



A Soldier from the 2nd Squadron, 14th Cavalry Regiment, “Strykehorse,” 2nd Stryker Brigade Combat Team, 25th Infantry Division, takes a photo of himself at the Taj Mahal on his last day in India.

‘Strykehorse’ Battalion visits Taj Mahal

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

AGRA, India — Soldiers from the 2nd Squadron, 14th Cavalry Regiment, “Strykehorse,” 2nd Stryker Brigade Combat Team, 25th Infantry Division, made a memorable pit stop, Sunday, at one of the “new” Seven Wonders of the World while traveling home from Exercise Yudh Abhyas ‘09, an annual bilateral field training exercise between the Indian and U.S. armies.

After a month of intense training, more than 170 U.S. Soldiers walked into the Taj Mahal, a white marble palace built in 1654 on the banks of the Yamuna River, here.

“I’m from a pretty small town and I never thought I’d get a chance to see one of the wonders of the world,” said Pfc. Sawyer Stubbe, an information technology specialist from the squadron.

The 2-14th Cav. Soldiers took tours through the famous mausoleum, learning about the history and culture of the building and its grounds.

Both a mosque and tomb, the Taj Mahal features intricate carvings, elaborate ornamentation and is covered in precious gemstones. As many as 28 different varieties of semi-precious and precious stones were used to adorn it



Warrant Officer Brian Sweetwood, 2nd Squadron, 14th Cavalry Regiment “Strykehorse,” 2nd Stryker Brigade Combat Team, 25th Infantry Division, physically inspects intricately carved details on the exterior of the Taj Mahal.

with elaborate inlay work. The structural style of the monument is a fusion of Persian, Central Asian and Islamic architecture, with symmetry a function throughout.

However, the story behind the Taj Mahal makes it much more than just a beautiful building.

The inspiration for its construction, Mughal Emperor Shah Jahan, had it built in memory of his beloved wife, Mumtaz Mahal, as a deathbed promise.

The name “Taj Mahal” was derived from Mahal’s name and means “Crown Palace.” Mahal was the third wife of Shah Jahan and gave birth to 14 of the emperor’s children. The monument and complex are dedicated to her, from him.

“I think it’s the greatest dedication of absolute love the world has ever seen,” said Staff Sgt. Frederick Bolden, munitions division, operations non-commissioned officer in charge, 8th Theater Sustainment Command. Bolden was attached to the squadron as part of the exercise. “To me it was an honor to see something that one man built as what he saw to be only a small token of affection for his wife.”

The other six new wonders of the world, as of July 2007, according to www.cnn.com, are the Great Wall of China, Jordan’s ancient city of Petra, Brazil’s “Christ the Redeemer” statue, Peru’s Machu Picchu, Mexico’s Chichen Itza Pyramid and the Colosseum in Rome.

25th ID hands over operations in Iraq, returns home

OIF

Caslen cases colors, praises U.S., Iraqi troops for mission successes

SGT. 1ST CLASS CLAUDIA K. BULLARD
155th Mobile Public Affairs Detachment,
Multinational Division-North

CONTINGENCY OPERATING BASE SPEICHER, Iraq — The 25th Infantry Division (ID) turned over military operations in Northern Iraq to the 3rd ID in a transfer of authority ceremony, here, Tuesday.

Lt. Gen. Charles Jacoby Jr., commanding general, Multinational Corps-Iraq, called the 25th ID’s time in Iraq “hugely successful.”

Jacoby praised Maj. Gen. Robert Caslen Jr., outgoing commanding general, Multinational Division-North (MND-N), for creating an environment that enabled U.S. troops to carry out the mission with an “unfailing concern for the Iraqi people” and for mastering the complex combination of a stabilization mission in the combat environment.

Caslen in turn praised U.S. troops and Iraqi forces, saying the success was clearly a team effort.

“I would like to thank not only the Soldiers, sailors, airmen and Marines, but also the brave patriots of the Iraqi army, Iraqi police, Kurdistan regional forces and other Iraqi security forces,” Caslen said.

Caslen also praised members of the U.S. State Department and provincial government, saying their work will someday be a “chapter in a book” about what can be done for a nation when all elements come together. He said future generations will admire the diligence, duty and unmatched courage of public servants who “stood in the gap between evil and the Iraqi people you serve.”

Caslen said the 51 military personnel “who paid the last full measure” in Iraq would also not be forgotten.

The 25th ID will return home to re-set and prepare for a possible return to Iraq to close out U.S. military operations in 2011.

The ceremony also marks the beginning of the 3rd ID’s third deployment to Iraq for the Overseas Contingency Operation on terrorism, stepping into what some may feel is one of the most significant phases of the war in Iraq, as U.S. forces continue the responsible drawdown and stand ready to assist their Iraqi counterparts during upcoming elections in early 2010. The 3rd ID is headquartered in Fort Stewart, Ga.

Jacoby said he could not think of a better leader than Maj. Gen. Tony Cucolo, commander, 3rd ID, to continue the partnership already in place. Cucolo, incoming MND-N commander, has the “training, versatility, attitude and patience to succeed.”

“As a team, we will help build the future of Iraq,” said Cucolo. “This is our commitment to you: that Iraq remains strong.”

Invited guests were representative of the lasting relationships that members of the 25th ID have built throughout their deployment and included leaders from the Iraqi police, Iraqi army, Iraqi security forces, provincial government and U.S. State Department.

The color guard also personified the “one team, one fight” motto and included Soldiers from Task Force Lightning, Task Force Marne, the 4th Iraqi army division, and a policeman from the Salah ad Din police department bearing the flags of their country and militaries.

This is the third time during the 25th ID’s participation in the Overseas Contingency Operation on terrorism that the division has cased its colors in preparation to return home to Hawaii. Casing the colors is traditionally a commander’s last task in theater before moving his unit back to their home station.

Explosive demolition training hones mission-essential skills

Story and Photos by
SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – The Soldiers awoke shortly before dawn, strapped on their body armor, stocked their humvee with supplies, then carefully stacked bomb crates into the back of the vehicle.

This morning was not average training for the Soldiers but something all of them enjoyed. Today, they were going to blow things up.

Soldiers from the 303rd Ordnance Battalion, Explosive Ordnance Disposal (EOD), 8th Sustainment Brigade (Provisional), had the opportunity to test some of their new team members' skills during demolition training, Oct. 27, at Schofield Barracks.

"Today we're doing some demolition operations, getting rid of some old ordnance, and rolling a bit of training in for the newer Soldiers," said Sgt. Michael Podemski, 74th Ordnance Company. "This training is important to keep us up on our job. Part of our mission is to get rid of IEDs (improvised explosive devices) ... and that is a perishable skill. Anything that's perishable is good to have continuous training on."

During the training, the veterans showed new team members different ways to lay detonation cord, wire explosives and place bombs correctly, before moving out to yell, "Fire in the hole!"

"You get to blow stuff up, that's the best part of this job," Podemski said. "When you are in garrison and learning things about your job, that's all fine, but going out on the ranges, getting



Sgt. Michael Podemski, 74th Ordnance Company, wires C4 explosives into a mortar round during 303rd Ordnance Battalion demolition training, Oct. 27, at Schofield Barracks.

hands-on with the equipment, and doing what you joined to do, is the best part."

Capt. Aaron Workman, commander, 706th Ord. Co., said the demolition training was beneficial for his Soldiers.

"We have a lot of Soldiers who are getting the chance to see and do things they may not have done before," Workman said. "Everyone will walk away from this with a better sense of their capabilities. If one of my guys



C4 explosives are wired into mortar rounds during 303rd Ordnance Battalion demolition training, Oct. 27, at Schofield Barracks.

goes out, and they are a team of one, they will be able to do whatever they have to do."

Workman stressed that EOD Soldiers are a crucial asset to the Army in combatting roadside bombs and IEDs downrange.

"IEDs are the weapon of choice for most of our enemies," Workman said. "We're combat multipliers. Without our capabilities, maneuver forces can be dead in the water. One or two of my guys are enough to provide coverage for an entire battalion's area of responsibility and ensure (the battalion is) safe and able to achieve (its) mission."

In addition to combatting roadside bombs, EOD is responsible for an entire gamut of explosive ordnance used on today's battlefields. The EOD Soldiers also respond to unexploded ordnance incidents throughout the Pacific theater.

"We cover the entire range from

chemical, biological, radiological, nuclear and high explosives," Workman said. "We dispose of unexploded ordnance, do range clearances, but the IED missions are our bread and butter these days, so we're constantly busy."

Soldiers in the EOD business become members of a brotherhood in the bomb disposal team, which Workman went on to echo at the end of training.

"Once you join EOD, you are in a fraternity," he said. "It's a worldwide fraternity of loving to do the things we are called to do. Each day I've been in command, I'm honored to be a part of this mission, and it's a humbling experience to work with such an outstanding group of individuals."

While the hours are long and the days can be taxing, the troops from the 303rd Ord. Bn. know their crucial job skills are important for the success of missions on the battlefield.

Double-knee replacement recipient completes 100-mile walk

LT. COL. MATT GARNER

8th Theater Sustainment Command Public Affairs

KAILUA — Many people take a walk around the neighborhood as a way to end their evening; very, very few of them end their strolls 100 miles later.

Lt. Col. Jack Usrey, the 8th Theater Sustainment Command G-1, or personnel officer, started walking at 9 p.m. on Wednesday, Oct. 28, as a way to celebrate the one-year anniversary of his double-knee replacement surgery. He finished 100 miles later on Saturday afternoon – a walk that spanned 67 hours and 15 minutes.

“I had an airborne jump accident back in 1997 that finally caught up with me,” Usrey said. “When I got back from my last deployment, my doctor said I had to have both knees replaced. He wanted to do one at a time, with a year between replacement surgeries, but I knew I didn’t have time for that, so I asked him to do both.”

Usrey said that the recovery from the surgery was a long, painful process. He wanted to bring closure to this chapter of his life, so he decided to challenge himself both physically and mentally.

“The first few months of the recovery process were pretty ugly,” he said. “In fact, one of my knees locked up from the scar tissue, and the doctors had to go back in two months later to break it up. About the six-month mark, things started improving, and about 16 weeks ago I decided to do this walk.”

The idea for the 100-mile walk came from Sgt. Maj. Ben Cavazos, a former Army Male Athlete of the Year. Usrey worked alongside Cavazos at the 8th Human Resources Support Center.



(From left to right) Sgt. Maj. Tony Cespedes, 8th Theater Sustainment Command (TSC); Lt. Col. Gregory Lee, Tripler Army Medical Center; Lt. Col. Jack Usrey, 8th TSC; Maj. John Cooper, 8th TSC; and Garrett Usrey complete the final mile of Lt. Col. Jack Usrey’s 100-mile celebration walk.

Cavazos is also a member of the Hawaii Ultra Running Team (H.U.R.T.) and regularly runs 100-miles races. Usrey decided that the 100-mile distance would be a worthy goal for his celebratory walk.

The walk took a lot of planning and preparation, as well as a lot of help from family and friends. It also involved a lot of pain and perseverance.

His doctor, Lt. Col. Gregory Lee, Tripler Army Medical Center, took a couple of days to ponder the idea before giving his approval for the walk. Lee performed Usrey’s dual-knee replacement surgery a year ago.

Lee joined Usrey at the beginning of the walk, then at mile 50, and finally finished out the trek with his former patient,

who Lee says is an inspiration to him and others who have had knee replacement surgery.

“His whole mental attitude is really what got him through it,” Lee said. “I had a really enjoyable time just walking with him and talking. These surgeries were actually made to make a person more active, so there is no reason to just sit around. I wish more of my patients were like this.”

Usrey’s course started and stopped at his home in Kailua. He took two main loops, one past Kailua Beach Park along the ocean and through Lanikai, and the other toward the back gate of Marine Corps Base

Hawaii at Kaneohe Bay.

He started walking at night to minimize his time in the sun and to give him much needed mental breaks when the sun came up each day.

At the end of each loop, Usrey stopped at home for food, water, a change of socks and some much needed, although all-too-short, naps in the early mornings. His wife, Cindy, was there with him every step of the way.

“His spirits were great on the last lap,” she said. “Being surrounded by family and friends gave him some extra energy to finish it out.



Lt. Col. Jack Usrey, right, and his wife, Cindy, walk down a hill just south of the Kailua Beach Park during Usrey’s 100-mile walk.

I’m very proud of him.”

Usrey also said his three children, Chance, 15; Garrett, 12; and Bonde, 7, played a large part in his success. Garrett walked the most of all the Usrey children, completing more than 40 miles with his dad.

Usrey said completing the 100-mile walk was a humbling experience and was relieved that it was over.

“I wanted to honor my mother, who’s had both hips and knees replaced, and I wanted to set an example for my kids and my Soldiers that shows whatever life throws at you, you just need to fight back.”

94th AAMDC feels the HEAT, receives brutal knowledge

Unit training focuses on learning how to escape a humvee in an emergency

Story and Photos by
PFC. ASHLEY ARMSTRONG
94th Army Air and Missile Defense Command Public Affairs

SCHOFIELD BARRACKS — Soldiers of the 94th Army Air and Missile Defense Command (AAMDC) geared up and buckled their seatbelts before being tossed, turned, beaten and bruised inside an Army HMMWV Egress Assistance Trainer (HEAT) with the mission of quickly escaping hypothetical death or injury during rollover training, here, Oct. 27-28. The training simulated various emergency situations that tested the Soldiers' ability to adequately escape a rollover from a High Mobility Multipurpose Wheeled Vehicle (HMMWV), or humvee, in a timely manner.

"The HEAT training is important because it provides the most realistic training on vehicle rollovers without actually rolling vehicles and risking Soldiers' lives," said Sgt. 1st Class Michael Herbst, the noncommissioned officer (NCO) in charge of training attack and operations, 94th AAMDC. "This type of training enables Soldiers to achieve lifesaving skills and develop muscle memory. We all know the more we train, the more ... our warfighting skills become instinctive."

Before the Soldiers strapped in for the ride, they were given instruction on where and how to exit the vehicle most efficiently. Soldiers were also told about critical points of vehicle lean angle, added Herbst. After they received the training, they put it into action during the simulations.

"Scenarios were as basic as just a minor rollover where all passengers were able to exit out of their own doors, to



Col. Samuel Piper, right, chief of staff, 94th Army Air and Missile Defense Command, assists Sgt. 1st Class Robin Parker, plans noncommissioned officer in charge, out of the gunner's hatch during a humvee rollover training drill in an Army HMMWV (High Mobility Multipurpose Wheeled Vehicle) Egress Assistance Trainer (HEAT) at Schofield Barracks, Oct. 28.



more intense situations where casualties in the vehicles must be removed and cared for through pinpointed one or two points of egress, simulating nonfunctioning or

blocked doors," Herbst said.

In 2008, approximately 70 percent of humvee accidents involved vehicle

Left — Soldiers of the 94th Army Air and Missile Defense Command get tossed around in an Army HMMWV Egress Assistance Trainer (HEAT) to practice their newly learned emergency escape techniques during the command's rollover training at Schofield Barracks, Oct. 28.

rollovers, according to U.S. Army Combat Readiness/Safety Center statistics.

"The training was important for all of us because it provided the crucial techniques to react appropriately in a humvee rollover, which we learned can be difficult under challenging circumstances," said Spc. Adrian Parmley, schools NCO assistant, 94th AAMDC, and a participant

in the training.

The immense threat of improvised explosive devices (IEDs) in combat has inspired changes in body armor which could create more challenging rollover situations according to a 2006 *Stars and Stripes* article, which makes the HEAT training even more vital.

"The HEAT training is important because it provides the most realistic training on vehicle rollovers without actually rolling vehicles and risking Soldiers' lives."

— **Sgt. 1st Class Michael Herbst**
Noncommissioned Officer in Charge of Training Attack and Operations
94th Army Air and Missile Defense Command

The training was first introduced in 2007 during the Association of the United States Army Winter Symposium and Exhibition, where the system was demonstrated. The HEAT was later manufactured for Army-wide use, in response to an Operational Needs Statement from U.S. Army Forces Command.

"I really believe this training is helpful because you never know when you will be in combat in a convoy, and you are hit with an IED or your driver is driving poorly, and the vehicle flips," Parmley said. "In emergency situations, you don't always immediately know how to react unless you've been through it before, and this training provided that extra experience."

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Lynch: New ACSIM credits leadership

CONTINUED FROM A-1

including the Commander in Chief's Guard, the Continental Color Guard and The Old Guard Fife and Drum Corps, also participated in the ceremony.

After the units sounded off and fixed bayonets, Col. David Anders, regimental commander of The Old Guard and commander of troops for the ceremony, escorted Wilson on his final inspection of the troops.

After Pershing's Own played the national anthem, command was officially changed, with Lynch and Command Sgt. Maj. Neil Ciotola receiving the IMCOM guidon from Wilson and outgoing IMCOM Command Sgt. Maj. John Gaines.

Army Chief of Staff Gen. George W. Casey Jr. served

as host for the event. He took the podium first to thank Wilson for his almost four decades of service, and to welcome Lynch to the position.

"Rick is a proven leader. He has the vision and the drive to continue the transformation of our installations, so that they best support our Army," Casey said.

When Lynch took the stage, he spoke of the Army as not just a job, not just a profession, but a passion.

"At some point in your career, that profession changes into a passion - a passion to prepare for and execute our nation's wars in defense of our nation's freedom, and a passion to truly take care of our Soldiers and their families," Lynch said.

He also credited Wilson for going above and beyond in his briefings about the position, saying, "I had all the

right briefings; I had all the right conversations ... I'm (very) thankful for that."

Lynch comes to IMCOM after commanding III Corps and Fort Hood, Texas. He has also served as commander of the 3rd Infantry Division, deputy chief of staff for Operations at Allied Joint Force Command-Naples, and deputy chief of staff for Strategic Effects for Multinational Force-Iraq.

His awards and decorations include the Distinguished Service Medal with Oak Leaf Cluster, the Defense Superior Service Medal with Oak Leaf Cluster, the Legion of Merit with Oak Leaf Cluster, the Bronze Star with Oak Leaf Cluster, the Defense Meritorious Service Medal, Joint Service Commendation Medal and Army Achievement Medal with Oak Leaf Cluster.

Return: Families glad to have warriors home

CONTINUED FROM A-1

deployment, their loved ones shouldered the load, as well. Many Soldiers had to leave spouses to take care of the business back at home.

"We made it through the entire year, and we thank God for all his blessings to help us get through this deployment," said Warren's wife Marquaita. "Overall, my husband and I motivated each other one month at a time to get through this. I'm happy to have him home."

The engineer Soldiers also trained the Iraqi security forces on engineering tasks, including robotic technologies to defeat improvised explosive devices. This was the battalion's third 12-month deployment to Iraq in the last six years.

Drugs: Recognizing addiction key to stopping abuse

CONTINUED FROM A-1

Col. Michael Phipps, commander, 9th Theater Support Group (TSG).

Much of the training Laulima Hawaii provides deals with new forms of drugs and their methods of delivery.

The Drug Enforcement Agency (DEA) refers to methamphetamine as the "most dangerous drug problem of small-town America," in its "Meth" fact sheet.

However, methamphetamine is not the only drug of choice today; prescription drug abuse is a growing concern, according to Shimabukuro.

Drugs come in many forms and can be purchased over the counter without anyone noticing the warning signs.

"The effect of experimentation with drugs has a devastating effect on an individual's health," Phipps said. "We need individuals (who) may have a problem to seek treatment and become a better Soldier."

The warning signs of addiction are sometimes hard to see. Risk for suicide can be difficult to spot, as well. Shimabukuro encouraged the audience to "police their battle buddies" by reaching out to troubled Soldiers.

"Hawaii has a serious problem with drugs," said Joanne Shimasaki, alcohol and drug officer, 9th MSC.

Marijuana is the pri-

mary drug of choice, but the number of people abusing prescription and over-the-counter medications is growing, according to Shimasaki. When a Soldier takes more than the prescribed amount of a drug, or mixes drugs, the consequences can be fatal.

Personnel trained in recognizing drug addiction are the first line of defense, according to Shimasaki. These people must be able to recognize and identify drug abuse and know the harmful effects so they can protect themselves and other Soldiers.

"The Army is battling drug abuse by putting on programs like this with special guest speakers. We have a very active drug testing program that the commanders endorse to role model a positive drug free work place," said Shimasaki. "Soldiers need a greater awareness of the dangers associated with prescription and over-the-counter drug abuse."

Samoa: 9th TSG ensures safety in aftermath

CONTINUED FROM A-1

and beyond the call of duty, there is one particular group of Soldiers who warrants additional mention. The 9th Theater Support Group (TSG), based at the Sgt. 1st Class Konelio Pele Army Reserve Center in Pago Pago, is made up of Army Reserve Soldiers from the 9th Mission Support Command (MSC) out of Fort Shafter Flats. Many of these Soldiers were firsthand witnesses of this devastating tsunami's power.

Maj. John Adams, installation commander, Pele Army Reserve Center, was the initial incident commander placed in charge of the Army Reserve's rescue and relief effort immediately following the disaster. Once he ensured he had full accountability of everyone under his command, Adams mobilized his Soldiers within hours of the tsunami making landfall.

"It's always been our role to make sure the airport runway was clear, as well as the roads leading to the medical facility," Adams said. "It's my opinion that the casualty rate would have been significantly higher had it not been for our people being out there as first responders."

Soldiers from the 9th TSG supported emergency medical teams, cleared roads of debris, and distributed aid and supplies. They also provided generators used to run pumps that brought clean running water to areas affected by power outages.

Adams said his Soldiers were "the right people at the right time because this could not have happened without their brave efforts."

Staff Sgt. Alumamalu Filioialii, a maintenance noncommissioned officer (NCO) with the 411th For-

ward Support Company (FSC) had just returned home from working out when the earthquake shook the island. Not thinking much of it, he dropped his children off at school and headed back home to pick up his wife.

As Filioialii drove his wife to work that morning, he noticed something unusual.

"I saw that the morning traffic was heading in the opposite direction it normally does. That's when I knew something was wrong," he said.

Following the news that the tsunami had just ravaged some of the coastal towns of the island, the couple headed toward the school, where they found their children safe and sound.

Filioialii joined his team, and they were tasked with providing tactical ambulance support to the local emergency medical services (EMS) team. With tears in his eyes, Filioialii recounted what he saw when he and his team finally arrived at the island's harbor area, which sustained some of the most extreme damage.

"It was something you don't want to remember. The area was totally devastated," Filioialii said.

Brig. Gen. Alexander Kozlov, commander, 9th MSC, sent support staff from his headquarters in Hawaii to shore up the relief effort that was already underway in American Samoa within days of the disaster.

Army Reserve Chief, Lt. Gen. Jack Stultz visited Pago Pago, Oct. 22-25, to, in his words, "put our arms around our Soldiers and let them know we're here for them."

Stultz toured some of the most heavily damaged areas of the island, meeting with Soldiers who were literally in the act of putting their lives back together.



Left — Soldiers from the 9th Theater Support Group, based in American Samoa, clean up a damaged home in Pago Pago, American Samoa, following the tsunami that severely damaged homes and businesses on the island.

Photo Courtesy 9th Theater Support Group

Heritage: Cultural event highlights importance of sharing diversity

CONTINUED FROM A-1

best way for people to understand a different culture is through programs that recognize and educate people from other walks of life.

"Teach others what you learn about our culture, so they can go out and then teach others, and we can learn from each other," he said.

During the observance, Soldiers listened to traditional Native American songs and took part in dances. Soldiers also learned the proper way to greet another Native American.

Sgt. Julian Spottedbear, A Co., 45th Sustainment Brigade, said it's important to recognize

the contributions of other cultures to bridge the gap between different people.

"As a Native American, I'm here to help (make) more people aware that there are Native Americans in our military," she said. "Programs like this are good for people from other cultures so they can understand the diversity everyone brings to our country."

Following the event, the audience stood for a moment to recognize Spottedbear, as she was nominated for the Sage Award at U.S. Army-Pacific level. The Sage Award is an all-services award, given to individuals who contribute to the enrichment of their community.

News Briefs

6 / Today
CFC 2009 Extended — The 2009 Combined Federal Campaign (CFC) runs now through Nov. 20. The CFC is the world's largest and most successful annual workplace charity campaign, which raises millions of dollars to support nonprofit organizations throughout the world. Visit www.cfc-hawaii.org, or contact your unit representative to learn more.

Personnel Forums Slated — U.S. Army-Pacific and the Installation Management Command are partnering to hold Office of Personnel Management (OPM) informational forums, hosted by the Federal Executive Board (FEB), at Schofield Barracks and Fort Shafter. Questions/concerns regarding the recent National Defense Authorization Act (NDAA) legislation will be addressed.

Topics to be discussed include: transition from COLA to Locality Pay for Hawaii, the Federal Employees Retirement System (FERS) Sick Leave changes and impact on retirement. Representatives from the OPM and the FEB will be present.

The panel members will not be able to provide specific information on National Security Performance System (NSPS) and the Defense Civilian Intelligence Personnel Systems.

Department of Army Civilians are encouraged to submit questions to be addressed at the forums no later than noon, Nov. 13, at usarpachig1chrd@shafter.army.mil. Approximately 10 public forums are being coordinated with other Federal Agencies to take place the week of Nov. 30-Dec. 4, locations, dates and times to be announced.

Fort Shafter USPS Hours Change — The Fort Shafter Post Office business hours have changed. The Post Office is now open Monday-Friday, 10 a.m.-noon. The Post Office is closed Saturdays, Sundays and all federal holidays. Call 832-0025.

Fort Shafter Legal Assistance Office Relocates — The Fort Shafter Legal Assistance and Claims Offices have relocated due to building renovations. They are now located on Fort Shafter Flats, Building 1599. Walk-in hours are from 9:30 a.m.-4 p.m., Monday-Wednesday and Friday, and from 1-3 p.m. Thursday. Call 438-6725.

Dental Appointments Limited — Due to redeployment activities, routine dental appointments at all U.S. Army Dental Activity clinics at Tripler Army Medical Center and Schofield Barracks are limited through Dec. 18. Contact Sue Mendez-Johnson, 433-9200.

Red Cross Closure — The Schofield Barracks Red Cross service center is closed now through Nov. 12. For all emergency communication support, call the Service to the Armed Forces toll-free number at 877-272-7337 (available 24/7). For immediate local inquiries, call the station manager at the Kaneohe Service Center at 257-8848 or send an e-mail to blapolice@hawaiiiredcross.org. The next CPR/First Aid class is scheduled Nov. 14, 8 a.m.-4 p.m.

Fort Shafter PX Parking Lot Repaving — The Fort Shafter PX Market parking lot is being repaved, Nov. 2-14. From Nov. 2-7, work will affect the east side of the parking lot (near the tennis courts and the Credit Union), and customers will be redirected to the entrance located on Pierce Street. From Nov. 9-14, work will affect the west side (Pierce Street), and customers will be redirected to the entrance at Wisser/Arsenal near the gas station.

10 / Tuesday
One Team Warrior Run — Motorists are urged to drive with caution and plan for potential delays, Nov. 10, during U.S. Army-Pacific's (USARPAC) "One Team Warrior Run," beginning at 6:30 a.m. The four-mile run,

which will start and end at Palm Circle, is estimated to last 1.5 hours and will take runners throughout the installation, causing traffic delays. No roads will be closed during the run. For more information, call Master Sgt. Kualii Makaneole, USARPAC operations, at 438-2438.

16 / Monday
Special Forces Recruiting — 1st Special Forces Operational Detachment-DELTA (AIRBORNE) is conducting recruiting briefings for its Spring 2010 Assessment and Selection Course, Nov. 16, 10 a.m. and 2 p.m., at the Schofield Barracks Army Education Center, Room 211.

The briefing will last approximately one hour. Ensure your chain of command is aware that you will be attending. All military occupational specialties (MOS) are encouraged to apply.

For questions, e-mail sof8.recruiter@us.army.mil or call 910-643-5833. For information or for a pre-application visit <https://smrecruiting.us.army.mil/index.aspx>.

19 / Thursday
Redeployment Ceremony — The 25th Infantry Division will host a redeployment ceremony, Nov. 19, starting at 10 a.m., at Sills Field, Schofield Barracks. Division Soldiers recently redeployed in support of Operation Iraqi Freedom will be formally honored. For more information contact the U.S. Army Garrison-Hawaii Public Affairs Office at 656-3157.

This ceremony will impact installation traffic with the temporary closure of a portion of Cadet Sheridan Road, from Kolekole Avenue to Trimble

Road.

A Tropic Homecoming redeployment celebration is scheduled, Nov. 19, starting at 4 p.m. at Sills Field, Schofield Barracks. The USO-sponsored event will feature a free concert by country music star Lee Ann Womack.

Ongoing

Schofield Occupational Health Clinic Closure — The Occupational Health Clinic at Schofield Barracks is temporarily closed through Dec. 13 due to personnel deployments and service upgrades.

Services will be centralized at the Tripler Army Medical Center (TAMC) Occupational Health Clinic. For deployment, pre-employment or commercial driver's license physicals, call: Occupational Health Clinic, 433-6835, or Joanna Ling at 433-5703.

For annual occupational medical surveillance exams (asbestos, child care provider, respirator use) call the Tripler Occupational Health Clinic at 433-6835, if exams cannot be postponed until after Dec. 13.

For health screenings of new personnel, students, contractors and American Red Cross volunteer in-processing, please report to the Tripler Occupational Health Clinic, Mondays or Wednesdays, 8-11 a.m. Call 433-6835.

Kolekole Pass Hours of Operation — Kolekole Pass, the road that connects Schofield Barracks to the Waianae coast through Naval Magazine-Lualualei, is open Monday-Friday, 7 a.m.-5:30 p.m.

Traffic is permitted to drive from Waianae to Schofield, 7-11:45 a.m., and traffic is permitted to drive from Schofield to

Waianae, noon-5:30 p.m. The pass is closed weekends and holidays, and operation times are subject to change due to training

or inclement weather.

Motorists are urged to call 668-3007 before attempting to access the pass.

Choosing an organization

When deciding among the numerous veterans organizations to join, service members and their dependents often base their decisions on the group's eligibility requirements and services offered. Rick Gajonera, chief, Retirement Services Office, U.S. Army Garrison-Hawaii, lists the following seven military associations who take an active role in working for veterans.

The American Legion

The American Legion is a congressionally-chartered group that benefits those service members who served during wartime periods. Founded in 1919, the nonprofit organization currently has about 3 million members in more than 15,000 posts across the world. A politically active entity, the American Legion represents veterans' interests before Congress. In October, for example, the organization urged legislators to pass the Troops to Teachers Enhancement Act, which would make it easier for military veterans to transition into careers as educators. Among its membership entitlements are professional help in obtaining full medical, educational and insurance benefits from the Department of Veterans Affairs (VA), and quality assistance in preparing any VA claims.

To learn more about the American Legion, visit www.legion.org or call customer service at 317-860-3111.

Association of the United States Army (AUSA)

AUSA is a private, nonprofit organization open to all Army ranks and components — active duty, National Guard and Reserve, as well as civilians, retirees and family members. The group prides itself in educating members about the value of the Army to the nation. It was formed in 1950 and currently boasts 125 established chapters around the world. In the past year, AUSA has opposed an increase in Tricare fees, enacted legislation that would allow military retirees to use pre-tax earnings to pay for health insurance premiums, and fought to reduce the age at which retired Reserve Component Soldiers may receive their pay and benefits, from age 60 to age 55.

For more information, visit www.ausa.org or call 800-336-4570.

Disabled American Veterans (DAV)

With membership totaling 1.2 million, the DAV is dedicated to improving the lives of America's disabled veterans and their families. Founded in 1920, the organization was congressionally chartered 12 years later, and thus became the official voice of the nation's wartime disabled veterans. In October, the DAV's decades-long efforts to ensure timely access to medical care for men or women who served in the armed forces were realized when President Obama signed the Veterans Health Care Budget Reform and Transparency Act. Annually, the DAV represents more than 200,000 veterans and their dependents with claims for benefits from the Veterans Affairs (VA) and Department of Defense.

For more information on the DAV, visit www.dav.org or call 877-1 Am A Vet (877-426-2838).

Military Officers Association of America (MOAA)

The nation's largest association of military officers, the MOAA, currently serves about 370,000 members from every branch of service. The independent, nonprofit group takes an active role in military personnel matters, particularly in proposed legislation that affects the career force, the retired community, and veterans of the uniformed services. It is not, however, a politically partisan group, meaning it will not advocate the election or defeat of candidates or parties. Established in 1929, the association was previously known as The Retired Officers Association (TROA) before members voted on a name change in 2003.

To learn more about MOAA, visit www.moaa.org or call the member service center at 800-234-6622.

National Association for Uniformed Services (NAUS)

Billed as “The Service member's Voice in Government,” NAUS works to protect and enhance the benefits of uniformed service members, retirees, veterans, and their families and survivors. Founded in 1968, the association currently has a membership of 200,000. The group took an active role in getting the 2010 National Defense Authorization Act signed, a bill that included such key components as: a 3.4-percent pay raise for those in active duty; special compensation for designated caregivers of catastrophically ill or injured service members; and Tricare Standard eligibility for Reserve retirees under the age of 60. NAUS offers its members health, life, auto and home insurance plans, benefits counseling and various financial services.

For more information, visit www.naus.org or call 800-842-3451.

Society of Military Widows (SMW)

The SMW was established more than 40 years ago to serve the interests of women whose husbands died while on active military duty, of service-connected illness, or during disability or retirement from the armed forces. The nonprofit organization is politically active on Capitol Hill, working closely with NAUS to protect the benefits and entitlements of military widows. There are currently 25 chapters of SMW in the United States, including one here in Hawaii.

To learn more about SMW, visit www.militarywidows.org or call 800-842-3451, ext. 1005.

Veterans of Foreign Wars (VFW)

With 2.2 million members, the VFW, with its auxiliaries, continues to be one of the largest veterans organizations in the world. The group prides itself in “honoring the dead by helping the living” through veterans' and community service. The association's roots can be traced back to the late 1800s, when, following the Spanish-American War and the Philippine Insurrection, a group of veterans established local organizations to secure rights and benefits for their service. Since then, the VFW has been instrumental in establishing the Veterans Administration, creating a GI bill for the 20th century, and developing the national cemetery system.

For more information, visit www.vfw.org or call the national headquarters at 816-756-3390 or the National Service Officers Helpline at 800-839-1899.

Veteran William Summers, representing the American Legion, pays his respects during a garrison Memorial Day Remembrance Ceremony in May 2009.

Aiko Brum | U.S. Army Garrison-Hawaii Public Affairs

A salute to returning warriors

Veterans service organizations have many benefits

BILL MOSSMAN

Staff Writer

TRIPLER ARMY MEDICAL CENTER — When it came time to ease into retirement last year, following nearly three decades in the Army, Command Sgt. Maj. Tom Bookman discovered what many veterans learned long ago.

Transitioning from active duty to civilian is anything but a walk in the park.

“Your mind is in a million different places when you get ready to retire,” Bookman said. “You're worried about your next job and what you're going to do.”

To his credit, however, Bookman didn't let an uncertain future weigh him down. Instead, he did what any good Soldier would do.

He mobilized.

Soon after his retirement papers were submitted, Bookman began talking to his military buddies. Several of them turned him on to the organization Disabled American Veterans (DAV). After researching the group and its eligibility requirements, Bookman decided it was the right one to join in order to satisfy his quality-of-life needs as a retiree.

Today, he has a job as an emergency manager at Tripler Army Medical Center (TAMC), an unwavering belief in the DAV and its services, and some well-deserved peace of mind.

In particular, Bookman's been impressed with how the organization has documented his medical history and lobbied for veterans' benefits on Capitol Hill.

“(The DAV is) actually an organization that goes in front of Congress and supports what veterans

have done by fighting for their rights,” explained Bookman, who prior to retiring from the Army in 2008, served within the Pacific Regional Medical Command (PRMC). “That was important to me.”

In truth, Bookman is one of the lucky ones who, upon retirement, realized the importance of attaching himself to a veterans organization. With so many to choose from, he did the smart thing by delving into the DAV's mission and exploring the many services offered.

More importantly, he acted upon his newfound knowledge. That's something more veterans need to do, according to Donald Devaney, provost marshal, PRMC and TAMC, and member of the National Association for Uniformed Services and the Military Officers Association of America.

“In this day and age, veterans need an organization that represents their best interests,” Devaney said. “Some of these groups tend to be more in the patriotic and social mode, and exist for the camaraderie. Then there are those that tend to be more into lobbying for laws.”

“I tend to lean toward those organizations that have active participation and not passive participation,” he added.

Just as every veteran is different, so too, is every organization.

Aside from providing educational and vocational rehabilitation opportunities, many veterans organizations instruct members on compensation and pension matters, as well as health, life and home insurance plans.

“There are organizations out there

that have savvy subject matter experts who can cut through the issues that are and aren't factual,” explained Devaney. “So that's one of the benefits of belonging to these groups.”

The oversight by some service members to join a veterans organization is not surprising, Devaney said. Many qualified veterans, for example, won't even take advantage of the health programs offered through the U.S. Department of Veterans Affairs.

RELATED STORY

• For a list of Veterans Day events scheduled throughout the island of Oahu, see B-3.

“Some of them don't even bother to have their records examined,” Devaney noted. “They think they're in OK health, but they don't really know. Some (veterans) are really young and, because the problems haven't really shown up yet, they think they're all right.”

For those who haven't yet looked into the services offered by various veterans organizations, Devaney counseled that it's not too late.

“I'd encourage our veterans to get online if they haven't done so yet, and get their names on mailing lists,” he said. “Many of these organizations even have newsletters, which contain valuable information the veteran needs but won't get otherwise.”

Added Bookman, “Our veterans really need to get into one of the organizations out there. Those groups will give them information on their benefits and rights, and keep them up to date on any changes that may affect them.”



6 / Today
Family Fun Friday – Family Fun Friday is back at the Tropics, Schofield Barracks, Nov. 6, 6 p.m., with free Papa John's pizza, games and contests the whole family will enjoy. Check out the HDTV Nintendo Wii, PS3 and Xbox 360 games, or play a game of pool, darts, air hockey, table tennis, beach volleyball and much more. The next Family Fun Fridays is scheduled Nov. 20. Call 655-5698.

Waikiki Express – The Waikiki Express rides again Nov. 6, 9 p.m.-4 a.m. Let the Family and Morale, Welfare and Recreation Waikiki Express be your own personal chauffeur for traveling to Waikiki.

The bus is free, but tickets are required and available at the Information, Ticketing and Registration (ITR) offices. All riders must have a ticket to board the bus.

Pick-ups are available at both Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

10 / Tuesday
Card Making & Rubber Stamping
– Learn new techniques with stamps, inks and more, and make your very own holiday cards, Nov. 10, 6-8 p.m., at the Schofield Barracks Arts and Crafts Center. Cost is \$10 and covers the class and all supplies. The class will be offered again, Nov. 24. Call 655-4202.

12 / Thursday
Create A Card – Family members of deployed Soldiers are invited to create a special holiday card to send to their Soldier, Nov. 12, 3-4 p.m. at the Sgt. Yano Library, Schofield Barracks. The community is also invited to create a special card for deployed single Soldiers. Bring your creativity, and we will supply the materials. Call 655-8002.

13 / Friday
Fort Shafter Holiday Craft Sale – The annual Fort Shafter Holiday Craft Sale is on again, Nov. 13, 11 a.m.-6 p.m., and Nov. 14, 9 a.m.-4 p.m., at the Fort Shafter Arts and Crafts Center. Great deals will be offered on some of the most unique hand-crafted holiday gifts on the island. Call 438-1315.

Hawaiian Luau at PARC – Experience old Hawaii at the Piilaaui Army Recreation Center (PARC) luau, Nov. 13, 6 p.m., on the Sunset Café lanai. Parties of four or more should call to reserve seating at 696-4778. Blue Star Card hold-



Critzina Jean | 4th Military Transition Team, 25th Infantry Division Family Readiness Group

Sing-a-long

SCHOFIELD BARRACKS — Kneeling from left to right, Girl Scouts from Troop 066, Sarah Barry, Thorin Jean and Lauren Terry, learn how to perfectly toast marshmallows from troop leader Alyssa Edwards (far right), during "Songfest," here, Oct. 24. More than 150 Girl Scouts from 12 troops gathered at the scout hut for the annual two-hour event. Ellen Petry, Kolekole Service Unit representative said, "Girl Scouts love to sing songs, and this event was an opportunity for the entire Kolekole Service Unit to get together and learn new songs." The Kolekole Service Unit Girl Scouts will be marching and singing in the Wahiawa Veterans Day, Nov. 11.

ers receive a 10-percent discount.

Mark your calendars for the next luau scheduled to take place, Nov. 27, and Dec. 11. PARC is open to all active and retired military, members of the Reserve and National Guard, and active and retired Department of Defense civilian employees, including Coast Guard, family members and sponsored guests.

17 / Tuesday
Holiday Scrapbooking – Bring your own supplies and use our tools in this holiday layout challenge, Nov. 17, 6-8 p.m., at the Schofield Barracks Arts and Crafts Center. Cost is \$5. Project ideas will be supplied or work on your own. Call 655-4202.

19 / Thursday
USO Presents: A Tropic Homecoming – Country music superstar Lee Ann Womack will be headlining a Tropic Homecoming celebration, Nov. 19, starting at 4 p.m., at Sills Field, Schofield Barracks. Enjoy lots of food, fun and entertainment.

Bring your own low-back chairs or blankets. Pets, glass and grills will not be allowed at this event. Call 655-0112/3.

High School Musical 2 – The sequel to last year's smash Army Community

Theatre Hit, High School Musical 2, premieres at Richardson Theatre, Fort Shafter, Nov. 19, 7:30 p.m. Additional performances are scheduled Nov. 20, 21, 27, 28 and Dec. 4 and 5, at 7:30 p.m. each evening. Tickets cost \$12-\$20, and are available at www.armytheatre.com. Call 438-4480.

Poker Tournament – The next Texas Hold 'Em tournament takes place, Nov. 19, 6:30-9:30 p.m., at the Tropics, Schofield Barracks. Card players can test their skills against the best-of-the-best poker players on post. All ID cardholders 18 and older are welcome. Call 655-5698.

Precious Metal Clay Workshop – Learn the basics of working with precious metal clay, Nov. 19, 9 a.m.-noon, at the Schofield Barracks Arts and Crafts Center. Cost is \$35 and includes all supplies. Crafters will walk away from this program with a new pendant or a pair of earrings. Call 655-4202.

20 / Friday
BSC Theatre Night – Blue Star Card (BSC) members are invited to the Nov. 20 Army Community Theatre performance of High School Musical 2. The show starts at 7:30 p.m., at Richardson Theatre, Fort Shafter. Limited child care and roundtrip transportation from Schofield Barracks

is available.

Light appetizers will be available at the theatre before the show. Registration is required. Call 655-0112/3.

22 / Sunday
A Chorus Line Audition Workshop – Curious about theatre and interested in auditioning for the upcoming Army Community Theatre performance of "A Chorus Line"? Get over your stage fright ahead of time at an auditions workshop, Nov. 22, 4 p.m., at Richardson Theatre, Fort Shafter.

The workshop is perfect for anyone new to theatre or just looking for inside tips on what to expect during auditions. Call 438-4480.

Ongoing

2009 All-Army Digital Photography Contest – This year's photo contest is on. Gather your best Kodak moments for your chance to compete against the best photographers in the Army and win cash prizes. Entries must be submitted by Nov. 30, and can be entered at <https://artscrafts.fimwrc.army.mil>.

Call the Fort Shafter or Schofield Barracks Arts and Crafts Centers for more information, 438-1315 or 655-4202.



Send announcements to community@hawaiiarmyweekly.com

7 / Saturday
Arbor Day Tree Giveaway – In celebration of Arbor Day, Hawaiian Electric Company (HECO) and its partners will give away 2,600 native and exotic trees and shrubs at six sites on Oahu, Nov. 7.

A variety of patio plants, flowering trees, fruit trees, and shade trees will be given away, one per family.

Certified arborists will be on hand to offer advice on plant selection, and attendees will receive brochures with tips on tree placement, planting, and care.

The tree giveaways will take place at the following locations at 7 a.m., unless otherwise noted:

- Waianae: HECO Kahe Power Plant
 - Pearl City: Urban Garden Center
 - Honolulu: HECO Ward Avenue
 - Kailua: HECO Koolau Base Yard
 - Wahiawa: Botanical Garden, 9 a.m.
 - North Shore: Waimea Valley, 9 a.m.
- Visit www.arbordayhawaii.org.

Ewa Beach Tree Giveaway – The Hoakalei Cultural Foundation will conduct its 3rd annual tree giveaway at the Keoneula Elementary School, Ewa Beach, Nov. 7, 8-10 a.m. Three hundred native white hibiscus plants, kokio keokeo (Hibiscus arnottianus), will be given away, one plant per household.

Seasonal Flu Shots
– Seasonal flu immunizations will be administered at all exchange sites listed, from 9 a.m.-2 p.m., on the following dates: Nov. 7, Pearl Harbor Navy Exchange (NEX); Nov. 13, Pearl Harbor NEX; Nov. 15, Kaneohe Bay Marine Corps Exchange; Nov. 21, Schofield Barracks Main Post Exchange.

Holiday Craft Sale – The Hawaii Plantation Village, in Waipahu, is conducting a pre-holiday rummage, crafts and baked goods sale, Nov. 7, 9 a.m.-1 p.m. Event is open to the public. Free parking is available. Contact the Village at 677-0110 or visit www.hawaiiplantationvillage.org.

Youth Talent Competition – The "Our Youth Has Talent" committee, Tripler Army Medical Center Sergeant Audie Murphy Club and AAFES are sponsoring an "Our Youth Has Talent" singing competition. Fifteen contestants will compete in three elimination rounds starting with the preliminary round, Nov. 7.

See the semi-finals, Nov. 14, and the final round, Nov. 21. All rounds take place, 5-8 p.m., at the Sgt. Smith Theater, Schofield Barracks. Admission is \$5. Contact ouryouthtalent@yahoo.com.

9 / Monday
Furlough Fridays Survey – The U.S. Army Garrison-Hawaii has extended the Furlough Friday participation survey to Nov. 9. Take a moment to complete this survey, as your input is vital to planning and developing programs for Army student educational enrichment opportunities during these unforeseen breaks in the school year. Visit www.garrison.hawaii.army.mil, click on the "Furlough Friday" link on the left, and make your input count.

12 / Thursday
Hui O Na Wahine Basket Auction – The north community spouses' club, the Hui O Na Wahine, is hosting its annual "Make it, Bake it, Fake it" basket and wreath auction, Nov. 12, 6-8 p.m., at the Nehelani, Schofield Barracks.

A variety of themed baskets and items will be auctioned off with all proceeds going towards scholarship and welfare grants. While bidding, participants can enjoy heavy pupus and cocktails.

Tickets are \$15 and available until Nov. 8 by contacting smlawrence@hawaii.r.com. Child care is not available. Visit

www.schofieldspousesclub.com.

Hula Festival – The 18th Annual Hula Festival will be held Nov. 12-14, at the Waikiki Shell. Doors open at 4 p.m. each day. Hula artists from 16 countries will celebrate everything natural in Hawaiian culture.

Performances, although judged by 21 of hula's most prestigious keepers of the art, remain a continuous cultural education and spiritual discipline.

Tickets are from \$10-\$35 a day, to \$90 for the entire weekend. Visit www.worldhula.com for more information.

15 / Sunday
Hawaiian Music Jam Session – Music lovers of all ages are invited to participate in the next "Kanikapila," Nov. 15, 1-4 p.m., at Waimea Valley's Pikake Pavilion.

Kanikapila is a traditional Hawaiian music jam session where musicians of all ages and skill levels are invited to perpetuate the mele (music), and the tradition in which music was passed on from generation to generation.

Amplification will be available, so bring an instrument cable if you would like to plug in. Sound check begins at noon.

This event is free and takes place the third Sunday of every month. E-mail abri.goohana@yahoo.com.

21 / Saturday
Fall Fest – Hope Chapel in Kaneohe Bay invites all military families to a free "Fall Fest" family event, Nov. 21, 9 a.m.-3 p.m. Families can enjoy live entertainment, food, unique local crafts and vendor booths, kids games and activities. Admission and parking are free.

Visit www.hopechapel.com or e-mail lisas@hopechapel.com.

Hope chapel is located at 45-815 Pookela St., Kaneohe, 96744.

Ongoing

Dental Appointments Limited – Due to redeployment activities, routine dental

appointments at all U.S. Army Dental Activity clinics at Tripler Army Medical Center and Schofield Barracks are limited through Dec. 18. Contact Sue Mendez-Johnson, 433-9200.

MCCW Fall Retreat – The Aliamanu Military Reservation Chapel, Military Council of Catholic Women (MCCW) fall retreat to the North Shore Benedictine Monastery has been rescheduled and it will now take place Jan. 21, 9 a.m.-2 p.m. The theme will be "Stewardship," with discussions and Mass.

Child care is available. Children must be registered to receive this service. For reservations or child care, contact Katie Hanna at 744-1285 or mccwhawaii@yahoo.com.

Pacific Aviation Museum Offer – The Pacific Aviation Museum Pearl Harbor is offering one free keiki admission (4-12 years old) with each paid adult admission every Saturday and Sunday. Children under 4 are always free. Adult ticket rates are \$14; \$10 for kamaaina and military. The museum is open 9 a.m.-5 p.m. daily. Tickets are available at www.PacificAviationMuseum.org. For more information call 441-1000.

Friends of the Waikiki Aquarium Membership – Now through Nov. 30, marine life enthusiasts can bring in UPCs from any Kraft Foods product, along with a family-level membership (with 3 UPCs), or \$10 off a family-plus membership (with five UPCs).

Friends of the Waikiki Aquarium members enjoy unlimited admission for one year, invitations to exclusive events, discounts, advance notice on classes and educational programs, among other benefits. For more information, visit www.waquarium.org or call the Waikiki Aquarium Membership Office at 440-9015.

Twitter – Do you Twitter? Follow the garrison at www.twitter.com/usaghi. For more information, call 656-3153.



Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
FS: Fort Shafter Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Friday, 9 a.m. at AMR
•Saturday, 5 p.m. at FD, TAMC and WAAF chapels
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
•Sunday services:
–7:30 a.m. at WAAF
–8 a.m. at AMR
–10:30 a.m. at MPC Annex
–11 a.m. at TAMC
•Monday, Wednesday and Friday, 11:45 a.m. at MPC
•Monday-Friday noon at TAMC

Gospel Worship
•Sunday, noon at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m.
•Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Orthodox Divine Liturgy
•Sunday, 9 a.m. at TAMC

Pagan (Wicca)
•Friday, 7 p.m. at MPC Annex

Protestant Worship
•Sunday Services
–9 a.m. at FD, FS, MPC, TAMC and WAAF chapels
–10 a.m. at AMR and HMR



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



Up
(PG)
Fri., Nov. 6, 6 p.m.

Zombieland
(R)
Fri., Nov. 6, 8:30 p.m.



Love Happens
(PG-13)
Sat., Nov. 7, 7 p.m.
Thur., Nov. 12, 7 p.m.

Surrogates
(PG-13)
Wed., Nov. 11, 4 p.m.

No shows on Mondays or Tuesdays.

Lecture explores conserving natural treasures of Hawaii


HAWAII CONSERVATION ALLIANCE AND FOUNDATION
News Release
HONOLULU – Explore the unique plants and animals that inhabit the lands and seas of the world’s most isolated island chain during the next Hawaii Conservation Alliance lecture, at the ING Direct Café, here, Nov. 17. Monthly, experts from the Alliance’s 15-member organization are scheduled to give 30-minute lectures about the places and native Hawaiian species they work tirelessly to conserve and

restore, followed by a question and answer session. Guest lecturer for this month’s free event will be Michelle Mansker, natural resources chief, U.S. Army Garrison-Hawaii (USAG-HI). Whether it’s taking to the skies to scout aggressive weeds, tracking the trails of cannibal snails, or wielding eyebrow brushes to bolster plant reproduction, the USAG-HI Natural Resources Program is at the forefront of environmental protection.



Mansker

As a member of the Army’s award-winning Natural Resources Program in Hawaii, Mansker has been leading USAG-HI’s environmental charge for the past five years. Mansker’s program is responsible for managing more than 100 endangered species on Army installations on Oahu and on the Big Island of Hawaii at Pohakuloa Training Area, with a crew of almost 100 employees and a budget of more than \$10 million.



For more information visit www.hawaiiconservation.org/hcalectures.asp.

During the lecture, Mansker will highlight the accomplishments of the Army’s program, which include saving one of Hawaii’s only native palm trees from extinction, and safeguarding Hawaii’s state flower, the hibiscus, after

98 percent of its Oahu population was destroyed in the 2007 Waialua fire. Previously, Mansker served as a botanist for the U.S. Fish and Wildlife Service (USFWS) Pacific Ecoregion. Her work with USFWS included completing critical habitat designations for more than 290 federal endangered plants. Mansker has a master’s degree in botany from the University of Hawaii at Manoa. The lecture begins at 5:30 p.m. and is open to all ages. The ING Direct Café is located at 1958 Kalakaua Ave., Honolulu, and free parking is available.

CYS2 education support services program changes name, offers same great services

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS
News Release
SCHOFIELD BARRACKS – The Youth Education Support Services (YESS) program, part of Child, Youth and School Services (CYS2), has recently undergone a name change – it is now called School Support Services (SSS). “The new name emphasizes the word ‘school,’ so (that) families know we’re here to support their children in their schools,” explained Wayne Yoshino, school liaison officer. “The Army supports the educational needs of everyone, from Soldiers to civilians to family members. School Support Services is specific to the educational needs of military children.” Three programs that provide services to military-connected families and fall under the SSS, are the School Liaison Office, Transition Services, and the School of Knowledge, Inspiration, Exploration, and Skills Unlimited (SKIESUnlimited) program.

School Liaison Office
School Liaison Officers, or SLOs, work closely with parents and school personnel to resolve issues that impact military students. SLOs also serve as primary advisors to the garrison command staff on matters

Resources

School Support Services
241 Hewitt Street, Building 1283, Schofield Barracks
Phone: 655-9818

Child, Youth and School Services Transition Specialist
350 Eastman Road, Wheeler Army Airfield.
Phone: 656-0079

SKIESUnlimited Administrator
Located in the School Support Services office. Regular business hours are, Tuesday–Saturday, 7:30 a.m.–4 p.m.
Phone: 655-9818

relating to education on the installation. Military parents are encouraged to contact the School Liaison Office for assistance with their educational needs while living in Hawaii. Garrison SLOs can also assist with a child’s transition during a permanent change of station (PCS), by connecting families with the School Liaison Office at their next duty station.

Transition Services
If you are new to the installation or would like assistance in transitioning to a new CYS2 facility, a transition specialist can provide guidance and answer questions. In addition, the transition specialist manages the Youth Sponsorship Program, which was created to connect military students with each other from different installations, schools and cultures, worldwide. If you have any questions regarding transition issues or the Youth Sponsorship Program, contact a CYS2 transition specialist.

SKIESUnlimited
The SSS also offers instructional programs through the SKIESUnlimited program. SKIESUnlimited, located at the SSS office on Schofield Barracks, offers instructional classes such as music, dance, theater, little ninja, tutoring, karate, tae kwon do and cooking. These classes are offered to youth ages 2–17 years old, and are held throughout the week, excluding Sundays, at Schofield Barracks and Aliamanu Military Reservation (AMR). The costs for these classes range from \$35–\$55, per month. Blue Star Card holders are eligible to receive up to four months of free SKIES classes.



OMK offers family camp for parents, children to reconnect

OPERATION MILITARY KIDS
News Release
WAIALUA – The Hawaii Operation: Military Kids (OMK), along with YMCA-Camp Erdman, are offering two family camps geared toward helping recently redeployed service members and their families reconnect, Nov. 20-22 and April 9-11, 2010.

Upcoming camp dates open for registration are, Nov. 20-22 and April 9-11, 2010.

For more information, registration costs, or an application, visit www.ctahr.hawaii.edu/4h/omk.

For questions, e-mail omk@ctahr.hawaii.edu or call 956-4125.

Costs associated with attending camp, such as food, lodging and activities, are paid for by OMK, so registration fees are affordable for all families. While activities vary depending on the weather, families can expect archery, swimming, crafts, kayaking, hiking, ropes course, climbing wall, campfires, keiki-only groups and special events. Families will have opportunities to participate in fun activities, show off creative talents, eat great buffet-style meals, and

Frequently Asked Questions

Who can attend family camp?
Any active duty or activated reserve member of the Army, Air Force, Navy, Marine Corps, National Guard, Air National Guard, or Coast Guard that has in the past 12 months been through a deployment, is preparing for one, or a family who currently has a family member deployed. There are no age limitations on camp; infants are welcome, but there is no provided “child care.”

Who is “family”?
Mother, father, brother(s), sister(s) or individuals who have legal power of attorney to act as “parents.”

Who runs the camps?
Operation: Military Kids (OMK) is a cooperative effort with many partners, including 4-H, but the YMCA of Honolulu and YMCA-Camp Erdman play a critical role in all family camps. OMK and the YMCA understand the needs for youth and their families to have time together in a supportive environment to rest and recover from the stress of a recent deployment, or to spend quality time together due to a current or upcoming deployment.

Who pays for the camp?
Families pay a modest fee, and OMK pays the rest.

get to know other military families – all while reconnecting in a relaxed environment. Accommodations are generally family cabins or dorm-style rooms that are shared with at least one other family. Applications with registration fee payments (\$20 per person) are on a first-come, first-serve basis, with priority given to those who have not participated in previous camps.

Applications can be downloaded at <http://www.ctahr.hawaii.edu/4h/OMK/education.htm>. OMK is the Army’s collaborative effort with America’s communities to support children and youth impacted by deployment. This initiative was officially launched in April 2005. Since its inception, OMK has touched more than 88,000 military youth and provided information to 21,009 community members across the country.



Veterans Day parades, events scheduled to take place islandwide

Veterans Day, the annual American holiday honoring military veterans, is observed Nov. 11, the anniversary of the end of World War I.

Saturday, Nov. 7
Waianae Veterans Day Parade – The Waianae Military Civilian Advisory Council (WMCAC) will host the 28th Annual Waianae Veterans Day Parade, Nov. 7, 9 a.m., starting at the Waianae Boat Harbor. The parade will follow along Farrington Highway until Waianae Mall, where the Hoolaula and JROTC drill meet will be held. Spectators and participants can enjoy food, crafts and information booths, as well as static displays and entertainment. To participate in the WMCAC’s Veterans Day Parade, contact Lt. Col. (Ret.) Don Arakaki at 697-7012. To set up a booth at the Hoolaula, contact Kim or William Hoohuli at 295-1756.

Wednesday, Nov. 11
Wahiawa Veterans Day Parade – The Wahiawa Lions will host the 64th Annual Wahiawa Veterans Day Parade, Nov. 11, 10 a.m., along California Avenue. The parade will begin with a joint service color guard at 10 a.m. The Royal Hawaiian Band will lead parade participants from Kaala Elementary School up California Avenue to Fred Wright District Park. Following the parade, there will be a program consisting of a flag-raising ceremony, massing of the colors and military equipment displays. To participate in the parade,

or for more information, call Donald Sagara at 621-0115.

Saturday, Nov. 14
Patriot Run – U.S. Vets, the only program in the state that houses homeless veterans, will host a Patriot 5K Walk/Run, Nov. 14, 8 a.m., at the Waterfront at Puuloa. Money raised helps provide hot meals, a safe home and job training for former Soldiers who are homeless. Entry fees are \$30 for the public, and race applications will be accepted until race morning. Pre-race ceremonies will begin at 7:45 a.m. For online sign-up, packet pick-up information, and updates on the event, visit www.usvetsinc.org or www.active.com. To learn more about donation and volunteer opportunities, or for more information about U.S. VETS-Hawaii, call 682-0111.

Saturday, Nov. 21
Veterans Appreciation Day – The Oahu Veterans Council will host its 3rd Annual Veterans Appreciation Day, Nov. 21, noon–4 p.m., at the Oahu Veterans Center, 1298 Kukila Street in Foster Village, near Radford High School. Aimed at recognizing and honoring all veterans for their service, tickets include dinner, entertainment and door prizes. Tickets cost \$20 for adults, \$5 for children under 12, or \$20 for military families. Tickets are available online at www.oahuveteranscenter.com, at the event, or by calling Sally Ballard at 422-4000.

Fitness center renovation doesn't stop workout warriors

Exercise classes stay in step at Martinez during HFC's roof renovations

BILL MOSSMAN

Staff Writer

SCHOFIELD BARRACKS — The Health and Fitness Center (HFC), here, may be temporarily out of commission while awaiting a new rooftop, but that hasn't stopped its workout warriors from getting in their customary daily burn just down the road.

In fact, the center's usual slate of classes and services have rolled on uninterrupted at nearby Martinez Physical Fitness Center (MPFC) since Oct. 9, the day work was scheduled to begin on the nearly \$1 million renovation project at HFC.

About 25 of HFC's classes continue to be offered each week, according to Linda Williams, the center's assistant manager, including such favorites as Step Challenge, Cardio Kickboxing, Group Cycling, Pilates and Zumba. The latter is an aerobic fitness program fused with hypnotic Latin rhythms, which currently attracts anywhere from 35 to 85 people per class.

In addition, about 10 personal trainers are on hand to help guide workouts for active-duty Soldiers, civilians and their family members.

"What's happened is that we've had to learn to share space," Williams explained. "The people over at Martinez (Physical) Fitness Center have kindly given us a racquetball court for our trainers to use, and a basketball court for our group exercise classes."

"While we may not have the comforts of home, we still offer a full con-



Photos by Jack Wiers | U.S. Army Garrison-Hawaii Public Affairs

Instructor Vickie Rogger, far left, leads a yoga class at the Martinez Physical Fitness Center, Schofield Barracks. Renovations to the Health and Fitness Center have required fitness classes to temporarily relocate.



tingent of classes," she continued. "We've even added Tai Chi and Chi Gong (classes) to our schedule."

Despite the sometimes-crowded conditions at Martinez, participation in HFC classes has not dwindled but in

fact grown to accommodate a fresh batch of recruits.

"Because we're in a different fitness center, there are people who are seeing what we offer, perhaps for the first time," Williams said. "We've been at-

Left — Instructor Vickie Rogger provides assistance to a student in her yoga class at Martinez Physical Fitness Center (MPFC). Since the temporary relocation to MPFC, fitness classes have seen a spike in participation as new recruits try everything from Cardio Kickboxing and Group Cycling to Zumba.

tracting some new faces to our classes, and that's exciting."

Just as exciting is the work currently being done to the historic HFC. Built in the 1930s, the center will have its two roofs removed in the coming weeks and replaced with a sturdier covering, known as standing seamless metal roofing. The renovation project will not only eliminate the water leaks that have plagued the gym for years, but also rid the site of the asbestos that currently lies between the existing roofs.

The renovation is expected to be complete in late January 2010, accord-

ing to Daniel Padeken, HFC manager.

The center's wood floors will then undergo a deep cleaning and polishing, paving the way for the arrival of several new fitness machines, including Nautilus and Hammer Strength equipment.

Eventually, Padeken hopes to have the center's floors replaced.

"We've got some portions of it that are termite eaten," he said. "The work order has already been turned in for that job, so that's something that's going to be fixed down the road."

In the meantime, HFC staffers remain thankful for their current surroundings at MPFC, while eagerly awaiting a return to familiar confines in early 2010.

"While we may not have the comforts of home, we still offer a full contingent of classes."

— **Linda Williams**
Assistant Manager
Health and Fitness Center

Or as Williams said, "We can't wait to return to our facility, where we'll have a nice, brand new roof waiting for us."

A current MPFC fitness class schedule can be downloaded at www.mwrarmyhawaii.com/fitness-centers/martinez.

The MPFC is open Monday-Friday, 6 a.m.-7:30 p.m., and Saturdays, 7 a.m.-noon. Call 655-0900 for more information.



7 / Saturday

Scuffle on Schofield: Homebound Heroes — Enjoy the best Mixed Martial Arts (MMA) fighting Hawaii has to offer

with a new and improved "Scuffle on Schofield" event, Nov. 7, at the Martinez Physical Fitness Center. If you saw the last fight, this one is a must-see and bigger than ever. Undercard matches start at 5 p.m., and the main fights kick off at 7 p.m.

Tickets available at the Schofield Barracks Information, Ticketing and Reservation (ITR) office and the Tropics Recreation Center. Check out the fightcard at www.mwrarmyhawaii.com or call 655-5698.

Mountain Biking — Join Outdoor Recreation on a mountain bike trip through the Waianae mountain range, Nov. 7, 7 a.m.-noon. This is a level-three expert program and is suitable for cyclists looking for some extreme thrills.

Cost is \$20 if you use your own bike or \$25 if you use one of ours. Outing includes round-trip transportation from Schofield Barracks. Call 655-0143.

8 / Sunday

Hawaiian Canoe and Stand-Up Paddling — Learn two water sports that drive Hawaiians wild — outrigger canoeing and stand-up paddling, Nov. 8, 7 a.m.-noon. Cost is \$64 and includes round-trip transportation from Schofield Barracks. Call 655-0143.

14 / Saturday

Adventure Kayak Fishing — Enjoy a half-day of adventurous kayak fishing out of Kaneohe Bay, Nov. 14, 6:30 a.m.-2 p.m. Indulge your passion for exploring the island during this expert-level group activity. Cost is \$49 and includes equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

19 / Thursday

Evening Surf Patrol — Are you an advanced surfer ready for a challenge? Try the evening surf patrol, Nov. 19, 4:30 p.m.-dusk. Cost is \$19 per person. Call 655-0143.

20 / Friday

Health and Fitness Fair — Enjoy an evening of healthy activities, Nov. 20, 4-8 p.m., at the Martinez Physical Fitness Center, Schofield Barracks.

Fitness assessments, information booths, door prizes, refreshments and more will be available. For more information call 655-4804.

21 / Saturday

Tropics Sand Volleyball Series — Bump, set and spike your way to success in a beach volleyball tournament, Nov. 21, at the Tropics, Schofield Barracks. Enjoy food and drink specials, give-

aways and awards for top players. This is an all-day tournament; play will continue until a winner is crowned.

You must be 18 or older to play. Cost is \$10 per team to enter, but active duty military can play for free. Call 438-1152 to register.

Snorkeling — Enjoy a great day under the water in some of the world's best snorkeling spots searching for octopus with Outdoor Recreation, Nov. 21, 7 a.m.-2 p.m.

For pleasure and physical fitness, snorkeling can't be beat. Cost is \$42 per person and round-trip transportation from Schofield Barracks is included. Call 655-0143.

22 / Sunday

Stand-Up Paddling — Check out the latest craze to hit the surf crazy islands: Stand-up paddleboarding. Lessons are scheduled, Nov. 22, 7 a.m.-noon., with Outdoor Recreation, Schofield Barracks. Cost is \$54 per person and includes all equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

25 / Wednesday

Intramural Men's and Women's Basketball — Entries are being accepted for the 2009 Intramural Men's and Women's basketball leagues.

Active Duty Army, Army Reserve and National Guard units within Hawaii may enter a team. Entries must be received by the U.S. Army Garrison-Hawaii Sports, Fitness and Aquatics Office, Stop 112, Building 556, Kaala Community Activity Center, Schofield Barracks by 4 p.m., Nov. 25.

Entries can also be faxed to 655-8012 or 438-2470. Call 655-0856 or 438-9572.

Ongoing

Schofield Health and Fitness Center Closure — The Schofield Barracks Health and Fitness Center (HFC), Building 582, is closed now through Jan. 2010 to replace the roof.

All classes and services have been relocated to the Martinez Physical Fitness Center (MPFC), Building 488. Call Linda Williams at 655-4804. *(See related story on this page for more information.)*

Fitness Center Towels — The U.S. Army Garrison-Hawaii physical fitness centers no longer provide towels. Guests are required to bring a towel (no smaller than 16 by 24 inches) in order to use the strength training and/or cardio equipment.

NFL Sunday Ticket — Watch your favorite home football team live every weekend at the Tropics, Schofield Barracks, with the NFL Sunday ticket.

Don't miss the gridiron action. Call 655-5698.

Bowling Parties — Having a party or celebrating a special occasion? Wheeler Bowling Center's eight lanes are available for private parties on Saturdays and Sundays for \$120 per hour.

A three-hour minimum and \$2 shoe rental apply. Call 656-1745.



Photo Courtesy of Family and Morale, Welfare and Recreation

Ultimate meet and greet

SCHOFIELD BARRACKS — Mixed Martial Arts (MMA) fans meet local, professional MMA fighters at a "Meet and Greet" event at the Tropics Recreation Center, here, Oct. 24. Fans now have a chance to see their favorite fighters go head-to-head during the "Scuffle on Schofield 2: Homebound Heroes" event, Nov. 7, at the Martinez Physical Fitness Center. The event, sponsored by the Directorate of Family and Morale, Welfare and Recreation, will feature five amateur and 10 professional matches, including one female match. Doors open at 4 p.m., and matches begin at 5 p.m.

Advance tickets cost \$30 with military ID or \$35 for the general public. Tickets are available at the Schofield Barracks Information, Ticketing and Reservation (ITR) office and the Tropics Recreation Center. Check out the fightcard at www.mwrarmyhawaii.com or call 655-5698.



Send sports announcements to community@hawaiiarmyweekly.com.

8 / Sunday

Volksmarching Club — Join the Menhune Marchers Volkssport Club on a 5K or 10K volksmarch (walk), Nov. 8, in Kailua District Park (21 S. Kainalu Drive). Starting at the park, the 10K route takes you through central Kailua, Kawainui Marsh, and Ulupo Heiau walking along its newly restored and landscaped base.

Participants can start anytime between 8-11 a.m. and finish by 2 p.m. For more information or to pre-register, contact Maria at 261-3583, or visit www.ava.org/clubs/menhune marchers/.

This event is free, and IVV credit, if desired, is available for a nominal fee.

Hike Oahu — Join the Hawaiian Trail & Mountain Club for a 5-mile hike, Nov. 8.

This meandering route is a favorite lush tropical hike. Pay attention to the ribbons marking the trail as the hike criss-crosses Waianu stream and edges along narrow hillside trails. Bug repellent is highly recommended. Call

Doug Klein, 263-8330.

Upcoming hikes include:

- Nov. 14, a 6-mile intermediate ridge/valley hike in Pearl City with spectacular views of Pearl Harbor. Call John Hall, 377-5442.

A \$3 donation is requested of non-members age 18 and older. An adult must accompany children under 18.

For more information and a calendar of future hikes, visit www.htmlclub.org.

10 / Tuesday

Kaneohe Turkey Trot — The Department of Parks and Recreation and the Kaneohe Complex will sponsor an annual Turkey Trot, Nov. 10, beginning at 5 p.m., at the Kaneohe Community Park (45-529 Keaahala Road).

The annual Turkey Trot is a fun obstacle course with stunts and skills that challenge the body and mind. It's fun, free and open to parents with tots 3-5 years old, children, teens, adults and seniors. Call 233-7330.

12 / Thursday

Vans Triple Crown — Check out the Super Bowl of surfing at the Vans Triple Crown of Surfing, Nov. 12-Dec. 20.

The series of three men's and three women's Association of Surfing Professionals (ASP) sanctioned events, pits the world's top-ranked surfers against the world's biggest and most famous waves at Haleiwa, Sunset

Beach and the Banzai Pipeline.

- Reef Hawaiian Pro (men) and Vans Hawaiian Pro (women) compete, Nov.12-23, at Haleiwa's Alii Beach Park.

- O'Neill World Cup of Surfing (men) and Gidget Pro Sunset Beach (women) compete, Nov. 24-Dec. 6, at Sunset Beach.

- Billabong Pipeline Masters (men) and Billabong Pro Maui (women) compete, Dec. 8-20, at Banzai Pipeline (men) and Honolua Bay, Maui (women).

Each event takes approximately four days to run to completion. Competition is held on the biggest and best days of surf available within the designated event timeframe.

For daily updates, call 596-7873 or visit www.triplecrownofsurfing.com.

26 / Thursday

Marathon Clinic Turkey Trot — The Honolulu Marathon Clinic will host its annual Turkey Trot, a Thanksgiving Day tradition since 1974, where the fastest runner rarely wins top prize.

The 10-mile run is scheduled, Nov. 26, at the Kapiolani Park Bandstand. Registration opens at 6:30 a.m., and cost is \$3 per runner.

No watches, headphones or pacing devices are allowed. Awards will be given to those who finish closest to their own predicted time.

Contact norm@honolulumarathonclinic.org.

Registration open for nurse aide training

Red Cross nurse aide training can lead to future employment

AMERICAN RED CROSS-HAWAII
News Release
HONOLULU — Registration is now open for the next Red Cross Nurse Aide Training Program, scheduled Nov. 16-Jan.15, 2010. Students will learn the knowledge and skills necessary to provide quality health care as a certified nurse aide (CNA).
“Our Red Cross Nurse Aide

On The WEB
For more information on how the Red Cross serves Hawaii, to take a class, or to volunteer visit www.hawaiiredcross.org.

Training Program provides participants with a skill that will not only lead to employment opportunities, but will also provide them with lifelong knowledge and abilities to care for family, friends and neighbors as they grow older and need assistance,” said Mary Meinel, training and preparedness director, Red Cross-Hawaii. “With caregiving skills, more individuals

are likely to respond when emergencies or other situations occur that need medical knowledge or assistance. They will be prepared to save the lives of others through their work in hospitals, nursing homes and private home environments.”
The next session on Oahu meets 5-9 p.m., Mondays, Wednesdays and Fridays for nine weeks, start-

ing Nov. 16.
Red Cross nurse aide training classes are held on Oahu and the Big Island. Partial scholarships are available and enrollment is limited.


For more information, to receive an application packet, or to register, contact the American Red Cross-Hawaii office at 739-8123, 739-8132 or 739-8142.



Quit during the Great American Smokeout

MARCIE BIRK
U.S. Army Center for Health Promotion and Preventive Medicine
Are you a tobacco user? Are you tired of wasting money on cigarettes? Are you worried about what cigarette smoke is doing to your health or the health of your children? Are you ready to quit?
Then the Great American Smokeout, Nov. 19, is for you.

Every November, you and thousands of other Americans can say goodbye to tobacco during the nation’s biggest freedom-from-tobacco event.
Each year, more than 400,000 Americans die from cigarette smoking. In fact, one in every five deaths in the United States is related to smoking.
Smoking tobacco causes chronic lung disease, heart disease and stroke, as well as cancer of the lungs, larynx, esophagus, mouth and bladder.
These long-term risks of tobacco use are deadly serious, but tobacco damages your health from the very first puff. For example, the nicotine in tobacco reduces blood flow to the muscles, therefore increasing the risk for injuries and slowing the healing process. This has a definite impact on fitness. Nicotine also lowers the level of testosterone in the blood and can lead to impotence for men. Tobacco reduces night vision, which can be a serious problem for Soldiers.
If you want to quit using tobacco, studies have shown that participation in a tobacco-cessation program can significantly im-

prove the chances for success. (See accompanying article inset). If you can’t get into a program right away, use the following steps to get started.
Step One: Pick a quit date. The Great American Smokeout is a great day to quit. Mark Nov. 19 on your calendar. Write a list of reasons why you want to quit using tobacco, and get yourself ready to break free from tobacco addiction.
Step Two: Establish a tobacco-free zone. Throw away all cigarettes, matches, lighters and chew. Clean and deodorize your house, car and clothing. Get rid of the ashtrays in your house and pick up cigarette butts in and around your yard. Ask your friends and family not to smoke in your house, in your car, or around you for at least three weeks.
Step Three: Avoid situations that lead to tobacco use. Think about those times that you use tobacco. Is it during break time at work? While driving? When talking on the phone? At a bar? If you can, avoid those places or situations for a few months. Of course, there are some places you can’t avoid, such as your car. In those situations, substitute a new, enjoyable behavior for smoking. For example, instead of lighting up when driving, have a lollipop. When talking on the phone, keep your hands busy by doodling on a piece of paper. During break time, take a walk around the building, bring in a favorite magazine to read, or listen to the radio.
Step Four: Take care of yourself. Enjoy your meals. Sharper taste and smell will be early, noticeable benefits of your freedom

On The WEB
For more information about tobacco cessation, visit these Web sites:
•www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp
•www.ucanquit2.org/
•<http://chppm-www.apgea.army.mil/dhpw/Population/GreatAmericanSmokeoutResourceArchive2.aspx>

from tobacco. Calculate how much money you’re saving and buy something for you.
Use the “five Ds” to help with urges:
•Deep breathing—Take slow, deep breaths to feel relaxed and in control.
•Drink water—Drink at least eight glasses a day to flush the nicotine from your system.
•Do something else to keep busy—Be physically active. Chew sugar-free gum. Listen to music.
•Discuss your urge with a friend or family member.
•Delay—Don’t reach for tobacco right away. Count from 1 to 200. Think pleasant thoughts. The urge to smoke passes in three to five minutes whether a person smokes or not.
(Editor’s Note: Marcie Birk is a health system specialist at the U.S. Army Center for Health Promotion and Preventive Medicine.)


Tripler’s tobacco cessation classes help you ‘butt out’

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS
News Release
HONOLULU — If you are planning to “butt-out,” Nov. 19, during the Great American Smoke Out or are just ready to say “no thanks” to tobacco, participation in a tobacco-cessation program can significantly improve your chances for success.

Since 1985, the Tripler Army Medical Center’s Tobacco Cessation Program has helped thousands of patients kick the habit through outpatient treatment in a group therapy setting. The comprehensive 10-week program addresses the physical, social, and habitual aspects of tobacco cessation, utilizing transdermal (nicotine patches) and oral (varenicline or bupropion HCl) medications in conjunction with a behavioral treatment component.
The program offers weekly,

one-hour classes on Tuesdays at 8:30 a.m., Wednesdays at 2 p.m., and Thursdays at 10 a.m.
After a preliminary health screening/orientation, the group meets weekly for 10 weeks. Upon completion of the group therapy, there is an option for biweekly follow-on care for an additional 12 weeks.
Individual sessions may be available on a case-by-case basis.
Tripler’s Tobacco Cessation Program is overseen by psychologists who specialize in behavioral medicine and health psychology, family practice physicians, and psychology residents, as well as paraprofessionals.
The service is free to all Tripler care beneficiaries (active duty, family members and retirees).
For more information or to get started, contact the TAMC Behavioral Medicine Service at 433-6060 to schedule an initial group appointment.





Combined federal campaign extended!
The 2009 CFC has been extended through Nov. 20. Talk to your unit rep or visit www.cfc-hawaii.org for more information on making a contribution to help someone in need.



She'll be just as happy when you quit tobacco.

QUIT TOBACCO.
make everyone proud.

We can help you quit smoking or chewing. Do it for yourself. And everyone who cares about you. Visit www.ucanquit2.org

