

## INSIDE

# Commission reviews military health care

Army Chief of Staff Gen. Peter Schoomaker speaks during the House Appropriations Defense Subcommittee regarding allegations of unacceptable care and living conditions of wounded Soldiers housed at the Walter Reed Army Medical Center.



JOHN J. KRUZEL  
American Forces Press Service

WASHINGTON — Americans have a moral obligation to provide the best possible care and treatment to the men and women who serve their country, President Bush told members of the American Legion here, Tuesday.

In order to ensure that troops get the best care, Bush introduced a new bipartisan presidential commission that will review service members' health care.

"This review will examine their

treatment from the time they leave the battlefield through their return to civilian life as veterans, so we can ensure that we're meeting the physical and mental health needs involved," Bush said.

The commission, headed by former Sen. Bob Dole and former Health and Human Services Secretary Donna E. Shalala, currently president of the University of Miami, will conduct a comprehensive review of military medical care. Meanwhile, a separate task force

SEE COMMISSION, A-9



## Future on target

Soldiers of 3rd Infantry Brigade Combat Team train the Iraqi Army to protect one of its most valuable resources

A-3

## Town Hall

The Oahu North Town Hall will meet Tuesday at 6:30 p.m. in the Schofield Post Conference Room. The Schofield, Wheeler, Heleman communities are encouraged to attend.

## Exercise merger

The 94th AAMDC and Japan Air Self Defense Force combine two exercises to provide comprehensive air and ground coverage

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## 'Place of peace'

City and state officials celebrate 25 years of environmental success at the Hoomaluhia Botanical Gardens in Kaneohe

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## Gate closure

Schofield Barracks' Lyman Gate will close tomorrow through June 30 for improvements. Macomb Gate will be used for entry only. Visitors and deliveries must use McNair Gate.

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U.S. Air Force Master Sgt. Andy Dunaway | 1st Combat Camera Squad

## Securing the future

PATROL BASE DORIA, Iraq — U.S. Army Soldiers conduct a foot patrol in Rashad village near Patrol Base Doria, Iraq, Feb. 27. The Soldiers are from 3rd Platoon, Alpha Company, 2nd Battalion, 35th Infantry Division, Schofield Barracks, Hawaii.

# CID enlists families in crime prevention

CRIMINAL INVESTIGATIVE COMMAND  
News Release

The U.S. Army Criminal Investigation Command (USACIDC), commonly known as CID, recently announced its new Army-wide crime prevention and awareness program dubbed "CID Lookout."

The program is a CID 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.

CID simultaneously announced its related "CID Cyber Lookout" program, initiated by the Computer Crime Investigative Unit (CCIU). The CID Cyber Lookout is designed to promote Internet safety by educating the Army community about the dangers posed by cybercriminals on the Internet.

Chief Warrant Officer 3 Kelli Shelton, assistant operations officer, Hawaii Field Office



the Spec Dept.

Criminal Investigative Command (CID), said the new programs will open up the lines of communication and assist agents in combating crime.

"If family members don't feel comfortable reporting crimes in person to the [provost marshal], they can go on the Web site and provide information anonymously," Shelton said.

All allegations, whether they are submitted online or in person, are looked

at seriously, she said.

In addition, family members can report incidents and tips to local police, as the Hawaii Field Office and local law enforcement communicate with each other and refer reports that do not lie within their investigative purview, Shelton said.

Part of the new CID Lookout initiative will be disseminating topical and useful crime prevention and crime awareness information to the U.S. Army via the internal Army media, according to Chris Grey, CID's chief of Public Affairs.

"The information will cover topics such as identity theft, logistics security, preventing sexual assault and robbery — anything that prevents our Soldiers and their families from becoming victims," said Grey.

SEE CID, A-8

# Garrison helps reduce threats to endangered native bird population

Tiny species gets major form of protection from Army

STEFANIE GARDIN  
U.S. Army Garrison, Hawaii, Public Affairs

Singing sweet songs, three little birds in a popular Bob Marley tune spread the message that "every little thing [is] gonna be alright." Unfortunately, that tune is not ringing true for many of Hawaii's native birds.

The American Bird Conservancy (ABC), a nonprofit agency focused on conserving America's wild birds and their habitats, listed the Hawaiian Islands as one of the top 20 most threatened bird habitats in the United States.

In 1778, when Captain Cook arrived in Hawaii, there were at least 71 native species and subspecies of birds. Since then, 24 of the

native birds have become extinct, and 30 have been listed as threatened or endangered, according to ABC's report.

Overall, these numbers add up to 76 percent of Hawaii's native birds being threatened, endangered or extinct due to things like development, disease and the introduction of invasive, or non-native, plants and animals.

The Oahu elepaio, a monarch flycatcher, is one of these native birds fighting for its survival.

Listed as an endangered species in 2000 by the U.S. Fish and Wildlife Service (USFWS), approximately 1,982 of these small brown and white birds are thought to exist in the Waianae and Koolau mountains.

In fact, the third largest population of the Oahu elepaio is right in the Army's backyard — on the Schofield Barracks west

range — so U.S. Army Garrison, Hawaii (USAG-HI), has stepped in to help.

USAG-HI's Natural Resources Staff (NRS) provides the six-inch elepaio some much-needed protection from a foe the bird is helpless against, the black rat.

This nighttime predator is one of the biggest threats to elepaio during the breeding season. Other threats to the elepaio include disease, wild cats, mongoose and habitat loss.

"Rats can climb up into the nests of

the birds and prey on the eggs and nestlings during the nesting season," said Kapua Kawelo, NRS biologist. "Elepaio don't have very many chicks a year ... two at the most, so [rats] can really do a lot of harm to the reproductive capacity of the species."

As part of an agreement with USFWS, NRS manages 75 elepaio pairs each year by controlling rats during the birds' breeding season, which lasts from approximately January to June.

"Basically, what we do is put out poison bait in these tamper-proof bait boxes," Kawelo said. "We put those out in a grid to protect the territory of the birds — those and snap traps."

Surprisingly, the job of the NRS is made easier by the ele-



SEE ENDANGERED, A-8

# Free tax assistance available

As April 17 deadline approaches, filers have 1040-pros on their side

CARMEN L. GLEASON  
American Forces Press Service

WASHINGTON — With income tax deadlines quickly approaching, the Internal Revenue Service is reminding troops and their families that free assistance is available to them at military tax centers worldwide. The IRS has provided the Volunteer Income Tax Assistance (VITA) program to service members from more than 25 years.

Dick Brawley, who has functioned as the tax center officer in charge for Fort Shafter and Schofield Barracks for the past three tax seasons, said his offices usually process between 65 and 95 returns each day. However, he mentioned, the center experiences certain "bubble periods" — early and late in the season — when a larger volume of customers come in.

"We see service members from all branches, ... but we're holding steady," said Brawley.

Commanders throughout the services have supported VITA by providing personnel, space and equipment for tax centers. The IRS provides tax software and training.

The program, overseen by the Armed Forces Tax Council, works to train military volunteers on installations through a series of intensive training sessions, so they can understand current laws and offer tax advice, preparation, return filing and other tax assistance, said Bill Cressman, an IRS spokesman.

## Combat Zones

IRS tax laws provide special benefits to active duty service members, particularly those in combat zones.

SEE TAX, A-6

## We want to hear from you...

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

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

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

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

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## Straight Talk

# Citizens can stop terrorists before they attack

### DIRECTOR OF EMERGENCY SERVICES

News Release

More than ever, law enforcement agencies must be able to detect and interdict possible threats of terror. It is vitally important for law enforcement personnel, Soldiers and family members to realize that incidents do not occur in a vacuum. Incidents are planned, organized and carried out by individuals acting alone or in groups.

Soldiers and family members should be aware of terrorism's seven signs and signals to aid in terrorist detection. If you observe any suspicious activity or are approached, report the suspicious activity to the military police immediately. If you are off post, notify the local Federal Bureau of Investigation office.

### Surveillance

If there is a specific target that terrorists have chosen, that target area will be most likely be observed during the planning phase of the operation. Terrorists do this in order to determine the strengths and weaknesses and number of personnel that may respond to an incident.

Routes to and from the target are usually established during the surveillance phase. Therefore, it is important to take note of such things as someone recording or monitoring activities, drawing diagrams or annotating on maps, using vision-enhancing devices, or possessing floor plans of places such as high-tech firms, financial institu-

tions, government, or military facilities. Any of these surveillance-type acts may be an indicator that something just isn't right. No act is too menial.

### Elicitation

The second sign or signal is elicitation. An example of elicitation is someone attempting to gain knowledge about a critical infrastructure like a power plant, water reservoir or maritime port. Terrorists may attempt to research bridge and tunnel usage, make unusual inquiries concerning shipments or inquire as to how a military base operates. They may also attempt to place "key" people in sensitive work locations.

### Tests of Security

Tests of security are another area in which terrorists would attempt to gather data. Tests are usually conducted by driving by the target, moving into sensitive areas, and observing security or law enforcement response. They would be interested in the time in which it takes to respond to an incident, or the routes taken to a specific location. They may also try to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.

Terrorists often gain legitimate employment at key locations in order to monitor day-to-day activities. In any event, they may try to gain this knowledge in order to make their mission or scheme more effective.

### Acquiring Supplies

Soldiers and family members should also be aware of anyone acquiring supplies. It may be a case where someone is purchasing or stealing explosives, weapons, or ammunition. A terrorist might also attempt to store harmful chemicals or chemical equipment.

Terrorists would also find it useful to have in their possession law enforcement equipment and identification, military uniforms and decals, as well as flight passes, badges or even flight manuals. If they can't find the opportunity to steal these types of things, they may try to photocopy IDs and/or attempt to make passports or other forms of identification by counterfeiting. Possessing any of these would make it easier for one to gain entrance into secured or usually prohibited areas.

### Suspicious people who don't belong

A fifth pre-incident indicator is observing suspicious people who just "don't belong," which does not mean we should profile individuals, but we should profile behaviors. Identifying those who don't belong includes suspicious border crossings and stowaways aboard a ship or people jumping ship in a port.

It may mean having someone in a workplace, building, neighborhood or business establishment that doesn't fit in because of

his or her demeanor, language usage or unusual questions being asking.

### Dry runs

Another sign to watch for is "dry runs." Before execution of the final operation or plan, a practice session will be run to work out the flaws and unanticipated problems. A dry run may very well be the heart of a planning stage of a terrorist act. If you find someone monitoring a police radio frequency and recording emergency response times, you may very well be observing a "dry run."

Another element of this activity could include mapping out routes and determining the timing of traffic lights and flow. It is during this stage that it is actually our best chance to intercept and stop an attack. Multiple dry runs are normally conducted at or near the target area.

Deploying assets or getting into position The seventh and final sign or signal to look for is someone deploying assets or getting into position, which is a person's last chance to alert authorities before the terrorist act occurs.

It is also important to remember that pre-incident indicators may come months or even years apart. Therefore, it is extremely important to document every fragment of information, no matter how insignificant it may appear, and forward this information to the law enforcement officials.

## VA seeks volunteers to play 'Taps' at national cemeteries

GERRY J. GILMORE

American Forces Press Service

WASHINGTON — Hundreds of volunteer buglers and trumpeters are being sought to participate in Armed Forces Day observances held at veterans' cemeteries nationwide and overseas, a U.S. Department of Veterans Affairs official said here Tuesday.

The event, called "Echo Taps Worldwide," will be held May 19 and is co-sponsored by the VA's National Cemetery Administration and "Bugles Across America," a volunteer group, said Michael Nacincik, the cemetery administration's chief of communications and outreach support.

"Echo Taps" will take place at VA-operated national cemeteries, U.S. Department of the Interior/National Park Service national cemeteries, and American Battle Monuments Commission cemeteries located overseas, Nacincik said.

"It is an extremely important

event for a number of reasons," Nacincik said. "It honors the service of veterans to our country."

The initiative also encourages musicians to perform as live buglers at veterans' funeral ceremonies year-round, Nacincik said. In 2006, 688,000 veterans died in the United States, he noted, with most belonging to the World War II generation.



Want to volunteer? Register through VA at the "Echo Taps" site: [www.echotaps.org](http://www.echotaps.org).

"There is overwhelming popular support to have 'Taps' played at veterans' funerals," Nacincik said. "And, obviously, with that many burials taking place, there are not enough buglers to provide a live bugler at every burial."

Nevertheless, Bugles Across America has done "a very good job" of obtaining volunteers to play "Taps" at military funerals, Nacincik said.

"It is important that our nation preserves the tradition of a live bugler to play final military honors," Leslie Hampton, a Navy veteran and Bugles Across America volunteer, stated in a recent VA news release.

"Hopefully, 'Echo Taps' will go even further and help to identify people who ... are willing to learn how to play 'Taps,'" Nacincik said.

Volunteer buglers and trumpeters must register through the VA's Web site, which is attached to the "Echo Taps" site at [www.echotaps.org](http://www.echotaps.org), Nacincik said.

The VA operates 124 veterans' cemeteries across the United States, Nacincik said. Generally, persons who've received other than dishonorable discharges after completion of military service are eligible for burial at a VA-operated national cemetery, he explained.



### Bugler shortage

- We have a tremendous shortage of buglers in the division, said Les Stewart, chief, Casualty and Mortuary Affairs operations in the Pacific. However, families frequently request a ceremonial bugler at burials held at the Post Cemetery, located at Schofield Barracks, instead of recorded music.
- When Soldier support is not available for scheduled ceremonies, Stewart said, Casualty and Mortuary Affairs must use its external supports. If funding is available, we can sometimes contract a bugler from a local resource, he added.
- Occasionally, family members who specifically request a physical bugler, when none is available, are also willing to fund the expense.
- Casualty and Mortuary Affairs maintains the Post Cemetery grounds, in addition to handling casualty notifications within the 25th Infantry Division and U.S. Army Garrison, Hawaii.
- The Post Cemetery, established in 1912, is one of eight remaining Army-controlled cemeteries, nationwide, open for burials for military veterans, family members and retirees.

### LIGHTNING SPIRIT

## Life's newness is never completely new to us

CHAPLAIN (CAPT.) CHRISTOPHER OFFEN

1st Battalion, 21st Infantry Regiment

"See, the former things have taken place but new things I declare." —Isaiah 42:9  
I am not new to the Army, but I am relatively new to Hawaii. Seven months ago, I was driving cross country with my family. In a little less than a month, we drove from Jacksonville, Fla., to Los Angeles, Calif. We wanted to get one last good look at the mainland before we flew to the whole new world of Hawaii.

I'd never seen the Pacific Ocean let alone Hawaii, so it should be obvious that there are many new things in my life right now.

I am new to Schofield Barracks. I have a new unit, a new commander and new co-workers. My unit, the 1st Battalion, 21st Infantry Regiment, takes new Soldiers and teaches them new skills about the new Stryker vehicle.

My sons go to new schools. We have a new house. We have a new church, a new phone number and new neighbors. You might say that there is a lot of newness in my life.

Despite all that newness, however, I am starting to discover that my life really is not all that different. Despite the new surroundings and situations, some things never change.

No matter where we work, we have duties and we are responsible to others. No matter where we live, there will be those we are close to and others that we just know. Everywhere, there are people who experience life's same old concerns of family, work, money, church and health. The pattern continues; the pattern repeats.

Did you ever have a change in your life that brought with it lots of new challenges? At first, it can be very exciting and interesting, but before you know it, it's the same old stuff. I suppose that all people, even if it takes decades, eventually discover that ancient Biblical truth: "What has been will be again, what has been done will be done again: there is nothing new under the sun" (Ecclesiastes 1:9).

The Scriptures firmly proclaim to us that as humans try to create something new and better in this world, they routinely discover that nothing is new. Everything we do tends to lead us to a point where we were before.

It's interesting to me to look at what Scripture attaches to the idea of something being new. The Bible teaches us that if something is truly new, then it will be something God has given us.

God created a new world. He makes us new again each day when he reminds us through his Word that we are his children and that we are forgiven. When we believe in him, we become new creatures, ready to embrace an old world desperately looking for something new.

As a chaplain and a Christian minister, I try to daily teach and demonstrate that the only source of newness is God. It is he that takes away the old things of our life — like sin, like guilt, like doubt — and lays them upon his son, Jesus Christ. When we are forgiven and know we are loved by our father in heaven, then we truly experience something new.

Easter is coming soon. Wow an empty tomb! Now that is new!

I am enjoying all the new things in my life — a new assignment, new environment, new people, but soon they will all be old. The greatest newness comes every day when the sins of yesterday are forgotten, and when the pain of the past is wiped away by God's forgiveness in Jesus Christ, truly a new thing. Turn to God in Christ, he can truly provide you with something new.



Offen

## 115 days since last fatal accident

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

Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities.

Current as of 3/7/07.

# Voices of Lightning: "What was your proudest moment as a Soldier?" (At TAMC Blood Donor Center)



"Collecting 196 pints of blood at one drive."

Spc. Andrew Harris  
Lab Tech



"Finishing first in my AIT class."

Spc. Matthew Pivovar  
Lab Tech



"When I made E-5."

Sgt. Marcia Thompson  
Training NCOIC



"The day after 9/11, the day I signed up to join the Army."

Spc. Craig Curtis  
Lab Tech



"Completing basic training."

Spc. James Franklin  
Lab Tech

# Iraqi, coalition forces protect economic future

Story and Photos by  
**SPC. MIKE ALBERTS**

3rd Infantry Brigade Combat Team Public Affairs

KIRKUK, Iraq – Iraq’s economic future depends on producing, refining and selling its most valuable natural resource: oil. As such, Iraq’s most valuable human resource is arguably the Soldiers who protect that oil.

The Iraqi Army’s 1st Strategic Infrastructure Brigade (SIB) ensures that both crude and refined oil flows through critical pipeline infrastructure in the northern Kirkuk Province of Iraq, and military transition team Soldiers of the 25th Infantry Division’s 3rd Infantry Brigade Combat Team (3IBCT), 3rd Battalion, 7th Field Artillery (FA) Regiment, are charged with training those Iraqi soldiers.

## The Oil

The northern Kirkuk Province contains one of the two largest oil producing regions in Iraq, the Habasa oil fields. It is here, on the outskirts of the city of Kirkuk, where crude oil is extracted from the Earth. However, for historical and political reasons, among others, no significant oil refinery infrastructure exists where the crude is pumped, according to Lt. Col. Jack Pritchard, battalion commander, 3-7th FA.

The crude oil produced in Kirkuk is processed and refined more than 150 kilometers to the southwest in a predominantly Arab city called Bayji. Getting crude from Kirkuk to the refineries in Bayji requires an extensive pipeline infrastructure system. That “pipeline,” as it is commonly referred to, is a critical link in the economic health of northern Iraq.

“For a variety of reasons, oil is not being produced in the north and transferred south at optimal capacity,” explained Pritchard. “The military piece of that problem is the security piece. If oil is not getting transferred from Kirkuk to Bayji and back again, because of security issues, then it’s the military’s job to fix that problem.”

More specifically, the Iraqi Army’s 1st SIB, in conjunction with coalition forces, is tasked by Iraq’s Ministry of Defense to “fix that problem.”

## The 1st SIB

The 1st SIB is an element of the 4th Division of the Iraqi Army, and it’s composed of five battalions and a brigade headquarters unit. In total, the fledgling paramilitary force employs more than 3,500 Soldiers.



Soldiers of the Iraqi Army’s 1st Strategic Infrastructure Brigade demonstrate react-to-fire movement drills during a demonstration for coalition force guests in the Kirkuk Province, Iraq. The 1st SIB’s primary mission is to protect oil infrastructure.

“The SIB’s primary mission is to protect oil infrastructure, which includes the various pipelines. They also escort and provide security for infrastructure repair teams and guard routes adjacent to and near that infrastructure to deny improvised explosive devices [IEDs] on those roads,” explained Maj. “Sonny” Lee, training officer-in-charge and military transition team chief, 3-7th FA.

“It’s 140 to 160 kilometers of battle space in terms of length of pipe and terrain. That’s a lot of area, and it includes all those villages along the ‘oil corridor’ from the [northern] town of Dibis [down through Kirkuk and southwest] to Bayji,” said Lee.

The coalition forces tasked with assisting the 1st SIB are Lee’s men – the military transition team (MiTT) Soldiers assigned to the 3IBCT’s 3-7th FA.

## The MiTT

“The MiTT’s mission is to partner with the 1st SIB to enhance their ability to conduct independent operations, to secure and stabilize the local environment, and to establish security measures to protect the pipeline,” said Lee.

The MiTT is stationed at Forward Operating Base Gains Mills, located along the oil corridor, approximately 20 kilometers southwest of Kirkuk. Soldiers share the compound, and work and live with the command and control staff of the 1st SIB’s headquarters element.

From the remote outpost, Soldiers train all five bat-

talions and the brigade staff in literally every component attendant to a military organization. Lee’s Soldiers have assisted in establishing all necessary administrative sections, to include personnel, intelligence, training, supply and future operations. They have also created the necessary tactics, techniques and procedures required for brigade and battalion level training and mission operations.

The MiTT also participates in joint, civil military operations with the 1st SIB, in villages located within the oil corridor. Simply put, hardly an element of the 1st SIB’s organization or operation has not been influenced by 3-7th FA’s MiTT.

“Of course, our mission is for the 1st SIB to do all of this without our support,” concluded 3-7th FA’s battalion commander, Lt. Col. Pritchard. “In essence, our goal here is to work ourselves out of a job.” By all accounts, Pritchard’s goals are slowly being realized.

## The Progress

Recently, the 1st SIB headquarters element conducted its first live-fire rifle training event under the indirect supervision of the MiTT. Running a range is commonplace for any American military unit. For the 1st SIB, the event was symbolic of just how much progress it has made toward operational independence, according to Sgt. 1st Class Pedro Torres, MiTT non-commissioned officer in charge, 3-7th FA.

“This was the first training event that the SIB ran without our help,” said Torres. “We assisted with rehearsals, but this was a final test for them,” he continued. “It not only indicates that they can safely handle running rifle ranges, but it shows just how far they’ve come in the four or five months that we’ve been mentoring them.”

The SIB has really come a long way,” said Capt. Thomas Mears, MiTT operations officer, 3-7th FA. “You have to understand that they really didn’t have any standardization for operational things and needed guidance from us in just about everything, and to do just about anything,” he said. “Now, some of the battalions only come to us after [they act], and it’s just

**SEE SIB, A-8**

# Dual-military couples go the extra distance

Story and Photo by

**STAFF SGT. SAMANTHA M. STRYKER**  
5th Mobile Public Affairs Detachment

TIKRIT, Iraq — Many women will do just about anything for their family, and most Soldiers will do whatever it takes to make the mission a success.

For Soldiers who are wives, commitment is more than a wedding vow; it is a pledge to see a promise through, no matter where it takes them.

Spc. Elaine Angelica Sandoval never dreamed she would celebrate her first wedding anniversary in a crowded dining facility in northern Iraq.

But the 20-year-old Brawley, Calif., native and former cheerleader, enjoyed every moment because sitting across from her was husband Spc. Adam Sandoval.

The automated logistical specialist and her husband are spending the next year living and working at Forward Operating Base Sykes just south of the city of Tal Afar. Both are assigned to the 3rd Squadron, 4th U.S. Cavalry Regiment at Schofield Barracks.

Before they were married, Adam was already serving in the military as a cavalry scout. In 2003 and 2004, he served in Iraq and was involved in the heavy fighting in Najaf and Fallujah. During that time, the young couple tried to stay in touch, but Adam could not call home very often.

"I was really scared and did not understand the Army before. He would call at different times, and so I thought he was lying about what he was doing," she said.

Before his tour in Iraq was over, Elaine made the decision to join the military. She broke the news to Adam over the phone.

"I enlisted in November 2004, right out of high school. When I told him he did not like it," she said.

After the shock of the news wore off, Adam did what any Soldier does for his buddy: He gave her advice and shared his knowledge and experience.

Like so many family members who believe they are serving vicariously through their military spouse, Elaine assumed she was prepared for her service commitment.

"But I realized I did not know what the military was really like — not like I do now that I am in the Army," she said.

Elaine talked about the long hours and the hectic schedules, and the rules and regulations that to her did not make much sense, but as a Soldier she had to follow. She said that even making time to spend with Adam was challenging.

After she graduated from training, the young couple was able to get stationed in Hawaii after Adam re-enlisted for his fiancé's first duty assignment. They later married on the beach in October 2005.



Specialists Elaine and Adam Sandoval share their affections at Forward Operating Base Sykes near Tal Afar. Both are assigned to the 3rd Squadron, 4th U.S. Cavalry Regiment, from Schofield Barracks, Hawaii.

Today the only sand the dual-military couple walks along side-by-side is the sand of Iraq's Nineveh Province.

## Did You Know?

- Today, more than 20,000 dual-military couples currently serve in the Army.
- Seventy-nine percent are in joint-domicile assignments.
- Hundreds are deployed together to different theaters of operation around the world.

Elaine believes serving alongside her husband has strengthened their marriage.

"Now that I am in the Army and serving in Iraq, I understand a lot more of what he was and is going through with his career," she said.

During this deployment, Adam is the squadron commander's driver. That job, among other duties inherent to the posi-

tion, requires that he leave the safety of the base almost everyday. Those types of missions still worry Elaine.

"I have not gotten used to it, but I don't think about him out there; otherwise, I will drive myself crazy," she said.

Having her husband by her side has affected her job performance.

"I do a better job out here because I know that I will see him if he is not out on a mission," she said.

Even though the newlyweds can spend their meals together, unit policy dictates they will not share their nights together. Under their commander's policy, Soldiers of the opposite sex will not live together, married or not.

"We are blessed to be together. A lot of other couples are out here and are apart," she said.

As for their future, Elaine said that for now they are concentrating on their financial future and planning for a family.

## News Briefs

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

### 9 / Today

**WPMA Founders Day Celebration** — The West Society of Hawaii will host the 2007 Founders Day Dinner to honor the founders of the West Point Military Academy, March 9.

Guest speaker for this event is Col. Jeanette McMahan, WPMA class of 1983. McMahan is the special assistant to the Academy's human relations superintendent.

The event will be held in the Banyan Tree room of the Hale Koa Hotel, Waikiki. The Benny Havens hour will begin at 6:30 p.m. and dinner will be served at 7:15 p.m.

For tickets or event information, e-mail [bandcardinal@msn.com](mailto:bandcardinal@msn.com).

**Road closure** — Trimble Road on Schofield Barracks, from Cadet Sheridan Road to Beaver Road, will be resurfaced through March 16, from 8 a.m.–4 p.m.

The road will remain open and lanes will be closed and traffic will be redirected as necessary. Call 656-2435.

### 10 / Saturday

**Strength for Today Seminar** — Come be immersed in God's presence, promises and power at the Strength for Today Seminar, March 10, from 9 a.m.–4p.m., at

# Strengthening ties



Above — Armed Forces of the Philippines Rear Admiral Amable Tolentino and Maj. Gen. Stephen Tom (right) enter the closing ceremony at Balikatan 2007, Sunday.

Left — U.S. and Philippine forces use teamwork, Feb. 24, to complete a civil military project that entails digging foundations for low-income homes outside of Manila. The construction site is part of a larger project sponsored by Gawad Kalinga, which aims to build 700,000 homes in 7,000 communities in seven years.



MANILA, Philippines — This year's Balikatan, a joint exercise that involves military, engineering, medical and dental training, and community relations between the U.S. and the Republic of Philippines, celebrated 50 years of the countries' relationship. Above, U.S. Ambassador to the Republic of the Philippines Kristie Kenney, center, and other distinguished guests, cut the ribbon opening the Bato Bato Road, Indian, Sulu, during Distinguished Visitor's Day, Saturday.

## Joint exercises strengthen 94th AAMDC's relationship with Japan

**1ST LT. STEPHEN LEGARSKI**

94th Army Air and Missile Defense Command

FORT SHAFTER — The 94th Army Air and Missile Defense Command (AAMDC) recently sent 14 Soldiers to Japan as a part of Keen Edge/Yama Sakura 2007. For the first time, the two exercises were merged, allowing participants to focus on the defense of Japan from both ground and air threats.

During the three-week bilateral exercise, the 94th AAMDC worked closely with the Japanese Self Defense Forces (JASDF); together, they crossed many significant milestones.

During Keen Edge, the 94th AAMDC and the JASDF successfully developed a bilateral ballistic missile defense design that incorporated both U.S. and Japanese weapons systems. The development was a critical first step in the two countries' relationship.

Additionally, 94th AAMDC and the JASDF conducted daily Joint Theater Air and Missile Defense working groups, validated the first ever U.S.-Japanese planning and coordination cell as a part of the Bilateral Airspace Component Coordination



Tech. Sgt. Shane A. Cuomo | U.S. Air Force

Japan Air Self Defense Force liaison officers work inside the Air Operations Center during Exercise Keen Edge 07 at Hickam Air Force Base, Hawaii, Feb. 2, 2007.

Element, and defined the bilateral command and control relationship in support of the joint forces air component commander.

Lt. Col. Yoshihiro Nakatani, JASDF liaison officer, stressed the value of bilateral coordination between the two countries.

"We cannot each keep peace by ourselves, so the international treaty [1960

Treaty of Mutual Cooperation and Security] is very important," he said.

The Yama Sakura Exercise focused on the ground fight and allowed the 94th AAMDC, as well as the 164th Air Defense Artillery Brigade of the Florida National Guard, to continue to work with the Japanese Joint Theater Air and Missile Defense Boards.

During both phases of the exercise, units refined standard operating procedures for command, control, communications, computers, and intelligence (C4I), ballistic missile defense interoperability, and liaison support.

The 94th AAMDC briefed the Japanese Air Defense Command at Fuchu, the Joint Staff Office at Ichigaya, the Japanese Ministry of Foreign Affairs, and the U.S. ambassador to Japan, on the criticality of bilateral planning and coordination for missile defense. The briefing to highest levels of the Japanese military cemented the need for a strong U.S.-Japan relationship to make Bilateral Ballistic Missile Defense a dependable tool in protecting the common interests within the Pacific Region.

Both joint exercises also incorporated a significant interface with the 613th Air and Space Operation Center (AOC), also known as the Maj. Richard Bong AOC, at Hickam Air Force Base. More than 20 94th AAMDC Soldiers worked among nearly 300 airmen and six JASDF liaison officers during the bilateral command post exercises.

The exercises allowed 94th AAMDC

personnel to work alongside 13th Air Force to test and refine the processes as the designated theater joint force air component command.

"These joint exercises were useful exercises for training with I Corps, the 613th Air Operations Center, as well as the Japan Air Self Defense Forces," said Lt. Col. Joseph Wicker, AOC chief of operations, 94th AAMDC. "These exercises allowed for the integration of the Surface-to-Air Missile Tactical Order reports into the Airspace Tasking Order and the coordination of air activity below the Airspace Coordination Line. The 94th AAMDC was able to protect the Corps' scheme of maneuver by implementing airspace control measures at the right place and time."

However, the Keen Edge and Yama Sakura 2007 exercise was not all work. The 94th AAMDC and JASDF sponsored a bilateral dinner that allowed U.S. Soldiers to experience a traditional Japanese dinner.

Overall, the bilateral exercise brought the militaries of two nations closer together. Friendships and professional relationships established during the exercise will last for many years to come.

# Saving money doesn't have to hurt

## MERCEDES ACUNA

Army Community Service

From gas to groceries, living in Hawaii is challenging families more than ever to stretch their hard-earned dollars. Everyday, Army Community Service financial counselors connect with Soldiers and family members that ask the eternal question: How can we save more money?

In response to those questions, here are some ways families can enjoy living in paradise without breaking the bank.

### Food

- Try store brands. They may be comparable to favorite brands and cost less. Watch for sales.
- Clip and save the "money-off" coupons that appear in newspapers or magazines, or that come in the mail.
- Eat at home. Eating out can really add up.

### Transportation

- Choose a higher deductible on collision insurance, which should help you save money in annual premiums.
- Walk or ride a bike instead of driving, whenever possible.
- Keep up with your vehicle's regular maintenance. Doing so can eliminate minor problems before they become major troubles.

Call ACS at or call 655-4227.

### Clothing

- Try discount stores for name brand clothes and shoes.
- Plan your shopping and know what you're looking for. Avoid "impulse" buying by thinking it over first.
- Don't overbuy, especially for chil-

dren's clothes and stylish items. Fun (recreation, gifts and entertainment)

- Budget some money each week or month to cover the cost of your vacation.
- Make your own gifts. Creativity will be fun and adds a personal touch.
- Use the library. Borrow books and videos instead of buying them. Listen to CDs or tapes before you buy and use the library's DVD section rather than renting.

### Furniture and Appliances

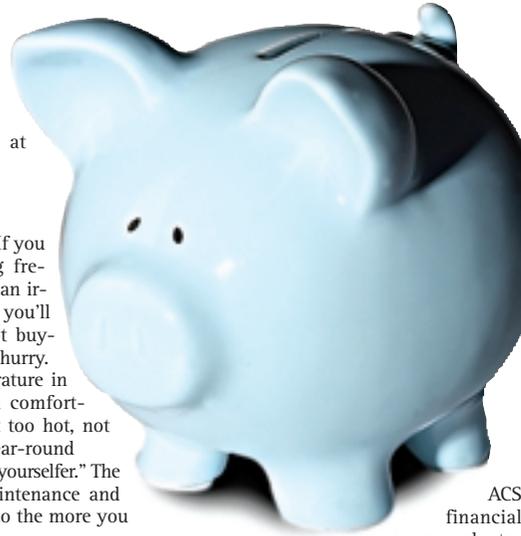
- Get rid of items you don't use, sell them or swap them for something you want.
- Shop secondhand for good quality at big savings
- Try the classified ads for huge bargains. People who are moving often

sell nice things at low prices.

### Shelter

- To rent or buy? If you may be moving frequently or have an irregular income, you'll be better off not buying a home in a hurry.
- Keep the temperature in your home at a comfortable level — not too hot, not too cold — all year-round
- Become a "do-it-yourselfer." The more minor maintenance and repair you can do the more you save.

ACS counselors thrive to educate Soldiers and family members on the importance of being a smart consumer. To learn more ways to save, contact your friendly



ACS financial counselor today. Stop by

the ACS at Schofield Barracks, Building 2091 on Kolekole Ave., or at Fort Shafter's Aloha Center, Building S-330, Room 111.

## News Briefs

From A-4

Wheeler Army Air Field chapel.

This event will be hosted by Ralph and Susan McIntosh, founders of the international ministry, ACTS Foundation, Inc. The guest speaker for the seminar is Pastor Harold Eberle, author and worldwide conference speaker. The worship leader and teacher will be Scott Cooper, ACTS Foundation conference teacher and worship minister.

A light breakfast and a hot lunch will be served. To reserve a space, e-mail [brighterlights@actsfoundations.com](mailto:brighterlights@actsfoundations.com) or call 295-5573.

**Gate Closure** — Lyman Gate on Schofield Barracks will close March 10-June 30 for construction improvements.

Macomb Gate will reopen only for exiting the post. McNair Gate will be used for entry only. Commercial deliveries, visitors and unregistered vehicles must use McNair Gate. Call 656-2473.

For a map of the changes, visit [www.25idl.army.mil/community-impactupdates/roadclosuremap.jpg](http://www.25idl.army.mil/community-impactupdates/roadclosuremap.jpg).

### 13 / Tuesday

**Town Hall Meeting** — The Oahu North community is invited to attend a town hall meeting March 13, starting at 6:30 p.m. in the Post Conference Room, Schofield Barracks. The town hall meeting provides information about community events, security, housing updates, deployment and more. Call Melvin Wright, deputy community director at 655-0497.

### 19 / Monday

**AER Kickoff Rally** — This year's Army Emergency Relief Campaign kickoff rally is scheduled for March 19, from 10-11 a.m. at the Schofield Barracks Nehelani Club. It is requested that all brigade, battalion, unit Commanders, command sergeants major, project officers and interested Soldiers attend to support the 65th Annual AER Fund Campaign, which will run through May. Contact Jackie Torres at 655-7132.

## Ongoing

**Green to Gold** — A program briefing on the Army Green to Gold Program will be held at the Schofield Barracks and Tripler Army Medical Center Education Centers the last Wednesday of each month.

To be eligible, Soldiers must have served at least two years on active duty. The current application window will be open until Apr. 1.

Visit [www.rotc.usaac.army.mil/command/Green2Gold/index.htm](http://www.rotc.usaac.army.mil/command/Green2Gold/index.htm).

Call the University of Hawaii Army ROTC Warrior Battalion, 956-7766 or e-mail [gblt@hawaii.edu](mailto:gblt@hawaii.edu).

### Reserve Officers Scholarship

Applications for The Henry J. Reilly Memorial Scholarship program, sponsored by the Reserve Officers Association (ROA), are now available online at [www.roa.org/site/PageServer?pagenam=reilly\\_scholarship](http://www.roa.org/site/PageServer?pagenam=reilly_scholarship).

ROA awards merit-based graduate scholarships to members and merit-based undergraduate scholarships to children and grandchildren of members.

Scholarships are valued at \$500. Winners can resubmit annually as long as they meet application criteria. The application deadline is Apr. 10. Contact Henry.David.Pendleton@us.army.mil.

# Tax: Numerous exclusions available in combat zone

CONTINUED FROM A-1

For federal tax purposes, "armed forces" includes officers and enlisted members in regular and reserve units controlled by the secretaries of the Defense, Army, Navy and Air Force, in addition to the Coast Guard.

According to the IRS Web site, three combat zones have been designated by executive order from the president. These are in areas where armed forces are or have engaged in combat, including the air space above those areas. They are the Arabian Peninsula, Kosovo and Afghanistan.

The Defense Department also has certified locations for combat-zone tax benefits due to the direct support of military operations during operations Iraqi and Enduring Freedom. A listing of these locations can be found at [www.irs.gov/newsroom](http://www.irs.gov/newsroom) by clicking on the "Armed Forces" tab.

Those who qualify for combat zone provisions can apply for military pay exclusions, deadline extensions and miscellaneous provisions by writing "combat zone" and their deployment date in red ink on the top of tax returns.



A listing of these locations can be found at [www.irs.gov/newsroom](http://www.irs.gov/newsroom) by clicking on the "Armed Forces" tab.

Qualifying taxpayers may directly notify the IRS of their exclusion status by e-mailing [combatzone@irs.gov](mailto:combatzone@irs.gov).

Service members should provide name,

stateside address, date of birth, and date of deployment to the combat zone. They should not include Social Security numbers in an e-mail.

This notification may be made by the taxpayer, spouse or authorized agent or representative.

### Exemptions & exclusions

Enlisted members and warrant officers serving in a combat zone for any part of a month qualify to have all military pay for that month excluded from gross income tax.

Officers' monthly exclusions are capped at the highest enlisted pay rate, plus hostile fire or imminent danger pay received.

Deadline extensions are not confined to those serving in combat zones. They also

apply to civilian personnel acting under direction of the armed forces and spouses who are stateside.

Telephone calls originating in combat zones by members of the armed forces are also exempt from federal excise tax and must be certified for exemption by the telephone company. If service members already have filed, they can still apply for a refund.

Recent law changes also have allowed military members to count tax-free combat pay when determining contributions to Roth and traditional individual retirement accounts. This policy also can apply to taxes filed since 2004. Troops are allowed to go back and make contributions for those years.

*(Editor's Note: Jeremy S. Buddemeier of the Hawaii Army Weekly contributed local information.)*

# SIB: Iraqi soldiers gain confidence, ensure safety

CONTINUED FROM A-3

to tell us what they did. That's significant progress," he said.

But perhaps the best measure of the 1st SIB's success is in the oil. For the first time in a long time, the roads are safer. Although the oil flows only intermittently, there is hope for success because of their efforts in northern Iraq.

"When we took over the 1st SIB in mid-August 2006, the oil corridor saw more than five IEDs weekly within any five kilometer area," said MiTT chief Major Lee. "Since our arrival, this very dangerous situation is under control," Lee emphasized.

"In addition, before we arrived, oil was not able to flow from Kirkuk or back to it from Baiji that often. However, due to the hard work of the 1st SIB brigade in improving security on the pipeline and security for the pipeline repair teams, the oil runs intermittently in both directions.

"The 1st SIB finally has the confidence to do their job of protecting the pipeline, something they did not have before," Lee stressed.



Above — Soldiers with the Iraqi Army's 1st Strategic Infrastructure Brigade stand at attention after a demonstration for coalition force guests in the Kirkuk Province, Iraq, Jan. 21. The 1st SIB's primary mission is to protect oil infrastructure.

Left — Sgt. 1st Class Pedro Torres, military transition team noncommissioned officer in charge, 3rd Battalion, 7th Field Artillery Regiment, 3rd Infantry Brigade Combat Team, discusses safety with Soldiers of the Iraqi Army's 1st Strategic Infrastructure Brigade.

# Endangered: Protecting the elepaio preserves part of culture

CONTINUED FROM A-1

elepaio males themselves, because they are so territorial.

"The male will establish a territory, which is really convenient for us, because we can go back and monitor the birds, and they generally stay in the same area," Kawelo said. "It's actually possible to do really localized control because we know where the birds are, and they're endangered, so there aren't that many of them."

Sometimes it is just not possible for NRS to protect 75 elepaio pairs on Schofield Barracks, due to increased activity on training ranges and difficult terrain, so to reach 75 pairs, NRS heads to areas outside Schofield Barracks.

Currently, NRS protects off-site pairs in Honouliuli Forest Preserve, Makaha Valley, Moanalua Valley, and starting this year, thanks to a landowner on the Windward Side, in Waikane and Kahana Valley.

"We've been thinking it's really important for the species as a whole to protect something on the Windward Side of

Oahu, and this year we're actually going to be able to do it — that feels good," Kawelo said.

More good news is that these predator-control efforts appear to be working.

In 2006, 28 pairs successfully fledged at least 34 young, and in the Honouliuli Forest Preserve, which has been baited for six years, elepaio territories are filling up; birds are being found outside the protected territories.

"To us, that means it's being successful," Kawelo said. "Hopefully, we see that at other sites as we go along."

A lot of work goes into helping these fragile, yet feisty birds, and the bulk of it is being done by the Army. According to Kawelo, by successfully managing 75 pairs a year, the Army is accomplishing more conservation for the Oahu elepaio than any other agency on the island.

Still, some may wonder why one little bird is so important for the Army to protect.

The biggest reason is that the elepaio is endangered. However, it is also one of the most fun

and charismatic birds to see in native forests, and it is culturally significant, Kawelo said.

In early times, canoe builders used the birds to help choose which tree to use for a canoe. If a bird pecked at a tree, the canoe builders would not use it because it was likely infested with insects, hence the Hawaiian proverb, "Ua elepaio ia ka waa," or "the canoe is marked out by the elepaio."

Preserving the elepaio means preserving a piece of Hawaiian culture, and for biologists like Kawelo, sometimes it's just hard not to protect the tiny bird with such a big presence.

Plagued by so many problems, the elepaio is not singing a sweet song of "no worries" now, but thanks to NRS efforts, there is hope for change.

# CID: Tips help catch criminals

CONTINUED FROM A-1

CID Lookout also asks Soldiers, family members, and employees to "Be On The Lookout" and to report crimes and suspicious activity.

"Because Soldiers are so transient," Shelton said, "they could have been witnesses to a crime on the other side of the world." CID Lookout allows Soldiers and family members to provide information on crimes that may have remained unsolved.



Get more felony crime prevention and awareness tips at [www.cid.army.mil](http://www.cid.army.mil).

The USACIDC is an independent criminal investigative organization that investigates serious, felony-level crime such as homicide, rape, sexual assault, robbery, arson, contract fraud, and intrusions into Army networks.

To view the latest CID Lookout press releases involving felony crime prevention and awareness, visit [www.cid.army.mil](http://www.cid.army.mil). The Web site may also be used to report a felony-level crime or provide information concerning a serious crime. To report a crime, click on "Report a Crime," and follow the links to locate your local CID Office or military police.

*(Editor's Note: Jeremy S. Buddemeier of the Hawaii Army Weekly contributed local info.)*

## RELATED STORY

- For more about identity theft prevention see page B-3



Spc. Joshua D. Pate | 2nd Stryker Brigade Combat Team Public Affairs

## Training 'in sight'

Pfc. Edwardo Rodriguez, 66th Engineer Company, fills out his range card during an Expert Sapper training exercise at Schofield Barracks' East Range, Feb. 28.

# Commission: Seven-member task force to tackle current gaps

CONTINUED FROM A-1

will assess short-term needs, Bush announced.

"As this commission begins its work and considers its recommendations, I've also directed the secretary of veterans affairs to lead a task force composed of seven members of my cabinet to focus and respond to immediate needs," he said.

The president's announcement comes a day after the House Committee on Oversight and Government Reform heard wounded Soldiers' testimonies detailing mismanagement at Walter Reed Army Medical Center.

"Many people working at Walter Reed are ... dedicated, honorable healers who care deeply about our Soldiers," he said. "Fine doctors, nurses and therapists work day and night to help the wounded.

"Yet, some of our troops at Walter Reed have experienced bureaucratic delays and

living conditions that are less than they deserve," he said. "It's unacceptable to me, it's unacceptable to you, it's unacceptable to our country, and it's not going to continue."

Bush said he asked Defense Secretary Robert M. Gates to assess the situation at Walter Reed and report his findings.

"He confirmed that there are problems, real problems," Bush said. "He's taken action to address those problems and hold people to account, including relieving the general in charge of the facility and accepting the resignation of the secretary of the Army."

Army Secretary Francis J. Harvey resigned March 2 in light of the problems at the center, and Army Maj. Gen. George W. Weightman, the medical center's former commander, was relieved of command March 1.

Bush said the bipartisan presidential commission is the "constructive way" to find out if problems similar to those at Walter Reed exist at other military and veterans hospitals.

# PAU HANA

Dino Buchanan | Honolulu District, U.S. Army Corps of Engineers

Ho'omaluhia and the Kaneohe-Kailua Dam Flood Control project represent a partnership between the City and County of Honolulu and the U.S. Army Corps of Engineers. The combined flood control project and recreation area depicted in the model below, protect the citizens of Hawaii and their property and provide a world-class botanical garden.

# 25 Corps celebrates years of environmental success

## Kaneohe-Kailua Dam Project

### JOSEPH BONFIGLIO

Honolulu District, U.S. Army Corps of Engineers Public Affairs

KANEOHE – Officials from the City and County of Honolulu, the Hawaii State Legislature and the U.S. Army Corps of Engineers' Honolulu District gathered to celebrate the 25th anniversary of the Ho'omaluhia Botanical Garden and Kaneohe-Kailua (K-K) Dam in a city-sponsored ceremony at the garden, March 1.

Highlights of the ceremony included historical presentations, proclamations from the City and County of Honolulu, and the Hawaii House of Representatives and testimonials from the engineers and city officials who helped conceive, design and build the Windward Oahu project at the foot of the Koolau Mountains.

According to John Pelowski, Honolulu District's former chief of planning and technical supervisor during construction, the project was conceived by former Honolulu Mayor Frank Fasi and his administration as a way to protect the Kaneohe-Kailua area after massive floods in the 1960s caused significant damage to homes and loss of life in the area.

"The city reached out to the Corps to develop a joint federal and city cost sharing flood control project," Pelowski said.

The project was authorized under the Flood Control Act of 1970.

According to Director Lester Chang, of the Honolulu Department of Parks and Recreation, the Corps pulled it all together and created a unique project that creatively combined flood control and recreational features.

After extensive research and coordination with the City and County of Honolulu and numerous state and federal agencies, the Corps began construction of an earthen dam and recreation area in April 1976, according to Honolulu District Commander Lt. Col. Charles H. Klinge.

"The contractors during construction were a joint venture of local contractor E. E. Black and S. J. Groves of Minneapolis," Klinge said.

After years of challenging construction in a rain forest environment, which averages 80-100 inches of rain a year, the Corps finished the K-K Dam and Ho'omaluhia

Recreation Area in 1981 at a cost of a little more than \$29 million.

Flood control features cost approximately \$17 million and the rest was spent to create the park and recreation facilities.

The result was Ho'omaluhia – literally "place of peace" – Botanical Gardens, which covers over 400 acres, includes a 32-acre lake and is home to endangered birds, including the Hawaiian coot, and a botanical garden featuring rare plants from Hawaii, Polynesia, Africa, South Asia, Melanesia and tropical America.

Over 100,000 people visit Ho'omaluhia every year to hold meetings, hike, camp, picnic, fish, bird-watch and much more. The area includes a visitors' center and a small art gallery where local artists display their work.

The garden opened to the public in March 1982.

"Ho'omaluhia is one of the nicest and most beautiful recreation areas I've ever seen," Klinge said. "This project is a clear demonstration of the Corps' commitment to our Environmental Operating Principles, it protects lives and promotes the economic well-being of the windward side of Oahu and it provides a tremendous place for visitors to take in the splendor of the Koolau Range."

According to Jim Pennaz, Honolulu District Civil Works Technical Branch Chief, who served as the project's Hydraulic Engineer, the K-K Dam has prevented an estimated total of almost \$18 million of flood damage in the last quarter century.

In particular, it prevented one and a half million dollars worth of damage in March 1980 and eight point seven million dollars during storms from 1987 to 1996. In 2005, the K-K Dam prevented almost \$1.5 million worth of damage, according to Pennaz.

Director Chang read and presented a City and County of Honolulu Proclamation on behalf of Honolulu Mayor Mufi Hannemann to Ho'omaluhia Program Coordinator, Olive Vanselow and Ho'omaluhia staff and volunteers.

Deputy Director Dana Taka-

Following the 25th anniversary ceremony, March 1, Ho'omaluhia Botanical Gardens kicked off a monthlong observance that highlighted the many activities available to outdoor enthusiasts:

- Rainforest garden: Open 9 a.m. to 4 p.m., daily. Walking shoes, insect repellent, gear and your own lunch are recommended.
- Guided plant walks: Saturdays at 10 a.m., Sundays at 1 p.m. Walking shoes, insect repellent and rain gear required.
- Family fishing: 10 a.m. to 2 p.m., Saturdays and Sundays. Catch and release fishing includes a 20-minute hike to the lake. Be prepared for rain, mud and mosquitoes.
- Camping: Friday, Saturday and Sunday nights, only, with a permit issued on-site at the Visitors Center.
- Art exhibit: 9 a.m. to 4 p.m., daily, at the Visitors Center. The exhibit for March includes works by Windward Community College instructor Rowena Liu, her students and associates.

hara-Diaz, of the Honolulu Department of Parks and Recreation, read a similar Proclamation on behalf of Hawaii State Rep. Colleen R. Meyer (47th District).

NOW, THEREFORE, I  
MUFU HANNEMANN, Mayor of the  
City and County of Honolulu, do hereby  
proclaim the month of March 2007 to be the

25th  
Anniversary of  
Ho'omaluhia Botanical Garden  
and I encourage residents and visitors  
to enjoy the peace and tranquility of the  
majestic outdoor resource.

George Okuda represented the 48th District for Hawaii State Rep. Ken Ito, and Vaughn Tokashi represented 24th District for Hawaii State Sen. Jill Tokuda.

Director Winnie Singeo, of the Honolulu Botanical Gardens, served as the master of ceremonies.

Former Honolulu Botanical Gardens Director Paul Weissich and former Director of the Honolulu Department of Parks and Recreation, Rom Duran shared anecdotes about construction coordination challenges and how they worked them out with Corps officials.

The unsung heroes of the garden were represented by Director Laverne Higa of the Honolulu Department of Facility Maintenance. Her department cuts the grass, tends the plants and maintains the huge park.



Joseph Bonfiglio | Honolulu District, U.S. Army Corps of Engineers



Dino Buchanan | Honolulu District, U.S. Army Corps of Engineers

Above — Honolulu District Park Ranger Garland Ireland (right) explains how the Kaneohe-Kailua Dam Flood Control project works to Boy Scouts of Troop 42. Ireland uses a scale model at the Corps' Pacific Regional Visitors Center as Honolulu District Park Ranger Michael Carroll looks on.

Left — Honolulu City Parks Director Lester Chang (center, green shirt) presents a City and County of Honolulu proclamation on behalf of Mayor Mufi Hannemann to Ho'omaluhia Program Coordinator Olive Vanselow, right, and Ho'omaluhia staff and volunteers, as Honolulu Engineer District Commander Lt. Col. Charles H. Klinge (left seated) applauds, March 1.



## 9 / Today

**Make a Difference** — The Hawaii Army Family Action Plan (HAFAP) Conference meets annually to address quality of life issues — an issue is defined as a problem that affects the readiness and well-being of our community and the Army. Your voice counts, too. Send in your HAFAP issue, today, for the upcoming conference, March 21-22. To find out more about the HAFAP process or to submit your issue online visit [www.mwrrarmyhawaii.com](http://www.mwrrarmyhawaii.com), click on the following links: ACS, Getting Involved, Hawaii Army Family Action Plan.

**High School Volunteer Opportunity** — High school students have the opportunity to earn volunteer credits by being a part of the 2007 HAFAP. Teens are needed to represent the Army as youth delegates, prepare graphics and decorations, and to assist at the conference. Call 655-9818 to volunteer.

**Mongolian BBQ** — Select your favorites from a large variety of meats and vegetables, and chefs will grill them to your liking at the Mongolian Barbecue, which is cooked outside in front of the Nehelani with seating in Kolekole Bar & Grill, Schofield Barracks, from 5-8 p.m. Cost is 65¢ for each ounce. Call 655-4466 for reservations.

## 10 / Saturday

**Parents Night Out** — Leave your kids with Child and Youth Services (CYS) at Peterson Center, Schofield Barracks, on Parents Night Out, and then enjoy a nice night out on the town.

Children enrolled in Parents Night Out must be registered with CYS no later than noon, March 8. Reservations are first-come, first-served. Call 655-8313.

**Yu-Gi-Oh** — Get ready to duel at the Tropics. Registration for the Yu-Gi-Oh tournament starts at noon and matches will start at 1 p.m. Cost is \$6 and includes a pack of the latest Yu-Gi-Oh cards.

Prizes will be awarded, and all ages are welcome. Call 655-8522.

## 14 / Wednesday

**Afterschool at the Library** — Celebrate St Patrick's Day with stories and a craft activity on Wednesday, March 14 at 3 p.m. Afterschool at the Library is for children ages 6-12. Call 655-8002.



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

## Luthier in training

Lora Copeland, a physical therapist at the Schofield Medical Clinic, measures the distance for the placement of the bridge of her ukulele, while clamps hold the fretboard and neck to its body. The next 10-week ukulele-building class starts March 14 at the Schofield Arts & Crafts Center. Call 655-4202 for more information.

**Oogles N Googles** — Sgt. Yano Library and Oogles N Googles present "Spring is in the Air," March 14 at 10 a.m. This program provides children ages 3-5 an exciting adventure of jumping, dancing, singing, laughing and learning. Call 655-8002.

**Teen Job Ready Workshop** — This free workshop targets teens 15-18 years old. They will learn how to apply and interview for employment and learn job search skills and how to prepare a resume.

Classes will be held at Aliamanu Military Reservation (AMR) Teen Center, March 14 from 3:30-5:30 p.m. Call 833-0920 for more details.

Another workshop will be held at the Schofield Barracks SKIES Center, March 15 from 3:30-5:30 p.m. Call 655-9818 for more details.

Teens must be current members of CYS or enrolled in SKIESUnlimited to participate. To enroll in SKIESUnlimited or to register to become a CYS member, call 655-6461.

## 15 / Thursday

**Spring Break** — Teens, come enjoy your spring break at the AMR Teen Center. A different activity will be held each day, March 19-31, including box car racing, a Fear Factor Tiki Island, bumper boats, miniature golf, swimming, hiking, Local Kind Grindz, and much more.

The deadline to register is March 15, and cost is \$30. Call 833-0920.

Nick and Nina Clooney, Na Leo Pilimehana, Kealii Reichel, Jimmy Borges, Cecilio & Kapono, Robert Cazimero, Rocky Brown, Nina Kealiwahamana, Jordan Segundo and Amy Hanaialii Gilliom.

Tickets are \$45, \$65 and \$75, and may be electronically purchased at [www.ticketmaster.com](http://www.ticketmaster.com), [www.hawaiitheatre.com](http://www.hawaiitheatre.com), and [www.mattcatinguborchestra.com](http://www.mattcatinguborchestra.com)

**ACT on Stage** — The Army Community Theatre (ACT) presents the Readers Theatre production of the 2003 Pulitzer Prize-winning drama, "Anna in the Tropics," March 11, in the Richardson Theater on Fort Shafter.

The curtain goes up at 2 p.m. Tickets are \$6 and may be purchased the day of the show at the theater box office. This event is free for ACT season subscribers. Call 438-4480.

## 14 / Wednesday

**De-clutter Your Life** — "For Women, By Women" will host a "De-clutter Your Life" seminar March 14 from 6-8 p.m. in the Hawaii Women's Business Center.

Elynn Sollars, professional organizer and chief executive officer of "Declutter 2 Design" will be the featured speaker. Just in time for spring-cleaning, Sollars will provide guests with helpful tips to clear the clutter. Participants will meet women of all ages, from all industries. Enjoy appetizers, informative speakers and great door prizes.

This event will be held at 1041 Nuuanu Ave., near Chinatown. Cost is \$20 with advance registration or \$25 at the door.

## 15 / Thursday

**Wanna Know What Love Is?** — Back in the day, old school rockers like Foreigner were the epitome of arena rock. Now classic-rock fans can pull out the leopard-print leggings, rubber bracelets and cans of Aqua Net to relive the '70s and '80s, March 15, when the Foreigner stops over in Honolulu.

Original member Mick Jones will lead the lineup when Foreigner plays its rock-hard hits, including "Feels Like the First Time," "Cold As Ice," "Hot Blooded," "Urgent" and "I Want to Know What Love Is." Tickets are \$41-\$51 and may be purchased at the Neal S. Blaisdell Arena box office. Visit [www.kingmichelconcerts.com](http://www.kingmichelconcerts.com).

**Hui Luncheon** — The Hui 'O Na Wahine, an all-ranks spouses' club, will host its monthly luncheon March 15 at the Nehelani on Schofield Barracks. The theme for this

## 16 / Friday

**Hot Country Nights** — Come join DJ Charlie Garrett at the Tropics, Schofield Barracks, for some great music, contests, giveaways, and much more; however, ages 18 and over are eligible to attend. The fun will start at 8 p.m. and last 'till midnight, and all for free. Call 655-5697.

**St. Patrick's Day Middle School Dance** — Join friends for an evening of fun at the AMR gym from 7-9:30 p.m. Cost is \$3 for CYS members and \$4 for non-CYS members. Wear green and receive \$1 off admission. Call 833-0920.

## 19 / Monday

**Spring Camp** — Teens are invited to the spring camp "4-H Fitness," March 19-23 and March 26-30 from 10 a.m.-6 p.m. at the Schofield Teen Center. Activities will include cooking, art, technology, photography, community service, gym day, and a 4-H finale.

Field trips will include a Pearlridge scavenger hunt and movie, a beach outing, Richardson Pool, Hawaiian Waters, Polynesian Cultural Center, and the Kualoa Ranch Aqua Tour and Jungle Tour. Cost is \$30. Call 655-0451.

## 22 / Thursday

**Ante up!** — Put on your best poker face and participate in a free Texas Hold'em tournament at the Schofield Barracks Tropics, March 22 at 6 p.m. All ID cardholders

performances on its Spring Break tour in March.

The first performance will be held March 17 at 7:30 p.m., at the St. Andrew's Cathedral, and March 18 at 7 p.m., in the Central Union Church. Both churches are in downtown Honolulu.

Tickets for both performances will be available through the Navy's MWR outlets. Call the Music Office at 1-410-293-2439.

**Luck O' the Irish** — Irish eyes will be smiling at Aloha Tower Marketplace's St. Patrick's Day celebration March 17, starting at 4 p.m. Free festivities will include live entertainment with music, contra dancers, and leprechauns, plus prize giveaways and party beads.

The marketplace is located next to the Hawaii Maritime Center on Ala Moana Boulevard. Call 566-2337 or visit [www.alohatower.com](http://www.alohatower.com).

## 20 / Tuesday

**Passover Seder** — Deadline for seating at the Aloha Jewish Chapel Passover Seder is March 20, but the event is scheduled for Monday, April 2 at 6:30 p.m. at the Hale Koa Hotel. This event is free to E-5 and below, and minor children not ordering a meal.

Cost is \$34 for military members E-6 and above, their family members and visitors. Cost for all other guests is \$50.00 for the Kosher turkey dinner or \$51 for the vegetarian dinner.

Reservation forms are available at the Naval Station Chapel; from Robert Landis, 487-8053, e-mail [mlandis1@hawaiiante.net](mailto:mlandis1@hawaiiante.net); or from Cmdr. Shelly Geringer, 477-1459, e-mail [sheldon.geringer@pacom.mil](mailto:sheldon.geringer@pacom.mil).

Validated parking is available at the Hale Koa Hotel for \$2.

## 23 / Friday

**Asian Kings** — Paul Ogata headlines a night of wild and raucous laughs at the Asian Kings of Comedy Show, March 23, from 8-10 p.m. at the Hawaii Theatre.

Named by the NBC network as one of the country's top 10 comedians, Ogata will be joined by Edwin San Juan (B.E.T.), Shecky Wong (Showtime), and Kevin Shea (Jimmy Kimmel Live).

Tickets are \$35 and may be purchased at the theater box office, located at 1130 Bethel St. in Chinatown. Visit [www.hawaii-theatre.com](http://www.hawaii-theatre.com) or call 528-0506.

## Ongoing

**Newcomers' Brief** — New to Hawaii? Come join the fun at an Army Community Service (ACS) weekly orientation workshop. Learn about community resources and Hawaiian culture.

Workshops are held every Tuesday, from 8:15 a.m.-2:30 p.m. at the Schofield ACS. Free child care is provided from 8:30 a.m.-2:30 p.m. for children enrolled in CYS. Call 655-5314 to register for child care and 655-4227 to register for the workshop.

**Video Messenger** — Deploying Soldiers are invited to participate in the "Read to the Kids" pre-deployment program at Sgt. Yano library. DVD or VHS recordings are made of Soldiers reading their child's favorite stories.

This video messenger can also be used to record birthday, anniversary and holiday messages. To make an appointment, call 655-8002.

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

**DoD Employees** — Don't have the time to take your auto in for an oil change, tire rotation or balancing? The staff at the Auto Craft Shop does.

The craft shop can complete these jobs and many other services during regular workdays. Call 655-2271.

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

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

**Homeschool Support Group** — Home-schooled students are invited to join bi-weekly group meetings for special activities, including arts and crafts, field trips, science experiments, computer classes and more.

Call 655-8326 for a copy of the current calendar or for registration information.

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

## Community Calendar

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

## 9 / Today

**Dances from the Heart/Land** — Explore the landscape of the heart with "Dances From the Heart/Land," presented by the University of Hawaii-Manoa's Department of Theatre and Dance, March 9-11. A hula kahiko will open this annual event, and gospel, jazz and rock music will underscore dance creations.

The March 9 and 10 shows will begin at 8 p.m.; the March 11 show will begin at 2 p.m., both at the UH-Manoa Kennedy Theatre.

Tickets are \$16 for general admission, \$14 for faculty, staff, seniors and military. Call 483-7123 or visit [www.etickethawaii.com](http://www.etickethawaii.com).

## 10 / Saturday

**Honolulu Festival** — The rich blend of arts, crafts and cultures of Japan and other Pacific Rim nations will be celebrated at the 13th annual Honolulu Festival, themed "Pacific Renaissance," March 10-11, beginning at 10 a.m.

More than 5,000 performers from Japan, Australia, Taiwan, the Philippines and Hawaii are expected to participate in demonstrations, music, exhibits and the exhilarating parade down Kalakaua Avenue, which will start at 4:30 p.m., March 11.

Visit [www.honolulu festival.com](http://www.honolulu festival.com) for complete festival details.

## 11 / Sunday

**Return to Romance** — Honolulu's "Rhythm of Romance" concert continues March 11 starting at 7 p.m. in the Blaisdell Arena. Scheduled to appear are some of the biggest names in entertainment — Natalie Cole, Kenny Loggins, Michael McDonald and "American Idol" winner Reuben Studdard.

Other festival concerts will be staged at various locations, including the Waikiki Shell and the Hawaii Theatre. Scheduled to appear at those venues are Patti Austin, Wayman Tisdale, Kirk Whalum, Peanuts Whalum, Brian Stokes Mitchell, Lucie Arnaz,

## Worship Services

**Aliamanu (AMR) Chapel, 836-4599**

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

**Fort DeRussy Chapel, 836-4599**

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

**Fort Shafter Chapel, 836-4599**

- Contemporary Protestant Sunday, 9 a.m.—"The Wave" Worship

**Helemano (HMR) Chapel**

- Contemporary Protestant Sunday, 10 a.m. — Worship Service & Children's Church

**\*Main Post Chapel, 655-9307**

- \* (Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)
- Catholic Sunday, 9 a.m.—CCD & RCIA
- Collective Protestant Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School

**MPC Annex, Building 791**

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

**Soldiers Chapel**

- Catholic Friday-Saturday, 12 p.m. — Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. — Worship Service

**Tripler AMC Chapel, 433-5727**

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

**Wheeler Chapel**

- Catholic Saturday, 5 p.m.—Mass Sunday, 10:30 a.m.—Mass
- Collective Protestant Sunday, 9 a.m. — Worship Service
- Gospel Sunday, 12 p.m. — Worship Service

## This Week at the MOVIES Sgt. Smith Theater



### Dream Girls

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



### Smoking Aces

(R)  
Saturday, 7 p.m.



### The Queen

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

# Identify theft can strike when consumers least expect

Stats show ID crime may be matter of "when," not "if" you will become a victim

**RACHAEL TOLLIVER**  
Army News Service

Gregory Turner knows a thing or two about identity theft.

The Lesson Learned Integration Liaison Officer (stationed at Fort Knox, Ky.) gained his knowledge the hard way.

"Someone started using my personal information — my employment and residential history — to establish credit accounts, and electric and water accounts," Turner said. "Bills started coming to my address and bill collectors started calling my house for a person who had the same last name as mine, and who had used my personal information to open the accounts that they were trying to collect on."

Turner decided to see what he could find out about his imitator and "Googled" his name online. He discovered that the individual had obtained his personal history covering a 20-year span.

"I immediately called all my creditors, banks, credit card companies and all three credit reporting agencies to make them aware of the situation," he said. "Also, I put a fraud alert on all my accounts."

Because the thief had not stolen Turner's Social Security number, and because Turner quickly notified his creditors and the credit reporting agencies, he was able

to minimize the damage to his credit.

"[It] was very frightening to find out that someone was able to get my personal information and use it to gain employment and open accounts," he said. "Because of technology, I don't believe that there is a fool-proof way to fix this problem. However, a 24-hour fraud-alert monitoring plan has helped to minimize [my risk]."

Identity theft occurs when a thief acquires someone's personal information and uses it to establish credit accounts. The thief may also obtain loans in the victims name for such big-ticket items as vehicles, furniture or appliances.

Most victims, like Turner, don't know they've been targeted until they begin receiving bills they know nothing about.

Military and civilian personnel, as well as their families, are frequently asked to provide such personal information as birth dates and Social Security numbers. But handing out that type of information can be damaging if you don't know how your information is being used and by whom, said Adam French, a military police investigator here.

A thief can obtain information in several ways, from simply asking to stealing a purse or wallet, or rummaging through un-shredded trash.

French said that an identity thief doesn't need someone's credit card to use it.

"A thief can use a stolen credit card at any store that does not check IDs, or the

thief can use [the number without the card in-hand] for online purchases," he said.

Any place with a swipe machine at the checkout — if there is no ID check in place — is a prime location for a thief to use a stolen credit card, French added.

"And when you receive a catalog in the mail, he said, don't throw it away until you have removed account numbers or other personal information by tearing out the order form on the inside of the catalog and shredding it."

### Preventing identify theft

The best way to prevent identity theft is to safeguard personal information, French said, including a person's Social Security number, bank and credit card account numbers, annual income, mother's maiden name, birth date, addresses and phone numbers. With that information a thief can, on paper, assume another person's identity.

"Shred [things like] bank and credit card statements before you throw them away," French said.

And when you receive a catalog in the

mail, he said, don't throw it away until you have removed account numbers or other personal information by tearing out the order form on the inside of the catalog and shredding it.

Thieves also steal personal information via computer. In late December, about 25 Thrift Savings Plan investors were alerted that their accounts had been hacked for a total loss of \$35,000, French said. The investors' computers were infected with software that allowed hackers to monitor keystrokes and learn PIN numbers to the victims TSP accounts.

But this precaution doesn't apply just to TSP accounts.

Anytime someone uses the Internet to shop online, bank online or do account maintenance online, that person is at risk for the same type of hacking, especially if the user doesn't have a firewall installed on the computer. Because viruses and spyware hit computer servers daily, industry experts recommend protecting computers with specially designed protection programs.

Virus protection and spyware protection is available free to service members and DoD personnel through their Army Knowledge Online account, under the "Self Service" link.

These programs can't, however, prevent Web users from opening the e-mails carrying spyware or clicking on attachments they shouldn't.

### Scams galore

According to the Identity Theft Resource Center ([www.idtheftcenter.org](http://www.idtheftcenter.org)), several popular scams are used to



TSP participants have been asked to install protective programs on their computers to block spyware, and to log off the Web site when they are finished accessing their accounts.

SEE IDENTITY THEFT, B-4

# Fruits, veggies provide needed nutrients

National Nutrition Month touts healthy eating habits

**MAJ. KAREN FAUBER**

Dietitian, Defense Commissary Agency

FORT LEE, Va. — Remember all those words of advice from mom: Don't eat with your mouth full. Do remember to say your prayers. Don't put off for tomorrow what you can do today. Make sure you have clean underwear on in case you get in an accident. And, eat your fruits and vegetables.

Mom knew what she was talking about. With March being National Nutrition Month, it's a perfect opportunity to visit your local commissary's produce department and reinforce mom's wisdom concerning the health benefits of eating more fruits and veggies.

According to the 2005 dietary guidelines, people who eat more fruits and veggies as part of a healthy diet are likely to have a reduced risk of some chronic diseases such as diabetes and cancer. Fruits and veggies provide vitamins, minerals and other nutrients that your body needs for health and maintenance.

OK, you know all that, right? But, did you know that eating more fruits and veggies may actually help you lose

weight? They help fill you up due to the high water content, and the fiber helps you maintain a healthy weight.



So why aren't you and your family eating more fruits and veggies? We all have our reasons for not eating them. Here are some of those reasons along with ways to add more fruits and veggies to your diet:

"I do not like fruit or veggies." Well try to change that with these small steps:

- Try broccoli, red and green peppers, celery sticks or cauliflower with a low-fat dip or dressing.
- Shred carrots or zucchini into meat-loaf, casseroles, quick breads and muffins,
- Add any frozen veggie or fresh-chopped broccoli, carrots, squash and

cauliflower to pasta sauce, soup or lasagna. This is an easy way to get children to eat their veggies without a fuss.

- Add fresh, frozen or dried fruit to yogurt, pancakes, waffles or cereal.
- Make a smoothie with fruit and low-fat or nonfat yogurt
- Freeze grapes and bananas for a snack or dessert.

"I just don't have time to buy and prepare fruits and veggies to eat." Try these quick, easy tips:

- Buy a bag of apples or oranges, and keep them in your car or at your desk for a quick snack.
- Keep a bowl of fresh fruit on the kitchen counter for everyone to grab and go.
- Stock up on frozen veggies for quick and easy cooking in the microwave.
- Buy veggies that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of baby carrots or celery



sticks for quick snacks.

- Cut up carrots, celery, broccoli, cauliflower and peppers. Put the veggies in sandwich bags in the refrigerator for lunches and snacks during the week.
- Microwave frozen broccoli, carrots, sweet potatoes or other vegetables. Sprinkle a little parmesan cheese on top before serving them.
- Buy and prepare "no salt added"

canned veggies. You can add your own salt if you need to.

So, if you eat around 2,000 calories a day you need 2 cups of veggies and two cups of fruit each day according to the USDA MyPyramid.gov Web site. Start today with one or two of these tips to eat more fruits and veggies during National Nutrition Month. It will make mom proud of you!

## Identity theft: Consumers must guard against this fastest-growing crime

CONTINUED FROM B-3

obtain personal information. One involves calling a victim and posing as a credit card agency. The thief asks the victim to verify a credit card number, or the safe code on the back. The ITRC Web site warns readers not to give out such information, and to call the company directly to find out if it really needs the information and why.

Other scams involve e-mails that come from, for example, a financial institution with which the user is familiar. The e-mail will forward the user to an official looking site, then request the user's account number, Social Security number or other personal information. These e-mails should be discarded and the financial institution contacted immediately.

Other examples include e-mails about winning lottery tickets, or money from foreign countries.

Even when traveling, people need to be aware of little things, French said.

"We had a case where a service member was at a hotel and left his checkbook out," French said. "The maid came in and took a check out of the book. In hotel rooms, where we feel safe, you still need to put things away."

French also pointed out that Soldiers living in the barracks should keep their personal items secured, even if the room is locked. High-value items should be engraved with an ID number or the owner's name, so the Soldier has a better chance of recovering them if stolen.

### Victim recovery

Should someone discover, like Turner, that he or she is a victim of identity theft, French said the first thing to do is contact all credit card companies, financial institutions and the three major credit agencies.

"Place a hold, or a freeze, on those accounts," he said "Contact the credit agencies and put a fraud alert on your credit report."

The FTC Web site ([www.ftc.gov](http://www.ftc.gov)) advises victims to file a complaint with the FTC, close any accounts that appeared to be tampered with and file a police report

where the ID theft took place.

Lastly, French said, the best way to avoid ID theft is to safeguard personal information, shred financial documents and other papers containing personal information, refuse to divulge personal information unless you know who you're dealing with, and don't discard mail before destroying personal information.

For his part, Turner put fraud alerts on all his accounts, regularly requests credit reports so he can see if anything unexpected appears on them, requests a semi-annual HMO billing state-

ment, and regularly checks his vehicle insurance and driving record.

He encourages others to visit the FTC Web site to learn about ID theft and how to prevent it.

"Research shows that it is not a matter of 'if' you will become a victim of identity theft, but when," Turner said.

Consumers are eligible for one free credit report a year from each of the three major credit bureaus. For details go to [www.annualcreditreport.com](http://www.annualcreditreport.com).

*(Editor's Note: Rachael Tolliver is the associate editor for the Fort Knox "Turret.")*

# AAFES offers trip worth \$3,000

**ARMY & AIR FORCE EXCHANGE SERVICE**  
News Release

DALLAS — The Army & Air Force Exchange Service (AAFES) and the World Wrestling Entertainment (WWE) are tag teaming to provide military families with an exclusive opportunity to win a trip for two to WWE Wrestlemania 23.

The "Four Star Furlough Sweepstakes," including round trip airfare for two to Detroit, four nights at a four star hotel, two tickets to Wrestlemania 23 and \$500 in spending money, is valued at approximately \$3,000.

"This is one 'main event' that military shoppers won't want to miss," said AAFES' Chief Marketing Officer Richard Sheff. "With Wrestlemania 23 already sold out, this is the only way to get a headlock on the hottest wrestling ticket of the year."

Register for the sweepstakes at [www.aafes.com](http://www.aafes.com), by clicking on the "Four Star Furlough Sweepstakes" graphic. No purchase is necessary to enter.

The AAFES/WWE sweepstakes is open to any authorized exchange shopper who, at the time of entry, is at least 13-years-old, resides in the United States, District of Columbia or Puerto Rico or is stationed in sweepstakes territory in connection with military duties.

Wrestlemania 23, WWE's annual extravaganza, will take place on Sunday, April 1.

All current available seats, more than 63,000, are in the hands of fans from 22 countries and all 50 states.

Troops interested in joining the all-star event should log onto [www.aafes.com](http://www.aafes.com) and register for a chance to win before the deadline of 11:59 p.m. (EST), Monday, March 12.

Mr. Wrestling II wants to know... Have you signed up for a try out yet?

HCW Coach

ROCKSTAR ENERGY DRINK Strong

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Sign up AND TRY OUT if you think you got what it takes!

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04/14	10/13
05/12	11/10
06/09	12/15

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Saturday Nite SLAM!

# Families have chance to enjoy pro wrestling rumbles on the cheap

**HAWAII ARMY WEEKLY STAFF**  
News Release

Service members traveling outside the islands can take advantage of the generosity of professional wrestlers by getting free admittance into World Wrestling Entertainment events worldwide.

Members of the military can receive a free ticket to WWE events, based on availability and excluding WrestleMania events, when they provide valid identification to the box office on performance day.

"As a company, we feel that if it wasn't for troops laying their lives on the line we couldn't do what we do every day here in the states," said Sue Aitchison, senior manager for community relations.

In addition, Soldiers and family members can support their favorite local wrestlers each month as Hawaiian Championship Wrestling (HCW) rumbles at Schofield Barracks Tropics Family Entertainment Center.

Adult tickets are just \$5 and children 5 years old and younger are free. The next main event is Saturday, March 10.

WWE became a corporate partner with the Defense Department's "America Supports You" program in May 2005. America Supports You connects the nation's support of the troops directly to service members and their families.

World Wrestling Entertainment has been a long-time supporter of the armed forces by visiting the wounded in military hospitals overseas and at Walter Reed Army Medical Center here and the National Naval Medical Center, in Bethesda, Md.

For the past three years, WWE superstars have traveled to Iraq to tape a televised holiday special that was broadcast to Americans and troops around the globe. They also have sent millions of dollars worth of T-shirts, videos, promotional items, magazines and compact discs to military personnel operating on the front lines.

"It is our philosophy that it doesn't matter what one's political preference is; we have to support these guys," Aitchison said.

(Editor's Note: Carmen L. Gleason, American Forces Press Service, contributed reporting.)





### 10 / Saturday

**The Smackdown** — Come watch Hawaii Championship Wrestling at the Schofield Tropics, March 10. Doors will open at 6 p.m. and matches will start at 7 p.m.

The cost is \$5 for guests ages 12 and up, \$3 for ages 11 and under, and free for children ages 5 and under. Call 655-5697.

### 13 / Tuesday

**Track and Field Registration** — Registration for Youth Sports Track & Field begins March 13 for youth born between 1989 and 1999. Cost is \$45 per person. Practices begin in April, and meets will be held June–July. Call 836-1923 (Aliamanu Military Reservation) or 438-9336 (Fort Shafter).

### 14 / Wednesday

**Ukulele Making** — Make your own tenor ukulele at the Arts & Crafts Center. A 10-session class meets once a week from 5:30–8 p.m. A class fee of \$350 includes all materials and parts. To register, call 655-4202.

### 18 / Sunday

**Bowling Tournament** — A “5 Game, No Tap” tournament will be held at the Schofield Bowling Center, March 4. Check-in will be at 1 p.m., and the cost is \$20 per bowler. Call 655-0573.

## Ongoing

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

**Leilehua Golf Course Driving Range** — The golf driving range



Sp. Joshua Pate | 2nd Stryker Brigade Combat Team Public Affairs

## ‘Play Lt. Dan, play’

KANEOHE BAY — “CSI: New York” and “Forrest Gump” star Gary Sinise plays his bass guitar in the crowd during a concert by his band, “The Lt. Dan Band,” at Pop Warner Field, Marine Corps Base Hawaii, Saturday. The United Service Organization-sponsored the event for all military services and their families.

at the Leilehua Golf Course is open weekdays until 9:30 p.m. Call 655-4653.

**Water Aerobics** — Come for a new and exciting workout at Richardson Pool. Classes will be held Monday, Wednesday, and Friday from 11:30 a.m.–12:30 p.m.; and Tuesday and Thursday from 5 p.m.–6 p.m.

A \$2 fee is charged per class, or

a punch card is available for \$15. Water aerobics provides a safe and effective exercise alternative that improves fitness levels with little stress on the joints. Call 655-1128.

**What’s Up Gymnastics** — Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited is partnering with What’s Up Gymnastics to of-

fer a military discount program for all upcoming classes.

What’s Up Gymnastics provides several classes to choose from, including recreational and competitive classes. It offers the only indoor climbing wall on Oahu.

Classes are provided for all ages, even as early as age one. Discount cards can be picked up at the Child and Youth Services registration offices. Call 655-9818.



### 17 / Saturday

**Irish Sprint** — Plans are now being finalized for the 27th Annual Irish Sprint and Stride, a 10K (6.2 mile) and 2K (one mile) race-walk to be held Saturday, March 17, St. Patrick’s Day.

These races will begin at 7 a.m. from the Pearl Harbor Visitor Center (PHVC) at Halawa Landing, between the USS Arizona and USS Bowfin Memorials at Pearl Harbor.

This event is open to the general public; cost is \$25 per person, \$40 for up to four family members running together, and \$18 for seniors over 50 years old.

Registration forms are available at [www.pearlharborvisitor-center.com](http://www.pearlharborvisitor-center.com); click on the “Irish Sprint” photo page. Call 228-5210 for more details.

**Women’s Rodeo** — The Hawaii Women’s Rodeo Association will host a Jackpot Rodeo on Saturday, March 17, at Gunstock Ranch in Kahuku.

The action will begin at 10 a.m. in Open, 3D and Keiki Barrel Racing categories, followed by Pole-Bending.

Admission and parking will be free. For more information, contact John Teixeira at 389-9884 or visit [www.rodeoohu.com](http://www.rodeoohu.com).

Save the following dates for upcoming rodeo venues: April 21 and May 26.

**The March** — The Menehune Marchers will be sponsoring a 10K Kaimuki and Kapiolani Community College Farmer’s Market

volksmarch, or walk, March 17.

This free march will start at Fort Ruger Triangle Park. Participants may begin any time between 8–11 a.m. Cost is \$3. Call 205-1846.

### 22 / Thursday

**Show Motion** — The 2007 1st Hawaiian International Auto Show will be held March 22–25 in the Hawaii Convention Center, located at 1801 Kalakaua Ave. in Waikiki.

Watch the pages of “Motor Trend” magazine come alive as hundreds of the newest cars, trucks, minivans and sport-utility vehicles are put on display. From an up-close look at newly introduced pre-production models and futuristic concept cars to special guests and themed days for the youngest auto show attendees, this show will have something for everyone.

Event hours will be noon–10:30 p.m., March 22 and 23; 10 a.m.–10:30 p.m., March 24; and 10 a.m.–7 p.m., March 25. Call 943-3500, e-mail [steve.freeman@primedia.com](mailto:steve.freeman@primedia.com) or visit [www.motortrendautoshow.com/honolulu](http://www.motortrendautoshow.com/honolulu).

### 24 / Saturday

**Rubber Duckie Race** — The United Cerebral Palsy Association’s “Great Hawaiian Rubber Duckie Race” will waddle down Ala Wai Canal for its 20th year. Thousands of rubber duckies will challenge the rigors of the Ala Wai canal to raise dollars for those with cerebral palsy and other disabilities.

Pre-race activities will begin at 9 a.m. and will include entertainment and what is billed (ahem) as the state’s largest duck store in the McCully Shopping Center.

The race will begin at 1:20 p.m. from the Kalakaua Avenue Bridge. Visit [www.ucpahi.org](http://www.ucpahi.org).

## USE YOUR HEAD



## WEAR A HELMET