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K-Quad cuisine vies for Army's best

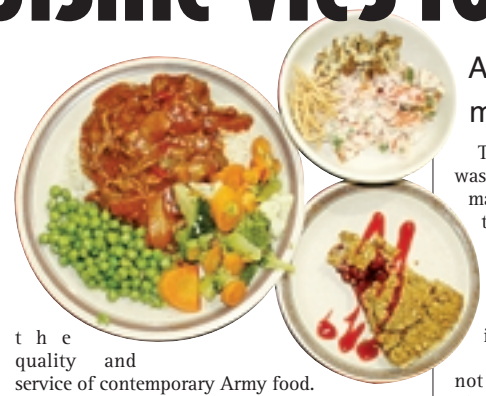
"They say that in the Army, the chow is mighty fine,
A chicken jumped off the table, and started marking time . . ."

J.R. REESE
Community Relations, U.S. Army Garrison, Hawaii

Soldiers have been complaining about their food since the first organized collection of warriors went through a chow line, and today new recruits still learn the cadence decrying the lack of culinary skills of Army cooks.

The stereotype of awful food has been sustained in film and art: The comic strip character "Cookie" in Beetle Bailey is notorious for his terrible cooking. In "Band of Brothers," one of the privates calls the mess hall spaghetti, "Army noodles with ketchup."

Humor aside, meals at the K-Quad Dining Facility remove any preconceived notions about the quality and service of contemporary Army food. The large facility is very clean, bright and airy, with large murals and the historical highlights of the Tropic Lightning Division decorating the walls.



It is the food, however, that draws Soldiers

SEE CUISINE, A-6

Award encompasses more than just cuisine

The Phillip A. Connelly Award was created in 1968 in memory of a man who spent his life improving the quality of Army and Navy dining facilities.

The award encompasses much more than just food. It is a way of recognizing overall excellence in Army dining facilities.

"They look at everything, not just what you put on the line and when they put it out there," said Velinda R. White, Installation Management Agency food program manager. It's the whole operation of running a garrison dining facility."

Judging is based on how well a dining facility staff provides for the troops and how well the facility manager keeps his or her books, personnel, maintenance and more.

Connelly

The award is divided into categories based on the best small facility serving 400 or less, the best large facility serving more than 400, and the best field kitchen serving the active, Reserve and Guard components.

In addition to trophies and recognition, winners are provided with culinary school scholarships.

Previous years in Hawaii, award winners received advanced culinary training at the Outrigger Canoe Club.

INSIDE

School support

The 325th Brigade Support Battalion distributes school supplies and toys to orphans in Kirkuk, Iraq

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Thanks & praise

Come share in the spirit of fellowship and gratitude at Schofield's Main Post Chapel, Nov. 22 at 6 p.m.

Warriors honored

From Kalealoa to Kirkuk, Soldiers and civilians pay tribute to veterans past and present, at home and abroad

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Hilo lead foot

A former leatherneck director at PTA gets his kicks slinging mud at the only remaining racetrack in the state

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Pfc. Durwood Blackmon I 25th Infantry Divsion Public Affairs

Celebrating a colorful heritage

Sky Medicinebear dances for Soldiers as part of a Native American heritage celebration at Contingency Operating Base Spiecher, Tikrit, Iraq, Nov. 4. The Native American Dance Team has performed eight times since they arrived in Iraq, Oct. 28. See coverage page A-3.

Soldiers Media Center tells Army story faster

ARMY NEWS SERVICE
News Release

WASHINGTON – The Soldiers Media Center (SMC) was activated Nov. 9 in a Pentagon ceremony that consolidates the Army's key command information organizations and represents an evolution in how the Army communicates.

The change brings together the producers of www.army.mil, Soldiers magazine, Army News Service, Hometown News Service, Soldiers Radio and Television, and the Army's Armed Forces Radio and Television Service outlets.

"From Soldiers magazine to podcasts to video on the Web, the SMC will get information to those who need it," said Stephanie L. Hoehne, principal deputy director of Army Public Affairs.

The SMC will give Soldiers multiple ways to learn about what is happening in the Army, from changes in pay and policies to the activities and accomplishments of fellow Soldiers, added Hoehne.

News told through weekly installation newspapers can be a week old by the time it reaches audiences.

"But we can post that story or photo immediately on the Web. And if video is available, we can use it for a wide range of other products," said Col. Richard Breen, SMC commander. "This enhances public affairs professionals' ability to tell their story locally, and also provides them a larger platform."

"What we've not been able to do before is cross-promote our products and information. Now, we will be able to do a television story and send viewers to the magazine article, which is more detailed, or to the Web site, which has links to even more information," he said.

The SMC will use new technologies to share information from headquarters to the field, from the field to headquarters and between field units.

"The SMC's biggest strategic advantage will be its ability to share products worldwide," said Breen.

As the top communicators to the Army family, the SMC will promote selected strategic messages.

"The SMC is our production engine for Army Strategic Communication, ensuring that video, print and Web products tell the Army story to our audiences," said Hoehne.

The new organization will incorporate the Army Broadcast Service, which will deactivate in the same ceremony. Established in 1980, ABS has financial and managerial oversight of the Army's Armed Forces Radio and Television Service outlets: AFN Europe, AFN Korea, AFN Honduras and AFN Kwajalein.

"While most people probably aren't impacted by the Army Broadcasting Service as a command, if they've been stationed overseas they've benefited from the products of the Armed Forces Networks that we own and operate, as well as the services provided by AFRTS," Breen said.

"Our audiences will not lose that," he said. "What they gain is more relevant information delivered to them faster and in their preferred formats: Web, print, podcast, broadcast, radio and video podcast."

3rd Brigade Soldier is KIA

U.S. ARMY GARRISON, HAWAII, PUBLIC AFFAIRS
News Release

Doria

The Department of Defense announced the death of a Soldier who was supporting Operation Iraqi Freedom. Staff Sgt. Richwell A. Doria, 25, of San Diego, Calif., died Nov. 7 in Kirkuk, Iraq, after being struck by small arms fire during an air assault mission.

Doria was assigned to the 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Bridgade Combat Team, 25th Infantry Division, in February 2001.

Smokers kick the habit for Great American Smokeout

AIKO BRUM
Managing Editor

Three men who matter in my life treat their bodies like garbage disposals. They shove all manner of harmful carcinogens and addictive tobacco substances, seemingly without concern to the dangers of smoking.

I've tried various "creative" techniques to help them quit – from making my home and car smoke-free zones to refusing to buy cigarettes when I'm out grocery shopping.

I've even pointed out the many vices that accompany smoking, you know ... stained, yellowed teeth; smoke-filled clothes; and naturally, the most obvious, health-related diseases like lung cancer and emphysema.

Of course, my approaches have been to no avail, and, admittedly, they're probably not creative at all. But what's a wife to do when her husband, father and brother insist on shortening their lives.

"You really have to want to want to do this for yourself," said Alanna Lanham, a registered nurse at Public Health Nursing, Schofield Barracks.

Lanham explained that when a

SEE SMOKEOUT, A-8

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 655-4816, or e-mail editor@hawaiiarmyweekly.com.

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

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

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HAWAI'I ARMY WEEKLY
Commander, U.S. Army Garrison
Col. Howard J. Killian
Public Affairs Officer
Troy Griffin
Command Information Officer
Ed Aber-Song
edward.abersong@schofield.army.mil
Managing Editor
Aiko Rose Brum
editor@hawaiiarmyweekly.com
Assistant Editor
Jeremy S. Buddemeier
news@hawaiiarmyweekly.com
Pau Hana Editor
Christa B. Thomas
community@hawaiiarmyweekly.com
christa@hawaiiarmyweekly.com
Staff Writer
Landy Stewart Miyake
Layout
Leah Mayo
Advertising: 525-7654
Editorial Office: 655-4816/8728
Fax: 655-9290
Address:
Public Affairs Office
Bldg. 580, Stop 215
Schofield Barracks, HI 96857
Web site:
http://www.25idl.army.mil/haw.asp

3 days since last fatal accident

Soldiers, as your daily reminder to be safe, place a "red dot" on your wristwatch.

Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities.
As of 11/15/06

Straight Talk

DES says, 'protect yourself, your community'

BILL LAFFEA
Directorate of Emergency Services

Our communities continue to experience larcenies of private property, but many of these are being reported long after they were committed.

Two elements contribute to this situation: 1) People are making themselves easy targets, assuming it won't happen to them and taking no preventative action.

2) The community is complacent; people do not want to get involved and people are not questioning suspicious activity.

For example, have you seen anyone unfamiliar walking or driving around your neighborhood? A thief often cases an area during daylight hours, then returns during hours of darkness to commit a crime.

Some thieves are very bold and will commit break-ins during daylight hours.

Have you ever seen a person trying to gain entry to a car with a coat hanger or "slim jim"? It has happened.

Had anyone approached these would-be-thieves, asked if they could help them or attempt to identify them, a crime could have been prevented. Just by approaching suspicious characters, a message is purveyed that someone is watching. .

Our major problem is that theft, damage and burglaries appear to be random in time and locale. Without the communities' help, crimes are likely to continue, and thieves and vandals will continue victimizing us.

Will you be their next victim?

What can you do?

You can take any one, or all of the following actions, to prevent becoming a victim of crime:

1) If you see something suspicious, whether or not you think there must be a logical reason for it, call the military police.

2) If you noticed an unfamiliar face in your neighborhood, introduce yourself and ask if you can help him or her.

If you have difficulty approaching strangers, then write down a description of the person, the vehicle and a license number. Call the military police.

3) Lock up or secure your belongings at all times. Call the community police to find out about becoming a PEEPS, that is, a "Police Eyes and Ears" member.

4) Remind your neighbors to lock up their valuables if they habitually leave items lying about unsecured.

5) Secure your car or truck. Leave nothing on the seats or floorboard. A thief will substantially damage your vehicle just to find out if you are hiding something under a towel or paper.

Lock items in the trunk. If you have an expensive stereo for your vehicle, purchase an alarm to protect it.

Purchase a "lojack" system for your vehicle. The system includes a small radio frequency transceiver hidden in up to 20 places in your vehicle. When the car is reported stolen, the transmitter emits an inaudible signal that is used to track the car.

6) If you own a bicycle, register it. Bicycles recovered by the Provost Marshals Office are turned in to property disposal if they are not registered or are unclaimed.

Lock your bike with a lock equitable to its cost. A $1.50 lock will not safeguard a $400 bicycle.

Lock your bicycle, through its frame, to something that is not easily picked up and carried away.

7) Many thefts have occurred in parking areas, so park in a well lit area. Lock your vehicle and pocket the key.

Loitering in parking areas is prohibited after dark and will be enforced by military police. If you see anyone lingering in a parking area, call military police.

8) Light up your neighborhood. Turn on a light in the front and rear of your quarters after dark.

Burglars tend to shy away from well-lit areas because their actions are easily detected.

To the extent situations are within your power, it is yours and your neighbor's responsibility to watch your neighborhood and call police before criminals rip you off.

Report all emergencies at 911. For non-emergencies at Schofield Barracks, call any of the following numbers:

- 655-0911
- 655-7114
- 655-2522
- 655-2523.

At Fort Shafter, these numbers for non-emergencies:

- 438-9395
- 438-7114
- 438-7116.

Pentagon Channel 'Recon' sheds new light on PTSD

DAVID MAYS
Special to American Forces Press Service

WASHINGTON – The Pentagon Channel is taking an in-depth look at post-traumatic stress disorder (PTSD) in a new edition of its monthly documentary "Recon."

The half-hour show, called "The Wounds Within," explores how the understanding of PTSD has evolved from the Civil War to World Wars I and II to Vietnam and now to operations Enduring Freedom and Iraqi Freedom.

It also demonstrates how the Department of Defense is aggressively treating service members returning from battle today, Pentagon Channel officials said.

"It's not a small problem," said Air Force Master Sgt. Daniela Marchus, who hosts the show. "Seeking help is such an important thing."

Army Pfc. Brian Daniels is profiled in this program. His right leg was severely injured when a roadside bomb rocked his Humvee in Iraq.

"I remember the smell, the sound," he said. "It seems like it was yesterday."

Unlike his counterparts wounded in Vietnam, Daniels was diagnosed with PTSD and quickly offered counseling.

"In the Civil War it was called 'nostalgia'; following World War I it was called 'shell shock'; following World War II it was called 'combat fatigue'," Dr. Robert Ursano of the Uniformed Services University of the Health Sciences told "Recon" producers. "There's always been a name, but never as much focus and trying to understand and intervene."

But even with today's understanding and treatment, "The Wounds Within" shows why many service members refuse to seek help.

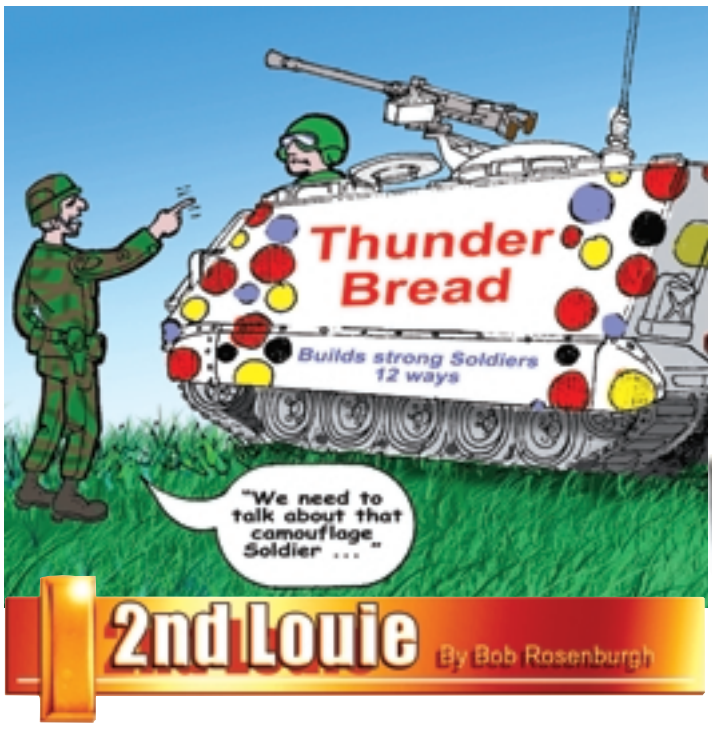
"There's a stigmatization of mental health," said Army Lt. Gen. Kevin Kiley, the service's surgeon general. "It's a challenge to break through the stigma."

Many other wounded service members share very personal stories of how they survived, how they were able to seek treatment and how they are coping today in this emotionally charged "Recon."

Marchus said she hopes "The Wounds Within" will spark discussion about PTSD and prompt service members who are suffering in silence to ask for help. "They are suffering emotionally," she said. "They are not alone."

"Recon: The Wounds Within" premiers tomorrow at noon Eastern on the Pentagon Channel. It will encore throughout the month.

(Editor's Note: David Mays works for the Pentagon Channel.)



LIGHTNING SPIRIT

Response to betrayal matters

CHAPLAIN (MAJ.) SCOTT KENNEDY
Family Life Chaplain

Betrayal is a part of the human experience. We have all betrayed, and all of us have been betrayed by others on some level.

There are two primary ways we can respond when someone betrays us: We can become bitter, or we can become better.

Here are some Biblical responses to betrayal that can help you become better in the midst of your misery.

1) Acknowledge betrayal for what it is. Don't minimize it or deny it, or it will lurk about in the shadows of your psyche and bite you when you least expect it.

Getting feelings out in the open will prevent stuffing the emotions associated with betrayal and short-circuit your automatic response to become bitter.

2) Confront your betrayer, when appropriate, for the purpose of reconciliation not revenge.

Sometimes, it will cause more harm than good to confront the one who has betrayed you, but generally, you know your betrayer fairly well. Otherwise, he or she would not have the ability to betray you.

By definition, betrayal occurs when someone you are in relationship with breaks your trust. This assumes a trust relationship had already been established, or else it could not have been broken.

So, chances are, you have enjoyed some sort of relationship with this person in the past. For example, maybe it's your spouse, and you want to maintain a relationship with him or her in the future. But if you skip this step – to confront your betrayer – you will carry around bitterness and resentment that will effectively kill your love for this person.

3) Forgive your betrayer or else the pain associated with the betrayal will forever bind you.

Forgiveness is not about the other person; it's about you – the one who has been offended.

Refusing to forgive is a costly decision. It will not only contaminate your relationship with your offender, it will only serve to prolong the pain you are suffering as a result of the offense.

Furthermore, the Bible tells us that God will not forgive the offender or us if we refuse to extend forgiveness. This is precisely why so many people walk around under a seemingly unbearable weight of guilt, shame and pain. They have created a breach in their relationship with God.

When we refuse to forgive, we choose to remain angry with our offender. It has been said that "anger and rage against another person is like drinking poison and expecting the other person to die" (unknown origin).

4) Bless and pray for your betrayer. Jesus said in his Sermon on the Mount that we should bless those who curse us and pray for those who persecute us.

Until we forgive, we will not be able to move on to blessing and praying for our betrayer. Blessing our betrayer will release us from the curse of the offense, and prayer will help the offender in his or her journey toward healing.

Understanding that hurt people, hurt people, will help us take the right attitude toward our betrayer and have sympathy for them.

Sadly, you will experience other betrayals in the future, but hopefully, you will now have some new tools to help you respond more appropriately in the face of betrayal, so that you will become better, rather than bitter.

There is one person who will never betray us. God will never leave us or forsake us.

Yet, when we do experience betrayal, we can run to Father God and find comfort, support, peace, reassurance and love.

We must never forget that simple truth that "Jesus loves me; this I know, for the Bible tells me so."

Just as nothing can separate us from the love God has for us, nothing we do for him will make him love us any more.

Sure he can be delighted and pleased when we do something for the Kingdom or do some act of devotion that moves his heart, but our actions don't earn his love. He loved us first.

Our lives should be lived in response to God's initiation of love. He demonstrated his love for us in that while we were yet sinners, he died for us.

So when you're reeling from a betrayal, remember God's love for you just because you are his child.

(Note: Parcel post date has passed for on-time arrival.)

Recommended shipping dates for holiday mail
Contact (800) ASK-USPS, the Military Postal Agency at 1- 800-810-6098, for more details.

APO AE Zip 093
- Space Available Mail: Nov. 27 • Parcel Airlift Mail: Dec. 2
- Priority Mail/First-Class Mail, Letter and Cards: Dec. 4
- Express Mail Military Service: Not Available

APO AE Zips 090-092, 094-098; APO AA Zip 340; APO AP Zip 962-966
- Space Available Mail: Nov. 27 • Parcel Airlift Mail: Dec. 4
- Priority Mail/First-Class Mail, Letter and Cards: Dec. 11
- Express Mail Military Service: Dec. 19

Voices of Lightning: "What is your family's tradition at Thanksgiving?"

"We say one thing we're thankful for before eating."

Tamika White
Family Member

"The whole family volunteers at the homeless shelter."

Connie Walker
Family Member

"We try to eat at a different location every year."

Michelle McNear
Family Member

"Eat a lot of food; watch a lot of football."

Breyonne Coston
Family Member

"Invite Soldiers, who have no place to go over to the house."

Sgt. 1st Class Robert Terstegge
556th Signal Company
Net Ops NCOIC

News Briefs

Send calendar announcements to community@hawaiiarmyweekly.com.

17 / Today

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

-Fort Shafter Commissary, Nov. 17;

-Schofield Barracks Post Exchange, Nov. 18;

-Hickam Air Force Base Exchange, Dec. 1; and

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

-All service members, TAMC staff, adult family members, Department of Defense civilians and retirees may take shots Nov. 17, 20, and 27 and Dec. 1 at the Tripler Immunization Clinic.

New Access Pass Hours — The Director of Emergency Access Control offices on Schofield Barracks and Fort Shafter have permanently changed office hours. Call 655-8940.

– 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, Fort Shafter Flats, Building 1599:

- Vehicle 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

19 / Sunday

Road Closure — Outbound lanes at Buckner Gate will be closed to traffic starting at 9 a.m. until approximately 4 p.m. Drivers must use Patch Gate to exit the post.

School Focus Groups — Military parents of children in private school or home school are invited to share their experience with Hawaii's education system with the Department of Defense.

Dr. Robert Blum of Johns Hopkins University will conduct these focus groups during the afternoon on the following dates: Nov. 27 in Kaneohe, Nov. 28 for the Schofield area, and Nov. 29 for the Pearl Harbor and Hickam area.

Anyone interested in participating must contact Dr. Lori Sanchez at lorianns@hawaii.edu.

20 / Monday

Recovered Property — The Provost Marshal's office has recovered several lost or stolen bicycles. Owners cannot be identified because these bicycles were not previously registered with the post or any other agency.

To make arrangements to identify bicycles or any other items that may have been recovered, call 655-8255.

24 / Friday

Holiday Closure — The Vehicle Registration Office (Access Control Section) 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 presents the annual, mandatory SAEDA (Subversion and Espionage Directed against the Army) briefing. Army regulation 381-12 requires all Department of the Army personnel receive this training annually.

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

December

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 previous newsletter editions at www.abc.army.mil.

U.S. Indians treat Soldiers at show

Story and Photo by
PFC. DURWOOD BLACKMON
25th Combat Aviations Brigade Public Affairs

TIKRIT, Iraq – In celebration of Native American Heritage Month, 25th Combat Aviation Brigade (CAB) Soldiers attended a performance by the Native Star Dance Team of New Mexico, who put on a show filled with entrancing dances and colorful fashion at Contingency Operating Base Spiecher, Nov. 8.

The show was organized with the assistance of Army Morale Welfare and Recreation (MWR) and Nick Brokeshoulder; a retired Army sergeant first class.

"We wanted to support the troops and provide a morale support tour to celebrate Native American Heritage month in the military," said Brokeshoulder. "The Soldiers have been very receptive, and we have been humbled by the positive comments that they've made."

Dancers took the stage wearing assorted outfits constructed from colorful materials covered with tassels and other gems. The clothing was characteristic of their rich history, as well as new and passed-down traditions.

Brokeshoulder was accompanied by six dancers, one of whom was his wife, Sharon.

"Sharon is wearing a Women's Southern Cloth, an Oklahoma style wing dress. The unique thing is Soldiers have given her combat patches. She is going to sew every single patch to that dress. The patches will never be taken off, and the dress will never be sold. It will be kept forever," Brokeshoulder said.

He continued discussing his wife's reasoning: "When she goes to future Pow Wows, other Indians will see her dance and ask about those patches. She will tell them that combat Soldiers, the modern-day warriors, gave them to her.

"She is so honored to wear the dress, and throughout time, the Indian warrior society has evolved through the military starting from World War I and now into Iraqi Freedom."

As the audience watched enchanting acts of dance, each individual carried out his or her own performance. All the acts performed were a type of Plains Indian Dance, routinely demonstrated throughout North America.

According to Brokeshoulder Native American Soldiers enjoyed the event because it brought them a little taste of home.

Soldiers stand in line to place combat patches on the wing dress of Sharon Brokeshoulder at Contingency Operating Base Spiecher, Tikrit, Iraq, Nov. 8.

"This is a great opportunity. This is the first time I can recollect where a full-fledge dance team has performed in any atmosphere such as this," he said. "Many Native American Soldiers have come up to us and said we have brought memories from home to them. I often hear Soldiers say they miss what they left behind.

"One young lady told my wife this show touched her so much she got emotional. She said it was the most beautiful thing we could have done for her, because she misses home," said Brokeshoulder.

At the close of the event, dancers signed autographs, took photos and interacted with Soldiers. Not only did 25th CAB Soldiers congratulate the performers for their work, but Brokeshoulder acknowledged Native American Soldiers as well.

"I have been taking photographs of Native American Soldiers, and I plan to send them back to their tribal leaders.

"In Indian country, veterans are recognized often at many of their gatherings," he said. "This is our eighth performance, and we have had one of the greatest responses at COB Spiecher."

3rd Brigade's BSB 'supports' more than its own in Iraq

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

KIRKUK, Iraq – She held back tears explaining why this day meant so much to the more than 2,000 orphans in the Shorish and Chamchamal – Kalar quarters of Kirkuk.

"Sadaam Hussein massacred their parents and destroyed their villages," said Surod, a local national aid worker. "Silly little things that are meaningless to you, like a pencil, mean the world to them," she said. "No one gives them anything."

Until now.

Bud's Organization for Children's Rights received more than 50 boxes of school supplies, toys, stuffed animals and soccer balls to be distributed to more than 2,000 orphans in and around Kirkuk from the 325th Brigade Support Battalion at Forward Operating Base Warrior, here, Nov. 6.

Mr. Rebwar S. Muhamed, the Bud's founder, teaches Arabic, history and geology to 12-year-olds in a local primary school, but he devotes the majority of his time to his children's rights organization.

Perhaps among his several stories of children "doing without," the most compelling was that of two students he noticed who had never attended school on the same day.

"I knew these two children from the same family that attended my class," said Muhamed, through an interpreter. "I would see one student one day and the other student the next. I learned the reason that they didn't attend school together was because they were sharing a pair of shoes," he said.

Battalion Chaplain (Capt.) Martin Cho, 325th Brigade Support Battalion, 25th Infantry Division, helps unload more than 50 boxes of school supplies, toys, stuffed animals and soccer balls to be distributed to more than 2,000 orphans in and around Kirkuk, Iraq.

"War in Iraq has created a very big social problem of widows and orphans," he continued. "I [empathize] with the children because we suffered during our childhood just as they are suffering. They are the future of this country, and they need our help."

According to Muhamed, the orphans are in need of everything from health care, food and clothing, to shelter and other basic social services. Although grateful for this delivery of items, he is anxious to get coalition force assistance on many fronts.

The American Soldier spearheading the effort to assist is Chaplain (Capt.) Martin Cho, battalion chaplain, 3rd Brigade Support Battalion, 25th Infantry Division. Cho's motivation is both spiritual and personal.

"First, I help because the Bible says help widows and orphans; it's that simple," said Cho. "Also, I'm Korean. A lot of American [service members] supported Korean orphans over the years.

"Some of those orphans who received help became American and Korean religious, business and political leaders," he said. "My prayer is to do what I can to give these Iraqi orphans the same support."

According to Cho, the assistance project is in its infancy. The first challenge is to ensure that donations actually end up in the hands of the orphans.

"This is our third contact with the organization," said Cho. "When you aren't handing out assistance directly, but relying on them to do it, you need confirmation that it is actually getting to the orphans. So, they will send us photos," he explained.

"They need so much, and we cannot do it all, but we can do something. Bud's has opened its heart to us, and now we can help connect [the organization] with powerful people to continue to support these children and this organization."

Cuisine: Chef Mavro joins K-Quad quest for 2006 culinary kudos

CONTINUED FROM A-1

from across Schofield Barracks and as far away as Fort Shafter. The chow is so good and the facility so well managed that it is again in the running for the coveted Phillip A. Connelly Award, the honor bestowed on the best dining facilities in the entire Army.

During a recent lunch visit, the choices on the main line were barbecued pork ribs, thin-sliced roast beef, stir-fry beef, and teriyaki chicken, along with the usual sides of potatoes, rice and assorted vegetables.

Other regular choices are fresh sushi or a stir-fry station where you choose what you want cooked to order. On the short order side are hamburgers, hot dogs, grilled cheese sandwiches, French fries, and other popular fast foods.

To complement the meal, K-Quad offers a salad bar and fresh-baked desserts.

"We try to put on a spread like this pretty much every day. Monday through Friday we have a special meal," said Sgt. 1st Class Gary Trent, facility manager.

The lunch menu during the week follows a themed pattern: Monday is Italian, Tuesday is Mexican, Wednesday is Oriental, Thursday is soul food, and Friday, a surprise.

"Every Friday I create a special dish," said Trent, who began his Army food service career 17 years ago after a three-year tour as a combat engineer.

"Special meals are normally at lunch, because that's when the headcount is the highest," said Velinda R. White, Installation Management Agency food program manager. "At the dinner meal, a lot of the civilians and married Soldiers go home, but we do offer special meals for the BOSS [Better Opportunities for Single Soldiers] program."

Sgt. 1st Class Gary Trent gives four-star Chef Mavro (center) a short-order lesson in the Army way of running a restaurant. Mavro volunteered to coach K-Quad's culinary team.

White, a retired master sergeant continuing to serve as a civilian manager after her 23 years in Army food service, visited K-Quad, Nov. 1 with an entourage of fellow managers on a reconnaissance mission with George Mavrothalassitis. Better known on television as Chef Mavro, the master French chef rated this year as one of the top 10 chefs in the world by Conde Naste, Mavro had volunteered to share his expertise with the cooks and was being introduced to the facility.

"He's going to give a day of culinary training to the culinary team and K-Quad personnel who will compete in the Phil A. Connelly competition in December," said White.

The culinary team will prepare three entrees to be judged by the food service divisions on post to select winners. The garrison will then send the winners through to the American Culinary Federation where they'll go to Leeward College to become certified as chefs.

Those individuals will compete in the Culinary Arts Competition at Fort Lee, Va., where basic food service training in culinary skills is conducted. Once at their duty stations, Soldiers are trained locally as chefs.

Team training for the culinary competition is underway at B-Quad.

"I think the variety of food is very impressive, from the salad bar to the many courses, and the variety of food," said Mavro after his tour.

Mavro grabbed a tray and joined the line of Soldiers, carefully looking over the lunch selections on the main line with a professional eye. After asking Soldiers serving up lunch a few questions, Mavro chose chicken, rice, steamed vegetables.

"I like local food, local inspiration. That's why I took this chicken teriyaki," said Mavro. "I think what I'm also very impressed by are that the stations are spotless, all of the sanitation, and the information about how many calories [per serving]."

During the division's deployment, the average headcount per meal is running at about 450. Normally the headcount is 600-700 per meal, and possibly more depending on Reserve and Guard component Soldiers on active duty.

Manager Trent has even developed a following within Army circles for the high standards of his staff and facilities. Trent was originally at F-Quad, but when he took over K-Quad his warrior customer base followed him.

"He brings such a flair and love to the program that diners come from Fort Shafter following Sergeant First Class Trent," said White.

Trent encourages Soldiers across post to dine at his facility every day, making special note of his stir fry bar, which is available in addition to the main line.

"I also offer five different types of pastry dishes: of cookie, cake, pie, parfait and ice cream dishes," said Trent.

The cherry cobbler that day was superb in flavor, portion and presentation.

The signature dish for the upcoming culinary competition and the Connelly award is classified "cuisine-secret."

Smokeout: Annual day encourages total cessation

CONTINUED FROM A-1

smoker is ready, Public Health Nursing, a specialty in Preventive Medicine at Tripler Army Medical Center, or a primary care provider, can start him or her on a tobacco cessation program.

"Research shows that you are more successful if you have some sort of counseling or class-type setting, some medication, and behavioral modification," she said.

Lanham

Youth and adults begin smoking for diverse reasons; among them are peer pressures, curiosity or desire for attention in teen years, the age when most smokers begin, according to the American Cancer Society.

For some, smoking provides something to do, Lanham added. For example, many service members pick up the habit when they are deployed overseas, away from their families.

Still, universally true, once the smoking habit starts, it's awfully difficult to stop for most smokers.

Yesterday, during the Great American Smokeout sponsored annually by the American Cancer Society, millions of smokers were asked to say "no thanks" to smoking for 24 hours, to just get started breaking the habit. Held the third Thursday of every November, organizers enlist hospitals, schools and other organizations to promote activities that focus on the benefits of not smoking.

"There are hundreds of substances added to cigarettes by manufacturers to enhance the flavor," says the American Cancer Society, at its Web site. Compounds like ammonia, tar and carbon monoxide, it says, are among unknown and unclear additives that are responsible for "cancer-causing effects" of smoking, not specifically nicotine.

Yet, whether an individual smokes cigarettes or cigars, or "dips" and chews, the nicotine in tobacco products makes continued use become "highly addictive, as addictive as heroin and cocaine," according to the American Cancer Society. In fact, smokers are no safer when they light up cigars or chew instead of cigarettes.

"A single large cigar can contain as much tobacco as an entire pack of cigarettes," states the American Cancer Society.

Locally, health clinics at all Hawaii military installations provide resources and support to help military and family members break the habit. At Schofield Barracks, the Public Health nurses provide wellness classes, nicotine replacement patch and oral medications, education, one-to-one counseling, and health fairs to aid smokers wanting to quit.

Classes cover stress management, nutrition, how to stay quit, medications, exercise, how to handle triggers, and more. They run for six weeks at a time, from 2:30-4 p.m. on Thursdays.

Lanham said to quit smoking is not a mandate to attend classes.

"We encourage them to take the tools that they need and move along. If they don't quit, at least they will start to have the mindset. People will at least get one thing out of the class, so we'll lay a foundation," she said.

Classroom and counseling sessions aim to change behavior, Lanham explained. One-on-one meetings allow nurses to discuss personal issues such as family history and support systems.

"They need to start seeing themselves as nonsmokers, not as smokers trying to quit. As nonsmokers," she explained, "they think of all the triggers they have so they can avoid them and change their habit."

Lanham added, nurses help "nonsmokers" examine a typical day and discuss how to delay triggers such as stress or daily routines.

On Thursday, Public Health Nursing and Hawaii Pacific University nursing students passed along information and resources to passers-by at the Schofield post exchange, about how to quit smoking and "stay quit." Smokers and nonsmokers approached the booth.

The best support nonsmokers can give to smokers, said Lanham to some, is to encourage "one day at a time" thinking. Smokers themselves must not be so hard on themselves because everyone may have a stumbling block, she said.

Since the tobacco cessation program began at Schofield Barracks in 2004, Public Health Nursing has continued to help more and more military and family members join the ranks of nonsmokers. In 2004, 21 kicked the habit; in 2005, 99; and thus far this year, 121.

The 5 D's:

- **Delay**: The craving will eventually go away.
- **Deep breath**: Take a few calming deep breaths.
- **Drink water**: It will flush out the chemicals.
- **Do something else**: Find a new habit.
- **Discuss**: Talk about your thoughts and feelings.

(Courtesy American Cancer Society.)

94th AAMDC remains relevant, ready

SGT. 1ST CLASS KIMBERLY A. GREEN
94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER — With threats increasing significantly due to the proliferation of missile technology, the addition of the 94th Army Air and Missile Defense Command (AAMDC) has proven vital to the entire Asia-Pacific region.

The 94th AAMDC's mission is to strategically deploy combat ready air defense units and personnel in the U.S. Pacific Command's area of responsibility. In support of the combatant commander's contingency operations, it will conduct joint and combined Theater Air and Missile Defense planning, coordination, integration and execution.

"It's been a tremendous year. You have demonstrated professionalism and readiness at levels that are the envy of the Army. You moved from starting the establishment of your organization to achieving fully operational capability. It's an absolute privilege to have you as a part of the U. S. Army Pacific (USARPAC) team," said Lt. Gen John M. Brown III, USARPAC commanding general.

While maintaining a solid footprint in theater and to mark some of its work, the 94th AAMDC has been credited with enhancing the security of the United States and Japan by providing reliable defense assets and deterrents in the region.

As a result, the unit reached full operational capability in a little more than a year. They established the Forward Based X-Band Transportable (FBX-T) Radar detachment in Shariki, Japan, and deployed a Patriot Advanced Capability-3 equipped Air Defense Battalion from Fort Bliss, Texas, to Kadena Air Base. And even though they have accomplished so much in so little time, their hard work has not gone unnoticed, according to top U.S. Army officials.

"I've been watching you for the last year and you are ... building the continuous operations for the ballistic missile defense of this great theater. I want you to continue to be the first line of defense of our nation," said Lt. Gen. Larry J. Dodgen, commanding general of the U.S. Army Space and Missile Defense Command.

From providing Soldiers in support of ongoing combat operations, to meeting the nations' security challenges head on, members of the 94th AAMDC proudly place themselves on the first line of defense to protect the American people, their allies and American interests.

The Patch

The two arrows in flight refer to the organization's air defense mission. The sea-lion grasping the sword, commemorative of the unit's proud heritage, refers to World War II service in the Philippines and the South Pacific. The tower symbolizes a strong defensive position and alludes to the unit's motto, "First Line of Defense." The patch itself belongs to the 94th AAMDC is now more than ever appearing in countries throughout the world.

HAWAI'I ARMY WEEKLY

PAU HANA

www.25id.army.mil/haw.asp "When work is finished." FRIDAY, NOVEMBER 17, 2006

Photo by Sgt. 1st Cl[illegible] Curtis Matsushige | Hawaii Army National Guard

29th Brigade unveils OIF memorial

SGT. 1ST CLASS STEPHEN LUM &
SPC. JOANNA AMBERGER
117th Mobile Public Affairs Detachment, Hawaii Army National Guard

KALEALOA — At the former Barbers Point Naval Air Station, Hawaii Army National Guard's 29th Infantry Brigade unveiled its Operation Iraqi Freedom (OIF) Memorial at the brigade headquarters, Nov. 5. The Memorial honors 18 Brigade Soldiers who paid the ultimate price for freedom during their OIF deployment.

The ceremony began with opening formalities and introductions of the official party by Maj. Gen. Robert G.F. Lee, state adjutant general. As well, Brig. Gen. Joseph. J. Chaves, commander, Hawaii Army National Guard and the 29th Brigade, and Hawaii Gov. Linda Lingle addressed the many leaders, comrades, family and friends of the fallen Soldiers.

"I ask you to always remember our fallen comrades who, in their sacrifice, we find the courage, strength and inspiration to continue our quest for peace and freedom in the world. I ask that we keep their families in our hearts and prayers," said Chaves.

Lingle said, "Today's memorial is just a small way to express our respect and to honor those who gave their lives. It seems so small, small but important that we do it because we should never forget the sacrifice they made for us," she said.

"This memorial preserves their memory for current, as well as for future, generations."

The unveiling and presentation of floral wreaths at the OIF and Vietnam Memorials, by present and past brigade command sergeants major, followed remarks. Then, the audience gave homage to the Roll Call of Honor for both campaigns.

A ceremonial 21-gun salute, the playing of "Taps" and a three-helicopter flyover highlighted the conclusion of the ceremony.

"You can't put into words how much their sacrifice means," said Sgt. 1st Class Joseph C. Barker, a fire support officer for D Company, 184th Fire Support Team, currently deployed in Iraq, who sent condolences to family members. "Every one of those guys are heroes."

Also, Capt. Haz N. Anguay, military transition team leader with D Co., 100th Battalion, 442nd Infantry, in Iraq, expressed a sense of great loss for the fallen Soldiers and recognized their important sacrifices.

"My heart goes out to their families," he said.

Hawaii Guard's 111th Army Band provided music and C Co., 193rd Aviation, which returned from OIF in 2004, provided CH-47D Chinook helicopter support.

The OIF Roll of Honor included 14 Soldiers assigned or attached to the California-based 1st Battalion, 184th Infantry (three attached to 1st Bn., 487th Field Artillery); three from the U.S. Army Reserve's 100th Bn., 442nd Infantry; and one from Hawaii's 229th Military Intelligence Co.

Also remembered were the 29 Soldiers who died during the brigade's 1968 Vietnam War call-up. All of the '68 Call-up roll of honorees were from Hawaii.

The fallen brigade Soldiers were among the 120 Hawaii-based troops who received the newly created Hawaii Medal of Honor this past April.

Above Photo by Spc. Joanna Amberger | Hawaii Army National Guard

Above — Retired Master Sgt. Raymond Ganotise blows a conch shell prior to his Hawaiian *Oli*, or chant, and *Pule*, or blessing, of the new 29th Brigade Combat Team's Operation Iraqi Freedom Memorial, Nov. 5.

Top — Sgt. 1st Class Joseph Barker, from the brigade's California unit, the 1st Battalion, 184th Infantry Regiment, pays his respects to the unit's fallen comrades.

Sgt. 1st Class Curtis Matsushige | Hawaii Army National Guard

Hawaii Gov. Linda Lingle and Brig. Gen. Joseph J. Chaves (left), commander, Hawaii Army National Guard and the 29th Separate Infantry Brigade, join Maj. Gen. Robert G.F. Lee, state adjutant general, to unveil the new 29th Brigade Combat Team Operation Iraqi Freedom Memorial at the brigade's headquarters.

Wahiawa parade

Above: Mufi Hanneman, the mayor of the City and County of Honolulu, takes part in Wahiawa's 61st annual Veterans Day Parade. The parade theme was "We have not forgotten."

Right: Soldiers of the 3rd Infantry Brigade, 25th Infantry Division, use camouflage netting to transform two flatbed trailers into a stage.

Photos by J.R. Reese | U.S. Army Garrison, Hawaii, Public Affairs

MWR Briefs

Serving America's Army in Hawaii

17 / Today

NAF Property Sale — The NAF excess property sale will be held Nov. 17, from 9 a.m. to 3 p.m. on Fort Shafter Flats in Building 1598.

Sale items include office and home furniture, golf course equipment, golf carts, restaurant equipment, and more. All property will be sold "as is." Acceptable forms of payment will be cash, personal checks or credit cards. Call 438-3492.

Facility Closure — The fitness center and pool will be open from 10 a.m. to 5 p.m. Nov. 17.

The Aliamanu library, physical fitness center, and pool will be closed Nov. 18 for a scheduled power outage. Call 833-4851 (library) or 836-0338 (fitness center).

Holiday Craft Sale — The Fort Shafter Arts and Crafts Center continues its semi-annual Holiday Sale through Nov. 18. Take advantage of quality craftsmanship at affordable prices on a wide variety of craft items.

Sale hours are 11 a.m to 7 p.m. Nov. 17, and 9 a.m. to 5 p.m. Nov 18. Call 655-4202 or 438-1071.

Teen Social — Teens are invited to come have fun with friends Nov. 17 at the Schofield Barracks Teen Center Social. The fun will last from 7 to 9:30 p.m. and costs $3 for members and $4 for non-members. Call 655-0445.

18 / Saturday

Vet Clinic — Fort Shafter Veterinary Treatment Facility will be hosting a clinic from 8 a.m. to 12 p.m. Pets will be seen by appointment only, but walk-ins are welcome for product purchases. To schedule an appointment, call 433-1975 or 438-2271.

Rock Fest 2 — Teens, don't miss Rock Fest 2 at the Schofield Teen Center, Nov. 18.

The party will last from noon to 5 p.m.

Come enjoy food, a skateboard competition, demonstrations from skate companies, and maybe win some prizes. Cost is $3. Call 655-0443.

Yu-Gi-Oh — Get ready to duel at Tropics. Registration for the Yu-Gi-Oh tournament starts at noon and matches will start at 1 p.m.

Cost is $6 and includes a pack of the latest Yu-Gi-Oh cards. Prizes will be awarded, and all ages are welcome. Call 655-8522.

Parents Night Out — Leave your kids with Child & Youth Services (CYS) at the Peterson Center 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, Nov. 17. Reservations are first-come, first-served. For fee schedule, call 655-8313.

Waikiki Trip — Parents are invited to enjoy a fun night out in Waikiki and leave their children at Parents Night Out. The bus will leave Peterson Center at 6 p.m. and return at 10:30 p.m. FEE?

Call the CYS registration office, 655-8380, to reserve child care and a seat on the bus. Space is limited and will be accepted on a first come, first-served basis.

22 / Wednesday

Thanksgiving Dinner — Join the Nehelani Family for Thanksgiving dinner, Nov. 22.

The holiday weekend will kick off with a dinner, complete with all the trimmings and served family style.

Cost is $15 for adults, $12.95 for Blue Star Card Holders, and children's pricing is available. Tickets must be purchased in advance. Group reservations for family readiness groups are available. To make a reservation, call 655-4466.

24 / Friday

Hawaiian Luau — Enjoy the "ono" taste of a traditional Hawaiian style feast, 11 a.m. to 1 p.m. at the Hale Ikena on Fort Shafter, or 11 a.m. to 2 p.m. at the Schofield Barracks Nehelani.

Cost is $9.95 per person. Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations.

Thanksgiving Coloring Contest — Youth, grades kindergarten through sixth, are invited to show off their artistic side in the Tropics coloring contest.

Come to the Tropics to pick up a turkey to color. All entries must be submitted no later than 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 the Holiday Cookie program. The cookies will be baked Dec. 1.

Soldiers will be baking cookies and mailing them, along with cards, to Hawaii-based Soldiers deployed to Iraq. To volunteer or donate, call 655-1130.

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. There will also be a gift wrapping station that will cost $1 per gift, or free for Blue Star Card Holders. Call 6833-0920.

Ongoing

Free Tutoring Service — The School of Knowledge, Inspiration, Exploration & Skills (SKIES) is now offering free tutoring to youth who are enrolled with SKIES or registered with CYS.

Tutoring is available for English, math, sociology, social studies, history, drama, and science students. This service is available each Monday from 3:30 to 4:30 p.m. for students in grades 6 through 12. To enroll, call 655-9818.

Nehelani Catering — The Nehelani Banquet and Conference Center is the perfect setting for all of your catering needs. This service is available for weddings, graduations, proms, first birthdays, military functions, reunions, conferences, workshops or private parties.

The Nehelani staff will work hard to make your occasion an event to remember. Call 655-0660.

SKIES Unlimited Volunteer Opportunities — Do you have a special skill or talent and enjoy teaching children? Join the Child & Youth Services family as a child/youth instructor.

SKIES is looking for qualified, caring volunteer instructors for the School of Arts, School of Sports, School of Academics, and the School of Life Skills.

Photo Courtesy Special Olympics Hawaii

A swimming success

Special Olympics Hawaii will hold its 2006 Holiday Classic Dec. 1 – 3 at Hickam Air Force Base and Marine Corps Base Hawaii, Kaneohe. Volunteers are needed to help make this event successful.

The ideal volunteer is one who wants to make a difference in the community by helping differently-abled athletes get a chance to experience the excitement and joy of competitive sports.

Positions are available in set up, operations, sports competitions, and tear down. To volunteer, call 943-8808, extension 27; or e-mail volunteers@specialolympicshawaii.org; or visit www.specialolympicshawaii.org.

Worship Services

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)
  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

Community Calendar

Send calendar announcements to community@hawaiiarmyweekly.com.

17 / Today

Cultural Observances — In honor of Native American Indian Heritage Month, the local community is invited to an event that celebrates the history and culture of Native Americans. This free event will be held Nov. 17, at 10 a.m. in the Sgt. Smith Theater, Schofield Barracks.

Featured guests include Leeta Wolfback, a Native American author; Troy De Roche, flautist and craftsman of Native American flutes; and his wife, Liz De Roche, an internationally known storyteller and beadwork artist. Call 655-0386.

Protestant Women of the Chapel — A place to find laughter, hope and friends, join the fall session of PWOC every Tuesday through Dec. 15 at the Main Post Chapel from 9 to 11:30 a.m. Free on-site child care will be available by reservation. Call 206-8504.

Art From the Heart — The Rehabilitation Hospital of the Pacific will host an arts and crafts weekend showcase, beginning Nov. 17, from 5 to 8 p.m. at 226 North Kuakini St.

"Art from the Heart" is a benefit for the Louis Vuitton Creative Arts Program, which provides therapy for people with physical and cognitive disabilities.

This event is free and will feature more than 500 original paintings by current and former Rehab patients, musical entertainment and refreshments.

The "Heart to Heart Holiday Faire" will be held on the Rehab lanai Nov. 18, from 9 a.m. to 2 p.m.

This event will feature art, crafts, gift items and food and will benefit three local nonprofit organizations: the Rehab Hospital, Kuakini Health System and Lanakila Rehabilitation Center. Call 531-3511.

Family Employment Readiness Programs — Family Employment Readiness services at ACS offices will host monthly training workshops, including interviewing techniques, effective job-hunting skills, resume writing, dressing for success and many more – designed to assist you in your transition into the workplace.

Upcoming employment-centered workshops are scheduled at Fort Shafter (FS) and Schofield Barracks (SB):

- Employment Orientation; Friday, Nov. 17 and 24, 9 to 10:30 a.m. (SB)
- Mock Interviews; Nov. 15, 9:30 to 11:30 a.m. (FS)

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 the Fort Shafter ACS at 438-9285 to schedule an appointment or register for workshops.

Blaisdell Center Events — The Neal S. Blaisdell Center, Oahu's community center, is located in downtown Honolulu at the base of Punchbowl. Upcoming events include the following:

- Professional Bull Riders Rodeo, Nov. 17, 18
- Lewis Black, Nov. 21
- Billy Joel, Dec. 16

Purchase tickets at the Blaisdell box office, Ticketmaster outlets, charge-by-phone at 877-750-4400, or visit www.ticketmaster.com.

18 / Saturday

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.

Pearlridge Express — All aboard the Pearlridge Express!

Hawaii's only scale-model, fully-functioning train will pull into the Uptown Center Court "station," Nov. 18 at 10 a.m.

The custom-built locomotive can take 15 kids at one time on a journey through a yuletide fantasy of sugary creations. Running daily through Jan. 1, the Pearlridge Express will be a sure memory-maker for the whole family.

22 / Wednesday

School Honors Namesake — Solomon Elementary School will host a rededication ceremony at the school to honor its namesake, 1st Sgt. Samuel K. Solomon, Nov. 22 from 8:30 to 10 a.m. Call 624-9500.

Thanksgiving Eve Worship — In the spirit of fellowship and gratitude, the community is invited to come to Schofield's Main Post Chapel, Building 790, for its Thanksgiving service at 6 p.m.

Refreshments will be served on the lanai following the service.

December

1 / Friday

Family Employment Readiness Programs — Family Employment Readiness at Army Community Service offices will host monthly training workshops, including interviewing techniques, effective job-hunting skills, resume writing, dressing for success, and many more – designed to assist you in your transition into the workplace.

Upcoming employment-centered workshops are scheduled at Fort Shafter (FS) and Schofield Barracks (SB):

- Employment Orientation – Friday, Dec. 1, 8 and 15, from 9 to 10:30 a.m. (SB); Wednesday, Dec. 6, from 9 to 10:30 (FS);
- Job Searching in Hawaii – Thursday, Dec. 7, from 9:30 to 11:30 a.m. (SB);
- Creating a Winning Resume – Wednesday, Dec. 13, from 9:30 to 11:30 a.m. (SB)

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.

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, military patrons, and children age 3 and under.

Call 847-3511 or visit www.bishopmuseum.org.

This Week at the Movies Sgt. Smith Theater

Open Season

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

School For Scoundrels

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

The Guardian

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

The theater is closed Monday & Tuesday.

The Learning Tree

DR. JULIA MYERS
Contributing Writer

With Thanksgiving upon us, I find myself, as I'm sure most of you do, reflecting a great deal on all the things for which I am thankful. So, to take a break from the nitty-gritty, education-related subject matter, I thought I would write a column this month on some of these things.

Here, in no particular order, is my list of people and things that have helped me shape my learning tree. For these people and things, I am certainly thankful:

1) I'm thankful for a father who taught me from a young age to be curious, who passed on the desire to know and the motivation to learn.

He took me on my earliest field trips – snowshoeing and fishing in Alaskan streams – and taught me lessons that could not be taught in any classroom, like reading animal tracks and making syrup from tree sap.

I remember asking him question after question, and days at the kitchen table looking up answers in the World Book Encyclopedia.

What he taught me. Learning is fun, curiosity is contagious, and the desire to learn is the most important thing. You might not know all the answers, but you can sure find out.

2) I'm thankful for a mother who preached and demonstrated the importance of education, and, despite her difficulties with the English language, read to us daily, played games with us, and helped us with our homework.

What she taught me. You don't have to know it all or be perfect to encourage and help others learn.

3) I'm thankful for teachers who nurtured my thirst for knowledge, posed great questions, answered my questions, and encouraged me to find the answers on my own. They challenged me, stretching my mind and my imagination.

What they taught me. Learning is not easy, but it's always worthwhile. We must ask questions and seek answers. Our minds must be stretched to grow.

4) I'm thankful for the gift of a public education, which was available to me regardless of my gender, socio-economic status or race.

Myers

What it taught me. American public schools, despite their continual reinvention and the criticism they often receive, provide a remarkable opportunity for all children.

5) I'm thankful for my husband who engages me in interesting conversation and debate, sparks my thoughts, and challenges my mind.

What he teaches me. Education need not be within the walls of a school. There are learning opportunities everywhere, everyday. We must recognize them, capture them and appreciate them.

6) I'm thankful for my children who have allowed me to pass on my love of learning, who show unending curiosity and continually demonstrate a natural desire to learn.

What they teach me. Learning is an undeniable part of being a child, and it is important to make the most of this window of opportunity for creating children and adults who are interested in education and motivated to learn.

7) I'm thankful for my son, with his wonderfully-challenging, questioning mind, who asks me after nearly every answer that I give him, "Mom, are you sure about that?"

What he teaches me. If an answer does not make sense to him, he will temporarily suspend belief even though I am his mother. And, I don't have all of the answers, and even if I did, it would not be enough to just give them to him.

Answers without understanding don't lead to learning.

9) I'm thankful to live in a country where we all have the right to a free and appropriate education, and there is freedom to learn without fear or limits.

I'm especially thankful for the service members who defend these freedoms.

What these things teach me. As part of the most basic, promised rights of our democracy, educational privileges should be treasured and used to the fullest.

Thank you for allowing me to share some personal thoughts. I hope that you, too, will take the time to reflect on the people and things along the way that were instrumental in the growth of your learning tree.

(Editor's Note: Julia Myers is an educational consultant and adjunct professor for Chaminade University. She has 16 years of teaching experience. She, her husband Stephen and their four children live at Schofield Barracks.)

Turkey 101

How to make that commissary turkey the best ever

KAY BLAKLEY
Defense Commissary Agency

FORT LEE Va. – If you're the appointed turkey cook this Thanksgiving and you're stressing to the max because you've never cooked a turkey before, take comfort in knowing this: Roasting the turkey is the easiest part of the entire traditional feast.

Your local commissary can help with a turkey tailored to your specific needs, whether big or small. You can pick up a disposable roasting pan to cook turkeys in, for easy clean-up; get turkey roasting bags, for faster cooking times; and grab instant-read thermometers, for greater safety.

If you just choose the products that suit your goal, and then arm yourself with the basic guidelines and tips, you'll be "good to go."

How much do you need? Plan on cooking one-half to three-quarters a pound per person for a regular bone-in turkey, and about one-third a pound per person for a boneless breast or turkey roast. Allow for a bit more if you want plenty of leftovers.

Have a houseful of white-meat-only or dark-meat-only lovers? A breast or turkey legs alone might be a better choice than a whole bird. However, if you go this route, you give up the turkey carcass that makes for such good soup once the main feast is over – decisions, decisions.

How long does it take to thaw? Short answer, a long time. Place the frozen turkey on a tray in the refrigerator and allow five hours per pound to complete the thawing process. Depending on size, this can take from two to five days.

To speed things up a bit, remove the giblet packet and neck from inside the turkey and thaw them separately. Be sure to check both the body cavity and the neck cavity for these; sometimes they are stored in two packets.

If time is short, use the cold water method for thawing, but do so carefully. Spoilage bacteria can multiply rapidly at temperatures above 40 degrees. With the turkey in its original wrapper, place it in a large container and cover it completely with cold water. Change the water every 30 minutes and allow an hour per pound for total thawing time.

How to roast? Preheat the oven to 325 degrees. Remove giblet packets from inside the turkey, then rinse inside and out with cold water, and then pat dry with paper towels.

On The WEB
Visit Kay's Kitchen at www.commissaries.com under the "shopping" link for more Thanksgiving recipes.

Rub the body and neck cavities generously with salt, and insert a medium onion (cut into quarters) and two or three celery sticks with leaves. Sprinkle the skin with salt, then brush all over with melted butter or oil.

Place the turkey breast-side-up in a shallow roasting pan, and roast on the lowest oven rack until a meat thermometer inserted in the thickest part of the thigh registers 175 to 180 degrees, and in the breast 160 to 165 degrees. Refer to your turkey's original wrapper for approximate total roasting times, which can range from 2.75 to 3 hours for a small turkey to 4.5 to 5 hours for a large one.

Remove the turkey from the oven, tent loosely with aluminum foil, and let it rest for 15 to 20 minutes before carving.

If you're a tad on the impatient side, or you just need to free the oven for other dishes to complement the turkey, consider using an oven roasting bag. You won't produce a picture-perfect turkey with a roasting bag, but looks only matter if you plan to make a big production of carving a beautiful bird at the table.

To stuff or not to stuff? If your favorite part of the Thanksgiving meal is the stuffing, then by all means choose a reliable recipe and give it a try. Just be aware that food safety experts consider it a breeding ground for pathogens that can make you sick if not done properly. For first-timers, baking a pan of dressing separately is usually easier and definitely safer.

(Editor's Note: Kay Blakley works with the Defense Commissary Agency, Europe. She's a consumer advocate and home economist with a lengthy career in food and nutrition.)

Photos Courtesy Lt. Col. Stephen Myers

Patriots on parade

The streets of Waianae resound with patriots at the Waianaie Veterans Day Parade Nov. 4.

Clockwise from upper left: Retired Maj. Gen. Herbert Wolff, grand marshal and veteran of WWII, Korea, and Vietnam, dons his original uniform as he rides in a restored WWII jeep; some of the original Green Berets wave to the crowds; active duty Soldiers and JROTC cadets carry a "Mahalo Veterans" banner; a convoy mixing restored and current military vehicles parade down Farrington Highway.

Newest veterans receive combat patch

Story and Photo by
CPL. MIKE ALBERTS
3rd Infantry Brigade Combat Team Public Affairs

KIRKUK, Iraq – America's newest combat veterans, Soldiers of the 25th Infantry Division's 3rd Infantry Brigade Combat Team, were recognized for their service during a series of "shoulder sleeve insignia" ceremonies during Veterans Day at Forward Operating Base Warrior, here, Saturday.

The shoulder sleeve insignia, commonly referred to as the unit patch, is a distinct emblem worn on the left shoulder. It identifies a Soldier's assigned unit and represents his or her unit's history and achievements.

When awarded and worn on the right shoulder, the unit patch is termed a combat patch denoting service in a combat zone.

Soldiers of five battalions from 3rd Brigade received their combat patch during independent ceremonies throughout the day. Soldiers stationed in other locations conducted similar ceremonies earlier this month.

"Be proud of your service," said Maj. Gen. Benjamin R. Mixon, commanding general, 25th Infantry Division and commander of Multinational Division North. "You are serving the nation at a very critical time, and you are a part of that very small minority that is proudly serving our nation."

Less than one-tenth of one percent of Americans currently serve in the armed forces, and an even smaller percentage serve in a combat zone. Thus, Veterans Day was a fitting backdrop for Soldiers to honor American veterans of all wars and to demonstrate pride in their unit and country.

Maj. Gen. Benjamin R. Mixon, commanding general, 25th Infantry Division, places a combat patch on a 3rd Infantry Brigade Combat Team Soldier during a Veterans Day Shoulder Sleeve Insignia Ceremony at FOB Warrior, Kirkuk, Iraq, Nov. 11.

"On Veterans Day, in [your] future, as you sit around and barbecue on the grill, or watch a parade, look back on this day and say, 'I served my nation during the global war on terrorism in Iraq, and I made a difference' ... because you have," Mixon emphasized.

Guadalcanal was the first major campaign of the 25th Infantry Division. Since World War II, the division has distinguished itself in several wars: Korea, Vietnam, the Gulf War, and operations Enduring Freedom and Iraqi Freedom.

The newest combat veterans now share in the division's illustrious history.

"The combat patch that you now wear on your right shoulder puts you in a fraternity," said Brig. Gen. John "Mick" Bednarek, deputy commanding general, 25th ID. "It is a fraternity of veterans just like you, who have served our nation's calling in year's past.

"You now represent the future, not only of America, but also what is right for our Army and our nation," explained Bednarek.

community Sports

Send community announcements to community@hawaiiarmyweekly.com.

17 / Today

PBR Rodeo — The top names in the Professional Bull Riders Association (PBR) will compete in the Cheeseburger Island Style PBR Hawaii All Star Challenge, Nov. 17 and 18 at the Blaisdell Center, downtown Honolulu.

Tickets for this event start at $20 and are available through Ticketmaster by visiting www.ticketmaster.com or call 877-750-4400.

Tickets may also be purchased at Times Supermarkets or by calling the Blaisdell, 591-2211.

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 Nov. 17, from 5:45 to 10 p.m., and Nov. 18, 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. 1 & 2, and Dec. 15 & 16. Register by calling 587-0200.

Love Games — The Hawaii Pacific Tennis Foundation is now accepting applications for the K-Swiss Thanksgiving Mixed Doubles Challenge that will be held at the Tripler Tennis Center, Nov. 17 and 18.

Divisions will include combined mixed, 7.5 and below; and combined mixed, 8.0 and above.

The entry fee is $25 per person and includes a T-shirt, raffle ticket, and a Saturday cookout. Additionally, special discounts will be offered on orders of K-Swiss merchandise.

Call 677-1334 or e-mail dav@hawaiitennis.org, or visit www.hawaiitennis.org.

20 / Wednesday

PGA Grand Slam — Discounted tickets are now available for Hawaii residents for the Professional Golfers Association (PGA) Grand Slam of Golf, Nov. 20-22 at Poipu Bay Golf Course on Kauai.

Scheduled to compete is Tiger Woods, Geoff Ogilvy, Jim Furyk, and Mike Weir among many others.

Purchase tickets by calling 800-PGA-GOLF (742-4653) or online at www.PGA.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.hawaianhumane.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.

December

10 / Thursday

Honolulu Marathon 2006 — The 34th annual Honolulu Marathon and Race Day Walk will be held Dec. 10 and is expected to attract more than 33,000 participants.

The race will start at Ala Moana Beach Park and finish at Kapiolani Park near the bandstand.

Registered runners are required to pick up race packets at the Honolulu Marathon Expo, which will be held at the Hawaii Convention Center, 1801 Kalakaua Ave., Waikiki, Dec 6–8.

Packets will include race number, timing chip and final instructions and will be available Dec. 6, from noon to 5 p.m.; and Dec. 7–9, from 9 a.m.–6 p.m.

For expo details, visit www.roadraceventures.com. For race route, statistics and registration information, visit www.honolulumarathon.org

21 / Thursday

Batter Up! — The University of Hawaii baseball program will be hosting a winter baseball camp, led by UH head baseball Coach Mike Trapasso, Dec. 21-23 and Dec. 28–30. The camp is available for children ages 7–18. Pitcher/catcher camp is 9 a.m.–noon and hitting camp is 1–4 p.m. Cost per camp is $120 or $200 for both camps. Call 956-6247.

Ongoing

Fleet Feet — Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field. The club meets Wednesdays from 5:15 to 7 p.m. Cost is $50 per year. Call 277-3609.

Prenatal Exercise Program — Exercise during pregnancy has been shown to positively impact fitness during labor and childbirth. Learn and practice safe exercising during pregnancy. Classes are each Monday, Wednesday and Friday at the offices of Pacific Health & Fitness Consultants, through Dec. 30.

A physician's referral is required. Call 599-5918.

Masters Swim Program — Team Move hosts a master's swimming program Wednesdays, from 7:30 to 8:30 a.m., and Saturdays from 7 to 8:15 a.m., in the Pearl City district park swimming pool.

The innovative group workouts are designed for beginning and advanced swimmers. Expert coaching will be provided to improve upon form and technique.

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

Cricket in the Park — The Honolulu Cricket Club invites players of all levels of experience to get into the game. Join the club at Kapiolani Park, at the base of Diamond Head, for exciting rounds of cricket.

Call 256-8236 for match dates or visit home.hawaii.rr.com/cricket/hcc.htm.

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

Delicious meals are included. To schedule your adventure, call 734-4214, toll free 1-877-682-7433, or go online at www.bikehawaii.com.

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

PTA racers riding dirty on Big Island Oval

BOB MCELROY
Pohakuloa Training Area Public Affairs

Photo Courtesy of Riddiford Racing Photos

Leatherneck Racing Team's Chevy Corsica (front), driven by Harold Irwin, pulls ahead of the pack during a race at the Big Island Oval Track in Hilo.

POHAKULOA TRAINING AREA, Hawaii – When Chris Carella began racing stock cars on the Big Island Oval (Dirt) Track in Hilo a couple of years ago, life was simple for him. Prepare the car for the race, get out on the track, and bomb around it with hopes of winning.

Things have changed for Pohakuloa Training Area's (PTA) director of Information Management, though. He's no longer just a driver; he now owns a racing team with four cars and drivers.

Carella began his Big Island racing career about two years ago, driving for other teams. When the last team he drove for, Ace of Spades Racing, dropped out of the racing business on Feb. 5, he and a fellow driver, James Burns, formed their own team without hesitation – the same day in fact.

"We were both hooked on racing, so we formed a team and made a banner," Carella said.

And, because both he and Burns are former Marines. They named their new team Leatherneck Racing after one of the more famous nicknames for the Marines.

Leatherneck Racing began its 2006 racing season with three cars: a 1977 Ford Thunderbird, a 1977 Chevrolet Camaro, and a 1983 Chevrolet Celebrity. They would later add a 1991 Chevrolet Corsica.

Carella was soon to learn that owning and running a racing team was considerably more work and consumed more of his time than just driving in the races.

Owning a team entails dealing with logistics and getting fuel, fluids, tires, rims and replacement parts for cars before each race, Carella said. I would take leave the day before the races to do the final checks on the cars.

Carella also found himself spending about four hours each evening on the team during the week leading up to a race.

"Most evenings, we were wrenching or cutting and welding the cars," Carella said. "On top of that, we'd assist with the prep of the track on the day of the race."

Come race day, Carella would rise early to load his car, tools and gear and "sweat" whether all of his drivers and crew would show up for the race. Carella said there were times when he had to do his own repairs and tire changes because his mechanic couldn't make it to the race.

On race days, Carella would not only lead his team, he would race himself, averaging 70 laps around the one-quarter mile track.

After the races, he and his team would break down their equipment in the pit area, load it up, and move it back to his house in Hilo, just down the road from the Big Island Oval (Dirt) Track. They would unload the gear on Sunday, and on Monday he would begin another workweek at PTA.

"It's basically running two full-time jobs with overtime," Carella said. "It was tough but I did it."

The race season ended in October with a victorious Leatherneck Racing. The team finished in first place in the front-wheel drive Bomber class and second in the rear-wheel drive Bomber class car.

Bomber class cars are stripped to nearly bare metal to reduce their weight, including removing all glass and replacing it with safety screens.

Since Hilo has the only track in Hawaii – one was closed on Oahu – I guess this makes us the state champs, Carella noted, wryly.

He reflected on his first season as a racer and team owner, especially the personal rewards being a team leader brought him.

"To gather people together for a common cause, to go from zero to conquering [the race track] in a single year is awesome," Carella said. "It's because the drivers and mechanics are former Marines. They were always there for me on and off the track. That's the beauty of being former Leathernecks."

That sense of Marine brotherhood Carella shares with his team is reflected in Leatherneck Racing's motto and racing philosophy: "Failure is not an option! All for One and One for All! Expect No Mercy!"

The theme extends to the team's new victory tee shirts that bear the phrase "Expect No Mercy!" Carella said that it is the motto of Burns' former unit, 1st Battalion 7th Marines.

With the season over, Carella said he needs a breather.

"I need to take a break and recharge the batteries," Carella said. "I'd like to get back into scuba diving. I's also aspire to build a formidable machine to blow away the V-8 stocks in 2008," he added, with a broad grin.

Carella will also take some time to reflect on the lessons he learned about running a race team and will develop a plan for the 2008 season.

"With a little bit of rest and reorganization, applying the lessons we learned, especially about logistics and funding, we'll be okay," he said. "The time off will give us a chance to develop a plan."

Funding is key, he said, because of the steady need for fuel, fluids, tires, rims and spare parts during the races. Carella estimated his four cars burned more than 400 gallons of gas and went through more than 30 tires during the season.

Carella

Carella said that Leatherneck Racing had two sponsors: Riddiford Racing Photos and Island Prana Massage, and he hopes to get more.

"We had four local businesses that wanted to sponsor us, but it didn't happen because we were too busy to get to it," he said. "This year, everything was done on the fly. It started Thursday night [during race week] and didn't let up till Sunday," he said.

Despite long days and nights, the noise and dirt at the race track, and his full-time job as PTA's Directorate of Information Management, Carella has no regrets about forming and running his own team.

He said he would do it again, in a minute, for the rewards outweigh the issues.

"Absolutely. It's an awesome sport. I can't keep my foot out of the gas tank," he said, chuckling.

MWR Sports

19 / Sunday

Bowling Tournament — A "5 Game, No Tap" tournament will be held at the Schofield Bowling Center, Nov. 19. Check-in is at 1 p.m., and the cost is $20 per bowler. Call 655-0573.

24 / Friday

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 competitions. Teams will be comprised of company-level active duty Soldiers.

Competitions will be held for north and south regions, but only 20 teams can participate. Registration deadline is Nov. 27.

Organizational meetings for both sports will be held Nov. 30 at 1 p.m. in the Fort Shafter and Martinez gyms. 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.

Visitwww.mwrarmhawaii.com,www.armybmx.org or call 656-1601.

Witness the Smackdown — Come watch Hawaii Championship Wrestling at the Schofield Tropics, Nov. 25. Doors open at 6 p.m. and matches start at 7 p.m.

Call 655-5697.