

INSIDE

8th TSC reaches another milestone

Story and Photo by
SGT. 1ST CLASS DAVID E. GILLESPIE
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — The commanding general of 8th Theater Sustainment Command (TSC), Maj. Gen. William H. Brandenburg, passed the command colors to Brig. Gen. Raymond V. Mason in a change of command ceremony at historic Palm Circle here, Oct. 18.

The passing of the colors, which symbolized the transfer of authority, marked the first command change for the 8th TSC, a global organization responsible for providing front-line logistics support to Army combatant commands and joint forces throughout the Pacific theater. Brandenburg, who continues duties as deputy commanding general of U.S. Army Pa-

cific (USARPAC), had assumed command of the 8th TSC as the unit activated in September 2006.

"The Army truly has made a wise choice in the selection of Brig. Gen. Ray Mason and his wife Patti to continue this journey that was started over a year ago," Brandenburg said. "There is much yet to be accomplished, and the 8th TSC is clearly an integral part of USARPAC and its transformation ... As the 8th TSC and USARPAC continue to grow, bringing essential capabilities to U.S. Pacific Command, Ray Mason is the right leader at the right time to make this happen."

Mason is no stranger to the Army's new sustainment transformation.



Brig. Gen. Raymond V. Mason, left, accepts the 8th Theater Sustainment Command colors from Lt. Gen. John M. Brown III, reviewing officer and commanding general of U.S. Army, Pacific, during a change of command ceremony at Fort Shafter's historic Palm Circle, Oct. 18.

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Warm welcome

Better Opportunities for Single Soldiers and family readiness group members ensure redeploying single Soldiers feel like part of the ohana again

A-4

Warrior send-off

The 2nd Stryker Brigade Combat Team will hold a deployment ceremony, Tuesday, Oct. 30, at 3:30 p.m., at Schofield Barracks' Sills Field.

See News Briefs, A-6.

Puck stops here

Former National Hockey League players will team up with local hockey players from military teams at 7 p.m., Thursday, Nov. 1, at the Ice Palace Arena.

See Community Calendar, B-2.



Polka party

Soldiers and family members unpack their lederhosen and edelweiss and celebrate fall's arrival German-style — prost!

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Army to evaluate Medical Action Plan

Story and Photo by
ELIZABETH M. LORGE
Army News Service

WASHINGTON — The Army is on phase four of the Army Medical Action Plan (AMAP) and has staffed 65 percent of Warrior Transition Units (WTU) across the globe to improve care for wounded Soldiers, Brig. Gen. Mike Tucker, the plan's director, told reporters at the Pentagon, Friday.

He added that the AMAP answers findings from both the Department of Defense's independent review group and the Dole-Shalala Commission, and regularly inspects each WTU to ensure they have the right number of cadre and skill sets to help Soldiers heal and either return to duty or transition to civilian life.

RELATED STORY

• Read about one Soldier's experiences with suicide and PTSD, page A-5.

The Army is building 35 WTUs with 58 companies, each holding around 200 Soldiers. Each WTU has a squad leader for every 12 Soldiers and a platoon leader for every 36. Nurse case managers handle 18 patients, and primary care managers, who are doctors, coordinate specialists and medications for about 200 patients each, better than the industry standard of 1,200-2,000 patients.

Tucker said Soldiers volunteer to become WTU cadre all the time. He said it is a special calling and the cadre, who are being considered for special promotion consideration and special-duty pay, are carefully screened to ensure they have the necessary skills and

SEE MEDICAL, A-2



Jeremy S. Buddemeier | U.S. Army Garrison, Hawaii, Public Affairs

Wolfhound up

SCHOFIELD BARRACKS — Spc. Harold Himenes, an infantryman with the 2nd Battalion, 27th Infantry Regiment, demonstrates proper hand-over-hand technique as he scales a 30-foot rope at D Quad, Tuesday.

First Strike Ration heads to warfighters in theater

SOLDIER SYSTEMS CENTER, NATICK
Army News Service

NATICK, Mass. — A new compact, eat-on-the-move assault ration is well on its way to warfighters' hands.

"The First Strike Ration [FSR] is intended for the first-on-the-ground, first-to-fight warfighter," said Barbara Daley, food technologist and FSR project officer, Combat Feeding Directorate (CFD), U.S. Army Natick Soldier Research, Development and Engineering Center (NSRDEC).

Usually when warfighters are issued two or more Meals, Ready-to-Eat (MRE) they

"field strip" them to lessen the bulk and weight they are carrying. Personnel at NSRDEC found that not only were warfighters tossing what they considered extra weight, such as the flameless ration heater and Tabasco sauce, but they were also tossing food items. According to the Product Optimization and Evaluation Team at NSRDEC, if a warfighter is given 3,600 calories, he or she will often strip it down to 2,500 calories.

The FSR attempts to reduce this stripping by providing a lighter, smaller package with eat-on-the-go items that also enhance performance. These items are calorically dense and give appropriate nutritional content and

energy to warfighters for short durations of mobile, highly intense combat operations.

The FSR includes pocket sandwiches, First Strike energy bars, a carbohydrate-enhanced applesauce, high-energy drinks, pouches of tuna and chunk chicken, and caffeinated gum. The FSR is designed to be about half the size of the three MREs it replaces and it provides, on average, 2,900 calories per day.

"It is not intended to sustain the warfighter for long periods of time," Daley said. Because of its lower caloric content, the FSR is a restricted ration and can only be used as a sole source of food for ten days or less, in accordance with Army Regulation 40-25.

8th MPs host career day for kids

SPC. TYECHIA BOUNTHONG
8th Military Police Brigade Public Affairs

SCHOFIELD BARRACKS — "Watchdogs" from the 8th Military Police (MP) Brigade, along with the Big Brothers Big Sisters (BBBS) of Honolulu, took over Stoneman Field here, as part of the brigade's first career day, Saturday.

The engineers and military policemen who comprise the brigade displayed their capabilities and specialized sections, including heavy equipment, MP traffic investigations, the K9 unit and Special Reaction Team (SRT).

Col. Scott Jones, commander, 8th MP Bde., began the morning by welcoming the more than 90 Soldiers, family members and volunteers in attendance.

"The Soldiers' and volunteers' responses were overwhelming. They organized and executed a first-class event that will forever be remembered by these young children and their sponsors," Jones said.

Children and their sponsors visited static displays for a closer look at what Soldiers do on a daily basis.

"I love kids and when I get to teach kids something new, I always take the opportunity," said Spc. Anthony Williams, 57th MP Company. Williams, along with other Soldiers from his unit, described a combat MP's job to children.

The brigade ministry team and 84th Engineer Battalion medics also provided static displays.

After visitors met Soldiers and donned equipment, the lunch barbecue began, followed by a joint K9 and SRT demonstration.

"My favorite part was the K9 dogs 'cause they got the bad guys," one of the children said. Her "big sister", Abby, said she enjoyed spending time with the kids and getting to see them participate at different stations.

The 8th MP Bde. has already begun to plan for similar events in the future.

"We will continue to build upon our relationship with Big Brothers Big Sisters of Honolulu by organizing and having the children compete in a Watchdog Olympics sporting competition," said Jones.

Before going home, children shook the Soldiers' hands and thanked them for their service. Then, the children and their sponsors presented cards they made for the Soldiers of the 552nd MP Co., who are currently deployed in support of Operation Iraqi Freedom.

"This [event] is a first of its kind and I think it's a very important start to a good relationship," said Jill Matro, a match support specialist from BBBS.

For more information on the BBBS program, call 521-3811 or e-mail bbbs@bigshonolulu.org.

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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395 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 10/24/07.

Commitment is more than just a contract

Story and Photos by
SPC. DEREK BAILEY

8th Theater Sustainment Command Public Affairs

Soldiers train constantly in every aspect of their military life, but when it comes to marriage or relationships, they only have the knowledge acquired in their personal lives.

Chaplains with the 8th Theater Sustainment Command assisted married and single Soldiers in obtaining tools to build or repair personal relationships through a two-day retreat held at the Waikiki Beach Marriott Resort and Spa.

During the workshop, chaplains spoke to Soldiers about "Building Strong Bonds."

Those attending had a wide range of marital experience, varying from one to 21 years. Participants shared their experiences and provided solutions to resolve relationship dilemmas.

Sgt. Maj. James Clark, assigned to the Human Resources Command in St. Louis, has attended a few of these workshops and believes individual participation is key to helping others.

"It's about what you bring to this class, what you put in to it determines what you can get out of it," said Clark. "The life lessons you have learned may be valuable to others."

He added it is not just the Soldier's personal relationship that benefits.

"The commitment is the same whether its with their spouse, the Army or their unit," said Clark. "Commitment means, 'what am I going to do to keep this working?' Regardless of what happens, I am going to see this through."



Above — Capt. Rodlin Doyle and his wife Mia renew vows after eight years of marriage at the Strong Bonds Marriage retreat.



Right — Capt. Owen Roberts II and his wife Madeleine wait to renew their vows.

With the Army chaplaincy offering these programs, some Soldiers may be concerned the workshop is a religious-oriented event.

"It is more about how to work on your marriage and commitments," said Pfc. Susanne Joy, 70th Engineer Company. "This isn't a prayer retreat, it's based on Soldiers and what they need to balance their personal lives."

The single Soldiers received presentations about how to marry the right person, ful-

filling commitments and maintaining a lasting relationship. After the presentations for single Soldiers, Joy realized successful relationships aren't happy all the time.

"Sometimes it's a struggle and you have to work at your relationship," she said. "I thought the retreat was really good, honestly, I think it should be mandatory."

Chaplain Marshall Peterson of the 8th Military Police Brigade reminded his listeners that, "Just because you have trouble

in your relationship, that doesn't mean the relationship Grim Reaper is getting ready to strike."

The married couples classes described ways to notice stress in a marriage, resolving conflict and forgiveness. At the conclusion, several couples renewed their marriage vows in a recommitment ceremony.

With funds from the chief of chaplains, the 8th Sustainment Brigade chaplains plan to offer more retreats next year.

For information on future retreats, call 438-5503.



LIGHTNING SPIRIT

Ordinary times can be extraordinary

CHAPLAIN (MAJ.) KEVIN P. STROOP
 Fort Shafter Installation Chaplain

In the calendar of the church, there is the "Season of Ordinary Time." We are approaching the 22nd Sunday of "Ordinary Time" this week.

Ordinary time is one of those church seasons that does not get much mention since, well, "It is just ordinary." No special holy days, no special events, no "big bang for the buck" days included. As I write this, I am overwhelmed with the feeling that ordinary is just not how life is celebrated, but rather ordinary can, in itself, be quite the celebration.

I usually wake up in the morning. This should come as no surprise to anyone. I set out to do the things of the day, many of them without too much thought. The greetings of the day, the kisses goodbye, the acknowledgements, done without so much as an operational order or training plan.

Yet today is different. As I drive my son to school after fall break, I pat his thigh and tell him how good it is to be with him. You see, last week he was away visiting colleges in the mainland. I did not see him for a week, and missed the school traffic, the rushing in and out of the house, and I missed him. So in that ordinary moment of driving to school, that moment became extraordinary in the fact of my son's presence and the knowledge that next year at this time there will be no traffic or high school or son at home to drive.

I imagine we all look forward to the future, yet some things we would like to keep. I would not trade all the diapers, bruised knees, and tears to keep my children as children. I would like to have them present. I am changing, they are changing, all else around me is changing. Life is not as ordinary as I thought.

The ordinary surgery I had a few months ago was ordinary for

the surgeon, but was extraordinary for me. The ordinary painting by the artist is the extraordinary "Mona Lisa" by Da Vinci. The simple ordinary talk among friends along the lake is the "Sermon on the Mount" by the extraordinary Jesus.

I guess what I am getting at is this: ordinary is not that at all if

you look at the world with eyes of wonder and amazement.

It is easy to be caught up in the mundane of our world and allow ourselves to become

complacent — to allow the ordinary to take over and forget the possibilities of life that make it extraordinary. It is easy to say words that are full of hope and grace that fall from our lips as mere platitudes, but to show forth those words in the moments of our lives, that extraordinary.

I do not enjoy surprises. Yet when one happens in the midst of my life, it is savored and enjoyed. I believe this, that in the ordinary things of life, God shows up, especially when I least expect it. It is in the pat on the thigh, the kiss on the cheek, the handshake among old friends that God shows up. The memories of old times, former duty stations, old friends that seemed so ordinary back then are now precious gems of time we rely upon to get through another ordinary day.

Perhaps it is good that we have a "Season of Ordinary Time." It gives us a chance to reflect upon the things that we do ordinarily, and find those moments are extraordinary in terms of love, hope, and faith; that every now and again God shows up, of course, when we least expect, and makes that moment not-so-ordinary time.



Stroop

Medical: Warriors 'keep sights up'

CONTINUED FROM A-1

compassion to help wounded Soldiers and interact with worried families who may not understand or follow military protocol.

Combat experience helps, he said, but these Soldiers really need a parent figure who understands that if they're late for formation, they can't do 50 push-ups.

"The Soldier's job is to heal," Tucker said. "That means they're going to their appointments, taking their medications, doing their treatments [and] taking their medications as prescribed. It's their job. The cadre's job is to ensure they set the conditions for the Soldier to do their job and we hold them accountable."

We want to "allow these Soldiers to be everything they want to be in life and not just focus on the bad leg, so to speak," he said. "We've got to keep their sights up, keep their aspirations high. One thing we want to prevent is a generation of terrific war veterans in wheelchairs on street corners somewhere in America," he said.

Tucker and his chief of staff, Col. Jimmie Keenan, said they fully support the Dole-Shalala Commission's findings and ability to reduce bureaucracy and increase cooperation with the Department of Veterans Affairs (VA).

Keenan pointed out that Soldiers will only need one physical rating now, and Tucker said Soldiers will be able to remain on active duty for up to 90 days while their paperwork is processed by the VA. They won't get lost in the shuffle or wait months for benefits and disability checks.

In fact, the VA plans to place benefit counselors in the largest Soldier Family Assistance Centers



Brig. Gen. Mike Tucker heads the Army Medical Action Plan team, charged with improving care for wounded Soldiers and their families.

(SFAC), which are sized in conjunction with WTUs, according to Bianca Warner, human resources director at the Installation Management Command.

According to Keenan, the Army plans to spend \$238 million renovating and building billeting and family quarters for the unprecedented numbers of wounded warriors returning from war. She said that there are more than 70 amputees serving on active duty, nine of them in Iraq.

Tucker added that since World War II, the battlefield survival rate has increased by more than 70 percent.

Voices of Lightning: What do you want to be for Halloween?



"I'm going to be a Soldier."

Dante Brown
 Family member



"I want to be a skeleton bride."

Sara Collins
 Family Member



"I want to be Tinkerbell."

Kiana Martinez
 Family member



"I'm going to be Spider-man"

Andere Moron
 Family member



"I'm going to be a butterfly."

Keilani Ramirez
 Family member

8th TSC: Mason builds on unit's past triumphs

CONTINUED FROM A-1

Most recently, he served as the commanding general of the 19th Support Command (Expeditionary) in the Republic of Korea. Mason also commanded the 25th Infantry Division Support Command in Hawaii. Other key positions in his 27-year career included commanding general of the Defense Logistics Agency's Defense Supply Center in Philadelphia and deputy director for the Joint Chiefs of Staff, J4.

"I feel very honored to have been selected to command this great new unit," Mason said. "Major General Brandenburg has done a magnificent job getting this unit up and running. Now I'm going to take it on and build upon that."

Mason said he will also continue Brandenburg's mission of explaining why this rapidly evolving theater sustainment command is here.

"My first priority is making sure that our customers know who we are and that we are here to provide them world-class logistics support across the entire Pacific theater. They have to know we are here, and we have to show them we can do the mission we've been tasked to do and that they can trust us to be there when they need us. Our first focus is on those units we'll support," Mason said.

The transformation of a command like 8th TSC focuses logistics across the entire theater for the Army, but also for our joint partners, Mason explained.

"This is the central place to go for logistics support," he said. "The 8th has a great staff that can plan, and units that can execute logistics. It is one-stop shopping for all things combat support and combat services support."

The Army Campaign Plan specifies that each regional combatant commander will be provided a theater Army headquarters, said Lt. Gen. John M. Brown III, commanding general of USARPAC and reviewing officer for the ceremony. "That theater Army headquarters will provide trained, equipped and superbly led combat ready Army Soldiers to do the difficult task of joining with the Sailors, Airmen, Marines and Coast Guardsmen to conduct combat operations."

To a commander, the theater support command means Soldiers, equipment, ammunition, food — all of the things necessary to make a Soldier combat ready — will be transported, delivered and distributed to the front lines, brought forward and made ready to support Soldiers in the fight, Brown added.

The 8th TSC hasn't just been organizing.

"In the year they've been in existence, they have organized, planned and supported countless deployments of Soldiers into combat and into exercises with our allies and neighbors throughout this huge Pacific region," Brown said.

"This organization is one of the real powers of the theater Army and one of the great innovative initiatives of Army transformation," he said. "The years ahead for this organization will be dynamic, and the Soldiers who fill its ranks will write history for the logistics in a joint arena in this theater."

Tropics' anniversary party honors patrons

Story and Photo by
KYLE FORD
Staff Writer

SCHOFIELD BARRACKS — The Tropics Community Activity Center celebrated its four-year anniversary with a party honoring its patrons, Saturday.

The free event featured family friendly activities during the day, then shifted gears that evening with local rock band Twitch.

"We tried to make today a family thing in the beginning and then rotate to Soldiers later on," said Shanee Giltner-Baptista, Tropics Community Activity Center recreational assistant. "While we are celebrating our four-year anniversary, this event really is a welcome back to all the Soldiers."

"I just got back from Iraq," said Spc. Tyler Takayanugi, 57th Military Police Company, as he played pool with two friends from high school. "It's really good to be back with family and friends."

"I'm seeing a lot of new faces," Giltner-Baptista said, "and that's a good thing. We're a tight group here and we like to have fun."

Children and adults enjoyed games and activities which included a bounce house, sticker picture booth and balloon design entertainers Balloon Monsoon, in addition to the usual monthly Texas Hold 'Em tournament.

The band Twitch covered music from artists like Tool, Alice in Chains, Weezer, Metallica and the Foo Fighters.

The activity center is a place where Soldiers, families and civilians can hang out, watch television and eat. There are



Spc. Tyler Takayanugi, 57th Military Police Company, shoots pool at the Tropics Community Activity Center, Saturday.

pool tables, video games, Wi-Fi and a children's area.

Having a place where Soldiers can relax is a good thing according to Sgt. Jorge Rivera, 2nd Squadron, 6th Cavalry Regiment, also recently back from Iraq.

The Tropics snackbar offers food and

the Ono Isle TLC sells coffee, espresso and iced drinks, refreshing fruit smoothies and pastries.

In addition to food, the community center has special events packages, such as unit parties and exciting programs and promotions. Also, Hyang's Barber Shop,

nearby, will "lower patrons ears" for a modest fee.

The Tropics is open Monday-Friday, 8 a.m.-10 p.m., and Saturday, 11 a.m.-10 p.m.

For more information, call the Tropics Activity Center at 655-5697.

Motorcycle safety courses added to keep up with demand

KYLE FORD
Staff Writer

To keep up with the demand of returning Soldiers and emphasize safe-riding practices, the Installation Fire and Safety Office has added motorcycle safety courses.

Even with the added courses, the U.S. Army, Hawaii, Motorcycle Safety Courses (MSC) are filled until December.

"We've gone from one course every other week to two to three courses a week for the Basic Rider Course," said Bruce Marshall, a motorcycle rider coach with the Motorcycle Safety Foundation (MSF).

Soldiers cannot ride a motorcycle in Hawaii unless they have completed the MSC. Additionally, any government employee wishing to ride on post must have an MSF card, a motorcycle endorsement on his or her license, and abide by military motorcycle codes. The Army's MSC is certified by the Motorcycle Safety Foundation.

"We want to make sure we don't have the motorcycle incidents that happened after the troops came back from Afghanistan," Marshall said. "What the motorcycle safety course does is give new riders a chance to learn how to ride effectively. After that, it's up to them to build on their riding skills."

Hawaii is a great place to ride, according to Marshall. Motorcycles are economical transportation, the riding season is all year long, and additional gear is limited to a light rain suit.

The Installation Fire and Safety Office offers three courses — a Basic Riders Course, Modified Basic Riders course, and an Experienced Rider Course.

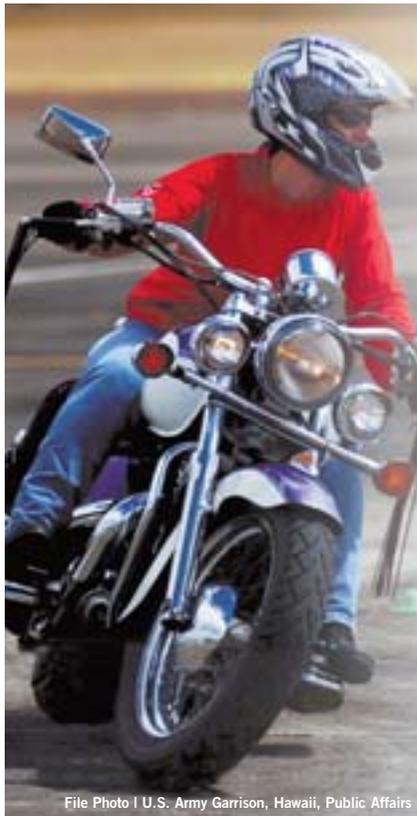
The Basic Riders Course (BRC) is for novice riders with little or no experience on a motorcycle. Motorcycles and helmets are provided for new riders.

"This course is for the absolute beginner," Marshall said. "We teach them how to clutch, brake, steer and everything in between."

The Modified Basic Rider Course is for new riders with a learner's permit on their own motorcycle. This two-day course is designed for riders with less than a year of experience. The course is shorter than the BRC because it is assumed if someone can get the bike to the class, they can clutch and brake.

The Experienced Rider Course is for those with more than one year of riding experience and a MSF Basic Rider Course card.

The State of Hawaii motorcycle endorsement requires a motorcycle safety course in addition to a riding and written test. The Army's MSC is free for all active duty, Reserve



File Photo | U.S. Army Garrison, Hawaii, Public Affairs



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

Above — Chaplain Maj. Scott Kennedy, family life chaplain, demonstrates the proper attire for riding a motorcycle.

Left — Joules Lyons, a Makakilo resident, wows onlookers with her riding skills during a motorcycle rodeo last year. The Installation Fire and Safety Office has increased the number of motorcycle safety courses to accommodate the demand.

and National Guard members from all services, retired military, active duty and retired family members, DoD civilians and certain contractors.

All government employees must ride with the proscribed riding gear. This gear includes a DOT approved helmet, full-fingered riding gloves, long-sleeved shirt or jacket, long, sturdy pants and over-the-ankle shoes or boots.

For more information on motorcycle safety, contact the U.S. Army Garrison Hawaii, Installation Fire and Safety Office at 655-6455.

BOSS gives single Soldiers a warm welcome home

FRG volunteers, BOSS ensure single Soldiers feel like part of the ohana

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — As the elevator door of the barracks opened, Oct. 16, Spc. Katelyn Michie, 3rd Infantry Brigade Combat Team (3IBCT), Special Troops Battalion (STB), felt at home. Posted on the elevator wall was a huge sign welcoming her and other single Soldiers home from a long deployment.

"It was good to be back," said Michie. As Michie walked into her room, she was ecstatic.

"I spent a day and a half on an airplane," said Michie. "I just wanted to crawl into a bed. I didn't care that I was going to have to sleep in my sleeping bag the first night."

Michie expected her room to be just how she had left it — empty. She had only a toothbrush and a small tube of toothpaste with her.

Michie was pleasantly surprised to see fresh linens on her bed, a handmade pillowcase telling her she was "a hero," a refrigerator stocked with Gatorade, and a bag full of toiletries, including shampoo and laundry detergent, and snacks, such as granola, nuts and candy.

"It was amazing," said Michie. "It was a warm welcome, and so unexpected."

Upcoming BOSS events

Visit the BOSS Haunted House today and tomorrow, 7-9 p.m., at Schofield Barracks, Building 2082.

For more information on upcoming events, call 655-1130.

"We are always looking for ways to let single Soldiers know they are a part of our community."

*Sgt. Danielle Colson
USAG-Oahu, ITC*

"Being away makes you appreciate things a lot more," said Pfc. Tekeshia Spencer, 3IBCT, STB. "We were so grateful to have all of these items waiting for us."

The project was a combined effort of family readiness group (FRG) members and the Better Opportunity for Single Soldiers (BOSS) program.

"Our hope was to welcome [Soldiers] back with aloha spirit," said Amy Henderson, FRG advisor, 3IBCT, STB, "and let them know how much we appreciate all they have done these past 15 months."

"There is so much emphasis on hygiene kits for Soldiers that are deployed, but nothing when they get home," said Sgt. Danielle Colson, U.S. Army Garrison, Oahu, Installation Troop Command. "We want this to be a standard operation for them to receive these necessary items upon their return."

FRGs and BOSS members collected donations from family members within the local community, as well as the Army and Air Force Exchange Service, to put together 187 packages for single Soldiers.

In addition, many FRG members donated time and resources to clean and set up all the barracks rooms, make beds, and stock refrigerators to welcome the single Soldiers home.

The BOSS program continues to strive to keep Soldiers engaged within the community and participate in outreach programs to better the life of single Soldiers.

"Many of our BOSS members pulled together to create this welcome home," said Colson. "We are always looking for ways to let single Soldiers know they are a part of our community."

Henderson agreed. "It's been wonderful to see so many people who want to help out and give something to our Soldiers," she said. "We are all family."

Amy Henderson, FRG advisor, 3IBCT, STB, places candy in bags for redeploying Soldiers, Oct. 16.



Operation Homefront spreads aloha to troops through care packages

Nonprofit group supports troops by collecting island style items

OPERATION HOMEFRONT OF HAWAII
News Release

Operation Homefront of Hawaii wants to share a little aloha with deployed troops by collecting Hawaiian-themed treats to ship overseas in care packages for the holiday season.

Operation Homefront recognizes the sacrifices military men and women make, and with the help of the community, hopes to bring a moment of joy to the troops.

The organization is collecting small items at all five Lex Brodie's locations. It is accepting local coffee, macadamia nuts, hard candies (not chocolate), Hawaiian-made cookies and other treats. In addition, small mementos or touches of Hawaii would be great; for example, Hawaiian music CDs, books and dashboard hula girls.

Operation Homefront hopes these care packages will remind troops from Hawaii their community ohana stands behind them and appreciates their service to country.

All items collected will be shipped to Hawaiian military members serving the country in the global war on terror. To register a service member or military unit to receive packages, contact Operation Homefront of Hawaii at (866) 569-9185 or e-mail Hawaii@operationhomefront.net.

To donate, stop into any of the five Lex Brodie's locations in Honolulu, Kaneohe, Waipahu, Kalihi or Pearlridge, or contact the Operation Homefront office to arrange a pickup. Collection boxes will be in stores until Nov. 10, 2007.

Operation Homefront & CinCHouse.com

What is today Operation Homefront began in 2001 as a military spouse-generated idea. In support for the families of deployed service members, CinCHouse.com members (military wives and women

in uniform) created the project that has evolved into a major nonprofit charity serving 31 military communities in 34 states. Today, CinCHouse.com operates as part of the nonprofit Operation

Homefront family. From a good idea to a great organization, Operation Homefront understands and takes care of the needs of the military community.

Soldiers recounts his experiences with suicide, PTSD

ELIZABETH M. LORGE
Army News Service

WASHINGTON — In the face of rising suicide rates among Soldiers, the Army is making a renewed effort to help Soldiers at risk and educate Soldiers and leaders about the signs to look for in their battle buddies and subordinates.

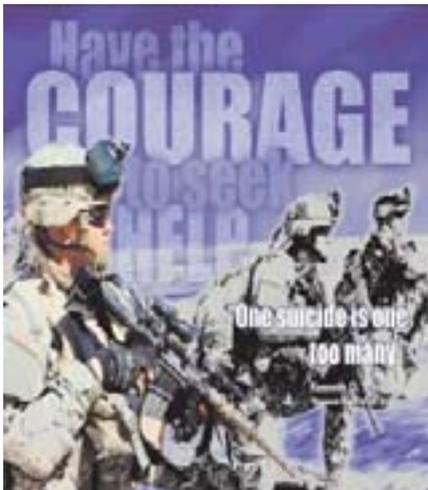
That education is crucial in saving Soldiers' lives, said retired 1st Sgt. Cornell Swanier. He has first-hand experience with suicide — as a prevention-education coordinator, as a noncommissioned officer who lost a Soldier, and as a combat veteran with post-traumatic stress disorder who has thought about killing himself.

On Thanksgiving Day, 2002, he got the call every leader dreads. One of the Soldiers he had brought safely through a deployment to Kuwait for Operation Enduring Freedom was dead by his own hand, an event Swanier is still trying to comprehend.

"I really got close to my Soldiers," he said. "I really tried to know the Soldiers, know their families, from top to bottom. It was tough on me. It's still tough on me to this day to walk in the barracks room and to see a dead Soldier. When Thanksgiving comes around, I think about that Soldier."

The specialist had been very intelligent, a model Soldier in a model section. He was a little quiet and prone to being picked on by his fellow Soldiers, but Swanier said he got along well with his section, one of the best in his company.

Swanier said he felt responsible for a long time, but no one had any idea the Soldier wanted to kill himself. He even bought new speakers for his car shortly before he died. But he had planned the whole thing, bought a gun, even detailed where he wanted his ashes scattered in his suicide note.



After he died, Swanier went through all of the paperwork from the Soldier's monthly counseling sessions and couldn't find anything that would suggest suicide.

Swanier had served as a prevention-education coordinator at Fort Benning, Ga., so he knew the signs to look for: Soldiers who start giving things away, whose job performance goes downhill, who isolate themselves and stop socializing and, of course, Soldiers who talk about killing themselves.

"You have to take that seriously. I'm sure that Soldier was exhibiting some signs around his roommate and fellow Soldiers, and they just didn't know it," he said.

The suicide, he continued, touched everyone in the close-knit unit. "It really dragged us down, put a somber mood on the unit for some time. It took us time to move forward."

The mission came first, however, and they were deployed for the initial ground war in Iraq in March 2003, a deployment that triggered Swanier's own battle with post-traumatic stress disorder (PTSD) and thoughts of suicide.

Swanier didn't realize how PTSD was affecting his life until a year after his return when his father noticed a difference in him. Swanier had cancelled several appointments with specialists and avoided group therapy. His father said Swanier seemed angry.

"There were many sleepless nights, depressed days. I would sit in one spot for most of the day. I would isolate and I wouldn't go out. I wouldn't talk to anybody. I wouldn't answer the telephone. I would get up in the middle of the night and make sure all my doors and windows were secured," he said.

He never attempted it, but Swanier also thought about killing himself. He still does occasionally. He doesn't even like to wear neckties, although now he feels comfortable talking about it with his wife.

If it hadn't been for the conversation with his father, Swanier believes he would have lost his family and ended up divorced. Instead, he joined an outpatient program at the local Department of Veterans Affairs post-traumatic stress clinic.

"When you mention the words mental health or behavioral health, there's a stigma," he said. "And I'm a first sergeant. We were coming back and that place was full of Soldiers, no leaders. And I just couldn't see myself going to behavioral health. I'm the type of person who was used to going up there and checking on Soldiers."

Swanier said his wife and daughter didn't understand at first, but that their support has gotten him through his treatment. Talking to other veterans who know what he's going through also helps, he said.

He tells Soldiers and leaders that they shouldn't be afraid to get help because PTSD is just like any other disease.

"We treat it and move on with our lives. This is no different. It's just a different part of our body. It starts with you, then it affects your family, then your community. There is a snowball effect if you don't get help. Because if you're going through post-traumatic stress disorder, your family's going through secondary post-traumatic stress disorder," he said.

"If you want to help your career, get help. In the long run, if you're a leader and you have issues, you don't understand what you're doing. It'll definitely affect readiness. You're weak if you don't go. I think we're to a time now where everybody understands, okay, it's out there."

As with suicide, Swanier emphasized the importance of education so families, leaders, Soldiers and even Army civilians know when to get Soldiers help and how to support them.

"I want to be able to help other Soldiers and also be an advocate for post-traumatic stress disorders. It can happen to anybody. We've got to get rid of that stigma," he said.

Under the Army Medical Action Plan, the Army is working hard to do just that. The service has launched the chain-teaching program to teach all Soldiers how to recognize the symptoms of PTSD and realize their careers are not in danger if they seek help. The Army also conducts mental-health assessments of Soldiers before, during and after deployments.

Sweeping changes planned for DoD's mental health care services

FRED W. BAKER III
Army News Service

WASHINGTON — Service members and their families can expect sweeping changes throughout the Defense Department's mental health care services next year.

A plan submitted to Congress this month details hundreds of proposed actions that officials hope will make the system more patient-focused. Many of the major changes are slated to be in place by as early as May 2008.

The plan is based on 95 recommendations for change that the department's Task Force on Mental Health reported to Congress in June.

Congressionally directed and funded last year, the task force reported that stigma attached to mental health care, difficult access, bureaucracy and a lack of resources contributed to a lack of adequate care for service members and their families.

Congress provided \$900 million for improvements in mental health care services, some funds specifically for advancements in traumatic brain injury and psychological health research, development and services.

The department responded by partnering with the departments of Veterans Affairs and Health and Human Services to develop a plan to work through each of the

recommendations, in many cases crossing the bureaucratic borders of each organization, to refocus the delivery of care to the patient's point of view.

This is a paradigm shift for military medicine, said Ellen Embrey, deputy assistant secretary of defense for force health protection and readiness.

"Patient-centered care is a standard of practice in some of the more effective health systems around the country," Embrey said. "We are absolutely committed to doing what's best for the patient."

Probably one of the most visible changes in the system will be streamlined mental and physical evaluation board processes

that will offer more consistency between Defense Department and VA assessments, Embrey said. A pilot of the new system will be conducted in the next few weeks, she said. A final system is to be in place by May.

Also key in the plan is ensuring service members and their families receive a full continuum of care during transitions, especially from military to civilian life. Most of the changes have to do with record-keeping and working to improve provider "hand-offs" of patient information. This is critical, officials said, as patient information often is recorded on the battlefield and passed successfully to military hospitals for

care, but sometimes there are gaps as the patient transitions to Veterans Affairs or to a civilian provider.

Officials are also working to bring mental health care access policies more in line with those of primary care access policies.

"Psychological health and fitness must be placed on an equal footing with physical health and fitness," Embrey said. "Our families and our service members are the most important part of our ability to do our mission and they deserve the very best treatment."

(Fred W. Baker III writes for the American Forces Press Service.)

News Briefs

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

26 / Today

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

29 / Monday

Domestic Violence Awareness – As part of Domestic Violence Awareness Month, Army Community Service is sponsoring an open display at the Schofield PX, Monday, 10 a.m.-noon. Contact Catherine Ignacio at 655-6215.

30 / Tuesday

Deployment Ceremony – The 2nd Stryker Brigade Combat Team will hold a deployment ceremony, Tuesday, at 3:30 p.m. at Schofield Barracks' Sills Field. Contact Sgt. Maj. Robert Pittman at 655-0283 for details.

November

4 / Sunday

Soldier Appreciation Breakfast – The Knights of Columbus Council 6302 and the Schofield-Wheeler Catholic parishes are sponsoring a free breakfast, Nov. 4, in appreciation of the Soldiers who recently redeployed in support of Operation Iraqi Freedom, Soldiers preparing to deploy and their families. Everyone is welcome. The breakfast will follow 11:30 a.m. Mass and will be held in the Main Post Chapel Annex Room 212. For more information, call Matt Momiyma at 626-7870.

6 / Tuesday

Troops to Teachers – Soldiers seeking careers in public education may attend a Troops to Teachers briefing any first Tuesday of the month at the Education Center, Building 560, Room 221, 11:30 a.m.-1 p.m. Also, mark your calendar for Dec. 4.

Contracting Officer's Representative Courses – Contracting Officer's Representative courses (COR) are scheduled as follows: 6-9 Nov., BCTC, Schofield Barracks; and 13-16 Nov., CPAC Training Facility, Fort Shafter. To register, fax an approved DD Form 1556 to the course manager at 438-2378.

8 / Thursday

Managing Emotions Under Pressure – A Managing Emotions Under Pressure course is scheduled for Nov. 8 at the CPAC Training Facility, Fort Shafter. To register, fax an approved DD Form 1556 to the registrar, Greg Marquardt, at (913) 967-8580.

17 / Saturday

Veterans' Appreciation Day BBQ Fundraiser – The Oahu Veterans Council is holding its first annual Veterans' Appreciation Day BBQ Fundraiser Nov. 17 at the Oahu Veterans Center, located at 1298 Kukila St., Honolulu. This event will recognize and honor all veterans for their service to our country with emphasis on those who have recently returned from combat areas. Entertainment will include Melveen Leed, Roy Sakuma Ukulele Super Keiki, Kanoe Cazimero and others. There will be a silent auction, crafters and orchid plant sale, lots of food and door prizes. Tickets are \$20 for adults and \$5 for children 12 and under.

For more information, call 422-4000 or e-mail sballard@oahuveteranscenter.com.

Ongoing

Vehicle Registration office – The Schofield Barracks and Fort Shafter Vehicle Registration and Installation Access Pass Offices will be closed Nov. 22-23 for the Thanksgiving holiday. The office will re-open for normal operations Monday, Nov. 26. For more information, contact Lorraine Labasan at 655-0894.

GSA Store Delivery – Effective October 2007, the GSA store at Schofield Barracks will only deliver purchases on Tuesdays and Thursdays. Plan your shopping accordingly. Contact Mike Martin at 655-0280 for more information.

Deployment Financial Checklist – The NASD Investor Education Foundation, the National Endowment for Financial Education (NEFE) and the National Military Family Association have created the Family Financial Checklist. The checklist details financial commitments service members need to be aware of when preparing to deploy. The list also helps service members and their families discuss important financial issues before deployment such as credit card bills, mortgage payments, taxes and insurance. Visit www.SaveAndInvest.org for more information.

Testing Services – The Army Education Testing Center offers a variety of military and civilian tests (such as the TABE, DLPT, DLAB, AFCT, CLEP, DSST, SAT), national certifications exams and interest surveys. Testing is a great way to earn potential college credits and further career advancement. Most tests are fully funded for active duty and reservists.

Individuals interested in testing need to see an Army guidance counselor for approval. The testing center, located at Schofield Barracks' Yano Hall, Building 560, 2nd floor, is open Monday-Friday, 7:30 a.m.-4 p.m. Call 655-9776.

Reserve Opportunities – Active duty, Guard and Reserve Soldiers, are you looking to continue your Army career but your job, school or schedule conflicts keep you from attending weekend 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.

Soldiers who are in their window should visit the Soldier Support Center, Building 750, Room 126, to fill out and re-certify a DA form 5960 (BAH form). In addition, any deficiencies of pay accounts should be submitted in the form of a pay inquiry to include any supporting documents.

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

Tricare adds coverage for breast cancer MRI screenings

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. – Recognizing the importance of early detection, the Tricare Management Activity recently changed its policy, adding coverage for Magnetic Resonance Imaging (MRI) screening for women at high risk of developing breast cancer. The American Cancer Society has clear guidelines defining high risk, which doctors can use to determine who qualifies for the coverage. If any qualified beneficiaries receive this care in the near future and it is denied, they can resubmit their claim for reimbursement.

"An MRI is a clearly superior tool for screening the highest risk women for breast cancer," said Army Maj. Gen. Elder Granger, deputy director, Tricare Management Activity. "We want these women to have every chance to detect any cancer at the earliest possible stages."

Breast cancer is the third most common cancer among Tricare beneficiaries and the second most common cause of cancer death for women in the U.S. An individual's level of risk can be impacted by a number of factors including age, family history and race. Doctors can advise their patients of their individual risk factors, but even women of average or low risk should be vigilant.



For more information about breast cancer, visit www.tricare.mil/pressroom/doctor_is_in.aspx?fid=60.

"The availability of MRI screenings does not reduce the importance of regular examinations," Granger stressed. "All women over 39 years old need to get those annual mammograms. The key to dealing with cancer is early detection."

Anyone who meets the criteria for a breast MRI will be covered by Tricare, retroactive to March 1. If any qualified beneficiaries received this care on or after March 1, 2007 and it was denied, they can resubmit their claim for reimbursement.



Before choosing care, beneficiaries should obtain Tricare preauthorization

When in doubt patients should ask Tricare about nonroutine procedures

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. – When a Tricare beneficiary needs hospital care, he or she can usually be confident that the benefit will cover everything involved with inpatient care. Doctors may order lab tests, X-rays or medication, and afterwards, may call for Magnetic Resonance Imaging (MRI).

But wait, too much confidence could mean that the patient ends up paying for that MRI. Why?

Because in some cases, Tricare beneficiaries need preauthorization to get the health care their doctors recommend. Those who are in Tricare should ask their regional contractors about the specific medical care being considered before scheduling an appointment to be sure Tricare coverage will apply.

"We want to give beneficiaries all



the coverage they need," said Army Maj. Gen. Elder Granger, deputy director, Tricare Management Activity. "Failure to get preauthorization limits our ability to offer that coverage."

Tricare beneficiaries may need preauthorization for any procedure that is not routine, and such things aren't always obvious. For example, Tricare now covers anesthesia services and associated costs for dental treatment for beneficiaries with developmental, mental, or physical disabilities, and children age five or under. This is a valuable new benefit, but it's not routine and requires preauthorization.

Standard beneficiaries in particular may forget to seek preauthoriza-

tion because they are used to self-referral. They book their own appointments with primary care providers and specialists. There is no all-inclusive list of procedures that call for preauthorization, however some common examples include MRIs, adjunctive dental care, some medications, home health care and inpatient admissions for substance abuse or behavioral health. Each region has its own requirements, so services that need preauthorization in one region may not in another.

If beneficiaries have other health insurance, they need to follow the rules of the other plan. Generally, they won't need preauthorization for Tricare-covered services that would otherwise require it. Exceptions include adjunctive dental care, the Extended Care Health Option, hospice, stem cell and organ transplants, and some behavioral health care services.

To verify if preauthorization is necessary, beneficiaries may contact their regional contractors: North Region: 1-877-Tricare (1-877-874-2273); South Region: 1-800-444-5445; West Region: 1-888-874-9378.

Tripler offers valet parking as another option for visitors, staff

TRIPLER ARMY MEDICAL CENTER PUBLIC AFFAIRS News Release

Would you like to drop your car off at Tripler's mountainside entrance and have it delivered to you at the same place when you leave? Would you like to have an ohana-style greeting and a hearty mahalo when you leave?

We thought you might, so to improve patient accessibility and offer more options for beneficiaries and staff, beginning in November Tripler Army Medical Center (TAMC) and the Sparks Matsunaga Veterans Administrative (VA) Center are teaming up to provide low-cost valet parking services to improve parking management.

"Tripler and the Matsunaga VA are committed to integrity in all aspects of services they offer and this is just another example of reaching out to improve," said Don-

ald Devaney, provost marshal, TAMC. "The three-dollar valet parking service will tag team with the no-fee Tripler trolley shuttle service to continue providing all visitors with more options to suit their individual needs," the provost marshal said.

"The shuttle service has had a tremendously positive impact on parking availability and the utilization of remote parking lots," Devaney said. "On average, we are transporting more than 3,000 passengers per month with one vehicle and more than 5,000 passengers when two shuttles are in operation," he said.

The leadership at Tripler and the VA are well aware that parking is a challenge at Tripler.

"In response, over the last eighteen months Tripler has added 350 parking spots and began the Tripler Trolley Service," said Col. Derick Ziegler, chief of staff, TAMC. "The valet parking service will provide yet

another option to our staff and visitors."

Maj. Gen. Carla Hawley-Bowland, commanding general, TAMC, said having ample parking spaces at Tripler is not the issue.

"While we have plenty of parking spaces, our vertical terrain makes it very difficult to make parking convenient," she said. "Valet parking is just one example of how we are reaching out to provide the best service possible and to exceed our customers' expectations."

"Our valet parking staff will be well informed, courteous and easily identifiable in their aloha uniforms," Devaney said. "The valet captain concept is an extension of the Interactive Information Center/digital concierge system Tripler has been using at for the past year, greeting visitors and staff in a friendly and caring manner, showing compassion and creating a feeling of great service."

Tripler is scheduled to give the Valet

Parking Service a road test beginning Nov. 1 for a period of 90 days. After 90 days, TAMC will review the program.

"I can only hope that we will be in a position to keep it as a part of the way we do business here at Tripler – anything to make life less complicated for our staff, beneficiaries and visitors is always a good thing," Devaney said.

For more information, call 433-4466.



Tricare extends Reserve Select re-enrollment deadline through November

TRICARE MANAGEMENT ACTIVITY News Release

Did you miss the Sept. 30 deadline to re-enroll into Tricare Reserve Select (TRS)? Previously enrolled and eligible Reserve Component members still have until Nov. 29, 2007 to re-enroll in TRS and still have continuous Tricare coverage.

Members who want a retroactive coverage effective date of Oct. 1 must include the premium payments for all months of coverage. If a member lost TRS coverage on Sept. 30, submits the enrollment form on Nov. 16 and elects continuous coverage back-dated to Oct. 1, he or she must submit monthly premiums for October, November and December.

Eligible beneficiaries may also sign up for automatic monthly premium payments by electronic funds transfer or recurring credit card through the "Online Payment" link at www.triwest.com.

New Enrollees

The Nov. 29 (60 days after Sept. 30) deadline is for members previously enrolled in TRS that wish to purchase TRS coverage with an effective date of Oct. 1. Eligible Reserve Component members may submit the TRS request form at any time under the continuous open enrollment, and may choose to start coverage the first of the following month or the month after that.

Eligibility

Member of the Selected Reserve of the Ready Re-



serve may qualify to purchase coverage under TRS program. For those Selected Reserve members who are also eligible for coverage, or are already covered, under a Federal Employee Healthcare Benefit (FEHB) program are not eligible to enroll into the new TRS plan. If the Selected Reserve member's spouse is enrolled in a FEHB program, but the member is not covered, then the member may qualify to purchase TRS coverage.

Those who are eligible for FEHB (and therefore not eligible for TRS) include the following:

- Federal employees
- Congressional employees
- National Guard technicians
- Retired federal employees

For more information and a more inclusive list: <http://uscode.house.gov/download/pls/05C89.txt>

TRS Program Features

One premium level – currently, individual coverage is \$81 per month and family coverage is \$253 per month (premiums are subject to change annually Jan. 1) for all TRS enrollees

- A continuous open TRS enrollment period –



Enroll in Tricare Reserve Select
<https://www.dmdc.osd.mil/appj/trs/>

For Assistance with the Guard and Reserve Portal
1-800-3-RAPIDS (800-372-7437)

Reserve Component Points of Contact –
www.defenselink.mil/ra/html/tricare.html

TriWest Healthcare Alliance – www.triwest.com or
1-888-Triwest (888-874-9378)

TriWest TRS Enrollment Fax – 1-866-441-8843

TriWest's Guard and Reserve Resource Center –
www.triwest.com/unauth/content/ngr/Tricare – www.tricare.mil.

qualified members may purchase coverage at any time when not on active duty orders

- Continuing coverage – after the loss of a nonpremium Tricare program (for instance, losing coverage coming off of active duty), eligible beneficiaries can enroll in TRS within 60 days to avoid a break in coverage

- A choice of coverage start date – for example, if the enrollment form (with payment) is submitted to

TriWest on Jan. 29, the member can choose to start coverage on either Feb. 1 or March 1.

Enroll Online and Purchase Coverage

- Log onto the Guard and Reserve Web Portal (<https://www.dmdc.osd.mil/appj/trs/>)
- Confirm eligibility for the TRS program
- Print out and sign the TRS Request Form (DD Form 2896-1)
- Mail the document along with the appropriate premium payment to TriWest Healthcare Alliance (P.O. Box 42048, Phoenix, AZ 85080-2048) postmarked no later than Nov. 30, 2007.
- Or fax the enrollment form to TriWest (credit card payments only, fill out box 6 on the TRS Request Form) at 1-866-441-8843 no later than Nov. 29, 2007.

Coverage Under TRS

Health care coverage under TRS is similar to coverage under Tricare Standard and Extra and includes deductibles, cost-shares and a \$1,000 cap on the yearly maximum out-of-pocket expenses for covered medical services. TRS enrollees (individuals and family members) have the freedom to access care from any Tricare-authorized, certified or network provider or hospital and may request care at a military treatment facility (MTF) on a space-available basis.

PAU HANA



Above — The crowd dances the night away to the sounds of the Haugen's Oom Pah Pah Band. The polka and chicken dance especially brought attendees to their feet and had children screaming with delight.

Below — Soldiers and family members don their best German outfits to win a prize for best dressed. Games and activities kept the celebration going strong as each participating unit attempted to win the most games and claim the Team Oktoberfest title.



Story and Photos by
MOLLY HAYDEN
Staff Writer

Oktoberfest

brings family and friends together

SCHOFIELD BARRACKS — Sills Field turned into a German wonderland, here, Friday, for the Oktoberfest celebration. More than 700 Soldiers and family members clinked glasses and shouted "prost!" (cheers!) throughout the evening. Those in attendance indulged on a German feast of bratwurst, spatzle and sauerkraut, and finished it off with the ever-popular German chocolate cake. Games allowed Soldiers to show off their beer-pouring talents and flaunt their "best" German costumes. Bouncing quarters into a beer stein and the stein-carrying contest for the ladies kept the crowd laughing and the atmosphere festive.

"Events like these bring friends and family of the military together," said Staff Sgt. Edgar Huerth, 2nd Squadron, 14th Cavalry Regiment. "It really boosts morale for both deploying and redeploying Soldiers. Everyone is having a great time." Huerth will deploy in December for the third time. "I really appreciate events like this," said Huerth. "It shows the military cares about bringing people together and appreciates what we do for our country." The Haugen's Oom Pah Pah Band entertained the crowd with a musical sound that started toes tapping and feet moving across the dance floor. Couples danced the polka and children ran across the field screaming in delight. The chicken dance brought young and old together as Soldiers and

family members showed off their moves. Morale, Welfare and Recreation (MWR) coordinated the Oktoberfest event as a way to engage Soldiers and family members within the community and create a fun-filled family atmosphere. "We try to bring people together," said Elizabeth Thunstedt, recreation specialist, MWR Recreation Activities Office. "We want the Soldiers and their families to have fun." Thunstedt explained that with so many Soldiers deploying and redeploying, MWR is constantly trying to think of unique ways to bring the military ohana together, and let them know their hard work and sacrifices are appreciated by showing them a good time. "A lot of Soldiers have been away for so long," said Thunstedt. "This is our way of reintroducing them back into society and welcoming them home, as well as giving deploying Soldiers the send-off they deserve." As the party quieted down, Soldiers talked story, finished their drinks and sleepy children lay in their parents' laps. Hundreds of military ohana members went home with their stomachs filled and their minds content. The 2nd Squadron, 14th Cavalry Regiment, A Troop, took home the trophy and bragging rights for the most games won and the title of Team Oktoberfest, with U.S. Army Garrison, Hawaii running a close second.

Many Soldiers and family members took an active part in the event and stood up proudly as members of the military ohana. "We danced the night away," said family member Latha Tornquist. "This was a great party!" Cutter Ford, Home Depot, Central Pacific Home Loans, and Prudential Locations LLC sponsored the event.



Staff Sgt. Edgar Huerth, center, maintains a steady hand during the beer pouring contest. Games and activities lightened the mood and brought crowd participation at Oktoberfest on Schofield Barracks' Sills Field, Saturday.

Upcoming MWR events:

Country Singer Laura Sullivan will perform Wednesday, Nov. 3, 7 p.m., at the Tropics, Schofield Barracks.

John Ondrasik, lead singer of Five for Fighting, will rock the house, Nov. 14, at 7 p.m., at the Tropics, Schofield Barracks.

Oahu abounds with Halloween haunts

Ready to join all of the Halloween festivities? Check out the events listed below. Also, don't forget trick or treat hours for the Fort Shafter and Schofield Barracks communities are 5:30-8:30 p.m., Wednesday. Happy haunting!

26 / Today

Haunted House — Visit the Better Opportunities for Single Soldiers Haunted House and get seriously scared today and tomorrow, 7-9 p.m., at Building 2082, Schofield Barracks. Cost is \$2 per person and the event is open to all. Call

655-8169 for more information.

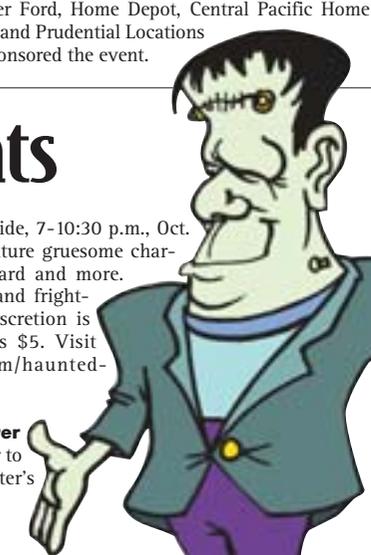
Halloween Teen Dance — The Aliamanu Military Reservation (AMR) Youth Center is hosting a Halloween Teen Dance from 7-11:30 p.m., today, for teens in grades six through eight. Cost is \$3 for Child and Youth Services (CYS) members and \$4 for nonmembers. Teens wearing a costume get \$1 off. Enjoy refreshments and prizes for the scariest, original and best overall costumes. Military, school or CYS membership is required. Call 655-8002 for more information.

Haunted Hayride — Gunstock Ranch, Laie,

will have a Haunted Hayride, 7-10:30 p.m., Oct. 26-30. This event will feature gruesome characters, a haunted graveyard and more. Due to graphic violence and frightening scenes, parental discretion is strongly advised. Cost is \$5. Visit www.gunstockranch.com/haunted-hayride.html.

Kunia Shopping Center Costume Contest — Enter to win Kunia Shopping Center's

SEE HAUNTS, B-5





30 / Tuesday

Cowboy Roundup – Join us in welcoming our returning Soldiers with a Cowboy Roundup, Tuesday, 4:30 p.m., at the Nehelani, Schofield Barracks. Enjoy country western music by Dita Holifield and complimentary barbecue fixin's, such as barbecue pork ribs, fried chicken, baked beans and more. Admission is free. Call 655-4466.

November

3 / Saturday

AFF Concert at the Tropics – Armed Forces Entertainment (AFE) presents country music singer Laura Sullivan at the Tropics, Nov. 3, at 7 p.m. Sullivan was one of the top 15 on Nashville Star, a USA Network reality/talent show. Since then she has been performing with big name acts like Keith Urban, Reba McEntire and Gretchen Wilson. Admission is free. Call 655-0002/5697.

7 / Wednesday

Native American Dance – Hawaii's American Indian community will share its traditional stories, songs and dances for the whole family at Sgt. Yano Library, Nov. 7, at 6 p.m. Families are invited to dance in a friendship or circle dance. Call 655-8002.

Ongoing

Preschool Story Times – Parents may bring their keiki to enjoy adventures at 10 a.m., Tuesdays, at the Fort Shafter Library, and Wednesdays, 10 a.m., at Schofield Barracks' Sgt. Yano Library. Call 655-8002.

Fort Shafter Teen Center – The Teen Center has something for everyone. It's where teens can meet new friends, participate in club activities, learn about employment programs and leadership opportunities.

Teens can also access the Internet; play video games, ping pong and foosball; listen to music; watch television; or enjoy snacks.

The Teen Center is open from Monday-Friday, 2-6 p.m., and Wednesdays,



Photo Courtesy of Army Hawaii Family Housing

Fetching Howl-oween treats

SCHOFIELD BARRACKS — Army Hawaii Family Housing's Fort Shafter community and their pets get a jump start on Halloween festivities, Oct. 18. More than a dozen four-legged, furry friends dressed in their very best strutted their stuff in front of judges at a pet-friendly costume contest. Five lucky winners were awarded a gift card and all participants received trick-or-treat goodie bags filled with doggie snacks.

1-6 p.m. Some Friday nights and weekends, extended hours apply for special events.

The Fort Shafter Teen Center is located across the street from the Richardson Theatre parking lot, Building 505, Bonney Loop. Call 438-6470.

Pacific Teen Panel – Teens in grades 9-11 have the opportunity to learn leadership and public speaking while representing Fort Shafter, Tripler and AMR in monthly video/teleconferences with other teen panels in the Pacific such as Japan, Alaska and Kwajalein.

Teens are encouraged to volunteer at least eight hours for the program; prepare and conduct briefings; and maintain good grades in school.

Teens must be registered at CYS. Call 833-0920.

4H & Boys and Girls Clubs – The AMR Teen Center has a variety of social and leisure time recreation activities through local Boys & Girls Clubs and 4H (Health, Head, Hands, Heart) Clubs, including cooking, digital festivals, fine arts exhibits and photography contests.

The Teen Center also offers Torch (Middle

School Teen Council) and Keystone Clubs (High School Teen Council). Call 833-0920.

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

Children must be enrolled in SKIES or be a current member of CYS.

Register at the CYS Office, 556 Heard St. Call SKIES at 655-9818 or CYS at 655-380.

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

Classes are held the first Wednesday of each month. Call CYS at 655-9818 for more information.

Auto Detailing – The Schofield Bar-

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

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

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

New MWR Calendar Feature – Visit the Morale, Welfare and Recreation (MWR) Web site, www.mwrarmyhawaii.com, and check out the new calendar feature, which allows users to view the calendar by day, week or month, in a list or tabular format.

Other features allow users to search for events, receive event reminders or notifications of event changes by e-mail or text message, as well as download event info, e-mail event information to friends, and import events to a calendar.

14 / Wednesday

South Holiday Card Lane – It's almost the yuletide season when life-sized holiday greeting cards are displayed on the Fort Shafter Chapel field. Units, tenants and private organizations may participate from Nov. 14-Jan. 3. Judges will give awards for first through third place, Nov. 27.

17 / Saturday

Pearlridge Express – All aboard the Pearlridge Express! Hawaii's only scale-model, fully-functioning train will be pulling into the station at the Uptown Center Court, Nov. 17 at 10 a.m. Up to 15 keiki can ride at one time on the custom-built locomotive and enjoy the journey. Running daily through Jan. 1, the Pearlridge Express will be a sure memory-maker for the whole family. Uptown Center Court.

26 / Monday

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

Ongoing

Food For Families – The Armed Services YMCA accepts donations of nonperishable items to replenish its food pantry. Its emergency food locker is available to families experiencing financial difficulty and that could useneeding extra assistance. Supplies of canned goods, frozen food, dry goods and personal care items are accepted and usually available. Call 624-5645.

Fort Shafter Thrift Shop – Patrons, the thrift shop will remain open all summer. Hours are Tuesdays and Fridays, 9 a.m.-1 p.m., and consignment hours, 9-10:30 a.m.

Families who are making a permanent change of station move should make an appointment to consign their household goods. Donations of gently used items are welcomed.

The Thrift Shop is always looking for volunteers, so if you have a military ID and are able to commit four hours per week, drop by Building 342, Pierce Street, or call 842-1074.

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

children up to age 5 and their parents or caregivers.

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

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

No Playmorning is scheduled Sept. 21, due to staff training. Call 624-5645.

Vehicle Resale Lot – The vehicle resale lot has moved to the Schofield Barracks commissary parking lot. When facing the front of the commissary, the lot is on the left hand side of the building, away from Trimble Road.

The lot is now operated by Army Morale, Welfare and Recreation and the Schofield Barracks Automotive Crafts Center. Vehicles can be placed in the resale lot for as little as \$7 for seven days. Call 655-9368 for a list of items you'll need before placing your vehicle in the lot.

Also, the Auto Skills Center is now offering auto detailing. Stop by Building 910 on Duck Road, or call 655-9368 for an appointment.

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

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

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

Free USPS Packaging – The U.S. Postal Service provides military family members

and friends with packaging materials to send packages to service members. Call toll free 1-800-610-8734, follow prompts, then ask for the "Military Pack."

Eight boxes, tape, packaging materials and labels will be mailed to those who call. The postal service will also provide an ID number to reorder supplies. Allow four to 10 days to receive materials.

Master's Degree – The University of Oklahoma is offering a Master of Arts in Managerial Economics. The non-thesis program can be completed in about 18 months. The one-week classes are temporary-duty friendly. Contact OU at 449-6364, or apickam@ou.edu or visit the Web site at www.gouou.ou.edu.

Pacific Aviation Museum Volunteers – Pacific Aviation Museum-Pearl Harbor needs volunteers to share Hawaii's aviation and military history with visitors to historic Ford Island. Volunteer opportunities are available as tour docents, education program docents, greeters and theater operations, curatorial and exhibits, oral history documentation, special events and fund raising, administrative help, as well as aircraft preparation and maintenance.

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

Call 441-1012 or e-mail kt@pacificaviationmuseum.org or log on to www.pacificaviationmuseum.org.

Honolulu Symphony – The Honolulu Symphony now offers single concert tickets for its 2007-2008 season at the Symphony Box Office. The 2007-2008 season features a wealth of artistry at vibrant locations including the Hawaii Theatre, the Mamiya Theatre and the Neil S. Blaisdell Concert Hall.

Halekulani MasterWorks single tickets are priced from \$21-\$74, and Honolulu Pops from \$14-\$79. The symphony offers a 20 percent discount to military with ID, seniors and students.

Call 792-2000, Monday-Friday, 9 a.m.-5 p.m. After 5 p.m., call 524-0815, extension. 245, or www.honolulusymphony.com.

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

This show features a torch lighting and



Send calendar announcements to community@hawaiiarmyweekly.com.

26 / Today

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. An interpretive 45-minute boardwalk hike will follow service work. Call Kim Welch or Candace Russo at 656-7641 for more information.

27 / Saturday

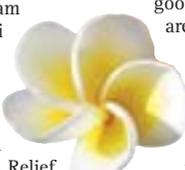
Theatre for Youth – Chicken skin alert, the Honolulu Theatre for Youth (HTY) will stage Obake, a chilling collection of spooky ghost tales from Japan and Hawaii by David Furumoto. It plays Saturdays, Nov. 3, 10 and 17 at 1:30 and 4:30 p.m.; and Saturday, Oct. 27, at 1:30 p.m.

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

November

1 / Thursday

Hockey Challenge – Former National Hockey League players will team up with local hockey players from the Navy, Army, Coast Guard and Air Force at 7 p.m., Nov. 1, at the Ice Palace Arena for the Hawaiian Hockey Challenge Tour. Team All Stars and Team Hawaii will be equally balanced by NHL Alumni and military personnel. This two-hour charity event is to help raise money for Army MWR and the Navy Marine Corps Relief Society. Tickets are \$10 for adults and \$5 for youth. Call the Ice Palace at 487-9921 for tickets, or call Tom Gorence at 221-2001 for more information on the event.



Aliamanu (AMR) Chapel, 836-4599

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

Fort DeRussy Chapel, 836-4599

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

Fort Shafter Chapel, 836-4599

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

Helemano (HMR) Chapel

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

Main Post Chapel, 655-9307

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

MPC School, Building 791

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

Soldiers Chapel

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

Tripler AMC Chapel, 433-5727

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

Wheeler Chapel

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



The Brave One
(R)
Friday, 7 p.m.
Sunday, 7 p.m.
Thursday, 7 p.m.



Mr. Bean's Holiday
(G)
Saturday, 2 p.m.



Shoot 'em Up
(R)
Saturday, 7 p.m.

Superbad
(R)
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.

SEE COMMUNITY CALENDAR, B-3

Middle school students test water quality in Makiki

Washington Middle School students assess the Ala Wai watershed as part of World Water Monitoring Day 2007

DINO BUCHANAN

U.S. Army Corps of Engineers, Honolulu District

FORT SHAFTER — Forty-eight Honolulu-area students from Washington Middle School in grades seven and eight created a snapshot of the water quality in Makiki Stream and Ala Wai Boat Harbor, Friday.

The students participated in a sampling and assessment of the Ala Wai watershed as part of World Water Monitoring Day 2007.

The U.S. Army Corps of Engineers, Honolulu District, State of Hawaii Department of Health Clean Water Branch and City and County of Honolulu Department of Environmental Services hosted this event along with Washington Middle School science teacher Philip Anderson.

“Water quality sampling provides the students with hands-on experience into another dimension of the environment they may take for granted and often do not see in their day to day activities,” said Michael Wong, hydraulic engineer from Honolulu District’s Environmental Technical branch.

Since 2003 the City and County of Honolulu, State of Hawaii Department



Michael Wong | Honolulu District Environmental Technical Branch

Scott Murakawa, right, State of Hawaii Department of Health Clean Water Branch, discusses water sampling procedures with students from Washington Middle School at Magic Island near the Ala Wai Boat Harbor, Friday.

of Health and the U.S. Army Corps of Engineers have sponsored World Water Monitoring Day with Washington Middle School.

Students from the school learned more about the ahupuaa concept, ecosystem restoration and water quality monitoring

at two locations in Honolulu, starting at Magic Island. Then, they travelled to the Makiki Stream near King Street, and ended their day at Pawaa Park near Washington Middle School. The ahupuaa concept is an ancient Hawaiian land division and management system that encom-

passes a slice of land that extends from the mountains to the sea.

“A key learning point for them is environmental stewardship — how their actions or inaction affects their environment. The Corps’ co-hosting of this learning opportunity helps reinforce the stu-

dents’ awareness,” Wong said.

Students collected and measured water samples during the hands-on field investigation. They used field instruments and educational monitoring kits to determine how the parameters of pH, dissolved oxygen, temperature, turbidity, nitrate, phosphate and conductivity relate to each other. The data students collected was uploaded into a usable global databases at www.worldwatermonitoringday.org.

The America’s Clean Water Foundation (ACWF) began World Water Monitoring Day in 2002 as a part of the events held in observance of the 30th anniversary of the United States Clean Water Act. It serves as a global educational platform for watershed leaders, educators and trained volunteers to help those with little or no experience better understand how the actions of individuals in a watershed can impact many others.

According to the ACWF, last year more than 3,900 sites were monitored in 39 countries.

Participating in the event with Wong and Anderson were Iwalani Sato and Benny Anagaran, from the City and County of Honolulu Department of Environmental Services, and Scott Murakawa, State of Hawaii Department of Health Clean Water Branch.

For more information, call Iwalani Sato at 780-8872 or Joe Bonfiglio at 438-9862.

Community Calendar

From B-2

conch shell ceremony, authentic local music and dancing by some of the island’s finest halau (hula troupes). Call 843-8002.

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

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

Schofield Barracks. Call 624-5645 for appointments.

The Tripler Children’s Waiting Room is open Mondays, Tuesdays and Thursdays from 8 a.m.–noon, and is located next to Pediatrics in the Well Baby Waiting Room on the fourth floor. Call 833-1185 for appointments.

The Children’s Waiting Room will be closed on Sept. 21, due to staff training.



Civil Air Patrol — Youth and adults looking for something to do this summer should volunteer to work with the Civil Air Patrol. Volunteers are needed to assist with aerospace, cadet and emergency services programs.

The Wheeler Composite Squadron meets at Wheeler Army Air Field, and adult members meet on the first and third Wednesdays of the month at 7 p.m.

Cadets ages 12-18 meet every Wednesday at 5:30 p.m., and this program offers scholarships, encampment, community service projects, and a chance to fly gliders and power aircraft.

Call 456-2144 for the Wheeler Composite Squadron. Call 836-3417 for more details about statewide programs, or visit <http://hiwg.cap.gov/>

Docents Wanted — Pearl Harbor’s Pacific Aviation Museum needs volunteers to share Hawaii’s aviation and military history with visitors to historic Ford Island. Opportunities are available as tour docents, education program docents and greeters, as well as in theater operations, curatorial and exhibits, oral history documentation, special events and fundraising, administrative help, and aircraft preparation and maintenance.

Training and instructional manuals are provided. Orientation and continuing ed-

ucation for volunteers occurs every third Saturday of every month at 3 p.m. at the museum.

Call 441-1012 or e-mail www.pacificaviationmuseum.org.

Tricare for College Students — If you are a full-time college student with an active duty or retired service member parent, you are eligible for Tricare coverage until age 21. If you’re enrolled full time at an accredited institution of higher education, and your sponsor provides more than 50 percent of your financial support, you may be eligible for Tricare coverage until age 23, or when your full-time status ends, whichever comes first.

To view the full fact sheet, visit www.tricare.mil/Factsheets/viewfactsheet.cfm?id=301.

Making a Difference — You can stand

up against sexual assault and make a difference. If you or anyone that you know has been sexually assaulted, contact the 24/7 victim advocate hot line at 624-SAFE (624-7233). Call the Sexual Assault Response coordinator at 655-1718.

Making the Grade — Students can cash in on the Army and Air Force Exchange Service’s (AAFES) “You Made the Grade” program. This reward program is designed to recognize above-average academic achievement.

Qualifying students will receive a coupon booklet that includes free admission to an AAFES Reel Time Theater, a complimentary slice of Anthony’s Pizza with drink and a free magazine, as well as other coupons.

To be eligible for a booklet, students must present a valid military ID card and proof of an overall “B” or better average to their local post exchange.



26 / Today

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

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.

Water Aerobics – Come join this exciting workout at Richardson Pool. Classes are held Mondays, Wednesdays and Fridays from 11:30 a.m.–12:30 p.m., and Tuesdays and Thursdays from 5 p.m.–6 p.m.

Classes are \$2 each, or a punch card is available for \$15.

Water aerobics provides a safe and effective exercise alternative that improves fitness levels with little stress on the joints. Call 655-1128.

What's Up Gymnastics – Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited is partnering with What's Up Gymnastics to offer a military discount program for all upcoming classes.

What's Up Gymnastics provides several classes to choose from, including recreational and competitive classes, and it offers the only indoor climbing wall on Oahu.

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

Volunteer Coaches – Interested in volunteering to be a Youth Sports coach? Contact your nearest Youth Sports director today. Call 836-1923 for 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



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

Mastering the moves

Instructor Sgt. 1st Class Thomas Hackett, 9th Ready Reserve Command, top, demonstrates an escape from a hold with Sgt. Edmund Perez Jr., 84th Engineer Battalion, during a Level One Army Combatives Training session at the Schofield Barracks Martinez Gym, Tuesday. Army combative training is a mixed martial art that takes effective techniques from several styles of hand-to-hand combat.

Upcoming classes are 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/ldxHunting.htm for more details.

11 / Sunday

UH Military Weekend – In honor of Veteran's Day, the University of Hawaii-Manoa will host "Military Weekend" for all active, reserve and retired members of the military. Service members will receive two tickets for the price of one (up to a maximum of six) to UH Women's Volleyball matches against San Jose State, Thursday, Nov. 8, 7 p.m., and Utah State, Sunday, Nov. 11, at 8 p.m.

A valid military ID card is required when purchasing tickets at the Stan Sheriff Center Box Office in advance (Monday–Friday, 8 a.m.–4 p.m.), or on the night of the matches. Ticket holders will be seated in special sections, and supplies are limited. Other restrictions may apply.

15 / Thursday

EFMP Bowling Event – The Exceptional Family Member Program (EFMP) will host the following bowling events:

Nov. 15, 3-5 p.m., at the Schofield Barracks Bowling Center; and Nov. 29, 6-8 p.m., at the Tripler Bowling Center. Families with special needs individuals are invited to enjoy free bowling. One family member must be enrolled in EFMP and sign up is required. Call 655-4777.

Ongoing

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

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

Fleet Feet – Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field.

The club meets Wednesdays from 5:15–7 p.m. Cost is \$50 per year. Call 277-3609.

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. To schedule your adventure, call 734-4214, 877-682-7433, or go online at 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 splash 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

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 for more information.

www.hawaiianwaters.com or call 674-9283.

Masters 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.

Island Adventure Golf – This Hawaiian Waters Adventure Park high-end miniature golf course features 18 holes of fun in the sun, nine 100-percent ADA-accessible holes, and a putting green, all for the entire family to enjoy.

A full round of 18 holes costs \$6.50 for military, youth 12 and under, and senior citizens. General admission is \$7.50. Special group rates are available at \$5.50 per person for groups of 12 or more.

For details, call 674-9283 or visit www.hawaiianwaters.com.



Send community announcements to community@hawaiiarmyweekly.com.

November

2 / Friday

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

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

Haunts: Halloween festivities creep throughout the island

CONTINUED FROM B-1

Halloween Costume Contest today. Open to children ages 7-12. Check in is at 7 p.m. and judging is at 7:30 p.m. Prizes are Planet Fun gift cards and cash.

Haunted Village – Windward Community College's Imaginarium will host a Haunted Village today, 6-8:30 p.m. Free activities include: Dr. Phrankenstein's Phantom Physics Lab, a "Knighly Combat" show with the Society for Creative Anachronism, Halloween cartoon theater showing spooky vehicles, pumpkin-carving display, costume contest and more. Tickets are \$3 and \$2 if in costume. Call 235-7321.

27 / Saturday

Wahiawa Family Fun Event – Wahiawa Shopping Center and Wahiawa Town Center merchants are sponsoring a free Family Fun Event Saturday, 11 a.m.- 2 p.m., in the shopping center parking lot on California Avenue (Longs Drug Store side). Halloween festivities include fun for keiki age 12 and under. Highlights include a free make-and-take mini pumpkin decorating activity sponsored by Aloun Farms. The merchants are also sponsoring a Halloween Costume Contest for various age groups. In addition, families can have a free photo taken in the "Faux Fall Scene" complete with bales of hay and cornstalk. For more information, call 262-0687.

Haunted House – Leilahua High School Band will host a Haunted House at Leilehua High School Gymnasium, Saturday, 4-10 p.m. and Sunday, 4-8 p.m. Cost is \$4 for adults and \$3 for children under 10. Food and games will also be available. Open to the public. Call 671-8438.

Happenin' Halloween Day – Waipahu Town Center will host a Happenin' Halloween Day of activities 11 a.m. to 1 p.m. Saturday. There will be a costume contest for all ages. A grand prize valued at more than \$500 will be given to the "best of show." Pick up registration numbers under the big white tent between 10:30 and 11 a.m.

Halloween Contest – Windward Mall

is teaming up with Regal Cinemas to host the second annual movie-themed Halloween Costume Contest Saturday, 5:30-7 p.m. at the mall's center court. Registration begins at 4 p.m. Judges will award prizes in four categories: toddlers, 4 years old and younger; keiki, 5 to 12; teen/adult, 13 and older; and overall winner.

Pumpkin Patch Festival – Aloun Farms, located at 91-1440 Farrington Highway, is hosting a Pumpkin Patch Festival 9 a.m.- 5 p.m. Saturday and Sunday. Admission is free. Call 677-9516.

Kailua Treat Street – Festivities at Kailua's Treat Street, Saturday, 4-9 p.m., will include a Jack-o-lantern carving, games, crafts, activities and costume contests for adults, kids and pets. A costume/trick or treat parade will also be held. Call 234-0404.

28 / Sunday

Hawaiian Waters – In celebration of Halloween, Hawaiian Waters Adventure Park will host a special Hallo-Wet Day, Sunday. Guests wearing a water-related costume will receive \$10 off general admission and \$7 off youth admission. Guests cannot dress as a lifeguard to receive discount.

Keiki Costume Ball – A Keiki Costume Ball will be held Oct. 28, 5:30-7:30 p.m. at Hawaii Children's Discovery Center. Trick or treating, carousel ride, pizza, ice cream, games, crafts and more will all be available. Cost is \$15; \$8 for members. Call 524-5437.

30 / Tuesday

"Spookfest" – Parents, can bring their keiki to the Armed Services YMCA's Spookfest, Tuesday, 6-7:30 p.m. This fall festival was created especially for chil-

dren up to age 5 and their families; kids may come in costume. Enjoy an evening of games, face painting, crafts and treats. Cost is \$4 in advance, \$5 at the door. Proceeds benefit ASYMCA's Playmorning.

31 / Wednesday

Halloween Adventures – Keiki can enjoy free trick-or-treating with costumes in Uptown & Downtown Pearlridge, Wednesday, 5-7 p.m., and Auntie Lisa will paint faces with spooky and not-so-spooky designs, 3-5 p.m., in Up-

town Center Court.

Fall Festival – The AMR Chapel will host its annual Fall Festival Wednesday, 5-7 p.m. at the AMR Chapel located at 1790 Bougainvillea Loop. This family event will include food, games, treats and fun for the kids. For more information and to RSVP, call 836-4599.

Treat Street – Bishop Museum will host Treat Street Oct. 31, 5:30-8 p.m. at Bishop Museum. This event will include family activities, pie-eating contest and

Tips to keep in mind for a safe, successful Halloween:

1. Carry a flashlight or a chem-lite, and dress in light colored clothing for additional visibility.
2. Stay on the sidewalks as much as possible and take precautions when crossing streets.
3. Never enter vehicles or homes when invited by strangers.
4. Only trick or treat during authorized hours, which are 5:30-8:30 p.m., at Fort Shafter and Schofield Barracks, Oct. 31.
5. Adult escorts must accompany children under 10 years old.

more. Call 848-4169 or visit www.bishopmuseum.org.

Ala Moana – Trick or treat at Ala Monana Shopping Center Oct. 31, 5-7 p.m. at participating merchants. Call 955-9517.

Mililani Shopping Center

– Trick or treat and shop at Mililani Shopping Center Oct. 31, 4:30-6:30 p.m. All participating merchants will have balloons near entrances. Call 551-8930.

Kahala Mall

– Kahala Mall is full of Halloween festivities Oct. 31. The evening will begin with a superhero Halloween skit, followed with a Trick or Treat parade at 5:30 p.m. Trick or treating will be from 6 to 8 p.m.

Pearlridge

– Starting at 5 p.m. Oct. 31, Uptown and Downtown Pearlridge welcome trick or treaters while supplies last. Call 488-0981.

Waikale Premium Outlets

– Trick or treat at Waikale Premium Outlets Oct. 31, 4-7 p.m. Costumed keiki will receive free goodie bags, face-painting, balloon-twisting, picture-taking, and trick or treating at merchants displaying pumpkin signs. Check in at the information center. Call 676-5656.

Ward Trick or Treat Street

– Trick or treat at Ward Warehouse, Ward Gateway and Ward Centre Oct. 31, 6-8 p.m. Look for black bats hanging in participating merchants' doorways. Costumed keiki receive free Halloween photos on ground floor near Borders while supplies last.

Windward Mall

– Among highlights of Windward Mall's Halloween festivities Oct. 31 are entertainment by Dizanne "Sorceress of Halloween" and a hula hoop contest and balloon creations at Center Stage. Trick or treat 5-7 p.m. Entertainment is 6-8 p.m. Call 235-1143.

