

HAWAII ARMY WEEKLY

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INSIDE



Changing the guard

Broncos take over the mission of assisting the Iraqi government in the Salah ad Din province.

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Gate closure

Schofield Barracks' Foote Gate will be closed, Dec. 1-10, to install a permanent gate.

See News Briefs, A-7

Tree lighting

U.S. Army Garrison-Hawaii will host a holiday and tree lighting ceremony at Schofield Barracks and Fort Shafter. The Schofield Barracks event will be Dec. 4, 6 p.m., on General's Loop. Fort Shafter's event will be Dec. 11, 6 p.m., by the gazebo on Palm Circle. The events are free and open to the public.

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Island tour

The circle-Oahu tour is a learning adventure for new Soldiers and family members.

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Sgt. Mike Alberts | 25th Combat Aviation Brigade Public Affairs

A team of officers navigates a zodiac up an inland waterway after a 400-meter swim and 300-meter zodiac carry as part of the 25th Combat Aviation Brigade's Mungadai Leaders' training at Bellows Air Force Station.

'Mungadai' tests leaders' mettle

SGT. MIKE ALBERTS

25th Combat Aviation Brigade Public Affairs

BELLOWS AIR FORCE STATION — Just a few meters above the ocean, a CH-47 Chinook helicopter creeps across the surface. As daylight illuminates the horizon, one-by-one, Soldiers leap from the rear of the helicopter into the windblown water below and begin their swim to shore. Their mission — rescue a downed pilot in a nearby insurgent village and disrupt their information operations campaign.

Nearly 30 company/troop and squadron/battalion commanders, led by Col. Mike Lundy,

commander, 25th Combat Aviation Brigade (CAB), and joined by Maj. Gen. Robert Caslen Jr., commanding general, 25th Infantry Division, participated in the 25th CAB's "Mungadai" training here, Nov. 6.

The term "Mungadai" begins with Genghis Khan and military units of the Mongol Empire during his exploits throughout central and northeast Asia. Khan used the Mungadai as a tool to test potential leaders by linking physical and combat readiness, forcing them to perform under extreme duress. Khan's Mungadai-tested warriors were rumored to be the elite military units within the Mongolian

Empire's army.

The 25th CAB has used Mungadai training as part of the brigade commander's leader training program for some time, and has already conducted about 10 of these grueling events, including reflexive firing, stress shooting, air assaults and combat life-saving techniques, all under simulated battlefield conditions.

Previous Mungadai events were held for company and field-grade officers, senior warrant officers and noncommissioned

SEE MUNGADAI, A-5

Exercise prepares units to deploy

45th Sus. Bde. trains with Reserve and National Guard

SGT. COREY BALTOS

45th Sustainment Brigade Public Affairs

SCHOFIELD BARRACKS — The 45th Sustainment Brigade conducted a mission readiness exercise (MRX) here, Nov. 12-20.

The exercise, conducted at the Battle Command Training Center (BCTC), was designed to prepare the brigade for the types of missions they may encounter when they deploy to Afghanistan early next year.

The MRX was the capstone training event for 45th Sus. Bde Soldiers. They trained both individually and collectively in locales from Thailand to Hawaii and California.

"This training was spot on for what we need to train for battle," said Col. Clay Hatcher, commander, 45th Sus. Bde.

Also participating in the MRX were the 484th Transportation Battalion, an Army Reserve unit from Springfield, Mo., and the 286th Combat Sustainment Support Battalion, a National Guard unit based out of Bangor, Maine. The two battalions will be attached to the headquarters element of the 45th Special Troops Battalion during its deployment to Afghanistan.



Courtesy Photo

Col. Clay Hatcher, commander, 45th Sustainment Brigade, responds to a question from Nick Tovo, Defense Media Activity - Hawaii, during an interview at the 45th Sus. Bde.'s Mission Readiness Exercise (MRX) on Schofield Barracks, Nov. 18.

This is the first time a sustainment brigade trained in an MRX with the the Reserve and National Guard units with which they will deploy.

"This exercise enabled us to walk away with a better idea of the kinds of things we will be doing in Afghanistan," said Lt. Col. David Elwell, commander, 484th Trans. Bn.

"We were able to put a face to the name, which will shorten the learning curve."

While it has often been said that the more one sweats during training, the less one sweats during battle, members of the 45th Sus. Bde. can only hope their sweat and hard work will pay off during their deployment to Afghanistan.

Pentagon examines innovative treatment

GERRY GILMORE

Armed Forces Press Service

WASHINGTON — The Defense Department (DoD) is investigating new treatments as part of a focused, sustained campaign to assist wounded warriors suffering from post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI), a senior U.S. military official told Pentagon journalists, recently.

The effort is being launched in conjunction with the department's Wounded Warrior Care Month observance this month.

"This is a team effort with all of the services, the DoD, the Veterans Affairs (VA) Department and the private sector, reaching out to really launch what will be a sustained campaign focusing on our warriors and loved ones, what we're doing for them and planning to do," Army Brig. Gen. Loree Sutton, director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, told American Forces Press Service and Pentagon Channel reporters in October.



Sutton

For instance, force health protection officials recently introduced a DVD titled, "A Different Kind of Courage," which provides service members' perspectives on seeking treatment for PTSD and TBI, Sutton said.

"It's a good tool that provides a number of vignettes of service members who talk about their experiences," she said. "We'd love to be able to share with the services, share with the country, all of the knowledge that's going on about the brain."

There's no shame in seeking psychological help, Sutton said, noting it's important that service members and families conduct periodic self-assessments of their mental well-being, and seek help when necessary.

Such a concept runs counter to the stereotypical image of the tough service member who fights through pain or even psychological distress, she said.

"There's sort of a paradox there," Sutton said. "Just as within a vehicle or aircraft or ship, for example, to sustain your performance, you have to take care of

SEE CARE, A-6

Army continues to build strength through families, AFAP

BILL COSTLOW

Army Family Action Plan, Public Affairs Plans and Outreach

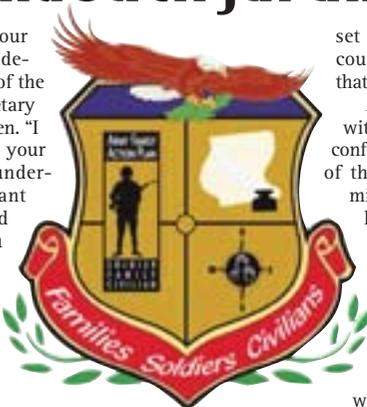
The Army is celebrating the 25th Anniversary of the creation of the Army Family Action Plan (AFAP) and leadership's ongoing commitment to families embodied in the Army Family Covenant (AFC).

The Army Family Covenant says that Soldiers' strength comes from their families. It pledges to provide for and support those families, increase the accessibility and quality of health care, improve Soldier and family housing and standardize and fund family programs and services.

Army Chief of Staff Gen. John Wickham signed a ground breaking "white paper" titled The Army Family on August 15, 1983. It identified the need for the Army to increase support to its families. Wickham and his staff asserted that a healthy family environment allows Soldiers to concentrate more fully on their mission.

"The readiness of our all-volunteer force depends on the health of the families," said Secretary of the Army Pete Geren. "I can assure you that your Army leadership understands the important contribution each and every one of you makes. We need to make sure we step up and provide the support families need so the Army family stays healthy and ready."

The Army was in transition in 1983 — the Army was moving from an organization composed mostly of draftees and short-term enlistees, to an all-volunteer, professional force consisting of more than 50 percent married personnel. Wickham



set a new vision and course for Army families that carries on to this day.

AFAP was created with an initial planning conference 1984, the "Year of the Army Family." Its mission is to help Army leaders address the needs and concerns of family members.

The program uses family representatives from around the world to identify issues that will improve the standard of living for Soldiers and families. This feedback to leaders provides for policy changes that become tangible end-products for the Army family. AFAP beneficiaries include Soldiers, retirees, Department of Army civilian em-

ployees and all their family members.

Delegates meet and vote on the top five conference issues every year. These issues are briefed at the next general officer steering committee. The process involves voicing of what's working and what isn't; and provides a recommended solution to fix it. Senior Army leadership is alerted to areas of concern that need their attention.

In the past 24 years, 633 issues have been identified. AFAP has driven 101 legislative changes, 147 Army policy and regulatory changes and 165 improved programs and services.

"We recognize what it takes to be an Army family, and that our Soldiers draw great strength from their families," said Army Chief of Staff Gen. George Casey Jr. "The welfare of Army families is increasingly important to all of us," he said, adding that the Army was committed to

SEE AFAP, A-6

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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Nondelivery or distribution problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3156.

173 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 11/26/08.

Alcohol incidents on rise despite education

LT. COL. THOMAS DENZLER
Director, Directorate of Emergency Services

Alcohol awareness campaigns continually remind us of the adverse effects of alcohol abuse. Our Army has established numerous programs providing assistance to those needing help, and safe alternatives and mechanisms to mitigate the risks associated with alcohol consumption.

Even with these programs and campaigns in place, on- and off-post apprehensions for driving under the influence (DUI) are on the rise. The frequency of Soldiers apprehended for DUI has increased 39 percent in the last two months, to nearly five per week. Additionally, apprehended Soldiers' blood alcohol content (BAC) averaged an alarming 0.151, nearly double the 0.08 legal limits for DUI. To put this statistic in a local context, 55 percent of Hawaii's 2006 alcohol-related fatalities involved drivers with BAC levels equal to or greater than 0.15.

As we all know, there are many risks involved when consuming alcohol. To help reduce these risks, we strongly recommend you drink alcohol responsibly and with a

companion who remains sober. In addition, do not drive to an event where you plan on consuming alcohol with the intent on taking a taxi home or finding a ride. Alcohol impairs judgment and may impair your ability to gauge your own sobriety. If you plan to drink, even a little, leave your vehicle at home.

If you think you, or someone you know may have a problem drinking responsibly, seek help through your chain of command, Army Community Services, or medical personnel.

Conduct at AAFES facilities

•Some individuals are not conducting themselves as respectful and responsible members of our community. Patrons have encountered foul language, inappropriate dress and skateboarders in violation of post policy. As a result, law enforcement assets have to be diverted to address conduct complaints and concerns. We request parents' support in influencing and monitoring their children's conduct at these facilities.

Additionally, we ask all community members to address inappropriate conduct when

they encounter it.

Prevalent Crime

•Lock it up
Larcenies continue to plague the U.S. Army Garrison-Hawaii community. Most of these are preventable if residents took the time to secure their belongings and lock up their homes and vehicles. Of all the larcenies committed on Fort Shafter, Shafter Flats, Aliamanu Military Reservation and Tripler between July 15 and Oct. 26, 83 percent involved unsecured property.

•Identify it

In addition to encouraging community members to secure their property, the Directorate of Emergency Services recently launched "Operation Property Identification." Community members are able to take advantage of on-site bicycle registration, property ID engraving and ownership documentation. Engraving bikes, scooters, other high value items or easily pilfered property will aid in identifying, recovering and



Denzler

returning your property if it is stolen. This service will be offered Dec. 6, at the Schofield Barracks Post Exchange, from 11 a.m.-3 p.m.

•Report it

Community members can also reduce crime by submitting anonymous crime tips to the military police (MP) station from their computers or personal cell phones.

To submit a text message tip through your personal cell phone:

1. Type TIP730 and provide your tip information (e.g. John Doe stole a plasma TV from 123 Main St.).
2. Type Crimes (or the numbers 274637) in the "to" line and hit "Send."

To submit a tip via your computer:

1. Go to www.militarycrimetips.com
2. Select "U.S. Army Garrison-Hawaii (all locations)."
3. Provide as much info you have and select submit tip.

Continue to report emergencies by dialing 911 or contacting the Schofield and Shafter MP stations at 655-7114 and 438-7114, respectively.

Thank you.

Leaders appreciate sacrifice of wounded warriors

In the month of November, Americans traditionally reflect on the service of our nation's veterans, past and present, and give thanks for the freedoms we enjoy because of their courage and sacrifice.

Fittingly, the Department of Defense has designated November as Warrior Care Month, taking stock of the advances we have made in treating our servicemen and women and, equally importantly, reaffirming to our troops our country's commitment to care for our wounded, ill and injured Soldiers and their families.

Over the past seven years, the U.S. Army has transformed the way we care for our men and women in uniform. From Soldiers highly trained in self-aid, buddy-aid and combat life-saving techniques, to our combat medics on the battlefield, to our forward-based surgical teams and combat support hospitals, to our medical evacuation personnel and on to our superb regional medical centers overseas and in the United States, the Army's medical care system provides world-class care for our warriors.

Today, nearly 90 percent of Soldiers injured in battle survive, compared to the 70 percent who survived during World War II. There is no better evidence of our Army's commitment to taking care of our own. It's clear, our Army care effort doesn't start when a Soldier arrives at one of our outstanding hospitals — it begins well before they get to the hospital.

The Army supports its wounded warriors and their families through the entire recovery, rehabilitation and reintegration process to ensure all their needs are fully met. Our 36 installation-based and nine community-based warrior transition units provide individualized care for Soldiers and their families. These efforts ensure Soldiers can heal and successfully transition back into the Army or into civilian life according to the best interests of the indi-



Sgt. Richard Bucci, 25th Infantry Division Warrior Transition Unit, flips the coin prior to the University of Hawaii-Idaho football game, Saturday. Bucci, along with wounded warriors from the Navy and Marine Corps, were honored during Military Night at Aloha Stadium. Throughout November, wounded warriors were honored as part of Warrior Care Month.

vidual and their family.

For our most seriously injured warriors and their families, the Army Wounded Warrior Program offers dedicated and ongoing support, providing them a place to turn for help as their needs change over time. In

addition, we are working daily to improve coordination between the Department of Defense and the Department of Veterans Affairs so our Soldiers and families receive the full range of benefits they so clearly deserve.

This progress has come with the help of volunteers across America. So many have opened up their hearts and offered their time and volunteer efforts on behalf of our wounded, ill and injured Soldiers and their families. They deserve our gratitude for their extraordinary work.

Warrior Care Month is a time for us to tell this story, the full story of Army care, throughout our Army family. It is a story that touches every Soldier, every family and every community. Aside from the war and the defense of our nation, providing the highest quality care and support to our Soldiers and their families remains the Army's number one priority. No Soldier or family should ever feel alone in their recovery.

We know there is more to be done. Meeting our obligation to wounded warriors and their families will take the sustained efforts of not only the Army, but the nation as a whole. Working together, the Army and our partners will ensure our warrior care programs are worthy of the sacrifices made by our Soldiers and families in service to our great nation.

Kenneth O. Preston
Kenneth O. Preston
Sergeant Major of the Army

George W. Casey, Jr.
George W. Casey, Jr.
General, United States Army
Chief of Staff

Pete Geren
Pete Geren
Secretary of the Army

57 STEPS in FAITH

Thanksgiving a time to thank God for blessings throughout year

CHAPLAIN (CAPT.) JIMMY MAJOR
2nd Battalion, 25th Aviation Regiment Battalion Chaplain

What comes to your mind when you think of Thanksgiving?

Family, food (turkey), football, Pilgrims, etc. These things are what most Americans think about Thanksgiving.

But this holiday is about giving thanks to God.

This is why the Pilgrims and Native Americans gathered, so they could give thanks to God. This holiday does not represent a battle or someone's birthday. It is a day to give thanks to God. We all need to have a thankful heart during this season.

Thanksgiving is the act of expressing specific gratitude to God for the blessings he has given us. Thanksgiving is the outward and inward communication of how grateful we are for all the things God has given us:

whether those things are physical, spiritual or material. And as we grow spiritually, we should see a spirit of thanksgiving developing in our lives. If you were once a bitter, sour, unthankful person, over time, an encounter with God should have turned you into a grateful appreciative person.

David said, "I will bless the Lord at all times: his praise shall continually be in my mouth."

A thankful heart should be a way of life for us. But did you know that it can save your life?

When Jonah disobeyed God and ended up inside the whale, he told the Lord, "But I,



Major

with a song of thanksgiving, will sacrifice to you. What I have vowed I will make good. Salvation comes from the Lord" (Jonah 2:9).

When he did, God made the whale spit him up on dry land. When you're in the pits and all hell is breaking loose around you, that's when you need to raise your voice in praise. Nothing demonstrates trust like thanking God when you're in the middle of a crisis. A thankful heart does two things:

It builds your faith. The reason we can walk by faith and not by sight is because we know that regardless of the circumstances, God's working on our behalf. To magnify something is to enlarge it. When you focus on God instead of the problem, God becomes bigger and the problem becomes smaller. Hearing God's promises coming from your own lips causes faith to rise in your heart.

Secondly, a thankful heart restores life. Something wonderful happens when you start thanking God for saving, protecting and providing for you. Your faith soars. You gain the confidence to command those things in your life that you thought were dead to live again.

Thanksgiving is a time of year when we can thank God for all the many blessings that he has given us throughout the year. Having an attitude of gratitude is an act of faith. It means you are unafraid to live and be happy because you have faith in a God who cares for you and provides for you. It means having a thankful heart.

God is faithful and his promises are true. He never fails. When you have a relationship with this wonderful God you will have contentment, joy and a desire to pass on some of what God has blessed you with.

Voices of Ohana

Aside from family, for what are you most thankful?



"My freedom."

PVT.2 Brad Danielson
25th Trans. Co
Motor Transportation Operator



"God."

Antonio Diaz
Family Member



"For good health."

Sgt. 1st Class Terea Ford
WTB
Platoon Sergeant



"My husband's safety."

Theresa Jacobson
Family Member



"My salvation."

Rebecca Williams
Family Member

Broncos replace Screaming Eagles in Iraq

STAFF SGT. TIM MEYER
3rd Infantry Brigade Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq — The 1st Brigade Combat Team (BCT), 101st Airborne Division (Air Assault) (ADAA), transferred the mission of assisting Iraqis in Salah ad Din province with security, governance, economics and essential services to the 3rd Infantry Brigade Combat Team (IBCT), 25th Infantry Division (ID), in a transfer of authority ceremony here.

“The leaders and the people of this province have spoken over the past 14 months and they say: ‘This is our province, this is our home, and we are here to protect it and to build it,’” said Col. Scott McBride, commander 1st BCT, 101st ADAA.

McBride thanked Iraqi military, civilian and Sons of Iraq leaders for their cooperation in working toward peace and stability in the province during the Bastogne

Brigade’s 14-month deployment.

“Leaders across this province — leaders of courage — stood up in the face of danger and extended a hand to the people of this province,” he said.

The blood, sweat and tears of the brave men of the Iraqi Security Forces, the Sons of Iraq and the brigade task force are forever in the soil of this ground, which is now sacred ground, and we must carry forward to make their sacrifices matter, he continued.

During their deployment the number of attacks in the province decreased by 70 percent, signifying an increase in security for Iraqis here. Fewer threats mean a safer province, resulting in increased economic activity due to improved freedom of movement.

During the ceremony McBride, commander, and Command Sgt. Maj. Robert Wright, 1st BCT, 101st ADAA, cased the brigade and regimental colors, signifying



that the 1st BCT’s mission here was accomplished and passed to the 3rd IBCT.

Col. Walter Piatt, commander, and Command Sgt. Maj. Anthony Marrero, of the 3rd IBCT, 25th ID, uncased the brigade

colors, signifying that the 3rd IBCT accepted the mission.

Piatt said he would continue the tremendous success the 101st Airborne Division had in working with the Iraqis of Salah ad

Left — Col. Walter Piatt and Command Sgt. Maj. Anthony Marrero, brigade commander and command sergeant major, respectively, of the 3rd Infantry Brigade Combat Team “Broncos,” 25th Infantry Division, uncased the brigade colors during a transfer of authority ceremony, Saturday.

Din province.

“Your rendezvous with destiny is secure,” he said, referring to the completion of the Bastogne Brigade’s mission here.

“The Broncos have come to serve. I pledge my full cooperation on our journey toward peace. And most important, to the people of Iraq — Long live Iraq!” said Piatt.

The 3rd IBCT deployed to Afghanistan in 2004, and its first deployment to Iraq was in 2006. This tour marked the third tour as part of Operation Iraqi Freedom for the 1st BCT, 101st ADAA, based in Fort Campbell, Ky.

Increased military police presence reduces time to assist Mosul residents

MULTINATIONAL DIVISION – BAGHDAD
PUBLIC AFFAIRS
News Release

BAGHDAD — Military Police Soldiers from the 728th Military Police (MP) Battalion, 18th Military Police Brigade and Multinational Division – North converged on Mosul to increase partnership with Iraqi Police (IP) and improve security.

The move to Mosul, which began last month, increased the coalition force’s Police Transition Team (PTT) mentorship and interaction in the area to increase the development of IP.

“The increased partnership with our Iraqi Police counterparts will greatly assist them in their training and development,” said Lt. Col. Brian Bisacre,

commander, 728th MP Bn. “The end result is that the citizens of Mosul will be safer.”

The increased presence of military police in Mosul will reduce the time it normally takes to assist IP officials in communicating their needs in the training and equipping of Iraqi policemen. With the added resources on the ground in Mosul, military police leadership can react quicker and provide additional law enforcement tactical training and assistance in the area.

“With us having a force on the ground, we can spend more time training, equipping and developing the IP in order to provide security within the city of Mosul,” said Maj. Jon Myers, Police Transition Team Chief, 728th MP Bn.

The PTT mission and mentorship program pro-

vides direct assistance to the IPs at multiple levels from the policeman on the ground to the directorate of police. The teams assist the IP in the systems necessary to sustain their operations in communications and logistics.

At the local stations, Iraqi police and military police work hand-in-hand to provide proper guidance on the conduct of checkpoint operations, personnel and vehicle searches. These community policing techniques and operations will reduce the insurgency activity through IP presence and daily actions.

Additionally, PTTs inspect and ensure proper procedures are being adhered to with detained or arrested people caught committing crimes against Iraqi citizens. This process ensures the IP can build

a proper case against them to ensure the criminals are not released to harm again.

One goal of the PTT is to train the IP to get more involved in the communities they are protecting. A technique called community policing. The more the IP are out interfacing with the citizens, a trust will be built between the citizens and the police will be developed that protect them.

“With more daily interaction between the IP and our MPs, it is sure to improve the security situation and reduce the insurgent and criminal activities in Mosul,” said Bisacre. “We have also seen in other areas that once the trust is built between the IP and the citizens, the citizens will become more involved in cooperating with the IP, which, in the end, will lead to an improved security situation in the city.”



Staff Sgt. Tyrone C. Marshall Jr. | 25th Combat Aviation Brigade Public Affairs

Maj. Gen. Robert Caslen Jr., commander, 25th Infantry Division, and leaders from the 25th Combat Aviation Brigade conduct a helocast during the brigade's Mungadai training at Bellows Air Force Station, recently.

Mungadai: Teams prove combat readiness

CONTINUED FROM A-1

officers, and even to host the division's battalion and brigade commanders in support of the division's green tab physical training (PT).

"This is one of a series of leader professional development events," said Lundy. "The intent was to link physical readiness with combat readiness while providing me an opportunity to get out with all the company commanders and test their mettle."

This intense series of training events began in the early morning hours at Wheeler Army Airfield, where Soldiers received a mission brief and conducted rehearsals. They then loaded a Chinook in three teams of nine and were transported to Bellows Air Force Station where each Soldier was immediately tested with a helocast into the ocean off Bellows Beach. A helocast is a method of insertion used to place a small number of troops into an operational area by water.

Soldiers then swam 400 meters to shore, sprinted to a rally point to their team's zodiac

boat and linked up with a concerned local citizen who assisted each team through the remainder of the event. The need for cohesive teams could not be overstated.

Teams moved by ground, carrying their zodiacs to an inland waterway 300 meters from the pick-up location. Once at the river, each team paddled upstream 1,300 meters. After disembarking, Soldiers continued by foot to a cache point where they prepared for their assault on an insurgent village more than 1,000 meters away.

Each team conducted its tactical assault of the insurgent strong point, which consisted of a series of freestanding structures, rescued the downed pilot under heavy resistance, and finally moved the casualty by litter to helicopter more than 1,000 meters away.

"This gave me a great opportunity to do some team building with all 25 of my company commanders and the four battalion commanders," said Lundy. "And at the same time, demonstrate the direct linkage of physical readiness with combat readiness while forcing them to make some decisions under stress. That was

the intent of the training."

By all accounts, the training objective was achieved.

"It was a challenge physically and mentally," said Capt. Scott Wyatt, A Co., 209th Aviation Support Battalion. "But the exercise was also important to show that all our leaders are physically fit and can go out and do anything asked of us."

Capt. James Pascoe, Headquarters and Headquarters Troop, 2nd Squadron, 6th Cavalry Regiment, agreed.

"I thought it was really challenging," said Pascoe. "The key thing was physical exhaustion — challenging leaders to make sound decisions and to keep moving forward with the mission despite being physically (tired)."

Pascoe shared his thoughts of the importance of linking physical readiness with combat readiness.

"Getting your Soldiers through physical exhaustion, especially (a unit's) leadership, to ensure that they all can make those decisions is key for operating at (the National Training Center) or on a deployment," he said.

Residents see 'light at end of tunnel'



KEN GRIFFIN

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — Only a year ago, reliable electricity in Sab al Bour was just a dream. The city, just north of Baghdad along the Grand Canal, was practically deserted, with only diehard residents and pockets of insurgents sticking around in the dark.

Recently, residents in this small agricultural city are literally seeing the light at the end of the tunnel, according to Sheik Nadeem Hatem al Tamimi, an influential leader in the area. Outside the city's new electrical substation, the sheik spoke literally and metaphorically about the town's emergence from darkness.

"We had evil forces trying to kill Iraqis ... and they destroyed all essential services," he said, describing insurgent attempts to control the city and population. "Today, we are calling for unity between all people of Iraq."

The top coalition forces leader in the Taji area said he believes peace and stability starts with electricity and was at the event to congratulate Sab al Bour on its achievement.

"Reliable and sustainable access to power allows businesses to flourish, water to crops,

schools to educate our children and light on the dark nights of the Iraqi winter" said Col. Todd McCaffrey, commander of 2nd Stryker Brigade Combat Team. "Sab al Bour is now postured to accept the return of its rightful residents."

The rightful residents McCaffrey referred to is a large portion of Sab al Bour's citizens that fled due to violence and lack of essential services. The internally displaced people are now returning at a rate of up to 50 families per week.

If the substation opening only meant more electricity, it would be meaningful enough. But the impact of this substation doesn't stop with keeping the lights on. It will have a direct and immediate positive effect on other essential services in the area.

First, there will be more drinkable water. Purification stations rely on electricity to produce potable water.

Even more significantly, irrigation pumps in the area will work harder and longer. Soon, passing helicopters will notice large swaths of farmland turn from a dirty brown to lush green, all thanks to the substation, said Capt. Mark Gillman, the engineer at 2nd SBCT in charge of electrical reconstruction.

"The pump station, due to power improve-

ments, will irrigate thousands of acres of farmland with little interruption from blackouts," said Gillman, who provided oversight and expertise for the otherwise Iraqi-run project.

Because the Sab al Bour area depends heavily on agriculture, the local economy should get a noticeable boost. Gillman explained how all of the intertwined projects, which depend on electricity, are part of a "tailored network."

"It started with the ministry of electricity, which brought up to 30 people in here at a time. They really set the pace for the other ministries," Gillman said. "There was a lot of Government of Iraq support for this small, mostly Sunni community."

Attendees marked the substation's opening with a ribbon cutting, tour, and then singing and dancing. As they celebrated their victory and announced the lights were on to stay, they proclaimed they could move on to other goals.

"Now we will ask for other things, forgiveness and unity," said the last speaker at the event. "Let's now bring together all Sunni and Shia in Iraq."

AFAP: Families celebrate 25 years of partnership

CONTINUED FROM A-1

building a partnership with families. That partnership is embodied in the Army Family Covenant.

Throughout the coming months and leading up to the Army Family Action Plan national meeting in Alexandria, Va., in January 2009, installations and garrisons

around the world will conduct local AFAP meetings to identify key issues to be addressed by Army leadership.

Thanks to the foresight of Wickham and his staff 25 years ago, the needs of the Army family remain front and center in the hearts and minds of Army leaders around the world today and into the future.

Child care in the Army exemplifies the success of the AFAP process:

- There was no funding for child care construction in 1981.
- Between 1983 and 2006, 132 child care facilities had been built or renovated, at a total cost of \$325 million.
- The Army funded 22 new child development centers in fiscal year (FY) 2007; 92 Child Development Center projects are programmed during FY 2008-13.
- One new youth center was funded in FY 2007; 24 youth center projects are programmed during FY 2008-12.

Examples of family support programs and services impacted by the AFAP process include:

- Family readiness groups (FRG) are currently funded, staffed and a unit requirement as a result of policy changes made through the AFAP process.
- The Family Advocacy Program, created after an AFAP issue identified the need to assist families in crisis, provided training and support to more than 164,000 Soldiers or families in FY 2006.
- Financial readiness program managers conducted 110,041 financial readiness courses and provided individual support to 49,681.
- More than 50,000 spouses have found employment through the Army Spouse Employment Program.
- Army garrisons now provide more than 50 different support programs and activities (on average) ranging from “Army Family Team Building” classes to youth services activities designed to ease the burden on the spouses of deployed Soldiers.

Care: Warriors benefit from research

CONTINUED FROM A-1

yourself. You have to do regular maintenance and checks.”

Reaching out to service members suffering from PTSD and TBI also involves changing how the military health care community operates, she said.

“And so part of our effort really is aimed at transforming our culture – to move from what has been a very real illness and medically focused culture – and broadening it, absolutely broadening it, to where we’re focused on resilience, on performance, on those things that individuals, families, leaders and communities can do that will both maintain their wellness” and sustain performance over time, the general said.

Military health care also is exploring the use of new therapies for PTSD and TBI, Sutton said. Some \$300 million has been invested for research into psychological health and brain injuries, she said.

The funding is helping therapists better understand what happens to the brain after it undergoes traumatic injury, Sutton said.

“We’ve got significant gaps in our knowledge,” Sutton said, noting that research points to the advantages of employing alternative techniques in treating service members suffering psychological-related issues due to PTSD or brain trauma. For example, she said, evidence is emerging that alternative therapies such as acupuncture, yoga and meditation are effective in treating PTSD.

Another study, Sutton said, demonstrates the usefulness of animal therapy.

“Animal facilitative therapy can be very useful,” Sutton said, citing a program at Fort Myer, Va., that treats injured warriors using interaction with horses.

Nutrition is another tool that can treat psychologically wounded service members, Sutton said, citing the correlation between eating the right types of food for achieving peak mental and physical health.

“You wouldn’t put diesel into a sports car,” she pointed out.

Vitamin supplements may also have their uses, Sutton said. However, she cautioned that people should consult their doctors before embarking on any nutritional regimen that includes the use of supplements.

“Our effort is aimed at transforming our culture ... to where we’re focused on resilience, on performance, on those things that individuals, families, leaders and communities can do.”

*Brig. Gen. Loree Sutton
Director of the Defense Centers of
Excellence for Psychological Health and
Traumatic Brain Injury*

The good news, Sutton said, is that 80 to 90 percent of troops with mild concussive injuries will heal with time. The military, she said, employs before- and post-deployment screenings for potential brain injuries. The test measures reaction times, memory and cognitive abilities, Sutton said.

The critical issue involving PTSD, the general said, is having service members and their family members recognize that the stress and din of battle can carry psychological ramifications.

“It’s a very traumatic – both physically and psychologically – situation. The mind and body do what they have to do in that moment to survive,” she said.

Tough and realistic training greatly assists service members in contending with the physical and mental challenges of the battlefield, Sutton said.

After service members emerge from life-threatening battlefield situations, Sutton said, it’s important that they’re made to understand that flashbacks and nightmares are the mind’s way of reintegrating itself between graphic past memories and the present day.

Early intervention is critical in assisting service members suffering from PTSD, Sutton said, noting there are two major therapies known to be useful in treating post-traumatic stress. Exposure therapy, she said, involves service members recalling or imagining stressful moments they experienced on the battlefield. Cognitive processing therapy, she added, directs people to examine their thought processes and how they react to events.

Conducting counterinsurgency operations “is one of the most psychologically-corrosive environments known to warfare,” Sutton said.

“You’re not sick if you need a little (psychological) tune-up,” Sutton said. “You’re experiencing normal responses to clearly what is beyond the pale of human experience; it is beyond what most folks could ever even imagine. And, of course, our troops are doing this repeatedly.”

Now is the time “for us to really bring every tool in that we can to bear,” Sutton said, by working across DoD, the Department of Veterans Affairs and the private sector to assist service members suffering with war-related psychological issues.

For example, initiatives are being worked with the video-gaming industry to develop devices with biofeedback that injured service members can use to exercise and strengthen their psychologically battered minds, Sutton said.

“We need to develop tools that they can use and have fun with, but also to learn and share and grow,” she said.

Wounded Warrior Care Month also marks the launch of the Wounded Resource Directorate at VA, Sutton said, which backs up similar organizations and wounded warrior call centers managed by the armed services.

The VA program and private-sector initiatives are indicative of America’s desire to assist its wounded warriors, Sutton said.

“By working together, we can take full advantage of the complete and comprehensive array of programs, of knowledge, expertise and enthusiasm that exists for our warriors around the country,” Sutton said.



Military attaches visit Hawaii, PTA

Story and Photo by
CHICPAUL BECERRA

U.S. Army Garrison-Pohakuloa Public Affairs

POHAKULOLOA TRAINING AREA – Representatives from various European, Asian, North and South American countries, observed Pohakuloa Training Area (PTA) operations and its ranges, Nov. 20.

During the Headquarters, Department of the Army 2008 Fall Military Attache Orientation Trip, 46 military attaches learned about the U.S. military in Hawaii and got a glimpse of Hawaiian culture and history.

“On this particular trip, we focused on U.S. Army-Pacific and the opportunity to visit the USS Arizona Memorial, Polynesian Cultural Center, and a good mix of experiencing both military installations, including PTA, and Hawaiian culture,” said Maj. Gen. Gregory Schumacher, assistant deputy chief of staff for intelligence, and lead escort of the trip.

Along with their escorts, military attaches were taken to PTA’s Puu Lehue where they viewed a joint Army-Marine training exercise. The scenario featured a raid on a suspected enemy target at the nearby Prisoner of War Camp range.

“The military attaches (from various countries) are visiting PTA because they are a part of the Army’s outreach program wherein, every three years, we take attaches to different Army installations throughout the country and showcase the active and reserve component, the National Guard, and the local cultures,” said Schumacher.

The military attaches were later taken to



Gunnery Sgt. Andrew Yellope, Pohakuloa Marine Liaison noncommissioned officer, briefs international military attaches at Pohakuloa’s Puu Lehue on a joint training exercise where Soldiers and Marines assaulted a high-value target, Nov. 20.

PTA’s Bradshaw Army Airfield, where they met and talked to Soldiers and crew of the Kiowa OH-58D and AH-60 Black Hawk helicopters, stationed at Wheeler Army Airfield, and the Marines, stationed at Kaneohe Bay, who were part of the joint exercise. The visitors also saw military equipment, weapons and tactical gear.

“It is great to meet Soldiers and Marines, and to see their equipment up close,” said Brig. Gen. Raynard Javier, Philippines military attache.

After the PTA garrison commander, Lt. Col. Warline Richardson, gave a command brief, attaches received environmental briefs by both the PTA archaeologist and the natural resources program manager at the

Natural Resources and Cultural Resources Interpretive Garden and Propagation Facility.

The military attaches’ trip to PTA concluded with a short visit to the Mauna Kea National Observatory Visitors Center.

“It was a great opportunity for us to share with them the U.S. Army and our capabilities, but most importantly, to meet our Soldiers and civilians who make the Army what it is today,” said Schumacher. “The highlight of our PTA visit was the opportunity for the military attaches to interact with both Soldiers and Marines one-on-one and get to see what they are all about.”

News Briefs

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

28 / Today

Office Closures – The Provost Marshal Office Administration, Installation Access Pass and Vehicle Registration offices, Fort Shafter and Schofield Barracks, will be closed today.

Normal business hours will resume Dec. 1.

December

1 / Monday

Gate Closure – Foote Gate, Schofield Barracks, will be temporarily closed, Dec. 1-10, to install a permanent gate.

The work will include installation of the new gate and work on the outbound islands. All other gates at Schofield Barracks will maintain their current operational times.

Road work from A Road to Flagler Road (the area from the gas station to the post office) will be-

gin Dec. 10 and is expected to be completed on or around Feb. 15, 2009. Contra traffic flow will be managed throughout project.

For more information, call the Directorate of Public Works at 656-2435.

Road Closure – Hewitt Street, between Menoher and Kanell roads, was scheduled to reopen Sunday, but will now reopen Dec. 1 due to construction.

Call Michael Andres at 275-3118.

Schofield Advisory Council Meeting – The next Schofield Barracks PX/Commissary/Nehealani Advisory Council Meeting will be Dec. 1, 10:15-11:15 a.m., at the Post Conference Room, Schofield Barracks. This bimonthly forum of representatives allows the council and patrons to exchange ideas and information.

Contact Melvin Wright, 655-0497, for more information.

Ongoing

Athletic Field Closure – The following athletic fields will be closed due to an irrigation system being installed:

- Watts Field, today-Dec. 14;
 - Wheeler Army Airfield’s baseball fields, Dec. 15-31.
- Call 655-9915/9654.

PAU HANA

www.garrison.hawaii.army.mil/haw.asp

“When work is finished!”

FRIDAY, NOVEMBER 28, 2008

Right — The Naturally Hawaiian Gallery in Waimanalo is one of the many unique sights to be seen on the Army Community Service tour.

Below — Evelyn Ramirez gazes at the passing scenery through the window of the tour bus during the island tour. The all-day tour introduces new family members to the sights, sounds and scenes on Oahu.



Explore the ‘Gathering Place’

Popular circle-island tour orients families with their new home

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — Drops of rain tapped lightly on the roof of the tour bus as a small group of military ohana climbed aboard for an island adventure here, recently.

Army Community Service (ASC) volunteer Ana Despault led the free, weekly tour designed to familiarize all newly arriving Soldiers and family members with the island of Oahu.

The tour began on the installation as Despault pointed out various facilities and provided helpful information to military members.

“We want everyone to get to know the community here and at large,” said Despault. “We acclimate them with the island when they arrive, allowing them to explore on their own later.”

After a three-year hiatus, the tours are back by popular demand.

“People kept asking for it and we wanted to provide an educational tour for new families,” said Charlyn Sales, Relocation Readiness Program manager for ACS. “There is so much to explore on this island. This gives

them a chance to pick and choose what they would like to do by introducing them to everything Oahu has to offer.”

As the bus left Schofield down Kamehameha Highway, the rain let up and

the sun crept from behind the clouds. Participants sat in comfort as the bus driver, “Cousin” Keala, explained Hawaiian culture and pointed out various trees and plants lining the road.

Cousin Keala then drove through Mililani, explaining points of interest in the “All-American town.”

The tour slowed down abruptly as it entered Pearl Ridge, and those in attendance were introduced to another popular scene on Oahu — the traffic jam.

Despault passed the time by exploring Hawaiian language with the group, explaining the meaning of popular words such as aloha, ohana and mahalo.

“We met as strangers,” said Despault. “By the time we leave this tour, we will all be ohana, family.”

The tour continued, passing the USS Arizona Memorial and Pearl Harbor, before proceeding up the Pali Highway to the Pali Lookout.

“Everywhere we live we try to experience as much as possible,” said family member Andrea Cano. “We attempted to explore last week and kept getting lost. This is a better way to do it.”

Boarding the bus once again, family members listened attentively as Cousin Keala explained the history of Oahu, which is known as the “gathering place.” A soulful rendition of “Hukilau,” started a wave of cheers and applause.

The bus continued on Kalanianaʻole Highway to tour the east side of the island. Waimanalo, Makapuu and Sandy Beach beckoned family members as they gazed bright-eyed into the sparkling sea. The route passed



Five-year-old Halley Sanchez receives a fresh coconut milk treat from cousin Pule at the Tropical Farms Macadamia Nut Farm. Adults and children alike explored Hawaiian culture during the free island tour.

Hanauma Bay, Koko Head, and continued into Hawaii Kai. Diamond Head Beach created a beautiful view from the bus window as participants sat high in their seats to catch a glimpse of surfers below the lookout.

Passing the Honolulu Zoo, keiki waved and giggled at the giraffes through the bus windows.

As the lunch hour approached, the tour stopped at the Hale Koa Hotel in Waikiki.

The staff at the Hale Koa welcomed the tour with open arms and explained the history of the hotel. Families dined

and chatted about points of interest and future adventures.

After lunch, the tour continued west on Ala Moana Boulevard, passing numerous shops before heading toward the highway. Despault pointed out military points of interest, including Fort Shafter, Tripler Army Medical Center and Aliamanu Military Reservation.

Next stop: the North Shore. At the famous Tropical Farms Macadamia Nut Farm, families tried fresh coconut milk and sampled various flavored nuts.

“We understand people (in the military) are a long way from home,” said owner Steve Paty, Tropical Farms Macadamia Nut Farm. “We want to provide a warm welcome and allow them to feel the Hawaiian spirit of aloha.”

The bus then made its way home, passing numerous famed surfing spots, including Pipeline and Sunset Beach. A quick drive through Haleiwa and Wahiawa provided useful information on towns surrounding the installation.

The next Island Tours are Tuesday, Dec. 2 (departing from Schofield), and Dec. 10 and 24 (departing from Fort Shafter). Reservations are required. For more information, contact Army Community Service at 655-4227.

The 175-mile island tour provided a full day of family fun as children put down their Gameboys to view the sites and parents snapped blurry pictures through the moving bus window.

The tour provided both practical and cultural information on Hawaii, including where to shop, swim, eat and explore. Information on the best places to take children, surf and hike was also offered.

“We learned a lot today,” said Sgt. Carlos Ramirez, 25th Infantry Division. “It’s good to know ahead of time where the best places are to take the kids.”

“This was a great introduction to the island,” added family member Carolina Stafford.





28/ Today

Newborn Care I and II – How come they don't come with instruction manuals? Taking care of a newborn for the first time can be scary. From holding to diapering to bathing, learn the basics of newborn care to make the early months special for parents and baby, today, 9-11 a.m., at Aliamanu Military Reservation's Community Chapel. Register for the class by calling 655-4227.

Waikiki Party Bus – Party in Waikiki and let FMWR be the designated driver. The bus rolls again today and Dec. 5, at 9 p.m. both nights. Cost is just \$20 for regular riders, but Blue Star Card holders ride for free. Get your party on and the ride is on us. Visit www.mwrarmyhawaii.com for the full schedule. Call 655-9971 or 438-1985.

Pick-up time at Schofield Barracks' Information, Ticketing and Registration (ITR) is 9 p.m. Pick-up at Fort Shafter Richardson Theatre is at 9:30 p.m.

Drop-off is approximately 9:45-10 p.m. at the Waikiki Royal Hawaiian Shopping Center.

Return pick-up time is 3 a.m. at the Hale Koa. Drop-off at Fort Shafter is at 3:30 a.m. and 4 a.m. at Schofield Barracks' ITR. The Party Bus operates twice a month. Check out www.mwrarmyhawaii.com for dates, prices and reservations. Call 655-9971 or 438-1985.

December

1/ Monday

Active Parenting Class – Learn parenting skills to enrich the parenting experience in the active parenting class, Monday, Dec. 1, 9-11 a.m., at Army Community Service, Schofield Barracks. Gain knowledge about how to recognize developmental milestones and understand how to respond to difficult behavior in children. Call 655-0596.

Junior Enlisted Holiday Food Voucher Program – Nominations for the Holiday Food Voucher Program will be accepted through Monday, Dec. 1 at Army Community Service (ACS), Schofield Barracks. Commanders and first sergeants may nominate Soldiers in financial need. Call 655-4227.

2/ Tuesday

Autism Support Group – The next autism support group session will be held Tuesday, Dec. 2, 5:30-8 p.m. at the Ali-



Sgt. Maj. Terry Anderson | 8th Theater Sustainment Command Public Affairs

Dedicated spouses

HONOLULU — Lisa McCaffrey, wife of 2nd Stryker Brigade Combat Team Commander Col. Todd McCaffrey, waves to the crowd prior to the University of Hawaii-Idaho football game at Aloha Stadium, Saturday. She received a \$1,000 check and four tickets to the Pro Bowl for being named the 2008 Key Spouse by the Honolulu Council of the Navy League. McCaffrey, along with six other military spouses, was honored by the Navy League and the Hawaii House of Representatives for her dedication, commitment and support to families during the 2nd SBCT's deployment to Iraq. Also pictured are Air Force spouse Susan Panaro, left, and Army Reserve spouse Cereto Bean.

manu Military Reservation (AMR) Chapel. This group provides families with an opportunity to share experiences, gather new information and become knowledgeable about community resources. Onsite child care will be available. Children must be registered with CYS2 STACC and sign up is required. Call 655-1551/4791.

Picture Taking with Santa – Santa will be available at the Fort Shafter Library, Dec. 2, Schofield's Sgt. Yano Library, Dec. 3, and Aliamanu Military Reservation's Library, Dec. 4. Each session starts at 3 p.m. Photographs can be purchased for \$5. Parents are welcome to bring their own camera as well. Call 655-8002.

3/ Wednesday

Checkbook Maintenance – Discuss opening and maintaining a checking account, Wednesday, Dec. 3, 9-10:30 a.m., at Army Community Service (ACS) on Schofield Barracks. Call 655-4227.

Money Management – Learn basic tools for financial success Wednesday, Dec. 3, 10:30 a.m.-12 p.m. at Army Community Service (ACS) on Schofield Barracks. Learn how to develop a spending plan, reduce expenses and make your paycheck work for you. Call 655-4227.

4/ Thursday

Potty Training Your Toddler – Learn what to expect when potty training your little one Thursday, Dec. 4, 9-11 a.m., at the Aliamanu Military Reservation (AMR) Chapel. Learn basic tips to reaching this

milestone, while understanding the uniqueness in each child's growth and development. Call 655-0596.

6/ Saturday

Honolulu City Lights – Enjoy one of Hawaii's traditional holiday favorites, the Honolulu City Lights, on Saturday, Dec. 6, 6-8:30 p.m. Enjoy a popular electric light parade, Christmas concert, tree and wreath displays and a tree lighting ceremony at Honolulu Hale. Cost is \$5 per person, Blue Star Card holders ride for free. Space is limited, so reserve your seat today. Deadline for reservations is Dec. 3. Call 655-0113.

7/ Sunday

Digital Photography Contest – The time has come again to enter your favorite digital images to compete against the best photographers in the Army. Submissions are being accepted now through Dec. 7.

Categories include People, Place, Object, Military Life, Experimental and Animal Friends. Stay tuned to this space for special photography hikes and other programs perfect for catching that shoo-in shot of paradise for this contest. Entries can be submitted at <https://artscrafts.fmwrc.army.mil>. Call 655-4202.

9/ Tuesday

Books by You – Write your own book, Dec. 9, 3:30 p.m., at Fort Shafter's library; or Dec. 10, 5:30 p.m., at Schofield Barracks' Sgt. Yano library.

Choose one of four stories and make it your own. This program is open to children ages 8 and older. A parent must accompa-

ny each child. Call 438-9521 (Fort Shafter) or 655-0002 (Schofield Barracks) to register.

19/ Friday

Big R: Countdown to Redeployment – Blue Star Card Holders, don't be a Scrooge! Come celebrate another month of deployment Friday, Dec. 19, 6 - 8 p.m. at the Nehelani. The event will feature our holiday version of Jeopardy, with a festive twist. Light pupus and childcare will be provided. To reserve your space or child care, call 656-3327 before Dec. 15.

Ongoing

New Menu at Kolekole Bar and Grill

– A new menu now offers 10 different appetizers, a special kids' menu, four salads, seven sandwiches, six entrees, eight desserts and an unlimited soup and salad bar. The menu is available Monday-Friday, 11 a.m. – 8 p.m. Call 655-4466/0660.

Beach Bus – Outdoor Recreation will offer a beach bus shuttle service to area beaches around Oahu, Sundays. The bus will depart the Outdoor Recreation Center, Schofield Barracks, at 10 a.m.

The bus will also pick up patrons at Fort Shafter's Richardson Theatre at 11 a.m.

Cost is \$3 per person, and all ages are welcome. A parent or guardian must accompany children under 18, and parents must provide their own car seat for children as required. Seats are limited to 15 per shuttle trip. Call 655-0143.

Call 833-0920/4932 for information on the fun fest. For information on the parade, call 438-6470.

Operation Property Identification

– The Directorate of Emergency Services will hold "Operation Property Identification," Dec. 6, 11 a.m.-3 p.m., at the Schofield Post Exchange entrance.

Families can take advantage of the on-site bicycle registration, property ID engraving and ownership documentation.

Engraving bikes, scooters, skateboards and high-value items or easily pilfered property will aid in identifying, recovering and returning your property if it is stolen. Call 655-5170.

Band Concert

– The U.S. Coast Guard Band will hold a concert, Dec. 6, 7 p.m., at the Waikiki Shell. The concert is free and open to the public but tickets are required.

For a maximum of four tickets, visit www.HonoluluNavyLeague.org or call 422-9404. Pending availability, tickets will be available at the door.

11/ Thursday

Tree Lighting – U.S. Army Garrison-Hawaii will host a Holiday Concert and Tree Lighting Ceremony near the gazebo on Palm Circle, Fort Shafter, Dec. 11, at 6 p.m.

Christmas music and songs will be performed. The event is free and open to the public and children are invited to have photos with Santa and Mrs. Claus.

Ongoing

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 10 days to receive materials.

will offer service members and their families free service days Dec. 1 and 15. If you're not already a member, the 10 percent service fee will be waived.

Spouse Information Meeting – The next Spouse Information Meeting (SIM) is scheduled for Dec. 1, 9 a.m., in the Post Conference Room, Schofield Barracks.

Schofield Advisory Council Meeting – The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting will be Dec. 1, 10:15-11:15 a.m., at the Post Conference Room, Schofield Barracks. This bimonthly forum of representatives allows the council and patrons to exchange ideas and information.

Contact Melvin Wright, 655-0497, for more information.

2/ Tuesday

Fire Warden Training – Army Regulation 420-1 mandates that unit commanders or facility managers must appoint a primary and alternate fire warden for their facility.

Training is held each month. Upcoming training dates are Dec. 2 and 30. Call 471-3303, ext. 632, for details.

To reserve your seat, contact Battalion Chief David Jimenez at david.djimenez@navy.mil or 471-3303, ext. 632.

World War II on Film & Walking Tour

– In remembrance of the attack on Pearl Harbor, film historian & tour guide Steven Fredrick will host a special two-part movie and tour program. The film program will be Wednesday, Dec. 3, in the VIP screening room at 7 p.m. Cost is \$10; call for location. The walking tour will be Dec. 4, 6 and 7. Tours start on the Fort Street Mall at 1 p.m. Cost is \$20. Space is limited and reservations are required for all participants.

E-mail at filmguy54@hotmail.com, call 395-0674 or visit www.stevestoursandfilms.vpweb.com.

4/ Thursday

Tree Lighting – U.S. Army Garrison-Hawaii will host a Holiday Concert and Tree Lighting Ceremony on General's Loop, Schofield Barracks, Dec. 4 at 6 p.m.

Christmas music and songs will be performed by the Solomon Elementary School and Mililani High School Band.

The event is free and open to the public and children are invited to have photos with Santa and Mrs. Claus.

5/ Friday

Santa Parade – The Wahiawa Community and Business Association will hold a Santa Parade, Dec. 5, 6:30 p.m., beginning at Kaala Elementary School. The parade proceeds down Kapiolania Avenue, and finishes at the Wahiawa Shopping Center.

Free drawings for holiday decorations and gifts will be held throughout the evening. Beginning at 4 p.m., rides will be set up in the parking lot and live entertainment begins at 6 p.m. Santa will be available beginning at 7 p.m. and while supplies last, free photos will be given out.

Call 262-0687.

Christmas Music Recital

– The students of the So Jin Kimura Piano Studio (ranging from age 6 to adult) will perform a Christmas recital of duets and solos featuring Tchaikovsky's Nutcracker Suite at Studio 909 at the Musician's Union, 949 Kapiolani Blvd., Friday, Dec. 5, 7-8 p.m.

Call So Jin at 398-1382, or e-mail sojin.kimura@us.army.mil for more information.

6/ Saturday

Holiday Fest – Aliamanu Military Reservation's (AMR) Youth Center will hold its annual Holiday Fun Fest Dec. 6, 10 a.m.-1 p.m., at the AMR Gym and Community Center.

A parade will begin at 9 a.m. Community members are encouraged to march in the parade with their holiday-dressed pets. Awards will be given for the best holiday-themed pet.

Entertainment at the fun fest will be provided by SKIES classes, Hickam Youth Sports & Fitness's Air Force Elite Cheerleading Squad and Flyers, and other community groups.

Holiday activities including pictures with Santa, bouncers, gingerbread houses, cookie decorating and others will be set up.



Send announcements to community@hawaiiarmyweekly.com.

28/ Today

Free Admission for Keiki – The Pacific Aviation Museum, Pearl Harbor, will grant free admission to all children age 12 and younger, today and Nov. 29. Dorinda Makanaonalani Nicholson, author of "Pearl Harbor Child," will be holding book signings and presentations today at 2 p.m. Call 441-1000 or visit www.PacificAviation-Museum.org.

Holiday Mail for Heroes – The American Red Cross is collecting holiday cards to distribute to service members, veterans and their families in the United States and around the world. Visit www.redcross.org/email/saf.

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 Schofield Barracks, ACS, today, 9-11 a.m. Call 655-4227 or register online at www.acsclasses.com.

29/ Saturday

Christmas Parade – The Waianae Coast Rotary Club will host their annual Christmas Parade, Nov. 29, 10 a.m., at Waianae Boat Harbor. Highlights include a Single Service Color Guard, marching unit and military vehicles. The public is invited.

December

1/ Monday

Slick Deals for Soldiers – Sam's Club



Aliamanu (AMR) Chapel 836-4599

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Edu.
- 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
- Buddhist 1st Sunday, 1 p.m.

Fort Shafter Chapel 836-4599

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

Helemano (HMR) Chapel 653-0703

- Contemporary Protestant Sunday, 9 a.m. – Bible Study Sunday, 10 a.m. – Worship Service & Children's Church

Main Post Chapel 655-9307

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

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, noon – Adoration
- Liturgical Sunday, 9:30 a.m. – Worship

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 656-4481

- Catholic Saturday, 5 p.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 9 a.m. – Sunday School



Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



Igor

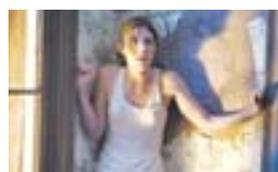
(PG) Friday, 1 p.m.

Beverly Hills Chihuahua

(PG) Friday, 4 p.m.

Lakeview Terrace

(PG-13) Saturday, 4 p.m.



Quarantine

(R) Saturday, 7 p.m.

Horton Hears A Who!

(G) Sunday, 2 p.m.

Body of Lies

(R) Thursday, 7 p.m.

No shows on Mondays or Tuesdays.

Antibiotics not always the best option for cold, flu

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. — Alexander Fleming discovered penicillin, the first antibiotic, in 1927. Since then, they have changed medical care and reduced illness and death from infectious diseases significantly. Antibiotics fight infections caused by bacteria; however, they are not effective combating viruses. Tricare would like beneficiaries to “just say no” to antibiotics for colds and the flu.

According to the Center of Disease Control and Prevention (CDC), there is a sense that antibiotics are a “cure all.” Many beneficiaries expect an antibiotic prescription when they see their primary care manager (PCM) for colds, the flu, most coughs, sore throats and some ear-aches.

“Instead of automatically asking for antibiotics, Tricare encourages all beneficiaries to listen to their PCM about the best treatment options,” said Maj. Gen. Elder Granger, deputy director, Tricare Management Activity.

Many things can help beneficiaries stay comfortable and feel better if they have this season’s cold or flu. The CDC recommends that children and adults increase fluid intake, use a cool mist humidifier or use saline solutions to relieve congestion and get plenty of rest. Children who are unable to blow their nose may benefit from saline nasal drops and a bulb syringe to help keep their nasal passages clear. Over-the-counter medications may help adults.

Prevention is better than cure, and following these steps can help beneficiaries avoid catching a cold or the flu:

Flu shots available at military exchanges

All eligible personnel are encouraged to take advantage of flu vaccinations.

Mark your calendar for the following dates:

- Nov. 29, Dec. 4 and Dec. 13 at the NEX, Pearl Harbor;
- Dec. 5 at Schofield’s Main Post Exchange;
- Dec. 19 at Hickam’s Base Exchange; and
- Dec. 20 at Marine Corps Base Kaneohe Exchange.

Flu shots will be administered from 9 a.m.–2 p.m. at all locations.

•Get the flu shot or nasal mist flu vaccine to reduce risk of contracting the flu virus. Both are appropriate for children and adults.

•Wash hands often because colds and the flu are spread by direct contact.

•Drink plenty of water to flush out the body.

•Cough or sneeze into a tissue instead

of the hands.

•Keep hands off the face. The cold and flu viruses can enter the body through the eyes, nose and mouth.

•Beneficiaries should keep their PCM informed if their illness gets worse or lasts a long time because viral infections such as the flu or cold can sometimes lead to bacterial infections,” said Granger.

If a bacterial infection is present and a PCM decides that antibiotics would be beneficial, the CDC suggests several tips to follow:

•Take an antibiotic exactly as prescribed and do not skip doses, even when feeling better. Stopping the medicine too early may allow some bacteria to linger, increasing the possibility of getting sick again.

•Throw away any unused medication after finishing the recommended treatment. It is not safe to keep antibiotics for future illnesses.

•Do not take antibiotics prescribed for someone else, as they are specific to that person’s illness. Taking the wrong medication may delay proper treatment and allow bacteria to multiply.

Minor injuries make major difference in deployments

MARY KATHERINE MURPHY

U.S. Army Center for Health Promotion and Preventive Medicine

Leg, knee and ankle overuse injuries are the single biggest threat to Soldier health and readiness, according to Bruce Jones, M.D., who manages the Injury Prevention Program at the U.S. Army Center for Health Promotion and Preventive Medicine (CH-PPM). In other words, these injuries sideline Soldiers more frequently than any other type of injury, disease or chronic physical condition, or even any battle injury.

Jones and other CHPPM epidemiologists have shown that relatively minor injuries such as sprained ankles can be costly in terms of lost training time and reduced combat readiness. It follows, then, that leaders and Soldiers need to be conscious of the signs of overtraining to prevent unnecessary injuries. A decrease in performance of individuals or groups, substantial increases in

fatigue, decreases in morale among Soldiers training or playing sports as a unit, and higher incidence of injuries each may signal too much training, Jones said.

What Soldiers should know

Jones and his colleagues have spent years studying injuries in basic training populations, as well as specialized occupations such as parachutists. Their studies of injuries show the factors below increase a Soldier’s likelihood of experiencing a training-related injury:

- Not being physically active
- Lower aerobic fitness level
- Smoking cigarettes
- Running in older/worn or worn-out shoes
- High-mileage training
- Being too lean or overfat
- Being older than 25

Soldiers, especially those who have any of the risk factors above, can decrease their chance of

SEE HEALTH, B-4



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

Can't get any wetter

SCHOFIELD BARRACKS — Several dozen runners braved the cold, wet weather to run the Hale Kula Fun and Fit 5K and 1-Mile Fun Run, here, Saturday morning. The run, sponsored by the Hale Kula Elementary School Parent Teacher Organization, was coordinated to encourage students to get involved in fitness. Lory Walker, the first place women’s finisher and also a fifth grade teacher at Hale Kula, said she came out because she liked to run and it was a fun way to help her kids get in shape.



Sgt. Mike Alberts | 25th Combat Aviation Brigade Public Affairs

On your mark, get set ...

MILILANI — Capt. Wilbert Alvarado, commander, 71st Chemical Company, and official starter for the Mililani Cross-Country Invitational, provides young competitors with the rules, a safety brief and information on the course route before they start the race at Mililani Mauka Elementary School, Nov. 18. Mililani Mauka Elementary School hosted the annual competition, which featured approximately 300 third, fourth and fifth grade runners from Mililani Mauka, Mililani Uka, Mililani Waena, Mililani Ika and Kipapa elementary schools.



DoD agencies 'take the pledge' to combat childhood obesity

TRICARE MANAGEMENT ACTIVITY
News Release

FALLS CHURCH, Va. — In the past decade childhood obesity rates have risen to epidemic proportions. The U.S. surgeon general is encouraging all Americans to "take the pledge" to combat childhood obesity and this includes families of the uniformed services.

Tricare, the Defense Commissary Agency (DeCA), Military OneSource and the Army and Air Force Exchange Service (AAFES) are partnering with Health and Human Services (HHS) on a Human Resources and Services Administration (HRSA) initiative to raise awareness of the problem among military families.

The partnership is aimed at increasing the effectiveness of healthy lifestyle campaign programs within the Department of Defense (DoD). More than 12.5 million children and adolescents (17.1 percent of people ages 2 to 19 years) are overweight. The percentage of children with weight problems at DoD Dependents Schools-Europe has doubled in the past four years, according to a survey conducted by Center for Health Promotion and Preventative Medicine-Europe.

A 2005 Health Behaviors Survey revealed that

approximately two out of three non-active duty beneficiaries are overweight; one out of three is obese and 18.9 percent of DoD adolescent family members are obese. Overweight children and adolescents are more likely to have risk factors associated with cardiovascular disease such as high blood pressure, high cholesterol and Type 2 diabetes.

Parents and caregivers are the primary influencers for children and can be role models for children, promoting healthy lifestyles to prevent obesity. The partnership, which includes materials from Tricare, DeCA, Military OneSource and AAFES, will use multiple media, including the Pentagon Channel, to create awareness of childhood obesity prevention within DoD and encourage children to eat right and exercise.



Visit www.tricare.mil, www.commissaries.com, www.militaryonesource.com and www.aafes.com, as well as the HHS and HRSA Web sites for articles, advice columns, blogs and more about childhood obesity.

Health: Soldiers' risk of injury increases with too much training

CONTINUED FROM B-3

injury by staying active and by starting slowly before vigorous physical training or other physically demanding activities. Soldiers should gradually increase the intensity and length of workouts as they become more fit. Workouts should be cut back in intensity and length if soreness or fatigue persist or increase after a good night's sleep, according to Jones.

"It is better to do too little than too much," he advised. "If you feel good today, then repeat it the next day. If you continue to feel good, then keep it at that level. If it feels good for a week or two, then increase," he said.

This approach is the key to getting in shape and staying injury free, according to Jones.

There are many myths concerning training injuries. For example, stretching — alleged to reduce injury — has little effect on injury rates. Insoles for shoes have not been proven to prevent injuries, according to studies conducted and reviewed by Jones.

Another finding that may be important to Soldiers is that if they smoke, their injury rates are higher, and the more they smoke the higher their risk of injury is, Jones said. For smokers who quit, risk of injury returns to normal.

A new ground-breaking study on military training footwear and musculoskeletal injuries was published this year by a senior CHPPM scientist who works with Jones. This study determined that there is no advantage in having Soldiers wear shoes prescribed on the basis of foot arch height. However, it is important to wear good, supportive shoes that have good cushioning, adequate stabilization, fit well and that are not worn out.

What women should know

Women in Army basic training have twice as many overuse injuries as men, according to Jones. He attributes this to women entering the service with lower physical fitness level than men and to women's hormonal fluctuations.

Jones explained that when certain hormone levels are high, ligaments become very relaxed and flexible (for example, during early pregnancy or certain parts of the menstrual cycle); bones are affected by hormones as well. This may put women at greater risk for injuries, he said, but staying physically fit and in shape can help women prevent injuries.

Jones' studies show that women and men of equal fitness levels have similar risks of injury during Army training. Women and men of the same fit-

ness level can be expected to complete identical physical tasks and to experience the same amount of injuries, he said.

What leaders should know

The best way for leaders to protect their Soldiers is by preventing overtraining — avoiding thresholds of training above which injury rates increase but fitness does not. Leaders also should be aware that Soldiers who are subject to high amounts of mileage while training are at an increased risk of injury.

High-mileage companies have 50 to 60 percent more lower-extremity injuries than units running lower mileage, according to Jones. Having Soldiers participate in lower mileage training is an excellent way to prevent injury and to reduce the number of Soldiers recycled or discharged during basic combat training, he said.

"Training in ability groups eliminates the problem of having the slower guys getting injured and the faster guys getting less fit when running as a whole group," Jones explained.

Having separate groups allows the most fit group to continue to get fit and not be held back by less fit Soldiers, Jones said. The less fit group can run for the same amount of time at a slower pace.

While they'll run fewer miles, CHPPM studies have shown they will increase fitness while reducing their risk of injury. This approach makes it possible to avoid exceeding the training-injury threshold for the least fit while not undertraining the most fit.

New and controversial research also has been done on the relationship between flexibility, stretching and injury risks.

"The traditional sports medicine literature suggests that the more flexible you are, the fewer injuries you will have," said Jones. CHPPM scientists have shown that this is not true.

"We found that both extremes of flexibility were bad," Jones said. Individuals who were very inflexible and those who were very flexible were at double the risk of injury during Army basic training compared to those of average flexibility.

"So strive to be average," was Jones's ironic advice.

"The strongest and most consistent risk factor that we've seen is, the less fit you are coming into the Army, the more injuries you are likely to get," said Jones.

Words to the wise, then: increase fitness training gradually but steadily, and sustain fitness continuously — even if it means working out while on rest and recuperation leave — to prevent injuries and decreased individual and unit readiness.

Community Sports

Send sports announcements to community@hawaiiarmyweekly.com.

30 / Sunday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a hike through the Waikane Ridge.

If you put up with the long road walk, you may be amply rewarded with stunning views of the Koolau summit area. The lookout at the trail end was a favorite of hiking legend Al Miller. Call Larry Lee at 263-4690.

Save the date for these upcoming hikes, too:

•Dec. 6, a 4-mile novice hike through the Kaena shoreline.

•Dec. 7, a 12-mile advanced hike through the Moanalua Ridge.

Hikes begin at 8 a.m., and a \$2 donation is requested of nonmembers. An adult must accompany children under 18. Hikers meet at Iolani Palace, mountainside.

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, as well as treat trees and plants with care and respect.

Visit www.htmclub.org.

December

11 / Thursday

Golf Tournament – Registration will

be accepted through Dec. 11 for the Waiānae Military Civilian Advisory Council Golf Tournament, scheduled for Dec. 19, noon, at Leilehua Golf Course.

Registration fees start at \$70 and include green fees, cart and banquet. Call Les Akeo at 696-6026 for a registration form.

Ongoing

Great Aloha Run – Entries are now being accepted for the Great Aloha Run, scheduled for Presidents' Day, Feb. 16, 2009. The 8.15-mile run starts at the Aloha Tower and ends at the Aloha Stadium.

There are divisions for elites, age groups, wheelchair and hand cycle competitors and military personnel running individually or in Sounds of Freedom (in formation).

Applications are available online at www.greataloharun.co or at Family and Morale, Welfare and Recreation facilities. Contact Jim Perry at 655-9650.

Bike Hawaii – Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included.

To schedule adventures, visit www.bike-hawaii.com or call 734-4214.

Escrima Classes – Pedoy's School of Escrima, the Filipino art of self-defense, holds classes every Tuesday, Thursday and Sunday at its training center in Waipio. Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438 or 216-3211.

Escrima classes for men, women and children of all ages are also held at Mililani Elementary School. Classes are Wednes-



Photo by Retired Master Sgt. Torrell Smarr

Peak performance

WAIKIKI — Spc. Eric Heard, 540th Quartermaster Company, poses with his second place trophy after competing in the 2008 Paradise Cup Body Building Competition, Novice Middleweight Division, Saturday. In addition to a strict dieting regimen, Heard prepared for the his first bodybuilding competition with regular 5 a.m. workouts and numerous runs up and down Schofield's Kolekole Pass.

days, 6:30-7:30 p.m., and Saturdays, 9:30-10:30 a.m.

Call 398-0119 for details.

Football League – The Hawaii Athletic League of Scholars (HALOS) is signing

up youth players for its upcoming spring football season. HALOS, a no-weight limit tackle football league for ages 9-14, is a nonprofit group that aspires to provide a high-quality experience for kids. Visit www.myhalos.com, or call 620-8523.

Recreation Center, Building 556, Schofield Barracks.

The tournament organization meeting will take place on Wednesday, Dec. 3, at the Kaala Recreation Center Building, Schofield Barracks, and the tournament will take place Dec. 4-6, on Stoneman and Gimlet fields at Schofield Barracks.

3 / Wednesday

Workout Without Walls – Trying to get in shape but the same old routine has you unmotivated? Outdoor Recreation gives you the chance to try a different workout in a new location every week.

The next class is Dec. 3, 8:30-11 a.m. Classes will be held every Wednesday. Each session costs \$10.

Participants must sign up in advance to

meet the 3-person minimum by the Tuesday before each week's class.

Call 655-0143.

5 / Friday

Dodgeball Tournament – Entries for the Helemano Military Reservation (HMR) dodgeball tournament are due on Friday, Dec. 5, at the HMR Physical Fitness Center. The double elimination tournament will take place Saturday, Dec. 20. Call 653-0719.

6 / Saturday

Introduction to Surfing – Try out the sport that ocean-crazy Hawaii is known for! An introduction to surfing program will take place Saturday, Dec. 6, 10 a.m.-1 p.m. The cost is \$35 and all equipment

Ballet for Beginners – Learn the art of ballet at W Performing Arts Center, 823 Olive Ave., Wahiawa, Wednesdays, 4:30-6 p.m. Cost is \$60 per month. Call 779-8709.

Wrestlers Wanted – Hawaiian Championship Wrestling seeks new members. Applicants should be at least 6-feet tall, weigh 250 pounds or have an above average muscular build. Sports background is preferred. Call 676-8107.

Shafter Bowling – Unit PT (physical training) bowling is held Monday-Friday, 6-8 a.m. Cost is \$1 per Soldier and includes all games and free shoe rental. Reservations and a minimum of 20 bowlers is required.

Call 438-6733 for more information.

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.

Wahine Sailors – The Wahine Sailors is seeking new members.

Cost is \$35 per year or \$5 per sail. All levels are welcome. Call for more information, including the meeting place and times at 235-8392.

Jazzercise – Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikale.

Classes are held Mondays and Wednesdays, 6:30-7:30 p.m., at the Waikale Elementary School cafeteria. Call 674-1083.

will be provided. Call 655-0143.

Ongoing

Student Bowling Special – The Bowling Center, Schofield Barracks, invites all students ages 18 and younger to take part in their After-School Special. Games are \$1.75 with free shoe rental, Mondays-Fridays, 2-5 p.m.

Students earn a free game for every "A" on their original report card. Call 655-0573.

Bowling Parties – Wheeler Bowling Center's eight lanes are available for private parties on Saturdays and Sundays for \$120 per hour. A three-hour minimum and \$1.75 shoe rental apply. Call 656-1745.



28 / Today

Pro Bowl Tickets – Tickets for this season's Pro Bowl are on sale now at Schofield Barracks Information, Ticketing and Registration (ITR). Seats are available throughout the stadium, but there is a four-ticket limit per person.

Don't miss this once-in-a-lifetime benefit of living in Hawaii. Call 655-9971.

December

1 / Monday

Tripler Pool Extended Hours – Effective Monday, Dec. 1, the Tripler Army Medical Center Pool will now be open for extended PT hours. The new hours are 6-8:30 a.m., Mondays, Tuesdays, Thursdays and Fridays. Regular operating hours on those days and weekend hours remain unchanged. Call 433-5257.

Christmas Softball Tournament Entry Deadline – Entries are due Monday, Dec. 1, at 1 p.m., to participate in the 2008 Christmas softball tournament. Entries can be sent to the USAG-HI Sports, Fitness and Aquatics Office, Room 101, Kaala