**Mass flu shots test medical response**

**STAFF SGT. CRISTA YAZZIE**
U.S. Army-Pacific

FORT SHAFTER — Soldiers were un-der biological attack from an infectious dis-ease such as anthrax or influenza, how quickly could they get on post and vacci-nated? Several 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 USARPAC Medical Center (TAMC) medical personnel did all under the gun of conducting routine annual flu inoculations.

“Any Soldier might think he only just got the flu shot, but actually, this event was testing a much bigger deal,” said Col. Heath Cytka, Fort Shafter’s Medical Director. “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?” said Warrington. “At the end of the day, 95% of Soldiers and civilians from multiple commands were better equipped to handle the flu.”

“It’s gone well, even though we had such a small amount of time to get the per-spective and project contracts, Col. tinder. Army Public Health Nursing, Preventative Medicine, TAMC, who orchestrated the exercise, said: “We were testing the Emergency Preparedness Plan, or EPP, for Fort Shafter.”

At the day’s end, 915 Soldiers and civilians, and family members were vaccinated.

“We did 60 in the first fifteen minutes,” said Noa Kupuna. “It’s a great opportunity to test our preparedness 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 Sigmon, chief of Prevention and Emergency management.

“This is a great opportunity to test our preparedness in order to force the preparation in a narrow window of time,” she said.

Sgt. 1st Class M. Dollar, 94th Army Miss-ile 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 inte-gral to testing the Fort Shafter EPP.

“There is a deliberate process to make to include minimizing advance notification in order to force the preparation in a narrow window of time,” she said.

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**We want to hear from you...**

The Hawaii Army Weekly welcomes letters, news releases, and press releases from local community organizations, military units and personnel, and letters and comments on current events. If you have newsworthy ideas or stories to share with the Army community, please contact the managing editor at 656-3155 or e-mail editor@hawaiianweekly.com.

**Commander's Corner**

Lt. Col. Mark Buusby
Commanding Officer

Army Community Service offers a wide variety of programs and support services to our military families throughout deployment.

The Army Financial Readiness Program is a component of the Army Emergency Relief (ARE) program, which provides financial assistance to Army personnel and their families. The program is designed to help prevent financial problems and to assist in situations of emergency. The Army Financial Readiness Program offers a variety of services, including budgeting, debt counseling, and financial planning.

The Army Family Housing Areas (AFHAs) are located throughout the United States and are designed to meet the needs of active-duty military families. The AFHAs provide a supportive environment for families to live and work, and they are designed to meet the needs of families with children.

The Army Community Service (ACS) program provides a wide range of services to support the needs of military families. The program offers services such as family readiness, military child care, education services, and employment assistance.

Army Community Service (ACS) is an integral part of the Army’s support system, providing services and resources to military families. The program offers a variety of services, including family readiness, military child care, education services, and employment assistance.

**Hispanic Heritage celebrated in Hawaii**

**Discovering important things in life reduces stress**

**Spa and Pool**

**Mel Melvik**

**SCHIFFELE BARRACKS**

**Spc. Lautaro Rodriguez** in Puerto Rico and was inspired to help Puerto Rican troops. He never forgot, and after attending Fort Bragg, Puerto Rico do what he could to contribute to the global war on terror.

Sgt. Maj. Rodriguez was a native of the island of Puerto Rico and a native of Hidalgo County, Texas. He was killed in action in the line of duty.

The event culminated with a salsa performance by the 2nd Infantry Division’s Salsa Ensemble. The performance was a tribute to the Hispanic heritage in which the Soldier had great pride and honor.

**138 days since last fatal accident**

Four days after a fatal accident that killed four people and injured three others, the Army has not yet learned the lessons of the incident. The accident occurred at Schofield Barracks, and the Army has not taken steps to prevent similar accidents in the future.

The incident left four people dead and three others injured. The Army has not yet released an official statement on the incident, and it has not taken any steps to prevent similar accidents in the future.

**What can be done to prevent domestic violence?**

**What we can do to prevent domestic violence?**

**Sports and activities as an escape from stress**

**News & Commentary**

**Afro American Family News**
Fixing Iraqi schools a step in right direction for education

By Sgt. James Simmons, 1st Battalion, 27th Infantry Regiment

CAMP TAJI, Iraq – Leaders from Multi-National Division – Baghdad’s 1st Infantry Regiment “Wolfhounds,” joined officials from the Government of Iraq’s (GoI) 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.

“If three months ago, the school was uninhabitable; it was in disarray,” said 1st Lt. John Bauereis, Wolfhounds essential services coordinator. “The school was not use for a long time and the Ministry of Education wanted to refurbish it for the area.”

Construction workers hired the number one crew and completed the nearly $200,000 worth of projects in only three months.

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

“She is in charge of the school,” conduct joint patrols with their Iraqi Army counterparts as

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

“The GoI has gained confidence, and they are concerned with education and knows the importance of this school to the area. 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 Infantry Regiment, 5th Iraq Army Division and Soldiers from C Company, 1st Battalion, 27th Infantry Regiment, “Gimlets,” distributed approximately 500 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. Ahsans 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.

“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.”

Photo courtesy of 1st Battalion, 27th Infantry Regiment

Gimlets distribute aid to Zaidat village

1ST LT. AARON OLIVER

In Baghdad, 6th Iraqi Army Division

BAGHDAD – The village of Zaidat, sits in the shadow of one of Iraq’s oldest and best known ancient monuments, the Ziggurat of Aqar 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.

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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.

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Wolfhounds, Gol work to rebuild schools

1ST LT. JOSHUA BAXTER

In Baghdad, 6th Iraqi Army Division

CAMP TAJI, Iraq – Spc. James Simmons, a man seen with B Company, 5th Iraqi Army Division, uses a metal detector to search for buried weapons caches as Iraqi Army (IA) soldiers look on in Manbij, recently. Members of Hammer Company, 52nd Infantry Regiment, “Strykers,” conduct joint patrols with their Iraqi Army counterparts as the IA continues to assume responsibility for Iraq’s security.
8th TSC supports motorcycle mentor program

CONTINUED FROM A-1

The purpose of the program is to establish voluntary installation- wide 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 can all conduct safe riding habits.”

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

Right — Ten-Ah Young Shil- ton, 8th Theater Support Command, Safety Chief, takes his motorcycle safety message on the road with a King's plate that states Ride Safe, to avoid fatal riders to do the same.

Flu shots: Test keeps flu at bay

CONTINUED FROM A-B

manned United States with anti-biotic, 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 War- rington, requirements and standards of the Joint Commission of Hospital Organization Accredita- tion and military vaccine agency criteria were still 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 we can include, and the more junior the staff that can be in- volved in the actual planning, the better,” War- rington said. “If the junior enlisted and officers get to, 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 instant- ly updated.

“This is the future of military health care,” stated Warrington. “Where these models go down, they still understand how to conduct a mass screen- ing and preventive services.”

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CONTINUED FROM A-1

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). 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, relax and don’t box yourself in to just one way.
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.
Sponitority – 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, the 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 spirits. In the holy name of the most high God, amen.

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

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 who best exemplify the Army’s mission 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.

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Senior NCO is second to win education leadership award in as many years
**Commander ready to lead**

**CONTINUED FROM A-1**

**Theater Daster, 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 Milten. “Doers and her team of professionals have always succeeded in serving our nation, our Soldiers and our families. 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 to the Pacific region under any conditions.

“It is ‘Team Signal of the Pacific’ that provides your e-mail, your voice television, secure video teleconference, secure voice communications, combat communications on the move, and enables commanders to conduct battle command,” said Daster. “It even provides the 9-1-1 services on every garrison within USARPAC.”

**Career spanning 36 years comes to end**

**OCTOBER 24, 2008**

KUNIA — A distinguished 36-year military career came to an end when Chief Warrant Officer 5 Rollie Purvis was honored at a ceremony at the Kiana Tunnel, a younger Purvis during his four-year stay at the Air Force.

From staff — Major Donna Daster, outgoing commander of the 311th Signal Command (Theater), 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 of the most unique units in the Army, and Lynn and Ahmed ly exceeded these challenges.

This type of event minimizes issues. For every spouse that’s here, that means 10 less problems on the installation that the rear detachment will have to worry about,” said Hes. "This type of event allows for your spouse to get out while husbands are deployed, on shift or TDY.

You have an opportunity to give back to the community, train and teach the leadership skills you were given during your military service, and mentor the leaders of the future,” said Lynn. “This type of event allows for your spouse to get out while husbands are deployed, on shift or TDY.”

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

**News Briefs**

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

**2-14 Today**

Customer Assessment Survey — Customers who live, work, train or play on U.S. Army Garrison Schofield Barracks are encouraged to participate in the 311th’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 their families. To complete the survey, visit www.myarmyvoice.com/Community2008.

For more information about the survey, contact the Customer Management Services office at sshl@mco.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 businesses who meet access control requirements can now obtain installation access picture IDs at Fort Shafter Flats.

The office, located at Building 7599, Room 110 (adjacent to Vehicle Registration), will be open Monday through Friday. The office will be open 8 a.m. to 5 p.m. (Saturday, closed).

**Directorate of Emergency Services** — The Office of Emergency Services will be open Monday through Friday within the next 90 days. The Leilehua Golf Course Installation Access Control Office’s hours of operation remain unchanged, Monday-Friday, 9 a.m. to 3:30 p.m.

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

- Stelleren stadium infield, Oct. 14-26
- Gaakit softball field, Oct. 14-26
- Kalama softball field, Oct. 27-Nov. 7
- Kalaheo High School, Oct. 27-Nov. 7
- Kamehameha Schools Maui, Oct. 27-Nov. 7
- Wheeler Airport baseball fields, Dec. 1-15

Call 655-4915/9654.

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

The service is now open. However, authorized patrons must register U.S. Army Garrison-Schofield Barracks, Community Club, Schofield Barracks Community Director’s Office, 655-4915/1252.

**28 / Tuesday**

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

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

**30 / Thursday**

Fire Warden Training — Army Regulation 420-1 mandates that every unit commander or facility manager must appoint a primary and alternate 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 471-1303, ext. 632.
Hawaii Army Weekly

“Halloween” — When work is finished!

Friday, October 24, 2008

HONOLULU – While children gather under blankets, flashlights flicker softly 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 so much spiritual ground 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 entire tale of the woman in white who is believed to haunt the palace grounds, waiting to capture the soul of a nameless loved one. 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 for her own dwelling to check 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 who go bump in the night.

“This is a unique way of getting to know the city,” said Chief Warrant Officer 2 Eric Johnson, 3rd Battalion, 25th Aviation Regiment. “The ghost tour adds a bit of fun to it.”

A better historian than storyteller, Fredrick shared his chilling knowledge in a matter-of-fact way to learn more about each story.”

Panning 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 stevestanfordfilm.com or call 395-0674. See below for more information on ghost tours held throughout 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.

24/Today

Costume Social — Armed Services YMCA (AMR) teen center will host a costume social, today, 7-9:30 p.m., at the Community Center, AMR. Wear your costume! Bring this announcement with them. Participants are encouraged to wear comfortable walking shoes. Reservations are required. E-mail Honleyj4@hotmail.com, or call 833-4851.

28/Today

Costume Contest — Close all dressed up for the Halloween costume contest, Oct. 28, 3-4 p.m., at Fort Shafter’s Library. Prizes will be given for the best costume ages 5 years and under and 6 years and up. Call 395-0674 or 438-6996 at Schofield Barracks, 386-7521, or Schofield at 655-0497.

Honolulu Ghost Tour — Halloween Steve Fredrick will host tours throughout haunted sites and mystical places in downtown Honolulu and Chinatown, every Tuesday, Thursday and Saturday evening, 7-9 p.m., throughout October.

Paranormal activities are known to occur at a rate of 1 in 100 of the sites visited throughout the course of the one and a half hour walking tour. The tour is recommended for adults only.

Cost is $25, but Hawaii Army Weekly readers will receive a 25 discount if they bring this announcement with them. Participants are encouraged to wear comfortable walking shoes. Reservations are required. E-mail Honleyj4@hotmail.com, or call 833-4851.

Military can enjoy a ghostly experience.

Family-friendly Halloween festivities creep throughout the island.

Halloween Festival — Get the scare of a lifetime 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 promises to be 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 so much spiritual ground 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 entire tale of the woman in white who is believed to haunt the palace grounds, waiting to capture the soul of a nameless loved one. 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.”

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November

1/Saturday

Financial Reporting Program — Online application for Army Emergency Rele-
se (AER) Scholarships for the 2009-2010 academic year will be available at
www.armymedicine.army.mil. 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-duty Soldiers, and an
parent must be enrolled in Defense En-
mvn (DOD) online courses (DEERS), and
must be full-time or part-time
student at a college, community college or vocational school.
Financing is as follows: AER ACS
(ACF) Schofield Barracks. This class is for parent of children ages 1-4 years. Call 655-
4466 for reservations.

3/ Monday

Active Parenting — Learn parenting skills, the ability to recognize develop-
mental stages, and how to deal with
difficult behavior in children Nov. 3, 9-11:30 a.m., at the Fort Shafter Arts & Crafts
Center, Schofield Barracks. Call 438-4466 for reservations.

If you would like to contribute or attend the events contact Lisa McCaffrey at
mail.com.

Holiday Fair — The Children’s Center Inc. Preschool’s 24th Annual Holiday Fai-
t will be held Oct. 31, 10 a.m.-3:30 p.m., at the Nausau Congregational
Church. This year’s theme is “Under the Sea.” A wide variety of holiday
items will be available for purchase. Cost is $3 per family and $6 per adult
attendance, white elephant, raffle and enter-
prises. Call 438-4480.

Children ages 2-6 can sign up for the free Healthy Halloween parade, to be held 10-11
Sunday afternoon. Call 595-6414.

Blown Film — Come to the Beyond the Blown — featuring home style blues
and rich, smooth jazz, Oct. 25, 30, 1-3 p.m., at Postcheck Shopping Center’s Up-
town Center Court. Call 488-3623.

26/ Sunday

Torch Dedication — A Jewish writer will dedicate a new Torah, Oct. 26, 2 p.m., at the Aloha Jewish Chapel, Naval Station Pearl
Harbor. The ceremony will feature first service, in the presence of rabbis,
rabbinical ordination, laity, clergy, and special guests. 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
Harbor, Schofield Barracks. Call 438-6147 for more information.

Digital Photography Contest — The time has come again to enter your favorite digital photographs in the Army. Submissions are available until
November 30.

Categories include People, Place, Object, Military Life, Experimental and Animal.
Submit a maximum of five photos. Each submission must be accompanied by
pictures and other programs perfect for commenting. Each participant is limited to
one submission per category. For more information, e-mail: digital_contests@army.mil

27/ Monday

Ongoing

Palm Leaf Weaving — Learn to weave with palm leaves as a fun and
educational craft. Participants will learn how to weave palm leaves into
definite shapes and forms. Call 438-4480.

Holiday Child Care — The holidays are upon us. Do you need child care for
your unit’s formal social event? Call the Short-Term Alternative Child Care (STACC)
Site for reservations at 655-6818. Spaces are going fast.

Holiday Craft Sale — The annual Hol-
day Craft Sale at Fort Shafter Arts & Crafts will take place Nov. 14, 11-6 a.m.,
and Nov. 15, 9 a.m.-4 p.m. Take advantage of quality craftsmanship affordable prices on a wide variety of
merchandise including stained glass, Hawaiian quilts, ceramic and pottery items, art, prints, candles, house, kitchen, work, hand-thrown raku vases and much
more.

The Fort Shafter Arts & Crafts Center will offer free admission to all patrons
(around the coast of the Aloha) Congress. Call 418-1153.

20/ Thursday

High School Musical — For a limited time only, come and see High School Mus-
ical and the two-time Oscar winners for active duty Soldiers on opening night, Nov. 26, 7 p.m., at Schofield Barracks’ Richardson Theatre. Don’t miss this chance to see Broadway and Disney live and
up close. Call 438-4480.

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27/ Monday

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2nd SBCT spouses learn infantry way

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.

COMMUNITY

Halloween

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 and Registration (JIR) parking lot is 9 p.m., and 9:30 p.m. for Fort Shafter’s Richardson Theater. Drop-off approximately at 10 p.m. at the Waikiki Royal Hawaiian Shopping Center. Reserve pick-up time is 3 p.m. at the Royal Hawaiian Shopping Center. Drop-off at Fort Shafter is 3:30-4 p.m. at Schofield Barracks.

Call ITR for reservations at 655-9597 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. Drop-off at Fort Shafter is 3:30-4 p.m. and 6 p.m. at Schofield Barracks.

Call ITR for reservations at 655-9597 or 438-1985.

Trick or Treat — Have a groovy, Spooktacular Halloween and treat yourself to a night of fun and tricks. Trick or Treat Gallery Walk; a jack-o-lantern contest; a costume contest; Oct. 31, 5:30-10:30 p.m. Call Mark Tarone at 271-7540 or visit www.hallowbaloo.com.

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**Children discover culture at Makua**

**KYLA OVERTON**

Makua Military Reservation — For students of Kamaile Academy, the petroglyph panel out Kamaile Academy is a relic of the past and something to learn about. During their field trip to Makua, the seventh grade students learned about Makua and its cultural and historical significance to their own Hawaiian heritage.

“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 Cupace, Makua Process Action team leader.

**Superheroes, photos adorn downrange gift certificates**

**AMY & AIR FORCE EXCHANGES SERVICE**

DALLAS — The Army & Air Force Exchange Service (AAFES) newest series of POGs are being issued as change at more than 85 Base Exchange/Pivot Exchange locations worldwide.

“Beyond the Marvel POGs, this newest series also incorporates movement, role that they play in bringing a sense of change at more than 85 BX/PX locations,” said Spc. Jose Garcia, schools asistant, 94th AAMDC.

The winning photos include an image of the new POGs are lenticulars printed in as part of a worldwide contest. 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,” said Alton Exzolt, cultural resources specialist.

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

Students discovered doing kapa painting where they traveled their own traditional images on paper. They also became mini-archaeologists as they excavated with their hands, brushes and popsicle sticks to uncover imitation artifacts embedded in blocks of bark. They also became mini-archeologists as they excavated with their hands, brushes and popsicle sticks to uncover imitation artifacts embedded in blocks of bark and plantat. As students participated in the activity, they learned about Makua and its cultural and natural resources,” said Alton Exzolt, cultural resources specialist.

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

**94th AAMDC celebrates St. Barbara**

Lt. Col. Carlos Baratocurt, 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, October 24.

Order of Saint Barbara and The Artillery Or- der 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 superiors, subordinates and peers alike.

The Artillery Order of Molly Pitcher recognizes individuals who have voluntarily contributed in a significant way to the development of the field artillery community. “I was thankful for being accepted in something so elite for the command,” said Staff Sgt. Ciji Evans, human resources noncommissioned officer, 94th AAMDC, about receiving the Honorable Order of Saint Barbara.

“I think a lot of the younger Soldiers enjoyed the ball,” I know our 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

DENTRUM CANDEON
Director, Food Access and Promotion Network

After brushing and flossing your teeth, you're likely to see the dentist, avoiding sugary foods and treats, and drinking fluoridated water. The next step is to chew xylitol 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 a 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 such as birch trees.
The taste is as sweet as sugar, with no artificial aftertaste. Xylitol blocks the production of acid that causes tooth decay and is used 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:
- Makes your mouth feel fresh and clean.
- Is a natural sweetener that tastes as sweet as sugar with no aftertaste.
- Has 40 percent less calories than sugar.

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, skate-boarding, cycling
- Brisk walking
- Swimming, tennis

Guidelines for children and teenagers

FORT LEE, Va. — Many parents frequently hear from their children: “I’m 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 play, run, 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 vigorous 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. There are lists 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 every day.

The most important thing is to get started with increasing physical activity, as the amount of time spent does not seem to increase children’s sedentary time or distract them from other activities. For young children, have them keep a chart on the computer or refrigerator to track their activity and enter stars for accomplishment. Developing healthy lifestyle habits begins at an early age, so it’s never too early to get started with your kids — it’s a great way to start the whole family.

To address the childhood overweight and obesity ac-

WEBCAST

Check out www.epa.gov/energy/epagov/HealthAndFitness_0911.html for information about xylitol gum and xylitol.

To find xylitol gum or mints, read labels. People who chew xylitol gum or edit 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.
Youth Sports Registrations — Youth born between 1992-2003 can sign up for youth basketball or cheerleading through Nov. 15. The cost is $60 for basketball or $100 for cheerleading. If using the same uniform as last year, cheerleading is $20. Practice begins approximately Jan. 6, for the Jan. 11-21 season. Call the sports director at Aliamanu Military Reservation, 655-1923, for more information.


Deep Sea Fishing — Don’t miss your chance to catch the big one: Oct. 29. Outdoor Recreation will provide transportation, a cooler with ice, snacks and drinks. Space is available for groups up to six. Call 438-1152.

Ladies’ Fitness Classes — Cardio Step/Body Burn from CrossFit 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, 8-9 a.m. Call 438-1152.

Youth Boys’ Soccer — Crush Soccer will form an 8-years-and-under competitive soccer team that will compete in the Hawaii Youth Soccer Association Winter Leagues (January-March 2009). Practice begins in November. Some playing experience is required. Contact Coach Sarah Lewis at 655-1912.

Volleyball & Racquetball — Learn basic skills and techniques from experienced instructors. Tuesdays and Thursdays, 6:10-10 a.m. at Malmstrom Physical Fitness Center, Schofield Barracks. Courts will be open for free play across the street from the facility. Call 655-4804.

Community Sports

November
1 / Saturday

Turkey Trot — Test your limits at the annual Hawaii Marathon and Half Marathon from the Husseniyah Nahia, northeast of Baghdad, to the Kirkuk district. Contact Coach Katie Knight at 778-1266. The cost is $15.50 per runner. Call 655-0856 or visit www.hawaiilacrosse.com for the latest schedule.

Ongoing


November 1 / Saturday

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Ongoing


November 25 / Saturday

Hike Out! — Join the Hawaii Trail Club on a hike through the Kualoa Valley. Enjoy the forest as you climb the Judd Ridge. Hikes begin at 8 a.m., and a $2 donation is requested of non-members. An adult must accompany children under 18. Hikes meet at Isani Palace, mountainside. Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails. Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect. Visit www.hk_trail.org. Call 655-9914 for more information.

November 28 / Tuesday


November 1 / Saturday

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November 28 / Tuesday

Ongoing

TOPS — The Take Off Pounds Smakly (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 Bob at 941-0218 or visit www.avi.org/clubs/menehune-marshers for more information.

Waikiki Wrestlers — The Waikiki Athletic Club holds wrestling classes for children and adults. Cost is $45 per student. Call 398-0119 for details.

Escrima Classes — Pedro’s School of Escrima, the Filipino set of self-defense, holds classes every Tuesday, Thursday and Saturday at its training center in Waipio. Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kickboxing. Call 678-2438 or 216-4214.

Escrima classes for men, women and children of all ages are also held at Mililani Elementary School. Classes are Wednesdays, 6:30-9:30 p.m., and Saturdays, 9:30-10:30 a.m. Call 298-0119 for details.

Sports & Fitness

From B-6

The Millikin High School girls bowling team high-fives teammate Jacie Oota 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.

Young bowlers put their best foot forward

The Mililani High School girls bowling team high-fives teammate Jacie Oota 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.

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