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Spouses to reap employment benefits



Army 101

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GARY SHEFTICK
Army News Service

WASHINGTON — The Departments of Defense and Labor announced a joint program Nov. 14 to provide military spouses with resources to help find jobs, receive training and launch careers.

A two-year pilot program that begins in January will provide \$35 million in resources at 18 installations in eight states. Two of the posts that will participate in the test of the "Military Spouse Career Advancement Initiative" are Hawaii-based installations: Schofield Barracks and Hickam Air Force Base.

"Today we embark on a landmark program that will open the doors to our military spouses for more fulfilling careers," Secretary of Defense Robert Gates said as he announced the initiative at the Pentagon. He and Secretary of Labor Elaine Chao signed a proclamation to support the initiative.

"We understand how hard it is for families of military men and women who have to be ready to move anywhere in the world every couple of years," he said, adding that packing and relocating is often at the expense of spouses' careers.

Gates said moving makes it difficult for mil-

itary spouses to "navigate the career licensure and certification requirements that go with most professions." He said the new program will help spouses obtain credentials for "high-growth, portable occupations" such as education, health care, information technology and financial services.

Eligible spouses will get reimbursed for expenses directly related to post-secondary education and training under the new program. These include costs for tuition, fees, books, equipment, and credentialing and licensing fees in a number of professions. The program also covers the cost of renewing existing credentials and licenses due to a military move.

Spouses of active duty service members grades E-1 through E-5 and O-1 to O-3 will be eligible to participate. They must have a high school or general education diploma.

Education centers at the five Army installations testing the program will have more information about the initiative said Patricia Wells, the Army's Employment Readiness Program Manager at the Pentagon. She said employment readiness managers at the five installations have also received training in the

SEE BENEFITS, A-9

\$6K available for spouse training and education

Story and Photo by
AIKO BRUM
Chief, Command Information

SCHOFIELD BARRACKS — Army spouses in Hawaii may be eligible to receive funds to attain a degree or credentials in selected career fields. A 36-month pilot program, the Military Spouse Career Advance Accounts initiative, now covers the costs of training and education for 24 months in, "in-demand, portable fields."

Portable fields include health care, education, financial services, information technology and skilled trades. Degrees, licensing or certifications may lead to diverse careers such as nursing, dental hygiene, pharmacy or radiology technician, school teacher, real estate agent, bookkeeper, computer support or network analyst, carpenter, electrician and more.

Spouses can receive up to \$3,000 per year from their training start date,



Go to milsponse.org to learn all about Career Advancement Accounts.

renewable for a second year, for a total two-year account of up to \$6,000.

Hawaii was one of seven installations selected for the pilot program; all branches of the armed forces on Oahu are participating. Local Family Support Centers, Voluntary Education Centers, and One-Stop Career Center representatives have been meeting since September regarding the launch of the initiative.

More than 25 family members showed up to hear details about the program during the first orientations held at Schofield Barracks and Tripler Army Medical Center, Monday. Family members asked ACS Education Center specialists and Department of Labor

SEE SPOUSES, A-9

Chefs carve more than turkeys

Story and Photo by
CHRISTINA DOUGLAS
Staff Writer

SCHOFIELD BARRACKS — Ice carvings, elaborate cakes, costumes and holiday décor. These items, along with many others, made up fantastic Thanksgiving feasts at Schofield Barracks and Fort Shafter dining facilities (DFACs), Thursday.

Preparation for a feast at this level, however, was no easy feat. "You start preparing for Thanksgiving right after Thanksgiving," said Sgt. 1st Class Marco Lindsey, 45th Sustainment Brigade DFAC manager.

Every quarter, Schofield Barracks DFACs compete for the best facility of the quarter, but Thanksgiving is when the gloves really come off.

"We're always trying to think of more innovative ways to showcase our culinary art skills and show the judges something they've never seen before," said Lindsey. "And I love a good challenge."

This year, dining facility staffs surpassed any expectations. Two top chefs from Y. Hata & Company — Chef Isaac Tamada, head pastry chef, and Chef Ernesto Limcaco, executive corporate chef — volunteered their time and expertise to conduct a three-week training workshop for food service Soldiers throughout Hawaii.

The workshop included instruction on ice carvings and cake decorating techniques. "This is the first year I've been able to do ice carvings," said Spc. Kevin Church, Paradise Haven DFAC, Fort Shafter. "I've learned a lot, and I hope to continue doing this in the future."

All of the products made were taken back to the Soldiers' respective DFACs for Thanksgiving.

"I don't think the Soldiers know how much effort we put into getting ready for Thanksgiving," said Lindsey. "There's no way we can get everything done the morning before lunch, so we have a crew come in to work through the night before."

Soldiers working in food service know what it's like to be away from home during the holidays.

"We just want to give them [Soldiers] the closest thing to 'momma's cooking' possible," said Lindsey. "We put a lot of heart and soul into what we do."



Cpl. Jorge Guevara, from Fort Shafter's Paradise Haven Dining Facility (DFAC), carves a shrimp boat out of a block of ice at a Schofield Barracks storage facility, Wednesday, in preparation for his DFAC's Thanksgiving Day feast.

Flu shot clinics set for post exchange

ED KEATING

Hawaii Multi-Service Market Management Office

The joint Public Health Working Group, in coordination with Oahu military treatment facilities, has set a schedule to administer nonactive duty military beneficiaries their flu shots in preparation for the 2007-2008 influenza season.

Community flu shots will be available at various locations from 10 a.m. to 3 p.m. on the following dates:

- Friday, Nov. 30, Navy Exchange (NEX) Pearl Harbor
- Saturday, Dec. 1, NEX, Pearl Harbor
- Friday, Dec. 7, NEX, Pearl Harbor
- Saturday, Dec. 8, Schofield Barracks Post Exchange
- Friday, Dec. 14, Hickam AFB Base Exchange
- Saturday, Dec. 15, Marine Corps Base Hawaii, Kaneohe Bay Commissary

All Tricare beneficiaries (Prime, Standard, Tricare for Life) are encouraged to receive flu shots at any of the military community locations. Government issued ID cards will be required to verify eligibility.

Beneficiaries enrolled in Tricare Prime are reminded that flu shots are a Clinical Preventive Service benefit. Claims for Prime beneficiaries who seek a flu shot from non-network civilian providers (for example, at a local grocery or drug store) will be paid under "point of service" rules. Some grocery and drug store flu shot clinics, however, are run by Tricare certified providers, but most are not.

Tricare for Life (TFL) beneficiaries may get flu shots administered in any of the civilian settings since Medicare will cover the cost for those age 65 and over with Medicare Part B entitlement. This information is important because TFL beneficiaries are typically in a high risk category for flu, based on age and other health conditions.

TFL beneficiaries are encouraged to get their flu shots as soon as possible using their Medicare entitlement, especially, if they will be unavailable during or anticipate air travel prior to the community dates.

Support assistants to alleviate FRG workload

Story and Photo by
CHRISTINA DOUGLAS
Staff Writer

FORT SHAFTER — Recognizing the need for additional family readiness support due to the high volume of deployments, approximately \$1.3 million in Army funding has been allotted to hire 33 Family Readiness Support Assistants (FRSA) throughout Hawaii.

FRSAs work for battalion commanders, providing administrative support and acting as a liaison between commanders and family readiness groups (FRG). Some of their duties include ensuring FRG members are properly trained, providing guidance and support, and acting as a subject-matter expert to alleviate pres-



Roberta Hanlon, standing, Family Readiness Support Assistant, 8th Theater Sustainment Command, Special Troops Battalion, briefs 125th Finance Battalion leaders during an Officer Professional Development session at the Mililani Golf Club, Tuesday.

sure from FRG leaders. The purpose of FRSAs is not to replace FRG leaders, but to provide additional support to help do their job, said Lt. Col. Ed Burke, commander, Special Troops Battalion

(STB), 8th Theater Sustainment Command (TSC).

"Today's Soldier is the cornerstone of our expeditionary force. Army families must therefore have a broad knowledge base to deal with the demands placed on their Soldiers, and on themselves. Commanders too understand the vital role of the Family Readiness Group and how taking care of families impacts mission readiness. It's with these things in mind that I think the Army developed this concept of a full-time, paid Family Readiness Support Assistant," said Burke.

To date, nine FRSAs have been hired for the 8th TSC, seven here in Hawaii and two in Japan.

SEE FRSA, A-8



Holiday safety cannot be overstressed

CLINT GERMAN
Safety Manager, Installation Safety Office

As we approach the holiday season, let us ensure that safety is at the forefront in planning our holiday activities. Regardless of our destination or activity, we must maintain our vigilance in preventing accidents and losses in our ranks.

Travel, as well as other off-duty activities during this time of the year, increases the possibility of accidents. Leaders should take advantage of the Army safety programs and tools, incorporating composite risk management into the thought processes of their Soldiers and civilian employees. Brief them on the following best practices for traveling:

- Limit distractions in vehicles while traveling - especially in cars equipped with electronic devices, including cell phones, video games and global positioning systems.
- Make sure all passengers are buckled up and children are in age-appropriate safety seats.
- Allow plenty of travel time to avoid frustration, and diminish the impulse to speed.
- Drive defensively and exercise caution, especially during inclement weather.
- Don't drink and drive. Even moderate consumption of wine or beer impairs reaction time and judgment in driving.

Leader engagement can make a difference and ensure everyone has a safe and happy holiday season.



Training enhances Soldiers' four-wheeled driving skills

CHRIS FRAZIER
U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. – The Army is teaching Soldiers practical skills with tactical applications in hopes of reducing on- and off-duty vehicle accidents.

Since its inception in December 2005, Area Support Group (ASG)-Kuwait's Army Safe Driver Training (ASDT) program has provided more than 5,500 Soldiers the tools needed to safely manage roadways in and out of the continental U.S. The Army is now taking steps to increase those numbers.

The ASDT course takes place in a four-hour block of instruction and includes hands-on exercises involving controlled braking, emergency off-road recovery, evasive steering, skid control and straight-line backing and parking. The training builds confidence and enables drivers to react quickly and properly evade danger while behind the wheel, said Lt. Col. Randall Cheeseborough, U.S. Army Combat Readiness/Safety Center Ground Task Force chief.

"There's a skill gap in the Army in driver's training," Cheeseborough said. "This course will help bridge that gap by creating safer drivers."

The training translates to all four-wheeled vehicles used by the Army and allows commanders to ensure their Soldiers can react properly to road hazards. Since Soldiers spend most of their driving time behind the wheel of their privately owned vehicles, these skills are applicable to personally operated vehicle operations, as well.

"There's nothing we teach you that can't be used on another vehicle," said John Hutchinson, safety director, ASG-Kuwait.

In 2005, representatives from the U.S. Army Combat Readiness/Safety Center introduced Hutchinson to ASDT. After participating in a variation of the course in Phoenix, Ariz., he then sold his command on the training program.

"I knew the statistics on the accidents we were having, and I was looking for a way to give some skills to Soldiers that have to drive over here," Hutchinson said. "Driving here can just be a nightmare."

Hawaii installations don't currently offer this sort of training according to



Hawaii Army Weekly File Photo

Soldiers from the Guam Army National Guard's C Company, 1st Battalion, 294th Infantry Regiment practice convoy operations.

the U.S. Army Garrison Hawaii (USAG-HI) Fire and Safety office. It is currently looking at how this driver training is being implemented and executed.

General Motors donated six commercial vehicles to the Army to help get the program started. Since then, the Army has added another six vehicles to maximize training.

The course can also support M1114, M1151 and Armored Security Vehicle training. However, units wishing to take the course with those vehicles will have

to supply their own equipment.

Local mandatory classes

In Hawaii, all Soldiers must complete Department of the Army Traffic Safety programs. The three mandatory safety classes taught by the Garrison Installation Safety Office are age and position specific. Soldiers under 26 must attend a class that looks at the general risks of

SEE SAFETY, A-8

LIGHTNING SPIRIT

Hundred-dollar word, 'thanks' doesn't cost a cent to give

CHAPLAIN (LT. COL.) JIM CARAWAY
Chief, Operations, Mobilization & Training Chaplain,
Deputy Installation Chaplain

What are the signs you've eaten too much at Thanksgiving?

- ✓ When the gravy boat your wife set out is an actual 12-foot boat.
- ✓ When on Friday, you set off three seismographs on your morning jog.
- ✓ When pricking your finger for a blood test only yields gravy.
- ✓ When that rash on your stomach turns out to be steering wheel burn.
- ✓ When representatives from the Butterball Hall of Fame have called twice.

Everyone at one time or another in their lives has felt like this. However, Thanksgiving is supposed to be the one day in which we set aside time in our busy schedules to give thanks to God.

Now, there is nothing wrong with that, but the word of God tells us that this should be a continual, daily, attitude.

However, how can we be thankful when many things are happening:

- When our world is falling apart.
- When we have more questions than answers.
- When bad things happen to good people.
- When evil seems to be gaining ground.
- When the doctor says its terminal.
- When the fire marshal says its time to evacuate.

• When the phone rings in the middle of night and the news is much worse than you could ever imagine.

I believe the answer to these questions lies in our perspective of Thanksgiving.

One young lady wrote a letter home from college:

Dear Mom: Sorry I haven't written sooner. My arm really has been broken. I broke it, and my left leg, when I jumped from the second floor of my dormitory, when we had the fire. We were lucky. A young service station attendant saw the blaze and called the fire department. They were there in minutes.

I was in the hospital for a few days. Paul, the service station attendant, came to see me every day. And because it was taking so long to get our dormitory liveable again, I moved in with him. He has been so nice. I must admit that I am now pregnant.

Paul and I plan to get married just as soon as he can get a divorce. I hope things are fine at home. I'm doing fine, and will write more when I get the chance.

Love, Your daughter, Susie.

P.S. None of the above is true. But I did get a "C" in Sociology and flunked Chemistry. I just wanted you to receive this news in its proper perspective!

Three things that can keep us from being thankful: One is our pride. This is the attitude that says, "Nobody ever gave me anything; I worked hard for everything I have." For years you may have studied hard and now it is finally paying off. With this kind of attitude, though, we feel that we have no one to thank but ourselves.

Another attitude that keeps us from being thankful is a critical spirit or constant complaining. Consider the following: A wealthy

lady was traveling on a train with her little boy and a pet dog. A nurse was in charge of the child, and the rich woman sat in front of them holding her dog and reading a book. Soon the youngster was whining and complaining because he wanted something. "Nurse," said the mother, "how many times have I told you to let Billy have whatever he wants?"

The nurse replied, "Yes, ma'am." A few minutes later Billy was crying loudly and the mother said impatiently, "Didn't I tell you to let Billy have whatever he wants?"

The nurse replied, "Yes, ma'am, you did, and there was a big ugly wasp playing on the window. Billy wanted it, so he got it!"

A third attitude that keeps us from being grateful is carelessness. The Israelites grum-

bled because they had no food. God miraculously sent manna (a crust-like bread) to cover the ground each day except the Sabbath day. Then the Israelites started to grumble because it was the same thing every day. "Leftovers again!" Their carelessness made a miracle seem commonplace.

Don't let pride, a critical spirit, or carelessness rob you of the God-given joy thankfulness can bring.

Rudyard Kipling was a great writer and poet whose writings we have all enjoyed. A newspaper reporter once came up to him and said, "Mr. Kipling, I just read that somebody calculated that the money you make from your writings amounts to over a hundred dollars a word."

Mr. Kipling raised his eyebrows and said, "Really, I certainly wasn't aware of that." The reporter cynically reached down into his pocket and pulled out a one hundred dollar bill and gave it to Kipling and said, "Here's a hundred dollar bill, Mr. Kipling. Now, you give me one of your hundred-dollar words."

Mr. Kipling looked at that hundred dollar bill for a moment, took it and folded it up and put it in his pocket and said, "Thanks."

He's right. The word "thanks" is certainly a hundred-dollar word. It's one word that is too seldom heard by God these days and too rarely spoken on our parts when we talk to everyone around us.

Perhaps this Thanksgiving season, we could change things for the better.



Caraway

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0 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 11/21/07.

Voices of Lightning: What goal are you working toward?



"Play football."

Gabriella Collinson, 10
Family Member



"Better life for my family."

Pfc. Jacob Ingram
39th MP Det.
Military Policeman



"To go back to school."

Teneille Sanford
Family Member



"Get a nursing degree."

Autumn Spencer
Family Member



"To become an officer."

Spc. Chris Thompson
307th ITSB
Radio Systems Operator

USARPAC leads in safety, accident-prevention stats

According to statistics, USARPAC Soldiers remain committed to safety throughout the year

STAFF SGT. CRISTA YAZZIE
U.S. Army, Pacific, Public Affairs

FORT SHAFTER — It's Friday and everyone is ready for the weekend. That is, only after the commander gives the weekly safety message.

But do Soldiers actually listen to these safety briefings?

According to statistics from the past few years, U.S. Army, Pacific (USARPAC), is apparently listening and implementing safety at every level, and statistics are proving it. The Army's goal for 2007 was a 20 percent reduction in fatalities. Units in USARPAC doubled that.

"Hawaii has a great track record," said George Phillips, USARPAC director, Safety and Occupational Health. "Last year, we had six fatalities, the year before that, ten, so there was a 40 percent reduction for the fiscal year of 2007."

Leaders of every level now have a new challenge to meet for 2008.

"I charge each and every member of this command to reduce our accidental losses by 40 percent over the next year using fiscal year 2006 results as the base year," Lt. Gen. John Brown III, commander, USARPAC, stated in his official 2008 Safety Plan.

According to personnel from the 25th Infantry Division (ID) Safety Office, leaders who consistently

train to standards keep and maintain this level of safety within the region.

"We've come a long way in safety over the years, especially in the education aspects," said Roger Stone, acting safety manager, 25th ID.

Brown wants commands and individuals to "focus your efforts and resources on specific safety risks based on analysis of current exposure."

"Our lines of operation — leader involvement, effective safety training, and personal accountability — are again key to overall success," said Brown.

"Lieutenant General Brown's Safety and Occupational Health Plan holds commanders responsible," said Clint German, U.S. Army Garrison, Hawaii, safety operations commander. "We don't know how people are going to be killed, but we try to prevent it. This plan is leadership driven, from the top down, and especially through leadership involvement."

According to Stone, leadership includes all levels of Soldiers. "I think it has to begin from E-4 on up; leaders at all levels, first-line to commander, can keep this standard."

Division Safety Specialist David Longa concurred.

"What you do in combat, the buddy system, also applies here," Longa said. "Sometimes you have seasoned and nonseasoned personnel, the challenge is to

maintain that continuity there, maintaining that culture without letting it drop."

Longa dis-

cussed a safety office truck with the letters "SAFE" painted on the side. SAFE stands for Standards Are Fully Enforced.

These fully enforced standards have resulted in many other examples of safety within the USARPAC region. As of November 2007, there hasn't been a fatal accident in more than a year. In fiscal year 2007, there were no fatal accidents attributed to alcohol-related events.

"I charge each and every member of this command to reduce our accidental losses by 40 percent over the next year."

*Lt. Gen. John Brown III
Commander, USARPAC*



"For a theater that has this many cars and people, but to have no alcohol-related incidents to driving, it is a little bit different from what the statistics say as far as DUI [driving under the influence] accident fatalities are supposed to go," said Phillips.

Phillips compared the region's record to the rest of

the Army. For the last 10 years, 1,991 people have been killed by accidents, he said. Within this same 10-year period, 363 Soldiers died from incidents relating to alcohol. Within USARPAC, 89 accident fatalities have occurred in the last 10 years.

Another area of safety USARPAC has excelled in is in avoidance of aviation accidents. Within the entire area of operation the last fatal aviation accident was February 2001.

"That's an incredible statistic, because we have a combat aviation brigade here, and assets to Alaska that probably fly in some of the most adverse weather conditions in the world," said Phillips. "Hats off to the aviation group, they're doing a great job. Now let's keep doing it."

Leaders can inform themselves and prepare for this challenge by reviewing unit safety plans, visiting the Combat Readiness Center Web site (<https://safety.lms.army.mil>) and enrolling in the Combat Readiness University classes. Additionally, safety officers, representatives, and civilians can help.

"If you have any problems or questions, talk to your safety representative. We are here to help, at all levels," Stone said.

Civilian leaders experience Soldiers' life at JCOC

More than 40 leaders from around the country learn about the Army firsthand

MAJ. RICHARD A. STEBBINS

94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER — A U.S. Patriot unit belonging to the 94th Army Air and Missile Defense Command, based in Okinawa, Japan, hosted more than 40 civilian leaders from across the nation to give them a taste of Army life, Nov. 9, as part of the Secretary of Defense-sponsored Joint Civilian Orientation Conference (JCOC).

The 1st Battalion, 1st Air Defense Artillery Regiment was the lone Army representative during the weeklong JCOC, which aimed at increasing the understanding of the military's mission and capabilities in the Pacific.

The scope of this year's JCOC was two-fold. First, it was designed to broaden the knowledge of participating business, civic and education leaders to the strategic importance of the Pacific region. More importantly, the conference sought to maximize the interaction between service members and participants — who have little to no previous military experience — to give them an idea of what military life is like.

"[JCOC gave us] the ability to interact with Soldiers, ... to hear their stories and to be so impressed with their level of dedication,

education and thoughtful approach to the issues they're dealing with," said Michael Ward, vice president of governmental affairs for the Huntsville-Madison County Chamber of Commerce at Redstone Arsenal, Ala.

Upon arrival to Kadena Air Base, JCOC participants sampled a tasty Meal, Ready to Eat (MRE), which, for most, was a first-time experience. They talked to Patriot Soldiers about their experiences.

The Army's portion of JCOC focused on the Patriot Advanced Capability-3 System, one of the most high-tech missile defense assets in the Pacific, and how it operates. Several hands-on demonstrations gave the group an idea of the types of tasks Soldiers need to master in addition to their main duties, including donning Nuclear, Biological and Chemical gear, conducting basic first aid treatment and small arms weapons training.

"What the Soldiers enjoyed the most was the interaction during the MRE lunch," said Lt. Col. Edward O'Neill,



Air Force Tech. Sgt. Jerry Morrison | Defense Department

Spc. Agustin Mejia instructs Ann L. Brown, president of New Vista Image in Golden, Colo., in M16A2 weapon training during the 74th Joint Civilian Orientation Conference on Kadena Air Base in Okinawa, Japan, Nov. 9.

battalion commander. "There was a free exchange of views, ... talked about the operations and training they go through, and really felt free to talk about any subject."

JCOC is the oldest existing Pentagon outreach program and this year was the 74th iteration since its inception in 1948. The program is set up to visit each area of responsibility to get civilian public opinion leaders interested in growing their knowledge of the military and national defense issues, according to the JCOC Web site.

This year's JCOC group visited with all services and made stops in Guam, the Philippines, Okinawa, mainland Japan and Hawaii during a seven-day period.

"It's daunting in some ways to be exposed to people who are doing such important work," said Ward. "And you feel some sense of obligation to do something with this information that you are being given."

News Briefs

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

23 / Today

Vehicle Registration Office — The Schofield Barracks and Fort Shafter Vehicle Registration and Installation Access Pass Offices will be closed Nov. 23 for the Thanksgiving holiday.

The office will reopen for normal operations Monday, Nov. 26. Call Lorraine Labasan at 655-0894.

28 / Wednesday

SAMC Induction Ceremony — The Sgt. Audie Murphy Club (SAMC) will host an induction ceremony at the Nehelani, Schofield Barracks, Nov. 28, at 3 pm. Call Staff Sgt. Yniguez at 438-1533.

30 / Friday

BOSS Meeting — The next installation Better Opportunities for Single Soldiers (BOSS) meeting will be held at the Tropics, Schofield Barracks, 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 Moral, Welfare and Recreation (MWR) patron. Call 655-8169.

December

3 / Monday

Advisory Council Meeting — The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting will be held Dec. 3, 10:15-11:15 a.m., at the Small Post Conference Room. This bimonthly forum of representatives allows the council and patrons to exchange

SEE NEWS BRIEFS, A-6

Rapid Deployment

CAMP SMITH — Members of Naval Special Warfare Unit One speed off to retrieve members of Special Operations Command, Pacific, (SOCPAC) that parachuted out of a C-130 during a Maritime Craft Air Delivery System (MCADS) drop. SOCPAC members and their component commands conducted the MCADS drop during exercise "Fortune Maker '07." Fortune Maker is a joint exercise designed to sharpen the skills of the individual units that make up a Joint Task Force, when called upon by U.S. Pacific Command.

Inset — A Naval special warfare watercraft and special operations service members land in the ocean after being released from a C-130 during a Maritime Craft Air Delivery System (MCADS) drop.

Photos Courtesy of Special Operations Command, Pacific, Public Affairs

News Briefs

From A-4

ideas and information. Call Melvin Wright at 655-0497.

Manpower and Force Management course — A Manpower and Force Management course is scheduled Dec. 3-14 at the CPAC Training Facility, Building T-127, Fort Shafter. To register, fax an approved DD Form 1556 to the course manager at 438-2378.

6 / Thursday

2-25th Change of Command — The 2-25th Aviation Regiment change of command ceremony will be held at Sills Field, Schofield Barracks, Dec. 6, at 10 a.m.

Ongoing

Road Closure — Due to construction, Lewis Street, the road between E and F quads (Waianae Avenue to Foote Avenue), will

closed through July 16, 2008. For more information, call 624-7234, or e-mail Owen.K.Ogata@poh01.usace.army.mil.

2007 Tax Returns — Dedicated civilian volunteers are needed to help Soldiers complete their tax returns. Volunteer tax preparers can call 655-1040 and leave a message, or stop by the Tax Center, Building 648, across from Schofield's Sgt. Smith Theater.

Extensive training for volunteers runs through Jan. 18, 2008. Call Sgt. 1st Class Brenda Jones, 655-1040, for more information.

Military Channel — This cable network channel features "Around the Services," a half-hour news program from the Department of Defense that takes viewers directly to news conferences and press briefings and allows members of the armed forces, veterans, family members and loved ones to stay informed regarding current military affairs.

Shows broadcast weekdays at 4 p.m.

Fall flu shots just what the doctor ordered

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. - Fall is the best time to get the flu vaccination in the United States, according to health officials. This gives the body a chance to build up immunity before the winter flu season.

"Tricare beneficiaries should check with their local military treatment facility or primary care manager to find out when and where they are offering the flu vaccine," said Army Maj. Gen. Elder Granger, deputy director, Tricare Management Activity. "All beneficiaries are encouraged to protect themselves against this potentially deadly virus."

Influenza kills about 36,000 Americans each year, and leads to about 200,000 hospitalizations, according to the Centers for Disease Control and Prevention.

It is strongly recommended that the following people get vaccinated each year:

- all children aged six months to their fifth birthday,
- adults aged 50 years and older,
- persons with underlying chronic medical conditions,
- pregnant women,
- health care workers involved in direct patient care,



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

Sgt. Ryan Schmidt, with the Family Practice Clinic, Tripler Army Medical Center, gives Staff Sgt. Manuel Torres of 17th Public Affairs Detachment a welcome home flu and tuberculosis shot during Deployment Cycle Support processing at Conroy Bowl, Nov. 1.

- child care and elderly care workers, and
- persons at high risk for severe complications from influenza.

Tricare will cover the flu shot for beneficiaries, as long as it is administered in a doctor's office. Flu shots administered in a civilian pharmacy or drugstore are not covered by Tricare.

For Tricare for Life beneficiaries, Medicare

covers flu vaccinations and Tricare pays as second payer, if needed.

Tricare covers two types of vaccinations: the inactivated vaccine containing a killed virus and given with a needle, and the nasal-spray flu vaccine made with live, weakened flu viruses that do not cause the flu.

For more information about your Tricare benefits visit www.tricare.mil.

FRSA: Assistants give FRG leaders breathing room

CONTINUED FROM A-1

Twenty-three FRSAs total will be hired for the 25th Infantry Division.

"It's going to get a lot easier," said Roberta Hanlon, FRSA, STB, 8th TSC. "Now we're actually going to have time to breathe."

Hanlon was the first FRSA hired for the 8th TSC, and she is no stranger to the high demands of family readiness support within the Army.

"[In the past] we did a lot of work for love, outside of the 40-hour week capacity. We worked from home, worked on the weekends ... we supported in every way we could," said Hanlon, who has supported family readiness within the Army in various capacities for more than eight years.

With more FRSAs being added to the workforce, more pressure will be taken off of FRG leaders' plates.

"FRG leaders will basically get to do all of

the fun things and leave the tedious paperwork side of the house for the FRSA," said Hanlon.

This position is one that is held in high regard and appreciation, said Burke.

Hanlon is thrilled to serve family readiness efforts in her new capacity.

"I have the opportunity to empower family members with the knowledge to be self-sufficient when spouses are deployed," said Hanlon. "It's just my passion. I love to help my units and my families."

Safety: Training tailored to Soldiers' driving styles

CONTINUED FROM A-2

driving and shows the specific risks associated with drivers in that age group.

The second class is designed for Soldiers 26 and older. It helps students look at their particular driving style and where their next accident might be.

"We look at how to mitigate the risks associated with their next accident based on their driving style," said Bill Maxwell, USAG-HI Fire and Safety, transportation safety manager.

The final class is one for supervisors. During this class, students look at the risk factors of the Soldiers under their command.

"So it gives supervisors an opportunity to recognize and focus on Soldiers at highest risk for an accident," Maxwell said. "It additionally teaches supervisors how to counsel Soldiers at greatest risk."

"The big picture is Soldiers, get driver training, then they get driver training at the newcomers' briefing, and then there is the mandated training, so we get 100 percent of the Army," Maxwell added.

Each month, the USAG-HI's Fire and Safety office offers two class dates for one of these three classes at Schofield and Oahu Garrison. Units should call 655-6455 to schedule training.

Simulating impaired driving

Another training course in

which Soldiers will soon have the opportunity to participate will allow them to safely experience the dangers of driving a vehicle while intoxicated. The training is designed for units redeploying back from Iraq, Kuwait or Afghanistan to their home stations.

The course uses Fatal Vision goggles to distort vision and cause behaviors that are similar to those exhibited by someone under the influence. Soldiers then take a ride in the Simulated Impaired Driving Experience (SIDNE), a battery-powered vehicle that simulates the effects of impairment from alcohol or drugs on a motorist's driving skills.

SIDNE operates in two modes: normal and impaired. In normal mode, the vehicle's steering, braking and acceleration respond appropriately. In impaired mode, the vehicle reacts with delayed steering, braking and acceleration, simulating the effects of a vehicle being driven by an impaired driver.

Cheeseborough said all these tools can potentially save Soldiers' lives. The Army must first get the word out to commanders that these programs are available.

"If other units and installations adopt programs similar to what ASG-Kuwait is doing," Cheeseborough said, "we'll see a reduction in accidents and noted improvement in driving skills."

(Editor's Note: Kyle Ford, U.S. Army Garrison, Hawaii, Public Affairs, contributed reporting.)



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

Like a pohaku

FORT SHAFTER — Retired Command Sgt. Maj. Clarence "Pohaku" Wilhelm (center) helps plant the foxtail palm that celebrates his 57 years of faithful service to U.S. Army Garrison-Oahu South, Friday. Wilhelm, over-

come with emotion during the surprise ceremony, searched for words to express his appreciation, but, at first, they wouldn't come.

"Please, do not change your style, the

way you do things ... for the betterment of the Soldier," he said to those gathered round.

A pohaku, or rock, also honors Wilhelm's service at the entrance to the Aloha Center.

Spouses: Pilot program funds careers

CONTINUED FROM A-1

One-Stop Career Center representatives plenty of questions, most concerning eligibility requirements.

Senior officials hope the program will help Army spouses become more marketable wherever they go throughout their mate's military career. Locally, program managers believe wins will be scored by everyone involved in the program: the Army spouse, the Department of Labor, and the Dept. of Defense via ACS.

"It's a great win for the Department of Defense because spouses who have not in the past been able to complete their educational goals will be able to do so while enrolled in the initiative, which in turn will allow them to become more marketable and a great asset to any company," said Robin Sherrod, ACS Employment Readiness program manager.

"Military spouses bring flexibility, commitment and diversity to any company," she continued. "Everyone works in partnership, everybody has a vested interest, and I believe we will have ultimate success."

Through the accredited institution, the military spouse will get the money to supplement his or her degree costs. For its part, Sherrod said, the Department of Labor will score success stories each time a spouse enters the workforce.

The first step in the application process, however, is to attend a mandatory orientation at either the Schofield Barracks or Tripler Education Center.

Robert Jones, a family member in 2nd Battalion, 27th Infantry Regiment, said he wants to pursue something creative. He is hoping to attend Leeward Community College after he completes the application process.

Initially, family member Lani Solomua went



Capt. Eric Bahm, command judge advocate, 500th Military Intelligence Brigade, listens closely during the military spouse orientation, so he can pass along details to his wife, Bethanyanne, who had wanted to attend, but could not. She was home with the couple's 16-day-old newborn.

Are you eligible?

- Married to an active duty service member in ranks E-1 through E-5 or O-1 through O-3.
- Possess a high school diploma or GED.
- Hold a degree, but require a credential, certification or license.
- Not currently receiving Dept. of Labor training assistance.
- Assigned to an installation participating in the pilot.
- Service member has one year remaining at the duty location from start of Career Advancement training.

Orientation dates

- 1st Wednesdays, 10-11 a.m., at Tripler Education Center. Call 433-4182.
- 2nd & 4th Wednesdays, 10-11 a.m., at Schofield Education Center, Building 560, 2nd Floor. Call 655-0800/4227.

to see a counselor at the Education Center, to discuss going to college. She learned about the upcoming orientation and decided she need-

ed to attend.

"For a long time, I've wanted to be in education, to be a teacher, but now I'm a tutor," Solomua said. She hopes to finally pursue her degree now that a money source is available.

A few spouses who attended the orientation left disappointed. They discovered they are not eligible for the program, most because they don't meet the requirement to have 12 months remaining on island before their mate makes a permanent change of station move.

Along with the Voluntary Education Center, Sherrod is cataloging reasons and maintaining a waiting list of names of spouses who are excluded based on selected criteria. The feedback the partnership collects will be provided back up through the chain, so, hopefully, the Depts. of Labor and Defense will readdress policies that exclude some spouses who really should be eligible for the program.

Benefits: ERP provides job search assistance

CONTINUED FROM A-1

initiative and will be ready to help spouses apply for the program.

Wells said the Army has been helping military spouses with employment resources for more than 20 years. The Army's Employment Readiness Program, or ERP, provides job search assistance, job skills training and information and referral services for Soldiers, family members and eligible military ID cardholders.

It provides assistance with resume and Resumix writing, interviewing techniques, dressing for success tips and networking. Job skills training includes basic computer training, an overview of the federal employment process, and a class in entrepreneurship.

ERP managers work with installation Civilian Personnel Offices, community agencies, contractors and local Army Spouse Employment Partnership, or ASEP, representatives.

Under ASEP, the Army has a partnership

with Fortune 500 companies and federal agencies who pledged their support to increase employment and career opportunities for Army spouses. At present there are 31 Fortune 500 companies and five partners from federal and military agencies participating in the program.

Between September 2006 and September 2007, more than 7,200 military spouses were hired by ASEP partners, bringing the current total number to more than 23,000 spouses hired through the partnership.

PAU HANA

The world below

Dolphin Institute makes a splash with high schoolers

Story and Photos by
MOLLY HAYDEN
Staff Writer

KO OLINA — Six false killer whales swam rigorously around a small outboard research boat as Aliza Milette, field project coordinator and research and education assistant, The Dolphin Institute (TDI), and selected interns, collected data and recorded the mammals' behaviors under a federal research permit here, Nov. 8.

"You are all in for a treat," said Milette. "The false killer whale is a rare sighting for us."

A total of six students from Kapolei High School are currently participating in the internship program at TDI's Marine Mammal Research and Education Center in Ko Olina. Two of these students were selected to accompany Milette during a coastal survey after successful participation and performance within the internship program.

"It is important for the students to learn about the animal we study and be dedicated in processing and analyzing the data before they begin data collection on the water," said Milette. "We are committed to educating both interns and the community about all marine mammals."

The boat rocked back and forth as participating members took full watch at the ocean waiting for the marine mammals' next move.

"The mammal is demonstrating what we call a breach," explained Milette as a false killer whale emerged from the wa-

ter and leapt through the air.

"This is something I'm really interested in, and I have a lot of fun doing," said Army family member Michelle Stewart. "Being a part of the research and seeing the animals up close is the best way to learn."

TDI is a Hawaii-based not-for-profit organization dedicated to the study and

To learn more about how you can support The Dolphin Institute's research and education programs, call (808) 679-3690, contact Dr. Adam Pack at pack@hawaii.edu, or check out TDI's Web site at www.dolphin-institute.org.

preservation of dolphins, whales and other marine mammals, and to the education of people whose attitudes and activities affect the survival and well being of these animals.

TDI's mission is to map-out the sensory skills, cognitive abilities and communication abilities of dolphins, to describe the behavior and biology of North Pacific humpback whales, and to educate people at all levels about these animals so that they may come to appreciate them and protect their fragile marine habitats.

"A lot of what we teach is from our own scientific findings," said Dr. Adam Pack, vice president and co-founder of TDI. "I believe it is more meaningful and beneficial to the learning process of the students to be a part of

ground-breaking discoveries."

The two-month internship started in September of this year and is sponsored by grants from the Education through Cultural and Historical Organizations (ECHO) act. The ECHO Act is a major, federally funded educational and cultural enrichment initiative, annually serving hundreds of thousands of children, teachers and adult continuing learners in Alaska, Hawaii and Massachusetts.

This is the third and, unfortunately, the last year that funding is available from this grant.

"There is a demand for this type of education, and it is rare that children get a chance to work so closely with the marine mammals," said Pack. "Hopefully, with the help of the community through donations, we will be able to continue next year."

TDI is dedicated to educating students on all levels about whales, dolphins and other marine mammals. In addition to bringing students and teachers the most up-to-date information on whales and dolphins, these programs showcase many of the groundbreaking research findings by TDI scientists on humpback whale behavior and biology, and dolphin sensory perception, cognition, and communication.

"It not just about the research we do," said Milette. "But understanding why we do it and what we can get from it."

Milette explained that through the internship program at TDI, she is hoping to prepare students for a bright future and teach the community about the cultural history of dolphin and humpback whales.

"The more you know about an animal's behavior the more you can protect it," said Milette.



Photo obtained under NMFS Permit No. 1071-1770-02 to The Dolphin Institute.

Aliza Milette, right, explains the difference between toothed and baleen whales to interns at The Dolphin Institute. The interns learn much about marine mammals at the research center before participating in a coastal survey.



Photo obtained under NMFS Permit No. 1071-1770-02 to The Dolphin Institute.

Aliza Milette, left, explains the proper way to collect data to intern Michelle Stewart. The internship at The Dolphin Institute provides students a chance to study marine mammals.



Photo obtained under NMFS Permit No. 1071-1770-02 to The Dolphin Institute.

A pod of dolphins swim along with the outboard research boat during a coastal survey conducted by The Dolphin Institute. The institute collects data to study the marine mammals.



23 / Today

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

25 / Sunday

Library Closing – Sgt. Yano Library at Schofield Barracks will be closed Nov. 25 for carpet cleaning. Regular hours of operation are Monday–Thursday, 11 a.m.–8 p.m.; Friday–Sunday, 10 a.m.–6 p.m.; and closed on holidays. Call 655-8002.

28 / Wednesday

Preschool Story Times – Story times will be held at 10 a.m. at the following locations and dates: Sgt. Yano Library, Nov. 28, and Aliamanu Military Reservation (AMR) Library, Nov. 29. Call 655-8002.

30 / Friday

Hail and Farewell Fall Festival – Join the Hail and Farewell Fall Festival, Nov. 30, 7–9:30 p.m., at the Schofield Teen Center. This social is in honor of teens arriving and leaving Hawaii. Cost is \$3 for members, \$4 for non-members and \$5 for guests. The Schofield Teen Center is located at 556 Heard Ave. Call 655-0451.

Holiday Fun Fest – Get in the holiday spirit at the AMR Community Center, Nov. 30, 3–8 p.m. Enjoy food, fun, games, contests, holiday crafts, give-a-ways and a visit from Santa. Bring your camera for a memorable shot. A holiday movie will be shown to highlight the evening, and hot dogs and popcorn will be provided to the first 250 entrants. Admission is free and open to AMR, Tripler and Fort Shafter community residents. Call 655-0111/0112 to register.

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)



Molley Hayden | U.S. Army Garrison, Hawaii, Public Affairs

Ukulele understudies

HONOLULU — Roy Sakuma conducts his students in a performance for the first annual Veteran's Appreciation Day, Saturday. Sakuma has been teaching and promoting the ukulele for more than 40 years. See next week's edition of the Hawaii Army Weekly for more coverage.

account at artscrafts.fmwrc.army.mil. Call 655-4202.

December

2 / Sunday

Military Child Education Coalition – Join Tell Me a Story, featuring “Mercedes and the Chocolate Pilot” by Margot Theis Raven, Dec. 2, 3 p.m., at the Kalakaua Community Center, Schofield Barracks.

Maj. Gen. Benjamin R. Mixon, commander, 25th Infantry Division, will be the guest reader.

For reservations, call 384-9183 or e-mail schofieldparent2parent@yahoo.com.

4 / Tuesday

Santa at the Library – Visit Santa at 3 p.m. at the following dates and locations: Dec. 4, Fort Shafter Library (438-9521); Dec. 5, Sgt. Yano Library, Schofield Barracks (655-8002); and Dec. 5, AMR Library (833-4851). Create a winter craft to take home while waiting in line to see Santa.

Ongoing

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 MWR facility for a minimum of \$5.

All proceeds will go to support the Morale, Welfare and Recreation (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.

Fort Shafter Thrift Shop – Browse the Thrift Shop for your holiday decor. The Thrift Shop is open Tuesday and Friday, 9 a.m.–1 p.m., and consignment hours are 9–10:30 a.m. The Thrift Shop will be closed today, Nov. 23.

Donations and volunteers are always welcome. The Thrift Shop is the main fundraising venue for the Fort Shafter Hui ‘o Wahine Spouses club. All profits are donated to charities and scholarships in the military and local community. Call 842-1074 or visit Building 342, Pierce St.

Information, Ticketing and Registration – Looking for tickets to area attractions? ITR has your tickets to paradise when you visit offices located on Schofield Barracks and Fort Shafter. A variety of tickets to luaus, cruises, whale watching adventures, Hawaiian Waters Adventure Park, Sea Life Park, movie tickets, interisland packages and much more are available. Fall specials include Atlantis Submarine and sunset dinner cruise discounts now until Nov. 30; Sea Life Park Luau with ad-

mission discounts until Dec. 15; and Cirque Hawaii free upgrades on seats until Dec. 31.

Call the Schofield Barracks ITR (655-9971), the Fort Shafter ITR (438-1985), or log onto www.mwrmilitaryhawaii.com. Click “ITR Ticketing and Registration” for a full list of discounts at various attractions.

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).

Salvage Yard Auto Sales – Fort Shafter and Schofield Barracks salvage yards will be sponsoring sealed bid auto sales twice a month. Bidding will end on the first and third Saturdays of each month, and the highest bidder will be notified the following day.

A minimum bid will be marked on each auto that is for sale. Call 655-9368 at Schofield Barracks or 438-9402 at Fort Shafter.

Tropic Lightning – Enjoy a fast and hot lunch buffet, Monday–Friday from 11 a.m.–2 p.m. at the KoleKole Bar & Grill, Schofield Barracks. Cost is \$8.95 per person. Call 655-4466.

SEE MWR BRIEFS, B-3

Harbor survivors, service bands, military units, local officials, dignitaries and entertainers.

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. 23 & 30, 9–10:30 a.m.; and AMR Chapel, Nov. 26, 10–11:30 a.m. Call ACS Schofield at 655-4227 or Fort Shafter 438-9285. Register online at www.acsclass.es.com. Free child care vouchers are available. Children must be registered and space must be reserved by parent. Call 655-5314 (Schofield), or 833-5393 (AMR).

27 / Tuesday

Holiday Poker Tournament – Poker players are wanted to attend a Texas Hold'em poker tournament fundraiser, Nov. 27, 6 p.m., at Sunset Lanai, Camp Smith. The event is hosted by Special Operations Command, Pacific (SOCPAC), Service Members Association and proceeds will benefit the SOCPAC holiday party. A \$30 food fee will be collected at the door. Door prizes will be awarded. For more information or to pre-register, e-mail Master Sgt. Adrian Madsen at adrian.madsen@us.army.mil.

28 / Wednesday

Oahu North Tree Lighting – This annual community event will be held at Generals Loop, Schofield Barracks, Dec. 12 at 6 p.m. Enjoy holiday music by the Leilehua High School Concert Band and a special performance by Hale Kula Elementary School. Santa Clause will be on site to visit and take photos with kids. Call 655-8985.

American Indian Heritage

– In celebration of American Indian Heritage Month, Schofield Barracks will host a celebration, Nov. 28, 11 a.m.–12:30 p.m. at Sgt. Smith Theater. Enjoy traditional dance, a flute player, drums and more. Call 551-1428.

30 / Friday

Wahiawa Parade – The Wahiawa community and Business Association's Santa Parade will kick off the holiday season Nov. 30, starting from Ka'ala Elementary School at 6:30 p.m. This lighted parade down Cal-

ifornia Avenue concludes at the Wahiawa Shopping Center for a free holiday event. Activities begin at 4 p.m. with Xtreme Fun rides. Live entertainment starts at 6 p.m. and Santa arrives at 7 p.m. Call 262-0687.

December

1 / Saturday

Father-Daughter Ball – The Armed Services YMCA is presenting its first annual Father-Daughter Ball, Dec. 1, 5:30–9 p.m., at the Schofield Barracks Nehelani. Tickets are \$15 per person and include dinner and dancing. Call 624-5645

12 / Wednesday

Oahu North Tree Lighting – This annual community event will be held at Generals Loop, Schofield Barracks, Dec. 12 at 6 p.m. Enjoy holiday music by the Leilehua High School Concert Band and a special performance by Hale Kula Elementary School. Santa Clause will be on site to visit and take photos with kids. Call 655-8985.

Ongoing

Coffee Social – Spouses, a piping hot, rich brew of java is waiting for you at the Fort Shafter Army Community Service (ACS) Outreach Center, located in Building 5330, Room 111. If you are tired of sitting at home with nothing to do, new to the community, or just need a break, join your neighbors for free coffee and fun conversation.

This coffee social takes place every first and third Wednesday; child care is provided at the Child Development Center, if your child is registered with Child and Youth Services. Call 438-9285 for more details.

Community Spotlight – Community spotlighting is airing on the post TV-2 channel every evening at 7 p.m. Residents are encouraged to tune in to learn about community issues and get informed from spotlight briefers.

This month, speakers include a representative from the School Liaison Office, information on the new Parent to Parent School Program, Army Community Service's Family Advocacy Program, hurricane awareness preparations, the pit bull policy, and micro-chipping procedures for pets.

Soon, the Directorate of Morale, Welfare and Recreation (MWR) will add details of

MWR programs happening in the community.

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. Parker at 656-4481, or e-mail latonia.parker@us.army.mil, for more details.

Alcoholics Anonymous – All interested personnel are welcome to attend Alcoholics Anonymous, a free program of recovery for dealing with alcoholism. Meetings are

SEE COMMUNITY CALENDAR, B-4

Worship Services

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

Community Calendar

Send calendar announcements to community@hawaiiarmyweekly.com.

23 / Today

Holiday Card Lane – The annual Holiday Card Lanes for the Oahu South community will be on display now through Jan. 4. Cards for the Oahu North community will be on display Nov. 26–Jan. 4.

All units, staff offices, agencies and organizations within their respective community are invited to participate.

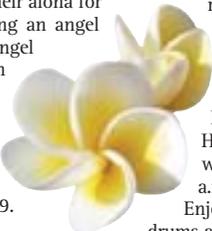
Oahu South cards will be judged Nov. 27, and the winning cards will be placed at Fort Shafter Palm Circle. There will be a presentation for the winners at the 2007 Oahu South Community Holiday Concert and Tree Lighting Ceremony, scheduled for Nov. 28 at 6 p.m. Call 438-6996.

Oahu North cards will be judged Dec. 7. Awards will be given for first, second and third place winners. Call 655-8985.

Gift-Wrapping Fundraiser – The annual community Gift-Wrapping Fundraiser at the Schofield Barracks Army & Air Force Exchange Service (AAFES) will be held Nov. 23–Dec. 24. This event will allow interested family readiness groups and authorized private organizations in the Schofield Barracks area (Wheeler Army Air Field, Helemano Military Reservation and Schofield Barracks) to conduct gift-wrapping fundraisers at the post exchange (PX).

Salvation Army Angel Tree – Pearlridge shoppers can share their aloha for the community by choosing an angel from a Salvation Army Angel Tree and granting the wish of a child or a senior citizen who otherwise would not receive any gifts at Christmas. Angel Trees will be located Uptown and Downtown, Nov. 23–Dec. 19.

Waikiki Holiday Parade – The 2007 Waikiki Holiday Parade will be held in downtown Honolulu, Nov. 23, at 7 p.m. Thousands of spectators, residents and visitors gather annually to watch this non-competitive parade, which hosts local bands, marching bands from the mainland, Pearl



This Week at the MOVIES Sgt. Smith Theater



Elizabeth: The Golden Age

(PG-13)
Friday, 6 p.m.
Sunday, 2 p.m.

We Own The Night

(R)
Friday, 9 p.m.
Wednesday, 7 p.m.



The Game Plan

(PG)
Saturday, 2 p.m.



The Heartbreak Kid

(R)
Saturday, 7 p.m.

No shows on Mondays or Tuesdays.



John Ondrasik, leads singer for the band "Five For Fighting," hands Spc. Sasha Thorpe, 325th Brigade Support Battalion, a "For the Troops" CD at the Schofield Barracks F-Quad dining facility, Nov. 15.

'Five For Fighting' front man visits troops

Story and Photo by
KYLE FORD
Staff Writer

SCHOFIELD BARRACKS — Five for Fighting's John Ondrasik ate lunch with several Soldiers, Nov. 15, following his performance the previous evening at the Tropics.

Ondrasik, kicked off his second Pacific USO tour and announced the release of his "For the Troops" compilation CD.

"I put together something to show how much we appreciate you guys," Ondrasik said. "It's great that we got these great artists to share their work and their copyrights."

The CD features 13 songs from today's top musicians in nearly every genre, from Billy Joel to Brooks and Dunn and of course Five for Fighting's song "100 years."

"I'd like to thank the artists, labels and publishers who have joined me in saluting our troops and families with music," Ondrasik

said. "I'm hoping in this compilation you find a song that inspires, motivates, provides an avenue for reflection, or simply distracts you from a mission few can imagine much less undertake."

"Your sacrifice secures our liberty and that of our children," he continued. "If anything, let each tune be a small piece of home to carry you forward. From the Ondrasik family to you and yours, we thank you and we love you."

The Soldiers eating lunch with Ondrasik certainly appreciated the music and the gesture.

"I think he did a really good job making this CD," said Pvt. Francisco Baca, 37th Field Artillery. "It's hard to find a CD that has everything on it. Lots of people just play a couple songs from a CD, and this one has the best songs from several bands. I'll definitely listen to it."

After eating, Ondrasik walked around and

chatted with the Soldiers present in the dining facility.

"I think next year I'll try and get a rock compilation together," he said. "What would you like to see on another CD?"

Soldiers named bands like Godsmack, Rammstein and 50 Cent.

Ondrasik opened his performance Nov. 14, saying he didn't watch the news about Iraq on television, that he got his information from the Soldiers. He's been communicating with the Soldiers downrange for a long time.

"It's great to work with an artist who 'gets it,'" said Ron Lockler, community recreational division chief, U.S. Army Garrison, Hawaii, Morale Welfare and Recreation, "who understands why the Soldiers do what they do and what they are going through."

"I hope we get more artists like him to visit Hawaii," Lockler added.

The compilation is now available at www.aafes.com and www.cdforthetroops.com.

MWR Briefs

From B-2

Family Child Care — Individuals interested in caring for children in their home should inquire with the CYS Family Child Care (FCC) Program. Benefits include free training, additional income and flexible hours.

Call the AMR FCC office at 837-0236, or the Schofield Barracks FCC at 655-8373.

Auto Resale Lot — The Auto Resale Lot has been relocated right next to the Schofield Barracks Commissary. When standing in front of the commissary, the lot is on the left-hand side. The lot is now operated by the MWR, Schofield Barracks Automotive Crafts Center.

You can place your vehicle in the Resale Lot for as little as \$7 for seven days. Items required to place vehicles in the lot are a valid government ID card, state registration and license plate sticker, safety inspection papers and stickers, proof of Hawaii "No Fault" insurance, a base decal number and power of attorney, if you are not the registered owner. Call 655-9368.

Job Search — Visit, browse and apply for federal jobs available in Hawaii at www.nafjobs.com.

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.

Gymboree — SKIESUnlimited, in partnership with Army Hawaii Family Housing, is offering Gymboree to children 6 months-5 years old. These classes will help children build strong motor skills, social skills and self-esteem — all the ingredients they need to grow into confident, happy, successful people.

Classes are held the first four Wednesdays of each month. Call CYS at 655-9818.

Auto Detailing — The Schofield Barracks Auto Skills Center is offering a new auto detailing service for a limited time. To make an appointment or to find out more information, call 655-9368.

Hawaiian Luau Lunch Buffet — Enjoy the "ono" taste of a traditional Hawaiian-style feast, 11 a.m.-1 p.m. at the Hale Ikena, Fort Shafter, or 11 a.m.-2 p.m. at the Schofield Barracks Nehelani. Cost is \$9.95 per person.

Call the Hale Ikena (438-1974) or the Nehelani (655-4466) for lunch buffet reservations or more information.

Paperback Book Kits — Sgt. Yano Library, Schofield Barracks, will issue paperback book kits to deploying units. Call Chris Kobayashi at 655-9143.

Returning Library Materials — Deploying soon? Help the library staff by returning all borrowed materials before your departure. Doing so will save the staff time and make those materials available to others.

Soldier journals her run at Miss America

Story and Photo by
BETH REECE
Army News Service

WASHINGTON — One of the Army's own will take a shot at the "Miss America 2008" title, Jan. 26, in Las Vegas and a new Army Web site that goes live today will follow her progress.

A combat medic and Miss Utah 2007, Sgt. Jill Stevens is a member of the Utah National Guard's 1st Battalion, 211th Aviation Regiment. She will chronicle her preparation and competition in the Miss America pageant at www.army.mil/gjijill.

The pageant will be broadcast live on TLC (The Learning Channel), and a new reality series will air the night before to help viewers get to know each of the 52 contestants. Stevens will also be featured in the cover story of the December issue of *Soldiers* magazine.

Stevens had just started nursing school at Southern Utah University (SUU) in the fall of 2005 when the school's pageant director recruited her to run for Miss SUU.

"I was like, 'Yeah, right.' I wear combat boots; I don't do heels," she said.

But the chance to serve and help others — much like she does in uniform — through politics and community, attracted Stevens to pageantry. That year she won Miss SUU and went on to become second runner-up in the 2006 Miss Utah pageant.

"At that point, I was done," she said. "I had learned so much about myself, and it was great that, as a Soldier, I'd made it so far." But critics urged her to go for the crown.

"I knew Jill could win. She's so multifaceted, and many of the girls are one-dimensional," said Sharlene Wells-Hawkes, a former Miss America and recent judge. "Her whole life story sets her apart from others. She's a renaissance woman."

As Miss Utah 2007, Stevens travels the state and across America to spread the word on emergency preparedness. She also gives motivational talks to students about her slogan, "Lock and Load," which

she translates to "Be ready for anything and make every moment count." And last month she visited Soldiers at Walter Reed Army Medical Center in Washington, D.C., and ran the Marine Corps Marathon.

Stevens joined the Army National Guard six months before Sept. 11, 2001. Two years later, she deployed to Bagram Air Base, Afghanistan, where she cared for 10 to 40 Soldiers a day at the medical aid station.

It was in Afghanistan that retired Sgt. 1st Class Lee Porter predicted Stevens would one day be Miss America, a year before she considered entering a pageant.

"She's an all-around amazing girl, the type of person who's going to make a difference in people's lives," he said.

The divide between Soldier and beauty queen, beret and tiara, evening gown and Army combat uniform, is not so vast to Stevens.

"To me, they go hand in hand," she said. "The military wants people to get an education, to be fit and, above all, to

serve. It's the same with Miss America. They also want you to be educated, they also promote fitness, and the biggest part is service. Both teach you to be leaders."

Which title best suits her?

"Oh, definitely the Soldier," she said. "I show up to my Miss Utah events in uniform. In parades, I'm in uniform — instead of an evening gown — to show that this is who I am."

Stevens' journey will be featured in the December issue of *Soldiers* magazine, available at www.army.mil/publications.

Sgt. Jill Stevens of the Utah National Guard is a top contender for the 2008 Miss America competition, which takes place Jan. 26. Catch print and video coverage of Stevens' journey through pageantry and the Army's ranks at www.army.mil/gjijill



Community Calendar

From B-2

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 jpaulcampbell1218@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, 655-6886, for more information.

Financial Planning Courses — You are not alone when it comes to traversing the financial planning mystery. Attend a class now to learn more about managing debt, investing wisely, maintaining a good credit rating, and/or planning for retirement.

Classes are held at Army Community Service (ACS), Building 2091 (Schofield) or Building 330 (Fort Shafter). Call 655-4227 (Schofield) or 438-9286 (Fort Shafter) to register, or contact Georgianna McAnany at 655-1714 or Georgianna.McAnany@schofield.army.mil.

•Army Emergency Relief Commanders Referral Program: Commanders and first sergeants can approve up to \$1,000 for basic liv-

ing expenses. Desk-side briefings are available by request. Sessions take 20 minutes. Call Jackie Torres, AER officer, 655-7132.

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

•Money Management Classes: Learn the basic tools of financial success to develop a spending plan, reduce expenses, and make your paycheck work for you. Classes are held every Wednesday at ACS Schofield Barracks, 10:30 a.m.-noon and the first Thursday of the month at ACS Fort Shafter, 2-3 p.m.

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

•Car Buying: Learn to get the most vehicle for your money. Class

is held the third Wednesday of the month at ACS Schofield Barracks, 9-10:30 a.m.

•Thrift Savings Plan & Retirement Briefing: Learn how a 403(b) plan like thrift savings works in terms of allowable amounts and various investment opportunities. Classes are held the fourth Wednesday of the month at ACS Schofield Barracks.

•Financial Counseling & Education: Do you want free financial education? ACS has accredited financial counselors available at no cost and provides confidential counseling in a one-on-one or couple setting.

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.mwrarmyhawaii.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.

Free USPS Packaging — The U.S. Postal Service provides military family members and friends with packaging materials to send packages to service members. Call toll free 1-800-610-8734, follow prompts, then ask for the "Military Pack."

Eight boxes, tape, packaging materials and labels will be mailed to those who call. The postal serv-

ice will also provide an ID number to reorder supplies. Allow four to 10 days to receive materials.

Fisher House — Donations are always welcomed at the Fisher House, located at Tripler Army Medical Center. Items desired include the following: sponges and scrubbers, toilet paper, tissues, Soft Scrub (for sinks and tubs), toilet bowl and shower cleaner/refills, laundry detergent and dryer sheets, liquid soap refills, bleach, paper plates & towels, plastic utensils, aluminum foil, all sizes of zipper freezer bags, coffee creamers, and sugars, such as Splenda and Equal. Call 433-1291.

Master's Degree — The University of Oklahoma is offering a Master of Arts in Managerial Economics. The nonthesis program can be completed in about 18 months. The one-week classes are temporary-duty friendly. Contact OU at 449-6364, or aphickam@ou.edu.



December

1 / Saturday

Power Basketball – The entry deadline is 12 p.m., Dec. 1 for the 3-on-3 Power Basketball Tournament slated for Dec. 17-21. Call 655-4808 or visit www.mwrarmy-hawaii.com.

3 / Friday

Slow Pitch Softball – The entry deadline is 4 p.m., Dec. 3 for a Holiday Slow Pitch Softball Tournament to be held Dec 7-9. Call 655-0856 or visit www.mwrarmy-hawaii.com.

10 / Monday

Extreme Dodgeball – The entry deadline is 4 p.m., Dec. 10 for the Christmas Extreme Dodgeball Tournament to be held Dec. 17-21. Call 653-0719 or visit www.mwrarmy-hawaii.com.

28 / Friday

Intramural Basketball League – The Sports Office at Schofield Barracks is now accepting applications for teams to compete in the 2008 Intramural Basketball League, Jan. 7-March 28.

All active duty Army units (company, battery, troop and detachment levels) within Hawaii can each enter one team. Entries, which are due by 4 p.m., Dec. 28., can be sent to USAG-HI, Sports Office, 344 Heard Ave., Schofield Barracks, Building 556, Room 100, Stop 112. Call 655-0856/0101/9914 or visit www.mwrarmy-hawaii.com.

Ongoing

Pro Bowl Tickets – Pro Bowl tickets are now on sale at the Schofield Barracks Information, Ticketing and Registration (ITR) office. The Pro Bowl will be held



Spc. Kyndal Hernandez | 8th Theater Sustainment Command Public Affairs

Yellow ribbon reprieve

HELEMANO MILITARY RESERVATION — Lt. Col. Brian R. Bisacre, commander, 728th Military Police Battalion, cuts a ribbon signifying the grand opening of a new "Yellow Ribbon Room," Nov. 7. The new room, which is intended for use by family members of the unit's deployed Soldiers, is filled with computers with Web cameras, as well as a children's play area with a TV and movies.

Feb. 10 at Aloha Stadium. Call 655-9971.

Health & Fitness Center – A membership fee is no longer incurred to use the Schofield Barracks Health & Fitness Center, Building 582, which offers cardio and weight machines, speed bags, stability balls, a tread wall and stretch stations.

Bring your own earphones and enjoy more than 75 channels of cable TV while you work out on the cardio theater. Aerobic classes, dance classes, massage therapy

and personal trainers are also available Monday-Saturday for a nominal fee.

Bring in your Blue Star Card and receive a discount on an unlimited monthly class pass. Call 655-8007.

Cosmic Bowling – The Schofield Bowling Center offers Cosmic Bowling, Friday & Saturday, 10 p.m.-1 a.m. and Sunday, 6-10 p.m. Plan a birthday party or enjoy bowling specials.

Birthday packages cost \$5 per child for two hours of unlimited

bowling; add a food package for \$8 per child. Also, Monday-Friday enjoy lunch specials and discounted bowling rates. Call 655-0573.

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 from 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 – Schools of Knowledge, Inspiration, Exploration and Skills (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.

Classes are available for all ages, even as early as age 1. Discount cards can be picked up at the Child and Youth Services registration offices. Call 655-9818.

Volunteer Coaches – Interested in volunteering to be a Youth Sports coach? Contact your nearest Youth Sports director today.

Call 836-1923 for Aliamanu Military Reservation (AMR); 438-9336 for Fort Shafter/Tripler; 655-6465 for Schofield; or 655-0883 for Helemano Military Reservation.

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) or be a current member of CYS. Call SKIES at 655-9818.



Send community sports announcements to community@hawaiiarmyweekly.com.

25 / Sunday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on its next hiking event through Waimalu Ditch, Nov. 25. This six-mile adventure takes hikers into the valley and cross Waimalu Stream to a nice lunch spot at the water's edge. Call 674-1459.

A \$2 donation is requested of nonmembers 18 and older. Children under 18 must be accompanied by a responsible adult.

Hikers meet at Iolani Palace, mountain side, at 8 a.m. Bring lunch and water on all hikes; wear sturdy shoes as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, and treat trees and plants with care and respect. Firearms, pets, radios and other audio devices are prohibited on all hikes. Visit <http://htclub.org> for details.

29 / Thursday

EFMP Bowling Event – The Exceptional Family Member Program (EFMP) will host a bowling event Nov. 29, 6-8 p.m., at the Tripler Bowling Center. Families with special needs individuals are invited to enjoy free bowling. One family member must be enrolled in the EFMP and sign up is required. Call 655-4777.

December

7 / 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 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/ldx-Hunting.htm.

9 / Sunday

Honolulu Marathon – Sign up now for the 2007 Honolulu Marathon, which will take place Dec. 9 at 5 a.m., at the corner of Ala Moana Boulevard and Queen Street. The Honolulu Marathon was the country's third largest marathon last year with 24,575 finishers.

Numbers and packets can be picked up Dec. 5-8 during the Honolulu Marathon Expo at the Hawaii Convention Center. Online registration closes Dec. 1. For more information and to register, go to www.honolulumarathon.org.

Runners participating in the marathon are invited to relax, talk story, eat and drink in the Army Hospitality tent, 9 a.m.-3 p.m. the day of the event. All active duty, National Guard, Reservists, retirees and Department of Defense (DoD) civilians working on Army installations are eligible. Chairs, cots and ice packs will be available for your absolute comfort.

Cost is \$10 for children age 10 and under, and \$25 for all other participants. Registration deadline for the tent is Nov. 26. Call Joseph Pires at 655-4804.

Ongoing

Bike Hawaii – Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages can include downhill biking, waterfall hiking, and sailing off Waikiki with exclusive access to a remote Hawaiian rainforest.

Call 734-4214, 877-682-7433, or visit www.bikehawaii.com.