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'Hail to the Chief'

Spc. Aldon Kelly and Pfc. Christina L. Wilson, both from 71st Chemical Company, 8th Theater Sustainment Command, greet President George W. Bush during his 16-hour stopover in Honolulu, which began Monday.

Kelly and Wilson were recent honor and distinguished honor graduates, respectively, of the Warrior Leader Course at Schofield Barracks.

About 300 Soldiers, sailors, airmen and Marines dined with the president, First Lady Laura Bush, and Secretary of State Condoleezza Rice at the Hickam Air Force Base Officers' Club. The breakfast followed a briefing from senior military officers.

The president said, "You are doing a really important job," and then thanked military personnel for their service "on behalf of a grateful nation."

Afterwards, he headed back to Washington, concluding his eight-day trip to Asia.



Vanessa Perez | 15th Airlift Wing Communication Squadron Multimedia Center

307th relocates to Hawaii from Korea

Story and Photo by
JEREMY S. BUDDEMEIER
Assistant Editor

Under a cloudless sky at Sills Field, Schofield Barracks, the 516th Signal Brigade welcomed the newest members of the Army Hawaii ohana — the 307th Integrated Theater Signal Battalion (ITSB) — during a ceremony, Nov. 17.

Leaving behind 50-degree weather, the 307th's three companies of more than 50 Soldiers and their sophisticated communications equipment made the 4,000-mile trek from Camp Carroll, South Korea. A small number of those Soldiers continued on to Fort Richardson, Alaska, where the unit's A Company will be stationed.

"Any time you have this many moving parts without incident or injury, that is a feat in itself," said Col. Edric Kirkman, commander, 516th Signal Bde.

The 307th ITSB will join other battalions of 516th Signal Bde., whose mission includes establishing networks such as satellite links, secure intranets and telephone lines. However, the 307th ITSB is a fully



Col. Edric Kirkman, commander, 516th Signal Brigade, and Lt. Col. Timothy Walrod, commander, 307th Integrated Theater Signal Battalion, salute as the U.S. Pacific Fleet Band plays the national anthem during an uncasing of the colors ceremony at Schofield Barracks Sills Field, Nov. 17.

tactical, deployable battalion, said Bill McPherson, 516th Signal Bde. public affairs officer.

Kirkman thanked numerous sister battalions for their support including the Schofield-based 30th Signal Bn., and the 59th Signal Bn., in Fort Richardson, Alaska.

In addition, he touched on the 307th's role in U.S. Army Pacific's transformation to an asset that could deploy "anytime, anywhere."

"We've not skipped a beat," Kirkman said, describing the rapid pace at which the unit packed, shipped and has already begun to reinstall their equipment at Schofield.

The recent relocation marked the battalion's sixth move in its 64-year history. The unit has been stationed in places such as the Panama Canal Zone and Cincinnati, Ohio, and spent the last 18 years on the Korean peninsula. Last year, it became the Army's first ITSB when it deactivated the 226th and 229th Signal Companies.

Lt. Col. Timothy Walrod, 307th ITSB commander, kept his comments short and to the point during the ceremony.

As a new unit to Schofield, "We have no bad habits ... no good habits," he said. "We have no reputation ... [so] we must excel."

Walrod mentioned the toughest but most worthwhile part of the relocation was taking care of the Soldiers and family members and integrating them as they arrive.

"You have to get it right," he said.

With the 307th's colors furled, the U.S. Pacific Fleet Band played as Soldiers in audience sang the Army Song in hushed tones. More than 30 attendees mingled with members of the 307th ITSB.

"Welcome to paradise," said one audience member as he shook Walrod's hand.

Bonus for referrals increases to \$2,000

DAISY BUENO
Army News Service

WASHINGTON — Bonuses have doubled to \$2,000 for Soldiers and retirees referring future Soldiers to the Referral Bonus Pilot Program.

Active duty and reserve component Soldiers, and Army retirees, are eligible for the referral bonus.

Soldiers working in the Hometown Recruiter Assistance Program, Special Recruiter Assistance Program, Active Duty for Special Work Program, or the Future Soldier Training Program are also eligible if the

prospective Soldier has not already met with a recruiter.

The bonus, however, is not paid to Soldiers referring members of their immediate families, to include spouses, children, parents, step-parents and siblings.

Referrals should be made through the Army Referral System, Sergeant Major of the Army Recruiting Team, Web site at www.usarec.army.mil/smart.

An Army Knowledge Online (AKO) user name and password are required to use the site, at which Soldiers must first establish a user account to make a referral. Users will be

asked to submit such personal information as their social security number to facilitate payment.

Referrals may also be made toll free at 1-800-223-3735, extension 6-0473.

The bonus is paid in two lump sums. The first half is paid when the Soldier begins basic training, and the second half is paid after the Soldier graduates from One-Station Unit Training or Advanced Individual Training.

There are no retroactive provisions to the change. Sponsors who provided referrals before Nov. 13 are only eligible for the \$1K bonus.

Guard trains alongside Japanese in Rising Warrior

Story and Photo by
SPC. JOANNA N. AMBERGER
117th Mobile Public Affairs Detachment, Hawaii Army National Guard

Hawaii National Guard Soldiers from the 1st Squadron of the 299th Cavalry Regiment hosted the 2nd Company of the 1st Infantry Regiment of the Japanese Ground Self Defense Force (JGSDF) during Rising Warrior IV, an annual joint training exercise, at Schofield Barracks, Nov. 1-20.

Rising Warrior combines infantry units from the U.S. Army with the JGSDF into one training event, said Capt. John V. Udani, operations officer, 1-299th Cavalry.

"The focus of this Rising Warrior exercise is MOUT [Military Operations in Urban Terrain] training and sharing what we learned from our last deployment," said Udani.

Training began at the individual Soldier level and then progressed through the squad, platoon and company level. Training included reflexive firing, vehicle drills, mounted Humvee operations, cordon and search, entering a room and clearing a building.

Training culminated with a company live-fire event and a 24-hour field training exercise,

SEE RISING WARRIOR, A-4



Troops from 2nd Company, 1st Infantry Regiment, Japanese Ground Self Defense Force, form into a "stack" in preparation for entry into a building during a company live-fire exercise, part of Rising Warrior with the Hawaii Army National Guard, Nov. 15.

Kalakaua residents get new rec center

Story and Photo by
AIKO BRUM
Managing Editor

As he strolled in each room, Hawaiian kahu (priest) Kauila Clark gave a ceremonial blessing of Kalakaua Community Center, the

newest facility in Army Hawaii Family Housing (AHFH), during a ceremony Tuesday morning at Schofield Barracks.

Afterwards, he poured "fresh water of long life" at the feet of workers, and then assembled with a host of dignitaries to cut the ribbon symbolizing the opening of the center to its community.

"Hawaii is a spiritual place,"

SEE KALAKAUA, A-4

3rd Brigade builds a ‘gathering place’ at FOB

Story and Photos by
SPC. MIKE ALBERTS
3rd Brigade Public Affairs

TUZ, Iraq — When many were growing up, family time was spent gathered around the dinner table talking about the day’s events. Often, it was the only time the family interacted.

Now, similarly, 3rd Infantry Brigade Combat Team (3IBCT) Soldiers at Forward Operating Base Bernstein have such a “gathering place” for their military family.

Soldiers stationed at FOB Bernstein received a new dining facility at their remote outpost outside of Tuz, here, last month, as a result of the generosity and labor of a few of their brothers in arms.

“When we arrived in Iraq, I discovered that Soldiers down at FOB Bernstein didn’t have an acceptable place where they could all eat together,” said Chief Warrant Officer Jeffery P. Lein, brigade food advisor, 3IBCT. “I decided right then that my first mission would be to renovate the [dining facility] to give them a place to commune.

“While at war, the ways that you can improve a Soldier’s quality of life is through mail, laundry and food,” Lein continued. “My objective is to improve Soldiers’ quality of life any way that I can, and I can have an impact with the food.”

Lein initially attempted to get facility contractors and the Army Corps of Engineers to take an interest in the renovation



Left — Chief Warrant Officer 2 Jeffery P. Lein, brigade food advisor, 3rd Infantry Brigade Combat Team, ensures that each of his cuts are standard when making recent renovations to the dining facility at Forward Operating Base Bernstein, just outside of Tuz, Iraq.

At inset, 3rd Brigade Soldiers — Pfc. William Lishego, Spc. Crispin A. Abad Jr. and Pfc. Ryan Rathbun — work on framing the roof during the renovation.



When the dust settled, Lein’s team had constructed an exterior patio dining facility that improved seating from 18 to 118. They installed a new plumbing system, sanitation centers, loading docks, above-ground water tanks to improve dishwashing capabilities, and ramps to improve access to storage and refrigeration systems.

“When we got here we were using a large water sack that required a separate power source and a hose to get water to

where you needed it,” said Pfc.Christopher McCoil, food service specialist, Headquarters and Headquarters Company (HHC), 325 Brigade Support Battalion (BSB), 3IBCT. “We now have an above-ground water tank that provides running water straight to our kitchen and sanitation center, which makes keeping things clean much easier,” said McCoil.

McCoil’s supervisor, Spc. Jeffrey Gale, HHC, 325th BSB, agreed that the new facility will improve his ability to provide quality meals to Soldiers.

“Ramps from our storage containers make things much easier and less stressful,” said Gale. “I was deployed to Iraq before and worked for other warrant officers. They were good guys, but they were not like Chief [Lein]. They didn’t get their hands dirty like he does,” said Gale. “Chief busts his butt with his Soldiers, and the results [speak for themselves].”

Lein’s ultimate goal was to create a space where everyone on the FOB could gather and eat together.

“There is something to be said for that one place where you can sit, relax and eat a meal together as a unit. Now, this unit has that gathering place” said Lein. “I am really proud of my team. They poured their hearts into this project.”

Lein’s team included Pfc. William Lishego, Pvt. Zachary J. Ferroni, Spc. Crispin A. Abad Jr., Spc. Renwick Salvador, Spc. Christopher R. Borch, Spc. Joseph Beavers and Pfc. Ryan Rathbun.

Rising Warrior: Focus is MOUT, lessons learned

CONTINUED FROM A-1

said Udani.

The goal of the exercise was to apply “U.S. doctrine of modern warfare to the doctrine the Japanese forces are currently operating under,” said Spc. Charles C. Kuahine III, assistant operations, Troop B, 1-299 Cavalry. “It’s a blend of the two worlds.”

The best part of the exercise was after the training was finished for the day, said Kuahine. “Once we do our after-action reviews, we all get together and talk collectively. That’s the fun part,” he said. “You’re relaxed, you’re happy, you’ve had a good training, you get to talk about it and share experiences.”

Soldiers commented that the most challenging aspect of the training was the language barrier.

“The language barrier is hard, but the interpreters make it easier for us,” said Master Sgt. Kenneth D. Manuel, intelligence non-commissioned officer in charge, Headquarters and Headquarters Troop, 1-229th Cavalry.

Despite the communication difficulty, Soldiers and Japanese troops are both well-trained infantry units and were able to

work well together and accomplish the mission, noted Manuel.

“With the way the international community is responding to terrorism on a global scale, I think it’s very important that we try to understand one another’s concepts, not only diplomatically speaking, but on the tactical and technical aspects of warfare today,” said Kuahine. “Doing something like this, where we get to train with another country’s forces, is key. I think it’s really vital and important if we really want to achieve the ultimate goal here. It’s things like this that make it all come together in the end.”

Soldiers from the JGSDF also reported that the training was significant for them.

“I’m very thankful to the regimental and company commanders for allowing me to participate in this training,” said Cpl. Kazumasa Hirakawa, antitank missile operator, JGSDF. “This training helped me to improve my techniques, knowledge and attitude tremendously. I hope those who could not participate in this training will have a chance to participate next time and experience what I have learned and felt.”

Kalakaua: AHFH gets 5,388 homes by project’s end

CONTINUED FROM A-1

Clark said, then explained his blessing clears lingering “responsibilities” and “opens up [the center] for new endowments” and “perfect harmony.”

Blessing completed, Kalakaua residents, AHFH staff, construction workers, contractors and others connected with developer Actus Lend Lease’s project, poked and peeked for themselves into well-designed spaces.

The center currently boasts a fitness room, a mini theater, a community room, and vast lanai space. Soon, full-sized basketball courts, and a neighborhood park.

“AHFH community centers will be the hub of activities for our residents,” said Jerry Schmitz, asset manager for Army Hawaii Family Housing. “The resources available at these community centers will greatly increase the quality of life for our families.”

Schmitz extended appreciation to many who were instrumental throughout the project, including Actus Lend Lease’s design and construction teams, prime contractor TEK Pacific, Inc., and the AHFH property management staff that coordinate the set-up of the new facility.

The Kalakaua community features spacious, solar-powered homes and lush open areas for Soldiers and their family members. Actus Lend Lease said communities like Kalakaua “are unrivaled in their attention to design, technology and environmental sensitivity.”

Junior noncommissioned officers (NCOs) began moving into the 1,600-2,100 square feet Kalakaua homes during Phase 1 of the project in June 2006. Both junior and senior NCOs will move into homes during Phase 2 in early 2007.



Ribbon cutting — After the blessing of the Kalakaua Community Center by Hawaiian kahu Kauila Clark (back, right), the garrison family — from left to right, Lee Cramer, senior construction manager, Actus Lend Lease; Janine Lind, property management director, Army Hawaii Family Housing; Col. Howard J. Killian, commander, U.S. Army Garrison, Hawaii; and Jerry Schmitz, asset manager, Actus Lend Lease — assemble to cut the ribbon that officially opens the center.

When the 10-year development period, which began in April 2005, ends, Actus Lend Lease will have constructed 5,388 new homes; ren-

ovated and restored 2,506 existing homes; and erected nine new community centers in Army Hawaii Family Housing.

‘Mighty’ Makaha 3rd graders walk in artillerymen’s boots

Story and Photo by
PVT.2 NICOLE R. GOODRICH
U.S. Army, Pacific, Public Affairs

Third graders from Makaha Elementary School got a taste of a field artilleryman’s life when the class visited Schofield Barracks, Nov. 14.

Soldiers with Charlie Battery, 2nd Battalion, 11th Field Artillery Regiment, hosted a field day in which students from the Leeward coast school experienced what their local military does, daily.

“This ‘Get to know the Army’ day has been planned since this past summer,” said 1st Lt. Brandon Carlson, Battery C, 2-11th FA executive officer, and the coordinator for the field trip. “Our battery sponsors the school, and this is our chance to give back to the community.”

The field trip consisted of numerous activities specifically for the students, separated into different stations. At each station, at least two Soldiers were eager to give a thorough description of their display.

Children learned about meals ready to eat, map reading, and fire direction centers, among other military tasks. They also took a tour of the historic 25th Infantry Division Tropic Lightning Museum.

One highlight of the day was learning



Soldiers from C Battery, 2-11th Field Artillery Regiment, show off the finer features of the new M777A1 howitzer for Makaha Elementary School students during a field trip to the “partnered” school at Schofield Barracks, Nov. 14.

about the new M777A1 howitzer, the kids said. The “On Time” battalion was the first Army unit to receive this lightweight weapon.

Soldiers also stressed the importance of the students’ public education through-

out their demonstration.

“What we know leads back to the basic skills you learn in school,” said Pfc. Juan Rodríguez, Battery C cannon crewmember. “Math and English are a part of our everyday work, and that’s what we are

trying to instill in these children.”

“We just want to show them how we do our jobs,” said Staff Sgt. Kekoa Aukai, Battery C section chief. “My Soldiers [are like] students when it comes down to our job. They are always learning something

new. Now, they get the chance to become the teacher and teach the children everything they have learned.”

As well, 2-11th FA Soldiers acquired a sense of pride and accomplishment from passing along their knowledge to the youth.

“The students were so impressed and so excited about learning all this cool new stuff, that they have an appreciation for these Soldiers,” said Carlson. “The Soldiers feel the respect, and it actually brings up their morale.”

“There is validation in their job and pride instilled in these Soldiers from the reaction these children give off,” said Capt. Kaleaph Carter, 2-11th FA fire direction officer and information operations coordinator. “Now, when these children see on the news that these Soldiers are fighting a war overseas, they are able to look back and appreciate everything that they have done for this country.”

Once the kids had left, Soldiers rested and reviewed everything that had happened.

“I feel good that these kids will appreciate what I do,” said Rodríguez with a smile of accomplishment on his face. “I hope that they got something out of this experience, because I know that we did.”

Hard work, commitment pay off for Schofield’s Garcia

Story and Photo By
LANDY STEWART MIYAKE
Staff Writer

Ricky Garcia is a busy man. You won't find him sitting behind a desk, pounding away at his keyboard and filing papers for eight hours a day. No, Garcia gets much of his work done outside the office.

As the Installation Modification Work Order (MWO) coordinator and an equipment specialist, Garcia gets out of his office on a regular basis. He meets with people in their offices, gets approval for MWOs, purchases equipment and/or simply tracks down various forms and technical manuals for equipment and tools the sustainment division might not have.

Garcia, a contract employee with BAE Systems, working in the Directorate of Logistics, U.S. Army Garrison, Hawaii, spends most of his workday conducting research on tools and equipment, talking with potential vendors, overseeing MWO projects and helping fellow colleagues.

His most recent accomplishment was receiving the Department of the Army (DA) Certificate of Achievement for contributions in successfully improving the Modern Burner Unit.

Garcia upgraded the portable cooking unit by increasing its range of heat output. Its users – the 25th Infantry Division, the 9th Regional Readiness Command and the Hawaii National Guard – now have



No matter how busy he is, Ricky Garcia always has time to help out a fellow colleague. Above, Garcia helps Glen Suniga replace the power steering on a military vehicle, the cargo truck M923A1.

more control over cooking temperatures.

According to Dan Pace, chief of Maintenance Sustainment Division, BAE Systems, Garcia was one of only two MWO coordinators, nationwide, selected by Tank Automotive Command to receive the award for outstanding performance. In

addition, Garcia was the only one in the sustainment division to receive the award in the last five years.

A modest Garcia, was surprised to receive the award.

“I really don't feel I need the recognition for this; I was just doing my job,” he said.

“I just want to help the Soldiers and make sure the equipment is safe.”

Besides winning the DA award, Garcia received the BAE Employee Achievement Award this past May.

“The acknowledgment is great, but I don't feel like I did anything special,” he

said, again. “I'm just doing my best to support the Soldiers.”

But Garcia's co-workers were not surprised to hear about his recent achievements. Glen Suniga and Reza Nicolas both agree Garcia's strong work ethic, his willingness to help, and his easygoing attitude allow him to excel.

Additionally, they said, Garcia takes the initiative in getting work done and knows how to prioritize, which really helps when he is juggling so many things.

Garcia, who had initially planned on a career in the Air Force, ended his military career after getting married. Wed 18 years now, he attributes much of his success to his wife, Ann.

“She's been very supportive in what I do. She helps me quit bad habits and has improved my lifestyle. She's made me a better man today, and I'm very grateful that I met her. She is the greatest highlight of my life,” he said.

Garcia also credits his two children, Tanya, 12, and Caleb, 6, for his accomplishments. He said his children are his blessing. They not only bring him joy, he said, but they also have made him the patient and humble person that he is today.

listed commissioning program, and other AMEDD training opportunities at the following locations:

- IPAP, Schofield Barracks Main Post Conference Room, Dec. 11, 9 a.m.
 - American Eye Care Professionals (AECP), Schofield Barracks Main Post Conference Room, Dec. 11, 10 a.m.
 - IPAP, Tripler's Kaiser Auditorium, Dec. 12, 9 a.m.
 - AECP, Tripler's Kaiser Auditorium, Dec. 12, 10 a.m.
 - Health Profession Scholarship Program, Tripler's Kaiser Auditorium, Dec. 12, 11 a.m.
 - Call 502-626-0386 or e-mail ipap@usarec.army.mil for unit briefings.
- For Soldiers who can't attend the briefings, visit the following Web sites for detailed information: www.usarec.army.mil or www.goarmyhealthcare.com.

News Briefs

Send calendar announcements to community@hawaiiarmyweekly.com.

24 / Today

Holiday Closure — The Vehicle Registration Office (Access Control Section) of the Department of Emergency Services Office, Building 6508, will be closed Nov. 24. Normal hours will resume Nov. 27. Call 655-8940.

29 / Wednesday

SAEDA / OPSEC Community Brief — The Hawaii Resident Office will offer the

annual, mandatory SAEDA (Subversion and Espionage Directed against the Army) briefing, required training per Army Regulation 381-12 for all Department of the Army personnel, annually.

Briefings are scheduled for Nov. 29 at 2 p.m. at Richardson Theater, Fort Shafter, and Nov. 30 at 9:30 a.m. and 1:30 p.m. at Sgt. Smith Theater, Schofield Barracks. Call 438-1872.

December

1 / Friday

Flu Shot Schedule — Tripler Army Medical Center (TAMC) Preventive Medicine Department will host a “Pandemic Roadshow.” Immunizations will be available as follows:

- Hickam Air Force Base Exchange,

Dec. 1;

- Marine Corps Base Hawaii, Kaneohe Bay, Marine Corps Exchange, Dec. 2.

– Tripler Immunization Clinic, Nov. 27 and Dec. 1, for all service members, TAMC staff, adult family members, Department of Defense civilians and retirees.

New Access Pass Hours — The Director of Emergency Access Control offices on Schofield Barracks and Fort Shafter have permanently changed office hours. The following are the permanent changes:

- Schofield Barracks, Leilehua Golf Course, Building 6508. Vehicle Registration will now be open 9 a.m. to 3:30 p.m., Monday through Friday.
- Installation Access Pass will be open 9 a.m. to 3:30 p.m., Monday, Wednesday and Friday.
- Fort Shafter Flats, Building 1599. Ve-

hicle Registration will now be open 9 a.m. to 3:30 p.m., Monday through Thursday.

- Installation Access Pass will be open 9 a.m. to 3:30 p.m., Tuesday and Thursday.

11 / Monday

Health Plan Open Season — Open season for the Federal Employees Health Benefits (FEHB) program, the Federal Flexible Spending Account (FSA) program and the Federal Employees Dental and Vision Insurance program (FEDVIP) begins Dec. 11.

Find topical information and previous newsletter editions at www.abc.army.mil.

USAREC Health Profession Briefing

— U.S. Army Recruiting Command will sponsor briefings on the Interservice Physician Assistant Program (IPAP), the Army Medical Department (AMEDD) en-

HAWAII **ARMY** WEEKLY PAU HANA

www.25id.army.mil/haw.asp

“When work is finished.”

FRIDAY, NOVEMBER 24, 2006



"Hawaiian Style" spins and attempts to buck J.B. Mauney of Mooresville, N.C. Mauney was named the 2006 Rookie of the Year.



Dustin Hall of Springfield, Mo., holds onto the leaping "Fooled Ya" during the PBR event at the Blaisdell Center.



All Photos by Jeremy S. Buddemeier | U.S. Army Garrison Hawaii Public Affairs
"Ivory Rock" shakes and rattles Cory Rasch of Clarksville, Tenn. Rasch rode his first bull at age four.

Bull riders stampede into town

Fans cowboy up for a wild ride as the PBR brings its 'toughest show on dirt' to Oahu

CHRISTA B. THOMAS
Pau Hana Editor

More than 30 tons of snorting, bucking, rawhide drew approximately 11,000 fans to downtown Honolulu last weekend for a rowdy mix of pyrotechnics, loud music and eight-second increments of extreme adrenaline.

Professional Bull Riders (PBR) shook the islands at The Cheeseburger Island Style Myron Duarte Maui Challenge, Nov. 10 and 11. From Maui, the PBR bucked its way into Honolulu for The Cheeseburger Island Style PBR Hawaii All-Star Challenge in the Neal S. Blaisdell Arena.

The PBR's inaugural event in Oahu was held during two days and featured 20 top bull riders vying for \$80,000 in prize money and battling some of the fiercest bulls in the business.

Sgt. Joe Perminas, Bravo Company, 52nd Infantry Regiment, 2nd Brigade, brought his wife Stacy to the event for a surprise date.

"We have an eight-month-old daughter, Pip, and we haven't been out since she was born," he said. "So this is the perfect time for us.

"This is a sportsman's dream weekend - Army plays Notre Dame, Michigan plays Ohio [State], and bull riding," he said, continued, "I couldn't ask for anything more."

When asked whom he favored for this event, Perminas said without hesitation, "The bulls. But I also have to root for anything to do with the Army, so I hope Mike Lee does well," he said.

Army Strong

The U.S. Army is the official sponsor of three PBR riders. Mike Lee was the only one to make it to the final rounds of the 2006 Ford Tough Professional Bull Riding World Finals held Nov. 4-5 in Las Vegas, Nev.

Sporting the signature black and gold uniform of PBR Team Army, Lee signed autographs for fans at Tropics on Schofield Barracks, Nov. 16.

When asked his thoughts on being sponsored by the Army, Lee said, "I appreciate [Soldiers'] love for their country and being willing to make that ultimate sacrifice.

"They're a lot like bull riders ... strong and disciplined. Soldiers have to control their minds and be prepared for the mission.



Lee

"I practice, play back my videos, and do all kinds of things to get ready. When I get on a bull and they open that gate, there's no thinking anymore; you have to react. Soldiers have to do the same," he said.

"Army Strong means having heart, being prepared and doing my job," Lee said. "It means you get up after a

buck-off, ride again, don't quit."

Accompanying Lee at the Tropics was local boy Myron Duarte, who said he was just glad to get home again. Last week's competition in Maui was named for Duarte.

"The PBR was formed in the nineties by the top bull riders of the time who wanted to break away from traditional seven-event rodeos," he said. "Since then, the sport has grown so much and more money is put into it. There's a better chance to make big money.

"They're spendin' more money on breedin' bulls, too. It's like the Kentucky Derby of the PBR."

Ropers and rubber slippers

As laser, spot and strobe lights swept the crowd, not even the majority of fans was wearing a cowboy hat or brush-popper, which attests to the changing demographics of the PBR.

"Advertising Age" magazine touts bull riding as America's fastest growing spectator sport.

PBR spokesperson, Denise Abbott, said more than 100 million viewers tune in each year to watch the PBR on Fox, NBC, VERSUS and foreign television networks worldwide.

With gratuitous product place-

ment that rivals any NASCAR event, PBR also capitalizes on the more than 1.1 million fans that attend live events, according to its Web site.

The bucking stops here

To start the event, lights were dimmed and one by one, riders appeared through man-made fog, dressed in their "eight-second" attire: Kevlar vest, elaborate fringed chaps, complete with sponsor logo, and a cowboy hat that each humbly tipped to the appreciative crowd.

The next time those riders appeared, they came crashing through a chute, mounted on an ornery bull that was genetically-bred to not be ridden. All they riders had to do was hang on with one hand, for eight long seconds. A rider will be disqualified if he touched the bull or the rope with his free hand.

The events were being televised, so the necessary "station breaks" were taken between every two or three riders. During these breaks, the event barrel man, Flint Rasmussen, a star in his own right, provided much comic relief.

Bulls on a plane

To be a success, everything needed for this event, besides the dirt, had to be shipped to the islands. Thirty-six bulls, averaging 1,600 pounds each, were flown in from the mainland. These bulls included some of the PBR's highest ranking stars with endearing monikers to match their disposition - Satan's

Own, Pandora's Box, and Smokeless Wardance, to name a few. It's the first time the organization has

transported bulls via plane, said Cody Lambert, PBR vice president and stock director.

The transformation of the Neal S. Blaisdell Center began Nov. 15 with the installation of lighting, sound, pyrotechnic equipment, steel fencing to encircle the arena, bucking chutes and elevated platforms.

Then, early Thursday morning, truckloads of sand and red dirt (600 cubic yards) were dumped onto the arena floor transforming it into a dusty corral.

Same bull, different day

"Some of the tour's bucking bulls have as big a following as the riders, and some are more well-known than the riders," Lambert said. "[The bulls] have their own merchandise, such as T-shirts, trading cards and stuffed dolls."

The PBR awards \$1.5 million annually in appearance fees and bonuses to bull owners.

Despite historic claims of cruelty doled by animal-rights activists, it's usually the humans who suffer the most abuse.

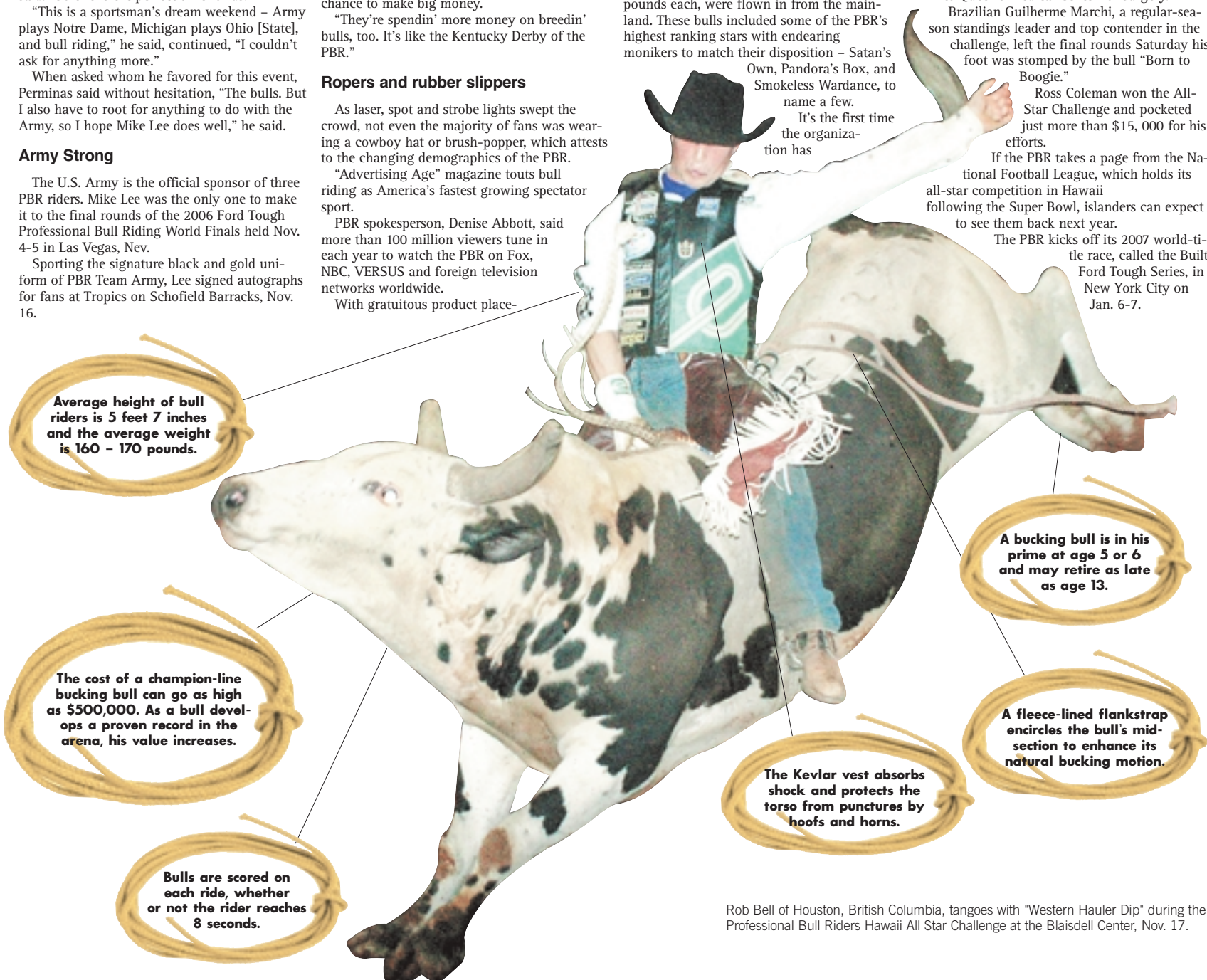
Chris Shivers, the two-time PBR World Champ who won the Maui Challenge, suffered a broken leg and ankle when the bull, Chili, stomped on him during his Friday ride. Event announcers said he was taken from the arena by ambulance to Queen's Medical Center for surgery.

Brazilian Guilherme Marchi, a regular-season standings leader and top contender in the challenge, left the final rounds Saturday his foot was stomped by the bull "Born to Boogie."

Ross Coleman won the All-Star Challenge and pocketed just more than \$15,000 for his efforts.

If the PBR takes a page from the National Football League, which holds its all-star competition in Hawaii following the Super Bowl, islanders can expect to see them back next year.

The PBR kicks off its 2007 world-title race, called the Built Ford Tough Series, in New York City on Jan. 6-7.



Rob Bell of Houston, British Columbia, tangoes with "Western Hauler Dip" during the Professional Bull Riders Hawaii All Star Challenge at the Blaisdell Center, Nov. 17.



24 / Today

Thanksgiving Coloring Contest — Youth, grades kindergarten through sixth, are invited to show off their artistic side in the Tropics coloring contest. Come to Tropics on Schofield Barracks and color a turkey. Entry deadline is Nov. 24. Prizes will be awarded to the top three winners. Call 655-5687.

28 / Tuesday

Blood Drive — Come to Tropics, Nov. 28, 9 a.m. to 3 p.m. to donate blood and help save a life. An application and question/answer time will be required of all donors. No preregistration is required. Call 655-5697.

1 / Friday

BOSS Holiday Cookies — Better Opportunity for Single Soldiers is accepting donations of cookie dough for its Holiday Cookie program. Soldiers will bake cookies Dec. 1 and then mail them, along with cards, to Hawaii-based Soldiers deployed to Iraq. To volunteer or donate, call 655-1130.

Teen Social — Teens are invited to come have fun with friends at the Schofield Barracks Teen Center Social. The fun will last from 7 to 9:30 p.m. Cost is \$3 for members and \$4 for non-members. Call 655-0445.

2 / Saturday

Holiday Fun Fest — Get into the holiday spirit at the annual Aliamanu Holiday Fun Fest that will kick off with a community parade at 9 a.m. on Bougainville Loop in Aliamanu Military Reservation (AMR). Come to the Youth Center from 10 a.m. to 2 p.m. for holiday fun and entertainment. Guests will enjoy crafts, games, bouncers, refreshments, pictures with Santa, and more. Bring an ornament to decorate the library Christmas tree or bring presents to the gift-wrapping station, which charges \$1 per gift — free for Blue Star Card Holders. Call 6833-0920.

Holiday Rubber Stamping — Stamp out boring holiday decorations. Adults, come stamp a card, treat bag or a gift tag at holiday rubber-stamping classes at Sgt. Yano Library, Schofield Barracks, or at the Fort Shafter Library. The Schofield class will run Dec. 2 from 2 to 3:30 p.m., and the Fort Shafter class, Dec. 10 from 1 to 2:30 p.m. Advance registration is required and all supplies will be provided. Call 655-8002 (Sgt. Yano) or 438-9521 (Fort Shafter).

Parents Night Out — Leave your kids with Child and Youth Services (CYS) at Fort



Landy Stewart Miyake | Pacific Media Publishing

Kicking the habit

Spc. Maria McGee stops by and takes in “no-holds-barred” graphics at the Army Public Health Nursing display set up the Great American Smokeout, Nov. 16, at the Schofield Barracks Post Exchange. Annually, on the third Thursday in November, the American Cancer Society encourages smokers to make a pledge to quit smoking.

Army Public Health Nursing offers six-week tobacco cessation classes at Schofield Barracks for military and retirees, their family members, and Department of the Army civilians wanting to kick the habit. For scheduling information, call 433-8675.

Shafter or Peterson Center, Schofield Barracks, on Parents Night Out, and then enjoy a nice night out on the town. Children enrolled in Parents Night Out must be registered with CYS no later than noon, Dec. 1. Reservations are first-come, first-served. Call 655-8313.

4 / Monday

Moanalua Gardens Walking Trip — Walkers are invited to explore Moanalua Gardens and enjoy the gardens, koi pond and taro patch from 10 a.m. to 12:30 p.m. Limited transportation is available from Schofield Barracks. Call 655-0112 or e-mail Elizabeth.thunstedt@schofield.army.mil by Dec. 1 to register.

6 / Wednesday

Santa Meet and Greet — Santa is making a special appearance at the Fort Shafter Library at 3 p.m. Come make a holiday craft and listen to a story from Santa. Call 438-9521.

Ongoing

Newcomers' Hoike — New to Hawai'i? Come join the fun at the Army Community Service (ACS) weekly orientation workshop. Learn about community resources and Hawaiian culture. Workshops are held every Tuesday, from 8:15 a.m. to 2:30 p.m. at the Schofield ACS. Free child care is provided from 8:30 a.m. to 2:30 p.m. for children enrolled in CYS. Call 655-5314 to register for child care and 655-

4227 to register for the workshop.

Video Messenger — Deploying Soldiers are invited to participate in the “Read to the Kids” pre-deployment program at Sgt. Yano library. DVD or VHS recordings will be made of Soldiers reading their child's favorite stories. This video messenger can also be used to record birthday, anniversary and holiday messages. To make an appointment, call 655-8002.

SKIES Unlimited — Music Lady School of Music is offering classes in piano, vocal training, flute, recorder and violin for budding musicians through Schools of Knowledge, Inspiration, Exploration & Skills (SKIES) Unlimited. Classes are available at the Schofield Barracks and AMR Youth Centers. Private lessons are \$95 per month and group lessons are \$55 per month. Call 655-9818.

DoD Employees — Don't have the time to take your auto in for an oil change, tire rotation or balancing? The staff at the Auto Craft Shop does. The craft shop can complete these jobs and many other services during regular workdays. Call 655-2271.

Sunday Brunch — Experience a delightful meal featuring popular brunch menu favorites at the Kolekole Bar & Grill, Schofield Barracks, from 10 a.m. to 2 p.m., or at Fort Shafter's Hale Ikena from 10 a.m. to 1 p.m.

Fort Shafter workshops will be held in the Outreach Center, Building S330, and Schofield Barracks workshops at ACS offices, Building 291. Call the Schofield Barracks ACS at 655-4227, or call the Fort Shafter ACS at 438-9285 to schedule an appointment or register for the workshops.

The Nutcracker Ballet — The Honolulu Dance Theatre presents “The Hawaiian Nutcracker Ballet,” Friday and Saturday at 7:30 p.m., Sunday at 2 p.m. Ticket prices start at \$16 and can be purchased at the box office, 1130 Bethel St. Call 526-0506 or visit www.hawaiiitheatre.com.

HPU International Holiday Bazaar — Hawaii Pacific University will celebrate its second International Holiday Bazaar from 4 to 8 p.m. in downtown Honolulu. This event is free and will transform Upper Fort Street Mall into a marketplace of booths exhibiting cultural and ethnic holiday traditions from around the world. HPU's International Chorale, and International Vocal Ensemble will perform its Winter Concert, “A Star of Joy,” at 7 p.m., at Central Union Church, located at Beretania and Punahou streets in Honolulu. HPU's Chamber Orchestra will make its debut performance at the concert. Call 543-8071 or e-mail international@hpu.edu.

2 / Saturday

HPV Plantation Holidays — Relive the Plantation Days, the family event, which takes place the first Saturday of each month at Hawaii's Plantation Village (HPV), celebrates the holidays — plantation style Dec. 2 from 10:30 a.m. to 2 p.m. Plantation treats will be offered as visitors make their way through an outdoor museum that showcases plantation living during the early 1900s. Several of the homes will be decorated in a traditional holiday theme.

Cost varies by location and children's pricing is available. Call Hale Ikena at 438-1947 or the Nehelani at 655-4466 for reservations or information.

Homeschool Support Group — Home-schooled students are invited to join bi-weekly group meetings for special activities, including arts and crafts, field trips, science experiments, computer classes and more. Call 655-8326 for a copy of the current calendar or for registration information.

Nueva en la Biblioteca — The Sgt. Yano Library on Schofield Barracks now has a collection of books and video-cassettes in Spanish. Books are available for children of all ages along with a wide selection of adult fiction. Call 655-0145.

Arts and Crafts Center — Need a gift fast? Stop by the Arts and Crafts Center and choose from a variety of island crafts, including mirrors, baskets, woodcrafts and more. Call 655-6330 at Schofield Barracks or 438-1315 at Fort Shafter.

Mystery Shopper Program — Volunteers, who shop anonymously at various MWR facilities or activities and provide feedback or identify employees who provide legendary service, are needed for the Mystery Shopper Program. Approximately three hours may be required for each assignment, and shoppers will be provided with any required spending money. Call 656-0078.

Guides at each home will tell the story of how people lived on the plantation. Guests will be treated to free samplings of traditional plantation food from various cultures, a wreath-making workshop, dancing, singing and a visit from Santa. Cost is \$4 for military and \$7 for general admission. This event is free for ages 12 and under. HPV is located at 94-695 Waipahu St. in Waipahu. For more information call 677-0110 or visit www.hawaiiplantationvillage.org.

6 / Wednesday

Concert and Tree Lighting — The annual Oahu North community Holiday Concert and Tree Lighting Ceremony will be held Dec. 6 on Generals Loop at 6 p.m. Maj. Gen. William H. Brandenburg, Headquarters, 8th Sustainment Command and U.S. Army, Hawaii will deliver the holiday message. Santa Claus's visiting line will open at 6:40 p.m., and will continue through the evening. Scheduled entertainment will include Wheeler Elementary School and the Leilehua High School Band. Call 655-0868 or 655-8985.

9 / Saturday

A Dino-mite Exhibit — Take a walk on the wild side Dec. 9 through Jan. 28 at Bishop Museum's latest traveling exhibit, Dinosaurs Alive! Meet some of the residents of the land that time forgot by joining a safari through prehistoric surroundings. Moving, roaring dinosaurs, including tyrannosaurus rex, apatosaurus, dilophosaurus, velociraptor and more will be supplemented with interactive, hands-on activities and educational displays. The museum is open 9 a.m. to 5 p.m. daily and is located at 1525 Bernice St. Admission prices are \$14.95 for adults and \$11.95 for youth, ages 4-12, and seniors. Special rates are available for kamaaina, **SEE COMMUNITY CALENDAR, B-3**



Aliamanu (AMR) Chapel

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

Fort DeRussy Chapel 836-4599

- Catholic Saturday, 5 p.m. – Mass in chapel (May – Aug.) Saturday, 6 p.m. – Mass on the beach
- Protestant Sunday, 9 a.m. – Worship service

Fort Shafter Chapel 836-4599

- Contemporary Protestant Sunday, 9 a.m. – “The Wave” worship service

Helemano (HMR) Chapel

- Contemporary Protestant Sunday, 10 a.m. – Worship service and 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 service Sunday, 10:30 a.m. – Sunday school
- Gospel Sunday, 10:30 a.m. – Sunday school Sunday, 12 p.m. – 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, 12 p.m. – Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. – Worship service

Tripler AMC Chapel 433-5727

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

Wheeler Chapel

- Catholic Saturday, 5 p.m. – Mass
- Collective Protestant Sunday, 10:30 a.m. – Worship service and children's church



Everyone's Hero

(G)
Friday, 7 p.m.
Saturday, 2 p.m.
Thursday, 7 p.m.



Employee of the Month

(PG-13)
Saturday, 7 p.m.
Wednesday, 7 p.m.



The Marine

(PG-13)
Sunday, 7 p.m.

The theater is closed Monday & Tuesday.



Send calendar announcements to community@hawaiiarmyweekly.com.

24 / Friday

Army Community Theatre — Army Community Theatre presents “Annie,” featuring Channing Weir in the title role, at the Richardson Theatre, Fort Shafter. The show will run Fridays and Saturdays, 7:30 p.m. through December. Tickets are \$15 and \$20 for adults, and \$12 and \$15 for children, at the ACT Box Office. Season tickets are priced at \$60 and \$75 for adults, and \$45 and \$50 for children, for a four-show musical series. The season will run through May 2007. Call 438-4480 or view details at www.squareone.org/ACT.

27 / Monday

ACT Auditions — The Army Community Theatre will hold auditions for Andrew Lloyd Webber and Tim Rice's “Joseph and the Amazing Technicolor Dreamcoat” Nov. 27 through 29. Auditions will be held in the Richardson Theatre, Fort Shafter, starting at 7 p.m. each night. The musical will be presented Feb. 22 through March 10 and will be directed by ACT producer Vanita Rae Smith. Call the ACT box office at 438-4480.

28 / Tuesday

Service Station Closure — The Schofield Fueling Facility (Military Service Station), Building 2085, will be closed for maintenance Nov. 28 and 29. All military, Fire Department, and rental vehicles should fill up fuel prior to these dates. No fuel will be issued during these days. Call 624-4495.

Community Calendar

From B-2

military patrons, and children age 3 and under.
Call 847-3511 or visit www.bishopmuseum.org.

11 / Monday
HPU Holiday Express Courses — Hawaii Pacific University will offer a five-week online term Dec. 11 through Jan. 12, to help service members and their families maximize accelerated educational opportunities.

Registration is open now for the classroom-based interim, Dec. 16 through Jan. 6, and the online holiday interims.
HPU also offers a new scholarship program to assist spouses of military personnel.

Call HPU Tripler campus, 687-7036 or e-mail at tripler@hpu.edu or the Schofield Barracks campus, 624-9881 or e-mail schofield@hpu.edu.

Visit www.hpu.edu/military for more information on specific course offerings and spouse scholarship eligibility requirements.

14 / Thursday
Signing Santa — Pearlridge Mall welcomes the state's lone deaf and signing Santa at the 15th Annual Deaf Santa Celebration.
In the only yuletide celebration

of its kind, more than 100 deaf and hard-of-hearing children from around the state will share their wishes with Santa, Thursday, Dec. 14, 9 a.m. to noon. Pearlridge Uptown, second level.

Ongoing

Honolulu Harbor Holiday Gobble-fest — The Hong Kong Seafood Restaurant at the Aloha Tower celebrates Thanksgiving all November long with a special menu item prepared to serve eight to 10 guests.

The 10-course dinner includes roasted turkey, Alaskan king crab legs, Dungeness crab sautéed with coconut and garlic, Maine lobster sautéed with black pepper and butter sauce, Peking duck, tenderloin steak, steamed fish, smoked salmon fried rice and mango pudding.

This meal is available for lunch or dinner and costs \$228.99 for 10 guests. Reservations are required and can be made by calling 566-9989.

Volunteer Opportunities — Give back to the community by volunteering. It is a great way to meet new people, receive valuable job experience and support the Army Family.

Opportunities are available on and off post. Free child care at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS.

Visit www.mwrarmyhawaii.com or call 655-4227.

Making homes a ‘family safe haven’ helps Soldiers conquer combat stress

LANDY STEWART MIYAKE

Staff Writer

During combat, Soldiers remove any inkling of emotion so that they may successfully accomplish their mission. By doing so, they set up an emotional barrier between themselves and the outside world.

This barrier, however, can lead to problems in marriages and can eventually lead to divorce, but the goal of local Army chaplains is to immunize families from this problem.

At the latest Family Deployment Night at the main post chapel, Schofield Barracks, Nov. 15, Chaplain (Maj.) Lance Sneath, 8th Theater Sustainment Command, warned combat stress is a quiet killer of marriages. The true damage, he explained, is done on distant battlefields. It may surface when Soldiers return home.

According to Sneath, prevention is key in defeating combat stress. Spouses need to know its impacts, so they don't take combat stress personally and can provide a safe environment for Soldiers.

"Military families have to be like mini-power projection platforms. They do this by sending their Soldiers away, rebuilding when they get back, and securing the family when they're home," said Sneath. "As a family, we have to create a safe haven that promotes healing," he said.

A study published by the VFW in March 2003, showed a 62 percent higher divorce rate for combat veterans who set foot in a combat zone. The study included 1,130 veterans from World War II, Korea and Vietnam.

Sneath invited Meaghan Long, family readiness group leader at A Company, 84th Engineer Battalion, to share the experiences of her husband and his combat stress.

Staff Sgt. Raymond Long was critically injured during a mortar attack in Balad, Iraq, Meaghan explained. On June 16, 2004, he suffered a traumatic brain injury and shrapnel to his brain and back. He has now fully recovered from his physical wounds, she continued before the small audience of about 20, but the emotional and psychological scars are still healing.

"We were going through a difficult time before he left, but this has brought us closer together. It really brought things into perspective," said Meaghan Long.

When asked where she found the strength and courage to survive the ordeal, she replied, "I've always had deep faith in the Lord, and I

really believe that everything happens for a reason. This was our opportunity to rise and serve others. We made a pact together to make a difference for our friends and family," she said.

"I hope I can help someone else whose husband is experiencing combat stress," she added. Combat stress can challenge a couple's faith, and it can also destroy trust and security in their relationship.

In a combat zone, all emotion must be removed, explained Sneath. Troops don't have time to think or feel anything about what is going on around them. It is this emotional survival mode, he said, that can hurt marriages most.

Fear, created by being in a combat zone, after long periods of time, becomes a fundamental daily issue and breaks down trust in a relationship, according to Sneath. Therefore, a marital relationship must become a safe source of healing and support, he explained.

"Have faith that you have everything necessary to restore hope and love in your mate," he concluded.

During the next Family Deployment Night, Jan. 17, 2007, the topic "Separation Anxiety" will be discussed. The monthly gatherings are aimed at helping military families cope with the stresses of deployment.



Sneath

Patients can control their own pain meds

Latest safety device enables patients to self-medicate with precise dosages

Story and Photos by
MARK JACKSON
Tripler Army Medical Center Public Affairs

HONOLULU — When considering the possibility of having surgery, one question that often comes to mind is, “How painful will the recovery be?”

One step Tripler Army Medical Center (TAMC) has taken to help answer this question was the implementation of 44 patient-controlled analgesia (PCA) pumps, which give patients control of their own pain management with the press of a button.

According to Doris Thorpe of Tripler Inpatient Nursing Services, patients have the ability to immediately relieve pain on their own, without having to call staff for assistance. Patients simply press their PCA button and deliver their own medication.

“The clinician must confirm that the correct medication and strength of the medication has been placed in the pump, once the bar code reader identifies the medication cartridge.



The medication library also provides dosing parameters with its limits on dosing,” said Thorpe.

According to the Hospira field sales representative, Stephen Agee, TAMC is the first institution on Oahu, and only the second military hospital in the U.S., to implement PCA pumps. Acquisition and implementation was a choice made by Tripler leadership to offer the best health care available for Soldiers, sailors, airmen and Marines.

“The Hospira PCA pumps provide the latest technology and



Tripler Army Medical Center, a distinctive coral pink structure, sits atop Moanalua Ridge and has been a familiar landmark on leeward Oahu ever since construction was completed in 1948.

safeguards with the administration of patient-controlled pain management,” said Col. Arthur P. Wallace, deputy commander for Tripler nursing.

“In support of our Patient Safety and Back to Basics initiatives, our Inpatient Pain Management team — led by Doris Thorpe, a team of trainers and pharmacist Capt. Lisa Tang — is ensuring that all nursing personnel are prepared to

manage and monitor the narcotic medication delivered by this new bedside automated infusion system,” Wallace said.

“The new pumps will allow us to track how they are used throughout the institution using barcode technology,” Tang added. “The information obtained from the new pumps will ultimately improve pain management and overall patient safety.”

Flu vaccine is in

TRIPLER ARMY MEDICAL CENTER PUBLIC AFFAIRS
News Release

HONOLULU — Tripler Army Medical Center (TAMC) will continue to provide influenza immunizations to Soldiers, hospital staff and family members in preparation for the 2006 flu season.

Shipments of the flu vaccine, however, have been delayed enroute to Hawaii, so Tripler recommends that beneficiaries check with their health care provider to check on the availability of their flu shot.

Active duty are required to receive the influenza vaccine each year, and civilian health care workers are encouraged to receive the influenza vaccine as it protects their patients from serious illness. All other beneficiaries should also get a flu vaccine, especially for their children, the elderly and beneficiaries with chronic illnesses.

Thus far this influenza season, the Pacific Regional Medical Command in Hawaii is where most influenza cases are being reported in the Army.

Two main formulations are available for the flu vaccine this year: an injectable form and an intranasal spray form. Eligible, healthy individuals from 5–49 years old are encouraged to take the intranasal spray.

The TAMC Family Medicine Clinic is currently vaccinating children 6 to 59 months old. Also, the Preventive Medicine Department, along with the Joint Public Health Working Group, will take the influenza immunizations to the public in its “Pandemic Roadshow.”

Immunizations will be available as follows:

- Hickam Air Force Base Exchange, Dec. 1.
- Marine Corps Base Hawaii, Base Exchange, Dec. 2.

Appointments can be made through the Adult Immunizations Clinic at Tripler. Call 433-3099.

Vaccines will be available to all authorized adult patrons, hospital staff, and DoD civilians, Nov. 27 & Dec. 1, TAMC Immunization Clinic.

PT takes patients from trauma to triumph

Story and Photo by
STAFF SGT. MICHAEL WESTERFIELD
Tripler Army Medical Center Public Affairs

HONOLULU — Jack’s world suddenly started spinning and flipping wildly.

In a blur of chaos, his body tumbled toward the earth. He deployed his reserve parachute, but he was too low. A loud thump marked the sudden stop at the end.

A small wind-shear twister that caused the freak accident danced away across the drop zone as dust settled around Jack’s body. People assumed he was dead. He had to be.

But Jack rolled himself over and started picking teeth out of his mouth. Medics were there within seconds.

Thus began Jack’s long recovery from a few seconds of terror. Emergency surgery, intensive care, more surgery, and critical care soon followed. Eventually, he stabilized with 32 bone fractures and unknown tendon and ligament damage.

His prognosis was grim.

Jack’s hip was broken in five places, and some of his leg bone was still on the drop zone. Doctors were uncertain if the Soldier would ever walk again.

Miraculously, his brain and spine remained undamaged, and his spirit was strong and willing.

Then came the day a young second lieutenant came to Jack’s room.

“Hello,” she said with a great big smile. “I’m your physical therapist.”

At first, moving his foot an inch was impossible. Raising his elbow off the mattress posed a major challenge. It was as if Jack’s body didn’t remember how to do such simple things.

Every successful movement caused sharp pain. Tears were common, but so was encouragement. Though each brief session would soak the Soldier in sweat and sometimes made him pass out from pain or exhaustion, he looked forward to his therapy. It was his way back from the pit.

Jack set goals, like touching his left ear with his left hand and finishing the Great Aloha Run. He could see progress measured in inches and degrees.

Physical therapists specialize in evaluating and treating movement problems re-



Jennifer Sibble, physical therapist assistant, attaches an electronic pulse machine to the shoulder of Capt. Richard Mindez, 1st Battalion, 487th Field Artillery, Hawaii Army National Guard.

lated to pain, injury or illness. The seven therapists and six technicians at Tripler Army Medical Center (TAMC) see about 1,800 patients each month.

The Physical Therapy Ward at Schofield Barracks sees another 1,500.

According to Col. Megan Mills, director, TAMC Physical Therapy, her department frequently sees knee, lower back, ankle and shoulder injuries.

Mills said treatment for injuries last from two weeks to three months, some lasting twice that long or more. The most challenging cases, she said, involve neurological issues.

“It’s so important that we teach the pa-

tients how to care for themselves as much as possible,” Mills said. “We don’t want them dependent on us. We teach them how and what to do for therapy and for day-to-day living. Our job is not to do for the patients, but to teach, coach and be a cheerleader, so the patients can do for themselves.”

The staff uses a wide array of treatments including therapeutic exercise, functional training, mobilization of joints, soft tissue message, aquatic-therapy, electronic-therapy, heat, cold and more.

While in some ways many patients can be considered routine, each is unique and must be treated as such. Injuries, illnesses

or surgeries that require long recovery and therapy often involve an emotional component, Mills said. “While telling some patients ‘get up, get moving’ might be enough, others require a very different approach because their way of life has been changed dramatically and they have to learn how to deal with the mental aspect as well.”

Patients’ lifestyles often need modification. It’s part of the therapists job to connect with the patient by teaching them how to use wheel chairs, walkers, crutches or canes to maintain as much independence as possible.

“Connecting with the patients’ thoughts, listening and understanding how their physical disability effects them mentally and emotionally allows the therapist to better treat them,” said Lt. Col. David Ghodes, deputy director, TAMC PT Department. “You’ve got to look them in the eye and really see where they’re coming from. It’s the big picture, the whole body and the mind,” Ghodes emphasized.

Physical therapists use motivation, support, encouragement, a ton of knowledge, and sometimes a good sense of humor to help their patients through, for some, the biggest challenge of their life.

“We do all what we can to get you back to normal, or as close as possible,” said Sgt. 1st Class Stephen Clark, non-commissioned officer in charge, TAMC PT. “I think of how I would like my family to be treated.

“Patients sometimes feel sorry for themselves, and it’s hard to get them to do anything,” Clark continued. “They’ve got to go through all the stages until they get to acceptance, then we add one more ... rehab.

“It’s disappointing to see a patient you know can do better, but they’re not trying as hard, for some reason,” he explained. “We got to keep them moving toward recovery. A lot of our job is motivator.”

For military patients, an injury or illness can end their career. Full recovery can mean returning to service.

Jack fought his way through recovery. After weeks in the hospital, in a wheelchair, on crutches, and then with a cane, he was finally able to walk on his own.

FOB flag football lays it on the line

Story and Photos by
SGT. TONY WHITE
5th Mobile Public Affairs Detachment

KIRKUK, Iraq — The quarterback drops back, scanning the right side of the field. His vision focuses on his receiver cutting through the middle of the field.

From his left side, a defender penetrates the line, coming at him from his blindside. The quarterback doesn’t see him; his focus is downfield.

For military in a combat zone, such as Iraq, the daily grind of missions in and outside of the wire often can be exhausting. However, at Forward Operating Base (FOB) Warrior, service members have a diversion to the typical deployed life: flag football.

“It feels really good to play here,” said Spc. Damon Bruce, D Troop, 2nd Squadron, 6th Cavalry Regiment. “After working all of these long hours [in Iraq], playing football really gets your mind off of this place.”

Pfc. Anthony Simmons, E Troop, 2-6 Cav. Regt., agreed.

“It’s great for me,” Simmons said. “After working a 12-hour shift at the FARP [Forward Arming and Refueling Point], you have a lot of stress in you. But I can come over here to release some steam on the field and catch a few passes.”

It’s too late; the defender is a step too slow. The receiver firmly grasps the ball and tucks it in tight.

SEE FOOTBALL, B-6

Football: Soldiers pass time, boost morale with long-yard passes

CONTINUED FROM B-5

to his body as he runs across the field with defenders reaching for his flag. As a member of the FARP unit for E Troop, 2-6th Cav. Regt., Sgt. Jermaine Seeger said his unit's leadership makes it possible for Soldiers to take a step away from the routine. "We have good leadership," Seeger said. "Our job is to help the pilots get off the ground and keep them moving. We do have a little more [extra] time than other people, but at the same time, we have to stay ready and not get complacent. But [leadership] still gives us the time, maybe an hour or so, to get a game in." The defender fully extends his body, The ball still tightly in his grip, the receiver turns the corner up field. He

runs into the end zone untouched. His teammates are the only ones still running after him, celebrating like one of them actually crossed the goal line. "Half of our team works the FARP operation, and the other half works in the motor pool," Simmons said. "Out here we can unite as one." "When you get all these guys out here playing, it's a boost in the unit moral," Bruce added. "It's a great help in building camaraderie in the unit. It feels good." The team masses in the end zone celebrating the touchdown, giving no thoughts to the fact they are in Iraq. "This is great what they have going on here at FOB Warrior," Seeger concluded. "It's fun and games, but the missions continue." But now it's the playoffs, and every game counts.



Above — The Bus Riders (offense) line up against the Posse during the Fall Flag Football League playoffs Saturday at Forward Operating Base Warrior.



Right — Spc. Damon Bruce, D Troop, 2nd Squadron, 6th Cavalry Regiment, looks downfield during the Fall Flag Football League playoffs Saturday at Forward Operating Base Warrior.



24 / Today
Product Demonstration Day — Golfers are invited to come to Leilehua Golf course to try new products from Nike's 2007 line. Visit the pro shop between 10 a.m. and 2 p.m. to get fitted for new clubs or try any of Nike's other new products. Call 655-4653.

Holiday Winter Blast Tournament — Soldiers are invited to participate in the Army Hawaii 3-on-3 basketball and extreme dodge ball competition. Teams will be comprised of company-level active duty Soldiers. Competitions will be held for north and south regions. Only 20 teams can participate, and the registration deadline is Nov. 27. To register, call 655-0856.

25 / Saturday
BMX Racing — Come to the BMX track at Wheeler Army Air Field for BMX racing. First, second and third place ribbons will be

awarded, along with participation ribbons. Registration will be held from 4 to 5 p.m., and cost is \$4 per rider. BMX races will begin at 5 p.m., and refreshments will be provided. Races are held every second and fourth Saturdays. Volunteers are needed to help make this event a success. Visit www.mwarmy-hawaii.com, www.armybmj.org or call 656-1601.

Witness the Smackdown — Come watch Hawaii Championship Wrestling at the Schofield Tropics, Nov. 25. Doors will open at 6 p.m. and matches will start at 7 p.m. The cost is \$5 for guests ages 12 and up, \$3 for ages 11 and under, and free for children ages 5 and under. Call 655-5697.

28 / Tuesday
Youth Sports Registration — Nov. 28 is the last day to register for youth sports basketball and cheerleading. The program is open to youth born between 1988 and 2001. Cost is \$60 per person for basketball and cheerleading, and \$20 for cheerleaders who have a uniform from the previous season. The season will begin in February. Call 836-1923 (Aliamanu), 438-9336 (Fort Shafter), 655-0883

(Wheeler and Heleman) or 655-6464 (Schofield).

2 / Saturday
Ladies Golf Clinic — Ladies, sharpen those golfing skills at a free golf clinic. This clinic will be held from 3 to 4 p.m. at the Leilehua Golf Course located outside the Wheeler Army Air Field front gate. All required equipment will be provided. Advance reservations are recommended. To reserve a space, call 655-4653.

3 / Sunday
Bowling Tournament — A "5 Game, No Tap" tournament will be held at the Schofield Bowling Center, Dec. 3. Check-in will be at 1 p.m., and the cost is \$20 per bowler. Call 655-0573.

9 / Saturday
Golf Sale — Don't miss the holiday sale at Leilehua Pro Shop, Dec. 9 and 16. Enjoy great savings from various golf vendors. Patrons will receive free holiday gift wrapping with every purchase. Call 655-2266.

Ongoing
Fabulous Football Weekends — Come to the Tropics, every Sun-

day and Monday to watch all of your favorite football games. Enjoy all-you-can-eat food, several specials, and lucky number prizes. Call 655-5697.

Cardio Kickboxing — Cardio kickboxing can help develop cardio-vascular fitness, improve balance, and may enhance self-confidence. Classes are offered at the Fort Shafter Physical Fitness Center, Tuesdays and Thursdays from 4:30 to 5:30 p.m. Call instructor Daryl-Lynn Gandaoli at 779-4495.

SKIES Martial Arts — Come and learn Hawaii Okinawa Kenpo Karate-Do Shudokan (HOKK), a martial arts program taught by master instructors, at the Schools of Knowledge, Inspiration, Exploration & Skills (SKIES). HOKK teaches self-discipline and dedication to overcoming obstacles. Classes are \$35 per month or \$105 per semester; family discounts are available. Classes are offered for students in grades first through tenth, and parents are welcome to take classes also. New students start at the beginning of each month. Call 655-5525.



Send community announcements to community@hawaiiarmyweekly.com.

25 / Saturday
Paws on the Path — Join the Paws on the Path hiking club Nov. 25 for its monthly hike. This hike will cover Maunawili Ditch Trail in Waimanalo.

The detailed map to the trailhead can be found at www.hawaiianhumane.org/news. Hikers will meet between 8:30 and 8:45 a.m. This hike starts promptly at 9 a.m. Bring snacks and enough water for people and pets. For more details, e-mail hhs@hawaiianhumane.org.

26 / Sunday
Honolulu Marathon Clinic — Looking to get in shape and run a marathon? Join the free Honolulu Marathon Clinic, led by Dr. Jack Scaff and his trained staff. The clinic will be held Nov. 26 and Dec. 3 at 7:30 a.m. at Kapiolani Park at 3833 Paki Ave. This clinic stresses slow, recreational running, for beginners and

walkers. Its focus is training to finish the Honolulu Marathon Dec. 10. Call 655-4692.

29 / Wednesday
Motocross Track — Get your speed on at the RPM Motocross Track. The track is located in the Campbell Industrial Park and will be open Wednesday and Saturday nights, from 5 to 10 p.m., and Sundays, noon until sundown. Mini and full-size classes will be held. The cost is \$15 for open practice. For class and schedule information, call 597-9020.

December
1 / Friday
Hunter Education Courses — The Hawaii Department of Land & Natural Resources is offering Hunter Education classes. Subjects to be covered include wildlife identification and conservation, firearms and archery safety, survival, game care and more. The free classes are Dec. 1, from 5:45 to 10 p.m., and Dec. 2, 7:45 a.m. to 4 p.m. Classes are family-friendly and open to anyone age 10 years and older. Upcoming class dates are Dec. 15 & 16. Register by calling 587-0200.