

## INSIDE



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### A whole lotta' singing going on

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## Five were killed by IED

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

The Department of Defense announced the death of five 25th Infantry Division Soldiers who were supporting Operation Iraqi Freedom. The Soldiers died Dec. 6 in Hawijah, Iraq, of injuries suffered while on patrol when an improvised explosive device detonated near their vehicle.

Killed were the following Soldiers:

Sgt. Jesse J.J. Castro, 22, of Chalan Pago, American Samoa. An infantryman, Castro joined the Army in May 2003 and was assigned to Schofield Barracks in November 2005.

Cpl. Jason I. Huffman, 23, of Conover, N.C. Huffman, an infantryman, joined the Army in October 2003 and was assigned to Schofield Barracks in September 2006.

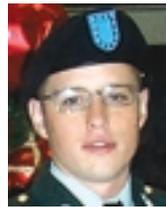
Spc. Joshua B. Madden, 21, of Sibley, La. Madden, an in-



Madden



Mokri



Krege



Castro



Huffman

fantryman, joined the Army in June 2003 and was assigned to Schofield Barracks in October 2003.

Cpl. Yari Mokri, 26, of Pflugerville, Texas. Mokri, a counterintelligence agent, joined the Army in June 2005 and was assigned to Schofield Barracks in February 2006.

Pfc. Travis C. Krege, 24, of Cheektowaga, N.Y. Krege, an infantryman, joined the Army in August 2005 and was assigned to Schofield Barracks in

December 2005.

Castro, Huffman, Madden and Krege were all assigned to the 2nd Battalion, 27th Infantry, 3rd Infantry Brigade Combat Team. Mokri was assigned to the 3rd Brigade Special Troops Battalion.

## Rear detachment remembers fallen

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

"First and foremost, our thoughts and prayers are with the families, loved ones and comrades of these brave Soldiers," said Col. Timothy Ryan, rear detachment commander, speaking of five members of the 25th Infantry Division killed by an improvised explosive device (IED) fighting the global war on terrorism in Hawijah, Iraq, Dec. 6.

"Learning that someone you love isn't coming home is the most difficult news to hear, and this incident speaks to the incredible sacrifice borne not only by our Soldiers but by families across our nation," Ryan continued. "It strengthens our resolve to comfort and support these families and our community during these difficult times."

Two memorial services were held at the Schofield Barracks Main Post Chapel: one, Tuesday afternoon, for

Sgt. Keith E. Fiscus, 26, killed by an IED that exploded near his humvee during combat operations in Taji, Iraq, Dec. 2. The other was held Wednesday morning for the five.

"These Soldiers made the ultimate sacrifice in service to our nation, and the somber news of their death is especially difficult at this time of year when our thoughts move toward families and loved ones during the holidays. I know that the commitment and sacrifice of these brave Soldiers will be honored throughout our ranks and their loss will be felt across our Army family," Ryan said.

"We will keep the names and memories of all of the Soldiers who have given their lives in our hearts, and we must also continue to keep the many Soldiers still in harm's way in our thoughts and prayers, as well. It is the noblest of all callings to lay down one's life for another, so it is very humbling to think upon the sacrifice these American heroes made."

## 45th Sust. Bde. sends mahalos to supporters

Story and Photo by  
JEREMY S. BUDDEMEIER  
Assistant Editor

HONOLULU — While most family members rush to send care packages to troops in Iraq, one group of deployed Soldiers sent a round of mahalos back to Hawaii.

For the past week, members of the 45th Sustainment Brigade have delivered handmade shadowboxes with American flags and certificates of appreciation to 11 individuals and organizations that have supported the unit this year.

The flags were flown for nine minutes, 11 seconds at Forward Operating Base Q-West, Iraq, Sept. 11, 2006.

The purpose, as stated on the certificate, was to represent "America's resolve toward the destruction of terrorism, her commitment to preserving freedom and her inevitable victory."

The certificates were signed by Col. Michael T. McBride, 45th Sus. Bde commander, and Command Sgt. Maj. Gregory L. Seals. More than 400 Soldiers from the unit deployed to Iraq in July 2006.

Capt. Theresa Watt, 45th Sus. Bde rear detachment commander, 1st Sgt. Kenith Cooper and Staff Sgt. Eric Braddock hand delivered the gifts to two of the 11 recipients, U.S. Congressmen Neil Abercrombie and Ed Case, in separate meetings Tuesday morning.

"I'm honored," Abercrombie said as the Soldiers presented him the flag and certificate in his office at the Federal Building downtown.

"I'm going to send this to Washington [D.C.] and

SEE MAHALOS, A-4



Air Force Staff Sgt. Samuel Bendet

## One team, one mission

Sgt. Robert Mitchell of Delta Company, 2nd Battalion, 35th Infantry Regiment, 25th Infantry Division, gives a poster supporting "One Team, One Mission" to a storekeeper in the industrial section of Taza, Kirkuk province, Iraq, Dec. 11.

## HPD cautions spouses, 'Don't fall victim to identity theft'

Tips on protecting identity, consumer credit and steps to take if problems occur

CHRISTA B. THOMAS  
Pau Hana Editor

"Don't be fooled into thinking that it's just seniors who are targets of identity theft," said Honolulu Police Detective Miles Jung. "What we have found is that there is a scam for everybody, even our kids."

Jung, accompanied by another detective from the Pearl City police station, addressed attendees at the December Spouse Information Meeting (SIMS). His presentation was focused on identity theft, popular scams, shopping safety, and the importance of reporting criminal activity.

The rapid-fire growth of identity theft is particularly frightening. On Tuesday alone, more than one million Americans had their personal identities and credit

ratings jeopardized.

A Chicago-based Boeing laptop, replete with employee social security numbers, was stolen; a six-state raid on illegal immigrants revealed many had been employed using stolen social security numbers; and a hacker broke into the University of California's campus computer system, accessing personal information on students, faculty and staff.

Many savvy consumers enroll in credit monitoring programs and respond quickly to fraud alerts to prevent identity theft. However, the best deterrent to identity theft is practicing due diligence and remaining steadfast in securing and monitoring personal information.

Once one becomes a victim, it will take an average of 177 hours and nearly two years to clean up the damage, according to the Federal Trade Commission (FTC).

The FTC Web site reports that in 2005 as many as 10 million Americans had their identities stolen, making ID theft the most

common form of consumer fraud. Further, victims suffer an average of \$7,000 in monetary theft.

The FTC has a comprehensive program designed to assist victims of ID theft.

"They have affidavits, sample referral letters, and many brochures on preventive measures," Jung said.

Jung cautioned attendees that simply notifying credit card companies or the bank isn't sufficient.

"You must notify [HPD]. If you contact the FTC, the first thing they will ask is whether a report

was filed with local law enforcement. They will add your name into a national database that helps law enforcement track the criminal."

Consumers may also ask credit bureaus to place a free 90-day fraud alert on their files. The fraud alert re-

quires businesses to call consumers before issuing any new credit in their name.

Hawaii didn't have identity theft laws in place until mid 2002. With the adoption of these laws, perpetrators risk spending up to 20 years in jail for ID theft.

"If the crime is committed using a computer, that means mandatory jail time, even if it's a first offense," Jung said.

Jung addressed attendees' concerns,

SEE IDENTITY, A-10



## 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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## Straight Talk

# All police will be especially vigilant

## Law enforcement to target seat belt usage and drunk drivers

**LT. COL. MICHAEL "SHANE" WALLACE**  
Directorate of Emergency Services

Law enforcement officers across the state will be targeting motorists for seat belt usage and drunk driving as part of the national program to help holiday travelers arrive safely to their destinations.

U.S. Army Garrison, Hawaii's Directorate of Emergency Services (DES) will be increasing enforcement activity during the Christ-

mas and New Year holidays on all Army installations. The Honolulu Police Department (HPD) will step up enforcement in off-post areas.

Drivers need to be responsible by buckling up and not driving after alcohol consumption of any level. Since the Christmas and New Year holiday season is an occasion to spend time with family and friends, it is one of the most traveled holidays of the year. But, whether driving on the mainland or throughout the Hawaiian Islands on leave or vacation, everyone wants to make it home for the holidays.

Military police, the Department

of the Army police and HPD will be out in force to help make sure motorists obey the laws of the road to arrive at their destinations safely.

Always try to allow extra time for heavy traffic, hazardous road conditions and inclement weather. Try to always have a plan, a plan for the worst – but hope for the best.

Historically, the fatality rates have been higher during holiday periods, and that is why law enforcement agencies, in this concerted effort, are zeroing in on these two major contributing factors to motorist deaths during the

holiday period.

Seat belts do save lives; so please remember to buckle up and make it mandatory for passengers to do the same.

Sadly enough, the number of motorist deaths increases dramatically with alcohol consumption. However, there is one way to almost guarantee that to not be involved in an alcohol-related acci-

dent: Don't drink and drive! Just don't do it!

Everyone has heard this message time and time again, but one fact remains the same – the morgue really will become the coolest place to hang out if you do not buckle up or if you drive while intoxicated.

# Holidays require watchful eye at home, shopping, partying

**BILL LAFFEA**

Directorate of Emergency Services

The holidays usually bring about an increase in home fires. Yet, being on Oahu does eliminate some possible fire hazards caused by furnaces, fireplaces and portable heaters. Still, a number of other fire hazards exist in most homes.

## Home safety tips

Prior to use, check electrical cords and plugs for wear, frayed insulation, cracks and loose connections. Do not overload circuits; place cords out of high-traffic areas.

Natural or live Christmas trees are extremely flammable and create a tremendous amount of heat in a short period of time. Keep them away from heat sources; water them, daily.

As well, check lights before placing them on the Christmas tree. Look for loose sockets, broken and/or frayed wires. Then, turn off lights before bed or when leaving the house.

If using a metal tree, don't use angel hair in combination with spray-on snow. The results are very combustible.

To avoid accidents inside the home during the holidays, keep stairs and handrails free of decorations. Keep traffic patterns in mind when making room for a tree; use a ladder, not a chair, when decorating.

Toys are the highlight of the holidays for children (and some adults), but sadly enough, they can also bring injury and death. Therefore, be sure to select age-appropriate toys for children. Match gifts to the child's temperament and abilities.

Toys for infants and toddlers should be too large for them to swallow. Don't purchase gifts with sharp edges, hidden pins, wires or parts that can be pulled off and swallowed by young children. Further, consider whether your child is at a responsible age to handle toys such as chemistry sets, science kits and some games, which may be combustible.

Check toys to verify they have no lead-based paints.

Know that many plants that are used for holiday decorations are poisonous. Holly berries, Jerusalem cherry plants, mistletoe berries, and poinsettia berries are some examples. Take care when placing them, especially if small children will be present.

## Fireworks and pyrotechnics

Every year someone is injured because of careless or unsupervised use of fireworks. Little fingers have

been blown off; eyes permanently damaged; and fireworks have caused first-, second-, and third-degree burns to various parts of the body.

Property damage in the millions of dollars is reported every year due to illegal use of fireworks. Army regulations prohibit the use or possession of fireworks and/or pyrotechnics on any Army installation.

When planning to use fireworks off the installation, check with the local fire department, first. Obtain a permit and some tips on using fireworks safely.

## Shopping and parties

During the holidays, traffic can be exasperating. There are more cars, more people, and more confusion on the roadways than at any other time of the year.

While driving, remember to expect the unexpected. Make safety a part of every day driving habits. Be courteous and respect the rights of others.

Be especially alert for those who have over-celebrated, and others who may have a holiday-on-my-mind syndrome. Allow extra time for heavy traffic and hazardous road conditions.

Please buckle up. Seat belts do save lives, and they are required in Hawaii.

The holidays bring endless numbers of parties, shopping sprees, and visits from friends and family. These added pleasures may wreak havoc on regular schedules and cause added stress. Fatigue and overexertion are the usual results, sometimes even depression.

Stress, fatigue, exertion and depression can cause lethargy and carelessness, and eventually an accident or injury that can ruin the holiday season. Protect yourself; make sure you get the rest your body needs.

When shopping, place packages in the trunk of your car. Packages left in plain view are simply a tempting sight for a thief. Don't give anyone cause to steal your gifts and joy.

Alcohol is frequently served at parties during the holidays, so it's always a good idea to establish a designated driver when making plans.

If children are around during parties, keep an eye on them. If a couple of beers can make an adult slightly intoxicated, imagine the effect it can have on a child.

Finally, it should go without saying, but statistics prove otherwise: "Never consume alcoholic beverages and then drive."



## LIGHTNING SPIRIT



# 'What are you giving your friends, family for Christmas '06?'

**CHAPLAIN (CAPT.) JIM BURTON**

1st Battalion, 14th Infantry Regiment

OK, I admit it: I am not the usual guy who loathes shopping. In fact, I actually look forward to going to the mall with my family so that we can shop together – although, none of us would admit to enjoying the traffic, nor the hunt for a parking spot.

There is something about finding that special gift for my wife, my daughter and my son that gets my adrenaline pumping and my heart racing. My wife says that I am a big kid, but at Christmas time I turn into an even bigger kid.

OK, that is true also, but I can live with that.

In Mark 10:14-15, Jesus condones this attitude: "Let the little children come to me, and do not forbid them; for of such is the kingdom of God. Assuredly, I say to you, whoever does not receive the kingdom of God as a little child will by no means enter it" (New King James Version, or NKJV).

Now, do not misunderstand me. I am not perpetuating the idea that "Christmas is just for kids." Christmas is for everyone who believes John 3:16-18, which says, "For God so loved the world that he gave his only begotten Son, that whoever believes in him should not perish but have everlasting life. For God did not send his son into the world to condemn the world, but that the world through him might be saved. He who believes in Jesus is not condemned; however, he who does not believe is condemned already, because he has not believed in the name of the only begotten son of God" (NKJV).

So, Christmas is for all ages. Christmas is the time to remember that our creator came to

earth in human form to save us from ourselves. We cannot earn this gift; we cannot work hard enough to receive this gift. The gift is God's to us.

Ephesians 2:8-9 says, "For by grace you have been saved through faith, and not of yourselves; it is the gift of God, not of works, lest anyone should boast" (NKJV).

The gift of his love was designed to be returned to him and shared with others. In Mark 12:29-31, we read: "Hear, O Israel, the Lord our God, the Lord is one. And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. This is the first commandment. And the second, like the first, is: 'You shall love your neighbor as yourself.' There is no other commandment greater than these" (NKJV).

Amazing things happen when you accept this gift because you become a new person.

Scripture at 2 Corinthians 5:17 says, "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new" (NKJV). You will have a new outlook filled with hope, a brighter perspective towards your current situation, and a new way of handling disappointments that might have occurred in the past.

Again, shopping for that special gift for the loved ones in your life can be exciting and rewarding. However, the best gift that you can give is the gift of yourself to our Lord Jesus Christ, and then to allow his love to flow through you to those around you.

So, what are you giving this Christmas?

Merry Christmas and Happy New Year.

# 31 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.

Current as of 12/13/06.

# Voices of Lightning: "What has made the 2006 memorable or significant for you?"



"It was my husband's second deployment in three years."

**Teri Burke**

Family Member



"Being back home from deployment, doing what I love: serving the nation."

**Sgt. Daniel Cabilin**

1st Bn., 196th Inf. Bde Admin NCO



"The birth of my daughter, Kiara."

**Spc. Roxanne Diaz**

45th Sus. Bde Admin Clerk



"It's the first year, in four years, my entire family has been together."

**Maj. Mel Juan**

1st Bn., 196th Inf. Bde Battalion XO



"Being back in college."

**Hannah Schake**

Family Member

# Daily retreat ceremony honors nation and its heroes

**TROY GRIFFIN**

U.S. Army Garrison Hawaii Public Affairs

This week, I experienced an epiphany. This was not the epiphany associated with the manifestation of a divine being, but rather a sudden insight caused by an everyday experience that struck me to the marrow, caused me mental anguish, but, simultaneously, gave me comfort.

The event was the daily retreat ceremony conducted at the flagpole on Sills Field adjacent to historic Fernandez Hall. I viewed it from the Commissary parking lot.

What was striking about the daily event on this particular overcast Monday afternoon was the total disregard of my fellow Americans – Soldiers, family members, retirees – for a ceremony honoring our nation's colors and, indirectly, those who have lost their lives defending the nation it symbolizes.

Perhaps my reaction to retreat that afternoon was intensified by my personal

emotional struggle with the recent loss of five 25th Infantry Division Soldiers to an improvised explosive device in Iraq. (Story page 1.)

The largest mass casualty experienced by the Tropic Lighting Division since Vietnam struck me personally hard, even though I've directly been involved in the public affairs aspects of all of the division's losses on this and the previous deployments in the global war on terrorism.

The five deaths in a single vehicle surprised and emotionally overwhelmed me.

As I stood and watched the Stars and Stripes lowered to the bugle's toning of "To the Color," I thought of the blood of our nation's patriots symbolized by the red stripes and remembered our most recent losses and all the others who have fallen in the current war.

I prayed for their souls and that their loved ones, family, friends and comrades be comforted, but I was saddened and deeply troubled that virtually everyone

## Salutes, honors and visits of courtesy basics at colors

- All military and civilian personnel wearing civilian clothes, including sports attire with headgear. (Women wearing civilian attire never remove their headgear during ceremonies):

At the first note of music, face flag, stand at attention, remove headgear with right hand and hold over left shoulder with right hand over heart (if flag is not in view, face direction of music).

Remain at attention until last note of "To the Color" has been played (if flag is not in view, face direction of music).

- Military personnel in uniform not in formation (with or without headgear): At the first note of music, face flag and stand at attention (if flag is not in view, face direction of music).

If outdoors, render hand salute; if indoors, stand at attention. Hold this position until the last note of "To the Color" has been played. End salute on last note of music. (*Editor's Note: Excerpts from Army Regulation 600-25.*)

around me was going about their business as if nothing was happening.

True, nothing unusual was happening.

On Sills Field and throughout the Army, retreat is sounded every day, rain, wind,

snow or shine.

It's an Army tradition.

Army Regulation 600-25, Salutes, Honors and Visits of Courtesy, specifies in

Appendix C the courtesies to be rendered

by Soldiers and civilians at retreat.

While I'll refrain from covering the regulatory details here, it should suffice to state ignoring retreat is not among the options for Soldiers or civilians.

On that Monday, retreat was a very special event for me. It symbolically brought closure to a series of sad days of sorrow spent mourning the loss of five very young American heroes.

I also made a Christmas wish that my fellow Americans could also experience their own epiphany and take the time to honor our nation and its heroes. It is a small thing to ask.

At Schofield Barracks, we are honored and privileged to walk the streets with great young patriots and their families and loved ones.

Let's take the time to honor them and the flag that represents the nation they've pledged their lives to defend. Sadly, many of our Schofield heroes have already paid that price.

# Safety top priority for newly-arrived troops

**SGT. MICHAEL GARRETT**

7th Mobile Public Affairs Detachment

CAMP LIBERTY, Iraq – Many Soldiers within Multi-National Division (MND) – Baghdad are in a new location, in a new situation.

While everyone needs a little time to adjust to the small differences of their new job, one thing remains a constant: safety. It's a part of every thing we do, everyday.

Dale Smith, the safety director for MND Baghdad, said there are a number of things to remember for returning troops and Soldiers on their first deployment here in Iraq, including electric power.

Outlets in Iraq use 220 volts, twice the voltage used stateside. Some personal electronic devices, such as most laptops, or handheld gaming systems, are able to use either 110 or 220. Know which voltage your electronic systems are set for, and use a transformer if necessary.

However, fires, resulting from the improper use of electronics, are not the only things Soldiers have to be concerned about, Smith said.

"Traffic here is different from what it is in the states," said Smith. "Don't assume that if you can see a vehicle, the person driving can see you."

Smith also said that some safety concerns can be more critical at different times of the year.

"This time of year, it's not as big of an issue as it will be in four months, but it gets much hotter here than it does at Fort Hood," Smith said.

Staying hydrated is a key factor in combating heat-related injuries, whether you are exerting yourself during physical training or conducting missions during hot weather. Still, the heat and traffic are only two things in the living space that can pose a threat.

"Snakes, scorpions, spiders, sand flies," Smith began. "Use the same precautions around these critters as you would back home. Stay away from them."

He said leaders can protect their troops by hav-



Air Force Staff Sgt. Samuel Bendet

An Iraqi child holds hands with Staff Sgt. Bryanjay Tashima during a dismounted patrol with Iraqi police at the 2nd Street marketplace in Kirkuk. Tashima is from Company B, 2nd Battalion, 35th Infantry Regiment.

ing their uniforms treated with permethrin, an insect repellent intended to keep away sand flies that can spread the skin condition leishmaniasis.

During the rainy season, the weather itself can create a safety concern.

"From November through March, plenty of rain falls and makes the roads slick. It sticks to everything and gets on the roads, which makes them very slippery for those who are driving," Smith said.

But, these things are minor threats compared to what a Soldier can face outside the wire. Smith said it's important for a Soldier to rely on their training to protect them during any mission.

"The single most important thing a Soldier can do is perform all tasks to standard and wear all the pro-

TECTIVE equipment they were issued," Smith said. "Soldiers say the gear is cumbersome, it's heavy, it's hot, but it's combat-proven, and it works."

"[Leaders] have to ensure, insist, demand they perform all tasks to standard. Accept nothing less."

Smith said when leaders and their troops don't follow force protection measures, to the letter, something bad can happen.

"One thing that is not different from training to real-time missions is following set standards," Smith said. "The bottom line is there is only one person who can be responsible for individual safety."

"[The safety office] can tell you what's right and wrong, but it's up to the individual. That's where it has to start."

# IMCOM extends holiday greetings

Teammates, this holiday season takes on a very special significance for me since it is the last one I will be spending as director of the Installation Management Command (IMCOM) Pacific Region.

I am retiring in January and leaving this wonderful group of talented professionals that make up the IMCOM Pacific Team. The contributions that you make throughout the year are appreciated by a nation grateful for your service and dedication.

The sacrifices you make to preserve freedom and liberty for all Americans are notable. Your support of our Soldiers provides a better quality of life, which benefits them and their family members.

Many of our Soldiers will not be with their families and friends during this holiday period, still another sacrifice made for the preservation of freedom. With strong commitment and tireless dedication, we provide our great nation with the best we can give.

I know you will continue this selfless service as we enter the New year.

This is the season to reflect upon the joys of life and abundant freedoms we have. Our nation celebrates this season in a variety of ways, both religious and civil.

As you make your plans to enjoy this season in your unique way, I ask you never to forget the deployed men and women who are serving our country.

I trust that you and your families will enjoy the true spirit of the season, which is giving.

Chasmin joins me in extending our very best wishes for a very happy and safe holiday season.

Thank you for all you do and will continue to do for this great nation.

Stanley E. Sokolowski, Director



Sokolowski

# Post Chapel receives critical renovations

**AIKO BRUM**  
Managing Editor

The Main Post Chapel at Schofield Barracks will get a new look in the new year. Having remained virtually untouched the last 40 years, the chapel sanctuary is long overdue many improvements.

A recent grant from the chief of chaplains and a matching grant from U.S. Army Garrison, Hawaii, funds — all totaling \$1 million — will allow garrison leaders to move forward with renovations in just a couple weeks.

Primary among needed improvements are new roofing, lighting, ceiling fans and carpeting. As well, many sanctuary areas must be overhauled:

- The baptistry, or baptismal area, and adjoining change rooms are to be repaired.

- The narthex, or entrance passageway which leads into the main sanctuary, or nave, will undergo repairs to correct a deficient repair of the past.

- The chancel, the area housing the altar, choir and chaplains during services, and the sacristy room, which holds the sacred elements and vestments, or robes of chaplains, is scheduled for renovation.

Other less visible repairs such as electrical upgrades must be made, too. And the command chaplain has already prayed that additional monies will allow the ultimate upgrade — air conditioning, no later than the end of fiscal year 2007.

"I'm hoping in the future we will also have stained glass in the chapel, which you usually see in most Army chapels," said Col. Hanson R. Boney, U.S. Army Garrison, Hawaii, installation chaplain. "Hopefully, they will come after sealing of our windows for air conditioning."

The chapel community has had some say in renovations.

"We are re-carpeting the floors of the sanctuary because the red clay here has put them in bad shape. But I'm bringing in Catholic and Protestant parishioners to give their input on things like color scheme, flooring and more," said Boney.

Many who attend the chapel are retirees or former military who have settled in the community and appreciate inclusion in the decisions.

With construction underway the next three to six months, the main post chapel will suspend worship services that normally take place in the sanctuary Dec. 31. Until the Main Post Chapel reopens, more than likely sometime in late June or early July 2007, all worship services will move to the Wheeler Army Air Field (WAAF) chapel, located at Building 1470 on Wright Avenue, beginning Jan. 7, 2007.

The renovation does not, however, impact the existing classrooms at the main post chapel. Therefore, any religious education classes, child care, or family deployment night meetings that take place in the annex will continue, said Boney.

All choir rehearsals or practices, however, will be scheduled at the Wheeler chapel.

Further, the construction does not affect activities at Building 791, the chapel annex on the second floor (Petersen Education Center), where community support programs like Alcoholics Anonymous, religious events, or unit classroom instruction often take place.

We've been putting this information in our bulletins and making announcements in services, said Boney, but the command is concerned that occasional worshippers may not get the message.

"Normally, about a thousand worshippers attend the three Sunday services," said Boney. "We can make arrangements for the displaced ... and extra services may be planned," if capacity exceeds seating limits at Wheeler, he said, but signs will be posted directing worshippers to the Wheeler chapel.

Many in the Catholic congregation, which consistently sees larger attendance, may opt to celebrate Mass on Saturdays, instead of Sundays, at WAAF.

Additionally, in the event of war casualties, memorial services will be held at Wheeler. For larger units, the garrison command may arrange services at the post theater.

"Unfortunately, the chapel is very, very busy at this time of year and directly after Christmas," said Boney. Domestic and financial issues create a great deal of stress that keeps chaplains busy with counseling Soldiers and families, he said.

Boney added that his eight garrison chaplains — five at Schofield

and three at Fort Shafter — are also handling casualty notifications, funerals, memorial services, routine after-hours duty assignments, weddings and the like, which



Boney

keep chaplains busy. Garrison chaplains free the five chaplains who belong to the 2nd Brigade, 25th Infantry Division, from these type assignments, so the brigade chaplains can prepare to deploy with their units, next year.

Still, no chaplain is

ever too busy to assist a Soldier or family member in need. Support can be sought from unit chaplains, anytime, or by calling 655-9307/9355, for more information.

# Mahalos: Brigade honors U.S. congressmen

CONTINUED FROM A-1

put it on the dais, so at hearings everyone will know this [war] is not about us or any abstractions, but about real people," he said.

Abercrombie will chair the Air and Land Subcommittee of the Armed Services Committee in the 110th Congress.

A floor above Abercrombie in the same building, U.S. Congressman Ed Case received his token of appreciation from the 45th Sus. Bde. He thanked the Soldiers, expressed his appreciation for their service, and spoke candidly about his recent unsuccessful bid for re-election.

"This is democracy in action," said a somewhat emotional Case. "The voters have spoken ... that's the beauty of our system. The offices don't belong to anyone, they belong to the people," he said.

Mazie Hirono will replace Case in the 2nd Congressional District seat beginning Jan. 3, 2007. Case said he intended to re-enter the private sector, possibly to practice law again.



Capt. Theresa Watts, left, and 1st Sgt. Kenith Cooper, right, both from the 45th Sustainment Brigade rear detachment, present a flag and certificate to U.S. Congressman Neil Abercrombie in his office at the federal building downtown, Tuesday.

Thus far, 45th Sus. Bde Soldiers have presented flags and certificates to the 25th Infantry Division Association and numerous schools, including Wheeler Middle, Sunset Beach Elementary and

Kahuku High and Elementary schools.

The unit will present the final two flags and certificates to Governor Linda Lingde and the Koolaloa Neighborhood Board sometime next year.

# Defense Finance adds new features to 'myPay'

WASHINGTON — Several improvements have been made to the Defense Finance and Accounting Service's (DFAS) online system for military members and civilian Department of Defense employees known as "myPay."

A new feature has been added for military service members on the Savings Deposit Program. The SDP allows service members serving in designated combat zones an opportunity to deposit a specific amount of money into a high-interest-rate account. "Previously, only deposits could be made," said Pat Shine, a DFAS official. "Service members can now request withdrawals from the account through myPay, and we've added a link to the withdrawal form from the SDP statement."

Another improvement provides military service members access to a printer-friendly option. While all myPay customers can print their own leave and earnings statements and W2s from the Web, the printer-friendly option allows for higher quality print copies of all documents.

Shine explained that myPay wants to keep customers up-to-date on new information and notifications related to their pay.

"We need current e-mail addresses to send pertinent information to our customers. A new myPay feature asks customers to enter their current e-mail address. Once on file, the system annually certifies the address to make sure it's current."

Shine added that maintaining the safety and security of myPay is a top priority.

"We proactively implement new security features on a routine basis to protect our customers against identity theft and scams," he explained. "The secure technology provided to myPay customers meets or exceeds security requirements in private industry worldwide."

DFAS customers with access to the secure, Web-based "myPay" system can retrieve their tax statements electronically up to two weeks sooner than those relying on regular mail delivery, and the system includes layers of defense against identity theft.

"Tax statements are available online, allowing customers to view and print W2s and 1099Rs. Whether anyone needs the statements to complete taxes or just want an extra copy for their records, the tax statements can be accessed and printed at any time," Patrick Shine, DFAS operations director, said. "The printable statements are approved by the Internal Revenue Service."

A personal identification number, or PIN, is required to use the myPay system, and eligible users can apply for one at the myPay Web site, [www.mypay.dfas.mil](http://www.mypay.dfas.mil).

Users with military e-mail ad-

## Schedule for tax statements

Here are projected distribution dates for tax statements:

Statement	myPay availability	mail availability
Retiree Annual Statement	Dec. 9	Dec. 16-31
Retiree 1099R	Dec. 15	Dec. 16-31
Annuitant Account Statement	Dec. 18	Dec. 19-31
Annuitant 1099R	Dec. 18	Dec. 19-31
VSI/SSB W-2	N/A	Jan. 4-5
Active Air Force, Army, Navy W-2	Jan. 22	Jan. 23-29
Reserve Air Force, Army, Navy W-2	Jan. 2	Jan. 5-8
Active & Reserve Marine Corps W-2	Jan. 5	Jan. 9-10
Civilian employee W-2	Jan. 9	Jan. 11-18
Savings Deposit Program 1099INT	Jan. 19	Jan. 19-20
Vendor Pay 1099	N/A	Jan. 27-31

resses, that is, addresses in the .mil domain or a preregistered personal e-mail address can receive their new PIN via e-mail. All others will receive their new PIN via mail in about 10 working days from the date of request, DFAS officials said.

Customers who already had obtained a PIN but have forgotten it can apply for a new one at the myPay site.



# HERO Act expands IRA eligibility for deployed troops

ARMY NEWS SERVICE  
News Release

WASHINGTON — Service members and their families tend to have a few more rules to master than the average American when it comes to tax time: Which allowances are taxable? Are they qualified for a combat-zone tax exemption, and if so, for how much of their income? What about a re-enlistment bonus earned while deployed but not paid until redeployment; is it taxable?

This tax season, another question will likely be high on a Soldier's list: What is the HERO Act, and how can it work for me?

The answer, according to the Internal Revenue Service, is that members of the military serving in Iraq, Afghanistan and other combat zones can now put money into an individual retirement account, even if they received tax-free combat pay.

Under the Heroes Earned Retirement Opportunities Act, signed into law on Memorial Day, service members can now count tax-free combat pay when determining whether they qualify to contribute to either a Roth or traditional IRA. Before this change, military members whose earnings came entirely from tax-free combat pay were generally barred from using IRAs to save for retirement.

"The HERO Act is one more way to let our fighting forces in combat areas know that we support them," said IRS commissioner Mark W. Everson. "This is a good way for people serving in combat zones to save more of their earnings for retirement."

Additionally, the HERO Act allows service members who received tax-free combat pay in either 2004 or 2005 to go back and make IRA contributions for those years. Those eligible have until May 28, 2009, to make these retroactive contributions.

(Information obtained from U.S. Army, Europe Public Affairs and Internal Revenue Service press releases.)

# Military hopes more Soldiers take advantage of their thrift savings plan

Deployed troops can contribute up to \$44,000 in thrift savings plan

SGT. SARA WOOD  
American Forces Press Service

WASHINGTON — More service members need to take advantage of the Thrift Savings Plan (TSP) because it's an attractive investment option with unique benefits for military members, the military officer in charge of the Armed Forces Tax Council said.

TSP, a retirement savings plan for service members and civilian federal employees, right now draws participation from about half of the military, Army Maj. John Johnson, director of the Armed Forces Tax Council, said in an interview.

"Certainly we'd like to see that participation rate go up, because it's a great benefit," Johnson said. "It's important that everyone obviously should be saving for their retirement in the first place, and if you're going to be saving, the first place you want to put it is in tax-deferred or tax-exempt retirement accounts."

Money contributed to the account is deducted from the person's gross taxable income before taxes are deducted. TSP is also a tax-deferred family of funds and isn't taxed until it's withdrawn at retirement. This represents a significant savings over the years, Johnson explained.

"If you weren't in the TSP or another tax-deferred account, every year, the income in that fund would get taxed," he said. "If you look over your whole 40-

year career, generally speaking, you're going to pick up a couple hundred thousand dollars by contributing to a tax-deferred account as opposed to a taxed account."

As of this year, military members are unlimited in the amount they can contribute to TSP, Johnson said. When the program was first made available to service members in 2000, they could only contribute up to five percent of their income. Now the only limit is the Internal Revenue Service's \$15,000 per-year limit on contributions to tax-deferred accounts, he said.

He noted that most military members won't come close to that limit if they contribute 5 or 10 percent of their income to TSP. However, deployed troops have different limits in TSP. Because their income is tax-exempt and the IRS has a separate limit for that category, they can contribute up to \$44,000 per year, he said.

As another benefit to service members, the Army is testing a program where the service matches Soldiers' contributions to TSP, Johnson said. This program only applies to new enlistees who fill critical specialties. The Army will match five percent of the pay the Soldier contributes to TSP; the first three percent will be matched dollar for dollar, and the next two percent matched 50 cents on the dollar, he said.

Even for troops who have been in a while and won't get their contributions matched, TSP is a good idea, Johnson said. A major benefit of the program is that the expenses on the accounts are very low —

about one-tenth of the average private mutual fund. The money that in the private sector would be used to manage the fund, buy stocks and pays other fees that go straight to the service member's bottom line in TSP, he said.

Get more details about TSP at [www.tsp.gov](http://www.tsp.gov).

"You'll have a hard time beating TSP," he said.

TSP is not like a savings account, Johnson emphasized, and the money contributed to it should be money people aren't going to need soon. However, TSP does have a loan program for situations such as a first home purchase, where participants can borrow money from their own account and then pay it back

at a market-interest rate.

After leaving the military, service members cannot continue contributing to TSP unless they take a federal job, Johnson said. They can leave their money in TSP, though, and continue to draw returns on it. The money in TSP can also be rolled over to another IRA account, he said.

TSP is a great benefit that is overlooked by a lot of military members, Johnson said. Those who can contribute should, and those who can't contribute should seriously evaluate their financial situation and look at how they are preparing for the future, he said.

"Service members can sign up for TSP online at [www.tsp.gov](http://www.tsp.gov)," Johnson said. "This Web site offers all the tools troops need to get started in the program and manage their accounts."

# Do you know what you should know about the flu?

**MICHELLE HARRIS**  
Tricare Management Activity

Every year more than 20 percent of Americans get sick with the flu, also known as influenza. The flu is a contagious respiratory virus that can cause mild to severe illness and, at times, may lead to death.

The flu usually enters the body through mucous membranes in the mouth, nose or eyes. When a person with the flu coughs or sneezes, the virus becomes airborne and anyone nearby may inhale it. Tricare recommends you get an annual flu vaccination to prevent or lessen the severity of the flu.

Tricare offers the following two types of vaccines:

- The flu shot – an inactivated vaccine containing a killed virus and given with a needle. This form of the vaccine may be used in all age groups.
- The nasal-spray flu vaccine (flu mist) – a vaccine made with live, weakened flu viruses that do not cause the flu. This form of the vaccination is limited only to healthy people who are not pregnant aged five to 49 years.

## Who should get vaccinated?

Certain people should get vaccinated

each year because they are at high risk of serious flu-related complications or because they live with or care for high-risk persons.

According to the Center for Disease Control, the following people should be vaccinated each year:

- All children aged six to 59 months.
- Adults aged 50 years and older.
- Persons aged two to 64 years with underlying chronic medical conditions.
- All women who are be pregnant during the influenza season.
- Children aged six months to 18 years on chronic aspirin therapy.
- Health care workers involved in direct patient care.
- Out-of-home caregivers and household contacts of children less than 59 month of age and persons at high risk for severe complications from influenza .

## Side effects of the flu vaccine

As with other vaccines, you should be aware of possible side effects. The most common side effect in children and adults is soreness at the vaccination site. Other flu shot side effects include fever, tiredness and sore muscles.

These side effects may begin six to 12

hours after vaccination and may last for up to two days.

You should know that the flu vaccine may contain some egg protein, which can cause an allergic reaction. If you or a family member is allergic to eggs or have ever had a serious allergic reaction to the flu vaccine, consult with your health care provider before getting vaccinated.

Flu symptoms can be mild or severe, and may include any of the following:

- fever (usually high)
  - headache
  - chills
  - extreme tiredness
  - dry cough
  - sore throat
  - runny or stuffy nose
  - muscle aches
  - gastro-intestinal symptoms, such as nausea, vomiting, and diarrhea (more common among children than adults)
- Some flu complications include bacterial pneumonia, dehydration and worsening of chronic medical conditions, such as congestive heart failure, asthma or diabetes. Children may get sinus problems and ear infections.

You don't need to experience all of these symptoms to have the flu. If you have one or two, Tricare recommends you see your doctor.

## Preventing the flu

Some things everyone can do to help prevent the spread of the flu:

- Avoid close contact with sick people. When you are sick, keep your distance from others.
- If possible, stay home from work, school and other public places.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.



Research shows that these practices help prevent the spread of airborne diseases such as colds and flu.

## Treating the flu

If you think you have the cold or flu, contact your doctor. Your doctor may choose to use certain antiviral drugs to treat the flu. However colds and flu are

best treated by resting, drinking plenty liquids, avoiding alcohol and tobacco, and taking medication to relieve the flu symptoms.

Never give aspirin to children or teenagers who have flu-like symptoms – and particularly fever – without first speaking to your doctor.

## Obtaining the vaccination

If you're in a high-risk category and are Tricare-eligible, you may get a flu shot at a military treatment facility.

Tricare covers flu shots based on the Centers for Disease Control current flu season guidelines. Tricare only covers flu shots if it's administered in a doctor's office during a visit for acute or chronic conditions or other Tricare -covered preventive care services.

Tricare Standard, Extra or Prime will not cover flu shots administered in a civilian pharmacy or drug store. If you are a Tricare for Life enrollee, Medicare will cover your flu vaccinations and Tricare would pay as second payer as needed.

Contact your nearest military treatment facility for availability of the flu vaccine. To learn more about the flu and steps you can take to stay influenza-free, visit the Centers for Disease Control Web site at [www.cdc.gov/flu](http://www.cdc.gov/flu).

## News Briefs

Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 18 / Monday

**Fuel Pumps Close** — Unleaded gas at the Schofield Fueling Facility (the military service station) at Building 2085 is out-of-service for maintenance. The expected in-service date is next month.

Alternate refueling sites for gasoline are Hickam, Fort Shafter, Pearl Harbor and Marine Corps Base Kaneohe Bay. Call 624-4495 or 349-7790 for more information.

### Slick Sleeve Money

**Management** — First-term Soldiers are invited to a financial management class Dec. 18, from 8:30 a.m.–4:30 p.m. to learn about avoiding debt pitfalls.

Class attendees will learn basic financial skills, enhance personal reliance and responsibility, improve money management skills, and enhance personal financial literacy.

This class is a mandatory instructional program.

A certificate of attendance will be presented to each participant who completes the class, to be held at Army Community Service (ACS), Building 2091, on Schofield Barracks.

To register, call 655-1714 or e-mail [Georgiana.McAnany@schofield.army.mil](mailto:Georgiana.McAnany@schofield.army.mil).

### 19 / Tuesday

**Ethics Training** — Face-to-face ethics training will be conducted per the following schedule:

- Post Conference Room, Schofield Barracks Dec. 19, from 9-11 a.m.;
- 9th RCC Assembly Hall on Fort Shafter Dec. 20, from 8:30-10:30 a.m., and
- Sgt. Smith Theater, Schofield Barracks Dec. 21, 9-11 a.m.

Topics will include conflicting financial interests, fraudulent use of government resources, seeking employment outside the government, and such.

### 20 / Wednesday

**Holiday Reception** — Soldiers, family members and civilian personnel are invited to the Religious Support Holiday Reception.

The reception will be held at the Nehelani on Schofield Barracks at 10 a.m. Call 655-4908.

### 21 / Thursday

**Vein Drain** — The community is invited to come help save a life by donating blood.

The blood drive will be held Dec. 21 from 9 a.m.–2 p.m. at the Kaala Recreational Center, Building 556, Schofield Barracks.

Donated blood will help replenish the diminishing inventory used to support deployed Soldiers.

Call 433-6699 or 722-4704.

## Ongoing

**Recovered Property** — The Provost Marshal's office has recovered several lost or stolen bicycles. Owners cannot be identi-

fied because these bicycles were not previously registered with the post or any other agency.

Other recovered items include cellular phones, keys, jewelry, sporting goods and more.

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

**Special Forces** — U.S. Army Special Forces is now seeking male officers from year group 2004.

Officer packets will be accepted until Feb. 15, 2007, but early submission is strongly encouraged. For more information, visit [www.bragg.army.mil/specialforces](http://www.bragg.army.mil/specialforces).

**Financial Health** — Want to find the road to healthy finances? Contact Army Community Service, Building 2091, Schofield Barracks.

Classes include checkbook maintenance, money management, credit management, the Thrift Savings Plan, car buying, mutual fund investing, college funding, and Army Emergency Relief (AER) command referral training.

Instructors can also assist with zero percent interest, AER loans.

To attend a class or schedule a one-on-one appointment with a financial counselor, call 655-4ACS (4227). All services are free and help is only a phone call away.

### Army Reserve Opportunities

— Are you an active, Guard, or Reserve Soldier who wants to continue your Army career but job/school/schedule conflicts keep you from attending weekend drill? Call Sgt. Maj. James Kahalehoe at 228-3323.

# Stress of holidays tests anyone's coping skills

**DAVID N. TORNBURG, MD, MPH**  
Deputy Assistant Secretary of Defense for  
Clinical and Program Policy

From Thanksgiving to New Year's Day, many of us shift into overdrive to meet the increased demands of the holiday season. When juggling work, shopping, buying and wrapping gifts, baking and social obligations, you may find yourself short on time and energy.

## Quick tips to reduce holiday stress

As you cross each holiday task off your list, be sure take a moment for yourself. Here are a few other ways to keep holiday stress at bay:

- Stay positive.
- Set realistic goals.
- Make a budget, and stick to it.
- Don't worry about things out of your control.
- Exercise.
- Eat right by decreasing the fat and sugar you eat.

- Try to sleep for eight hours each night. Most people experience stress during the holiday season, but for some the holidays bring a host of other emotions.

## The holiday blues

If the holidays overwhelm you, you're not alone. While holidays are often a time of joy for many people, they may bring a host of other emotions for others — especially military families in this time of increased ops tempo and long deployments.

The stress and strain on military service is real, and sometimes emotions may be hard to pin down. If you can't seem to shake the holiday blues, don't worry; help is available.

## Put the pieces together

There is no question military life is challenging, particularly during the holidays. To help you privately evaluate your emotional well-being, the Department of Defense offers the Military Health Assessment at <https://www.militarymentalhealth.org/>.

It's a free, anonymous self-assessment to determine if you have symptoms consistent with a condition or concern that may benefit from further evaluation or treatment.

The self-assessment also tells you where to go for help. It may not solve your problems, but it's a good place to start and a way for you to connect when you feel disconnected.

For those who need help overcoming alcohol and/or drug abuse, Tricare covers detoxification, rehabilitation and outpatient care provided in an authorized substance abuse rehabilitation facility. Ask your primary care manager about available treatment options.

## Military OneSource helps active duty and their families

You may always visit a local family support center for help, but you should know Military OneSource is another valuable resource. Military OneSource is a 24-hour, seven-day-a-week, toll-free information and referral service for active duty Soldiers, activated guardsmen and reservists, deployed

civilians and their families.

It provides information from everyday concerns to deployment and reintegration issues. For more information, contact Military OneSource:

- Web site: [www.militaryonesource.com](http://www.militaryonesource.com) (enter User ID: Military; Password: OneSource)
- Phone: Stateside (toll free), 800-342-9647; overseas (toll free), U.S. access code + 800-3429-6477; and overseas (collect), U.S. access code + 484-530-5908

With a little planning and goal setting, you can prevent holiday stress from getting the best of you. However, if you find yourself sad, anxious or just overwhelmed, know help is available. Remember, getting help is a sign of courage, not weakness.



Sgt. 1st Class Russell Stacy | 1st Battalion, 27th Infantry Regiment

## 'Fire in the hole!'

Staff Sgt. Mhoon of 1st Battalion, 27th Infantry Regiment, prepares a MARK seven for the training on "calls for fire." Crouching down (from left to right) are Sgt. Juan Sanson and 1st Lt. Joshua Hafer.

# Tricare benefits travel with beneficiaries

Soldiers on PCS orders and retirees can avoid charges, interruption of coverage



For more information about the Tricare Prime benefit, visit [www.tricare.osd.mil/](http://www.tricare.osd.mil/).

## TRICARE MANAGEMENT ACTIVITY

News Release

Tricare Prime benefits don't change when you move or travel. The benefit is portable, meaning it is the same no matter where you go or where you live.

## Traveling with Tricare Prime

While traveling home for the holidays can be stressful, you're covered with Tricare. You may travel worldwide without a break in Tricare coverage.

For nonemergency care, Tricare Prime enrollees need the proper authorization to get care from their primary care manager or regional contractor, so you should keep these phone numbers with them when traveling.

If you have an emergency when traveling, you should go to the nearest hospital emergency room, and report

the treatment to your primary care manager within 24 hours.

## Moving to a new Tricare region

When you move to a new Tricare region where Prime is available, you do not have to change your Tricare Prime coverage. However, you must transfer your enrollment to the new regional contractor and select a new primary care manager to avoid expensive point-of-service charges and interruption of coverage.

To make sure you have Tricare Prime coverage while moving to your new region, it is best to wait to transfer your enrollment until after you arrive. You should change your primary care manager as soon as possible after you move, by filling out a form at the nearest Tricare service center. You will then get a new enrollment card and local health care information.

When you move, you must update your

address in the Defense Eligibility Enrollment Reporting System (DEERS) as soon as possible. You may update DEERS online at [www.dmdc.osd.mil/rs/owa/home](http://www.dmdc.osd.mil/rs/owa/home), by visiting the nearest uniformed services ID card facility or by calling the Defense Manpower Data Center Support Office at 1-800-938-8552.

## Retirees

If you are a retiree, you and your eligible family members may transfer your Tricare Prime enrollment from one region to another without paying additional fees. Since Tricare Prime enrollment fees are nonrefundable, retired enrollees and their families should make quarterly payments or monthly allotments if they anticipate a move to an area without Tricare Prime.

Retirees and their family members enrolled in Prime may move within the same Tricare region an unlimited number of times, but they may only move from one region to another twice a year, as long as the second move is back to the original enrollment region.

# Consumers can outwit con artists with caution

CHRISTA B. THOMAS  
Pau Hana Editor

The criminal investigative division of Honolulu Police Department (HPD) is awash with identity theft complaints. Many of them stem from property crimes.

Since identity theft laws were enacted in Hawaii, reports have increased from 484 in 2002, to more than 700 in 2005.

"Property crimes, like home burglary and car break-ins, go hand-in-hand with identity theft," said HPD Detective Miles Jung. "Most of us keep a lot of personal information in our cars — credit card receipts, bills, the invoice from the purchase of the car, planners, school information — without realizing the risk is the same as if a crook broke into your house."

It is simple to hamper identity theft, but it requires attention and diligence.

"Shred unnecessary documents. If you have too many papers to shred, then burn them. That's what I do," Jung said. "There are so many criminals who specialize in digging through residential trash."

"Mail theft has always been a big problem. We advise that you not use your home mailbox for outgoing mail," Jung cautioned the attendees of the monthly Spouse Information Meeting. "It is a good idea to invest in a locking mail box to protect your incoming mail."

Jung has a plethora of simple tips to help consumers avoid identity theft, including the following:

Monitor bank statements. Go over them closely every month to check for unusual deductions or other transactions.

## The Hawaii Department of Commerce and Community Affairs recommends taking the following steps if you suspect your identity has been stolen:

1. Contact the fraud departments of any one of the three major credit bureaus to place a fraud alert on your credit file. The fraud alert requests creditors to contact you before opening any new accounts or making any changes to your existing accounts.
  - Once a credit bureau confirms your fraud alert, they are required to notify the other two credit bureaus to place fraud alerts. Once the alert is placed, a free copy of your credit report will be sent from all three major credit bureaus.

Secure all personal information. Consider investing in a locking file cabinet or a safe deposit box.

Visit [www.annualcreditreport.com](http://www.annualcreditreport.com) to pull a free credit report from each of the three major bureaus at least once each year.

Do not give out personal information without knowing who you are talking to and why they need to know.

"I'm a plain-clothed detective, and I cannot recall ever being asked for a badge or any type of identification," Jung said. "People are too willing to give me all kinds of information on themselves, family members or neighbors."

- Equifax — To report fraud, call 800-525-6285. To order a credit report, call 800-685-1111 or visit [www.equifax.com](http://www.equifax.com).

- Experian — To report fraud, call 888-397-3742. To order a credit report, call 888-EXPERIAN or visit [www.experian.com](http://www.experian.com).

- TransUnion — To report fraud, call 800-680-7289. To order a credit report, call 800-916-8800 or visit [www.tuc.com](http://www.tuc.com).

2. Close the accounts that you know or believe have been compromised or opened fraudulently. Use the ID theft affidavit, found at [www.ftc.gov/bcp/online/pubs/credit/affidavit.pdf](http://www.ftc.gov/bcp/online/pubs/credit/affidavit.pdf), when disputing unauthorized accounts.

3. Report the crime immediately to

police. Record the police report number for future reference. Get a verification letter from the Records Division of the police department to give to creditors when disputing fraudulent charges.

4. File your complaint with the Federal Trade Commission (FTC). The FTC maintains a database of identity theft. Filing a complaint also helps the FTC learn more about identity theft and the problems victims are having. Visit [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft), or call 877-IDTHEFT (438-4338).

*For more information on recovering from identity theft or to get information on specific problems, visit [www.hawaii.gov/dcca/quicklinks/id\\_theft\\_info](http://www.hawaii.gov/dcca/quicklinks/id_theft_info).*



Honolulu Police Department  
Detective Miles Jung

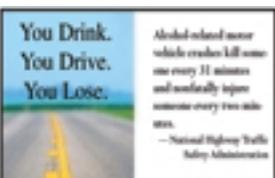
## Identity: ID theft creates trouble that can last years

CONTINUED FROM A-1

which included a con artist photographer preying on military patrons in Waikiki, stolen license plates, signatures on credit cards, and such.

Detectives with HPD's criminal investigative division conduct similar free presentations to groups as small as 10 people. Jung encouraged the SIMS attendees to schedule briefings for their family readiness groups.

The SIMS meetings are held monthly for command-level spouses and representatives from various organizations to gather and discuss topics that affect Army families in Hawaii.



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

## Hangin' around

Three children refine their Spiderman skills on the rock-climbing wall during the 13th annual Christmas party for employees and guests at the Inn at Schofield Barracks, Wednesday.

The free fair, which is held the second Wednesday in December each year, included a bounce house, two-story inflatable "tsunami" slide, carnival style swing ride, a miniature train and heaping portions of snacks, cookies and drinks.

More than 60 children of all ages attended the event.

# HAWAII ARMY WEEKLY PAU HANA

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

"When work is finished."

FRIDAY, DECEMBER 15, 2006



Solar Sounds (top row), Sundance (middle row) and Sunbeams of Sunshine Generation assemble for their finale performance at Mililani Town Center, Saturday.

## Sunshine Generation celebrates yuletide

Story and Photos by  
**AIKO BRUM**  
Managing Editor

WHEELER ARMY AIR FIELD — For 11-year-old Virginia Kennedy, the best place to be on a Tuesday afternoon is Sunshine Generation where she can sing and dance until her heart's content.

Boasting two chapters on Oahu, Sunshine Generation, Inc., is an international children's performing group that equips youth from preschool to teenage years with "performance techniques and skills for success," according to its founders.

During weekly classes, kids learn songs, dances and vocal techniques, within a well-rounded curriculum that boosts confidence, said Angela Harris, area director for Hawaii's Sunshine Generation.

"I start with a vocal warm-up and body movements, so I ready the kids to dance and sing. Then we work on music theory," said Harris, who has degrees in elementary education and theater, as well as years of experience directing.

"We add hand movements and sing while sitting on the floor; then we add their feet last," she explained, adding that her curriculum is appropriate to the age, interest and ability levels of her participants.

"I definitely see their confidence grow. They certainly become better singers and dancers, and they're able to go out and show their stuff with confidence," Harris said, with pride.

For Virginia Kennedy, Sunshine Generation is "very fun and exciting."

"You can sing and dance at the same time. And it helps if you're afraid of being on stage," she said.

The Wheeler Elementary School student and daughter of Chaplain (Maj.) Scott Kennedy most recently performed a holiday routine with the "Solar Sounds," 9 to 11-year-old performers, which took some weeks to learn.

"It wasn't too hard to learn; it wasn't too complicated," Virginia said.

About performing, she added, "I'm not really nervous too much, but before I get there, I am ... a little. But when I get there, I'm not," she explained, considering her thoughts in a reflective manner.

"Just the adrenaline," Virginia said, eventually calms her nerves, and then she becomes excited.

Likewise Breannah Brock, 9, another Wheeler



Children ages 3 to 5 years old comprise the Sunbeams, left, while Sundance performers, right, range from 6 to 8. Both groups meet at the Armed Services YMCA at Wheeler Army Air Field.



Harris

### Sunshine Generation

Tuesdays, Armed Services YMCA, Building 782, Santos Dumont Ave., Wheeler Army Air Field.

Wednesdays, Catlin Community Center, 3104 Nimitz Road, Honolulu (Just off of Camp Catlin Drive, directly across from the airport).

Ages 3-5, "Sunbeams," 4-5 p.m.

Ages 6-8, "Sundance," 3-4 p.m.

Ages 9-14, "Solar Sounds," 5-6 p.m.

Ages 12-16, "Sound Station," to be announced

Cost \$35 per child, per month.

Cost \$30, for second child; \$25 for third child.

Call 422-6019 for more information.

Elementary student, is hooked on the fun factor of performing.

"You get experience dancing and you make a lot of friends, and most of all you have fun," said Breannah who divides her time between Sunshine Generation and cheerleading.

"It helps me with my enthusiasm and helps me get better [in cheerleading] because in cheerleading you have a lot of arm movements."

For mom Jennifer Brock, "the program is fantastic," too.

"It's been so good for my daughter. She had been so shy, but now she gets on stage and likes being in front of the crowd. It's noncompetitive," Jennifer stressed, which is important to her. "It's

On The WEB [www.geocities.com/sunshine.generation](http://www.geocities.com/sunshine.generation)

no auditions required, so she participates regardless [of her abilities] ... which makes it nonthreatening."

An alternative to the competitive environment of most sports and other after-school activities, Sunshine Generation eliminates auditions to rid of "negative pressures that younger children often experience during tryouts," according to the organization's Web site. The philosophy is a perfect match for Harris's background in teaching and theater.

"I just love helping children find their talent. I love that every child has something worthwhile to contribute, and Sunshine Generation is an outlet for them to shine," Harris said.

Locally, performance training in singing, dancing, showmanship, vocal training and music theory, and confidence-building skills are offered at the Wheeler Armed Services YMCA for youth in the Mililani-Wahiawa area. The Catlin Community Center in Honolulu serves children in the Fort Shafter/Aliamanu Military Reservation area. The programs, however, are open to all children from 3 to 16, not just military kids.

Parents and children who are interested in this after-school activity can catch Sunshine Generation's next and last performance of 2006 at Pearlridge Shopping Center, Uptown, tomorrow (Saturday, Dec. 16) at 1 p.m.

The 2007 season begins Jan. 9 at Wheeler and Jan. 24 in Honolulu.

## Abundant holiday to do's offer something for everyone

COMPILED BY CHRISTA B. THOMAS  
Pau Hana Editor

There might not be a better place to celebrate the holidays this season than here in Hawaii.

There will be plenty to do and see, but there's only two weeks left to see it all.

Peruse this schedule of the sights and sounds of the city to map out your holiday fun.

### Ongoing

**The Christmas Gift of Aloha** — This holiday musical will be based on

a children's book that explores the meaning of Christmas and the spirit of aloha. This free show will be performed on the center stage in the Ala Moana Center, at 6 p.m. daily except Mondays. Following the show, a Santa parade will travel the mall, starting at 7 p.m.

**Honolulu City Lights** — This sparkling holiday celebration is being held at Honolulu Hale through Jan. 1. The glitz is stretched from Honolulu Hale on King Street to Alapai, from Beretania Street and along Bishop Street. The array of outdoor displays can be enjoyed via

car, trolley or a walk-through.

**Kapolei Hale City Lights** — Oahu's "second city" glitters with holiday tidings, too. Decorations and exhibits will be displayed through Jan. 4.

**Honolulu Hale Holiday Wreath Exhibit** — Decorative wreaths will be on display in the Lane Gallery of Honolulu Hale through Jan. 1.

The Christmas wreaths were created by Oahu residents who entered the Holiday Wreath Contest in one of three categories: adult, youth and themed.

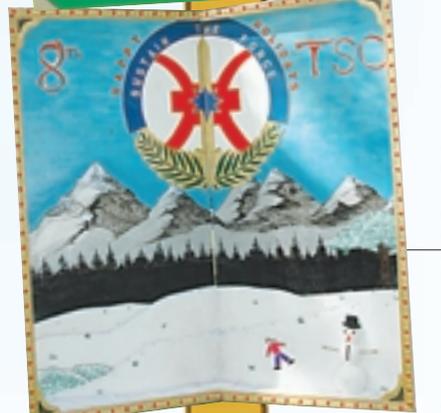
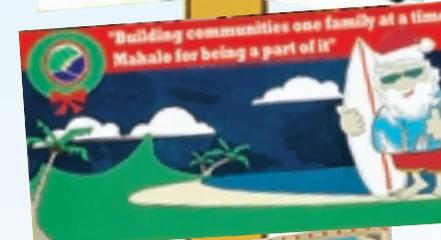
This year's theme is "Plantation

Holiday," in remembrance of the plantation communities in Hawaii.

**The Candy Cane Train** — This train will chug through Ala Moana Center every day beginning at 10 a.m. through Jan. 1. The station is at the mall level center court. Tickets are \$6 for each passenger.

**The Pearlridge Express** — Children will love this scale-model, fully functioning train, that will take them on a journey through Toyland, beginning at 10 a.m. daily through Jan. 1 at Pearlridge Mall's Uptown

SEE HOLIDAY TO DO'S, B-2





**15 / Today**

**Christmas Coloring Contest** — Youth, through age 10 are invited to showcase their artistic talent in the Christmas coloring contest. Illustrate favorite things about the holiday season and be eligible to win a \$10 Morale, Welfare and Recreation gift certificate.

Submit drawings to the Leisure Activities office, Building 556, by Dec. 15. Drawings will be displayed at the Schofield Bowling Center and Tropics through Dec. 23. Call 655-0111 or 655-0112.

**Teen Social** — Teens are invited to come have fun with friends at the Schofield Barracks Teen Center Social. The fun will last from 7-9:30 p.m.

Cost is \$3 for members and \$4 for non-members. Call 655-0445.

**16 / Saturday**

**Yu-Gi-Oh** — Get ready to duel at the 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 and Youth Services (CYS) at 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. 15. Reservations are first-come, first-served. Call 655-8313.

**20 / Wednesday**

**Army Soldier Show** — Performer and technician nominations will be accepted for the Army Soldier Show through 4 p.m., Dec. 20. For more information on participating or show details, call 655-0112 or 655-0111.

**21 / Thursday**

**Ante Up!** — Put on your best poker face and participate in a free Texas Hold'em tournament at the Tropics, Schofield Barracks, Dec. 21 at 6 p.m. All ID card holders are welcome to play, but should get there early because room is only



Landy Stewart Miyake | Pacific Media Publishing

**Big Isle treat**

Arlene Bali and Sgt. 1st Class Michael Robinson work as a team to display Kilauea Military Camp's first-time entry into the Holiday Card Lane Contest. Bali traveled from the Big Island to personally deliver the sign to Fort Shafter. All holiday cards will be on display until Jan. 4, 2007.

available for 120 people to play. Call 655-5697.

**24 / Sunday**

**Single Soldier Christmas Party** — All Single Soldiers are invited to enjoy a free turkey dinner with all the trimmings at the Tropics, Dec. 24, 4-9 p.m.

Also, enjoy great food, door prizes, a volleyball serve contest, an indoor surf contest, and a Texas Hold'em poker tournament. Live music will be provided by Taylor Made Jazz. Call 655-5697 or 655-0968.

**25 / Monday**

**Holiday Dinner with Santa** — Spend the holidays with your Army family at the Nehelani and Hale Ikena. Come for a special holiday dinner, Dec. 25, and enjoy a turkey dinner with all the trimmings.

Cost is \$25 for adults, \$15 for Blue Star Card Holders and \$10 for children, who can also enjoy a visit and a surprise from Santa. For reservations, seating times, and ad-

ditional information, call 655-4466 (Nehelani) or 438-1974 (Hale Ikena).

**Ongoing**

**SKIES Payment Plan** — Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited is offering a new payment program for families enrolling their children in the SKIES classes. Families can now enroll their children for a full semester and pay month by month. Call 655-8380 or 833-5393.

**Paperback Book Kits** — The Sgt. Yano Library, Schofield Barracks, will issue paperback book kits to deploying units. Call 655-9143.

**Family Child Care** — FCC provides in-home child care by an adult family member living in government quarters or housing, complete with flexible hours and a com-

Against Drunk Driving Hawaii. Call 655-4655.

**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.

**18 / Monday**

**Wine Tasting** — The Hui O' Na Wahine, the all-ranks spouses' club, hosts an elegant affair to remember, Dec. 18, from 6-8:30 p.m. in the Schofield Barracks Nehelani.

fortable family-like setting.

In Hawaii, certified FCC homes are available on Schofield Barracks, Wheeler Army Air Field, Helemano Military Reservation, Aliamanu Military Reservation (AMR) and Fort Shafter.

For information on placement availability or details on becoming a provider, call 655-8373 (Schofield Barracks) or 837-0236 (Aliamanu Military Reservation).

**SKIES Unlimited** — Your one-stop program for child and youth instructional classes is SKIES Unlimited. Current offerings include music, martial arts, gymnastics and driver education classes, as well as babysitting certification, which include CPR and first aid courses.

Hula, "Introduction to Dance" for 3- to 9-year-olds (tap, ballet, movement and tumbling) and street dancing are also available. Plus, coming soon are modeling and tiny tot opportunities to round out offerings. Call 655-9818.

**Auto Crafts Car Care** — The Fort Shafter and Schofield Barracks Auto Shops offer oil change, tire repair patch, tire demount/mount, tire rotations, transmission service and wheel balance services by appointment only on Wednesdays and Thursdays

The staff will provide services while the customer supplies the parts and fluids (oils) for the vehicle. Prices vary by service needed.

Call 655-9368 (Schofield Barracks) or 438-9402 (Ft. Shafter).

**Youth Sponsorship** — If you are new to Hawaii and between the ages of 5 and 18, Child and Youth Services has a welcome gift for you, and a youth sponsor who wants to be your friend. Call 655-2263.

**Better Opportunities for Single Soldiers** — Want to get involved in the community and don't know how? Join BOSS on one of its many volunteer outings.

BOSS works with many groups within the community such as Big Brothers/Big Sisters of Honolulu, Bowl Games of Hawaii and the PGA, as well as organizations exclusive to the Army family like the Exceptional Family Member Program and Army Community Service.

Volunteers are needed; call 655-8169.

**Tropic Lightning Museum** — Come visit the Tropic Lightning Museum, Schofield Barracks, to learn about the rich history of the 25th Infantry Division and Wheeler Army Airfield. Public and Private Tours, and Sergeant's time training programs are available. Every Saturday at 1 p.m. a free war movie or documentary is shown. Call 655-8301.

A local vendor will provide samples of the fruits of the vine, while guests enjoy a nice dinner.

Tickets are \$20 per person and may be purchased at the event. To make reservations, call 624-0015 or 624-4989.

**24 / Sunday**

**Commissary Hours** — The Schofield Barracks Commissary will be closed at 4 p.m. Dec. 24; all day Dec. 25 and Jan. 1; and at 6 p.m. Dec. 31.

**27 / Wednesday**

**Sesame Holiday Workshop** — With more than 700,000 children of military families under age 5 separated from a deployed parent this holiday season, Sesame Workshop, the nonprofit educational organization behind Sesame Street, will broadcast a program geared to address the challenges of deployment for military families.

The half-hour television special, "When Parents are Deployed," will premier Dec. 27, at 9 p.m. on PBS. The show will be hosted by actor Cuba Gooding Jr.



All regularly scheduled Saturday and Sunday worship services will be held in addition to the following holiday observances:

**Aliamanu (AMR) Chapel**  
**Dec. 17** — Meet Me at the Manger Musical performance, 4 p.m. and 6 p.m.

**Dec. 24** — Community Christmas Eve service, 7 p.m.

**Dec. 25** — Catholic Christmas Mass 8:30 a.m.

**Dec. 31** — Gospel Watchnight Service, 10 p.m.

**Fort DeRussy Chapel**  
**836-4599**

**Dec. 24** — Protestant Candlelight Service, 5 p.m.

- Catholic Christmas Eve Mass, 7:30 p.m.

**Main Post Chapel**  
**655-9307**

**Dec. 24** — Protestant Candlelight Service, 7 p.m.

- Catholic Christmas Vigil Mass, 10 p.m.

**Dec. 25** — Catholic Christmas Mass, 10:30 a.m.

**Soldiers Chapel**

**Dec. 24** — Liturgical Candlelight Service, 7 p.m.

**Tripler AMC Chapel**  
**433-5727**

**Dec. 24** — Catholic Christmas Eve Mass 5 p.m.

**Dec. 25** — Catholic Christmas Mass, 11 a.m.

**Jan. 1** — Catholic New Year's Mass, 11 a.m.

**Wheeler Chapel** —

**Dec. 24** — Protestant Candlelight Service, 7 p.m.



Send calendar announcements to community@hawaiiarmyweekly.com.

**15 / Today**

**Missouri Tours** — In honor of the National Guards' 370th birthday, Dec. 13, the Battleship Missouri Memorial will offer complimentary admission to all active and retired U.S. National Guard personnel, through Dec. 17. In addition, their immediate family members will receive a 50 percent discount on admission.

Visitors must present their Guard identification at the Missouri's ticket window.

**Dino-mite Exhibit** — Take a walk on the wild side through Jan. 28, at Bishop Muse-

um'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.-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.

**15 / Friday**

**Drinking and Driving** — Come hear a special presentation on drinking and driving, Dec. 15 from 10-11:30 a.m. at Sgt Smith Theater. The presentation will include a guest speaker from Mother's

Against Drunk Driving Hawaii. Call 655-4655.

**Army Community Theatre** — Army Community Theatre presents "Annie," featuring Channing Weir in the title role, at the Richardson Theatre, Fort Shafter.

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The season will run through May 2007. Call 438-4480 or view details at www.squareone.org/ACT.

**18 / Monday**

**Wine Tasting** — The Hui O' Na Wahine, the all-ranks spouses' club, hosts an elegant affair to remember, Dec. 18, from 6-8:30 p.m. in the Schofield Barracks Nehelani.

Keiki Palaka Band, a youth ukulele ensemble; the Thursday Night Band, led by Stanton K. Haugen; slack-key guitarist George Kuo, country singer Don "Geezer" Humphrey; and many more local favorites.

**A Cazimero Christmas** — Roland and Robert, The Brothers Cazimero will host concerts Dec. 21-23 that will reverberate with true aloha spirit. The popular duo will celebrate the season with their traditional and contemporary Hawaiian music.

Scheduled to appear is hula girl Leinaala Heine the Royal Dance Company, Halau Na Kamalei, The Honolulu Boy Choir and the Miss and Master Keiki Hula from the Lili'uokalani Keiki Hula Festival.

The concerts will begin at 7:30 p.m. each night at the Hawaii Theatre. Ticket prices are \$28-\$73, plus \$2 restoration fee. Call 528-0506 or visit www.hawaiiitheatre.com.

**Friends and Nabors** — Celebrate the holidays with inspirational songs, mariettes, hula and tap dancing at "A Merry Christmas with Friends & Nabors," starring Jim Nabors.

Joining in the festivities will be Jimmy Borges, Emma Veary, Karen Keawehawai'i, the Diamond Head Theatre Shooting Stars, The Hawai'i Theatre Orchestra and more.

The event will be held Dec. 15-16, at 7:30 p.m. and Dec. 17, at 2 p.m. in the Hawaii Theatre. Tickets are \$25-\$75, plus

\$2 restoration fee. Discounts are available for military and children.

Call 528-0506 or visit www.hawaiiitheatre.com

**Just for laughs**

**Christmas Comedy** — Guests will be laughing all the way with comedian/actor/singer Wayne Brady at the Sheraton Waikiki.

The show is scheduled for Dec. 29, at 7:30 p.m. in the Sheraton Waikiki Hotel. Tickets are \$55 and can be purchased by calling 877-750-4400 or by visiting www.ticketmaster.com.

**Christmas Talk Story** — This montage of locally written holiday remembrances from a child's perspective, is a landmark Honolulu Theatre for Youth tradition. The shows will be 1:30 and 4:30 p.m. each Saturday through Dec. 23 at the Tenney Theatre, St. Andrew's Cathedral. Tickets are \$16 per person. Call 839-9885 or visit www.htyweb.org.

**Snow business**

Four "Nutcracker" productions will grace local stages. "The Nutcracker" is a colorful holiday romp through a fantasy world of fairies, toy soldiers and an army of mice.

• The Ballet Hawaii presentation of "The Nutcracker," boasts live accompaniment by the Honolulu Symphony and will feature Megan Fairchild and Joaquin de Luz

of the New York City Ballet, Stella Abrera and Sascha Radefsky from the American Ballet Theatre, and a large corps de ballet of local dancers.

Shows will be held in the Blaisdell Concert Hall and are scheduled for Dec. 15, at 8 p.m.; Dec. 16, at 7:30 p.m.; and Dec. 17, at 2 p.m. Ticket prices start at \$25 each. Call 877-750-4400.

• John Landovsky will direct a company of Hawaii State Ballet students as they perform their lavish rendition of "The Nutcracker."

Shows will be held in the Mamiya Theatre, Saint Louis School Dec. 15, at 7 p.m.; Dec. 16, at 2:30 p.m. and 7 p.m.; and Dec. 17, at 2:30 p.m. Ticket prices start at \$16 each. Call 947-2755 or 783-2747.

• The Hawaii Ballet Theatre, directed by Charlys Ing, will host its 26th anniversary production in the Leeward Community Theatre.

Special discounted tickets will be available for students and military.

Shows are scheduled for Dec. 16, 2 p.m. and 7:30 p.m.; and Dec. 17, at 4 p.m.

Tickets will be two-for-one during the Dec. 16 evening performance. Military may also purchase discounted tickets to matinee shows for \$5 off the regular ticket price of \$20. All seating is reserved. Tickets may be purchased by phone or at the Theatre box office the day of performance. Call 456-8100 or e-mail hbntnut@hawaii.rr.com.

**Holiday To Do's**

From B-1

Center Court. Tickets are \$3. Call 488-0981.

**Holiday Lights Trolley** — Take a tour of the downtown Honolulu City Lights. Rides will be available through Dec. 24, starting at 6:30 p.m. from Aloha Tower Marketplace. The last trolley leaves at 9 p.m.

The train ride is included with a purchase of \$20 (per ticket) or more from a Marketplace restaurant or store. Guests must take their receipts to the Guest Services Kiosk.

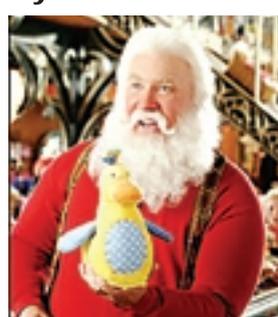
Military patrons may also purchase discounted tickets from any Navy Information, Ticket and Tours (ITT) Office.

Tour dates are Dec. 15-22. Trolley departs Pearl Harbor's Bloch Arena at 5:30, 6, and 6:30 p.m. Departures from Dec. 17-19 are at 5:30 p.m. only.

The tour includes a 45-minute stop at Honolulu Hale. Cost is \$12 per adult and children over age 6. Call 473-0792.

**Holiday Concerts**

**Kapiolani Park Concert** — The Peace on Earth Christmas Concert will be held Dec. 20, at 6:30 p.m. in Kapiolani Park at the bandstand. This event will feature the



**The Santa Clause 3: The Escape Clause**

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



**Saw III**

(R)  
Saturday, 7 p.m.  
Wednesday, 7 p.m.



**Flags of Our Father**

(R)  
Sunday, 7 p.m.



**Ornament Exchange.** Ornaments and notes adorn the Patriot Christmas Tree in the foyer of Schofield Post Exchange, Tuesday.

# Patriot Tree blooms with well-wishing ornaments, notes

Story and Photo by  
**JEREMY S. BUDDEMEIER**  
Assistant Editor

For the third consecutive year, Army & Air Force Exchange Service (AAFES) post and base exchanges are unifying to support the military community through the Patriot Family Holiday Tree campaign. Shoppers, family members and friends can visit their local exchange and show support for deployed troops by writing encouraging messages or displaying photos on holiday tree ornaments. "This effort is just another example of how AAFES strives to make the experience of being away from loved ones during the holidays a little more bearable for our troops," said Richard Sheff, AAFES chief marketing officer. "The positive messages and photos are sure to bolster the spirits of troops in war zones as well as families minding home fronts." The Schofield Barracks main exchange tree, which has stood prominently in the foyer since Nov. 3, is draped with cards and red white and blue ribbon. Family members have placed

messages like, "We love you daddy. Come home safe and Merry Christmas" and "May God protect you and bring you back to your families." Other messages are directed towards units: "To 3-7 FA Soldiers: We are thinking of you during the holidays. We miss you! 3-7 Spouses." While some are addressed to Santa himself: "B-safe and Santa can I have an I-pod?" Tree ornaments will be forwarded downrange to one of AAFES' 53 contingency locations in Operations Enduring Freedom or Iraqi Freedom. Conversely, ornaments completed downrange will be sent back for display in PXs and BXs throughout the U.S., according to Susan Nonamaker, retail store manager at the Schofield Main Exchange. In addition to the opportunity to place an ornament on the tree, each exchange will also offer shoppers who participate in this campaign a chance to win a \$200 gift certificate, to be awarded on Dec. 24. *(Editor's Note: Some information gathered from AAFES news release.)*

# Runners face chilling race conditions **OIF**

Story and Photo by  
**SPC. DANIEL BEARL**  
25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq — It was cold in Northern Iraq the morning of the Honolulu Marathon, but runners gathered in the pre-dawn hours to receive their bib numbers, stamp the ground they stood upon and blow in their hands, in the just-above-freezing air.

The runners, all service members and civilians living and working in Iraq in support of Operation Iraqi Freedom, clustered near the race registration tables to sign in and store personal belongings as the gray light of dawn seeped over the eastern horizon.

While many were veteran marathoners, more than half of the entrants were first timers. "I don't really know what to expect," said 1st Lt. Clayton O. Carpenter, with 3-25th Aviation, 25th Combat Aviation Brigade. "I've never run a marathon before. Me and my buddy just kind of decided to run it about a week ago after we got to the unit."

"I'm just going to try to do better than I did the last time I did a marathon about a year and a half ago," said Maj. Keith E. Besherse, an aviation operations officer with the 25th Infantry Division.

For veterans and first-timers alike, a common challenge to the race was finding time to prepare because of busy schedules and the demands of deployed life.

"It takes a little more dedication to practice running [in Iraq]," said Sgt. 1st Class Wayne A. Davidson, with 3rd Brigade Special Troops Battalion headquarters, 82nd Infantry Division. "Sometimes your schedule conflicts with training."

Gradually, as the horizon grew pink and orange with the rising sun, runners collected around a stage near the starting line to stretch and warm up. The 25th Infantry Division's Tropic Lightning Band performed.

Just before starting, many of the runners participated in an organized warm-up session with Hawaiian-themed music.

The stage stood on a bed of gravel and tan dust with a backdrop of a sprawling, dusty field, scattered with patches of dry vegetation. Behind the crowd of runners, tall concrete blast barriers, the outer wall of a military housing area, cast long shadows in the morning sunlight.

The starting line lay stretched across a black asphalt road that stretched northward.

By start time, the chilly morning had warmed slightly to 36 degrees Fahrenheit.

As the last few minutes before start time slipped away, runners amassed, ready to face the grueling 26.2 miles ahead of them.

The course they were preparing to run traced a path along the roads of a U.S. military operating base just outside of Tikrit, Iraq.

Stretching just more than six-and-a-half miles, runners would have to run to the course's turn-around point and back to the finish line, twice, in order to complete the race.

The road conditions along the route ranged from freshly paved to gravel and sand, but the runners could look forward to water points along the way offering water, Gator Aid, energy bars and a high dose of motivation.



1st Lt. Sarah Bivens shows her support for Iraq's Honolulu Marathon runners with a festive sandwich board sign. Many service members and civilians volunteered their time to man water stations and cheer along runners as they pushed through the race.

When the signal was given, the line broke and a flood of bodies poured onto the road, charging down the marathon's first long stretch.

By the first turn around, it became clear that the men's top finisher spot was hotly contested by two Soldiers, Spc. William Smallwood and Staff Sgt. Brian Caldwell, who moved ahead side-by-side at a brisk 9-mile-an-hour pace.

The dead heat continued until just before the race's end, when Smallwood began to slip behind.

"We were neck and neck right there up until the 22nd mile," Smallwood said, "until I fell apart and had to catch up."

Smallwood, an infantryman from Company C, 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, would not prove to be so easily beaten, though. Just within sight of the finish line, he was able to pull out of second place to complete the marathon with a top time of 2 hours, 53 minutes, 23 seconds.

"All of my boys back at [Forward Operating Base] Warrior, I told them 'too easy, too easy,'" Smallwood said with a smile. "This is what I do. I run."

Smallwood, originally from Spokane, Wash., said he has been running since he was 13 and has competed in more than a dozen marathons.

Leading the women runners was Maj. Beth Hoffman, a signal officer from 25th Infantry Division's headquarters company. Though the women's race wasn't as close as the men's, Hoffman's finishing time of 3:40:55 was a personal best.

"I beat my last time by a minute," she said. "It meant a lot that we're running for the Soldiers that have lost their lives over here."

Hoffman was referring to the Tragedy Assistance Program for Survivors fundraiser, conducted in conjunction with the marathon.

As part of the fundraiser, runners could volunteer to run on behalf of fallen service members in order to raise money for programs to support their surviving family members. Hoffman ran for Staff Sgt. Stephen A. Bertolino, who was killed in Iraq in November of 2003.

Both Smallwood and Hoffman expressed that training for the marathon was difficult while dealing with the day-to-day stresses of a deployment to a combat zone.

"Finding the time [to train] because of work and being busy is difficult," Hoffman said.

Smallwood's experience was similar. "You know, with missions and being out here, you really don't have enough time to get in any serious training for anything," Smallwood said. "You're constantly going out on missions, and it's just whenever I have time I just go and get a couple miles in."

But despite the difficulties, both found enough motivation to push through the race.

"It was actually a more comfortable run for me," Hoffman said, "because I'd done the course so many times preparing. It was nice to go out and actually run on a course where you had been already."

Hoffman said she also enjoys distance running because it gives her time to think.

Smallwood's motivation is more visceral. "It's the pain, you know," Smallwood said. "I will say this is one of the most grueling sports ever. You know, there's no timeouts. There's no quitting. There's no stopping."

"How many people can say they ran a marathon in Iraq?" he added with a grin.

As the runners came in across the finish line, each was greeted by a cheering crowd of volunteers and received a seashell lei with a Honolulu Marathon finisher's medallion.

Scattered around the finishing area were tables with fruit and drinks, buses with running heaters to help cold runners warm up, and even a masseuse to work the kinks out of the finishers' legs.

Of the 175 entrants, 162 finished the marathon. Each runner was also considered an official entrant in the Honolulu Marathon and their times were sent back to Hawaii for inclusion in the race's finishing times list.

Overcast skies watched the last of the runners as they brought the race to a close. As the morning wore into the afternoon, gray clouds held the desert sun at bay, keeping the day at a brisk 56 degrees.

Perhaps in the chilly streets of Iraq a war was being fought, but at the marathon's finish line was a cacophony of cheers and jubilation.

As leis were draped around one finisher after another, one could almost see imagine the tan, Iraqi sand as the sands of Waikiki and the scrub bushes and trees that dotted the roadside as the tropical greenery of Kapiolani Park. But a world away, the race in Hawaii was still hours from starting.

# Runners compete in Iraq's Honolulu Marathon **OIF**

Story and Photos by  
**SPC. DANIEL BEARL**

25th ID Combat Aviation Brigade Public Affairs

TIKRIT, Iraq — As runners in Hawaii were preparing for the Honolulu Marathon, nearly 200 deployed service members had already completed their marathon run in Iraq.

Spc. William Smallwood, an infantryman from 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division (ID), was the top men's finisher at 2 hours, 53 minutes, 23 seconds.

Maj. Beth Hoffman, a signal officer with the 25th ID's Headquarters and Headquarters Company, finished first in the women's category at 3:40:55.

Though training for a marathon while on deployment is difficult, both top finishers expressed excitement for being able to run the race while in Iraq.

"How many people can say they ran a marathon in Iraq?" said Smallwood proudly after completing the race. Smallwood has run "a dozen or so" marathons, by his own count.

"Finding the time [to train] because of work and being busy is difficult," said Hoffman, who has now run three marathons. "It meant a lot to me that we were running for the Soldiers who have lost their lives over here."

The Honolulu Marathon in Iraq was organized by Task Force Diamond-head, which includes units based out of Wheeler Army Air Field, Hawaii. Many of the

**Men's**

**1st:** Spc. William Smallwood, 2:53:23

**2nd:** Staff Sgt. Brian Caldwell, 57th Signal Bn., 2:54:06

**3rd:** Navy Lt. Noel Allen Sawatzky, 3:06:29

**Women's**

**1st:** Maj. Beth Hoffman, HHC, 3:40:55

**2nd:** Capt. Chevelle Malone, 31BCT, 3:43:11

**3rd:** Maj. Pamela Sue Ting, PMO, 3:46:30

runners were also from units stationed in Hawaii.

Of the 175 entrants, more than half were first-time marathon runners and 162 successfully completed the run and were awarded Honolulu Marathon finisher's leis and T-shirts. The finishers' times were sent back to Hawaii to be included in the Honolulu Marathon finishers' list.

Temperatures were a frigid 36 degrees Fahrenheit the morning of the race as runners gathered at the marathon's starting line.

The 25th Infantry Division Tropic Lightning Band provided music as the runners signed in for the race.

After the runners stretched and warmed up to a mix of Hawaiian-themed and motivational music, they formed up at the starting line to await the signal to begin.

At 8 a.m. the clocks were started and the runners broke loose across the starting line.



Above — Runners race across the starting line as the Honolulu Marathon begins near Tikrit, Iraq. Many participants were running to raise money for the families of their fallen comrades.

Right — Spc. William Smallwood, an infantryman with 2nd Battalion, 35th Infantry Regiment, 25th Infantry Division, approaches the finish line for the marathon.

Bottom Right — Maj. Beth Hoffman, Headquarters, Headquarters Company, completes the race as the first female finisher. Her time was 3:40:55.

Many of the runners were running for fallen service members and raising money for programs to support their surviving family members through the Tragedy Assistance Program for Survivors, or TAPS. The fundraiser generated more than \$20,000 in donations.

A list of the runners and the fallen comrades they represented is available at the Web site [www.taps.org/marathon/honolulu.aspx](http://www.taps.org/marathon/honolulu.aspx), along with links to make donations to the program.



Send community announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**15/Today**

**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. 15, from 5:45-10 p.m., and Dec. 16, from 7:45 a.m.-4 p.m. Classes are family-friendly and open to anyone age 10 years and older. Register by calling 587-0200.

**16/Saturday**

**Honouliuli Hike** — The Nature Conservancy of Hawaii will host an interpretive hike along the Kaluaa Loop Trail Dec. 16, from 8:30 a.m.-2:30 p.m.

This three-mile hike is considered a moderate trek and begins gradually uphill. A steep downhill section will complete the loop.

Call 587-6220 to make the required reservations or for more information. Cost is \$10 per person.

**20/Wednesday**

**Motocross Track** — Get your speed on at the RPM Motocross Track, located in the Campbell Industrial Park and will be open Wednesday and Saturday nights, from 5-10 p.m., and Sundays, moon 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.

**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 chil-



Maj. Rich Stebbins | 94th Army Air and Missile Defense Command Public Affairs

## Marathon men

Members of the 94th Army Air and Missile Defense Command marathon team assemble for a photo opportunity before competing in the Honolulu Marathon, Sunday. Pictured (left to right) are Maj. Serafin C. Meno, Staff Sgt. John O. Triplin, Maj. Paul W. Riley, Col. Thomas "Buck" Luther and Chaplain (Col.) Vance P. Theodore.

dren ages 7-18. Pitcher/catcher camp will run 9 a.m.-noon and hitting camp, 1-4 p.m. Cost per camp is \$120 or \$200 for both camps. Call 956-6247.

**10K Volksmarch** — The Menehune Marchers is sponsoring a 10K volksmarch on Jan. 7 at Kakaako Waterfront State Park. Participants can start anytime between 8 and 12 noon, and the walk is free of charge.

Contact Mark at 392-1332.

## 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 5:15-7 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 7:30-8:30 a.m., and Saturdays from 7-8:15 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 or visit [www.home.hawaii.rr.com/cricket/hcc.htm](http://www.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.bike-hawaii.com](http://www.bike-hawaii.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.



**16/Saturday**

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

**17/Sunday**

**Bowling Tournament** — A "5 Game, No Tap" tournament will be held at the Schofield Bowling Center, Dec. 17. Check-in will be at 1 p.m., and the cost is \$20 per bowler. Call 655-0573.

**19/Tuesday**

**Football Bash Clinic** — Registration will begin for the 2nd annual Football Bash Clinic. This one-day clinic will be conducted by current and former National Football League players, University of Hawaii football players, and other college and high school players and coaches.

The clinic will be held Jan. 27 at 9 a.m. for ages 8-12, and 1 p.m. for ages 13-17. Cost is \$40 and includes a T-shirt, refreshments and a gift bag.

Register at the Schofield Barracks, Aliamanu Military Reservation (AMR) or Fort Shafter youth centers. Call 836-1923.

**26/Tuesday**

**Mini Baseball** — Registration will be Dec. 26-Jan. 16 for the

Mini-Baseball Program for youth born between 2002-2003. This program will cover basic skills in throwing, hitting, base running and catching. Cost is \$10 and will include a T-shirt. The program runs Jan. 30-Mar 22.

Register at the Schofield Barracks, Wheeler Army Air Field (WAAF), AMR, or Fort Shafter youth centers. Call 655-6465 (Schofield), 655-0883 (Wheeler), 836-1923 (AMR), or 438-9336 (Fort Shafter).

## Ongoing

**BMX Track**

— The BMX track on WAAF is now open on Thursdays from 5-7 p.m. and Saturdays from 4-7 p.m. Call 655-0883 or visit [www.mwrmilitaryhawaii.com/cjs/bmx\\_track.htm](http://www.mwrmilitaryhawaii.com/cjs/bmx_track.htm).

**Brazilian Capoeira**

— Develop the mind, body and spirit to include physical fitness, self-defense and self-discipline through Brazilian Capoeira. Classes are offered Tuesdays from 5:30-7 p.m. at the Fort Shafter Physical Fitness Center. Call instructor Mestre Kinha at 247-7890.

**Water Aerobics**

— Come for a new and exciting workout at Richardson Pool. Classes will be held Monday, Wednesday, and Friday from 11:30 a.m.-12:30 p.m., and Tuesday and Thursday from 5-6 p.m. A \$2 fee per class is charged or a punch card is available for \$15.

Water aerobics provides a safe and effective exercise alternative that improves your overall level of fitness without stress on the joints. Call 655-1128.