

HAWAI'I ARMY WEEKLY

INSIDE
RETURNING
WARRIORS
Redeployment Guide: Section C

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Serving the U.S. Army Community in Hawai'i ★ www.25idl.army.mil/haw.asp

INSIDE



A hui hou, chief

The 25th Infantry Division and Army Hawaii family bid Chief of Staff Col. Gary Patton a fond aloha

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Post pony express

The U.S. Post Office offers ways to avoid its infamous holiday waiting lines.

The first article in a two-part series.

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'Five for Fighting' for free

The Tropics will host John Ondrasik, lead singer of "Five for Fighting," for a free concert, Wednesday, Nov. 14, at 7 p.m.

See Community Calendar, B-2



Fall Festival fun

The recent spate of wet weather didn't stop more than 300 family members from living it up at Shafter Elementary's Fall Festival

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Gen. Cody signs Army Family Covenant

Across the nation, leaders pledge support for the Army's foundation — its families

Story and Photos by
SGT. 1ST CLASS JASON SHEPHERD
U.S. Army, Pacific, Public Affairs

SCHOFIELD BARRACKS — The Army vice chief of staff and senior leaders from around Hawaii signed the Army Family Covenant here, Nov. 1, pledging a stronger commitment to Army families.

Gen. Richard Cody joined Brig. Gen. Raymond Mason, commander, 8th Theater Sustainment Command (TSC); Col. Matthew Margotta, commander, U.S. Army Garrison, Hawaii; Command Sgt. Maj. Harry Collins, 8th TSC; and Command Sgt. Maj. James Brown, U.S. Army Garrison-Oahu, in signing the covenant during a ceremony held at the new Kalakua Community Center, here.

"We are an Army at war," Cody said. "The sacrifices of our Soldiers and their selfless service are important, but equally important are the sacrifices and service of our great Army families. This is a commitment by our Army to take care of you while your Soldier is deployed."

According to Cody, the Army has committed \$40 billion over the next six years to support family programs and quality of life initiatives.

"The Army's leadership is taking positive steps to improving family readiness," Margotta added, "by standardizing and funding existing family programs and services, increasing accessibility to and the quality of health care; ensuring excellence in schools, youth services, and child care; expanding education and employment opportunities for family members, and improving housing."

Soldiers and family members stood on stage to witness the covenant signing.

Although Lissette Agurte is new to the Army family, she saw the importance of the Army Family Covenant.

"The covenant means that my kids will be taken care of," she said. "I think that is the most important thing."

For Spc. Chaz Walker, 732nd Military Intelligence Battalion, the covenant means a better quality of life around Hawaii.

"To me, the covenant means the Army is giving



Gen. Richard Cody, Army vice chief of staff, gives a coin to Jessie Lebreck and the rest of the Army families on hand to witness the signing of the Army Family Covenant, Nov. 1.

Top Inset — Cody signs the Army Family Covenant during a ceremony at Schofield Barracks. Leaders signed the covenant at posts around the country to reinforce the Army's commitment to families.

back to us," he said. "It means better housing and better facilities on post, such as medical and the chapel. This shows that our leadership cares about the family and is doing everything they can to help."

Of the \$40 billion pledged by the Army, \$2.3 billion is earmarked for Hawaii.

According to Margotta, Army posts in Hawaii are already seeing the improvements in family programs and quality of life initiatives.

"This beautiful community center and the many new homes and planned communities around our installation are prime examples of the Army's commitment to improving the quality of life for Hawaii's Soldiers and their families," he said.

He added that through the public-private partnership of the \$2.3 billion Residential Communities Initiative,

SEE COVENANT, A-9

USARPAC offers advice for NSPS job objectives

The second in a three-part series addressing questions on the new personnel system

In August and September, U.S. Army, Pacific, conducted focus groups across the command to discuss changes brought about by the command's conversion to the National Security Personnel System (NSPS). This article is the second in a three-part series addressing some of the questions and concerns raised by employees about NSPS implementation and the command's responses.

Q: Military supervisors do not know the importance of annual assessments. What can be done to raise their level of awareness?

A: The commanding general has put out guidance to his commanders that NSPS is important and that the annual appraisals impact the employee's compensation package. Further, he has charged major subordinate commands with monitoring compliance with training and completing appraisals on time.

Q: There is a perception that level three ratings are given out to cut salary costs. Is this true?

A: No, this is not true. The level three rating for an employee under NSPS means that he or she is a valued employee. The pay pool funding percentage for Element 1 has been determined by the Department of Army, and the deputy secretary of defense has determined that percentage amount for Element 2.

Element 3 (bonus) is managed by the command. So there is no cost-cutting factor involved in NSPS.

Q: NSPS is time consuming for everyone. Will this ever get any better?

A: Yes, we realize that NSPS takes more time for everyone involved than the former system, Total Army Performance Evaluation System (TAPES). It is a system that requires more involvement between supervisor and employee. However, that can be a plus as lines of communication improve in the workplace. As we all get used to the process and the software tools available, we will become more proficient in executing NSPS.

Q: It is hard to write job objectives, especially in setting quantitative metrics. How can we learn to do this better?

A: Indeed, writing job objectives is difficult. The Department of Defense has provided a "SMART" (Specific, Measurable, Aligned, Relevant/Realistic, and Timely) format to help write job objectives. And DA has provided numerous online aids that will help in writing job objectives, as well as other topics. The Web site is <http://cpol.army.mil/library/general/nsps/about-pm.html#link>.

Another excellent resource is iSuccess, which is a self-paced program that walks you through writing effective and self-assessments. That Web site is www.cpm.osd.mil/nsps/isuccess.

Additionally, pay pool managers have provided guidance and advice to supervisors as a result of a mock pay pool exercise.

(Editor's Note: The final article in the series, USARPAC addresses pay pool managers and provides resources for supervisors.)

'Active First' program offers up to \$60K bonuses

BETH REECE
Army News Service

WASHINGTON — A new Army program dubbed "Active First" promises up to \$60,000 in bonuses to recruits who opt for 30 to 48 months of active duty, then transfer to the National Guard.

Recruits who sign on under the program, which started Oct. 1, receive \$20,000 for 30 months of active duty service, \$30,000 for 36 months, and \$40,000 for 48 months — all paid after completion of basic and job training.

After active service, Soldiers may opt to re-

enlist in the active Army or take an additional \$20,000 to serve their remaining obligation in the National Guard. Active duty Soldiers already have a service obligation through the Individual Ready Reserve, through which they are not paid, but may be recalled to active service. As of Oct. 23, 43 applicants had signed up

for the program, according to National Guard Bureau spokesperson Lt. Col. Ellen Krenke.

"The huge benefit we're getting out of it is we know we're going to have Soldiers come back to us three or four years down the road, highly skilled and with a lot of experience," said Sgt. Timothy Bilbrey, who trains Virginia National Guard enlistees awaiting shipment to basic training.

Some of those Soldiers will be able to fill squad leader and even platoon sergeant slots, depending on how quickly they move up the

SEE BONUSSES, A-8

Veterans Day isle events to pay tribute

11 / Sunday

Pearl Harbor — The USS Missouri Memorial Association invites the public to salute our nation's present and former military personnel at the Battleship Missouri Veterans Day Sunset Ceremony, Monday, Nov. 11, from 4:45-5:45 p.m., at USS Battleship Missouri Memorial, Ford Island, Pearl Harbor.

The ceremony will feature patriotic music, including a return performance by the Sounds of Aloha Chorus, as well as color guard and a rifle volley salute in honor of those veterans who paid the ultimate sacrifice while serving our country.

Kaneohe — The Veterans' Day State Ceremony will be held at the State Veteran Cemetery, Kaneohe, Monday, Nov. 11, at 1 p.m.

Punchbowl — A Veterans' Memorial Ceremony will be held Monday, Nov. 11, 10 a.m., at the Cemetery of the Pacific (Punchbowl).

12 / Monday

Wahiawa Parade — Wahiawa's Veteran's Day Parade begins at 10 a.m., Tuesday, Nov. 12.

The parade will start at Kaala Elementary School on California Avenue.



For more about "Active First," visit www.1-800-60-GUARD.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 656-3156, 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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Holiday traveling plans should incorporate safety

DEPARTMENT OF THE ARMY
 News Release

As we prepare to celebrate the upcoming holiday season, we send our heartfelt thanks and appreciation to the men and women who are serving around the world and to their families. Each of you is making the sacrifice to defend our nation and our way of life, especially those brave Soldiers and civilians currently deployed in Iraq and Afghanistan.

Thank you. Historically, during the holidays, the Army loses approximately 15 to 20 Soldiers to preventable and devastating accidents. With the exception of combat fatalities, personally operated vehicle accidents continue to be the number one area in which we lose Soldiers.

Alcohol is a major contributor to vehicle accidents. Across America, alcohol-related accidents kill 71 people and injure 2,000 every day. That's more than 25,000 deaths per year.

As you prepare to celebrate the holidays, we ask each of you take time to carefully plan your activities and remain mindful of the hazards that routinely accompany holiday celebrations. Recognize

the special hazards associated with the changing weather, and take the precautions necessary to protect yourself and your family.

We want each and every member of our Army team to return safely to their formations after this holiday break. Deployed members of the Army team may face different hazards as they miss sharing these holiday breaks with their families, but they also must remain vigilant and safe.

We encourage leaders at every level to employ tested and proven accident preventive measures to protect our Soldiers, civilians and family members. Leaders and supervisors must address each member of their command to increase awareness as individuals prepare their travel plans and holiday activities.

The Army Combat Readiness/Safety Center stands ready to provide additional accident prevention information and tools to assist you in this effort at <https://crc.army.mil>.

We would like to take this opportunity to wish each member of our Army team, a wonderful, joyous and peaceful holiday season. Army safe is Army strong.



Brown says goal is safe holiday season

Veterans Day honors the brave men and women who served our country in uniform.

Soldiers, professional Army civilians, and Army family members should pay tribute to those whose selfless service secured the privileges of freedom, democracy and unmatched opportunity we enjoy as Americans. Take a moment to reflect on those currently in harm's way fighting for freedom. The few who sacrifice so much for the many citizens of our Nation.

Our goal is a safe and enjoyable holiday with zero accidents. Commanders and supervisors will ensure personnel understand the need for sound judgment and common sense. Pre-trip planning and adequate rest will enable all to



Brown respond safely to unpredictable traffic situations. Drive defensively and maintain a good driving attitude when operating vehicles or motorcycles.

Wearing seat belts, not drinking and not speeding saves lives.

John M. Brown III

Lt. Gen. John M. Brown III, commanding, U.S. Army, Pacific

Old injuries can come back later to haunt Soldiers

DAVID J. KUCI

Retired Army First Sergeant

Hopefully, the "fear-of-sick-call" mentality is not sticking around the Army anymore.

The days of Soldiers being told they are weak-minded, malingering or worthless because they go to sick call should be in the history books.

There is no doubt that you will always have those Soldiers who use sick call as a way to escape physical training, duty rosters, deployments and field exercises, but that should not prevent hardworking warriors from using sick call.

Someday, these Soldiers who have gone into harm's way in places such as Iraq and Afghanistan, and who have served our country and put their lives on the line on a daily basis, will again become civilians and possibly need to file a claim with the Veterans Administration (VA) for a "service-connected disability."

Army life is demanding and takes its toll on your body over the years. As a Soldier, sooner or later, you will have an ailment or two that needs to be officially documented in your medical record. This documentation is going to become extremely important down the line when you hit your Expiration of Term of Service (ETS), retire or resign your commission.

If you have a service-connected disability, you will need to provide proof that the ailment existed and that you were seen by a doctor for the ailment.

Don't shortchange yourself by not going to sick call because you don't want your squad leader, first sergeant or commander to think that you "can't hang." You also need to ensure that — even if you are deployed to a combat zone and you are seen by a medic, physician's assistant or doctor — you get some documentation for the ailment.

Certainly, it is understandable that you may not get the documentation immediately if you are injured on a patrol in Baghdad, but when you get back to your contingency operating base, go see the provider that helped you and obtain some written documentation.

Why am I telling you this? Because I am a lifetime member and junior vice commander of Hawaii's Chapter 4 of the Disabled American Veterans. Each month during our meeting, I see veterans from all branches of the armed forces, mostly from the World War II, Korean and Vietnam eras.

Some of these men are in their 80s and are still trying to submit paperwork to the VA for their claims. Their cases are much more complicated because the paperwork and procedures from many years ago was not as automated and user-friendly as it is today.

Your actions and attention to detail today will set you up for success in the future.

(Editor's Note: Questions for the author? E-mail him at david@davidkucic.com.)

LIGHTNING SPIRIT

Reintegration requires steady 'pace'

CHAPLAIN (MAJ.) SCOTT KENNEDY

Family Life Chaplain

Reunions, especially after long deployments, can be very exciting times.

I have had the honor of participating in a few of the welcoming ceremonies down in Wheeler Gulch. When Soldiers come marching in to the theme from "Rocky," the entire audience erupts with sheer joy and excitement.

I'll never forget how proud I was of the returning warriors and how happy I felt for them and their families as I stood there in front of them, ready to offer the invocation, thanking God for their safe return. In the same prayer, however, I also asked God to help our Soldiers and their families as they face the challenges of reunion.

Reintegration is not as easy as just returning home. Even though communication with loved ones is much better now than during any other war, it is impossible to simply pick up where you left off. You have changed. Your spouse has changed. Your kids have changed. And there have been a lot of changes taking place around here since you've been gone.

To help ease this transition, I have developed a simple acronym. Pastors, you see, are always looking for ways to help their congregation remember Biblical principles. When pastors become chaplains, their pneumatic of choice be-

comes the acronym, so, hopefully, it helps.

•**Pace.** The acronym is PACE, but this is also the first word to remember when you are attempting to successfully reintegrate back into your family after a deployment.

You've been operating at a fast pace. You are keyed up. You may be very irritable and edgy because of the rigors and dangers of living in a combat environment away from your family for the past 15 months. It's important to take time to relax and ease back into your roles and responsibilities at home.

Any good leader will tell you that you don't make any major changes in the first few months of assuming a new position. This principle can be applied to reintegration as well. Don't rush in and expect to take over the reins from your spouse.

You will meet a lot of resistance, and your spouse and children will resent you for it.

Finding a new battle rhythm is important for both of you. Your spouse has been executing a difficult mission at half strength for more than a year. He or



Kennedy

RELATED STORY

• See page C-5 of this week's insert for more information on Military and Army One Source.

she needs reinforcements.

It will be challenging to balance both of your needs for relaxation and support, but this balancing is an essential aspect of pacing yourself. You probably will need to drop some activities and just focus on your family for a while. Fewer commitments will give more time to re-establish and solidify strong bonds within your family.

•**Appreciate.** Acknowledge how hard it must have been for your spouse and appreciate his or her sacrifices, which is the next task involved in a successful reunion. This exercise requires everyone to get involved.

Spouses can appreciate Soldiers for their sacrifices and hard work, and tell how proud they are of them. Soldiers can honor and appreciate their spouses for taking care of the children and the home. Children can also appreciate their mom or dad for their service to their country.

If you received care packages from back home, acknowledge these gifts with appropriate thank you cards. If you knew people were praying for you,

SEE SPIRIT, A-8

DoD, VA sign agreement to manage patient care

FRED W. BAKER III

American Forces Press Service

WASHINGTON — The departments of Defense and Veterans Affairs (VA) have partnered to put in place 10 federal recovery coordinators charged with managing the care of severely injured service members and their families for as long as a lifetime.

Officials from the two departments signed an agreement outlining the role of the coordinators, Oct. 31. These are the first positions of their kind in the military health care system and were put into place in response to recommendations from service members, families and by the President's Commission on Care for America's Returning Wounded Warriors.

"This agreement will help ensure our nation's wounded warriors and their families receive the care they need and

deserve at the right time, right place, and by the right person across the continuum from recovery through to their reintegration into their communities," said Michael L. Dominguez, principal deputy undersecretary of defense for personnel and readiness, in a news release.

The VA will hire the coordinators and hopes to have them on board by January. They will be assigned to either Walter Reed Army Medical Center here; the National Naval Medical Center, in Bethesda, Md.; Brooke Army Medical Center, at Fort Sam Houston, Texas; or Naval Medical Center San Diego. The coordinators are charged with managing all the needs of severely injured service members and their families as the troops move through the recovery and rehabilitation process

and return to their communities.

The coordinators will work with only the most seriously injured service

SEE CARE, A-9

Getting it Straight:

An article about quarterly volunteers on page A-4 of the Nov. 2 edition recommended calling 655-4227 to nominate volunteers for awards. Instead, individuals should submit nominations to their unit's chain of command.

409 days since last fatal accident

Soldiers, as your daily reminder to be safe, place a "red dot" on your wristwatch.

A division training holiday will be awarded for the next 100 consecutive days with no accidental fatalities. Current as of 11/7/07.

Voices of Lightning: How do you plan to celebrate Veterans Day?



"Play golf."

Sgt. 1st Class Frank Luna
 209th ASB
 Bde. Ammo NCO



"I'm going to enjoy my time off."

Capt. Hattie McDowell
 B Co., TAMC
 Dept. of Medicine



"I flew from Florida. I'm taking time to visit with my son."

David Parkinson
 Family Member



"I'm going to spend time with my husband and kids."

Val Taua
 Family Member



"My husband just got back [from deployment] and he's taking me island hopping."

Capt. Jennie Wunderlich
 HHC, 25th ID
 Deputy Sec. of General Staff

News Briefs

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

13 / Tuesday

Contracting Officer's Representative Courses – The next Contracting Officer's Representative course is scheduled for Nov. 13-16, CPAC Training Facility, Fort Shafter. To register, fax an approved DD Form 1556 to the course manager at 438-2378.

20 / Tuesday

2-6 Cav. Change of Command – A 2nd Battalion, 6th Cavalry Regiment change of command ceremony will be held at Schofield Barracks Sills Field, Nov. 20, at 10 a.m.

30 / Friday

BOSS Meeting – The next installation Better Opportunities for Single Soldiers (BOSS) meeting will be held at the Tropics, Nov. 30, at 2 p.m. All primary representatives or alternates are required to attend. BOSS meetings are open to all BOSS unit representatives, single Soldiers and any authorized MWR patron. Call 655-8169.

Ongoing

Green to Gold – The Army Green to Gold Program is seeking qualified enlisted Soldiers who are interested in attaining their commission while completing their baccalaureate or master's degree. A program briefing is held the last Wednesday of every month at the Schofield Barracks and Tripler Education Center. The current application window will be open

until April 1, 2008.

For more information, visit the Green to Gold website at www.goarmy.com/rotc/enlisted_soldiers.jsp, call the University of Hawaii Army ROTC Warrior Battalion at 956-7766, or e-mail gblt@hawaii.edu.

SAFAC – The Soldier and Family Assistance Center allows members access to various agencies on Schofield Barracks and at Tripler Army Medical Center via one phone number, 655-6600.

Open 24/7, the service expedites entrance into a care network. Appointments are made within 24 to 72 hours to address challenges and mental health issues such as substance abuse spousal/child abuse and marital/family therapy.

The SAFAC triage line, however, is not a crisis intervention line. Life-threatening issues are best handled by an emergency room or by calling 911. Call 655-4803.

Wives of the Warriors – The Military Council of Catholic Women (MCCW) at Aliamanu Military Reservation (AMR) Chapel meets each Thursday at 9:15 a.m. in the chapel for its fall Bible study, "Wives of the Warriors." The focus of this Bible study is learning to live confidently in Christ as a military spouse.

On-site child care will be provided for STACC-registered children at least 9 months old. Nursing babies are welcome; however, RSVP for child care. Call 836-4599 or e-mail MCCWHawaii@yahoo.com.

Sessions will be held in the Main Post Chapel on Schofield from 9-11:30 a.m. Free on-site child care is available by reservation. Call 206-8504 for more information.

Recovered Property – The Provost Marshal Office has recovered several lost or stolen bicycles. Owners cannot be identified

SEE NEWS BRIEFS, A-4

25th ID bids Patton a fond aloha

25TH INFANTRY DIVISION PUBLIC AFFAIRS

News Release

SCHOFIELD BARRACKS – Friends, family and honorary guests gathered for a ceremony at Sills Field here, Nov. 1, to acknowledge the successes and achievements of, and bid a final farewell to, an esteemed leader of the 25th Infantry Division (ID).

Col. Gary Patton, chief of staff, 25th ID, served more than a year as the senior staff officer to both the division and Task Force Lightning while deployed in support of Operation Iraqi Freedom 06-08 in Multinational Division-North, Iraq.

Patton's accomplishments in theater and at home compliment the admiration he has attained from senior leaders and Soldiers under his leadership.

"Gary Patton was my strong right hand, my sounding board, and when necessary my messenger to the higher staff. He has the best organizational skills I have seen. He managed the complexities of our staff support to operations flawlessly with a tireless energy that is astounding.

"Frankly, he exceeded all my high expectations," said Maj. Gen. Benjamin R. Mixon, commanding general, 25th ID.

Patton has served in various command and staff positions in the U.S., the Republic of Korea and Iraq. He has served as an infantry commander and was also the senior light infantry trainer and deputy commander of the operations group at the National Training Center in Fort Irwin, Calif., just to name a few. His diverse experience, coupled with an iron-clad work ethic, helped provide seasoned guidance and leadership that assisted in the successes of his most recent deployment.

"Last year, when I was looking for the right leader to fill the position of chief of staff, you might well imagine I was concerned that the right nominee from the Army be sent forward," said Mixon. "I needed a leader that could come in during the middle of our readiness exercise, organize a new staff, get stan-



Photos by Spc. Daniel Bearl | 25th Infantry Division Public Affairs



dard operating procedures started, oversee staff support to deployment operations, deploy the division, and be ready to fight multiple brigades, Iraqi security forces and ensure we were organized for the counterinsurgency. In

Col. Walter Piatt leads a detachment of the 25th Infantry Division color guard, subordinate brigade guidons and brigade commanders during a farewell ceremony for Col. Gary Patton, chief of staff, 25th ID, at Schofield Barracks' Sills Field, Nov. 1.

Left — Patton addresses Soldiers and family members at his farewell ceremony. Patton's next post will be director of manpower and personnel for the Joint Chiefs of Staff at the Pentagon.

short he was magnificent during this deployment."

Patton's meritorious service with the 25th ID and Task Force Lightning will soon benefit all Soldiers and their families in U.S. Army. He will leave Schofield Barracks to assume his new role as the director of manpower and personnel for the Department of Defense's joint staff at the Pentagon, and will be remembered and missed by all who worked with him.

"Gary, I want to express my deepest gratitude and sincere respect for all you have done for me and our Soldiers," Mixon said. "Thanks for your advice and dedication. I am proud to have served with such a great Soldier."

Preston outlines improvements to Army education

Story and Photo by
DAVID MELANCON
Army News Service

HEIDELBERG, Germany — Junior Soldiers are now taking on more responsibilities, so the Army's education system is adapting, said Sgt. Maj. of the Army Kenneth O. Preston, while on a nine-day visit with troops across Europe.

"Because of how we operate, we are putting more and more responsibilities on younger Soldiers," Preston told 24 military police from the 529th Military Police Company here, Oct. 26. "So our training models need to change, too."

The Army's top noncommissioned officer (NCO) said Soldiers must learn more leadership and warrior skills, earlier in their careers, in order to successfully continue the fight against global terrorism.

Basic training extended

Basic training is now increasing from nine to 10 weeks, Preston said, so new Soldiers can spend more time in simulated operational environments. Soldiers can carry their weapons longer — starting from their third day in basic — and develop marksmanship skills in a more combat-like setting and during simulated convoy operations.

New troops will get "a lot more time in the field with more warrior tasks and a lot more emphasis on using your weapon as you would in combat," he said.

Advanced individual training has also become more combat-focused, Preston said. Soldiers are undergoing more warrior drills,



Sgt. Maj. of the Army Kenneth O. Preston talks with Soldiers from the 529th Military Police Company during a breakfast meeting at Patton Barracks in Heidelberg, Germany, Oct. 26.

instead of focusing only on their technical skills, and the Warrior Leader Course is emphasizing more hands-on leadership training.

NCO courses changing names

This year, the Army's Basic NCO course is changing to the Advanced Leader

Course, and the Advanced NCO course is changing to the Senior Leader Course. The redesigned curriculum will incorporate skills formerly taught in higher-level courses, he said.

Battle-tested Soldiers are attending these courses, and those Soldiers are filling positions traditionally held by their seniors, he said. These new and longer courses will give these leaders the skills that they need to complete their missions.

"You have sergeants first class stepping up and filling first sergeant positions; you have staff sergeants serving in platoon sergeant positions; you have sergeants serving as squad leaders," Preston told the MPs. "You have privates first class serving as team leaders."

SMA fields questions

Preston fielded several questions on topics ranging from recruiting standards to new small-arms weapons systems to the roles of civilian employees and contractors

in the Army.

Preston said the Army is looking at its structure and swapping Soldiers for civilians "where it makes sense." More civilians are working in jobs once filled by Soldiers, freeing more troops to serve in the operational Army, filling more units and saving money in recruiting, health care and retirement costs.

Preston reminded MPs the Army is built upon standards and NCO leaders at all levels who enforce and exemplify these standards. It is a matter of safety and discipline, he said.

"We are a standards-based organization," he said. "We empower our leaders noncommissioned officers — to enforce the standards. Any time a Soldier is killed in training or something bad happens, it is usually because of a failure to enforce standards."

(Editor's Note: David Melancon serves with the U.S. Army Garrison, Heidelberg, Public Affairs. Spc. Gerald Wilson, Joint Multinational Training Command Public Affairs, contributed reporting.)

News Briefs

From A-3

because these bicycles were not previously registered on post or with any other agency.

Other recovered items include cellular phones, keys, jewelry, sporting goods and more. To make arrangements to identify bicycles or any other items that may have been recovered, call 655-8255.

Deployment Financial Checklist

— The NASD Investor Education Foundation, the National Endowment for Financial Education and the National Military Family Association have created the Family Financial Checklist. The checklist details financial commitments service members need to be aware of when preparing to deploy. Visit www.SaveAndInvest.org for more information.

Leadership Development Program

— The Military Child Education Coalition (MCEC) is accepting applications for the Frances Hesselbein Student Leadership Program for students in the Student-to-Student program.

This leadership program is a new initiative designed to identify exemplary young people and provide them with specialized training that will nurture and develop their leadership skills, patriotism, commitment to service, and intellectual and problem-solving capacity.

The program will be held at the U.S. Military Academy, West Point, N.Y. Call Jewel Csiszar at 655-9818 or 258-9192.

Testing Services

— The Army Education Testing Center offers a variety of military and civilian tests (such as the TABE, DLPT, DLAB, AFCT, CLEP, DSST, SAT), national certifications exams and interest surveys. Testing is a great way to earn potential college credits and further career advancement. Most tests are fully funded for active duty and reservists.

Individuals interested in testing need to see an Army guidance counselor for approval. The testing center, located at Schofield Barracks' Yano Hall, Building 560, 2nd floor, is open Monday-Friday, 7:30 a.m.-4 p.m. Call 655-9776.

Reserve Opportunities

— Active duty, Guard and Reserve Soldiers, are you looking to continue your Army career but your schedule conflicts keep you from attending weekend drill? Are you leaving active duty and want to continue earning points toward retirement?

Join a local, points-only reserve unit and continue your military career while maintaining your benefits (commissary/post exchange/SGLI). Drills are three evenings each month. Annual training, schooling and other paid opportunities exist.

For details, call Maj. Pepper, 438-6242.

Artillery Order inducts 26

Prestigious Order of St. Barbara selects several for selfless service

SGT. CHRISTOPHER J. ROBERTS
94th Army Air and Missile Defense Command
Public Affairs

FORT SHAFTER — The 94th Army Air Missile Defense Command (AAMDC) inducted 26 Soldiers into the Order of Saint Barbara for significant contributions to the unit at the Pacific Aviation Museum on Ford Island, Oct. 27.

Recipients earned a medal and plaque for their selection into either the Ancient or Honorable Order of Saint Barbara, presented by Brig. Gen. Roger Mathews, commander, and Command Sgt. Maj. Phillip Rowland, both of the 94th Army Air and Missile Defense Command.

Persons receiving the most distinguished level, the Ancient Order, are selected only after achieving long-term, exceptional service. Their careers embody the spirit, dignity, sense of sacrifice and commitment epitomized by St. Barbara, according to the Air Defense Artillery Association.

On The **WEB**
For more information on Saint Barbara visit: www.usfaa.com/usfaa_awards/about_barbara.html

The lone recipient of the honor was Col. Stephen Town, director of the Army Air and Missile Division for the 94th AAMDC at Yokota Air Base, Japan.

“This was such a huge honor, especially since it’s the Ancient Order of Saint Barbara. This is bigger than any other award I have received. My unit went above and beyond by doing this for me,” said Town.

Saint Barbara

The Honorable Order of Saint Barbara recognizes people who have demonstrated the highest standards of integrity and moral character; displayed an outstanding degree of professional competence; served the U.S. Army or Marine Corps Artillery or affiliation to an artillery corps with selflessness; and contributed to the promotion of all artillery in ways that stand out in the eyes of the recipient’s seniors,

subordinates and peers alike.

Not only artillery Soldiers were in the spotlight for the award.

“Receiving the medal made me feel like my dedication and work ethic for my G-4 team was felt. I know I’m a quartermaster, but now I’m an ADA Soldier as well,” said Sgt. 1st Class James Hollyfield, 94th AAMDC, supply noncommissioned officer in charge.

Legend states that St. Barbara lived and died about the year 300 AD. She was venerated as early as the seventh century. The legend of the lightning bolt that struck down her persecutor caused her to be regarded as the patron saint in time of danger from thunderstorms, fires and sudden death.

When gunpowder made its appearance in the Western world, St. Barbara was invoked for aid against accidents resulting from explosions. St. Barbara therefore became the patroness of the artillerymen.

The Order links field artillerymen of the past and present in a brotherhood of professionalism, selfless service and sacrifice symbolized by St. Barbara.

Kemp takes helm of 657th Regional Support Group at Fort Shafter Flats

STAFF SGT. DAVE CONKLIN
9th Regional Readiness Command Public Affairs

FORT SHAFTER FLATS — Col. Christopher Kemp formally assumed command of the 657th Regional Support Group (RSG) at the Kalani U.S. Army Reserve Center here, Oct. 21.

The command colors passed to Kemp from Brig. Gen. Alexander Kozlov, commanding general, 9th Regional Readiness Command (9th RRC), who served as the officiating officer.

Kemp succeeds outgoing commander Col. Stephen Nakano, who has commanded the 657th RSG since Dec. 2003, including its recent deployment in support of Operation Iraqi Freedom.

A separate ceremony was also held to award outgoing commander Nakano with a Meritorious Service Medal for his leadership of the unit before and during its deployment to Iraq. Nakano’s 89-year old father-in-law Shizuya Hayashi, a World War II veteran with the 100th Infantry Battalion and recipient of the nation’s highest military award for heroism, the Congressional Medal of Honor, attended both ceremonies.

Kemp was commissioned in June 1982 from Officer Candidate School and initially served with the 711th Signal Battalion. He holds a bachelor’s degree in Criminal Justice and a master’s degree in public administration from Troy Univer-

sity, as well as a master’s degree in military strategic studies from the U.S. Army War College.

He also served with the 122nd Corps Support Group and as senior Army National Guard advisor for the coalition forces in Kuwait before moving to the U.S. Pacific Command.

In July 2005, he transferred to the Army Reserve as operations officer for the 311th Signal Command.

The 657th Area Support Group

The 657th RSG, previously called the Area Support Group, was activated Oct. 16, 1999, with the mission of providing a peacetime command and control headquarters for the separate companies and detachments of the 9th RRC.

The 657th provides administrative, training, operations, intelligence and logistical support to as many as 12 subordinate units from American Samoa, Guam and Saipan to Hawaii, covering an area of more than 6,000 miles.

Soldiers encouraged to ‘kick butts’ during smokeout

Military health providers offer a variety of services to help smokers quit cold turkey for annual smokeout

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. – Tricare and the Military Health System encourage service members, their families and retired beneficiaries to visit www.ucanquit2.org, in celebration of the annual Great American Smokeout, Nov. 15.

Ucanquit2.org is the official Web site of the “Quit Tobacco. Make Everyone Proud” educational campaign sponsored by the Department of Defense (DoD). The mission of the site is to help uniformed service personnel quit tobacco – for themselves and for the people they love.



“We encourage everyone to get involved and help their loved ones quit tobacco. No one should have to do it alone, and there are great resources available on www.ucanquit2.org,” said Maj. Gen. Elder Granger, deputy director, Tricare Management Activity.

This Web-based cessation information and support tool provides help to those wanting to quit tobacco and those helping others to quit tobacco. On the site, users can develop a personalized plan for quit-

ting; get information; play games; listen to podcasts; connect to federal, military, state, local and online cessation programs; and communicate privately with a trained cessation counselor, seven days a week, between the hours of 8:30 a.m.-2:30 a.m. (Eastern Standard Time).

According to a 2005 DoD survey of health-related behaviors among active duty military personnel, the prevalence of smoking among 18–25 year-olds on active duty was significantly higher than among their civilian counterparts (men, 42.4 percent versus 37.6 percent; women, 29.2 percent versus 25.8 percent).

“Despite decades of efforts to reduce the use of tobacco, it remains firmly entrenched in a segment of the military population, with new smokers and chewers starting every day,” said Granger. “The Great American Smokeout is a great time for service members and federal employ-

Step 1: Select your reason for quitting and decide how you will quit

Step 2: Tips for picking a quit date and add up the cash

Step 3: Figure out what leads you to use tobacco

Step 4: Rally the support of your unit, friends and family

ees to begin their quit plan.”

The Great American Smokeout promotion is the American Cancer Society’s annual, nationally recognized day when it asks smokers to give up cigarettes, cigars, chewing tobacco or any tobacco product because of associated health risks.



Spirit: All families need recovery time

CONTINUED FROM A-1

tell them how much those prayers meant to you. Everyone comes out a winner when appreciation is shown.

•**Communicate.** Achieving good communication in relationships is always a difficult task and is usually to blame for most relational struggles. Fortunately, technology has enhanced our ability to communicate with our loved ones, even during combat. However, communicating by phone, e-mail, letters, instant chat and blogs leaves plenty of room for misunderstanding.

As you come back together as a family, it will be important to be very clear about what you mean. Go slow and be deliberate, and don't assume someone can read your mind. Take time to catch up on the important events and emotions that you have both missed out on during the deployment.

If you kept a journal, you may want to share part of that with your spouse and children to help fill in the blanks in your memory and to help them regain some of the lost time. If you get stuck and need help communicating, don't stay in the rut, get help.

Talk to your chaplain or a counselor at the Marriage and Family Therapy Clinic or access Army One Source. You deserve the best relationship you can have.

•**Expectations.** As you return, one of the most critical things to communicate about is your expectations. Every family member has a different set of expectations. When expectations aren't met, frustration is sure to follow.

We don't always get what we want, but if we take the time to share our expectations and negotiate a win-win solution, everyone will be happier in the long run.

If you can remember to PACE yourself as you reintegrate into your family after this deployment, your transition will be much smoother, and you will avoid a lot of unnecessary heartache.

Web site brings post office to customers

The first in a two-part series on the world behind the windows of the Schofield Barracks Post Office

Story and Photo by
JEREMY S. BUDDEMEIER
Editor

SCHOFIELD BARRACKS — Joan Capinia of the Honolulu Post Office wants people to stop going to the post office. Seriously.

That's because with the relatively new online service "Click-N-Ship," customers can order stamps and boxes, print labels and mail parcels without ever leaving the house.

"It's all about convenience, saving you time and money," Capinia said. "Would you rather be in line or be online?"

Capinia, the acting small business specialist at the Honolulu Post Office, set up shop here, Friday, to introduce customers to the service. Most seemed reluctant or just preferred to stand in line.

Twice each week during the holiday season, Capinia travels to post office locations around the island to promote the Click-N-Ship service.

The process is simple enough. At www.usps.com, customers sign in, create a login and password, and enter basic information, such as their address and phone number.

Once registered, customers can order stamps, have boxes delivered or picked up, and print labels. There's even a section for users to give the carrier specific directions for pick up, such as "near the back door" or "on the lanai behind the plant," to lessen the risk of the package being stolen.

Customers can even use the Web site to calculate postage. This feature could come in handy during the holiday season when choosing between that perfect bulky gift



Lines of frustration. Customers stand in line at the Schofield Barracks Post Office, Friday. With "Click-N-Ship," customers can buy stamps, receive free supplies and mail a variety of packages — all without ever leaving their home.

that costs a small fortune to mail or a gift certificate. Also, users can create an address book and save time when sending packages to frequently mailed friends and family.

Families of deployed Soldiers can also fill out and save information for customs declaration forms, but must access the forms through a separate site: <https://webapps.usps.com/customsforms/>.

If not having to leave the house or stand in the notoriously slow post office lines isn't incentive enough, consider Click-N-Ship's advantages:

- Free delivery confirmation, compared to paying 65 cents at the post office.
- Having box sizes not offered at post office locations delivered to a residence or business for free.

- Saving time and gas.

However, some caveats also apply when using the system:

- Free package pickup is not available from post office boxes or certain zip codes.
- A credit card is required for all transactions.
- Customers will need a scale to weigh packages.

The last caveat is particularly important. Machines double check the weight of packages prior to shipping. Improperly weighed packages are returned or the difference in shipping cost is collected on the receiver's end, Capinia said. Scales may also be purchased on the Web site.

However, customers can avoid the weighing game altogether and save mon-

ey with flat rate boxes. Using either of two different-sized boxes, customers can mail up to 70 pounds to the mainland for \$8.95. The same package would cost \$103.10 to ship priority mail. As a tip, Capinia said it's more cost effective to use flat rate boxes when mailing any items more than three pounds.

- Parcel post — mail by Nov. 14
- First-class mail — mail by Dec. 10

Stop by the Schofield Barracks Post Office, Friday, Nov. 16, from 9–noon, for a free demonstration of the "Click-N-Ship" process or visit www.usps.com.

In addition, for families of deployed Soldiers, in early spring the U.S. Postal Service will release a larger flat rate box, which will cost \$10.95 to be sent to AP/FPO addresses versus \$12.95 for anywhere else.

As the line continued to form outside the post office here, the occasional customer gave Click-N-Ship a try.

Chris Swaim, lead sales and service associate with more than 26 years experience in the U.S. Postal Service, looked out the window and tilted her head.

"This year has been the strangest of all," she said.

(Editor's Note: To find out why this year has been strange at Schofield's Post Office, check out next week's edition of the Hawaii Army Weekly.)

Bonuses: Recruits split time between active duty, Nat'l Guard

CONTINUED FROM A--1

ranks, Bilbrey added.

"It's also great for the enlistee because he or she gets all the benefits of going active duty, along with up to a \$40,000 sign-in bonus, then another \$20,000 upon coming back to the Guard," he said.

Pvt. Jessica Maxwell of Norfolk, Va., joined after recruiters presented her a va-

riety of enlistment options, including the College First program.

"I thought it was great. I need a full-time job, it's a bigger sign-on bonus and it's physical labor and I don't like to be bored," said Maxwell, 21.

She enlisted as a small-vehicle mechanic because she likes working on cars, and will serve 48 months on active duty. She left for basic training at Fort Jackson, S.C.,

Oct. 29.

Pvt. John Weaver of Phillipsburg, Mo., walked into a recruiting station in early October with plans to join the regular Army, but liked what recruiters told him about Active First.

"This way, when I get to my Guard unit after serving a few years in the regular Army, I'll have had more day-to-day military experience," said Weaver, who also

chose the 48-month active service option for the Active First program.

Many active duty Soldiers traditionally move to the Guard after their enlistments. About 3,700 active duty Soldiers transferred to the Guard after completing active service obligations in fiscal 2007, according to Krenke, who added that numbers are usually higher but have dropped with the increase in deployments for Guard units.

Covenant: Army puts families first

CONTINUED FROM A-1

the Army will build 8,000 homes, eliminating inadequate housing and the current deficit of on-post homes.

Other initiatives in Hawaii include the following:

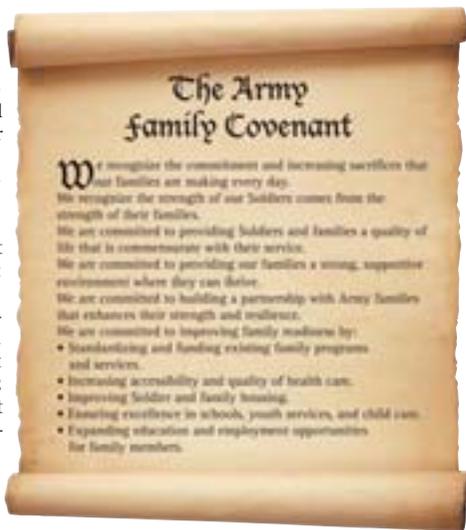
- A \$720,000 renovation of the Soldier and Family Assistance Center and funding for the recruitment of nine support staff.
- The \$30 million, 175,000-square foot Schofield Barracks post exchange.
- The \$930,000 renovation of the Schofield Barracks Main Post Chapel and a new \$12 million chapel for Fort Shafter scheduled to begin construction in 2012.
- Approximately \$1.3 million to support the hiring of 33 family readiness support assistants throughout Hawaii and their mission of supporting Unit Family Readiness programs and activities.
- A new \$12.5 million child care center designed

to provide care for almost 200 children ages 6-10, scheduled for construction at Schofield Barracks in 2008.

“Our Army families have given so much to their Soldiers and America’s Army,” Mason said. “Our families ask for so little, but yet, we truly owe them so much. The debt that we as a nation owe can never truly be repaid. However, this day and these surroundings are at least a small down payment on that debt.”

Cody, who is making his way to Army posts around the globe to sign the covenant, says taking care of Army families is an important step to win the war on terror.

“We are an all-volunteer Army and we’re an Army at war,” he added. “The reason why our Soldiers fight and are so brave, and why they’re so strong, is because they want their families and their children to grow in the country they grew up in with the same freedoms and the same quality of life.”



Care: Plan matches resources with needs

CONTINUED FROM A-2

members, including those with major amputations, burns, severe traumatic brain injury, post-traumatic stress disorder, spinal cord injury, severe sight or hearing loss, or severe multiple injuries.

Coordinators will meet with service members and families within days of their admission to the hospital and begin developing an individual recovery plan,

said Dr. Lynda Davis, deputy assistant secretary of the Navy for military personnel. She is the Defense Department’s lead official for the reform of wounded warrior care, specializing in case management.

“A plan will be developed for them that is patient-centered, family-centered, comprehensive, [and] which will put together all of the resources from the federal, state, and local government and private sectors in one place,” Davis said.



EXPLORE

The world inside your head at the Bishop Museum

Visitors discover unique facts about the largest and most important organ in the body

Story and Photos by
MOLLY HAYDEN
Staff Writer

HONOLULU — The brain. The scarecrow needed one, Einstein had one that was 15 percent wider than average, and visitors can now view one on display at the Bishop Museum.

There, encased in circular glass, is a human brain weighing in at around three pounds. The brains of an ape, dog, dolphin and other animals cover the rest of the large display, welcoming visitors into the journey of the brain and giving them a chance to view it from the inside out.

The brain is one of the largest and most important organs of the human body and has a wide range of responsibilities, including coordinating movement and managing emotions.

The brain does it all. But how?

Along the captivating journey through the exhibit "Brain: The World Inside Your Head," visitors will discover how the brain learns and thinks. They'll learn the secrets of sleep and dreams, and the dangers, causes and cures of disorders, diseases and mental illnesses.

The multimillion-dollar interactive exhibition helps explain how the brain works and sometimes malfunctions.

"There are so many illnesses we deal with every day that are directly related to mental health," said Charlie Aldinger, director of public relations, Bishop Museum. "We encourage families to bring young children here to help them understand the natural malfunctions of the brain, so they can cope with those illnesses."



Justin Guzman and his father, Stanley Guzman, learn how neurotransmitter molecules carry messages to the next neuron, finally reaching the brain.

Above Right — Lyden Nishi (left) and Taffy DePlanque test their hand-eye coordination at an interactive booth at the Bishop Museum. The "Brain" exhibit unlocks the mysteries of the brain while engaging visitors in activities to help them better understand.



The brain exhibit provides a close-up look at the human body's most essential and fascinating organ by exploring its development, geography and function using virtual reality, video games, optical illusions and interactive displays.

Visitors will walk right through the electrical workings of a re-created, functioning brain.

"Brain" employs innovative special effects, 3-D reproductions, virtual reality, hands-on learning activities and interactive technology to delve into the inner workings of the brain, including its processes, potentials and mysteries.

"By demystifying the wonders of the brain, we as people can better understand it," said Aldinger. "And better understand ourselves."

Visitors can visit a 19th-century lab to see how scientists first started learning about the brain. Interactive components include the ability to launch an electrical signal down a neuron tunnel, stimulate memories with smells, decipher optical illusions, conduct brain surgery, and play a game filled with facts to help boost the brain.

Brain premiered at the Smithsonian's Art and Industries Building in 2001, and has since traveled to 15 major science centers and natural history museums worldwide. Bishop Museum will be the only Hawaii venue to present the exhibit. The Smithsonian is also loaning two objects, a human skull (circa 1300) found in Cinco Cerros, Peru, with evidence of brain surgery, and an epoxy cast of a triceratops brain cavity made from a bisected fossil skull

from an animal that lived around 70 million years ago. Both are from the National Museum of Natural History in Washington, D.C.

"This exhibition will provide both our residents and visitors with a firsthand opportunity to learn and understand more about the brain, one of science's most exciting and challenging areas of research," said Kathleen Izon, Bishop Museum project director. "We hope families will walk away with the message that treatments exist for people with brain-based conditions, and that people with mental illnesses and other brain-related conditions can live productive lives."

The exhibit is made possible by a grant from Pfizer Inc. and is produced by Evergreen Exhibitions, in collaboration with the National Institutes of Health.

"Brain: The World Inside Your Head" runs through Jan. 20, 2008, in the Castle Memorial Building at the Bishop Museum. Discounts available for military ohana.

For more information about the exhibit, call 847-3511 or visit www.bishopmuseum.org.



12 / Monday

Children's Book Week – Celebrate Children's Book Week at the library Nov. 12–18. Check out a children's book and receive a book bag and a chance to pick a toy from a treasure chest at Aliamanu Military Reservation (AMR) Library (833-4851), Sgt. Yano Library at Schofield Barracks (655-8002), or Fort Shafter Library (438-9521).

13 / Tuesday

Preschool Story Times – Story times will be held at 10 a.m. at the following locations and dates: Fort Shafter Library, Nov. 13 and 20; Sgt. Yano Library, Nov. 21 and 28; and AMR Library, Nov. 15 and 29. Call 655-8002.

14 / Wednesday

AFE Concert – Armed Forces Entertainment (AFE) presents the lead singer of "Five for Fighting," John Ondrasik, at the Tropics, Nov. 14, 7 p.m. John is best known for hit ballads like "100 Years" and "Superman (It's Not Easy)." He's been all over the country, and now he's here to entertain the community for free. Don't miss this special event. Call 655-0111/2.

Preschool Enrichment Program – Oogles 'n' Googles presents a Thanksgiving-themed interactive program for children ages 3–5 at Sgt. Yano Library, Schofield Barracks. Call 655-8002.

Fiddler On The Roof – Army Community Theater presents "Fiddler on the Roof," starring Shari Lynn and Shawna Masuds, at Richardson Theatre, Fort Shafter, Nov. 15, 16, 17, 23, 24 & 30, and Dec. 1 at 7:30 p.m. Ticket prices are \$20 for adults, \$15 for children (under 12) and available online at www.squareone.org/ACT/tickets.html or at the box office. Call 438-4480.

Blue Star Card holders are invited to the preview of "Fiddler on the Roof," Nov. 14. Free child care and transportation will be provided. The event begins at 7 p.m., and the show begins at 7:30 p.m. Registration deadline is Nov. 9 at the Recreation Activities office. Call 655-0112/0111.

16 / Friday

Holiday Craft Sale – The Fort Shafter Arts and Crafts Center is hosting its



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

'Wash my ride'

SCHOFIELD BARRACKS — Staff Sgt. Carlos Cherry (in blue), Staff Sgt. Antoinette Carpenter and Spc. Ronald Sagadraca wash Staff Sgt. Christopher Butler's 1982 Cadillac Coupe DeVille during the 25th Special Troops Battalion car wash near the Lyman Gate, Friday. Proceeds from the carwash will fund the unit's redeployment celebration at the Hilton Hawaiian Village, Dec. 17.

semiannual Holiday Craft Sale, Nov. 16, 11 a.m.–6 p.m., and Nov. 17, 9 a.m.–4 p.m. Take advantage of quality craftsmanship at affordable prices.

Items on sale include stained glass, fabric items and quilts, ceramic and pottery pieces, clay jewelry, woodcrafts, framed artwork and much more. Call 438-1071.

Teen Dance Social – Join the Teen Dance Social, Nov. 16, 7-9:30 p.m. at the AMR Youth Center. Cost is \$3 for Child and Youth Services (CYS) members and \$4 for nonmembers. Call 833-0920.

Hot Country Nights – Join DJ Charlie Garrett, the Ghost Rider and Kathleen, and

Rodeo Radio Girl at the Tropics, Nov. 16, 8 p.m.–midnight, for great music, contests, giveaways and much more. Patrons must be 18 and older. Admission is free. Call 655-5697.

Ongoing

Quilting Workshops – Learn to quilt at an Arts and Crafts Center near you. Quilting workshops are held Tuesdays, 6–8 p.m., at Schofield, and Thursdays, 6–8 p.m., at Fort Shafter. Call 655-4202 (Schofield) or 438-1315/1071 (Fort Shafter).

Army Digital Photography Contest –

Interested in competing against the best photographers in the Army? Categories include people, place, object and military life. Entry deadline is Nov. 30. Enter online with an Army Knowledge Online (AKO) account at artscrafts.fmwrc.army.mil. Call 655-4202.

Na Koa Aina Holiday Ornament Drive – Help support Soldiers and their families who need an extra helping hand this holiday season. Purchase a Na Koa Aina holiday ornament at any Morale, Welfare and Recreation (MWR) facility for a minimum of \$5.

All proceeds will go to support the MWR Holiday Dinner Voucher Program. Eligible Soldiers will receive a food voucher to purchase their holiday meal. Visit any MWR facility or call 655-4227.

MWR Happenings – To find out more information about MWR activities, programs and facilities, pick up a copy of the "Discovery" magazine available at the Schofield Barracks commissary, Fort Shafter post exchange, Aliamanu shoppette, Tripler mauka entrance, or any MWR facility. Visit the MWR Army Hawaii Web-site at www.mwrmilitaryhawaii.com.

Fort Shafter Teen Center – Teens can access the Internet; play video games, ping pong and foosball; listen to music; watch television; or enjoy snacks at the Fort Shafter Teen Center. The center is open Monday–Friday, 2–6 p.m., and Wednesdays, 1–6 p.m. Extended hours apply for special events some Friday nights and weekends.

The Fort Shafter Teen Center is located across the street from the Richardson Theatre parking lot, Building 505, Bonney Loop. Call the manager at 438-6470.

Pacific Teen Panel – Teens in grades 9–11 have the opportunity to learn leadership and public speaking while representing Fort Shafter, Tripler and AMR in monthly teleconference/video teleconference (VTC) calls with other teen panels in the Pacific, such as Japan, Alaska and Kwajalein.

Teens are encouraged to volunteer at least eight hours to the program, prepare and conduct briefings, and maintain good grades in school. Teens must be registered at CYS. Call 833-0920.

4H & Boys and Girls Clubs – The AMR Teen Center has a variety of social and leisure time recreation activities through local Boys & Girls Clubs and 4H (Health, Head, Hands, Heart) Clubs, including cooking, digital festivals, fine arts exhibits and photography contests.

The Teen Center also offers Torch (Middle School Teen Council) and Keystone Clubs (High School Teen Council). Call 833-0920.

free admission to the park and to Island Adventure Golf.

Dependents, friends and family of military personnel will receive discounted admission at \$18 plus tax for Nov. 11 only.

14 / Wednesday

South Holiday Card Lane – It's almost the yuletide season when life-sized holiday greeting cards are displayed on the Fort Shafter Chapel Field. Units, tenants and private organizations may participate from Nov. 14–Jan. 3. Judges will give awards for first through third place, Nov. 27.

15 / Thursday

Interview Skills Workshop – A key component to any job search is the ability to sell yourself to a potential employer. This workshop is to prepare you for the interview process. You will learn steps to interview preparation, different types of interviews, formulate responses to common interview questions, plus much more. This workshop will be held at the following locations: Fort Shafter Outreach Center, Nov. 15, 9:30-11:30 a.m.; and Schofield Barracks Army Community Service, Nov. 20, 9:30-11:30 a.m. Register online at www.acsclasses.com or call 655-4227.

17 / Saturday

Pearlridge Express – All aboard the Pearlridge Express! Hawaii's only scale-model, fully-functioning train will be pulling into the station at the Uptown Center Court Nov. 17 at 10 a.m. Up to 15 keiki can ride at one time on the custom-built locomotive and enjoy the journey. Running daily until Jan. 1, the Pearlridge Express will be a sure memory-maker for the whole family. Uptown Center Court.

26 / Monday

North Holiday Card Lane – Units, tenants and private organizations in Oahu North areas may participate in the life-sized holiday greeting card display along Kolekole Avenue, Nov. 26–Jan. 4.

Ongoing

HI-5 Recycling – Residents may redeem

their recyclable aluminum/metal cans, plastic, and glass containers any Saturday from 10 a.m.–4 p.m. (or any Tuesday from 9 a.m.–1 p.m.) at the parking lot of the Schofield Barracks commissary. Containers must be empty and clean, and state law prohibits milk or dairy product containers.

Sunshine Generation Hawaii – Keiki ages 3–16 are invited to participate in this children's performing group that does it all. Children will learn to sing, dance and act, plus participate in fun performances throughout the island. No auditions are required.

Classes offered at two locations: 1) Catlin Community Center in West Honolulu, Tuesdays, 6–7 p.m., or Saturdays, 9–10 a.m., and 2) Mililani Waena Elementary Cafetorium, Mondays, 6–7 p.m., or Saturdays, 11 a.m.–noon. Cost is just \$35 per month. For more details, visit www.sunshinehawaii.net.

Toastmasters – The Pineapple Toastmasters Club meets every first and third Thursday each month at Sgt. Yano Library, Schofield Barracks, 6:30–7:30 p.m. Join the club and work on your public speaking skills. Prospective members are welcomed. Call Don or Elaine Glover, 622-0169, for more details, or visit <http://pineapple.free-toasthost.us/index.html>.

Marriage Enrichment Seminar – Bring your significant other to a Marriage Enrichment Seminar and learn the keys to building a strong, satisfying and lasting marriage.

This seminar runs every third Wednesday of the month, 9 a.m.–4 p.m., at the Wheeler Army Air Field Chapel. It's designed for engaged couples, but all couples are invited to enhance their communication, manage conflict and learn secrets to a more satisfying relationship.

A free lunch will be provided, and child care is available. Call Staff Sgt. Latonia Parker at 656-4481, or e-mail latonia.parker@us.army.mil, for more details.

Alcoholics Anonymous – All personnel are welcome to attend Alcoholics Anonymous, a free program of recovery for dealing with alcoholism. Meetings are held every Thursday morning, 11:30 a.m.–12:30 p.m., at the Petersen Child Development

Center, Schofield Barracks, Room 223.

For more details, contact J. Paul Campbell at 537-3406, or e-mail jpaucampbell1218@yahoo.com.

English as a Second Language – The Armed Services YMCA offers this adult education course addressing the fundamentals of the English language. The course is appropriate for beginners and those who desire to improve their written and verbal communications skills. Classes run through November and are held Tuesday and Thursday mornings, 8:30–11 a.m. Registration is required; a \$15.00 fee is charged.

Commissary Nursery

The Schofield Barracks Commissary has a nursery room for nursing mothers and parents with small children to use while they shop for groceries. The nursery is located behind Register 1. Call Susan Sturgeon-Campbell at 655-6886.

Car-buying Classes – Learn how to get the most vehicle for your money. Car buying classes are held on the third Wednesday of every month at the Schofield Barracks Army Community Service, Building 2091, 9–10:30 a.m. Contact Georgianna McAnany at 655-4227 for more information.

Volunteer Opportunities – Give back to the community by volunteering; it is a great way to meet new people, receive valuable job experience, and support the Army Hawaii family.

Opportunities are available on and off post. Free child care at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS. Visit www.mwrmilitaryhawaii.com.

Food For Families – The Armed Services YMCA accepts donations of nonperishable items to replenish its food pantry. Its emergency food locker is available to families experiencing financial difficulty and needing extra assistance. Supplies of canned goods, frozen food, dry goods and personal care items are accepted and usually available. Call 624-5645.

Fort Shafter Thrift Shop – Stop by the thrift shop all summer. Hours are Tuesdays and Fridays, 9 a.m.–1 p.m., and consignment hours, 9–10:30 a.m. Call 842-1074.



Aliamanu (AMR) Chapel, 836-4599

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Education (Sept.–May only)
- Gospel Sunday, 11 a.m. – Sunday School (Sept.–June only) Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

Fort DeRussy Chapel, 836-4599

- Catholic Saturday, 5 p.m. – Mass in Chapel (May–Aug.) Saturday, 6 p.m. – Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service

Fort Shafter Chapel, 836-4599

- Contemporary Protestant Sunday, 9 a.m. – "The Wave" Worship

Helemano (HMR) Chapel

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

Main Post Chapel, 655-9307

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

MPC Annex, Building 791

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

Soldiers Chapel

- Catholic Friday–Saturday, 12 p.m. – Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. – Worship Service

Tripler AMC Chapel, 433-5727

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

Wheeler Chapel

- Catholic Saturday, 5 p.m. – Mass Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Service
- Gospel Sunday, 12 p.m. – Worship Service



Send calendar announcements to community@hawaiiarmyweekly.com.

9 / Today

AER Scholarships – Do you need money for college? Applications for the State-side Spouse Education Assistance Program and the Dependent Children Scholarship Program are now available online at www.aerhq.org. Call Jackie Torres at 655-7132.

Employment Orientation – Prepare for the job you want! Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies. Reference materials, job listings, computers, web tour and more will be available for use. Orientations will be held at the following locations: Schofield Barracks ACS, Nov. 9, 16, 23, & 30, 9-10:30 a.m.; AMR Chapel, Nov. 26, 10-11:30 a.m. Call ACS Schofield at 655-4227 or Fort Shafter 438-9285. Register online at www.acsclasses.com. Free child-care vouchers are available. Children must be registered and space must be reserved by parent. Call (Schofield) 655-5314, or (AMR) 833-5393.

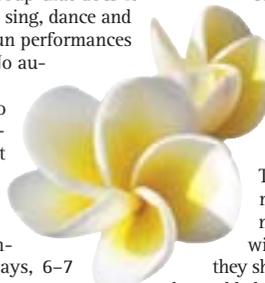
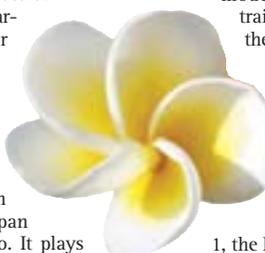
10 / Saturday

Theatre for Youth – Chicken skin alert, the Honolulu Theatre for Youth (HTY) will stage Obake, a chilling collection of spooky ghost tales from Japan and Hawaii by David Furumoto. It plays Saturdays, Nov. 10 and 17, at 1:30 and 4:30 p.m.

Tickets are \$16 for adults, \$8 for youth (18 & under). The play is recommended for ages 7 and up (not for very young children). Call HTY at 839-9885 or visit www.htyweb.org.

11 / Sunday

Free Admission to Hawaiian Waters – In celebration of Veteran's Day, Hawaiian Waters Adventure Park will host servicemembers for free Nov. 11. Active duty, Reserve, National Guard and retirees who show their IDs at the front gate will receive



Sydney White

(PG-13)
Friday, 6 p.m.
Saturday, 2 p.m.
Thursday, 7 p.m.



Resident Evil: Extinction

(PG-13)
Friday, 9 p.m.



3:10 To Yuma

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

The Kingdom

(R)
Sunday, 7 p.m.
Thursday, 7 p.m.

No shows on Mondays or Tuesdays.

Family-focused, fall festival fun returns to Fort Shafter

Story and Photos by
SGT. 1ST CLASS JASON SHEPHERD
U.S. Army, Pacific, Public Affairs

FORT SHAFTER — A basketball-playing clown, a balloon master, carnival games and hundreds of happy, smiling children. Sounds like Coney Island, minus the cotton candy and Ferris wheel.

Of course, Hawaii is a long way from New York, but that didn't stop kids from having a blast during the annual Fall Festival here, at Shafter Elementary School, Friday.

"Tonight's main goal was to provide a cozy, family-focused atmosphere for the students of our elementary school," said Sam Ko, principal of Shafter Elem. "One of the things I was really happy about was not only seeing students here, but families, parents and older siblings. That's the main focus of the fair."

Ko said he was expecting 100-150 people to attend the festival and was pleasantly surprised when more than 300 participated in the evening's activities.

Many activities at the carnival catered to both young and old. For 50 cents, a kid could toss darts, get a balloon animal, jump in an inflatable house or throw water balloons at Principal Ko. For some reason, the line for that event was always long.

"My favorite part is the sack race," said Sean Musrasrik, 9. "If you win, you get candy and a [blow-up] basketball."



Tracy Oilar paints a pink butterfly on the face of Daisha Miller, 5, during Shafter Elementary School's Fall Festival, Friday.

Right — Kortneye Dixon, 11, tries to make a pass around the stellar defense of Javier the Clown.



According to Crystal White, Parent Teacher Association (PTA) president at Shafter Elem. and lead coordinator for the event, the goal of the Fall Festival wasn't to make money; it was a chance for families to get out and have some fun.

"When we have our family fun nights, they're not really considered fundraisers," she said. "We want to break even. If we make a profit, that's great, but it's really for the kids to have a chance to come out and

have a good time with their families."

Ko said the night was successful because of the more than 40 volunteers who offered their time and services.

"None of this would have been possible without the wonderful parents of the PTA and our military partners: U.S. Army, Pacific, units from Fort Shafter and Schofield, Tripler Army Medical Center and Army Hawaii Family Housing," he added.

Many volunteers gave time and energy to move set up and man the many booths. However, some folks went above and beyond to ensure a great festival. Army Hawaii Family Housing donated money for the balloon artist who made all kinds of animals and toys out of balloons. The fair also featured two "jumpers" or inflatable, bounceable houses, and a clown.

Because the event was held at night, Ko asked the Army to provide lighting to make the festival a success.

"Without the assistance of the flood lights provided by the Army, this event could not happen," he said. "We wouldn't have been able to do it without them."

"I'm really thankful to the Shafter Community" White said. "We got a lot of people to come out who don't have kids who attend our school to volunteer at our tables and game booths and give their time tonight. It was really impressive that the community comes together for the kids."

Of course, no carnival would be complete without a clown, and the school managed to get a clown who could do it all. Javier the Clown played basketball, ran sack races, and made kids laugh.

"I'm just so happy to be able to come out here and help these kids have a good time," said Javier Carrasco. "I think it's important for these kids to get out and play with their friends, and this festival was a great chance for them to do that."

Musrasrik agreed. "The best part is getting to meet your friends on a Friday night," he said.

"Tonight we wanted to make sure the family had a good time," White said. "We have a lot of parents who are deployed, so we wanted to make sure the kids could come out and enjoy themselves."

14-year-old Francis Eyre soars to coveted Eagle Scout status in record time

Story and Photo by
BRIAN MELANEPHY
9th Mission Support Command Public Affairs



Col. Michael Eyre, chief of staff, 9th Mission Support Command, and his wife Cuddy place the Eagle Scout neckerchief on their son Francis during the Court of Honor Ceremony, Oct. 28.

FORT SHAFTER — Francis Eyre stood poised on the stage. This was his day, his hard work had paid off. Finally, he was an Eagle Scout.

After more than two years of hard work, Eyre's journey culminated at historic Palm Circle here, Oct. 28, in a Court of Honor ceremony, which is a rite of passage that officially makes a young man an Eagle Scout.

Francis' father, Col. Michael A.

Eyre, chief of staff, 9th Mission Support Command, did not don his Army Combat Uniform for the ceremony. Instead, for this special occasion he proudly wore his scout leader uniform, because this day belonged to Francis.

From the beginning of the ceremony it was clear Francis is an intelligent, dedicated young man, with maturity and wisdom beyond his years. These qualities were evident at the end of the ceremony when he stood before his fellow scouts, family members and friends and calmly delivered an eloquent,

well-crafted speech.

Eagle Scout is the highest honor in scouting. Approximately five percent of boys who join scouting reach this milestone. Only 1.7 million young men have achieved this rank since 1912.

Francis learned that he had arrived at the Eagle Scout pinnacle, June 25. What is truly remarkable is that he accomplished this feat in two years and three months, at 14

years old — the earliest allowable age — while earning 31 merit badge, 10 more than the required 21.

The culmination of an Eagle Scout's journey is the successful completion of an Eagle project. Francis dubbed his project "Operation Pocket Flag."

In his initial proposal, Francis

SEE EYRE, B-5

Energy conservation begins by reducing 'footprint'



Consumers can help preserve the environment by discovering and reducing their carbon footprints

JOE FEIND

Directorate of Public Works

The Directorate of Public Works continues its energy awareness campaign by addressing the idea of a carbon footprint.

A carbon footprint is the amount of carbon dioxide (CO₂) and other green house gases emitted over the full life cycle of a product or service. Most climate scientists agree that green house gases such as CO₂ contribute to global warming and climate change. Reducing our carbon footprint helps fight global warming and its associated problems.

Climate change is a global impact that can also be applied to our personal lives in terms of the amount of CO₂ we contribute by using products or services.

Looking at the carbon footprint each of us contributes from our daily activities is one way to put into perspective our share of the global warming problem. Examples of personal CO₂ contributions include our homes using electric energy produced by burning fossil fuels, driving a gasoline or diesel-powered vehicle or buying and using a product that used fossil fuels in its production.

Dozens of carbon footprint calculators are available on the Internet. They allow you to input various household energy uses, resulting in an estimate of annual total pounds of CO₂. Some like www.carbon-footprint.com include consumers' secondary footprint, which includes carbon contributions from things like food, clothing and share of public services.

After inputting an average person's household data, the carbon footprint was about 12 tons of CO₂. Give it a try and see how your household stacks up. You'll need usage data from gas and electric utility bills and an estimate of your annual driving mileage.

There is also a CO₂ contribution resulting from businesses and government organizations. The Army in Hawaii used about 310,000,000 kilowatt hours of electricity in fiscal year 2006. Most of it is produced from burning oil.

This electricity keeps the lights on in your office, cools the air using air conditioning and keeps that

computer screen aglow.

For the past year the equivalent amount of CO₂ produced from generating electricity used at Army facilities amounted to almost 12,000 pounds of CO₂ per person. That's six tons of CO₂ or equal to the weight of four cars.



Suggested Web sites for more information:

- www.epa.gov/climatechange/index.html
- www.lexgwac.org/Calculator2.html
- www.carbonfund.org/
- www.greenerchoices.org/globalwarmingat-home.cfm?page=Toolkit#Carbonfootprintcalculators

Between home and work, one person contributed about 18 tons of CO₂ a year into the earth's atmosphere. The next step is to think of ways to reduce this carbon footprint. Being more energy conscious in the choices you make or reducing the amount of energy used from fossil fuel is a good way to start. Another way to help out is to use carbon offsets. Carbon off-

sets are monetary contributions that fund projects that reduce carbon in the atmosphere.

Consumers should focus on home, work and driving to reduce their CO₂ contribution. A specific example in the home is replacing a 100-watt incandescent light bulb with a new 23-watt compact fluorescent (CFL) lamp. This action can save 260 pounds per year of CO₂ from going into the atmosphere.

Of course, turning off lights that aren't being used helps too. If you use air conditioning, keep it at 74 degree Fahrenheit or above — or better yet, use ceiling fans. Consider a solar hot water system. Not using an electric or gas hot water heater can eliminate about 1,400 pounds of CO₂ per person per year.

At work, be aware of devices or lighting you can turn off when not in use. For instance, when running off to a meeting or going to lunch, turn off the task lighting above your desk and the computer monitor. When driving, keep your vehicle tuned up and tires properly inflated. Consolidate errands and drive moderately, avoiding jack-rabbit starts and seat belt-bruising stops.

Besides helping out with global warming, most of these suggestions will save you money in the long run, and being mindful of the long run is what will preserve your children's and grand children's futures.

Commissaries increase availability of organic foods by 300 percent

DeCA offers healthy alternatives that won't break customers' banks

LYNDA VALENTINE

Army News Service

FORT LEE, Va. — U.S. sales of organic foods have grown between 20-25 percent annually for the past seven years, and during that time, the Defense Commissary Agency (DeCA) has more than tripled the number of organic products available on its shelves.

To be labeled "organic," food must be produced without using most conventional pesticides: fertilizers

made with synthetic ingredients, bioengineering techniques or ionizing radiation. With regard to meat, poultry, eggs and dairy products, organic means they come from animals that receive no antibiotics or growth hormones.

"To ensure our patrons have available the products they want, we keep an eye on trends. Because of this, you'll see organic selections on our shelves," said Patrick Nixon, DeCA director and chief executive officer. "Organic alternatives are side-by-side with similar nonorganic items throughout the commissary."

To find organic products in your local store, look for the circular green and white "USDA Organic"

seal, which is on items where 95-100 percent of the ingredients are organic. Use of the seal is voluntary, so some products may simply state "organic" on the label without using the seal.

"If organic foods appeal to you, ... make the commissary your first choice for pur-

chasing organic," said Nixon. "Our overall price savings of 30 percent or more applies to organic products, too."

(Editor's Note: Lynda Valentine writes for the Defense Commissary Agency.)



10 / Saturday

Hawaii Championship Wrestling – Come enjoy a great night of wrestling, Nov. 10, 7-10 p.m., at the Tropics. Doors open at 6 p.m. Admission is \$5 for ages 12 and up, \$3 for 11 and under, and free for 5 and under. Call 655-5699.

17 / Saturday

Pro Bowl Tickets – Pro Bowl tickets go on sale Nov. 17, 7:30 a.m., at the Schofield Barracks Information, Ticketing and Registration (ITR) office. Attend the kick-off event and enjoy food, fun and entertainment, 7:30 a.m.–4 p.m. The Pro Bowl is Feb. 10 at Aloha Stadium. Call 655-9971.

Ongoing

Sharks Youth Swim Team – Tryouts are held at Richardson Pool, Schofield Barracks, Fridays at 3 p.m. Applicants must be Level 4 or higher swimmers. The club fee is \$35 monthly. Call 655-9698.

All-Army Sports – Soldiers interested in applying for Department of the Army (DA) level sports competitions must submit applications with their Army Knowledge Online (AKO) account at <https://armysports.cfsc.army.mil>. Faxed copies are no longer accepted by the DA sports office. Call 655-9914 or 655-0856.

Karate Classes – Adults 18 and older can learn Do Shudokan Karate at the Aliamanu Physical Fitness Center, Mondays and Wednesdays, 7-8:30 p.m. Cost is \$40 per month. Call 488-6372 or 265-5476.

100-Mile Run/Walk & 50-Mile Swim Clubs – Record each mile you run, walk or swim, and

win incentive prizes. Stop by any Army physical fitness center or swimming pool to pick up a log sheet. Call 655-9914.

Ladies Golf Clinic – Ladies, looking to improve your golf game? Come to a free ladies golf clinic the first Saturday of every month, 2:20 p.m., at the Leilehua Golf Course driving range. Call 655-4653.

Little Ninja Classes – Parents or guardians, bring your 3–5-year-olds to Child and Youth Services (CYS) so they can learn basic Tae Kwon Do skills. At these classes, children will improve their motor and communication skills, learn to focus, and build confidence and socialization skills.

Children must be enrolled in Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited or be a current member of CYS. Register at the CYS Office, 556 Heard St. Call SKIES at 655-9818 or CYS at 655-380.

Leilehua Golf Course Driving Range – The golf driving range at the Leilehua Golf Course is open every day until 9 p.m. Call 655-4653.

Water Aerobics – Come join this exciting workout at Richardson Pool. Classes are held Mondays, Wednesdays and Fridays 11:30 a.m.–12:30 p.m., and Tuesdays and Thursdays, 5 p.m.–6 p.m.

Classes are \$2 each, or a punch card is available for \$15.

Water aerobics provides a safe and effective exercise alternative that improves fitness levels with little stress on the joints. Call 655-1128.

What's Up Gymnastics – SKIES Unlimited is partnering with What's Up Gymnastics to offer a military discount program for all upcoming classes.

What's Up Gymnastics provides several classes to choose from, including recreational and competitive classes, and it offers the only indoor climbing wall on Oahu. Call 655-9818.



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

Never tired

SCHOFIELD BARRACKS — Golden Dragon Soldiers of A Company, 1st Battalion, 14th Infantry Regiment, experiment with new modes of physical training down Flagler Road, Oct. 29.



Send sports announcements to community@hawaiiarmyweekly.com.

16 / Friday

Hunter Education Courses – The Hawaii Department of Land & Natural Resources offers monthly Hunter Education classes. Subjects covered include wildlife identification and conservation, firearms

and archery safety, survival and first aid, game care, and more.

The free, two-day classes are held Fridays and Saturdays, and classes run from 5:45–10 p.m., Friday, and from 7:45 a.m.–4 p.m., Saturday. Classes are family-friendly and open to anyone ages 10 years and older. All students are required to provide a picture ID.

Upcoming classes are Nov. 16–17, Dec. 7–8, and Dec. 14–15 at the Nimitz Center, 1130 N. Nimitz Highway, Room A-212.

Call 587-0200 or visit www.state.hi.us/dlnr/ldxHunting.htm for more details.

11 / Sunday

UH Military Weekend – In honor of Veterans Day, the University of Hawaii–Manoa will host “Military Weekend” for all active, reserve and retired members of the military. Service members will receive two tickets for the price of one (up to a maximum of six) to UH Women’s Volleyball matches against Utah State, Sunday, Nov. 11, at 8 p.m.

A valid military ID card is required when purchasing tickets at the Stan Sheriff Center box office in advance (Monday–Friday, 8 a.m.–4 p.m.), or on the night of

the matches.

Ticket holders will be seated in special sections, and supplies are limited. Other restrictions may apply.

15 / Thursday

EFMP Bowling – The Exceptional Family Member Program (EFMP) will host the following bowling events: Nov. 15, 3–5 p.m., at the Schofield Barracks Bowling Center; and Nov. 29, 6–8 p.m., at the Tripler Bowling Center.

Families with special needs children are invited to enjoy free bowling. Call 655-4777.

Eyre: ‘Pocket flags’ bring Soldiers closer to home

CONTINUED FROM B-3

set his sights on raising enough money to buy 1,200 pocket flags to send to Hawaii-based Soldiers serving in Iraq, which he estimated would cost \$260; he actually raised almost \$600. With this higher-than-expected dollar amount, he purchased 1,800 pocket flags.

To get the flags to the troops, he enlisted the help of a number of volunteers. In a folding event at the American Legion Hall in Honolulu, March 11, he taught his fellow scouts and other volunteers how to properly fold the flags. From start to finish Francis and his volunteers logged nearly 200 hours.

“I couldn’t be more proud of him ... this is one of those projects that stays with you forever.”

*Col. Michael A. Eyre
9th Mission Support Command*

For his efforts, Francis received letters of appreciation from Gov. Linda Lingle and Lt. Gen. John M. Brown III, commanding general, U.S. Army, Pacific.

Back at the Court of Honor ceremony, Francis’ parents glowed with pride. In a recent con-

versation regarding his son’s efforts, Eyre said, “I couldn’t be more proud of him. I know what it is like to be deployed and receive something from a stranger that pulls at your heart strings. This is one of those projects that stay with you forever, both [for] the recipient and [for] Francis.”

Francis epitomizes duty, honor and country and has taken the scouting lifestyle to heart. Through the values he has learned as a scout and his hard work ethic, he has gone above and beyond what is required of him.

He soared to the rank of Eagle Scout at an accelerated pace, faster than all the fine young men who have preceded him.

HAWAI'I ARMY WEEKLY

Serving the U.S. Army Community in Hawai'i ★ www.251dl.army.mil/haw.asp

Ministry of presence

Chaplains providing
service now more
than any other time.
See page C12.



Battle buddy

Pairs of Soldiers
share experiences.
See page C13.

NOVEMBER 9, 2007

Returning Warriors



Making the most of your redeployment

25th ID commander returns, praises troops

25TH INFANTRY DIVISION

Public Affairs

SCHOFIELD BARRACKS – Concluding a 15 month deployment in support of Operation Iraqi Freedom 06-08, friends, family and honorary guests attended a welcoming home ceremony for the 25th Infantry Division Command group at Wheeler Army Air Base, Oct. 30.

As Soldiers from the 25th ID unloaded buses in preparation to greet their loved ones a roaring crowd of friends and family bubbled with excitement for a long anticipated reunion.

"All of us who have watched, who have listened and who have prayed for this day to come stand in reverence to what you and your comrades have accomplished," said Lt. Gen. John Brown III, commanding general, United States Army Pacific Command.

"We will forever honor your service, we will forever stand in awe and national appreciation for so many of your comrades who bled and gave their lives in support for our nation. Never before have so few done so much for the many of our great land and our republic," said Brown.

Soldiers from the 25th ID, in addition to subordinate units who comprised Task Force Lightning, performed valiantly and with great success throughout the more than 47,000 square mile region for which Multinational Division-North (MND-N) was responsible in Iraq.

During their 15 month deployment, Task Force Lightning members transferred all four northern Iraqi Army Divisions to Iraqi Ground Forces Command, trained nearly 20,000 Iraqi police and more than 27,000 Iraqi Army soldiers, established 52 police stations, fielded over 900 armored humvee vehicles and 130 Iraqi light armored vehicles.

In addition, over 1,892 reconstruction projects totaling \$155.5 million to include 171 school projects, 117 medical/health care projects, 106 water treatment projects, 31 sewage projects, 16 oil/pipeline capacity improvements, 3 major crimes courts established and operating, and

also helped institute 156 business micro-grants totaling \$358,362.

Although the mission in Iraq was challenging, a combined effort of over 23,000 Coalition Forces and more than 140,000 Iraqi Security Forces in MND-N made the deployment a success.

"The mission of course was very difficult, but our Soldiers performed magnificently. We made great progress in the area of governance and security. The situation in Iraq right now is better than what it was when we arrived," said Maj. Gen. Benjamin R. Mixon, commanding general, 25th Infantry Division.

"During our tour in Iraq, in MND-N, we had the good fortune to command multiple brigades throughout the Army. Brigades from Ft. Bragg, Ft. Lewis, Ft. Bliss, Ft. Hood and National Guard brigades from various states; Air Force personnel, Navy personnel, Marines. At the height of our command we had over 23,500 Soldiers, Airmen, Sailors and Marines under our command. Over 40,000 Iraqi Army and some 60,000 Iraqi police just to name a few," said Mixon.

Although various units throughout the army contributed greatly, the 25th ID's very own 3rd Infantry Brigade Combat Team and 25th Combat Aviation Brigade also made great strides in assisting the efforts.

Third BCT helped build five public health clinics and accomplished more than 20 hospital renovations. They also built eight new schools and assisted in the construction of a new water distribution system to provide an additional 14 million gallons of water per day to the city of Kirkuk.

25th CAB Soldiers also exceeded above average performance transporting over 148,000 passengers, 5,555 tons of cargo, flying over 206,000 combined hours and conducting over 30,000 missions.

As Soldiers waited in formation, Mixon quickly but sincerely addressed the successes of the 25th ID Soldiers and members of Task Force Lightning for an eager group of onlookers and loved ones.

"When I say thanks to our Soldiers, our nation owes a



Photo Courtesy of 25th Infantry Division Public Affairs

Maj. Gen. Benjamin R. Mixon, commanding general, 25th Infantry Division, and his wife Rhonda Mixon answer questions from the media after a redeployment ceremony at Wheeler Army Air Field, Oct. 30.

huge debt of gratitude to the Soldiers, Sailors, Airmen and Marines of the United States of America. They are serving the nation probably in one of the most important times in our history and they are serving as volunteers. We owe a great deal of gratitude to those Soldiers," said Mixon.

As the ceremony was brought to a close, Soldiers were released from formation to open arms, tears of joy and smiles abroad. Families laughed and cried together as they were reunited after 15 months of hard work, dedication and service to each other and to their nation.

"Our return today closes out the mission for the 25th Infantry Division being in charge of MND-N. This very important day brings us back to the great islands of Hawaii and gets us prepared to move out for the next mission," said Mixon.



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- Welcome Home C-14
- Health C-18

On the cover

Headquarters and Headquarters Company, 25th Infantry Division Soldiers arrive at their welcome home ceremony at Wheeler Army Air Field, Oct. 30.

Redeployment is only the beginning

COL. TIMOTHY RYAN

Rear Detachment Commander, 25th Infantry Division

There is nothing more inspiring than watching our returning heroes march into the Multifunctional Deployment Facility (MDF) to the victorious chords of Rocky and the cheers of hundreds of family members, community leaders, and fellow Soldiers.

At each ceremony there is a spirit of anticipation, celebration, and relief as each chalk proudly reports mission accomplished! Then, immediately following the Army Song, we stand witness to thousands of individual reunions: a warrior looks adoringly at his or her significant other; or a father gazes upon his newborn child for the first time; or a Soldier drowning in lei from his or her comrades. During these redeployment ceremonies, it feels as if there is a surge of energy at the MDF in the Wheeler Gulch and all is well in the universe.

But as our returning heroes depart the ceremony site, many are unknowingly walking into their most challenging mission to date – REINTEGRATION. The challenges of reintegration are well cataloged. Soldiers are

warned of the pitfalls at every turn, from changed relationships, to finances, to living in moderation, the casualties of deployment do not diminish once a Soldier withdraws south of the Kuwaiti berm. Through Army Community Service (ACS), Chaplain, Army and Family Readiness Group (FRG) training sessions, Families are also attuned to the unintended consequences of a successful deployment. But the truth is, fatigue, Post Traumatic Stress Disorder, and other deployment-related maladies do not manifest themselves immediately upon a warrior's return, and we are still learning much about the comprehensive impacts of combat.



Ryan

For that reason, I ask that all in our community remain acutely aware of changing behaviors and attitudes in our loved ones, friends and comrades in arms. I also ask for vigilance in pursuing assistance where

needed. Since the beginning of the global war on terror, technologies and capabilities on the battlefield have matured, in the same way medical and community services have also significantly improved. ACS offers confidential training and counseling on host of topics; the chaplain's office sponsors married and single Soldier retreats along with spiritual fitness support; and Tripler Army Medical Center and the Schofield Barracks Troop Medical Clinic are fully resourced to support the physical and mental well-being of our community.

To all who have served with courage and valor in combat and to all who have sacrificed and endured hardship on the home front – job well done. You have much to be proud of, but the mission is not complete. In the upcoming weeks and months, we must practice the same watchfulness, discipline and patient endurance as were exercised during the 15 months of separation. In doing so, we'll negate the casualties associated with reintegration and remain Army strong and Army family strong.

Army wives share military family bonds

CHELSEA ILIFF
Army News Service

FORT HUACHUCA, Ariz. — I've been an Army wife for five years now. While I'm intrigued by the idea of the new Lifetime television show called "Army Wives," here are a few true, albeit less dramatized, things they might forget to cover.

- Why my garage is full of boxes that won't be unpacked. What's the point? We're moving again in five months.
- Why I don't paint the walls. Well, maybe in the next house. My parents are starting to think we're members of a nomadic tribe.
- Why the Army song is stuck in my head. Well, my laundry is filled with black shorts and gray T-shirts. But I admit my husband needs more "civilian" clothes.
- Why I gasp at the price of cereal at stores other than the commissary. Maybe because I spent more than three years watching Armed Forces Network television and can recite many of their "commercials."

Not Hollywood enough?

My husband has been deployed to Iraq twice for a total of 24 months. We were stationed on a small post in Germany with the 1st Armor Division throughout both deployments. I learned quickly that "deployment friends" are unlike any other friends. These are the people who not only listen to you complain about missing your spouse, but also empathize because they're right there experiencing it with you.

These friends perform duties unlike any other. They take you out to celebrate your

birthday and anniversary. They not only understand when you're speaking in military tongues (for example, "Did Joe have to leave the FOB today?"), but they speak it, too.

They're there when Soldiers leave, and there when Soldiers come home. Perhaps, most importantly, deployment friends see you through every day of what can be a very long and lonely separation. My husband and I left Germany in May, and other families left shortly thereafter. It's difficult now to have my confidantes spread all over the world. These ladies are my battle buddies, through and through. This area is one that Hollywood better get right.

It's difficult for those who move regularly to maintain steady employment. This frustration has been consistent for me. As soon as I get settled in a job, we move somewhere else. For example, in five years, I've worked in the fields of public affairs and education, and that's

only by being extremely persistent.

My degrees are in political science and journalism; however, I'm learning to adapt and be flexible. I learn something with each new place. My skill base continues to grow.

My husband and I wrestle with the issue of children and timing. We don't have children now, but desperately want to get started. But, is now the right time?

The military is full of super-moms/dads who impress me beyond explanation. I hope Hollywood can adequately portray how special and unique it

is to be a military family.

I'm thankful for the new Army Wives show. Surely it will show our country what an amazing and unique strata we are.

However, only those of us on the inside know what it's really like to live this life. From constant moves and friendships to jobs and children, I'm pretty sure the new "Army Strong" slogan extends to wives, as well.

(Editor's Note: Chelsea Iliff writes for the Fort Huachuca Scout.)



Text messages connect Americans with deployed troops

America Supports You initiative gives public chance to say thanks

SAMANTHA QUIGLEY
American Forces Press Service

WASHINGTON — For those seeking a quick way to show appreciation to troops serving far from home this holiday season, look no further than "Giving Thanks," a new initiative from the Defense Department's America Supports You program.

America Supports You connects citizens and corporations with military personnel and their families serving at home and abroad.

"This is a simple way to connect our citizens to our Soldiers using modern technology," said Allison Barber, public liaison and deputy assistant secretary of defense for internal communications.

From 6 a.m., Nov. 17, until midnight, Nov. 22, people wishing to express gratitude to troops for their service can text a brief one- or two-line message to 89279. Each text message sent will receive a response from an active duty service member.

"We know that thousands of families will be sitting down for Thanksgiving dinner and thinking about loved ones who are far away from home serving their country," Barber said. "We are counting on other American families to take a moment during their holiday celebration to think of those families and their family members who are serving and say, 'Thanks.'"

"The reassurance that others are thinking about them will mean a lot to our troops," Barber added.

Those who send a message during the six days of the "Giving Thanks" program will also be directed to the America Supports

You online site. There they'll find a sampling of messages from the public and a running tally of how many messages have been received. They'll also be able to read messages from deployed troops.

Some service members in Iraq and Afghanistan have already sent messages thanking the public for its support.

Members of Combined Security Transition Command in Afghanistan wrote to express their appreciation for the continued support they receive: "To all the great Americans who go out of their way to support all the Soldiers of the Combined Security Transition Command in Afghanistan — thank you."

Barber is hoping troops around the globe will participate, as well. Troops serving anywhere in the world can e-mail a brief message to americasupportsyou@osd.mil to communicate their gratitude



Photo Courtesy of The Spec Dept.

ing, marketing and public relations firm with multicultural capabilities.

"What we are doing is complementing the general market efforts to mobilize the Hispanic community to become involved in America Supports You," said Rolando Rodriguez, Interlex's managing director for public relations and community-based outreach. "Obviously that's important because many Hispanics do consume different press than the general market would."

The firm's goal is to inform Hispanic communities that a number of Hispanic youth are serving in the military.

"There are a number of Hispanic families that [will be] impacted during the holidays because [service members] are not sitting at the table with them, so it's important to show their appreciation," Rodriguez said.

for support from back home. Responses must be received by today.

In an effort to reach the Hispanic community, which is represented in large numbers in the armed services, America Supports You is working with Interlex, an advertis-

ACS helps troops navigate financial mysteries

ACS offers numerous courses on its Financial Readiness Training Calendar:

Money Management

Learn basic tools for financial success, develop a spending plan, reduce expenses and make your paycheck work for you. Classes are held every Wednesday, 10:30-noon at ACS, Schofield Barracks, and the first Thursday of the month at ACS, Fort Shafter.

Checkbook Maintenance

Discuss opening and maintaining a checking account. Class is held the first Wednesday of every month at ACS Schofield Barracks, 9-10:30 a.m.

Credit Management

Learn how to use your credit wisely and how to improve your credit score. Class is held the second Wednesday of the month, 9-10:30 a.m., at ACS Schofield Barracks, and the first Thursday of the month at ACS Fort Shafter, 2-3 p.m.

First-Term Financial Training – Learn basic financial skills, develop self-reliance and personal responsibility, encourage financial planning, improve money management skills, and enhance personal finance literacy. Certificates are awarded upon completion of this

mandatory eight-hour program of instruction. Classes run today and Nov. 19, 8:30 a.m.-4 p.m., at ACS, Schofield Barracks.

Home Buying

Want to know what the benefits are to owning a home? This Home-Buying workshop reviews the financial differences between owning and renting. Call ACS to find out when the next class will be.

Retirement in a Nutshell & Thrift Savings Plan

Learn how retirement plans like TSP work in terms of amounts allowable and the different types of investment opportunities available. The next class is Nov. 28, 9-10:30 a.m., at ACS, Schofield Barracks.

Car Buying

Learn valuable education that can save you thousands of dollars and make the whole auto buying experience less stressful. The next class is Nov. 21, 9-10:30 a.m., at ACS, Schofield Barracks.

Smart Buy Workshop

Learn how to “shop smart” and start saving. This workshop will include how to use coupons effectively, money-saving tips, meal planning, and how to become an “informed consumer.” Class will be Nov. 30, 8:30-noon, at ACS, Schofield Barracks.

Whether Soldiers are deploying or returning ACS can assist with keeping them on track

CHRISTINA DOUGLAS

Staff Writer

As a redeploying Soldier, your bank account has never looked better. It's been accumulating money for the past 15 months, and now it's looking pretty invincible. You can get anything you want: latest cell phone, check; new wardrobe, check; new motorcycle, check; new car ... the list goes on.

Whether you've just returned from deployment, or you're getting ready to leave, be prepared for changes in your finances. Besides not living in a tax-free zone anymore, benefits like Family Separation Allowance and Hazardous Duty Pay will no longer be included in your Leave and Earnings Statements when you redeploy.

So what are you going to do with the extra money? Do you want to invest in mutual funds? Are you ready to purchase a home? Maybe you're not sure.

Navigating through the mysterious world of finances can be a nightmare, but Army Community Service's (ACS) Financial Readiness Program can be your compass.

ACS has financial counselors who are here to help. An abundance of classes are available, including how to manage debt, in-

vest wisely, maintain your credit score and plan for retirement. If the classroom setting isn't right for your individual needs, ACS's financial counselors can meet with you one-on-one.

“We are financial educators who want to empower Soldiers and family members with information to make sound financial decisions,” said Laura Wittig, director, ACS Financial Readiness Program. “We do not sell anything; [we] only educate.”

Soldiers are in a wide range of situations when they return home. Most have saved money and want to know where to go from there; others have spent all of their money or spend it during block leave, said Wittig.

For Soldiers who have just returned, Wittig offers helpful keys for success.

“Think before you buy,” she said. “Impulse buying and a lack of a spending plan can cause problems after block leave. Seek financial assistance through accredited financial counselors at ACS.”

In addition, Soldiers should watch out for payday lenders and telephone and life-insurance scams, she said. Soldiers in financial trouble can avoid high-interest payday lenders by seeking Army Emergency Relief (AER) assistance.



To find out more, contact the ACS Financial Readiness Program, at Schofield Barracks, 655-4227, (Building 2091), or Fort Shafter, 438-9286 (Building 330).

Military OneSource works 'round the clock for families

MOLLY HAYDEN

Staff Writer

SCHOFIELD BARRACKS – The support system within the military ohana is constantly growing. More and more programs are being offered during redeployment to help Soldiers and their families maintain a healthy, balanced lifestyle. The Defense Department has established Military OneSource as a resource Soldiers and family members can access for assistance with any kind of problem.

Military OneSource services are free and include everything from common, everyday difficulties facing families to life's most complicated situations, including deployment and redeployment issues.

“Military OneSource provides many resources for reintegration of service members back into family life,” said Lt. Col. Les Melnyk, Office of the Assistant to the Secretary of Defense, Public Affairs. “We

Military OneSource

1-800-464-8107 or 1-800-342-9647



visit www.MilitaryOneSource.com.

understand with the happiness that comes from a redeployment, there is also a certain amount of stress.”

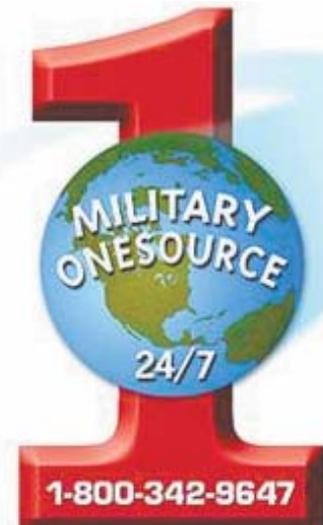
Military OneSource runs the gamut of situations, from working families' needs for child care to issues regarding fear and hardship during a deployment. The service also addresses issues like helping families that have moved find housing and information about the school system and jobs for spouses.

All Military OneSource consultants have master's degrees in a variety of fields, such

as education, social work, early childhood development, psychology and counseling. Consultants have on average more than five years of experience in their respective fields. Many consultants are also Certified Employee Assistance Professionals. In addition, all face-to-face counselors must hold master's level or higher degrees and be licensed in their respective states.

This program is not designed to replace or reduce on-post services; it expands those services by providing service members, their families and support agencies a 24/7 resource to assist in information, referral and educational material. The program enhances the services provided by military branches and has a link from OneSource to various branch Web sites.

“The wide accessibility of Military OneSource makes it a one-stop shop for all military services,” said Melnyk.



ACS offers many 'real-life solutions'

AIKO BRUM

Chief, Command Information

SCHOFIELD BARRACKS – “When and where you want it” service brought to you with aloha, that’s the Army Community Service (ACS) mantra for all civilian personnel, Soldiers and their family members who live and work in U.S. Army Garrison, Hawaii, installations.

ACS provides numerous services, so many so, that a newcomer to the Army way of life would need a notepad and pen to keep up with what’s available.

Offering “real-life solutions for successful Army living,” ACS exists to enhance unit cohesion and readiness. The bulk of its operations, however, support the entire Army family.

“Right after newly arrived Soldiers are routed through their in-processing here,” said Brian Dougherty, ACS specialist, “they attend an interactive presentation called the “Newcomers’ Ho’ike. We’ve really put a lot of time into it, to make it fun, not just stuffy briefings, but interactive games. The Ho’ike includes a Hawaiian cultural presentation, too.”

Spouses are highly encouraged to attend the Ho’ike, Dougherty said, but many are going to the Army Hawaii Family Housing new orientation, held at the Kalakaua Community Center, Schofield Barracks, to get needed information about living and working in Hawaii.

ACS is so large and provides so many services, patrons often put the “s” in Army Community Service.

“We provide lots of services, but our title is actually Army Community Service,” Dougherty explained. “Our service delivery strategy works very well. ... A unit says we want to get some training for our Soldiers or our family readiness group, say on financial matters. They could tell us they want it, maybe next week at 6 o’clock in the evening, whatever location. We basically provide what they are asking for, instead of telling them what we will offer them. That’s the old way of doing business.”

Experts who are specialists in their field staff each of the programs available at ACS, and most have bachelor’s or master’s degrees. For example, Family Advocacy staff have degrees in social work.

All counselors strive to stay at the top of their game with continual professional development training.

“Most all our programs depend upon relationships and partnerships with other agencies, Dougherty said. “We work very closely with Child and Youth Services; our Family Advocacy folks work very closely with mental health and the chaplains. And most of the programs are working with management at AAFES [the Army Air Force Exchange Service] for marketing.

“Everything we do is about partnering.” By far, the most popular service provided by ACS is its computer lab. More than 150 Soldiers and family members use the lab

Army Community Service

ACS has got you covered from work and career to family and money matters

What is the Army Community Service (ACS) mission?

To assist commanders in maintaining readiness of individuals, families, and communities within America’s Army by developing, coordinating and delivering services that promote self-reliance, resiliency and stability during war and peace.

Do you want to give back to your community? Do you want to learn new skills?

The benefits of volunteering are as individual as the people who volunteer.

-Army Volunteer Corp (AVC)

Volunteer opportunities can be found throughout the community, on and off the installation. Visit ACS and get a listing of volunteer positions available.

-Army Family Team Building (AFTB)

JUST what is AFTB? It is a volunteer-based program with the goal of readiness and self-sufficiency. Its Military Spouse 101 is an introduction to the military lifestyle. Level II is focused on management skills, while Level III guides you through Leadership skills.

-Hawaii Army Family Action Plan (HAFAP)

Do you have issues? HAFAP is a grass-roots process that allows your ideas to be heard. Issues are submitted throughout the year and a local conference is held annually to address these issues. Volunteer to be a delegate, recorder or facilitator during the annual HAFAP conference.

Looking for a job? Want to change careers?

Employment Readiness provides assistance in acquiring skills, networks and resources needed to participate in the workforce and develop a career/work plan.

-Workshops & Job Fairs

Workshops are offered to promote success in work and career planning. ACS co-hosts job fairs that bring local companies to one location to aid in the job search.

-Counseling

Free counseling is available to assist with resumes, interviewing skills and career assessment.

-Resources

An employment computer lab is available to assist with job searches and resume writing. Visit the employment resource library for books, educational materials and a listing of jobs on island and throughout the world.

Who can lend some back up with home and family life issues?

Multiple programs help build healthy, resilient families.

-Family Advocacy

Staff provide supportive programs and services for all age ranges from prenatal to adults. Services can be tailored for individuals, couples, parents and families.

-Prevention & Education

If deployment is getting you down, if you are feeling stress or anger, or if you want to learn new parenting skills, then FAP provides classes covering a broad range of topics: Stress Solutions, Anger Management, Communication, Relationships, Active Parenting, Nurturing Parenting, Home Alone, Play Groups, Deployment/Reunion survival skills and more.

-Exceptional Family Member (EFM)

Do you have an Exceptional Family Member? Do you know the resources available to you? EFM representatives are ready to assist you with advocacy services, resources, housing, education and child services for special needs.

-New Parent Support (NPS)

Expecting a new baby? Already have a small child? Don’t have transportation or can’t get out of the house with three small children to care for? NPS can come to you. NPS is an early intervention program that will work with parents during pregnancy and with children up to six years of age.

-Victim Advocacy

If you are a victim of spouse abuse, you have choices. Victim advocates are available to assist with the support and information necessary to make positive choices. Safety is our top priority. We support victims’ autonomy by empowering them to make the right decisions relevant to their safety and welfare.

To contact a victim advocate dial 624-SAFE. We Listen. We Act. We Care.

-Sexual Assault Response & Prevention

Are you a victim of sexual assault? You are not alone. Remember that “No” means “No.” If you have been sexually assaulted contact a Victim Advocate at 624-SAFE.

-Resource Library

Family Advocacy maintains an extensive resource library. Materials are available to borrow or keep. Come see what we have to offer. If we do not have materials available for a topic of interest, let us know.

•Working all the time and can’t remember where your money went? Are you always broke? Did you get turned down for that new car loan?

Don’t go out and pay for services. Financial Readiness offers a wide range of free services to assist Soldiers and their families live within their means and invest in the future.

-Classes & Workshops

Don’t wait for your commander to refer you for a class. Get your finances under control. Classes offered are for Money Management, Checkbook Maintenance, Credit Management, Home Buying, Auto Buying and Smart Buy.

-Counseling

Receive one-on-one free financial counseling. Whether you are already in a bind or want to prevent future problems, make a financial counseling appointment.

-Debt Consolidation

Are you using one credit card to make payments on another? Debt consolidation may be the right move. Clients are encouraged to work with their creditors to gain stable, manageable financial positions by making arrangements to payoff debts.

-Budgeting

Do you want to invest for retirement? Buy a new home in the future? Sit down with a financial counselor to review your budget and set goals.

-Credit Report Repair

Can’t get a loan because of bad credit? Incorrect information being reported on your credit report? Don’t pay for credit report repair. Sit down with a counselor today to get free assistance in repairing your credit report.

-Army Emergency Relief (AER)

Assistance can be provided for emergency leave, leave under emergency conditions, food, auto repair/insurance, and other unexpected emergencies. AER can assist active duty Soldiers and their family members; National Guard and U.S. Army Reserve Soldiers on active duty for more than 30 days and their family members; retirees and their family members; and surviving spouses and orphans of Soldiers who died while on active duty or after the Soldier retired.

Can someone help me manage throughout deployment?

Deploying? Preparing for reunion, you ask? Mobilization and Deployment (MobDep) is the primary point of contact for providing services during deployments, routine training exercises and disasters. MobDep serves as the link between family members, rear-detachment staff and family readiness groups.

MobDep professionals interview callers and walk-in clients to evaluate the type of assistance required and make appropriate referrals to internal ACS programs and other agencies. MobDep resources include these:

-Computer Lab

Free Internet access, Web cameras and video teleconferencing are available to help families stay in touch with deployed Soldiers.

-Classes and Training

Ask about Op R.E.A.D.Y. training, Ready4Deployment class brochures, and other life skills education resources.

What’s available to help me get settled in?

If you are relocating to or from Hawaii, Relocation Assistance has resources available to make moving easier.

-Newcomer’s Orientation

Community resources and Hawaiian culture are introduced during this interactive workshop. It is designed to make transitioning to Hawaii an enjoyable experience.

-Lending Closet

Forget to put the coffee pot in your unaccompanied baggage? Basic housekeeping items are available for loan on a temporary basis in an effort to assist with relocating.

-Waiting Spouses

Is your Soldier away serving an unaccompanied tour? Waiting Spouses is the group for you. Come see what we have to offer.

-Multicultural Services

Need assistance with immigration or naturalization paperwork and the process? Is English not your first language? Do you need help studying to take the U.S. Citizenship Exam? Well, we have resources available for you.

Where is ACS?

-Schofield Barracks, Building 2091. Call 655-4ACS/4227.

-Fort Shafter Outreach Aloha Center, Building S330. Call 438-9285.

-Visit ACS online, too, & register for classes: www.mwrarmyhawaii.com.

every single day. However, for Dougherty, the joy of ACS is the totality of its environment.

“How many people can look forward to going to work every day, literally every

day, and always go home at the end of every day knowing that they really made a difference. That’s really hard to find. How many people can do that?” he asked.

Another caveat, Dougherty said, “every-

thing about the atmosphere, from helping people to the facility itself ... it’s very welcoming, comfortable and inviting, and the people who work in our organization are fun to be around.”

SAFAC offers several mental health options



KYLE FORD
Staff Writer

SCHOFIELD BARRACKS –

Soldiers and families have several options when tackling post-deployment issues, such as Post-Traumatic Stress Disorder (PTSD), depression and family strife, which can pop up months after Soldiers return.

Fortunately, the Soldier and Family Assistance Center (SAFAC) houses several resources for mental wellness.

Soldiers are screened for PTSD and traumatic brain injury (TBI) as part of their Day Two reverse Soldier

Readiness Processing (SRP) at Schofield Barracks' Conroy Bowl, according to Sgt. 1st Class Christina Mitchell, noncommissioned officer in charge, SAFAC, Tripler Army Medical Center.

"Soldiers are just really happy to be home right now. It's amazing how resilient people are," Mitchell said. "Some people get back in to the swing of things within two days, others, two weeks; still others may need more time or therapy to deal with the situations they experienced while deployed. Everyone is on their own timeline for getting back to normal, whatever normal is for them."

The SAFAC is comprised of four departments: the Soldier Assistance Center (SAC), the Adult Family Assistance Center (AFAC), the Marriage and Family Therapy Clinic, and the Child and Adolescent Clinic (CAC).

The SAC, like its name implies, treats active duty Soldiers, focusing on medication management, stress management and group

and individual therapy. The AFAC offers the same services but treats family members of active duty Soldiers 18 and older. CAC is for children 17 and younger, and the Marriage and Family Therapy Clinic focuses on marriage counseling and relationship issues. In addition to counseling, SAFAC offers psychological testing.

"It's amazing how resilient people are."

*Sgt. 1st Class Christina Mitchell
NCOIC, SAFAC, Tripler
Army Medical Center*

"It's important to note that a lot of Soldiers are deploying for a second or third time, and are still dealing with issues from their first deployment," Mitchell said.

As Soldiers get back into their daily routines and realize things aren't normal with themselves, their friends or families, they should consider getting help. The sooner Soldiers get into treat-

ment, the more successful treatment will be, Mitchell advised.

Soldiers needing help can call the 24-hour triage line at 655-6660 for assistance.

Active duty Soldiers who cannot wait for an appointment can walk into the SAFAC from 7:30-8:30 a.m., Monday-Friday, for emergencies.

If a Soldier is nervous about going to a medical facility, other support is available. Soldiers can go to a chaplain, the Army or Military OneSource Web sites, or talk to a military family life consultant at Army Community Service.

"The most important thing is to get help if you need it," Mitchell said. There is no excuse for not taking care of yourself mentally, as well as physically.

If Soldiers or family members have a mental emergency, they can go to the emergency room or call the 24-hour help line. Active duty Soldiers can take advantage of the walk-in hours from 7:30-8:30 a.m., Monday-Friday.

AHFH welcomes back Soldiers and families

ANN M. WHARTON
Army Hawaii Family Housing

SCHOFIELD BARRACKS – Colorful banners hanging on homes, at community centers and along park fences welcoming moms, dads, friends and loved ones home from deployment can be seen throughout Army Hawaii Family Housing (AHFH) communities. And, a barbeque is being planned to celebrate their homecoming, as well as reach out to AHFH families that have a spouse deploying.

"It's wonderful to see spouses return home and we are happy to welcome back families who left the islands during deployment," said AHFH Director of Property Management Rick Cunefare. "Our families are realizing there are so many benefits of living alongside other military families and near valuable support services. We have seen an increase in the demand for on-post housing with the redeployment. Homes are available, and our team is moving quickly to get families settled."

AHFH Marketing Manager Melanie Russell advises families returning from deployment, as well



Photo Courtesy of Army Hawaii Family Housing

Family members create a welcome home message. Dozens of family members made signs for their loved ones returning from deployment at a Welcome Home banner-making event hosted by the Kalakaua Community Center last month.

as those with a spouse deploying who live off-post and would like to move on-post to be closer to friends and support services, to notify AHFH immediately.

"The sooner we know a family's return plans or desire to move on-post, the faster we can prepare a home," said Russell. "Moving a family is a big undertaking. It's

our goal to make it as easy as possible by working with families to identify a home and community that meets their lifestyle and needs."

Russell acknowledged that it might be tempting for families to consider off-post housing, especially on Air Force or Navy installations, but recommends Army

families read the fine print.

"There are a lot of great incentives being offered, but when a lease is up, an Army family may find itself without a home because Air Force or Navy personnel are the priority in these communities."



For more information, visit
www.ArmyHawaiiFamilyHousing.com.

Russell also points out that no other community offers the services that an AHFH community can.

"Our primary goal and that of our Army partner is to improve the quality of life for Soldiers and their families, and we do this by offering unique programs and services," said Russell. "We are working with Army Community Service to launch monthly programs in our community centers specifically geared toward supporting redeploying Soldiers, their spouses and their kids."

"Whether it's help reconnecting with family members or just getting together for a good time with

others that share similar experiences, we are looking forward to our community centers becoming a resource for these important support services."

The garrison and AHFH encourage families facing deployment to consider staying in Hawaii where they can take part in support programs and activities offered by ACS, Child and Youth Service and AHFH. AHFH's Family Care Package provides free child care, free lawn services and additional maintenance support for AHFH residents with a deployed spouse. Families can look forward to more activities over the next 15 months.

Families who stay in Hawaii also have the advantage of keeping in close communication with their spouse's unit and family readiness groups, and can easily reach out to friends and other families who have been through a deployment.

Contact Army Hawaii Family Housing at 275-3700/NorthRegion@armyhawaii.h.com (Schofield, Wheeler, Helemano) or 275-3800/SouthRegion@armyhawaii.h.com (Aliamanu, Fort Shafter, Tripler).

New parents learn the child-rearing ropes

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — A handful of parents gathered around a circular table to discuss issues of parenting, Tuesday. A slideshow on a laptop computer kept the conversation on track as Kendall Edmonds, mobilization deployment specialist, Army Community Service (ACS), facilitated the class.

ACS presented the New Parents 101 workshop as part of the installation's Returning Warriors Program.

"The reintegration of the Soldiers into the garrison family and their own [family] is just as important as the training to go into theater," said Sandra Crocker, Mobilization and Deployment Program manager, ACS. "We want to help them become family members again and not just Soldiers, which is what they have solely been for so long now."

The class spoke openly and engaged in group discussions as Edmonds offered suggestions to the parents.

"It is very important to be active together as mother and father when dealing with children," said Kendall. "They are going through changes as well by adjusting back



Soldiers and families gather to learn information on the topic of parenting at the ACS-sponsored New Parents 101 course. Participants shared stories and discovered tools for maintaining a positive family environment.

into the full family unit."

The class discussed parenting techniques for different stages of childhood, skills needed to instill a healthy lifestyle in children, and bonding techniques. Participants also discussed various parenting styles, and ways to re-establish

the dual-parent relationship with children.

"You have the mindset of being a Soldier 24/7," Edmonds said to the class. "It's not as easy to slip out of it, but finding that happy balance and being conscious of it will help you create better re-

lationships with your children."

Edmonds suggested that Soldiers redeploying move slowly back into the reprimanding process of the children until they can control emotions and better assess the situation.

"We do not want to tell Soldiers

how to raise their children," said Edmonds. "We just want to give them the tools to deal with the reintegration back into the family, instead of resorting to something they may regret later."

The class is mandatory for all male Soldiers whose spouse gave birth during the deployment and all female Soldiers who gave birth within six months prior to the deployment.

New Parents 101

Tuesdays, from 1-2:30 p.m.
at Schofield's Nehelani.

For more information, call
ACS at 655-4227.

"This [class] has helped my get a handle on what I'm about to go through," said Sgt. Sino Orbe, 40th Quartermaster.

The program also connects military families to the support services that allow parents to become nurturing and capable caregivers.

"When a Soldier can talk to other parents to get ideas and share the same issues, it lets them know they are not alone," said Crocker. "This is just another way of creating the ultimate support group."

Same old routines are key to happy reunions

Reintegration does not necessarily mean you are going to be 'one big, happy family'

COMPILED BY AIKO BRUM
Chief, Command Information

Change. Disruption. It's hard enough for an adult to make adjustments when routines shift. Bring children into the picture, and real chaos can result.

Now that most Soldiers of the 25th Infantry Division have redeployed to Hawaii, the real challenge may lay before them as they reintegrate with their families.

The returning Soldier may believe he or she can pick up where things left off in the household. But realistically, the way things "used to be," used to be.

Rather quickly, returning Soldiers soon discover that their children and spouse have changed: physically, mentally and emotionally. Further frustrating for the Soldier, what may be readily noticeable to him or her may be of

little account to anyone else in the household. Change, after all, is gradual and less noticeable for the family. The Soldier must play catch up and get on board with the family's established routine.

Some families may think they are ready, well adjusted and well prepared for the reintegration process, but they, too, can be in for a surprise. Getting used to a Soldier who's been gone for 15 months is likely to throw all in the family off balance.

To make the most of the reintegration process and sort out the way ahead for all involved, the Soldier, spouse and children must give themselves a chance to adjust.

Emotional adjustments

Communication is the key to handling emotional concerns — the entire family must openly ex-

press feelings, doubts and fears. However, emotional challenges will differ amongst family members.

- **The redeploying Soldier.** Life happens whether or not we're around for the experience, so returning moms or dads may feel left out, unwanted or unnecessary.

- **The parent who stayed behind.** Established routines are impacted when the Soldier returns. The biggest adjustment areas will be who disciplines and asserts authority. Time is needed to size up roles and responsibilities.

- **Preschool kids.** Young children may be wildly excited about the reunion and "clingy" to the returning Soldier. The child may fear the parent will disappear again.

- **School-age youth.** Youth may ask lots of questions of the returning Soldier and seek attention by acting even younger than their age. Bed wetting, clinging and whining may make appearances.

- **Teenagers.** Adolescents may

be somewhat moody and unpredictable when the redeploying Soldier comes home. Teens are unlikely to come right out and say what's on their minds or express their feelings, but that doesn't mean they don't want or need to.

- **All children.** Any child may "act up" after the reunion with mom or dad, by picking fights with siblings or becoming generally uncooperative and rebellious. Also, insecurity, anxiety, even jealousy, may surface between the returning Soldier or parent who stayed behind.

Practical concerns

Roles and responsibilities for discipline or some household chores may eventually shift as the Soldier and spouse reconnect. However, both should anticipate that their role changes may never be the way they were pre-deployment. Again, time is needed to clarify roles.

- Do not expect everything to be perfect.

- Try to avoid making snap judgments.

- Be understanding and simply enjoy one another's company for a while.

- Do not overcommit the family with activities trying to make up for lost time.

- Seek to resolve problems and conflict with open, honest communication.

Even though Soldiers and family members have anxiously awaited and dreamed about the redeployment — now a reality — for a long time, their initial reunion can be more stressful than exciting. But by going slowly and maintaining established routines, the getting reacquainted period can actually be most adventurous for everyone in the family.

(Editor's Note: Compiled from Army Community Service pamphlets and workshops.)

Family Advocacy Program supports military ohana

MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — As many Soldiers return home after a long deployment, the demand of emotional support for both Soldiers and their families has risen.

The Family Advocacy Program (FAP) is designed to provide supportive preventive programs and services to military personnel and their families. These services are offered for all age ranges from infant, toddler, children, teens and adults as individuals, couples, families and parents. Other programs are available upon request.

“Our primary mission is to help families to be resilient during the deployment and redeployment cycles,” said Cole Weeks, acting FAP manager. “We aid them in dealing with stress and promote open communication within each family unit.”

Weeks explained that each family’s case is unique and is dealt with on a personal level.

“We have many counselors that will guide the family in the direction they need to go,” said Weeks. “A simple phone call to our office will start families on the right track to becoming closer and more aware of what each member is going through.”

Family Advocacy

Department of Defense Directive 6400.1 established



the Family Advocacy Program in 1984 to address violence in military families. The FAP consists of coordinated efforts designed to prevent, identify, report and treat all aspects of child abuse and neglect, and domestic abuse. FAP staff work closely and colla-

boratively with military commanders, military law enforcement personnel, medical staff, family center personnel and chaplains, as well as civilian organizations and agencies, to prevent family violence and help troops and families develop healthier relationships.

Contact a Family Advocacy Program representative at 655-4227.

The FAP provides guidance, support, resources, referrals and information to individuals and families who find themselves in a personal crisis or have a special need that must be addressed.

An array of programs, including new parent support and domestic violence and child abuse prevention, are available through FAP.

“Each member of the family, including children of any age has a voice at FAP,” said Weeks. “And we are here to listen.”

FAP is a flexible program that works with each family member with personal counseling, online classes and workshops to strengthen family relationships.

“The Family Advocacy Program is just another outlet to build that support system within the military ohana,” said Weeks.

Military health system reaches out to grieving families, units

TRICARE MANAGEMENT ACTIVITY

Press release

FALLS CHURCH, Va. — The loss of a service member has a tremendous impact not only on the loved ones left behind, but also on the unit whose members continue the mission while grieving.

A new program in the Tricare West Region is designed to help military leaders address grief and isolation in many of the communities hit hardest by combat casualties.

TriWest Healthcare Alliance has joined efforts with Joanne Steen, an author and counselor, to offer a grief solutions program.

According to Steen, president, Grief Solutions, the new program will give service commanders and senior noncommissioned officers a deeper understanding of how to support and assist survivors, as they are the first to respond once families within their units are notified of a loss.

“It is very important that we do everything we can as leaders to assist our men and women in uniform,” said Dr. S. Ward Casscells, assistant secretary of defense (health affairs), and director, Tricare Management Activity. “Our country can never adequately express our sympathy and respect for the family’s loss. We must also address the needs of warriors who may have feelings of anger and grief.”

Recently, in an effort to reach out to these families, Casscells began sending personally signed letters expressing his concern for the well-being of families left behind in the wake of a service member’s death. The letters also provide information about the survivor’s Tricare health care benefits.

“It has been more than 30 years since Vietnam, and we have a new generation of Americans who are learning, in real time, how to respond to military loss,” said Steen, co-author of *Military Widow: A Survival Guide*. “This program will arm leaders with the tools necessary to assist those who have lost the family members dearest to them,” she added.

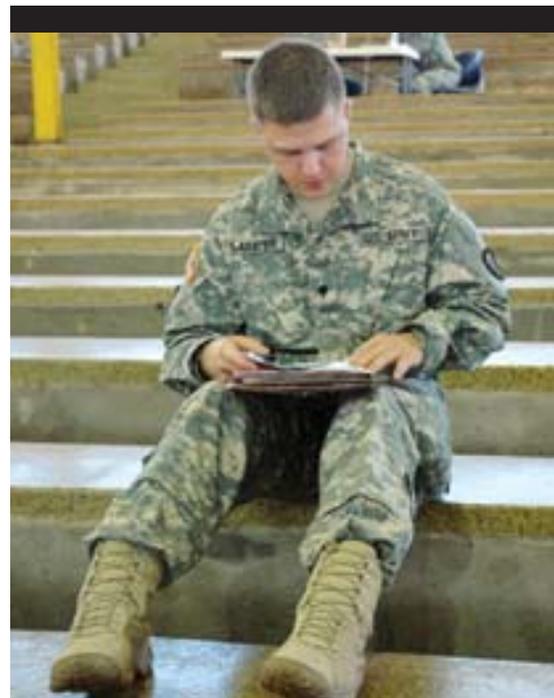
On The WEB Visit the TriWest’s Behavioral Health initiatives online at www.triwest.com.

Steen has assisted hundreds of spouses, parents and children of fallen service members, as well as provided service leaders with practical skills to cope with the complexities of service death.

“This initiative is part of our deep and ongoing commitment to those who have made the ultimate sacrifice for our country,” said TriWest President and CEO David McIntyre Jr. “We have a longstanding commitment to the Tragedy Assistance Program for Survivors; this helps us to expand the scope of our support of these families.”

Grief Solutions will be offered to active duty, National Guard and Reserve units throughout the 21-states, including Hawaii, that comprise the Tricare West Region, which is administered by TriWest Healthcare Alliance.

“We have a responsibility to help our entire military family, loved ones and warfighters, through this difficult time,” said Casscells. “The efforts of our Tricare regional contractors to address issues that support families are an important part of the Military Health System taking care of its own.”



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

What next?

Spc. Keith Lasater of D Company, 325th Forward Support Company, tries to determine where he needs to go next during Deployment Cycle Support (DCS) processing at Conroy Bowl, Schofield Barracks, Nov. 1. “I think I need to go to MEDPros, and that’s it,” he eventually said, with enthusiasm. He added, “I can’t wait to go home to Kansas. I’m just going to sit back and relax.”

BOSS prepares for redeploying Soldiers

SPC. KYNDAL HERNANDEZ

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Reunited couples locked in a lingering embrace is the usual scene at ceremonies welcoming troops back from deployment. But what happens to the single Soldiers who find themselves alone in the barracks without family close by?

That's where the Better Opportunities for Single Soldiers (BOSS) program steps in.

"Better Opportunities for Single Soldiers' mission is to keep the Soldiers engaged within the community," said Sgt. Danielle Colson, Hawaii BOSS president, U. S. Army Garrison, Hawaii. "We focus on community service, quality of life, and recreation and leisure. Within those three we help keep the Soldiers out of trouble and work to better their quality of life."

"It's kind of that avenue of communication between the Soldier and their command, and to try to help their living situation and keeping the Soldiers actively engaged," she added.

The BOSS program is not just for single Soldiers, but also for single parents, geographical bachelors, or anyone who doesn't have family in the immediate vicinity.

"The BOSS program does a lot of things to support single Soldiers," said Spc. Kenneth Krepps, information management officer, 524th Combat Service Support Battalion, and battalion BOSS representative. "We hold a lot of activi-

ties and things for Soldiers to get involved in to meet other people and make new friends."

Colson said BOSS is preparing to kick off a new volunteer program called "Committed," starting Jan. 1, 2008.

"It is going to be a volunteer-based program, and we are going to send pledge cards out and are asking Soldiers to pledge however many volunteer hours they want for the year of 2008," said Colson. "Then at the end of the year, we are going to have a nice banquet for all of the Soldiers. There will be prizes and things for those who volunteered, but for those who actually met their goals, we are actually looking into getting them awards and things like that."

"We are also offering BOSS dollar days and getting our cards printed up now, so it is coming soon," she added.

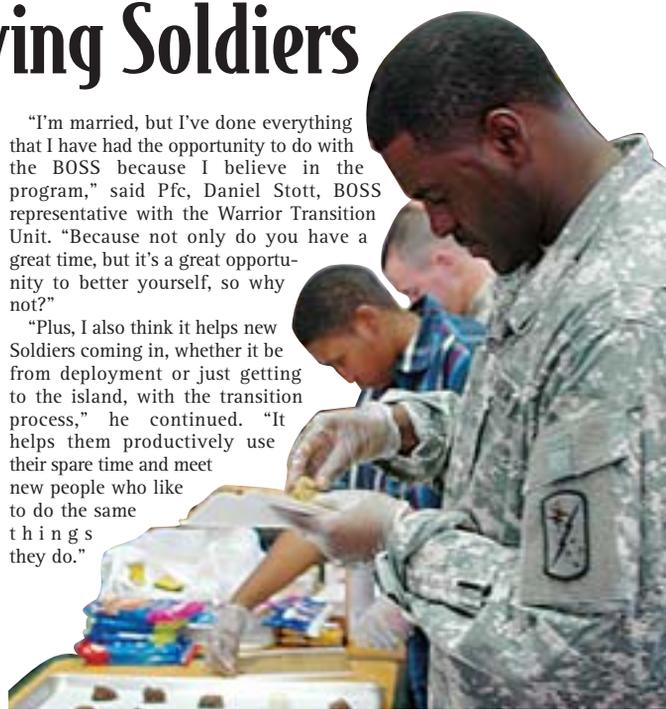
There will be establishments all over post offering discounts within the dollar days, said Colson. For example, the Tropics is going to have a dollar menu, and the post theater will have dollar movies on certain days.

"As far as events go right now, we are letting everyone settle in since they just got back, and we are working on our annual calendar right now," said Colson. "Then we are going to start pumping out events."

She also added that BOSS is considering bringing back sports and unit competitions.

"I'm married, but I've done everything that I have had the opportunity to do with the BOSS because I believe in the program," said Pfc. Daniel Stott, BOSS representative with the Warrior Transition Unit. "Because not only do you have a great time, but it's a great opportunity to better yourself, so why not?"

"Plus, I also think it helps new Soldiers coming in, whether it be from deployment or just getting to the island, with the transition process," he continued. "It helps them productively use their spare time and meet new people who like to do the same things they do."



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

Spc. Emery Black, a laundry and bath clothing specialist with the 540th Quartermaster, bakes cookies for the BOSS holiday bake off at the Tropics, last year. BOSS volunteers baked cookies to send to their deployed comrades for the holiday season.

Chaplains give units a 'ministry of presence'

Story and Photo by
AIKO BRUM

Chief, Command Information

WHEELER ARMY AIR FIELD – When burdens are plentiful and Soldiers need a confidential listening ear, the Army chaplain is still the “go to” person.

The chaplain’s role has evolved substantially through the years. No longer does he – now she, too – simply conduct worship or memorial services. Today’s “Army Strong” chaplain sort of “pastors” an entire unit.

Chaplains are providing pastoral counseling now more than at any other time since the Army’s inception. Though administering sacraments at weekly worship services remains a primary function, every chaplain isn’t needed to preach from the pulpit each Sunday, said Chaplain (Maj.) Scott Kennedy, family life chaplain here.

“In the business world, they might call it ‘management by walking around,’ but in the military chaplaincy, we call it ‘ministry of presence,’” said Kennedy. “We’re suffering alongside Soldiers ... because Sunday is every day.”

The chaplain “walks the talk,” with his or her Soldiers, so to speak, because being there earns the minister some street credibility. If an issue comes up, a Soldier is more likely to approach a chaplain because she’s been alongside the Soldier in the motor pool, at the dining facility, during training or downrange on the battlefield.

On one hand, chaplains are members of the battalion commander’s staff. They advise the commanding officer on issues of morality and morale, said Kennedy. On the other hand, quite the opposite is true. Chaplains are silent partners; they are the Soldier’s confidante outside family and close friends.

“And that’s one of the most important things,” Kennedy said. “There’s not a lot of confidential sources out there. But for us, unless we believe a Soldier is going to harm himself or somebody else, talks with us are all confidential.”

Prepping to deploy

“It’s never easy on your family,” Kennedy said about deployment. “But it’s all in your attitude and in how you frame it, to yourself, your spouse, your children.”

During the deployment, it’s important that families stay involved in community activities, in support networks. The separation may be a great time to truly pursue goals like faith, college degrees, physical fitness, sports and new hobbies.

“What I see as tragic is the toll [deployment] is taking on relationships. I see it in my office on a regular basis, especially with young marriages. Infidelity, sexual addiction and poor communication are some of the primary issues plaguing our military families today,” Kennedy said. “Guys will get married, just too young, right before deployment, and there will be some kind of infidelity and they’re wanting a divorce with-



Spc. Brent Thomas and Spc. Kevin Martin, both 92Gs with 40th Quartermaster Company, take notes and check the agenda during “Returning Warriors” training at the Schofield Barracks Nehelani, Tuesday morning. Their unit received vital information about traumatic brain injury and post traumatic stress disorder from Dr. Bridget C. Cantrell, an expert on both disorders and the author of “Down Range to Iraq and Back.”

“Deployment doesn’t destroy marriage or make or break it. It’s how you were before you left that does.”

Chaplain (Maj.) Scott Kennedy, Family Life Chaplain



in a year.”

Programs like the Department of the Army (DA)-funded Strong Bonds Marriage Retreat and Marriage 101 are helping couples and singles to communicate, resolve conflict, forgive, reconnect, and learn to trust.

Similarly, explained Kennedy, prayer breakfast gatherings prior to, during and post-deployment are educating families, local clergy, and the extended community of the challenges Soldiers and their families face with deployments, particularly post-traumatic stress disorder (PTSD), mild traumatic brain injury and the “Battlemind injuries.”

The 2nd Stryker Brigade Combat Team deploys to Iraq in the weeks ahead, and especially when units are departing for Iraq, there’s heightened anxiety, Kennedy explained.

“Sometimes there can be some acting out with alcoholism, irritability, anger or even domestic violence. There are some natural jitters, with withdrawal and isolation, because you don’t want to get too close and then have to separate,” he said. “But, you

know, we have some incredibly resilient families. Even though there are a lot [of families] breaking up, there are also a lot who are holding strong.

“Deployment doesn’t destroy marriage or make or break it,” Kennedy stressed. “It’s how you were before you left that does.”

A chaplain-hosted Family Night, a social dinner meeting held every Wednesday at 5:30 p.m. at the Schofield Barracks Main Post Chapel, provides support and addresses topics of interests to spouses who are enduring separation and those who are reuniting with their mates.

Spiritual and family readiness is just as important as unit and mission readiness, said Kennedy, so chaplains frequently partner with Army Community Service (ACS) military family life consultants, mental health counselors, social workers, and Family Advocacy representatives to deliver services.

Returning to the fold

Currently, the 25th Infantry “Tropic Lightning” Division is coming from and going to war-torn Iraq and Afghanistan. Chaplains

are among the first to officially greet Soldiers when they return to Hawaii at Welcome Home ceremonies held at Wheeler Gulch. Chaplains are helping to keep the lines of communication open and clear once Soldiers reintegrate with their families.

“We have presence at the Conroy Bowl,” Kennedy said about redeployment. He explained that Soldiers receive redeployment literature and self-assessment tools during reintegration at Deployment Cycle Support (DCS) Day 2.

The Army conducts DCS processing for all personnel away from their home station 90 days or more. DCS facilitates well-being throughout deployment, according to a March 2007 DA memorandum.

“[Soldiers] didn’t lose fifteen months [when they were deployed], because of things like e-mail, instant chat and phone calls,” Kennedy said. “People have been able to stay fairly well connected, but we ask them if they want to speak to a chaplain during DCS.”

A stigma is still associated with talking to Army chaplains or mental health professionals, Kennedy said, reluctantly. “But we’re trying to get away from it being such a discriminator, such that it keeps people from seeking help.

“A lot of it’s just fear of looking like you’re crazy or weak in the military,” Kennedy noted.

“But anything’s fair game,” said Chaplain (Capt.) James M. Lester. “You can go to the chaplain for anything and it doesn’t go anywhere, unlike mental health professionals.”

ACS recognizes that “the most difficult phase of the deployment cycle is that of redeployment or reintegration,” said Sandra Crocker, Mobilization and Deployment Program manager at ACS.

Therefore, she continued, a host of resources, in addition to DCS – like the “Returning Warriors” workshop presented by Dr. Bridget Cantrell, co-author of *Down Range to Iraq and Back* and an expert on PTSD who is contracted by U.S. Army Garrison, Hawaii to prepare Soldiers and their families for reintegration.

From the chaplain’s perspective, Kennedy said, or at least from his, the most rewarding part of the whole reintegration process is reconnecting Soldiers with their families.

“Seeing a marriage saved and a family spared from divorce and all that goes with that, that’s probably one of the most meaningful things I get to have a hand in. It’s a delight for me to work with Army families,” Kennedy said.

A tale of two Soldiers

— the battle buddy connection

Two pairs of Soldiers share experiences that have bound them together as brothers

Story and Photos by
JEREMY S. BUDEMEIER
Editor

SCHOFIELD BARRACKS — Of the eight tattoos Spc. Miles Andrews wears, none is more poignant than the black, cursive inscription on his right wrist.

It reads: “Is propasi nos mos nunquam relinquo,” which is Latin for “This family we will not abandon.”

Andrews, his mother Kathy and eldest sister Faith all got the same tattoo last month, shortly after he returned from deployment. His mother and sister wear the tattoo on their right feet.

“We all talked about it and thought it was a good idea,” said Andrews, whose other seven tattoos also are family related. “[The tattoos] kinda tell a story.”

To Andrews, however, the concept of family runs deeper than the ink in his skin. And although he is the only male among his siblings, he found a brother in Spc. Kyle Slicker the first day of basic training.

“[At basic training] you’re nervous [and] seeking to find someone with the same interests,” Andrews said.

The pair discovered each was training to be a military policeman and quickly hit it off.

From day one of basic training, Soldiers are assigned a battle buddy, Slicker said.

Battle buddies provide encouragement, accountability, support and make the nine weeks of training more bearable.

“[A battle buddy] is a person you don’t even have to ask for help,” Andrews said. “If you’re on crutches, he carries your tray.”

Although they had other battle buddies and went their separate ways after basic training, Slicker and Andrews kept in touch often and remained good friends.

More than a year later, the pair found themselves deployed with the same unit, Headquarters and Headquarters Company (HHC), 3rd Brigade Special Troops Battalion (3BSTB), as combat arms military police in Kirkuk, Iraq.

5,000 miles, close to home

Two miles from 3BSTB’s building, two other battle buddies are weeks away from war.

Spcs. Omarsharif Castano and Daniel Manso Jr. traveled more than 5,000 miles from home to bond with a person who lived less than five miles away.

“Basically, we grew up on opposite sides of the Hudson River,” Manso said.

“Manso is ... the first one to tell me ‘Hurry up.’ That’s the only voice I need to hear, and then I get back in the groove.”

*Spc. Omarsharif Castano
66th Engineer Company*

Castano and Manso share Puerto Rican-Dominican heritage, and both speak Spanish. They are already planning a Thanksgiving feast, which will include Puerto Rican and Dominican staples such as pork, sweet plantains, rice and beans, and, of course, turkey.

The pair seemed destined to become battle buddies.

“It just happens,” said Manso, who has been Castano’s battle buddy for more than a year and a half.

“It’s not like we force it,” echoed Capt. Colby Krug, the pair’s platoon leader, referring to battle buddy dynamics at the 2nd Stryker Brigade Combat Team’s 66th Engineer Company.

Still, Soldiers quickly acknowledge the benefit of having another person to rely on — even outside the basic training setting.

“Whenever I feel tired, Manso is like the first one to tell me ‘Hurry up,’” Castano said. “That’s the only voice I need to hear and then I get back in the groove.”

“We know each other’s strengths and weaknesses,” Manso said. “We know each other’s buttons and how far to push [the other].”

As combat engineers, Castano and Manso will provide improvised explosive device (IED) route clearance along supply routes in



Spc. Daniel Manso Jr. helps his battle buddy Spc. Omarsharif Castano crank out a few extra pull ups at Schofield Barracks’ B Quad, Oct. 29.

Top inset — Castano and Manso Jr., combat engineers with the 66th Engineer Company who have been battle buddies for the past 18 months, draw support from each other and their extended families.

Iraq when they deploy.

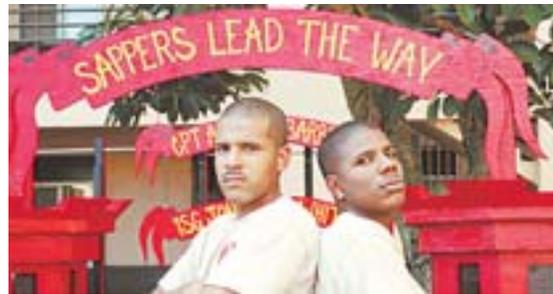
The pair said, when they leave their Stryker vehicle to quickly scan the perimeter for signs of IEDs, each knows the other’s position intuitively, and uses hand signals as deftly as words to communicate.

Extended ohana

Similar to Castano and Manso, the Andrews-Slicker battle buddy connection “just happened.”

“Whether it’s a wingman at the bar, a designated driver ... it’s always safer to have [a battle buddy],” Slicker said.

“It’s not even a thought process,” Andrews added. “It’s just a reaction.”



McHenry and Bernstein. In addition to e-mailing each other, both found support by keeping in touch with each other’s families. Naturally, Soldiers in the unit supported them as well.

“We’re all the same rank, like a bunch of siblings,” Andrews said. “You also get tired of each other like a family, but you get over it,” Andrews said. “There’s not a finer group of people I’d rather deploy with.”

Both commented on the positive relationships among the Soldiers in their unit, however, neither could explain why 3BSTB was such a tight-knit group.

“Other MPs do the same [job]; I don’t even know what it is,” Andrews said. “It’s an awesome cohesion.”

Slicker and Andrews felt this familial bond last month especially, when they returned to clean barracks rooms stocked with care packages, snacks and welcome home banners, courtesy of the unit’s wives.

“I thought, wow, people actually appreciate us,” Slicker recalled.

In a similar manner, Castano and Manso’s relationship is buttressed by interactions between their families, and because their unit itself functions like a family.

“Our platoon — we take care of each other. That’s key,” Castano said. “A lot of stuff my wife wouldn’t understand I can talk with him about.”

“[Having Castano here] makes you feel like you’re back home,” Manso said. Manso recalled how Castano supported him when his mother fell ill, while their unit prepared for deployment at the National Training Center, Fort Irwin, Calif.

“He just told me everything was gonna be alright, and it has been ever since,” Manso said.

Both described way in which wives in the unit have bonded and become as close as the Soldiers themselves.

“It will make things a lot easier [during deployment] ... it’s good for them to bond,” Manso said.

“The closer we get, the closer they get,” Castano said.



Returning Warriors

When a Soldier gets back to the home station, he or she is greeted by family and friends. That is only the beginning. Next, the Army makes sure its Soldiers are physically and mentally healthy and ensures they have all their paperwork in good order (for awards, pay and re-enlistment) all at one stop: Deployment Cycle Support (DCS) processing at Conroy Bowl, Schofield Barracks.



Christina Douglas | U.S. Army Garrison, Hawaii, Public Affairs

Above — Maj. Gen. Benjamin R. Mixon, commanding general, 25th Infantry Division (ID) and Command Sgt. Maj. Jerry Taylor, 25th ID, uncase the division's colors at their welcome home ceremony at Wheeler Army Air Field, Oct. 30.



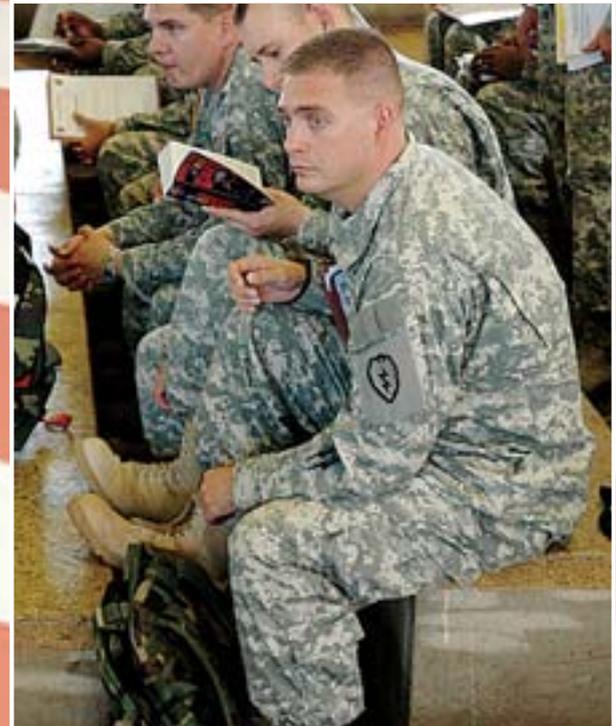
Christina Douglas | U.S. Army Garrison, Hawaii, Public Affairs

Right — Members of the Veterans of Foreign Wars welcome Staff Sgt. Tyran Ruffin home from his 15-month deployment in the Headquarters and Headquarters Company, 25th Infantry Division, welcome home ceremony, Oct. 30, at Wheeler.



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

Above — Staff Sgt. Tyron Marshall, 25th ID, public affairs, buys some Krispy Kreme doughnuts from 1st Lt. Sara Gray, 125th Finance Battalion at the Deployment Cycle Support (DCS) Nov. 1. She was selling doughnuts to raise money for the office Christmas party.



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

Above — Sgt. 1st Class Michael Oliver, an intel analyst with Headquarters Headquarters Company, 25th Infantry Division, waits for processing through the Military Pay section of Deployment Cycle Support (DCS), Nov. 1. "It's been pretty good ... relaxing," he said about just being back in the states. Oliver said he's looking forward to spending time with his wife Eliz and two kids, Candice, 6, and Alana, 4.



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

Left — Spc. Jonah Greene, Tripler Army Hospital, Medic, prepares to draw blood from Spc. Steve Spario, 25th Infantry Division, Headquarters Sustainment command, STB at the Deployment Cycle Support (DCS), Nov. 1. Blood is drawn from all re-deploying soldiers for DNA, HIV, and pregnancy testing.

Brave people seek help for depression

Army suicide training stresses it's OK to seek help for feeling bad

KYLE FORD
Staff Writer

It's great being home, family and friends are glad to have you back and safe. After more than a year away from home you can finally enjoy the local food and drinks of your choice.

Still, there are some Soldiers who can't shake a feeling that something is just not right. It could be an empty feeling or feelings of hopelessness or helplessness triggered by many different factors.

"Right now everyone is just really happy to be home," said Chaplain (Maj.) Scott Kennedy, family life chaplain. The real test is three to six months after redeployment once all the excitement from being home has died down, and the Soldier has had time to process all he or she has been through, he explained.

The biggest message every Soldier should take away from his or

- Local Resources
- Chain of Command
- Unit Chaplain
- Mental Health Clinic 433-8600
- Emergency Room 433-3707
- Installation Operations Center 655-8766
- Family Life Chaplain 656-1384

www.militaryonesource.com
1-800-342-9647

www.armyg1.army.mil/hr/suicide.asp

SAFAC 24-hour Help & Resource Line 655-6600

her suicide awareness training is "It's okay to get help," said Kennedy.

Getting help is not a sign of weakness. It takes courage to ask for help, and it takes leadership to help a fellow Soldier get help.

At the suicide briefings, we emphasize two things: If you're in pain, seek help; second, if your

buddy is in pain, help him, Kennedy said.

As part of the reintegration briefing, Terry Bradshaw, retired football player, talks to returning Soldiers via video. He tells how he has suffered with depression for many years.

Depression is something that has to be dealt with, Bradshaw explains.

"It's a macho business being in the military," Bradshaw said. It's hard for men, especially, to come to grips with something that isn't physically hurting them, but something inside hurts.

"What's not O.K. is for you not to do something about it," Bradshaw added. It's hard to come clean, but once you do, you feel so much better. Those that have the courage to get help, are the winners.

"Be brave, be really brave, go get help," Bradshaw stressed.

People who become suicidal are usually overcome with a combination of factors coupled with a lack of internal and external support, said Kennedy. Internal support is the Soldier's

ability to cope with stresses using his own values and experiences, usually moral or religious. External support includes co-workers, leaders, friends and family.

Chaplains see many relational issues related to redeployment.

According to Scott, several issues that develop between couples after a deployment are things that were there before deployment. Chaplains see couples

deal-

ing with infidelity, relational breakup. Chaplains help Soldiers dealing issues of losing freinds, significant others and even financial loss.

People who are suicidal usually feel trapped. They believe the only way to get rid of the pain they feel inside is to end their lives. Soldiers feeling this way should

SEE DEPRESSION, C-17



Depression: Everyone manages suicide risk

CONTINUED FROM C-16

find someone they trust to talk to and get help.

There is no one thing that causes people to think about suicide, it is usually a combination of many issues. If a person's girlfriend leaves him, that doesn't mean he's going to attempt suicide. What is certain is that suicide is preventable, and there are warning signs. Now if his girlfriend left him, he overspent his paycheck because he was used to the per deim he got in Iraq, he starts to withdraw from people and he's getting disciplinary actions – someone should probably talk to him not only about getting his life back on track, but about suicide.

If you see warning signs in your buddy, you should use the ACE acronym: Ask your buddy if he is feeling suicidal, Care for your buddy, and Escort him to get help.

Chaplains are certified pastoral counselors, but there are other resources available to Soldiers who may not feel comfortable with a spiritual counselor. Soldiers can also go through their chain of command, use a mental health professional or visit one of numerous online resources.

Suicide Prevention

Warning Signs and Risk Factors

Warning Signs

When a Soldier presents any combination of the following, the buddy or chain of command should be more vigilant. It is advised that help should be secured for the Soldier.

- Talk of suicide or killing someone else
- Give away property or express disregard for what happens to one's property
- Withdraw from friends and activities
- Encounter problems with girlfriend (boyfriend) or spouse
- Act bizarre or unusual (based on your knowledge of the person)
- Get in trouble for misconduct (Article 15, UCMJ and more)
- Experience financial problems
- Lose their job at home (reservists)
- Leave the service (retirements, ETS, and more)

When a Soldier presents any one of these concerns, he or she should be seen immediately by a helping provider:

- Talking or hinting about suicide
- Formulating a plan to include acquiring the means to kill oneself
- Having a desire to die
- Obsession with death (music, poetry, artwork)
- Themes of death in letters and notes
- Finalizing personal affairs
- Giving away personal possessions

Risk factors

Risk factors are those things that increase the probability that difficulties could result in serious behavioral or physical health. Risk factors only raise the risk of an individual being suicidal; they do not mean individuals are suicidal.

The risk factors often associated with suicidal behavior include:

- Relationship problems (loss of girl or boyfriend, divorce and more)
- History of previous suicide attempts
 - Substance abuse
 - History of depression or other mental illness
 - Family history of suicide or violence
 - Work-related problems
 - Transitions (retirement, PCS, discharge and more)
 - A serious medical problem
 - Significant loss (death of a loved one, loss due to natural disasters and more)
 - Current/pending disciplinary or legal action
 - Setbacks (academic, career or personal)
 - Severe, prolonged or perceived unmanageable stress
 - A sense of powerlessness, helplessness or hopelessness

Suicidal risk is highest when:

- The person sees no way out and fears things may get worse.
- The predominant emotions are hopelessness and helplessness.
- Thinking is constricted and dichotomous.
- Judgment is impaired by use of alcohol or other substances.

Army combats PTSD, one individual at a time

CHRISTINA DOUGLAS
Staff Writer

The deployment is finally over. Fifteen months have passed, and it's time to get back to a "normal" life, or so some Soldiers think.

When Soldiers return home from deployment, they often assume all of their stress is over, but the truth is, for some, Post Traumatic Stress Disorder (PTSD) will develop.

PTSD is a condition that can develop after someone has experienced a life-threatening event. According to Army PTSD training, between 20-30 percent of service members returning from current combat operations report psychological symptoms.

Despite being back in a safe environment, Soldiers with PTSD re-experience traumatic events over and over again; avoid people, places or feelings because they remind them of the events; and feel uneasy and on-edge all of the time. These symptoms occur weeks, and even months, after the traumatic experience is over, but the wrath of PTSD is not limited to the individual experiencing it.

"We have seen families gravely affected by the Soldier's symptoms, and PTSD can often affect the Soldier's job performance and interpersonal life," explained Col.

Willard Quirk, acting chief, department of psychiatry, Tripler Army Medical Center.

Sgt. Joe, whose real name has been changed, knows all too well how deployments can affect a Soldier's mentality. Joe, a combat medic, has been deployed three times in the last six years, and now, he's preparing to deploy once again.

Joe has worked in combat environments conducting reconnaissance and surveillance missions where daily mortar attacks were the norm.

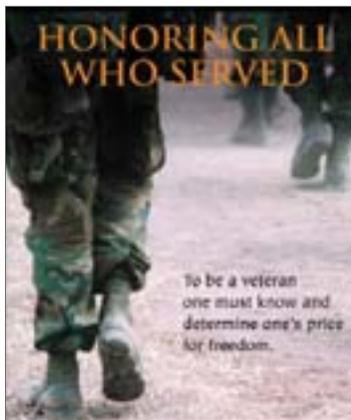
"As a medic, I went in with the mentality that some of us would get hurt, and some might even die, but really, there was nothing I could've done to prepare for it," he said.

Like many other Soldiers, Joe had a difficult time going back to normal life once he returned.

"I never really transitioned fully," he said. "When you're deployed, you're in a totally different mindset. Out there, you're driven by adrenaline; it's all about the mission.

"Once I came home, I started doing things that were more risky, seeking the adrenaline rush. I wrecked my bike [motorcycle] in no time. I just started riding stupid."

For many Soldiers, seeking help is not easy. There are a variety of reasons for this. Some Soldiers are not aware of symptoms



in themselves, while others think their careers will be adversely affected, or that they will be ostracized by their peers, said Quirk.

"There's this stigma in the infantry that you're not 'fit to fight' if you go see someone [a mental health professional]," explained Joe.

Unfortunately, not seeking help only delays the recovery process.

Delay of treatment can often result in the prolongation of symptoms, which could have been treated earlier, causing unneed-

ed suffering. Untreated PTSD can persist for years, even decades, Quirk said.

Contrary to popular belief, in most cases, treatment for PTSD is almost always effective.

"Various psychotherapies, such as Cognitive Behavioral Therapy, Cognitive Processing Therapy and Exposure Therapy are available," Quirk said. "Some clinicians have used Eye Movement Desensitization and Reprocessing. There are also a number of medications that can provide symptomatic relief."

Soldiers should keep their battle buddies apprised of their condition, use their chain of command to obtain help, and see their primary care manager if they need help. Soldiers can also use post-deployment mental health screenings as a portal of entry into the mental health treatment system, Quirk said.

"[To the Soldiers returning home getting ready to deploy] you are the Army's most precious asset, and the Army stands ready to take care of you. You owe it to yourself, your family and to your battle buddies to seek treatment for PTSD if you need to," said Quirk.

For more information, visit www.behavioralhealth.army.mil or www.militaryonesource.com.

Army evaluates progress of medical action plan

ELIZABETH M. LORGE
Army News Service

WASHINGTON – The Army is on phase four of the Army Medical Action Plan (AMAP) and has staffed 65 percent of Warrior Transition Units (WTUs) across the globe to improve care for wounded Soldiers, Brig. Gen. Mike Tucker, the plan's director, told reporters at the Pentagon Oct. 19.

He added that the AMAP answers findings from both the Department of Defense's independent review group and the Dole-Shalala Commission, and regularly inspects each WTU to ensure they have the right number of cadre and skill sets to help Soldiers heal and either return to duty or transition to civilian life.

The Army is building 35 WTUs with 58 companies, each holding around 200 Soldiers. Each WTU has a squad leader for every 12 Soldiers and a platoon leader for every 36. Nurse case managers handle 18 patients, and primary care managers, who are doctors, coordinate specialists and medications for about 200 patients each, better than the industry standard of 1,200-2,000 patients.

Tucker said Soldiers volunteer to become WTU cadre all the time. He said it is a special calling and the cadre, who are being considered for special promotion consideration and special-duty pay, are carefully screened to ensure they have the necessary skills and compassion to help wounded Soldiers and interact with worried families who may not understand or follow military protocol. Combat experience helps, he said, but these Soldiers really need a parent figure who understands that if they're late for formation, they can't do 50 push-ups.

"The Soldier's job is to heal," Tucker said. "That means



Elizabeth Lorge | Army News Service

Brig. Gen. Mike Tucker heads the Army Medical Action Plan team, charged with improving care for wounded Soldiers and their families.

they're going to their appointments, taking their therapies, doing their treatments as prescribed, taking their medications as prescribed. It's their job. The cadre's job is to ensure they set the conditions for the Soldier to do their job and we hold them accountable."

We want to "allow these Soldiers to be everything they want to be in life and not just focus on the bad leg, so to speak. We've got to keep their sights up, keep their aspirations high. One thing we want to prevent is a generation of terrific war veterans in wheelchairs on street corners some-

where in America," he said.

Tucker and his chief of staff, Col. Jimmie Keenan, said they fully support the Dole-Shalala Commission's findings and ability to reduce bureaucracy and increase cooperation with the Department of Veterans Affairs. Keenan pointed out that Soldiers will only need one physical rating now, and Tucker said Soldiers will be able to remain on active duty for up to 90 days while their paperwork is processed by the VA. They won't get lost in the shuffle or wait months for benefits and disability checks.

In fact, the VA plans to place benefit counselors in the largest Soldier Family Assistance Centers (SFACs), which are sized in conjunction with WTUs, according to Bianca Warner, human resources director at the Installation Management Command. Another important aspect of the AMAP, SFACs are designed to provide all the social services family members and Soldiers might need, she said. Spouses and parents may drop everything to be with their Soldier and need financial and childcare assistance, or help caring for their wounded warrior. SFACs can even help a Soldier's fiancée or best friend find a place to stay and get on post.

According to Keenan, the Army plans to spend \$238 million renovating and building billeting and family quarters for the unprecedented numbers of wounded warriors returning from war. She said that there are more than 70 amputees serving on active duty, nine of them in Iraq, and Tucker said that since World War II, the battlefield survival rate has increased by more than 70 percent.