

## INSIDE

## Families move in at AMR

ANN M. WHARTON  
Army Hawaii Family Housing

Army Hawaii Family Housing to deliver 100 homes per month for next 6 months on Oahu

ALIAMANU MILITARY RESERVATION – “I’ve lived at other Army installations in the U.S. and abroad, and I have to say that Army Hawaii Family Housing is the best,” said Christina Mace, one of more than a dozen families who moved into the first new homes at Army Hawaii Family Housing’s (AHFH) Aliamanu community last month.

“As a former homeowner, I pay attention to the details and craftsmanship, and I can see that a lot of thought was put into the design

and building of the homes. When I build my own home I’m going to take a lot of these ideas with me,” she said.

Mace, along with a host of families, dignitaries and AHFH staff attended a ceremony celebrating the opening of the first of 2,000 new homes planned for Aliamanu, Fort Shafter, Red Hill and Tripler communities here, Nov. 8.

Col. Matthew Margotta, commander, U.S. Army Garrison, Hawaii, addressed the nearly 100 guests in attendance, noting that AHFH is representative of the Army’s commitment to improve the quality of life for Soldiers and their families.

Margotta also commended AHFH, the Army’s housing team and

SEE HOUSING, A-8

## Spouses honored for service

CHRISTINA DOUGLAS  
Staff Writer

AIEA – Military spouses from each service were recognized, Saturday, during the University of Hawaii’s Military Appreciation Night at the Aloha Stadium for the 2007 Military Spouse Awards Program.

Among the 2007 recipients were Erin Joslyn, Army, and Georgiana Bernabe-Haina, Hawaii Army National Guard.

“The recipients of this year’s awards have functioned as the volunteer communication and organizational focal point for units that were, or still are, deployed in the theater of hostile operations during the calendar year of 2007,” announced the master of ceremonies at the University of Hawaii game. “Quite simply, they are the glue that holds the deployed families together.”

Each awardee received a \$1,000 check from the Hawaii Navy League and a certificate from the state legislature and City and County of Honolulu Mayor Mufi Hannemann.

Army spouse, Erin Joslyn, was honored for her volunteer service as a the C Company, 2nd Battalion.

SEE HONORED, A-7

## Study finds effects of war delayed

ELIZABETH M. LORGE  
Army News Service

WASHINGTON – In a recent study in the “Journal of the American Medical Association,” Army medical officials examined increased Soldier-reported mental-health concerns in mandatory post-deployment health screenings.

Col. Charles Milliken, M.D. and Col. Charles W. Hoge, M.D., two of the study’s authors, found that between the initial Post-Deployment Health Assessment (PDHA) and the Post-Deployment Health Re-assessment (PDHRA) three to six months later, Soldiers are more likely to report signs of post-combat stress and Post Traumatic Stress Disorder (PTSD).

“These efforts are about taking better care of Soldiers,” said Milliken, the principal investigator at

SEE PTSD, A-7



### Living legacy

At Punchbowl, Hawaii honors veterans, past and present, for their service and sacrifices

A-3

### Coveted career counselor

The 307th Integrated Theater Signal Battalion’s Sam Shirraishi brings home top honors at a worldwide conference

A-6

### Christmas crafts

Take advantage of quality craftsmanship at affordable prices at the the Fort Shafter Arts and Craft sale, today, from 11 a.m.-6 p.m., and Nov. 17, 9 a.m.-4 p.m.

See Community Calendar, B-2



### Saturday slam

Hawaii Championship Wrestling takes its show off the turnbuckles and into the audience at the Tropics

B-1

### This issue

Lightning Spirit A-2

Soldiers A-3

News Briefs A-6

MWR B-2

Sports & Fitness B-4

## Window with a view – A postal perspective

The second in a two-part series on the Schofield Barracks Post Office

Story and Photos by  
JEREMY S. BUDDEMEIER  
Editor

SCHOFIELD BARRACKS – Chris Swaim leaned out her window and tilted her head. “This year has been the strangest of all,” said Swaim, lead sales and service associate at the post office here. “It’s usually standing room only by [now].”

Outside, 12 Soldiers and family members prepped packages and waited for their turn at one of three customer service windows.

Swaim cited the timing between returning Soldiers and those deploying as the reason for the uncharacteristic lull in postal activity during the first days of this year’s holiday season.

With more than 26 years experience in the postal service – four of them at Schofield, she would know.

And through hundreds of transactions each day, she has gained a unique perspective on Soldiers and family members on post.

“The first year it was air conditioners and [mini] fridges,” said Swaim, referring to common items customers mailed to deployed Soldiers. “The next year, lawn chairs and office equipment.”

Swaim said 25th Infantry Division favorites this year were laptops, Sony PlayStations, hygiene products, and blinds, curtains and weather stripping.

“Apparently, the cardboard and masking tape wasn’t cutting it,” Swaim said. “I don’t blame them. If I was going to be there for a year, I’d want to make it homey, too.”

In addition to observing long-term trends, Swaim has her finger on Schofield’s pulse from inside her post office window.

“After 2 p.m., the kids are out of school, and the guys are out of staff meetings,” she said. She recommends visiting between 9:30–10:30 a.m. and 12:30–2 p.m. to avoid long lines.

Swaim wasn’t always a fixture on Schofield though. She spent a portion of her formative years in Hawaii before joining the Air Force and working as an aerospace mechanic.

SEE POST, A-8



Chris Swaim, lead sales and service associate, Schofield Barracks Post Office, adds another box to the stack of outgoing mail, Tuesday. Postal workers are already beginning to feel the surge in business as customers scurry to spread the aloha spirit this holiday season.

## NSPS pay pools, supervisor training top concerns for employees

The final article in a three-part series addressing questions on the new National Security Personnel System

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

**Q:** I hear that the pay pool manager has more control over the rating and awarding of an employee than the supervisor. Is this true?

**A:** The pay pool panel and pay pool manager are looking at the ratings of the entire organization. They are in a better position to judge how individual contributions assisted the organization in meeting the overall goals and mission.

For more information about the pay pools, go to the Army NSPS Web site, which provides a quick look at pay pools: <http://cpol.army.mil/library/general/nsps/about-paypool.html>.

**Q:** With the constant turnover of supervisors and employees, it is difficult to keep up with their training, and for the supervisor, their certification. What is being done to alleviate this problem?

**A:** Training is an important key to the success of NSPS. For a new employee, the opportunity to get training is fairly simple. The employee need only complete the online “NSPS 101” training. His or her supervisor is always available to assist in answering questions the employee may have.

“NSPS 101” can be accessed by going to the Army NSPS Web site: <http://cpol.army.mil/library/general/nsps/training.html>, and click on “NSPS 101.”

The Web site also offers other online NSPS training opportunities. In order for a supervisor to be able to rate employees, he or she must have attended the NSPS supervisor training and received a training certificate of completion. There are two types of NSPS supervisor training and, depending on the training experiences of the supervisor, one of them will be the right fit.

For the seasoned supervisor, who has already taken the old 40-hour civilian personnel supervisor course under the GS system, he or she needs to take the NSPS supervisor course that contains only NSPS subjects. However, for the brand new supervisor, he or she must take the 36-hour supervisor course that incorporates a broader scope of topics, to include NSPS.

The Civilian Personnel Advisory Center (CPAC) is responsible for training the workforce and will be offering these courses in the near future.

**Q:** I am a supervisor and with NSPS still being fairly new to me. I don’t feel comfortable in setting my employees’ pay. Where can I go for help?

**A:** We whole heartedly agree with you. NSPS is new, and the compensation piece is a challenge. Your CPAC has advisors who can help you with the rules and flexibilities that NSPS offers in this area.

The Army NSPS Web site also has information on compensation at: <http://cpol.army.mil/library/general/nsps/about-comp.html>.

In addition, the Department of Army is working on a new course on compensation management, which should be available soon.

Commander's Corner

# All are responsible for upholding standards

**LT. COL. MARK C. BOUSSY**  
Commander, U.S. Army Garrison, Oahu

FORT SHAFTER — As members of the Hawaii Army family, we are all subject to many policies and rules that govern our daily lives. While they all have the overarching goal of enhancing the quality of life and ensuring the safety of our Hawaii Army community at large, they also serve to hold members of our proud profession to higher standards of personal and professional conduct.

In support of making Army, Hawaii, the best place to live and work, I challenge all senior leaders to assist me in upholding standards. The following are excerpts that summarize some of our standing installation policies:

**Standards of civilian dress in facilities on Army installations**

As you enter many of the Army facilities such as the PX or commissary you will notice a Dress Code Policy Poster, which clearly identifies what is allowed and appropriate in our facilities. These posters are in response to your request for a basic appropriate standard of dress.

The posters have been up for quite some time, but for some reason, many individuals do not think it applies to them. While no order or policy could possibly address all that is acceptable or unacceptable, the posters do a very good job identifying what is inappropriate.

So while on Army installations, wearing civilian clothing that presents a conservative, clean, inoffensive and neat appearance is the standard for any one that enters or works in the facility. Again, I ask all leaders to assist in making sure personnel using these facilities comply with these very simple guidelines.

**Commercial solicitation and running home businesses**

Door-to-door commercial solicitation of any kind on Army installations is not permitted. During duty hours, report unauthorized solicitation to the U.S. Army Garrison (USAG)-Oahu Commercial Solicitation Control Office or the



Boussy

Military Police (MP). There are times units or family readiness groups want to sell a product or item in front of the PX or commissary, or set up a unit car wash using the post car washing facilities. To get more information or coordinate either of these activities, please contact your USAG-Oahu Community Director's office.

If you are thinking of starting your own home-based business on an Army installation, such as selling Avon, Longaberger, or any other home business, doing so requires approval and coordination with the USAG-Oahu Commercial Solicitation Control Office.

For further information on Schofield Barracks call 655-8047, on Fort Shafter call 438-4232.

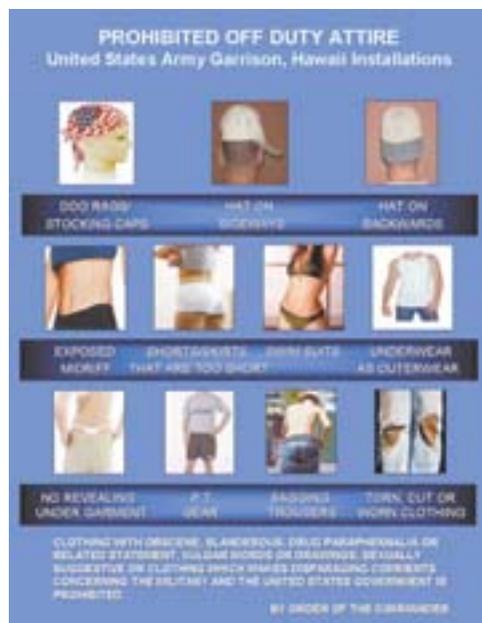
**Pit bull restrictions on Army installations**

Pit bulls or any cross breed thereof are prohibited on all Army installations on Oahu. Although sometimes difficult, Army veterinarians have the final say if a dog is a pit bull or pit bull mix. Original American or United Kennel Club registration identifying a dog as a different breed is helpful to the veterinarians as they make the final determination.

Additionally, all post housing leases clearly state that pit bulls or breeds thereof are not allowed in Army Hawaii Family Housing. Service members who live off post and have pit bulls are welcome to use the military veterinarian facilities. The game warden at the MP desk can assist if members of our community are not in compliance.

**Pet microchip program**

All cats and dogs kept on Army installations on Oahu are required to have an identification microchip implanted under their skin. The microchip is a small device used to locate the animal's registered address and owner and allows for instantaneous animal and owner identification should the pet become lost or abandoned.



This chip is a low cost and simple procedure. The Army Veterinarian Treatment Facilities Clinic on Schofield Barracks at 433-8532, or on Fort Shafter at 433-2271, can conduct the procedure.

**Points of contact**

For more information regarding these or other community issues or policies, my staff will be happy to assist you. Please contact the appropriate Aloha Center for Oahu North Community Director's Office at 655-0497, or the Oahu South Community Director's Office at 438-6996.

LIGHTNING SPIRIT

## Dinosaur tales not just for movies

**CHAPLAIN (CAPT.) STEVE HOMMEL**  
65th Engineer Battalion

One of the joys of parenthood seems to be having the opportunity to watch the same movie over and over again with your children. I was recently roped into watching "Jurassic Park" for the twentieth time with my daughter.

Yes, I know it could be worse. At least the dinosaurs are not purple and singing "I love you, you love me," and "Jurassic Park" is actually a pretty good movie.

I like watching a rampaging T-Rex and Raptors as much as the next guy, but the film still kind of irritated me. Cheesy, dreamy eyed, dino-wonder aside, the thick evolutionary indoctrination throughout the film bothered me.

According to the evolutionary theory, dinosaurs went extinct more than 65 million years ago, with human beings evolving — at the very earliest — four million years ago. So, for more than 60 million years, neither man nor dinosaur roamed the earth.

This foundational tenet of evolution, mentioned several times during the film, is contradicted by empirical scientific evidence. One of the strongest pieces of evidence is found near the central Texas town of Glen Rose in the Paluxy River basin, where tracks of human beings and dinosaurs appear together in the same limestone fossils.

The Paluxy River is often completely dry for several months out of the year. Yet, faster than you could say "Don't Mess with Texas," it can become a raging torrent subjecting the mostly flat surrounding area to severe flooding.

After one such flood in 1908, when the river rose 27 feet beyond its banks, the first fossilized tracks were spotted. Floodwaters washed away layers of clay over shelves of limestone, revealing human and dinosaur tracks in the same fossilized layers of limestone. Along with human and dinosaur tracks, footprints of mammoth, bear and saber-toothed tigers were found.

Reporting on the Paluxy River find, Dr. John Morris, president of the Institute for Creation Research, wrote: "The Glen Rose geologic formation consists of shelves of limestone, generally 60 to 10 inches thick,

separated by layers of bluish clay, coarse conglomerate or limey marl, generally 12 to 18 inches thick, although dimensions at any one point vary widely.

"Tracts are found in several of the layers of limestone as they are exposed by river erosion. In fact, human tracks have even been found in layers below units containing dinosaur tracks. This interbedding seems to be cyclic in nature and has seemingly been repeated seven times within the Glen Rose formation."

We are not just talking about a few scattered human footprints. More than 100 trails (yes, trails) of human footprints have been studied. The majority of tracks are in normal adult foot sizes common today, sizes 7-13. There are also a number of smaller footprints made by children.

Were human beings and dinosaurs alive at the same time? According to evolutionists, dinosaurs and human beings were separated by more than 60 million years. But according to the fossilized evidence at the Paluxy River basin, dinosaurs and humans beings did, in fact, live together.

The Biblical post-flood record in the Old Testament Book of Job provides additional evidence. Job is the oldest book of the Bible, and in chapters 40 and 41, Job gives detailed descriptions of two types of dinosaurs called Behemoth and Leviathan.

There are also a great many dragon legends from all over the world. Dr. Morris states "dragon legends" are best understood as the faded or embellished memories of real human encounters with dragons.

Sober historians from Herodotus to Marco Polo to Alexander the Great, and many others, appear to be relating

such encounters. Their descriptions of these beasts sound like dinosaurs. Likewise, American-Indian stories of the "thunderbird" sound like a giant flying reptile, and some of their cave drawings resemble dinosaurs.

An open-minded examination of the evidence does indicate human beings and dinosaurs lived together, but with evolution being the only origin of life theory taught in the public schools, most Americans are not familiar with the strong evidence supporting creation science.

You see, evolution has no accompanying morality, but with creation science comes responsibility. If you accept creationism, you also have to accept a creator God. Of course, that would put God squarely back in the public schools, and as a society, Americans don't seem to want that.

As George MacDonald said, "We are often unable to tell people what they need to know, because they want to know something else."

For more information regarding creation science, check out the Institute for Creation Research at [www.icr.org](http://www.icr.org).



Courtesy Photo

Chaplain (Capt.) Steve Hommel brings smiles in addition to aid to Sadr City, Iraq, as part of a humanitarian mission in December 2005.

## 'Retreat' is a time to stand and reflect

**DENNIS DRAKE**

Director, U.S. Army Garrison, Hawaii, Public Affairs

I was just getting into my car at the post exchange parking lot last Friday afternoon when I heard the sounds of Retreat. I got out and stood at attention facing the flag — a Soldier three cars away did the same thing.

As we were standing there, another Soldier — cell phone to his ear — walked past me totally oblivious to Retreat. To make matters worse, he slid into his car and drove off. Another group of shoppers loaded their van and drove away.

Retreat is a simple ceremony; it honors the flag for which we fight. Yet, when Retreat's beginning bugle sounds, some people often scurry indoors, or totally ignore it.

Let's take a moment and remember the flag which stood over Fort McHenry, withstanding a sustained British bombardment throughout the night and inspiring Francis Scott Key to pen "... and the Star-Spangled Banner in triumph shall wave, o'er the land of the free and the home of the brave."

Let's remember the flag that covers the caskets of our fallen warriors — of firefighters, police officers and U.S. presidents. The flag raised on Iwo Jima and carried ashore on Bloody Omaha Beach, Normandy.

This is the flag that millions around the world have seen as a beacon of hope. This is the flag that thousands have rallied for, fought for and died for. And this is the only flag of any nation that stands on the surface of the moon.

This is the flag of the United States of America.

Retreat lasts only 70 seconds, surely we can take those moments out of our busy day to honor our flag.

COMMENTARY

**HAWAII ARMY WEEKLY**  
Commander, U.S. Army Garrison  
Col. Matthew Margotta  
Director, Public Affairs  
Dennis C. Drake  
Chief, Command Information  
Aiko Rose Brum, 656-3155  
editor@hawaiiarmyweekly.com  
Editor  
Jeremy S. Buddemeier, 656-3156  
news@hawaiiarmyweekly.com  
Layout  
Leah Mayo  
Porsha Sundstrom  
Staff Writers  
Christina Douglas  
Kyle Ford  
Molly Hayden  
Nondelivery or distribution problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3156  
Advertising: 625-7654  
Classifieds: 521-9111  
Editorial Office: 656-3155/3156  
Fax: 656-3162  
Address:  
Public Affairs Office  
442 Santos Dumont Ave., WAAF  
Building 108, Rm. 304  
Schofield Barracks, HI 96857-5000  
Web site: [www.25idl.army.mil/haw.asp](http://www.25idl.army.mil/haw.asp)

## 416 days since last fatal accident

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

A division training holiday will be awarded for the next 100 consecutive days with no accidental fatalities. Current as of 11/14/07.

# Voices of Lightning: How do you show others you appreciate them?



"By being nice."

Jostin Hicks  
Family Member



"Send care packages to troops who are still in Iraq."

Spc. Norris Marinia  
E Troop, 2-6 Cav.  
Vehicle Mechanic



"I show them love."

Pfc. Coy McDowell  
HHC, 225th BSB  
Cook



"By thanking them."

Maureen Schneider  
Family Member



"Help out when people need help."

Laura Van Metre  
Family Member

# Veterans honored at Punchbowl ceremony

Story and Photos by  
**STAFF SGT. CRISTA YAZZIE**  
U.S. Army, Pacific, Public Affairs

HONOLULU — Hundreds of veterans and veterans' groups representing service to the nation in six conflicts presented wreaths and floral tributes during the annual Veterans Day ceremony at the National Memorial Cemetery of the Pacific (Punchbowl), Sunday.

Master of ceremonies retired Marine Col. Gene Castagnetti, director of the National Memorial Cemetery of the Pacific, noted that the ceremony was observed on the 11th hour of the 11th day of the 11th month as intended by President Woodrow Wilson, who originated the homage to the nation's veterans in 1919 as Armistice Day.

Since then, our nation observes Veterans Day annually, Nov. 11, to commemorate the anniversary of the signing of the Armistice that formally ended World War I. Today, the federal holiday has grown to include recognition of 25 million veterans from all conflicts.

"A veteran is someone who wrote a blank check, payable to the United States of America, for an amount up to and including his life," Castagnetti said. "The currency of freedom is the blood, sweat and tears of a nation's people."

Keynote speaker Lt. Gen. John M. Brown III, commanding general, U.S. Army Pacific, recognized not only veterans, but a far less acknowledged, yet equally important, group of supporters — the spouses of veterans.

"There's another group here today that needs to be recognized," Brown said. "These are the people who have waited at home, cared for the children, cared for the community," Brown said. "There should be a day for them. Let's recognize the spouses."

As the U.S. Pacific Fleet Band played, the joint service color guard presented colors. Veterans and veteran groups presented wreaths and attendees stood in silence to the playing of Taps. For a grand finale, the audience witnessed a flyover by



Keynote speaker Lt. Gen. John M. Brown III, commanding general, U.S. Army, Pacific, recognizes veterans and their spouses during a Veterans Day ceremony at the National Memorial Cemetery of the Pacific (Punchbowl), Sunday.

Right — Veterans from the 100th Infantry Battalion, 442nd Regimental Combat Team, prepare to lay a wreath at Punchbowl.

four CH-47 Chinook helicopters.

Also attending the ceremony were Lt. Gov. James "Duke" Aiona; U.S. Reps. Neil Abercrombie and Mazie Hirono; Capt. Hyung Kyu-joo, the South Korean mili-

tary attaché; 70 students from the Asia Pacific Center for Security Studies; and officials from U.S. Pacific Command. The Oahu Veterans Council organized the event.



# Traffic risks increase with more people on post

Arriving at work safely is just as important as getting to work on time

Story and Photo by  
**KYLE FORD**  
Staff Writer

SCHOFIELD BARRACKS — Now that the division has returned and Soldiers are getting back to the routine work schedule, there are a lot more cars on the road around post.

More people on the road means more risk of accidents at the gates in to and out of military installations.

“People need to realize our population has increased by several thousand people and we’re getting back to our normal population,” said Bill Maxwell, U.S. Army Garrison, Hawaii, transportation safety manager. “For fifteen months we were artificially below normal population and now we’re seeing the effects of having our Soldiers home and on the roads.”

Traffic has increased on Kunia Road and Kamehameha Highway approaching Wheeler Army Air Field and Schofield Barracks. The two problem areas are at Foote and Kawamura Gates, where people are seeing back ups making the left hand turn on post. Both gates present similar challenges, such as the left hand turning lane being insufficient to handle all the traffic. Then the gate is another bottleneck, there is only so much room for the gate guards to process cars, about four to five cars at a time can fit in that area.

“They do a good job with two people processing cars. Still, they can only work so fast and keep the post secure,” added Maxwell.

Drivers not paying attention can be surprised and run into the vehicle in front of them when the left turning lane backs up down the driving lanes on the highway

“We see a lot of lane change accidents where people don’t have room in front to stop so they change lanes to get around the car and get hit by a car coming behind them,” Maxwell said.

The second issue is people attempting to crowd the intersec-

“One of the major things we ask military drivers is that they show the same respect driving off-post that they do on-post.”

*Sgt. Henry Holcombe  
Honolulu Police Department*

tion turning left and fit in the gate before the light changes. Sometimes this leaves a car blocking the intersection of oncoming traffic.

“The recurring problem we see is people blocking the intersection,” said Sgt. Henry Holcombe, Honolulu Police Department, Wahiawa daytime sergeant.

According to Maxwell, because the roads outside Foote and Kawamura gates are on state roads, we cannot put Military Police out there to direct traffic. If traffic gets too bad we can ask the Hawaii Police Department to come direct traffic until drivers get used to the influx of people.

“One of the major things we ask military drivers is that they show the same respect driving off-post that they do on-post,” Holcombe said.

There are a number of things drivers can do to alleviate congestion, reduce the time they spend on the road and the risk of an accident.

First off, be aware of the peak gate times and try and leave a little earlier or later if you can, suggests Maxwell.

There are several peak periods for traffic, the physical training (PT) traffic from 6-6:30 a.m., after that from 6:45-7:30 when the civilian workforce arrives.

Then at Kawamura Gate there is outbound traffic beginning at 7:30 a.m. when the Soldiers are released from PT to shower and change. This is as difficult as inbound traffic at this time because of the awkward three-way intersection. The inbound traffic has right of way, so people should remember that this isn’t a four way stop at Kawamura gate. You have to wait for inbound traffic to stop coming in



With the influx of redeploying Soldiers, Wheeler Army Air Field’s Kawamura Gate has become one of the bottlenecks for traffic.

before you can drive across.

Another peak traffic time is the lunch traffic between Wheeler and Schofield from 11:30 a.m. to 12:30 p.m.

Although HPD doesn’t keep statistics on minor fender benders, Holcombe said the incidents he sees are usually caused by someone not paying attention, like someone talking on the cell phone.

Talking and driving on a cell phone is a violation of DoD and Post policy. Army and Air Force property currently allows talking on a hands-free device. On Marine and Naval installations talking on a cell phone is prohibited entirely.

“The average drive time is fifteen to twenty minutes,” said Maxwell. “There is nothing that can’t wait that long. Let it

ring and go to your voice mail or messaging system.”

While talking on a hands-free device is allowed, Maxwell doesn’t recommend it. “Talking and driving pulls away brain cells from the task at hand [driving] and can distract you from the road. It’s like opening up too many programs on your computer.”

## Avoid traffic delays at the gates:

Be aware of peak traffic times.

Be patient.

Build in time to get where you need to go. Work around peak times if you can.

Having identification ready gates will assist the gate guards to process you faster.

Slow down properly.

Make sure to use the turn signal indicator.

Maintain a safe distance to the vehicle in front. This helps decrease the likelihood of a chain reaction accident should someone get hit from behind.

Don’t crowd the intersection, the intersection must be free of cars when the light changes.

Don’t make illegal U-turns, this puts your vehicle at risk and other cars on the road at risk of an accident.

Keep your eyes looking well ahead for obstacles in the road, flashing lights or brake lights — not just the 20 feet in front of your bumper.

# Shiraishi wins career counselor award

**BILL MCPHERSON**

516th Signal Brigade Public Affairs

FORT SHAFTER — A Hawaii-based Soldier won the 2007 Career Counselor of the Year award at the worldwide U.S. Army Network Enterprise Technology Command (NETCOM) here, Nov. 1.

Staff Sgt. Sam Shiraishi, career counselor for the 307th Integrated Theater Signal Battalion (ITSB), earned the award in competition with five other NETCOM finalists representing 27 active duty retention noncommissioned officers assigned to Signal Corps units throughout the globe.

The award was announced by NETCOM's Command Sgt. Maj. Donna Harboldt at an awards banquet during the Army's Worldwide Career Counselor Symposium in St. Louis, Oct. 29-Nov. 2.

As a major command winner, Shiraishi will compete in Washington, D.C., with other major command winners for the Department of the Army's Career Counselor of the Year award in January.

Leaders in Shiraishi's chain of command were quick to applaud his award and explain why he deserved to win. "Given the enormous task at hand, this is definitely a great day for the home team," said Col. Bruce T. Crawford, commander, 516th Signal Brigade. "Staff Sergeant Shiraishi's outstanding contributions to the 516th's and NETCOM's retention goals in fiscal year

2007 were unsurpassed. He's truly earned this prestigious award."

The 516th Sig. Bde.'s senior career counselor, Master Sgt. Sheila Sango, praised Shiraishi for his proactive support of the brigade's theater-wide retention program.



Shiraishi

"Staff Sergeant Shiraishi loves helping fellow Soldiers," Sango observed. "Without his hands-on leadership, phenomenal commitment to the Army retention program, and his proactive support

for three of our five battalions, the 516th wouldn't have met its mission objective this year."

Sango said Shiraishi has taken on not only the 307th ITSB retention mission, but also that of a sister battalion in Hawaii, the 30th Signal Bn. In addition, in August, he traveled to another sister battalion, the 58th Sig. Bn. in Okinawa, and made up the deficit of the 58th's retention mission.

Shiraishi's battalion commander emphasized his professionalism and commitment to Soldiers.

"When I joined the 307th ITSB, Staff Sergeant Shiraishi was described to me with words like 'a true professional,' 'thoroughly knowledgeable,' and more importantly, 'outstanding performer,'" said Lt. Col. Maria Barrett, 307th ITSB

commander. "After watching him for four months, I can tell you now from personal experience that those words are well earned, if not an understatement."

"The designation as the NETCOM career counselor of the year doesn't surprise me," Barrett added. "They know now what every Soldier he's ever interacted with, and every commander he's ever provided retention guidance to, already knows. I don't know if I've ever met a career counselor as knowledgeable or committed as he is to Soldiers."

The 58th Signal Bn. commander, Lt. Col. Stephen Elle, echoed Sango's and Barrett's assessment of Shiraishi's impact upon the brigade-wide retention mission.

"When the 58th's retention non-commissioned officer [NCO] was attending the Advanced NCO, Staff Sergeant Shiraishi came to Okinawa and provided an invaluable service to Team 58, re-enlisting five Soldiers over a two-week period, resulting in the 58th's meeting our 2007 re-enlistment objectives," Elle explained.

Shiraishi, who joined the Army as an armored reconnaissance specialist cavalry scout in July 1993, started to learn about re-enlistment when he was appointed as a company re-enlistment NCO in Germany.

"From there on, I knew this was the job for me," he recalled. "I worked my way up to becoming a battalion re-

enlistment NCO and was then nominated for the Active Army Career Counselor Course. So I've held the 79S military occupational specialty [career counselor] the past five years.

"The best part of my job is getting to take care of Soldiers," Shiraishi said. "The NETCOM retention team has been a big help in achieving this award — good leaders retaining great Soldiers."

"Taking care of Soldiers and being a role model for them is the most important aspect of my job as a career counselor," Shiraishi added. "I hope that Soldiers throughout NETCOM see my achievement not as an individual accomplishment, but as a team effort on all of our parts. Without the Soldiers to motivate me throughout the day, I could not have accomplished this feat alone."

Asked what challenges Shiraishi foresees for the Army retention program in the years ahead, he replied, "The Army continues to grow with our continued war on terrorism. Our goal for this fiscal year is an additional 56,000 Soldiers. With that said, re-enlistment assignments and incentives will be spread thin to ensure all Soldiers reap the benefits offered to them by the Army Retention Program."

Shiraishi's NETCOM award included an impact Army Commendation Medal, plaque containing the Career Counselor Creed, a bronze Soldier statue, and \$500 certificates to the Army and Air Force Exchange Service.

## News Briefs

Send news announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 20 / Tuesday

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

### 30 / Friday

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

## December

### 3 / Monday

**Advisory Council Meeting** — The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting will be held Dec. 3, 10:15–11:15 a.m., at the Small Post Conference Room. This bimonthly forum of representatives allows the council and patrons to exchange ideas and information. Call Melvin Wright at 655-0497.

**Manpower and Force Management course** — A Manpower and Force Management course is scheduled for Dec. 3-14 at the CPAC

**SEE NEWS BRIEFS, A-7**

# PTSD: Early detection key to preventing future issues

CONTINUED FROM A-1

Walter Reed Army Institute of Research's Division of Psychiatry and Neuroscience during a media roundtable at the Pentagon, Friday.

"What we're hoping to do with the screenings is detect mental health problems while they are still small, simple and temporary. When these problems get bigger and more complicated, they are much harder to treat and it increases the likelihood

that they will become a chronic, long-term problem."

The study examined the assessments of 88,235 Iraq veterans completed between June 1, 2005 and December 31, 2006, and found that while only 4 to 5 percent of Soldiers were referred for mental healthcare on the PDHA, three to six months later that number jumped to 20.3 percent for active-duty Soldiers and 42.4 percent for reserve-component Soldiers.

The second set of numbers encompasses

the PDHA, PDHRA and Soldiers who were under mental-health care because of self-referral or employee-assistance referrals. According to Milliken, these Soldiers were not necessarily diagnosed with PTSD, but they were exhibiting symptoms that were serious enough that a medical provider wanted to have them evaluated.

Similarly, symptoms of depression reported on the PDHA rose from 5 percent to 10 percent on the PDHRA.

The highest jump the study found be-

tween the PDHA and PDHRA were reports of conflict with family and friends. This rose from 3.5 to 14 percent for active duty Soldiers and 4.2 to 21.1 percent for reserve component Soldiers.

Although the study didn't examine causes and effects, Brig. Gen. Stephen L. Jones, assistant surgeon general for force protection, suggested Friday, that the PDHA numbers may simply be skewed because Soldiers are so happy to go home and haven't yet interacted with their families.

# Honored: Spouses get \$1K awards

CONTINUED FROM A-1

27th Infantry Regiment, family readiness group (FRG) leader.

"Erin has been the driving force in this FRG to prepare the C Co. Soldiers and families for the deployment. [She] has worked tirelessly in the past twelve months to maintain a gold standard of communication and care," said Susan Meyerowich, the 2-27th FRG leader who nominated Joslyn.

This is the fourth year the Navy League has honored outstanding spouses of service members deployed abroad by sponsoring the award program. For more information, visit [www.navyleague-hawaii.org](http://www.navyleague-hawaii.org).

## News Briefs

From A-6

Training Facility, Building T-127, Fort Shafter. To register, fax an approved DD Form 1556 to the course manager at 438-2378.

### 6/Thursday

**2-25th Avn. Change of Command** – A 2-25th Aviation Regiment change of

command ceremony will be held at Sills Field, Schofield Barracks, Dec. 6, at 10 a.m.

## Ongoing

**Vehicle Registration Office** – The Schofield Barracks and Fort Shafter Vehicle Registration and Installation Access Pass Offices will be closed Nov. 22-23 for the Thanksgiving holiday. The office will reopen for normal operations Monday, Nov.

26. Call Lorraine Labasan at 655-0894.

**Legal Assistance** – The Office of the Staff Judge Advocate has opened a Legal Assistance Office at Fort Shafter, which provides a wide range of free legal services to eligible clients, including estate planning, powers of attorney, family law, real or personal property law issues, consumer protection law, military law and tax issues.

Claims service is available every Thursday for active duty, military retirees, Na-

tional Guard or Reservists (on active duty orders more than 29 days), and family members. For more information or to schedule an appointment, call 438-6725.

The Fort Shafter Legal Assistance Office is located on Carter Drive, Building 718, and is open Monday through Friday, from 9 a.m.-4 p.m., excluding holidays.

Legal services are also available at Schofield Barracks, Building 2037, Humphries Road. Call 655-8607 for more information.

# Post: Deadlines approach

CONTINUED FROM A-1

Upon leaving the service, she took the Civil Service Exam and decided to become a postal carrier in Silver Spring, Md.

More than 15 years later, she left a management position on the mainland for a part-time position in Hawaii to be closer to her ailing parents.

"Family comes first," she said.

Swaim worked at the Wahiawa Post Office for six years before "upgrading" to Schofield.

"I enjoy working with Soldiers," she said proudly. "I can't be in Iraq, so this is the next best thing."

In addition to sending her dry sense of humor across the counter as she dispenses stamps, Swaim looks for ways to make her customers' experiences more pleasant. Last year, she kept two Oscar fish, "Alicia" and "TJ" (named after the family members who donated them) next to her window to entertain children while their parents made purchases.

She tapes the newest state quarters to her computer terminal for customers who collect them. Also, as the holidays approach, she sets up a TV in her window, plays movies, and puts up decorations to make it easier for parents with children in line.

"It doesn't always work," she conceded. "I try to make it easier

## Christmas countdown:

For mail to reach deployed personnel by Dec. 25, customers have until Dec. 10 to mail first class packages.

## In lines to online: Stop by the Schofield Barracks Post Office for a free demonstration of the "Click-N-Ship" process today, from 9-noon, or visit [www.usps.com](http://www.usps.com) and create and account.

on my patriots. Without them, I don't have a job."

When pressed to guess which items would be hot for deployed Soldiers next year, Swaim predicted more of the same: curtains and hygiene products.

"Every time I think I've got it [though], something changes," she said.

Slowly, the line began to form in the post office foyer. It was 10:30 a.m. and, just like Swaim said earlier, the lull was over.

"I can help the next person," Swaim's voice boomed out of her window.

# Housing: Communities get upgrades

CONTINUED FROM A-1

subcontractors for their hard work and for completing new homes ahead of schedule. Construction is nearly three months ahead of schedule, and more than 600 new homes have been completed at Schofield Barracks and Aliamanu.

"Ninety homes were delivered last month, and we expect delivery of nearly 100 homes a month for the next six months," said AHFH Project Director Jeff Cangemi.

Kalakaua Phase 2 at Schofield Barracks is nearing completion with just 120 more homes to be finished, and Porter Phase 2 has a few more than 250 homes remaining to be delivered.

Families choosing to live in the highly desirable Honolulu area, at Fort Shafter, Tripler and Red Hill, were excited to see the first new homes delivered at Aliamanu in October. Residents will also see their first community center completed at Aliamanu at year's end. Fort Shafter's community center, which features a swimming pool, is already under construction.

Army families living off-post that are interested in moving into an AHFH community can contact AHFH's regional offices at 275-3700, 275-3800, or visit [www.ArmyHawaiiFamilyHousing.com](http://www.ArmyHawaiiFamilyHousing.com).



Mark Brown | Army Hawaii Family Housing LLC

Sgt. Maj. Kent Mace, his wife Christina and daughter Sadie Mae take part in a ceremony marking the opening of the first new homes at AHFH's Aliamanu Community, Nov. 8. Kahu Kauila Clark, right, performed a traditional Hawaiian ceremony for nearly 100 guests attending the celebration.

# PAU HANA



## SATURDAY NITE SLAM

### Hawaii Championship Wrestling shows Schofield what Hawaiian strong style is all about

Story and Photos by  
**KYLE FORD**  
Staff Writer

SCHOFIELD BARRACKS – Twelve men and one woman kicked, punched, slapped, headlocked and brawled with each other at the Tropics, Saturday. However, no injuries resulted and the military police (MP) weren't notified. In fact, some MPs enthusiastically watched and encouraged the fights.

All part of the show, the giants of Hawaii Championship Wrestling (HCW) battled for the entertainment of fans of all ages, ranks and services.

The monthly Saturday Nite Slam promised to be an entertaining family event with two title bouts and several other matches scheduled.

"I love the ohana of it all," said Joey Marcello, chief petty officer, culinary specialist, USS Charlotte. "I'm a big fan of wrestling. It's great being able to sit this close to the action at an affordable price."

Not many places encourage children to make as much noise as they can like the star of the main event.

"Don't be afraid to make some noise, stomp on the ground, bang your chair and scream," Micah, the Kamehameha Heritage World Champion, told the audience before the first match. "The louder you get, the more fun we have."

"We're part of a group of hard-core fans here," said Staff Sgt. Mosqueda Smith, 58th Military Police. "I love this place; it's a good stress reliever. It's just fun and ... you get to meet the wrestlers."

In fact, fans interacted with wrestlers before, during and after the matches.

"I love taunting the 'bad guys,'" said Rick Smith, family member, who had one of his signs torn in half by Manu Samoa, the former Kekaulike World Tag Team champions. "Someone's got to do it."

"We come here because our kids love it," said Jessica Burns, family member.

"I wish it was weekly," said Kristen Carter, family member. "The kids look forward to this all month."

Of course, everyone has his or her favorite wrestler.

"The kids love Micah,"

said Burns.

"Kaimanu is pretty good. We don't know if he's good or bad anymore – he's kind of in between," Rick Smith added.

"I like Ahuna and the crazy guy," Marcello said. The wrestlers were true entertainers with a love of the sport and their fans.

"We promote family entertainment," said Linda Bade, HCW president. "We get a pretty good turnout with the kids, and we love entertaining the military."

"I do it for the passion of the sport," said Sulu Afi, part of the tag team that wrestled Manu Samoa. "I want to follow my dad who was a wrestler, so it was born in my blood already."

Catch the next Saturday Nite Slam, Dec. 15, 7-9 p.m., at the Tropics, Schofield Barracks. Doors open at 6 p.m. Cost is \$5 for ages 12 & older, \$3 for ages 11 & under, and free for children 5 & under.

"No, you shut up." Ativalu of Toa Samoa shares his feelings with Rick Smith and Staff Sgt. Mosqueda Smith, 58th MP, at the Saturday Nite Slam.

"The Crippler" Sean Christain crushes Micah "The Chosen One" in a headlock while Ref. Jeremy looks on. Micah retained his title as the Kamehameha Heritage World Heavyweight Champion.



Micah "The Chosen One" interacts with fans at the Saturday Nite Slam at the Tropics Community Activity Center.



"Mr. Family Entertainment" Kaimana jumps on Ma Hu Wong at the Saturday Nite Slam.





**16 / Today**

**Children's Book Week** – Celebrate Children's Book Week at the library, Nov. 16-18. Check out a children's book and receive a book bag and a chance to pick a toy from a treasure chest at Aliamanu Military Reservation (AMR) Library (833-4851), Sgt. Yano Library at Schofield Barracks (655-8002), or at Fort Shafter Library (438-9521).

**Make a Difference Teen Dance** – Bring a canned or nonperishable food item and get \$1 off the entrance fee to the Make a Difference Teen Dance, Nov. 16, 7-9:30 p.m. at AMR Youth Center. Cost is \$3 for Child and Youth Service (CYS) members and \$4 for non-CYS members. There will be a live DJ spinning the latest dance music. Refreshments are available for a nominal fee. Call 833-0920.

**Holiday Craft Sale** – The Fort Shafter Arts and Crafts Center is hosting its semi-annual Holiday Craft Sale, Nov. 16, 11 a.m.-6 p.m., and Nov. 17, 9 a.m.-4 p.m. Take advantage of quality craftsmanship at affordable prices.

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

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

**Hot Country Nights** – Join DJ Charlie Garrett, the Ghost Rider & Kathleen, and Rodeo Radio Girl at the Tropics, Nov. 16, 8 p.m.-midnight. Enjoy great music, contests, giveaways and much more. Patrons must be 18 or older. Admission is free. Call 655-5697.

**20 / Tuesday**

**Preschool Story Times** – Story times



Molly Hayden | Pacific Media Publishing

**Dolphins 101**

Aliza Milette, right, explains the difference between toothed and baleen whales to interns at The Dolphin Institute (TDI). Interns learn about marine mammals and participate in a coastal survey. See next week's Hawaii Army Weekly for coverage.

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

**25 / Sunday**

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

**30 / Friday**

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

Schofield Teen Center is located at 556 Heard Ave. Call 655-0451.

**Holiday Fun Fest** – Get in the holiday spirit at the AMR Community Center, Nov. 30, 3-8 p.m. Enjoy food, fun, games, contests, holiday crafts, giveaways and a visit from Santa. Bring your camera for a memorable shot.

A holiday movie will be shown to highlight the evening, and hot dogs and popcorn will be provided to the first 250 entrants. Admission is free and open to the AMR, Tripler and Fort Shafter community residents. Call 655-0111/0112 to register.

**Ongoing**

**Holiday Ornament Drive** – Help sup-

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

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

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

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

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

**Hawaiian Luau Lunch Buffet** – Enjoy the "ono" taste of a traditional Hawaiian-style feast, 11 a.m.-1 p.m. at the Hale Ikena, Fort Shafter, or 11 a.m.-2 p.m. at the Schofield Barracks Nehelani. Cost is \$9.95 per person. Call the Hale Ikena (438-1974) or the Nehelani (655-4466).

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

**Returning Library Materials** – Deploying soon? Help the library staff by returning all borrowed materials before your departure. Call Sgt. Yano Library, Schofield Barracks (655-8002), Fort Shafter Library (438-9521) or AMR Library (833-4851).

**SKIES Driver Education** – Learn to drive with SKIES at Valentine's Driving School, Schofield Barracks. This session is taught by qualified instructors and includes 32 hours of classroom instruction and six hours of behind-the-wheel instruction.

The fee is \$295 and must be paid at the time of registration. Call 655-9818.

**"Paint It & Take It"** – Ceramic parties offer a unique way to celebrate get-togethers, children's birthday parties or any occasion. Your arts and crafts center provides a varied selection of ceramic bisqueware to paint and take home.

Call 655-6330 at Schofield Barracks or 438-1315 at Fort Shafter for more information.

side Spouse Education Assistance Program and the Dependent Children Scholarship Program are now available online at [www.aerhq.org](http://www.aerhq.org). Call Jackie Torres at 655-7132.

**Playmorning** – Parents and caregivers looking for some fun, social interaction for their children should join Playmorning. This family interactive playgroup, hosted by the Armed Services YMCA, is designed for children up to age 5 and their parents or caregivers.

Playmorning features a variety of age-appropriate activities, crafts, stories, songs and more from 9-10:30 a.m. No preregistration is required.

- Mondays at Wheeler ASYMCA.
- Tuesdays at Helemano Community Center & Iroquois Elementary School.
- Wednesdays at Wheeler & Iroquois.
- Thursdays at Helemano & Iroquois.
- Fridays at Wheeler & Iroquois. Call 624-5645.

**Career Assistance** – Need help in finding a job? Are you wondering how to market your skills and abilities? Explore [www.militaryspousejobsearch.org](http://www.militaryspousejobsearch.org) and [www.myarmylifetoo.com](http://www.myarmylifetoo.com) to learn job search techniques and resume writing tips, and to obtain information on the Army Spouse Employment Partnership.

For additional assistance, contact Alohailinda Bolosan at 655-2390.

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

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

Eight boxes, tape, packaging materials and labels will be mailed to those who call. The postal service will also provide an ID number to reorder supplies. Allow four to

**Pearlridge Express** – All aboard the Pearlridge Express. Hawaii's only scale-model, fully functioning train will be pulling into the station at the Uptown Center Court Nov. 17 at 10 a.m. Up to 15 keiki can ride at one time on the custom-built locomotive and enjoy the journey.

Running daily through Jan. 1, the Pearlridge Express will be a sure memory-maker for the whole family.

**23 / Friday**

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

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

**Waikiki Holiday Parade** – The 2007 Waikiki Holiday Parade will be held in downtown Honolulu, Nov. 23, at 7 p.m. Thousands of spectators, residents and visitors gather annually to watch this noncompetitive parade, which hosts local bands, marching bands from the mainland, Pearl Harbor survivors, service bands, military units, local officials, dignitaries and entertainers.

**26 / Monday**

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

**28 / Wednesday**

**Tree Lighting Ceremony** – The annual Holiday Concert and Christmas Tree Lighting Ceremony for the Oahu South Community will be held at Fort Shafter

Palm Circle, Nov. 28, 6-7 p.m. Immediately following the ceremony there will be plenty of refreshments and complimentary family picture taking at the gazebo. Call 438-6996.

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

**December**

**1 / Saturday**

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

**Ongoing**

**Honolulu Symphony Discount Tickets** – It's time to roll out the red carpet for Honolulu Symphony holiday concerts. This holiday season, share the warmth and good cheer of festive music with the symphony at four concerts such as Motown Christmas with The Four Tops and The Spinners, and Beethoven's Ninth Symphony.

In honor of America's armed forces, the symphony is offering a special 50-percent discount off all holiday concert tickets to military and their families, including reservists, National Guard and retirees. Military discount tickets for concerts such as Motown Christmas and Burt Bacharach start from as low as \$8.50.

Tickets are on sale now at the Honolulu Symphony Box Office at the Dole Cannery, all Ticketmaster outlets and all Times supermarkets. Call the box office at 792-2000 (days) or 524-0815, ext. 245 (evenings), for more information, or visit [www.honolulusymphony.com](http://www.honolulusymphony.com).

**AER Scholarships** – Do you need money for college? Applications for the State-

**Community Calendar**

Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**16 / Today**

**South Holiday Card Lane** – The annual Holiday Card Lane for the Oahu South community will be displayed along Chapel Field now through Jan. 4. All units, staff offices, agencies and organizations within the Oahu South community are invited to participate.

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

**Employment Orientation** – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies.

Reference materials, job listings, computers, Web tour and more will be available for use. Orientations will be held at the following locations: Schofield Barracks ACS, Nov. 16, 23, & 30, 9-10:30 a.m.; and AMR Chapel, Nov. 26, 10-11:30 a.m.

Call ACS Schofield at 655-4227 or Fort Shafter 438-9285. Register online at [www.acsclasses.com](http://www.acsclasses.com). Free child care vouchers are available. Children must be registered and space must be reserved by parent. Call 655-5314 (Schofield), or 833-5393 (AMR).

**17 / Saturday**

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

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



**Worship Services**

**Aliamanu (AMR) Chapel, 836-4599**

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

**Fort DeRussy Chapel, 836-4599**

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

**Fort Shafter Chapel, 836-4599**

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

**Helemano (HMR) Chapel**

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

**Main Post Chapel, 655-9307**

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

**MPC Annex, Building 791**

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

**Soldiers Chapel**

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

**Tripler AMC Chapel, 433-5727**

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

**Wheeler Chapel**

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

**This Week at the MOVIES Sgt. Smith Theater**



**The Game Plan**  
(PG)  
Friday, 6 p.m.  
Saturday, 2 p.m.



**Halloween**  
(R)  
Friday, 9 p.m.



**Good Luck Chuck**  
(R)  
Saturday, 7 p.m.

**3:10 To Yuma**  
(R)  
Wednesday, 7 p.m.

**The Kingdom**  
(R)  
Thursday, 7 p.m.

**Eastern Promises**  
(R)  
Sunday, 7 p.m.

Sharpen your pencil and put on your thinking cap...

# Scholarships available at commissary

**CAROLINE WILLIAMS**  
Defense Commissary Agency

FORT LEE, Va. – Applications for the Defense Commissary Agency's (DeCA) 2008 Scholarships for Military Children Program are available now in commissaries worldwide or online at [www.militaryscholar.org](http://www.militaryscholar.org). The program kick-off each year in November coincides with "National Military Family Month," and the scholarships are a great way for commissaries to get involved with the community and demonstrate support and respect for the contributions of military families.

According to Richard Page, DeCA's acting director and chief executive officer, the program has awarded more than \$5.5 million in scholarships to 3,532 of the best and brightest children of military families since it began in 2001.

"We take enormous pride in the scholarship program," he said, "because it's a great opportunity for commissaries to make a difference in the communities they serve. DeCA is committed to education and increasing opportunities for the children of military families."

With college costs soaring, students and their parents appreciate every available scholarship to help defray the cost, and the scholarships enable many families to afford the tuition and provide an incentive for students to work hard.

The \$1,500 scholarships are available to unmarried children under the age of 21 (or



23, if enrolled in school) of military active duty, retired, and Guard and Reserve service members. Most of the funds are donated by manufacturers, brokers and suppliers that sell groceries in commissaries, and every dollar donated to the program by industry or the general public goes to fund the scholarships.

The program is administered by the Fisher House Foundation.

Eligibility is determined using the Defense Enrollment Eligibility Reporting System (DEERS) database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card. The applicant must be planning to attend, or already attending, an accredited college or university full time in the fall of 2008, or enrolled in a program of

studies designed to transfer directly into a four-year program.

Applicants must submit an essay arguing for or against the following statement: "Every able-bodied citizen should be required to serve a two-year period of time in the military. Why or why not?"

Applications must be turned in to a commissary by close of business Feb. 20, 2008. At least one scholarship will be awarded at every commissary location with qualified applicants.

## About DeCA

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a five-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices, savings worth about \$3,000 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

# Military Exchange Global Prepaid Phone Card worth 28,600 words

## AAFES helps deployed troops during holidays

### ARMY & AIR FORCE EXCHANGE SERVICE

News Release

DALLAS – If a picture is worth 1,000 words, 550-Minute Military Exchange Global Prepaid Phone Cards sent through the Army & Air Force Exchange Service's (AAFES) "Help Our Troops Call Home" program can be worth more than 28,000 to children, parents and spouses of troops spending the holiday season far from home.

Considering the average person has a conversation speed of approximately 200 words per minute, Military Exchange Global Prepaid Phone Cards make it possible for friends and family to squeeze 28,600 words of affection and encouragement into more than two hours of available talk time.

"AAFES has been aggressively engaged in negotiating the best value for troops calling friends and family from the contingency theater for more than five years now," said AAFES' Senior Enlisted Advisor Chief Master Sgt. Bryan Eaton. "The result of our civilian and military staff's commitment to this issue is paying off for mili-

tary families and their advocates as 550-Minute Military Exchange Global Prepaid Phone cards now provide 143 minutes of calling from any of seven telephone centers throughout Iraq, Afghanistan and Kuwait."

Designed for the unique needs of deployed Soldiers, Airmen, Sailors and Marines, any American can help connect troops and their families with a Military Exchange Global Prepaid Phone card by logging on to [www.aafes.org](http://www.aafes.org) or calling 1-800-527-2345, toll free.

From there, "Help Our Troops Call Home" phone cards can be sent to individual service members (designated by the sender) or even directed to "any service member" through the American Red Cross, Air Force Aid Society, Fisher House Foundation, Navy-Marine Corps Relief Society, Soldier & Family Assistance Center and USO.



# Friends ease workload of Thanksgiving preparations

**KAY BLAKLEY**

Defense Commissary Agency

Dreams of mom's beautifully browned turkey and all your holiday favorites can give you a serious case of the homesick blues this time of year. Just remember that mom herself had to start somewhere, and you can do it, too.

The dishes included in the traditional Thanksgiving meal are really pretty simple, but trying to do it all yourself makes for a lot of hard work. That's why my very first tip is to invite lots of friends and put them to work. Cook the turkey onsite if at all possible; it's safer than having it transported in somebody's trunk.

Make a basic menu. Ask each friend what dish they'd like to contribute. Be flexible because their favorites and yours might not always match. Need some recipes? Go to Kay's Kitchen at [www.commissaries.com](http://www.commissaries.com). Recipes for all the traditional favorites are ready and waiting for you.

Have a few friends you'd rather not

ask to cook? Assign them things they can get ready-made at the commissary: desserts of all kinds, including pumpkin pies, freshly baked breads from the bakery, or a fruit or veggie tray from the produce section. Don't have enough plates to go around? Assign that to a guest, too.

Buy the right amount. You will need about a half to three-quarters of a pound per person for a regular bone-in turkey, and about a third of a pound per person for a boneless breast or turkey roast. Allow a little more, if you want plenty of leftovers.

Buy ahead to allow for thaw time. Depending on the size of the turkey, you'll need about two to five days to allow for complete thawing. Place the frozen turkey on a tray in the refrigerator and allow five hours per pound to complete the thawing process. The night before your feast is not the time to be buying your turkey, but if you're caught in this dilemma, thaw by the cold water method. With the turkey in its original wrapper, place it



The perfect Thanksgiving turkey can require patience and effort, so don't forget to invite friends to share the workload and the fun.

in a large container and cover completely with cold water. Change the water every 30 minutes and allow one hour per pound total thawing time.

Waste not, want not. Having some leftovers to deal with once the meal is finished is a Thanksgiving tradition, too, so have clean containers on hand to divide

what's left among the guests to take home. Keep these portions refrigerated until guests are ready to leave. If the turkey carcass will be used for soup or stock, remove the meat from the bones immediately after the meal is finished and refrigerate separately.

Put food safety first. To avoid contam-

inating other foods with harmful bacteria from the raw turkey, wash hands, cutting boards, utensils and work surfaces with hot soapy water immediately after coming in contact with the uncooked turkey. Roast the turkey in an oven set no lower than 325 degrees Fahrenheit, and use a food thermometer to check for doneness. Do this even if your turkey has a "pop-up" temperature indicator.

A whole turkey is safe when cooked to a minimum internal temperature of 165 degrees. For quality purposes, allow the roasted turkey to stand for 20 minutes before carving, but refrigerate promptly, as soon as the meal is over.

Discard any turkey, stuffing and gravy left out at room temperature longer than two hours. Divide leftovers into small portions, store in shallow covered containers and refrigerate promptly. Use refrigerated turkey and stuffing within three to four days and use gravy within one to two days.



### 16 / Today

**Intramural Basketball League** – The Sports Office at Schofield Barracks is now accepting applications for teams to compete in the 2008 Intramural Basketball League, Jan. 7–March 28. All active duty Army units (company, battery, troop and detachment levels) within Hawaii can each enter one team. Entries, which are due by 4 p.m., Dec. 28., can be sent to USAG-HI, Sports Office, 344 Heard Ave., Schofield Barracks, Building 556, Room 100, Stop 112. Call 655-0856/0101/9914 or visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com).

### 17 / Saturday

**Pro Bowl Tickets** – Pro Bowl tickets go on sale Nov. 17, 7:30 a.m., at the Schofield Barracks Information, Ticketing and Registration (ITR) office. Come enjoy the kick-off event and food, fun and entertainment, 7:30 a.m.–4 p.m., at the ITR office.

The Pro Bowl is scheduled Feb. 10 at Aloha Stadium. Call 655-9971.

For adults 18 and older, cost is \$40 per month. Call 488-6372 or 265-5476.

## Ongoing

**Volunteer Coaches** – Interested in volunteering to be a Youth Sports coach? Contact your nearest Youth Sports director today. Call 836-1923 for Aliamanu Military Reservation (AMR); 438-9336 for Fort Shafter/Tripler; 655-6465 for Schofield; or 655-0883 for Helemano Military Reservation.

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

**All Army Sports** – Soldiers interested in applying for Department of the Army level sports competitions must submit applications with their Army Knowledge Online (AKO) account at <https://armysports.cfsc.army.mil>.

Faxed copies are no longer accepted by the DA Sports Office. Call 655-9914 or 655-0856.

**Karate Classes** – Learn Do Shudokan karate at the Aliamanu Physical Fitness Center, Mondays and Wednesdays, 7-8:30 p.m.

**100-Mile Run/Walk and 50-Mile Swim Clubs** – Record each mile you run, walk or swim and win incentive prizes. Stop by any Army physical fitness center or swimming pool to pick up a log sheet. Call 655-9914 for more information.

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

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

Children must be enrolled in Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) or be a current member of CYS. Call SKIES at 655-9818.

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



Courtesy Photo

## Puck stops here

Former NHL players Glenn Anderson, left, and Cliff Ronning, far right, pose with Lt. Col. Mark C. Boussy, (second from left) commander, U.S. Army Garrison, Oahu, and Lt. Peter Matonis, 2SBCT, at the Ice Palace Arena after a charity benefit for DFMWR, Nov. 1.



Send sports announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## 16 / Friday

**Hunter Education Courses** – The Hawaii Department of Land & Natural Resources offers monthly Hunter Education classes. Subjects covered include wildlife identification and conservation, firearms and archery safety, survival and first aid, game care and more.

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

Upcoming classes are Nov. 16–17, Dec. 7–8, and Dec. 14–15 at the Nimitz Center, 1130 N. Nimitz Highway, Room A-212. Call 587-0200 or visit [www.state.hi.us/dlnr/IdxHunting.htm](http://www.state.hi.us/dlnr/IdxHunting.htm) for more details.

## 17 / Saturday

**Hike Oahu** – Join the Hawaiian Trail & Mountain Club on its next hiking adventure through Waimano Tunnels, Nov. 17. This five-mile adventure will take hikers through two short, but pitch-dark tunnels, which were built in 1912. Make sure to bring a flashlight. Call Steve Brown at 247-8845.

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

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

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

## 29 / Thursday

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

# December

## 9 / Sunday

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

Numbers and packets can be picked up Dec. 5–8 during the Honolulu Marathon Expo at the Hawaii Convention Center. Online registration closes Dec. 1. For more information and to register, go to [www.honolulumarathon.org](http://www.honolulumarathon.org).

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

Hamburgers, hot dogs, fruit, chips, pastries, chili and ice cold drinks will be provided. Cost is \$10 for children age 10 and under, and \$25 for all other participants. Registration deadline for the tent is Nov. 26. Call Joseph Pires at 655-4804.

# Ongoing

**Take Off Pounds Sensibly** – The T.O.P.S support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423.

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

**Fleet Feet** – Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field. The club meets Wednesdays from 5:15–7 p.m. Cost is \$50 per year. Call 277-3609.

# Community Calendar

From B-2

10 days to receive materials.

**Master's Degree** – The University of Oklahoma is offering a Master of Arts in Managerial Economics. The nonthesis program can be completed in about 18 months. The one-week classes are temporary-duty friendly. Contact OU at 449-6364, or [aphick-am@ou.edu](mailto:aphick-am@ou.edu), or visit the Web site at [www.gouou.ou.edu](http://www.gouou.ou.edu).

**Pacific Aviation Museum Volunteers** – Pacific Aviation Museum-Pearl Harbor needs volunteers to share Hawaii's aviation and military history with visitors to historic Ford Island. Volunteer opportunities are available as tour docents, education program docents, greeters and theater operations, curatorial and exhibits, oral

history documentation, special events and fund raising, administrative help, as well as aircraft preparation and maintenance.

Training and instructional manual provided. Orientation and continuing education for volunteers occurs every third Saturday of every month at 3 p.m. at the museum.

Call 441-1012, e-mail [kt@pacificaviationmuseum.org](mailto:kt@pacificaviationmuseum.org) or log on to [www.pacificaviationmuseum.org](http://www.pacificaviationmuseum.org).

**Torch Lighting and Hula Show** – Enjoy free nightly performances (weather permitting), 6:30–7:30 p.m. at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue in Waikiki.

This show features a torch lighting and conch shell ceremony, authentic local music and dancing by some of the island's finest halau (hula troupes). Call 843-8002.

**Waiting Children** – The Children's Waiting Room, sponsored by the Armed Services YMCA, provides on-site child care for healthy children while their parents or siblings have medical appointments in any of the Schofield Clinics or at the Tripler Medical Center.

The operating hours of the Schofield Children's Waiting Room are Monday–Friday, 8 a.m.–noon. The service is located inside the Pediatrics Clinic in Building 680, Schofield Barracks.

Call 624-5645 for appointments.

The Tripler Children's Waiting Room is open Mondays, Tuesdays and Thursdays from 8 a.m.–noon, and is located next to Pediatrics in the Well Baby Waiting Room on the fourth floor.

For more information or to make an appointment, call 833-1185.

