eat the most jalapeno peppers in an eating contest at the Chili Cook-Off. Robert Heather, right, won \$100 cash. He also won another \$100 earlier in the evening at the pie-eating contest.

families, welcome home parties and FRG activities."

"It helps Soldiers get a leg up before they get deployed," added Lt. Col. Paul Fischer, communications officer in charge, A Co., 25th STB. Fischer is deploying with his unit in mid-November.

Participating FRGs went all out with costumes, themes and elaborate decorations at their tables, all in an effort to woo votes from attendees. Money was at stake. FRGs placing in the top People's Choice categories won an additional \$100.

Narrowly beating the 3rd Battalion, 7th Field Artillery's FRG by only six votes, A Co., 25th STB, won the People's Choice for Best Chili with Fischer's own recipe, "Paul's Kickin' Chili."

"He's a gourmet chef," said Allison, referring to why Fischer's chili was chosen to represent the FRG.

"I like to cook," Fischer said. "If I wasn't

in the Army, I'd be a chef."

Accompanying the crowd favorites were three awards decided by a panel of three judges: Best Chili, Hottest Chili and Best Showmanship & Spirit. Winning FRGs received commemorative plaques.

As an added bonus, the FRG winning the Best Chili award will be sold throughout October at the Kolekole Bar & Grill and Tropics.

"The winning chili was awesome, and I know our customers are going to love being able to purchase it for lunch or dinner," said Matthew Enoch, Tropics' manager.

"Sizzle Ya Buds Chili," the winning recipe, is a family favorite, passed from grandmother to father to me, said Spc. Kenneth Brown, generator technician, Headquarters and Headquarters Company, 325th Brigade Support Battalion.

Brown's wife, Kristin, is the unit's FRG

### Winning FRGs at the 2008 FRG Chili Cook-Off

#### People's Choice

##### Best Chili

- 1st - A Co., 25th Special Troops Battalion
- 2nd - 3rd Battalion, 7th Field Artillery Regiment

##### Showmanship & Spirit

- 1st - 2-11th Field Artillery Regt.
- 2nd - 1-14th Inf. Regt.

#### Judges' Choice

##### Best Chili

- 1st - HHC, 325th Brigade Support Battalion
- 2nd - D Troop, 2nd Squadron, 14th Cavalry Regt.

##### Hottest Chili

- 1st - 3-7th Field Artillery Regt.
- 2nd - A Co., 3rd Battalion, 325th Brigade Support Battalion

##### Showmanship & Spirit

- 1st - 1-14th Inf. Regt.
- 2nd - 2-11th Field Artillery Regt.

leader and like other FRGs, was excited to be involved with the fundraiser.

"We're a new FRG, and we wanted to participate," she said. "My husband grew up competing in chili cook-offs with his father, and the unit knew he liked to cook," Brown continued, explaining how the pair was chosen to represent the unit.

Rounding out the chili-filled evening were pie- and jalapeno-eating contests, raffle drawings and karaoke. Video games, air hockey and billiards were also available for check out from the Tropics.

## Schofield's Oktoberfest event celebrates all things German

### FAMILY AND MORALE, WELFARE AND RECREATION

News Release

SCHOFIELD BARRACKS – Despite being in Hawaii, fall is in the air. It's still that time of year that can mean just one thing: Oktoberfest!

And this year, Oktoberfest is better than ever. The second annual celebration will take place Friday, Oct. 3, from 4 to 10 p.m. at Schofield's Sills Field.

The event will feature all the time-honored Oktoberfest favorites you've come to know and love. Attendees will have their choice of one of three German feasts: bratwurst, knockwurst or smoked chicken. Each choice also comes with German potato salad and braised red cabbage, and for dessert, apple strudel.

This feast all comes in combination with the usual alcoholic and nonalcoholic beverages available for purchase.

After having your fill, head out onto the floor and dance under the stars to the musical stylings of the Oom Pah Pah Band, playing authentic German polkas, waltzes, marches and schotisches – and the crowd favorite, the traditional chicken dance.

Local Salem Media radio personality Slick Vick will be on hand to emcee the event and keep the party going strong. A DJ will be spinning all the best party favorites during the band's rest breaks. Together they all will have you leaping up, out of your chair and onto the dance floor.

Also making an appearance this year



Call Recreation Activities at 655-0111/2 or visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) for more information about Oktoberfest 2008.

are more of your favorite contests: Who can carry the most steins of beer? Who will come out on top in the quarters competition? Whose will be the last arm standing in the single-elimination arm wrestling tournament, another sure-fire crowd pleaser.

Individuals will compete, but points

will be earned by units. The overall winning unit for all contests will take home the Oktoberfest perpetual trophy. Last year, the 14th Cavalry Regiment, 2nd Stryker Brigade walked away as champions.

Who will come out on top this year? The only way to find out is to show up.

Don't want to compete? No problem, plenty of raffle prizes will be awarded.

Presale tickets (\$15 for admission and your choice of the available German feasts) are now available at the Recreation Activities Office (recently relocated to the second floor of the Arts and Crafts Center, Building 572, Schofield Barracks) and the Fort Shafter and Schofield Barracks Information, Ticketing and Registration (ITR) offices.

Blue Star Card members will get \$2 off presale admission. Groups or units of 10 or more can make table reservations through Recreation Activities.

The deadline for presale tickets is today. If you miss this deadline, tickets will be available at the door, \$20 for admission and food while supplies last, or \$5 for admission only.



**26 / Today**

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

**Operation Rising Star Finals** — The final round of Operation Rising Star will be held today, 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 nonalcoholic beverages, Hougén's Oom Pah Pah Band, contests, awards and much more.

Presale tickets are available now at Recreation 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 Light-Museum is celebrating the 25th In-



Chicpaul Becerra | Pohakuloa Training Area Public Affairs

**Serving up fun**

POHAKULOA TRAINING AREA, Hawaii — James Guenthor, PTA firefighter (left), and other installation employees and family members, sample items from the lunch line that boasted 12 different varieties of chili, ranging from sweet to flaming hot and spicy, during PTA's Organization Day, Sept. 18. A panel of judges chose the best chili from 12 teams and gave awards for best tasting, most original, and chili with the most heat.

fantry 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.

**7 / Tuesday**

**Army Family Team-Building Class** — Level 1 class will be held Oct. 7 and 8, 9 a.m.-12:30 p.m., at Army Community Service, Building 2091, Schofield Barracks. Call 655-4ACS (4227) to register.

**22 / Wednesday**

**Breaking the Financial Bonds** — This class will provide information issues related to divorce: retirement, investing, home/rental property and taxes. It will be held Oct. 22, 9 a.m., Army Community Service, Building 2091, Schofield Barracks. Call 655-4ACS (4227) to register.

**Ongoing**

**Focus Groups for 504 Plans** — Proposed changes to 504 Plans, which outline accommodations for students with a disability, will be considered at the next Board of Education meeting. Anyone who has a child with a 504 Plan and who is interested in participating in focus groups should call Jane Bruns, 655-4777.

**H&R Block Training** — Gain the skills you need to successfully prepare tax re-

turns. Basic Income Tax Courses are available through December. Tuition is free for military spouses. Call 486-9312 or 487-8531.

**Hale Koa Luau** — Enjoying the Hale Koa's Thursday night luau just got a whole lot easier. Purchase tickets from the Fort Shafter or Schofield Barracks Information, Ticketing and Registration (ITR) office and get free transportation to and from the hotel.

Buses will depart from the Schofield Commissary and Fort Shafter's Richardson Theatre, 4 p.m. every Thursday. Call 655-9971 or 438-1985.

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

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

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

- Burrito Grills, chicken or steak, \$6.95. Combo price includes choice of small salad with dressing or small fries and a beverage.
- Quarter-pound hot dog combo, \$2.95,

includes soft drink. Buy six hot dogs and get one free.

•Pau Hana Fridays start at 4:30 p.m. Enjoy refreshments and chef's choice of pupus after a round of golf or work. The \$2 pupu platter is so filling, you may not eat dinner.

•Start your day off right; breakfast is served Thursday-Sunday.

**Hale Ikena Food Specials** — Check out these specials at the Hale Ikena at Fort Shafter:

•Lunch is served seven days a week and a buffet is available Monday-Friday, 11 a.m.-2 p.m.

•Sunday brunch is offered weekly, 10a.m.-1 p.m. The specialty is roasted prime rib along with dishes infused with Pacific Rim, Asian and Hawaiian Nouveau flavors. Groups and large parties are welcomed. Reservations are recommended.

•A Hawaiian luau lunch buffet is offered the last Friday of the month, 11a.m.-1 p.m.

•Start your Pau Hana Friday local style and enjoy a selection of Hawaiian favorites.

•Catering is the perfect choice for all your special events. Call Catering Services at 438-1974.

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

Call 656-1745 for more information.

**October**

**1 / Wednesday**

**Tell Me A Story** — The Military Child Education Coalition's Parent-to-Parent program will host Tell Me A Story: Making Connections and Finding Support through Literature, Oct. 1, 6 p.m., in the Hale Kula Elementary School cafeteria. Col. Walt Piatt, 3rd Infantry Brigade Combat Team, will read Night Catch, a book about how a family stays connected during a deployment. Call 664-1726 for more information.

**Fundraising for Local Schools** — By saving receipts from qualifying purchases throughout the entire month of October, participating schools will earn five percent of the total of all receipts collected from Dole Plantation, Wahiawa.

Qualifying purchases include admission to on-site attractions like the Pineapple Garden Maze, Pineapple Express Train and Plantation Garden Tour. Food, beverage and retail purchases also qualify. Call 621-8408 for more information.

**Free Museum 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 yearlong, Oct. 1, 2008-Sept. 30, 2009, 20-somethings get in free with ID. Visit [www.tcmhi.org](http://www.tcmhi.org) for more information.

**Free Bodies Admission** — In honor of the anniversary of the formation of the 25th Infantry Division, Bodies ... The Exhibition, Honolulu, will offer free admission for all active duty Soldiers, Oct. 1. Family members are eligible for a discount. Visit [www.bodiestheexhibition.com](http://www.bodiestheexhibition.com).

**2 / Thursday**

**Honolulu Ghost Tour** — Historian Steve Frederick will host tours throughout haunt-

ed 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 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](mailto:filmguy54@hotmail.com), or visit [www.stevestoursandfilms.vpweb.com](http://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](mailto: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.hawaiibesttickets.com](http://www.hawaiibesttickets.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.



**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



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



**Pineapple Express**

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

**Hancock**

(PG-13)  
Saturday, 4 p.m.



**The Sisterhood of the Traveling Pants 2**

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

**Kung Fu Panda**

(PG)  
Sunday, 2 p.m.

No shows on Mondays or Tuesdays.



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

**26 / Today**

**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, today, 9-10:30 a.m. Call ACS at 655-4227 or register online at [www.acsclasses.com](http://www.acsclasses.com).

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

**25th ID Band Performance** — The 25th Infantry Division Band will hold its last performance before deploying, today, 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-er House, Tripler Army Medical Center, will celebrate Founders Day, today, 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](http://www.triplerfisherhouse.com).

**Charity Dinner** — ClubCorp will hold a

Casino Classic Charity Dinner, today, 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/museum-day](http://www.smithsonianmagazine.com/museum-day).

**30 / Tuesday**

**Open House** — Civil Air Patrol's Wheeler Composite Squadron will hold an open house, Sept. 30, 6-8 p.m., in Building 229, Wheeler Army Airfield. Civil Air Patrol is for children, ages 12-18, who are interested in aerospace education, leadership training, physical fitness and character development.

Youth can participate in a number of activities, including building model rockets and receiving power/glider flight training.

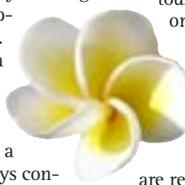
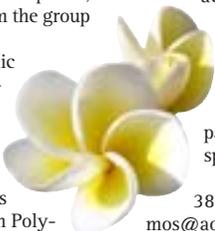
The squadron is also involved with community service projects and participates in training for disaster response and search and rescue.

For more information, call 386-1374, or e-mail [tony4atmos@aol.com](mailto:tony4atmos@aol.com).

**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.



# Massage aids in stress release and overall health

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

WAHIAWA — Rest & Recuperation (R&R) leave for military members means just that, and Soldiers find many different ways to relax with family and friends between trips overseas.

Relieving the stress of deployment and maintaining good overall health is a top priority for many Soldiers.

As Maj. Don Oller, 84th Engineer Battalion, stepped off a plane from Iraq last year, for his two-week R&R, his family and a gift of recuperation greeted him. Waiting for him approximately five miles from their home on Schofield Barracks was an hourlong deep-tissue massage.

In anticipation of the much-needed massage, Oller walked into a room filled with the scent of lavender. Soft, ambient music rang from a small radio next to a long table. The room was small, with posters showcasing muscles and trigger points of the human body covering the ceiling and walls. Oller instantaneously relaxed as he climbed onto the table.

Directorate of Family and Morale, Welfare, and Recreation (DFMWR) contracted massage therapist Brenda Burnett began working on the Soldier as a gift from his wife, Sue.

After completing his deployment six months later, Oller began regular visits to Burnett.

"She's a great therapist and working with MWR gives her credibility," said Oller. "A lot of my back problems and everyday aches and pains have been eliminated since coming to see Brenda."

Burnett's holistic approach to pain relief and prevention, stress management and better overall health aids many Soldiers and family members on the path to a



DFMWR-contracted massage therapist Brenda Burnett performs reflexology, a form of massage focusing on the hands and feet, on military family member Sue Oller. Burnett is one of several therapists who provides many massage services to Soldiers and family members to ease everyday stress and provide a strong foundation for better overall health.

healthier and stress-free life. Burnett uses deep-muscle release with a corresponding understanding of the inner-body connection.

She goes above and beyond many massage therapists as she aims to discover each individual's personal injury and activity history to help treat problems of the body more efficiently. In addition, she works within each client's pain threshold to treat specific needs.

The contracted massage therapist also donates her time for many Army functions, including massaging doctors and nurses on the installation.

"Massage is a normal and necessary part of any fitness center," said installation fitness coordinator Michelle McQueary, Schofield Barracks Health and Fitness Center. "Our Soldiers love (Burnett) and the work she does for them."

Oller's wife, Sue, began making regular

massage appointments when her husband left for a 12-month deployment in August of 2006.

"She has a genuine appreciation for the military," said Sue. "She understands that deployments can be a stressful time in our lives, and she takes care of us."

"She makes us feel better at that moment," continued Sue. "And in the long run, your body and mind has a complete makeover."

Burnett has been giving massages for more than 21 years and practices shiatsu, Swedish massage, trigger point massage and reflexology — a technique focusing on the hands and feet, to name just a few.

The single mother of three is a graduate of the Honolulu School of Massage and is trained to massage people of all ages, including young children. Burnett began working for DFMWR more than a year ago to help Soldiers and family members ease the common stress of military life and live a healthier, happier lifestyle.

For appointments or information on massage therapy, call Schofield's Health & Fitness Center at 655-8007.

She also provides the military ohana with a discounted rate and a small percentage of income earned through her contract goes back to DFMWR programs.

Burnett's wide range of techniques and warm personality draw many Soldiers and family members into her studio in Wahiawa. She also travels to the installation or individual residences, if requested.

"This is what I do to support my country and all the Soldiers and family members that sacrifice every day," said Burnett. "Military spouses of Soldiers especially need support to get through a deployment."

"While their husbands are gone, they come to me to get a little TLC," added Burnett.

Massage is more than a luxury, according to Burnett. Regular massages can be a necessity in both mental and physical health.

*(Editor's Note: Brenda Burnett's office has moved from Wahiawa to Mililani.)*

# Adults, children celebrate youth at Boys & Girls Club Day for Kids

Story and Photo by  
**SYLVIA SCULLY**  
Child, Youth & School Services

SCHOFIELD BARRACKS — By celebrating Boys & Girls Clubs Day for Kids, Saturday, at Schofield Barracks' Bennett Youth Center, U.S. Army-Hawaii reminded the young people in their lives just how important they are.

Boys & Girls Clubs Day for Kids, usually scheduled on the third Saturday in September, celebrates the importance of establishing stronger relationships between adults and youth.

Child, Youth & School Services (CYS2) takes part in the celebration each year to reinforce its commitment to youth.

Attendees were treated to martial arts, dancing and cooking demonstrations. Family Child Care representatives distributed samples of healthy, U.S. Department of Agriculture-approved snacks. In addition,

**On The WEB**  
Visit [www.dayforkids.org](http://www.dayforkids.org) to learn more about Boys & Girls Clubs Day for Kids.

children enjoyed bounce houses, video games and face painting.

Kids participated in a number of other activities, each aimed at teaching an important lesson. For example, they learned about taking care of the environment, the importance of washing their hands to halt the spread of germs, and how easy it is to keep fit by participating in physical activity and eating healthy.

Children's academic skills were reinforced through counting, logic and trivia games like "Take Out the Trash," an active team game for all ages. During the activity, children made a mess and then

cleaned up after themselves. Instructors then used black lights to teach them how easy it is for germs to spread by shaking hands or sharing toys.

Schofield Barracks' Middle School and Teen Program ran an activity called the "Big Target" to encourage physical activity and improve gross motor skills by throwing objects at a target.

In another activity, elementary-aged children paired off in a localized version of "Are You Smarter Than a Fifth Grader," with winners taking home prizes, including an iPod Shuffle, a Bratz scooter, basketballs and footballs.

Drug Abuse Resistance Education (DARE) representatives also were on hand. They made children identification cards and handed out antidrug posters and coloring books.

Soldier and other volunteers led children in physical training routines, too.



A group demonstrates Tahitian hula during the Boys and Girls Club Day for Kids at Schofield's Bennett Youth Center, Saturday.

# Community Sports

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

## 27 / Saturday

**Hike Oahu** – Join the Hawaiian Trail & Mountain Club on a hike through Tantalus Ramble. Be prepared for scrambling up and down trails that are less user-friendly than usual. Follow the coordinator's instructions to ensure a safe return.

This intermediate hike is 5 miles. Call Phil Booth at 382-4709.

Save the date for these upcoming hikes, too:

- Oct. 5, a 12-mile advanced hike through Waiiau Ridge, and
- Oct. 11, a 7-mile intermediate hike through Kaimuki Ridge.

Hikes begin at 8 a.m., and a \$2 donation is requested of nonmembers. An adult must accompany children under 18. Hikers meet at Iolani Palace, mountainside.

Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect. Visit [www.htmclub.org](http://www.htmclub.org).

## 28 / Sunday

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



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

## Base racers

WHEELER ARMY AIRFIELD — Racers start strong at the 9th Annual USO-Hawaii Base Race, here, Saturday morning. The 5K run attracted hundreds of military and civilian participants from all over Oahu. "It's something we do to help take care of our troops," said William Johnson, center operations manager for the USO at Honolulu International Airport.

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

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

## October

### 5 / Sunday

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

Entry fees are \$90 for individuals and \$125 for teams.

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

## Ongoing

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

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

Visit [www.hawaii-youthtri.com](http://www.hawaii-youthtri.com).

**TOPS** – The Take Off Pounds Sensibly (TOPS) support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423 for more information.

**Escrima Classes** – Pedoy's School of Escrima, the Filipino art of self-defense, holds classes every Tuesday, Thursday and Sunday at its training center in Waipio. Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438 or 216-3211.

Eskrima classes for men, women and children of all ages are also held at Mililani Elementary School. Develop character and self-confidence during a Wednesday class, 6:30-7:30 p.m., or Saturday class, 9:30-10:30 a.m.

Call 398-0119 for details.

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

To schedule adventures, call 734-4214, or toll free 1-877-682-7433.

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

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

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

Call 676-8107 for more information.

**Shafter Bowling** – Unit PT (physical training) bowling is held Monday-Friday, 6-8 a.m. Cost is \$1 per Soldier and includes all games and free shoe rental. Reservations and a minimum of 20 bowlers is required.

Call 438-6733 for more information.



## 26 / Today

**Mini Basketball** – Registration is now open 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 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.

## 27 / Saturday

**Youth NFL Punt, Pass & Kick Competition** – Keiki ages 8-15 can compete

Sept. 27, 9 a.m.-1 p.m., at the Bennett Youth Center, Schofield Barracks. Sign-up on-site and bring a copy of your birth certificate. No shoes with cleats allowed. Call 655-6465/0883.

**Deep Sea Fishing** – Don't miss your chance to catch the big one, Sept. 27. Outdoor Recreation will provide transportation, a cooler with ice, snacks and drinks. Space is available for groups up to six. Cost is \$130 for a half-day session. Call 655-0143.

# October

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

**Youth Sports Registrations** – Youth born between 1992-2003 can sign up for youth basketball or cheerleading Oct. 1-28.

The cost is \$60 for basketball or cheerleading. If using the same uniform as last year, cheerleading is \$20

Practice begins approximately Jan. 6, for the Jan. 31-March 21 season.

Call the sports director at Aliamanu Military Recreation, 836-1923; Schofield Barracks, 655-6465; or Helemano Military Reservation, 655-0883.

Visit [mwrarmyhawaii.com](http://mwrarmyhawaii.com).

## 8 / Wednesday

**Discover Scuba**– Ever been curious about what's involved in scuba diving, but didn't want to spend the money for the full class?

Discover Scuba, a program designed to give newbies a free introduction. Classes will be held Oct. 8, 6-8 p.m., and Oct. 11, 2-4 p.m., at Richardson Pool, Schofield Barracks. Call 655-0143 to register or learn more.

## 11 / Saturday

**Adventure Bike Tour** – Want to get out of the house and explore more of Hawaii's island paradise? Try a moderate-effort bike tour through some of the island's most picturesque locations, Oct. 11, 7 a.m.-2 p.m.

The cost is \$15 with your own bike, or

\$20 with bike check out. Call 655-0143.

## 29 / Wednesday

**Hawaii Hockey Challenge Tour** – Interested in hockey? Leave your skates at home, but you can play golf or paintball with National Hockey League alumni celebrity all-stars, Oct. 29-Nov. 1, at Schofield Barracks.

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

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

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

# Ongoing

**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.

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

**Paintball** – Check out the new paintball facility at Wheeler Army Airfield, just off of Lauhala Road next to the baseball fields. The facility features three lighted fields for day and evening play, and they are open for regular, league and youth play, plus private parties and physical training.

Visit [www.paintballhawaii.com](http://www.paintballhawaii.com) or call 343-3929.