

INSIDE

MPs return after job well done

SGT. JENNIFER PREMER
 45th Sustainment Brigade Public Affairs

WHEELER ARMY AIRFIELD – Homemade signs and American flags decorated the walls as more than 160 Soldiers from the 552nd Military Police Company marched in, heads held high, to greet their families, here, Dec. 3.

Soldiers spent the last 15 months in Iraq developing, training and mentoring the Iraqi Police in the Mosul area and participated in 45 operations, more than 2,300 combat patrols and more than 275 joint patrols.

Col. Clay Hatcher, commander, 45th Sustainment Brigade, thanked the Soldiers and their families.

"We recognize the hardships you endured and are extremely proud of each and every one of you," he said.

While the Soldiers accomplished their duties overseas, family members filled in the gaps left by their absence.

"The hardest part was getting used to doing things on my own," said Sgt. Nataly Alfonso, wife of Sgt. Hector Alfonso, a team leader with the 552nd. "The family readiness group helped, and they were always sending me e-mail updates."

The mother of two children, Nataly continued the bedtime tradition of cookies and milk with her children, a ritual started by her husband prior to the deployment.

"We would eat cookies and talk about where daddy was, and we would pray for him," Nataly said.

All friends and family members in attendance rejoiced in welcoming back their Soldiers; some traveled thousands of miles for the occasion.

"I'm very proud of him, but I'm mostly just relieved that he's back," said Marvin Niedergall, who traveled from Pennsylvania for the homecoming ceremony to see his son, Master Sgt. Dale Niedergall.

Staff Sgt. Jeffery Sullivan, assistant squad leader for 3rd platoon, was enthusiastic about the progress the company made during deployment.

"I think the Iraqi Police made leaps and bounds during our deployment," said Sullivan. "There were lots of changes while we were there, and we adjusted fire and



Sgt. Corey Baltos | 45th Sustainment Brigade Public Affairs

1st Lt. Daniel Shalchi, platoon leader, 552nd Military Police Company, embraces his wife and daughter during his unit's homecoming ceremony at Wheeler Army Airfield, Dec. 3.

IED kills Soldier in Iraq

8TH THEATER SUSTAINMENT COMMAND PUBLIC AFFAIRS
 News Release

FORT SHAFTER – The Department of Defense announced Tuesday the death of a Schofield Barracks Soldier who was supporting Operation Iraqi Freedom.

Sgt. Solomon T. Sam, 26, of Majuro, Marshall Islands, died Dec. 4, in Mosul, Iraq, from injuries sustained from an improvised explosive device while on a combat patrol. Sam was assigned to the 523rd Engineer Company, 84th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command.

He joined the Army in October 1999 and was assigned to Schofield Barracks in March 2000.

Generals Loop lights up night, installation

Story and Photo by **STEPHANIE RUSH**
 U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – More than 1,000 Soldiers, civilians, friends and family members gathered at Generals Loop, here, for the annual Community Holiday Concert and Tree Lighting Ceremony, Dec. 4.

Providing entertainment and holiday spirit, each year the ceremony fosters Christmas cheer in everyone who attends.

"The annual Tree Lighting Ceremony and concert, as well as the Holiday Card Lane, are an annual event that goes back to the mid-1990s," said James Brown, north community director, U.S. Army Garrison-Oahu. "It provides an opportunity to usher in the holiday season and spirit on the installations. Both the Oahu North and South communities conduct the ceremonies for their respective communities."

Following the tradition of tree lighting ceremonies in the past, holiday revelers were treated to musical entertainment, refreshments and a visit from the North Pole's most well-known resident.

After an invocation from Chaplain (Lt. Col.) Timothy Walls, community chaplain, Schofield Barracks, Brig. Gen. Mark MacCarley, deputy commanding general, 8th Theater Sustainment Command, delivered a holiday message.

"Within our audience gathered this evening, we have both military and civilian members of our community," MacCarley said. "That blend is truly symbolic of all

SEE LIGHTS, A-12

Save energy

The garrison's holiday lighting policy limits all exterior holiday lighting to the hours between 6-10 p.m., daily.

See News Briefs, A-8

Updated ID policy

New system keeps cardholders more secure, including active duty, retirees, civilians, contractors and family members. Additional photo identification is required when obtaining a card and printed social security numbers are being phased out.

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SEE REDEPLOY, A-12

New normal

The 25th Infantry Division, Schofield Health Clinic and Tripler Army Medical Center team up to offer reintegration workshops for families.

See Community Calendar, B-2



Giving back

Area motorcyclists donate time, money and toys to needy children through Toys For Tots.

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94th AAMDC participates in missile intercept

Story and Photo by **MAJ. RICHARD A. STEBBINS**
 94th Army Air and Missile Defense Command Public Affairs

HICKAM AIR FORCE BASE – Missile defense Soldiers stationed at Hickam Air Force Base played a critical role in the successful missile intercept that replicated a long-range ballistic missile attack against the United States' West Coast, Dec. 5.

The Soldiers, part of the 94th Army Air and Missile Defense Command (AAMDC) headquartered here, controlled a significant portion of tracking the target by radar that led to the intercept of the missile off the coast of California.

"I believe this event had global significance with respect to the ... current and future deployments of the ballistic missile defense system," said Capt. Stephen Legarski, operations officer in charge.

The intended target was a Minuteman missile launched from Kodiak, Alaska. Ground-based interceptors (GBIs) stationed at Vandenberg Air Force Base, Calif., had the task of knocking out the missile that had a course similar to long-range ballistic missiles fired from threat nations.

This test was billed as a realistic simulation to test our national missile defense shield according to Pentagon officials.

For 94th AAMDC Soldiers, it was another way to test their capability in a joint environment since the Army, Navy and Air Force



From left to right, Staff Sgt. Edward Gonzales, Spc. Rodney Young, Sgt. 1st Class Joseph Powell, Staff Sgt. Jeremy Bennett and Capt. Stephen Legarski (standing) direct the radar at a long-range ballistic missile attack exercise, Dec. 5, at Hickam Air Force Base.

each had a role in the shoot-down. The 94th AAMDC maintains a 24-hour operations element at the Richard Bong Air and Space Operations Center at Hickam to monitor missile launch activity and control joint missile de-

fense assets in the Pacific area of responsibility.

For this particular test, Soldiers were

SEE MISSILE, A-12

Veterans, families can use American Legion's Web cam service

AMERICAN LEGION
 News Release

INDIANAPOLIS – Military troops deployed overseas can now use their Web cams to talk with families back home without having to download software packages that might not pass muster with command cybernet security requirements.

The American Legion has launched "Vet-Cam," a free Web cam service that enables U.S. military service members and veterans

to talk face-to-face on their personal computers with friends and family by simply registering as a user. Once registered, each user can connect with two Web cams and

use the service 24/7 from anyplace with an Internet connection.

"Web cam technology has been around for a while, but many required downloading software to make them work," said David Rehbein, national commander, The American Legion. "We want our troops, our veterans and their families to be able to enjoy the pleasure of talking face-to-face with their loved ones anywhere in the world, with just a couple of mouse clicks."

"Next to actually being there, seeing

and talking with your spouse, kids, mom, dad and best friends are morale boosters prior generations of veterans never had."

To initiate the service, a user will need a Web cam or a computer with a built in Web cam. Once registered, users can log in at any time to connect.

All members of the U.S. armed forces (active duty, Reserve and National Guard), members of The American Legion, their families and friends are welcome to use the complimentary technology.

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Visit www.legion.org, click on VetCams, to register and start communicating.

We want to hear from you...

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

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

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

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

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

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Nondelivery or distribution

problems in Army Hawaii

Family Housing areas? If so, call

656-3155 or 656-3156.

187 days

since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 12/10/08.

Everyone bears the cost of shoplifters at PX

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

According to a recent news release by the Army and Air Force Exchange Service (AAFES), theft at base exchanges (BXs) and post exchanges (PXs) went from 7,542 incidents in 2006 to 7,635 in 2007.

As of Nov. 30, 182 shoplifters were apprehended in Hawaii, accounting for approximately \$17,071 in stolen goods, of which \$13,544 worth was recovered.

Out of the 182 shoplifters, 127 were apprehended on Schofield Barracks. As we enter the holiday season, this information should serve as a timely reminder and give pause to those who are tempted to score their next "five-finger discount."

Combating the problem

Shoplifters are a diverse group. They vary in age, ethnic background, sex and economic status. They find many sly ways to take merchandise without paying, including stuffing items in bags, pockets and purses, and hiding goods in strollers or switching price

tags. Some do it out of economic necessity, but many do it just for the thrill of getting away with it.

It all results in an inventory shortage and revenue shortfall. To combat this deception, AAFES invests a substantial amount of time, personnel and equipment to detect shoplifting. There are electronic article surveillance gates at all entrances and exits of the facility.

All shoppers are routinely watched by trained loss prevention personnel through sophisticated camera systems. These personnel are skilled in identifying suspicious behavior and more often than not shoplifters will be caught and will face the unpleasant consequences.

Shoplifting is a crime

When a suspect departs the store without rendering proper payment for merchandise,



Boussy

For more information regarding Schofield Barracks, Wheeler or Helemano community issues, contact the Oahu North Community Director's Office at 655-0497.

Residents of Fort Shafter, Tripler, or Aliamanu can contact the Oahu South Community Director's Office at 438-6996. My staff will be happy to assist you.

he or she is immediately detained by loss prevention personnel and escorted to the security office.

A military police (MP) officer is notified and if probable cause exists to believe the suspect has committed a crime, the suspect will be apprehended and transported to the MP station for processing. All military suspects apprehended by an MP must be released to a senior member of his or her chain of command and family member suspects must be released to the sponsor or sponsor's unit representative.

Soldiers and personnel subject to the Uni-

form Code of Military Justice (UCMJ) are charged with "Larceny of AAFES Property" (Article 121, UCMJ) and this report is forwarded to the unit commander for appropriate action.

Civilians and personnel not subject to the UCMJ are charged with shoplifting under statutes of the U.S. Code.

Punishment not always limited to UCMJ or legal action

All MP reports involving shoplifting are referred to the U.S. Army Garrison-Oahu's Community Compliance Office for arbitration. Military identification card holders may have their AAFES privileges suspended for a minimum of one year and family members under the age of 18 may be required to attend a Juvenile Review Board and perform community service.

For civilians, family members, and those with no military affiliations, further punishments and administrative actions range from debarment from Army installations to fines, and in some instances, confinement in federal institutions.

New ID card policy changes protect against identity theft, make DEERS more robust

DIRECTORATE OF HUMAN RESOURCES
News Release

The Department of Homeland Security has implemented a new identification security directive that must be met in order to obtain either a Common Access Card (CAC) or an identification (ID) card for military personnel, authorized civilians and contractors, retirees, and family members seeking to renew or replace an ID card.

The new procedures will begin between December 2008 and January 2009, with the fielding of the upgraded Defense Enrollment Eligibility Reporting System (DEERS)/Real-time Automated Personnel Identification System (RAPIDS) 7.3 version of the ID card processing equipment at Schofield Barracks and Fort Shafter office locations.

Among the many changes to the ID card issuing process, the most important is that each customer must present two forms of identification, one of which must include a current photograph.

The DEERS/RAPIDS system will not produce a new CAC or ID card without first scanning the two forms of identification into the data base maintained by the Defense Manpower Data Center (DMDC) in Alexandria, Va.

Some documents that can be used for positive personal identification include:

- Driver's license or ID issued by a state or outlying U.S. commonwealth or possession
- ID card issued by federal, state or local government agencies or entities
- School ID card with a photograph
- Voter's registration card
- U.S. military ID card
- U.S. passport
- Certificate of U.S. citizenship
- Certificate of naturalization

For those younger than 18 who are unable to present a document as listed above, the following are acceptable:

- School record or report card
 - Clinic, doctor or hospital record
 - Day care or nursery school record
- The listing above is not all inclusive. A complete list of acceptable documents can be found on the United States Citizenship and Immigration Service (USCIS) Web site at www.uscis.gov/files/form/I-9.pdf, page 4.

Another recent change affecting ID cards is the removal of social security numbers (SSNs) from all Defense Department ID cards.

These changes will go into effect in three phases, each of which will be implemented as ID cards are issued or renewed.

• Phase One is scheduled to begin by the end of calendar year 2008. During Phase One, the printed dependent SSNs

Hours of operation, contact information, and locations of Army identification (ID) card issuing facilities on Oahu

Schofield Barracks (Building 750, Soldier Support Center, Ayers Avenue) and Fort Shafter Flats (Building 1599, Funston Loop) are: Monday-Friday, 7:30 a.m.-4 p.m., daily.

Due to the wait time, doors close at 3:30 p.m. Incoming Soldiers in the Garrison Replacement Program are given priority on Wednesdays. Thursdays, from noon-4 p.m., the Schofield Barracks office is minimally staffed due for training and handle emergency ID card services only.

Call Schofield at 655-4104 or Fort Shafter at 438-1757.

U.S. Army Reserve Center: Fort Shafter Flats, Building 1557, Pass Street, 3rd Floor. Monday-Friday, 8-11:30 a.m. and 1-3 p.m. Call 438-1600, ext. 3195.

Tripler Army Medical Center: Office location is at the Oceanside entrance, second door on right. Monday-Friday, 7:30 a.m.-3:30 p.m. Call 433-9166/9167.

will be removed from Dependent Identification and Privilege cards (DD Forms 1173 and 1173-1) and replace it with "XXX-XX-XXXX." At this point, the sponsor's SSN will remain visible on the card.

• Phase Two is scheduled to begin by the end of calendar year 2009. Printed SSNs from all DoD ID Cards during this time. The exception will be Geneva Conventions identification cards, which will retain the last four digits of the SSN for Geneva Conventions purposes.

• Phase Three is scheduled to begin in 2012. All SSNs from barcodes on all ID Cards will be removed at this time.

The change is in response to an increasing awareness of the growing need to protect the safety of service members and their families' identity information.

If you have any questions or concerns as to the proper documentation needed to renew an ID card or the upcoming changes with SSNs, call a military ID card issuing facility.

Relationships can survive, thrive during deployment



CHAPLAIN (CAPT.) BRIAN REED
North Community Deputy Chaplain, Main Post Chapel, Schofield Barracks

Is there a hole in your life? An emptiness in the pit of your stomach? A loneliness that nothing can fill? Are you living through your first deployment? Second? Third? Perhaps you've just experienced one of those out-of-the-blue crises that inevitably invade our lives. The deployment blues.

How do you cope with this vacuum, this hole, this void in your life that is normally filled by your spouse, parent, child, or other family member or close friend who is out of the picture? What do you do to survive while you are separated?

There are a lot of ugly things people chose to do, but many of them end in trouble, arrest, regret, a hangover, heartache, distrust, divorce and even death.

An old song from the '70s offered horrible counsel: "And if you can't be with the one you love, Honey, love the one you're with." None of those bad choices are healthy for coping with the emotional and physical void left by the one who is gone.

When you are married and separated from a spouse due to a deployment, you are living an unnatural, abnormal marital relationship. Three times in the Christian Scriptures it is said of marriage: "For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh" (Genesis 2:24; Matthew 19:5; Ephesians 5:31).

In the Jewish culture, during the first year of marriage a man was exempt from military duty so he could be with his wife. So when we face yearlong (or longer) deployments, there is bound to be stress on the marriage bonds. It is an abnormal arrangement.

Now on the surface, the verse quoted above may appear as if it is just referring to the sexual union. While that is included, there is an implied sense of intimacy and oneness that goes beyond sexual to spiritual.

Being united to your spouse includes being full partners in the unity of your hearts, minds, purpose, future and fulfillment. The physical bond is absent right now, but the spiritual bond can grow even closer during this time of separation.

So what does a good marriage that honors commitments made in the face of separation look like? It involves proactively engaging the one you love from a distance. Leave pictures of your loved one prominently displayed through the house (or in your Containerized Housing Unit). Upon every glance say a prayer for him/her.

Skype, a peer-to-peer Voice Over Internet Protocol program that allows people to make free telephone calls all over the world, is a good way to see and hear loved ones. E-mail often. Write letters out in long hand.

Snail mail is slower, but the ink to paper containing cherished thoughts can be reviewed and keep morale high. Phone calls and instant messaging are good, too, but overuse can gravitate to the daily grind of life overshadowing necessary relationship strokes.

Establishing boundaries and remembering convictions (marriage vows) aid in keeping marriage bonds strong. Deployment for the Soldier's family is not just a time to survive. It can be a time to thrive.

This is an opportune time for you to grow educationally and spiritually, too. The chapel communities offer programs to help you grow. Worship services and classes can encourage faith, as well as instruct to be a better spouse, parent and a resilient "homefront" warrior for your deployed warrior. A schedule of post worship services are found on page B-2.

Aliamanu Military Reservation's Chapel offers "Family Night" on Tuesday evenings. Schofield Barracks' Chapel Community offers "Family Night" at the Main Post Chapel on Wednesday evenings. Classes will begin again the second full week of January. Free child care is available for infants through four-year-olds. Classes are offered for kindergarten through adult. These are exceptional programs that kick off with a free meal at 5:30 p.m. Classes go from 6:15-7:30 p.m., not too late to get everyone home.

For more information on the "Family Night" programs, call Aliamanu Military Chapel at 836-4599 or Schofield's Main Post Chapel at 655-6645.

There is something for every age and every need at the "Family Night" programs. Practical classes include "Spouses of Deployed Soldiers," "Dealing with Post Traumatic Stress Disorder," "Managing and Growing your Financial Future" and "How to Parent During Deployment."

Take advantage of these opportunities to refresh your spirit and sharpen your skills. They will enrich your life and may help the deployment go faster.

Perhaps you are a new Soldier here. Take advantage of spiritual opportunities that apply to your life and learn how to live the Army Values. We become better communities when we better our minds and souls. Training for godliness is of much higher and longer lasting value than training for the Army Physical Fitness Test.



Reed

Voices of Ohana

How do you want others to view you?



"As a charitable person."

Roxane Bega
Family Member



"As someone who shows selfless service."

Capt. Jay Guerrero
Commander, 13th MP Det.



"As a generous person."

Jennifer Katzenberger
Family Member



"As a dedicated service member, part of the Army family."

Sgt. Enver Medrano
Military Police
13th MP Det.



"As a generous person, all year long. Not just during the holidays."

Cheryl Pierce
Military Personnel
Division,
Directorate of
Human Resources

8th MP Brigade assumes mission of training Iraqi police

Story and Photo by
SGT. DANIEL BLOTTENBERGER
18th Military Police Brigade Public Affairs

BAGHDAD — Soldiers gathered at the 18th Military Police (MP) Brigade Headquarters on Camp Liberty to witness the transfer of authority of the Baghdad Police Transition Team (PTT) mission to the 8th MP Bde. Headquarters, from Schofield Barracks, Dec. 1.

The 8th MP Bde. 'Watchdogs' assumed the PTT mission from the "Ever Vigilant Brigade," based out of Mannheim, Germany, and embarked on its first-ever deployment in support of Operation Iraqi Freedom.

"The Watchdogs are ready to step in and continue the pursuit of a safer Iraq, with the same momentum and tenacity you have seen with the Ever Vigilant Brigade," said Col. Byron Freeman, commander, 8th MP Bde., speaking to the crowd during the ceremony.

"We find ourselves leaving today and though we have accomplished a lot here there is still a whole lot to do," said Col. Mark Spindler, commander, 18th MP Bde. "The good news is we are handing off all these initiatives and programs to the 8th MP Bde."

The 18th MP Bde., accomplished a great deal with its Iraqi Police (IP) counterparts and in support of its four battalions, which were strategically placed throughout Iraq. The 18th MP Bde.'s mission was focused on IP expansion, development and legitimacy.

The brigade expanded the IP force by training over 20,000 IPs throughout Iraq, of which 13,000 were trained to protect the streets of Baghdad. After expanding the IP force the brigade also saw the development of two national IP training centers in Diyala and Baghdad.

"A year ago the IP did not have a voice," said Spindler, referring to the stature the IP force was in when the brigade arrived to assume the PTT mission. "Now they have a voice in the collection of Iraqi Security Forces along with the National Police and the Iraqi Army, as it rounds out the Iraqi Security Forces charged to protect Iraq and its citizens."

Spindler also credited the success of the IP to the dedication of the brigade's PTT teams, which he said, were unwavering in

the support to their IP counterparts.

"You have made a difference to the generations to come," said Spindler. "They will remember a time when American Soldiers stood on this soil."

Spindler was not afraid to talk of the successes his brigade had accomplished while deployed would be in vain if he did not mention the work that still must be accomplished, as he handed the reigns over to the 8th MP Bde.

The Ever Vigilant Brigade's success did not come without a cost, however, as the brigade lost 15 of its own during the 15-month deployment.

"This has been a difficult mission and a difficult task," said Spindler. "We lost 15 of our warriors along the way, who fell for their buddies to their right and left. We will remember them and we will honor them as we continue to be inspired by their sacrifices."

The 18th MP Bde. will return home to Mannheim in the upcoming weeks as it concludes its third deployment in five years.

Sgt. John Lum (left), 18th Military Police (MP) Brigade, and Sgt. Alfred Cianferano, 8th MP Bde., prepare to hoist the 8th MP Bde. colors during a transfer of authority ceremony at the brigade headquarters on Camp Liberty, Dec. 1.



Military police hold first service at Watchdog Chapel

8th MP Soldiers transform multipurpose room into place of worship, reflection

Story and Photo by
RAY MCNULTY
8th Military Police Brigade Public Affairs

BAGHDAD — The second Sunday of Advent will be remembered by the 8th Military Police (MP) brigade as the day when an all-purpose room became the "Watchdog" Chapel, site for the brigade's

Chap. (Lt. Col.) Marshall Peterson, 8th Military Police "Watchdog" Brigade Chaplain, presides over the first service at the newly designated Watchdog Chapel, Sunday.

nondenominational worship service.

The assembly area formerly named the Hall of Flags by the 18th MP Bde. was designated the spiritual epicenter of the 8th MP Bde. by its commander, Col. Byron Freeman.

The area was transformed into a worship space with an emphasis on home and the Christmas season by Lt. Col. Marshall Peterson, chaplain, 8th MP Bde.

"This is my third deployment in Iraq. I know how important access to spirituality and worship is to the Soldiers serving away from homes and their families," said Peterson. "Both Col. Freeman and I are committed to making worship available to Soldiers especially in need of a link to home during the holidays. The Watch-

dog Chapel is decorated for the holidays with a Christmas tree with all the trimmings, greenery, lights and praise banners."

Peterson noted the focal point of the chapel's Sunday service is a multimedia presentation projected above the altar depicting the Soldier's families in Hawaii.

"Family is what we're all about; love of country and family are why we serve, and the photo montage is appropriate while we are on deployment."

Following the congregation's singing the entrance hymns "Joy to the World" and "O' Come All Ye Faithful," Freeman and Peterson dedicated the chapel.

The first chapel worship and commun-

ion service coincided with Pearl Harbor Day, the commemoration of the attack on U.S. forces at Pearl Harbor, 67 years ago, Dec. 7, 1941. Pearl Harbor Day has special significance for the 8th MP Bde. as its home base is Schofield Barracks, a target of enemy fire that day.

Appropriate to the day, Peterson spoke on the intersection of patriotism, faith and the promise of the Christmas season.

"Just as it is important that a Soldier be physically fit, it is important that Soldier be spiritually fit," Freeman said. "This new chapel shows that the opportunity for worship is freely available at the 8th MP Brigade."

1-14th Inf. Regt. takes pride in capturing insurgents



Golden Dragons track, capture al-Qaeda in Iraq leaders, secure community

KEN GRIFFIN

2nd Stryker Brigade Combat Team

TARMIYAH, Iraq — A masked, nervous man walked into the joint security station here recently, scared for his life, with the kind of information a commander might pray for: He knew where an al-Qaeda in Iraq (AQI) leader was hiding — and was willing to tell.

Abu Ghazwan, the al-Qaeda in Iraq northern belt emir, had been dead nearly two weeks, and his subordinates were scrambling to fill his shoes while Multinational Division-Baghdad Soldiers from 1st Battalion, 14th Infantry Regiment “Golden Dragons,” tracked their nearly every move and prepared to kill or capture anyone who stepped up.

“These guys are smart,” said Capt. Kurt Pressell, commander, A Co., 1-14th Inf. Regt. “They’re wily, and they’re good at hiding ... but they can’t hide indefinitely.”

And he should know. Thanks to informants like the mystery Iraqi citizen and other intelligence methods, his unit has made life a living hell for the extremists. A Co. alone has captured 265 extremists since arriving in December.

Tarmiyah used to be an extremist stronghold, but AQI is finding more and more that they’re unwelcome, as evidenced by the growing number of citizens coming forward with information.

In the tactical operations center here, the room buzzed with excitement. Radios relayed priority messages around the room as Soldiers put on body armor and slung weapons. A few Soldiers double checked ammo and made last-minute



Courtesy of 2nd Stryker Brigade Combat Team

A Soldier from A Company, 1st Battalion, 14th Infantry Regiment “Golden Dragons,” prepares for mission designed to track al-Qaeda in Iraq terrorists in the Tarmiyah area north of Baghdad. Since arriving to the area in December, the Soldiers of A Co. have captured 265 extremists.

adjustments. Hoots and hollers rose above the chatter as they prepared themselves mentally and physically for what they

thought would be an exciting night.

Stryker vehicles in a single column sped through the dark toward the objective. Once there, squads consolidated and moved stealthily down the pitch-black trails while looking through the green glow of night-vision goggles. The assault force moved swiftly but deliberately, cautious of booby traps. Soldiers saw everything in great detail through the green glow of night vision, a serious advantage on dark nights like this one.

A few short minutes into the movement, Pressell received a call on the radio.

“We’re on the objective. No sign yet. Still searching, over,” the voice said.

The rest of the tactical column moved up as Soldiers in front poked around in bushes, brushed aside bundles of palm fronds and searched for weapons and insurgents. At the river, they looked for fresh tracks and scanned the horizon for any movement.

“He could be there six of seven nights, and you go on the one night he isn’t there,” Pressell later explained.

Fortunately, at the moment the Soldiers concluded no one was there, new intelligence came to light; the extremist they suspected would take Ghazwan’s place was in a house less than a kilometer away. The source, along for the ride and still masked, confirmed this was a possibility.

Shortly after, the

unit had surrounded their new objective. An interpreter shouted over a bullhorn in animated Arabic. He informed neighbors to stay in their houses and demanded anyone inside the surrounded house exit immediately.

With the civilians out of the house, Pressell considered lethal options but decided to show restraint. After a quick conference with his leaders, he sent in a robot from the Explosives Ordnance Disposal Team.

“These guys are smart. They’re wily, and they’re good at hiding ... but they can’t hide indefinitely.”

*Capt. Kurt Pressell
Commander, A Company,
1-14th Infantry Regiment*

So far the unit had been unlucky but that was about to change.

“OK, it has to be this third house,” a few of the Soldiers agreed. “He’s in there, definitely.”

With momentum on their side, a squad stacked on the house but an older man quickly exited. He told an interpreter his son was upstairs. It turned out it wasn’t the AQI member they were looking for

but, as luck would have it, he was a couple rungs below in the rank structure.

The informant confirmed the man’s identity and his involvement in extremist activities. A sensitive site search by the Soldiers indeed turned up contraband, and that was enough for the commander.

“Alright, get him flex cuffed. Get him in the Stryker,” Pressell said over the radio.

Sgt. 1st Class Christopher Wessling, a platoon sergeant, got the call and relayed the order to his men.

“I’ve been here before. I know this is a bad guy, and we’ve been looking for him,” Wessling said. “But this is my backyard. They can’t hide from me.”

The suspect and contraband were then on their way to an undisclosed location, and at about 5 a.m., the Soldiers were finally on their way back to base to get some rest.

But with their main objective still on the loose, they could easily expect to do it all over again tomorrow. As one leader is killed or removed, another eventually steps up to take his place, although each replacement is generally less skilled and less respected, according to the unit’s leadership.

'Wolfhound' skateboarder puts best foot forward in Iraq

SGT. BRAD WILLEFORD
1st Battalion, 27th Infantry Regiment

CAMP TAJI, Iraq — As a native of Port Huron, Mich., he has come a long way from his days of skateboarding, playing football and working at a local home improvement store. An avid skateboarder who loves to “grind,” his days of “ollies” and “tail drags” are now days of patrols and finding ways to assist the people of Iraq.

However, it is a challenge that Spc. Bradley Cook, an infantryman serving with C Company, 1st Battalion, 27th Infantry Regiment “Wolfhounds,” meets head on.

When he joined the Army in January 2006, his request was quite simple — he desired to be an infantryman.

“When I told the recruiter what I wanted to do, he told me there is no doubt that I would be coming to Iraq,” said Cook.

The recruiter was correct.

After being notified of his pending deployment to Iraq, Cook said he was a little nervous but excited. He felt he was ready for any challenge and felt confident in the training his unit conducted at Schofield Barracks, Pohakuloa Training Area on the Big Island, and during his combined training at the National Training Center at Fort Irwin, Calif.

Since arriving in Iraq, Cook has been on daily missions. On his first mission, Cook said he felt a little apprehensive going out and “not knowing exactly what to expect (but) everything I learned came back to me —and I adjusted.”



Cook

On a recent mission, Cook was on the road for more than nine hours, visiting joint security stations in the brigade's area of operations, and focused on become more familiar with the area. He said he was exhausted but found it rewarding knowing he had an opportunity to help others.

“I just love it, not knowing what the next day will hold,” Cook said.

He has been busy during the first year in Iraq. He served as a member of the brigade's tactical reserve, responsible for rapid response to high impact events in the brigade's area located north of Baghdad. The myriad duties his team was responsible for included recovering downed aircraft and unmanned aerial vehicles and aiding in efforts to rebuild Iraq and stabilize the local area.

During a two-month period in the spring, he assisted Iraqi soldiers in securing and stabilizing Sadr City during intense combat, where fire fights were daily occurrences. He has also assisted in providing security and essential services to the residents in the Abu Gharib Qada.

“He is a stellar performer, who always puts his best foot forward on a consistent basis,” said Staff Sgt. Jason Menard, Cook's squad leader. “He's one of the best Soldiers I have in my squad.”

Cook also earned the title of the Task Force's “Soldier of the Quarter.”



Spc. Robert Pegg | 1st Battalion, 27th Infantry Regiment

Building bonds on patrol

BAGHDAD — Spc. Benjamin Crawford plays games with an Iraqi child while on patrol in Abu Ghraib, west of Baghdad, Dec. 5. Crawford serves as an intelligence analyst with C Company, 1st Battalion, 27th Infantry Regiment, attached to 1st Battalion, 21st Infantry Regiment “Gimlets.”

71st Chem. Co. trains with WMD team

Story and Photo by
SGT. COREY BALTOS

45th Sustainment Brigade Public Affairs

BARBER'S POINT — Soldiers from the 71st Chemical Company cross trained with Soldiers and Airmen of the 93rd Weapons of Mass Destruction Civil Support Team (WMD-CST), a component of the Hawaii Army and Air National Guard, Dec. 2, at Barber's Point Air Station.

In the case of a civil emergency in Hawaii, the 93rd WMD-CST will be called to provide assistance to the unified commander on the ground. The 71st Chem. Co. augments the 93rd in providing assistance on the ground.

"The 93rd will identify the threat, assess the situation, assist with follow-on forces and advise the unified commander, who is a local civil authority official, on the consequences," said Lt. Col. Thomas Johnson, commander, 93rd WMD-CST.

A civil emergency can be anything from a volcano releasing sulfuric gas into the atmosphere to a terrorist attack on Honolulu Harbor.

"In the case of a civil emergency in Hawaii, we (the 93rd) will be there within three hours," said Johnson.



A Soldier from the 71st Chemical Company tests a "ricin lab" for toxicity during a training exercise, Dec. 2. The 71st Chem. Co. was conducting civil support training with the Hawaii National Guard's 93rd Weapons of Mass Destruction Civil Support Team at Barber's Point.

However, due to the remoteness of the islands, it is not always possible to get help in from the mainland immediately, which is why the 71st underwent training.

"The value of the training is to create interoperability within the CBRNE (chemical, biological, radiological, nuclear, and explosives) community," said Johnson. "By understanding each other's mission and capabilities, we've identified the need to train together so we can better help the people, in case of a WMD attack."

The 71st rehearsed entering ar-

reas suspected of being highly caustic or hazardous.

"Much like the stack the infantry and military police use to clear a room, we use a similar stack to enter a suspected caustic environment," said Air Force Staff Sgt. Aaron Hew Len, 93rd WMD-CST. "However, we normally use three-man stacks instead of four."

The first person, who used to be known as the "dirty man," is the first to enter the area. He or she will check test anything that looks like it may be caustic, acidic or radiated. The first person will also be

the only one to touch anything in the room, which is where the name originated.

The second person, traditionally known as the "clean man" operates the improved chemical agent moderating system (ICAM). He or she also will hand the first person any equipment, such as Ph paper, that he or she may need to test suspected items.

The third person is the team chief. He or she keeps in contact with the ground commander via radio and takes photos of everything in the room for documentation purposes. It is the team chief's job to also monitor the MultiRay which detects the levels of manmade and organic toxins in the area.

"Our focus is on all chemical, biological, radiological, nuclear, and explosive (CBRNE) agents," said Army Sgt. Keith Hapenny, 93rd WMD-CST.

In May 1998, President Bill Clinton recognized the growing threat of chemical and biological terrorism. To help combat this threat, the Department of Defense formed 10 teams to support state and local authorities in the event of an incident involving WMDs. There are currently 55 teams in operation.



Staff Sgt. David Aldridge | 25th Infantry Division Protocol Office

Courtesy correction

SCHOFIELD BARRACKS — Sgt. 1st Class Raul Rodriguez (right), headquarters detachment platoon sergeant, 3rd Infantry Brigade Combat Team, corrects a Soldier with a uniform discrepancy at the Main Post Exchange, Dec. 4. Rodriguez is part of a daily courtesy patrol to ensure Soldiers follow regulations.

Discrimination prohibited against workers with HIV

AIDS cannot be contracted through casual contact

BETHANN CAMERON

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

ABERDEEN PROVING GROUND, Md. — Human Immunodeficiency Virus (HIV) is the virus that causes Acquired Immune Deficiency Syndrome (AIDS). HIV is spread by unprotected sex (vaginal, oral or anal) with an infected person, or by sharing needles or syringes with someone who is infected. It can pass from an infected woman to her unborn child, at birth or through breastfeeding. Although most blood is tested for HIV, it can be spread through blood transfusions.

HIV destroys the immune system, reducing a person's ability to fight infections and certain cancers. A person may have the virus and have no signs or symptoms for several years. Symptoms of

HIV can imitate other illnesses. The only way to know if a person has HIV is to get an HIV test. The U.S. Centers for Disease Control (CDC) and Prevention recommends that people get tested as a routine part of their medical care.

Many people are living with HIV. In 2008, the CDC estimated that 56,300 people were newly infected with HIV. Through June 2008, there were 2,815 Soldiers identified with HIV; 655 of them were still serving. Through June 2008, there were 2,877 Department of Army civilians with HIV infection. Air Force, Navy and Marine Corps also have personnel who are HIV-infected. Veterans Affairs' Veterans Health Administration cares for more than 22,000 HIV-infected veterans, most aged 40 to 60.

You may be working with someone at your duty station or office who is HIV infected or who has AIDS. A person cannot become infected through everyday work

activities with an infected co-worker. HIV cannot be transmitted through casual contact such as a handshake, a sneeze or a hug, or from sharing cups, dishes, tools, telephones, computers or office equipment. A person can't "catch" HIV from air, food, water, insects or animals, or become infected from a toilet seat, a water fountain or a doorknob.

If any person has an injury at work involving blood, avoid direct contact with the blood. Practice universal precautions. If handling blood, use protective equipment, a barrier such as a cloth, or wear latex or vinyl gloves. Wash your hands with soap and water afterward.

Having HIV does not mean the end of one's career. There are federal laws that prohibit discrimination against HIV-infected persons such as the Americans with Disabilities Act of 1990 (ADA). Army Regulation 600-110, "Identification, Surveillance and Administration of Person-



For more information, visit:

- Centers for Disease Control (CDC), HIV/AIDS, www.cdc.gov/hiv
- CDC, National HIV and STD Testing Resources, www.hivtest.org
- Veterans Affairs National HIV/AIDS Program, www.hiv.va.gov

nel Infected with Human Immunodeficiency Virus (HIV)," addresses workplace issues and practices in the Army. It provides specific guidance to commanders regarding HIV education and prevention, counseling, treatment and workplace issues such as confidentiality and protection of disclosure of HIV status.

The disclosure of a Soldier's HIV status is on a "need to know" basis for medical reasons and fitness for duty. Soldiers who have HIV cannot be separated against their will from service because they are infected. They are not deployable but may be reassigned. Army civilians who are HIV infected or have AIDS are also protected by this regulation and federal law. They can work as long as they have acceptable work performance and pose no safety or health threat to their co-workers. HIV-infected personnel may choose to withhold their status from co-workers or to disclose it. Disciplinary action can be taken against persons who refuse to work with HIV-infected persons.

Take an active role in response to HIV/AIDS. Know the facts about HIV to help foster a compassionate environment. Practice the workplace policies as governed by regulation and law.

News Briefs

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

12 / Today

Holiday Lighting Policy — U.S. Army Garrison-Hawaii Commander, Col. Matthew Margotta, issued a holiday lighting memorandum stating holiday lights on installation housing may be turned on

between 6-10 p.m. Lights should not be left on outside of those hours to conserve energy.

The memo can be viewed online at www.garrison.hawaii.army.mil (click on USAG-HI Policies on the left). Additional housing policies on holiday lighting and ornamental displays can be found online www.armyhawaiiifamilyhousing.com (click on Current Resident and then Resident Resources).

ID Card Office Closure — The Fort Shafter ID Card Office will be closed Dec. 12 to install new equipment and upgrade the DEERS/Rapids system.

Following the upgrade, customers must

provide two pieces of identification prior to receiving their new CAC/ID card.

Contact Makena Davis, Schofield Barracks, 655-1272, or Kevin Branch, Fort Shafter, 722-7630.

New Hours of Operation — The Schofield Barracks Military Clothing and Sales Store will now be open Monday-Friday, 9 a.m.-6 p.m.; Saturday, 9 a.m.-4 p.m.; and closed Sunday. Call 655-0497.

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

- Watts Field, today-Dec. 14;

•Wheeler Army Airfield's baseball fields, Dec. 15-31.

Call 655-9915/9654.

Tripler Road Work — Contractors are scheduled to begin repairing Jarrett White, Patterson and Krukowski roads on Tripler, through Jan. 23, 9 a.m.-5 p.m., daily. Jarrett White Road will be open to emergency vehicles only. Expect detours, lane changes and delays. Call 656-2435.

17 / Wednesday

Gray's Beach Environmental Assessment Meeting — A federal Draft Environmental Impact Statement (DEIS)

Public Scoping Meeting for the proposed Gray's Beach Restoration project will be held Dec. 17, 6:30-8:30 p.m., at the Waikiki Community Center, 310 Paoakalani Ave.

Comments or suggestions describing specific environmental topics or issues which the commenter believes the DEIS should address may be submitted at the scoping meeting.

Alternatively, comments may be emailed to graysbeach@usace.army.mil. To be considered in preparation of the DEIS, comments should be received no later than Jan. 16.

SEE NEWS BRIEFS, A-13

Online holiday shopping can be safe

CID offers tips for Soldiers and families to avoid swindlers when shopping online during height of "rip-off" season

U.S. ARMY CRIMINAL INVESTIGATION COMMAND
News Release

FORT BELVOIR, Va. — The U.S. Army Criminal Investigation Command's (CID) Computer Crime Investigative Unit (CCIU) has teamed up with the Federal Trade Commission (FTC) to help Soldiers, family members and Army civilians stay safe while shopping online this holiday season.

As an increasing number of consumers do the majority of their holiday shopping online and swindlers have taken notice and devised a wide range of schemes to capitalize on the relative anonymity of cyber space. The CCIU and FTC offer the following tips to help thwart these online crooks:

- Check out the seller: If you have not used a particular online shopping site, do some independent research. Call their phone number to verify that you can reach them if issues come up with your purchase. If they don't have a phone number, you should take your business elsewhere. Also, search the Internet to see if anyone else has had a positive or negative experience with the shopping site.

- Read return policies: Make sure the online shopping site has policies that meet your needs and expectations. Some sites charge shipping and handling for returns, as well as a restocking fee. Sites with unclear or questionable policies should be avoided.

- Know what you're getting: Read the product description closely. If name-brand items

On The **WEB**

To learn more about online safety, visit the FTC's OnGuard Online site at onguardonline.gov.

To learn more about the CCIU and CID Cyber Lookout, visit www.cid.army.mil/CCIU.html.

are sold at an extremely low price, they could be counterfeit or stolen. Remember the old adage: "If it's too good to be true, it probably is."

- Don't fall for a false e-mail or pop-up: Legitimate companies do not send unsolicited e-mail messages asking for your password, login name, or financial information, but scammers do. Delete these e-mails without clicking on any links, since doing so could install spyware or other malicious programs on your computer.

- Look for signs a site is safe: When you are ready to buy something from a seller you trust, look for signs that the site uses a secure connection - such as a closed padlock on the browser's status bar - before you enter your personal and financial information. When you are asked to provide payment information, the beginning of the Web site's Uniform Resource Locator (URL) address should change from http to https, indicating that the purchase is encrypted or secured.

- Secure your home computer: At a minimum, your computer should have anti-virus and anti-spyware software and a firewall. Security software must be updated regularly to help protect against the latest threats. Set

your security software and operating system to update automatically.

- Consider how you'll pay: Credit cards generally are a safe option because they allow buyers to seek a credit from the issuer if the product is not delivered or is not what was ordered. Also, if your credit card number is stolen, you usually will not be liable for more than \$50 in charges. Do not send cash or use a money-wiring service because you will have no recourse if something goes wrong.

- Keep a paper trail: Print and save records of your online transactions, including the product description and price, the online receipt, and copies of any e-mail you exchange with the seller. Read your credit card statements as soon as you get them to make sure there are no unauthorized charges.

CID Lookout is a U.S. Army Criminal Investigation Command (USACIDC) initiative to partner with the Army community by providing a conduit for members of the Army family, to help prevent, reduce and report felony-level crime.

If a member of the Army family believes they have fallen victim to an online shopping scam, CID advises to notify the appropriate law enforcement agency as soon as possible. For crimes occurring on an Army installation, contact the local CID office. For crimes occurring elsewhere, contact the Internet Crime Complaint Center (IC3) online at www.ic3.gov. IC3 is a partnership between the Federal Bureau of Investigation and the National White Collar Crime Center and serves as a clearinghouse for Internet crime complaints.

Engineers fought through historic attack

U.S. ARMY CORPS OF ENGINEERS HISTORY OFFICE
News Release

HONOLULU — Dec. 7, 1941 was the opening scene of World War II for the United States, and the Army Corps of Engineers was there. At 7:55 a.m., two waves of Japanese warplanes from a naval task force about 250 miles north of Hawaii appeared over Oahu.

Some headed for U.S. warships at Pearl Harbor and planes on the ground at nearby Hickam Field; others hit Schofield Barracks, Wheeler Field, and Bellows Field.

The Corps of Engineers in Hawaii consisted of Soldier-engineers in the Army's Hawaiian Department, and the Corps' Honolulu Engineer District, then part of the South Pacific Division.

Col. Albert Lyman, a native Hawaiian, was the Army's Hawaiian Department Engineer with offices at Fort Shafter. He commanded the 34th Engineer Combat Regiment, the 804th Engineer Aviation Battalion, plus the 3rd Engineer Combat Battalion of the 25th Infantry Division.

All of Lyman's engineers were at Schofield Barracks. These military engineers were enlarging and modernizing facilities at Fort Shafter and Schofield Barracks, building anti-aircraft gun sites, and bomb-proofing coastal fortifications. Some of the 804th Engineers were building U-shaped dirt bunkers for aircraft dispersal at Wheeler Field.

On the civil side, Lt. Col. Theodore Wyman, Honolulu District Engineer, had offices at the Alexander Young Building, Honolulu, employing 10 officers and 400 civilians. Field area offices had three officers and 200 civilians. Many district team members were at work that morning; there had been a rapid increase in defense projects France's fall in 1940.

Wyman's workforce was building stationary



Photo Courtesy of 25th Infantry Division Tropic Lightning Museum

Hangar 3 burns at Wheeler Army Airfield following the Japanese attack on Oahu, Dec. 7, 1941.

early-warning radar sites on Kauai, Maui and Oahu, although none were operational that fateful morning. The transfer of Army Air Corps construction from the Quartermaster's Department to the Corps in early 1941 also increased Wyman's responsibilities. His district took over enlarging eight airfields and building two new ones, and began work on a gasoline and bomb storage site at Hickam Field.

No district team members or engineers were killed when the Japanese struck without warning, but there were close calls. Paul Lynch, the area engineer in charge of construction at Bellows Field, watched with horror as Japanese planes strafed the field, destroying most of the P-40 Warhawk fighter planes. Lynch directed dispersal of his equipment, and because of his efforts, none were lost.

That afternoon, the 804th Engineers began salvage operations at Wheeler Field. The 3rd Engineers moved with the 24th Division to the North Shore to defend against the expected Japanese invasion, which never came.

As eventful as Dec. 7, 1941 was, it was but the first of many days of war for the engineers in Hawaii. Honolulu District completed the ferry route in January 1942, and built more airfields, and port and base facilities for the war.

All Hawaiian Department engineer units served in the war. The 34th Engineers served in the Central Pacific and landed on Kwajalein. The 804th Engineers, also in the Central Pacific, saw action in Saipan. The 3rd and 64th Engineers went to the Southwest Pacific and fought and built their way through the Solomons, New Guinea and the Philippines.

11 tips to get fit without the hype

CHRIS HALAGARDA

U.S. Navy Fitness and Performance Enhancement Dietitian

FORT LEE, Va. — Physical training is a must for all active duty military personnel to help maintain high fitness levels, mental acuity and overall health.

It's important to understand that it's not just about the hour or two spent in the fitness center though. In truth, our overall fitness and well-being are influenced by several other factors.

Below are some "rules for results" that can help you align your exercise regimen with your diet to achieve better results:

•**Eat ample calories.** Multiply your body weight in pounds by 15 to get an estimate of how many calories you need to consume each day from carbohydrates, fat and protein. As your cardio increases, so should your calories. A 150-pound should consume at least 2,250 calories each day. If you're trying to lose weight, multiply your weight by 10 for your desired daily calories.

•**Think carbohydrates and protein.** Weightlifters should get about 4-6 grams of carbohydrate and 0.6-0.9 grams of protein for every pound of body weight. A 150-pound person needs to consume about 120-135 grams of protein.

•**Stay hydrated.** Weightlifters, who may not sweat as much as endurance athletes, need more fluids than sedentary individuals. Losing two liters of water or 3 percent body weight in water will decrease



For more information about making healthy choices, visit www.commissaries.com.

strength and speed, and cause difficulty concentrating and breathing.

•**Eat breakfast.** Be sure to eat a small meal prior to physical training, especially weightlifting, to prevent muscle breakdown. Try to include carbohydrates and protein. Load up on whole grain cereal with skim milk, a peanut butter and jelly sandwich, oatmeal with fruit and a cup of milk, or egg whites with toast.

•**Eat immediately after exercise.** It's the window of opportunity and the one time during the day when simple sugars are OK. Simple sugars will store as glycogen for your next workout and prevent muscle breakdown. Protein and carbohydrates promote muscle building and energy replenishment. Great choices for post-exercise are chocolate milk or a turkey and whole wheat bread sandwich.

•**Graze like a cow.** Avoid going more than three or four hours without eating a small carbohydrate, protein and healthy-fat meal or snack. Avoid eating carbohydrates, fat or protein only.

•**Eat fat to look phat.** Eat mono- and polyunsaturated fats like flaxseed, fish,

olive oil, canola oil, nuts, seeds and nut butters. Avoid trans and saturated fats. Choose low-fat dairy, lean beef, chicken and turkey breasts.

•**Legs, legs, legs.** Weight train legs, too. Running and other cardio exercise does not replace a leg workout. Leg muscles are huge and release growth hormone when worked. Strengthening legs will also maintain balance of your body and prevent imbalances on endurance athletes, which help prevent injury and improve strength.

•**High-intensity exercise.** High-intensity exercise, like a dynamic warm-up, sprinting or running sports, just one or two days a week will increase the release of growth hormone. This will increase strength, power and endurance while helping to build and repair muscle.

•**Rest and sleep.** Muscles get big while you rest, not while you lift. Try for seven or more hours of sleep each day. If that is a "twinkle in your eye," then take "baby steps" toward that ultimate goal. Try getting to bed 15 minutes earlier and wake up 15 minutes later.

•**Be patient.** Lean muscle mass increases slowly and differently on every body. Be patient and realize that putting on lean muscle takes months and years, not hours and days.

(Editor's Note: Chris Halagarda is the Navy fitness and performance enhancement dietitian. Contact him at 202-433-3472, or Chris.halagarda@navy.mil.)

Reserve and Guard family benefit now permanent

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. — Eligible families of activated National Guard and Reserve members will continue to save up to \$300 in annual deductibles now that a Tricare "demonstration" program is a permanent benefit.

Family members of Guard and Reserve personnel activated for more than 30 days under federal orders in support of a contingency operation are made eligible for Tricare Standard and Tricare Extra, which have annual deductibles. While they may be eligible to enroll into Tricare Prime or Tricare Prime Remote for Active Duty family members, which have no deductibles, many may choose to stay with Tricare Standard or Extra.

Introduced as one of the first Tricare health care enhancements after Sept. 11, 2001, to assist the increasing number of National Guard and Reserve service members activated to support the global war on terrorism, the benefit waiving annual deductibles has been a demonstration project for more than seven years.

"The demonstration has worked well and the benefit is not changing," said Maj. Gen. Elder Granger, deputy director, Tricare Management Activity. "We simply want to make sure our Guard and Re-

serve families know this is a permanent benefit now that final federal regulation has been published."

Guard or Reserve families often meet annual deductibles under their commercial plans before they get activated. Waiving the Tricare Standard and Extra deductibles means eligible families will not have to pay additional deductibles under Tricare. The annual deductible for Standard and Extra is \$300 for families.

"National Guard and Reserve members and their families make huge sacrifices to protect our freedom. We don't want to see them sacrifice even more by paying deductibles twice in one year," Granger said.

The published regulation also contains provisions that make it easier for Reserve and Guard members to continue to see their family physicians by potentially increasing the amount that can be paid to out-of-network health care providers.

Since eligibility for Tricare benefits is determined by the services, to ensure family members are eligible for the Tricare Reserve Family Benefit, activated Reserve and Guard members should visit their local military ID card issuing facility and update their information in the Defense Enrollment Eligibility Reporting System (DEERS).



Families look to online resources to keep holiday spending on track

MAJ. KIRSTEN M. ANKE

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

ABERDEEN PROVING GROUND, Md. — Ninety-eight billion dollars. According to the Nielsen Company, that is how much money U.S. consumers (you and me) are expected to spend during the 2008 holiday retail season. How much do you plan to spend?

Plan, what plan? Take a moment to look at your finances. The investment market may be on a roller-coaster ride, but your leave and earnings statement (LES) is on a stable course. To access your latest and previous LES, log in at <https://my-pay.dfas.mil/mypay.aspx>.

Get out a calculator. Add up your mid-month pay and end-of-month pay to see your total monthly pay received. This is the bottom-line amount deposited into your account after required deductions such as taxes, Service Group Life Insurance (SGLI) and personal allotments.

Pull out your paper and electronic statements for monthly living expenses. Add up the amounts you need every month to pay for your rent or mortgage; remember to include the renter or homeowner insurances and utilities such as water, electric, gas, oil and propane. Additional costs may include trash re-

On The WEB

Army budget services can be found at:

-Military OneSource: www.militaryonesource.com, or by telephone at 800-342-9647.

This free, 24-hour service provided by the Dept. of Defense is available to all active duty, Guard, and Reserve members and their families.

-Army Community Service Financial Readiness Program: www.myarmylifetoo.com (click on "Money Matters"). Each command has a command financial specialist and personal financial managers.

moval and association fees. Now add in the costs for phones, TV and computer access.

Include food in your calculations. Remember to add meals eaten out and the daily stops for coffee or refreshments. Put in cars — add up your loans, insurances and monthly gasoline and maintenance costs.

What is your existing debt? The minimum amount due on each of your credit cards is also a monthly expense.

The U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) is the Army's public health organization. It supports Soldiers around the world with health education information and deploys its expert medical and scientific staff to deliver occupational and environmental health surveillance everywhere Soldiers go. On U.S. military installations, CHPPM provides environmental health engineering and health hazard assessments as well as injury and disease prevention programs.

Now subtract all of these expense amounts from your total pay.

How are you doing? Need some assistance working out the details? Check out the following free resources to figure out your finances, balance your personal budget and develop a plan for your future.

When you go shopping this season and every season of the year, look at your financial plan and know how to respond to the question, "Will that be cash, check, debit or credit?"

Focusing on positives can reduce holiday blues

DIANE MAYER

TriWest Healthcare Alliance

The holiday season can bring with it many feelings, ranging from excitement and wonder to sadness and disappointment. Anxiety about separations or losses can be intensified during the holidays. Uncertainty about the length of deployments and mission dangers can add to the stress of separation.

Here are some suggestions to help reduce holiday stress:

- Set realistic expectations. It is easy to focus on how things used to be. Sit down with family members and discuss what is important to each of you right now. Look for new activities that could become new family traditions.

- Make a calendar with specific holiday goals. Once a holiday goal like buying all the gifts or baking all the cookies is reached, reward yourself.

- Establish a realistic budget. Overspending can result in year-round stress and the material aspects of the holidays can be overwhelming. Many times a homemade gift can be more meaningful. Coupons for services throughout the year can provide friends and family with happiness that outlasts the holiday season.

- Buy gifts from catalogs or online. This can be an amazing time saver. Many companies offer gift-wrapping and delivery directly to the recipient. It is a great way to avoid crowded stores and long lines at the post office. Use the

time you saved to spend time doing things you enjoy.

- Take care of yourself. In order to take care of others, you must first take care of yourself. Eat healthy meals at regular times. Get plenty of sleep and exercise. Even on your busiest days, schedule time for yourself. Think about activities in which you can participate and choose only those that will be enjoyable.

On The WEB

Visit www.triwest.com and click on Beneficiary, then Behavioral Health for additional tips and resources.

- Emphasize family ties. Spend extra time with your children to make them feel safe and secure. Maintain established routines, including family dinners and bedtimes. Create an online photo scrapbook for a loved one who is deployed, to share holiday images with them during or after their deployment.

- Reach out to others. Share activities and help others in your community. Participate in community activities that bring you in contact with others.

Life is full of changes — some good, some bad — and it can be difficult to adjust. Identify what is important and good in your life right now and focus on the future. TriWest is here to help you make it through the holidays.

Lights: Ceremony warms hearts of North community

CONTINUED FROM A-1

walks of life, coming together, as Americans, to celebrate this special time of year. The lighting of this tree is a symbol of this unity."

MacCarley continued, speaking of the sacrifices of deployed service members.

"The spirit of this season is one of life and sharing, a spirit shared by all of us here tonight," he said. "For those that cannot be with us this evening, like our deployed Soldiers, who, like this tree, stand tall and strong for what we all believe in — this great country and the freedom we enjoy as Americans. Keep them close in our hearts and in our prayers."

At the conclusion of MacCarley's remarks, winners of the annual Holiday Card Lane were recognized.

Fely Ramos and Ella Mann accepted the first place award on behalf of First Hawaiian Bank. Spc. Natalia Saraceno accepted the second place award on behalf of 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade. Bennett Moore accepted the third place award on behalf of Army Hawaii Family Housing.

The holiday cards will be displayed along Schofield's McComb Road throughout the holiday season.

Each year, a distinguished guest is chosen to be the Holiday Tree Lighter, who, af-



Lily Stalinski, 4, daughter of Cherie and Staff Sgt. Joseph Stalinski, 1st Battalion, 27th Infantry Regiment, tells Santa Claus what she wants for Christmas this year at the annual Tree Lighting Ceremony held at Generals Loop, Dec. 4.

ter the audience counts down, pushes a big red button and illuminates the 90-foot Norfolk pine tree centered on Schofield's Generals Loop.

This year's tree lighter was 17-year-old Madelyn Grandmason, high school senior at the Hawaii Center for the Deaf and Blind in Waikiki and Special Olympics athlete.

Madelyn's father, retired Staff Sgt. Marc Grandmason, is a contractor at Schofield's East Range.

Entertainment was provided by Solomon Elementary School's chorus, directed by Patricia Pope, and Mililani High School's concert band, led by Curtis Hiyane.

Leilehua High School students donned elf and other holiday-themed costumes, hand-

ing out candy and playing with children.

The South community held its annual Tree Lighting Ceremony Thursday, at Fort Shafter's historic Palm Circle.

Brig. Gen. John Seward, deputy commanding general, U.S. Army-Pacific, hosted the ceremony.

See next week's issue of the *Hawaii Army Weekly* for coverage.

Redeploy: Unit returns with pride

CONTINUED FROM A-1

accomplished our mission."

The hard work of each Soldier did not go unnoticed; the company's dedication resulted in the Soldiers earning a variety of awards including seven Purple Hearts, 102 Combat Action Badges, 29 Bronze Star Medals, 128 Army Commendation Medals and 22 Army Achievement Medals.

"The noncommissioned officers did exactly what they were supposed to do and led from front. I'm extremely proud and grateful for them," said 1st Lt. Charles Mallard, 3rd platoon leader with the 552nd.

This being his first deployment, Sullivan ended with a positive attitude.

"Overall, it was great experience with a great bunch of guys," Sullivan said. "I would deploy with the same team again in a heartbeat."

Missile: Exercise 8th success in a row

CONTINUED FROM A-1

responsible for tracking the missile through its boost phase, a critical step where an inbound missile separates the warhead from the missile body.

The system used to cue the radar and track the missile is the highly sophisticated command and control battle management communication (C2BMC) software, which allows critical data picked up by the radars to be sent to the missile for accurate intercept capability.

"Today we operated sensors and shooters in a joint environment," said Legarski. "Our success today replicates the success that our fellow Americans

would celebrate if this event were to occur for real."

"The training we do every day paid off," said Spc. Rodney Young, C2BMC operator, who controlled the radar during the test. "This proves the system is very reliable and capable of hitting the target."

This is the first test conducted since September 2007 and the eighth successful test of the system overall.

As a token of praise for the successful mission congratulatory cigars were passed around to those present at the test.

"I feel like I did my job well today. I am ready to celebrate," said Young.

News Briefs

From A-8

For more information, contact Peter Galloway, Regulatory Branch, U.S. Army Corps of Engineers, Honolulu District, at 438-8416.

24 / Wednesday

Holiday Closures – The Schofield Barracks Commissary will close three hours earlier, Dec. 24, at 5 p.m., for the Christmas Eve holiday. The commissary will also be closed Dec. 25 and Jan. 1. Call 655-5066.

January

12 / Monday

Change in Government Vehicle Cards – GSA, GSA Fleet and Department of Defense Fleet customers can no longer use the Voyager card as an acceptable form of payment at Army and Air Force Exchange (AAFES) gas facilities.

AAFES will not be equipped to accept the new Wright Express (WEX) cards until Jan. 12, 2009, when the interim fix is implemented. The interim solution will give customers the capability to use their WEX card to pay inside the AAFES Shopette. The “pay at the pump” system will

be upgraded and ready to accept the new form of payment in Fall 2009.

Ongoing

Traffic Control Plan – Construction of the Wiliwili neighborhood on Wheeler Army Airfield began Nov. 24, and all personnel and dependents traveling in the area will experience traffic control measures through the end of the construction.

The road pathway through the construction site will be striped for two-way traffic. The existing sidewalk at the intersection of Lehua Road and Wiliwili Circle through the job site will remain open for

Camp Stover pedestrians. Call 275-3118.

Crime Tips – Community members can now submit anonymous crime tips to the military police via cell phone text messaging or online.

To submit a text message tip through your personal cell phone, send “TIP730” along with your tip information to the number “Crimes” (274637).

To submit a tip online, visit www.militarycrimetips.com.

Vehicle Resale Lot Relocated – The Resale Lot, located behind the Schofield Barracks Commissary, has relocated to

the parking lot behind the post office.

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

Garrison Web Site Survey – Have an idea on how to make the Garrison’s Web site better? Let the garrison know your thoughts on the site. A survey is available at www.garrison.hawaii.army.mil. Click “Survey” on the left.

The results from this survey will be used to update content, reorganize the site and make it more useful for end users. Call 656-3153 for more details.

PAU HANA

Santa Claus thinks about replacing his reindeer with something a little more modern — a Honda Valkyrie owned by Master Sgt. Charles Owens, garrison tasking noncommissioned officer, 1101st Garrison Support Unit.



Mele Kalikimaka

Military riders participate in Toys For Tots parade

Story and Photos by
KYLE FORD
News Editor

WAIKIKI — More than 6,000 motorcycles of all makes and sizes thundered through Waikiki during the 34th Annual Street Bikers United Hawaii Toy Run Parade benefiting the Marine Corps Reserves Toys For Tots, Sunday.

Among the riders were hundreds of veterans from every conflict dating back to World War II, along with active duty and reserve Soldiers, Sailors, Airmen, and, of course, Marines.

Many riders came out with their clubs, to enjoy the fellowship of the wheel and the opportunity to ride down Waikiki through all the lights, but most came out to support a good cause.

"Pretty much we're all here for the kids," said Staff Sgt. Ben Harlow, technical inspector, B Company, 209th Aviation Support Battalion, as he stood next to a row of sport bikes. Part of the All Throttle Motorcycle Club's charter is to establish a club for motorcyclists to enjoy safe riding and giving back to the community.

"We're a family club and try and get out for rides every weekend," Harlow added. "This is a good way to give back to the community and get to ride at the same time."

One rider enlisted his whole unit in the charitable event. Master Sgt. Charles Owens, garrison tasking noncommissioned officer (NCO), 1101st Garrison Support Unit (GSU), filled a sleigh with donated toys. Owens, not one to mess with reindeer, pulls his sleigh with a beefy red and white Honda Valkyrie.

With the help of the 1101st GSU, Owens collected more than \$1,100, and that doesn't include the toys people donated.

"When Sgt. Owens sent out the mail asking for donations, I knew I wanted to help more," said Sgt. Valerie Raymor, administrative NCO, 1101st GSU. She called Owens and asked to help collect money from people who wanted to donate, but didn't have time to purchase toys.

"Some of us know what's it's like to not get something for Christmas or to get very little. So I give to kids that may need it now that I can afford it," she said.

"It's in my heart to give," said Spc. Desiree Lau, mechanic, 1101st GSU. "It's the little things that make a big difference in a child's life."

As Owens pulled up to the drop-off point, a boy asked him if that was Santa's sleigh.

"Yes," Owens, recounted. "Santa let me borrow it so I could help the less fortunate children."

"Can I help you unload Santa's sleigh?" the boy asked.

"You should have seen his face as he helped unload," said Owens. "He'd pull a toy out and hand it down and say, 'Wow, I hope I get one of these.'"

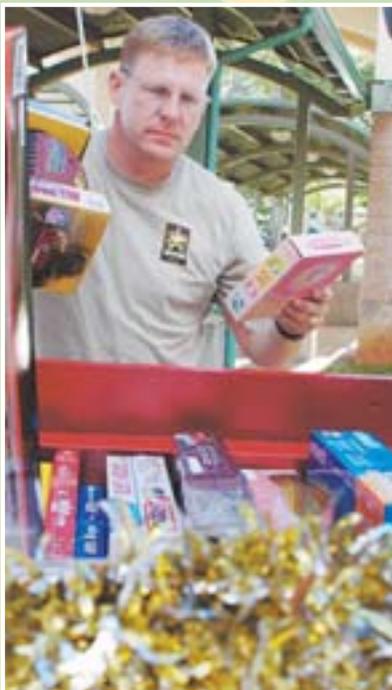
If that boy's excitement is an indication of how the other children will react to seeing a new toy for them, then it's all worthwhile.

"It's always nice to give back to the community," said Sgt. 1st Class Chris Laye, military police operations sergeant, Schofield Barracks, and director, Honolulu Harley Owners Group. "Some children, because of their circumstances, are unable to enjoy the holidays. This event helps them enjoy the holidays like we can."

The goal of the Toys For Tots Program is to send a message of hope to needy youngsters that will motivate them to grow into responsible, productive, patriotic citizens and community leaders.



Sgt. Valerie Raymor, administrative noncommissioned officer, 1101st Garrison Support Unit, places a toy in a sleigh after shopping at the Schofield Barracks Post Exchange in preparation for the 34th Annual Street Bikers United Toy Run Parade benefiting the Marine Corps Toys For Tots.



Master Sgt. Charles Owens, garrison tasking noncommissioned officer, 1101st Garrison Support Unit (GSU), fills his sleigh for 34th Annual Street Bikers United Hawaii Toy Run Parade. The 1101st collected more than \$1,100 and a sleigh full of toys for the charitable event.

Right — Sgt. 1st Class Chris Laye, military police operations sergeant, Schofield Barracks, and director, Honolulu Harley Owners Group, prepares to mount up at the parade, Sunday.



More than 6,000 motorcyclists participated at the 34th Annual Street Bikers United Hawaii Toy Run Parade benefiting the U.S. Marine Corps Reserve Toys For Tots, Sunday.





12/Today

Baby Massage – The next session of baby massage will take place, today, 9–11 a.m., at the Sgt. Yano Library, Schofield Barracks. Time spent massaging your baby greatly increases your communication and helps you to understand your baby's moods, needs, desires and expressions. Babies should be between 4 and 8 months old. Call 655-4227.

13/Saturday

Birthday Celebration – The Army Family Team Building (AFTB) program will celebrate its 14th birthday, Dec. 13, 10 a.m.–2 p.m., at the Schofield Barracks Post Exchange. Stop by and meet our new AFTB Volunteer Program Manager, Stacy Wood, AFTB advisors, local AFTB instructors and master trainers. Get information on AFTB and pick up the 2009 schedule. Call 655-4227.

15/Monday

Breastfeeding Basics – Breastfeeding Basics will be offered, Dec. 15, 9–11 a.m., at the Aliamanu Military Reservation (AMR) Community Chapel, and Dec. 19, 9–11 a.m., at Sgt. Yano Library, Schofield Barracks. Learn about getting started with breastfeeding, overcoming challenges, and the importance of breastfeeding for your baby. Call 655-4227.

16/Tuesday

Newborn Care I and II – The next sessions of Newborn Care classes will take place Tuesday, Dec. 16, 9–11 a.m. at the Aliamanu Military Reservation (AMR) Community Chapel, and Wednesday, Dec. 17, 10:30 a.m.–12:30 p.m., in the Kalakaua Community Center on Schofield Barracks. From holding to diapering to bathing, come learn the basics of newborn care to make the early months special for parents and baby. Call 655-4227.

17/Wednesday

Money Management – Learn basic tools for financial success, develop a spending plan, reduce expenses and make your paycheck work for you, Dec. 17, 10:30 a.m.–noon, at Army Community Service, Schofield Barracks. Call 655-4227.

Basic Investing – Learn the basics of investing, Dec. 17, 9–10:30 a.m., at Army Community Service, Schofield Barracks. This course teaches the difference between saving and investing and the difference between savings accounts, certificates of deposit (CDs), money market accounts, mutual funds, bonds and stocks. Call 655-4227.

Isle keiki send Soldiers holiday cheer

MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – A brightly colored holiday card decorated with a Christmas tree and American flag read, “My Christmas wish this year is for you to be home with your family.”

This card, along with thousands more, is currently in route to Iraq to bring wishes of holiday cheer to a Soldier in the 2nd Stryker Brigade Combat Team (SBCT).

The unit is currently on a 15-month deployment, expecting to return in May of 2009. This is the 2nd Christmas in a row the Soldiers will spend in Iraq.

Through a grassroots effort, community members from around the country are teaming up to put a smile on the faces of Soldiers this holiday season through Holiday Cards of Care '08 (HCC08).

Maurice McCaffrey, the father of Col. Todd McCaffrey, commander, 2nd SBCT, is dedicated in keeping his entire family up to date on Todd's status in Iraq.

After Maurice's cousin, Dave, read a message from McCaffrey in late October, stating many members of Todd's brigade were spending their 3rd Christmas in five years in Iraq, Dave had the idea of reaching out to his friends and associates all over the country to invite them to send a



Courtesy Photo

(From left to right) Second grader Saydee Velasco, sixth grader Melissa Gouveia and fourth grader Justice Lee of Trinity Lutheran School display their holiday cards for Soldiers of the 2nd Stryker Brigade Combat Team. To date, more than 5,000 cards have been sent to Soldiers in Iraq.

card to a Soldier in the unit. HCC08 was then born.

“It is a very small way to pay a tiny bit

to our Soldiers assigned in Iraq,” said

SEE HOLIDAY, B-4

Resource Workshop – The next New Parent Support Program workshop will be held Dec. 17, 2–4 p.m., at the Aliamanu Military Reservation Community Chapel, and Dec. 18, 2–4 p.m., at Army Community Service, Schofield Barracks.

The workshop provides important information on the nurturing parent curriculum, resources available in the community and short videos on preventing shaken baby syndrome and basic newborn care. Call 655-4227.

18/Thursday

Couples Communication – Army Community Service (ACS) will hold a Couples Communication course, Dec. 18, 1–2:30 p.m., at Aliamanu Military Reservation's Community Chapel, and 3–4:30 p.m. at ACS, Schofield Barracks.

Effective communication skills can help improve relationships and break down barriers. Call 655-0596.

19/Friday

Big R: Countdown to Redeployment – Blue Star Card Holders, don't be a Scrooge!

Come celebrate another month of deployment Friday, Dec. 19, 6–8 p.m., at the Nehelani. The event will feature our holiday version of Jeopardy, with a festive twist. Light pupus and child care will be provided.

To reserve your space or child care, call 656-3327 before Dec. 15.

Slick Deals for Soldiers – Sam's Club will offer service members and their families free preview days, Dec. 15. If you're not already a member, the 10-percent service fee will be waived.

The Hawaii Super Ferry will offer a buy-one-get-one roundtrip offer to military members and their family members through Dec. 15.

Tickets must be purchased through Information, Ticketing and Registration offices. Call 438-1985 (Fort Shafter) or 655-9971 (Schofield Barracks).

Whale Watching Cruises – The Star of Honolulu offers 2.5-hour whale watching cruises daily, Dec. 15–April 30, 2009. Tickets are \$39 for adults and \$23.50 for children. Kamaaina and military discounts are available.

Visit www.starofhonolulu.com or call 983-STAR (7827).

16/Tuesday

Prayer Time – Prayer time will be held every Tuesday, 11:30 a.m.–1:30 p.m., at Schofield's Main Post Chapel sanctuary. Prayer focus sheets with instructions and the names of deployed Soldiers will be available each week. Call 655-9355.

18/Thursday

Local Tour – Reservations are required by Dec. 18 for a free bus tour of Wahiawa and Schofield Barracks to see the holiday decorations, Dec. 20.

The 1.5-hour tour will begin and end at Center Street, Wahiawa. Seating is limited. Call 621-5109.

19/Friday

Military Family Camp – Register online now for the YMCA's Military Family Camp at Camp Erdman on the North Shore, Dec. 19–21.

Activities include archery, swimming, kayaking and holiday crafts. Visit www.camperdman.net or call 637-4615.

Holiday Boat Tours – The U.S. Navy and National Park Service will offer free holiday boat tours, Dec. 19, 20 and 21, departing every 15 minutes, 6:30–8 p.m. An additional boat will depart at 8:15 p.m. on Saturday and Sunday.

Family Fun Fridays – Family Fun Friday is back at the Tropics, Dec. 19, 6 p.m. Enjoy food and drink specials, video games, table games, volleyball and the chance to just get out of the house and socialize for awhile. Call 655-5697.

20/Saturday

Holidays in Whooville – Spend the holidays in Whooville with FMWR at a holiday party, Dec. 20, 10 a.m.–2 p.m., at Building 1052 on Wheeler Army Airfield.

Enjoy food and drinks, ornament-making and other craft activities, games and goodie bags for the kids. Rumor has it Santa might even be taking time out of his busy schedule to drop by and say aloha. Call 655-0111/2.

24/Wednesday

Single Soldier Christmas Eve Party – The Single Soldier Christmas Eve party will take place, Dec. 24, 1–7 p.m., at the Tropics Recreation Center, Schofield Barracks. This is a great, free event open to any and all single Soldiers who enjoy music and dancing, fun and games, and food and prizes. Prizes will be awarded throughout the event and free shuttles will be available from the Tripler and Fort Shafter areas. Call 655-5697.

Ongoing

Island Tour – Want to discover Oahu?

Boat tours are free, but seating is limited. Tickets will be handed out on a first-come, first-served basis, beginning at 6 p.m. the day of the tour. Call 422-2771.

20/Saturday

Hangar Talk – The Pacific Aviation Museum will present Hangar Talk, Dec. 20, 1–2 p.m., on Ford Island.

This month's presentation will feature aviators Chip Gunther, discussing the F4F Grumman Wildcat, and Mel Souza discussing the role of the Civil Air Patrol. The presentation is free with a paid admission to the museum.

Hangar Talk is offered on the third Saturday of every month. Call 441-1000 or visit www.PacificAviationMuseum.org.

21/Sunday

Military Appreciation Days – The Contemporary Museum, Honolulu, will offer free admission for all military members and their families Sundays, during the H.C. Westermann exhibition.

H.C. Westermann is a former Marine Corps gunners mate-turned artist. Eligible Sundays include Dec. 21–Feb. 22, 2009. Visit www.tcmhi.org or call 526-0232.

Holiday Performance – The Schofield Barracks Religious Community will present the Christmas Cantata, “Joy, Joy, Joy,” Dec. 21, 6:30 p.m., at Helemano Military Reservation's Chapel.

The performance will be repeated Dec. 24, 6:30 p.m., at Schofield's Main Post Chapel.

Ongoing

Honolulu City Lights – The City and County of Honolulu will continue its monthlong celebration, now in its 24th year. This year's theme, Kuu Home, or “our home,” highlights Honolulu, a place where diverse cultures intertwine and where history blends.

Hundreds of thousands of people visit the Honolulu Hale (City Hall) and Civic Center grounds to view the City Employee's Christ-

A free island tour, designed to familiarize all newly arrived Soldiers and family members, is held every Tuesday, and the second and fourth Wednesday of the month, 8 a.m.–4 p.m.

The tour will orient you to the Hawaiian culture and customs, language, installation and various points of interests. Tuesday tours depart from Schofield Barracks and Wednesday tours depart from Fort Shafter. Call Army Community Service office at 655-4ACS (4227) for reservations. Seating is limited.

Mobilization and Deployment Workshops – Army Community Service (ACS) and Military Family Life Consultants offer Child and Parent group workshops at Aliamanu Military Reservation (AMR) and at Helemano Military Reservation (HMR). Meet other parents and children and participate in workshops every Tuesday and Wednesday, 3:30–4:30 p.m.

At least one parent must attend with their child. No long-term commitment is required. You and your child may join a group or stop at anytime. Nine ongoing workshops will cover topics like conflict resolution, communication and stress management, deployment and reunion.

The first and third Tuesdays are for ages 16–18; second and fourth Tuesdays, ages 10–12. The first and third Wednesdays are for ages 13–15. The second and fourth Wednesdays are for ages 7–9.

Call AMR 366-9121 or HMR 366-7482.

mas Tree Exhibit, wreath displays, gingerbread houses strolling musicians and other entertainment and nightly visits from Santa. Visit www.honolulu.gov/csd/citylights.

Fire Warden Training – Army Regulation 420-1 mandates that unit commanders or facility managers must appoint a primary and alternate fire warden for their facility. Training is held each month. Upcoming training dates are Dec. 30.

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

Free USPS Packaging – The U.S. Postal Service provides military family members and friends with packaging materials to send packages to service members. Call toll free 1-800-610-8734, follow prompts, then ask for the “Military Pack.” Eight boxes, tape, packaging materials and labels will be mailed to those who call. The postal service will also provide an ID number to reorder supplies. Allow four to 10 days to receive materials.

Holiday Mail for Heroes – The American Red Cross is collecting holiday cards to distribute to service members, veterans and their families in the United States and around the world.

Mail holiday cards or letters to Holiday Mail for Heroes, P.O. Box 5456, Capitol Heights, MD 20791-5456 or visit www.redcross.org/email/saf.

Operation Special Delivery – Are you expecting and your spouse is deployed? Operation Special Delivery offers free doula services to expecting women who have deployed spouses.

Doulas are trained and experienced professionals who provide continuous physical, emotional and informational support to the mother before, during and just after birth. Visit www.operationspecialdelivery.com for an application.

Professional doulas are also available in the Oahu area to meet your needs if you do not qualify for this program.

Visit www.dona.org or www.cappa.net for a list of certified doulas in your area.



Aliamanu (AMR) Chapel
836-4599

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

Fort DeRussy Chapel
836-4599

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

Fort Shafter Chapel
836-4599

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

Helemano (HMR) Chapel
653-0703

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

Main Post Chapel
655-9307

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

MPC Annex, Building 791

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

Soldiers Chapel

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

Tripler AMC Chapel
433-5727

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

Wheeler Chapel
656-4481

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



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



High School Musical 3: Senior Year

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

Beverly Hills Chihuahua

(PG)
Saturday, 4 p.m.



The Secret Lives of Bees

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

Pride and Glory

(R)
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.



Send announcements to community@hawaiiarmyweekly.com.

12/Today

Holiday Lighting Policy – U.S. Army Garrison-Hawaii Commander, Col. Matthew Margotta, issued a holiday lighting memorandum stating holiday lights on installation housing may be turned on between 6–10 p.m. Lights should not be left on outside of those hours to conserve energy.

The memo can be viewed online at www.garrison.hawaii.army.mil (click on USAG-HI Policies on the left). Additional housing policies on holiday lighting and ornamental displays can be found online www.armyhawaiiifamilyhousing.com (click on Current Resident and then Resident Resources).

13/Saturday

Family Strong Reintegration Classes – The 25th Infantry Division, Schofield Barracks Health Clinic and Tripler Army Medical Center will hold a series of reintegration classes designed to guide reunited families through the post-deployment process, Dec. 13 and 15, 8 a.m.–4 p.m., at the Main Post Chapel Annex, Schofield Barracks.

Issues particular to spouses, children and Soldiers will be addressed in addition to community services available. Call 655-8132.

15/Monday

Operation Property Identification – The Directorate of Emergency Services will hold the next “Operation Property Identification.” Dec. 15, 11 a.m.–3 p.m., at the Schofield Barracks Main Post Exchange entrance. Engraving high value items and easily pilfered property aids in identifying, recovering and returning property if it is stolen.

For more information, call 655-5170.



AMR families celebrate holiday spirit at Fun Fest

Story and Photos by
MOLLY HAYDEN
Staff Writer

ALIAMANU MILITARY RESERVATION — A long way from the North Pole, Santa Claus arrived at the 12th Annual Holiday Fun Fest here, Saturday, with a smile on his face and greeted excited children of all ages.

"I always come to Hawaii a few weeks before the Christmas rush to visit the kids," joked Claus. "I'm working on my tan."

Moments later, Claus joined elves, Girl Scouts, firemen, military police and festively dressed pets to kick off the holiday parade.

Soldiers and family members sat on the sidelines catching candy canes and waving at passing parade participants.

As the parade ended, festive activities, including gingerbread house making, face painting and ornament making, kept the crowd entertained for hours.

SKIES classes, including little ninjas and various dance groups, along with Hickam Youth Sports & Fitness' Air Force Elite Cheerleading Squad and Flyers, lined the stage and performed for the captive audience. Other community groups, including Tahitian Dancers and teen singers Hunter Bradshaw and Texas Hart, kept the air festive as family members tapped their feet to the beat of the music.

The AMR Youth Center School Aged Services program kept bellies full of hot dogs, chips, soft drinks, chili and shave ice. Door prizes, including cordless phones,



Four-year-old Samarah Paulino carefully places jellybeans atop her gingerbread house at the AMR Holiday Fun Fest. Crafty endeavors were plentiful at the event as military members put their creative feet forward to make holiday cards, picture frames and gingerbread houses to decorate their homes this holiday season.

computer rollaway bags, two adult Magic in Paradise Dinner Show tickets, and holiday DVD and CD music were awarded to lucky participants.

"This year has been an amazing collaborative effort from the community,"



Five-year-old Gabriel Sanchez lists a few gift items for Santa Claus as his little brother, 3-year-old Andrew Sanchez, listens. Children of all ages posed for pictures with Santa and enjoyed the holiday entertainment at the AMR Holiday Fun Fest, Saturday.

said Nelson Acosta, Aliamanu Military Reservation (AMR) Teen Center coordinator. "It's more than putting on an event for the community, but rather bringing the community together for the event."

Children laughed and jumped in the bounce house while others lined up, waiting patiently, to tell Santa Claus what they wanted for Christmas.

"I've been good," said 7-year-old Rod-

ney Sanchez after listing a few noted items he hoped would be under his tree this year.

Claus nodded in agreement.

Although the military ohana won't enjoy a white Christmas in Honolulu, the air was still filled with glee for the more than 500 family members who caught a glimpse of the holiday spirit, minus the snow.

"I'm very impressed with the way everyone in the community came together for the kids and families," said Bridget Timothy. "That's what the holidays are all about."

Cutter Ford, Tropic Lightning Real Estate, University of Phoenix, Stor-Quest Self Storage, Geico Hawaii, Child Shield USA, Oceanic Cable and the Hale Koa Hotel sponsored the event.

December final month for 2009 Soldier Show applications

Story and Photo by
TIM HIPPS
Family and Morale, Welfare
and Recreation Public Affairs

ALEXANDRIA, Va. — The deadline to apply for an audition to join the cast and crew of the 2009 U.S. Army Soldier Show is Dec. 31.

The Army Entertainment Division needs vocalists, dancers, musicians, technicians and specialty acts for the song-and-dance extravaganza that provides "entertainment for the Soldier, by the Soldier."

Vocalists must submit a DVD or video cassette that exhibits musical styles, vocal range and special talents emphasizing musical variety. A suggested format features a spoken introduction, a minimum of two songs of contrasting styles, and a segment devoted to additional talents, such as dance or instrumental ability. Musicians must also submit an audio CD.

Dancers must submit a DVD or video cassette that exhibits different styles of dance. A spoken introduction, followed by at least two performance numbers illustrating various techniques, is required. Both solo and partner-accompanied dances are acceptable. Be sure to include additional talents, particularly vocals.

Vocalists who play musical instruments are ideal candidates for the Soldier Show, which will consider instrumentalists who can sing. Such candidates are not required to have musician as their military occupational specialty, but they should be proficient in reading basic lead sheets or chord charts. Musicians' audition videos must include a recording of a solo performance, which can be supplemented by a recording with an ensemble or band.

Singing ability is desired but not required, and additional talents will be evaluated in conjunction with proficiency on the primary instru-



Pfc. Jokia Goshen (right) of Fort Hood, Texas, and Sgt. Kevin Lynum of Fort Carson, Colo., salute while singing Myron Butler's "Stronger" during the 2008 U.S. Army Soldier Show.

ment, including singing, playing of multiple instruments and dancing, which should be revealed in the video.

The Army Entertainment Division's panel of judges will select Soldier-musicians for live audi-

tion based on the videos and application packets.

Technicians are needed for audio, video, lighting, costuming and stage technology. Performers and technicians with experience in theatre leadership, team building, and

mechanical or electrical aptitude also will be considered for positions such as stage manager. They must be available from Feb. 1 through Nov. 30.

Technicians must submit a resume that illustrates experience in sound, lighting, construction, carpentry or stage management. Photographs of past work are encouraged. Performers should also list their technical experience, if applicable.

Drivers also are needed to help keep the U.S. Army Soldier Show on the road. Freightliner trucks and a commercial bus are used to transport the cast, crew and equipment around the country. Active duty, Reserve and National Guard Soldiers with a valid Class A driver's license are preferred, but applicants with any valid driver's license are eligible for training.

All nominees must have a minimum of 90 days time in service remaining after completion of the tour in November 2009, and be

deployable worldwide. Soldiers selected for the 2009 U.S. Army Soldier Show must have a change of duty or change of rater evaluation report completed prior to leaving their units.

Review of video auditions and technicians is scheduled for mid-January and finalists will be notified through their respective regional headquarters by the Family and Morale, Welfare and Recreation Command's (FMWRC) U.S. Army Entertainment Division by Jan. 23. Temporary duty orders will be issued and costs paid by FMWRC for Soldiers to travel to Fort Belvoir for final auditions.

Those selected for the show will be attached to FMWRC through Nov. 30, and the others will return to their units.

Application instructions and a letter of release sample are available at ArmyMWR.com by clicking on Recreation & Leisure, Entertainment, and then U.S. Army Soldier Show.

Holiday: Heroes get cards from community

CONTINUED FROM B-2

Lisa McCaffrey, 2nd SBCT Senior Family Readiness Group Advisor. "It has also made people stop and think of our heroes, living and dead, who have sacrificed themselves for us."

Currently more than 5,000 holiday cards have been sent to Soldiers downrange, passing the goal of 4,300, the number of Soldiers assigned to the unit.

"I wanted to get involved so that every Soldier would feel the love and support of fellow Americans while they are separated from their family for yet another Christmas," said McCaffrey.

Participating schools on the island, including Trinity Lutheran School in Wahiawa, also participated in the program, taking time out of the busy day to prepare cards in class.

"The students wanted the Soldiers to know that even though they are far away, we at home were thinking about them and praying for them," said Jenny Burton, fourth grade teacher at Trinity Lutheran School. "(The program) helps the students and Soldiers become a part of each others lives... and share Christmas together."

The holiday season brings many traditions, family gatherings and general good feelings. With the help of the community, 2nd SBCT Soldiers will feel the warmth and aloha this Christmas.

"This effort means a lot to the dedicated families here at Schofield," said McCaffrey. "They are a determined group with which the support of fellow Americans will keep them strong until their Soldier comes home."

5 tips keep weight off during holidays

LT. COL. KAREN E. HAWKINS
Dietitian, Defense Commissary Agency

FORT LEE, Va. — The holidays are here and the eating is on. Enjoying this time of year with family and friends can lead to weight gain without much thought to it.

Here are a few tips to help you prevent gaining the average 5 to 10 pounds this time of year.

Eat small portions. You can eat all those delicious foods that you love and avoid the guilt by eating smaller portions of them. If you have trouble eating smaller portions, try using a smaller plate. Growing evidence shows that using smaller plates leads to eating less which can lead to less weight gain over the holidays. Planning a party at the office or at home? Then remember to buy the appetizer-size plates — call it a tapas party. Make it trendy and fun while controlling portion sizes.

On The WEB
Visit "Ask the Dietitian" on www.commissaries.com and look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen.

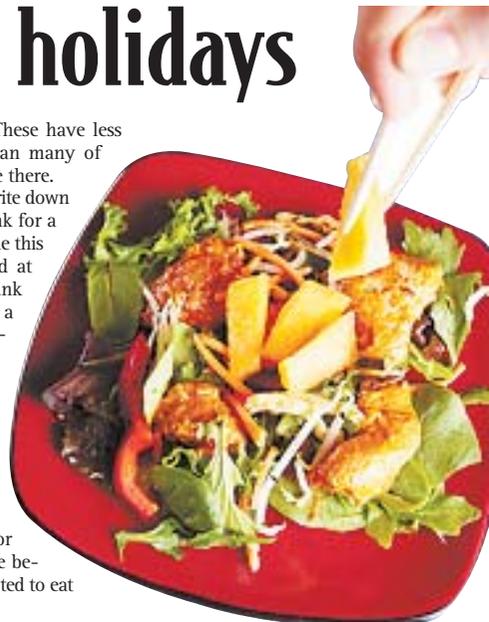
Eat before you go. Going hungry all day so you can "eat more" at the party is a sure way to overindulge, leading to feeling guilty later. Instead of skipping meals, try eating a light meal or a snack at home before going out. This way you can enjoy the food at the party without overdoing it.

Go for the greens. If you feel the urge to splurge, go for the veggies and fruit first,

especially the fresh ones. These have less calories and more fiber than many of the tempting dishes that are there.

Write it down. That is, write down everything you eat and drink for a few days. If you haven't done this before you may be amazed at how much you eat and drink over the holidays. This is a good way to help you remember all those little morsels you mindlessly eat during the festive season.

Eat what you love. If you love the three-layer chocolate cake and bake it every year, then take it to the party. When heading out the door after the dinner or party is over, leave the cake behind so you will not be tempted to eat it all.



Commissary offers budget-friendly, 'green' gift ideas

White vinegar can replace several household cleaners

KAY BLAKLEY

Home Economist, Defense Commissary Agency

FORT LEE, Va. — The tough economic times we're living in call for holiday gifts that tread lightly on the budget. Shopping the commissary, for our overall 30 percent or more in savings, is a good place to start. If tins of homemade cookies or candies, or gifts-in-a-jar filled with homemade drink mix, snack mix or soup "fixin's" come to mind, check out Kay's Kitchen at www.commissaries.com for plenty of ideas and recipes.

If you're looking for a nonfood gift, you might be surprised to learn those can come from the commissary, too. Here's an idea for a low-cost, but useful, gift for a friend who embraces a "go green" lifestyle. And, the best part is, it will set you back only \$5 to \$7 if purchased at the commissary.

Roll a green, reusable commissary grocery bag around a compact fluorescent light bulb (CFLs use up to 75 percent less energy) and a bottle of white distilled vinegar. Fasten the bag securely with a chip clip, then use kitchen twine or ribbon to attach a handmade gift tag, listing 10 or more ways

to use the vinegar.

Environmentally friendly vinegar, made from natural ingredients using a simple fermentation process, costs less than half a cent an ounce. It's an essential ingredient in many recipes and is versatile enough to replace any number of less environmentally friendly household cleaners.

•For streakless windows: Wash with equal parts warm water and distilled white vinegar. Dry with a soft cloth.

•For frost-free car windows: When frost is expected before morning, prevent it from coating your windshield by wiping windows the night before with a solution of one part water to three parts white distilled vinegar.

•Unclog the showerhead: Wrap a terry cloth rag or towel saturated with distilled white vinegar around the showerhead, and let set overnight. By morning, calcium and hard water deposits will be gone, and the showerhead will work like new.

•Soap scum

Vinegar Pie (serves 8)

- 4 large eggs
- 1.5 cups sugar
- .25 cup butter or margarine, melted
- 1.5 tablespoons white distilled vinegar
- 1 teaspoon vanilla extract
- 1 (9-inch) pie shell

Preheat oven to 350 degrees.

In a large mixing bowl, whisk together eggs, sugar, melted butter, vinegar and vanilla until well-mixed.

Pour into pie shell. Bake until filling is firm, about 50 minutes. Cool on a wire rack.

Serve garnished with nuts or whipped cream, if desired.

buster: Wipe down shower doors with a sponge or cloth soaked in distilled white vinegar to remove soap residue.



•Kill grass: Spray grass and weeds growing on sidewalks and driveways with full strength distilled white vinegar. It kills other grass and plants, too, so be careful to spray it only where you want it.

•Keep flowers longer: Add 2 tablespoons sugar and 2 tablespoons distilled white vinegar to a 1-quart vase of water. Trim flower stems and change water every five days.

•Eliminate fruit flies and gnats: Stir together 1 cup water, 1 tablespoon sugar and 1 tablespoon white distilled vinegar in a small bowl. Add 2 drops of dish soap, but don't stir. Set the bowl on the counter to attract the flies or gnats. Once in the liquid, they can't get out.

•Get the last drops: When you can't get the last bit of mayonnaise or salad dressing out of the jar, dribble a little vinegar into the jar, replace the lid and shake well. You'll be amazed at how much you've been wasting.

•Make fluffier rice: Add 1 teaspoon of white distilled vinegar to the boiling water before adding rice. Once cooked, the rice will be easier to spoon and less sticky.

•Make a vinegar pie: As odd as it may sound, this pie is easy, economical and good. See the information box below for the recipe.



12/Today

Adventure Night Hike — Don't miss this great entry-level night time hike, today, 6-11 p.m., at Makapuu Point. Skilled Outdoor Recreation staff will lead this family-friendly hike suitable for all ages. Cost is \$10. Call 655-0143.

Pro Bowl Tickets — Tickets for this season's Pro Bowl are on sale now at Schofield Barracks Information, Ticketing and Registration (ITR). Seats are available throughout the stadium, but there is a four-ticket limit per person.

Don't miss this once-in-a-lifetime benefit of living in Hawaii. Call 655-9971.

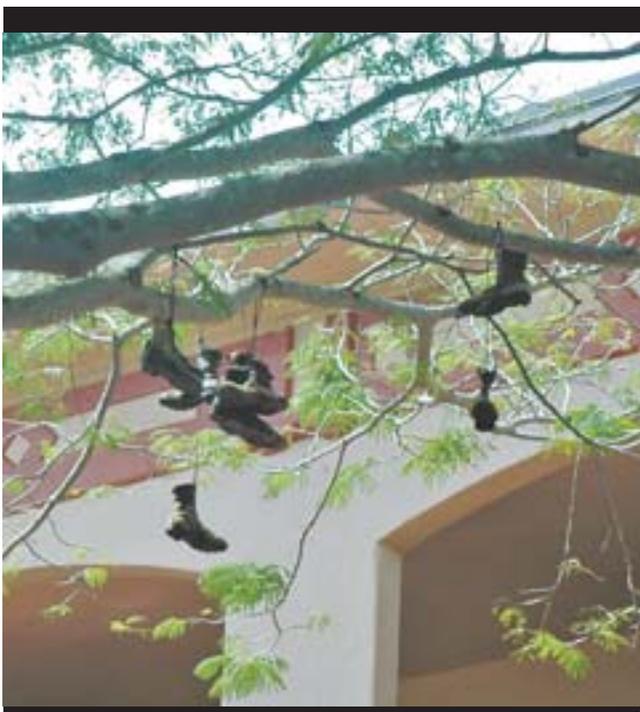
21/Sunday

Fort Shafter Fitness Center Hours — The test phase of females-only hours of operation at the Fort Shafter Physical Fitness Center will end Dec. 21. Effective Dec. 22, the center will be open to all guests in all areas at all times, except for females-only aerobics sessions on the gym floor, from 9-10:30 a.m., each day. Call 438-1152.

January

1/Thursday

Ladies' Fitness Hours — Effective Jan. 1, 2009, the Aliamanu Military Reservation (AMR) Physical Fitness Center will be



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

Airborne!

SCHOFIELD BARRACKS — Dozens of pairs of boots adorn an Albizia tree outside 325th Brigade Support Battalion's barracks, behind the Tropic Lightning Museum. While it is unclear how long the boots have hung there, most agreed their soles had moved on to a better place.

changing its hours of operation.

The new hours will be Monday-Thursday, 6 a.m.-9 p.m., with females-only hours from 9-10:30 a.m. the gym will be open Saturdays, 10 a.m.-5 p.m., and on Sundays, 10 a.m.-4 p.m. The females-only

hours are a 30-day trial run in response to community feedback. Call 836-0338.

5/Monday

Intramural Soccer — The deadline for registering teams for the 2009 Battalion-

level intramural soccer program is Jan. 5, no later than 4 p.m., at the Kaala Community Activity Center, Schofield Barracks. Entries can be faxed to 655-8012.

An organizational meeting will take place Jan. 9, 1:30 p.m., at the Kaala cen-

ter@shafter.army.mil.

21/Sunday

Running Workshops — In-training workshops will be held in preparation of the Great Aloha Run, scheduled for Feb. 16, 2009, every Sunday leading up to the race, 7:20 a.m., at Kapiolani Park Bandstand.

Sessions are free for run participants and will include a warm-up, training session, cool down and question-and-answer session on training topics and health tips.

Upcoming training sessions include: Dec. 21 and 28, Jan. 4, 11, 18 and 25, Feb. 1 and 8.

ter. Visit www.MWRArmyHawaii.com for an entry form. Call 655-0856.

Ongoing

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

Pool Seasonal Hours — The Aliamanu Military Reservation (AMR) and Helemano Military Reservation (HMR) swimming pools operate as seasonal pools and have been closed since Oct. 13.

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

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

Paintball — Check out the new paintball facility at Wheeler Army Airfield, just off of Lauhala Road next to the baseball fields. The facility features three lighted fields for day and evening play, and they are open for regular, league and youth play, plus private parties and physical training.

Visit www.paintballhawaii.com or call 343-3929.

Call 943-0309 or e-mail health@drchrist.com.

Ongoing

Great Aloha Run — Entries are now being accepted for the Great Aloha Run, scheduled for Presidents' Day, Feb. 16, 2009. The 8.15-mile run starts at the Aloha Tower and ends at Aloha Stadium.

There are numerous divisions for various ages and abilities.

Applications are available online at www.greataloharun.com or at Family and Morale, Welfare and Recreation facilities. Contact Jim Perry at 655-9650.



Send sports announcements to community@hawaiiarmyweekly.com.

14/Sunday

Hike Oahu — Join the Hawaiian Trail & Mountain Club on a hike through the Waimalu Valley.

On this hike, you'll descend into Waimalu Valley where you'll follow the

old water ditch trail to a pleasant swimming hole. Expect a few stream crossings and wet feet if this drought ever ends.

This intermediate hike is 6 miles. Call Joyce or Grant Oka at 674-1459.

Save the date for these upcoming hikes, too:

- Dec. 21, a 6-mile intermediate hike through Tantalus Ridge.

- Jan. 1, a 3-mile intermediate hike through the Hawaii Kai Ridge.

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

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

required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect. Visit www.htmclub.org.

January

15/Thursday

Golf Scramble — Registrations and fees are due Jan. 15, 2009, for the 8th Theater Sustainment Brigade Golf Scramble, scheduled for Jan. 22, 2009, noon, at Leilehua Golf Course. Fees vary by rank and awards will be given. Contact Lt. Col. Michael Bender, 438-0740 or