

INSIDE

Army supports families, warriors

OFFICE OF THE CHIEF OF PUBLIC AFFAIRS, ARMY
News Release

WASHINGTON — Warrior Care Month, initiated in 2008, is a monthlong program to highlight the many ways the Army is, and will continue to, make meaningful programs available for the care and well-being of wounded, ill and injured Soldiers, as well as their families and caregivers.

At installations throughout the Army, there will be celebrations of families and information sharing about what the Army can do for them and what the Army has planned for the future.

Leaders, warrior transition units and wounded warrior program advocates will be promoting how committed the Army is to making life as comfortable as possible for these Soldiers.

During Warrior Care Month, career fairs, open houses, professional development sessions, Soldier Family Assistance Center openings, program kick-offs and other events — all focused on Army families — will take place at many installations.

The Army is also actively seeking new and innovative ways to include families and caregivers in warrior care programs and processes. The Army wants to let everyone know just how seriously the service is about taking care of warriors by supporting families.

The Army's monthlong celebration will culminate Nov. 30, with the grand opening of the first of the Army's 22 new, community-based primary care

SEE WARRIORS, A-3



Hero hoolaulea

Community, JROTC cadets and elected officials honor veterans.

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Running proud

2nd BCT competes in Army Ten-Miler, in full battle rattle, while deployed.

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Time to quit

Army urges service and family members to quit smoking.

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Arbor Day

Installation receives Tree City USA status.

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Staff Sgt. Mike Alberts | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

Escape artists

MARINE CORPS BASE KANEOHE BAY — Pilots assigned to 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, free themselves from an overturned, submerged helicopter mock-up during the unit's Dunker Heeds training, here, Nov. 3.

Read the complete story in next week's paper.

Army's wildland firefighters fill niche on island



Shannon Sison (left) and John Scanlan, both USAG-HI wildland firefighters, look on as 11 acres of dry brush is intentionally set ablaze in a controlled burn at the James Campbell National Wildlife Refuge on North Oahu, Sept. 13. The burn is intended to renew the nesting grounds for endangered native Hawaiian wetland birds. Firefighters stayed after the blaze was extinguished to ensure that there were no remaining hotspots on the refuge.

Story and Photos by
LORAN DOANE

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — The Army's wildland firefighters, stationed here, are more than average run-of-the-mill firefighters, if there were such a thing.

These individuals fill a critical niche in both the Army and Hawaii's fire prevention plan, and they protect the lives and property of residents, as well as endangered plants and wildlife in the forests, here.

They form the only fire crew within the State of Hawaii that is 100-percent committed to fighting wildland fires.

"Fighting field and forest fires requires a different approach from what is required when battling house fires in an urban en-

vironment," said Scott Yamasaki, U.S. Army Garrison-Hawaii's Wildland Fire Program manager. "Our guys come to the table with a variety of skills not normally found in a standard fire station."

So far this year, there have been 436 wildfires on Oahu. In 2009 alone, the Hawaii Department of Land and Natural Resources reported that 2,385 acres were burned as a result of just 32 fire incidents.

A five-acre wildland fire in Hawaii could cause as much damage to property and resources as a 500,000-acre fire in the Nevada desert, Yamasaki said.

Hawaii has a higher housing density and property value than much of the U.S., and the state is

SEE FIREFIGHTERS, A-9

Basic training changes to improve combat readiness

DAVID VERGUN
Army News Service

WASHINGTON — Blind obedience-oriented basic combat training is out; confidence-building and thinking-oriented training is now in.

That's the bottom line of how Comprehensive Soldier Fitness is shaping changes in Army boot camp, changes, leaders say, are improving Soldiers' preparedness for combat once they reach their units, said Command Sgt. Maj. John Calpena, Initial Military Training Center of Excellence, at an Association of the U.S. Army meeting of senior enlist-

ed leadership. "When we went through basic (training), total control and fear of authority was taught," Calpena said. "Instead of creating obedient machines to do what they're told to do, when they're told to do it, we're teaching our young Soldiers how to think, how to understand the circumstances and make decisions in stressful conditions — because that's what's going on downrange."

"Young Soldiers receiving fire in a marketplace need to make an on-the-spot decision whether to shoot or not (to shoot) under stress," he said. "We had to radically change the way drill sergeants teach. They're no longer strictly disciplinarians; they've got to train Soldiers on tasks that are relevant to combat so when Soldiers

graduate, they're ready to go into the fight.

"Soldiers need to understand how the task is performed and how (they are) going to use this task in the fight," he added. "They really want to know. You don't have to force obe-

"Soldiers need to prepare for combat the way athletes train for competition. This includes eating healthier foods and reducing injuries."

— **Staff Sgt. Timothy Sarvis**
active duty Army 2010 Drill Sergeant of the Year

dience into them. Some will perceive this as a lack of discipline. It's not. It's confidence."

Other CSF changes to basic training are improved physical readiness, proper nutrition and injury prevention, said Staff Sgt. Timothy Sarvis, active duty Army 2010 Drill Sergeant of the Year.

"Soldiers need to prepare for

New comedic tool encourages Soldiers to think about safety first

ROB MCILVAINE

Family and Morale, Welfare and Recreation Command Public Affairs

ALEXANDRIA, Va. — The U.S. Army Combat Readiness/Safety Center has teamed up with the Family and Morale, Welfare and Recreation Command to provide Soldiers with a ready-to-use tool that builds hazard awareness and encourages Soldiers to think safety during their off-duty hours — but not without a little fun.

According to USACR/SC Command Sgt. Maj. Michael Eyer, this is "anything but your boring safety presentation."

This year's updated four-part presentation incorporates humor from comedians, who reinforce safety messages in video clips dispersed throughout the briefing. The performers are either former Soldiers, who later became comedians, or entertainers who have visited troops stateside and overseas.

"From October 2008 through July 2010, the Army lost more than 200 Soldiers to off-duty accidents," he said. "During the same time, about 1,200 more Soldiers were injured or suffered negative results from engaging in careless or high-risk behavior in their off-duty time."

"The majority of these incidents are our junior Soldiers who also make up the bulk of our (Better Opportunities for Single Soldiers) demographic," said Sgt. Danielle Colson, FMWR, Department of the Army BOSS representative.

In conjunction with the 2010 BOSS Safety Factor tool, Soldiers are able to create and submit their own videos in a safety peer-to-peer video contest. Prizes will be awarded to the winning BOSS programs from garrisons, Armywide.

"USACR/SC created this presentation that is geared towards 18- to 25-year-olds," Colson said. "It also encourages peer-to-peer action by influencing the Soldiers to police-up each other and make sure our battle buddies are making the right decisions."

"During the four-part safety presentation, your Soldiers will be laughing out loud, as some of today's top comedians take a humorous look at the hazards of Army life and send a safety message sure to get through to even the toughest audience," Eyer said.

SEE BOSS, A-9

SEE READINESS, A-3



A new Safety Factor module will be released at the beginning of each quarter through fiscal year 2011, so visit the BOSS website often to see what's new, at <http://boss.armymwr.com>.

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 656-3488, 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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Veterans Day honors selfless service

DEBRA ZEDALIS
Director, Installation Management Command-Pacific Region

Veterans Day, Nov. 11, is set aside to honor veterans who have served before us and those now serving with us – in wartime and in peacetime.

November 1919, President Woodrow Wilson proclaimed Nov. 11 as the first commemoration of Armistice Day, commemorating the end of World War I.

June 1, 1954, the 83rd Congress, at the urging of veterans service organizations, changed Armistice Day to Veterans Day to honor those who served in World War II and the Korean War.

We honor all veterans for their selfless service this Veterans Day, especially our fallen comrades in Iraq and Afghanistan.

While we pause in remembrance of our military veterans, let us maintain vigilance over ourselves, family members and friends in preventing accidents and losses. This short break increases the possibility of accidents occurring from travel, as well as other off-duty activities.

Ensure that Veterans Day remains a day we remember the ones that have gone before us – not a day when you were involved in an incident.

I challenge you to enjoy Veterans Day by honoring our veterans, and come back alive and ready.

Zedalis

Defender 6 sends Veterans Day is a time of respect, remembrance, safety

LT. GEN. RICK LYNCH
Commander, Installation Management Command

WASHINGTON – The survival of our country depends on the willingness of Americans to defend the tradition and principles set forth by our founding fathers.

Our freedom was not easily won. It cannot be maintained for us and future generations without cost, commitment and risk.

All veterans, especially our wounded warriors, deserve nothing short of our highest praise and respect.

A time will come when this generation of Soldiers will step out of uniform, and God willing, they will grow old. Someday, their children and their children's children will gather to honor them, ensuring Veterans Day remains a day we remember the ones that have gone before us.

Impress on all Soldiers, civilians and family members that accidents never take a holiday. Dangers from driving automobiles and operating motorcycles continue to take a toll.

Fall activities such as hunting, sports and use of home heaters and fireplaces all have inherent hazards. These hazards will harm and even kill if they are not controlled, especially when combined with alcohol or other mind-altering substances.

Remain aware, at all times, of the dangers, and know how to reduce the risks.

I wish each of you a safe holiday and thank you for your continued selfless commitment to our nation and our Army.

Take care and thanks for all you do.

Defender 6

Lynch

To view the Fall and Winter IMCOM Safety Brochure, visit www.imcom.army.mil/hq/officecom/staff/safety/safety_publications/.

WMCAC holds 29th Annual Veterans Day parade

Story and Photos by
AMY L. BUGALA

U.S. Army Garrison-Hawaii Public Affairs

WAIANAE – Residents of Leeward Oahu communities came together to recognize veterans and service members, past and present, during the Waianae Military Civilian Advisory Council's, or WMCAC, 29th Annual Veterans Day Parade and Hoolaulea, here, Saturday.

Each year WMCAC hosts the parade to salute local men and women in uniform and to strengthen the relationship between the military and the Waianae community.

Retired Lt. Col. Don Arakaki, parade coordinator and WMCAC member, feels a personal responsibility to support veterans and the JROTC cadets through the event.

"I am a veteran," he said, "I support what we did then and what Soldiers are doing now for our state and our country. As a vet, it is my duty to develop the character of our youth."

The parade drew crowds along the sidewalks of Farrington Highway from the Waianae Boat Harbor to the Waianae Mall, to watch 31 parade entries march by. The Waianae High School color guard led the procession, followed by the Nanakuli Intermediate and High School marching band and the Waianae High School cheerleaders.

Veterans of Foreign Wars Post 849 rode along the route in a restored two-and-a-half ton truck provided by the Hawaii Military Vehicle Preservation Association, while Soldiers from the 2nd Brigade Combat Team, 25th Infantry Division, marched behind.

"From Nanakuli to Makaha, we have a lot of veterans from the Leeward communities," said Rocky Naeole, WMCAC president. "The parade spreads awareness about the Army and the heroes that risk

SEE PARADE, A-8

Members of VFW Post 849, ride the parade route in a restored two-and-a-half-ton truck, courtesy of the Hawaii Military Vehicle Preservation Association. Soldiers in the 2nd BCT, 25th ID, march behind during the Veterans Day Parade in Waianae, Saturday.

Cadets from the Waianae High School's JROTC program march with the colors, leading off the 2010 WMCAC's Veterans Day Parade, Saturday.

Time is a gift from above and should be cherished

CHAPLAIN (CAPT.) JOHN P. SMITH II
2nd Battalion, 27th Infantry Regiment,
3rd Brigade Combat Team, 25th Inf. Division

"What's the time?" "I don't have time." "Time out." "It's about time."

We use these phrases in daily talk.

Our time is often governed by calendars, diaries and clocks. Sometimes, we become slaves to time. Unable to pause and relax, we rush from this to that, quickly burning up our time, or just simply burning out.

I recently spoke with a Soldier who was struggling with the lack of time to accomplish tasks in his life. He shared that from the moment he woke up in the morning until the time he arrived home "life was just one big blur." He was simply too busy to slow down and enjoy life to the fullest.

I encouraged him to slow down to

enjoy the process. As part of my personal philosophy, I created a saying that I attempt to live by on a daily basis: "Many people are busy for the sake of being busy, but it's not how busy you are, it's the productivity that counts."

Completing tasks aren't about having enough or more time; instead, they're simply about doing the things that really matter and being productive in those things.

And, just as important is to realize that time is not "our time."

Time is a gift from God, to be used wisely, not wasted away. God allows us

Smith

to choose how to use his gift of time, so when we are with family, we should use that time letting them know how much we care. When at work, we should use our mission time productively.

"There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die; a time to plant and a time to uproot; a time to kill and a time to heal; a time to tear down and a time to build; a time to weep and a time to laugh; a time to mourn and a time to dance; a time to scatter stones and a time to gather them; a time to embrace and a time to refrain; a time to search and a time to give up; a time to keep and a time to throw away; a time to keep and a time to mend; a time to be silent and a time to speak; a time to love and a time to hate; a time for war and a time for peace. What does the worker gain from his toil?

I have seen the burden God has laid on men. He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. I know that there is nothing better for men than to be happy and do good while they live. That everyone may eat and drink, and find satisfaction in all his toil – this is the gift of God."

—Ecclesiastes 3:1-14

There is a time for all things; however, many people believe that they have plenty of time to waste in seeking the pleasures of this world and see no need for God to take up their time.

The Bible says that today is the day of salvation, not yesterday or tomorrow, but today. Maybe it's about time we take time to look at his "time."

44 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 11/10/10.

Voices of Ohana

How can the Army increase awareness of warrior care programs and resources?

Photos by Tripler Army Medical Center Public Affairs

"The Army should better educate Soldiers returning from the field."

Sgt. 1st Class Peerman Brandon
Internal Medicine, TAMC

"The programs could be better promoted, locally. Communities aren't as aware as they could be."

Spc. Israel Diaz
Liaison Office, TAMC

"Get it down to the Soldier level, and make sure everyone has access to the information. It should fall to the chain of command to promote increased awareness."

Lt. Jeramy Mahoney
Pediatrics, TAMC

"Make the information more publically available. It's all online, but the Internet could be utilized better to make people more aware."

Spc. Jennifer Stuart
In-Patient Pharmacy, TAMC

"Communication is the biggest problem. When leaders are briefed, the information needs to be put out to Soldiers."

Staff Sgt. Maria Torres
Immunizations Clinic, TAMC

President asks Americans to honor military families

AMERICAN FORCES PRESS SERVICE
New Release

WASHINGTON — President Barack Obama has signed a proclamation designating November as Military Family Month.

The text of his proclamation follows:

“We owe each day of security and freedom that we enjoy to the members of our armed forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support.

During Military Family Month, we celebrate the exceptional contributions of our military families, and we reaffirm our commitments to these selfless individuals who exemplify the highest principles of our nation.

Across America, military families inspire us all with their courage, strength and deep devotion to our country. They endure the challenges of multiple deployments and moves; spend holidays and life’s milestones apart; juggle everyday tasks while a spouse, parent, son or daughter is in harm’s way; and honor the service of their loved ones and the memory of those lost.

Just as we hold a sacred trust to the extraordinary Americans willing to lay down their lives to protect us all, we also have a national commitment to support and engage our military families. They are proud to serve our country; yet, they face unique challenges because of that service.

(We have) taken important steps to help them shoulder their sacrifice, and we are working to ensure they have the resources to care for themselves and the tools to reach their dreams. We are working to improve family resilience, enhance the educational experience of military children and ensure military spouses have employment and advancement opportunities — despite the relocations and deployment cycles of military life.

Our historic investment to build a 21st-century Department of Veterans Affairs is helping to provide our veterans with the benefits and care they have earned.

We are also standing with our service members and their families as they transition back into



Obama

civilian life, providing counseling as well as job training and placement ... Through the post-9/11 GI Bill, our veterans and their families can pursue the dream of higher education.

However, government can only do so much. While only a fraction of Americans are in military families, all of us share in the responsibility of caring for our military families and veterans, and all sectors of our society are better off when we reach out and work together to support these patriots.

By offering job opportunities and workplace flexibility, businesses and companies can benefit from the unparalleled dedication and skills of a service member or military spouse.

Through coordination with local community groups, individuals and organizations can ensure our military families have the help they need and deserve when a loved one is deployed. Even the smallest actions by neighbors and friends send a large message of profound gratitude to the families who risk everything to see us safe and free.

As America asks ever more of military families, they have a right to expect more of us — it is our national challenge and moral obligation to uphold that promise.

If we hold ourselves to the same high standard of excellence our military families live by every day, we will realize the vision of an America that supports and engages these heroes now and for decades to come.

... I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in support of our service members and our nation.”

Warriors: Clinics offer families better care

CONTINUED FROM A-1

clinics at Fort Campbell, Ky. These clinics are located in local communities, not on installations, and offer military families an exclusive opportunity to seek and receive medical care in a relaxed setting, where it is possible for families to get to know their

primary care provider and to conveniently schedule their own medical appointments, without having to travel to military treatment facilities.



More Warrior Care Month resources are available at the following websites:

- www.wtc.army.mil;
- <http://wtc.armylive.dodlive.mil/>;
- www.aw2.army.mil;
- <http://aw2.armylive.dodlive.mil/>.



Courtesy of 25th Combat Aviation Brigade, 25th Infantry Division

Rescue ready

WHEELER ARMY AIRFIELD — Rescue workers and Soldiers from 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, execute a rehearsal for the 25th CAB’s Airfield Pre-Accident Plan. The simulation involved an accident on the runway, rescue operations, command notification, property accountability, site security and post-accident requirements, here, Oct. 26.

Readiness: Resiliency training is critical

CONTINUED FROM A-1

combat the way athletes train for competition,” Sarvis said. “This includes eating healthier foods and reducing injuries.”

He said the new Army Physical Readiness Training manual, TC3-22.20, replaced FM 2120, as of Aug. 20.

“The new manual stresses agility, flexibility, stability, speed, power, balance, coordination and posture,” he said. “Complex tasks and movements prepare Soldiers for the operational forces.”

Several Soldiers demonstrated physical movements trainees are now required to perform, during the AUSA conference. Most of these movements are actually done on the battlefield, such as moving into and out of cover and concealment, crouch-running, moving around and under obstacles, sprinting, jumping and explosive power landing, according to one of the trainers.

Teaching culture, beliefs, values and behaviors are also part of basic training now that CSF is being used.

“We used to train the seven core Army values — loyalty, duty, respect, selfless service, honor, integrity and personal courage

— using PowerPoint slides,” Sarvis said. “This didn’t hold (Soldiers’) attention very well.

“Now, we use interactive, scenario-based training, which allows Soldiers to interact with the videos, making decisions along the way (that is) reinforced by the drill sergeants,” he said.

Resiliency training is also another important aspect of basic training, Sarvis said, explaining that Soldiers now need to bounce back from stress.

Trainees receive the global assessment tool within the first 10 days of training, and the Army then tracks how they improve or decline over their careers. GAT is a self-appraisal designed to boost personal growth, strengthen relationships and give Soldiers better coping skills for dealing with potentially traumatic events.

GAT can also be used to indicate when Soldiers need to seek professional help.

“Twenty-five percent of all drill sergeants are master-resiliency trained; they can help show how trainees can effectively deal with stress,” Sarvis said.

Panel notes progress in fight against PTSD

TERRI MOON CRONK
American Forces Press Service

WASHINGTON — A panel of experts recently noted significant progress in the efforts of the Defense and Veterans Affairs departments to help service members, veterans and their families affected by post-traumatic stress disorder.

Gen. George Casey Jr., Army chief of staff, recently noted that the percentage of service members who avoid seeking psychological treatment because of a perceived stigma attached to asking for help, has dropped from 90 percent to 50 percent.

Casey's frequent assertion that building service members' emotional resilience is just as important as their physical conditioning — known in the Army as Comprehensive Soldier Fitness — captured the essence of a panel discussion by medical and military experts.

"The Army and rest of Department of Defense are committed to finding ways to help (those with PTSD)," said Gen. Peter Chiarelli, Army vice chief of staff, noting that more than 900,000 people have used the program's global assessment tool that measures resilience. "We can teach people to be more resilient."

"We're addressing a difficult problem," said retired Air Force Lt. Col. Greg Harbin, a victim of PTSD, "and we're taking the lead on it.

"One day, I called the Wounded Warrior Program, and it saved me. ... You people are the heroes," Harbin told the panel, speaking about his own struggle with PTSD.

Dr. Katie Chard, director of the PTSD and anxiety disorders clinic at Cincinnati Veterans Medical Center, said evidence-based treatment works for veterans and active duty troops. The VA system has 3,000 PTSD-trained therapists, and DoD has 500, she said, so service members can start therapy while on active duty, and continue that therapy at a VA hospital after they leave the service.

Chard said 150 hospitals around the U.S. have clinics with trained PTSD therapists.

Capt. Paul Bucha, Vietnam veteran and Medal of Honor recipient, said it took him 40 years to come to grips with his PTSD.

"I think for the first time, we're having open, solid, honest effort, but we won't be successful, as (Casey) said, if we're only at 50 percent," Bucha said. "It's 100 percent (that we need). You can have four stars or no stripes, man or woman, (and) you don't know when it's going to manifest itself, but it will. No one is exempt."

More progress is needed in removing the stigma attached to seeking treatment, Bucha added.

"It will start to go away when the three-stars and the four-stars and the tough sergeants major stand up to it," Bucha said, emphasizing that mental conditioning for the armed forces is vital.

Chiarelli said officials are working hard to get people the treatment they need as soon as possible, noting that the current average time from the stress-inducing event to the start of therapy is 12 years.

"We're training our medics to recognize symptoms downrange so we can start treating them immediately," he said.

Panelists, who discussed how to treat PTSD, were Chiarelli; Chard; Gregory Goldstein, program manager for Marine Corps combat and operational stress control; Bucha; and Harbin.

Doug Wilson, assistant secretary of defense for public affairs, and Tammy Duckworth, assistant secretary of Veterans Affairs for public and intergovernmental affairs, served as moderators.

2nd BCT assists IA with cache search

2nd Bn., 11th FA Regt., supports with personnel, working dogs

SPC. MATTHEW G. KEELER
103rd Sustainment Command Public Affairs

JOINT BASE BALAD, Iraq — Soldiers with Battery C, 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, and Iraqi army soldiers from 3rd Battalion, 17th Infantry Brigade, 4th Division, conducted a weapons cache search in the desert of Jazeera, Iraq, Oct. 19.

More than 70 Iraqi and U.S. Division-North Soldiers convoyed into the deserts in search of a suspected cache.

"We received a call from 3rd Bn., 17th Inf. Bde, 4th Div. IA, that they were conducting a cache search based off intelligence they have been gathering for quite some time," said Capt. Michael McGill, commander, Battery C, 2nd Bn., 11th FA Regt., 2nd BCT. "We are just here to support them with some of our enablers to search the site."

Battery C provided the use of explosive ordnance disposal personnel, engineer route clearance teams and a team of military working dogs to thoroughly investigate the area for any munitions.

"This is a standard mission for my guys," McGill said. "What's different with this mission, however, is the Iraqi army is in the lead."

During the mission, IA cleared a building for munitions and then requested the assistance of engineers to bring in a Vehicle Mounted Mine Detection System to sweep the nearby flatlands for any improvised explosive devices.

"This really is a great thing to see," McGill said. "Often, in operations like this, U.S. Soldiers are the ones moving about in conjunction with the Iraqi army, but these guys are telling us how to use our assets."

McGill has worked with the IA on previous deployments, teaching them basic soldiering skills like marksmanship and first aid, and he said IA skills have gradually improved throughout the years of U.S. assistance.

Deployed Forces

The cache search affirmed his belief that the Iraqi soldiers are close to achieving sole responsibility for their country's security.

"Now, I'm seeing them fully organized and operational," McGill said.

U.S. forces and Iraqi soldiers worked side-by-side as one team, with Iraqi soldiers putting their training into effect, McGill said.

"It's really night and day from my first tour here," he said. "It's an eye opener that progress has really been made in this country."

Spc. Sean McCoy, a cannon crew member, also assigned to Battery C, 2nd Bn., 11th FA Regt., 2nd BCT, summed up the feelings of his comrades in a few simple words.

"They are making headway in being able to take over completely," he said. "We provided a few assets, but it's like we almost didn't need to be here."

For the Soldiers of 2nd Bn., 11th FA Reg., the search provided firsthand experience that Iraqi soldiers are capable of executing internal security missions with U.S. Soldiers in an advisory role.

Atlantic Strike simulates combat for joint service members

AIRMAN 1ST CLASS DANIEL PHELPS
20th Fighter Wing Public Affairs

AVON PARK, Fla. — The team of service members trudged down the road in the hot, mid-afternoon sun wearing body armor, Kevlar helmets and radios on their backs.

Their weapons were drawn, too, because there had been reports of an enemy stronghold in the area.

The team's mission was to take the "bad guys" out; however, this scenario was not a real mission, but rather the south tactical lane portion of Atlantic Strike 10-02, an Air Combat Command-sponsored joint exercise designed to hone the tactical employment of airpower during close-air-support missions.

Though the actual exercise was taking place in central Florida, the simulation was in Southwest Asia. Two Soldiers, Sgt. Alex Hummell and Spc. Ron Aschnewitz, both joint fires observers, or JFOs, from 25th Infantry Division, Schofield Barracks, participated in the exercise and conducted a patrol.

Simulated improvised explosive devices exploded, and a UH-1 Huey and an AH-1W Cobra patrolled the sky. The goal for the scenario was for the JFOs to coordinate close-air support to engage a ground target in support of the maneuver commander's intent.

"South (tactical lane) is de-

signed to mess with their minds," said Tech. Sgt. Adam Schwartz, a training leader. "It is mentally the most challenging lane here. They need to be aware of everything that is going on — spatial relationships and where their partners are, at all times, while under fire."

The thudding blades of the rotor could be heard overhead as the helicopter came in for the attack. The rattle of its gun firing accompanied the dirt flying through the air and the pounding of metal, as bullets tore into the ground and building.

Rockets were launched from the helicopter, and with a final explosion, the Cobra flew off.

Soon, a call came in from the JFOs that one of their troops had been "injured" in the previous attack, and a line was called in to the choppers for a medical evacuation.

The Huey soon landed, and the "injured" troop was loaded up and evacuated.

Finally, the Cobra crewmembers called in from over the radio, "Threat neutralized."

"The idea of this scenario is to keep the (service members) under constant stress to see if they'll still hit accurate targets," Schwartz said.

Each of the different lanes the participants go through is designed this way so that when they are on the battlefield, they will be better trained to handle the stress of combat.



Staff Sgt. Patrick Mitchell | Courtesy Photo

Air Force Staff Sgt. Michaelson, south tactical lane team leader, pops smoke at Atlantic Strike 10-02, recently, to help simulate a sense of urgency for participants.

1st Bn., 21st Regt., teaches woodland operations

Deployed Forces

Story and Photo by
SPC. ROBERT MICHAEL ENGLAND
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

FORWARD OPERATING BASE WARHORSE, Iraq — Simulated gunshots rang throughout a vast expanse of palm trees and wilted undergrowth.

Iraqi army soldiers, in desert camouflage uniforms, shouted commands to each other, operating as a collective unit as they steadily advanced toward their objective.

An American Soldier, role-playing as the enemy for training purposes, was immobilized from simulated gunshots. After the Iraqi platoon secured the objective, an IA soldier inspected the simulated enemy for anything dangerous or suspicious.

Although the scenario was an exercise, the earnestness and intensity in the IA soldiers' actions demonstrated their commitment to learning.

Soldiers from Company B, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, conducted the series of training operations with their IA counterparts throughout the month of October, here.



Staff Sgt. Anthony Valle, squad leader, Co. B, 1st Bn., 21st Inf. Regt., “Gimlets”, 2nd BCT, 25th ID, supervises IA soldiers during a training exercise at a palm grove in Iraq, Oct. 21.

“We introduced all the guys that would be working with the IA soldiers and then we covered basic weapon orientation with the M-16s, how to break them down, clean them, put them back together and perform function checks,” said Sgt. Christopher Burnham, team leader, Co. B, 1st Bn., 21st Inf. Regt., 2nd BCT. “From there, we went to

zero qualification, teaching them the fundamentals of shooting.”

Once a level of familiarity was established with the weapon, 2nd BCT Soldiers taught IA soldiers maneuvers specific to a woodland environment, through battle drills and constant repetition.

“As with anybody, repetitive training is good, just because it helps to foster muscle memory,” Burnham said. “If they do it over and over and over, it helps to stick with them a lot better.”

Throughout the eight-day training cycle, IA soldiers learned individual movement techniques, buddy-team maneuvers and react-to-contact drills. The cycle culminated in a situational training exercise that required IA platoons to demonstrate proficiency on all course objectives, including movement, maneuver and medical skills in dense vegetation.

“We started them off with individual and buddy-team maneuvers, getting them familiar with how to move with more than one person, (like) while one person is moving, the other person is laying down suppressing fire,” Burnham said. “Then, we moved up to full-fire team maneuvers, then squad and platoon level. ... We ran them through the palm grove, so they could ac-

tually get a feel for how much different it is, rather than inside the city or even a flat, open area.”

Lt. Col. Robert Molinari, commander, 1st Bn., 21st Inf. Regt., 2nd BCT, said confidence in American Soldiers' abilities, to properly train and prepare the IA for complete assumption of responsibility of security operations in the region, is indicative of the relationship between U.S. and Iraqi forces.

“Training is the centerpiece of the future strategic relationship between the Iraqi and U.S. armies,” he said. “It facilitates goodwill, relationships and the exchange of methods and techniques for military operations. Training events and exchanges (like this) allow our militaries to (operate cohesively), truly understand how to bridge cultural differences and achieve combined unity of effort to overcome common security concerns.”

Molinari said the training contributes to security in Iraq and overall stability in the region, when viewed through a wider scope.

“This training assists in transitioning the IA from urban counterinsurgency operations to rural security operations, targeting insurgent sanctuaries,” he said. “The IA continues to push its security focus out to border security and external threats, which is where most armies focus.”

Warriors wear ACUs, tactical vests to compete in Army Ten-Miler



2nd Lt. Sean Meberg (left), 2nd BCT, 25th ID, and Capt. Todd Stanford, 2nd BCT, 25th ID, press forward during the Army Ten-Miler, while in Iraq, Oct. 24.

Team’s goal was to honor fallen comrades, not to finish first

Story and Photo by
SPC. ROBERT MICHAEL ENGLAND
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

FORWARD OPERATING BASE WARHORSE, Iraq — Cool, dry air filled the lungs, filtering oxygen into bloodstreams flowing directly to the thumping hearts of more than 200 anxious, adrenaline-fueled competitors.

Each prepared to embark on a grueling journey that would test their mental toughness, as much as it would challenge their physical endurance.

A voice broke the silence: “On your mark, get set, go!”

In the spirit of U.S. Army tradition, Soldiers and Department of Defense contractors competed together in the Army Ten-Miler, held here, Oct. 24. It was a way for runners to show their support for the Army, build esprit de corps and maintain physical fitness.

This year, for two Soldiers in particular, it also meant something more.

Capt. Todd Stanford and 2nd Lt. Sean Meberg,

both from 2nd Brigade Combat Team, 25th Infantry Division, said their motivation for running the race was a little different than the others — they wanted to make a statement.

While the majority of the participants donned sports attire, Stanford and Meberg ran in their Army combat uniforms and improved outer tactical vest, or IOTV, and they carried their weapons.

“The reason Meberg and I() wanted to run that way is we wanted to honor our fallen comrades, our brothers and sisters in arms, that have died fighting the three campaigns we’ve been in since 9/11,” Stanford said, adding that they also ran in their gear for Soldiers that are currently deployed.

He said it was important to acknowledge that there are things Soldiers have seen and experienced that can be difficult to cope with, but that Soldiers possess an inner strength that helps them press on and complete their missions.

The IOTV protects its wearer in potentially hostile environments and allows Soldiers to conveniently carry and access enabling tools, such as canteens and extra magazines, by attaching them directly to the vest. The vest — coupled with heavy, bulletproof plates, padding and the weight of the accoutrements —

made for a substantial load.

“With our weapons and plates, 200 rounds of ammunition and canteens of water, it was about 50 pounds,” Stanford said. “About once a week, Meberg and I would go out and do IOTV runs,” he added, about training for the race while wearing an IOTV.

“We increased the distance and the time, and about a week before (the race), we did the whole 10 miles in just PTs to see how long it would take to do it that way,” Meberg said.

The goal in most races is to finish first. However, Stanford and Meberg knew they would not be setting a competitive pace. They adjusted their goal accordingly.

“The idea was to finish, not to actually place or win the event,” Stanford said. “We wanted to finish the way we were — and finish strong.”

Although they were nowhere near the front of the pack, they never quit, constantly pushing toward the finish line. In the final minutes of their race, they even managed to pass a few other competitors.

“We passed three people in the last mile, and in the last 200 meters, we sprinted in and passed three more people,” Stanford said. “It just felt pretty good to finish strong, sprint it out and complete it.”

Tactical trainer helps teams relay better aerial directions

Story and Photo by
CURTIS SHINSATO
Battle Combat Training Center

WHEELER ARMY AIRFIELD — A copilot sat in an OH-58 Kiowa helicopter gunship as it zoomed across the desert, recently.

From his seat, Staff Sgt. Chad Church, Apache Troop, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, could hear close-combat attack information, or CCA, exchanged between the requesting ground team and the pilot.

Distance, direction and target description were provided from the ground. Church only needed a few moments to visualize the situation on the ground before his helicopter arrived.

As the pilot searched for the specified white truck parked next to a building, Church spotted two white trucks parked next to a one-story building and another one next to a three-story building.

Church then realized that the ground and air perspective can be very different. What seemed like clear instructions from the ground were unclear from the air.

After confirming which white truck to attack, the aircrew then noticed a hospital and a crowd of civilians boarding a bus nearby. Did the ground

team know of these people?

Undeterred, the pilot changed his vector of attack and avoided collateral damage.

Once the mission was completed, Church thanked the pilot and climbed out of the copilot's seat. His next task was to direct helicopter CCAs from the ground.

Bearing in mind the copilot's perspective he had experienced, he was eager to practice what he had just learned.

Military occupational specialty 19D, or cavalry scouts, don't take joyrides in real Kiowa Warrior helicopters, so the Aviation Combined Arms Tactical Trainer is the ticket for no-cost CAA training, here.

As Chief Warrant Officer 3 Mike Leneave, 25th Combat Aviation Brigade, 25th ID, told his students, the AVCATT is "as close to the real thing as you can get."

According to Church, being in the AVCATT and talking to the pilots "is a real confidence builder for the lower enlisted."

"Where else can you talk on the radio and direct aviation assets on to a target in Afghanistan?" he said.

Units interested in scheduling AVCATT training or other training simulations can contact the Battle Combat Training Center, here, at 655-2689.



Chief Warrant Officer 2 Ryan Norvell (standing), 2nd Sqdn., 6th Cav. Regt., 25th CAB, 25th ID, provides tips on how Soldiers on the ground can clearly communicate with helicopter pilots during a close-combat attack operations simulation in the AVCATT, recently.

65th Eng. Bn. celebrates its 83rd birthday, honors traditions



Pvt. Mathew Chavette (left), combat engineer, 95th Route Clearance Company, 65th Eng. Bn., 130th Eng. Bde., 8th TSC, and the youngest Soldier in the battalion; Lt. Col. Koprowski (middle), commander, 130th Eng. Bde., 8th TSC; and Phillip Kham, World War II veteran and guest speaker, cut the battalion's birthday cake, celebrating 83 years of service to the Army, Oct. 29.

Story and Photo by
1ST LT. BRIGIDA SANCHEZ
65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — The Soldiers of the 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, took great pride in celebrating the unit's 83rd birthday, here, recently.

The U.S. Army created the 65th Engineer Bn., Oct. 18, 1927, and the organization has served the Army with great audacity on numerous occasions.

The battalion placed a Meritorious Unit Citation streamer for Iraqi Sovereignty on its guidon, held three re-enlistments, one promotion and, of course, a cake-cutting ceremony with the youngest member of the battalion and the guest speaker, a former 65th Eng. Bn. Soldier.

The speaker, Philip Kham, was born and raised here in Hawaii. He was part of the second draft that took place, March 24, 1941, when he served as an Army combat engineer.

"We were drafted into the Army as Reserve Soldiers," he said. "We did everything right here on the island, including basic training."

When the Japanese attacked Pearl Harbor, he was told to report to Schofield Barracks.

"I remember driving in my little car and doing my best to avoid the shrapnel from the bombs, and it was after that day that we were activated," Kham said.

The 91-year-old said he has so much respect for today's Soldiers.

"These young men and women are fighting a different war," he said. "When I was in the Army, everyone supported the war 100 percent. It's (harder) when you don't have that support."

Soldiers spoke with the veteran and learned what it was like to be a Soldier during World War II, in the Pacific Theater.

"It seemed to be a lot different back then; the whole structure of the Army was different," said Spc. Garrett Staurber, combat engineer, 65th Eng. Bn., 130th Eng. Bde.

For many Soldiers participating in the event, the placement of the streamer and the review of the battalion's history brought great honor.

"The ceremony was emotionally charged, the historical remembrance was intriguing and it gave the battalion a sense of pride," said 1st Lt. Christopher Gensler, operations officer, 65th Eng. Bn., 130th Eng. Bde.

The 65th Eng. Bn. paid homage to its 83 years of service to the Army and re-enlisted Spc. Kevin Robinson, Spc. Gregory Vineyard and Spc. Anthony Stine, all combat engineers from the 95th Engineer Route Clearance Company, 65th Eng. Bn., 130th Eng. Bde.

The birthday celebration commemorated the unit's past, which formed the foundation that the 65th Eng. Bn. can continue to build on for a stronger future.



Native American Indian heritage contributes to warrior ethos, tasks

PFC. MARCUS FICHTL
8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – Hundreds of thousands of Native Americans have served in the armed forces from the early days of the Revolutionary War to today.

The many cultures that make up the Native American landscape have helped shaped our nation’s history, from the pilgrims at Plymouth Rock to using the Native American language as a weapon in World War I and II.

Native Americans have shaped an identity for themselves and the nation.

Locally, Cpl. Hershel Bedonie, 39th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th TSC, has helped etch out his identity inside the U.S. Army.

At times, growing up on a Navajo reservation in Arizona wasn’t easy for Bedonie and his family. With no running water and no vehicle, Bedonie understood nothing is free.

In 2005, he enlisted into the Army to pay his own way into college. Though he was leaving one hardship for another – basic training – the transition was something his heritage taught him to cherish.

“Never let the sun catch you while you’re asleep,” Bedonie said. “In Navajo culture, you greet the sun every morning and see it off every night. While others were having trouble waking up and running before the sun came up, it was like being back home for me.”

Now the supply noncommissioned officer for the 39th MP Det., Bedonie runs his shop with the warrior spirit of his ancestors and instills a sense of resolve and pride on the Soldiers under his command.

“I teach my Soldiers (to) run a shop like it’s (theirs),” Bedonie said.

For Bedonie, Soldiers with Native American heritage need to follow in the footsteps of their warrior ancestors’ spirit and military ethos.

“The pride of knowing my language was a weapon, as much as bombs were, instills a sense of pride in my heritage,” Bedonie said. “Native American Soldiers need to understand their ancestors taught them to think on their own two feet, be a warrior, lead by example and share knowledge with those around you.”

Army honors American Indian Heritage Month

President George H. W. Bush declared the month of November as National American Indian Heritage Month, Aug. 3, 1990. The bill read that “the president has authorized and requested to call upon federal, state and local governments, groups and organizations and the people of the U.S., to observe such month with appropriate programs, ceremonies and activities.”

Since then, presidents have reiterated that proclamation each year.

“Since the birth of America, (American Indians and Alaska natives) have contributed immeasurably to our country and our heritage, distinguishing themselves as scholars, artists, entrepreneurs and leaders in all aspects of our society,” said President Barack Obama, recently. “Native Americans have also served in the U.S. armed forces with honor and distinction, defending the security of our nation with their lives.”

American Indians and Alaska natives have served in conflicts from the Civil War to today’s current conflicts, and they have made lasting contributions to wartime efforts.

(Editor’s Note: Information was compiled from the Army’s Office of the Chief of Public Affairs.)

Sergeant awarded prestigious honor

Signal support systems specialist named as first-ever USARPAC EOL of the Year

CAPT. CHRISTOPHER REN
84th Engineer Battalion, 130th Engineer Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – Sgt. Candice Wyant, signal support systems specialist and the equal opportunity leader for the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, was named the first-ever U.S. Army-Pacific Equal Opportunity Leader of the Year, during a ceremony on Hamilton Field, here, Oct. 29.

The USARPAC EOL of the Year Award recognizes EOLs who have distinguished themselves through contributions to human relations and equal opportunity.

Wyant competed against other unit EOLs throughout USARPAC, including Alaska and Japan.

“Being an EOL has been a life-changing experience for me,” Wyant said. “I have learned so much from all my peers, and I am so happy that I was given the opportunity to help our Soldiers and educate them on all the different areas of the program.

“It is a great feeling when (service members come) to you, to thank you for helping them get through difficult situations in their life,” she said. “It has truly been a rewarding experience that I will cherish.”

As the battalion EOL, it’s Wyant’s job to ensure fair treatment is provided for military personnel and family members without regard to race, color, gender, religion and national origin, and to provide an environment free of unlawful discrimination and offensive behavior.

The 130th Eng. Bde. recognized Wyant for her professional and intricate ethnic observance boards that encouraged cultural awareness and diversity education throughout her battalion.

“Professional and knowledgeable EOLs like Sgt. Wyant assist their commanders in optimizing (the unit’s) combat readiness by promoting human dignity and equal opportunity through education, cultural awareness and diversity,” said Master Sgt. Erika Gordon, 130th Eng. Bde. EO advisor. “Without competent EOLs like her, the



Sgt. 1st Class David Wheeler | 8th TSC PAO

Col. Jeffery Milhorn (left), commander, 130th Eng. Bde., 8th TSC, awards Sgt. Candice Wyant, signal support systems specialist and equal opportunity leader, 84th Eng. Bn., 130th Eng. Bde., with a plaque for being the USARPAC EOL of the Year, at Schofield Barracks’ Hamilton Field, Oct. 29.

Army’s EO program would not live up to its full potential.”

Wyant was a key member and was greatly involved in planning the Asian-Pacific Islander Heritage Month in May and the Hispanic Heritage Month in September. She also took great initiative to highlight ethnicities and cultures not recognized by an official Department of Defense observance day.

“Sgt. Wyant is an example of what a young, motivated noncommissioned officer with a vision can accomplish,” said Lt. Col. Jerry Farnsworth, commander, 84th Eng. Bn., 130th Eng. Bde. “The energy and positive attitude that Sgt. Wyant brought to work every day, drove her company EOLs to ensure that their programs and training were always to the highest standards.”

The ceremony highlighted not only Wyant’s accomplishments as an EOL, but also was an opportunity to bid her and her husband, Sgt. Thomas Wyant, also of the 84th Eng. Bn., 130th Eng. Bde., farewell as they depart for their next duty station.



Staff Sgt. Tim Burton, reservist with the 322nd Civil Affairs Battalion, attached to the 1st Infantry Division, has appeared as an extra on the television show “Lost” for the last three seasons, before the season finale. Burton also works as an official NFL photographer, and he has traveled to approximately 20 different countries.

Hawaiian NCO reservist, resident lives out his dream

Story and Photo by
SGT. RAYMOND QUINTANILLA
305th Mobile Public Affairs Detachment

BASRA, Iraq – A small-scale television star, a professional freelance photographer and a civil affairs noncommissioned officer with U.S. Division-South, Staff Sgt. Tim Burton is a many-faceted individual. Burton is a Mililani resident, and he is a reservist with the 322nd Civil Affairs Battalion, attached to the 1st Infantry Division, here, as the Commanders Emergency Response Program noncommissioned officer in charge.

Burton proudly serves in the Army with 19 years under his belt, and although his current assignment isn’t nearly as glamorous as was hanging out on the set of “Lost,” he considers it just as fulfilling.

Burton spends at least 12 hours a day, seven days a week, helping U.S. units in southern Iraq with paperwork needed to complete essential construction and development projects for the Iraqi people.

“Being an extra on “Lost” was just living another chapter of my life,” Burton said. “What I’m doing now – serving my country, being a photographer, traveling, living adventurously – has always been my purpose in life, second to family.”

The former air defense artillery Soldier said he never had any interest in pursuing acting. He just stumbled on the

job as an extra while doing some photography work for a modeling and acting agency.

Burton, who settled in Hawaii more than 20 years ago, had appeared as an extra on the television show “Lost” for the last three seasons, before the season finale.

“Everything has been a stepping stone,” Burton said. “By photographing celebrities for the mayor of Honolulu, it led to bigger assignments, eventually for an agency with a leading client such as ‘Lost.’ “I thought it would be fun and interesting,” he said. “It’s been an adventure (since then).”

As humble as they come, Burton also works as an official NFL photographer, and he has traveled to approximately 20 different countries. In his travels, he has also photographed Bob Hope, John Denver, Jackie Chan and Jennifer Love Hewitt.

As if his plate were not full enough, Burton chose to work part-time for Hawaiian Airlines, which complements his travel photography.

During one active duty period, Burton was also part of a team attempting to make it into the Guinness Book of World Records, by executing push-ups for 24 hours.

“We were on the news, published in ‘Muscle & Fitness’ magazine and got a great experience from the whole thing,” Burton said. “I can’t remember the exact number of push-ups we did, but it was shy of 10,000.”

Parade: Veterans are not forgotten

CONTINUED FROM A-2

their lives to serve.”

One such Soldier honored this year was Pfc. Herbert Pililaau, a Waianae hero and the first Hawaiian Medal of Honor recipient.

Seventy-nine Pililaau family members of all ages participated in the parade, riding in a replica of the T-AKR304, USNS Pililaau, a naval ship named after the Soldier.

The Waianae Army Recreation Center and the training range at Makua Military Reservation are also named in his memory.

“Being here, being honored, feels good,” said Robert Pililaau, 72, the youngest surviving brother of Pililaau.

“It would be nice to (have him) here,” he said, as he stood next to a large photo of his brother, with a ci-

tation describing his gallantry and courageous actions in Korea, Sept. 17, 1951.

The bulk of the procession consisted of 765 cadets from 15 JROTC units from surrounding high schools. The cadets polished their steps along the route, in preparation for the annual JROTC drill meet that followed immediately after the parade.

U.S. Rep. Colleen Hanabusa, served as the parade grand marshal and stressed that the main message of the day was to “never forget” those who serve or have served. Local elected officials, state Rep. Karen Awana and state Rep. Maile Shimabukuro also participated in the parade recognizing the “amazing effort” of the community.

The parade ended with a Hoolaulea, or Hawaiian party, which featured local crafts, food booths, vendors, live music and entertainment.



Members of Pfc. Herbert Pililaau ohana, a Waianae hero and the first Hawaiian Medal of Honor recipient, proudly ride in the USNS Pililaau parade float. The Pililaau ohana was honored during the 2010 WMCAC's Veterans Day Parade, Saturday.

News Briefs

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

Today
Holiday Schedule – The Directorate of Emergency Services Installation’s Access Pass Office and the Vehicle Registration Office at Fort Shafter and Schofield Barracks will be closed for holidays and administrative duty days:

•IAP Office, Leilehua Golf Course, Schofield Barracks will be closed Nov. 12, 25 and 26, and Dec 24 and 31.

The IAP will also operate on a half-day schedule Dec. 23 and 30,

7:30-11:30 a.m.

•The Schofield Barracks and Fort Shafter Vehicle Registration offices will be closed Nov. 12, 25 and 26, and Dec. 24 and 31.

Vehicle Registration offices will operate on a half-day schedule Dec. 23 and 30, 7:30-11:30 a.m. Call 656-6750.

15 / Monday
USAG-HI Recycles – America Recycles Day is Nov. 15, 9 a.m.-2 p.m., Kaena Community Center, Schofield Barracks. For a complete list of items that will be accepted, visit www.garrison.hawaii.army.mil, click on “Post Information,” then “Post Events.” Call 656-5411.

23 / Tuesday
Hawaii Army Industry Day – Visit www.hiarmyindustryday.eventbrite.com to purchase tickets for Hawaii Army Industry Day, Nov. 23, 8 a.m.-2 p.m., at the Hale Ikena, Fort Shafter. Ticket sales end Nov.

18. This event is co-hosted by the U.S. Army Corps of Engineers, Army Expeditionary Contracting Command and Hawaii Minority Business Development Center.

Native American Heritage Observance – A Native American Heritage Observance is Nov. 23, 10 a.m., Sgt. Smith Theater, Schofield Barracks. Sponsored by Team EEO Hawaii and the 130th Engineer Brigade, 8th Theater Sustainment Command, the event will feature Billy Mills, Olympic gold medalist, the second Native American ever to win an Olympic gold medal.

Ongoing

Lyman Road Closures – Lyman Road, Schofield Barracks, will be repaved from Dec. 20-Feb. 1,

SEE NEWS BRIEFS, A-9

Firefighters: Hawaii’s climate zones require a specialized team

CONTINUED FROM A-1

home to plants and animals found nowhere else in the world. Combining these truths with the fact that Hawaii has 11 of the world’s 13 climate zones, including tropics, deserts and alpin

The Army’s concern isn’t focused only on the protection of land and property. Equal consideration is provided to the protection of the state’s endangered plant and animal species.

“In addition to native plant destruction, wildfires also cause soil erosion, which can then lead to soil runoff into the ocean, killing seaweed and fish that local populations rely on for food and cultural practices,” said Michelle Mansker, USAG-HI’s Natural Resource Program manager. “Knowing that we have a wildland fire crew on island, with the unique expertise for fighting fires in such varied and difficult terrain, certainly gives me a better sense of comfort as we work to preserve Hawaii’s treasured natural resources.”

Besides undergoing standard firefighting training programs, wildland fire crews also complete an additional three-to-six-month extensive training program with the Bureau of Land Man-



USAG-HI wildland firefighters initiated a controlled burn at the James Campbell National Wildlife Refuge on North Oahu, Sept. 13. The purpose was to remove potential fuel sources that could lead to future uncontrollable wild fires.

agement and Forest Service, to learn the tools of the trade that will eventually qualify them to work as a wildland firefighter. Additional training gives them the experience to make sound

tactical decisions on the fire line and conduct specialized tactics during wildland fire incidents, such as advanced firefighting operations, firebreak construction and mobile attacks involving helicopter support.

“Our crew has extensive experience fighting massive wildfires on federal lands throughout the U.S.,” Yamasaki said. “They’ve worked the wilderness of the Pacific Northwest, the swamps of the Florida Everglades and the mountains of Appalachia. Fighting fires in each of these places calls for different firefighting approaches, skills and talents, and we are fortunate to have all of this experience working for us in Hawaii.

“Being a wildland firefighter is a very fulfilling job, but each firefighter has their own particular reason for wanting to do it,” Yamasaki said. “It’s the feeling of accomplishment at the end of the day (for me): two miles of fire line cut by the crew, the majority of the fire mopped up and 15 hazard trees cut down.

“For others, it’s the feeling of being part of a team, something larger, and cohesion that develops after repeatedly working long days (and) conducting high-risk operations in difficult conditions,” he added. “That’s what keeps them coming back to work every day.”

BOSS: Safety affects mission, community

CONTINUED FROM A-1

Each presentation has a theme that identifies off-duty facets of life away from home.

“The USACR/SC has classified safety violators into four categories: the lone wolf, the thrill seeker, the club hopper and the motor vehicle enthusiast,” Colson said. “Each of these has their own characteristics in the type of risk they encounter.”

While each PowerPoint slide in the presentation is heavy with facts, it is also laced with tidbits that encourage audience participation. For instance, in the club hopper, the audience is asked, “Do you know someone who has firsthand information on every happy hour within a 50-mile radius,” or “...who has a Jack and Coke poured for him as soon as the bartender sees him walk in?”

Then a professional comedian will come on to illustrate just how the affects of alcohol or other drugs affect behavior and the outcome.

“This is a way for the BOSS program to make sure they are helping do their part in maintaining a high standard of (quality of life) for all of our Soldiers,” Colson said. “If there is an injury or a death resulting from a safety violation, it not only affects the mission at hand with one less Soldiers, but it also affects every Soldier within his or her Army community.”

“Thank you for what you do, every day, for our band of brothers and sisters, and remember to think safety always.” Eyer said.

News Briefs

CONTINUED FROM A-8

2011. All work will be done in the evenings. Lyman Road will be drivable from 5 a.m.-6 p.m., daily. During the nightly closures, Foote Gate will serve as the visitor control center.

Access to Duck Road in the evenings will be limited. Motorists are urged to take appropriate steps to limit traffic during that period.

Education Study – Parents or youth between 10-18 years of age are eligible to fill out the Military Child in Hawaii Longitudinal Study. Youths who complete the survey are eligible to win iTunes cards, MP3 players and a flat-screen TV. The study is located at www.hawaiikids.org.

Sponsored by U.S. Pacific Command, in partnership with Johns Hopkins University, the study examines attitudes of military families in Hawaii regarding educating their children in public, private or homeschools.

OCS Board Schedule – Officer Candidate School application packets are due no later than Nov. 30 to the Military Personnel Division, Directorate of Human Resources, for the Dec. 14 board.

The next local board is set for May 18, 2011; deadline for packets is May 4.

Call 655-4511 for an appointment or samples of OCS application packets.

Employer Support Freedom Award – The nomination season for the 2011 Secretary of Defense Employer Support Freedom Award is open through Jan. 17, 2011, at www.FreedomAward.mil.

National Guard and Reserve service members and their families are encouraged to nominate employers who have provided exceptional support of military employees above federal law requirements.

Military Decals – All drivers who live on, work on or frequently use Army installations need to register their vehicles at an Army Vehicle Registration Office for an official military vehicle decal. Vehicles without a decal will be routed to a visitor control center for a temporary pass. Call 656-5398, 655-9496 or 438-2230.

Veterans Affairs – The Veterans Affairs Pacific Islands Health Care System Operation Enduring Freedom and Operation Iraqi Freedom Program assists service members planning to transition out of the military. The office is located in the Soldier Family Assistance Center, Building 692, across from the Schofield Health Clinic. Call 433-7838.

A VA health care representative is available Thursdays and Fridays, 8 a.m.-5 p.m., to answer questions about VA health care information and to assist OEF/OIF veterans with referrals and VA disability claims.

Deployment Books and Audio books – The Sgt. Yano Library on Schofield Barracks will issue paperback books and Playaway preloaded digital audio book kits to deploying units. Call 655-9143.

Rosetta Stone Languages – Military versions of Dari, Pashto, Urdu, Arabic (Iraq), Swahili and Bahasa Indonesia have been added to Rosetta Stone, which is an on-demand foreign language training resource available at no cost to all active Army, National Guard, Reserve and Army civilian personnel worldwide, through Army e-Learning.

Log onto www.us.army.mil, click on “Self Service,” “My Education,” then “Army e-Learning.” Users must have an AKO account.

Family Strong Series – Army Community Service, Tripler Army Medical Center and the chaplains have teamed up to form the Family Strong Series, to address challenges at all stages of deployment. To view available classes and workshops, visit www.mwrarmyhawaii.com.



Tobacco Cessation

TAMC helps smokers quit

VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS — Tobacco use in the Army is a high-profile issue and has a direct impact upon a Soldier's ability to accomplish the mission.

According to the U.S. Army Public Health Command (Provisional) website, the short-term impacts of tobacco use on readiness include increased numbers of sick call visits and increased incidents of cold weather and training injuries.

In addition, well-known long-term health hazards include reduced lung capacity, reduced fine-motor coordination, slower wound healing and decreased stamina.

"Tobacco use is the single most preventable cause of death in the U.S.," said Michael Kellar, chief, Behavioral Medicine Service, Department of Psychology, Tripler Army Medical Center, and director of TAMC's Tobacco Cessation Program, which provides comprehensive outpatient treatment for those wishing to stop smoking or using smokeless tobacco.

"We meet as a group, weekly, for an hour," Kellar said. "These sessions discuss the physical, social and habit aspects of tobacco cessation."

"In addition to the lifestyle and behavioral strategies," he continued, "we integrate either nicotine replacement or oral medication into our program, to help with the physical discomfort associated with stopping smoking or dipping."

After a preliminary health screening and orientation, the group meets for 10 weeks. Then, after completing the program, patients can request biweekly follow-on care for an additional 12 weeks.

The program has psychologists who specialize in behavioral medicine and health psychology, primary care physicians, psychology interns and fellows, and paraprofessionals who assist the team.

TAMC offers classes on Tuesdays, Wednesdays and Thursdays. The Schofield Barracks

Acute Care Clinic holds classes Tuesdays, and can export its program to other installations.

"(More than) 400,000 Americans die of tobacco-related causes each year, and it is estimated that (more than) \$165 billion is spent on associated health-related costs," Kellar said. "Unfortunately, tobacco use rates are higher in the military than they are among civilians. The Department of Defense spends approximately \$130 million in training for those who will replace service members prematurely discharged for tobacco-related health conditions."

DoD has been attacking smoking for several decades, Kellar said, adding that as far back as 1995, DoD has spent \$584 million in related health care costs and \$346 million in lost productivity for those who used tobacco.

"In 1975, cigarettes were no longer included in K-rations and C-rations," he said. "In 1984, smoking was banned in basic training. Smoking was banned in certain DoD workspaces in 1994. Then, in 2001, DoD regulated tobacco prices to be within 5 percent of the local economy."

Research shows that 50 percent of those who stopped smoking before joining the military, resumed after entering service. Kellar added that deployments are often associated with starting smoking or relapsing for those who have previously quit. This association is even stronger for those who have been deployed multiple times and been exposed to combat.

These facts present some readiness challenges. For example, service members who use tobacco tend to have lower fitness levels, decreased night vision, slower healing capacity and greater risk for physical injury.

"A study, a few years ago, found that the more someone smoked, the higher their risk of dying from an injury,"

Kellar said. "In addition to the health consequences, at an average cost of \$8.39 per pack in Hawaii, cigarette smoking is also very costly."

Great American Smokeout helps population live longer

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX — On average, smokers die 13 to 14 years sooner than non-smokers, according to the Centers for Disease Control and Prevention.

Since about 20 percent of the U.S. population smokes, that means almost a fifth of the country could live at least a full decade longer.

With the Great American Smokeout just around the corner, Nov. 18, now is a great time to talk about the benefits of quitting tobacco.

As part of that discussion, TriWest has posted a question on its Facebook page: "What do you think makes a good quitter?"

Individuals have already begun sharing their fears, frustrations and successes.

More than 1,000 people die every day in the U.S. from tobacco-caused diseases that could have been prevented, according to the American Lung Association.



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Available resources

- To enroll in TAMC's Smoking Cessation Program, call 433-6060 or ask a health care provider for a consult.
- Soldiers can find support at the DoD smoking cessation website at www.ucanquit2.org.
- Eligible Tricare beneficiaries can chat with a coach at (866) 244-6870.
- Visit the National Cancer Institute to chat live at <https://cissecure.nci.nih.gov/livehelp/welcome.asp>.
- Visit the federal government's one-stop shop, www.smokefree.gov.
- Call the Hawaii Tobacco Quitline at (800) QUIT-NOW (784-8669) or visit www.clearthesmoke.org. Coaches are available seven days a week, 3 a.m.-9 p.m.
- Visit www.facebook.com/triwest to get and share tips about what makes a good quitter.

DoD encourages Soldiers to become smoke free

DEPARTMENT OF DEFENSE
News Release

FALLS CHURCH, Va. — Soldiers who want to stop smoking can take a 24-hour break from their habit, Nov. 18, during the Great American Smokeout.

"Every day, our military men and women train hard, so they are well prepared when duty calls," said Cmdr. Aileen Buckler, U.S. Public Health Service officer and chairman of the

Department of Defense Alcohol and Tobacco Advisory Committee. "Now we are urging them to prepare for another important mission, the Great American Smokeout, also known as GASO."

GASO is the American Cancer Society's nationally recognized day that urges smokers to take the first steps to quitting for a lifetime.

"It's the perfect opportunity to help smokers begin the process of quitting and (to) work towards becoming tobacco-free, once and for all," Buckler said.

Soldiers can find help at DoD's tobacco cessation campaign website and through Tricare resources.

The website includes a special GASO section, featuring an online pledge for Soldiers to publicly announce their intent to stop smoking for the day. Family and friends can also send e-cards of encouragement. "Using the re-

sources on this very comprehensive website is a great way to prepare for GASO and help ensure a successful smoke-free operation," Buckler said.

The website features Train2Quit, an online support system that uses interactive components such as quit tools, self-assessment questionnaires, quizzes and other activities.

Soldiers can create a customizable quit plan with a calendar to track progress, and they can earn how to beat cravings, overcome weight gain and cope with the effects of nicotine withdrawal.

A savings calculator provides motivation and shows how much extra cash is saved and accumulated over time. Personal quit coaches, available seven days a week, 24 hours a day, also answer questions about quitting smoking and how to stay tobacco free.

Blogs for peer support and social networking links to Twitter, Facebook and YouTube are also available. Users can sign up to receive quit tips via text messages, and the site provides medication information, news articles, podcasts, RSS feeds, special monthly features and more.





Laura Bratcher | Directorate of Family and Morale, Welfare and Recreation

Keep on TRYing

PILILAAU ARMY RECREATION CENTER — Competitors tackle the Pililaau Army Recreation Center’s Pokai TRY 2, Oct. 30. The event consisted of a 1,000 meter swim, 1,000 meter run and 1,000 meter paddle race.



Today
Hawaiian Food Workshops — RSVP now for the free Hawaiian food workshops at the Sgt. Yano Library, Schofield, Nov. 16, and at Aliamanu Military Reservation Library, Nov. 17. Times for both events are 5:30-7 p.m. E-mail nhliaison@gmail.com or call 655-9694 .

Family Fun Friday — Enjoy great, friendly fun at Family Fun Friday, 6-9 p.m. Free pizza is served on a first-come, first-served basis. Call 655-5797 or visit www.mwrarmyhawaii.com.

Snowman Cookie Plate — Create a cookie plate at the Schofield Barracks Arts and Crafts Center, Nov.12, 9 a.m.-2 p.m. The \$25 cost includes supplies. Call 655-4202.

13 / Saturday
Discover Scuba — Experience scuba for free, Nov. 13, 2-4 p.m. Learn about scuba diving and certification. Class is held in a controlled, pool environment. Call 655-0143.

15 / Monday
Hula Classes — Learn hula at free

classes sponsored by the Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii. Soldiers and families can participate in the classes, Mondays, at Kalakaua Community Center, Schofield Barracks.

A beginners’ class starts at 6 p.m.; an advanced class begins at 7 p.m. Classes feature the different types of hula and fundamentals of hula steps, movement and posture. E-mail nhliaison@gmail.com or call 655-9694.

16 / Tuesday
Open Stage Night Show — Show off you talent and enjoy an evening of food and drink specials on Tasty Tuesday, Nov. 16, at the Tropics on Schofield Barracks. Call 655-5698.

18 / Thursday
Military Family Appreciation Month Events —The Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii, has planned the following events:

- Families can create a Thanksgiving apple turkey, Nov. 18, 6-8 p.m., at the Hale Ikena, Fort Shafter.
- The Schofield Barracks Health and Fitness Center will host an open house, Nov. 19, 4-8 p.m. Health assessments and professionals will be available. Call 655-9650.
- Tropics Recreation Center will host a Harry Potter-themed Family Fun Friday, Nov. 19, 6-9 p.m. Visit www.mwrarmyhawaii.com for more information.

Teen Theatre Thursday — Learn the basics of stage acting in the ongoing theater program for teens ages 12 and up, Nov. 18. Meetings are held the first and third Thursdays of the month at Sgt. Yano Library, Schofield Barracks, from 4-5:30 p.m.

Learn stage presence, acting skills, improvisation techniques and the varying types of theater techniques. Call 655-8002. Walk-ins are welcome.

Federal Jobs — “Ten Steps to a Federal Job” will be held Nov. 18 and 19, 9-10:30 a.m., at Army Community Service, Schofield Barracks. Registered guests have priority seating. Call 655-4227.

25 / Thursday
Civilian Resumes — A civilian resume writing class will be held Nov. 25, 9-10:30 a.m., at the Schofield Barracks Army Community Service. Registration is not required. Call 655-4227.

29 / Monday
Christmas Softball Tournament — Deadline for applications is Nov. 29 for the Christmas Softball Tournament scheduled Dec. 13-17. Turn in applications at the Fort Shafter Physical Fitness Center or the Schofield Barracks Sports Office. Call 655-0856.

Ongoing
All Army Sports — Applications

are being accepted through Dec. 1 for the following sports: men’s and women’s boxing, men’s and women’s basketball, men’s and women’s triathlon, and men’s and women’s cross-country. Call 655-9914.

Blue Star Card — After your Soldier returns from deployment (not including rest and recuperation) your Blue Star Card is no longer valid for Blue Star Card special events and discounts. The only benefits that do extend for 90 days after redeployment are the 16 free hours of child care and the 20-percent off for full-time/part-time care. E-mail sarah.chadwick@us.army.mil or call 655-0002.

Auto Skills Center — Need more storage room? Rent storage sheds from either the Fort Shafter or Schofield Barracks Auto Skills Center. Two sizes are available to choose from: metal 8x6x5 (\$50) or plastic 8x6x6 (\$60) per month.

For more information and pricing, call the Schofield Barracks Auto Skills, 655-9368, or Fort Shafter Auto Skills, 438-9402.

Picture Framing — Make that photo to memory even more special with customized framing at the Schofield Barracks Arts and Crafts Center. One session is only \$45 and includes instruction and materials. Framing is available daily from 9 a.m.-12 p.m. Call 655-4202 to register.

All monetary and canned good donations will go to the Hawaii Food Bank. Call 833-0920.

Working Dog Competition — The public is invited to attend 2010 Hawaiian Islands Working Dog Competition that will be held Nov. 19, 8 a.m., Stoneman Field, Schofield Barracks. Call Sgt. 1st Class Michael McPeak at 655-0773.

20 / Saturday
Retreat at Benedictine Monastery — The MCCW-Hawaii is hosting a retreat at the Benedictine Monastery in Waialua, Nov. 20, 9-2 p.m. The topic is “Living a Virtuous Life in a Non-Virtuous World.”

The retreat is free, but attendees must register first. Child care is available at the Child Development Center, Schofield Barracks; registration with Child, Youth and School Services is required. To register for the retreat, e-mail Katie Hanna at mccwhawaii@yahoo.com or call 744-1285. Spouses are welcome.

“Just Jazz” — Purchase tickets now for the “Just Jazz” competition, Blaisdell Concert Hall, Nov. 20, 6 p.m. Tickets for this USO event are \$30 and can be purchased at the Blaisdell Box Office, Ticketmaster and all Walmarts. Visit <http://affiliates.uso.org/hawaii>, or call 422-1213 or 591-2211.

22 / Monday
FRG Town Hall Meeting — The 130th Engineer Brigade, 8th Theater Sustainment Command, is hosting a family readiness group town hall meeting, Nov. 22, 6-7:30 p.m., Sgt. Smith Theater, Schofield Barracks. All Soldiers, family members and the public are invited. Door prizes will be awarded. Call 221-9753.



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
•Tuesday & Thursday, 8:30 a.m. at AMR
•Saturday, 5 p.m. at TAMC and WAAF chapels
•Sunday services:
- 8:30 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

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

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•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

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

Protestant Worship
•Sunday Services
-9 a.m. at FD, FS, MPC and TAMC chapels
-9 a.m. at WAAF chapel, Lutheran/Episcopalian
-10 a.m. at HMR
-10:30 a.m. at AMR



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

Easy A
(PG-13)
Fri., Nov. 12, 7 p.m.
Wed., Nov. 17, 7 p.m.

The Legend Of The Guardians: The Owls Of Ga'Hoole
(PG)
Sat., Nov. 13, 4 p.m.



Wall Street: Money Never Sleeps
(PG-13)
Sat., Nov. 13, 7 p.m.
Thurs., Nov. 18, 7 p.m.

Studio appreciation advance free screening
PG-13
Sun., Nov. 14, 3 p.m.
All tickets available at the Schofield Barracks Main Post Exchange food court. Seating open to non-ticket holders 30 minutes prior to showtime.

No shows on Mondays or Tuesdays.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today
“Hawaii Army Weekly” Survey — What is the best way we can reach our military community? Is the HAW your main source for what’s going on? Do you use Facebook or Twitter?

Let the U.S. Army Garrison-Hawaii Public Affairs Office know what you think and take our quick HAW survey online through Nov. 26. Visit www.garrison.hawaii.army.mil and click on the survey link.

Look for our mobile survey crew as we go out and about to get your opinion. For more information, call USAG-HI PAO at 656-3153 or Customer Management Services at 655-9033.

Holiday Donation Drive — The 25th Transportation Company, 45th Sustainment Brigade, 8th Theater Sustainment Command, is sponsoring a holiday donation drive. Collection boxes are located outside of Bldg. 892, Schofield Barracks, until Nov. 22.

Items needed include new or gently used clothing, toys and canned food items. All undergarments and socks must be new. All donations will go to the Foster Family Program Of Hawaii. Call Keri Lipe at (910) 257-0045.

Turkey Trot — Register now for the 13th annual, two-lap 10K Turkey Trot at Marine Corps Base Hawaii, Kaneohe Bay. The race will start and finish by Pop Warner Football field.

Entry fee, which includes a T-shirt, is \$20 for all participants and \$90 for six-man formations. Online registration at www.mccshawaii.com/cgfit/htm closes Nov. 17, 4:30 p.m.

Packet pickup is Nov. 19, 9 a.m.-4 p.m., at the Semper Fit Center.

Families can participate in a free family fun run at the track starting around 8 a.m. Advance registration for the fun run is not required.

13 / Saturday
Wounded Warrior Project Fundraiser — An Air Soft Tournament Team Competition, hosted by Air Soft Warriors Hawaii, is set for Nov. 13-14, 8 a.m-3 p.m., at the military operations on urban terrain training area, Schofield Barracks. Cost is \$25 and includes a T-shirt. The event will raise funds for the Wounded Warrior Project.

E-mail shauneriktoy@aol.com to receive a registration form or go to www.airsoftwarriors.org. Personnel will need a DoD sticker and ID card to access Schofield Barracks.

Patriot Run/Walk — A Patriot Run/Walk is scheduled Nov. 13, 8 a.m., at the Waterfront at Puuloa. All proceeds will benefit the U.S. Vets Initiative in Kalaeloa for homeless veterans.

Late race entries will be accepted on race morning. Visit www.patriotrunhawaii.com.

Gifts for Wounded Warriors — Shoppers at Windward Mall can donate holiday gift items to wounded warriors and their families, Nov. 13, 10 a.m.-4 p.m.

Cosponsored by USO-Hawaii and Windward Mall, this event will be hosted by comedian Frank DeLima.

The one-day targeted appeal for wounded warriors consists of gathering gift items that shoppers purchase

at Windward Mall. Call 422-1213 or e-mail btroegner@uso.org.

17 / Wednesday
New Running Club — All levels of runners and walkers are invited to join the new, free Hawaii Running Project Wednesday Run Club at Schofield Barracks.

The club meets Wednesdays, 5 p.m., Bowman Field, at the end of Lyman Road. The club runs loops around the base of Kolekole Pass; workouts can be customized from 2 to 8 miles. Go green and bring your own water bottle. E-mail mary.siegel@amedd.army.mil or call 655-9123.

Military Council of Catholic Women-Hawaii — The MCCW-Hawaii will host guest speaker Sister Lyn, from Pauline Books and Media, Nov. 17, at the Main Post Chapel, Schofield Barracks.

Mass is at 9 a.m., followed by fellowship and the speaker. Contact Katie Hanna at mccwhawaii@yahoo.com.

Club Beyond — Middle school and high school youth in grades 6-12 are invited to participate in the Club Beyond youth ministry group.

The group meets Wednesdays, 6-7:30 p.m., at the Main Post Chapel, Schofield Barracks, and Tuesdays, 6-7:30 p.m., at the Aliamanu Military Reservation Community Center. Free dinners are available 30 minutes prior to the meeting. E-mail kschmidt@clubbeyond.org or call 372-1567.

19 / Friday
Teen Dance — Teens in grades 6-12 are invited to the AMR Teen Dance, Nov. 19, 6:30-9:30 p.m., Aliamanu Military Reservation gym. Admission is \$5 or \$4 with the donation of a canned good.



Solomon celebrates ‘Tree City’



Courtesy of Island Palm Communities

With shovels in hand, students from Solomon Elementary School’s fifth-grade class help plant trees native to Hawaii at the Kaena Community Center, Schofield Barracks, Friday, in celebration of Arbor Day.

Elementary students help IPC meet qualifications for status

ISLAND PALM COMMUNITIES

News Release

SCHOFIELD BARRACKS – More than 100 students from Solomon Elementary School joined Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, and representatives from Island Palm Communities, here, Oct. 5, to celebrate Schofield Barracks’ designation as a Tree City USA.

“Earning Tree City USA status is a great achievement that can be credited to our partnership with the local garrison,” said Claire Ridding-Johnson, project director of Island Palm Communities. “Maintaining Schofield’s status each year is an even greater commitment that our partnership looks forward to.”

Tree City USA recognition is the result of a two-year collaborative effort between the Directorate of Public Works, USAG-HI, and Island Palm Communities.

To qualify as a Tree City USA community, a town or city must meet four standards established by the Arbor Day Foundation and the National Association of State Foresters, including establishing a tree board, developing a tree care ordinance, creating a community forestry program with an annual budget of at least \$2 per capita, and hosting an annual Arbor Day observance and proclamation.

The Arbor Day observance was held, here, during the tree planting ceremony.

Tree City USA helps support the mission of the Arbor Day Foundation, which is dedicated to inspiring people to plant, nurture and celebrate trees through conservation and education programs.

Retired 1st Sgt. to represent USAG–HI at ‘Operation Rising Star’ semifinals

ROB MCILVAINE

Family and Morale, Welfare and Recreation Command Public Affairs

ALEXANDRIA, Va. — A retired first sergeant from Hawaii will represent U.S. Army Garrison-Hawaii in the semifinals of the 2010 “Operation Rising Star” singing competition, here.

Tracy Ross won first place in the USAG-HI competition held at the Tropics Recreation Center, Schofield Barracks, in September.

Based on vocal talent and stage presence, Ross, along with other Armywide semifinalists, was selected by 10 professional judges who viewed DVDs of the winners’ performances from 31 installations, and then decided who would perform live at Fort Belvoir’s Wallace Theatre.

Local contests were held at garrison Family and Morale, Welfare and Recreation facilities, worldwide, during August and September.

GeNienne Samuels, captain of the Washington Wizard girls’ basketball team and a member of Sweethearts for Soldiers, a volunteer-led nonprofit organization that makes variety tours, will host the finals, a three-night competition.

The winner will be crowned during the final show. The first night, all 12 contestants will compete for six spaces. On the second night, six competitors will go down to three, and the final night, three will compete.

At all competitions, singers will be evaluated by a panel of celebrity judges, including Debra Byrd, “American Idol” voice coach; Michael Peterson, country music singer; and Jack Tilley, retired sergeant major of the Army.

Joining the judges throughout the competition are Josh Gracin, a recording artist and “American Idol” season two veteran; Kandi Burruss, a Grammy Award-winning recording artist and star of “The Real Housewives of Atlanta”; and Bonnie-Jill Laflin, the first NBA female scout for the L.A. Lakers and the actress-model who founded Hounds and Heroes.

“Operation Rising Star is a program of the U.S. Army Entertainment Division, whose motto is ‘For the Soldier, by the Soldier,’” said Tim Higdon, executive producer. “All of our programs, including the Army Soldier Show, are designed to highlight and present the other talents of our men and women serving, and in many



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

Tracy Ross, a retired first sergeant, will represent USAG-HI at “Operation Rising Star” Armywide semifinals at Fort Belvoir, Va. Ross won first place at the garrison-level in September. The DVD of his performance was judged against 31 other garrison-level first-place winners.

cases, their families, as well.

“Operation Rising Star demonstrates, as do all of our programs, that Soldiers and their families are people just like you and me, with talents worthy of recognition and praise,” Higdon continued. “In a lot of ways, programs like this are even more effective in boosting morale because they include Soldiers entertaining Soldiers.

“They’ve been providing entertainment for each other since the days where they sat around a campfire, the night before a battle, telling stories to one another,” Higdon added. “Entertaining each other has always be an integral part of Soldier camaraderie.”

ID card appointment system goes online

DIRECTORATE OF HUMAN RESOURCES, U.S. ARMY GARRISON-HAWAII

News Release

SCHOFIELD BARRACKS – Customers needing to make, change or cancel ID card appointments at Schofield Barracks or Fort Shafter can do so online, starting Nov. 15.

The current walk-in, first-come, first-served system will no longer be available beginning Nov. 15.

Appointment hours will be 7:30 a.m.-3:30 p.m. A computer system will be available in ID card offices for walk-ins patrons to make or change appointments, as necessary.

By accessing the online, user-friendly, Internet-based system, customers can schedule ID card appointments without the uncertainty of prolonged waiting times.

During the phase-in period, ID card offices will still accept telephone requests for appointments at 655-8940 for Schofield Barracks, and at 438-1757 for Fort Shafter.

Call 655-6884 or 438-1757 for additional information.



Starting Nov. 15, customers can access the Schofield Barracks and Fort Shafter ID card appointment scheduler website at <http://appointments.cac.navy.mil> to make, change or cancel ID card appointments. For more information about ID card office locations, hours of operation or required documentation, visit www.garrison.hawaii.army.mil, click on “Services,” and from the drop-down menu, select “ID Card Services.”



Shows will be aired on the Pentagon Channel and at www.armymwr.com, Sunday, Tuesday, Thursday and Nov. 20 at 8 p.m., EST. Voting will be open for two hours after each performance is aired.



Maj. Shea A. Asis | 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

Finishing up

SCHOFIELD BARRACKS – Capt. Adam Storms, assistant training officer, 8th Military Police Brigade, 8th Theater Sustainment Command, runs to the finish line during 8th MP Bde.’s officer physical training, Nov. 5, at Richardson Pool, here. The officers competed against each other in a triathlon-style event to build teamwork and camaraderie.

MADD offers tips for safe holiday celebrating

AL BROWN

U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. – Whether the ideal vision of holiday gatherings involves families gathered around a table feasting on delicious delicacies or good friends donning special holiday attire, parties that lack proper planning inadvertently welcome a dangerous guest to the holiday festivities: risk.

“We see too many stories during the holidays where celebrating turns sour because of bad decisions people make,” said Dr. Patricia LeDuc, director, Combat Readiness/Safety Center Human Factors Task Force. “The happiness of gatherings can be offset by stress and other factors that might lead to arguments, accidents and sometimes a visit from law enforcement, turning a happy holiday time into a not-so-happy time.”

Mitigating risk at holiday parties means having a good plan and being a good host, according to officials at Mothers Against Drunk Driving. A responsible party host not only ensures all guests have a good time, but also works diligently to keep friends and family safe.

MADD offers several tips to help plan safe holiday parties:

- Hosts should have low-alcohol and alcohol-free drinks available and serve plenty of food such as vegetables, cheese and dips, so people don’t consume alcohol on empty stomachs.
- Activities like party games and door prize drawings are a great way to engage people and make for less active consumption of alcohol.
- Hosts should identify designated drivers in the group and offer them fun “mocktails.”



More information on safe celebrating and many other fall and winter safety topics is available online at <https://safety.army.mil>, under the Fall/Winter Safety Campaign tab.

Seasonal flu vaccines still available

U.S. ARMY GARRISON-HAWAII
PUBLIC AFFAIRS

WHEELER ARMY AIRFIELD – Unlike last flu season, when people needed to get two vaccines (the 2009 H1N1 and the seasonal vaccine), this flu season only the seasonal vaccine is needed.

The 2010-2011 flu vaccine protects against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season.

Everyone 6 months of age and older should get vaccinated against the flu as soon as the 2010-2011 seasonal vaccine is available.

Vaccination of high-risk people is especially important to decrease their risk of severe flu illness, like health care workers and other people who live with or care for high-risk people, to keep from spreading flu.

Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated, so people who care for them should be vaccinated.

While everyone should get a flu vaccine each flu season, it’s especially important that some groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications.

High-risk people include those



For information about military clinics offering vaccinations, call the Tripler Army Medical Center flu hotline, 433-1FLU. To get the latest information about the flu season, go to www.flu.gov.

who are deploying; health care providers with direct patient contact; those who work with children less than 6 months of age or high risk patients; pregnant women; those with chronic conditions like asthma, diabetes, heart or lung disease; and people 65 years of age or older.

Getting a flu shot is just part of the protection against the illness. With any strain of flu, basic precautions also help.

- People need to cover their nose and mouth with a tissue when coughing or

sneezing. Then, throw the tissue in the trash.

- Sneeze in a shirt-sleeve and wash your hands often and thoroughly, with soap and water, especially after coughing and sneezing. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching eyes, nose and mouth, and regularly clean knobs, telephones and items that many people use or touch.

Germs spread this way. Also, try to avoid close contact with sick people.

Individuals who choose to receive their vaccinations from a Tricare-authorized provider or through one of the network pharmacies that participate in the vaccination program should call (877) 363-1303 or visit www.express-scripts/tricare for more details and participating pharmacies.

(Editor’s Note: This article contains information from Tripler Army Medical Center and the Centers for Disease Control and Prevention.)

Flu shot schedules and locations

School Age Children Influenza Program

| | | |
|---------------------|---------|----------------------|
| Mokulele Elementary | Nov. 16 | 8:15-11:15 a.m. |
| Mokapu Elementary | Nov. 18 | 8:30 a.m.-12:30 p.m. |
| Shafter Elementary | Nov. 18 | 8:30-10:30 a.m. |
| Wheeler Middle | Nov. 24 | 8 a.m.-noon |

Flu shots for Beneficiaries

From 9 a.m.-2 p.m at the following exchanges:

| | |
|-----------------------|---------|
| Pearl Harbor NEX | Nov. 12 |
| Kaneohe Bay MCX | Nov. 13 |
| Schofield Barracks PX | Nov. 20 |

