

HAWAII ARMY WEEKLY

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November 4, 2005

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Hawaii Rotary

The 25th Infantry Division (Light) commanding general discusses transformation and fields questions from Big Island Rotarians. A-2



Vehicle safety

Leaders are taking a no-nonsense approach when it comes to safety and motor vehicles. A-4

Flu shots

Tripler Army Medical Center has just received its shipment of flu vaccine. The Pediatric Clinic is sponsoring two special flu shot days, Nov. 11 from 9 a.m. to 1 p.m., and Nov. 25, 8 a.m. to 2 p.m. for all enrolled, authorized patients. The Immunization Clinic will schedule extra staff Nov. 16 and 18 from 8 a.m. to 4 p.m. to vaccinate medically high-risk patients. See page A-6 for more details.



125th Signal Bn.

Part of the transformation of 25th Infantry Division (Light), the 125th Signal Battalion inactivates. A-7



Trick or Treat

Soldiers and Department of the Army civilians pitched in to make Halloween 2005 a special day for family members at installations on Oahu, from erecting haunted houses to gently scaring to ensuring Halloween safety. B-1 & B-3.

3-7th FA snags DoD's highest maintenance award

Col. Randy Pullen
Army News Service

WASHINGTON — An Army unit back from Afghanistan won the 2005 Phoenix Trophy, DoD's highest award for field-level maintenance of weapon systems and equipment.

The 3rd Battalion, 7th Field Artillery, of the 25th Infantry Division (Light), based at Schofield Barracks, Hawaii, received the prestigious award Oct. 26 at the Secretary of Defense Awards Banquet held in conjunction with the 2005 DoD Maintenance Symposium and Exhibition in Birmingham, Ala.

The 2005 Phoenix Trophy recognized the 3-7th FA for successfully balancing maintenance, readiness and operation requirements during 2004 while being deployed for exercises and missions throughout the Pacific Command's area of responsibility and the continental United States, and to Afghanistan in support of Operation Enduring Freedom.

Throughout these various training and combat missions, the "Never Broken by Hardship or Battle" battalion maintained more than 4,300 pieces of equipment while logging more than 95,000 miles, delivering 8,000

rounds of artillery and mortar fire in training and combat, while simultaneously maintaining an operational equipment readiness rate of 97 percent.

Phoenix for bringing new life to equipment

Each year since 1985, the Secretary of Defense Maintenance Awards Program has recognized outstanding achievements by field-level units engaged in military equipment and weapon system maintenance within DoD.

See "3-7th FA," page A-3



U.S. Army Photo

Soldiers of the 3rd Battalion, 7th Field Artillery Regiment, 25th Infantry Division (Light), fire a howitzer during the unit's deployment in Afghanistan.

More aid bound for Pakistan

Annette Fournier
Army News Service

WASHINGTON — Additional U.S. Army medical, aviation and engineer units from Europe, Afghanistan, Kuwait, Kansas and Texas are now helping with relief efforts in Pakistan following the earthquake earlier this month.

The Army is focusing efforts in Pakistan-administered Kashmir where rain, hail, high winds and more than 700 quake aftershocks have complicated relief efforts. More than 54,000 were killed, 75,000 injured and up to 3 million have been left homeless as a result of the earthquake.

Coalition Forces Land Component Command (CFLCC) sent a shipment of heavy construction equipment from Kuwait, Oct. 27. The shipment included cranes, fuel tankers, road graders, dump trucks and other heavy equipment from theater sustainment stocks available for use in Pakistan.

CFLCC also shipped four containers of medical supplies. The new equipment is in addition to the 200 pallets flown to Pakistan from Kuwait City International Airport. The palletized tents, cots, blankets and packaged meals sent to date are valued at approximately \$4 million.

Troops diverted from OEF

Combined Joint Task Force-76 operating in Afghanistan sent eight helicopters, five CH-47 Chinooks and three UH-60 Black Hawks, to Islamabad to assist with relief and rescue efforts there. The task force has sent medical personnel as well as a Mobile Army Surgical Hospital capable of treating 30 patients at a time.

Aircraft crews are delivering relief supplies, dropping some by parachute to remote areas that are inaccessible as a result of the quake's destruction. The relief efforts are being coordinated with

See "Pakistan," page A-3



Photos by Spc. Mary Simms, Photo Collage by Leah May

More than 60 Tropic Lightning Soldiers with Company B, 214th Aviation Regiment, and 2nd Battalion, 25th Avn. Rgt., are supporting Pakistan earthquake relief efforts by providing food, water, shelter and other supplies and manual labor.

Division gets new ACU duds

Story and photos by
 Spc. Stephen L. Proctor
 17th Public Affairs Detachment

The time is now and the place is here, but it has felt like a long time coming for some Soldiers at Schofield Barracks. Still, the time is now for the Army Combat Uniform or ACU. The uniforms were issued to certain units the week of Oct. 24.

"The units being issued uniforms right now are ones scheduled for deployment within the next year," said Peter McCloud, a program executive office Soldier from Ft. Belvoir, Va., in charge of ACU distribution.

The distribution point was set up in two sections. At the first station, Soldiers tried on the uniform, and at the second, they were issued four full sets.

Some parts of the uniform have to line up with specific areas on the body, so Soldiers tried on the uniforms while workers ensured they fit properly.

The ACU pants have kneepad insert pockets over the knees.

To ensure the pants fit properly, workers required Soldiers squat down and lift their legs to ensure the insert pockets lined up with their knee.

Not to neglect any major joint, the ACU top has elbow pad insert pockets. Workers also ensured Soldiers' elbows lined up properly with those pockets.

Additionally, workers ensured uniforms were loose enough to fit cold-weather gear underneath, but snug enough that the clothes would not hang on them like an M.C. Hammer outfit.

When all Soldiers had determined their sizes, each

See "ACU," page A-3

Good Neighbor Joe, other items make their debut in Army, Hawaii

Compiled by the Public Affairs Office
 25th Infantry Division (Light) and U.S. Army,
 Hawaii

SCHOFIELD BARRACKS — Good Neighbor Joe symbolizes the 25th Infantry Division (Light) and U.S. Army Hawaii's commitment to its installations and housing areas. Elsewhere, a new Web link and a USARHAW safety tracker are communication tools that will serve Soldiers and their family members in Hawaii.

Comments from
Good Neighbor Joe
 "Aloha, I'm Good Neighbor Joe!"

I symbolize the 25th Infantry Division and U.S. Army Hawaii's commitment to the environment in our installations, housing areas and our pledge to living in

See "Debut," page A-5





52 DAYS

since last fatal accident




BE SAFE!

TROPIC LIGHTNING!

A division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities. A four day holiday/long weekend will be awarded for 200 consecutive days with no accidental fatalities.

As of 11/2/05

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 655-4816, 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 captions and bylines.

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CG issues call to service at Hilo Rotary

Story and Photos by Bob McElroy
Pohakuloa Training Area

Hilo, Hawaii — Maj. Gen. Benjamin R. Mixon, commanding general of the 25th Infantry Division (Light) and U.S. Army, Hawaii, made his first public appearance on the Big Island Oct. 25 at a luncheon for the Quad Rotary Clubs of Hilo.

Addressing nearly 200 Rotarians who gathered at the Hilo Hawaiian Hotel, Mixon said it was appropriate that he speak to the Rotary for it, like the Army, is an organization that stresses "service above self," and service to the community and nation.

Mixon opened with a look at what 25th Infantry Division Soldiers have accomplished in the last year, and what the near- and long-term future holds for the Tropic Lightning Division.

He highlighted the missions the division accomplished in Iraq and Afghanistan, especially those that enhanced the security of each country, thereby providing the chance for a better life for ordinary Iraqis and Afghans.

Mixon said he was proud that the Soldiers of the Tropic Lightning Division had played a key role in ensuring the security of both countries.

Touching on his own service in Afghanistan, Mixon said that he's learned that "at the base level, people want to make a good life for their families. They want their children to be able to go to and from school each day free from fear of Taliban harassment."

Turing to a discussion of Army transformation, Mixon said that transformation is about more than the Stryker vehicle. It represents a major change in the way the Army is organized and fights.

Transformation will bring new construction to Oahu and the Big Island, Mixon explained, especially new family housing, training areas and ranges. He stressed that while there will be more Soldiers training at PTA as the division transforms, it does not represent a build-up of active military forces on the Big Island.

Mixon stressed that while the division is transforming it can't lose sight of its responsibility to be good stewards of natural and cultural resources entrusted to the Army. The challenge for him and his Soldiers, he said, is to balance protecting the environment with conducting realistic training for war.

"It's absolutely essential that we try to balance



Maj. Gen. Benjamin R. Mixon, commanding general of the 25th Infantry Division (Light) and U.S. Army, Hawaii, addresses the Quad Rotary Clubs of Hilo on the Big Island, Oct. 25. The occasion marked his first public appearance in the Hilo community.

training and protecting the environment," Mixon emphasized, noting that the division's annual budget for environmental programs is \$14 to \$17 million.

"I take it [protecting the environment] very seriously," he said.

Mixon recognized veterans in the audience and thanked them for their service to the nation. He said he emphasizes the importance of learning about the division's history and respecting those who came before them to his own Soldiers.

"You are the guardians of our past," Mixon said, and then called for public service, urging the Rotarians to encourage young people to serve America in some way.

Naturally I'm biased, I'd like to see them join the Army, Mixon joked. I think young people should serve their country for a couple of years, in the military or in some other way that contributes to society, he added.

Mixon said that after serving their country,

young people generally return to their communities as better citizens.

The commanding general fielded several questions following his presentation and touched on subjects ranging from stationing Soldiers at PTA to the military taking over the role of FEMA, to the hunt for Osama bin Laden.

A Rotarian asked Mixon if he ever considered bringing some of the 3,000 Soldiers the division is expected to gain with transformation to the Big Island.

"You must be a realtor," Mixon quipped, answering there is no plan to permanently station new Soldiers at PTA. "You will see a larger presence at PTA, but they won't be here permanently."

Another questioner asked whether Mixon thought the military should take over the role of FEMA, especially in light of that agency's failures in Hurricane Katrina in New Orleans.

The commander said that he has performed humanitarian assistance missions in his career and acknowledged that, while the military is quite capable in that area, the military's primary mission is warfighting and defending America.

"We should support FEMA as necessary, but no, we should not be doing their mission," Mixon said.

Regarding the hunt for Osama bin Laden, Mixon said that the Al Qaeda leader is likely hiding in the rugged mountain frontier between Afghanistan and Pakistan, an area under the control of tribal warlords, not Pakistan or Afghanistan.

Mixon said that even if the military were to find bin Laden it wouldn't put an end to Al Qaeda's terror or its mission to destroy America and establish a Muslim nation in the Middle East.

The problem with Al Qaeda, Mixon continued, is that they can't see forward; they can only look backwards.

Al Qaeda despises the idea of a free and democratic society, Mixon said. All you have to do is look at the way they treat women — denying them the same rights and opportunities as men.

"You're not giving society a chance to move forward when you leave out one-half of the people in it," he emphasized.

Mixon concluded with another call to service.

"Service to country is something that everyone should do; this is something America's citizens should focus on," he said. "It doesn't have to be in the military. I think it's everyone's responsibility to encourage young people to serve."

Donations to CFC increase

The Combined Federal Campaign collects donations to help benefit a listing of more than 1,800 non-profit organizations.



"Without our donations," said Capt. Andrew Thompson, CFC agency project officer for the 25th Infantry Division (Light), "these organizations would not be able to survive. We all use these charities, so take a minute to give back to all they have done ... and what they will do for you in the future."

Getting it straight: Two names provided in "Honoring Tiny Angels: Families to Remember Infants Lost Too Soon" on page B-3 of the Oct. 28th edition were incorrectly identified. Katrina Scott and Sgt. David Scott discussed the loss of their child.

Lightning Spirit Are saints are amongst us?

Chaplain (Maj.) Beth Echols
45th Corps Support Group

Have you every met a saint? Someone who lived by a different standard than the rest of us?

Since at least 373 C.E., according to written records, the Christian church has gathered together to celebrate the memory of the men and women who lived extraordinary lives during the holiday All Saints Day.

Originally, the feast was observed May 13 because it was on that date that the Pantheon of Rome was consecrated as a Christian church. The date was changed by Pope Gregory III to dedicate a chapel at the Basilica of St. Peter in Rome.

The Church canonized men and women because they gave their lives and died as an offering and a sacrifice for what they believed; they were martyrs of the faith.

It wasn't long before the night before the Feast of All Saints — the evening of All Hallows Eve, or Halloween — came to be associated with fear of spirits. Many believed that dressing as ghosts would frighten away evil spirits. The fact that Oct. 31 was also the last day of

the Celtic year only fueled the flames of fear.

After the persecution of Christians ended and martyrdom waned in the Roman Empire, canonization became dependent on a holy life. Hence, in our times, we honor the lives of Mother Teresa and a multitudes of others. But do we live with saints in our day: at work, home, schools or deployments?

Perhaps everyday actions encourage others. Like the example of Rosa Parks who herself said, "All I was doing was trying to get home from work." We can inspire others by the daily acts of right living. That's why Congress passed the resolution that the body of Rosa Parks would be the first woman, and one of the few civilians, to lie in state in the Capitol Rotunda.

Some saints of history are immortalized, but countless men and women live lives of higher standards. Their names may never be etched in bronze, but they dwell always in our hearts.

They sat on the bus when others would have them stand, they cared for the outcast in their community when others turned away, and they lived lives of integrity when others profited from schemes of rank and power. We remember them with

grateful hearts on the Feast Day of All Saints.

As Ecclesiasticus recognized, "But of others there is no memory; they have perished as though they had never existed ... But these also were godly men, whose righteous deeds have not been forgotten; their wealth will remain with their

“ Let us now praise famous men and our fathers in their generation. The Lord apportioned to them great glory, his majesty from the beginning.”

- Ecclesiasticus 44:1-2, The Apocrypha

descendants, and their inheritance with their children's children.

"Their descendants stand by the covenants; their children also, for their sake. Their offspring will continue forever, and their glory will never be blotted out.

"Their bodies are buried in peace, but their name lives on generation after generation."

— Ecclesiasticus 44: 9-14, The Apocrypha

Voices of Lightning: What do you enjoy most about your job?



"...Training Soldiers and getting them ready to go to combat."

Staff Sgt. Joshua Martin
Co. A, 2nd Bn., 5th Inf. Rgt.
Cavalry Scout



"...How everyone works together as a team."

Spc. Phillip Murray
Co. A, 2nd Bn., 27th Inf. Rgt.
infantry man



"I like driving and seeing new places."

Spc. Candace Thomas
Co. A, 225th BSB
Truck Driver



"I like the people I work with."

Sgt. Brandon Pritchard
556th Signal Company
Communications



"I like helping people learn how to live a healthy lifestyle."

Nina Jordan
Amino Vital
Sales Representative

Pakistan

From A-1

Pakistani authorities so the military can best support the country's needs, said Lt. Col. Edwin Hernandez, Combined Joint Task Force, Logistics.

About 200 Army Reserve Soldiers from the 7th Battalion, 158th Aviation Regiment, deployed with 12 CH-47 Chinook heavylift helicopters. The unit will conduct rescue operations, work to rebuild infrastructure elements, and transport personnel and cargo.

The unit was recently mobilized from Olathe, Kan., and had reported to Fort Sill, Okla., to deploy in support of Operation Enduring Freedom. Their orders were changed so they could support relief operations, but the Soldiers will proceed to Afghanistan upon completion of duty in Pakistan.

Soldiers from the 3rd Battalion, 158th Aviation Regiment, and the 2nd Battalion, 6th Cavalry Regiment, already serving in Afghanistan were sent with five CH-47 Chinook and three UH-60 Black Hawk helicopters and supplies Oct. 10 to assist relief operations. They are assisting in evacuation of the injured and delivering relief supplies.

Five U. S. service members from the Office of Security Cooperation Afghanistan Air Division and four OSCA interpreters accompanied relief teams sent by the Afghan National Army to assist with medical treatment and delivering supplies. Afghanistan also sent 34 doctors, including three women, for medical treatment.

Relief operations in full swing

U. S. Army Europe sent about 200 Soldiers from the 212th Mobile Army Surgical Hospital, the 160th Forward Surgical Team, and the 123rd Main Support Battalion, 1st Armored Division, to Muzaffarrabad, Pakistan, to assist in medical relief efforts and set up a water purification site. The 66th



Sgt. Jesus Avery

Broadcast Journalist Spc Mary Simms on a flight to Chaklala, Pakistan with a group of displaced refugees.

Military Intelligence Group is providing translators.

Fifty Soldiers from the 2nd Battalion, 227th Cavalry Regiment, 1st Air Cavalry Brigade, deployed with five Chinook helicopters Oct. 14 to 18. This deployment is the unit's third in three months, after supporting both hurricanes Katrina and Rita.

Engineers assessing damage

The U.S. Army Corps of Engineers' Afghanistan Engineer District has been assessing damage in the Muzaffarrabad region from aircraft to evaluate roads and bridges leading to some of the areas most in need of relief. Landslides and tremors have covered many roads with

rocks, dirt and uprooted trees, complicating efforts to reach these areas.

Engineers are also assessing the extent of damage to housing, and the structural stability of public buildings like schools and hospitals. Twenty-six hospitals and nearly 600 health clinics in Pakistan were destroyed or have sustained too much damage to reopen, according to the World Health Organization.

Engineers from the Combined Joint Task Force-76 in Afghanistan are also conducting aerial reconnaissance of damage to major roadways and other infrastructure to assess rebuilding needs.

(Editor's Note: This story was compiled from news releases.)

3-7th FA

From A-1

This year Deputy Under Secretary of Defense for Logistics and Materiel Readiness Jack Bell and Assistant Deputy Under Secretary of Defense for Maintenance Policy, Programs and Resources Dave Pauling presented the awards on behalf of Secretary of Defense Donald H. Rumsfeld.

Six Secretary of Defense Maintenance Awards are presented to active and reserve component units in small, medium and large categories. From these six award-winning units, one is singled out and selected as the best of the best; that unit receives the Phoenix Trophy.

Named for the mythical bird that is consumed in flames and then rises

from its own ashes, the Phoenix Award is given to maintenance organizations that bestow new and sustained life to old or damaged equipment and systems.

The National Defense Industrial Association provides the Phoenix Trophy presented to the top winner, as well as the plaques presented to the six award-winning units.

Army Reserve unit a finalist

Competing against the 3-7th Field Artillery for the top honor were two Navy units, a Marine Corps unit, an Air Force unit and another Army unit, the Army Reserve's 428th Transportation Company, 89th Regional Readiness Command, from Jefferson City, Mo.

Like the 3-7th FA, the 428th

Trans. Co. is a combat-experienced unit, having spent most of 2004 in Iraq.

Army maintenance rates high

In the 21 years of this award, the Army has won the award five times and has had two units among the six nominees four times.

The earlier Army winners of the Phoenix Trophy follow:

- 1990: 1st Battalion, 29th Infantry Regiment, U.S. Army Infantry Center and School, Fort Benning, Ga.
- 1995: 51st Maintenance Battalion, Mannheim, Germany
- 1998: 68th Transportation Company, U.S. Army Europe
- 2003: 3rd Battalion, 7th Infantry Regiment, 3rd Infantry Division (Mechanized), Fort Stewart, Ga.

ACU

From A-1

went down the issuing assembly line and received one patrol cap, one boonie cap, one advance combat helmet cover, one set of kneepad inserts, one set of elbow pad inserts, two Velcro ranks, one pin-on rank, four T-shirts, and four sets of ACU tops and bottoms.

Velcro nametags and U.S. Army tags will be made and shipped at a later date.

Soldiers had been anticipating these new high-speed uniforms. With all of its new bells and whistles, including the new pattern, Velcro, better pocket design and more, Soldiers said they are excited to finally get the uniform.

"From what I understand," said Sgt. 1st Class Jerome Robinson, "the new pattern breaks up your form better when you're in the brush, so when you're sneaking up on someone, they don't know that you're there," he said through a grin. "I like that."

The design should also be more versatile.

"It's supposed to eliminate having to wear different uniforms in different environments," said Staff Sgt. Raymond Quitgua of the division's chemical, biological, radiological, and nuclear cell. Sewing patches has

become a thing of the past. The ACU is designed with Velcro strips where patches and rank are worn.

"The Velcro patches will make it easier for Soldiers because they'll only need one or two sets of patches, and they can switch them between uniforms," said Staff Sgt. Bryan Guthrie of Headquarters and Headquarters Company, 25th Infantry Division (Light).

But Velcro has a downside — the possibility exists that rank and patches will come off more easily, said Robinson.

The pocket positioning has been updated on the ACU to fulfill the needs of Soldiers in the field.

"Angled upper pockets make it easier to get into them when you have a ballistic vest on," said Guthrie. "Getting into those pockets was a problem I had with the desert combat uniform in Iraq."

Not all Soldiers will be issued ACUs in this current wave of distribution. Fear not, according to Fort Belvoir's program executive office, another issue is due in spring of 2006.

"We hope to be back in the April to May timeframe to issue uniforms to 25th ID (L) Soldiers deploying within [the remainder of the] year," said McCloud.



At an ACU fitting and issuing session Oct. 26, Sgt. 1st Class Robert O'Cull, HHC Division G6, bends his elbows in the new jacket to make sure they align with the elbow pad insert pockets on the jacket.

Vehicle safety is paramount, division leaders emphasize



Pvt. Gregory Brush with Company A, 1st Battalion, 27th Infantry Regiment, buckles up for safety.

Story and Photo by
Pfc. Kyndal Brewer
Staff Writer

Driving down neighborhood streets, along beach routes, or even on the highway, seeing people riding in the cab of pickup trucks with the cool breeze blowing through their hair, all having a good time, seems like a fun way to commute around the island and get a better view of the scenery.

However, although riding in the back of a pickup can be fun and is legal in the state of Hawaii for licensed drivers over 17, Army policy supersedes and applies on post installations.

Army Regulation 385-55, which applies to all military personnel, family members and DoD civilian employees on Hawaii's posts, states that operators will not permit any individual to ride in the back of a privately owned pickup or non-tactical military truck, unless they wear a seat belt installed by the manufacturer.

Violations of this policy are not tolerated, and the consequences for violating this policy could lead to punishment under Article 92 of the Uniform Code of Military Justice, the violation of a lawful order.

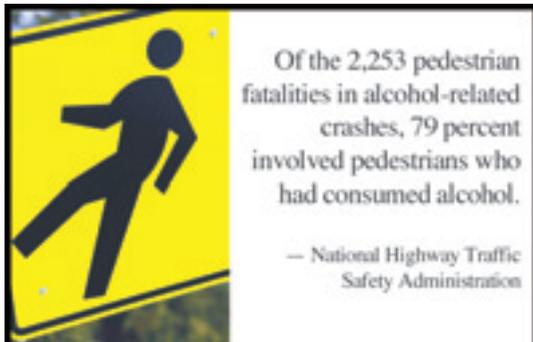
Statistics show that the number one leading cause of Soldiers' deaths and serious injuries involves accidents in or with a privately owned vehicle.

Commanding officers and other leaders within the division are taking an active role in preventing needless loss of the military's most precious resources: Soldiers and their family members.

Safety Notice

While driving on post, all occupants of a vehicle are required to wear a seat belt, at all times.

During PT hours, from 6:30 to 7:45 a.m., the speed limit on post is 10 mph.



News Briefs

"The Wave" — This Fort Shafter worship service meets each Sunday at 9 a.m. in the Fort Shafter dining facility. You are invited to worship and attend the breakfast potluck. For more details, call Chaplain (Capt.) James Lester at 438-1816.

DEERS Closing — The Schofield Office will be closed Monday, Nov. 7, and the Fort Shafter office will be closed Tuesday, Nov. 8.

Alternative sites will be open to assist customers with emergency needs at the following locations: the Fort Shafter Aloha Center, Building S330, at 438-1757; Hickam Air Force Base, Hangar 7, Room 2, at 449-6520; Pearl Harbor, Building 284, at 471-2405, extension 697; and Schofield Barracks, Building 750, Room 122, at 655-4104.

Community Town Hall Meetings — The quarterly Schofield Barracks Town Hall meeting will take place Tuesday, Nov. 8, at 6:30 p.m. at Sgt. Smith Theater; the Fort Shafter Town Hall meeting will take place Wednesday, Nov. 9, at 6:30 p.m. at the Aliamanu Military Reservation Chapel.

Town hall meetings are your chance to hear what's happening around post and to address questions to key personnel in attendance. Forums like these are in place to serve the community's needs and to make our community better.

All Soldiers and family members are encouraged to attend.

Military Spouse 101 — Army Family Team Building (AFTB) presents Military Spouse 101, Tuesday and Thursday, Nov. 8 and 10, from 9 a.m. to 12:30 p.m. at the Schofield Army Community Service Center.

This two half-day course is designed to introduce spouses to the

military lifestyle and serve as a refresher course for spouses who have been around for a while.

Spouses should come on out and meet new people, share experiences and increase their knowledge. Attendees will receive a certificate of completion and a special gift from AFTB.

Register at 655-2400. Free child care is provided with advance notice to the Child Development Center; however, children must be registered with Child and Youth Services. Contact Robin Sherrod, AFTB program manager, at 655-2744 for more information.

Gate Closure — Macomb Gate on Schofield Barracks will be closed Tuesday and Wednesday, Nov. 8-9, from 9 a.m. to 3 p.m., in order for Public Works technicians to install Christmas decorations along Macomb Road.

Suggested routes for entering or departing the post are through Foote, Lyman, or McNair Gates.

For more details, call DPW at 655-0585.

Road Closures — Hewitt Street (from Trimble Road to Floyd Street) on Schofield Barracks will be closed Nov. 14 - 18 from 7:45 a.m. to 4 p.m. to install underground electrical ductlines south of the intersection. Additionally, Hewitt Street (from Trimble Road to McCornack Road) will be closed Nov. 28 - Dec. 2 from 7:45 a.m. to 4 p.m. to install underground electrical ductlines north of the intersection.

For more information, contact Michael Andres, Department of Public Works, Housing Division, at 275-3118.

Housing Closures — The Fort Shafter Housing Services Office will be closed on Nov. 15; however, the Schofield Barracks Housing Services Office will remain open for business and any emergencies from Fort Shafter.

Additionally, all Housing Services offices will be closed to attend a Directorate of Public Works Workforce Brief on

Nov. 18 from 12 to 3 p.m. For emergencies, call 864-1403.

Mandatory Ethics Training — The Secretary of the Army reaffirmed April 2 that all Army personnel must be aware of and comply with the highest ethical standards. He directed mandatory face-to-face ethics training for every Soldier and Army civilian employee, regardless of grade, rank or position, and that those involved in the purchasing and acquisition process receive additional Acquisition Ethics Training.

An Army judge advocate who has been specially trained and appointed as an ethics counselor will give training during the following sessions.

• *At Schofield Barracks, Sgt. Smith Theater:*

Nov. 17 at 9 a.m.,

Nov. 29 at 6 p.m.,

Dec. 6 at 6 p.m.,

Dec. 7 at 9 a.m.,

Dec. 8 at 1 p.m., or

Dec. 15 at 1 p.m.

• *At Fort Shafter, 9th RRC Assembly Hall on Shafter Flats:*

Nov. 9 at 9 a.m.,

Nov. 30 at 9 a.m., or

Dec. 7 at 9 a.m.

Unit commanders and agency directors must submit monthly reports per published guidance to Tom Rizzo of the Office of the Staff Judge Advocate. Direct questions to Rizzo at 655-8736.

Dave Roever — Nov. 22, the Unit Ministry Teams of the 25th Infantry Division (Light) will be hosting internationally known Christian motivational speaker Dave Roever for three exciting events.

Roever was severely injured in Vietnam, and his compelling story of physical, emotional and spiritual recovery has been shared with millions of people across the world.

At 6:30 a.m., Roever will speak at the Nehealani, Schofield Barracks, at the Senior Leadership Spiritual Fitness Breakfast, on the topic "The Need for Spiritual Fitness in the Life of the Combat Soldier."

See "News Briefs," page A-6

Debut

From A-1

harmony in our host Hawaii communities.

I'm green because of the Army's pledge to preserve our environmental and cultural resources and to helping in our communities, on and off the installations.

Like the Army I'm not native to Hawaii, but I want every member of our Army community to play a big role in the environment by using organic, environmentally safe methods so we can protect our beautiful land. Join me in demonstrating the Army's desire to build even stronger partnerships with communities on the islands and everyone who lives in them."

The Good Neighbor Program

Being a Good Neighbor matters to the Army. The Army has a major stake in the communities of Oahu and the Island of Hawaii.

As a Good Neighbor, the Army accomplishes many exciting things with and in communities — to make them better places to work and to make every member of the Army family integral parts of the local communities.

According to leaders here, Good Neighbor Joe symbolizes the Division's commitment to live in harmony in host Hawaii communities. He also demonstrates the Army's desire to build even stronger partnerships with communities on the islands and everyone who lives in them, the leaders said.

Being a good neighbor matters to the Army, leaders emphasized, and the Army has a major stake in the communities of Oahu and the Island of Hawaii.

Good Neighbor Joe Contest

A contest gets underway today to provide Good Neighbor Joe with a catchy slogan. Soldiers and family members who want to submit their ideas and help Joe develop a slogan can e-mail the command information officer, Ed Aber-Song, at Edward.Abersong@schofield.army.mil

According to the Public Affairs Office, Good Neighbor Joe hopes to emphasize a slogan like his U.S. Forestry Service counterpart "Woodsy Owl," who has two well-known environmental slogans: "Give a hoot, don't pollute" and "Lend a hand, care for the land."

Aber-Song must receive suggestions by Nov. 30. If your slogan is selected as the winner, you will enjoy Sunday brunch for four at

Reggies, Schofield Barracks.

New e-mail address contacts CG

As a part of the commanding general's Open Door Policy, the 25th ID (L) and USARHAW have established a Contact CG Internet Web E-mail Access Program. The link encourages all military personnel, their family members and civilian employees to make recommendations and suggestions, ask questions or register bona fide complaints.

The access program provides a method of addressing issues to the commanding general, 24 hours a day, seven days a week. Responsible commanders and designated staff will take appropriate action on each e-mail submitted; however, the commanding general will review all completed inquiries.

To provide input, log onto www.25IDL.army.mil and then click on the e-mail link: "If you have questions, comments, complaints, or suggestions about the 25th Infantry Division, you can contact the Commanding General by clicking here."

According to the program, individuals are encouraged to refer matters to their chain of command, but the commanding general has extended to them the right to seek redress otherwise.

Commanders or activity chiefs will not take derogatory action against personnel using the Contact CG Internet Web E-mail Access Program.

New accident avoidance initiative

In the effort to continually emphasize and increase safety awareness, a sign displaying the number of days since the last fatal accident is now posted at selected gates located on Army Hawaii installations. Similar safety signs are published in the Hawaii Army Weekly and on the Division Web page.

"These signs not only heighten safety awareness for everyone, but also serve as a reminder that we all have a responsibility to not only keep ourselves safe but to assure that those around us are being safe as well," said Clint German, safety manager, Installation Fire and Safety Office.

The initiative comes with rewards. When the Division reaches the first 100 consecutive days with no accidental fatalities, a training holiday will be awarded. Additionally, a four-day holiday or long weekend will be awarded for 200 consecutive days with no accidental fatalities, German explained.

Irvin will represent U.S. Army, Pacific, at EO competition

Master Sgt. Carol Cheley
Equal Opportunity Advisor,
25th Infantry Division (Light)



Sgt. 1st Class Tina Irvin was named USARPAC EOA of the Year.

The Equal Opportunity Advisor of the Year Award recognizes the most outstanding EOA at the Department of the Army level. EOAs compete first at division level, then at their respective major army command (MACOM) level, before ending up at the DA level.

Sgt. 1st Class Tina Irvin, the Division Support Command EOA, represented the 25th Infantry Division (Light) during last week's U.S. Army, Pacific, competition when she was announced as the USARPAC EOA of the year.

Irvin will go on to represent USARPAC at the DA competition in the first week of December. The DA will name its Equal Opportunity Advisor of the Year on

assisted, advised, and trained Soldiers, Marines, Airmen, Sailors, and civilian personnel on equal opportunity issues that positively impacted combat readiness.

She was recognized by the Combined Joint Task Force-76 command for her initiative to include Coalition forces in the special and ethnic observances and to recognize some holidays.

While deployed, Irvin volunteered to go on humanitarian missions to local communities to provide food, clothing, and comfort to local Afghan citizens. She is currently an active member of the 25th ID (L) Sergeant Audie Murphy Club and volunteers her off-duty time with the Hawaii court system to help young women in the penal system.

She is also active in the community through her local church.

**THE 25TH ID (L) AND USARHAW PROUDLY CELEBRATES
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"Honoring Heritage...Strengthening Our Nation's Spirit"

Good health habits help prevent the flu

Flu vaccine is available for deploying troops and patients

Margaret Tippy

Public Affairs Office, Tripler Army Medical Center

HONOLULU — Tripler Army Medical Center has received flu vaccine for its patients and is beginning to vaccinate patients now. The Immunization Clinic will have extra staff on hand or certain days and patients may also call the Tripler Flu Hotline at 433-3357 to receive updated information.

Tripler's Immunization, Family Medicine, Adult Medicine and Pediatric Clinics, as well as the Schofield Barracks Family Medicine and Immunization Clinics, are all providing vaccinations for their enrolled populations, Dr. (Col.) Michael R. Brumage, chief of Tripler's Preventive Medicine Department. The other military services on island also have flu vaccine on hand for their patient populations, he added.

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and, at times, can lead to death, Brumage said. The best way to prevent this illness is by getting a flu vaccination each fall.

Every year in the United States, on average:

- About 5 to 20 percent of the population gets the flu,
- More than 200,000 people are hospitalized from flu complications, and
- About 36,000 people die from flu.

"Our first priority for vaccinations will go to our warfighters," Brumage explained, speaking of

those service members deploying to the Middle East.

Tripler is providing vaccines to all eligible beneficiaries. The Centers for Disease Control and Prevention recommends the groups who should receive the vaccine. However, good health habits prevent getting the flu, the CDC says.

Who should get the flu shot?

The CDC recommends that certain people receive priority for getting the flu shot. These people include the following groups:

- People 65 years and older;
- People who live in nursing homes and other long-term care facilities that house those with long-term illnesses;
- Adults and children 6 months and older with chronic heart or lung conditions, including asthma;
- Adults and children 6 months and older who need regular medical care or were in a hospital during the previous year because of a metabolic disease (like diabetes), chronic kidney disease, or weakened immune system (including immune system problems caused by medicines or by infection with human immunodeficiency virus (HIV/AIDS));
- Children 6 months to 18 years of age who are on long-term aspirin therapy. (Caution:

Children who receive aspirin while they have influenza are at risk of Reye syndrome.);

- Women who will be pregnant during the influenza season;
- All children 6 to 23 months of age;
- People with any condition that can compromise respiratory function or the handling of respiratory secretions (that is, a condition that makes it hard to breathe or swallow such as brain injury or disease, spinal cord injuries, seizure disorders or other nerve or muscle disorders).

How can I avoid getting the flu?



Good health habits prevent getting the flu. People should concentrate on not getting the flu by giving attention to the following:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.

- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- Wash your hands often. This practice will help protect you from germs.

- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

The CDC Web site includes many of these prevention tips in other languages such as Spanish, Chinese, Tagalog and Vietnamese. The CDC's toll-free number is 1-800-CDC-INFO (or 1-800-232-4636).

Further information is available at the following Web sites too:

- www.tamc.amedd.army.mil
- www.vaxhawaii.com
- www.cdc.gov/flu/

(Editor's Note: The CDC's Web site contributed many of the tips listed in this article.)

Avian Flu

Avian flu, also described as H5N1, has been in the news quite a bit recently, and it is being watched closely worldwide.

The Avian flu is an influenza A virus subtype that occurs mainly in birds, according to the Centers for Disease Control and Prevention Web site. It was first isolated from birds (terns) in South Africa in 1961.

Like all bird flu viruses, H5N1 virus circulates among birds worldwide, and it is very contagious among birds, as well as often deadly. World public health officials warn that if the current Avian flu is able to be transmitted effectively from human to human, it would start a worldwide pandemic.

To date, however, no human-to-human transmission has been reported.

The yearly flu vaccines people currently are receiving will not protect against Avian flu, said Dr. (Col.) Michael R. Brumage, chief of Tripler Army Medical Center's Preventive Medicine Department. Still, this year's flu vaccine is recommended since a co-infection of Avian flu and the usual Influenza A virus would be particularly deadly.

The current risk to Americans from the H5N1 bird flu outbreak in Asia is low, according to the CDC. The strain of H5N1 virus found in Asia has not been found in the United States.

It is possible that travelers returning from affected countries in Asia could be infected. Since February 2004, medical and public health personnel have been watching closely to find any such cases.

Tripler clinics now providing flu vaccine to patients

Margaret Tippy

Public Affairs Office, Tripler Army Medical Center

HONOLULU — The Tripler Flu Hotline is available at 433-3357. The Immunization Clinic will have extra staff on hand Nov. 16 and 18 from 8 a.m. to 4 p.m. to vaccinate medically high-risk patients and those over 50 years of age, per Centers for Disease Control and Prevention (CDC) guidelines, on a walk-in basis.

The regular Immunization Clinic hours are Tuesdays, 1 to 3 p.m., and Wednesdays and Fridays, 9 to 11:30 a.m. The clinic is located on Tripler's fourth floor. Two routes at TAMC provide easy access:

- Park on the Mountainside entrance and stay to your left. Walk all the way down the left corridor, and you'll be at the clinic.

- Park Oceanside and take the elevators near the Tripler Post Office and Distribution Center. Go to the fourth floor, turn right and you will be at the clinic.

For information on flu vaccinations available in the local civilian community, call 211. Tripler's Immunization Clinic may be

reached at 433-6334, and Tripler Family Practice Clinic may be reached at 433-3300.

Pediatric Clinic

The Pediatric Clinic is sponsoring two special flu shot days, Nov. 11 from 9 a.m. to 1 p.m., and Nov. 25, 8 a.m. to 2 p.m., for all enrolled patients. Also, patients who are enrolled in the Pediatric Clinic will be vaccinated during regular immunization hours, which are Mondays, Tuesdays, Thursdays and Fridays, 8 a.m. to 3:45 p.m., and Wednesdays, 8 a.m. to noon, and 2 to 3:45 p.m.

The Pediatric Immunization Clinic may be reached at 433-6234.

Family Medicine Clinic

Patients enrolled in the Tripler Family Medicine Clinic will be vaccinated during regular immunization hours — Mondays, Tuesdays, Thursdays or Fridays, from 8:30 to 11:30 a.m. and 1 to 3:30 p.m., and on Wednesdays from 8:30 to 11:30 a.m. and 2 to 3:30 p.m.

For more Family Medicine Clinic information, call 433-9738 or 433-3649. The Family Medicine Clinic is located on the first floor "D" wing, Ewa side of the clinic. The immunization area is located on the Ewa

side of the clinic.

Adult Medicine Clinic

Patients enrolled in the Adult Medicine Clinic may be vaccinated by these options:

- As walk-ins on Tuesdays or Wednesdays from 9 to 11 a.m., or 1:30 to 3:30 p.m.

- By appointment; call Central Appointments at 433-6641.

- By requesting the flu vaccine after a regularly scheduled appointment.

Schofield Barracks Clinic

Patients enrolled at Schofield Clinic may be vaccinated during the Schofield Immunization Clinic's regular immunization hours, which follow:

- Mondays from 8 a.m. to noon, and 1 to 2:30 p.m.

- Tuesdays or Thursdays from 7:30 a.m. to noon and 1 to 3:30 p.m.

- Wednesdays from 7:30 a.m. to noon

- Fridays from 7:30 a.m. to noon and 1 to 2:30 p.m., except the last Friday of every month when the hours are 1 to 2:30 p.m., only.

Schofield's Immunization Clinic may be reached at 433-8145.

Schofield Barracks Family Medi-

ON THE WEB

More information on good health habits is available on the CDC's Web site at <http://www.cdc.gov/>. For local updates, check out Tripler at www.tamc.amedd.army.mil, and then click on "Flu Hotline."

Flu Vaccine

Patients enrolled at the Schofield Family Medicine Clinic may be vaccinated during regular immunization hours:

- Monday, Tuesdays, Thursdays or Fridays from 8:30 to 11:30 a.m., and 1 to 3:30 p.m.

- Wednesdays from 8:30 to 11:30 a.m., and 2 to 3:30 p.m.

For more information, call 433-3650 or 3649.

News Briefs

From A-4

At 11 a.m., a luncheon honoring all Purple Heart recipients and their families will be held at the Nehelani. This Wounded Warriors Luncheon will feature a brief program and opportunities for Soldiers to personally speak with Roever.

At 1:30 p.m., the day concludes with Roever's presentation "Tragedy to Triumph" for 25th ID (L) and U.S. Army, Hawaii, Soldiers at Sgt. Smith Theater. Tickets will be distributed through each unit's ministry team.

Strong Marriages — Do you want to strengthen your marriage? Take a day off work? Spend some time alone without the kids? Stay overnight at a hotel at no cost to you?

If your answers are yes, see your unit chaplain about the "Building Strong and Ready Families" program, or contact the division chaplain's office at 655-9303.

Division bids farewell to 64-year-old battalion

Story and Photos by
Pfc. Nicole R. Montoya
17th Public Affairs Detachment

SCHOFIELD BARRACKS — On a dark, cloudy Friday afternoon, four formations of camouflaged Tropic Lightning Soldiers stood, with a bit of sorrow, awaiting the moment they would no longer call the 125th Signal Battalion their home.

The 125th Sig. Bn. inactivation ceremony was held on Sills Field here Oct. 28, after 64 pioneering years with the 25th Infantry Division (Light).

The ceremony kicked off with an invocation given by Chap. (Maj.) Luis V. Kruger. He asked Soldiers and civilians to remember the legacy and the heritage of the battalion, which is reflected in the lives of many Soldiers who have served within the unit.

"May this ceremony bring a sense of honor and pride for those who have served under the guidon of the 125th Signal Battalion," said Kruger as the audience members bowed their heads in prayer.

Following the invocation, the battalion was called to order with the sounding of attention.

An inspection of command was completed by Brig. Gen. Frank J. Wiercinski, 25th ID (L) assistant division commander; Lt. Col. Anthony Farris, 125th Sig. Bn. commander; and Command Sgt. Maj. Hattie Williams, 125th Sig. Bn. command sergeant major.

A brief history of the battalion was then presented by Sgt. 1st Class Robert J. Eich Jr., 125th Sig. Bn. supply noncommissioned officer in charge.

The battalion has followed the 25th ID (L) in every major war it has participated in beginning with World War II all the way up to Operations Enduring and Iraqi Freedom.

After reflecting upon the past accomplishments of the battalion, the traditional ceremonial playing of the "National Anthem" was performed by the Tropic Lightning Band.

Soon after, the battalion's guidon was cased by Wiercinski, Farris and Williams.

Wiercinski later took the podium and emphasized the rich history and honor Soldiers in the battalion and its extended family should rightly feel having been a part of its illustrious lineage.

Afterwards, a solemn Farris took the stand and give closing remarks.

The battalion executed its final pass in review before departing to its new home unit, as Farris concluded his remarks.

Sgt. 1st Class Robert J. Wright, 125th Sig. Bn. platoon sergeant, has served the battalion for four-and-a-half years, and thinks the dissemination of the unit will better the quality of life for 125th Sig. Bn. Soldiers.

"The new units will have [the] knowledge of what it takes to support the newly arriving troops since they have already worked with them and know their strengths and weaknesses," said Wright.

Farris closed the inactivation ceremony with some "thank yous" and "farewells."

"There are so many people to thank for their support of this battalion," Farris said. "Voice of Lightning, Tropic Lightning, hooah!"



Above — Soldiers pass in review during the 125th Signal Battalion's inactivation ceremony, Oct. 28, at Sills Field, Schofield Barracks.



Left — Command Sgt. Maj. Hattie Williams, 125th Signal Battalion command sergeant major, begins the traditional and ceremonial casing of the unit's colors.



Above — The battalion staff, led by Maj. Randolph S. Wardle (right), commander of troops, presents its final salute during the pass in review of the inactivated 125th Signal Battalion.

Engineers take pies 'in the face' to aid others

Sarah H. Cox
Honolulu Engineer District
Corps of Engineers

FORT SHAFTER — As part of the Combined Federal Campaign, the U.S. Army Corps of Engineers, Honolulu Engineer District, hosted a chili/frank plate lunch and pie-in-the-face auction to raise funds for hurricane relief, Oct. 12. Proceeds totalled \$1,287, which were donated to the American Red Cross to help victims of Hurricanes Katrina and Rita.

District CFC key workers prepared the plate meal while district corporate board members (Lt. Col. David E. Anderson, Maj. Robert J. Kroning, Ray Jyo, Jim Bersson, Rick Totten and Colleen Holmes) served the 200 plate lunches featuring chili and rice, franks, cole slaw and soft drinks.

After lunch, employees participated in the pie-in-the-face auction, bidding for opportunities to "deliver" pies to the board members, who along with auctioneer David Kam were all good sports and took pies-in-the-face all in stride.

"We raised a lot of money for a good cause; it was all in good fun ... no hard feelings," said HED Commander Lt. Col. David E. Anderson.

The lunch earned \$1,037 and the auction netted \$250. CFC, the world's largest and most successful annual workplace-giving campaign, raises millions of dollars for nonprofit organizations around the world. The campaign is open from Sept. 15 to Dec. 15.

Honolulu engineers continue relief efforts

Sarah H. Cox
Honolulu Engineer District
Corps of Engineers

HONOLULU — Days before Hurricane Katrina made landfall, U.S. Army Corps of Engineers (USACE) Emergency Operation Centers (EOC), around the globe, were preparing for 24-hour operations.

The Honolulu Engineer District/Pacific Ocean Division EOCs began making preparations for deploying response teams to provide assistance when called upon by the Federal Emergency Management Agency (FEMA).

Honolulu District's EOC serves as a command center for local, regional and national emergencies. It coordinates taskers; alerts, prepares and deploys response teams; puts plans in place; and prepares daily situation reports.

"As a storm develops, we monitor it closely via various weather Internet sites," said Lincoln Gayagas, Honolulu Engineer District emergency operations planner. "In the Pacific, we are the responding organization for storms like Hurricanes Katrina and Rita; we are a support organization, providing volunteers and expertise as needed in support of FEMA."

The first HED volunteers, a Power Planning and Response Team



Courtesy Photo

Allan Ponciano, construction representative for the U.S. Army Corps of Engineers, Honolulu Engineer District, makes his way to the Corps' quarterboat, a self-sufficient boat deployed to New Orleans to house scores of Corps employees who volunteered to assist with disaster relief.

(PRT), left Honolulu on its "pre-declaration mission" two days before Hurricane Katrina made landfall. It's not uncommon for specialized teams to be deployed before the President declares a state of emergency.

The eight-member team (made up of specialists for contracting, liaisons, mission management, data management, and logistics and

quality assurance) arrived in Mississippi on Aug. 26 to await the costliest Atlantic Ocean hurricane in U.S. history.

The HED Power PRT joined with members of Vicksburg District, Soldiers from the 249th Engineering Battalion (Prime Power), the Power PRT from Pittsburgh District, USACE contractors, and local and state civil defense officials to pro-

vide emergency generator power to critical facilities such as hospitals, police stations, water pumping stations, water treatment centers, and civil defense and emergency operation centers.

"We set up our staging area at Camp Shelby [Mississippi]," said Kenneth "Kennji" Santiago, HED

See "Engineers," page A-12



AFTB connects Soldier families

Trainers seek more families to attend future sessions

Story and Photo by
Robin Sherrod
Army Family Team Building

Family preparedness and self-reliance are important to readiness, and with the transformation of the division and possible deployments on the horizon, it is crucial that our Army families be as strong as they can be.

It's no surprise that Soldiers who know that their families can manage successfully during a deployment have better peace of mind and are more able to focus on their tactical mission. What also shouldn't be a surprise is the key role Army Family Team Building (AFTB) plays in making this happen.

AFTB is a family training and readiness program that provides participants with an understanding of Army culture, skills and resources needed to become self-reliant, self-sufficient members of the community.

AFTB enhances retention by teaching families what benefits and resources the Army offers, what to expect from the Army culture, and how to network so they become part of the larger Army family. They develop a sense of belonging, and this sense of belonging can have a positive influence on a Soldier's decision to re-enlist.

The premise of the program is volunteer family members helping other family members. The curriculum was developed along the same line — for family members, by family members.



Soldiers and family members from Company C, 725th Main Support Battalion and Co. B, 45th Sustainment Brigade, participate in AFTB Level 1 training, to enhance their readiness, said the unit commanders and first sergeants.

Three levels of enrichment support AFTB. Level I is designed for family members new to the military and teaches basic survival skills; it is the "heart" of the AFTB program.

Level II is designed for family members interested in gaining life skills and those emerging as leaders within their community, for example, family readiness group leaders, Boy/Girl Scout leaders and others.

Level III develops advance leadership abilities and enhances and refines participants' current skills for more experienced family members such as senior spouses.

Enrollment in Level I, II and III classes is based on experience as an Army family member, not on the rank of a sponsor. Family members can enter the enrichment program when and where they desire.

The concept for AFTB

ON THE WEB

Get more details online at www.mwrar.myhawaii.com or call 655-4368.

originated in 1992, when senior leaders and spouses saw a need to educate family members as a result of lessons learned from the Gulf War. The program was officially established Dec. 16, 1994.

AFTB uses a train-the-trainer approach to deliver local installation training. An AFTB staff member trains volunteer master trainers, who then return to a home station and train other volunteers.

What is unique about AFTB is that the program invests in the volunteer, ensuring the individual receives training at the Department of Army level to

enhance his or her skills. This training is equivalent to actual work experience and can be listed on future resumes.

Soldiers who complete all three levels of AFTB can receive promotion points, and some colleges accept AFTB level training for continuing education credits.

Several challenges facing the local AFTB program are enrollment and getting the word out about classes. Currently, AFTB classes are offered at Schofield Barracks and by request at Fort Shafter.

Staying true to its motto, "Whatever it takes to empower our family members," the AFTB team will also take its program on the road and offer classes at different locations, for things like FRG and teen meetings.

All Soldiers and civilian employees are welcome and encouraged to attend enrichment training.

Commissaries open scholarship program

Army News Service
News Release

FORT LEE, Va. — The Scholarships for Military Children (SFMC) program starts its sixth year Nov. 1 as 268 commissaries worldwide begin accepting applications.

Since its inception in 2000, the program has awarded \$1,500 college scholarships to nearly 2,500 military children.

The recipe for success behind the scenes is the continued generosity of manufacturers and businesses that sell groceries in commissaries — and a growing number of donations by non-military-related organizations, according to Defense Commissary Agency officials.

The application period for the 2006 scholarship season opened Tuesday and remains open until Feb. 22, but donations have already started coming in, DECA officials said.

"I've been told by the administrators of the program that the first non-commissary-related business has made a donation," said Patrick B. Nixon, chief executive officer and acting director of the Defense Commissary Agency.

"...Donations all show great support for military families," Nixon said. "First, from commissary industry members who have donated nearly \$4 million over the last five years, and now by average Americans."

"Last year we also had about \$11,000 donated by the general public in amounts ranging from \$10 to \$1,000," said Jim Weiskopf, vice president of communications for Fisher House Foundation, the nonprofit organization that administers SFMC. "People come to our Web site to donate to Fisher House Foundation, and they are increasingly selecting SFMC."

Applications for the 2006 scholarship program are available at any commissary worldwide, online at the Military Scholar Web site or through a link at www.commissaries.com, DeCA's customer Web site.

Applications, which must include an essay on why the applicant admires a great military leader (past or present), must be turned in at a commissary by Feb. 22. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

The program is open to unmarried children under the age of 21 (23 if enrolled in school) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System, known as the DEERS database.

Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and have a current ID card, commissary officials said.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2006, or enrolled in a program of studies designed to transfer directly into a four-year program.

(Editor's Note: Information was provided by DeCA.)

Competition heats for America's youth

Sgt. Ken Hall
Army News Service

WASHINGTON — Army recruiters are faced with tougher competition from civilian workforce employers these days.

In recent years, more and more civilian corporations have offered college tuition payments and signing bonuses to prospective employees, which have been mainstay Army recruiting incentives.

The Army, though, is firing back with new enlistment incentives to keep pace with civilian career options.

"We're up to a \$20,000 cash enlistment bonus, a potential for a \$71,000 Education Benefit, [which is the Montgomery GI Bill combined with the Army College Fund], a \$65,000 Student Loan Repayment Program, a 15-month plus training option and an Education Plus program," said Douglas Smith, public affairs officer, Army Recruiting Command, Fort Knox.

Incentives now include Army Reserve enlistment bonuses of up to \$10,000 for non-prior-service enlistees. The Army Reserve non-prior-service maximum enlistment age moved from 34 to 39.

"Corporations are trying to speak to the same people we are," said Lt. Col. Shawn McCurry, enlisted accessions analyst, Office of the Army Deputy Chief of Staff, G-1. "Several factors such as an improving economy and the continuing operations in support of the War on Terror, have created a challenging recruiting environment.

The Army's latest drive to get more applicants includes personalized television ads that have targeted the most skeptical of America's citizens: the parents of potential recruits.

"The intent of our adver-

tising is to speak to the prospect, as well as their influencers," said McCurry. "Parents have a big piece of the influence on today's youth, but influencers are more than just parents: they're teachers, coaches and community leaders.

In the recruiting arena, getting the message out to would-be Soldiers still comes down to face-to-face, personal interaction between the potential applicant's most informed advisor: the Army recruiter.

New incentives proposed on the horizon may offer competitive advantages for those who may choose the path of the American Soldier.

"Legislation has officially been submitted to the Office of Secretary of Defense for two new programs that will really give momentum to the recruiting efforts, and may offer potential recruits a financial incentive not really found in the civilian hiring world," said Lt. Col. Jeff Sterling, chief, Analysis and Studies Branch, Enlisted Division, Army G-1.

The first proposal, the "Army Home Ownership Fund" (AHO), would give payments up to \$45,000 to active duty Soldiers who have a pre-existing mortgage, or who are planning to buy a home, Sterling said.

"Our second program proposal, the 'Army Business Fund' (ABF), would target service members who have completed their active duty obligation," Sterling explained. "The amounts of the bonuses mirror those we're proposing in the AHO bonus program. It's the intention of the ABF to attract a new market of Soldiers to become Army entrepreneurs after they have completed their contract obligations."



Staff Sgt. Reeba Critser

Sergeant Major of the Army Sgt. Maj. Kenneth O. Preston (center) joins Florida recruiters swearing in delayed entry program recruits into the Army during a drag racing event in Gainesville, earlier this year.

End strength up despite shortfall

Bill Yamanaka
Army News Service

WASHINGTON — Some might focus on the fact that the Army missed its self-imposed recruiting goals in fiscal year 2005, but ignore the fact that the total end strength and capabilities of the Army are what matter most.

The men and women of the Army clearly derive a great deal of satisfaction from their decision to serve our nation as evidenced by the fact the Army exceeded its re-enlistment goals across the board.

"America's Army remains the pre-eminent land force in the world today," said Secretary of the Army Francis Harvey. "What we need at this time is for Americans to continue to answer the call to duty just as they have during the Army's 230 years of service to this nation."

Historically, America's Army has existed to deter enemies, and when necessary, fight and win the nation's wars. But the Army does so much more — from maintaining peace in the Balkans, to building roads in Afghanistan, to helping the new democracy in Iraq, to supporting hurricane relief. The Army serves America's interests.

The U.S. Congress typically funds the active Army manpower program to support a 482,400 force. The Congressionally-authorized end strength, however, is now 502,400 with authority to grow to 512,400 through FY09. Using emergency authority provided by Congress, the Army has increased the size of the active Army by nearly 13,000 troops since Sept. 11, 2001.

With 123,000 Army Reserve and National Guard Soldiers activated, the Army currently has 616,000 Soldiers on active duty, and is successful at keeping Soldiers once they enlist.

"This success shows that Soldiers, and their families, clearly believe in what they're doing," Harvey said. "Army men and women recognize that the Army is a great place to grow personally and professionally.

"To put this past year's recruiting shortfall in perspective, the 73,400 people we recruited this year is within 2 percent of the average we have recruited each year over the past 10 years," Harvey continued. "Furthermore, we finished the last four months of the year very strongly, recruiting over 8,000 people each month.

"In order to free up our resources, we are transforming the way the Army does business — improving our business practices and streamlining our organizations. So, we are able to increase the personnel strength of the operational Army without increasing overall end strength," he added.

To maintain the desired end strength of the Army, 72,000 patriots are needed to enlist in the active Army next year. In order to continue to grow the Army, the fiscal year 2006 active component recruiting mission is 80,000, as it was for FY05.

"We believe this will be a difficult mission, and your Army needs the continued support of Congress and increased support from those who influence young Americans, helping them make life decisions," said Secretary Harvey.

To widen the window of opportunity for all those choosing to answer the "call to duty," Secretary Harvey has reviewed the Army's policies and procedures to improve the accessions process.

The Army High School Degree and test score standards have been realigned with Department of Defense standards, which are still well above Congressional mandates.

In another demonstration of the quality of America's Army, 87 percent of the FY05 enlistees had traditional high school degrees while only 72 percent of the corresponding American population had such a degree.

The size and power of the Army is measured in total capability and the Army is more capable today than it was last year.

"We have increased numbers of combat brigades, support units of action, and deployable, ready units. The new brigade combat teams are much more powerful units than previous brigades," Harvey explained.

"We have good momentum going into FY06," Harvey added, "but we know this year will be challenging, too, and we are pulling out all stops to ensure we continue to recruit quality people.

"The U.S. Constitution says that the Congress, on behalf of the people of the United States, raises and supports armies, so recruiting isn't just a challenge for the Army.

"It's a challenge for the nation," he said.

(Editor's Note: Bill Yamanaka serves in the Operational Plans Division of Army Public Affairs.)



Courtesy Photo.

Construction representative Steven Takeguchi of the U.S. Army Corps of Engineers, Honolulu District, inspects a temporary roof repair in Bogalusa, La.

Engineers

From A-8

motor vehicle operator. "We'd inspect the sites where the generators were needed and match up the request with the FEMA inventory of generators. The contractors would haul and install the units, and our quality assurance folks make sure the generators were working properly."

Aug. 29, Hurricane Katrina roared across the U.S. Gulf Coast leaving behind \$200 billion in damages, five million homes without power, thousands of homeless families and more than 1,280 dead.

The Camp Shelby generator yard used an inventory of 187 generators ranging in size from 11.5 kilowatts to 600 kilowatts. Local civil defense officials determined which critical facilities would receive the generators, and the Corps completed 468 generator assessments just days after the storm.

Santiago, who has been deployed on numerous FEMA support missions in various capacities, feels volunteering for disaster deployment is one of the most rewarding parts of his job.

"It's an honor to know we can help somehow, in some way, to get people back to their everyday lives," Santiago said.

Shortly after Hurricane Katrina devastated the Mississippi and Louisiana coastlines, HED deployed a three-person logistics PRT and a six-person roofing quality assurance team to work the FEMA temporary roofing mission out of USACE's Louisiana Recovery Field Office in Baton Rouge.

The roofing team supported FEMA's Operation Blue Roof program by assessing damage, providing temporary plastic sheeting and conducting final inspections of the blue roofs installed for homes with roof damage. The program allows victims to return to their homes, businesses and normal lives quickly, and greatly reduces the need for expensive temporary housing.

So far, the Corps has received approximately 106,000 requests of entry (ROE) forms, which give roofing teams permission to enter private property and install the blue roof plastic sheeting. Before the mission is complete, FEMA



Courtesy Photo

Laureen Vizcarra (left) and Pauline Kahalioumi, members of the USACE, Honolulu Engineer District, unload cots at the Louisiana Recover Field Office in Baton Rouge.

officials estimate the Corps will provide more than 132,000 blue roofs throughout the State of Louisiana alone.

"The people really appreciate what we're doing; they have hope now," said Jon Hosaka, HED project manager, one member of the Operation Blue Roof quality assurance team.

Although not on the front lines of the disaster, the HED logistics PRT members are working behind the scenes, seven days a week, in 12-hour shifts, providing support, tools and supplies to those working in the field. The team in-processes incoming USACE personnel and performs a myriad of behind-the-scenes duties critical to recovery efforts.

"Anything that helps these people get their lives back is a help," said Laureen Vizcarra, an HED engineering technician and a member of the logistics PRT.

Working under austere conditions requires a bit of determination. The lack of electricity and motel rooms forced some of the first volunteers to sleep in their rental cars. Then, a few days after the storm, EMMA set up a tent city to house the thousands of relief workers who converged on the Gulf area.

Some Corps responders used sleeping quarters aboard the Corps' quarterboat moored on the Mississippi River. The self-sufficient barge generates its own electricity and has its own cafeteria. Many of the responders traveled two to three hours each way between their lodging on the quarterboat to their work sites in remote parish-

es in northern Louisiana.

Relief and recovery challenges for Hurricanes Katrina and Rita continue with the missions ever-changing, Gayagas said. Volunteers are still needed and welcomed.

"As the recovery efforts progress, so do our requirements," Gayagas explained. "In the beginning we were working on water and power, and now we are concentrating efforts on roofing and debris removal. Basically, anyone who wants to help in Mississippi, Louisiana and Texas, we can get them a job."

"Having people who truly want to make a difference, people who have the right mind set, is necessary to every mission," added Katie Tamashiro, HED emergency operations planner.

Tamashiro briefed the parish president, state senator, city mayors and community leaders several times a week on USACE missions, including the progress of the popular and highly successful Blue Roof program and the number of installations to date. She is referred to as "the Blue Roof lady" in the remote cities of Bogalusa, Franklinton, Angie and Varnado, La.

The Corps maintains more than 40 PRTs at its districts around the world, all ready to respond to disasters. As of Oct. 26, HED had sent 25 employees to the Gulf region, and more are ready to deploy.

The Corps' support to the FEMA mission continues in three main ways: monitoring the storm, preparing to respond quickly and coordinating a team effort with other response agencies.

COMMUNITY & SPORTS

Friday

B-1

November 4, 2005



Spc. Stephen L. Proctor

Contestants in the Tropics costume contest 4-and-under group line up onstage. (From left to right) Lion, Avery Revelle, 9 months old; Power Ranger, Jacob Wright, 3; lilac fairy, Sofia Pfirrmann, 4; yellow dinosaur, Izak Pfirrmann, 2; Woody, Trevor Jackson, 4; Tinkerbelle, Kaylee Greer, 4; Stitch, Israel Ramirez, 4; and Dora the Explorer, Deasha Abbott, 3, said they all enjoyed the Halloween fun.

Soldiers and families scare up some fun

Story and Photos by
Spc. Stephen L. Proctor
17th Public Affairs Detachment

Costumed children wander up and down the street in search of candy. Witches, ghosts, vampires and the like go door-to-door begging for treats with the threat of tricks if the stingy occupants do not comply. But why do they do this?

As with most American holidays, Halloween has a long and somewhat mysterious history.

Ancient Celts, living in the United Kingdom from around the year 400, celebrated the day of the dead on Oct. 31, the official end of summer. The Celts believed that on that day, the laws of time and space were suspended, allowing the dead to intermingle with the living.

Due to the rift in time and space, disembodied spirits would come back from the dead to possess a living body, which was the only hope for an afterlife.

The living Celts had no interest in being possessed; they would accomplish a number of things to keep the spirits at bay.

They would try to bribe the spirits by leaving food on their doorsteps, hoping the spirits would pass on to the next house. They would put out the fires in their homes to make the house cold and uncomfortable, hoping the spirits would opt for another more comfortable house. And they would parade noisily through the neighborhood dressed in gruesome masks and outfits, meant to scare the spirits away.

Over time, the beliefs of the ancient Celts became the traditions of their ancestors.

In Ireland in the 1800s, people would celebrate by having massive bonfires throughout the area. Young children would dress up in costumes and run through the neighborhood collecting fruits and nuts from their neighbors. The older children would spend the evening playing innocent pranks on confused victims.

Two popular pranks were tipping over out-houses and unhinging fence gates. Another Halloween tradition was the Jack-O-Lantern.

The Jack-O-Lantern also began in Ireland, but not with the Celts. The story is more of a legend than history, but it began with a notorious, mischievous, drunk named Jack.

Jack tricked the devil into climbing a tree



Spc. Amanda Fiemett

Timothy Fiemett, five months, looks as if he wants to say, "Now, come on dad .. who is supposed to get the candy?"

and then carved a cross at the base of the trunk, trapping the devil in the tree. Jack let the devil down on the condition that he would never tempt Jack again.

The story goes, when Jack died he was not allowed into heaven because he had made a deal with the devil. He was also denied admittance to hell because the devil held a grudge for being tricked. The devil gave Jack a single burning ember to light his way through the cold darkness for the rest of eternity.

Jack hollowed out a turnip to make the ember last longer to light his way. He became known as "Jack of the Lantern," and the tradition of carving turnips was born. When the tradition came to America in the 1840s, the turnip became a pumpkin because pumpkins were more plentiful in America.

Halloween came to America by way of Irish immigrants escaping the country's potato famine, and eventually nuts and fruit became mini candy bars, and tipping out-houses became toilet-papering houses.

Halloween has a long storied history, but now it's mostly just fun with modern-day kids wandering the streets in plastic smocks and masks, amassing as much candy as possible.

Right — Halloween is the one night when even grown ups, like this Soldier, can truly be anything they want.



Spc. Amanda Fiemett

Center — A costume contest, spooky crafts and stories, donut-eating and other games and prizes ruled at the "Spook-A-Thon" held Saturday at the Schofield Barracks Arts and Crafts Center.



Michelle McQueary



Joy Boisselle

Jayne Taylor, wife of 25th Infantry Division (Light) Command Sgt. Maj. J.T. Taylor, passes out treats to neighborhood trick or treaters in the Schofield Barracks area, Monday.

Wolfhounds make Halloween 'all good' for military keiki

Pfc. Kyndal Brewer
Staff Writer

SCHOFIELD BARRACKS — Dressed up in various scary costumes, Wolfhound Soldiers with Company A, 1st Battalion, 27th Infantry Regiment, took the opportunity to have some fun and get creative, Oct. 26, when they set up mini haunted houses in their company area for Soldiers' children in a pre-Halloween treat.

Soldiers came up with ideas for three separate areas in their building. They dressed up in costumes and played the role of characters pertaining to themed rooms.

"They [Soldiers] had a lot of fun putting this together," said 2nd Lt. Nicholas Cherry, the fire support officer with Co. A, 1-27th. "Some of them even spent money out of their own pockets to buy supplies to make the rooms better."

In a room downstairs, Soldiers set up as a haunted hospital, donning garb as frightening doctors and dead corpses to delightfully scare children.

The conference room upstairs was turned into a haunted lab, and the locker area was made into an insane asylum.

Children walked through these rooms in small groups and were allowed a second visit. During the first pass through, Soldiers enlivened their characters and gave little scares. The second walk through, Soldiers surprised kids with candy.

"We wanted to do this for the kids more than anything," explained Capt. Michael McCarthy, commander, Co. A, 1-27th. "Soldiers had fun and, it was also a great way to get a little bit of unit cohesion, not just for the Soldiers but for families as well."



Courtesy Photos

Above — A parent soothes her young child and explains that the frightening haunted locker room is just for pretend.

Left — Pvt. Christopher Vaccaro with Co. A, 1st Battalion, 27th Infantry Regiment, is in full character as a dead person hung in a haunted lab.



MWR Briefs
Serving America's Army in Hawaii

NOVEMBER

4 / Friday

Seafood Bucket for Two — It's back! Seafood lovers can dig into a variety of seafood, including shrimp, crab, clams and mussels at Reggie's, tonight from 5 to 8 p.m.

Cost is \$19.95 for two and includes the seafood bucket, a pitcher of your

favorite beverage and selected side dishes. For reservations or more information, call 655-4466.

7 / Monday

Mongolian Barbecue — Come Nov. 7 from 5 to 8 p.m. for Mongolian barbecue, cooked outside, in front of the Nehelani, Schofield Barracks, with seating in air-conditioned Reggie's.

Select your favorites from a large variety of meats and vegetables, and Reggie's staff will grill them to your liking.

Cost is 65 cents for each ounce, and reservations are recommended. For more information, call 655-4466.

11 / Friday

Hawaiian Waters Adventures Park — Make a splash this Veteran's Day at Hawaiian Waters Adventures Park. Active duty military, reservists, National Guard personnel and retirees with a valid ID can enjoy free, all-day admission into the park Nov. 11.

Up to four friends and family members of the ID cardholder will receive a 50-percent off general admission. For more information, call the Schofield Barracks Information, Ticketing, and Registration office at 655-9971, or the Fort Shafter office at 438-1985.

12 / Saturday

Yu-Gi-Oh — Get ready to duel at the Tropics. Registration for the Yu-Gi-Oh tournament starts at 12 p.m. and matches will start at 1 p.m.

Cost is \$6 and includes Yu-Gi-Oh merchandise. Prizes will be awarded, and all ages are welcome. Call 655-8522 for more details.



Spc. Juan F. Jimenez

'I almost gotcha'!

James Hooks (left), defensive end for the 556th Personnel Service Battalion, rushes quarterback Rourk Petersen of 1st Battalion, 25th Aviation Regiment, before the quarterback passes the football during an intramural game at Stoneman Field, Schofield Barracks, Tuesday. The 1-25th won in overtime, 7-6.

Parents Night Out — Leave your kids in the competent hands of Child and Youth Services on Parents Night Out on Nov. 12 and then enjoy a nice night out on the town.

Children enrolled in Parent's Night Out must be registered with the Resource and Referral office no later than noon Nov. 9.

Reservations are first-come, first-served at the Resource and Referral Office. Call 655-8313 for more information.

17 / Thursday

Bisque Party — Youth and teens are invited to the Tropics on Nov. 17 at 4 p.m. to get ready for the holidays and make great gifts and decorations.

Choose a ceramic bisque item, paint it, glaze it and take it home.

Bring your friends and have fun



and refreshments while creating a masterpiece. Cost is \$15 per person and \$12 a person for two or more in a family. For more information or to register, call 655-8522.

Holiday Craft Sale — Get a start on your holiday shopping at the Fort Shafter Arts and Crafts Holiday Sale. Items at the sale will include koa woodcrafts, pottery, stained glass, ceramics and jewelry, along with a silent auction.

The sale will be held Nov. 17 and 18 from 11 a.m. to 7 p.m. and Nov. 19 from 9 a.m. to 5 p.m. For more information, call 438-1071 or 438-1315.

Fort Richardson Theater — Come see the Army Community Theater's production of "Kismet." The show opens tonight, with performances continuing on Nov. 16, 18, 19 and 25, and Dec. 2 and 3. Tickets for this exciting musical can be purchased at the Richardson Theater box office or online at www/square-one.org/act/ticket.html

12 / Saturday

Mililani High School — The Mililani High School Music Boosters Club is proud to hold its 9th Annual Mililani Trojan Bandfest on Saturday, Nov. 12, at 6 p.m. at the high school athletic field.

This year, a marching band competition with participants from local island schools, plus Mililani's own marching band and color guard will compete for top marching honors.

Admission is \$6 for adults and \$4 for students, grades 6 to 12. Gates will open at 5 p.m. For more information, call 927-1487 or e-mail bandfest@yahoo.com.

15 / Tuesday

Volunteer Medical Assistant Program — The American Red Cross at Schofield Barracks along with the Post Medical Clinic will be offering a Volunteer Medical Assistant Program. Applications are available at the Red Cross office with a deadline of Nov. 15.

The class will start on Feb. 12 and run for seven weeks. For requirements and information, call Beth Weber at 655-4927.

29 / Tuesday

Blaisdell Arena Eagles Concert — The Eagles will be performing songs from their 30-year career including such hits as "Hotel California," "Desperado," "Take It to the Limit," "Life in the Fast Lane" and "Take it Easy" at the Blaisdell Arena in Honolulu, Nov. 29, 30 and Dec. 1. This performance is the band's first in Honolulu in more than nine years.

Tickets are priced at \$250, \$150, \$95 and \$65, plus applicable services charges, are available at the Blaisdell Box Office, Ticketmaster outlets, and charge-by-phone at 1-877-750-4400 or online at www.ticketmaster.com.

18 / Friday

Pasta Bar at Reggie's — Interested in creating your own signature pasta dish?

Visit Reggie's today from 5 to 8 p.m., and choose from a variety of pastas, sauces and other extra ingredients to design your perfect Italian meal.

"Build Your Own Pasta Night" features adult pricing at \$8.95 and children, ages 3 to 12, at \$4.95. Call 655-4466 for more information.



19 / Saturday

Turkey Coloring Contest — Children in grades kindergarten through sixth can show off their creativity by entering the Turkey Coloring Contest. Entry forms are available at the Schofield Barracks and Fort Shafter Arts and Craft Centers, Army Youth Centers, the Tropics and area libraries.

Pictures will be displayed in those facilities, and everyone who participates will be entered in a drawing to win a free art class.

Entry forms are available at the Schofield Barracks and Fort Shafter Craft Centers.

Nov. 19 is the deadline to enter, and the art class drawing will be held on Nov. 23. For more information, call the Schofield Craft Center at 655-4202 or the Fort Shafter Craft Center at 438-1315.

ONGOING

Information, Ticketing and Registration — The Schofield Barracks and Fort Shafter ITR offices now offer great dining discounts at Planet Hollywood, Sam Choy's Diamond Head and Sergio's Italian Restaurant. Stop by either ITR office and pick up cards for these great deals.

For additional information, call the Schofield Barracks ITR at 655-9971, the Fort Shafter ITR at 438-1985 or log onto www.mwrarmy-hawaii.com. Click on ITR Ticketing and Registration for a full list of discounts at various attractions.

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

For more information, call the Aliamanu Military Reservation's Family Child Care office at 837-0236, or the Schofield Barracks Family Child Care office at 655-8373.

DECEMBER

1 / Thursday

FBI Recruitment — Are you interested in a career with the FBI as a Special Agent? Learn about the FBI by attending the monthly FBI career presentation on Dec. 1 from 10 to 11 a.m. at Building 690 (Aloha Center), third floor conference room at Schofield Barracks.

For confirmation, contact the ACAP office at 655-1028. For information on future monthly presentations, contact Special Agent Kal Wong at 566-4488.

Entry-level salary is \$49,347 (GS 10) during academy training and \$59,418-\$67,220 upon graduation.

2 / Friday

Special Olympics Hawaii — Special Olympics Hawaii needs volunteers at its Annual Holiday Classic, Dec. 2 through 4 at Hickam Air Force Base and Marine Corps Base, Kaneohe Bay. Almost 800 athletes will compete in statewide basketball, bocce and bowling competitions.

Volunteers are the backbone of Special Olympics, and more than 700 volunteers are needed to help make this event special. Whether you can contribute your time "behind the scenes" or at one of the sporting events, Special Olympics has a position for you.

Positions go fast, so don't wait. For more information, call 943-8808, extension 27, or visit www.specialolympichawaii.org.

ONGOING

Community Calendar Briefs — Do you have announcements of upcoming events or activities you'd like to post in the Hawaii Army Weekly? If so, e-mail your information to editor@hawaiiarmyweekly.com at least two weeks in advance of your event or activity.

See "Community Calendar," page B-4

HACN TV Schedule

Morning

- 6:00 Sign On
- 6:26 Coqui Frog Invasion in Hawaii
- 6:47 Welcome Home Redeployment Guam
- 7:00 Bulletin Board
- 7:30 What's Down the Drain
- 7:41 White Face
- 7:55 Water Safety
- 8:00 Hawaii Army Report
- 8:30 Army News Watch
- 9:00 Pentagon Channel
- 10:00 White Face
- 10:15 Change of Command Ceremony 25ID (L) & USARHAW
- 10:20 Bulletin Board
- 10:50 Welcome Home Redeployment Guam
- 11:04 Coqui Frog Invasion in Hawaii
- 11:26 VATV #2
- 11:52 Inside Afghanistan 8/31/05
- 12:00 Hawaii Army Report
- 12:35 Pentagon Channel

Afternoon

- 2:00 Inside Afghanistan 9/08/05
- 2:12 Bulletin Board
- 2:42 Welcome Home Redeployment Guam
- 2:55 Shamu: The Rhino Story
- 3:30 Coqui Frog Invasion in Hawaii
- 3:50 Hurricane Safety
- 4:00 Pentagon Channel

Evening

- 6:00 Hawaii Army Report
- 6:30 Community Focus
- 6:47 What's Down the Drain
- 6:56 Change of Command Ceremony 25ID (L) & USARHAW
- 7:00 NFL: Football Follies
- 8:00 Bulletin Board
- 8:30 Inside Afghanistan 8/31/05
- 8:42 What's Down the Drain
- 8:50 White Face
- 9:06 Volunteers
- 9:21 Welcome Home Redeployment Guam
- 9:34 Inside Afghanistan 8/22/05
- 9:45 Safety Video
- 9:49 Coqui Frog Invasion in Hawaii
- 10:10 NFL: Ice Bowl
- 11:25 Bulletin Board

Overnight
Pentagon Channel



This Week at the MOVIES

Sgt. Smith Theater

Today
Just Like Heaven
7 p.m. (PG-13)

Saturday
Just Like Heaven
7 p.m. (PG-13)

Sunday
Roll Bounce
7 p.m. (PG-13)

Wednesday
Cry Wolf
7 p.m. (PG-13)

Thursday
Roll Bounce
7 p.m. (PG-13)

The theater is closed

Community Calendar

NOVEMBER

4 / Friday

ACS Employment Orientation — Take the first step in finding the job you want at employment orientation workshops to be held Fridays on Nov. 4 and 18 from 9 to 10:30 a.m. at the Schofield Barracks ACS Building 2091.

Participants will learn how to prepare for the job search process and receive employment information on federal, state, private sector and staffing agencies.

Also, facilitators will discuss the ACS employment resource center, including reference materials, job listings and computers available for use. Call 655-2400 to register.

4 / Saturday

Leilehua High School Craft Fair — Remember, Leilehua High School is hosting its craft fair in the high school cafeteria on Nov. 5 from 8 a.m. to 2 p.m.

Vendors include Cookie Lee jewelry, crocheted items, flowers, handmade Hawaiian crafts, Uncle Herb's Malasadas, Bob's Hawaiian Style Chicken, quilts and much more. All proceeds will benefit "Project Grad."

For more information, call or e-mail Moana Aghiam, at 330-6143 or kumuhula1064@yahoo.com.

8 / Tuesday

Military Spouse 101 — Army Family Team Building (AFTB) presents Military Spouse 101 on Nov. 8 and 10 from 9 a.m. to 12:30 p.m. at the Schofield Army Community Service Center. This two half-day course is designed to introduce spouses to the military lifestyle and serve as a

refresher course for spouses who have been around for a while.

Attendees will receive a certificate of completion and a special gift from Army Family Team Building staff. Free child care is provided with advance notice to the Child Development Center, but children must be registered with Child and Youth Services.

Call to register for this exciting class at 655-2400, or for more information, contact Robin Sherrod, AFTB program manager, at 655-4368.

11 / Friday

Hawaiian Waters Adventures Park — Make a splash this Veteran's Day at Hawaiian Waters Adventures Park. Active duty military, reservists, National Guard personnel and retirees with a valid military ID can enjoy free all-day admission into the park on Nov. 11.

Up to four friends and family members of the ID holder will receive a 50-percent discount off of general admission. For more information, call the Schofield Barracks Information, Ticketing, and Registration office at 655-9971, or the Fort Shafter office at 438-1985.

The Military Channel — "Voices of the Great War," a Military Channel television event, will air on Friday, Nov. 11, at 8 p.m. The program, a salute to Veterans Day, is a very human, very real and very moving exploration of a world at war.

Far removed from sweeping and impersonal histories of the first World War, Max Arthur's best-selling book hears directly from the fighting men and women. Through the words of a generation no longer with us, viewers can visualize the front line and relive the endless artillery barrages and suicidal assaults across no-man's land, as well as torpedo attacks on the high seas.



Local Muslim Soldiers embrace their cultural roots

Story and Photo by
Staff Sgt. Jamal Abdelwahed
Schofield Barracks Islamic Community

Ramadan is a special month of the year for more than one billion Muslims throughout the world. It is a time for inner reflection, devotion to God and self-control. Muslims think of it as a kind of tune-up for their spiritual lives.

This year, Ramadan started Oct. 4 in most countries around the world. However, in the United States, most Muslims started fasting Oct. 5, due to different sightings of the moon.

For Muslims, fasting plays an important role in Ramadan and has many special benefits. Among these, the most important is that it is a means of learning self-control. Because Muslims do not preoccupy themselves with satisfying bodily appetites during daylight hours of fasting, we believe a measure of ascendency is given to our spiritual nature, which becomes a means of coming closer to God.

As a secondary goal, fasting is also a way of experiencing hunger and developing sympathy for the less fortunate, hence learning thankfulness and appreciation for all of God's bounties.

Fasting is also beneficial to health and provides a break in the cycle of rigid habits or overindulgence, according to our Muslim



These Muslim women share the evening meal known as iftar. They prepare favorite foods during the month of Ramadan and invite one another to enjoy the evening meal.

faith. After the first week of fasting, most Muslims become accustomed to the altered routines and experience only minimal fatigue during the day.

The daily period of fasting starts at daybreak and ends at sunset. In between, during the dawn and daylight hours, Muslims totally abstain from food, drink, smoking and sex. The usual practice is to have a pre-fast meal, called suhoor, before dawn and a post-fast meal, called iftar, after sunset.

Since Ramadan is a special time, Muslims in many parts of the world

prepare certain favorite foods during the month and often invite one another to share in the Ramadan evening meal.

Aside from fasting, Ramadan is also a time of intensive worship: reading of the Qur'an, giving charity, purifying one's behavior and accomplishing good deeds. The last 10 days of Ramadan are a time of special spiritual power as everyone tries to come closer to God through devotions and good deeds.

The night on which the Qur'an was revealed to Prophet Muhammad, known as the Night of Power

The Qur'an guides Ramadan

(rāmādān), in Islam, the ninth month of the Muslim year, during which all Muslims must fast during the daylight hours. Indulgence of any sort is forbidden during the fast. There are only a few who are exempt, for example, the traveler, a pregnant woman, the sick and the young.

Because of the purely lunar calendar, Ramadan falls in different seasons. The end of Ramadan is celebrated by a day of feasting Id al-Fitr. The first revelation of the Qur'an is commemorated in October.

Qur'an[2:185] "Ramadan is the

month during which the Qur'an was revealed, providing guidance for the people, clear teachings and the statute book. Those who witness this month shall fast therein. Those who are ill or traveling may substitute the same number of other days. God wishes for your convenience, not hardship, that you may fulfill your obligations, and to glorify God for guiding you, and to express your appreciation."

Qur'an [2:183] "O you who believe, fasting is decreed for you, as it was decreed for those before you, that you may attain salvation."

or Lailat ul-Qadr, is generally the twenty-seventh night of the month. The Qur'an states that this night is better than a thousand months; therefore, many Muslims spend the entire night in prayer.

For Muslims, Ramadan is an opportunity to gain by giving up, to prosper by going without, and to grow stronger by enduring weakness.

During the month, Muslims try to read as much of the Qur'an as they can. Individuals might spend part of their day listening to the recitation of the Qur'an in a mosque or meeting for Qur'anic

studies or for congregational prayers. Some spend the last 10 days of Ramadan in a mosque, devoting those days completely to worshipping God.

In the Schofield Barracks community, Muslim Soldiers and their families meet for a fast-breaking meal every Friday. They also congregate every night to pray the night prayer, Taraweeh, which lasts for about an hour.

(Editor's Note: Staff Sgt. Jamal Abdelwahed is the noncommissioned officer in charge of DMSO, Company C, 725th Main Support Battalion.)

Shafter keiki celebrate with a Fall Festival

Story and Photos by Staff
Sgt. Kimberly A. Green
Contributing Writer

FORT SHAFTER — If you spotted Cookie Monster on Hase Street, Monday, dancing to the tunes of the "Monster Mash" with Spiderman, Tigger and Bear, you were not hallucinating. These sightings and much more were credited to the Fort Shafter Child Development Center's annual Fall Festival.

The festival, presented by the CDC, included nearly 95 children and 100 parents as they took part in the festivities here.

"Our Fall Festival allowed

everyone to participate. We wanted to create a safe yet fun environment for all of the community to enjoy," said Sylvia R. Scully, Fort Shafter Child Development Center director.

Scully, dressed as a little teapot, noted it's not tea time but play time, and she takes it serious.

Scully said, "Through dramatic play, which is part of our curriculum, we help spark children's imaginations and allow them to explore. It's important to let everyone know children, too, can learn through play.

Through sing-a-long songs, costumes, storybook readings and more, children

explored other characters. It was evident, fun was had by all.

Sgt. Dana L. Dodson, 94th Army Air and Missile Defense Command, commended the CDC for its festivities.

"I appreciate the fact the CDC took measures to incorporate a program that accommodated all the kids and the parents, regardless of their religious beliefs or practices. My daughter Demery had a wonderful time."

Scully said she and her staff considered the event a success and had hoped they would accomplish their goal of ensuring everyone had a

good time.

"I looked at the smiles on the kids faces, and noticed even the parents were having fun," said a delighted Scully.

(Editor's Note: Green serves Public Affairs, 94th Army Air & Missile Defense Command.)



Fort Shafter's CDC hosts its Fall Festival parade.

'Mighty Mo' to mark Veterans Day with moment of silence

Veterans will receive complimentary admission aboard battleship, Nov. 11

USS Missouri Memorial Association, Inc.
News Release

PEARL HARBOR — At noon Veterans Day, Nov. 11, the Battleship Missouri Memorial will hold a moment of silence to recognize those service members who made the ultimate sacrifice to protect all Americans' rights to life, liberty and the pursuit of happiness.

In addition, the memorial is extending complimentary admission and flag-raising privileges to all American veterans throughout Veterans Day, including active duty personnel.

To take advantage of the complimentary admission offer, veterans must present a valid military ID or discharge papers at the admission window. Veterans can travel directly to the Signal Bridge 03 level to raise flags or report to the memorial's pier-side Victory Store for more instructions.

Veterans are welcome to bring their personal flags for raising or can choose to purchase one at the store. A certificate of presentation is also available at a small cost.

All visitors will also receive a button that commemorates the 60th anniversary of the end of World War II, Sept. 2. The buttons will be available to all visitors at the Victory Store.

About Veterans Day

The history of Veterans Day dates back to the end of World War I, Nov. 11, 1918, when Allied and Central Powers signed an armistice, ending the war. In 1919, President Woodrow Wilson issued an Armistice Day proclamation, and then in 1926, the United States Congress issued a resolution directing the President to issue an annual proclamation of Armistice Day on Nov. 11.

In 1938, Congress passed a bill making it a legal holi-



Courtesy Photo

The USS Battleship Missouri is docked adjacent the Arizona Memorial in Pearl Harbor.

day and that each Nov. 11 "shall be dedicated to the cause of world peace and ... hereafter celebrated and known as Armistice Day."

For the next 16 years, the United States formally observed Armistice Day. After World War II, many new veterans who had no association with World War I. The significance of "armistice," simply meaning "a truce," had changed and leaders of veterans groups felt that Nov. 11 would be more appropriate if it honored all who had fought in wars, not only World War I.

The first non-Armistice Day took place in 1953 in Emporia, Kan., with a Veterans Day observance. Ed Rees of Emporia was so impressed that he introduced a bill to the House asking for the name to be changed to Veterans Day. Then, after the passing of the bill, Rees wrote to all state governors asking for personal approval to change the holiday.

On June 1, 1954, President Eisenhower signed legislation officially changing the name of the legal holiday.

About Battleship Missouri

Regular admission to the Battleship Missouri Memorial is \$16 per adult and \$8 per child, 4-12. Military and kamaaina rates are \$10 per adult and \$5 per child. Guided tours of the Missouri are additional.

The USS Missouri Memorial Association, Inc. is a private Hawaii-based nonprofit organization, designated by the U.S. Navy as caretaker of the battleship Missouri. The association operates the Battleship Missouri Memorial, and President George Herbert Walker Bush is the memorial's honorary chairman of the board.

The memorial is supported by admissions, retail and concession sales, donations, grants, and the work of volunteers. It is not supported with government funding.

The association was formed in 1994 and includes a cross-section of leaders from Hawaii's business, civic, political and retired military communities.

Community Calendar

From B-2

Schofield Barracks Pediatric Clinic

The new children's waiting room is open for business at the Schofield Barracks Pediatric Clinic, Building 680. The waiting room provides free care for healthy children while parents tend to medical appointments.

For more information or to schedule an appointment, call the Armed Forces YMCA office at 624-5645.

Battleship Missouri Toastmasters

The Battleship Missouri Toastmasters Club offers leadership development — the art of persuading others to do what you wish to be done as good leaders are good communicators.

In a Toastmasters club, learn to be both an effective leader and communicator. You will find out how to vary your approach to suit the needs of different people, whether a speech for an audience or a fund-raiser for a committee. Whatever goals you wish to achieve in life, they will be realized quicker and easier by improving your ability to lead.

Better communication is one meeting away, so attend a club meeting the first and third Thursday of each month at the Battleship Missouri Memorial from 5:30 to 7:30 p.m. For more information, contact Steve at 722-4178 or Annette at 383-0977.

ACS Volunteers — Free child care at an hourly site is provided for up to 20 hours per week when you volunteer with ACS. What's more, volunteering offers valuable job experience and flexible hours.

Come on out and support your Army family today. Contact Cathie Henderson at 655-2398 or henderson.ca@schofield.army.mil for more information.

Fort Shafter Newcomers Orientation Tour

The Fort Shafter Army Community Service presents a Newcomers Orientation Tour every other Tuesday.

This Oahu tour helps familiarize new Soldiers and family members with many aspects of Hawaiian culture, customs, language, surrounding communities, the Hale Koa Hotel and various points of interest on the island.

Preregistration is required and seating is limited.

ed. Tour time is 7:30 a.m. to 4 p.m. Lunch is not provided, but you can bring your lunch or purchase it at the Hale Koa. Call the Fort Shafter ACS at 438-9285 for registration or questions.

Schofield Barracks Newcomers Orientation Tour

ACS will conduct a newcomer's orientation tour every Friday for all incoming Soldiers and family members. The tour will include Schofield Barracks, Tripler Army Medical Center, surrounding civilian communities, the Hale Koa Hotel and various points of interest on the island.

The tour will also stop at the Bishop Museum for a short visit to hear about Hawaiian culture, customs and language, and to get a glimpse of the many artifacts and heirlooms at the museum.

The tour will depart at 7:30 a.m. and return at 4:30 p.m., and registration is required. Lunch is not provided, but participants may bring a cooler with drinks, snacks and lunch.

For more information or to register, call ACS at 655-2400.

Native American Club

All who are interested in learning about various Native American cultures or who would like to share their pride in their tribal affiliation with others, contact Sgt. Quioco, an enrolled member of the Oglala Lakota, the Sioux Tribe of the Pine Ridge Reservation in South Dakota, at 656-5698.

Plans are underway to gather people together to create a Native American Cultural Club and share heritage with each other and the military community, as well as establish relationships with the local Intertribal Council of Hawaii.

La Leche League

Breastfeeding or considering it? La Leche League of Central Oahu welcomes all nursing and expectant mothers to attend their monthly meetings. The league meets the third Tuesday of each month at 10:30 a.m. at Sgt. Yano Library, Schofield Barracks.

Attendees should enter the office entrance on the left side of the building. Call Lisa at 685-1865, or e-mail laparks22@yahoo.com for more information.

Hale Koa Room Special

Book three rooms, instead of two, during the Hale Koa Hotel's fall season special now through Dec. 15. Eligibility requirements apply.

Contact the reservations department for availability at 955-0555.

Wheeler Middle School Registration

For parents registering their children at Wheeler Middle School, the office will accept new student registrations from 8 a.m. until 12 p.m., Monday through Friday.

Parents should bring the following documents to facilitate the registration process: birth certificate, shot records, physical form and any school records that have been hand-carried from a previous school.

Point of contact at Wheeler Middle School is Melissa Smith at 622-6525.

New Work and Careers Web Site

Need help in your job search process? Are you wondering how to market your skills and abilities? Explore the Web site <http://www.myarmylifetoo.com> to learn about the Army Spouse Employment Partnership.

The site includes job search techniques and resume writing tips. Also, check out partnerships with public and private sector companies that create career and training opportunities for military spouses.

For additional help, contact your Army Community Service Employment Readiness Program Manager at 655-2390.

Bishop Museum

Located at 1525 Bernice Street, the museum is open daily from 9 a.m. to 5 p.m. Admission is \$14.95 for adults; \$11.95 for youth 4-12 years, special rates for kama'aina, seniors and military; children under 4 years and Bishop Museum Members are free. For information, call 847-3511 or visit www.bishopmuseum.org.

University of Phoenix

UOP opened its doors at the Town Center of Mililani. Known for providing educational opportunities for working adults, classroom space has increased by 50 percent to meet your demand for a college education.

Undergraduate and graduate degree programs are offered at the Mililani campus, as well as in Kapolei, Honolulu and Kaneohe.

Degree programs are offered in teacher education, criminal justice, human services, nursing or health care, business and technology. For more information about programs or to enroll, contact a counselor at 536-2686.

Freecycle makes treasure of trash

Eric W. Rose

Waste Management, Inc.

HONOLULU — The operators of the city-owned Waimanalo Gulch Landfill, Waste Management, are often asked what are they doing to promote the three environmental "Rs" of recycling, reducing and reusing as recycling messages geared towards a broad customer base of schools, businesses and residential customers, that have long been a staple of Waste Management's community outreach programs on the mainland.

Waste Management Hawaii responds that it is assisting local residents in recycling reusable items.

Facing the challenge of promoting "reuse," Waste Management has taken the novel step of partnering with the Web-based nonprofit organization Freecycle to promote its efforts to turn unwanted trash into treasures.

Founded in 2003, the Tucson, Ariz.-based, Freecycle unites owners of unwanted objects with others looking to acquire them. Freecycle allows members to send out an e-mail offering an item up for grabs, which is received by all other members in the group. Anyone interested in the item contacts senders and arranges for collection or drop off, with no cash involved.

Freecycle groups are monitored, and group members who post inappropriate messages or items are removed from the group.

Waste Management's rela-

ON THE WEB

Get more details at www.freecycle.org or www.KeepingHawaiiClean.com.

tionship with Freecycle involves an outright grant of \$130,000, but beyond this, Waste Management's Kent Stoddard, vice president of public affairs, has asked Waste Management's local public service sector teams to incorporate Freecycle messaging into their outreach programs.

"We are mandated to improve diversion rates across all of our franchise areas, and diversion doesn't only mean recycling," Stoddard said. "Giving objects a second life before we grind them up or ship them to dismantlers is both cost-effective and environmentally sound."

"We are always talking about reuse, but after a while the 'use a mug instead of a paper cup' message seems a bit thin," explained Paul Burns, vice president and general manager for Waste Management of Hawaii. "This broadens the conversation and encourages residents and businesses to think twice about tossing items that could be put to good use by others. We will encourage local nonprofits and residents to 'go shopping' on Freecycle to address some of their needs."

While furniture makes up

the bulk of the goods swapped in Freecycle networks, building materials, clothes, toys and even electrical goods change hands.

Under the banner "changing the world one gift at a time" Freecycle was established to try to combat waste-fulness, as people often find themselves throwing out perfectly good items as they upgrade or outgrow old possessions.

As well as the obvious environmental benefit of creating less waste for disposal, and the fact one person gets rid of unwanted clutter while another gets something they need free of charge, Freecycling creates social benefits too.

"Instead of feeling guilty that they are throwing away good items, members get to feel good about themselves and know their hand-me-downs have gone to a good home," said Burns.

Freecycle founder and Executive Director Deron Beal added, "I am truly gratified by Waste Management's enthusiasm for the program. Our mission is to reduce waste, save precious resources and ease the burden on landfills, so it is a potent statement when the nation's largest owner of landfills lends its support to our program."

(Editor's Note: For more about Oahu's waste management efforts, call Russell Nanod, community affairs manager at the Waimanalo Gulch Sanitary Landfill, at 668-2985, ext. 21.)

30th Signal racer 'bombs' Big Island racetrack

Story and Photos by Bob McElroy
Pohakuloa Training Area

POHAKULOA TRAINING AREA, Hawaii — During a normal workweek Chris Carella can find himself anchored to his desk, troubleshooting a colleague's computer or tracking down a problem within the Information Management System here.

As the 30th Signal Battalion Directorate of Information Management liaison officer at PTA, Carella, a former Marine Corps gunnery sergeant, manages an extensive information system of 125 computers, printers and other devices, plus miles and miles of copper and fiber optic cable, which keep the post connected to Oahu and the world.

As one of only two DOIM personnel here, Carella often finds himself with much more work to do than there are hours in the day or week to complete. For Carella and his colleagues, success and satisfaction can come slowly, sometimes several months after he's begun a project.

So how does he get rid of the stress that comes with his job and professional responsibilities?

On any given Saturday from February to October, staff can find Carella careening about a quarter-mile dirt race track in a beat-up, flat-black '77 Ford Thunderbird. Carella, you see, races stock cars.

He began racing stock cars about two years ago when he became friends with a PTA Soldier who raced at the Hilo track, Sgt. Joe Nover.

Nover introduced him to a man named Ace Ayala, who sponsored a racing team in the circuit. Carella also knew the maintenance manager of his apartment complex in Hilo (Tony Hensley) had a race team called Hensley Motor Sports. These introductions served as his entrée into dirt-track racing.

Hensley recruited Carella to drive one of his cars in the circuit's "Bomber Class," traditionally reserved for novice drivers operat-



Above — PTA DOIM Chief Chris Carella (in the left car, number 96 with the Ace of Spades logo on the hood) tries to get ahead of the competition.

Right — Carella dons his racing garb before heading out onto the dirt track for his first heat. Carella just completed his second season of racing stock cars at the dirt track in Hilo on the Big Island.



ing unmodified cars.

Carella said he had never raced cars on a track before, but like many people, when he was young he'd done his share of "...racing on the back roads of America." He was also "heavily into dirt bikes but as a recreational rider, not a pro."

His debut race at the Hilo race-track was brief. Although the normal race, or heat, is 10 laps, Carella only made it through four because he blew out the engine in his Oldsmobile Cutlass.

Before the race started, he said he noticed a knock in the engine but assumed the car would make it through the race.

It did not. "I shot a [piston] rod in the fourth lap, right in front of the spectators," Carella smiled.

Despite his misfortune in his first race, Carella was undaunted. Quite the contrary, he was

hooked on racing, finding in it the stress release he needed.

"You're pushing your car to the limit, only running it in first gear," Carella said. "It's a rough track, and there's always the potential to crash into the infield, the tires [barrier] or another car. Or you can hit the wall, literally and metaphorically. You're riding the edge the whole time."

"My job entails a lot of mental work; by racing, I get into manual work. It gives me instant gratification that I don't always get in my job. Racing provides me the opportunity to blow out my frustrations," he said.

Carella also revels in the camaraderie he feels as a member of a racing team and as part of a group of competing drivers.

"Even though I'm battling the other drivers during the

race, in the end, bygones are bygones, and we're one big happy family," Carella said.

Before his second race, Carella ditched the Cutlass and selected a '77 Ford Thunderbird for his new race car.

"It was old and rusted, it had no tires on it, and I didn't know if it ran," Carella said and joked. "But it was easy to get ready to race because it had been the previous year's Bomber Class winner."

Carella said that the Bomber Class is the beginner's stock car class at the track and used as a "proving ground" for new drivers to gain experience and skill so they can move up to a higher class.

Cars in the Bomber Class are as bare bones as any you'll find on a track. They cannot have any special modifications or additions to them that could enhance the vehicle's

performance. Bombers also have a minimum of safety features.

Carella's Thunderbird has seat belts, a metal grate instead of a windshield, a fabric net where the driver's side window should be, and no other glass. It had no exhaust system and rumbles loudly when running.

"They're known as four-wheel Harleys," Carella said, joking again.

When he had made his Thunderbird track-worthy with new tires and a paint job, Carella was ready for his second race.

The race began and the Bombers were growling around the track, Carella staying with the tightly bunched pack. As he entered his second lap, a Lincoln Continental Mark IV crossed his path.

Despite the potential for calamity, Carella didn't even slow down.

"I 'T-boned' him and pushed him down the track; I was looking right at the driver," he said laughing. "I lost him at the next turn."

Carella finished the race without further problems or close encounters with the other cars. He didn't win but the feeling he had was indescribable and hard to put into words, he said.

"You just have experience it," he said.

Carella finished his first year racing for Hensley, and before his second year, he switched to a new team, "Ace of Spades Racing," when the team recruited him.

He kept the Thunderbird. Carella plans to continue racing and hopes to move up into a higher class of car. His long-term goal is to own his own racing team.

For now, he is happy to barrel around the dirt track in his Thunderbird, blowing off steam and stress, feeling the adrenaline course through his body like electricity.

"Racing flushes your head," he said. "It's good for the soul."

Army leads military teams in Ironman World Championships

Tim Hipps
Army News Service

KAILUA-KONA, Hawaii — The commander of the U.S. Army World Class Athlete Program topped all U.S. military finishers and led the All-Army team to victory in the 2005 Ironman World Championships.

Michael Hagen, a major, epitomized the phrase "lead by example" here, Oct. 15, by completing the 2.4-mile ocean swim, 112-mile bike and 26.2-mile run in 9 hours, 23 minutes and 7 seconds.

Heidi Grimm, a lieutenant colonel stationed at Fort Lewis, Wash., anchored the Army's contingent by successfully defending her U.S. military women's Hawaii Ironman crown with a personal-best time of 10:42:03.

Arthur Mathisen (9:31:18), a captain, and Hector Tovar (10:19:54), a major, rounded out the Army team (39:56:22) that pre-

vailed by more than four hours over military runner-up Air Force (44:11:10).

Each military team consisted of three men and one woman. The Marine Corps and Coast guard only fielded two male finishers and the Navy did not provide a female finisher required for an official team time.

"The biggest motivating factor for me, and the biggest reason I do it, is for the military team competition," said Hagen, 43, of Fort Carson, Colo., who finished seventh in the men's 40-44 age group with splits of 1:03:06 in the swim, 4:52:17 on the bike and 3:22:17 for the run. "I'm just able to push myself harder working for the team than I would be individually."

A four-time winner of the Armed Forces Triathlon Championships, Grimm, 38, finished tenth in the women's 35-39 age group. Her splits were 1:05:04, 5:29:52 and

4:00:50 in her ninth Ironman.

"I love the whole experience," said Grimm, who lowered her best swim time here by five minutes. "You just learn so much about yourself. If you can keep your mind strong and not get defeated by your own thoughts, then you can continue."

Grimm posted personal-best times on the swim and bike.

"In the last few miles, you hear the crowd and you hear the announcer, which is just so inspiring. I always tell myself once you get to that point there's no stopping."

Rookie 'hung tough'

Tovar, 34, who works for the Defense Reduction Agency at Kirtland Air Force Base, N.M., also hung tough in his Hawaii Ironman debut.

"For the second year in a row, we had a rookie on our team that we've



Courtesy photo

Lt. Col. Heidi Grimm of Fort Lewis, Wash., records a personal-best time in successfully defending the U.S. military women's crown in the 2005 Ironman.

him, and he executed."

Merely finishing on your feet is an accomplishment on the island, triathletes say.

"Hawaii is totally different," Hagen said. "There are lots of people who have good races elsewhere who totally fall apart at Hawaii, which I nearly did this time."

Competition exhausting mentally and physically

"The Ironman is so hard physically that ironically it usually comes down to who is the smartest. ...You never get it perfect. There's

See "Ironman," page B-6

tried to tutor," Hagen said. "The older veterans gave him all the hints and advice that we could give



NOVEMBER

5 / Saturday

Ladies Golf Clinic — Ladies, do you want to brush up on your golfing skills? A free golf clinic will be held tomorrow, Nov. 5, at the Leilehua Golf Course located right outside the Wheeler Army Air Field front gate.

The clinic will last for one hour and will begin promptly at 3 p.m. All required equipment will be provided to participants and advance reservations are recommended. For more details or to reserve your space, call 655-4653.

6 / Sunday

"5 Game, No Tap" — Individuals are invited to participate in the "5 Game, No Tap" Tournament at the Schofield Bowling Center. Check-in is at 1 p.m. and the cost is \$20. Call 655-0573 for more information.

8 / Tuesday

Army Power Lifting Championship — Show off your strength and compete in the Army Power Lifting Championship. Applications will be accepted through Nov. 8. The competition takes place on Nov. 15 and 16 at the Martine Physical Fitness Center on Schofield Barracks from 6 to 8:30 p.m.

The event is \$10 to enter and free for spectators. For more information, call 655-4804.

18 / Friday

Intramural Basketball — Applications for Army Hawaii Men's Intramural Basketball are due on Nov. 18. The intramural season runs from Dec. 5 through March 17. For more information, call the USAG-HI Sports Office at 655-0856 or 655-0101.

Youth Basketball and Cheerleading — Registration for Hawaii Youth Sports basketball and cheerleading will be held Nov. 1 to 29 at the Youth Centers at Aliamanu Military Reservation, Fort Shafter, Schofield Barracks, Helemano Military Reservation and Wheeler Army Air Field.

First-time participants must sign up with the CYS Registration Office before they will be able to register for activities. Cost is \$55 per person for basketball



Courtesy Photo

Strike!

Jennifer Boisselle displays the winning form that helped her to beat the best girl bowlers at the Oahu Interscholastic Association Championship rounds held at Leeward Bowl, Pearl City, Oct. 29.

and \$60 per person for cheerleading, or \$20 per person using the same uniform from past cheerleading seasons. For more information, contact your area sports director.

ONGOING

Brazilian Capoeira — Develop the mind, body and spirit to include physical fitness, self-defense and self-discipline through Brazilian Capoeira. Classes are offered Mondays from 6:30 to 8:30 p.m. at the Fort Shafter Physical Fitness Center.

Hawaii Okinawa Karate Do Shodukan Classes — Come to the Fort Shafter Physical Fitness Center for this exciting class, Thursdays from 6 to 7:45 p.m., or Saturdays from 1 to 2:45 p.m. Develop character, confidence, health and self-discipline. Contact instructor Joseph Bunch at 488-4495 for additional information.

Cardio Kickboxing — Cardio kickboxing can help develop cardio-vascular fitness, improve balance and lead to more self-confi-

dence. Classes are offered at the Fort Shafter Physical Fitness Center, Tuesdays and Thursdays from 4:30 to 5:30 p.m. For more information, call instructor Daryl-Lynn Gandaoli at 779-4495.

Chess Club — Come and play chess every Monday from 5 to 8:30 p.m. at the Tropics. Competitors must have their own equipment; a few chess sets will be available for those without. For more information, call the Tropics at 655-0002.

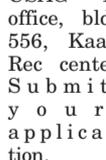
Gopher Golf Contest — You could win a great gift certificate from MWR when you participate in the Gopher Golf Contest. If you find the hidden golf ball in the Discovery magazine, log on to the MWR Web site at www.mwrarmyhawaii.com and submit your answer.

Contestant answers must include both the section and page number the golf ball is on. For more information, call 438-7120.

Reggie's Sports Night — Join the excitement every Monday with a special sports bar menu served from 4 to 8 p.m. The lounge closes at 9 p.m., but until then, patrons can enjoy big screen TV, ESPN and more.

Call 655-0660 for more information.

Camp, 4-13 Jan 06, Reno, Nevada. Application from DA-4762-R are available at all fitness centers and the USAG-HI sports office, bldg 556, Kaala Rec center.



Submit your application. The deadline has been extended to 11 Nov. For more information call 655-9914.

DECEMBER

2 / Friday

Great Aloha Run — Don't miss the 22nd Great Aloha Run, an 8.15-mile run held on President's Day, Feb. 20.

The GAR is offering a special rate and entry form to all active duty Soldiers, family members and DoD civilians. By using the special military entry form, participants will save \$5 off the regular entry fee and \$1 will be returned to MWR.

Early entries received no later than Dec. 2 will entitle you to a free "In Training" T-shirt too. However, be sure to use the military entry form

that can be found at all military Physical Fitness Centers, or go on line to www.active.com.

For information on the Great Aloha Run, call the GAR office at 528-7388 or visit the Web site at www.greataloharun.com.

18 / Sunday

Great Aloha Run Training — All 2006 GAR applicants are invited to participate in the 2005/2006 GAR "In-Training" Workshop. Training will begin on Sunday, Dec. 18, at 7:20 a.m. at the Kapiolani Park Bandstand. Participants must arrive on time, sign a waiver and from there, trainers will help them get ready for the race, regardless of pace and current conditioning.

Participants can join their preferred group of walkers, walk-runners, or runners.

"In-Training" will be conducted every Sunday at 7:30 a.m. through Feb. 12. The workshop, valued at \$165, is free to all 2005 GAR participants. Call 943-0309 for more information.

Ironman

From B-5

just too much to get right and if you get anything a little bit wrong with a race that hard and that long, you're going to pay."

Hagen should know; he was competing in the Ironman World Championships for the fifth time since 1996 when he helped the Army to its first of four military team titles in the past decade.

Hagen said the crowd inspired him to finish relatively strong. Ten minutes later, he was in the medical tent getting treated for dehydration and hyponatremia.

Army Ironmen get strong support

Ironmen contend that mind must prevail over muscle during one of the most grueling physical and psychological tests in the world of sports. Grimm says nothing matches the satisfaction of overcoming adversity during Ironman competitions.

"Every time I cross the finish line on an Ironman, it is a victory because it's such a tough challenge, and you just never know what's going to happen to you out there," said the Army's 2004 co-Female Athlete of the Year. "It's such a feeling of relief and a feeling of gratefulness."

Grimm said she's most grateful to the Army for fielding a team in the world championships.

"I can't tell you how many folks were saying 'Go Army! Go Army!' because we have the Army colors on," she said.

"The Ironman was started by military folks, so I think it's important that we have the military presence there every year. We tout in the military that physical fitness is critically important. What's a better way to set the example than being an Ironman?"

Intramural Flag Football Standings

Unit	Wins	Losses	Pct.
Green Division			
HHC, 84th Eng. Bn.	2	0	1.000
HOC, 732 MI	2	1	0.667
HHC, Discom	2	1	0.667
Co. B, 66th Eng.	1	1	0.500
Co. A, 1st Bn., 14th Inf.	0	3	0.000
Orange Division			
1-25 Avn. Rgt.	3	0	1.000
HHC, 3rd Bde.	3	1	0.750
556th PSB	1	1	0.500
Co. A, 1st Bn., 27th Inf.	1	2	0.333
Co. B, 725th MSB	0	4	0.000
Blue Division			
Btry. B, 2nd Bn., 11th FA	2	0	1.000
HHT, 3rd Sqdn., 4th CavCo.	1	0	0.667
Co. C, 25th Avn Rgt.	1	1	0.500
Co. C, 1st Bn., 14th Inf.	0	3	0.000
DFAC	0	3	0.000
Gold Division			
Btry. A, 3rd Bn., 7th FA	3	0	1.000
HQ Co. A, 225th FSB	1	2	0.333
Co. A, 2nd Bn., 5th Inf.	1	1	0.500
125th Fin. Bn.	1	1	0.500
Co. A, 1st Bn., 27th Inf	0	2	0.000
Purple Division			
40th QM	4	0	1.000
Co. C, 2nd Bn., 27th Inf	2	1	0.667
Co. C, 725 MSB	1	2	0.333
Co. B, 2nd Bn., 35th Inf	0	2	0.000
HHC, 125th STB	0	2	0.000
Ft. Shafter Division			
30th Signal	3	0	1.000
94th AAD	4	1	0.800
29th Engineers	3	1	0.750
DENTAC	1	1	0.500
TAMC	2	2	0.500
39th MP	1	4	0.200
USARPAC	0	5	0.000

(Standings are current as of Nov. 2.)



NOVEMBER

12 / Saturday

UH-Military Appreciation Night — Selected military service members will be honored at Aloha Stadium, prior to the 6:05 p.m. University of Hawaii against Utah State football game.

Active and reserve Soldiers will also receive two football tickets for the price of one; however, a valid military ID is required, and only one discount offer is available per ID.

This offer is valid for pre-sale purchases only, and tickets are available at the Stan Sheriff Center and Aloha Stadium box offices only. Information on military discounts is available at 486-9300.

11 / Friday

Army Bowling Trail Camp — Female bowlers carrying a 160 certified league average or higher are encouraged to apply for the 2006 All Army Bowling Trail