

HAWAII ARMY WEEKLY

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Serving the U.S. Army Community in Hawaii ★ www.garrison.hawaii.army.mil/haw.asp

Army Family Covenant

See next week's Hawaii Army Weekly for a full 8-page insert celebrating the Army's commitment to Soldiers & families.



INSIDE

311th Signal welcomes Lynn

Story and Photo by
STAFF SGT. CRISTA YAZZIE
U.S. Army-Pacific Public Affairs

FORT SHAFTER – Brig. Gen. Alan Lynn assumed command of the 311th Theater Signal Command from outgoing commander Maj. Gen. Donna Dacier during an official ceremony at Fort Shafter's Palm Circle, Oct. 17.

"Thank you for inviting my wife Brook and I into your ohana, your family," said Lynn. "I am proud of the men and women of 311th Signal Command and USARPAC

G6; the sacrifices you and your families have made in defense of our freedom across the Pacific and the globe are admirable and brave."

According to Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, Lynn is extremely qualified for his assignment.

Some of Lynn's accomplishments include designing the network for Operation Desert Storm while serving as the division signal officer for the 1st Bde., 101st Airborne. As commander of the 3rd Signal Bde. during Operation Iraqi Free-

dom, his brigade was recognized for building the largest tactical combat network in the history of the Army.

Most recently, Lynn comes to the 311th Signal Command from the Defense Information Systems Agency in Washington, D.C., where he served as chief of staff.

The ceremony also honored the accomplishments and service of Dacier, whose passing of command coincided with her retirement.

"Today, we are not just honoring her accomplishments as commanding general,

but for her 34 years of dedicated selfless service to the United States Army and to the nation," said Mixon. "Through your leadership, commitment, devotion to duty and selfless service, you have definitely left organizations better than when you found them."

Since 1995, the 311th has been a Ready Reserve Theater Signal Command with the mission to deploy and provide command and control to signal units operating in a

SEE LYNN, A-4



Motorcycle saneness

8th Theater Sustainment Command embraces ride safe program

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Customer survey

Customers who live, work, train or play on U.S. Army Garrison-Hawaii can provide feedback about garrison services in IMCOM's Customer Assessment Survey, available now through Nov. 7.

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Halloween hours

Authorized Halloween trick or treat hours for the Fort Shafter and Schofield Barracks areas are Oct. 31, 5:30-8:30 p.m.

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GI Jane Day

Spouses of deployed 2nd Stryker Brigade Combat Team Soldiers experience the grit of infantry training

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Sgt. Angela Gilmore | U.S. Army-Pacific Public Affairs

Sp. Laurie Choate, Health Care Specialist, U.S. Army-Pacific (USARPAC) Special Troops Battalion (STB), immunizes Sgt. Michael Starnes, USARPAC STB, against influenza. Units from Fort Shafter, in cooperation with Tripler Army Medical Center, staged a mass influenza vaccination clinic for the post, Oct. 15.

Mass flu shots test medical response

STAFF SGT. CRISTA YAZZIE
U.S. Army-Pacific Public Affairs

FORT SHAFTER – If Fort Shafter were under biological attack from an infectious disease such as avian influenza or Anthrax, how quickly could the entire post be vaccinated?

Few medical crews could successfully conduct a mass inoculation for thousands quickly or efficiently, but Oct. 15, a team of U.S. Army-Pacific (USARPAC) and Tripler Army Medical Center (TAMC) medical personnel did, all under the guise of conducting routine annual flu inoculations.

"The average Soldier might think he only just got the flu shot, but actually, this event was testing a much bigger deal," said Col. Heidi Warrington, chief, Army Public Health Nursing, Preventative Medicine, TAMC, who orchestrated the event. "We were testing the Emergency Preparedness Plan, or EPP, for Fort Shafter."

All active duty, Department of Defense

civilians, and their family members on post were invited to the one-day event.

"How quickly can 200 vaccines be given? We did 60 in the first fifteen minutes," said Warrington.

At the day's end, 915 Soldiers and civilians from multiple commands were better equipped to battle the flu.

"It's gone well, even though we had such a minimal amount of time to get the personnel and everything done," said Pvt. Cary Sexton, a USARPAC Special Troops Battalion health care specialist who was involved in everything from tent assembly to administering the Flu Mist, a live, inactive flu vaccine.

Staff Sgt. Eli Handler, 94th Army Air Missile Defense Corps health care specialist, said he was given less than 72 hours notice prior to joining the team.

Warrington explained that the short notice and involvement of multiple commands, among other disruptions thrown into the

planning process, were intentional and integral to testing the Fort Shafter EPP.

"The reality is, a deliberate decision was made to include minimizing advance notification in order to force the preparation in a narrow window of time," she said.

This event involved the annual vaccination, but might just as easily have been an emergency vaccination, or antiviral medications, said Col. Michael Sigmund, chief of preventative medicine at TAMC.

"If there were any kind of emergency, not just pandemic influenza, but respiratory illness, we'll know how to react and mobilize folks," he said.

Potential emergency health threats are familiar territory for Sigmund, who also works as the Joint Task Force Hawaii Defense Hawaii Public Health Emergency officer.

"We live in the Pacific where there exists the threat of avian influenza, and since Hawaii is such a transitional point from the Pacific to the

SEE FLU SHOTS, A-4

Town hall focused on community

MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – The crowd was thin as Soldiers and family members found sporadic seats at the Sgt. Smith Theater for the Oahu North Community town hall meeting here, Tuesday.

Lt. Col. Mark Boussy, commander, U.S. Army Garrison-Oahu, began the meeting by welcoming the audience and explaining the rules of engagement.

Boussy then provided military members with a progress report on past initiatives, including concerns on the broken waterslide at Richardson Pool. A new slide is expected mid-January.

Col. Mike Brumage, commander, Schofield Barracks Health Center, began the briefings with an update on the Schofield Barracks Health Clinic and the current

SEE TOWN HALL, A-4

Favreau Field becoming barracks

U.S. ARMY CORPS OF ENGINEERS
HONOLULU DISTRICT PUBLIC AFFAIRS
News Release

FORT SHAFTER – Cpl. Arthur A. Favreau Field at Fort Shafter began its transformation into a new Soldiers' barracks, Friday, with a traditional Hawaiian blessing and groundbreaking ceremony held on the historic field.

"Since we are a nation at war, we cannot over emphasize the importance of our efforts to deliver high-quality housing for our Soldiers," said Honolulu District Commander Lt. Col. Jon Chytka at the ceremony. "This is a morale issue and we all take it very seriously."

The project entails constructing a six-story barracks complex on Favreau Field, which will ultimately house approximately 156 single Soldiers in 78 room units.

The ceremony held on the construction site was attended by construction representatives, project managers and personnel from the Honolulu District, USAG-Hawaii Directorate of Public Works and project contractor Nan, Inc.

Favreau of Woonsocket, R.I., died of wounds suffered when a five-inch naval anti-aircraft shell struck his barracks at Fort Shafter and exploded the morning of Dec. 7, 1941, during the Japanese attack on Pearl Harbor.

"It is fitting that Cpl. Favreau and his sacrifice will be immortalized once again when this new facility is completed," Cytka said.

Spouses join Soldiers for predeployment briefing

Story and Photo by
KYLE FORD
News Editor

SCHOFIELD BARRACKS – More than 600 Soldiers and family members became better prepared for their upcoming deployment at a deployment briefing and exposition, Oct. 17, at the Nehelani.

Members of the 84th Engineer Battalion enjoyed displays from 20 different organizations and short briefings from select agencies.

Predeployment briefings that involve families show the Army's commitment to Soldiers and their families.

"The Army is so serious about making sure families are supported that leadership has hired a



Xandra Budd, education office, answers questions from Rebecca Davis-Williams and Pfc. John Williams, carpentry and masonry specialist, 84th Engineer Company, about education overseas, during the pre-deployment exposition, Oct. 17.

full-time staff member just to support you and your families," said Lt. Col. Nick Katers, com-

mander, 84th Eng. Bn., as he pointed out the battalion's new family readiness support assis-

tant (FRSA), Shannan Kalili.

The predeployment expo is a tool for commanders to get their Soldiers and families ready for deployment, according to Mel Kinoshita, deployment specialist, Army Community Service (ACS).

"This is a great opportunity to ask questions directly to the service providers," he added.

At an exposition like this people are exposed to all the services on post at one time," said Capt. Jeremy Tilley, assistant operations officer, 84th Eng. Bn. "The focus is on families because right now it's beginning to sink in that one member of the family is going to be gone for a year. Knowing there are services on post

SEE SPOUSES, A-4

We want to hear from you...

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

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

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

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

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

138 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 10/22/08.

Commander's Corner

ACS important in all phases of deployment

This article is the final in a series of three that highlights the many programs available for spouses and family members of deploying Soldiers.

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

Army Community Service (ACS) provides a wide range of programs and support services to assist Soldiers and family members throughout deployment.

The ACS Financial Readiness Program (FRP), Family Advocacy Program (FAP), Army Emergency Relief (AER), Exceptional Family Member Program (EFMP), Employment Readiness Program (ERP), Relocation Readiness Program, and Mobilization and Deployment (MOB/DEP) programs all focus on mission readiness by enhancing Soldier and family member readiness and resiliency through a variety of educational and support services, which address all levels and phases of deployment and mobilization.

While ACS has regularly scheduled classes and workshops, we additionally have a "When and Where you Want it" service delivery model, allowing our clients to identify the most convenient time and location for classes and workshops. Classes and workshops are requested via our Web site and coordinated through the family readiness support assistants (FRSAs) for the rear detachment and the family readiness groups (FRGs). The following is a summary of many of these predeployment, rest and recuperation (R&R), reunion and reintegration programs, services and workshops offered by ACS:

- Video Teleconferencing (VTC)

Capabilities: ACS provides a "High Tech, High Touch" environment so Soldiers and families can stay in touch during deployment using video teleconference capabilities, the Internet, and Web cams located in the ACS Computer Lab.

- "Child and Parent" Educational Deployment Support Groups: Military family life consultants facilitate age-specific groups ranging from 7-18, which focus on conflict resolution, stress management and communication.

- Soldier Readiness Processing (SRP)/Reverse SRP: A mandatory station screening for issues of concern before deployment and upon redeployment, ensuring that Soldiers are aware of ACS services available, FRG resources, and other military and civilian resources.

- Battlemind for Spouses (predeployment): An interactive workshop discussing the importance of building support systems and resiliency skill building.

- Predeployment Expos: Comprehensive collaboration with community agencies to provide a "one-stop" source of information to Soldiers and family Members.

- Predeployment Couples Communication: An interactive workshop discussing the difficult topics of deployment; finances; injury, death, problems with children, etc.

- Making R&R Work for You: This workshop helps make this happy, yet sometimes stressful time, one that builds a stronger family.

- R&R and Couples Communication: Learning how to include quality communication between you and your spouse into your R&R schedule can help you have an enjoyable and meaningful time together.

- R&R and Children: Preparing yourself, your returning spouse, and your children in re-establishing relationships with a parent they know is leaving again.

- Separation is not Easier the Second Time Around: R&R tips on staying focused on the here and now, and enjoying the present are discussed.

- R&R is not Just a Short Version of Reunion: Learn how R&R can be an opportunity to build a stronger family and set plans in motion for a successful reunion at the end of your deployment.

For additional support and information, contact your ACS, Building 2091, Schofield Barracks, at 655-4227.

- Hearts Toward Home Reunion Workshop: A three-hour interactive workshop preparing family members for their Soldier's return.

- Reintegration: A three-hour workshop with an interactive approach specifically designed to assist all parties in understanding



Boussy

Hispanic heritage celebrated in Hawaii

Story and Photos by
SGT. MIKE ALBERTS
25th Combat Aviation Brigade Public Affairs

SCHOFIELD BARRACKS — Spc. Lymari Rodriguez is Puerto Rican and was inspired to enlist in the Army by the Sept. 11 terrorist attacks. She never forgot, and after attending college in Puerto Rico she enlisted in Army to contribute to the global war on terror.

Sgt. Maj. Rogelio Davidson hails from Panama. His father sacrificed a promising engineering career there to bring Davidson and his siblings to Brooklyn, N.Y., in 1979. Davidson always admired the service and contribution that American Soldiers made to his native country. He enlisted upon graduating from high school.

Rodriguez, an air conditioning repair specialist with 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade (CAB), and Davidson, a sergeant major assigned to U.S. Army-Pacific, are but two of the thousands of Soldiers who represent the Army's tremendous Hispanic diversity, and were among dozens of Soldiers and guests of the 25th Infantry Division celebrating Hispanic Heritage Month at Sgt. Smith Theater, Oct. 14.

In 1968, President Lyndon B. Johnson obtained authorization from Congress to proclaim a week in September as National Hispanic Heritage Week. In 1988, the observance was expanded by President Ronald Reagan to a monthlong commemoration, beginning Sept. 15 and ending Oct. 15. This year was the 20th annual celebration — the theme being, "Getting Involved: Our Families, Our Community, Our Nation."

"When we get involved, we can make a difference. ... we make things better. ... we strengthen our country," said Sgt. 1st Class Erika Gordon, event coordinator and equal opportunity advisor, U.S. Army Garrison-Hawaii.

In the spirit of individuals making a difference, the observance honored five Hispanic icons who embodied the meaning of this year's theme. The five Hispanic heroes were each recognized by an individual of the same national origin.

Sgt. 1st Class Miguel Ramirez, 25th Infantry Division Equal Opportunity Office, represented Mexican activist Cesar Chavez, hailed as one of the greatest America civil rights leaders. Spc. Lymari Rodriguez, 3-25 Avn. Regt., 25th CAB, introduced attendees to Puerto Rican baseball player and philanthropist Roberto Clemente. Spc. Sylvia Padilla, 94th Army Air and Missile Defense Command, highlighted the contributions of Dominican Republic community activist Fer-



Soldiers recognized Hispanic Heritage Month with a celebration at Sgt. Smith Theater, Schofield Barracks, Oct. 14. This year's theme was "Getting Involved: Our families, Our Community, Our Nation." In that spirit, the observance recognized five Hispanic icons, among them were El Salvadorian military humanitarians Consul Col. Jose Arturo Castellanos and First Secretary and Honorary Consul George Mantello.



The 25th Infantry Division's 2008 Hispanic Heritage Month Observance featured a Salsa performance by retired 1st Sgt. Ever Gutierrez, U.S. Army Guard Reserve-Oahu (right), and Sgt. 1st Class Anna Cortes, 205th Military Intelligence Battalion.

nando Mateo. Staff Sgt. Sandra Quintano, 45th Sustainment Brigade, 8th Theater Sustainment Command, spoke of El Salvadorian

Military Humanitarian Consul Col. Jose Arturo Castellanos and 1st Secretary and Honorary Consul George Mantello. Finally, Jesus Puertos, invitee and proprietor of Soul De Cuba Café in Honolulu, showcased Cuban League Against Cancer founder Lourdes Aguila.

"I was honored to be considered to do something like this for our military service community," said Puertos. "I cannot begin to really understand the commitment of the military for all of us."

"The work they do with not only the war effort, but also the community development work that they do all over the world," he continued. "Participating today and helping to educate everyone on the work of Cuban Lourdes Aguila was the least I could do."

The celebration was also marked by a traditional Bolivian music and dance demonstration by Ronald Hurtado De Mendoza Munoz, his two daughters and son. The music featured the Charanga, a traditional 10 double-stringed instrument, and a Bolivian dance called the "Caporal."

The event culminated with a salsa performance by retired 1st Sgt. Ever Gutierrez, U.S. Army Guard Reserve-Oahu, and Sgt. 1st Class Anna Cortes, 205th Military Intelligence Battalion, who also expressed her gratitude for being able to participate in the celebration.

"I'm from Chile," explained Cortes. "This event is close to my heart because this is my heritage in which I have great pride and honor. For that reason, I'm grateful to be here to share my culture and to help others celebrate the Hispanic culture."

FOOTSTEPS in FAITH

Discovering important things in life reduces stress

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

Sometimes the realities of life are just plain hard.

Life overwhelms us with everything we must do and with all that takes place around us. There is the sense that "I am not in control of anything." The tendency is to focus on the things we cannot control and forget those things we can control.

Right now some of you may be experiencing a lot of stress and trying to figure out how to cope with all that overwhelms you.

If you can't change your circumstances (things you cannot control) then you must do everything you can to change your attitude (focusing on what you can control).

A good question to ask yourself that can help change your attitude toward a circumstance is, "What is most important in my life?"

When I have asked Soldiers this question, they almost always tell me family is most important to them. This is likely true with most of all of us. Our values do not change simply because our circumstances do.

Right now is no different. Again, "What is most important in your life?" The answer to this question just might help change your perception of current circumstances and begin providing a plan of action for the future as you live this

SEE FOOTSTEPS, A-5



Hill

Voices of Ohana

What can be done to prevent domestic violence?



"Sports, hobbies and activities as an outlet before it happens."

Alora Ashby
Family member



"Have people who have been victims speak about it to the troops."

Spc. Mark Hunter
540th Quartermaster Company Textile Specialist



"Having an anonymous place Soldiers can go to fix their problem before it escalates."

Spc. Alenjandro Martin
307th ITSB Mechanic



"Educate people on the statistics of domestic violence and incorporate in periodic safety briefings."

Maj. Anthony Sippert
25th ID G-6 Information Assurance Manager



"Go to domestic violence classes, making sure finances are straight and talking things out with your spouse."

Sgt. Daniel Smith
45th STB HHC S-2 Noncommissioned Officer

Wolfhounds, Gol work to rebuild schools

OIF

Fixing Iraqi schools a step in right direction for education

Story and Photo by
STAFF SGT. J.B. JASO III
1st Battalion, 27th Infantry Regiment

CAMP TAJI, Iraq – Leaders from Multi-national Division – Baghdad's 1st Battalion, 27th Infantry Regiment "Wolfhounds," joined officials from the Government of Iraq's (Gol) Ministry of Education, community leaders, Iraqi National Police and more than 500 students at the Bilal School in Baghdad's Adhamiyah security district, Oct. 11.

The large crowd gathered to celebrate the opening of the area's largest school, which recently received a much needed facelift.

"Just three months ago, the school was uninhabitable; it was in disarray," said 1st Lt. John Busuego, Wolfhounds essential services coordinator. "The school was not in use for a long time and the Ministry of

Education wanted to refurbish it for the area."

Construction workers braved the summer heat and completed the nearly \$200,000 worth of projects in only three months.

The construction workers did all the necessary repairs, inside and out, Busuego said. They installed a new main gate, new lighting, electrical, a sewer system and painted.

"Definitely, one of the best looking schools I've seen here in Iraq," said Lt. Timothy Schul. Schul is the Wolfhounds civil affairs officer who observed progress and knows the importance of this school to the area.

"The Gol has gained confidence, and they are concerned with education and everyone was pleased to see the cooperation, which is a step in the right direction," he said.

The step in the right direction began with the ribbon cutting ceremony, symbolizing the official opening of the school.



Students from the Bilal School in hold Iraqi flags distributed by the 1st Brigade, 2nd Iraqi National Police Division, before the grand opening of the school in Baghdad's Adhamiyah security district, Oct. 11.

Iraqi Col. Ahmed Mohammed Mohammed, commander 2nd Brigade, 1st Iraqi National Police Division, cut the

ribbon and all present were eager to enter the school too see the progress made. After walking through the newly

opened school, community and government leaders spoke of the importance of the school's opening. The police distributed Iraqi flag stickers, flags, soccer balls and soccer jerseys to the students.

"The students all stuck the Iraqi flag stickers on their chest," said 1st Lt. Aaron Kletzing, A Company fire support officer. "It was so surreal."

As the festivities concluded, Kletzing continued to watch the residents from the area approaching the city council members.

"People were coming up to the city council members saying that it was a good job," he said. "The people were thanking the council for taking care of them."

"They area hasn't had such a fulfilling, happy experience in some time," Kletzing said. "There are probably five things that I will always remember about this deployment," Kletzing said. "This is one of them; I was really impressed."



Spc. Charles Joseph | 2nd Squadron, 14th Cavalry Regiment

Dig here

CAMP TAJI, Iraq – Spc. James Simmons, a rifleman with B Company, 52nd Infantry Division, uses a metal detector to search for buried weapons caches as Iraqi Army (IA) soldiers look on in Manjid, recently. Members of Hammer Company, 52nd Infantry Regiment, attached to 2nd Squadron, 14th Cavalry Regiment, "Stryk-horse," conduct joint patrols with their Iraqi Army counterparts as the IA continues to assume responsibility for Iraq's security.

Gimlets distribute aid to Zaidat village

1ST LT. AARON OLIVER
1st Battalion, 21st Infantry Regiment

BAGHDAD – The village of Zaidat, sits in the shadow of one of Iraq's oldest and best known ancient monuments, the Ziggurat of Aqur Quf (1400 B.C.). The village used to suffer from lack of employment and poor security.

The security situation has improved and many residents are moving back home. But they are moving back home to dry farm lands. A lack of irrigation dealt a blow to this year's crops.

To help supplement the small yield, Iraqi Army (IA) soldiers from 3rd Battalion, 24th Brigade, 6th Iraqi Army Division and Soldiers from C Company, 1st Battalion, 27th Infantry Regiment, "Gimlets," distributed approximately 600 bags of food to waiting crowds, recently.

"It feels good to build rapport with the locals by actually showing them that we do care and really want to help them – especially in an area that has been neglected," said Sgt. Ashants Harris, infantryman assigned to 1-27th Inf. Regt.

The residents seemed pleased to receive bags filled with rice, pasta, cans of peas and corned-beef hash.

Once all the food was handed out, the IA soldiers and C Co. Soldiers took a few minutes to talk and joke with the people.

At the end of the day the entire village was able to return to their homes with food for their families and lightened spirits.

"It was great," said Pfc. Joshua Baxter, infantryman assigned to 1-27th Inf. Regt. "It's nice to be able to take part in something that shows another face of the U.S. Army to Iraqi people in need."



Photo Courtesy of 1st Battalion, 21st Infantry Regiment

Pfc. Joshua Baxter, medic assigned to C Company, 1st Battalion, 27th Infantry Regiment, attached to 1st Battalion, 21st Infantry Regiment, "Gimlets," hands bags of food to a man during a food distribution in Zaidat, recently.

8th TSC supports motorcycle mentor program

SPC. KYNDAL HERNANDEZ

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Some people choose to ride motorcycles for the feeling of freedom, while others may ride just to save money on the high gas prices these days. Motorcycles can be a great mode of transportation or entertainment, but they must be respected.

According to the Army Combat Readiness Center's preliminary loss reports, the Army lost 50 Soldiers due to fatal motorcycle accidents in fiscal year '08, a 25-percent increase from the year before. Year by year, the Army is losing more and more of its most valuable asset, its people.

To help battle statistics and to help

Soldiers understand how to operate a motorcycle properly and safely, the 8th Theater Sustainment Command (TSC) has adopted an Armywide program called the Motorcycle Mentorship Program.

"The 8th TSC program is specifically designed to let the leadership in the unit who ride, to take charge of the mentorship program," said Tim Ah-Young Shelton, 8th TSC chief of safety. "We are hoping for the senior leaders or the more experienced riders to develop their own program. Younger Soldiers tell them (senior leaders) what they want, and let them (senior leaders) develop a program that meets with their commander's approval."

The purpose of the program is to establish voluntary installation-level motorcycle clubs where less experienced riders and seasoned riders can create a supportive environment of responsible motorcycle riding and enjoyment.

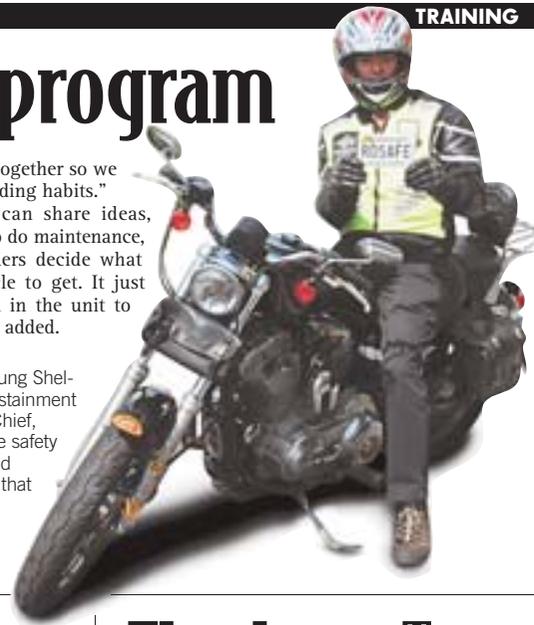
Such an environment can reinforce positive behavior and serve as a force multiplier that supports a commander's motorcycle accident prevention program.

"I think it is an essential program for riders not only in the 8th TSC but Armywide," said Capt. Jonathan Sherrill, the aide-de-camp for Brig. Gen. Mark MacCarley, 8th TSC deputy commanding general. "So we can make sure that we are riding safe and that we are following all the rules, it also helps bring junior

and senior riders together so we all conduct safe riding habits."

"Together, we can share ideas, techniques, how to do maintenance, and help new riders decide what kind of motorcycle to get. It just creates a network in the unit to ride safe," Sherrill added.

Right — Tim Ah-Young Shelton, 8th Theater Sustainment Command, Safety Chief, takes his motorcycle safety message on the road with a license plate that states Ride Safe, to remind other riders to do the same.



Town hall: Housing, education top issues

CONTINUED FROM A-1

shortage of health providers. Brumage stated they are working aggressively to recruit and retain providers. Brumage also spoke of the high number of no shows, stating 10-15 percent of scheduled appointments at the clinic do not show up.

"This hurts everyone," said Brumage. He urged participants to call if they are unable to keep an appointment, thus freeing the time slot for another patron.

Flu shots have arrived at the Health Clinic in conjunction with Hawaii school-age vaccination program. Flu shots will be available at the Schofield PX, Dec. 5, from 10 a.m. to 3 p.m.

Miles Sharrock, deputy provost marshal, followed, briefing the crowd on security matters on post. Sharrock stated no significant change in crime since pulling guards off the main gate at Helemano Military Reservation (HMR). The shift in security was implemented to allow a better patrol presence in the neighborhood.

Sharrock introduced Cpl. Mindy Dye as the new community relations officer. This position is aimed at bringing Army community members together with law enforcement to deter crime and make communities safer.

The community relations programs will include a neighborhood watch, bike rodeos, child seat inspection points and crime prevention training.

A juvenile delinquency task force is currently in effect to deter juvenile delinquency by targeting curfew violators and enforcing community standards.

Boussy stated that of the crimes reported in government housing, many times the perpetrators are teens living in the area.

Community members can now submit anonymous crime tips to the military police station via cell phone text messaging or Web site.

To report a crime, type "TIP730," followed by a message on any cell phone. Then enter "CRIMES" in the "to" line and send.

Internet tips can be posted using www.militarycrimetips.com.

Stricter penalties are set for drivers caught using their cell phone without a hands-free device on the installations, effective Dec. 1. Failure to comply will result in loss of on-post driving privileges.

Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii (USAG-HI), took the microphone to discuss the past, present and future of military housing. Margotta explained prior to

2004, thousands of old and poor condition homes remained on the installation, and the types and number of homes did not support population demographics.

In 2005, the Army entered a 50-year ground lease with Actus Lend Lease to build new homes, renovate old and historic homes, and manage property. Although it is a partnership between the Army and Actus, Actus is the managing partner, according to Margotta.

Actus recently signed a 10-year, \$2.3 billion development plan, the largest privatization project in the Department of Defense.

The construction will build homes as well as communities, including community centers, play areas and parks.

Due to rising construction, labor and fuel costs, as well as market rate adjustments, the 10-year plan was extended to 13 years.

Margotta stated the overall goal was to increase effectiveness and efficiency to better serve the residents and patience was needed from the military ohana.

More than 1,500 new homes have been built across U.S. Army Garrison-Hawaii installations since 2005, and nine communities are currently in development. The goal is to build more

than 5,000 new homes and renovate approximately 2,500 more.

Following the informational briefings, the floor was open to audience questions.

Overcrowded schools and education took precedence as family members expressed their concerns.

Tia Hicks raised issues of overcrowded and combined classrooms. Hicks explained when monitoring her son's class at Hale Kula Elementary School, she concluded teachers spend more time calming down the numerous kindergarten students than educating children.

"I can deal with substandard housing ... I can deal with a lot of things, but this is my child," said Hicks. "They should get the education they deserve."

Boussy explained that is was beyond the control of command to dictate what and how to teach to the Hawaii Public schools across the installation, and stated a future plan was in the works for more educational and day-care centers on post.

Boussy suggested parental involvement within each school and suggested concerned parents discuss matters with the principal and local officials.

As the meeting ended, residents brought additional concerns to subject matter experts in attendance.

Flu shots: Test keeps flu at bay

CONTINUED FROM A-1

mainland United States with airline flights, it is a real threat," he said. "We would like USARPAC to be able to help the people of Hawaii, with all the strength that USARPAC brings, with transportation, logistics and medical."

In addition to keeping Fort Shafter flu-free and emergency-ready, the flu shot exercise was the first of its kind at Fort Shafter.

With all of these challenges, according to Warrington, requirements and standards of the Joint Commission of Hospital Organization Accreditation and military vaccine agency criteria were still all met.

"Anytime that we can bring effective health care for the troops, we increase the loss of training time away from the units, and the more realism we can include, and the more junior the staff that can be involved in the actual planning, the better," Warrington said. "If the junior enlisted and officers get it, then the Army wins; but if it takes a colonel to do it, then we lose."

Future events include adding on site MEDPROS (Medical Protection System), an online system that provides medical documentation for Soldiers, so that personnel will have their information instantly updated.

"This is the future of military health care," stated Warrington. "When these medics go downrange, they will understand how to conduct a mass screening and preventive services."

Footsteps: Chaplain suggests positive lifestyle-coping skills

CONTINUED FROM A-1

adventure called life. The following are some strategies for coping with stress that might help you in your plan of action:

How do we handle stress in negative ways?

Try harder – We try to do more of the same, faster and harder; but it results in more of the same.

Withdrawal – We try to handle it alone, keep it inside, the “I can make it myself” approach.

Substance abuse – We use alcohol and drugs to escape reality.

Violence – We vent our stress energy on others, especially family (the ones we love). *Money* – We overspend money in an attempt to soothe our hurts or increase our self-esteem.

Work more – Start earlier in the day, skip exercise and lunch, or work on weekends.

Sex – We try to find inappropriate intimacy with inappropriate people.

How can we handle stress in positive ways?

Exercise – Expend nervous energy through swimming, jogging, playing tennis or lifting weights.

Eat properly – Keep calories under control and reduce sugar intake.

Relax – Slow down during the day, release tight muscles, breath slowly or go to quiet area.

Read books – Pick enjoyable books that capture your attention.

Organize your time – Prioritize, stay on

track, avoid chaos, plan free time and time for yourself.

Quality – Take time to do a few things well, rather than cramming too many things into the day.

Spontaneity – Allow yourself to indulge in appropriate fantasies, dreams, or a special treat.

Flexibility – Allow for plans to change, and don’t box yourself in to just one way of doing things.

Creativity – Do something totally new that will break old ruts of activity. Go to a play, concert or museum.

Vacation – Take a break and get away, even if just overnight or a four-day, but also big trips too.

Talk – Share your frustrations and stress with a friend, spouse, chaplain, parent or counselor.

Pray – Spend time with God, and feel his care and support when things get hectic.

Please allow me to pray for you right now.

Almighty God, you know the struggles, trials, triumphs and joys Soldiers and families are currently experiencing. You are the God who makes a way when there seems to be no way.

Right now I ask that you would wrap your loving, tender, compassionate arms around all families and loved ones. Keep them in your constant care and quicken our hearts and minds each day with the reality that you are taking good care of them.

May you grant exactly what is needed to sustain and grow families closer during this time of separation and potential anxieties. In the holy name of the most high God, amen.

94th AAMDC member earns award

Senior NCO is second to win education leadership award in as many years

PFC. ASHLEY M. ARMSTRONG
94th Army Air and Missile Defense Command

WASHINGTON – For the second consecutive year a senior noncommissioned officer from the 94th Army Air and Missile Defense Command (AAMDC) earned the Larry L. Strickland Educational Leadership Award during the Association of the United States Army’s annual conference here, Oct. 6-8.

First Sgt. Patricia Williams, Headquarters and Headquarters Battery, 94th AAMDC, was one of the three NCOs selected Armywide to receive the award.

According to the AUSA Web site, the Larry L. Strickland Educational Leadership Award is awarded to select NCOs who best exemplify the Army’s vision and influences others in shaping future leaders while practicing excellent stewardship of Soldiers.

Williams was recommended for the award by Capt. Michelle Toyofuku, Headquarters and Headquarters Battery commander, 94th AAMDC. Last month, Toyofuku received an e-mail requesting nominations for the award.

“I knew immediately who I would recommend,” said Toyofuku.

Toyofuku had listened to Williams’ conversations with Soldiers and spoke with her about her philosophy on education. Those experiences are what inspired her to nominate Williams.



Sgt. Maj. of the Army Kenneth Preston presents the Larry L. Strickland Educational Leadership Award to 1st Sgt. Patricia Williams, 94th Army Air and Missile Defense Command Headquarters and Headquarters Battery first sergeant, during the Association of the U.S. Army’s annual conference.

“Her conviction that education creates a stronger Soldier, leader and ultimately a more mission ready force, drives her to emphasize education and establish an environment, which allows access to education,” said Toyofuku.

The letter of recommendation went up the chain of command, eventually leading to Williams’ recognition at

the AUSA conference.

“I was honored because I think what I’m doing is what leaders should do. I don’t feel I am going above and beyond the call of duty,” Williams said.

Education is an obvious priority to Williams, who recently earned a master’s degree and continuously encourages Soldiers and peers to seek higher education.

“Every place that I went, I always ensured that the Soldiers that I had under me understood the importance of education, they didn’t have a choice,” said Williams. “I would take them over to the education center and sit them down and tell them ‘you are going to leave here signing up for (College Level Examination Program) tests or enrolled in school.’”

She and the other recipients received a bronze eagle and \$4,000 to assist in covering the costs of education that tuition assistance doesn’t cover.

Williams plans to use a portion of the award money to create a scholarship fund within the 94th AAMDC to assist Soldiers, staff sergeant and below, with education.

Last year, Sgt. Maj. Eric Willis, 94th AAMDC’s signal sergeant major, was one of the recipients of the award.

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



Career spanning 36 years comes to end

SGT. 1ST CLASS SHERYL LAWRY
500th Military Intelligence Brigade

KUNIA — A distinguished 36-year military career came to an end when Chief Warrant Officer 5 Rollie Purvis retired at a ceremony at the Kunia Tunnel, Oct. 3.

Purvis' career began in 1967 when he enlisted in the Air Force for four years as a radio traffic analyst. When he left the Air Force in 1971, he attended college and began a new career path. However, after five years Purvis said he started to miss his time in the service

Left — Retired Chief Warrant Officer 5 Rollie Purvis is honored during a ceremony at Kunia Tunnel. Inset, a younger Purvis during his four-year stint in the Air Force.

and the travel that accompanied the job. So in 1976, he enlisted in the Army.

Reflecting back on his career, Purvis also reflected back on history. While in the Air Force, Purvis listened to the radio announcement of Neil Armstrong landing on the moon in 1969; he was stationed in Berlin in 1989 and witnessed the fall of the Soviet Union and collapse of the Berlin Wall; and in 2001 he was assigned to the Pentagon during that Sept. 11 attack.

Throughout it all, Purvis gave credit to his wife Sandie.

"Whatever success I have achieved during my military career, it's due to my wife," he said. "She has always been there supporting, helping, encouraging, pushing and taking care of all

those things that needed to be taken care of during my time in the field, deployed, on shift or TDY."

Those who had the chance to work next to Purvis said that while his retirement is a wonderful event, his presence, sage advice, and outstanding job skills will be missed.

"He epitomizes 'old school warrants,'" said retired Chief Warrant Officer 2 John Toillion, who worked with Purvis for two years. "He is above reproach. From the time you meet him, he's really personable, but all business when he has to be. He embodies, to me, all that it is to be a Soldier in uniform."

"He understands the warrant mentality," said Chief Warrant Officer 3 Joseph Robertson, who has also worked with Purvis and will miss his problem-

solving abilities. "He has this sense of clarity that can only come from his extensive experience."

"We congratulate you on a job well done," said Col. Christopher Ballard, commander, 500th Military Intelligence Brigade, who was the guest speaker at Purvis' retirement.

Purvis leaves simple advice to all those who knew him and even those who did not.

"There's a saying I've used in the past, 'Do what you can, with what you got. Do the best job you know how to do,'" he said.

Purvis was awarded the Legion of Merit, a certificate of appreciation and letter from the President of the United States, and several gift plaques honoring his military service.

Lynn: Commander ready to lead

CONTINUED FROM A-1

theater. Dacier, who assumed command in September 2005, was tasked with transforming the 311th from the strategic reserve to an operational force in September 2006.

"Donna relocated the 311th from Fort Meade, Maryland, to Fort Shafter, and stood it up as a multicomponent major subordinate command," said Mixon. "Dacier and her team of professionals have always succeeded in servicing our nation, our Soldiers and our Army."

Today, the 311th Signal Command (Theater) is the designated signal command for the Army Service Component commands within the Pacific and Korean theaters. It ensures that information services and systems and communications are provided throughout the Pacific region under any conditions.

"It is 'Team Signal of the Pacific' that provides your e-mail, your video teleconference, secure voice and data communications, combat communications on the move, and enables commanders to conduct battle command," said Dacier. "It even provides the 9-1-1 services on every garrison within USARPAC."



From left — Maj. Gen. Donna Dacier, outgoing commander of the 311th Signal Command (Theater), Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, and Brig. Gen. Alan Lynn, incoming commander of the 311th, salute the U.S. flag during the playing of the national anthem.

All of this is accomplished by one brigade with five battalions.

Despite all these accomplishments, the 311th still has many challenges ahead, and Lynn addressed those challenges.

"I look forward to taking quantum

leaps forward in communications support and transformation during my command here in the Pacific," he said. "I pledge to be the best leader I can for you and your families, and to do my best to meet the challenges we are sure to face."

Spouses: Predeployment questions answered by agencies

CONTINUED FROM A-1

makes it easier for the family."

The ACS-sponsored event also featured several speakers who clarified various issues.

"I always say, if you have a question, come to ACS because nine times out of 10, we do it or know who does," said Jane Bruns, Exceptional Family Member Program manager and featured ACS speaker. "ACS is here to better prepare Soldiers and families for deployment. This is not only for the Soldiers, but especially for the family members left behind."

Some of the programs and services offered by ACS include family advocacy, financial readiness, volunteer opportunities, mobilization and deployment assistance, relocation assistance, VTC, computer lab, Army family team-building, and military family life consultants.

A representative from the 125th Financial Management Company shared advice on getting bills paid and keeping the books balanced.

"With your spouse at home paying the bills, you know you can't just go to the ATM and pull out money without checking to see that there's money in your account,"

said Tamatha Perkins, 125th Financial Management Co. She also discussed using the MyPay Web site and the Eagle Cash card.

Another important item stressed to those in attendance was making sure all legal issues are up-to-date before deploying. The staff judge advocate officer suggested updating wills and powers of attorney.

"Events like this give spouses a resource and a little of what to expect when their Soldiers are gone," said Doris Taitague, family member. "I like that the different agencies are here; normally people can't take the time to visit all the offices and services that are available."

"It's important to get the information out," said Shannon Kalili, 84th Eng. Bn. FRSA.

"A lot of people just don't know about things such as free child care. This allows spouses to get out while husbands are deployed."

"I want the individual Soldiers and the families to be empowered with as many answers as we can get them," said Katers. "This type of event minimizes issues. For every spouse that's here, that means 10 less questions the rear detachment will have to answer."

News Briefs

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

24 / Today

Customer Assessment Survey — Customers who live, work, train or play on U.S. Army Garrison-Hawaii (USAG-HI) will have an opportunity to provide detailed feedback about garrison services in IMCOM's Customer Assessment Survey.

The survey, available now through Nov. 7, will be used to evaluate and improve the delivery of garrison services and programs to our Soldiers and families. To complete the survey, visit www.myarmyvoice.org/Community2008.

For more information about the survey, contact the Customer Management Services office at usaghi.cms@us.army.mil or call 655-9033.

Recovered Personal Property — The Provost Marshal Office has recovered several personal property items recently lost at Schofield Barracks and Fort Shafter. For more information or to claim lost items, call 655-8255.

Installation Access Office — U.S. Army-Hawaii personnel, local community members and business people who meet access control requirements can now obtain installation access picture IDs at Fort Shafter Flats.

The office, located at Building 1599, Room 110 (adjacent to Vehicle Registration), will be open Tuesdays and Thursdays, 9 a.m.-3:30 p.m., closing for lunch from 11:30 a.m.-noon.

The Directorate of Emergency Services anticipates expanding the service to Monday-Friday within the next 90 days. The Leilehua Golf Course Installation Access Control Office's hours of oper-

ation remain unchanged, Monday-Friday, 9 a.m.-3:30 p.m.

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

- Stoneman stadium infield, Oct. 14-26;
- Gimlet softball field, Oct. 27-Nov. 7;
- Patriot Park, Nov. 10-23;
- Watts Field, Nov. 24-Dec. 14;
- Wheeler Army Airfield's baseball fields, Dec. 15-31.

Call 655-9915/9654.

Vehicle Resale Lot Relocated — The Resale Lot, located behind the Schofield Barracks Commissary, has relocated to the parking lot behind the post office.

The service is now free; however, authorized patrons must register U.S. Army Garrison-Oahu. Contact the Oahu North Community Director's Office, 655-0497/1252.

28 / Tuesday

No Walk In Hours — The Schofield Barracks Veterinary Treatment Facility will not hold walk-in hours Oct. 28. Over-the-counter sales will still be available.

For pet-related emergencies, use off-post veterinary facilities. Call 433-8544.

30 / Thursday

Fire Warden Training — Army Regulation 420-1 mandates that every unit commander or facility manager must appoint a primary and alternate fire warden for their facility.

Training is held each month. Upcoming training dates are Oct. 30 and Nov. 4.

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

HAWAII **ARMY** WEEKLY

PAU HANA

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

"When work is finished!"

FRIDAY, OCTOBER 24, 2008

A dark alley sets the scene for a ghost story as a tale of murder, guts and gore spreads through the night. The history of Hawaii and numerous tales of ghostly appearances surround the walking tour through downtown Honolulu.

Military ohana enjoy

ghostly experience

Story and Photos by
MOLLY HAYDEN
Staff Writer

HONOLULU — While children gather under blankets, flashlights held sternly under their chin, telling tales of ghosts and goblins, a small crowd enjoyed a more adult version of ghost telling here, Saturday.

Uncle Steve's Honolulu Ghost Tour began at Iolani Palace and led the group through a four-hour walking adventure downtown filled with history and spooky tales, just in time for Halloween.

"There is no other place in all of Hawaii that has a more spiritual grounding between the past and present," said tour guide Steve Fredrick of the famed palace. "And we have the stories to prove it."

Fredrick spoke of strange occurrences taking place at the palace and listed numerous sources for his stories. Participants listened attentively to the eerie tale of the woman in white who is believed to haunt the palace grounds, waiting to capture the soul of a human.

As Fredrick told the story, a black cat walked curiously in the group's path.

Coincidence?

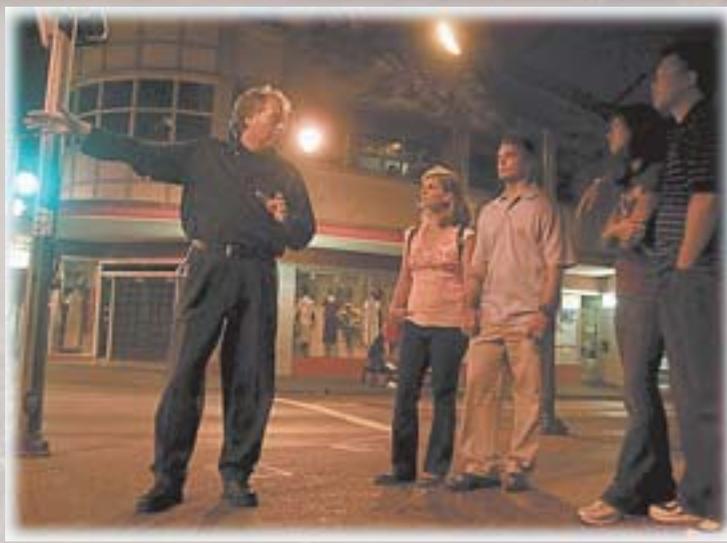
There are no coincidences, according to Fredrick.

"Strange things happen on this tour," he said.

Ghosts, spirits, phantoms — call them what you will, they are real, according to Fredrick.

"Hawaii is unique with its spiritual connection," he said. "Spirits dwell here for various reasons."

Fredrick spoke of three types of ghosts. The "friendly" spirit who playfully roams buildings with no intention of harm; the "return" spirit who visits his or



From left to right — Tour guide Steve Fredrick tells tales of ghosts and gore on streets of downtown Honolulu. Participants Angie Johnson, family member; Chief Warrant Officer 2 Eric Johnson, 3rd Battalion, 25th Aviation Regiment; Amber Vuong and Hong Vuong, listen attentively to the tales of haunted buildings and strange occurrences in the historic district.

her own dwelling to check up on the property and those currently occupying the building; and the dreaded "angry" spirit who is often looking for revenge.

The tour continued down King Street, stopping at various historical and haunted sites. Streetlights illuminated off the damp sidewalks, creating an eerie backdrop for the tour.

Fredrick has spent the last 15 years on the island researching tales of paranormal activity in Honolulu. He began the tour two years ago to share his knowledge on the history of Hawaii and its occupants that go bump in the night.

Passing a dark alley sent chills down the spines of those in attendance. A story filled with guts and gore followed.

Camera flashes lit up the night as the newly appointed "ghost hunters" attempted to catch a glimpse of a spirit, often outlined in photographs.

"If you believe in spirits, they will show themselves to you," said Fredrick.

For more information on Uncle Steve's Honolulu Ghost Tour, visit stevestoursandfilms.vpweb.com or call 395-0674. See below for more information on ghost tours held through October and a special "Walk With the Dead" tour, Oct. 31.

Saving the best for last, the tour ended on the seventh floor of a 19-floor building — the scene of a murder 13 years ago.

A dark hallway set the stage as Fredrick began the tale of a young woman who was working late in the office and lost her life to a crazed killer.

"She is here," said Fredrick as elevator doors involuntarily opened and closed.

The group packed into a dark elevator and began its descent to the first floor.

"We need to get off this elevator," said a trembling voice in the dark.

Can you feel the presence of the young woman murdered? Is the spirit of Governor John Burns lingering on the State Capitol grounds? Is a killer still on the loose in Honolulu?

All will be revealed, but believing is up to the individual.

Fredrick is a wealth of information regarding Hawaiian history, making the tour enjoyable, even for the most skeptical.

Family-friendly, scary Halloween festivities creep throughout the island

24 / Today

Costume Social — Aliamanu Military Reservation's (AMR) Teen Center will host a costume social, today, 7-9:30 p.m., at the Community Center, AMR. Wear your costume and get a dollar off admission.

There will be a costume contest and refreshments will be served. The cost is \$3 for Child, Youth & School Services (CYS2) members and \$4 for nonmembers.

Bring your military/CYS2 ID. Call 833-0920 or 839-5957.

Halloween Festival — Get the scare of your life at the 10th Annual Bellows' BOO Fest, Oct. 24 and 25, 6-10 p.m. The theme this year is "Carnival of Lost Souls" and will feature spooky rides and attractions, live entertainment, costume contest, face painting and hair spraying and devilicious food. Save \$2 on presale tickets at your Information, Ticking and Registration office. Call 259-4112.

28 / Tuesday

Costume Contest — Come all dressed up for the Halloween costume contest, Oct. 28, 3-4 p.m., at Fort Shafter's Library; Oct. 29, 3-4:30 p.m., at Sgt. Yano Library, Schofield Barracks; and Oct. 30, 3-4 p.m., at Aliamanu Military Reservation (AMR) Library.

Prizes will be given for the best costume for ages 5 years and under and 6 years and up.

Call Fort Shafter at 438-9521, AMR at 833-4851, or Schofield at 655-8002.

Honolulu Ghost Tour — Historian Steve Fredrick will host tours throughout haunted sites and mystical places in downtown Honolulu and Chinatown, every Tuesday, Thursday and Saturday evening, 7:30 p.m., throughout October.

Paranormal activities are known to occur at several of the sites visited throughout the course of the one and a half hour

Trick or treating on post

Authorized Halloween trick or treat hours for the Fort Shafter and Schofield Barracks areas are Oct. 31, 5:30-8:30 p.m.

Children under the age of 10 require an adult escort. The Directorate of Emergency Services will partner with the 45th Sustainment Brigade to provide increased presence in the community during trick or treat hours.

Military and Department of the Army civilian police enhance safety by handing out light-emitting-diode (LED) tags and ensuring all activities are conducted in a safe manner.

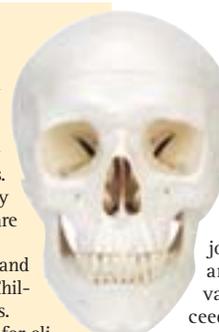
Parents are strongly encouraged to have children carry a flashlight and to dress in light-colored clothing or sew reflectors on dark clothing. Children should take precautions when crossing streets and use crosswalks. Schofield Health Clinic's Radiology Department will X-ray candies for eligible ID cardholders, 7-10 p.m. Patients have priority. Call 655-0497 or 438-6996 for more information.

walking tour. The tour is recommended for adults only.

Cost is \$25, but Hawaii Army Weekly readers will receive a \$5 discount if they bring this announcement with them. Par-

ticipants are encouraged to wear comfortable walking shoes. Reservations are required.

E-mail filmguy54@hotmail.com, or call 395-0674.



29 / Thursday

Spookfest — Join the Armed Services YMCA for Spookfest, Oct. 29, 5:30-7 p.m., on Wheeler Army Airfield.

This fall festival is created especially for children up to age 5 and their families. Come in costume and enjoy games, face painting, crafts and treats. Cost is \$3 in advance or \$5 at the door. Proceeds benefit the Playmorning program. Call 624-5645.

31 / Friday

Hallowbaloo Street Fair — Celebrate all Hallows Eve in downtown's Honolulu Culture and Arts District (Nuuanu Avenue from South King to Vineyard streets)

SEE HALLOWEEN CALENDAR, B-3



24 / Today

Outdoor Recreation Renovations – The Outdoor Recreation Equipment Check-out Center facility, Building 556, Schofield Barracks, will be undergoing facility renovations over the next several weeks.

During the renovation, equipment check-out, programs and all other services will continue to be available, operating out of Building 556 and temporary facilities in the parking lot.

There are no plans to close the facility during this time, but construction may cause closures or adjusted hours.

Hours of operations will continue to be Monday-Saturday, 8:30 a.m.-5:30 p.m., and Sundays, noon-4 p.m. Call 655-0143.

26 / Sunday

Beach Bus – Outdoor Recreation will offer a beach bus shuttle service to area beaches around Oahu, Sundays, beginning Oct. 26. The bus will depart the Outdoor Recreation Center, Schofield Barracks, at 10 a.m.

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

Cost is \$3 per person, and all ages are welcome. Children under 18 must be accompanied by a parent or guardian, and parents must provide their own car seat for children as required. Seats are limited to 15 per shuttle trip. Pre-registration is available with Information, Ticketing & Registration (ITR), Outdoor Recreation and the Tropics Recreation Center, Schofield Barracks, and with ITR, Fort Shafter. Call 655-0143.

28 / Tuesday

Ages and Stages of Infant and Child Development – Understanding the ages and stages of normal child development will help you understand how to care for and encourage your child. Class meets Oct. 28, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks. Call Army Community Service at 655-4ACS (4227).

31 / Friday

Children's Fall Festival – Blue Star Card holders are invited to bring their kids and fall into fun at the Nehelani, Oct. 31. Drop in anytime between 3-5 p.m.

There will be fall-themed games and contests full of tricks and treats for all ages. Complimentary pupus will be provided. For reservations, call 438-0376 or e-mail Darlene.J.Marshall@us.army.mil.

Big R: Fashion Fall Out – Enjoy a great night of contests, dancing, karaoke and fun, Oct. 31, 7-9 p.m., at the Tropics Recreation Center, Schofield Barracks. Come dressed in your favorite fashion



Cora Hodges | Victim Advocate Coordinator, Army Community Service

Plates serve as reminder

TRIPLER ARMY MEDICAL CENTER — The empty place setting display symbolizes the grief and loss felt for victims of domestic violence at the mountainside entrance, here, Thursday. The table image is a symbol and experience 1 common to most victims of domestic homicide, no matter their social status, age, race, ethnicity or other life experiences. Each of the victims had a place at the table in their homes as members of their family. Their murders leave an empty place at that table, and a symbolic empty place in society.

that has fallen out of style. The Blue Star Card fashionista in the best (or worst) fashion will win a prize.

Don't have a favorite fashion? Come dressed in costume and still join in on the fun. Reserve your seat and child care by calling 438-0376 or e-mailing Darlene.J.Marshall@us.army.mil.

November

1 / Saturday

Financial Readiness Program – Online applications for Army Emergency Relief (AER) Scholarships for the 2009-2010 academic year will be available Nov. 1 at www.aerhq.org. The application deadline is March 1 for the Dependent Children Scholarship Program and Maj. Gen. James Ursano Scholarship Program.

Applicants must be dependent children of active, retired or deceased Soldiers. Applicants must be enrolled in Defense Enrollment Eligibility Reporting System (DEERS), and must be full-time or planning to be a full-time undergraduate student at a college, community college or vocational school. Call 655-4ACS (4227).

3 / Monday

Active Parenting – Learn parenting skills, the ability to recognize developmental milestones and how to respond to difficult behavior in children Nov. 3, 9-11 a.m., at Army Community Center (ACS) Schofield Barracks. This class is for parent of children ages 1-4 years old. Call 655-

4ACS (4227) for registration.

14 / Friday

Holiday Craft Sale – The annual Holiday Craft Sale at Fort Shafter's Arts & Crafts will take place Nov. 14, 11 a.m.-6 p.m., and Nov. 15, 9 a.m.-4 p.m.

Take advantage of quality craftsmanship at affordable prices on a wide variety of merchandise including stained glass, Hawaiian quilts, ceramic and pottery pieces, jewelry, koa boxes, framed artwork, hand-thrown raku vases and much more.

The Fort Shafter Arts & Crafts Center is located in Building 339, one block makai (toward the ocean) of the Aloha Center. Call 438-1315.

20 / Thursday

High School Musical – For a limited time only, come see High School Musical and get two-for-one tickets for active duty Soldiers on opening night, Nov. 20 and Nov. 21, 7:30 p.m., at Fort Shafter's Richardson Theatre. Don't miss this chance to watch the hit Disney musical live and up close. Call 438-4480.

Ongoing

Holiday Child Care – The holidays are fast approaching. Do you need child care for your unit's formal social event? Call the Short-Term Alternative Child Care (STACC) Site for reservations at 655-8628. Spaces are going fast.

Call Jimmy Martin at 843-3895.

29 / Wednesday

Film Festival – Historian Steven Fredrick will show the third movie in his Hawaii Wartime Film Series, "A Wartime Comedy," featuring the East Side Kids, Oct. 29, 7 p.m., at the VIP Screening Room in Hawaii Kai.

Viewers are reminded by today's standards, the film is considered politically incorrect.

Reservations are required, and tickets cost \$10. Call 395-0674 or e-mail filmguy54@hotmail.com.

30 / Thursday

Operation Pay It Forward – Deploying Soldiers can now donate items they would normally throw away to Operation Pay It Forward (OPIF), Building 2109 (behind Army Community Service), Schofield Barracks.

The storefront will be open Thursdays, 3:30-7 p.m.

Soldiers new to Hawaii can purchase items (E-3 and below get 5 items free every visit, E-4 and above pay a small fee).

Proceeds will go into a Better Opportunities for Single Soldiers (BOSS) account and will be used to purchase necessities for the quads like shower curtains, snacks and hygiene items.

Volunteers are needed to work at the storefront. Call Sgt. Andre Espinosa at 227-4965.

Environmental Film Series – The Beach Environmental Awareness Campaign Hawaii (BEACH) will sponsor a film series to raise awareness of the impact of marine debris on marine life throughout October.

•Oct. 30, "Our Ocean Dumping Grounds: Consequences and Repercussions for Sea Turtles." All films begin at 6:30 p.m. at Hanauma Bay. Visit www.b-e-a-c-h.org.

31 / Friday

Deployment Ceremony – The public is invited to the 8th Military Police Brigade's deployment ceremony, Oct. 31, 11 a.m., at Hamilton Field (corner of Ayers & Grimes

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

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

Change in Hours – Fort Shafter's Thrift Shop has increased its hours of operation on Tuesdays and Fridays, 9 a.m.-1 p.m. and added Thursdays, 2-4 p.m.

Signments for active duty military are only available on Thursdays.

The Thrift Shop is located at 342 Pierce St.; just follow the brown signs past the Post Exchange Market, Post Office, Vet Clinic and Housing Office. Call 842-1074.

New Toys at Tropics – It's football season again, and Tropics has all the games, toys and gadgets you're looking for.

Miss seeing your favorite home team out here on the islands? Not to worry, Tropics now carries NFL Sunday Ticket. Stop by and see all the best gridiron action you can stand.

If football isn't your thing, Wii, PlayStation 3 and Xbox 360 game systems are available. Check them out for free and play anytime Tropics is open.

Pool, ping-pong and chess sets are all also available. Call 655-0002.

Blue Star Card Program – Spouses of deployed Soldiers, make sure you sign up for your Blue Star Card, a Family and Morale, Welfare and Recreation (FMWR) deployment discount card for spouses of deployed Soldiers.

This card offers everyday discounts at FMWR facilities, free child care options, and special events and activities. Blue Star Cards are valid through the Soldier's entire deployment.

If you are eligible for a Blue Star Card, bring a copy of your spouse's orders, along with your military ID to Army Community Service (ACS).

You can also fill out an application online at www.bluestarcardhawaii.com and then visit ACS to pick up your card.

Submit your e-mail address when signing up for a Blue Star Card to receive e-mails with the latest discounts, events and activities for cardholders. Call 438-0376 or 438-2911.

Hawaiian Luau Lunch Buffet – Enjoy the "ono" taste of a traditional Hawaiian-style feast, 11 a.m.-1 p.m., at Fort Shafter's Hale Ikena or 11 a.m.-2 p.m., at Schofield Barracks' Nehelani.

Cost is \$9.95 per person. Call the Hale Ikena (438-1974) or the Nehelani (655-4466) for reservations.

streets), Schofield Barracks. Call the 8th MP Brigade Public Affairs Office at 655-1594.

Resume Writing Workshop – Army Community Service (ACS) will hold a resume-writing workshop, Oct. 31, 9-11 a.m., at ACS, Schofield Barracks.

This workshop is open to military personnel, military family members and Department of Defense employees.

Call 655-4227 or register online at www.acsclasses.com.

November

2 / Sunday

Father/Daughter Ball – The Armed Services YMCA will hold a Father/Daughter Ball, Nov. 1, 5:30 p.m., at the Nehelani, Schofield Barracks. A ticket cost \$40 per Father/Daughter pair and includes dinner. Tickets must be purchased in advance and are available only through the ASYMCA. Call 624-5645.

3 / Monday

Spouse Information Meeting – The next Spouse Information Meeting (SIM) is scheduled for Nov. 3, 9 a.m., in the Post Conference Room.

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

5 / Wednesday

Oahu South Town Hall – The next Oahu South town hall meeting for the Oahu South community will be held at the Aliamanu Military Reservation Chapel, Nov. 5, at 6:30 p.m. Call 438-6147 for more information.

Breakfast of Champions – Wheeler Middle School will hold a breakfast ceremony, Nov. 5, 8:15 a.m., in the cafeteria, for students with A's and

SEE COMMUNITY CALENDAR, B-3



Aliamanu (AMR) Chapel 836-4599

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

Fort DeRussy Chapel 836-4599

- Catholic Saturday, 5 p.m. – Mass in Chapel (May-Aug.) Saturday, 6 p.m. – Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service
- Buddhist 1st Sunday, 1 p.m.

Fort Shafter Chapel 836-4599

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

Helemano (HMR) Chapel 653-0703

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

Main Post Chapel 655-9307

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

MPC Annex, Building 791

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

Soldiers Chapel

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

Tripler AMC Chapel 433-5727

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

Wheeler Chapel 656-4481

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



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



The House Bunny
(PG-13)
Friday, 7 p.m.
Wednesday, 7 p.m.

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

Babylon A.D.
(PG-13)
Saturday, 7 p.m.



Star Wars: The Clone Wars
(PG)
Sunday, 2 p.m.

College
(R)
Thursday, 7 p.m.

No shows on Mondays or Tuesdays.



Send announcements to community@hawaiiarmyweekly.com.

24 / Today

Employment Orientation – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies. Reference materials, job listings, computers, Web tour and more will be available for use.

Orientations will be held at Schofield Barracks, ACS, today, 9-10:30 a.m. Call ACS at 655-4227 or register online at www.acsclasses.com.

Child care vouchers are available if children are registered and space is reserved by a parent.

Free Museum Admission – In honor of its 20th anniversary, the Contemporary Museum will offer free admission to all patrons during the month of October.

A birthday celebration, complete with cake, will be held Oct. 22, during museum hours.

All year long, Oct. 1, 2008-Sept. 30, 2009, 20-somethings get in free with ID. Visit www.tcmhi.org.

Orchestra Performance – The Oahu Civic Orchestra will perform pieces from "West Side Story," "Swan Lake" and other musicals, Oct. 24, 7-8:30 p.m., at Pearlridge Shopping Center's Uptown Center Court. Call 488-0981.

25 / Saturday

Silent Auction and Spaghetti Dinner – The 2nd Stryker Brigade Combat Team (SBCT) Memorial Association will hold a Silent Auction and Spaghetti Dinner Oct. 25, 5-9 p.m., at the Tropics, Schofield Barracks. Dinner tickets are \$8.00 presale and

\$10.00 at the door. Dinner includes spaghetti, salad, bread and a nonalcoholic beverage.

All proceeds from the auction will be donated to the 2nd SBCT Memorial Association, a nonprofit organization established to honor fallen Soldiers from their deployment to Iraq with a permanent memorial.

The organization is currently soliciting donations for auction items.

If you would like to contribute or attend the auction, contact Lisa McCaffrey at mccaffrt@aol.com.

Holiday Faire

– The Children's Center Inc. Preschool's 24th Annual Holiday Faire will be held Oct. 25, 8:30 a.m.-2:30 p.m., at the Nuuanu Congregational Church.

The faire will feature family-style fun and food, keiki games/activities, crafts, baked goods, a country store, plants, silent auction, white elephant, raffle and entertainment.

Children ages 2-6 can sign up for the free Halloween parade, to be held 10-11 a.m. Admission and parking are free. Call 595-6341.

Blues Festival

– Come to the Beyond the Blues Festival, featuring home style blues and rich, smooth jazz, Oct. 25, 10 a.m.-3 p.m., at Pearlridge Shopping Center's Uptown Center Court. Call 488-0981.

26 / Sunday

Torah Dedication – A Jewish scribe will dedicate a new Torah, Oct. 26, 2 p.m., at the Aloha Jewish Chapel, Naval Station Pearl Harbor.

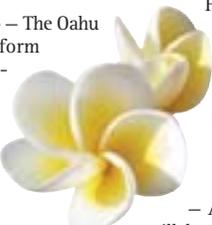
The chapel currently uses an 80-year-old Torah, which survived the Holocaust, but is in need of repair and restoration to remain kosher. Call Harriet Weissman, 677-0120.

Poker Run & Motorcycle Show

– A poker run and motorcycle show will be held Oct. 26 across four military installations, beginning and ending at Sand Island.

Instructors from the Motorcycle Safety Foundation will be on hand to pass out materials and talk about safety classes.

Cost is \$15 for the poker run and \$5 to enter your motorcycle in the show.





Kathy Weycker, wife of Maj. William Weycker, 1-21st Inf. Regt., takes up a good firing position at the Engagement Skills Trainer during "GI Jane Day," Saturday, at Schofield Barracks. The event gave spouses a glimpse into the daily life of an infantry Soldier.

2nd SBCT spouses learn infantry way

Story and Photos by
SGT. MAJ. TERRY ANDERSON
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – Catherine Florang and her team of 1st Battalion, 14th Infantry Regiment spouses had 20 minutes to figure out and negotiate their lane at the Leadership Reaction Course, here, Saturday. With just minutes to spare, Florang took two quick steps on to the wobbly boards spanning the distance between concrete pillars before the boards fell three feet onto the sand, taking most of the team with it.

"Ahhhhhh," screamed Florang in frustration as time ran out.

Florang, the wife of Pfc. Robert Florang, and more than 50 spouses of deployed 2nd Stryker Brigade Combat Team (SBCT) Soldiers took part in "GI Jane Day," Saturday. Rear detachment leaders organized the day to give spouses a glimpse of the daily life of an infantry Soldier.

"GI Jane Day is a nice, safe way to help these spouses deal with the stresses of a 15-month deployment," said Maj. Adelaido Godinez, rear detachment commander, 2nd SBCT. "The goal is always to grow the family and take care of them while the Soldiers are deployed."

The event organizers split the spouses up into teams representing 2nd SBCT units, and rotated between the Leaders Reaction Course, the obstacle course and the Engagement Skills Trainer, where they were outfitted with a Kevlar helmet, interceptor body armor and a weapon. Spouses stood before a large video screen and were shown a scenario, and then had to make split-second decisions on whether or not to shoot.

"I've done this type of training once before,



Janelle Correa, wife of Sgt. Juan Correa, 1-14th Inf. Regt., scales a slippery board with the help of her teammates during "GI Jane Day," Saturday, at Schofield Barracks.

at Fort Bragg," said Sherri DeSilva, wife of 1st Lt. Keith DeSilva, Headquarters, Headquarters Co., 2nd SBCT. "It's good for us to be able to experience what our spouses do, and it's great to get all of us together."

The "Soldiers for a day" also drove a Stryker simulator and were given a basic Arabic language class, then were subjected to a short test to see how much they retained. Following the challenging events, 2nd SBCT Soldiers

held a barbecue in honor of the spouses, and handed out awards to the winning teams.

"Many of these spouses have been through three or four deployments so they know how important these events are," said Leticia Rivera, the 2nd SBCT family readiness support assistant. "This (2nd SBCT) group is one of the most put-together groups I have ever been around. Events like these help the spouses build a solid team."

Community Calendar

From B-2

B's on their report cards.

Families are invited to enjoy breakfast and celebrate the students' successes. Call 622-6525.

Parent Workshop – Wheeler Middle School will host "Staying Connected During Deployment," Nov. 5, 9:15 a.m., in the cafeteria. The workshop will provide tools to stay connected with your child's education, even during a deployment. Call 622-6525.

8 / Saturday Veterans' Appreciation Day – The Oahu Veterans Council will hold a Veterans' Appreciation Day, Nov. 8, noon-4 p.m., at the Oahu Veterans Center, 1298 Kukila St., near Radford High School.

This event recognizes and honors all veterans for their service to our country and in particular those on active duty and those who have recently returned from the combat areas.

Tickets for the event are \$20 for adults and \$5 for children under

12. Admission includes lunch and an afternoon full of entertainment. Tickets are available online at www.oahuveteranscenter.com or call 422-4000.

11 / Tuesday Veterans Day Sunset Ceremony – The Battleship Missouri Memorial will hold its annual Veterans Day Sunset Ceremony, Nov. 11, 4:45-5:45 p.m. Free and open to both visitors and residents, the ceremony will feature guest speakers, James Hornfischer, author of two works of World War II naval history books and Commander Michael Lewis of the USS Houston. Call 539-3482.

12 / Wednesday "Home of the Brave" Quilt Project – The public is invited to the Pacific Aviation Museum, Pearl Harbor, Nov. 12, 10 a.m.-2 p.m., to sign names and write messages of hope and comfort on "Home of the Brave" quilts, sewn by volunteers and provided to families of fallen service members.

No reservations are needed. Admission is \$14 for adults and \$7 for children. Kamaaina and military discounts are available.

For more information, call the museum at 441-1000 or visit www.PacificAviationMuseum.org.

Halloween Calendar

From B-1

with free concerts by Brett Dennen, Papa Mali and Mardi Gras legend Big Chief Monk Boudreaux; a Trick or Treat Gallery Walk; a jack-o'-lantern contest; and a costume contest, Oct. 31, 5:30-10:30 p.m. Call Mark Tarone at 271-9140 or visit www.hallowbaloo.com.

Walk with the Dead Ghost Tour – Historian Steve Fredrick will take guests on a journey to the dark side of Honolulu, Oct. 31, 10 p.m., on this special Halloween tour.

Paranormal activities are known to occur at several of the sites visited on the half-mile walk to haunted death sites in downtown Honolulu and Chinatown.

Guests will meet in the Capitol District, near downtown.

Due to the intensity of the ghost stories, this tour is recommended only for adults. Cost is \$30 and participants are encouraged to wear comfortable walking shoes.

Reservations are required. Visit stevestoursandfilms.vpweb.com, e-mail filmguy54@hotmail.com or call 395-0674.

Halloween in Waikiki – Wear your costume and ride the Waikiki Party Bus, Oct. 31. Round-trip tickets are \$25.

Pick-up time at Schofield Barracks' Information, Ticketing and Registration (ITR) parking lot is 9 p.m., and 9:30 p.m. for Fort Shafter's Richardson Theatre. Drop-off approximately at 9:45 p.m. at the Waikiki Royal Hawaiian Shopping Center. Return pick-up time is 3 a.m. at the Royal Hawaiian Shopping Center. Drop-off at Fort Shafter is at 3:30 a.m. and 4 a.m. at Schofield Barracks.

Call ITR for reservations at 655-9971 or 438-1985.

Halloween Spooktacular – Jungle River Mini Golf will host a Halloween Spooktacular, Oct. 31, 6-9 p.m., at the Pearlridge Shopping Center.

The free family event will include a costume contest, door prizes, games, crafts and trick or treating. Call 488-8808.

Trick or Trek – Have a geocaching adventure with Outdoor Recreation and the opportunity to win great prizes, Oct. 31, 6 p.m. at Wheeler Gulch.

Geocaching is a high-tech treasure hunting game played by adventure seekers equipped with GPS devices. Cost is \$5. Call 655-0143.

Children discover culture at Makua

KAYLA OVERTON

U.S. Army Garrison-Hawaii Public Affairs

MAKUA MILITARY RESERVATION – “Dog, bird, turtle!” yelled out Kamaile Academy students as they visited the petroglyph panel during their field trip to Makua Military Reservation (MMR), Oct. 10.

Pointing out as many images as they could, the group viewed and learned about the petroglyph panel and the images carved into it.

Approximately 70 kindergarten-seventh grade students, teachers and chaperones attended the field trip to MMR. The focus of the trip was to teach students about cultural skills, archaeology, land stewardship and the natural resources in Makua Valley.

After applying ample sunscreen, drinking plenty of water, being outfitted with proper footwear and getting a detailed safety brief by range personnel, students were ready for the field trip to begin. They were split into small groups and hiked to several archaeological sites and areas near endangered plant populations.

Students enjoyed doing kapa painting where they brushed their own traditional images on paper-bark. They also became mini-archaeologists as they excavated with their hands, brushes and popsicle sticks to uncover imitation artifacts embedded in blocks of sand and plaster.

“As students participated in the



Photo Courtesy of Maj. Rupert Corpuz

Kelii Keliikipi does a hula during Kamaile Academy's field trip to Makua Military Reservation.

hands-on activities, they learned about Makua and its cultural and natural resources,” said Alton Exzabe, cultural resources specialist.

Kamaile Academy faculty hosted lau hala weaving, while Glen Kila, chief executive educational officer, led tours as he highlighted traditional stories about Makua.

“The students enjoyed the hike into Makua Valley as Mr. Kila pointed out cultural sites and their significance to their own Hawaiian culture,” said Maj. Rupert Corpuz, Makua Process Action team leader.

Superheroes, photos adorn downrange gift certificates

ARMY & AIR FORCE EXCHANGE SERVICE

News Release

DALLAS – The Army & Air Force Exchange Service's (AAFES) newest series of POGs are being issued as change at more than 85 base and post exchanges (BX/PXs) throughout Operations Enduring and Iraqi Freedom (OEF/OIF).

Developed in 2001 to facilitate retail operations in a war zone while adhering to restrictions on shipping coins downrange, the gift certificates known as “POGs” are flat, lightweight, coated disks used in place of heavy metal coins.

Three of the POGs feature Marvel superheroes Captain America, Iron Man and She Hulk.

“Beyond the Marvel POGs, this series also incorporates movement, photography from military shoppers and recognition of partners who support deployed troops,” said Master Sgt. Jeffrey Helm, senior enlisted advisor chief, AAFES.

Similar to the 10th series that was introduced in July 2007, four of the new POGs are lenticulars that show depth and motion when viewed at an angle.

Among the 38 POGs that comprise the 11th series are five images selected from more than 2,500 sent in as part of a worldwide contest.

The winning photos include an American and Iraqi flag flying side-by-side at sunset, an image of three Boy Scouts at a war memorial; a Soldier praying; a young girl wearing angel wings pushing a wounded Soldier in a wheelchair; and a photo of a baby crawling out from under an American flag.

Finally, in recognition of the role that they play in bringing a taste of home to deployed troops, two POGs feature the logos of Pizza Hut and Taco Bell.

While only issued as change in the contingency theater, POGs are accepted at any BX/PX location worldwide.

94th AAMDC celebrates St. Barbara

Story and Photo by

PFC. ASHLEY M. ARMSTRONG

94th Army Air and Missile Defense Command Public Affairs

MARINE CORPS BASE HAWAII, Kaneohe Bay – Soldiers and guests experienced celebration and commemoration of the historical U.S. Army Air Defense Artillery during the 94th Army Air and Missile Defense Command's (AAMDC) annual Saint Barbara's Day Ball and Award Ceremony at the Officers Club here, Saturday.

The Saint Barbara's Day Ball is celebrated throughout U.S. field artillery branches in remembrance of Saint Barbara, a patroness of artillerymen, and to recognize exceptional performance of individuals serving the artillery.

“The Air Defense Ball is a way for service members, particularly air defense artillerymen, to come together and recognize our achievements, and put it in the perspective of our history. And it's important to not only work together, obviously we are all in the same fox-hole, but it's important for us to socialize together to build the command climate,” said Brig. Gen. Roger Mathews, commanding general, 94th AAMDC.

The 94th AAMDC's Ball consisted of a traditional grog ceremony in which Soldiers in the command combined various symbolic ingredients to create the essence of artillery.

“I thought the grog ceremony was great, more entertaining than most grog ceremonies I've been to. It's always good to learn some history about the job or jobs we do as air defenders,” said Spc. Jose Garcia, schools assistant, 94th AAMDC.

Following the grog ceremony, Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, Mathews and Command Sgt. Maj. Phillip Rowland presented The Honorable



Lt. Col. Carlos Betancourt, chief of plans and exercises, 94th Army Air and Missile Defense Command, dances with his wife during the 94th AAMDC's annual Saint Barbara's Day Ball and Award Ceremony at the Officers Club, Marine Corps Base Hawaii, Kaneohe Bay, Saturday.

Order of Saint Barbara and The Artillery Order of Molly Pitcher.

According to the Field Artillery Association's Web site, The Honorable Order of Saint Barbara recognizes those individuals who have demonstrated the highest standards of integrity and moral character; displayed an outstanding degree of professional competence; served the U.S. Army or Marine Corps field artillery with selflessness; and contributed to the promotion of the field artillery in ways that stand out in the eyes of their seniors, subordinates and peers alike.

The Artillery Order of Molly Pitcher recognizes individuals who have voluntarily contributed in a significant way to the im-

provement of the field artillery community.

“I was thankful for being accepted in something so elite for the command. I look forward to wearing my ribbon and medal,” said Staff Sgt. Ciji Evans, human resources noncommissioned officer, 94th AAMDC, about receiving the Honorable Order of Saint Barbara.

After the awards, Air Force Lt. Gen. Loyd Utterback, 13th Air Force, Hickam Air Force Base, spoke about the significance of Joint ADA.

“I think a lot of the younger Soldiers enjoyed the ball; I know their spouses did as I went around and talked to folks, so I was very pleased. I think it was exactly what we needed,” said Mathews.

Choosing xylitol protects teeth from decay, weakness

BETHANN CAMERON

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

After brushing and flossing your teeth, seeing the dentist, avoiding sugary foods and treats, and drinking fluoridated water, what else can you do to fight tooth decay?

Dentists now tell us to chew xylitol gum after every meal to help prevent cavities. Xylitol-sweetened mints can be used by people who can't or prefer not to chew gum.

Xylitol protects teeth in three ways: Decreases the levels of cavity-causing bacteria, decreases the amount of plaque and improves hardening of weakened teeth.

If you don't brush and floss regularly, you are at higher risk for cavities. Chew sugar-free gum, eat sugar-free mints and candies, and use toothpaste made with xylitol.

Xylitol is a natural sugar found in fruits and vegetables. It comes from hardwood

On The WEB

Check out <http://chppm-www.apgea.army.mil/dhpw/OralFitnessMain.aspx> for information about xylitol gum and Soldier oral fitness.

such a birch tree. The taste is as sweet as sugar, with no artificial aftertaste. Xylitol blocks the production of acid that causes tooth decay. It has been approved for use as a food additive in "sugar-free" products by the Food and Drug Administration (FDA) since 1963.

Reasons to chew xylitol gum include the following:

- It makes your mouth feel fresh and cool,
- It is a natural sweetener that tastes as sweet as sugar with no aftertaste,
- It has 40 percent less calories than sugar,



- It is readily available – you can buy it at the candy counter,
- It is safe,
- It relieves "dry mouth" by increasing saliva,
- It provides an alternative to sugar for people with diabetes, and
- It lowers rates of ear infections in children who chew gum by approximately 40 percent.

dren who chew gum by approximately 40 percent.

Deployed Soldiers are at higher risk for tooth decay and other oral diseases because of reduced flossing and tooth brushing and more frequent sugar intake. In order to help fight the dental disease that is caused by the foods and drinks that Soldiers consume, the Army distributes xylitol gum in dining facilities. Xylitol gum is also in Soldiers' Meals Ready to Eat (MREs).

To find xylitol gum or mints, read labels. Look for xylitol first. It should be the first ingredient listed on the label before other sweeteners such as sorbitol. In chewing gum, xylitol should appear before gum base.

People who chew xylitol gum or eat xylitol candies and mints can reduce their risk of cavities.

Protect your teeth and your family's teeth from cavities. Choose your gum, candies and mints wisely. Chew the ones made with xylitol.

Daily activity keeps kids fit

LT. COL. KAREN HAWKINS
Defense Commissary Agency

FORT LEE, Va. – Children and teenagers need one hour or more of physical activity daily; just one of the new 2008 Physical Activity Guidelines for Americans published by the U.S. Department of Health and Human Services. The guidelines are designed to provide information and guidance on the types and amounts of physical activity for Americans ages 6 years and older. The main idea behind the guidelines is that regular physical activity over months and years can produce long-term health benefits.

The Defense Commissary Agency has joined Tricare, Military OneSource, the Army and Air Force Exchange Service, and Health and Human Services to ask the military community to "Take the Pledge" and help address the chronic issue of childhood overweight and obesity.

Nearly 20 percent of children and teens in Department of Defense families are considered obese, and across the nation the numbers are even greater as one in three children is overweight. In recognition of this growing issue, families are encouraged to be physically active with their children and teenagers each day.

Activities for children and adolescents
Encourage children and teenagers to participate in physical activities that are appropriate for their age, that are enjoyable and that offer variety. To help you decide what is best for your children, here are examples of physical activities:

- Moderate-intensity aerobic**
- Active recreation, such as hiking, skateboarding, rollerblading
 - Brisk walking
 - Games that require catching and throwing, such as baseball and softball

- Vigorous-intensity aerobic**
- Active games involving running and chasing, such as tag or flag football
 - Martial arts, such as karate
 - Sports such as soccer, ice or field hockey, basketball, swimming, tennis

- Muscle-strengthening**
- Games such as tug-of-war
 - Push-ups and pull-ups
 - Resistance exercises using body weight, resistance bands or weights
 - Rope or tree climbing
 - Sit-ups (curl-ups or crunches)
 - Swinging on playground equipment/bars

- Bone-strengthening**
- Games such as hopscotch
 - Hopping, skipping, jumping
 - Jumping rope
 - Running
 - Sports such as gymnastics, basketball, volleyball, tennis

(Editor's Note: The 2008 Physical Activities Guidelines for Americans, courtesy of the U.S. Department of Health and Human Services, was used for this list.)

60 minutes a day.

Guidelines for children and teenagers
Children and teenagers should do 60 minutes or more of physical activity daily.

•Aerobic: Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least three days a week.

•Muscle- and bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include both muscle- and bone-strengthening physical activities on at least three days of the week.

Tricare, commissary help keep children healthy with Web games

Online resources help youth make healthy choices, understand how food affects their bodies

LT. COL. KAREN HAWKINS
Defense Commissary Agency

FORT LEE, Va. – Many parents frequently hear from their children: "I am bored"; "There is nothing to do"; "Can I watch just one more show, please?"

We are less likely to hear, "Can I go outside and run, play ball or skate?" And, as kids get older, they are even less likely to be physically active, according to a recent long-term study by the National Institutes of Health. Researchers looked at whether children participated in at least 60 minutes of moderate to vigorous physical activity as recommended by the 2005 Dietary Guidelines for Americans.

Most children between the ages of 9 and 15 failed to reach the daily recommended activity level. The study showed that at age 9 children averaged about three hours of moderate to vigor-

ous physical activity on weekdays and weekends. By age 15, however, they averaged only 49 minutes per weekday, and 35 minutes per weekend. As children get older, they are less likely to be physically active and more likely to gain weight.

To help your children become more physically active and learn to make healthy choices check out www.tricare.mil/getfit. There are lots of games such as the MyPyramid Blast Off and football games for kids to enjoy while learning cool stuff about food and what it can do for you. Try to limit computer game time to no more than one hour a day, as it is really important for children to be physically active during the day.

The most important thing is to get started with increasing physical activity, as the amount of time spent doing it is likely to decrease as children get older.

For young children, have them keep a chart on the computer or refrigerator to track their activity and earn stars for accomplishment. Developing healthy lifestyle habits begins at an early age, so go outside and play with your kids – it's good for the whole family.

On The WEB

This month, visit www.tricare.mil, www.hhs.gov, www.commissaries.com, www.militaryonesource.com and www.hrsa.gov for articles, advice columns, blogs and more about childhood obesity.

To address the childhood overweight and obesity issue, the "Healthy Youth for a Healthy Future" initiative led by the surgeon general, promotes the importance of healthy eating and physical activity at a young age to help prevent overweight and obesity in this country.

"Healthy Youth for a Healthy Future" is recognizing communities throughout America that are coming together to address childhood obesity prevention by encouraging children to eat right and exercise.

To change children's eating and activity habits, this initiative concentrates on many of the people who influence our children, including parents, caregivers, schools, public health leaders and local community leaders.

The surgeon general is on a national tour to recognize and highlight communities with effective prevention programs and to motivate community members to join in their efforts to encourage kids to eat healthier and increase physical activity to at least



24 / Today

Youth Sports Registrations – Youth born between 1992-2003 can sign up for youth basketball or cheerleading through Oct. 28. The cost is \$60 for basketball or cheerleading. If using the same uniform as last year, cheerleading is \$20.

Practice begins approximately Jan. 6, for the Jan. 31-March 21 season.

Call the sports director at Aliamanu Military Reservation, 836-1923; Schofield Barracks, 655-6465; or Helemano Military Reservation, 655-0883.

Visit mwrarmyhawaii.com.

25 / Saturday

Deep Sea Fishing – Don't miss your chance to catch the big one, Oct. 25. Outdoor Recreation will provide transportation, a cooler with ice, snacks and drinks. Space is available for groups up to six.

Cost is \$130 for a half-day session. Call 655-0143.

28 / Tuesday

Ladies' Fitness Classes – Cardio Step & Circuit and Vinyasa Power Yoga classes are offered at the Fort Shafter Physical Fitness Center during female-only hours.

Beginner through advanced level yoga classes are Tuesdays, 9-10 a.m., and cardio classes are Thursdays, 9-10 a.m.

Call 438-1152.

29 / Wednesday

Workout Without Walls – Trying to get in shape but the same old routine has you unmotivated?

Outdoor Recreation gives you the chance to try a different workout in a new location every week.

The next class is Nov. 5, 8:30-11 a.m. Classes will be held every Wednesday.



Staff Sgt. J.B. Jaso III | 1st Battalion, 27th Infantry Regiment

Goal!

CAMP TAJI, Iraq — Spc. John Pearson plays foosball with children in the Husseniya Nahia, northeast of Baghdad, recently. Pearson is an assistant team leader with the 1620th Tactical Psychological Operations Detachment, 312th Tactical Psychological Operations Company, Multinational Division – Baghdad.

Each session costs \$10. Call 655-0143.

could be eligible to win prizes to be awarded Nov. 21. Call 653-0719.

Fridays, 2-5 p.m.

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

November

Ongoing

1 / Saturday

Turkey Trot – Trot on a treadmill, Nov. 1-20, at the Helemano Military Reservation Physical Fitness Center to win great prizes. Reach a distance of 5K and you

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

Little Ninja – Classes are now being offered at Aliamanu Military Reservation's (AMR) Youth Gym, Saturdays, 9-9:45 a.m., for children ages 3-5. The cost is \$35 per month. Call the AMR Child and Youth Service's Registration Office at 833-5393.

25 / Saturday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a hike through the Nuuanu Valley hillside.

Enjoy the forest as you climb the Judd Trail to the Tantalus area, and then the Nuuanu Trail to the reservoir overlook.

This intermediate hike is 4 miles. Call Sandra Klein at 263-8330.

Save the date for these upcoming hikes, too:

- Nov. 8, a 4-mile intermediate hike through Waialae Ridge.
- Nov. 16, an

11-mile advanced hike through Moanalua Ridge.

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

Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees

Volleyball & Racquetball – Learn basic skills and techniques from experienced instructors, Tuesdays and Thursdays, 8:30-10 a.m., at Martinez Physical Fitness Center, Schofield Barracks.

Courts will be open for free play across the street from the facility. Call 655-4804.

All Army Sports – Soldiers interested in applying for Army-level sports competitions must apply with their Army Knowledge Online (AKO) account at <https://armysports.cfsc.army.mil>. Faxed copies are no longer accepted by the Sports Office. Call 655-9914 or 655-0856.

Pool Seasonal Hours – Effective immediately, the Aliamanu Military Reservation (AMR) and Helemano Military Reservation (HMR) swimming pools will be operating as seasonal pools.

Both pools will be open for business from Memorial Day through Discoverer's Day (Oct. 13), each year, and will be closed for the remainder of the year.

Richardson Pool on Schofield Barracks and the Tripler Pool will maintain their current hours of operation throughout the year. Call 655-9654 or visit www.mwrarmyhawaii.com for the full schedule.

100-Mile Run/Walk & 50-Mile Swim Clubs – Record each mile you run, walk or swim and win incentive prizes. Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914.

Mom and Baby Yoga – Get fit with your baby at Mom and Baby Yoga, Wednesdays, 9:45 a.m., at the Heath and Fitness Center, Schofield Barracks. Mats are provided, but moms should bring a small towel or blanket for their babies to lie down on. Call 655-8007 to register or for more information.

Belly Dance – Learn the art of belly dancing at the Health and Fitness Center, Schofield Barracks, Tuesdays, 4-5 p.m. Call 655-8007.



Send sports announcements to community@hawaiiarmyweekly.com.

24 / Today

Youth Boys' Soccer – Crush Soccer Academy (West) is looking for boys born between Aug. 1, 2001-July 31, 2002 to form an 8-years-and-under competitive soccer team that will compete in the

Hawaii Youth Soccer Association Winter League (January-March 2009). Practice begins in November. Some playing experience is required.

Contact Coach Katie Knight at 778-1266.

Lacrosse Tournament – The 18th Annual Hawaii Lacrosse Invitational Tournament is Oct. 24-26, at Kapiolani Park, Diamond Head side in Waikiki. Since 1991, the Hawaii Lacrosse Invitational has welcomed men and women lacrosse players from across the globe as well as kamaaina for a weekend of world-class lacrosse, live entertainment, free clinics and more. Visit www.hawaiilacrosse.com.

and plants with care and respect. Visit www.htmclub.org.

November

9 / Sunday

Volksmarch – Join the Menehune Marchers Volkspport Club on a 5 or 10K

SEE COMMUNITY SPORTS, B-7

Community Sports

From B-6

volkmarch (walk), Nov. 9, at the Foster Botanical Garden at 180 North Vineyard Blvd., in Nuuanu.

Walkers can begin anytime between 8-11 a.m. Call Maria at 261-3583 or visit www.ava.org/clubs/menehune-march ers.

Call Bob at 941-0218 or visit www.ava.org/clubs/menehune-marchers.

Ongoing

TOPS – The Take Off Pounds Sensibly (TOPS) support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423 for more information.

Waialele Wrestlers – The Waialele Athletic Club holds wrestling classes for children and adults. Cost is \$45 per student. Call 671-7169.

Bike Hawaii – Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included. To schedule adventures, visit www.bikehawaii.com or call 734-4214.

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

Escrima classes for men, women and children of all ages are also held at Mililani Elementary School. Classes are Wednesdays, 6:30-7:30 p.m., and Saturdays, 9:30-10:30 a.m.

Call 398-0119 for details.

Young bowlers put their best foot forward

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – Pompoms waved in the air, high fives slapped around the room and cheers could be heard across the installation as 120 high school bowlers competed in the Oahu Interscholastic Association (OIA) Bowling Championships here, Oct. 16.

The top high school bowlers across the island representing Oahu's public schools in both team and individual competitions rolled out a new era of bowling championships.

"There is a lot of competition and a lot of talent in this room," said Reid Shigemasa, athletic director for Pearl City High School.

Although participants don't sweat and most likely sit more than they move, bowling is in fact a high-energy sport, and growing at the high school level, stated Shigemasa.

"We see more kids interested in the sport each year," said Shigemasa. "It builds both team-building skills and individual confidence."

Bowling also gives students an opportunity to become involved with their high schools, teaches fundamentals for a lifetime sport, and helps athletes earn scholarships and bowl in college.

The 60 boys and 60 girls who participated in the OIA represented the elite, with a combined average of 200, according to Shigemasa. Precision, accuracy and concentration could be seen in the talent of each young athlete.

"We give them the basics they need to know and let them go, offering suggestions on fine tuning their skill if needed," said girls bowling coach Doug Bruns, Castle High School.

"When you get to this state of a competition, you get to see the incredible talent these kids possess."

Bowling is one of the oldest sports in history. Over 100 million people in more than 90 countries practice the game, making it one of the most popular and universally loved forms of recreation on the planet.

"It's a classic game," said family member Sue Gascon. "And the kids support each other. The camaraderie on the lanes is amazing."

The competition was fierce as team and individual players competed for a chance



The Mililani High School girls bowling team high-fives teammate Jacie Okata after she bowled a strike. Teams and individuals participated in the OIA bowling championships for a chance to compete in the state championships at the end of the month.



Sean Johnson, Leilehua High School, shows off his form at Schofield's Bowling Center.

to participate in the state championships to be held on Kauai at the end of the month.

"We're trying our best," said McKinley High School student Lelane Akau. "It's challenging, but we're hopeful."

Various cheering sections, representing more than 150 fans and supporters, sang school songs and held signs of encouragement as they watched each bowling ball slide gingerly down the lane.

Mililani High School showed their team spirit winning the championship in both the girls' and boys' team division.

Kalani High School captured the OIA title with a first place win in both the girls' and boys' individual competition. Dara

Ajamine and Jonathan Nakagawa represented the top bowlers with an average of 204 and 215, respectively. The top 41 finishers in each competition advanced to the state championships, which will be held Oct. 30 and 31 at Lihue Bowling Center on Kauai.

The OIA was first organized in 1940 with five rural high schools – Castle, Kahuku, Leilehua, Waialua and Waipahu. The OIA now has 29 member schools competing in 19 different junior varsity and varsity level sports.

The OIA, Board of Education and Department of Education recognize athletics as an integral part of a high school's educational program. The association stress-

Oahu Interscholastic Association Bowling Championship Results

Team final:

- 1st: Mililani High School, 2,693 total pins
- 2nd: Pearl City, 2,670 total pins

Individual competition, points based on pin total of six games.

Boys

- 1st: Jonathan Nakagawa, Kalani High School, 1,291
- 2nd: Raymond Allen, Mililani High School, 1,281
- 3rd: Devin Perry, Kapolei High School, 1,270
- 4th: Derek Suefuji, Pearl City High School, 1,257
- 5th: Austin Patacsil (Kailua), 1,251

Girls

- 1st: Dara Ajimine, Kalani High School, 1,224
- 2nd: Kimie Roller, Kapolei High School, 1,177
- 3rd: Stacey Shigekane, Mililani High School, 1,147
- 4th: Raelena Mattos, Kapolei High School, 1,132
- 5th: Ashley Shoemaker, Pearl City High School, 1,130

es educational and cultural values, promotes skills in competitive activities, and fosters sportsmanship and mutual respect.