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Soldiers of the 25th ID's Lightning Academy move a casualty onto an HH-60M helicopter from 3rd Bn., 25th Avn. Regt., during a MASCAL exercise, Jan. 6, in Wahiawa.

# DIVARTY provides support in joint exercise

Story and photos by  
**SGT. IAN MORALES**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Local Emergency Medical Services (EMS) and Army first responders, including a medical evacuation (MEDEVAC), from 3rd Battalion, 25th Aviation Regiment, reacted to a simulated mass casualty (MASCAL) exercise at the 25th Infantry Division's Jungle Operations Training Center (JOTC), Jan. 6.

"We need to have the ability to transition from within our own channels and take casualties from our locations to local hospitals," said Sgt. 1st Class Grover Muirheid, senior instructor at the JOTC. "It's imperative that we have a good partnership with the EMS services here, both on ground and through communications lines."

After triaging injuries at a casualty collection point, Army and local EMS quickly coordinated an HH-60M MEDEVAC helicopter from 3-25th Avn. and flew the most serious casualties to



An HH-60M MEDEVAC helicopter from 3rd Bn., 25th Avn. Regt., 25th ID, trains with Honolulu Emergency Services during a MASCAL exercise. The helicopter moved casualties to Queen's Medical Center to test response time during emergency situations.

the Queen's Medical Center in Honolulu where local medical staff treated the patients.

"Normally, we would utilize ambu-

lances, but in this case, we used our bus to transport more personnel to the triage area," said Colin Wong, Wahiawa's district chief for Honolulu's City and County EMS. "Today's exercise involved a rollover with approximately 10 Soldiers injured, and our primary role was to move them to a safe area where they can be treated."

This exercise was designed to help improve response times and strengthen the partnership between the Army and local medical teams. It also demonstrates the Army's capabilities to respond to emergency situations on the island of Oahu.

"Some of the things we were practicing today (are) the Army's ability to communicate with local first responders and coordinate for pickup of casualties that have been extracted from the field," Muirheid said. "The jungle has a lot of difficult scenarios you can run into, such as weather and terrain, which play a crucial factor into how we extract injured personnel."

Both Army first responders and local EMS stand ready for future emergency situations with affirmation that they work cohesively with one another.

# UMTs train on supporting tactical agility in the field

Story and photos by  
**1ST LT. JAMES DYER**  
25th Division Artillery  
25th Infantry Division

SCHOFIELD BARRACKS — 25th Infantry Division chaplains and chaplain assistants went to the field just before the Martin Luther King Jr. holiday.

The teams wanted to improve their ability to provide services and grief counseling in the field, thus supporting the tactical agility of 25th ID units.

The field exercise, led by the 25th Division Artillery, or DIVARTY, allowed the unit ministry teams, or UMTs, to learn about and share their ideas and best practices, while also training on important Soldier skills, such as land navigation and field concealment.

The UMTs met at South Range and moved to their occupation site utilizing Defense Advanced GPS Receivers (DAGRs). Once they reached their training site, they completed two training classes after a short devotion.

The classes focused on how to conduct religious services and provide grief counseling in remote or dangerous environments. The UMTs went through both classes as teams of chaplain and chaplain assistant in order to strengthen their effectiveness as a team in stressful and complex environments.

The field service class was taught by Chaplain (Maj.) Brandon Moore, brigade chaplain, 2nd Brigade Combat Team,

who recently came to the 25th from teaching homiletics at the school house. His focus was on getting mobile and creating sacred spaces and messages for Soldiers in the field.

Moore also demonstrated ways to use technology for services and showed how new gadgets are small enough to allow a surprising amount of gear to fit into an assault bag. He pulled out a portable speaker and a wireless microphone that fit into his ear. Combined with his smartphone, he was able to have music and sermon notes right there in the palm of his hand.

Another chaplain mentioned they could pick up solar charging panels from the post exchange for \$25 to charge everything from phones to batteries in the field.

Moore showed how a phone with a high definition multimedia interface (HDMI) cable can bypass sensitive computers and allow for a projected service onto a screen big enough for everyone in the tactical operations center to see. Smartphones can have PowerPoint and videos that allow Soldiers to both see and hear what the chaplain is putting out.

"The dramatic improvements in technology have really allowed UMTs to offer professional services, even in the most remote locations, without the burden of having to carry a huge amount of gear. Gone are the days of having to lug around heavy and temperamental field organs,



Chaplain (Capt.) Maya Dietz from 3-7th FA leads division chaplains and chaplain assistants in prayer before their UMT field training.

or hope that Soldiers are up for singing a cappella," explained Chaplain (Capt.) Maya Dietz, battalion chaplain, 3rd Battalion, 7th Field Artillery Regiment, 25th DIVARTY.

"The technology also helps us create sacred space that can offer Soldiers relief and moments of communion with their higher power, even if in intense battle situations. There is nothing wrong with simple, non-technology services, but it is nice to have more options," Dietz said.

The grief counseling class was taught by Dietz and centered on training UMT members on the grief process. The class discussed how to identify signs of grief, focusing on emotional, behavioral and physical signs and how to spot them. It discussed how to tell when people are getting back to normal and how not everyone grieves the same.

Other topics revolved around how there are times in the military when you have to survive where you are placed. These times may not be what you were trained for or may want to do, but it's what is required of you.

Through scenario-based discussions, the UMTs shared stories of how they have helped Soldiers through, or have experienced themselves, different kinds of grief.

People can face hardships that grow over time if left unchecked. UMT members can help by giving them hope and a sense of their value to the team.

Sgt. Cody Brown from Operations, 25th Headquarters and Headquarters Bn., said, "This training doesn't get done enough. I've been in since 2006, and while I was at Fort Hood, they had the shooting at the processing center. This kind of grief counseling really allows us to have the ability to provide grief counseling in all aspects of Soldiering."

The division chaplains get together monthly to perfect their craft. All the skills they train on will be tested during the best UMT competition in May.

Then, they will compete as UMTs in events that will test Soldier skills that are familiar to them all, like land navigation and completing a 9-line quickly and correctly. They will also be expected to perform in graded events like doing a field service or grief counseling.

A chaplain or chaplain assistant has to be able to perform well in two worlds. On any given day, they have to be both a warrior and a spiritual guide.

*(Editor's note: Dyer is the unit public affairs representative for Headquarters and Headquarters Battalion, 25th DIVARTY.)*



UMTs perform land navigation using DAGRs while moving to their training site on East Range.





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# Bonuses, incentives to retain Soldiers

SEAN KIMMONS  
Army News Service

FORT GEORGE G. MEADE, Md. — With the total Army tasked to expand by 28,000 troops this year, the service hopes to retain quality Soldiers with incentives, such as cash bonuses up to \$10,000 for extensions, the Army's top enlisted member said Jan. 12.

"We need Soldiers to stay in the Army," Sgt. Maj. of the Army Daniel A. Dailey said during a town hall meeting at the Defense Information School. "If you're on the fence (and you plan to get out this year), go see your career counselor. I guarantee you that they have some good news."

The National Defense Authorization Act

for fiscal year 2017 recently raised the Army's end strength to just over 1 million Soldiers for all components. Initial proposals had the entire Army slated to draw down to 980,000 by the end of this year. The NDAA increased the active force by 16,000 to an end strength of 476,000 and also bumped the reserve component by 12,000.

The troop surge would represent the Army's largest yearly increase without using a draft or stop-loss involuntary extension and will double its annual retention mission, according to Dailey.

"We're not in a drawdown anymore; we're in an increase situation," he said. "The Army is going to get bigger."

# State tax domicile should be a big deal for you

LEGAL ASSISTANCE OFFICE  
Staff Judge Advocate

SCHOFIELD BARRACKS — Under the Servicemembers Civil Relief Act, service members do not lose their state tax domicile merely by joining the service and moving from state to state, or abroad, on military orders.

This statement means that you do not have to pay state income taxes on your military income in every state you move to on military orders. However, due to budget cuts, nationwide, many states aggressively audit state tax domicile issues for service members.

### Which state is your domicile?

Domicile is established by being physically present in a state and forming an intent to remain for the indefinite future. Intent to remain is established by the following contacts:

- Where you vote,
- Where you own property,
- Where you pay state taxes,
- Where you hold professional licenses,
- Where you register vehicles,
- Where you hold a driver's license,
- Where you accept tax breaks for a declaration of homestead, or
- Where you have indicated your last will and testament should be probated.

A determination of domicile is fact specific, but the more contacts you can establish, the stronger your case. Service members should be aware that in order to keep a particular state tax domicile, you must be able to prove at any given time that you intend to return to that state as soon as your military obligations are completed.

There are several rules regarding domicile. First, everyone has a domicile. Second, a state remains your domicile until you take steps to change your domicile. Third, your military "home of record" is not necessarily your domicile.

Merely purchasing a new home in a new



Courtesy photo

state, or moving to a state under military orders, does not necessarily indicate that you have changed your domicile. However, if you do not actively keep your contacts in a claimed state updated, such as your registration to vote or your driver's license, and you develop new contacts in the state you are stationed in, there could be serious tax implications for you and your family.

### An example scenario

You were born and raised in Texas. You joined the Army in Texas in 1994. Texas is both your domicile and military home of record. Texas has no income tax.

In 1995, you make a permanent change of station, or PCS, move to your first duty station in Alabama. While stationed there, in 1995, you bought a home, registered to vote, registered your car, and got an Alabama driver's license. To a third party, it appears you intend to make Alabama your domicile.

In 1997, you receive a notice from the Alabama Department of Taxation challenging your Texas Domicile and not paying Alabama state income tax. Alabama Department of Taxation's allegation is that you are an Alabama resident now, and that you owe a year's worth of back taxes.

While you did not intentionally change your state tax domicile, by the choices you

Soldiers who decide to extend their service for 12 months may receive the cash bonus, up to \$10,000, depending on their military occupational specialty, time in service and re-enlistment eligibility, he added.

Choice of duty location, stabilization at duty stations, chances to extend service rather than re-enlist and incentives such as schools are other ways the Army hopes to retain its own.

Assignment and training options vary by MOS.

"There are some very creative things we're going to do to stimulate all of that," he said.

See BONUS A-7

made, Alabama is claiming you are now domiciled in Alabama and are required to pay Alabama state taxes. It is now your burden to prove that Texas remains your domicile and is where you plan to make your permanent home.

### Other factors to remember

The SCRA only allows you to escape paying state income taxes on military income. If you have a second job, or business income, outside of the military, you will have to pay non-resident state income taxes on that income in the state you are stationed.

Additionally, if you are self-employed, received a 1099-MISC with box 7 non-employee compensation, or own a business, you will have to pay the General Excise Tax (GET) or Use Tax.

There are free steps you can, and should take, to protect your state tax domicile. You are advised to vote, exercise your rights and claim the benefits of legal residence only in the state where you intend your domicile to be, unless you intend to abandon your old legal residence and establish a new one.

Voting is considered the most important indicator of intent in most states. While voting absentee ballot may be inconvenient, you should make the effort if your domicile is not the state in which you are stationed.

### Point of Contact

If you have any questions concerning state tax domicile, call the Legal Assistance Office for an appointment at (808) 655-8607.

Legal Assistance is located at 278 Aleshire Ave., Bldg. 2037, Schofield Barracks.

Soldiers, service and family members from all branches, posts and bases are welcome to make an appointment.

# Affordable Care Act mandates reporting coverage

AMAANI LYLE

DoD News, Defense Media Activity

WASHINGTON — As tax season approaches, Defense Department civilians, military members, nonappropriated funds employees and their families will need to validate their minimum essential health care coverage as reported to the Internal Revenue Service, the Pentagon's top health official said in a phone interview, Dec. 23, 2016.

Dr. Karen S. Guice, the principal deputy assistant secretary of defense for health affairs, performing duties as assistant secretary for health affairs, said the Affordable Care Act, which became law in 2010, extends the availability of health care insurance to ensure people are covered through health insurance market places or employers. The Supreme Court upheld the law after it was challenged in 2012, she added.

"The relevance to us is the requirement to report minimal essential coverage to the IRS," Guice said. "It's important for us to review all of the rules as we move into tax season."

Guice explained that DoD members and employees will receive a Form 1095, designated B or C. Service members and DoD civilians will use the 1095-B or 1095-C to answer health coverage questions on their federal tax returns. These forms are used for

TRICARE, the continued health care benefit program and the federal employee health benefits plans.

"Any one of our DoD families, active duty military, retirees, civilians or contractors may see a mixture of these, depending on how the people in their household are covered by health insurance," Guice said. "It's a way for individuals in the household who are covered by insurance to validate the information and correct erroneous information through the entity that sends the 1095 form."

Guice emphasized that the 1095 form is not intended to be filed with taxes, but rather is used as a validation of information that the IRS already has received from DoD.

"It's really important for everyone to look at this information and validate it as correct, because that's the information that the IRS will act on," she said.

DoD offers the 1095 form in various ways, Guice said. Those who receive the forms by mail from a uniformed services pay center, NAF employers and contractors should receive them by Jan. 31, she added. Defense Finance and Accounting Service and U.S. Coast Guard Pay and Personnel Center users could download their forms on Jan. 17.



Graphic courtesy of Assistant Secretary for Public Affairs

### Failure to report

Lacking the minimal health care requirements or failure to report can bring a cost penalty, Guice said.

"The Affordable Care Act expectation is that every citizen will have health insurance or they will pay an individual shared responsibility payment," she said. "If you've elected not to have minimal essential coverage, you may face a payment requirement, which is based on a percentage of your income or a fixed amount, depending on the individual's or family's circumstances."

"Each individual is going to have to double check and make sure their information is correct," Guice said. "Otherwise, once you submit all your tax forms, it's a little bit harder to pull some of those back from the IRS."

(Editor's note: This release was issued Jan. 5.)

### More Online

For questions about how to obtain the 1095 form or to inquire about the information it contains, contact servicing pay centers or visit www. TRICARE.mil.

For questions about the Patient Protection and Affordable Care Act's individual coverage mandate and potential tax penalty following a lack of health care coverage, visit www. IRS.gov.



# Voices of Ohana

Because January is the month for New Year's resolutions, we wondered, What do you resolve to accomplish in 2017?  
By 599th Transportation Brigade Public Affairs



"I want to see more of what Hawaii has to offer. I have a new job; I want new experiences!"

**Kristin Boyd**  
599th Trans. Bde.  
HR coordinator



"I'm planning on retiring, so I'll try to focus on my kids' education and my follow-on career ... coaching high school football or a logistics' job for the hospitality industry."

**Maj. Ronald Burnside**  
599th Trans. Bde.  
Planning chief



"For me, I would like to try to rebuild my life again after my wife passed away last year."

**Darren Chang**  
599th Trans. Bde.  
Sys. administrator



"I would like to complete my master's program at University of Phoenix. Live simply, only buy what is needed, and spend more time with family."

**Arnel Dellosa**  
599th Trans. Bde.  
Logistics specialist



"I want to live a healthier lifestyle, spend more time with my family and ride my motorcycle every day."

**Charles Loiselle**  
599th Trans. Bde.  
Admin. chief



# Military rehearsed for 58th presidential inauguration

Story and photos by  
**DAVID VERGUN**  
Army News Service

WASHINGTON — Before today’s inauguration, about 5,000 service members had participated in the 58th Presidential Inauguration dress rehearsal, Sunday morning.

The route stretched along Pennsylvania Avenue from the Capitol to the White House and beyond.

Personnel in musical units, marching bands, color guards, salute batteries and honor cordons practiced rendering appropriate ceremonial honors to the upcoming commander in chief.

“Everything went great!” said Air Force Tech. Sgt. Chris Bevins, a spokesman for Joint Task Force-National Capital Region, or JTF-NCR. “It’s amazing to see a joint team of more than 5,000 military members come together to execute ceremonial support to the incoming president.”

“We have these rehearsals to exercise movements, logistics, timing and cues, so everything is seamless for Inauguration Day,” he continued. “This is a great tradition that goes back over 225 years. As with any of the military’s great traditions, we want everything to be perfect, and that’s why we (practiced).”

**Role of JTF-NCR**  
The JTF-NCR’s role in the inauguration is primarily ceremonial.

Because the Presidential Inaugural Committee, or PIC, was not formed until after the November election, JTF-NCR provided invaluable assistance to the PIC by collecting applications from prospec-



tive parade participants. It provided planning and logistical support to the parade, and it coordinated ceremonial participation by military units months before the election took place.

Civilian law enforcement officers are responsible for the safety and security of all personnel during the inaugural events. The primary agency for security for the inauguration is the U.S. Secret Service.

The U.S. military has participated in this important American tradition since April 30, 1789, when members of the U.S. Army, local militia units and Revolutionary War veterans escorted George Wash-

ington to his first inauguration ceremony at Federal Hall in New York City.

The first organized parade occurred in 1809, at the inauguration of President James Madison. A troop of cavalry from Washington escorted him to the Capitol, and he sat in review of nine companies of militia. Future inaugurations saw these military escorts become increasingly elaborate.

The Department of Defense, in the early 1950s, established what was then called the Armed Forces Inaugural Committee, or AFIC. The first inaugural parade supported by AFIC – President Eisenhower’s in 1953 – lasted four hours,

32 minutes and remains the longest inaugural parade to date.

It was also the largest parade, with 73 bands, 59 floats, horses, elephants, and civilian and military vehicles.

The only parade known to be canceled as a result of bad weather was President Ronald Reagan’s second in 1985, when frigid temperatures made the situation dangerous. His first parade holds the record for the warmest inauguration day.

**Role of the PIC**  
The PIC is a nonprofit organization representing the president-elect. This organization is responsible for organizing and funding the inaugural events of the president-elect and vice president-elect. These official events may include ceremonies, concerts, inaugural dinners, the inaugural parade and the inaugural balls.

The PIC decides how many military members will attend, but historically, up to 5,000 total military personnel have provided ceremonial support during the inaugural period, which is defined as the five days before and the four days after the presidential inauguration. This year’s number was about 5,000.

JTF-NCR closely coordinates with the Joint Congressional Committee on inauguration ceremonies as well as with the PIC.

The 58th Presidential Inauguration refers to the swearing-in ceremony that took place on the Capitol steps, today, at noon. The inaugural period is the 10-day period from Jan. 15 to 24.



**Soldiers march in formation down Pennsylvania Ave., Sunday, in a dress rehearsal for the presidential inauguration, today.**

**All personnel – band members and formations – readied themselves for events today.**

# Promotion results available on smartphones

**DANIELA M VESTAL**  
Army News Service

The U.S. Army Human Resources Command website has undergone several updates in the past year that give users several options when it comes to searching, viewing and getting alerted of updated information.

The site also went responsive several months ago, meaning users will be able to successfully view and interact with the site on different devices.

“The HRC website is a place where Soldiers, veterans or really anyone can go to search for information any time of the day or night,” said Lt. Col. Janet Herrick, public affairs officer, HRC. “We have a great search feature and different customization options because we are constantly looking to provide better avenues to the information we have available.”

**MyLinks**  
MyLinks is a feature that gives users the ability to be alerted any time a webpage is updated.

Waiting on some points to publish? Waiting on a MilPer announcing the next promotion selection board?

MyLinks is a way to be alerted the moment a page is updated.

Users can choose to select whether they would like to bookmark the page, get an email update every time the page is updated, or do both. Users can use any



Photo by Lt. Col. Deanna Bague  
**Staff Sgt. Reag Wood of 1st Combined Arms Battalion, 5th Brigade, 1st Armored Division, illustrates how he uses an iPhone to obtain a visual image of a mock with insurgent activity during a field training exercise at White Sands Missile Range, N.M.**

email address for the alerts.

To set up your MyLinks, go to the “My HRC” tab in the top menu bar. That tab will bring you to a screen with 10 suggested webpages to add to your MyLinks.

Those 10 suggestions are the most visited webpages from the previous month. This same screen is also where a user can go to delete any alerts and

bookmarks they have set.

On the individual webpages, there is a green circle with a white cross inside it. Clicking that circle will bring up the option for bookmarking and getting an email alert.

**Profile**  
On the My HRC page is a “profile” tab. This tab offers users the option to change

the theme and color scheme of the site any time they are logged in.

**DS Login**  
The HRC webpage also allows users to login in with a DS login, which means Soldiers in the field could view selection results on their smartphones.

“The DS Login is a good thing to have and a good thing to know ... since we’ve made the website responsive and you can use it on your mobile phone. Not very many people have CAC readers for their tablets or phones, but with the DS Login you can log in and you can look at those CAC-protected pages,” said Scott Patterson, HRC website product line manager, Personnel Information Systems Directorate, HRC.

There are added benefits to have a DS Login that can be used to access multiple areas to access different websites across the Department of Defense and the Department of Veterans Affairs.

Additionally, the DS Login can also be used by veterans, spouses, some family members over 18 years of age, and former spouses who are DoD beneficiaries.

**More Online**  
More information about the DS Login can be found at <http://go.usa.gov/x9Uys>.



# Citizens must be vigilant against digital scams

**CRIMINAL INVESTIGATION COMMAND**  
Public Affairs

QUANTICO, Va. — Today, in an age when most individuals communicate through their social media profiles, they should also be aware that online predators and scammers are lurking and actively stalking their next unsuspecting victim.

Now that the frantic holidays are over and Valentine’s Day is fast approaching, special agents with the U.S. Army Criminal Investigation Command, known as CID, are expecting a different type of holiday frenzy – an increase in “Romance Scam” reports.

The scam usually finds a victim claiming they are “in a relationship” with an American Soldier, when in fact their love interest is an online scammer, who hustled them out of their money and emotions.

“These perpetrators are definitely not American Soldiers, but they are quite familiar with American culture,” said Chris Grey, Army CID spokesperson. “The criminals, often from other countries, most notably from West African countries, are pretending to be U.S. Soldiers routinely serving in a combat zone or other overseas location.

“The perpetrators will often take on the online persona of a U.S. Soldier, who is honorably serving his country somewhere in the world, or has previously served and been honorably discharged, then marry that up with some photographs of a Soldier off the Internet, and then build a false identity to begin prowling the web for victims,” Grey said. “The Soldier’s rank and other military details are often included in an effort to give credence to the scammer’s tale.”

The Army reports that several very senior officers and enlisted Soldiers throughout the Army have also had their identities stolen just to be used in these scams.

To date, there has not been one report to Army CID indicating that a U.S. Soldier has been criminally involved or suffered any financial loss as a result of these attacks. Photographs and actual names of U.S. Soldiers have been the only thing used. On the contrary, victims have lost thousands of dollars. One victim went so far as to refinance her house to help out her new beau. In the end, she lost more than \$70,000.

**Romance scams**  
These criminals are good at what they



do, and know how to get their victims emotionally involved with their scam.

According to romancescam.org, the scammers set up fake social media accounts and various dating site profiles with pictures suggesting that they are from the U.S. The website goes on to describe how the scammer shares tales of being a caring and loving individual who is looking for their soul mate.

The scammers begin phishing for information, and eventually the victim is hooked and financially invested. Once that happens, the criminals continue their ruse and then proceed to ask the victim for additional financial support by using a wide range of excuses to get the “unsuspecting love bird” to help them out of their crisis, whatever it may be.

The scam often involves carefully worded romantic requests for money from the victim to purchase computers, international telephones, military leave papers and transportation fees to be used by the fictitious “deployed Soldier,” so their false relationship can continue. The scams include asking the victim to send money, often thousands of dollars at a time, to a third party address.

“I get calls every week, and it is very troubling to hear these stories over and over again of people who have sent thousands of dollars to someone they have never met and sometimes have never even spoken to on the phone,” Grey said. “We cannot stress enough that people need to stop sending money to persons they meet on the Internet and claim to be in the U.S. military.”

**Other scams**  
Along with the romance-type scams, CID has received complaints from citizens worldwide that they have been the



Courtesy photos

victims of other types of scams – once again, where a cyber crook is impersonating a U.S. service member.

One version usually involves the sale of a vehicle – where the service member claims to be moving overseas and has to quickly sell their vehicle because they are being sent to another duty station. After sending bogus information regarding the vehicle, the seller requests the buyer do a wire transfer to a third party to complete the purchase.

In reality, the entire exchange is a ruse for the crook to get the wire transfer and leave the buyer high and dry, with no vehicle.

“Another critical issue is we don’t want victims walking away and thinking that a U.S. Soldier has ripped them off when in fact that Soldier is honorably serving his or her country and often not even aware that his pictures or identity have been stolen,” Grey said.

**What to look for**  
Be informed of the following:  
• **Don’t ever send money!** Be extremely suspicious if you are asked for money for transportation costs, communication fees or marriage processing and medical fees.  
• If you do start an Internet-based relationship with someone, check them out, research what they are telling you with someone who would know, such as a current or former service member.  
• Be very suspicious if you never get to actually speak with the person on the phone or are told you cannot write or receive letters in the mail. Service members serving overseas will often have an APO or FPO mailing address. Internet or not, service members always appreciate a letter in the mail.

• Military members have an email address that ends in “.mil.” If the person you are speaking with cannot send you at least one email from a “.mil” (.mil will be the very last part of the address and nothing after), then there is a high probability they are not in the military.  
• Many of the negative claims made about the military and the supposed lack of support and services provided to troops overseas are far from reality. Check the facts.  
• Be very suspicious if you are asked to send money or ship property to a third party or company. Oftentimes, the company exists, but is not part of the scam.  
• Be aware of common spelling, grammatical or language errors in the emails.  
• Be cognizant of foreign and regional accents that do not match the person’s story.

The U.S. has established numerous task force organizations to deal with this and other growing issues; unfortunately, the people committing these scams are using untraceable email addresses on Gmail, Yahoo, Hotmail, etc., routing accounts through numerous locations around the world, and using pay-per-hour Internet cyber cafes, which oftentimes maintain no accountability of use. The ability of law enforcement to identify these perpetrators is very limited, so individuals must stay on the alert and be personally responsible to protect themselves.

Officials said that if you suspect that you are a victim, you should contact the authorities as soon as possible and stop all correspondence with that person immediately. They added that the scams are a grave misrepresentation of the U.S. Army and the tremendous amount of support programs and mechanisms that exist for Soldiers today, especially those serving overseas.

**Resources for Help**  
Report theft to the Internet Crime Complaint Center, or IC3, at [www.ic3.gov/default.aspx](http://www.ic3.gov/default.aspx).  
Also, report theft to the Federal Trade Commission. Your report helps law enforcement officials across the United States in their investigations. Visit [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft) or call 1-877-ID-THEFT (438-4338) or TTY, 1-866-653-4261.  
Send mail to Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580.  
Report fraud to the Federal Trade Commission on Nigerian Scams via email at [spam@uce.gov](mailto:spam@uce.gov).  
For more information, visit [www.cid.army.mil](http://www.cid.army.mil).

# Energy resilience ‘proudest’ achievement of Asst. Sec.

Story and photo by  
**DAVID VERGUN**  
Army News Service

WASHINGTON — Asked what stands out as her biggest achievement, Katherine Hammack replies, “I’m proudest of the Net Zero Program.”

Since taking the reins in 2010 as assistant secretary of the Army for Installations, Energy and Environment, Hammack said, the Army has saved a ton of money in the energy sector, improved the overall resilience of its utilities and, as a result, Army readiness has increased.

Hammack spoke here Jan. 12 at what she said will probably be her last public venue before departing. The event was The Pew Charitable Trusts-sponsored panel: “Power Begins at Home: Assured Energy for U.S. Military Bases.”

Net zero consists of three parts, she explained: net zero energy, net zero water and net zero waste.

**Net zero energy**  
Net zero energy has a two-part strategy, Hammack said: producing as much energy on site as possible – preferably with renewables like wind and solar – and reducing consumption.  
The reducing consumption component boils down to common sense, she said, comparing it to turning lights off at home and lowering the thermostat in winter when not at home. The reducing consumption message has gained ground in the last five or six years, but more can still be done, she noted.  
Hammack’s office has been responsible for much of the Army’s energy savings through energy savings performance contracts (ESPCs). Such a contract represents a partnership between an agency and an energy service company. ESPCs



Katherine Hammack, assistant secretary of the Army for Installations, Energy & Environment, speaks at The Pew Charitable Trusts panel in Washington, D.C., Jan. 12.

allow for the Army to procure energy savings and facility improvements with no up-front capital costs or special appropriations from Congress.  
“(With ESPCs), someone else brings in their technology and you pay them back through savings,” she explained, adding that if the Army had more new dollars to invest, even more savings could be realized.  
“If we had the money to implement these efficiencies and improvements, we’d do it, because then we’d receive all of the savings dollars ourselves,” she said. “But with the Budget Control Act (of 2011), our budgets have been going down.”  
She likened the Army’s strategy to that of a home buyer. While some home buy-

ers with enough cash might purchase a house outright, she said, most don’t; they take out a mortgage and pay the principal and interest over time.  
The authority to use ESPCs was granted in 1992, but the contracting methodology – along with legal and acquisition issues – wasn’t completely worked through. Nonetheless, the Army executed \$1.2 billion in ESPCs between 1992 and 2010, she said.  
When Hammack began in 2010, she recalled, she made ESPCs a priority, and her team explored ways to streamline the process. Each installation was tasked with looking for ESPC opportunities. The result was, over the last five years, another \$1.2 billion in ESPCs were executed.  
As a result of ESPCs and energy con-

servation by units and Soldiers, the Army saw a 4.7 percent decrease in energy consumption between fiscal years 2015 and 2016, even as more Soldiers returned home from overseas to U.S. installations.  
She called it, “the greatest drop over a one-year period that we have seen in our records.”  
Hammack credits the Army’s Office of Energy Initiatives, or OEI, with overseeing large-scale energy projects. In the past, the Army might undertake one or two large projects over a 10-year period. Since OEI stood up in 2011, it has undertaken four or five per year.  
(Editor’s note: See entire article at [www.hawaiiarmyweekly.com/2017/01/18/energy-resilience-proudest-achievement-says-outgoing-assistant-secretary/](http://www.hawaiiarmyweekly.com/2017/01/18/energy-resilience-proudest-achievement-says-outgoing-assistant-secretary/).)



# McNair brothers sworn in, together, by father

Story and photos by  
**KAREN A. IWAMOTO**  
Staff Writer

JOINT BASE PEARL HARBOR-HICKAM — Clayton McNair, 25, and his younger brother, Austin McNair, 23, have always been close.

Born into a military family where moving was the norm, they were each other’s constant companions.

They were homeschooled together, attended and graduated from the University of Hawaii at Manoa together,



**Clayton McNair, 25, and Austin McNair, 23, are sworn in to the Hawaii Army National Guard on Jan. 13 in a ceremony presided over by their father, retired Navy Capt. Daniel McNair. The brothers were sworn in 30 years to the day after their father was sworn in to the Navy.**

and on Jan. 13, they were sworn into the Hawaii Army National Guard, at the Military Entrance Processing Station, here, together.

Their HIARNG recruiter, Sgt. 1st Class Arwin Tumaneng, said it was rare to have two brothers swear in at the same time, and the occasion was made even more special by the fact that their father, retired Navy Capt. Daniel McNair, presided over the ceremony, which took place 30 years to the date from his own swearing in.

“I’m definitely proud of them. The National Guard gives them the unique opportunity to stay here in Hawaii while serving their country and their state,” their father said. “I think it gives them a great start in life. The skills they’ll learn will give them a lot of options for the future. I think serving their country is something that any young man or young woman should be proud to do and that they’ll be setting an example for others.”

But he also maintained his sense of humor.

“I didn’t think the boys would be going into the military. They grew up in a military family. We’ve been at it for 26 years, so I figured they were sick of it, but I guess not,” said the retired captain.

This may have been the case when the boys were younger.

“I didn’t want anything to do with the military,” said Clayton McNair, who graduated with a degree in creative media from UH in May 2016 and plans to pursue a military occupation specialty in public affairs. “But as I got older, I realized how hard it is to make a living, to get out and make it on my own.



**The McNair family poses for a photo after Clayton and Austin McNair are sworn into the Hawaii Army National Guard on Jan. 13. From left are youngest sister Kayla, mother Holly, Austin, Clayton, younger sister Carissa and father, retired Navy Capt. Daniel McNair.**

“My dream, what I’d really like to do, is be able to do the ‘Go Army’ recruiting commercials in house,” he continued. “Right now, a civilian contractor makes the commercials, but I think it’d be great to have the Army be able to do it in-house. That’s my dream, but I’d be happy to have a career as a public affairs officer.”

Austin McNair, who followed in the footsteps of his engineer father, also had practical reasons for signing up. He graduated from UH with a degree in engineering and wants to become a civil engineer in the National Guard.

While Clayton had initially considered

other military branches – he’d even begun the process of signing up with the Coast Guard, Austin decided on the National Guard right away because he knew he wanted to stay in Hawaii because he loves the ocean. Not only is it the final place his family was stationed by the Navy, it’s where his parents have retired, and it’s the place the family now considers home.

“The months Austin spends in basic training (on the mainland) are going to be the hardest,” Daniel McNair said, “because he’s not going to be able to surf.”

# Larger Army without supporting funds would be ‘hollow force’

Story and photo by  
**C. TODD LOPEZ**  
Army News Service

WASHINGTON — Gen. Mark A. Milley believes the Army needs more Soldiers, but he also believes that growth in end strength must be paired with funding that ensures those additional Solders are trained and equipped.

“We, the Army, think that our capacity needs to increase,” the chief of staff of the Army said at a breakfast hosted by the Association of the U.S. Army, Jan. 12. “We think our capability ... and we think our readiness (need) to increase. And we fully understand that’s an expensive proposition for the U.S. Army.”

The recent National Defense Authorization Act of 2017 puts the Army at an end strength of 476,000 Soldiers by Sept. 30, 2017.

“If we just get additional people or additional end strength, but we don’t have the money, then that leads you down the road to a hollow force,” Milley said. “If you increase the end strength, you have to increase the money to go with the end strength to pay for the readiness.”

More people would likely be put into operational units, he said, if the Army could obtain the funding to ensure they are ready to fight. Some, he said, can go to the institutional Army, but right now, combat units are undermanned.

“Units going to training sometimes are down around 80 percent or, in some cases, even lower,” Milley said, “which is not good.”

Milley said he has a list of priorities for the next presidential budget. While he declined to specify exactly what’s on that list, he offered hints. Air defense and ground mobility, for instance, are top priorities for the Army, he said.

The Army must increase the ground mobility capabilities of its light units, Milley said. And aviation, he said, remains “very vulnerable” against a near-peer threat.

“It’s one thing to fight guerrillas and terrorists where you have almost exclusive freedom of the air, freedom of action of the air,” he said. “But it’s another thing to fight some near-peer ... threats. So protection of our aviation is a big deal.”

A variety of initiatives are already underway to protect rotary wing aviation and extend their range, he



Milley

described his vision of the future of warfare that he believes the Army must be prepared to fight. According to his vision, that includes degraded communications environments where units may be out of contact with their leadership for days or weeks at a time.

Under these conditions, units of the future must be capable of operating on their own. They must be trusted to know their mission and their goals and how to achieve them.

said.

Also among his priorities are electronic warfare and nontraditional kinetic weapons like rail guns and lasers, he said, though he admitted that’s “years from now.”

Extending the range for a variety of the Army’s firing platforms, “specifically artillery, both rocket and tube artillery,” is also under consideration.

In the past, Milley has publically

In preparing for the future of warfare, he said, the development of command and control systems must also be a priority.

“The probability of us having the freedom of action in the electromagnetic spectrum that we have enjoyed for the last 15 years of war, for example, against terrorists, the probability of that happening against a near-peer is zero,” he said. “You’re just not going to have that kind of freedom of action.”

Included among the systems that could face threat during near-peer competition in the electromagnetic spectrum are radios, GPS and other position, navigation and timing (PNT) systems.

“All that stuff is dependent on the electromagnetic spectrum, and the electromagnetic spectrum will come under significant stress,” he said.

The Army is making advances on strategies to protect PNT systems and developing mission-command systems that are mobile, he assured his audience.

“We’re not going to be static against a near-peer competitor like we’ve been for the last 15 years,” he said.

The Army is looking to implement “systems that can move, that are hardened and protected, and are resilient and reliable in high-paced, fast maneuver combat operations,” he added.



# 2017 tax filing season actually begins Jan. 23

## Tax returns due April 18

**INTERNAL REVENUE SERVICE**  
News Release  
WASHINGTON — The Internal Revenue Service has announced that the nation’s tax season will begin Monday, Jan. 23, and it reminds taxpayers claiming certain tax credits to expect a longer wait for refunds.

The IRS will begin accepting electronic tax returns that day, with more than 153 million individual tax returns expected to be filed in 2017.

The IRS again expects more than four out of five tax returns will be prepared electronically using tax return preparation software.

Many software companies and tax professionals will be accepting tax returns before Jan. 23 and then will submit the returns when IRS systems open. The IRS will begin processing paper tax returns at the same time. There is no advantage to filing tax returns on paper in early January instead of waiting for the IRS to begin accepting e-filed returns.

The IRS reminds taxpayers that a new law requires the IRS to hold refunds claiming the Earned Income Tax Credit (EITC) and the Additional Child Tax Credit (ACTC) until Feb. 15.

Under the change required by Congress in the Protecting Americans from Tax Hikes (PATH) Act, the IRS must hold the entire refund — even the portion not associated with the EITC and ACTC — until at least Feb. 15. This change helps ensure that taxpayers get the refund they are owed by giving the IRS more time to

help detect and prevent fraud.

In addition, the IRS wants taxpayers to be aware it will take several days for these refunds to be released and processed through financial institutions. Factoring in weekends and the President’s Day holiday, the IRS cautions that many affected taxpayers may not have actual access to their refunds until the week of Feb. 27.

“For this tax season, it’s more important than ever for taxpayers to plan ahead,” IRS Commissioner John Koskinen said. “People should make sure they have their year-end tax statements in hand, and we encourage people to file as they normally would, including those claiming the credits affected by the refund delay. Even with these significant changes, IRS employees and the entire tax community will be working hard to make this a smooth filing season for taxpayers.”

The IRS also reminds taxpayers that they should keep copies of their prior-year tax returns for at least three years. Taxpayers who are changing tax software products this filing season will need their adjusted gross income from their 2015 tax return in order to file electronically. The Electronic Filing Pin is no longer an option.

### April 18 Filing Deadline

The filing deadline to submit 2016 tax returns is Tuesday, April 18, rather than the traditional April 15 date. In 2017, April 15 falls on a Saturday, and this would usually move the filing deadline to the following Monday (April 17). However, Emancipation Day – a legal holiday in the District

of Columbia – will be observed on that Monday, which pushes the nation’s filing deadline to Tuesday, April 18. Under the tax law, legal holidays in the District of Columbia affect the filing deadline across the nation.

“The opening of filing season reflects months and months of work by IRS employees,” Koskinen said. “This year, we had a number of important legislative changes to program into our systems, including the EITC refund date, as well as dealing with resource limitations. Our systems require extensive programming and testing beforehand to ensure we’re ready to accept and process more than 150 million returns.”

The IRS also has been working with the tax industry and state revenue departments as part of the Security Summit initiative to continue strengthening processing systems to protect taxpayers from identity theft and refund fraud. A number of new provisions are being added in 2017 to expand progress made during the past year.

### Refunds in 2017

Choosing e-file and direct deposit for refunds remains the fastest and safest way to file an accurate income tax return and receive a refund.

The IRS still anticipates issuing more than nine out of 10 refunds in less than 21 days, but there are some important factors to keep in mind for taxpayers.

As in past years, the IRS will begin accepting and processing tax returns once the filing season begins. All taxpayers should file as usual, and tax return pre-

parers should also submit returns as they normally do – including returns claiming EITC and ACTC.

The IRS will begin releasing EITC and ACTC refunds starting Feb. 15. However, the IRS cautions taxpayers that these refunds likely won’t arrive in bank accounts or on debit cards until the week of Feb. 27 (assuming there are no processing issues with the tax return and the taxpayer chose direct deposit). This additional period is due to several factors, including banking and financial systems needing time to process deposits.

After refunds leave the IRS, it takes additional time for them to be processed and for financial institutions to accept and deposit the refunds to bank accounts and products. The IRS reminds taxpayers many financial institutions do not process payments on weekends or holidays, which can affect when refunds reach taxpayers. For EITC and ACTC filers, the three-day holiday weekend involving President’s Day may affect their refund timing.

### Where’s My Refund?

Where’s My Refund? remains the best way to check the status of a refund.

Early EITC and ACTC refund filers can go to “Where’s My Refund?” a few days after Feb. 15 to get details about their refund.

Taxpayers can visit IRS.Gov/Get-Ready for more tips on preparing to file their 2016 tax return.



### 26 / Thursday

**TARP** — Threat Awareness and Reporting Program briefings are held at 9 a.m.:

- 2nd and 4th Thursdays, Kyser Auditorium, Tripler.
- 1st Thursday, Bldg. 1554, Fort Shafter Flats.
- 3rd Thursday, Sgt. Smith Theater, Schofield Barracks.

### 27 / Friday

**CoR** — Command Sgt. Maj. Thomas Wrighton Jr. will relinquish responsibility of the 18th Medical Command (Deployment Support) to Command Sgt. Maj. John E. Braham Jr. at 10 a.m., Jan. 27, at historic Palm Circle on Fort Shafter. In case of inclement weather, the CoR will move to the Fort Shafter Physical Fitness Center. Call (808) 437-5992.

## February

### 1 / Wednesday

**New Hours** — The Fort Shafter Personal Property office will be reducing services to Wednesdays only, beginning Feb. 1. Sched-



### Education Fair

Monday, 6 February 2017  
1000-1400

#### Schofield Barracks Education Center

(Yano Hall, Bldg. 560, 2<sup>nd</sup> Floor)

**On Post Colleges:**

- Central Michigan University
- Central Texas College
- Chamblade University
- Hawaii Pacific University
- Wayland Baptist University

**Visiting Schools:**

- Argosy University
- American Military University
- Coastline Community College
- Columbia College
- Embry Riddle Aeronautical University
- Excelsior College
- University of Hawaii Community Colleges
- University of Hawaii School of Nursing and Dental Hygiene
- University of Maryland University College
- University of Oklahoma

Sponsored by Schofield Barracks Army Education Center  
Hosted by Hawaii Pacific University & Central Michigan University  
PPO: David Hull 808-687-7085

Courtesy graphic

**SCHOFIELD BARRACKS — An Education Fair is scheduled for Feb. 6, 10 a.m., at the Education Center, here.**

uled appointments will be provided from 7:30 to 11 a.m., only. Call 655-1868 for appointments.

Assistance is available for Defense Personal Property System (DPS) self-counseling from noon till 3:30 p.m.

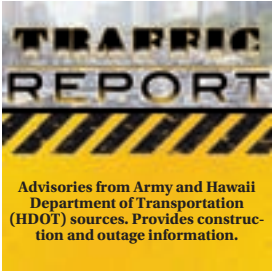
## Ongoing

**TSP** — Federal employees who participate in the Thrift Savings Plan and who will turn age 50 dur-

ing the year are eligible to make TSP catch-up contributions, i.e., supplemental tax-deferred contributions to the TSP beyond the maximum amount they can contribute through regular contributions. Visit [www.tsp.gov/](http://www.tsp.gov/).

**DPW** — The Directorate of Public Works (Wheeler, Bldg. 104) will operate on the following temporary hours until further notice:

- Office hours of Monday-Friday, 6 a.m. to 4 p.m. Call 656-1275.



### 20 / Friday

**Kolekole** — Due to weather delays and unforeseen conditions, the contractor still has some unfinished work to be done along Kolekole Ave,

Schofield Barracks. There will be lane closures at Kolekole, inbound and outbound, between Devol Street and the Post Office for Quad B barracks renovation.

**21 / Saturday Fort Shafter Power Outage** — A scheduled power outage will affect Bldgs. 334, 336, 339, 340, 341, 441 and 405 on Fort Shafter, Saturday, Jan. 21, from 7 a.m. to 2 p.m. The listing of buildings may not be all inclusive.

e outage may require more time, depending upon field conditions. The outage is required to support a Medical Command project.

**TAMC Outage** — A scheduled power outage affects Bldgs. 143, 147 and 148 at Tripler Army Medical Center, Saturday, Jan. 21, from 7 to 11 a.m. More time (and listings) may be required. The outage aids a Medical Command project..





The 8th Theater Sustainment Command hosts the Celebration of Service for seven retirees and their families, Jan. 12, at the Hale Ikena on Fort Shafter.

# 150+ years of military service honored at ceremony

Story and photo by  
**SGT. JON HEINRICH**  
8th Theater Sustainment Command  
Public Affairs

FORT SHAFTER — Army forces are essential for defending the homeland and conducting operations all around the world.

With a combined total of more than 156 years of selfless service to our nation, and the commands and Soldiers they served within, seven leaders from the 8th Theater Sustainment Command were recognized for their dedication during a Celebration of Service retirement ceremony at the Hale Ikena, here, Jan. 12.

“The Soldiers before you have stood the test of time, always dedicated to the welfare of our Army families, the readiness and morale of our Soldiers and the safety of our communities,” said Maj. Gen.

Susan Davidson, the 8th TSC commanding general. “They have given again and again, always prioritizing the welfare of their Soldiers and the accomplishment of the mission.”

The 8th TSC’s Celebration of Service is a ceremonial expression of appreciation and gratitude for their distinguished service to the U.S. Army and the nation as they prepare to transition into new careers.

“There’s no question that our nation and our Army have changed since these Soldiers first raised their hand and swore their service more than 20 years ago, but one thing that has always remained constant and true is their commitment to the profession of arms that they all represent so impeccably,” Davidson added.

Each of the retirees received a Meritorious Service Medal, a U.S. Flag, a Presi-

dential Citation, a Retired Army Pin and a Retiree Certificate.

Their families received a Certificate of Appreciation, flowers and lei.

“No matter what your plans are after you take off the uniform, I want you to

know that you are a Soldier for life, and you and your families will always be a part of the Army family,” Davidson said. “You can always be proud of your service and being a Soldier.”

**Honorees**

- Staff Sgt. James Hedberg, reconnaissance sergeant, 95th Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade.
- Maj. David Kelley, deputy inspector general, Headquarters and Headquarters Co.
- Sgt. 1st Class Mark Matthews, transportation supervisor, HHC, 8th Military Police Bde.
- Chief Warrant Officer 4 Kali Pet-

tigrew, chief engineer, 545th Transportation Co., 8th Special Troops Battalion.

- Maj. Robert Prochnow Jr, G1 plans and operations officer, HHC.
- Capt. Joseph Reid Jr, geospatial cell officer in charge, HHC, 130th Eng. Bde.
- Sgt. 1st Class Mathelda Warren, senior food operations management noncommissioned officer, HHC, 130th Eng. Bde.

## Bonuses: Army offers perks

CONTINUED FROM A-2

“The important thing Soldiers need to know is to ensure they talk to their career counselors. They are the experts at the unit level who can tailor options based on a Soldier’s specific situation and MOS.”

Dailey also highlighted readiness, as the Army transitions from an emphasis on counterinsurgency to full-spectrum operations, which will require an adaptable, well-trained and ready force.

Currently, more than 180,000 Soldiers are serving in no fewer than 140 nations around the globe.

Education benefits for enlisted

Soldiers are also improving, he said, with “huge systematic changes” to the NCO professional development system, ongoing reviews of common core for all career fields and possible expansion of tuition assistance.

“We need to change the dynamic in how we train and educate our Soldiers,” Dailey said.

Military training, he said, can help Soldiers obtain college degrees through the Army University’s credentialing program.

Under the NDAA, Congress has authorized the Army to pay for credentials that translate to a civilian occupation as long as it relates to an MOS, a Soldier’s regular duties and during a Soldier’s transition out of the Army.

“We have permission to pay for your credentials for the job you do in the Army,” he said. “That’s not a bad deal.”



Photo by Sgt. Jose A. Torres Jr.  
**Sergeant Major of the Army Daniel A. Dailey takes questions at the Defense Information School at Fort George G. Meade, Md., Jan. 12.**

The Credentialing Opportunities On-Line program also informs Soldiers how to use their military training toward certificates and licenses required for civilian professions, such as electrician,

plumber, welder and many other jobs.

In addition, the Army is working toward letting Soldiers use tuition assistance to pay for these certificates and licenses, Dailey said.

These efforts, he said, will allow Soldiers to thrive in the civilian sector once they leave the service.

“We have a responsibility to prepare you for that, just like we prepare you for war,” he said. “Simultaneously, by doing that, we’re making you a better Soldier.”

These changes may also convince many Soldiers to keep serving or even persuade potential recruits to sign up.

“It sends a perception across America that we value people,” Dailey said. “We want to stay at a competitive level and make sure that we get the right people to join.

“It’s a reinvestment in the all-volunteer force of the future,” he said.





Photo courtesy of CYSS/Bennett Youth Center

A lifeguard internship at Richardson Pool is one of the many programs offered by the FMWR/CYSS HIRED! program, which was created to give teens real-world work experience. To become a lifeguard, teens in the program must commit to a one-week lifeguard certification program.

# Teens find jobs, apprenticeships and a future

**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — The average military child will move three to nine times during a single school year, or three times as often as the average non-military child during the same time period, according to the Department of Defense. With frequent relocations come the stress of adapting to different achievement standards, protocols, courses and activities at various schools. Even military families who opt to homeschool their children face a myriad of state regulations.

U.S. Army Garrison-Hawaii’s Directorate of Family and Morale, Welfare and Recreation and Army Community Service offer services to support military students on their path to adulthood.

### Job fair

On Wednesday, ACS hosted a Teen Job Fair at the Island Palm Communities’ Kalakaua Community Center on Schofield Barracks.

“A lot of teens want to find jobs on post,” said Caron Ferguson, Employment Readiness Program manager, ACS, who organized the fair. “A lot of teens are not sure what to do to prepare for college or want to find out more about how they can use their parents’ post-9/11 GI Bill to pay for their college tuition. We have people on hand who can answer all of these questions.”

Representatives from Hawaii Pacific University, the University of Hawaii’s community colleges, the Army School Liaison Office, Military One Source and FMWR’s Child Youth School Services were there to speak with teens and their parents.

“I’ve been thinking about getting a job on post and wanted to get an idea of what was out there,” said Desarea Clark, 16, who attends Leilehua High School. “I figured this would be a good place to start.”

The fair also featured presentations on paying for college and maximizing the transferred post-9/11 GI Bill, which allows service members to transfer their GI Bill benefits to immediate family members.

### Apprentice program

Another resource is CYSS’s Youth HIRED! Apprentice program, which gives military teens between the ages of 15 and 18 real-world, on-the-job experience through unpaid internships at on-post

facilities such as the Sgt. Yano Library, the Bennett Youth Center, the Schofield Barracks Arts & Crafts Center and the Schofield Barracks Auto Center, among other locations.

It also offers a lifeguard internship at Richardson Pool, which includes a one-week lifeguard certification class.

### Getting HIRED!

HIRED! is separated into four, 12-week periods per year, and teens can enroll in two terms per year for up to three years. Those enrolled commit to 15 hours per week.

“We give them a leg up,” said Michael Lampard, the workforce prep specialist at Bennett Youth Center, who oversees HIRED!

“If they leave this post for another post, they’ll have references for when they’re looking for a job. They’ll have contacts who can help them. We also show them how to write a resume. These are skills that will help them if they move to another post on the mainland, or even if they end up looking for work off post,” he said.

According to Lampard, most of the material for HIRED! is from the Boys and Girls Club of America and includes the following:

- The Club’s Keystone** program, open to teens between 14 and 18, focuses on academic success, career preparation and community service.
- In the Money Matters** program, teens learn how to open and manage a checking account, create a budget, save for the future, invest their savings, start a small business and pay for college.
- The Diplomas to Degrees** program guides teens as they work toward graduating from high school and preparing to take on college, while the **Career Launch** program is for teens focused on getting hired and finding the right career.

### HIRED

The upcoming Youth HIRED! Apprentice program sessions follow:

- May 8-July 28 (orientation on May 6).
- July 30-Oct. 20 (orientation on July 28).
- Oct. 23-Jan. 13, 2018 (orientation on Oct. 21).

For more information and to enroll, call 655-0451.



Photo courtesy of CYSS/Bennett Youth Center

Teens in the CYSS HIRED! program learn to make espresso and other beverages at the Bennet Youth Center cafe, which helps them to gain real-world work experience.



Photo courtesy of CYSS/Bennett Youth Center

Teens in the HIRED! program get real-world work experience at on-post facilities, including at the Bennett Youth Center’s cafe.



Photo courtesy of CYSS/Bennett Youth Center

The FMWR/CYSS HIRED! program connects teens between 15 and 18 years old with on-post internships, including at the Bennett Youth Center on Schofield Barracks.



Photo by Karen A. Iwamoto, Oahu Publications

Teens and parents sign in to the Teen Job Fair, Wednesday, at the Kalakaua Community Center on Schofield Barracks.



### Briefs

#### 20 / Friday

**Acing the Interview** — Prepare to answer the tough interview questions and practice with a mock interview at SB ACS from 10-11 a.m. Call 655-4227.

**EFMP Sensory Movie Day** — Event held at SB Sgt. Smith Theater from 6-8 p.m. for children with sensory issues. Call 655-4227.

**Lei Making** — Learn to make a beautiful lei every Friday for \$15 at SB Arts & Crafts Center from 1-2 p.m. Call 655-4202.

**Paint and Sip at Tropics** — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

**Framing Classes** — Learn how to frame your artwork and mementos at SB Arts & Crafts Center from 12:30-3:30 p.m. Classes are limited; costs \$75 per person. Call 655-6330.

**21 / Saturday**  
**Dungeons & Dragons Meet-up at Tropics** — An open-ended role-playing game every Saturday at 6 p.m. Call 655-5698.

**22 / Sunday**  
**NFL Sunday Ticket Cornhole** — Sunday at SB Tropics Recreation Center at 11 a.m. Bring your cornhole board and bags and join the team. Call 655-5698.

**Quilting and Sewing** — Every Tuesday, 5-8 p.m., and Sunday, 11 a.m. - 3 p.m., attend quilting and sewing for \$25 (first class) or \$6 (each

COMING JANUARY 28

**DASH to the Splash BIATHLON**  
5k run + 400m swim  
January 28, 2017 • 7:00am  
Richardson Pool, Schofield Barracks

Join MWR Hawaii for our 1st biathlon! Start by running a 5K followed by a quick 400 meter dip in Richardson Pool! Run solo or tag team with a friend.

Register in person at any Hawaii Army Fitness Center

- Early entry: \$40 Jan 8, 2017
- Late entry: \$50 Jan 9-25, 2017
- Check-in begins at 5:45 a.m. on race day
- Dash to the Splash Biathlon towel included

Awards: Overall, Team, and Age Group Awards (11 years age group)

- Open to all DOD ID card holders and their sponsored guests. Must be 13 and up to participate. Stroller and pets NOT permitted
- For more info call: 808-655-8037

Richardson Pool  
1757 Kolekole Ave. Bldg. 578 • Schofield Barracks

Photo courtesy of Family and Morale, Welfare and Recreation

**SCHOFIELD BARRACKS** — Register for the Dash to the Splash Biathlon, scheduled for Jan. 28 at 7 a.m. consisting of a 5-kilometer run and a 400-meter swim.

additional class) at the SB Arts & Crafts Center, Bldg. 572. Ages 17 and up recommended; for younger patrons, call 655-4202.

**23 / Monday**  
**Mongolian BBQ** — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB Kolekole Bar & Grill, 1249 Kolekole Ave., from 5-8 p.m. Call 655-4466.

**Ice Cream Sundae** — Build your own ice cream sundae as part of our lunch buffet for \$14.95 every Monday at FS Hale Ikena from 11 a.m.-2 p.m. Call 438-1974.

**24 / Tuesday**  
**FS Taco Tuesday** — Every Tuesday at FS Hale Ikena from 11 a.m.-2 p.m., enjoy a fresh salsa bar, fajitas and tacos for \$14.95. Call 438-1974.

**SB Taco Tuesday** — Every Tuesday come to the SB Kolekole Bar & Grill, 5-8 p.m. Enjoy three tacos, rice and beans for only \$4.99 per person. Call 655-4466.

**25 / Wednesday**  
**Preschool Story Time** — Sgt. Yano Library hosts at 10 a.m. Join us for stories, songs, dancing and a craft.

**Framing Classes** — Learn how to frame your art work and mementos at SB Arts & Crafts Center from 12:30-3:30 p.m. Classes are limited; costs \$75 per person. Call 655-6330.

**Play Mornings at ACS** — Meet other moms and dads, share information and parenting tips, and give your infant or toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

**Burger Bar Wednesday** — Enjoy at FS Hale Ikena, Bldg. 711, Morton Drive, every Wednesday. Get hot dogs and burgers at the Grand Buffet. Call 438-1974.

**Keiki Night** — Every Wednesday is Keiki Night at the Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

**26 / Thursday**  
**Wing Night at Mulligan's** — Every Thursday and Friday night on FS from 3:30-8 p.m., get 10 wings for \$3. Call 438-1974.

**Thirsty Thursdays at the Hangar** — Every Thursday enjoy 75 cent wings and draft specials from 4:30-8 p.m. Call 656-1745.

**Texas Hold'em Poker** — Play Texas Hold'em every Thursday at 5:30 p.m. Seating limited. Win \$25 MWR Bucks for 1st place the last Thursday of each month. Call 655-5698.

## Ongoing

**Preschool Story Time** — Attend every Tuesday for stories, songs, dancing and a craft at 10 a.m. at FS Library. Call 438-9521.

## Community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**21 / Saturday**  
**Hiking** — The Kolekole Walking-Hiking Trail on Schofield Barracks is open this weekend, Saturday and Sunday, from 5:30 a.m. to 6:30 p.m.

**2017 Race Series** — 2017 Marine Corps Base Hawaii Commanding Officer's Fitness Series continues with the King of the Hill race that is open to the public. Contact the race director for more information at 254-7590. Visit [www.mccsha.waii.com](http://www.mccsha.waii.com).

**UB40 in Concert** — Iconic UK reggae/pop ensemble UB40, reuniting Ali Campbell, Astro and Mickey Virtue, returns to Honolulu for one night only, 8 p.m., at the Blaisdell Arena. Tickets online at [www.tmrevsnts.net](http://www.tmrevsnts.net).

**All-Star Football** — It's Team Mariota vs. Team Stanley at the inaugural Polynesian Bowl game, 6 p.m., on Saturday, at Aloha Stadium. Established by the Polynesian Football Hall of Fame, the Polynesian Bowl will showcase 84 of the world's elite high school all-star players of Polynesian heritage and other ancestries. Tickets are \$9, military with ID and youth (ages 6-12). Visit [www.alohastadium.hawaii.gov](http://www.alohastadium.hawaii.gov).

**25 / Wednesday**  
**TRICARE Webinar** — TRI-CARE beneficiaries will learn about their options for getting prescription medications, 7-8 a.m., HST. Go to <https://attendee.gotowebinar.com/register/9211568059652614914> to register. Beneficiaries on DoD networked computers, may also

### LIVE GREEN: RECYCLE

#### WHY RECYCLE?

- Keep dumpsters from overflowing by removing recyclable items.  
*Overflowing dumpsters are an eyesore, keep bulky things like cardboard and shredded paper from taking up space by recycling them.*
- Generate \$\$\$ for the installation by recycling items instead of throwing them away.  
*Last year the Recycling Program donated \$100,000 to MWR's 4th of July Celebration-keep this tradition alive, recycle in your workplace!*
- Reduce waste going to Oahu's precious landfills.  
*All waste generated on the island of Oahu ends up in a landfill (even the ashes from the waste-to-energy facility).*
- Because it's the right thing to do!  
*Also it's mandated on installation by Policy Memo USAO-HI-11 Solid Waste Management and Recycling.*

Call the DPW Recycling Program today to get recycling bins for your workplace  
808-656-5411 • 808-656-3085

Graphic courtesy of Directorate of Public Works

**SCHOFIELD BARRACKS** —Did you know that MWR Hawaii benefits when you recycle at the Army Recycle Center? Donate cardboard, shredded paper, personal beverage containers, plastics, newspapers, magazines, etc.

- Call the Directorate of Public Works Recycling Program at (808) 656-5411 or 3085.
- Go by 1087-B McMahon Road, Schofield Barracks, from 7:30 a.m. to 4 p.m. (Closed for lunch noon-12:30 p.m.)
- Visit [www.garrison.hawaii.army.mil/sustainability/Recycling.aspx](http://www.garrison.hawaii.army.mil/sustainability/Recycling.aspx).

join at <https://conference.apps.mil/webconf/TRICAREPharmacy>. For audio, dial 1-866-724-3083, access code 1085851.

**27 / Friday**  
**Hawaii Opera Theatre** — HOT's season continues with the Andre Previn opera adaptation of "Streetcar Named Desire," 8 p.m., Friday, as well as 4 p.m., Sunday (29th), and 7 p.m., Tuesday (31st), at the Blaisdell Concert Hall. Tickets available at the box office as well as ticketmaster.com.

**28 / Saturday**  
**Battleship Missouri** — The public is invited to "Living History Day" aboard the USS Missouri, 9 a.m.-3 p.m. The battleship's 1944 launch and its 18th year as a living education maritime monument in Hawaii will be commemorated. For a full listing of activities and events, visit <https://ussmissouri.org>.

**X-1 #45 Live** — A night of mixed martial arts competition at the Blaisdell Arena, 5-9 p.m.

Tickets are \$35-\$100. Tickets sold at the Blaisdell Box office and [ticketmaster.com](http://ticketmaster.com).

## February 4 / Saturday

**Pacific Aviation Museum** — Decorated World War II Tuskegee Airman Col. Charles McGee speaks at PAM's "World War II Tuskegee Airmen Hangar Talk" presentation, 10-11 a.m., in the theater. Call 441-1007; discounted tickets are available online at [www.PacificAviationMuseum.org](http://www.PacificAviationMuseum.org).

**10 / Friday**  
**Hui 'O Na Wahine** — The Hui is celebrating its 85th year. The 2016-2017 Hui 'O Na Wahine Spouses Club scholarship application is now active. Scholarship and membership applications are available at [www.schofieldspousesclub.com](http://www.schofieldspousesclub.com).

The deadline for application and all reference letters is Feb. 10. For more details or questions, email [Huiresident@gmail.com](mailto:Huiresident@gmail.com) or [huischolarshipchair@gmail.com](mailto:huischolarshipchair@gmail.com).

**11 / Saturday**  
**Ukulele Picnic in Hawaii** — The 9th annual event strings together two days of exciting events in celebration of Hawaii's most beloved instrument. The festivities begin at the Royal Hawaiian Center on Saturday, Feb. 11, with the International Ukulele Contest and Hula Show, and will end on a high note on Sunday, Feb. 12, at Kakaako Makai Gateway Park. All events and entertainment are free and open to the public. Visit [www.ukulelepicnicinhawaii.org/en/](http://www.ukulelepicnicinhawaii.org/en/).

**16 / Thursday**  
**Resiliency Training for Parents** — R2 Training Center staff presents a two-day program, 9 a.m.-1 p.m., for parents. For information or signup, call 655-9804.

## This Week at the MOVIES Sgt. Smith Theater



Trolls (PG)

Saturday Jan. 21, 4 p.m.



Rogue One: A Star Wars Story (PG-13)

Saturday Jan. 21, 7 p.m.



Moana (PG)

Sunday Jan. 22, 5 p.m.

Closed Monday through Thursday.

<b>Calendar abbreviations</b> 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FCC: Family Child Care	FMWR: Family and Morale, Welfare and Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SB: Schofield Barracks	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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# USAG-HI, IPC garner additional NNO accolades

**ISLAND PALM COMMUNITIES**  
News Release

SCHOFIELD BARRACKS — The National Association of Town Watch (NATW) recently recognized Island Palm Communities and U.S. Army Garrison-Hawaii’s Directorate of Emergency Services for their efforts in the development and promotion of safety and crime prevention.

IPC and DES were recognized for their co-ordination of annual National Night Out events held on Schofield Barracks and Aliamanu Military Reservation in August and October 2016 – events that brought together law enforcement agencies, community and civic groups, and other safety and crime prevention organizations.

**Winning streak**

For the fifth consecutive year, IPC was recognized with an award in the Community/Neighborhood category, and DES received a Military category award for the fourth year in a row.



Neighborhood participation, law enforcement involvement, overall campaign, and media and promotional campaign are among the criteria winners are judged on.

“Our teams have shown a tremendous commitment to our families by joining resources to put on these wonderful events,” said Pete Sims, IPC’s regional project director. “National Night Out draws thousands of residents from across our neighborhoods, giving them an opportunity to learn about and promote safety in their community in a fun, family-oriented environment.”

Sims also expressed thanks to garrison leadership and DES for their support throughout the year partnering with IPC to offer important safety programs to families.

**Town watch**

NATW is a nonprofit membership organization dedicated to the development

and promotion of organized community crime prevention activities and to the groups and the individuals participating in local crime watch efforts.

This year’s event was the largest ever, involving 38.3 million people in 16,728 communities from all 50 states, U.S territories and military bases worldwide.



Photo courtesy of Island Palm Communities

**Representatives from IPC and USAG-HI’s DES accept the 2016 National Association of Town Watch awards, recognizing their teams for National Night Out events. Pictured, from left, are Officer Clinton Wolfe, Officer Gerard Beckley, IPC Director of Property Management Tom Adams, IPC Project Director Pete Sims, Chief of Police Antonio Williams, Lt. Col. Chad A. Froehlich, Sgt. Daniel Hernandez and Spc. Tyler Moore.**

# New Complex Area Superintendent announced

**SCHOOL LIAISON OFFICE**  
Child, Youth Support Services  
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — At the end of 2016, a new complex area superintendent was ushered in for the North Complex of the Central District of Oahu.

The complexes involved will be the Leilehua, Mililani and Waialua areas.

Robert Davis, current principal at Kaala Elementary School in Wahiawa, will succeed the outgoing Dr. John Brummel, who will retire after four years of service.

Davis has been heavily involved with the Leilehua Complex as a principal, teacher, counselor, vice principal,



Davis

personnel regional officer and a coach after earning his bachelor’s and master’s degrees at the University of Hawaii, Manoa.

**Humbled**

When asked about his reaction to being selected as the new CAS, Davis responded, “I was excited for the opportunity, but at the same time, I felt very humbled to have people support me with such an important responsibility.”

Davis will be leaving Kaala Elementary School at the end of 2016 and declared, “I am leaving with very mixed emotions as I strongly feel the school will continue to do well with the people that are in place in all roles on campus. The students are the main reason why the decision to leave was most difficult. They are so loving and giving. ... I have learned a great deal from the community.”

Earlier in his career, Davis was selected as the 1997 Oceanic Educator of the Year. He has worked with both the regular and special education students at Leilehua High School and was the founder of the Lettermen’s Club at that school.

Davis has proven to be a hard-working, diligent, honest and sincere leader.

He shared, “I want to continue my support to the 20 schools in this North Complex and lead them in the right direction.”

Because of his extensive work in the Leilehua Complex, he is very familiar with the military lifestyle and culture. Military students make up a good percentile of the Complex population, and Davis intends to continue working with the families, students and the Army command in a positive manner.

Congratulations to our new CAS and best wishes to him as he ascends to this new Dept. of Education role.

# Honolulu’s Chinatown district hosts big New Year’s party

**CHINATOWN MERCHANTS ASSOCIATION**  
News Release

HONOLULU — The Chinatown Merchants Association, the Honolulu Chinese Jaycees and the City & County of Honolulu will celebrate the Year of the Rooster with their annual “Night in Chinatown” Festival and Parade on Saturday, Jan. 21st, on Maunakea, Pauahi and Smith streets, right in the heart of Honolulu’s Chinatown.

The lions, dragons and dancing performers will appear in full force this year as all usher in the year of the Fire Rooster.

This “all-day” night in Chinatown Festival block party will bring excitement to Chinatown from 9 a.m. to 10 p.m. Maunakea, Pauahi and Smith streets will be lined with craft and food booths featuring homecooked Asian fare and vendors selling traditional New Year’s arts & crafts.

There will be performances on two stages, with live martial arts demonstrations, cultural dances and other multicultural, local vocalist and performing bands as live entertainment.

The Chinese New Year’s Parade,



Courtesy photos

**Honolulu Mayor Kirk Caldwell (center in red shirt) poses with the 2015 Narcissus Court at the Chinese New Year festival and parade in Honolulu.**

featuring Miss Chinatown Hawaii and Miss Hawaii Chinese, will commence at 3:30 p.m. from the State Capitol and continue down Hotel Street and end in Chinatown.

Performances include lion dance

groups and dragons, as well as an appearance by the festival queens and their courts. The festival parade will also showcase cultural organizations, kung fu martial artists and, again, a special appearance by a 150-foot dragon in the



**Lion dancers from Gee Yung Chinese Martial Arts, Hong Teck Dragon & Lion Dance Sport Association will join the “all-day” festival, Saturday.**

parade.

The Night in Chinatown Festival will also include a sponsored Keiki Land with crafts and bouncy houses.

# Do you know what your photo says about you? Thought so!

Eight years ago, I sat at a desk in our stairwell apartment on Patch Barracks in Stuttgart, Germany, and created my first Facebook profile.

Technology was not my forte, so it took hours for me to figure out how to upload a digital photo. The image that I used that afternoon is the same one on my Facebook profile today, but not for the reasons one might think.

I’m not trying to fool my friends into thinking that, in the last decade, my double chin hasn’t grown any bigger, or my eyes haven’t gotten baggier, or a new crease hasn’t formed in my forehead. I don’t mind if everyone knows that I started coloring my grays or that I sprouted a liver spot on my left cheek. I’m not hiding my age; I’m just too lazy to post a new pic.

I admire people who have the technical know-how, energy and vision to change their profile photos frequently. They are the same people who know how to use filters to soften edges, make photos look vintage or overlay a translucent screen of the French flag, rainbows or the Yankees logo.

I, on the other hand, have the same image I’ve had since I uploaded it on Jan. 23, 2009, and I’m now wondering what that says about me.

In today’s social-media savvy world,



Molinari

profile photos are not just for identification anymore. These carefully selected images convey a message about one’s personality, political affiliation, financial success, sex appeal, fashion sense, spontaneity, worldliness, athleticism and intelligence.

**Five choices**

In a University of Pennsylvania research paper published in May 2016, titled “Analyzing Personality through Social Media Profile Picture Choice,” scientists studied 66,000 social media users and over 100 million tweets, determining that personality can be predicted “with robust accuracy” based on the type of profile photo posted by the user.

The researchers used the “Big Five”

personality trait model common in psychological analysis (extraversion, agreeableness, openness to experience, conscientiousness and neuroticism) and found correlations between the traits and distinct features of profile photos.

For example, neurotic people tend to post simple, less colorful photos that do not include faces. Extraverts post colorful pictures of multiple smiling faces. Open people post more artistic photos that may not include faces but are aesthetically pleasing. Conscientious users post natural shots of single faces. Agreeable people tend to post colorful but blurry photos of people expressing positive emotions.

**Making it personal**

Perhaps I should update my old profile photo to show more of my personality?

I could find a photo that just happens to have the Taj Mahal, the Sphinx or the Eiffel Tower in the background, thereby implying that I’m adventurous. Or should I get a photo of me wearing ski goggles, clutching a surfboard or smiling victoriously with a marathon number still pinned to my sweaty spandex top to fool everyone into thinking I’m an athlete?

I could project professionalism by

posting one of those \$29.99 Sears portrait package photos of me wearing a nice blazer in front of a mottled mauve backdrop.

I could feign quirky intelligence by borrowing someone’s glasses, then striking a head-resting-on-one-hand-with-eyes-looking-up-into-a-corner pose. If I could only figure out how to make a “fish face” or “duck lips” without looking pathetic, I could even sex it up a little bit.

But seriously, do I really need to change my profile photo just because it’s out of date?

My husband, Francis, took the shot of me on a dreary day in 2007, while he was home during a yearlong deployment for two weeks of R-and-R. We were walking on the beach, happy to be together after nine months apart. I’m wearing his fleece jacket and some outdated hoop earrings, my hair looks damp and the photo is a bit blurry, but I’m showing a genuine smile.

According to science, my blurry smiling profile picture means I’m “agreeable.” And the fact that the photo was taken in 2007, just means I’m old. Either way, the picture tells the true story about me and our military life, and that’s something I’ll never want to change.

(Find more Molinari musings at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)



# Translating ‘Veni, Vedi, Cucurrit’ run

CHAPLAIN (LT. COL.) JOHN GRAUER  
U.S. Army-Pacific

FORT SHAFTER — I know what you’re thinking! What is Veni, Vedi, Cucurrit?  
It’s Latin and it means, we came, we saw, we ran!  
One week after New Year’s, an Army team comprised of chaplains and religious support noncommissioned officers set out to complete a race at Kualoa Ranch and to run as many laps in 11 hours as possible.  
This race has military and civilian teams competing in this unusual relay race. So, there we were, spending the day racing over difficult terrain challenged by many obstacles: steep hills, rocks, rain, cows, yes, cows.  
There were a lot of cows!  
When the day ended, we were tired, we were in pain and very dirty. And with a second-place finish, we were also excited that we made the top three and that we would get an award for the effort.  
Even though it was fun to win something, the real fun began that morning with a coffee, muffin and some power gel. Okay, I’m exaggerating.  
What made us race on a weekend? Perhaps it was simply the challenge of running a lot of miles. Perhaps it was the Army thing of being mentally tough – you have to be, if you’re going to run 60 miles! Or perhaps it was setting a goal such as overcoming obstacles, or possibly it was the goal of running for what was on the back of our team shirts: “Limbs for Life Foundation.”  
When Chaplain (Maj.) Eric Spicer said he wanted to run for this organization, I went online and this is what I found from the website:

*“The Limbs for Life Foundation is a global nonprofit organization dedicated to providing fully functional prosthetic care for individuals who cannot otherwise afford it and raising awareness of the challenges facing amputees.”*  
*“When a person becomes an amputee, they are faced with staggering emotional and financial lifestyle changes. Fortunately, high-tech prosthetic devices that restore a person’s basic skills and independence are available.”*  
*Unfortunately, many amputees lack the financial resources to obtain adequate prosthetic care.”*

When I ran, I thought of the many Soldiers who came home after a deployment to Iraq or Afghanistan missing limbs due to combat. They will face challenges, perhaps for the rest of their life, and yet, the difficulties they face are not reasons to quit, rather they are a testament of the ability to



Grauer



persevere and overcome.  
As we start 2017, those New Year’s resolutions we made might be a little tough.  
Perhaps your resolution is to work on your marriage/relationship. Perhaps your resolution is to be in great shape, or perhaps you want to eat better.  
I read, not that long ago, that each January roughly one in three Americans resolve to better themselves in some way. However, it is a much smaller number of people who actually made good on those resolutions.  
I think making a resolution that will improve your quality of life is always a good thing, so take a moment and breathe deeply and think of the challenges that are ahead of you and now think, how will I make my life better. It all starts with you – because every year you can write a new script for your life and change it!  
*(Editor’s note: Grauer is USARPAC’s deputy chaplain and the personnel account manager.)*



Photo courtesy of Chaplain (Lt.Col.) John Grauer



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
• First Sunday, 1 p.m. at FD  
• Last Wednesday, 6 p.m. at MPC

**Catholic Mass**  
• Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel  
• Tuesday, 7 p.m. at AMR  
• Wednesday 11:45 and 5 p.m. at MPC  
• Thursday, 9 a.m. at AMR  
• Saturday, 5 p.m. at WAAF  
• Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC

**Gospel Worship**  
• Sunday, noon. at MPC  
• Sunday, 12:30 p.m. at AMR  
Jewish Shabbat (Sabbath)  
• Friday, 7:30 p.m. at PH  
(Call 473-3971)

**Protestant Worship**  
• Sunday Services  
-9 a.m. at MPC  
-9 a.m. at FD  
-10 a.m. at HMR and WAAF  
-10:30 a.m. at AMR  
-11 a.m. at WAAF (Contemporary)

**Liturgical (Lutheran/Anglican)**  
• Sunday, 9:27 a.m. at SC



The 25th Infantry Division Band marches in the Martin Luther King Jr. Holiday Parade in Waikiki, Monday.

# Waikiki MLK parade showcases the reminder of unity

Story and photos by  
**KRISTEN WONG**  
Contributing Writer

HONOLULU — On Sept. 17, 1959, Dr. Martin Luther King Jr. paid the first of two visits to the new state of Hawaii, addressing the first legislature of the state House of Representatives, complimenting the state’s unified community.  
“I come to you with a great deal of appreciation and great feeling of appreciation, I should say, for what has been accomplished in this beautiful setting and in this beautiful state of our union,” he said. “As I think of the struggle that we are engaged in, in the south land, we look to you for inspiration and as a noble example, where you have already accomplished in the area of racial harmony and racial justice what we are struggling to accomplish in other sections of the country..”  
Hawaii community members continue to pursue racial harmony with the reminder of the annual Martin Luther King Jr. Holiday Parade and Unity Rally that took place Monday. Coordinated by the Hawaii Martin Luther King Jr. Coalition, the parade ran from Ala Moana Beach Park’s Magic Island to Kapiolani Park.

**The Parade**  
Members of 80 different organizations, including the Hawaii State Teachers Association, United Public Workers and the Royal Hawaiian Band, marched down Kalakaua Avenue.  
Coalition secretary Juliet Begley said each year approximately 4,000 people participate in the parade and 2,000 participate in the rally. The nonprofit uses funds raised by the rally to support next year’s parade.



A joint service color guard participates in the parade.

The U.S. Army was represented in the parade’s joint color guard, and the 25th Infantry Division Band performed during the parade.  
“Branches of the military participate every year, and we are grateful for their participation,” Begley said.  
Former collation president Marsha Joyner said the Army band participates in the parade every year. She added that the coalition no longer has to request participation as Army leadership made it an annual event for the band.  
Honolulu resident Ramon Brockington found out about the parade through social media and decided to come out for the first time.  
“Just with the stuff that’s going on in the news, I thought it would be a good time to come out and watch the parade and take a few pictures,” he said. “I just hope that with the future presidency and

what’s going on in the U.S. things will improve.”  
Honolulu resident Roger Izuka brought an American flag to wave as parade participants walked past.  
“Fifty-three years ago, he made the speech, “I have a dream,” Izuka said. “We’ve come a long way, but we have a long way more to go. (There is) too much violence. It was good to see everybody come out. I try to come to all the parades, but I really wanted to come this year. You can have a holiday, but if you don’t remember the reason for the holiday, it doesn’t work.”  
Izuka commented that it was good to see all the children attending as well, showing support from the “next generation.”

**Unity**  
Attendees at the unity rally partook in local food items, such as huli huli chicken and shave ice, as well as soul food like barbecue ribs, catfish and beef brisket.  
People gathered at the Kapiolani Bandstand to dance, listen to music and watch several performances.  
The main message of the parade and rally Joyner wanted to stress was unity.  
“Nowhere else in the world would you get this,” said Joyner, commenting on the groups banding together for the parade. “It was wonderful, absolutely beautiful.”  
The Honolulu resident, who has participated in every parade, was one of the initial five African American girls to be integrated into Baltimore’s all-white Western High School, in 1954.

**Dr. Martin Luther King Jr.**  
The parade and holiday served as a

reminder of one man’s legacy.  
King was born Jan. 15, 1929, to Martin Luther King Sr. and Alberta Williams. Ordained as a minister in 1948, the Nobel Peace Prize recipient was involved in protests like the Montgomery bus boycott and Birmingham demonstrations, and he gained worldwide recognition, respect and, in some cases, animosity for his leadership role.  
On April 4, 1968, King was assassinated at the Lorraine Motel in Memphis.  
For more about King, check out *The Autobiography of Martin Luther King Jr.*, edited by Clayborne Carson.

**The Coalition**  
Locally, the Hawaii Martin Luther King Jr. Coalition began as the State of Hawaii Martin Luther King Jr. Commission, which was active from 1989 to 1995. In 1995 the coalition became a nonprofit organization, and now dedicates itself to celebrating the Martin Luther King Jr. Day holiday through various activities.

**Upcoming Event**  
The 13th Annual Black History Month Dr. Martin Luther King Jr. Celebration is scheduled for Sunday, Feb. 26, at 4 p.m. Enjoy spirituals, gospel, poetry, dance and mystical rose oratory at Chaminade University. For more information, visit <http://mlk.hawaii.com>.

**Hawaii Martin Luther King Jr. Coalition**  
For more information about the coalition, visit [mlk-hawaii.com](http://mlk-hawaii.com).



# TAMC focuses on cervical cancer

**LEANNE THOMAS**  
Tripler Army Medical Center Public Affairs  
HONOLULU — At Tripler Army Medical Center, health care professionals recognize there is more to Cervical Cancer Awareness Month than someone might expect.

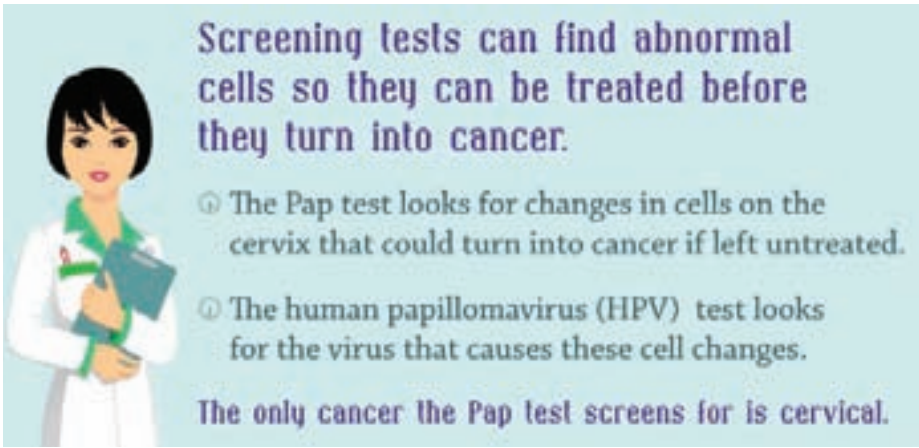
Cervical cancer is a potentially fatal cancer found in middle-aged women, which is almost always caused by the most prevalent sexually transmitted disease (STD) in the U.S., the human papillomavirus (HPV).

**Male awareness**  
Cervical Cancer Awareness Month is not only about preventing cervical cancer in women, it is also about preventing other fatal HPV-associated cancers in males, and HPV infections in young adolescents, both male and female.

“Research shows if cervical cancer is caught in the earliest stage, the survivability rate exceeds 90 percent,” said Col. Charles Dietrich, director, Tripler’s Residency Program, for the Department of Obstetrics and Gynecology. “The Papanicolaou test, or Pap smear, is one of the most effective cancer screening tests available to detect precancers in women; it has dramatically reduced the incidence of cervical cancer in the U.S. and is recommended for women ages 21-65”.

Recently, Tripler has begun offering co-testing for females that includes the Pap test and HPV test. While the Pap smear test checks for precancerous cells, the HPV test checks specifically for the HPV virus that can cause precancers, significantly increasing overall detection rates.

In addition to co-testing to detect cervical cancer and HPV in women, doctors strongly recommend the HPV vaccination in young adolescents, which can actually help to prevent HPV.



Graphic courtesy of cdc.gov

In 2006, the FDA approved the first HPV vaccine providing immunization for the most common types of HPV that cause cancer and genital warts: HPV types 6, 11, 16 and 18.

As advances are made in medicine and vaccinations, a vaccine called Gardasil 9 was FDA approved in 2015 that provides immunization for up to nine different types of HPV.

“As pediatricians, one of our primary goals is to prevent harmful diseases from affecting our children,” said Dr. Kris Baik, the director of Tripler’s Pediatric and Adolescent Patient Centered Medical Home. “Immunizing our adolescents could protect them from anal and genital warts as well as cancers of the head, neck, anus, cervix and penis. It also reduces the transmission of the virus to future sexual partners.”

The HPV vaccine series can be started as early as 9 years of age, but it’s routinely advised for 11-12 year olds and up to 26 years of age.

**Routine immunization**  
Despite the significant benefits, to include the HPV vaccine as part of routine immunizations for adolescents, Dietrich voiced concerns over the low

HPV vaccination rates in the U.S. “With the HPV vaccine available for boys and girls and co-testing available for women, cervical cancer is now the most preventable type of cancer that can develop in a woman’s reproductive organs,” Dietrich said. “It is also the only gynecologic cancer with a screening test; however, only 42 percent of U.S. teen girls and 28 percent of teen boys have received the HPV immunization series, the lowest rate among all of the adolescent immunizations.”

Dietrich also noted that a recent study shows six years after introduction of the original vaccine in the U.S., a 64 percent reduction in HPV 6, 11, 16 and 18 prevalence has been seen in females aged 14-19.

**Low participation concerns**  
In late January 2016, all National Cancer Institute (NCI)-designated Cancer Centers released a consensus statement commenting on the vaccination rates: “The low HPV vaccination rates are alarming given our current ability to safely and effectively save lives by preventing HPV infection and its associated cancers.”  
The 69 NCI-designated Cancer Cen-

ters urged all parents to have their sons and daughters immunized for HPV in accordance with CDC recommendations; encouraged all young men up to age 21 and young women up to age 26, who are not already vaccinated, to complete the three-dose vaccine series; and encouraged all health care providers to be advocates for cancer prevention by making strong recommendations for childhood HPV vaccination.

In December 2016, the CDC Advisory Committee on Immunization Practices published an official updated recommendation to allow the use of a two-dose schedule for the HPV vaccination of girls and boys who initiate the vaccination series at ages 9-14 years, with the second dose given between 6 to 12 months following the first dose.

Studies evaluated by the CDC have shown that two doses of the HPV vaccine, given at least six months apart to adolescents at ages 9-14 years, has worked as well or better than three doses given to older adolescents and young adults. The three-dose schedule is still recommended for those starting the vaccination at ages 15-26 and should be given over the course of six months.

Currently at Tripler, all clinics are working to update their own policies and procedures to reflect the latest guidance recommended by the CDC.

For women who have received the HPV vaccination, providers also recommend routine Pap smear tests to help detect precancerous cells on the cervix that might become cancer if not treated properly.

**Contact TAMC**  
For more information on cervical cancer or the HPV vaccination, contact your primary care manager at (808) 433-2778.

TAMC

TIP

Refrigerate!

Yes, refrigerate leftovers promptly.

Bacteria can grow quickly at room temperature, so refrigerate leftover foods if they are not going to be eaten within four hours.

- Wash hands, utensils and cutting boards** after they have been in contact with raw meat or poultry and before they touch another food.
- Wash produce.**
- Cook meat, poultry and eggs thoroughly.**
- Report suspected food-borne illnesses** to your local health department.

Search online for more information with these topics:

- Food safety at CDC,

- Safely prepare your holiday meal,
- Questions and answers about foodborne illness (sometimes called “food poisoning”), and
- Fight bacteria.