

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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HAWAII

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182 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 11/25/09.



Margotta

Ask the Commander!

Colonel answers questions from individuals about pricing differences between PX and NEX and MyCAA program

Q: *Why is pricing different between the Navy Exchange (NEX) and the Post Exchange (PX)?*

A: While the Army & Air Force Exchange Service (AAFES), which runs base and post exchanges, and the Navy Exchange Service work closely on many cooperative efforts, they are two distinct and separate commands. As such, their pricing structures are independent, which can be an advantage for Sailors, Soldiers, Airmen and Marines who are empowered to shop (and compare prices) at any exchange of their choice.

AAFES makes every effort to ensure worldwide pricing equality within all AAFES facilities. Prices on products sold in AAFES retail stores around the world are established centrally.

Price differences vary based on sources and the quantities of goods purchased by AAFES for resale. Price variations can also occur with items purchased locally overseas. AAFES does not increase the prices of products sold at overseas sites or remote tactical field exchanges to cover the higher costs of operations at these locations. Other price variances between locations in the continental U.S. (CONUS), as well as overseas, may occur with categories such as gasoline, alcohol and tobacco, which are established based on Department of Energy or local surveys, in accordance with Department of Defense directives.

Additionally, prices for some convenience and frequently purchased items may be lowered at different locations, based on price surveys of the

local competition. To ensure prices on these same items overseas are in line with prices service members are used to at home, overseas prices are set at the average surveyed price in CONUS.

Q: *I'm a military spouse, and I heard that there is a new program that can help spouses pay for college tuition. Can you tell us more about the Military Spouse Career Advancement Account (MyCAA) program?*

A: The Department of Defense (DoD) recognizes the career and educational sacrifices that military spouses often have to make while following their loved ones from duty station to duty station. There are several programs that can help spouses with these pursuits. One of the newest programs is the Military Spouse Career Advancement Account (MyCAA).

MyCAA can offer up to \$6,000 to military spouses who are interested in pursuing degree programs, licenses or other credentials to help with their career fields. The assistance can be used to pay for tuition for degree programs (e.g., associate, bachelor, master and doctoral degrees), continuing education, or other licenses and certifications. MyCAA is available to spouses of active duty service members and activated members of the National Guard and Reserve components (with some eligibility requirements).

More information can be obtained on the MyCAA Web site, <https://aiportal.acc.af.mil/mycaa>. Information about other career and ed-

ucational programs can be obtained by visiting the Employment Readiness Program office at the Army Community Services, Building 2091, Schofield Barracks, 655-4227.

Ways to Be Heard

Throughout the last several months, I've been happy to answer the questions that have come through our "Ask the Garrison Commander" program, and I hope that the community finds this type of communication tool helpful. As a reminder, there are several different ways the community can be heard on issues.

The Interactive Customer Evaluation system, or ICE, is the one of the primary methods that our customers – our community members – can be heard. Through ICE, community members are able to comment, via a Web link, on a specific transaction with a particular service provider. Every comment submitted is immediately e-mailed to an installation service manager. Our goal is to respond to you within three days. You can access ICE at <https://ice.disa.mil>.

Another way to be heard is by answering our surveys. We recently completed a survey on Furlough Fridays to help plan and develop programs for Army students who are impacted by the furloughs. Information about how the garrison is responding to help families with school-aged children can be obtained on the garrison Web site at www.garrison.hawaii.army.mil/sites/furlough/furlough.asp.

Surveys throughout the year also

help other organizations assess their levels of service. Your participation is vital to our improving what we do.

The Installation Action Council (IAC) is made up of Solidier and spouse representatives from each brigade and command, and from constituent groups, such as retirees, veterans, civilian employees and single Soldiers. The council has a unique opportunity to talk with the garrison leadership about community issues.

Recently, one of the issues reviewed by the IAC was the safety of individuals crossing the street from the Kalakaua Community to Richardson Pool. Because of community concern, a new lighted crosswalk will be installed, during the fiscal year. To submit an issue for the council's review, fill out an issues form online at www.garrison.hawaii.army.mil. Click on "Directorates & Support Staff" and then "Customer Management Services," or call 655-9033.

Finally, the Army Family Action Plan is soliciting for issues to be worked at their annual symposium, scheduled for Jan. 26-28. To submit an issue that you believe impacts Soldiers and military families across the Army, contact ACS at 655-4227 or on their Web site at www.mwrarmyhawaii.com/pages/HAFAP_Form2.html.

There are several different ways to be heard in the community. To learn more about these and other community outreach programs, contact Customer Management Services at 655-9033 or at usaghi.cms@us.army.mil.

Points of Contact

- Call 449-7110 to reach Schofield Barracks Army & Air Force Exchange Service (AAFES)
- Call 656-4227 to reach Army Community Service

To submit an "Ask the Commander" question, send an e-mail to AskTheCommander.usaghi@us.army.mil, or go to the next TV2 taping Sept. 1, 3 p.m., at the Fort Shafter PX-market. For more information, call Ophelia Isreal (655-9033) at Customer Management Services, or Aiko Brum (656-3155) or Jack Wiers (656-3489) at U.S. Army Garrison-Hawaii Public Affairs.



Spc. Jazz Burney | 3rd Infantry Brigade Combat Team Public Affairs

Purple Heart honors

SCHOFIELD BARRACKS — Spc. Brendan Marrocco, a driver with A Company, 2nd Battalion, 27th Infantry Regiment "Wolfhounds," 3rd Infantry Brigade Combat Team, receives a Purple Heart display box from Command Sgt. Maj. Royce Manis, battalion command sergeant major, during the unit's Purple Heart award ceremony, Nov. 19. Marrocco, a quadriplegic, was wounded in an April attack in Salah ad Din Province, Iraq. He and 19 other Wolfhounds received Purple Hearts during a battalion ceremony honoring their service and sacrifice.

Getting it Straight:

In an article titled "Four Schofield, Fort Shafter dining facilities open to patrons on Thanksgiving," in the Nov. 20 edition of the *Hawaii Army Weekly*, the meal cost for E-4, their family and guests, was incorrectly listed as \$5.95. E-4 and below pay the standard cost of \$7, their dependents pay the discount rate of \$5.95, and guests pay \$7.

God appears when needed

CHAPLAIN (CAPT.) MARK SMITH
1st Battalion, 21st Infantry Regiment,
2nd Stryker Brigade Combat Team

We all experience times when we need the Lord to show up and help us out of, or through, a certain situation. Now most of the time when we find ourselves between a rock and a hard place, we would prefer that God would get us out of it, and do it quickly. And there are times when God does that.

When I was a child, I had an altercation with some of the children in my neighborhood. I went to the ball field one Saturday morning, and the Bennett children were there



Smith

playing with my stuff. I don't know how they got it, but they didn't want to give it back. I proceeded to take it from them. I probably would have never

thought about the incident again, but they showed up with their mom on my front doorstep wanting to see me.

Now their mom, in my opinion, was one of the meanest women I had ever met. I was afraid of her and so were the

other children in our neighborhood. She was one of the last people that I wanted to go

SEE FOOTSTEPS, A-8

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

Voices of Ohana

November is National Family Appreciation Month, and this week we celebrated Thanksgiving. How do you show appreciation for the people and things in your life?



"I (give to) others as they have given me their support, love and care."

Spc. Griselda Concepcion
Supply Clerk
311th, HHC,
Maintenance Section



"I tell and show my family that I love them, and count my blessings every day."

Staff Sgt. Joshua M. Foster
Mechanic
311th, HHC,
Maintenance Section



"I invite those who don't have family in town, for Thanksgiving dinner."

Staff Sgt. Sandra Franklin
Exec. Admin. Asst.
HHC, 311th Signal Command



"Always try to give back, to do things out of love for others."

Pfc. Winlove Mabuti
Diesel Mechanic
311th, HHC,
Maintenance Section



"To show gratitude and love, I write someone I appreciate a short letter or give them a small gift."

Pfc. Rollie Salvacion
Food Specialist
311th, HHC,
Maintenance Section



Soldiers from the 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team, travel down dirt roads searching for possible (simulated) roadside bombs during a field training exercise, Nov. 18, at Makua Valley.

225th BSB prepares warriors for the fight

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

MAKUA VALLEY – In deep gulches and on high cliff walls, Soldiers from the 225th Brigade Support Battalion (BSB), 2nd Stryker Brigade Combat Team (SBCT), took part in a field training exercise (FTX) at Makua Valley, Nov. 16-19.

The 225th BSB returned from a 15-month deployment in spring 2009 and experienced a 60 percent turnover in personnel. The 4,190-acre valley is an ideal location to build upon the basic Soldier skills in company-level vehicle operations and medical evacuation procedures.

“What (this exercise) does (training here) is attempt to take Soldiers down to the base level, show them what the vehicle looks like, how the vehicle operates, and how we employ the vehicles in a team to secure a convoy while we’re moving,” said Maj. Jonathon Bergeron, battalion operations officer, Headquarters and Headquarters Company (HHC), 225th BSB.

During the convoy training, Soldiers responded to mock roadside bombs, near and far ambushes, and downed convoy vehicles to help prepare them for the rigors they will likely face during combat logistics patrols and while working in personal security teams.

“I told the new Soldiers about my experiences in Iraq and then backed it up with some basic movement formations and some training on the identification of improvised



Sgt. Peter Avila, A Company, 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team, ambushes humvees during a field training exercise, Nov. 18, at Makua Valley.

explosive devices,” said Spc. Patrick Moore, HHC, 225th BSB. “After 11 months on the same personal security team ... every move was synchronized, and we knew what everyone’s next move would be. We are taking baby steps out here at Makua Valley to try and build a solid team.”

Bergeron said the training exercise gives many of the new Soldiers time to learn the unit’s standard operating procedures.

“The beneficial part for us is not only are the Soldiers here new to the Army and Hawaii, but they are new to this unit as well, so they can learn how we operate as a unit,” Bergeron said. “What we want to do is incorporate some of those things they haven’t

seen in basic (training) with the vehicles. The most beneficial part for them is actually getting in the vehicles and learning some of the security techniques.”

The 2nd SBCT is scheduled to deploy again next summer, so this short FTX gives the battalion a jump start before a major training event at the National Training Center (NTC), Fort Irwin, Calif., in 2010.

“What we are trying to do is get some of these standard operating procedures and some of that training out of the way early so when the Soldiers arrive at NTC, they are not caught behind, and they are integrating some of those new systems into our normal daily operation,” Bergeron said.

Plan: Flu preparation put to test for surge

CONTINUED FROM A-1

A major concern for medical facilities is how best to separate individuals seeking help for flu symptoms from those seeking and receiving other types of care.

“We want to safely and effectively treat those with flu symptoms while preventing patients with other medical problems from getting the flu,” Sigmon said. “For those patients with other medical conditions, contracting the flu would complicate their health care needs, as well as quickly overburden our medical staff.”

The clinic helped TAMC figure out to best separate patients with flu-like symptoms from other patients.

“If there’s a surge of people coming to Tripler, we want to first divert people seeking help for flu symptoms away from the hospital clinics,” said Lt. Col. Stephen Innanen, operations chief, TAMC.

RELATED STORY

• For other health related stories, see B-4.

“During an actual surge, medical staff at a temporary clinic would screen people with flu-like symptoms, sending only those needing intensive care to the hospital. Others with mild symptoms may be prescribed anti-viral medications and sent home to recover from their illness. That’s what we simulated today,” Innanen said.

TAMC medical personnel also tested out how to support similar surge clinics at other major military installations on Oahu.

Home: Returning units uncase colors together

CONTINUED FROM A-1

Projects TFL assisted with included urban renewal and development, urban beautification, agricultural development, and educational aid to Iraqi children across the country.

Caslen applauded the service and results TFL achieved during its time in Iraq.

“These were no small tasks, but these tremendous Soldiers were magnificent, and you can be justly proud of what they have accomplished,” Caslen said.

During the ceremony, Caslen joined Command Sgt. Maj. Frank Leota, 25th ID and TFL command sergeant major, in uncasing the division guidon for the first time on Hawaiian soil since its casing 12 months ago, on the same field, when the division deployed.

Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, praised the efforts and accomplishments made by the Soldiers and military personnel serving with TFL.

“Your efforts this past year bridged fundamental change as you transitioned to Iraqi lead,” aid Mixon, in his remarks at the redeployment ceremony. “(You) supported operations in an organized, civil society where dialogue replaced violence and political leaders join to continue the development of effective governance.

“During your time in theater,” Mixon



Formations of the 25th Infantry Division's "Tropic Lightning" Soldiers, line Sills Field, Schofield Barracks during a redeployment ceremony, Nov. 19, to officially welcome home the recently redeployed Soldiers. The Soldiers represented the units, battalions and brigades who served as a unified team known as Task Force Lightning during their responsibility over Northern Iraq.

continued, “you furthered stabilization and later transitioned authority to the people of Iraq. Iraqi citizens may never know the tremendous effort and sacrifice of the Soldiers represented here today.”

The guidons for each returning unit and brigade were also uncased simultaneously amongst their redeploying comrades.

TFL headquarters, based just outside of Tikrit, Iraq, at Contingency Operating Base-Speicher, was familiar territory for Tropic Lightning Soldiers,

as the division was deployed there previously, July 2006–September 2007.

Many of the Soldiers in formation on the field have completed several redeployment ceremonies.

Soldiers like Capt. George Aubert, 3rd Bde. STB, 3rd IBCT, who completed his third deployment, consider themselves fortunate to have the support of family during these deployments.

“It’s always hard, but it does get easier in some aspects,” said Denise Aubert, his wife. “But it is still hard to

do for so long, especially with a newborn.”

“I couldn’t have done it without (my family),” Aubert said. “They took care of everything back at home, and let us do our job over there without any worries.”

For now though, for the loved ones of these Soldiers have fewer worries. With the generals’ flags raised and the 25th ID guidon firmly planted on Hawaiian soil once again, the Soldiers and military personnel are officially home.

Lights: Oahu North lights up the holidays, Dec. 3

CONTINUED FROM A-1

Together, We Can Make It Happen” was selected to represent the relationship between Soldiers, families and the local community.

This year’s tree lighter is 4-year-old Monet Kamaria Fanfair, daughter of Pvt. Kristy Holloway, chaplain assistant, U.S. Army Garrison-Hawaii and Petty Officer 2nd Class Don Fanfair, Amphibious Naval Base, Virginia Beach, Va.

Monet is a kindergartener at Solomon Elementary School. She represents a dual military family separated because of mission requirements and the challenges associated with a joint service military commitment.

Encouraged by the countdown, Monet will push the shiny red button and illuminate the 90-foot Norfolk pine tree centered on Generals Loop.

Musical entertainment will be provided by the Hale Kula Elementary School chorus and the Mililani High School concert band. Santa and Mrs. Claus will arrive at the conclusion of the ceremony to take photos with children.

A significant part of the ceremony is the awarding of the top three winners of the Holiday Card Lane contest. Each entry is judged on craftsmanship, artistic qualities, expressiveness of the message and overall appearance.

Members of the USARHAW community are urged to

arrive early due to limited parking. Handicap and VIP parking will be available.

With the exception of service animals, pets are not allowed.

The Pili laau Army Recreation Center (PARC) will also host a “Christmas Around the World” tree lighting ceremony, Thursday, 5:30-9:30 p.m. The event will feature game booths, a craft fair, goodie bags, prizes, hula show, picture taking with Santa and much more.

The South community will hold their annual tree lighting ceremony and concert Dec. 10, 6 p.m., at Palm Circle, Fort Shafter. Additional details will be published in the Dec. 4 issue of the *Hawaii Army Weekly*. For additional information, call 655-0453.

30th Sig. Bn. supports TAMC virtual behavioral health program

Story and Photos by
LIANA MAYO
31th Signal Command Public Affairs

SCHOFIELD BARRACKS – The Pacific Regional Medical Command (PRMC) has answered the Army’s call to fulfill an overwhelming need for behavioral health (BH) care providers overseas.

With support from the 30th Signal Battalion, which extended the fiber optic connectivity needed to facilitate remote health assessments, PRMC has brought new clinical behavioral health innovations to Reverse Soldier Readiness Processing (rSRP) that the Army has never before seen.

Tripler Army Medical Center’s (TAMC) Virtual Behavioral Health Pilot Project (VBHPP), the first of its kind, was conducted recently at Conroy Bowl, here, the primary rSRP site for Soldiers redeploying to Hawaii.

The VBHPP is part of a comprehensive program in which PRMC works with commanders to identify high-risk Soldiers prior to redeployment, provide immediate intervention as needed, and conduct a series of behavioral health visits after redeployment.

“The challenge for the pilot project began with a concept from the Vice Chief of Staff of the U.S. Army, General Peter Chiarelli,” said Dr. Brenda Edmonds, director of Clinical Services Integrations, Health Policy and Services for PRMC. “He called this concept ‘200 Web-cams in a gym,’ and his intent was to provide audio-video capability to facilitate services for Soldiers in remote locations where they otherwise would not have access.”

Lt. Gen. Eric Schoomaker, U.S. Army Surgeon General, U.S. Army Medical Command, Office of the Surgeon General, directed U.S. Army Medical Command, with PRMC as the lead and supported command, to conduct the pilot project in a operation order, dated Sept. 10. Their mission: “To maximize behavioral health assets and modern communications technology to provide uniform contact with all redeploying Soldiers, in order to identify care requirements early and help promote a cultural change within the force to transform the Soldiers’ view of behavioral health to that of another tool for a warrior to use to ensure his or her readiness.”

Through a series of brainstorming and planning sessions during the first phase of the operation, a medical team at



Sgt. Nicholas Brown, noncommissioned officer in charge for Army Substance Abuse Program Clinical Services, Schofield Barracks, simulates a Soldier engaged in a virtual behavioral health assessment interview. The interview was through Defense Connect Online, in one of ten specially-designed booths that were assembled in Conroy Bowl prior to the Virtual Behavioral Health Pilot Project.



John Draude, principle deputy, information management division, Tripler Army Medical Center, examines one of several boxes the 30th Signal Battalion installed in Conroy Bowl, the primary Soldier Readiness Processing (SRP) and Reverse SRP site on Schofield Barracks. The boxes extend data and network services from the communications room and serve as distribution points for network and telephone support services.

TAMC developed the pilot program.

The medical team’s goal was to to facilitate and observe an infantry battalion going through the pilot program. The team wanted to assess how redeploying Soldiers talked to service providers and addressed issues through the pilot program, before Soldiers went on block leave.

The 25th Infantry Division designated the 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team (IBCT), as the redeploying battalion to participate.

In order to avoid the stress associated with long lines and wait times that service members have traditionally experienced, the processing of this battalion

was carefully managed. Soldiers in groups of 45 received a welcome brief, signed in, received a 20-minute interview with a behavioral health care provider, completed a questionnaire, and met with a nurse case manager to coordinate any follow-on care needed.

Each Soldier saw a behavioral health provider via one of three assessment methods, or modalities. One third were directed to booths containing a computer set up to conduct live video teleconferencing with a health care provider at TAMC, another third also conducted a remote interview, in a booth equipped with Defense Connect Online, and the last third met in person with a provider on location. In all three modalities, a variety of behavioral health providers assessed the Soldier and provided education aimed at reducing risky behavior and the perceived stigma associated with seeking assistance in managing stress.

“It’s OK to have issues,” Edmonds said. “The Army must provide a way to deal with those issues, and that’s what we’re doing here.”

“The two modalities we decided to test for feasibility for remote behavioral health assessments included video teleconference (VTC), a high-end, or faster

connection, which uses video bandwidth; and Defense Connect Online (DCO), a little slower Web collaboration tool, which uses a Web camera and standard computer (equipment) to provide an audio and video connection” said John Draude, principle deputy, Information Management Division, TAMC.

“In order to process Soldiers in a timely manner, we needed to build 10 stations, five VTC and five DCO, all housed in booths some distance apart, for privacy. This created the need to extend the Army Medical Network (AMED) from the communications room here in Conroy Bowl, out to the 10 stations that we set up along the perimeter of the facility for remote interviews,” Draude said.

The 30th Sig. Bn., led by project manager Tom Hiltner, spent six weeks extending the fiber optic connectivity in Conroy Bowl in order to bolster the communication support structure in preparation for the pilot test.

“This was one of the flagship projects for the 30th (Sig. Bn.) this year,” said Ron Richards, an S-3, or operations, plans and projects officer for the 30th. “We extended connectivity out to several boxes around the room, which serve as distribution points and allow us to extend data and network services throughout the facility. Now they can cross-connect both the AMED and the garrison networks, and telephone support services.”

The \$180,000 communication infrastructure upgrade was one of several facility improvements for Conroy Bowl, in support of U.S. Army Garrison-Hawaii’s and TAMC’s Soldier Readiness Processing (SRP) and rSRP requirements.

“We know face-to-face, the traditional method of assessment, works,” Edmonds added. “The reason for using the three modalities is to test the feasibility of the other two, to determine if they are effective. Afterwards, a research team will assess each session, analyzing the feedback from the provider, the Soldier, technical data and number of referrals for follow-on behavioral health care.

“The end result is that Soldiers can go talk to a health care service provider wherever they are,” Edmonds said. “This is another resource to get Soldiers the care they need, when and where they need it, to address the stressors of combat.”

Hawaii dining facilities prepare for Thanksgiving competition

Story and Photo by
BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — Spc. Terry Nowak strolled in to the Warrior Inn Dining Facility (DFAC), here, Monday, looking amazingly alert for someone who had spent the last few days slaving over a tiny town, and building it up from scratch.

Hour after hour, he moved between his North Shore kitchen and the DFAC, baking enough construction material to fashion a miniature gingerbread village. After the moist, dark cakes had cooled, he began assembling the village, piece by piece — first, a general store, then a train station (equipped with a locomotive), next, a church and finally, a gingerbread house.

The undertaking was quite extensive, even by his standards as an experienced baker. Nevertheless, the end result was exhilarating, he admitted, if only because the edible town had the sweet smell of creative success.

"I think I probably spent about 20 hours total working on the village, but it was all worth it to me," said Nowak, food service specialist, 225th Brigade Support Battalion (BSB), 2nd Stryker Brigade Combat Team (SBCT). "After all, this is my chance to be recognized for my work."

Soldiers like Nowak have been burning the midnight oil as of late, hoping their culinary skills would help lead their teams to taste victory at the annual Thanksgiving Day meal competition among DFAC personnel on Oahu.

The contest, which honors participating DFACs and their Soldiers through team and individual awards, helps to boost morale and promote professionalism among the military's food service providers.

Universally, the Soldiers agreed that this was their favorite time of year. For one thing, the DFACs got to serve up the traditional Thanksgiving feast and trimmings to their customers, utilizing roughly 600 pounds of turkey, 335 pounds of fresh ham, 250 pounds of sweet potatoes, and 325 pounds of mashed potatoes in the process.

For another and maybe more important reason, the competition was an opportunity for these food service providers to show off their skills inside a kitchen.

Or as Sgt. Jonathan Castro, kitchen supervisor, 225th BSB, 2nd SBCT, put it, "This is the time of year for us to shine."

Hours before the judges presented this year's award winners, competing Soldiers were already demonstrating their bravado, declaring that their dining facility, with its accompanying theme, culinary arts display, decor packages and overall appearance, would, like cream, rise to the top.

"I feel quite confident that we will prevail," offered Sgt. 1st Class Andrew Dussell, food manager, Fort Shafter's Paradise Haven DFAC, Headquarters Support Company, U.S. Army-Pacific.

He noted that his crew of 12 Soldiers worked "countless" hours, whipping up an assortment of pumpkin pies, creme brulee and cheesecake, as well as a chocolate fountain with assorted fruits to dip, in the hope of impressing judges from such commands as the 8th Theater Sustainment Command, 25th Infantry Division and U.S. Army Garrison-Hawaii.

The proof of his Soldiers' talents, he added, was in the pudding, so to speak. "I'd expect nothing less from them than their best," said Dussell.

Sgt. 1st Class Robert Miller, manager, 45th Sustainment Brigade, K-Quad DFAC, disagreed with Dussell's prediction, saying that if any facility should be toot-



Sgt. Jonathan Castro, left, kitchen supervisor, 225th Brigade Support Battalion (BSB), 2nd Stryker Brigade Combat Team (SBCT), holds the walls of a gingerbread house in place while Pfc. Luis Cruz, cook, 225th BSB, 2nd SBCT, squeezes a strip of icing along the bottom of their edible creation, earlier this week at the Warrior Inn, Schofield Barracks. The two Soldiers were among those participating in the annual Thanksgiving Day competition between dining facilities (DFACs) on Oahu.

ing its horn, it's his.

"When you're the best of the best, you're always ready to go," said Miller, whose team's theme this year, Mardi Gras, paid tribute to victims of 2005's

Hurricane Katrina. "We won it all last year, and I still feel like we've got the best food connoisseurs in all of the Army."

Sgt. 1st Class Derek Smith, facility

manager at Warrior Inn, took a more neutral stance when asked if the 2nd SBCT would win.

"I hope they surprise me," he said of his crew, which numbered about 60. "Still, it's not about winning. For us, it's about letting them be as creative as possible."

In putting together his crew's luau theme for the competition, Smith revealed that he began making preparations months ago, in large part because his team included about 50 Soldiers who'd be baking for the first time.

But in getting an early start, he discovered that competing Soldiers were able to grow into their roles at a comfortable pace.

As a result, the 2nd SBCT was able to unveil a smorgasbord of delights at the competition, including 20 cakes, three fruit-filled cornucopia - one of which was 5-feet in length, two ice sculptures and the aforementioned gingerbread village.

"It was challenging, especially when you have a bunch of Soldiers who aren't familiar with your system, not to mention the competition itself," Smith observed. "But there was a lot of coaching and mentoring along the way, and the Soldiers, who are doing this for the first time, are confident."

Soldiers, family members, retirees, DA civilians welcome at DFACs

BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — Dining facilities (DFAC) are conveniently located at Army installations around Oahu, offering patrons high-quality meals at affordable prices.

Yet some Soldiers and their family members continue to be oblivious of this service.

"I've been getting calls from people lately, usually from those whose spouses are deployed, and they ask where they can go to eat during the holidays," said Ron Bate, food program manager, Directorate of Logistics, U.S. Army Garrison-Hawaii. "When I try to give them directions to a dining facility, I'm always surprised because they have no clue what I'm talking about. They've just never been to one."

Currently, there are four DFACs open to all active-duty Soldiers, their dependents, retirees and authorized guests, Bate added. Three are located here, while the other facility is at Fort Shafter.

They are: K-Quad, located at Building 780, Schofield Barracks, and operated by the 45th Sustainment Brigade; F-Quad, located at Building 650, Schofield Barracks, and run by the 3rd Infantry Brigade Combat Team; Warrior Inn, located at Building 2085, Schofield Barracks, and operated by the 2nd Stryker Brigade Combat Team; and Paradise Haven, located at Building 503B, Fort Shafter, and run by Headquarters Support Company, U.S. Army -Pacific.

Two other DFACs, located at Wheeler Army Airfield and Helemano Military Reservation, are currently closed due to deployment, Bate said.

Meal prices range from \$5.95 for ranks of E-4 and below, to \$7 for those with ranks of E-5 and above, officers, retirees and authorized civilians. The facilities are open Monday - Friday, although their schedules vary on holidays and weekends.

"Here at Schofield, for example, there's always one dining facility open on weekends," Bate explained. "The DFACs work on a rotating basis, so

that those facilities that shut down for this weekend will have to open up for service either next weekend or the following weekend."

Holidays operate in a similar fashion, he added, with the lone exception being Thanksgiving. "It's such a big event that everyone keeps their facilities open for that day," Bate said.

The garrison provides unit commanders with the building to operate DFACs, as well as all necessary supplies and equipment.

"But it's up to the unit command to not only find the personnel, like cooks, but to also set the standards in order to operate such a facility," Bate said.

Normal hours of operation at the Schofield Barracks DFACs are: 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner) on weekdays; and 9:30 a.m.-1 p.m. (brunch) and 5-6:30 p.m. (dinner) on weekends and holidays. Paradise Haven opens for breakfast and lunch, but does not serve dinner.

News Briefs

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

27 / Today

CFC 2009 Extended – The 2009 Hawaii-Pacific Area Combined Federal Campaign (CFC) has been extended through Dec. 15. 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.

30 / Monday

HECO Gate Closure – The HECO Gate, which is located near Wheeler Middle School and exits onto Kunia Road, will close Nov. 30 until further notice.

Open during peak traffic hours to assist with traffic flow, the gate’s use is not needed during the 25th Combat Aviation Brigade’s deployment.

For more information, call 656-6751.

December

1 / Tuesday

Voting Assistance Officers Training – The Federal Voting Assistance Program (FVAP) will hold Voting Assistance Officers (VAO) training Dec. 1, 1-3 p.m., at the Small Post Conference Room, Schofield Barracks.

All VAOs are required to attend the workshop, which will provide critical information, resources and tools for the successful performance of VAO duties.

VAOs should register by Nov. 30 to Charlene Shelton at 655-8945.

2 / Wednesday

OPM Forums – Sen. Akaka and Office of Personnel Management (OPM) staffs will hold several Cost of Living Allowance (COLA) and Locality Pay town halls in Hawaii for all federal employees.

They will be providing detailed information on the fiscal year 2010 National Defense Authorization Act (NDAA) legislation on the subjects of Locality Pay/COLA conversion and the Federal Employees Retirement System (FERS) Sick Leave Credit benefits.

Following the briefing, there will be a question and answer session. There are currently three Army sessions

scheduled:

- Dec. 2, 9–10:30 a.m., at Sgt. Smith Theater, Schofield Barracks, and noon-1:30 p.m., at Richardson Theatre, Fort Shafter.
- Dec. 3, 11:30 a.m.-1 p.m., at Richardson Theatre, Fort Shafter

Additional information and a complete schedule can be found online at www.garrison.hawaii.army.mil. Click on “Post Updates” and the “Post Information” on the left.

3 / Thursday

Ammunition and Explosives Amnesty Day – Ammunition and Explosives (A&E) Amnesty Day is scheduled Dec. 3, 10 a.m.-2 p.m. Collection points for A&E will be at these locations:

- Wheeler Ammunition Supply Point (WASP), Building 1551.
- Pohakuloa Training Area (PTA), adjacent to ASP Gate. Entrance to main cantonment area.

The Amnesty Hot line can be reached at 656-1297 (Oahu) or 469-2481 (Big Island).

The A&E amnesty program allows individuals to return any A&E without fear of prosecution. Call the Ammunition Surveillance Division at 655-9020.

8 / Tuesday

Civilian Orientation – The next Ori-

entation for New Employees (ONE) is Dec. 8, 8 a.m.-3 p.m. Priority seating is provided to new employees. Current employees may attend ONE on a space-available basis. Call 655-5600.

14 / Monday

Fort Shafter Construction – Construction on Funston Road, Fort Shafter, Dec. 14-Jan. 1, 2010, will cause changes in traffic flow affecting military personnel and visitors.

All inbound and outbound lanes at Buckner Gate will be redirected through the Military Police (MP) Station parking lot. All visitors and trucks will be redirected through Patton Gate, located 100 feet from Buckner Gate, which will be open 24 hours a day, 7 days a week.

Hours for other gates remain unchanged and can be viewed online at www.garrison.hawaii.army.mil/sites/traffic/gatehours.asp. Motorists are asked to set aside additional travel time in light of expect traffic congestion during the construction period.

Call 656-6751/6750.

Ongoing

Military Academy Admissions – West Point is recruiting the best qualified Soldiers, noncommissioned officers

and officers to either become cadets, or join its staff and faculty. Each year, regular Army Soldiers are offered direct admission to the U.S. Military Academy (USMA) or to the U.S. Military Academy Preparatory School.

For information, contact Maj. Brian Easley, Soldier admissions officer, at 845-938-5780 or brian.easley@usma.edu.

Those interested in an assignment to USMA can complete a USMA interest form at www.usma.army.mil/adjutant-general/ or by writing to: Management Operations Branch, AG Division, West Point, NY 10996-1926.

Battleship Missouri Reenlistment Opportunity – Individuals who have held a military ceremony aboard the Battleship Missouri during 2009 are invited to man the rails of the ship, Jan. 7, as it returns to Pearl Harbor’s Battleship Row after three months in drydock.

In addition, a special mass reenlistment ceremony will be held while the ship is in tow, providing a rare opportunity to reenlist on a U.S. battleship while it is under way.

Please see your retention noncommissioned officer to arrange your reenlistment, or call 455-1600, ext. 225, or e-mail mikep@ussmissouri.org.

Locality: Briefings to ease worry

CONTINUED FROM A-1

leave toward retirement and will be phased-in over the next four years.

- Part-time Service Correction, corresponding to Sentate Bill 469, which Akaka co-sponsored. This corrects the calculation of part-time service for Civil Service Retirement System annuities.

Upcoming briefings for U.S. Army Garrison-Hawaii include:

- Dec. 2, 9-10:30 a.m., Sgt. Smith Theater, Schofield Barracks
- Dec. 2, noon-1:30 p.m., Richardson Theatre, Fort Shafter
- Dec. 3, 11:30 a.m.-1 p.m., Richardson Theatre, Fort Shafter

- FERS Redeposit. This allows former federal employees who paid into the FERS system, but withdrew their contributions upon leaving federal service, to redeposit those contributions with interest upon re-employment with the federal government, and to receive service credit toward their annuities.

Medal: Quick actions save life of a comrade

CONTINUED FROM A-1

Ignoring his own injuries, severe disorientation, and the rising flames, he forced the driver's side door open and broke open the dashboard with his bare hands in an attempt to free her. When the dashboard finally yielded, he pulled her from the vehicle and carried her a safe distance from the flaming wreckage before losing consciousness once more.

His selfless actions on that day with complete disregard for his own personal safety undoubtedly saved the life of his fellow Soldier and future wife.

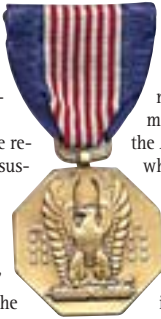
Najac and Hayes were just friends at the time of the accident, but after everything that happened, their

bond deepened, and the two married.

Hayes, who is now "Mrs." Najac and a fellow 715th MI Bn. SIGNET Soldier, beamed with pride and thankfulness for her husband while smiling through tears during the ceremony.

Her dramatic rescue was made all the more remarkable given Najac's own serious injuries sustained in the crash.

"This brave Soldier (didn't realize until) two days later, when a sneeze brought him to his knees, that he'd suffered broken ribs in addition to the concussion during the crash," said Command Sgt. Maj. Dan McCraw, of the



344th MI Bn. at Goodfellow Air Force Base, Texas.

McCraw traveled to Hawaii to speak during the medal ceremony because of his connection to the two Soldiers. He is the command sergeant major for the 344th, which is the AIT unit Hayes and Najac were assigned to when the accident occurred.

"Najac's heroic story is now a regular part of our in-processing of Soldiers at the 344th," McCraw said. "Telling the Soldiers about his actions helps them to understand what we expect from them when it comes to looking out for one another."

Footsteps: 'Waiting on the Lord' is trust in God's deliverance

CONTINUED FROM A-1

toe-to-toe with. So when they showed up, I was afraid. In fact, you could say that I was downright scared.

Now we all know what people do in these kinds of situations. We start to pray. "Oh God, help get me out of this mess," I prayed.

Fortunately, on that Saturday afternoon, my dad was home. In fact, he was the one who answered the door. So when Mrs. Bennett began to demand an audience with me, she never got past my dad. He took care of it.

Praise God! Through the agency of my dad, I found deliverance.

We like it when God does things like that in our lives. A problem shows up on our front doorstep, and as soon as

we start to pray about it, God takes care of it.

But you and I know it doesn't always happen that way. Sometimes instead of helping us out of a tough situation, God helps us through it.

As we study the history of God's people, there are numerous times when the people of God find themselves suffering and perplexed, having to wait upon the Lord. For example, Abraham waited more than 13 years for the birth of Isaac; the children of Israel spent 400 years in Egypt; Hannah suffered the daily ridicule of her accuser before conceiving Samuel; David spent many days and nights in the wilderness fleeing from King Saul; humanity waited 4,000 years before the birth of the Savior; and the

church has been waiting more than 2,000 years for the consummation of God's kingdom.

As for us individuals, we either have been or are currently going through a time of difficulty, wondering when and how God will help us. During these times, we have to wait upon the Lord. But what does it mean to wait upon the Lord? For one thing, it doesn't mean that we take matters into our own hands and start doing things our way instead of God's. However, it also doesn't mean that we sit around and do nothing.

My definition of waiting on the Lord is to trust God to take care of us and our circumstances while we live in obedience

to his word. So what do we do as we wait upon the Lord? Well, we keep worshipping, serving and making godly decisions. To wait upon the Lord means that we keep moving with him, waiting for him to show his power and grace in our lives.

If you are interested in a song that conveys this thought, check out the lyrics to "While I'm Waiting" by John Waller. Perhaps you have heard it before on the radio or in the movie "Fireproof."

And if you are going through a tough time right now, let me encourage you to keep waiting on the Lord. You won't be disappointed in what he does when he shows up.



Families and friends gather at Sills Field, Schofield Barracks, as early as 4 p.m. for the redeployment celebration and concert with country music singer Lee Ann Womack, Nov. 19. Fortunately, the weather stayed clear for concertgoers, who only had to put up with a light drizzle toward the end of the performance.



Tropic Homecoming

Community celebrates return of Task Force Lightning

Story and Photos by
BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — For one evening, the happiest place on Earth wasn't Disneyland, but right here at Sills Field, Nov. 19.

The redeployment celebration known as "A Tropic Homecoming" brought more than 1,000 community members together, all of whom were eager to honor the return of Soldiers from deployment while enjoying a free, live concert by recording artist Lee Ann Womack.

And while the spotlight was certainly large on the country music singer, there was no doubting who the evening's brightest stars were.

"Tonight, we're here to honor you, to recognize you, and this night is all about you," said Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, referring to Soldiers from the 25th Infantry Division Headquarters, 3rd Infantry Brigade Combat Team (IBCT), 8th Military Police Brigade and the 84th Engineering Battalion — many of whom were in attendance with their families and friends.

"So from the entire Hawaii community," the commander continued, "we just want to say, welcome back and congratulations on a job well done."

For their part, many Soldiers expressed appreciation for being recognized following 12 months of life downrange.

"They've gone the extra mile with this welcome home event," commented Maj. Sebastien Joly, 84th Eng. Bn., while awaiting a free tractor hayride around Sills Field, with his 6-year-old daughter, Emma, courtesy of nearby Wheeler Stables. "I think it shows that the people at home really do miss us, and that they appreciate the sacrifices that the Soldiers and their families make."

Families began arriving shortly before 3 p.m. for the USO-sponsored event, some of whom immediately made their way over to the large white tent to sample food provided by such restaurants as Papa John's, Ruby Tuesday and Just Tacos.

Country music singer Lee Ann Womack thrilled audience members with powerful renditions of such classics as "I May Hate Myself in the Morning" and "I Hope You Dance."



Volunteer Cassy Fellowes shows 6-year-old Blake Hall how to operate a handheld radio at a USO display booth during "A Tropic Homecoming," at Sills Field, Schofield Barracks, Nov. 19. Hall is the son of Sgt. Douglas Graves, 84th Engineer Battalion.

Others opted to take their children over to one of the inflatable bounce houses, supervised by volunteers from the Directorate of Family and Morale, Welfare and Recreation.

Yet others simply chose to find a comfortable spot on the lawn, where they could lay down their blankets, kick back and relax to the pre-concert music being piped in through large speakers.

One of those Soldiers content with relaxing was Spc. Jonathan Nuss of the 3rd IBCT, who was admittedly tickled to be spending the day with daughters Makayla, 18 months, and Arianna, 6 months. Despite the considerable time apart from his children, Nuss says he was able to stay relevant in their lives, particularly Makayla, through constant communication via a cell phone or Skype.

"Every day," replied Nuss when asked how often he made contact with his children from downrange. "Even when we'd go out on missions, I'd get back and call

them. It was kind of hard at first. But in Makayla's case, she never forgot my voice. When I came back, she just knew who I was."

As for what life has been like since his return from Iraq, Nuss called it "amazing." "I love what we did over there," he said. "But I have a job here. It's a family job."

For this event, however, the job to entertain fell on the vocal prowess of Womack, whose blissful stylings were tack-sharp during her 90-minute set. Eliciting cries of "We love you, Lee Ann!" Womack thrilled the country-music-loving crowd with such favorites as "Solitary Thinkin'," "I May Hate Myself in the Morning," "Never Again, Again," and the smash hit, "I Hope You Dance."

Toward the end of the evening, she was presented with Tropic Lightning souvenir coins and hats, as well as a Hawaiian hand weapon made of koa wood with implanted shark teeth around its edges. Womack then showed her playful side by recounting an experience that occurred early in her music career.

As the story went, a recording industry official kept pestering her to record a particular song, guaranteeing the Texas native that it would rocket to the top of the charts and become her first major hit. Womack declined the invitation on several occasions, but the man would not stop. Finally, she relented, recording the suggested track, "The Fool," and placing it on her self-named 1997 album.

The result?

"That song did go to number 1," Womack admitted, "that guy became my second husband. So the morale of the story is, if anyone here has a hit that you'd like to drop off ..."

The crowd erupted in laughter, including many eligible Soldiers, some of whom were seriously mulling over what Womack had just said.

For a few anxious moments, the possibilities surrounding post-deployment life produced ear-to-ear grins on their faces.

And for at least one evening, Sills Field was indeed the happiest place on Earth.

Lee Ann Womack wows warriors in transition before concert

Story and Photo by
JAN CLARK

Tripler Army Medical Center Public Affairs

SCHOFIELD BARRACKS — Country music singer Lee Ann Womack spent time visiting warriors in transition prior to her concert, Nov. 19 concert, at Sills Field.

Coincidentally timed during November, which is Warrior Care Month, the meet and greet, was a down-home, casual event where Womack signed autographs and visited individually with Soldiers.

Asked why she was here, Womack said, "I just wish I could do more of this. These Soldiers do so much for us, and it is so little for me to come back and do this. I do

as much as I can.

"(I want the Soldiers to know) I am so proud of them (and) the job that they do, especially in this day and age when it is so hard to stand up and say and do what you believe in," Womack continued.

The first two in line to meet with Womack were Spc. Greg Pierce and Spc. William Stokes.

"I'm loving this," Stokes said. "I've been following her USO tour and am loving that she is going around and singing for the troops."

"It's amazing that she would take the time out to come and see us," Pierce said. "I'm a big fan of her music."

Another of the many in attendance, Sgt. Erin Betz, was all

smiles after her brief talk with Womack.

"This is great. To be able to meet her and get some one-on-one time was wonderful. I really enjoy her music and am looking forward to attending the concert tonight," Betz said.

The event closed with Womack making time for group photos and a little more individual conversation.

Following the concert, Womack departed Hawaii to begin a 19-city tour with George Strait and Reba McEntyre.

The meet and greet was planned and coordinated by the Directorate of Family and Morale, Welfare and Recreation, Schofield Barracks.



Country singer Lee Ann Womack spends a few moments chatting with warriors in transition prior to her concert at Sills Field, Schofield Barracks, Nov. 19. Womack performed for 90 minutes during the USO sponsored "A Tropic Homecoming" celebration, here.



27 / Today

Employment Orientation — Kick start your job search in Hawaii by attending an employment orientation class, today, 9:30-10:30 a.m., at Army Community Service, Schofield Barracks. Attendees will receive federal, state, private sector and staffing agency employment information. Call 655-4227.

Hawaiian Luau at PARC — Experience old Hawaii at the Piliiau Army Recreation Center (PARC) luau, today, 6 p.m., on the Sunset Café lanai. Parties of four or more should call to reserve seating at 696-4778. Blue Star Card holders receive a 10-percent discount. The next luau is scheduled to take place, Dec. 11.

High School Musical 2 — Army Community Theatre presents the smash musical hit “High School Musical 2” at Richardson Theatre, Fort Shafter, tonight and Dec. 28, at 7:30 p.m. Additional performances are scheduled 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.

FMWR Ornament Sale — The Na Koa Aina holiday ornament sale, sponsored by Family and Morale, Welfare and Recreation (FMWR), supports the Army Community Service Financial Readiness holiday food voucher program. Ornaments can be purchased at all FMWR facilities now-Dec. 14. Ornament prices start at \$5. Call 655-4789 for more information.

Holiday Food Vouchers — The Army Community Service Financial Readiness Program has begun receiving nominations for families in need of holiday food vouchers. Eligibility and forms are available on the ACS Financial Management Web site, www.mwrrarmyhawaii.com. The deadline to nominate a family is Dec. 9. For information regarding the program, call 655-4227.

28 / Saturday

Kaneohe Sandbar Picnic — Join Outdoor Recreation, Schofield Barracks, for a day of fun in the sun and a picnic at a place where Hawaiian royalty used to play: the Kaneohe Sand Bar, Nov. 28, 6 a.m.-4 p.m. Round-trip transportation from Schofield Barracks is available; bring your own beach chair and toys. This picnic is a must for everyone. Cost is \$64 for adults, \$14 for children. Call 655-0143.



Send announcements to community@hawaiiarmyweekly.com.

27 / Today

Holiday Events List — Find a list of ongoing holiday events, craft fairs and island-wide activities on page B-3.

Thrift Shop Holiday Hours — The Fort Shafter Thrift Shop will be closed today for the Thanksgiving holidays. The thrift shop is regularly open Tuesdays and Fridays, 9 a.m.-1 p.m., and Thursdays, 2 p.m.-6 p.m.

Hanging of the Greens — The Schofield Barracks Main Post Chapel will conduct a Hanging of the Greens, first Sunday of Advent, Ecumenical service, Nov. 27, 6 p.m. For more information call the chapel, 655-9355.

30 / Monday

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 membership application, and save \$5 off 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, and more. Visit www.waquarium.org, or call the Waikiki Aquarium Membership Office at 440-9015.

December

Overseas Mailing Deadlines — U.S. Postal Service officials recommend the



Amy L. Bugala | U.S. Army Garrison-Hawaii Public Affairs

Connecting with family

WHEELER ARMY AIRFIELD — Ann Bean, and her sons, Elijah (left), 11, and Micah (right), 13 get ready to record a 10-minute holiday Web message to their father, who is deployed, Chief Warrant Officer Keith Bean, tactical operations officer and Chinook pilot, Headquarters and Headquarters Company, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, during Operation Best Wishes at Hawaiian Tel Federal Credit Union, here, Tuesday.

The all day free event sponsored by the Defense Credit Union Council and WesCorp Federal Credit Union provided more than 90 families with the opportunity to connect with their Soldiers or loved ones downrange.

Newcomers ACS Island Tour — Are you new to the island? Check out the free newcomers island tour. The next tours are scheduled to depart, Nov. 28, Dec. 12 and 26, at 8 a.m., from Schofield Barracks Army Community Service (ACS); or from Fort Shafter Flats ACS, Dec. 17, 8 a.m. Call 655-4227 or 438-4499 to get on board the next trip.

December

1 / Tuesday

Christmas Letter Writing — Want to make sure Santa knows what you want for Christmas this year? All the supplies you need to write a special letter to Santa will be available, Dec. 1, 3-4 p.m., at the Fort Shafter Library. Participants can also make a cool holiday craft. Call 438-9521.

Positive Psychology — Army Community Service will offer a new course throughout December. Learn the art of optimism and positive psychology to build resiliency and reduce stress. Upcoming class dates include:

- Dec. 1, 7, 16, 23, 29; noon-1 p.m., Kalakaua Community Center, Schofield Barracks
- Dec. 2, 8, 15; noon-1 p.m., Aliamanu Military Reservation Community Center
- Dec. 3, 10, 17, 21, 30; 1:30-2:30 p.m.,

ACS Classroom (Building 2091), Schofield Barracks. To register, call 655-1670.

3 / Thursday

Storytime with Santa — Children can enjoy a visit and storytime with Santa and Mrs. Claus, Dec. 3, 10-11 a.m., at the Aliamanu Military Reservation Library, Dec. 3, 10-11 a.m. Enjoy lots of holiday fun and photo opportunities, too. Call 833-4851.

Holiday Stress Class — The holidays are a time for family, friends, good times and stress. Don't let stress ruin the holiday spirit. Join Army Community Service (ACS) for a Holiday Stress class, Dec. 3, 9-11 a.m., at Aliamanu Military Reservation community center. Call 655-4227. (Holiday Stress classes can also be requested at a time and location that is convenient for you.)

4 / Friday

Waikiki Party Bus — Your free party bus to Waikiki runs again, Dec. 4, 9 p.m.-4 a.m. Let Family and Morale, Welfare and Recreation be your own personal chauffeur to Waikiki on payday Fridays. The bus rides again, Dec. 18 and 31, for New Year's Eve. The bus is completely free, but tickets are required to reserve your seat. Pick-ups

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

12 / Saturday

USO Presents: Sesame Street Live — Military families are invited to enjoy furry, fuzzy fun with the muppets, during two performances of Sesame Street Live, Dec. 12 at Martinez Physical Fitness Center, Schofield Barracks. Shows begin at 3 p.m. and 5:30 p.m. Games, crafts and children's activities will be available between shows. Call 655-0112/6.

Ongoing

Blue Star Card — Spouses of deployed Soldiers are eligible to sign up for a Blue Star card, which will give card holders discounts at Family and Morale, Welfare and Recreation facilities, activities and special events. Blue Star Cards are valid throughout the entire deployment. To sign up visit Army Community Service (ACS) at Schofield Barracks, Building 2091 (655-4227) or Tripler Army Medical Center ACS, Building 127, (438-4499). Do you have a great idea for the next Blue Star Card event? E-mail sarah.chadwick@us.army.mil.

following deadlines for all mail bound for Afghanistan and other overseas locations. The deadline for parcel airlift mail is Dec. 1. First-class and priority mail for service members stationed in Afghanistan should be sent by Dec. 4, to arrive for Christmas.

For general guidelines on sending mail to service members overseas, visit www.usps.com/supportingourtroops/. Express mail cannot be used to mail packages to Afghanistan; however, priority mail is available. Priority mail packaging products can be obtained free at any post office, or online at <http://shop.usps.com>.

To order free military care kits by phone, call 1-800-610-8734. Each kit includes two “America Supports You” large priority mail flat-rate boxes, four medium-sized priority mail flat-rate boxes, six priority mail labels, a roll of priority mail tape and six customs forms with envelopes.

2 / Wednesday

Tell Me a Story — The community is invited to attend the Military Child Education Coalition's “Tell Me a Story” event, Dec. 2, 5:30-7 p.m., at Fort Shafter Elementary School.

Guest reader Rhonda Mixon, spouse of Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, will read the story “While You Are Away.” Admission is free, but space is limited. Each family in attendance will receive a copy of the featured book. To reserve your space, call 258-5961 or e-mail schofieldp2p@yahoo.com. “Tell Me A Story” is geared toward children ages 4-12 years old.

4 / Friday

Religious Support — The U.S. Army Garrison-Hawaii Religious Support Office is offering a Strong Bonds Retreat for couples and singles, Dec. 4-6, and for families, Dec. 11-13. For more information or to register, call the Aliamanu Military Reservation Chapel at 836-4599.

TAMC Youth Volunteer Orientation — American Red Cross is offering a youth volunteer orientation, Dec. 4, 9 a.m.- 2

p.m., for 15-18-year-olds who would like to volunteer at Tripler Army Medical Center (TAMC). Orientation will be in the chapel conference room, D-wing 3rd floor. All candidates must pre-register for the orientation.

Requirements include: photo ID, shot records (MMR and TB current) and a parent/guardian must sign a permission form that morning. Volunteer applications will be filled out by volunteer candidates at the orientation. Contact Sue Rolsen, 433-6631, Monday-Friday, 9 a.m.-1 p.m.

World War II Film/Tour — Historian Steve Fredrick will host a two-part historical program on World War II with vintage movies and a historic tour, Dec. 4 and 6. The film “Hawaii During World War II: The Movies and Music of the 1940s” will be shown, Dec. 4, 7 p.m., at the VIP Screening Room in Hawaii Kai. The cost is \$10.

A walking tour will be held Dec. 5, 1 p.m., starting from the Fort Street Mall. Cost is \$20. Reservations are required for both events and can be made online at www.stevetoursandfilms.vpweb.com or by e-mailing filmguy54@hotmail.com.

Ongoing

Operation: Military Kids Camp — Operation: Military Kids Camp (OMK), Hawaii, along with YMCA-Camp Erdman are offering two family camps geared toward helping recently redeployed service members and their families reconnect. The camp scheduled, April 9-11, 2010, and is open for registration. Visit www.ctahr.hawaii.edu/4h/omk, or e-mail omk@ctahr.hawaii.edu, or call 956-4125.

Art and Essay Contest — The Armed Services YMCA's annual art and essay contest invites military children to create artwork and essays on this year's themes, “My Military Hero” and “My Military



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 Masses

- 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-Friday, noon at MPC and TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- 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 aaes.com under reeltime movie listing.



Where the Wild Things Are

(PG)
Fri., Nov. 27, 4 p.m.
Sat., Nov. 28, 4 p.m.
Sun., Nov. 29, 2 p.m.

Cloudy with a Chance of Meatballs

(PG)
Sat., Oct. 3, 7 p.m.



The Stepfather

(PG-13)
Sat., Nov. 28, 7 p.m.
Thurs., Dec. 3, 7 p.m.

Cirque du Freak: The Vampire's Assistant

(PG-13)
Wed., Dec. 2, 7 p.m.

No shows on Mondays or Tuesdays.

Lecture reveals sacred past of ‘Legendary Lands of Wahiawa’

Story and Photo by
BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS – The always-informative Native Hawaiian Lecture Series resumed, Nov. 20, at the Nehelani, here, as military leaders and families received a geography lesson about the lands on which several U.S. Army installations now sit.

According to guest speaker kumu hula, or master teacher, Larry DeRego and his wife, Hokulani, some of the most culturally significant sites to today’s Hawaiians, include a region and district that was once located right on the soil under Schofield Barracks.

Kukaniloko is a region that previously extended from Wahiawa to Punaluu and served as the birthing place for many alii, or chiefs.

Lihue is a district whose northernmost point extended into Schofield Barracks and functioned as the training grounds for ancient nakoa, or warriors.

“Thing is, these places are not only important to us and our history, but to you as well,” DeRego told the crowd of more than 120 people, which included Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii (USAG-HI) and Lt. Col. Richard Gledhill, commander, USAG-Oahu. “Little did you all know that you would be here doing the same thing as (our ancestors) did.”

Considered sacred to the ancient inhabitants of the islands, these sites served as much for learning opportunities to some early Hawaiians as they did for the preservation of royal bloodlines, he added.

“It was like a University of Hawaii to the people,” said DeRego of the tradi-



From left, dancers Kehau Kawai, Nicole Kamada and Leinani DeRego perform a hula kahiko, or ancient dance, during the Native Hawaiian Lecture Series, at the Nehelani, Schofield Barracks, Nov. 20. The dancers study under Halau Hula O Hokulani’s Larry and Hokulani DeRego, the evening’s guest speakers.

tional lessons taught at these sites, most of which were shrouded in secrecy for years. “In Lihue, for example, (chiefs) would learn the ways of war and practice its strategies.”

In former times, nakoa would be asked to secure the pathway along what is now known as Kunia Road, as well as the strategic location of Kolekole Pass, both of which fell within the ahupuaa, or land division, of Lihue, in order to allow high-ranking chiefs and chiefesses unlimited access to the uplands on

Oahu, DeRego noted.

Meanwhile, Kukaniloko was seen as the center of the island, where key battles – including those where today’s Helemano Military Reservation now stands – were fought for the control of Oahu.

The Kukaniloko region was also symbolically viewed as the piko, or naval cord, of the body, and thus, the perfect spot for alii, or chiefs, to give birth to the next generation of rulers.

“This is where the alii nui (or

supreme chiefs) would study and play,” explained Hokulani. “But if you weren’t of high rank, in other words if you were a commoner, you were not allowed to enter.”

Over the years, Kukaniloko has steadily dwindled in size, from encompassing approximately 35,000 acres during the Kamehameha dynasty, to today’s miniscule 5-acre preserve, located at the intersection of Kamehameha Highway and Whitmore Avenue, and upon which many ancient

birthstones still rest.

Following a hula kahiko, or ancient dance, performance by Halau Hula O Hokulani that paid tribute to Kukaniloko, the DeRegos encouraged audience members to visit the historic site and feel its cultural importance.

“It’s like going into church. You have to tread softly there, and don’t listen from here,” explained Hokulani, tapping the side of her head. “You have to listen with your tummy, because your tummy doesn’t lie.

“When you visit, don’t only think of the (birthing) rocks as just rocks,” she added. “Let the wind blow and listen to them. They will speak to you in this sacred place, a place of our kings and queens.”

After the presentation and subsequent luau dinner, event emcee Annette Amaral, Native Hawaiian liaison, USAG-HI, credited the DeRegos for helping to shed light on the significance of these legendary Wahiawa lands for today’s Soldiers.

“These are the lands that now comprise Schofield,” Amaral said. “The Soldiers can now have an appreciation that the lands they train on are the same lands that our ancient warriors trained on. (Knowing this), our Soldiers can continue the legacy of the land and its people.”

The “Legendary Lands of Wahiawa” presentation was the second in the Native Hawaiian Lecture Series, a program born out of Margotta’s desire to bring members of the Army and Hawaiian communities together for an evening of cultural education and food.

The next presentation is slated for February.

Local Boy Scout takes care of deployed troops

Deploying Soldiers inspire project to help Eagle Scout candidate fulfill his dream

Story and Photo by
SGT. MAJ. TERRY ANDERSON
8th Theater Sustainment Command Public Affairs

HICKAM AIR FORCE BASE – When the Soldiers of the 558th Military Police (MP) Company, 728th MP Battalion, 8th MP Brigade, held their deployment ceremony August, they had no idea that one spectator in the crowd would play a big part in raising their morale months later.

Toby Bledsoe, a Boy Scout with Troop 135, here, decided to make care packages for the 558th MP Bn.’s deployed Soldiers for his Eagle Scout project after witnessing his first deployment ceremony.

“The ceremony was kind of sad because there weren’t a lot of family members there, and when the commander asked how many Soldiers were going on their first deployment, more than half raised their hands,” he said.

Bledsoe, the son of a retired Navy chief, organized the care package project from start to finish. He briefed the Boy Scout troop on his concept for the project, recruited boys to go to the Hickam commissary to ask for donations, and coordinated with the commissary manager so that he could solicit outside the store. Bledsoe also designed donation flyers that his troop handed out to commissary patrons, listing non-perishables that shoppers could pick up during their shopping trip.

“The response was tremendous,” said assistant Scoutmaster Scott Dooley. “The biggest supporters were the old veterans – veterans of World War II, Korea and Vietnam.

“One gentleman told me that he wished that the Scouts would’ve done something like this for him when he was in Vietnam,” Dooley said. “He said a small gesture like a care package makes all the difference in the world when you’re deployed.”

Each time the project started to seem out of reach, Bledsoe reminded himself what the 558th MP Soldiers were enduring in Iraq.

“I can just imagine it being 120 degrees with all of their gear on, and maybe they are feeling kind of down, but then they get a care package and realize that someone cares about what they are doing,” he said.



Toby Bledsoe does a quick inventory of a box of drink mixes before preparing it for shipment to Iraq. Bledsoe, of Boy Scout Troop 135 at Hickam Air Force Base, sent more than 400 pounds of non-perishable items to Soldiers of the 558th Military Police Company as part of his Eagle Scout project. Also pictured are Conner Dooley, center, and Brian Gellert.

Bledsoe shipped more than 400 pounds of non-perishable items like beef jerky, lip balm, drink mixes, canned nuts and bags of trail mix, Nov. 17.

“The actions of this young man are truly what this nation and our Army are all about,” said Maj. Chris Heberer, executive officer, 728th Military Police Battalion. “His selfless service and support to our deployed Soldiers cannot be measured, especially during the holidays when our Soldiers (are) apart from their families.”

“A project like this teaches a young man a slew of leadership skills, such as how to task, organize and bring a group together into a team to accomplish a job,” Dooley said. “(Bledsoe) contacted the 558th MP company commander and the rear detachment commander, and (he) got approval from the 728th MP battalion commander for the project, who presented him with a battalion coin.”

Bledsoe is a non-traditional Eagle Scout candidate, who just about gave up his dream of ever achieving the pinnacle of Scouting. He was failing out of high school until a friend told him about the Hawaii National Guard Youth Challenge Academy.

Following 22 weeks of academics, phys-


ical fitness challenges and lessons on life skills, he got back on track and credits his Scout leaders – Fred McMillan Sr., Fred Gellert and Dooley – with motivating him to finish his Eagle Scout project.

“They are some of the best leaders I’ve had in Scouting,” he said. “I must admit, I started to drift away on my project because I started going to college, working two jobs to pay for college so I was having second thoughts about finishing the project. They’ve helped me tremendously.”

To achieve the rank of Eagle Scout, a Boy Scout must earn 21 merit badges; progress through the ranks of scouting; serve six months in a troop leadership position; take part in a Scoutmaster conference; plan, develop and lead a service project; and successfully complete an Eagle Scout board of review. Since 1912, only 5 percent of all Boy Scouts earned the rank of Eagle Scout, according to the Boy Scouts Web site.

Bledsoe has some simple advice for any boy considering Scouting.

“Do it,” he said. “Not only does it teach you Scouting skills, it teaches you how to deal with people, how to put together a project, and do it well and on time. (Scouting) teaches you how to be a better person.”



Holiday events, activities scheduled islandwide

Saturday, Nov. 28
Mission Houses Craft Fair – The Mission Houses Museum (553 S. King St.) will hold its annual two-day Holiday Craft Fair, Nov. 28 and 29, 9 a.m.-4 p.m. The fair will feature locally made lauhala products, traditional Hawaiian quilts, fine art, jewelry, clothing and other items. Call 447-3923.

Thursday, Dec. 3
Oahu North Tree Lighting – The Oahu North community will host its annual holiday concert and tree lighting ceremony, Dec. 3, 6 p.m., at Generals Loop, Schofield Barracks. Call 655-0453. *(See story on page A-1 for details.)*

PARC Tree Lighting – The Piilaa Army Recreation Center (PARC) will be hosting a “Christmas Around the World” tree lighting ceremony, Dec. 3, 5:30-9:30 p.m. The event will feature game booths, a craft fair, goodie bags, prizes, hula show, picture taking with Santa and much more.

Saturday, Dec. 5
Honolulu City Lights – Honolulu City Lights is Hawaii’s premiere holiday event. See the popular electric light parade, holiday concert, tree and wreath displays, and a tree lighting ceremony at Honolulu Hale, Dec. 5, 6-8:30 p.m., on the Family and Morale, Welfare and Recreation shuttle. Cost is \$5, but Blue Star Card holders ride for free. Re-

serve a spot by Dec. 2 by calling 655-0112/3.

Holiday Funfest – Join the 13th Annual Holiday Funfest at Aliamanu Military Reservation (AMR), Dec. 5, at the AMR gymnasium and community center. A holiday parade will begin at 9 a.m., and festivities take place 10 a.m.-1 p.m. Call 833-0920/4932.

Sunday, Dec. 6
Waimea Valley Craft Fair – Waimea Valley is proud to present its first Holiday Craft Fair, Dec. 6, 10 a.m.-3 p.m. at the Pikake Pavilion. The Valley invites you to share in a unique arts and crafts fair featuring more than 40 vendors from our community showcasing products made in Hawaii.

Monday, Dec. 7
Santa Parade – The Wahiawa Community and Business Association will hold a Santa Parade, Dec. 7, 6:30 p.m., beginning at Kaala Elementary School. The parade proceeds down California Avenue, with a brief stop at Wahiawa Town Center for Santa’s arrival. Call 621-7097.

Thursday, Dec. 10
Oahu South Tree Lighting – The Oahu South community will host its annual holiday concert and tree lighting ceremony, Dec. 10, 6 p.m., at Palm Circle. Santa and his helpers will be on hand to take photos with children. Call 655-0453.

Holiday travelers urged to take health precautions

TRIPLER ARMY MEDICAL CENTER
News Release

HONOLULU — With the increase in holiday travel during November and December, travelers are reminded to review flu prevention recommendations listed on www.flu.gov:

Know when you should avoid travel. If you are sick with symptoms of influenza-like illness, you should not travel. These symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

A significant number of people who have been infected with the flu virus have also reported diarrhea and vomit-

ing. Stay home if you are sick and do not go out until at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol.)

Be prepared for health screenings at airports. Airport staff in some countries may check the health of arriving passengers. U.S. travelers arriving in other countries may be checked for fever and other symptoms of H1N1 flu, and their travel may be delayed.

Please note that the Department of State usually cannot interfere with the rights of other countries to screen airline

On The WEB

Visit www.flu.gov, www.tamc.amedd.army.mil or www.cdc.gov/h1n1flu/masks.htm for more information.

passengers entering or exiting their countries, nor can it influence the number of days in quarantine.

You can prepare for travel by educating yourself about the outbreak situation and screening procedures in your destination country or countries.



Pharmacies offer convenient options, ‘self-care’ medication pickup easier

TRIPLER ARMY MEDICAL CENTER
PUBLIC AFFAIRS
News Release

HONOLULU — In an effort to make prescription refill services more convenient for patients, Tripler Army Medical Center's (TAMC) pharmacy provides both an online option and call-in service.

By calling 433-6962 or visiting www.tamc.amedd.army.mil, before 3:30 p.m., prescriptions will be ready at TAMC's refill pharmacy anytime after 8 a.m. the next business day.

For new prescriptions, using the Will Call system is recommended. By completing a Will Call form, available at any TAMC pharmacy window, and by taking it to the refill window, your prescription will be ready for pickup in two hours.

When it comes to “self care,” changes to the program are underway. Patients no longer need to produce a “self care card” to receive over-the-counter medications. By presenting your military ID card, you can receive up to four medica-

tions, every two weeks, per family.

Over-the-counter medicines and items available for pickup include Afrin, Bacitracin, Benadryl, clotrimazole cream, condoms, hydrocortisone cream, Imodium A-D, Maalox, Motrin, Pepto-Bismol, Robitussin DM and Tylenol.

TAMC's outpatient, refill and discharge pharmacies are located mountainside, at corridor 4-G. The Navy Exchange refill pharmacy is located on the second floor of the main Navy Exchange entrance.

Alternative pharmacies, closer to a patient's home, can be found at Kaneohe Bay, Hickam, Makalapa Clinic or Schofield Barracks.

The Tripler pharmacy is open weekdays, 8 a.m.-7:30 p.m., and Saturdays, 8 a.m.-4 p.m. It is closed on Sundays and federal holidays.

The Naval Exchange refill pharmacy is open Monday-Saturday, 10 a.m.-6 p.m. It is closed Sundays and federal holidays.



Over-the-Counter Medicines Available at TAMC Pharmacies

- Patients with a Military ID card may receive up to four different medications.
- No more than one request every two weeks, per family.
- Exceptions: Age specific, per package instructions

Symptoms	Medication
Allergy: Runny nose, sneezing, watery eyes, itchy eyes/nose	Benadryl (equivalent) capsules 25mg or Elixir
Athletes foot, “jock itch” (fungal infections)	Clotrimazole (equivalent) topical cream
Cough from colds, flu	Robitussin DM (equivalent) Syrup
Diarrhea	Imodium A-D (equivalent) Caplets, Pepto-Bismol (equivalent) Tablets
Heartburn, acid indigestion	Pepto-Bismol (equivalent) Tablets Maalox Suspension
Minor cuts, scrapes, burns	Bacitracin Ointment
Nasal or sinus congestion	Afrin Nasal Spray (equivalent)
Pain, fever	Tylenol (equivalent) Drops, Suspension, 325mg Tablets Motrin (equivalent) Suspension, 200mg Tablets
Prevention of sexual transmitted disease (STD) or Pregnancy	Condoms
Itching skin, swelling, discomfort	Hydrocortisone cream
Vaginal yeast infection	Clotrimazole (equivalent) vaginal cream

**Use of brand names is only for simplicity, it does not mean the brand name will be issued or promoted by this facility.*



TOL appointment system a great option

TRIPLER ARMY MEDICAL CENTER
News Release

HONOLULU — It is the middle of the night and you awake to the sound of your three-year-old coughing and sneezing; your little one is running a temperature and definitely doesn't feel well.

You have some over-the-counter medications in the house, and you try those, but your child needs to see a doctor. What do you do?

Tricare now offers the option to schedule appointments online, as an alternative to going to the emergency room or waiting until 6 a.m. and calling the Tripler Army Medical Center or Schofield Barracks Health Clinic appointment line.

Using the online appointment site, www.tricareonline.com, appointments can be made any time for same-day service.

On The WEB

For more information and to register, visit the Tricare Online (TOL) Web site, www.tricareonline.com.

A system upgrade is scheduled Dec. 4-9. During that time TOL will be offline and unavailable for appointments and pharmacy refill requests.

Tricare members must register for Tricare Online before using the online appointment service. Access to primary care appointments, whether scheduling or cancelling, is available 24 hours a day, seven days a week. The same is true for pharmacy refills.

Go green, manage Tricare benefits online

TYLER PATTERSON
TriWest Healthcare Alliance

You're just two minutes away from a better, simpler and more secure way to manage your Tricare benefits.

Beneficiaries who register for a secure www.triwest.com account at www.triwest.com/paperless can sign up for paperless Explanation of Benefits (EOB) statements. With paperless EOB statements, TriWest will send your EOBs to your secure www.triwest.com account instead of mailing them to you.

Your paperless communications are housed safely in your password-protected account and contain all the same information that's on your printed EOBs.

Keep your health information organized online, cut down on the clutter of your printed healthcare records, and help the environment — every ton of paper saved, saves 17 trees.

Why else go green with TriWest?

•**Easy Access.** Manage your health care online

anytime, from anywhere in the world.

•**Convenient.** Quickly and easily find all your information in one safe, secure place. We'll even e-mail you when new information is posted to your account.

•**Secure.** When you choose to go paperless, you'll never have to worry about shredding, filing or losing your EOBs again.

•**Simple.** TriWest archives and organizes up to three years of information for you, making it easy to find what you need, when you need it. Save it to your computer or print it and take it with you.

•**Smart.** Less printing means using less paper and less energy. Remember, every ton of paper saved, saves 17 trees!

For more information on the benefits of being a registered user — like QuickAlert e-mail notifications when the status of your claims or authorizations and referrals change, online enrollment fee payment, and more — visit www.triwest.com/paperless and find out more about the benefits of going green.





29 / Sunday
Mountain Biking — Join Outdoor Recreation, Schofield Barracks, on a mountain bike trip through the Waianae mountain range, Nov. 29, 8 a.m.-noon. This program is a level-one trip suitable for anyone age 10 or older.
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.

December
1 / Tuesday
Holiday Softball Tournament — Entries for the Holiday Softball Tournament are due, Dec. 1, 4 p.m.
Cost is \$100 per 15-person team (including all coaches). Tournament play is scheduled, Dec. 7-12.
Active duty Soldiers, retirees, National Guardsmen, Army Reservists and their adult family members, Department of



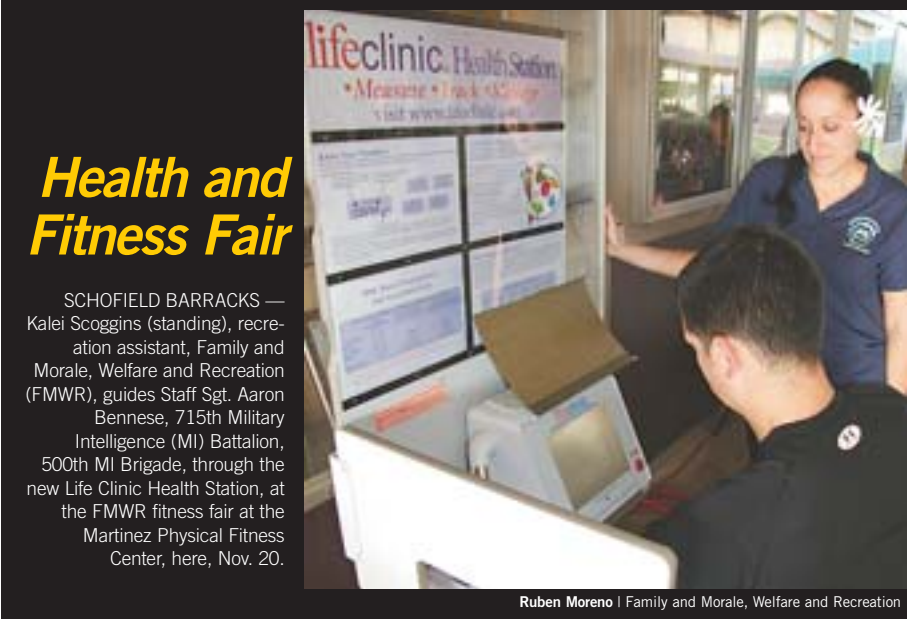
29 / Sunday
Hike Oahu — Join the Hawaiian Trail & Mountain Club for a 6-mile intermediate ridge hike, Nov. 29, in Makiki. The Makiki area is a maze of trails. There's Makiki Valley, Moleka, Nahuina, Ualakaa, Kaneolole, Maunalaha and Manoa Cliff. Follow Thea and Justin as they wend their way through it all. Call Thea Ferentinos, 375-0384.
Upcoming hikes include this one:
•Dec. 5, 4-mile novice shoreline hike. Call Phil Booth, 382-4709.
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.htmclub.org.

December
1 / Tuesday
Spouses Sailing Course — Military spouses are invited to open registration for the Wet Hens basic sailing course, Dec. 1, 9-11 a.m., at Hickam Harbor.
The nine-week course cost \$80. Contact Sandi Hanlon at 450-3729 for more information.

5 / Saturday
Biathlon Series — Challenge the biathlete in you during the Waikiki Swim Club 2009/2010 biathlon series at Magic Island/Ala Moana Beach Park. Each race starts at 7:30 a.m. and consists of a 5K run and a 1K swim.
Register for all three races for \$60 per individual or \$120 per team. Single race entry costs \$25 per individual, \$50 per team. Entry fees include a T-shirt.
•Christmas Biathlon, Dec. 5. Register by Nov. 20.
•Magic Island Biathlon, Jan. 17. Register by Jan. 4.
•Valentine's Day Biathlon, Feb. 14. Register by Feb. 1.
For more information or to download registration forms, visit www.waikikiswimclub.org or e-mail meisulan@yahoo.com.

6 / Sunday
Aloha Readiness Series — The Mid-Pacific Road Runners Club is hosting a series of races designed to prepare runners for the 2010 Great Aloha Run in February. Register for the entire series for \$60 at www.active.com. Entry fee includes T-Shirt and timing chip. Visit www.mprc.com for detailed race descriptions. Enter online at www.active.com.
•Sam's 5K, Dec. 6. Race starts at 7 a.m. at the Waikiki Shell. Register by Nov. 30.
•Harold Chapson 8K, Jan. 9. Race starts at 7 a.m. on Monsarrat Avenue, between Kapiolani Park and the Honolulu Zoo. Register by Jan. 4.
•Johnny Faerber 10K, Jan. 31. Race starts on Kalakaua Avenue beyond Kapiolani Park tennis courts, facing Diamond Head. Register by Jan. 25.

4 / Friday
Great Aloha Run — Entries are being accepted for the 26th Annual Great Aloha Run, scheduled for Presidents Day, Feb. 15, 2010, 7 a.m. Entries post-



SCHOFIELD BARRACKS — Kalei Scoggins (standing), recreation assistant, Family and Morale, Welfare and Recreation (FMWR), guides Staff Sgt. Aaron Bennese, 715th Military Intelligence (MI) Battalion, 500th MI Brigade, through the new Life Clinic Health Station, at the FMWR fitness fair at the Martinez Physical Fitness Center, here, Nov. 20.

Defense (DoD) civilians, contractors and AAFES employees are eligible to register. Entries must be received by the U.S. Army Garrison-Hawaii Sports, Fitness and Aquatics Office, Building 556, Kaala Community Activity Center, Schofield

Barracks. Call 655-0856 or 438-9572.
4 / Friday
Mulisha Madness MMA Meet and Greet — Don't miss a chance to meet Mixed Martial Arts (MMA) Fighters, Erik

the world's top-ranked surfers against the world's biggest and most famous waves at Haleiwa, Sunset Beach and the Banzai Pipeline.
•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).
Competition is held on the biggest and best days of surf available within the designated event timeframe.
For daily updates or for more information, call 596-7873 or visit www.triplecrownofsurfing.com.

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

Wahine Sailors — The Wahine Sailors is seeking new members. Cost is \$35 per year or \$5 per sail. All levels are welcome. For more information, including the meeting place and times, call 235-8392.

Hawaii Youth Triathlon Club — Children ages 7-19 are invited to join the Hawaii Youth Triathlon Club. Membership is \$50 and includes an annual membership with USA Triathlon (USAT), insurance during training, a club certificate, swim cap, review clinics and the newsletter. For more information, visit www.hawaiiyouthtri.com.



5 / Saturday
Shoreline Fishing — Spend the day bait dunking at a favorite shorefishing area with Outdoor Recreation, Dec. 5, 8 a.m.-2 p.m. We guarantee a good time fishing Hawaiian style. Cost is only \$42 each; round-trip transportation from Schofield Barracks is included. Call 655-0143.

6 / Sunday
Adventure Hike — Join Outdoor Recreation, Dec. 6, 8 a.m., for the latest adventure hike. This hike is a level-two, moderate-difficulty trip through one of several picturesque locations around the island of Oahu. Cost is \$10, and round-trip transportation from Schofield Barracks is included. Call 655-0143.

Ongoing
Schofield Barracks Bowling — Looking to update your bowling equipment? Stop by the newly renovated JAKS Pro Shop inside the Schofield Barracks Bowling Center for all your bowling supplies and services. JAKS offers custom-grip fitting, as well as an array of shoes and bags to choose from. For more information, call 655-5301.