

## INSIDE

# Casey makes families priority

ELIZABETH M. LORGE  
Army News Service

WASHINGTON — The Army is committed to building and maintaining strong families, said Army Chief of Staff Gen. George W. Casey Jr. Monday, during the first Family Forum of the Association of the U.S. Army (AUSA) Annual Meeting.

Casey discussed the new Army Family Covenant, unveiled during AUSA's opening ceremony, and the importance of families in building and maintaining the force.

"I saw what we were asking of our Soldiers and our families over the last several years," he said. "It struck me that the best wasn't good enough. We have not, until this point, treated families as the readiness issue that they are."

"We recognize what it takes to be an Army

family and that our Soldiers draw great strength from their families. The welfare of Army families is increasingly important to all of us," he said, adding that the Army was committed to building a partnership with

### RELATED STORY

• USARPAC's Sgt. Maj. Eric Willis received a prestigious award in Washington, D.C. See A-6.

families.

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.

The covenant also says the Army will en-

sure excellence in schools, youth services and child care, and expand education and employment opportunities for family members. All of these are important issues for family members, said Sheila Casey, Gen. Casey's wife, who traveled around the world with the general and spoke to hundreds of family members and family readiness leaders about what they need and are experiencing.

"Spouses are definitely feeling the strain and effects of six years of war. They're stressed, and they're stretched, but they still are amazingly resilient," she said.

Gen. Casey said that the improvements will take time, but that the Army plans to continue the increased family support after operations end in Iraq and Afghanistan. Of

SEE AUSA, A-4

# Pilot program extends 'Basic'

JOHN HARLOW  
Army News Service

FORT MONROE, Va. — In early November, Basic Combat Training (BCT) will expand from nine to 10 weeks at all five Army BCT sites: Fort Jackson, S.C.; Fort Sill, Okla.; Fort Leonard Wood, Mo.; Fort Knox, Ky.; and Fort Benning, Ga.

"We're going to do ten weeks of basic training, starting on November 2," said Gen. William S. Wallace, commanding general, U.S. Army Training and Doctrine Command (TRADOC). "It will be a pilot during this fiscal year. We're going to do it for the first third of the year."

"The last ten-week course will be complete somewhere around the twenty-first of March, and then we'll go back to our normal nine-week basic training for the rest of the fiscal year," he said.

A reason for conducting a pilot program is to see what effect expanding BCT by a week has on Advanced Individual Training, known as AIT.

"We're doing it as a pilot to make sure we understand the second and third-order of effects of doing 10 weeks of basic training," Wallace said. "We anticipate a surge in our training population during the second half of the fiscal year, which we couldn't get around in terms of scheduling," he added.

The expansion doesn't add more tasks to be trained during BCT.

"I have been very specific — we are not going to add any tasks," said Wallace. "What we're going to add is time, and give that time to the drill sergeant so that he can ensure that the individuals have mastered those tasks that they need to master, before they go on to AIT. That is the sole purpose."

As in all Basic Combat Training, drill sergeants will play a key role in the 10th week.

"We want to make sure we have enough time to review and retrain the things that are required of the Soldiers by the units in the field," said TRADOC Command Sgt. Maj. John Sparks. "For instance, a Soldier might learn one of the warrior tasks and battle drills in week two or three. By extending BCT, it gives us the opportunity to review those type



## Mission complete

Bronco Soldiers of the 3rd Infantry Brigade Combat Team add an exclamation point to their 15-month mission in Kirkuk, Iraq

A-3

## Community voice

The next quarterly Oahu North Town Hall meeting is scheduled Oct. 15, 6:30 p.m., at Schofield's Sgt. Smith Theater. Call 655-0497.

See News Briefs, A-6.

## Family focus

Join the fellowship at Family Deployment Night, Wednesday, Oct. 17, at 5:30 p.m., at Schofield's Main Post Chapel.

Call 655-9307 or 655-6643.

See Community Calendar, B-2.



Jason Tollefon Oili, firefighter, shows Gentian Vuthi, 9, son of 1st Lt. Arben Vuthi, 325th BSB, some of the tools firemen use during the National Fire Prevention Week demonstration at Schofield Barracks, Tuesday. National Fire Prevention Week is Oct. 7-13, this year's theme is "Practice Your Escape Route."

# Families should 'have an escape plan'

Story and Photos by  
KYLE FORD  
Staff Writer

SCHOFIELD BARRACKS — The Federal Fire Department promoted Fire Prevention Week at the Main Post Exchange here, Tuesday.

Armed with oven mitts, plastic fire hats and bags filled with information on fire safety, members of the fire department worked to inform everyone on the importance of having an escape plan.

The National Fire Prevention Association promotes fire prevention awareness with its National Fire Prevention Week, Oct. 7-13. This year's theme is "Practice Your Escape Plan."

"During this time we go out into the community where we provide service and promote fire prevention and awareness," said Gayland Enriques, deputy fire chief, Federal Fire De-

partment, Hawaii. "This year we want to encourage people to have an escape plan and to practice with their families."

Sparky the Fire Dog interacted with children and adults, and the fire trucks were on display.

"The fire trucks are nice, cool, awesome and huge," said Gentian Vuthi, 9, son of 1st Lt. Arben Vuthi, 325th Brigade Support Battalion. "I learned about the different fire suits and how they protect you from steam and heat. I also know that having an escape plan is important. You feel the door, and if you see flames or it's hot, you go out the window."

The two most important points in this campaign are for people to get out of a burning building and to have a meeting place said Buddy Valente, fire captain, Engine 115.

"That way when the fire department comes, you can tell us if there is anyone missing and where they were last seen in the building," Va-

lente added. He explained first responders' primary goal is preventing loss of life, then the secondary goal is putting out the fire. "The saddest thing is loosing a life."

In many cases, loss of life is preventable. Fire Prevention Week is important because it teaches people skills to survive a fire.

The fire department recommends families have at least two ways to escape a fire and to have a meeting place for everyone, preferably in front of the house so they can meet the fire truck.

"We are only as good as our information, so if you meet us in front and know everyone is safe, then we can concentrate on putting out the fire," said Keith Robello, fire inspector. "We look at a fire differently if we arrive and someone is missing or unaccounted for; then,

SEE PREVENTION, A-4

SEE TRAINING, A-4

## Rediscovering the past

Children of all ages step into the past during Living History Day at Schofield's Tropic Lightning Museum

B-1

# Retirees stay connected at annual 'Appreciation Day'

Story and Photo by  
AIKO BRUM  
Chief, Command Information

FORT SHAFTER — The "state of the Army," health and fitness, and the interment/burial process were hot topics at the annual Retiree Appreciation Day held at the Hale Ikena, Saturday.

Lt. Gen. Allen K. Ono, chair, U.S. Army Retiree Council, Hawaii, targeted these particular subjects because the sheer number of retired personnel present two issues. On one hand, the 18,188 military retirees and their family members in Hawaii provide tremendous potential to speak as a united force for the Army; on the other hand, they can overwhelm military medical resources with increasing health issues.

"It's good to be aware of what the rules are. This was my chance to tell retirees what's happening," said Ono. "Nobody wants to talk about burials; it's a forbidden



Maj. Denise Koutruba, at right, of Army Public Nursing, Tripler Army Medical Center, explains the importance of information contained in brochures to retirees attending Retiree Appreciation Day at the Hale Ikena, Fort Shafter, Saturday.

## On The WEB

Vital Retiree Web Resources

- www.armygl.army.mil/retire
- stand-to@hqda.army.mil
- www.crsc.army.mil - www.acap.army.mil
- thomas.loc.gov - www.ltcfeds.com

subject, but I thought it was important."

In keeping with tradition, the half-day program began with a tribute to deceased retirees after opening remarks from Ono. The bugler played taps for 77 deceased retirees.

"My job is to talk a little story about this U.S. Army, Pacific [USARPAC]," said Maj.

SEE RETIREES, A-5

## This issue

Lightning Spirit A-2

Deployed Forces A-3

News Briefs A-6

MWR B-2

Sports & Fitness B-3

## 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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## 381 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 10/10/07.

## Commander's Corner

# Parents, school make a winning partnership

LT. COL. MARK C. BOUSSY

Commander, U.S. Army Garrison, Oahu

Just as school administrators and teachers have a responsibility to the greater community to educate our children and provide a safe and healthy social environment in the schools, parents also have a responsibility to assist teachers in this vital role.

The partnership between our schools and parents is critical to the successful education of our most important resource — our children. This month's Commander's Corner addresses seven important areas that require parental understanding and active involvement that will help to support our schools.

### Federal Survey Cards

Every year, hundreds of thousands of Hawaii education dollars earmarked for your child's school are lost because federal survey cards are not returned to the school or are filled out incorrectly. Each card represents a potential of \$1,587 per student. The more cards that are returned to schools, the greater their federal aid will be, thereby enhancing the academic environment for our children.

If you lost or did not receive a survey card, ask your school for one, as schools are still accepting cards. If you need help filling out your card, ask your school's staff or contact your school liaison office at 655-9818.

### DoE recruiting military spouses as teachers

Hawaii is now focusing on recruiting military spouses who have teacher licenses in other states. A new state law passed by the Hawaii State Legislature and signed by Governor Linda Lingle, this past June, provides a streamlined process for teacher licensure.

This is good news for our military spouses. Prospective applicants should go to the Hawaii Teachers Standards Board (HTSB) Web site, [www.htsb.org](http://www.htsb.org), to get additional information.

### Students walking to and from school

There is great concern regarding underage students walking to and from school. Safety of our youngsters has always been a priority. According to USAG-HI-34 Policy Memo, Child Supervision Policy for Army Installations in Hawaii, students under the age of 10 are not permitted to walk to and from school without adult supervision. Also, bus companies have tightened the policy of showing bus passes this year.

Bus passes are available at schools at a cost of \$31.50 a quarter.

Lastly, parents are asked to review walking routes with their children. Some children have been crossing Kunia Road back to Schofield Barracks because they don't have bus passes.

### For more information regarding school issues contact:

Army School Liaison Office  
241 Hewitt St., Building 1283  
Schofield Barracks, HI 96857  
655-9818  
[www.mwrarmyhawaii.com/cys/cyslia.asp](http://www.mwrarmyhawaii.com/cys/cyslia.asp)

### Emergency Cards

As simple as this may sound, emergency cards need updating from time to time. Can you imagine your child getting hurt and not being able to contact you?

Phone numbers and personal contact information change frequently or are unknown when you enroll your child.

Parents can assist schools by keeping all information updated and accurate and by including the service member's unit contact information.

### Early dismissal

Please realize that teachers use the final minutes of school for instructional guidance and to review homework assignments. If students are taken out of school early, the student's learning is negatively impacted. We are asking for your help in keeping students in the classroom for the entire day.

### Geographic Exceptions (GE)

Under Hawaii Law, all persons of school age are required to attend the school in the geographic area in which they reside. Therefore, it is wise to choose your school first, then work with Army Hawaii Family Housing to find a home in that school's footprint. There are many circumstances a principal must consider when reviewing a request for a GE; the decision to accept or reject a student is not a simple or automatic one. School principals make the final decisions.

### Community Partnership

Hawaii's DoE and the U.S. Army Hawaii community have been working in partnership for several years to develop a positive relationship and an efficient educational environment where our children can learn and grow. Please help schools and the military in this effort. Your commitment to your child's education will make the difference.

## Leader weighs in on changes

The last in a three-part interview with USARPAC's command sgt. major

MASTER SGT. JAMES GUZIOR

U.S. Army, Pacific, Public Affairs

Recently, Command Sgt. Maj. Joseph P. Zettlemoyer, U.S. Army, Pacific (USARPAC), spoke candidly about several important issues affecting Soldiers and civilians in USARPAC.

It seems the command has been extremely busy the past two months: A tragic helicopter crash killed 25th Infantry Division Soldiers, President Bush visited Hawaii wounded warriors, and the chief of staff came to discuss the Army's \$100 million funding of family initiatives. As the Army senior enlisted leader in the Pacific, how do you balance all the competing priorities?

### CSM Zettlemoyer:

There's no checklist.

What it's about is using the experience you have to best support the team, support the command and best influence the situation for successful completion of the mission.

I tend to look at it like running or checking the seams. Checking where someone hasn't checked, looking where someone hasn't looked and using that knowledge to best support the team.

Some folks in the Army community probably don't even know we are transforming or what we're transforming to. How is USARPAC transforming and what is the end state?

CSM: Let's start with the end state — a theater-level Army; a war-fighting headquarters with all of the enabling commands that will focus on the Asia-Pacific area of responsibility. What we are doing in the Army right now is trying to standardize what all of the theater Armies look like.

USARPAC is following a Department of the Army standard model of what the theater Army, such as 8th Army, or 3rd Army Headquarters' are supposed to look like, and then emplace the enabling commands, structure and functions into that headquarters to focus on their regional missions.

What is certainly significant in the Pacific is the actual growth.

CSM: When Lt. Gen. John M. Brown III took command three years ago, we were at about 23,000 Soldiers in the U.S. Army, Pacific. As of right now, we are at about 46,700. The projection is to go to about 65,000 Soldiers as a theater-level Army. It's not just adding forces, but in some cases, real-locating forces. For example, the 8th Military Po-

lice Brigade has always existed, but it was on the Korean Peninsula. It's now here in Hawaii.

At a lower level, if Soldiers served in the Pacific five years ago, will this transformation seem much different to them if they were to return three years from now? How will it be different?

CSM: The transformation to the average Soldier should be transparent. Soldiers will report to their units as they always have. If Soldiers are being assigned to one of the brigade combat teams, they will be available for worldwide deployment, just as they are now. If Soldiers are being assigned to one of the enabling commands, like the 311th Theater Signal Command or the 8th Theater Sustainment Command, they will be focused more on the Asia-Pacific theater.

In your example, a Soldier returning to this command would see tremendous improvements in quality of service and quality of life.

CSM: Hundreds of new homes are being added every month; the barracks are all being upgraded or plans have been made for upgrading to the one-plus-one standard. Much of that work has already been done. A Soldier returning to this command would know that the Army has put a lot of time and thought into what our Soldiers need here in the Pacific.

USARPAC has the largest geographic area of responsibility for the Army and has developed many partnerships throughout the Pacific. What is the importance of these partnerships, and how will our transformation affect them?

CSM: The partnerships are very important for the security of the region. Five of the seven military treaties are with nations in our area of responsibility (AOR). Nearly 35 percent of all U.S. trade goes through the Asia-Pacific AOR. Our partnership with many of the 43 countries that make up the [Pacific Command (PACOM)] area of responsibility have a vital task of ensuring these trade routes are secure and remain open. That is just one way our partnerships are important.

We would have a difficult time winning [the global war on terror] without these partnerships. Transformation has helped us to provide more capabilities to support the PACOM commander's Theater Security Cooperation Program by expanding what we can do during bilateral and multilateral annual exercises.

(Editor's Note: For the entire interview, visit [www.usarpac.army.mil](http://www.usarpac.army.mil).)



"There is no checklist ... it's about using the experience you have to best support the team."

Joseph P. Zettlemoyer  
USARPAC Command Sgt. Major

## LIGHTNING SPIRIT

# Reintegration process is like a jigsaw puzzle

CHAPLAIN (CAPT.) JOHN HILL  
307th Integrated Theater Support Battalion Chaplain

Emotional excitement and anxiety fill the air as preparations for reunions are underway in some homes, and reunions are actually taking place in others.

Many Soldiers stationed here will be home within the month; the day families have dreamed of for so long is finally within reach.

It has not yet been a year since my family and I experienced this excitement and anticipation. How wonderful the moment is when our eyes meet those of our loved ones, and, after a few long minutes, we melt into a sea of happy tears and deafening shouts of joy.

These experiences are the events of reunion, but how about the process of reintegrating? What will it be like at your home as you joyfully struggle to complete your family picture once again?

Consider for a moment a jigsaw puzzle. It takes time and energy to put all the pieces of the puzzle together. Frustration sets in when we discover one piece is missing, and we cannot complete the picture.

During deployment, your family has been functioning without the "whole picture." Some families may have deliberately left this "hole" in the family picture alone, while others found "stuff" to fill it.

We will all discover the reality that everyone has changed, and things will not be as they were. The piece does not fit into the family picture the same way it once did. But, we want to fit into the picture, so we must do some negotiation, compromise and gentle nudging before things are complete.

The process of reunion will be as smooth or rough as you choose to make it. Now is the time to begin reversing the mental and emotional process of "dealing with deployment" as your loved one, the missing piece, comes home.

There are many tips for homecoming and reintegration out there. Take advantage of the wisdom of others. Please do not try to do it all yourself. You are not the first person to deal with deployment separation, and you are not the only person dealing with reunion.

You do not have to reinvent the wheel. Attend redeployment briefings; you will gain invaluable insight into what will take place in the coming days, weeks or months. Please do not gamble with this high stakes time of reunion or ignore the advice of those who have, "been there, done that."

I close this article with two questions you need to keep in the forefront of your minds during this time of reunion excitement. An honest, well-thought answer to these questions — every time you ask them — will help ensure a smooth transition as you seek to take your place in the family picture again.

First, what is the most important thing in my relationship? This perspective change makes all the difference. It keeps our values intact and allows for growth.

Second, what I am about to do going to help or hinder this relationship? Remember the pearl is a result of irritation over time. Your patience will yield a priceless treasure as your family becomes whole again.

"Seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:33-34)



Hill

# Voices of Lightning: Why did you join the Army?



"To fight terrorism."

Spc. Angela Contreras  
70th Eng. Co.  
Lithographer



"More opportunities."

Staff Sgt. Robert Freyrou  
C Co., TAMC  
Medical Lab Tech



"G.I. Joe cartoons."

Spc. Pedro Garcia Bibian  
In processing  
Photographer



"To pay off school loans."

Sgt. Sunshine Garcia Bibian  
In processing  
Photographer



"To provide for my family."

Sgt. Jacob Torres  
C Co. TAMC  
Immunization Tech

# 'Bronco Brigade' transfers responsibility, returns

**OIF**

3rd Brigade Soldiers leave 1st BCT, 10th Mountain Division with big boots to fill in Kirkuk, Iraq

**SGT. MIKE ALBERTS**

3rd Infantry Brigade Combat Team Public Affairs

KIRKUK, Iraq — Soldiers of the 3rd Infantry Brigade Combat Team (3IBCT), 25th Infantry Division ("Bronco Brigade"), transferred responsibility for the Kirkuk Province to the 1st Brigade Combat Team, 10th Mountain Division ("Warrior Brigade"), during a mission assumption ceremony at Forward Operating Base Warrior here, Tuesday.

The ceremony was marked by the traditional unfurling of the Warrior Brigade's colors, signifying its readiness to conduct its wartime mission, and the casing of the Bronco Brigade's colors, which signified the end of its successful tour of duty that formally began almost 15-months ago.

And what exactly did the Bronco Brigade do in Iraq? Simply put, it made a difference and will leave Kirkuk Province a safer, more secure and better-functioning environment than it inherited.

Bronco Brigade Soldiers participated in more than a thousand partnered combat operations with Iraqi security forces; completed 127 civic improvement projects; found and destroyed more than 12,000 kilograms of explosives; conducted more than 625 route-clearance missions, elim-



Staff Sgt. Terrance Bandy | 3rd Infantry Brigade Combat Team Public Affairs



Sgt. Mike Alberts | 3rd Infantry Brigade Combat Team Public Affairs

inating countless improvised explosive devices; and secured and opened every commissioned oil pipeline in the province,

allowing for the export of more oil during the brigade's tour of duty than in the previous four years, among other bench-

Above — The colors of the 3rd Infantry Brigade Combat Team's six battalions are each lowered to "present arms" prior to being cased, which signifies mission completion.

Left — Col. Patrick T. Stackpole (left), commander, 3rd Infantry Brigade Combat Team, 25th Inf. Div., and Command Sgt. Maj. Frank Leota (right), command sergeant major, 3IBCT, case the brigade colors, signifying mission completion, during a mission assumption ceremony at Forward Operating Base Warrior, Kirkuk, Iraq, Tuesday.

marks accomplishments, according to Col. Patrick T. Stackpole, commander, 3IBCT. For it all, Stackpole commended his Sol-

diers and their Iraqi security force counterparts.

"Make no mistake about it," said Stackpole. "Our success is directly attributable to every Bronco Soldier's commitment to doing his or her very best, every single day, to accomplish the mission here in Iraq," he said. "[And] our achievements echo Iraqi security force achievements and would not have been possible without the Soldier's commitment to stand against hatred and evil."

During the Bronco Brigade's tenure, its Iraqi army counterparts — the 2nd Brigade of the 4th Iraqi Army Division — achieved a training readiness level to operate independently, the first and only Iraqi army brigade to do so throughout Multinational Division-North, which encompasses several Iraqi provinces.

In addition, nine police stations were validated by national standards to operate independently, and Bronco Soldiers witnessed the graduation of more than 3,000 Iraqi police — all accomplishments acknowledged and appreciated by the Warrior Brigade's leadership as they now assume the mission in Kirkuk Province.

"[The Soldiers of the Bronco Brigade have] built a solid foundation and set the conditions for us to continue to advance freedom's cause here in Kirkuk," said Col. David G. Paschal, commander, 1BCT.

"Of note, is the legacy they leave behind: a strong partnership with the provincial government, Iraqi security forces and Provincial Reconstruction Team," Paschal said.

# AUSA: Leaders intend to standardize support

CONTINUED FROM A-1

special concern are Army Reserve and National Guard families who are geographically disparate and don't have the support and benefit access available on an installation.

"Every family in America ought to have the same level of support that you would have if you lived near an installation," said Lt. Gen. Jack C. Stultz Jr., chief of the Army Reserve. "We've got to do this. We've got to figure out a way to make sure



Casey

our families are taken care of because I need my Soldiers focused on their mission, not worried about their families. When they lose focus, they may cost someone their lives."

One way to reach far-flung families is via the online community. Stultz credits his wife, Lauralyn, as the force behind

the "virtual-installations" idea, online repositories of information on benefits, support groups and other information. The idea is largely conceptual, but the Reserve and National Guard have signed memorandums of agreement with installations, the Department of Veterans Affairs, veterans-service organizations and other groups to provide resources for Soldiers and their families, and are working to garner more support.

"You lose the family, you lose the Soldier," said Mrs. Casey.

# Prevention: Preparation key to fire safety in home

CONTINUED FROM A-1

the more information you can give us about who we are looking for and where they were last seen in the building, the better. We look at saving lives first and property second."

"We get a lot of medical calls that involve heat exhaustion, babies," added Robello. "We are fortunate that there is an aggressive fire prevention program in Hawaii. Everyone gets a home fire prevention briefing on Schofield and Fort Shafter and with family advocacy.

"Everyone thinks it won't happen to them; I always hear that from victims of fire," Enriques said. "Fire can happen to anyone, and the best way to keep safe is to be prepared."

"With everything going on in Hawaii, paying for a house, getting involved in the community and just doing your job, the



Gentian Vuthi, 9, son of 1st Lt. Arben Vuthi, 325th BSB, gets help from Jason Tollefon Oili, firefighter, getting out of a fire truck at the National Fire Prevention Week demonstration at Schofield Barracks, Tuesday. National Fire Prevention Week is Oct. 7-13.

last thing you need in your life is a fire," Robello added.

"Fire is indiscriminate," said Robello. "It

doesn't care what time it is, where you are or where you're from, it burns everything just the same."



Tech. Sgt. Jeremy Lock | U.S. Air Force

Soldiers in training from Foxtrot Company, 2-13th Infantry Regiment prepare to run the "Fit to Win" obstacle course, Dec. 5, while going through Army Basic Training at Ft. Jackson, S.C.

# Training: Extra weeks increase recruit readiness

CONTINUED FROM A-1

of skills and retrain and retest them to ensure that the Soldier ... has the kinds of skills necessary to assimilate into his unit."

In the Army's current nine-week BCT, Soldiers learn 40 warrior tasks and go through 11 battle drills. With the 10-week BCT, Soldiers will be able to refresh on what they learned and also get an extra week of phys-

ical fitness training.

"We do need to add a little bit of extra time and give it to the drill sergeant," said Wallace. "In my judgment, it will provide to the AIT commander a better physically fit, more mature, more disciplined Soldier who understands the tasks to master better than he does right now."

*(Editor's Note: John Harlow writes for the U.S. Army Training and Doctrine Command News Service.)*

# Retirees: Web sites, e-bulletins strengthen ties

CONTINUED FROM A-1

Gen. William H. Brandenburg, deputy commanding general, USARPAC. “Normally, I’d be on my second nine.”

Brandenburg then shared “where we’ve been and where we’re going” with hundreds in attendance.

“The biggest thing, the Army is growing from 428,000 to 547,000 people, a major change for us,” Brandenburg said. “Our Army is very busy; we have a new chief of staff and secretary.”

Brandenburg talked about recruiting, Stryker litigation, Makua environmental impact statements, and the continuing transformation of units in Hawaii.

“Our change in USARPAC has continued; it has not slowed down,” he said.

“All of our brigades have changed to modular brigades. We’ve got the best equipment in order for our Soldiers to survive on a battlefield. We will have every [new] Soldier trained in combat lifesaver.”

The general added that numerous bilateral and multilateral exercises continue to enhance partnerships in the Pacific theater, particularly with Indonesia and India. In Hawaii, Homeland Defense scenarios engage all levels of government.

Another major initiative is support to families, Brandenburg said. From the top, he explained, leaders are focusing on making existing services and programs work properly, bolstered by \$300 million in funding. However, greeting Soldiers returning from Iraq and Afghanistan, he said, with enthusiasm, is the best news.

“Nothing is more fun than to shake hands as they come home,” he said.

Following a brief question-and-answer period with the deputy commanding general, retirees paid attention to representatives from Tripler Army Medical Center; the Directorate of Morale, Welfare and Recreation; the National Cemetery of the Pacific (Punchbowl); and the Hawaii State Veterans Cemetery, Kaneohe.

## Retirement Services Office helps...

- active duty Soldiers & families make informed decisions for smooth transitions.

- families maximize benefits with Survivor Benefit Plan.

- support retirees & their survivors till death.

Retired Army Lt. Gen. Frederick E. Vollrath, co-chair, chief of staff, Army Retiree Council, gave news regarding the Survivor Benefit Plan, the Forgotten Widows Benefit, recruiting referral bonuses – even for retirees, indefinite ID cards, space available travel, a new retiree pin, and the Army Career Alumni Program (ACAP) – a lifetime entitlement for retirees.

Among other hot topics, including fully funding the Army’s 75 full-time and the several part-time Retirement Services Office (RSO) staffs – typically one deep throughout the Army (even at Schofield Barracks), Vollrath said that retirees can keep current on matters that impact them in many ways.

Locally, U.S. Army Garrison, Hawaii’s RSO publishes the “Retiree Bulletin,” and Headquarters, Army Retirement Services, sends retirees the “Army Echoes” bulletin.

On the Web, Army Knowledge Online (AKO) and the Army’s RSO Web site ([www.armyg1.army.mil/retire](http://www.armyg1.army.mil/retire)) provide vast information, to include free e-mail alerts and e-subscriptions.

“Retirees are force multipliers, recruiters, supporters,” said Vollrath, reminding the audience that the dollars retirees spend at exchanges and commissaries further contribute to the quality of life active duty Soldiers and their families enjoy.

“[The Army] has an obligation to sup-

port retirees full-time,” Vollrath emphasized. “That message is never going to change.”

Throughout the morning’s presentation, John and Yumiko Glover, friends of widow Mieko Inoshita, jotted notes. Retired Cpl. William Inoshita, a Soldier from a distant era, received taps during the roll call.

“We came to help her understand events going on,” said John Glover. The couple occasionally whispered in Japanese to Mieko, who speaks limited English.

“We regularly come to visit with friends and to keep in touch with the Army,” said Lorie Lau, who is a spouse of a retired Soldier.

Before departing, Vollrath said he is on a quest to change the retiree motto.

Instead of “Still Serving,” the motto should be “Still Proud. Still Serving. Still Saluting,” he said.

Vollrath rendered a hand salute to retirees and their spouses.

# 94th AAMDC Soldier receives coveted leadership award

Story and Photo by

**SGT. 1ST CLASS JASON SHEPHERD**  
U.S. Army, Pacific, Public Affairs

WASHINGTON D.C. — Sgt. Maj. Eric L. Willis, chief information noncommissioned officer (NCO) with the 94th Army Air and Missile Defense Command, received the Sgt. Maj. Larry L. Strickland Educational Leadership Award from Sergeant Major of the Army Kenneth O. Preston at the Association of the U.S. Army Convention here, Tuesday.

The Strickland Award is given annually to NCOs who exemplify the Army's vision and mobilize others in shaping the Army's future leaders.

"The Larry L. Strickland Award is a very prestigious award," Willis said. "I feel honored in accepting it. Those who knew him [Strickland] know he really cared [about] the mentorship of the Soldier, to ensure that we grow our own within the Army ranks and educate our Soldiers."

Willis received the award for his work developing and assisting Soldiers with achieving their educational goals and mastering basic education skills while deployed at Camp Victory, Iraq.

During his time there, Willis worked directly with the Army Education Center to establish a unique Functional Academic Skills Training class, which enabled his Soldiers to continue their education during war. As a result, his Soldiers improved their Armed Service Vocational Aptitude Battery (ASVAB) scores, giving them better re-enlistment options and motivation to continue their education.

While deployed, Willis served as a tutor and test proctor for numerous Soldiers seeking advanced degrees.

"I talked to Soldiers daily about education and getting them to schools," he said. "Soldiers tend to take a lot of courses and try to figure out how to make them fit together later on. Now, if you road map it for them, they kind of have a direction on



Sgt. Maj. Eric L. Willis receives the Sgt. Maj. Larry L. Strickland Educational Leadership Award from Sergeant Major of the Army Kenneth O. Preston, Tuesday.

how they want to go.

"I try to convince them to get their education while in the military, instead of getting out and going back to school," he added. "The Army gives you 100 percent tuition assistance, and they should take full advantage of it."

Along with the award, Willis also received a check for \$4,000 and a laptop computer. He plans to use the money to enroll in a master's program at Hawaii Pacific University.

The award is named in honor of Sgt. Maj. Larry L. Strickland, who served in the Army for 30 years. Strickland was serving as sergeant major to the Army's deputy chief of staff for personnel when he became a victim of the Sept. 11, 2001, terrorist attack on the Pentagon.

Willis joined Sgt. Maj. John Heinrichs, office of the sergeant major of the Army, and 1st Sgt. Ava J. Bounds, Carl R. Dar-mall Army Medical Center, as the awardees for 2007.

## News Briefs

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

### 12 / Today

**Safety Update** — As part of a U.S. Army Garrison, Hawaii, and senior mission commander initiative to highlight safety awareness, the "Last Fatal Accident Safety Signs" at installation gates were adjusted, Tuesday, to reflect safety statistics for all U.S. Army Hawaii active duty personnel.

Additionally, in order to enhance unit-specific safety awareness and visibility, units are now authorized to place a sign (one sign per unit, brigade and above) within in the division, brigade or command headquarters footprint. All signs will conform to current installation policies and guidelines.

Upon request, the Directorate of

Public Works will make signs, but units must pay for them. Unit commanders may choose which aspect of safety awareness they would like to publicize. For more, call Sammy Houseberg, 655-6655.

### 13 / Saturday

**SSA Closure** — The Supply Support Activity will be closed, Oct. 13-21 for physical inventory. Normal operations will resume Oct. 22. For emergency services during this period, call Alfred Chugen, 656-0744, or Sam Sapatu, 656-2277.

### 14 / Sunday

**Change of Command** — U.S. Forces Command, Korea, Support Unit will host a change of command ceremony in front of Building 1554, Fort Shafter Flats' Parade Field, Sunday, Oct. 14, at 2 p.m.

### 15 / Monday

**Domestic Violence Awareness** — As part of Domestic Violence

Awareness Month, Army Community Service is sponsoring the following activities around the island:

- Oct. 15: Food Drive at the Fort Shafter PX, from 10 a.m.-2 p.m.
- Oct. 24: Candlelight Vigil at McCoy Pavilion (1201 Ala Moana Blvd.), from 5-7 p.m.
- Oct. 29: Open Display at the Schofield PX, from 10 a.m.-noon.

Contact Catherine Ignacio at 655-6215 for more information.

### 18 / Thursday

**Change of Command** — The 8th Theater Sustainment Command will host a change of command ceremony at Fort Shafter's Palm Circle, Thursday, Oct. 18, at 10 a.m.

**Giant Voice Testing** — The Navy will test its "Giant Voice" Mass Notification System at various naval installations around the island from Oct. 18-30. For more information, call 471-7300.

### 26 / Friday

**Quarterly Volunteers** — The 25th Infantry Division rear detachment will recognize volunteers of the quarter, Friday, Oct. 26, at 10 a.m., in the Post Conference Room. Call 655-4908.

## Ongoing

**Reserve Opportunities** — Active duty, Guard and reserve Soldiers, are you looking to con-

tinue your Army career but your job, school or schedule conflicts keep you from attending week-end drill? Are you leaving active duty and want to continue earning points towards retirement?

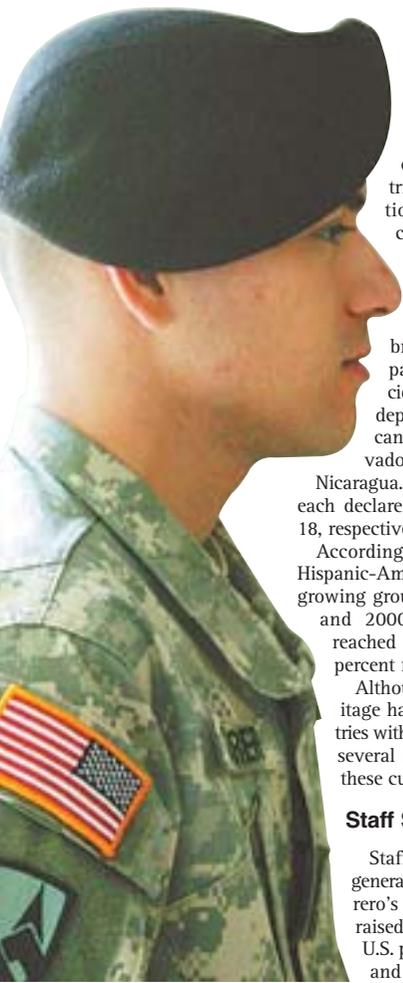
Join a local points-only reserve unit and continue your military career while maintaining your benefits (commissary/post exchange/SGLI). Drills are three evenings each month at Fort Shafter Flats. All ranks and any MOS are eligible. Annual training, schooling and other paid tour opportunities exist.

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

**Pre-Separation Audits** — The 125th Finance Battalion has created a new section, the Pre-Separations Audits Section, to closely monitor and resolve any deficiencies of pay accounts for Soldiers who are separating and are between 30 and 120 calendar days of their End Term of Service (ETS) dates.

Contact Sgt. Terry Bibey, 655-9094, or Spc. Arsalan Khan at 655-9376.

# Soldiers celebrate their Hispanic-American heritage



Story and Photos by  
**MOLLY HAYDEN**  
Staff Writer

## FORT SHAFTER

Throughout history, America's cultural diversity has contributed to its strength as a nation. The Hispanic-American community has a long and important legacy of commitment to our nation.

Hispanic Heritage Month, which began Sept. 15, celebrates the contributions of Hispanic Americans and also coincides with the anniversary of independence for five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile each declared independence, Sept. 16 and 18, respectively.

According to the U.S. Census Bureau, Hispanic-Americans are one of the fastest growing groups in the U.S. Between 1990 and 2000, the Hispanic population reached 35 million, an increase of 50 percent for that decade.

Although those with Hispanic heritage hail from many different countries with various cultural backgrounds, several consistent themes tie each of these cultures together.

### Staff Sgt. John Guerrero

Staff Sgt. John Guerrero is a first generation Mexican-American. Guerrero's parents were both born and raised in Mexico and moved to the U.S. prior to giving birth to Guerrero and his three younger brothers.

Guerrero was raised in Orange County, Calif., with strong ties to his heritage and Spanish-speaking family.

"Mexican families are generally large, and towns in Mexico are, for the most part, poor," said Guerrero.

He explained both his mother and father have struggled all their lives and sacrificed many things for their children.

"My mother always stated that she worked hard so we wouldn't have to," said Guerrero. "But in reality, that is just the way of the Mexican people."

Guerrero feels his cultural upbringing prepared him for life in the military, stating his family taught him discipline and respect – two major benefits when adjusting to military life.

Guerrero believes his respect for elders and sense of responsibility for protecting those younger or less fortunate is a strong ideal tied to his Mexican heritage.

"My upbringing plays a big factor in my everyday life," he said. "Without the influence of my culture, I would not have a sense of pride and honor as I do. I treat people with the respect that my family and culture has taught me."

"I am proud of my culture," said Guerrero. "It has made me who I am today."

### Sgt. Carmen Martinez

Sgt. Carmen Martinez was born and raised in Puerto Rico. She joined the Army as a way to learn English and travel.

"My strong family ties and passionate way of living has helped me adjust," said Martinez. "My family has always been supportive of ways to better myself and my life."

Martinez quickly adjusted to her new life

and found many who shared her culture.

She said she has missed the closeness of family and gatherings that brought rich

"Being in the military is a great opportunity to grow and appreciate what we have back home."

*Sgt. Carmen Martinez*  
*25th Special Troops Battalion*

foods, music and dance.

"We have a very large, tight family," said Martinez. "We are constantly celebrating together."

Martinez said her culture has taught her respect, especially for elders, and patience for the differences in the world. She believes each person is unique, yet all share a common bond.

"I see small differences between those raised in the [U.S.] and my culture," said Martinez. "There are certain foods and celebrations that differ, but in the end, we are all the same."

Martinez believes her strong cultural background has made her a leader in the Army and has helped her adjust.

"Being in the military is a great opportunity to grow and appreciate what we have back home," said Martinez. "It gives us the opportunity to learn other cultures and teach others about ours."

Guerrero and Martinez, along with many men and women in

the Army, have celebrated their Hispanic his-

tory, culture and upbringing at various events throughout the past month. The monthlong celebration ends Oct. 15.



# Living History Day

*keeps America's past alive*

Story and Photos by  
**MOLLY HAYDEN**  
Staff Writer

SCHOFIELD BARRACKS — A shy smile crept across Connor Molok's face as Maj. Christopher Smead, 9th Regional Readiness Command, placed a World War I-era helmet on the child's head, Saturday, during Living History Day.

"It is one thing to study history in a book," said Smead. "To see how instruments of war were utilized, not displayed, is much more effective."

Living History Day, a free event, offered a fun-filled and educational day for all ages. Parents gathered at the Tropic Lightning Museum to peruse artifacts and displays as children climbed through tunnels and tried their hands at target practice.

The Celtic Pipes and Drums of Hawaii filled the air with music as those in attendance walked the grounds.

"We hold Living History Day in order to celebrate the organization of the 25th Infantry Division," said Kathleen Ramsden, museum technician, Tropic Lightning Museum. "Our mission is to create an atmosphere that will cultivate an interest in history."

The program began with the posting of colors by Farrington High School's Junior Reserve Officers' Training Corps.

Throughout the day, events such as exhibits of military memorabilia, restored military vehicles, re-enactors in period uniforms

and hands-on displays of military artifacts kept parents and children busy as they engulfed themselves in Army-style slice of Americana. War heroes and present-day Soldiers took the stage to talk about their experiences and demonstrate equipment.

Children's activities, such as art, dress up, face painting and adventure opportunities, were also popular.

Pvt. Patricia McMurphy, 13th Military Police Detachment, and military police dog, Mandy, mesmerized the crowd as children lined up to pet the docile animal.

"This is good for the kids to get a first-hand depiction of what we do," said McMurphy. "I explained that not all working dogs are the same, and they got to see a calmer side of Mandy."

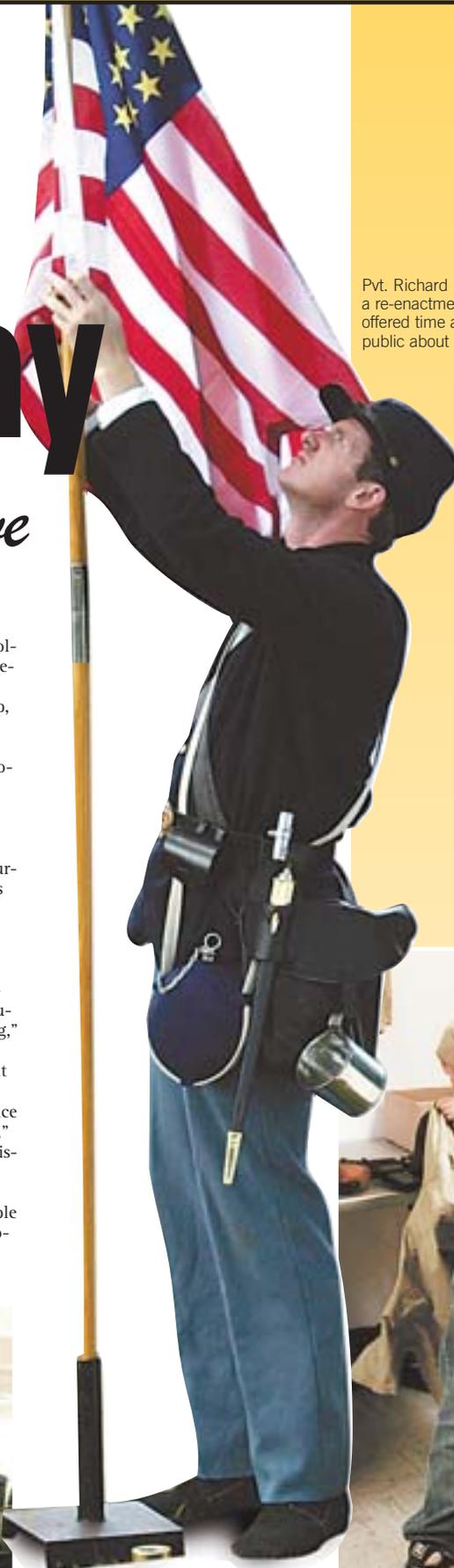
Soldiers and civilians helped orchestrate the event.

"With so many brigades gone, it's heartwarming to see civilians within the community step up and keep events like this going," said Maj. Will O'Brien, 2nd Battalion, 35th Infantry Regiment. "The military needs that support."

"As a living historian, I see the importance of spreading this information to the youth," said Smead. "We are all here to keep our history alive."

Ramsden echoed similar sentiments.

"We hope while they're having fun, people will develop a greater appreciation of history," she said.



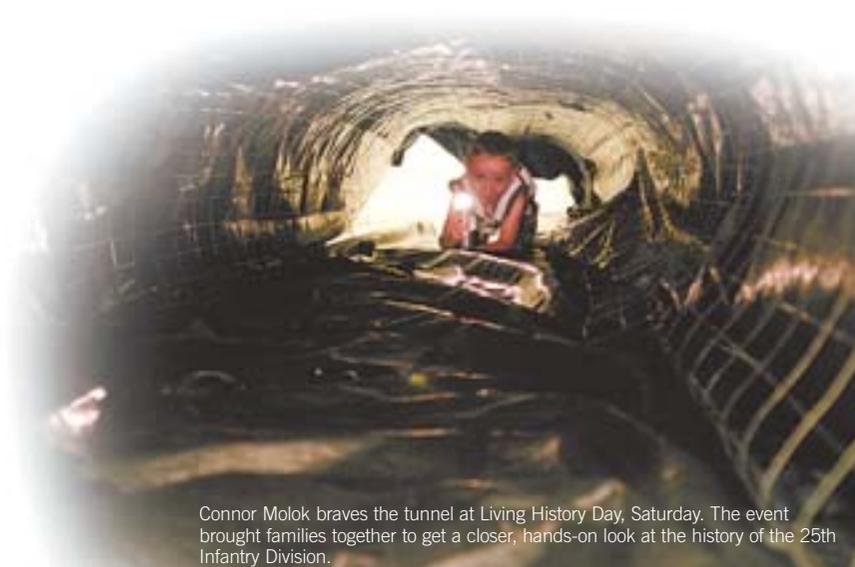
Pvt. Richard Bragdon displays a flag during a re-enactment of the Civil War. Volunteers offered time and information to teach the public about military history.



JROTC cadet Vincent Domingcil helps Travis Afuso into his fatigues. Children dressed up to get a feel for Army life during Living History Day.



Military artifacts lined the ground during Living History Day at the Schofield Barracks Tropic Lightning Museum.



Connor Molok braves the tunnel at Living History Day, Saturday. The event brought families together to get a closer, hands-on look at the history of the 25th Infantry Division.



**12 / Today**

**Jack 'O Lantern** – Participants can make a 9-inch ceramic pumpkin, Oct. 12, 9 a.m.–noon, at the Schofield Barracks Arts & Crafts Center. Cost is \$15, which includes a pumpkin, supplies and instruction; however, with a Blue Star Card, patrons receive \$3 off.

Pre-registration is required. Call 655-4202 or 655-6327.

**13 / Saturday**

**Hot Country Nights** – Join DJ Charlie Garrett, the Ghost Rider and Kathleen, and Rodeo Radio Girl at the Tropics, 8 p.m.–midnight, for great music, contests, giveaways and much more.

Patrons must be 18 or older, and admission is free. Call 655-5697.

**14 / Sunday**

**Teen Read Week Celebration** – Laugh out loud at the library during the Teen Read Week celebration, Oct. 14–20. Tell a joke to one of the library staff and get a wristband. Checkout a book and get a bookmark.

Teens can enter to win many other prizes. Call the Aliamanu Military Reservation Library (833-4851), Fort Shafter Library (438-9521) or Sgt. Yano Library (655-8002) for more details.

**16 / Tuesday**

**Halloween Costume Contest** – Keiki can enter a Halloween costume contest, Oct. 16, 3:30 p.m., at the Fort Shafter Library and Oct. 24, 3 p.m., at Sgt. Yano Library, Schofield Barracks.

Prizes will be awarded in two categories for best costume: ages 5 and under & ages 6 and up. Call 655-8002 (Sgt Yano) or 438-9521 (Fort Shafter).

**17 / Wednesday**

**Spooky Stories** – Children ages 6–12 can hear spooky stories at 3 p.m. at Sgt. Yano Library. Call 655-8002.

**19 / Friday**

**Blood Drive** – Help out a fellow Soldier by donating blood at the Tropics between 9 a.m. and 2 p.m. The Tripler Blood Donor



Staff Sgt. Crista Yazzie | U.S. Army, Pacific, Public Affairs

**Partners in paint**

Chief Warrant Officer Glenn DePalmer, right, Patriot System technician, and Capt. Alissa Clark, U.S. Army, Pacific, operations, plans and exercises officer, paint a walkway at Linapuni Elementary School as part of a volunteer effort from the 94th Army Air and Missile Defense Command. The 94th AAMDC regularly assists Linapuni Elementary School as part of the school partnership program.

Center is in dire need of O-negative blood for patients.

Call the center at 433-6195 or the Tropics at 655-5698/7 for more information.

**Film Showing** – In conjunction with reading Amy Tan's The Joy Luck Club, the book selected for the statewide "Big Read" celebration, Sgt. Yano Library, Schofield Barracks, will show the film version of the book, Oct. 19, 6–8 p.m.

Seating is limited. Call 655-8002.

**Oktoberfest** – Join U.S. Army Garrison, Hawaii, for its first-ever Oktoberfest celebration at Sills Field, Schofield Barracks, beginning at 4 p.m.

Enjoy a great German feast with bratwurst, sauerkraut, German chocolate cake and Oktoberfest beer.

Prize give-a-ways, a costume contest and music by Haugen's Oom Pah Pah Band will be part of the lineup of activities, as well as clowns, balloons and mega entertainment for keiki. Presale tickets are available for \$14 until noon, Oct. 16 at the Recreation Activities Office, Schofield Barracks. Tickets are \$20 at the door, including dinner and entertainment.

Free child care is available for Blue Star Card members. Child care reservations are required by Oct. 12. Call 655-0111/2.

**20 / Saturday**

**Tropics Anniversary Bash** – Bring the whole family for food, fun and games during the Tropics anniversary celebration from noon–2 p.m., and then come back for live music by local band "Twitch" at night. Call 655-5697/5698.

**Texas Hold 'Em Tournament** – Put on your best poker face and participate in a free Texas Hold 'Em Tournament at the Tropics, Schofield Barracks, noon–8 p.m. Players must be seated by 11:45 a.m.

Only the first 120 people will have the opportunity to play. Call 655-5697/8.

**Make a Difference Day** – Teens, help make a difference in your community by volunteering to help clean up and restore Nuuanu Stream, Oct. 20. Teens must be registered with Child and Youth Services (CYS) to volunteer. The Department of Parks and Recreation Botanical Gardens is hosting this Make A Difference Day community service project.

Van transportation departs at 7:15 a.m. and returns around noon. Call CYS at 833-4932 or 833-0920. Parental permission is required.

**24 / Wednesday**

**Haunted House** – Visit the Haunted House and get spooked at Sgt. Yano Library, Schofield Barracks, 3 p.m. Call 655-8002.

**25 / Thursday**

**Haunted House** – Visit the Better Opportunities for Single Soldiers (BOSS) Haunted House and get seriously scared, Oct. 25–27, 7–9 p.m., at Building 2082, Schofield Barracks. This event is open to all. Call 655-8169.

**26 / Friday**

**Halloween Teen Dance** – The Aliamanu Military Reservation (AMR) Youth Center is hosting a Halloween Teen Dance from 7–11:30 p.m., Oct. 26, for teens in

grades six through eight. Cost is \$3 for CYS members and \$4 for non-CYS. Teens wearing a costume get \$1 off.

Enjoy refreshments and prizes for the scariest, original and best overall costumes. Military, school or CYS membership ID is required. Call 833-4932.

**Ongoing**

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

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

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

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

Call the Aliamanu Military Reservation (AMR) Family Child Care (FCC) office at 837-0236, or the Schofield Barracks FCC at 655-8373.

will receive a 50-percent discount on admission and 10-percent off purchases.

Qualified visitors must present their Navy ID. The battleship is open daily from 9 a.m.–5 p.m. General admission is \$16/adult and \$8/child 4–12. Military and kamaaina (local residents) rates are \$10/adult and \$5/child.

All military in uniform receive free admission at the gate. Call toll-free 1-877-644-4896 or visit www.usmissouri.org.

**16 / Tuesday**

**North Town Hall** – The next quarterly Oahu North Town Hall meeting is scheduled Oct. 16, 6:30 p.m., at the Sgt. Yano Theater, Schofield Barracks. Call 655-0497.

**17 / Wednesday**

**Family Deployment Night** – Enjoy fellowship and fun at Family Deployment Night, Oct. 17, 5:30 p.m., Building 791, Main Post Chapel Annex, Room 212, Schofield. Call 655-9307 or 655-6643.

**Fort Shafter PX**

The next Fort Shafter PX Market Meeting for the Oahu South Community is scheduled Oct. 17, 10–11 a.m., at the Aloha Center, Fort Shafter, Bldg S-330, in Conference Room #201.

The quarterly meeting allows all tenants on Fort Shafter to address their informational and military input/concerns about the post exchange. Contact Rosey Stone, deputy community director, Oahu South Office, at 438-6147 for more details.

**19 / Friday**

**Theatre for Youth** – Chicken skin alert, just in time for Halloween, Honolulu Theatre for Youth (HTY) will stage Obake, a chilling collection of spooky ghost tales from Japan and Hawaii by David Furumoto. It opens Oct. 19, 7:30 p.m., and plays thereafter on Saturdays, Oct. 20, Nov. 3, 10 & 17 at 1:30 & 4:30 p.m.; and Saturday, Oct. 27, 1:30 p.m. only.

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

**20 / Saturday**

**Fall Festival** – The Hale Kula Elementary School PTA is accepting vendor applications for its Fall Festival, Oct. 20, 11 a.m.–3 p.m., which may be picked up at the school's main office or from any commit-

tee member.

Hale Kula's Fall Festival is an annual event held at Schofield Barracks to raise funds to benefit the school. The festival is open to the public and features game booths operated by Hale Kula teachers and outside vendors.

For more information, call Nicole Snider, 664-6212 or e-mail sir\_sebastian\_1@yahoo.com.

**Sunset on the Beach** – "Sunset" showcases the Hawaii International Film Festival, Oct. 20–21, with the 90-minute, low-budget, creature-feature "Tyrannosaurus Azteca" (filmed at Kualoa Ranch and other jungle locations on Oahu) and a documentary by Eddie Kamae. Make plans to attend this Waikiki Beach "theater," which features no walls and the moon and stars as ceiling.

Food booths will open at 4 p.m.; catch big-name entertainment starting at 4:30 p.m. Films will screen after the sun sets, at approximately 6:40 p.m.

**26 / Friday**

**PWOC Aloha 2007** – The Pacific Region of Protestant Women of the Chapel (PWOC) is hosting "Aloha 2007," Oct. 26 & 27 at the Sheraton Waikiki Hotel.

This conference is for women who have been married for a long time, newlyweds and everyone in between. PWOC membership is not a required to attend.

Discover what the Bible says about intimacy and how to cultivate an intimate relationship with your husband and God. Two registration options are available: An overnight stay is available at \$100 and includes three meals and conference materials. A day attendee rate is available at \$35/day.

Limited child care will be offered; ask for details when registering. Call Katie Payne to register, 206-8504.

**Weed Pull** – Army Natural Resource seeks adult volunteers and children (13 & over) to help pull Juncus effusus weeds – a non-native and invasive plant that is beginning to colonize the interior of the wet forest – at the summit of Mount Kaala, Oct. 26, 8 a.m.–4 p.m. Gloves and tools will be provided; volunteers will use trowels and weeders to remove the invasive weed.

Call Kim Welch or Candace Russo at 656-7641.

children is important; therefore, Sgt. Yano Library, Schofield Barracks, provides a video messenger service so that Soldiers scheduled for deployment can tape DVD or VHS video recordings for their children before their unit deploys.

Interested in this service? Call 655-8002 for more details.

**UH-Manoa Admissions** – High school seniors who may not meet the minimum entrance requirements for the University of Hawaii at Manoa can get a second chance to prove themselves worthy through the College Opportunities Program (COP).

Deadline for applications and supporting materials is Dec. 4. Participants in this free six-week summer program are housed at the Manoa campus and enrolled in classes designed to upgrade academic and social skills. Room, board, textbooks and instructional expenses are covered.

Participants who successfully complete the summer program requirements are admitted and advance to COP's First-Year Academic Program in the fall semester. Applications may be downloaded from the COP at www.hawaii.edu/cop or by calling 956-6186.

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

Extensive training for volunteers begins Nov. 5 and ends Jan. 18. Call Sgt. 1st Class Brenda Jones, 655-1040, for more details.

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

Soon, the Directorate of Morale, Welfare and Recreation (MWR) will add details of MWR programs in the community.

**HI-5 Recycling** – Residents may redeem their recyclable aluminum/metal cans, plastic, and glass containers any Saturday from 10 a.m.–4 p.m. (or any Tuesday from 9 a.m.–1 p.m.) at the parking lot of the Schofield Barracks commissary. Containers must be empty and clean.



**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 DeRussel 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**

- Collective Protestant Sunday, 9 a.m. – Sunday School
- Catholic Sunday, 10:30 a.m.–CCD & RCIA
- Gospel Sunday, noon – 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, noon – Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. – Worship Service

**Tripler AMC Chapel, 433-5727**

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

**Wheeler Chapel**

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



Send calendar announcements to community@hawaiiarmyweekly.com.

**12 / Today**

**Haunted House** – Today and Saturday, the Tripler Army Medical Center NCO Activity Fund is hosting a Haunted House from 7–10 p.m. at 205-101 Koa Place on Aliamanu Military Reservation, across from Burger King. Cost is \$2 per person. Call Sgt. 1st Class Jennifer Nelson at 433-4457 for details.

**13 / Saturday**

**Blues on the Bay** – The Army's Golden Knights parachute team joins the Navy's Blue Angels aerial flight demonstration squadron and the Navy's Leap Frogs aerobatic team – a combination rarely enjoyed at airshows – for "Blues on the Bay" at Marine Corps Base Hawaii, Kaneohe Bay, this weekend, Oct. 13 & 14. Parking and admission are free through the Main Gate, where H-3 ends at the bay.

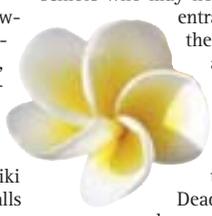
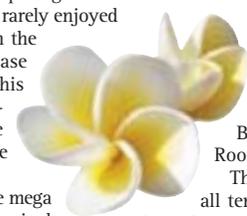
Other activities will include mega food booths, a car show, carnival rides, autographs and airplane rides from 9 a.m.–5 p.m. All activities are guaranteed to thrill the whole family. Visit www.mcbh.usmc.mil/Airshow/ for complete details about spectator and security restrictions, or call 254-0905.

**Yard Sale Mania** – Great bargains and treasures galore will be found at the Army Hawaii Family Housing (AHFH) community-wide yard sale, Oct. 13, 11 a.m.–3 p.m., at Schofield Barracks & Wheeler Army Air Field.

Participants will enjoy fantastic finds for kids, teens and adults. Log onto www.ArmyHawaiiFamilyHousing.com and click the Community Calendar for more details.

**Battleship Missouri** – In celebration of the Navy's 232nd birthday, Oct. 13, the Battleship Missouri Memorial is pleased to announce that it will offer free admission and 10-percent off retail purchases to all active duty, reserve and retired Navy personnel from Oct. 13–21.

In addition, immediate family members



**Superbad**  
(R)  
Friday, 7 p.m.  
Sunday, 7 p.m.  
Thursday, 7 p.m.



**Ratatouille**  
(G)  
Saturday, 2 p.m.  
Wednesday, 7 p.m.



**Death Sentence**  
(R)  
Saturday, 7 p.m.

No shows on Mondays or Tuesdays.

**Ongoing**

**Video Messenger** – Reading stories to

# USARPAC runners compete in the heat at Army 10-Miler

Story and Photo by

**SGT. 1ST CLASS JASON SHEPHERD**  
U.S. Army, Pacific, Public Affairs

WASHINGTON — Five U.S. Army, Pacific (USARPAC), runners braved warm weather, high humidity and crowded streets to finish 30th out of 56 teams in the Active Duty Open Mixed category and 226th out of 500 teams overall, during the 23rd annual Army Ten Miler here, Sunday.

Maj. Blaire Harms had the best showing for the team, finishing with a time of 1 hour and 22 minutes. She finished in 79th place for her age group and 2,978th overall, earning the most points toward the coveted Commander's Cup, earned by the team with the best overall time.

"Given the heat, I was very happy with my time," she said. "My goal was between 1:30 and 1:35, and I beat that by a couple of minutes."

Master Sgt. Alexander Ortega had the fastest time for the USARPAC team, finishing with a time of 1:14. He finished in 171st place in his age group and 1,121st overall.

"I think I did pretty well," he said. "I ran a little faster today than I have during training. It seemed like a pretty level course, and I was very happy with the way it turned out for the team. Our team has been on temporary duty so much, we never had time to train together. Maybe next year, we'll be able to train together before the race."



Kimokea Hamakua, center, sprints the last 200 yards during the 23rd annual Army Ten Miler in Washington D.C., Sunday.

The rest of the USARPAC team consisted of Master Sgt. Kimokea Hamakua, Lt. Col. Stanley Toy and Master Sgt. Lloyd Medina.

The biggest obstacle for many of the

runners was the heat. At the 8 a.m. start time, the temperature was a balmy 70 degrees with 96-percent humidity. According to the Army Ten-Miler Web site, complications arose when the second wave of

runners had no water at the six-mile point.

The run took a turn for the worse, however, when Michael Banner, a 25-year-old from Herndon, Va., collapsed less than 200 yards from the finish line. Paramedics

rushed him to George Washington University Hospital where he was pronounced dead. The cause of death is still undetermined.

According to Ortega, getting through the first mile was tougher than dealing with the heat.

"The hardest part was the start," he said. "There were so many people there that during the first mile, you're weaving in and out with people stepping on your heels. It was a pretty slow first mile, but the heat didn't bother me. I love running in the heat, but I hate running in the cold."

However, Harms liked the fact that there were so many people running in the race.

"You see someone in front of you, and you want to start picking them off," she said. "The good thing about this race is that there was always someone in front of you to pass."

Jose Ferreira of Brazil won the race with a time of 49:21. Firaya Zhdanova of Atlanta won the women's overall competition in 58:31.

The Commander's Cup went to the Fort Hood Men's Team with a time of 3:45:00 and the 8th Army Korea Women's Team with a time of 4:34:15.

More than 17,000 runners began the race at the Pentagon, and passed the Lincoln Memorial, Washington Monument, and the Capitol Building before returning to the Pentagon.

## AAFES new employment Web site empowers potential job candidates

**ARMY & AIR FORCE EXCHANGE SERVICE**  
News Release

DALLAS — Applying for a job with the Department of Defense's oldest and largest exchange service is now easier than ever, thanks to an expanded, online career center.

With opportunities in retail, food service, procurement, information systems and more, the Army & Air Force Exchange Service's (AAFES') revamped ca-

reer center offers targeted entry-level, hourly and management opportunities that are searchable by keyword, job title, area of interest and location.

"AAFES is a worldwide military command," said AAFES' Senior Vice President of Human Resources James Moore. "As a result, we have career opportunities everywhere from the Middle East to Maine for those ready to serve what we consider to be the best customers in the world, America's Soldiers

and airmen, as well as their families," he said.

The updated system allows entry-level and management applicants to quickly search and apply for available positions across the AAFES system and even check on the status of jobs previously applied for. Once an initial profile is complete, a "Job Agent" can be created to notify applicants of new positions that match their career interests.

AAFES' revamped career center is

available under the "AAFES employment" link at [www.aafes.com](http://www.aafes.com).

"Employment at the BX or PX is much more than just a 'job'; it's a career in which people can truly make a difference," said Moore. "We're excited about anything that provides greater opportunities for friendly, engaging and customer-focused individuals to join the AAFES team."

An Equal Employment Opportunity Employer that was recently named the

2nd military spouse friendly employer in America, AAFES currently employs some 45,000 associates at more than 3,100 retail and food establishments across the globe.

AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs.



## 12/Today

**Hawaii Championship Wrestling** – Wrestling returns to the Tropics at Schofield Barracks from 7–10 p.m. Doors will open at 6 p.m. Cost is \$5 for ages 12 & over, \$3 for 11 & under, and free for 5 & under. Call 655-5697.

**Basketball & Cheerleading Registration** – Registration is open today–Oct. 30 in the Youth Sports and Fitness basketball & cheerleading programs for youth born between 1991–2002. If parents fail to register their children within this deadline, they run the risk of not receiving a requested uniform size because uniforms will be ordered right when the deadline ends.

Cost is \$60 per person for basketball, \$60 for cheerleading, and \$20 if children already have a cheerleading uniform. Practice will begin Jan. 8, 2008, and the season will run from Feb. 2–March 22, 2008.

A photo ID and copy of a birth certificate is required for first-time participants. A physical examination is also required but lasts throughout the entire basketball and cheerleading season.

Register at the Child and Youth Services (CYS) registration offices at Schofield Barracks (655-5314) or Aliamanu Military Reservation (AMR, 833-5393).

## Ongoing

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

**Age Policy** – Effective Oct. 1, the Schofield Barracks Health & Fitness Center will adhere to the age policy cited in Army Regulation (AR) 215-1, like all other Army physical fitness centers. Unless otherwise authorized, youth under the age of 16 will not be permitted in any part of the fitness center, to include in the waiting area.

To assist Soldiers and family members with their physical fitness program, CYS has established a Short-Term Alternative Care Center (STACC) site at Kaala Community Activities Center, Building 556. The STACC site will be available Monday–Friday, 8–11 a.m., for children between the ages of 13 months (able to walk) and 10 years old.

The CYS service is free for Blue Star Card holders or just \$3.75 per hour, per child, for all others.

Space is limited and CYS registration is required, so reserve your slot by calling 655-5314 or 655-8628 today.

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

Bring your own earphones and enjoy more than 75 channels of cable TV while you work out on the cardio theater. Aerobic classes, dance classes, massage therapy and personal trainers are also available Monday–Saturday for a nominal fee.

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

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

Birthday packages cost \$5 per child for two hours of unlimited bowling; and add a food package for \$8 per child. Also, Monday–Friday enjoy lunch specials and discounted bowling rates.

Call 655-0573.

**Leilehua Golf Course Driving Range** – The golf driving range at the Leilehua Golf Course is open weekdays until 9:30 p.m.

Call 655-4653 for more information.



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

## 12/Today

**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 age 10 years and older. All students are required to provide a picture ID.

Upcoming classes are Oct. 12 & 13, Oct. 19 & 20, Nov. 2 & 3, 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.

## 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 for more information.

**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.

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

For more information or to schedule your adventure, call 734-4214, 877-682-7433, or go online at [www.bikehawaii.com](http://www.bikehawaii.com).

**Hawaiian Waters Adventure** – Hawaiian Waters Adventure Park is keeping its guests cool at the Giant Tiki and Tipping Tiki Cones. The Giant Tiki dumps more than 500 liters of water onto guests below, while Tipping Tiki Cones splashes water onto keiki for cool and exciting fun.

Hawaiian Waters Adventure Park features a variety of unique water rides and attractions for all ages, along with multiple dining options. Weekday admission is \$35.99 for adults and \$25.99 for children, with discounts available for military, kamaaina, groups and seniors.

Annual passes are available. Visit [www.hawaiianwaters.com](http://www.hawaiianwaters.com) or call 674-9283 for more information.

**Master's Swim Program** – Team Move hosts a master's swimming program Wednesdays from 7:30–8:30 a.m., and Saturdays from 7–8:15 a.m. in the Pearl City district park swimming pool. These innovative group workouts are designed for beginning and advanced swimmers. Expert coaching is provided to improve upon form and technique. All ages are welcome.

Cost is \$15 per month for Team Move members and \$25 per month for nonmembers. The pool is located at 785 Hoomaemae St., Pearl City.



U.S. Army Photo

## Golden Knight delight

The Army's Golden Knights parachute team will join the Navy's Blue Angels aerial flight demonstration squadron and the Navy's Leap Frogs parachute team for "Blues on the Bay" at Marine Corps Base Hawaii (MCBH), Kaneohe Bay, this weekend, Oct. 13 & 14. Parking and admission are free through the main gate at MCBH, where H-3 ends at the bay.

Mega food booths, a car show, carnival rides, and airplane rides will abound from 9 a.m.-6 p.m. Roberts Hawaii offers a hassle-free commute: \$20/adults & \$18/kids. Call 539-9440, extension 5.

Premium seating is available at MCBH for a nominal fee; visit [www.mcbh.usmc.mil/Airshow/](http://www.mcbh.usmc.mil/Airshow/) for more details, or call 254-0905.

Doctor Is In

# Shorter, winter days bring darker moods, depression

Less daylight can lead to sadness, sleep disturbance

**DR. JACK SMITH**

Tricare Management Activity

As the season changes and the days get shorter, some people develop symptoms of depression.

Sadness and lack of energy and motivation are not a normal part of the transition to fall and winter; however, studies show an increase in these symptoms during darker months.

This could be one of the reasons October is National Depression Education and Awareness Month.

Days with less sunlight can lower brain serotonin levels affecting mood and behavior. Depression can come in different forms, exhibiting many different symptoms.

Major depressive disorder is the leading cause of disability in the U.S. for ages 15-44 and affects approximately 14.8 million American adults, according to the National Institute of Mental Health. Yet, major depression is a remarkably treatable disorder, and the majority of people who receive treatment overcome the illness and return to normal lives.

The symptoms of depression will sound familiar to many and include sadness, sleep disturbance, appetite change, lack of energy, loss of motivation, slowed pace,

increased anxiety, poor concentration, loss of self confidence, and thoughts of suicide.

Depression is a recurring condition, so paying attention to its symptoms and seeking prompt medical care are a must.

Dysthymia is sometimes referred to as low-grade or mild depression and can easily go unrecognized by the sufferer, family and friends for long periods of time. Sufferers can usually manage their lives and don't exhibit symptoms to the degree of people with major depression.

Those with dysthymia complain of general lethargy and lack of energy. Their appetite may be abnormal; they either have little desire to eat, or they overeat. They may complain of feeling stressed.

## Getting Help

Occasionally feeling depressed is normal. Everyone has days when they feel low, irritable or sad. These moods usually last a few days and disappear. When symptoms come more often, are felt more intensely, last longer, and become harder to get rid of, sufferers should consider being screened for depression.

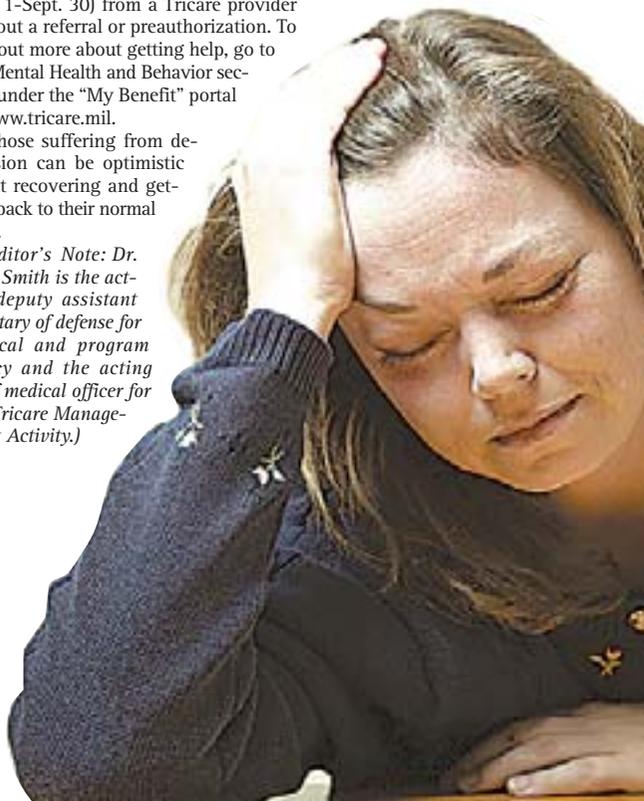
The Department of Defense supports the Mental Health Self-Assessment Program, a confidential screening test located at [www.militarymentalhealth.org](http://www.militarymentalhealth.org).

Non-active duty Tricare beneficiaries may receive the first eight behavioral health care outpatient visits per fiscal year

(Oct. 1-Sept. 30) from a Tricare provider without a referral or preauthorization. To find out more about getting help, go to the Mental Health and Behavior section under the "My Benefit" portal at [www.tricare.mil](http://www.tricare.mil).

Those suffering from depression can be optimistic about recovering and getting back to their normal lives.

*(Editor's Note: Dr. Jack Smith is the acting deputy assistant secretary of defense for clinical and program policy and the acting chief medical officer for the Tricare Management Activity.)*



## Depression Statistics:

- Depression contributes to 155 million lost working days per year.

- Depression has more than doubled in the last 50 years.

- Almost 20 million Americans suffer and twice that will suffer in their lifetime.

- One in four women will suffer from depression in her lifetime.

- By the year 2010, depression will be the second most common health problem in the U.S. (behind heart disease).

- Depression is one of the most treatable illnesses: 80-90 percent find relief.

- Although depression can be successfully treated, the majority of sufferers do not seek help.

- Fifteen percent of people with depressive disorders commit suicide.