

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3488, or e-mail editor@hawaiiarmyweekly.com.

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

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

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Family Housing areas? If so,
call 656-3155 or 656-3488.

66 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 12/2/10.

Voices of Ohana



"Don't (be) alone. Volunteer and call home."

Staff Sgt. Jacquelyn Bradford
MP
HHC, 8th MP Bde., 8th TSC



"Talk to family this holiday and open the lines of communication. Explore what a Hawaiian Christmas is like."

Master Sgt. Jeff Brown
MP
HHC, 8th MP Bde., 8th TSC



"Stay around friends and people you care about."

Spc. Julie Goad
MP
558th MP Co.,
728th MP Bn.,
8th MP Bde., 8th TSC



"Link up with friends and don't just stay cooped up inside."

Spc. Angelica Green
MP
552nd MP Co.,
728th MP Bn.,
8th MP Bde., 8th TSC



"Party with friends."

Spc. Rebecca Morales
Paralegal
HHD, 728th MP Bn., 8th MP Bde., 8th TSC

TAMC celebrates Thanksgiving

TRIPLER ARMY MEDICAL CENTER News Release

HONOLULU – Continuing the long-held tradition of taking the care of beneficiaries and staff to the next level, the command team at Tripler Army Medical Center spent the week of Thanksgiving serving others in unique ways.

Donning an apron and hat, and taking guidance from nutrition care division staff members, Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command and TAMC, served turkey and ham during the traditional, and delicious, Thanksgiving meal, held here, Nov. 23.

"It was great to have the command group, deputy commanders, command sergeant major and even the command team from the Warrior Transition Battalion, serve us," said Mei Cheo, Army-Baylor resident. "It was obvious they were having every bit as much fun serving (us), as we were having receiving all that wonderful food. We all ate way too much."

For the command team, their time of service didn't end with the meal.

They came together again, dressed in their dress blues, at 9 a.m., Thanksgiving morning, in the command suite. Their destination was every occupied in-patient room within TAMC. Their mission was to deliver Thanksgiving baskets and words of comfort to those who were not allowed to go home to be with family for the holiday.

Command Sgt. Maj. William Franklin's, command sergeant major, PRMC; his wife, Sandra's; and Gallagher's first stop was the mother-baby



Jan Clark | Tripler Army Medical Center Public Affairs

ward. They visited with Monica Townson and her newborn son, Caedon Alexander, who was born Nov. 24.

The proud father, Pvt. Billy Townson, Troop A, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, has been on active duty since May, and while Caedon joins older siblings Jackson and Lillian, giving birth at an Army hospital is a first for the family.

"I have thoroughly enjoyed giving birth here at Tripler," Monica said. "Not only has everyone been very nice, but

(also) helpful and professional."

From there, the leaders, including the chief of staff and deputy commanders, visited patients in other wards.

"Being able to mingle with the staff as you serve them was great," said Col. Judy Bock, deputy commander for nursing. "Delivering the Thanksgiving baskets and visiting with our patients – it was obvious they appreciated our taking the time (to do so) – but I'm certain, I got as much pleasure from the visit as they did."



Staff Sgt. Mike Alberts | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

Leadership serves

WHEELER ARMY AIRFIELD — Maj. Gen. Bernard Champoux (pictured at center with plate in hand), commanding general, 25th Infantry Division, joins 25th Combat Aviation Brigade leadership, and serves patrons Thanksgiving day meals during the "Home for the Holidays" event, at the 25th CAB dining facility, here, Nov. 25.

The 25th CAB DFAC won the annual Thanksgiving Day Competition, including "Best Centerpiece Completion Display."

"The goal was to make everyone dining in the DFACs to feel at home and to enjoy a great meal," said James Mann, acting food program manager, Directorate of Logistics, U.S. Army Garrison-Hawaii.

Spouses share Thanksgiving via Skype

516th Signal Brigade hosts dinner, free Skype sessions

LIANA MAYO

311th Signal Command Public Affairs

HELEMANO MILITARY RESERVATION — As the last rays of evening sun retreated behind the Waianae Mountains, Nov. 24, parents gathered their children from play and headed toward the Yellow Ribbon Room for their chance to talk to and see their deployed Soldier via a free Skype connection in one of six video teleconference terminals.

More than 50 families of deployed Soldiers in the 307th Expeditionary Signal Battalion gathered for Thanksgiving dinner at the unit's dining facility, where Brig. Gen. William Scott, commander, 311th Signal Command, thanked them for their support to their

Soldiers and the important work they are doing to support Operation New Dawn.

The best part of the evening for many of the children was the chance to show their mom or dad a piece of artwork, or that new tooth, thanks to the VTC planning and coordination by the 516th Signal Brigade, the 30th Signal Bn. and the 307th ESB's rear detachment.

"We received a lot of great support in order to host this event for our Soldiers' families," said Col. Dana Tankins, commander, 516th Signal Bde. "The 516th team decorated the dining facility, and the 311th and the 30th brought great food. It was truly a team effort."

On this particular evening, as much activity took place in the DFAC and Yellow Ribbon Room as took place May 24, the day of the deployment

ceremony for the 307th ESB's Headquarters and Headquarters Company and Co. C, both of which deployed to Afghanistan, June 9.

"A little less than a year ago, the 307th was notified that they would deploy," Tankins said. "As a result, (Co. A), a tactical unit, was assigned to the 30th, which has a strategic mission."

"This type of assignment, that creates a diverse mission set, is very unusual, but they have been supporting both missions very well, smoothly carrying out what we like to call their 'stractical' mission of operationally-based communication," Tankins said.

"While the 30th and 307th share the same building," Tankins added, "they are always busy carrying out different missions and rarely get to interact. This is the first time they've come together, and what better a time to do it than on Thanksgiving?"

How do you handle holiday stress?

Photos by 8th Military Police Brigade Public Affairs, 8th TSC

— FOOTSTEPS in FAITH — Meditation can bring devoted closer to God

CHAPLAIN (CAPT.) MARK MCCORKEL

84th Engineer Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

The beauty of our island should help bring us wonderful thoughts of how great God is.

It is so easy to get involved with our day-to-day routines and forget how wonderful our surroundings are.

These next few weeks are a wonderful time to be intentional about being thankful. This holiday season should include God, family, friends and, yes, our environment.

Making the decision to be thankful is a discipline.

There are other forms of disciplines that can improve the quality of anyone's life. As chaplains, we get to be involved in monthly training that keeps us sharp and effective. Therefore, I would like to share one of the subjects that was recently introduced to me: meditation.

Meditation may not be new to most people, but it may be neglected in their lives. If you are like me, you have to be very intentional about practicing certain disciplines; however, I personally enjoy this discipline because of the wonderful results.

First, meditation is classified as an inward discipline. It does not include noise, being in a hurry or crowds. It includes leaving the "muchness" and "manyness" behind, and letting this inward discipline add to the value of living.

To better understand meditation, here are a few pointers that will help us.

Meditation has been described as the ability to hear God. So how does this happen? Well, for one, we have to be open to hear. Being aware of meditation and practicing it is a step in the right direction.

Thomas Kempis, a medieval Catholic monk, said that meditation is sinking down into the light of God and becoming comfortable in that posture. Remember the song, "He walks with me and he talks with me, along my merrily way." Richard Foster, author of "Celebration of Discipline," states that during meditation, we create an emotional and spiritual space that (like the song) allows God to construct an inner sanctuary in the heart.

I believe that it is this kind of fellowship with God that transforms the inner personality. When we get around righteousness, peace and pure joy, it is impossible to not be the same.

During our class, the instructor had us calm down by closing our eyes and concentrating on our breathing. We were to think of nothing but our breathing. He used the illustration of God being the breath of life and that breath is all we need to think of for good meditation.

This act may seem simple, and it is, but it may not be easy. Our mind may be full of thoughts that are instantly in competition with good meditation – or we may fall asleep.

The battle is on, but, no matter what your meditation experience is, the important thing is that you have one.

Getting it Straight

The 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, was misidentified as the 3rd Bn., 25th Inf. Regt., in the Nov. 26, page A-3, article "Spouses experience life in the infantry."

Warriors enjoy Thanksgiving on small outpost

Deployed Forces

Story and Photo by
SGT. SHAWN MILLER
109th Mobile Public Affairs Detachment

SAMARRA, Iraq — Dozens of Soldiers sat at decorated tables, enjoying plates piled high with freshly cooked turkey, potatoes and all the traditional side dishes and desserts.

Were it not for the barbed-wire topped blast walls or the weapons laying at the feet of the Soldiers in a remote outpost in Iraq, here, this Thanksgiving scene would be normal.

Soldiers of Battery A, 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, received the holiday treat at the Samarra Joint Coordination Center, as their battalion and brigade leaders paid a visit, Nov. 25, to serve a Thanksgiving feast.

“It feels like Thanksgiving here; it really does,” said Spc. Omar Franco, Battery A, 2nd Bn., 11th FA Regt., 2nd BCT. “It means a lot to have the sergeant majors and the higher headquarters officers come out here and show their appreciation for the Soldiers.

“It’s a little bit different,” he said. “There’s no family around, but I have my platoon that I work with everyday.”

As the Soldiers enjoyed a relaxed day, they made calls to loved ones and took the opportunity to break out a football and play a game of catch, as a way of preserving holiday traditions. For the Soldiers on this outpost, barely larger than a football field itself, the downtime spent with friends was a welcome respite from the daily tasks of conducting operations.



Pfc. Gary Myers, Battery A, 2nd Bn., 11th FA Regt., 2nd BCT, 25th ID, serves up a slice of prime rib to an Iraqi soldier during a Thanksgiving dinner, Nov. 25, at the Samarra Joint Coordination Center.

2nd Lt. Michael Gardner, Battery A, 2nd Bn., 11th FA Regt., 2nd BCT, platoon leader, said that living and working in the confined space really allows Soldiers to build camaraderie and appreciate the bond between themselves. Even holiday care packages from home are shared, he added, helping ease any stress.

“This is probably one of the best Thanksgivings I’ve been involved with,” Gardner said.

Capt. Brian Dieffenbach, commander, Battery A,

2nd Bn., 11th FA Regt., 2nd BCT, said he is thankful to spend the time with his Soldiers.

“Being with your family is probably the best tradition, and here, the best family we have to offer is the guys we’re serving with,” Dieffenbach said, adding that holiday meals have come a long way since the cold turkey patties and powdered potatoes of previous deployments.

The smell of roast turkey, stuffing and baked apple pie lured Soldiers toward the small cafeteria, as

Dieffenbach and other senior leadership welcomed them in to take part in the feast.

“I eat pumpkin pie every year for Thanksgiving back home,” Franco said. “I made sure to grab a slice.”

In the true spirit of Thanksgiving, and being thankful for one’s blessings, U.S. leaders decided to extend an invitation to their local Iraqi security forces counterparts and government officials to take part in the celebration and introduce what the holiday means.

“I think that Thanksgiving here is truly unique because of the facility we are at,” Dieffenbach said. “It’s an Iraqi-U.S. base that’s all coming together for a unique American holiday.”

“We work with these guys almost on a daily basis,” Gardner said. “This is another opportunity for us to show them one of our traditions.”

Though they did not work off dinner with a post-dinner game of football, the Iraqis experienced a small part of Thanksgiving rituals, as U.S. leaders gave them an overview of the holiday and its history.

“Other than the food, I hope they had the opportunity to get a good feel for what Thanksgiving means to the American Soldier,” Gardner said.

Of the three Thanksgivings he has spent in Iraq, Dieffenbach said that this one will be especially memorable.

“This will probably be the most special for me, because it’s with the guys I’m responsible for and the guys I lead on a daily basis,” he said. “I get to sit there and tell them ‘thank you.’”

Micro-grants help improve marketplace

SPC. ROBERT ENGLAND

2nd Brigade Combat Team Public Affairs, 25th Infantry Division

FORWARD OPERATING BASE WARHORSE, Iraq — Soldiers from 2nd Brigade Combat Team, 25th Infantry Division; members of the Diyala Provincial Reconstruction Team; and Zaid Al Azawi, the Muqadadiyah Qaimmaqam, or mayor of mayors, visited a renovated bank in the suq, or marketplace, in the Diyala province, Nov. 7, as a precursor to its reopening, scheduled for later this month.

“We came in with the micro-grant surge,” said Capt. Jason Velasco, fire support officer, 1st Battalion, 21st Infantry Regiment, 2nd BCT. “We have paid out approximately 1,400 micro-grants at \$5,000 apiece. It has gone from, literally, like 40 guys in shops that were just barely hanging on, to well (more than) 1,500 vendors throughout the whole suq.”

The Sala-Aruba Suq Bank was not always the beacon of progress that it is now. Velasco said that bombings and vehicle-borne improvised explosive devices were a regular occurrence there just a few years ago.

“I have been in business here since 1982,” said Tariq Ahmenijed, a shop owner who has been doing business in the community for almost three decades. “Before security received an overhaul, my shop was destroyed by the insurgent bombings. I had to shut down completely.”

“This area was a battlefield,” said Hazim Surraj, director, Diyala Red Crescent, which is an international organization operating in Iraq with the same principles as the Red Cross. “There was nobody here besides insurgents, until the military operations, implemented by the Iraqi and American security forces (showed up), at the end of 2007.”

Velasco said U.S. forces implemented strategies to defeat the insurgents in the area, but the mar-

ket had already suffered collateral damage and the destruction of the bank. The Iraqi army and police increased security measures after the operation to ensure al-Qaida would not return to the suq, ushering in the beginning of the rebuilding process.

“When the IA and IP increased security, the local people wanted their market back,” Velasco said.

“There was nobody here besides insurgents, until the military operations, implemented by the Iraqi and American security forces (showed up), at the end of 2007.”

— **Hazim Surraj**
Director, Diyala Red Crescent



Command Sgt. Maj. William Hain (left), senior enlisted leader for 2nd BCT, 25th ID, and Col. Malcolm Frost, commander, 2nd BCT, render honors to the memory of fallen Soldiers at the base of the Memorial Garden at COS Warhorse, Iraq, during a Veterans Day ceremony, Nov. 11.

‘Warrior Brigade’ honors veterans, adds its mark

Story and Photo by
SPC. ROBERT ENGLAND
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

CONTINGENCY OPERATING SITE WARHORSE, Iraq — A sea of gray and tan digital camouflage spread across a patch of gravel, as still as the mid-morning air. Concrete tiles cut a path through the center of the mass, ending in a row of bright white placards, and crests of U.S. Army units adorned the top of the placards, with long lists of names of fallen Soldiers meticulously painted beneath them.

Soldiers from 2nd Brigade Combat Team, 25th Infantry Division, deployed to U.S. Division-North in support of Operation New Dawn, celebrated Veterans Day and attended the unveiling of the “Warrior Brigade” and 25th ID crests, here, Nov. 11.

“We pause this morning to honor veterans of all wars, as we unveil the 2nd (BCT) crest,” said Capt. Stephen Dunsford, chief of operations, Headquarters and Headquarters Company, 2nd BCT, while addressing the Soldiers. “We demonstrate our respect and solidarity with our fellow veterans of Operation Iraqi Freedom.

“As the Warrior Brigade crest takes its place on the Wall of Honor, we affirm to finish the U.S. Operation Iraqi Freedom mission with honor, and win ... by facilitating the transition of Iraq as an emerging U.S. strategic partner through our service in (OND),” he said.

The crest was painted on the Wall of Honor among other units’ crests that previously served here during deployments.

Staff Sgt. Gordon Freeman, assistant operations sergeant, 2nd BCT, drew the outline for the 2nd BCT and 25th ID crests on the concrete-barrier wall with chalk, before the painter, a local Iraqi citizen, added color to the design. Freeman said the crests were painted about two weeks prior to the ceremony to symbolize the 2nd BCT’s presence.

“It is our mark of being here,” Freeman said. “It also symbolizes

a new step for the Iraqi people, as we draw down U.S. forces.”

During the ceremony, Col. Malcolm Frost, commander, 2nd BCT, and Command Sgt. Maj. William Hain, the brigade’s senior enlisted leader, also placed a wreath of vibrant flowers at the base of the Contingency Operating Site Warhorse Memorial Garden in honor of the Soldiers who made the ultimate sacrifice while serving here.

The memorial garden was built as a reminder of the sacrifices made by so many in support of OIF and OND. Placards listing the names of fallen Soldiers, from each unit that has served here, are plastered to the faces of these shorter, barrier walls.

More than 340 names have been painted onto the memorial during the seven years of conflict in Iraq.

“To all our veterans, I have a simple, yet heartfelt, message on behalf of those of us in uniform today,” Frost said. “Thank you for all you have done and for your service. Your shining example continues to inspire those who follow in your footsteps.”



Courtesy of the Tropic Lightning Museum

Hangars on the Wheeler Airfield flight line are damaged during the 1941 attack.

25th ID remembers December 7th, 1941

SPC. JESUS J. ARANDA

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The story of Dec. 7, 1941, has been retold many times in movies, books and firsthand accounts of how U.S. Sailors responded to chaos and pandemonium unleashed by Japanese warplanes at Pearl Harbor.

An equally important story, and one not told as often, is of the heroism and sacrifice of the 24th and 25th Infantry Division Soldiers at Schofield Barracks and Wheeler Airfield on that fateful day.

"When the warning came out from Washington, Nov. 27, 1941, of possible hostilities with Japan, many expected subversive activities and acts of sabotage by the local Japanese community on the island," Elia said. "The force protection procedures escalated to meet this threat, but an aerial attack and possible invasion by Japan were not considered likely."

"Even the Japanese doubted their ability to travel through the Pacific to Oahu without being spotted along the way," Elia said. "Our commanders didn't believe they could make the distance without being spotted either, but the Japanese invaders planned well. They traveled a route with no commercial shipping traffic and knew the day to strike was Sunday, a day when U.S. combat readiness would be at the lowest level."

Many Soldiers, here, and on Wheeler, awoke Dec. 7 to sirens blaring and earth-rattling booms, confusion and disorder. Rumors circulated, ranging from sightings of invaders parachuting onto nearby beaches to Japanese civilian saboteurs operating in their midst.

Schofield and Wahiawa were damaged in the attacks, but Wheeler Airfield, the base for nearly all fighter aircraft on Oahu, was the major target for enemy bombardment north of Pearl Harbor.

"Wheeler needed to be hit first to keep these fighters on the ground, so the threat of a U.S. counter-attack would be neutralized," Elia said. "Pearl Harbor was the prime tar-

get, but Wheeler was a priority." The Japanese invaders struck Wheeler minutes before Pearl Harbor, focused on crippling U.S. aviation assets. This was done as part of a larger agenda to render the U.S. ineffective and unable to stop Japanese plans to expand its empire, according to Elia.

The Soldiers of the 24th and 25th fought back as best as they were able, with many Soldiers rushing to secure weapons.

"Wheeler had some basic internal defenses, with a few heavy machine guns, which Soldiers used against the enemy planes, and other Soldiers did their best to get aircraft off the ground to fight back," Elia said. "At Schofield, Soldiers took up positions wherever they could and fired back at their attackers with any weapon they could manage to find."

When the attacks finally subsided, troops rallied to defend Oahu's shorelines from a possible Japanese ground invasion. The division was soon called to fight the war abroad, and the defense of the island was taken up by Hawaiian citizens, including the Hawaiian Army National Guard, Hawaii Volunteer Rifles, the Businessmen Military Training Corps, and the Varsity Victory Volunteers, an ROTC unit from the University of Hawaii.

"Many of these groups included Japanese-American citizens determined to prove their patriotism and dedication at a time when many people considered them to be suspicious individuals," Elia said.

The dedication and courage of those Soldiers serving on Schofield Barracks and Wheeler Airfield, Dec. 7, 1941, is still celebrated. These heroes drew inspiration from tragedy and displayed the strength of the nation against a very worthy and adept enemy.

"The Soldiers of the 25th ID, who took action on that Sunday morning, helped set the stage for what the division would accomplish throughout the many conflicts, which they have participated since the division's inception," Elia said. "Dec. 7 was just the first of many chapters of the division's tale of glory."



Courtesy of the Tropic Lightning Museum

After the attack, Wheeler Airfield's tent area, between Hangars #2 and 3, is scattered with dirt, debris and personal belongings.

Pearl Harbor Remembrance Day events

Public is invited to Pearl Harbor remembrance events throughout Oahu

NATIONAL PARK SERVICE

News Release

JOINT BASE PEARL HARBOR-HICKAM — The National Park Service has planned three days of special events to commemorate the 69th anniversary of the Pearl Harbor attack and also the grand opening of the new Pearl Harbor Visitor Center at the World War II Valor in the Pacific National Monument, formerly known as the USS Arizona Memorial Visitor Center.

For the full calendar of events, visit www.pacifichistoricparks.org or www.nps.gov/vafr/ or call 422-3300.

Kamaaina Day — Kamaaina Day will begin with a flag-raising ceremony featuring the National Park Service ceremonial honor guard and Pearl Harbor survivors, starting

at 8 a.m., Dec. 5. A special Living History Presentation Series will feature Pearl Harbor survivors, noted historians and authors; a top miniature modelers display featuring historic battleships and aircrafts; and a U.S. Pacific Fleet Band special concert.

The concert will feature the original playlist from the last performance of the USS Arizona Band. The concert is free and families are encouraged to bring picnic dinners to the back lawn concert.

A limited block of USS Arizona Memorial tour tickets will be available on a first-come, first-served basis. Advance reservations are required for a free, narrated, one-hour Historic Pearl Harbor boat tour, 11 a.m. and 1 p.m., around Ford Island. Seating is limited, so call 487-3327, ext. 21.

Armed Service Day — A flag-raising ceremony featuring the National Park Service ceremonial honor guard and members from each of the armed services will comprise Armed Service Day, starting at 8 a.m., Dec. 6. Events will

continue through 1 p.m., with special entertainment by the U.S. Pacific Fleet Band, the Singing Blue Stars of the USS Hornet and the U.S. Marine Corps Forces Pacific Show Band.

The Pacific War in Miniature Model Exhibit will feature historic battleships and aircraft, and historic armed vehicles will be on display. A limited block of USS Arizona Memorial tour tickets will be reserved for active and retired military, available on a first-come, first-served basis with a military ID.

Commemoration and Dedication — The theme of this year's commemoration and dedication, "A Promise Fulfilled," will focus on the new Pearl Harbor Visitor Center at the World War II Valor in the Pacific National Monument mission to create new, broadened experiences for visitors, Dec. 7. The theme honors Pearl Harbor survivors with the commitment and promise to educate and commemorate the history and heroes of the Pacific War with new resources and a broader mission. Parking for the morning commemoration will only be

available at the Aloha Stadium's Lower Halawa lot. Shuttles from the parking lot will run from 6-7 a.m. No public parking will be available at the Pearl Harbor Visitor Center for the ceremony.

Only Pearl Harbor survivors and World War II veterans will be allowed to park at the Pearl Harbor Visitor Center. Returning shuttles will run from 9:30 a.m.

The ceremony will include music by the U.S. Pacific Fleet Band, morning colors, a Hawaiian blessing, a rifle salute, wreath presentations by Pearl Harbor survivors, echo taps, a missing-man flyover, recognition of the men and women who survived the attack and those who made the ultimate sacrifice for their country, a dedication of the Visitor Center and a historic "Walk of Honor" led by more than 200 Pearl Harbor survivors and World War II veterans.

Personal cameras may be used, but no bags or purses are allowed. Bag storage service will be available at the USS Bowfin Submarine Museum and Park, which is adjacent to the Pearl Harbor Visitor Center. Regularly scheduled pub-

lic tours to USS Arizona Memorial will be on a special schedule from 11 a.m.-4 p.m.

USS Oklahoma Memorial Commemoration — Attend a special ceremony hosted by the National Park Service to honor those who served on the USS Oklahoma during the attack on Pearl Harbor, 1:30-2:30 p.m., Dec. 7. The USS Oklahoma (BB-37) Memorial is located on Ford Island, near Fox-5 Pier, next to the Battleship Missouri Memorial. The Battleship Oklahoma was berthed along Ford Island, Dec. 7, 1941, and suffered the second greatest loss of life during the attack. The memorial includes 429 marble columns symbolizing each of the crewmembers who lost their lives on that fateful day.

Attendees may catch a free shuttle every 15 minutes from the USS Bowfin Submarine Museum and Park, which is adjacent to the Pearl Harbor Visitor Center.

SEE PEARL HARBOR EVENTS, A-8



Lacey Justinger | U.S. Army Garrison-Hawaii Public Affairs

Soldiers in Company B, 209th Aviation Support Battalion, 25th Combat Avn. Brigade, 25th Infantry Division, run past a Wheeler Army Airfield hangar Wednesday, which was destroyed in the 1941 attacks.

Running on hallowed ground

DENNIS DRAKE

U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — It's 7 a.m.; the sounds of shoes hitting pavement, Soldiers signing jodies and physical training cadence fill the morning air.

"One, two, three, four — hey!" they chant, passing hangars filled with Army helicopters and aircraft maintenance shops. "One mile; no sweat. Two miles; better yet!" they continue to chant, as they encircle the airfield.

These Soldiers are running on hallowed ground. Today, Wheeler is home for the 25th Infantry Division's Combat Aviation Brigade, recently returned from Iraq. Sixty-nine years ago — Dec. 7, 1941 — these same roads, hangars and runways were home to the Army Air Corp's 14th Pursuit Wing, and the 15th and 18th Pursuit Groups. Their P-40 fighter aircraft, 99 in total, were charged with the air defense of the Hawaiian islands and among the first targets of the Japanese attack on Pearl Harbor.

Shortly before 8 a.m., Sunday, 25 Japanese dive-bombers, part of the first wave of 183 aircraft, stuck from the north. Hangars #1 and 3 where shattered with bombs and machine gun fire. Buildings 107 and 108, used as barracks, were hit and set ablaze. Schofield Bar-

racks was strafed.

Forty-two P-40s and 41 other aircraft on Wheeler's tarmac were destroyed as fire and dense black smoke filled the morning sky. At the same time, simultaneous attacks were taking place at Hickam Field, Bellows Field, and Kaneohe and Ewa Marine Corps air stations.

Just as in today's strategy, air superiority was a key goal: the Japanese had to eliminate the American air forces to ensure freedom in the skies over Pearl Harbor when they attacked their prime targets, the ships on battleship row.

During the Wheeler attack, five P-40s from the 47th Pursuit Squadron, which had aircraft positioned at Haleiwa Field, were able to take off and battle the Japanese. Lieutenants Harry Brown, Robert Rogers, John Webster, George Welch and Kenneth Taylor drove 10 miles from Wheeler to Haleiwa, at breakneck speed, to get their planes into the air. For the next 90 minutes, they pursued Japanese fighters over Oahu, shooting down nine planes.

Thirty-five minutes after the initial attack, six other aircraft were able to take off from Wheeler and flew 25 sorties against the Japanese. Wheeler was hit again during Japan's second wave of 180 aircraft. That

attack ended at 9:45 a.m.

As the smoke finally lifted, Wheeler's destruction was shocking. Mangled steel beams and blown-out windows were what remained of two hangars. Temporary tent areas, located between Hangars #2 and 3 (to house enlisted personnel) were reduced to ashes.

Thirty-seven enlisted men were killed in the attack, 59 others wounded.

Burned-out wreckage of Army aircraft

filled the Wheeler tarmac and the insides of destroyed hangars. This same picture was duplicated at Hickam, Bellows, Kaneohe and Ewa — where U.S. fighters, bombers and sea planes were laid to destruction.

The Japanese had accomplished their goal and reigned supreme in the air over Pearl Harbor, sinking or damaging all seven U.S.

SEE ATTACK, A-8



Courtesy of the Tropic Lightning Museum

During the aftermath of Dec. 7, 1941, Soldiers begin clearing some of the wreckage of Wheeler Airfield Hangar #3, which is the current site of Wheeler's gym.

Army engineers fought and lived through the attack on Pearl Harbor

JOSEPH BONFIGLIO

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

FORT SHAFTER — Dec. 7, 1941, was the opening scene of World War II, and the U.S. Army Corps of Engineers was there.

At 7:55 a.m., two waves of Japanese warplanes appeared over Oahu. Some headed for American warships at Pearl Harbor and the planes on the ground at nearby Hickam Airfield; others hit Schofield Barracks, Wheeler Airfield and Bellows Field.

The Hawaii USACE consisted of Soldier-engineers in the Army's Hawaiian Department and the Honolulu Engineer District. No district team members or engineers were killed when the Japanese struck without warning — but there were close calls.

Paul Lynch, the area engineer in charge of construction at Bellows Field, watched with horror as Japanese planes strafed the field, destroying most of the P-40 Warhawk fighter planes. Lynch directed dispersal of his equipment, and because of his efforts, none was lost.

1st Lt. Harvey Fraser was at Schofield Barracks preparing to leave the next day, as he was reassigned to the mainland and had already turned over Company A, 3rd Engineer Combat Battalion, 25th Infantry Division, to his successor.

One of the first bomb blasts blew out a window of Fraser's house, so he ran to get his pistol to shoot at the low-flying planes, forgetting he had already turned in his weapon. Fraser hurried to Schofield Barracks where

the battalion commander gave him back control of the company. He found his men in the street, shooting at attacking planes. Fraser told the supply sergeant to give weapons to anyone who asked. Later, Fraser almost had to pay for the weapons, because in the haste to go to war, no one had asked for, or had given out, receipts.

Later that afternoon, the 804th Eng. Aviation Bn. began salvage operations at Wheeler Field, while the 3rd Eng. Combat Bn. went with the 24th Inf. Div. to the North Shore to defend against the expected Japanese invasion.

As eventful as the day was, it was just the beginning of many days of war for the engineers in Hawaii. The district would complete the ferry route, build more airfields and build port and base facilities for the war.

All Hawaiian Department engineer units served in the war.

USACE was involved in island safety before the attack, as well. Engineers enlarged and modernized facilities, here, and at Schofield Barracks, built anti-aircraft gun sites, bomb-proofed coastal fortifications, built and enlarged airfields, worked on gasoline and bomb storage at Hickam Field, and built U-shaped dirt bunkers for aircraft dispersal at Wheeler Airfield.

Engineers were also building stationary early-warning radar sites on Kauai, Maui and Oahu — although none were operational Dec. 7.

Roosevelt's call to war

Mr. Vice President, Mr. Speaker, members of the Senate, and of the House of Representatives: Yesterday, Dec. 7, 1941

— a date, which will live in infamy —

The United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan.

The U.S. was at peace with that nation and, at the solicitation of Japan, was still in conversation with its government and its emperor looking toward the maintenance of peace in the Pacific.

Indeed, one hour after Japanese air squadrons had commenced bombing in the American island of Oahu, the Japanese ambassador to the U.S. and his colleague delivered to our secretary of state a formal reply to a recent American message. And while this reply stated that it seemed useless to continue the existing diplomatic negotiations, it contained no threat, or hint of war, or of armed attack.

It will be recorded that the distance of Hawaii from Japan makes it obvious that the attack was deliberately planned many days or even weeks ago. During the intervening time, the Japanese government has deliberately sought to deceive the U.S. by false statements and expressions of hope for continued peace.

The attack yesterday, on the Hawaiian Islands, has caused severe damage to American naval and military forces. I regret to tell you that very many American lives have been lost. In addition, American ships have been reported torpedoed on the high seas between San Francisco and Honolulu.

Yesterday, the Japanese government also launched an attack against Malaya.

Last night, Japanese forces attacked Hong Kong.

Last night, Japanese forces attacked Guam.

Last night, Japanese forces attacked the Philippine Islands.

Last night, the Japanese attacked Wake Island.

And this morning, the Japanese attacked Midway Island.

Japan has, therefore, undertaken a surprise offensive extending throughout the Pacific area. The facts of yesterday and today speak for themselves. The people of the United States have already formed their opinions and well understand the implications to the very life and safety of our nation.

As commander in chief of the Army and Navy, I have directed that all measures be taken for our defense. But always will our whole nation remember the character of the onslaught against us.

No matter how long it may take us to overcome this premeditated invasion, the American people in their righteous might will win through to absolute victory.

I believe that I interpret the will of the Congress and of the people when I assert that we will not only defend ourselves to the uttermost, but will make it very certain that this form of treachery shall never again endanger us.

Hostilities exist. There is no blinking at the fact that our people, our territory and our interests are in grave danger.

With confidence in our armed forces, with the unbending determination of our people, we will gain the inevitable triumph — so help us God.

I ask that the Congress declare that, since the unprovoked and dastardly attack by Japan on Sunday, Dec. 7, 1941, a state of war has existed between the U.S. and the Japanese empire.



Vanessa Lynch | Honolulu Star-Advertiser

A rainbow stretches over the USS Arizona Memorial. Attend Pearl Harbor Remembrance Day ceremonies Dec. 5-7.



Spc. Weston Dunn, heavy equipment operator, 2nd Platoon, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, operates a hydraulic excavator placing the Ultra Flex, an articulated concrete mat, for a low-water crossing. Staff Sgt. Albert Vila (right) controls the placement, while Sgt. 1st Class Robert Steese (left) oversees the safety of the operation, both Soldiers are with 2nd Platoon.

‘Dirt Dogs’ complete JTF-N road mission

Story and Photo by
1ST LT. CHRISTOPHER LYNCH
561st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

EL PASO, Texas — Soldiers from 2nd Platoon, “Dirt Dogs,” 561st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, battled the elements and terrain to complete their Joint Task Force-North road mission to support U.S. Border Patrol, El Paso Sector, Nov. 19.

The Dirt Dogs Soldiers started their “19 Canyon” road project, Oct. 12. With much of the unforgiving land being impassable, the Dirt Dogs’ mission was geared toward providing the U.S. Border Patrol with better access to patrol the El Paso Sector.

The road project, coordinated by JTF-N at Fort Bliss, Texas, is designed to improve the mobility and safety of border patrol agents responding to suspected illegal activities along the Mexican and U.S. border.

“This was a good opportunity for the leadership to evaluate junior Soldiers’ skills on the equipment,” said Spc. Eric Davidson, heavy equipment operator, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde. “This is hard to do in Hawaii (because of) the min-

imal engineer training areas on the island.

“This experience gave the platoon a chance to build squad and platoon cohesion,” he said.

Engineer Soldiers laid the groundwork during the first of three phases to construct a 3.8-mile road for the U.S. Border Patrol. This stretch of new road along the border will provide support and help counter illegal drug and border crossing.

Soldiers constructed a 1.37-mile all-weather gravel road after removing vegetation from the area and cutting the road down to the sub-base. The unit then placed Ultra Flex, an articulated or hinged concrete mat, at four low-water crossing sites.

The Soldiers encountered a lot of rock that took a toll on the equipment, pushing the equipment to its limits and forcing the engineers to adapt. The Soldiers’ ability to change and adapt was what made the mission a success.

“The platoon gained valuable experience during the 19 Canyon Mission by utilizing tasks to build a road, providing Soldiers with ample equipment training and usage,” said Sgt. 1st Class Robert Steese, 2nd platoon sergeant and mission noncommissioned officer in charge, 561st Eng. Co.,

84th Eng. Bn., 130th Eng. Bde. “NCOs learned how to read construction plans and to coordinate with vendors to deliver material to complete a road to standard for the border patrol.”

Many of the construction engineers operated dozers, excavators, scrapers, shakers and water pulls for the first time.

“We received a lot of hands-on equipment training, which enabled me to better understand how to better execute my job,” said Spc. Jennifer Page, heavy equipment operator, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

The platoon also put in silt fencing the length of the project to protect the environment from potential material runoff from the road. In addition, Soldiers dug ditches and lined them with six-inch stone to help control the flow of water and prevent soil erosion.

“The JTF-N project was a great opportunity for our Soldiers to gain experience and see the effects of their hard work,” said Staff Sgt. Brian Bledsoe, section sergeant, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

Platoons from the 84th Eng. Bn., 130th Eng. Bde., will complete all three phases of the road.

Forum: Small businesses network

CONTINUED FROM A-1

operation services, construction management and engineering services.

“Many small businesses have been employed by major contractors for subcontract work in the past, mainly because they haven’t known how to navigate through the government’s contracting-process maze,” Hoskin said. “My goal is to educate those smaller businesses, so they have a chance to earn a bigger piece of the Army’s contracting pie.”

“This forum is a great opportunity for the Army, the Corps and the local contracting community to get to know each other better,” said Lt. Col. Douglas Guttormsen, commander, USACE-HD. “Construction is a team effort, and we all have a role to play. We’re all working to support Soldiers, their families and local communities with the best possible facilities and services.”

84th Eng.: Battalion learns about culture

CONTINUED FROM A-1

As the only Army construction engineer element in the Pacific, the 84th Eng. Bn. has an important role in exercises like Balikatan, an annual exercise that takes place in the Philippines, in April. The exercise aims to improve planning, readiness and interoperability; enhance security relations; and demonstrate the U.S.’s resolve to support the Republic of the Philippines.

Trimillos’ interactive lecture covered many of the unique aspects of the Philippines for the Soldiers, including history, religion, politics and culture. Being such a diverse country, it was important for these Soldiers to get the best training possible about the environment they will spend several months in.

While in-country, engineers will team up with Filipino military counterparts. Understanding cultural differences, including what type of behavior is and isn’t acceptable, is vital to building good relations between U.S. and Filipino Soldiers.

“Filipinos know a lot about American culture, but most Americans know little about Filipino culture,” Trimillos said. “I hope my presentation helps to encourage an appreciation of the Philippines, as well as to level the playing field from a cultural perspective.”

The 84th Eng. Bn., 130th Eng. Bde., is scheduled to aid in military construction projects in the Zambales and Tarlac provinces of the Philippines, April 2011. In partnership with Filipino army engineers, the unit will help with exercise-related construction projects, including building school houses, classrooms, and latrines, and improving military training areas.

“Just as important as the projects we leave behind after Balikatan 11 are the relationships we create with our Filipino military partners,” said Maj. Jakob Bruhl, operations officer, 84th Eng. Bn., 130th Eng. Bde. “This class was important to prepare our Soldiers to work with the armed forces of the Philippines and get the most out of the exercise.”

Credit: Legal Assistance officers are available for legal consultations

How to improve personal credit

To learn how to improve your credit worthiness and find legitimate resources for low or no-cost help, visit www.ftc.gov/credit. This site contains the following information resources:

- Access to Free Credit Reports, which explains why it is important to monitor your credit history, how to request a report and how to dispute errors.
- Disputing Credit Report Errors, which explains how to dispute and correct inaccurate information in a credit report.
- Building a Better Credit Report, to learn how to legally improve a credit report, how to deal with debt and how to spot credit-related scams.
- Knee Deep in Debt, which discusses options to help you get back in the black, with realistic budgeting, credit counseling from a reputable organization, debt consolidation or bankruptcy.

CONTINUED FROM A-1

- The company tells you that it can get rid of most or all your negative credit information in a credit report, even if that information is accurate and current.
 - The company suggests that you try to invent a new credit identity and new credit report by applying for an Employer Identification Number to use, instead of a Social Security number.
 - The company advises you to dispute all the information in a credit report, regardless of the information’s accuracy or timeliness.
- You may find yourself in legal hot water if you are following illegal advice and committing fraud. It’s a federal crime to lie on a loan or a credit application, to misrepresent a Social Security number or to obtain an EIN from the Internal Revenue Service under false pretenses.
- No one can legally remove accurate and timely negative information from your credit report. However, the law provides you with a number of rights to dispute and correct inaccurate credit



information on your own.

The attorneys at the Legal Assistance Office are available for consultation on legal assistance matters. They are located in Building 2037, Humphreys and Aleshire drives, Schofield Barracks. Attorneys

are available for consultations, powers of attorneys, notarizations, walk-ins and appointments, Monday -Wednesday, 9 a.m.-4 p.m.; Thursday, 1-3 p.m.; and Friday, 9 a.m.-4 p.m.

For more information, call 655-8607.



Noncommissioned officers from the 94th AAMDC learn key skills at the U.S. Army Museum of Honolulu during the unit's annual NCO staff ride. The tour gave the NCOs an opportunity to learn about Hawaii's rich history and culture.

94th AAMDC gets history lesson during NCO staff ride

Story and Photo by
STAFF SGT. JOHN JOHNSON
94th Army Air and Missile Defense Command Public Affairs

HONOLULU — More than 50 noncommissioned officers assigned to the 94th Army Air and Missile Defense Command participated in an NCO staff ride at the U.S. Army Museum of Hawaii, here, Friday. The 94th AAMDC has provided the tour annually to allow NCOs a chance to learn about the rich cultural history of Hawaii. The ride was an opportunity for the leaders of the 94th AAMDC to maintain and enhance relationships within the unit's leadership and to learn about the history of Hawaii. They were afforded the opportunity to learn about slavery, Hawaii's role in the fur trade and Germany's contributions to the industrialization of the islands. "I could not believe that there was slavery in Hawaii, surrounding exporting pre-

cious wood," said Sgt. Lawrence Jackson, operations sergeant, 94th AAMDC. The event also provided an opportunity for junior and senior NCOs to share lessons learned from past wars surrounding the Hawaiian islands. The U.S. military has encountered many events here in Hawaii, in the last 100 years, from the bombing of Pearl Harbor to the recovery of vessels from the bottom of the harbor to take the fight back to Japan. The 94th's small group of leaders will take these lessons learned from the museum, history and one other, and apply them to their own NCO toolbox, which will help to ensure not only their own survival in the future deployments of their careers, but also those of their subordinates. The NCOs completed the tour as a team, strengthening bonds to form stronger unit cohesion, said 1st Sgt. Oubrinayhn Stonewall, Headquarters and Headquarters Battalion, 94th AAMDC.



Courtesy of Criztina Jean

Cookies for troops

SCHOFIELD BARRACKS — Above, Thorin Jean, Junior Girl Scout, Troop 066, came up with Operation Cookie Drop to earn her bronze award, the highest award that can be earned at the junior level. To earn the award, Jean had to contribute at least 20 hours of service toward a project that enhances or betters her community in some way. She made flyers and asked community members to help her bake cookies to distribute to Soldiers who would be deploying before the holidays. She was able to gather and coordinate more than 500 bags of cookies. She delivered many of the treats to Soldiers, below, during the 25th Infantry Division redeployment ceremony on Sills Field, here, Nov. 24.



Housing: Island Palm Communities reaches another milestone

CONTINUED FROM A-1

which means more than 7,000 service members and their families are now realizing the many benefits privatized military housing can offer. The milestone is a first for Island Palm Communities and a first for any Army residential community. "Our ability to reach this milestone demonstrates that the public-private partnership business model between the (DoD) and private developers, like Lend Lease, does work," said Mark Frey, deputy project director for Island Palm Communities. "We are seeing more military families moving and staying on post, despite a very competitive rental market surrounding our installations. "This sends a clear message that we are providing the services, amenities and homes desired by our service members," he said. The revitalization of community housing is part of the Military Housing Privatization Initiative, a critical component in the effort to elim-



inate inadequate housing and foster a better quality of life for U.S. service members and their families. The program was passed by Congress in 1996, and now, with more than 90 privatized projects under its belt, DoD and its Soldiers are

realizing the benefits. Successful achievements of partnerships like Island Palm Communities are proof that privatization is working. MHPI leverages private capital through partnerships with private developers to construct, renovate, operate and maintain housing.

"We anticipated the possibility of reaching this occupancy number over the past few weeks and have worked tremendously hard to attain it," said Tom Adams, director of Property Management of Island Palm Communities. "Credit goes to everyone on the team. From our leasing consultants, who help residents as much as a year prior to their arrival in Hawaii, to our community staff that provides great services and activities making Island Palm Communities a welcoming environment, and to our service teams that maintain and prepare homes for families." Adams also credited development, design, construction and renovation teams for creating beautiful communities. In the future, Island Palm Communities will develop, design and construct more than 5,000 new homes and renovate more than 2,500 existing homes, as well as build several new community centers, playgrounds and community amenities. Additionally, Island Palm Communities will provide asset, property and maintenance management here, through 2054.

New website meets DoD’s needs for safe video-sharing

KYLE BOND
Program Executive Office for Command,
Control and Communications-Tactical, Public Affairs

FORT MONMOUTH, N.J. — The military work-force can now share videos behind secure network firewalls with the recent debut of milTube.

Because all activity takes place behind the fire-wall, the video and audio are protected from unauthorized viewing and distribution.

MilTube is a safe, military alternative to commercial video-sharing sites like YouTube.

The new website meets the Department of Defense’s need for a dynamic way to share videos — including training, ceremonies and news clips, across installations worldwide. With channels, categories and tags, users can easily watch, upload, sort and search content.

“Video is an extremely powerful tool for storytelling and sharing information among personnel,” said Justin Filler, deputy director, MilTech Solutions office. “MilTube provides a secure, internal environment for those connections to take place across the armed services.”

The site is a companion to several other professional networking tools behind the firewall, including milBook, milWiki and milBlog. Known as milSuite, the integrated tools mirror what users are familiar with at home: wikis, blogs and social networking sites such as Facebook, LinkedIn

and Twitter.

With firewall protection within milSuite, users from all branches and organizations can share official, unclassified internal information and engage in dialogue. There are more than 88,500 milSuite users across the armed services.

At a time when DoD senior leaders are stressing efficiencies and cost savings, milSuite reduces duplicative efforts, facilitates knowledge sharing and creates a living encyclopedia where personnel can create, discover and verify information.

MilTube is a natural addition to the networking tool family, fulfilling a consistent request from members of the workforce for a central interface to upload and access video and audio files.

“People across the DoD are collaborating on various programs and efforts in ways that were not possible before milSuite,” said Todd Miller, an Army contractor supporting milSuite. “We do our part by delivering the new features users are looking for, including video capability. We look forward to seeing how our users bring knowledge to the community through a completely different medium.”

To meet bandwidth challenges at different military bases, milTube diagnoses platform needs, so users can watch and upload videos at any location. It will support multiple video formats as well as audio-only streaming. It will be available on both desktop and mobile devices.



Courtesy of Tropic Lightning Museum

Fire erupts in Wheeler’s Hangar #3 after ammunition stored in there exploded from Japanese fire.

Attack: Wheeler hit in first wave

CONTINUED FROM A-5

battleships and rendering extensive damage to piers, submarine pens, maintenance buildings and 86 other ships in the harbor. More than 2,400 American lives were lost in the most devastating attack ever inflicted on the U.S. Navy.

There was one glimmer of hope that fateful morning. The U.S. aircraft carriers — Japan’s most critical targets — were not at Pearl Harbor. Not only were the U.S. carriers saved from destruction that morning, a loss which would have severely crippled America’s war-fighting capabilities, but Oahu was also saved from a third wave of Japanese aircraft.

When the first wave of 185 planes returned to their carriers, to be refueled and rearmed and become the third wave, they reported the U.S. carriers were not in the harbor. Fearful of their whereabouts, and not wanting to leave their own carriers without protective air cover,

the Japanese decided to keep the aircraft there and not launch another wave. That decision saved the large, oil storage tanks surrounding Pearl Harbor, the prime target of Japan’s third wave and the source of five years worth of fuel for America’s Navy in the Pacific.

Just seven months later, in the Battle of Midway, the U.S. carriers that were not at Pearl Harbor, Dec. 7, were able to sink four of the five Japanese carriers used in the Oahu attack, which turned the tide of the Pacific war toward future American victory.

Today, Wheeler Army Airfield — and indeed Schofield Barracks, Fort Shafter, Joint Base Pearl Harbor-Hickam and Marine Corps Base Hawaii — continue their vital roles in the protection of America’s military power to defend freedom in the Pacific.

Today, as 25th CAB Soldiers walk Wheeler’s flight lines, work in the hangars or run on Wheeler’s roads, their feet trace the footsteps of those gone before — on hallowed ground.

Pearl Harbor Remembrance Day events

CONTINUED FROM A-5

Fort Barrette Commemoration — Attend the ceremony commemorating Ewa Marine Corps Air Station as a historic battle site that was located 17 miles west of Pearl Harbor. The base was hit during the Japanese attack and later served as the hub for all Marine aviation units heading into combat in the Pacific theater during World War II.

This year’s theme, “Lest We Forget,” will feature a Pearl Harbor survivor and historian, 9 a.m., at Fort Barrette in Kapolei; or 10 a.m., at the MCAS Ewa Field flagpole at Barbers Point, Dec. 5.

These commemorations will include Marine and Air Force color guards, rifle salutes, buglers and chaplains; historians; the National Park Service; a large number of U.S. veterans organizations; World War II-era military vehicles and uniforms from nearby military museum organizations; a World War II aircraft flyover; and patriotic music.

Call 685-3045, e-mail gm@december7.com or visit www.december7.com/1941/Map/index.html.

News Briefs

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

**Today
Road Closures** — Kolekole
Pass, connecting Schofield Bar-
racks to the Waianae coast
through Naval Magazine-
Lualualei, will be closed for
training purposes Dec. 3, 9, 10,
16 and 17.

Call 656-3152.

**6 / Monday
First-Term Financial
Training** — This course is
mandatory for first-term Soldiers.

Classes are offered from 8:30
a.m.-4 p.m., Dec. 6 and 20, at
Army Community Service,
Schofield Barracks; and from 8
a.m.-4 p.m., in Room 111, at the
Aloha Center, Fort Shafter. A cer-
tificate is awarded to each partic-
ipant who completes the eight
hours of instruction. Call 655-
4227 to register.

**Advisory Council Meet-
ing** — The Schofield Barracks
Post Exchange/Commissary/
Nehelani Advisory Council meet-
ing is set for 10:15 a.m., Dec. 6,
at the Nehelani, Schofield Bar-
racks. Call 655-0497.

**16 / Thursday
ASAP Training** — Fiscal
year 2011 mandatory Army
Substance Abuse Program alco-
hol and drug awareness training
is from 1-2:30 p.m., Dec. 16, at
the Sgt. Smith Theater, Schofield

Barracks. The class will focus
on alcohol, drugs, stress and
money during the holiday sea-
son. Call 655-6047.

**23 / Thursday
Holiday Schedule** — The
Directorate of Emergency Serv-
ices Installation’s Access Pass
Office and the Vehicle Registra-
tion Office at Fort Shafter and
Schofield Barracks will be closed
for holidays and administrative
duty days:

- The IAP Office, Leilehua Golf
Course, Schofield Barracks, will
operate on a half-day schedule,
7:30-11:30 a.m., Dec. 23 and 30.
It will be closed Dec. 24 and 31.

- The Schofield Barracks and
Fort Shafter Vehicle Registra-
tion offices will operate on a
half-day schedule, 7:30-11:30
a.m., Dec. 23 and 30. They will
be closed Dec. 24 and 31. Call
656-6750.

FEHB hosts open season for heath care enrollment, changes

SHERYL LOWELL
Army News Service

FORT RUCKER, Ala. — The U.S. Office of Personnel Management has announced this year's open season for health benefits, dental and vision insurance, and flexible spending accounts, which runs until Dec. 13.

"The FEHB program has important features, including a wide choice of health plans and competitive benefit packages," said John Berry, OPM director.

Because of the annual negotiations, people are encouraged to look over their personal health care plans, every year.

"Plans change each year; it is important to review your plan and ensure it continues to meet your individual needs," said Margie Fields, human resource specialist.

FEHB offers 207 health plan options, starting in January.

All FEHB plans now offer tobacco cessation benefits in compliance with the U.S. Public Health Services' 2008 clinical guidance on tobacco cessation.

Five plans have increased benefits for hearing devices, and six FEHB plans offer testing for up to four transplant donors for bone marrow and stem cells, according to the OPM guide to feder-

al benefits website.

Berry also said, in 2011, enrollee cost sharing will be eliminated for preventative care services, incentives for tobacco cessation will be added and, in accordance with the Affordable Care Act, added coverage will be offered for children up to age 26.

The office of OPM stated costs will rise by an average of 7.2 percent for the enrollee share of premiums. This increase is below last year's increase of 8.8 percent, which averages \$5.53 more, each pay period, for self-only coverage, and \$11.45 more, per pay period, for family coverage.

FEHB enrollees pay an average 30 percent of

the total cost of the plan premium, while the government pays an average 70 percent.



For questions, enrollment or changes to an existing FEHB plan, visit the ABC website at www.abc.army.mil or call (877) 276-9287. For questions regarding dental or vision plans, visit www.benefeds.com or call (877) 888-3337.

Four 'Ds' help tobacco users curb the urge

BETHANN CAMERON
U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — Many people make the transition from using tobacco products by using nicotine replacement patches, gum or other medication.

Remember, however, to use medications as prescribed by your health care provider.

You may experience uncomfortable feelings such as headaches, nervousness, irritation or anxiety. Drinking plenty of water can ease these discomforts. These symptoms will go away as your body tolerates reduced amounts of nicotine until no nicotine is left.

The urge to reach for your cigarettes or spit tobacco will be almost gone in a few months. The association between tobacco and many of your daily activities will also curtail.

Before, you trained your brain to connect using tobacco with a daily activity. Now, your daily activity is connected with a new habit or pattern of behavior that you developed. Before you drank a cup of coffee and smoked a cigarette, or you reached for your spit tobacco in reaction to fatigue or stress. Now, you should reach for a straw, a piece of candy or gum.

The process of maintaining control in order to stay tobacco free requires using some coping strategies. One tip is to avoid people or places where people use tobacco. To cope with an urge to smoke, use the four "Ds":

- Deep breathing. Take slow, deep breaths to feel relaxed and in control.
- Drink at least eight glasses of water a day.
- Do something else to keep busy.
- Delay by counting to 100 or 200 and thinking pleasant thoughts until the urge passes.

Another alternative is to use a "survival kit" of items such as chewing gum, candy, toothpicks, rubber bands and paper clips to serve as substitutes instead of

using tobacco.

You may have pleasant memories of tobacco and think how nice it would be to have just one cigarette or a little dip. This lapse is risky because it can lead you to "slip" or relapse into using tobacco.

If you slip, make a fresh start by considering the circumstances that caused the slip. Review the reasons why you quit tobacco: health, family members, personal appearance, to breathe better or regain mission readiness.

Set a date, make a quit plan and quit again. Be sure to get support system: a buddy, someone to talk with or a group of people who can support you.

The only people who lose their battle with tobacco are the ones who stop making an attempt. Each unsuccessful attempt to stop increases the likelihood that the next attempt will result in success.

Most people who quit say that about one year after quitting they no longer think about tobacco. This time period depends on the amount of nicotine, your level of dependence and how many aspects of your life rotated around using tobacco.

(Editor's Note: BethAnn Cameron is a health educator with the U.S. Army Public Health Command-Provisional.)



New service combats major depression

TRIWEST HEALTHCARE ALLIANCE
News Release

PHOENIX — TriWest Healthcare Alliance has a new Disease Management Program for major depression for eligible West Region Tricare beneficiaries.

Beneficiaries suffering from major depression or clinical depression can receive extra help through TriWest Healthcare Alliance, which manages Tricare military health care on behalf of the Department of Defense for 21 western states.

Major depression is the most common depressive disorder. More than 20 million Americans have been diagnosed with depression, according to the National Institutes of Health, about the equivalent of New York state's population.

Clinical depression is a disabling disease characterized by persistent and enduring sadness, unhappiness and negativity that interferes with one's daily life. Generally, a person who is depressed also exhibits at least three other symptoms, such as sleep disturbance; significant drop in energy levels; weight gain or loss; and frequent irritability.

The depression program, launched in November, is a no-cost entitlement for those who are eligible. Eligibility is determined by Tricare and is based on claim's history.

Once a beneficiary is identified as eligible to participate in the program, DoD refers the beneficiary to TriWest. A disease management health coach then contacts the beneficiary and invites him or her to participate in the program.

The Disease Management Program has a number of services to help beneficiaries suffering from major depression, including a health coach who works with the beneficiary and the primary care manager who tailors an action plan. The health coach will then work with the beneficiary until the plan's goals are met. As needed, the beneficiary can also access smoking cessation, exercise, medication and nutrition help from his or her TriWest health coach.

The Disease Management department also offers support to beneficiaries with diabetes, asthma, lung diseases and heart failure.



Find additional resources for depression at www.tricare.mil, www.triwest.com/depression or www.triwest.com/onlinecare.

TriWest works alongside the Military Health System to offer additional behavioral health resources to support those in need, including the Tricare Assistance Program. Eligible beneficiaries, including services members and their families, can access private, confidential counseling sessions, 24 hours a day, seven days a week, with a licensed therapist via Skype, chat or over the telephone. These sessions are non-clinical and intended for general life issues, such as stress management or relationship problems.



TOP DOG



An MP handler, 13th MP Det., 728th MP Bn., 8th MP Bde., 8th TSC, and his working dog navigate an obstacle at the 2010 Hawaiian Islands Working Dog Competition, Nov. 18. Working dog teams were tested on real-world situations from climbing walls to applying first aid on other dogs.

Working dog teams compete for honors

Story and Photos by
PFC. MARCUS FICHTL

8th Military Police Brigade Public Affairs,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 2010 Hawaiian Islands Working Dog Competition was hosted by the 13th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, here, Nov. 15-19.

"The competition is (held) to build esprit de corps with handlers around Hawaii and the U.S.," said Sgt. 1st Class Michael McPeak, event coordinator, 13th MP Det., 728th MP Bn., 8th MP Bde. "We had 37 teams this year and 23 teams last year; we're growing a little bit every year."

The 728th MP Bn. recently renewed co-operation with the Honolulu Police Department with joint training at the Police Academy at Waipahu, but shifted its focus worldwide, using the 2010 Hawaiian Islands Working Dog Competition as an opportunity for military and civilian agencies to share tactics and techniques, especially when high deployment rates have minimized joint working dog handler training since 2001.

"It's nice of the 728th to invite us; it's a blast," said Wayne Silva, handler, HPD. "We get to come up and do the military side of training; we get to see how the 728th does things. If you come in with an open mind, there's a lot you can learn. The camaraderie is great."

Teams comprised of one dog and one handler, competed in seven events that tested real-world skills, such as searching for drugs and explosives, enduring an obstacle course, and striking down an adversary.

In the endurance course, Sgt. Jennifer Rader, handler, 13th MP Det., 728th MP Bn., 8th MP Bde., carried Benny, 80 pounds of pure dog muscle, more than 100 meters up a steep hill to finish the event.

"That was the roughest hill I've ever had to walk up my life," Rader said.

When she crested the hill, the only thing she had on her mind was finishing.

"I dropped Benny the first chance I had and just concentrated on finishing," she said.

Though Benny didn't repeat last year's "Top Dog" victory, Rader and Benny, a match made in heaven, according to Rader, helped Schofield Barracks win "Top Kennel" by 18 points.

Top Kennel is the total combined score of the multi-day event.

"It's been a lot of fun and a long, hard week," said Rader.

Lance Cpl. Casey Deskins and his dog, Ronnie, from Marine Corps Base Hawaii, won the Top Dog competition, which is the working dog team with the most points combined from all the events.



Sgt. Jennifer Rader, handler, 13th MP Det., 728th MP Bn., 8th MP Bde., 8th TSC, carries her working dog, Benny, up a hill during the endurance event, Nov. 18.



Above — A Honolulu Police Department handler navigates an obstacle with his working dog on his back during the endurance event, Nov. 18.

Left — A working dog strikes down a Soldier playing the part of an escaping suspect during the hardest-hitting event, Nov. 19, testing the dog's ability to take down a suspect.



Today

All Army Sports – Applications are being accepted through Dec. 3 from men and women for the following sports: boxing, basketball, triathlon, and cross-country. Call 655-9914.

"Camelot" – The musical "Camelot" will run Dec. 3-19 at the Richardson Theatre, Fort Shafter. Times are 7:30 p.m., Friday and Saturday, and 3 p.m. for the Sunday matinee. Tickets are \$20 and \$25; students, seniors, military and children get a \$5 discount. For reservations, visit www.armytheatre.com or call 438-4480.

Family Fun Friday – Enjoy great family fun at Family Fun Friday, 6-9 p.m., Tropics Recreation Center, Schofield Barracks. Free pizza is served on a first-come, first-served basis. Call 655-5797 or visit www.mwrrm.yhawaii.com.

Martinez Gym Temporary Closure – Three racquetball courts at Martinez Physical Fitness Center will be closed Dec. 3 for maintenance. Call 655-4804.

Latin Night – Dance to salsa, merengue, reggaeton, bachata and other Latin music 8 p.m.-1 a.m., Dec. 3, Kolekole Bar and Grill, Schofield Barracks. Get free cover, free parking and free dance lessons. Call 655-4466.

4 / Saturday

Read to the Dogs – Children who can read on their own can sign up for a 15-minute session to read to a dog, 9-10:15 a.m., Dec. 4, at the Aliamanu Military Reservation Library; and 11 a.m.-12:15 p.m., Dec. 11, at Sgt. Yano Library, Schofield Barracks. This program improves children's reading and communication skills by reading to a trained service dog. To register, call 833-4851 or 655-8002. Sessions are available on a first-come, first-served basis.

Newcomers Island Tour – Sign up for the free newcomers island tour that will depart 8 a.m., Dec. 4, from Schofield Barracks' Army Community Service, Building 2091. Tours from Fort Shafter Flats' ACS, Building 1599, run the third Saturday of the month. The next tour is set for Dec. 18. Call 655-4227 or 438-4499.



Roberta Yamamoto | Loakahi Academy, Castle High School

Trusty teamwork

SCHOFIELD BARRACKS — Freshmen students from Castle High School's Lokahi Academy in Kaneohe, test team and leadership skills at the Leadership Reaction Course, here, Nov. 23. Soldiers from the 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, helped facilitate the event. The Lokahi Academy is a transition program that helps provide high school students with skills and educational support to graduate high school.

6 / Monday

Hula Classes – Learn hula at free classes sponsored by the Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii. Soldiers and families can participate in the classes, Mondays, at the Kalakaua Community Center, Schofield Barracks.

A beginners' class starts at 6 p.m., an advanced class at 7 p.m.

Classes feature the different types of hula and fundamentals of hula steps, movement and posture.

E-mail nhliaison@gmail.com or call 655-9694.

7 / Tuesday

Award Winning Reads – Children in grades 4-6 can read and discuss "Where the Mountain Meets the Moon" by Grace Lin, 6-6:45 p.m., Dec. 7, Sgt. Yano Library, Schofield Barracks. Call 655-8002.

Quilting/Sewing Class – Learn quilting at the Schofield Barracks Arts and Crafts Center, 6 p.m., Dec. 7.

Cost is \$25 for the first session and \$5 for each additional session. Call 655-4202 to register.

11 / Saturday

Discover Scuba – Experience scuba for free, 2-4 p.m., Dec. 11, Schofield Barracks. Class is held in a controlled pool environment. Call 655-0143.

Ongoing

NFL Pro Bowl Tickets – Pre-sale tickets are available for purchase at the Information, Ticketing and Reservation Office, Schofield Barracks.

Tickets are sold on a first-come, first-served basis and are limited to four tickets per person. Ticket purchasers must have a military ID card and be 18 years of age or older. Purchasers must be in line; stand-ins aren't allowed. Call 655-9971.

Study Strong (Tutor.com) – Tutor.com offers Army families free, online tutoring to kindergarten through college-prep students, 24/7. Tutoring services are available in all grade levels of math, science, English and social studies at no cost to Army families. A live tutor can aid students on the subject matter. Call 655-9818 or visit www.myarmyonesource.com/cyss_tutor.

onesource.com/cyss_tutor.

Picture Framing – Make that photo memory even more special with customized framing at the Schofield Barracks Arts and Crafts Center. One session is \$45 and includes instruction and materials. Framing is available, daily, from 9 a.m.-12 p.m. Call 655-4202 to register.

Free Exercise Classes – Soldiers and family members can sign up for free classes at the Schofield Barracks Health and Fitness Center. Classes include group cycling, cardio-kickboxing and yoga. Visit www.mwrrm.yhawaii.com or call 655-8007.

State Vehicle Safety Check – State safety checks are performed on a first come, first served basis at the Auto Skills Centers at Fort Shafter and Schofield Barracks. Appointments aren't necessary. Call 438-9402 or 655-9368.

Beginning Watercolor Painting – Learn color mixing and abstract techniques at the Schofield Barracks Arts and Crafts Center. Cost for four sessions is \$50 and includes all the supplies. Call 655-9042 to register.

Worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

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

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Tuesday & Thursday, 8:30 a.m. at AMR
•Saturday, 5 p.m. at TAMC and WAAF chapels
•Sunday services:
– 8:30 a.m. at AMR
– 10:30 a.m. at MPC Annex
– 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

•Sunday, 12 p.m. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex

Protestant Worship

•Sunday Services
– 9 a.m. at FD, FS, MPC and TAMC chapels
– 9 a.m. at WAAF chapel, Lutheran/Episcopalian
– 10 a.m. at HMR
– 10:30 a.m. at AMR



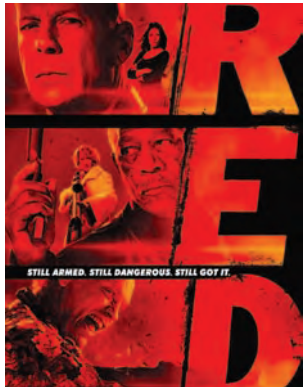
Call 624-2585 for movie listings or go to aaes.com under reeltime movie listing.

Jackass 3-D

(R)
Fri., Dec. 3, 7 p.m.
Thurs., Dec. 9, 7 p.m.

A Christmas Carol

(PG)
Sat., Dec. 4, 4 p.m.
Sun., Dec. 5, 2 p.m.



Red

(PG-13)
Sat., Dec. 4, 7 p.m.



Hereafter

(PG-13)
Wed., Dec. 8, 7 p.m.

No shows on Mondays or Tuesdays.

Holiday season events

Today

Tree Lighting Ceremonies – The Army in Hawaii will celebrate the start of the holiday season with tree lighting ceremonies. Activities include entertainment and light refreshments.

- Pililaau Army Recreation Center, 7 p.m., Dec. 3.
- Tripler Army Medical Center, 5:30 p.m., Dec. 6, Oceanside Entrance.
- Oahu North Community, 5:30 p.m., Dec. 7, Sills Field, Schofield Barracks.
- Oahu South Community, 5:30 p.m., Dec. 9, Palm Circle, Fort Shafter.

4 / Saturday

Holiday Fun Fest – Happens at 9 a.m., Dec. 4, at the community center, Aliamanu Military Reservation. This holiday celebration includes entertainment, food, prizes and snow. Blue Star Card holders can stop by the BSC booth, 10 a.m.-1 p.m., to make holiday ornaments or to personalize greeting cards for loved ones who are deployed. Call 833-0920/4932.

SKIES Holiday Show – Attend Schools of Knowledge, Inspiration, Exploration and Skills Unlimited dance and hula reviews and holiday play, 10:30 a.m.-1 p.m., Tropics Recreation Center, Schofield Barracks.

Honolulu City Lights Ceremony – The opening night of the 2010 "Honolulu City Lights" celebration event is set for 4 p.m., Dec. 4, at Honolulu Hale (City Hall). Each year the event draws thousands of people to the Civic Center grounds to kick-off the holiday season. Visit www.honolulucitylights.org.

5 / Sunday

Street Biker United Annual Toy Run – Ride with the Marines and a Honolulu Police Department solo bike detail escort, 9 a.m., Dec. 5, Ala Moana Beach Park. Bike clubs will cruise together down Kalakaua Avenue to Kapiolani Community College. At the end of the route, volunteers will take donations for Toys for Tots. This toy run typically draws more than 5,000 motorcyclists.

7 / Tuesday

Santa and Mrs. Claus – Goes from 3-4 p.m., Dec. 7, Aliamanu Military Reservation Library. Parents can bring cameras to take photos. Registration is not required. Call 839-2821.

Homemade Holiday Gift Boxes – Runs from 2-4 p.m., Dec. 8, for ages 12 and older, Sgt. Yano Library, Schofield Barracks. The library will provide all supplies. Preregister for this free event by calling 655-8002.

10 / Friday

Christmas Concert – The annual Toys for Tots' Na Mele o na Keiki (Music for the Children) concert starts at 7 p.m., Dec. 10, Neal S. Blaisdell Concert Hall. It features the Marine Forces Pacific Band; guest artists include Amy Hanai'ali'i Gilliom and Henry Kaponi. Also, Marines will be on hand to accept donations to Toys for Tots. Pick up free tickets at the Blaisdell box office; tickets are limited to four per person.

13 / Monday

Christmas Softball Tournament – Cheer on your favorite team, Dec. 13-17. Call 655-8056 for times and locations.

15 / Wednesday

"Polar Bear Express" – Elementary age children can enjoy "The Polar Express" activities, 3-3:45 p.m., Dec. 15, Sgt. Yano Library, Schofield Barracks. Registration isn't required. Call 655-8002.

17 / Friday

SKIES Holiday Show – Event features dancers from the Dec. 4 Holiday Fun Fest, at 6 p.m., Tropics Recreation Center, Schofield Barracks.

18 / Saturday

"Family Christmas Hymn Sing" – Event is hosted by Hawaii Officers' Christian Fellowship for the benefit of all ranks, 4:30-7:30 p.m., Dec. 18, Chapel

Holiday Parades
(For a complete listing, visit www.honolulu.gov)

Dec. 4, *Mililani Christmas Parade* – from 9-10 a.m., starting at Town Center of Mililani near Taco Bell, to Lanikuhana Avenue, to Meheula Parkway, to Kuahelani Street, to Moenamanu Street, to Kipapa Drive, to finish at Mililani Shopping Center near Jack in the Box. Call 722-4247 or e-mail samantha@pcfvirtual.com.

Dec. 4, *Kaneohe Christmas Parade* – from 9-11 a.m., starting at Windward Mall at Haiku Road, to Kamehameha Highway, to Kaneohe Bay Drive, to end at Castle High School. Bands include the Marine Corps Forces Pacific Band. Call 348-2749 or 262-3323, or e-mail kuuleir@aol.com.

Dec. 4, *Mayor's Annual Christmas Tree Lighting Ceremony/Parade* – from 6-11 p.m., starting at Aala Park, to King Street, to Kokohead on King Street, to end in closed off portion of King Street between Punchbowl and South Streets. Call 768-3499 or e-mail eoi@honolulu.gov.

Dec. 5, *Pearl City Shopping Center Christmas Parade* – from 4-5:30 p.m., Dec. 5, starting at Momilani Elementary School, to Hookiekie Street, to Hoomoana Street, to Hoolaulea Street, to end at Pearl City Shopping Center. Call 593-1533.

Dec. 10, *Haleiwa Christmas Parade* – from 6-8 p.m., Dec. 10, starting at Weed Circle, to Kamehameha Highway, through Haleiwa Town, to end at Haleiwa Beach Park. Call 637-4558, or e-mail NorthShoreCCC@aol.com or visit www.gonorthshorehawaii.com.

Dec. 11, *Aiea Community Association Christmas Parade* – from 8:30-10 a.m., starting at Pearlridge Elementary School parking lot, to Moanalua Road, to Kaamilo Street, to Ulune Street, to Halewiliko Street, to end at Aiea Sugar Mill Site. Call 429-1282 or e-mail clairet@hawaii.rr.com.

Dec. 11, *Waimanalo Christmas Parade* – from 10-11:30 a.m., starting at Waimanalo District Park, to Hihimanu Street, to Kumuhau Street, to Humuniki Street, to Kalaniana'ole Highway, ending at Waimanalo Beach Park. A Marine color guard and fire truck will be in the parade. Call 768-3888 or e-mail pteruya@honolulu.gov.

Dec. 18, *Ewa Beach/Lions Club Holiday Parade* – Begins at 10 a.m., starting by Ilima School parking lot at 91-884 Fort Weaver Rd.; proceeds on a two-mile course, clockwise, around the large block bounded by Fort Weaver Road, Kuhina Street, to Hanakahi Strett and North Road. Following the parade, a Christmas hoolaulea with food and craft vendors and entertainment will be open from 12-9 p.m., at Ewa Beach Community Park at 91-955 North Rd.

Center, 180 Kuntz Ave., Joint Base Pearl Harbor-Hickam. Includes a potluck supper; limited nursery available. RSVP by Dec. 15 at sing_dec18@yahoo.com.

19 / Sunday

Christmas Concert – "The Joyful

Sound of Christmas" runs 6-7 p.m., Dec. 19, Main Post Chapel, Schofield Barracks. Keiki will receive a special gift at the concert's conclusion. Call 655-0696.

SEE HOLIDAY EVENTS, A-4

SCHOOL LIAISON OFFICE
News Release

Since 2001, the Army has received \$1,794,416 to buy materials and supplies for long-term and short-term projects at the partnered schools. Funds are used for campus beautification and safety, mentoring and tutoring programs, library materials.

Call the School Liaison Office at 655-9818 for questions about the Joint Venture Education Forum or the Army School Partnership Program.

This school year alone, 147 public schools throughout Hawaii are receiving \$275,000 from the JVEF.



TRIWEST HEALTHCARE ALLIANCE
News Release

Visit www.cdforthetroops.com information about the music and the artists.

Ondrasik previously released CD music compilations titled “For the Troops” in 2007 and 2008, and a comedy version in 2009. To date, more than one million tracks featured on the CDs have been down-



News Release

"Myfuture.com helps inform young adults who might not normally consider service about the benefits of a military career," he said. "By placing the military side by side with college and career opportunities, the website allows them to explore all possibilities and gain insight into each option. We also make the point that the three do not

•Tripler Army Medical Center		
Dec. 8	7 a.m., 12 p.m.	Immaculate Conception Mass (Catholic)
Dec. 24	5 p.m.	Vigil Mass (Catholic)
Dec. 24	7 p.m.	Christmas Eve Candlelight Service (Protestant)

•Helemano Military Reservation Chapel
Dec. 24 4 p.m. Christmas Caroling



Comprehensive Soldier Fitness now more accessible to families

J.D. LEIPOLD
Army News Service

WASHINGTON — Army family members can now use the Comprehensive Soldier Fitness global assessment tool and all its online self-improvement modules without having a sponsored Army Knowledge Online account.

While family members could participate in CSF for the past nine months, program participation required them to have AKO accounts; the accounts needed to be sponsored by a military member, which was cumbersome, according to the program’s director, Brig. Gen. Rhonda Cornum.

She said that’s all changed now.
“We went through a lot of development and discussion, and tried to loosen up the rules for

AKO use, but that was not possible,” Cornum said. “Family members can now get their own, unique ID, user name and password directly with the Soldier Fitness Tracker. So all they need to do is give their social security numbers once, because we now verify through the Defense Enrollment Eligibility System.”

Since all Army family members must participate in the DEERS, the database includes more than 23 million records pertaining to active duty and reserve component troops and their family members.

With the original AKO-sponsored accounts, access was a problem because it required users to get re-sponsored every 120 days, at the expiration of an AKO password, explained Cornum.

“You have to think up a new, unique, painful



The Comprehensive Soldier Fitness Global Assessment Tool is available at www.army.mil/csf/.

password and, as you can imagine, people were not very excited about that because it could take you 15 minutes to complete the CSF global as-

essment tool, but two days to get an account. It just wasn’t very user-friendly,” Cornum said.

Family members are encouraged to participate in the CSF program because family is often a large part of the solution to building and enhancing the other four dimensions of strength: the physical, emotional, social and spiritual, she said.

The family version of the Global Assessment Tool is similar to the Soldier GAT, Cornum said, but added that it obviously doesn’t ask questions that aren’t relevant to family members, such as the perceived readiness of the Soldier’s unit. Instead, it poses questions related to the readiness of the family in facing an upcoming deployment, such as “Do you think your family is ready for the potential of your Soldier’s deployment?”

Holiday Events

CONTINUED FROM B-2

Ongoing

Holiday Card Lane — View entries traveling down Krukowski Road, Tripler Army Medical Center, through Dec. 31; Chapel Field, across from Richardson Theatre, Fort Shafter, through Jan. 3; and Macomb Road, Schofield Barracks, through Jan. 7.

Christmas Ornaments — Make a different decoration each Wednesday, 6-8 p.m., Dec. 8 and 15. Parents can bring children 8 years old and older. Cost is \$12 for one ornament. Call 655-4202.

Commissary Gift Vouchers — Gift vouchers can be purchased to help military families in need enjoy heartier holiday meals or to just give the gift of groceries to single Soldiers in the barracks. Gift vouchers are available in \$25 denominations. Anyone, civilian or military, can purchase them, but only authorized shoppers can redeem them.

Vouchers are available at commissary customer service areas, cash offices and from cashiers at full-service checkout. E-mail kevin.robinson@deca.mil, call (804) 734-8000, ext. 4-8773, or contact your local commissary office.

Holiday Home Decorating Contest — Enter the Island Palm Communities Holiday Home Decorating Contest by uploading a photo of your home to Facebook. Judges will choose their top five picks; Facebook fans will make the final decision. Votes can be cast Dec. 13-19. The contest is open to all Island Palm Communities residents. Visit www.facebook.com/islandpalmcommunities.

The Nutcracker — Students from the Hawaii State Ballet Company will perform the perennial Christmas favorite, “The Nutcracker,” at the Mamiya Theatre at 3140 Waiialae Ave. Performances are Dec. 10-12 and Dec. 17-19. Visit www.hawaiistateballet.com/tickets or call 550-8457.

Salvation Army Angel Tree — Pearlridge shoppers can choose an angel from a Salvation Army Angel Tree and grant the wish of a needy child or a senior citizen. The Angel Tree is located Uptown, first level, between Island Legacy and Starbucks, through Dec. 19, during center hours.

Pearlridge Express — Keiki under 48 inches can ride the Pearlridge Express, Hawaii’s only scale-model, fully-functioning train, at Pearlridge Uptown Center Court through Jan. 2. Tickets are \$3 per child. Visit www.pearlridgeonline.com.



A Soldier teaches a JROTC cadet how to render first aid, one of the events at the Kahuku High School’s “Day in the Sun” at Hukilau Beach in Laie, Nov. 23. Cadets and physical education students teamed up with Soldiers from the Army National Guard and 25th Trans. Co., 524th CSSB, 45th Sust. Bde., 8th TSC, as part of the Army School Partnership Program.

JROTC cadets get ‘Day in the Sun’

Story and Photos by
LT. COL. TIM SCHILLER
Contributing Writer

LAIE — JROTC cadets and physical education students from Kahuku High School learned Soldier skills during a “Day in the Sun” at Hukilau Beach Park, here, Nov. 23.

Under the Army School Partnership Program, Soldiers from the 25th Transportation Company, 524th Combat Sustainment Support Battalion, 45th Sustainment Brigade, 8th Theater Sustainment Command, and the Hawaii Army National Guard, partnered with Kahuku High.

Soldiers taught the cadets and students first aid, land navigation and how to carry casualties. Students also fished in a nearby pond and played volleyball.

The day ended with “meals, ready to eat,” or MREs, delivered by the 196th Infantry Bde., U.S. Army-Pacific.

Throughout the years and as a result of this partnership between the Army and the students, many strong bonds have emerged.

The school is very appreciative of the time and energy provided by Soldiers in Hawaii.

(Editor’s Note: Schiller is the senior Army instructor at Kahuku High School.)



Physical education students and JROTC cadets from Kahuku High School evacuate a simulated casualty.

Officers defeated in 18th MEDCOM’s Turkey Bowl



Col. Erin Edgar, commander, 18th MEDCOM, prepares to launch a pass during the unit’s Turkey Bowl, Nov. 24, an annual game played the day before Thanksgiving, pitting officers against enlisted personnel.

Story and Photos by
SGT. 1ST CLASS RODNEY JACKSON
18th Medical Deployment Support Command Public Affairs

FORT SHAFTER — The 18th Medical Deployment Support Command ground out a nonstop, 60-minute game of E-Ball where unit officers battled the enlisted Soldiers in the “Turkey Bowl,” here, Nov. 24. The enlisted Soldiers reclaimed the trophy in a close game that came down to the last play of the game.

E-Ball is similar to flag football. “The Turkey Bowl is great for esprit de corps and team building for the unit, and cardio endurance is always good for physical fitness and combat readiness,” said Command Sgt. Maj. Carl Dwyer, 18th MEDCOM. When asked if the officers will win next year, Dwyer replied, “If, and only if, all enlisted Soldiers in the 18th receive direct commissions.” Game tradition has the commander playing with the enlisted team or the command sergeant major playing with the officers. This year, Dwyer played with the officers. “Next year, the officers will beat the enlisted (Soldiers),” said Maj. Francisco Romero, chief of communications. “We will not have to play with a handicap.” “Sports help to bring out the true measure of an individual,” said Capt. Timothy Godbey, theater patient movement officer.



Sgt. Taysia Jackson, paralegal, 18th MEDCOM, accepts this year’s unit Turkey Bowl trophy.

“I enjoy competing against individuals I work with.” Sgt. Taysia Jackson, paralegal, accepted the trophy for the enlisted Soldiers. “I think that the game brought all of us together as one unit,” Jackson said. “We got to not only have fun, but to play a game that we don’t often play and show skills that are not captured in the things that we do day to day.” This is the unit’s second Turkey Bowl. The unit plans to hold the traditional game annually, the day before Thanksgiving.



Rebecca and Bob: Bob went from a size 36 to 32; Rebecca went from a size 22 to 16.



Katy and Keith: Katy lost 65 pounds, going down from 200 to 135 pounds.

Fitness Facts

Motivation is key to fitness, weight loss

KRISTY OSBORN
Health and Fitness Center

SCHOFIELD BARRACKS — This time of year can be difficult because of the holidays, which revolve around foods and drinks. It’s easy to rack up 4,000 calories a day and end up doing little or no exercise during the holiday season. Some local, personal stories may help motivate you to conquer the holidays with little or no weight gain.

Frieda and Adam. Frieda first came to the Schofield Barracks Health and Fitness Center from the “Light and Lean” program at Tripler Army Medical Center. She quickly started to lose weight. She gained self-confidence and motivated her husband, Adam, to start working out as well. They have both lost significant weight and have made a commitment to ensure their lifestyles are much more active. Together, the pair has lost more than 75 pounds.



Osborn

Katy and Keith. When Keith had left for a tour in Iraq, Katy realized that her weight had become a huge issue in her life. She was the heaviest that she had ever been, and her husband was the complete opposite. Keith was in great shape. Keith used his knowledge and experience to help guide Katy in the right direction; he was supportive of her workouts and would check in to ensure she was staying on track. When he came home for rest and recuperation, Katy had already lost 50 pounds. Katy was so dedicated to her workouts that she and Keith did a Health and Fitness Center couple’s workout session while he was home on R and R. Keith loved the workout and was stunned by Katy’s progress. He knew that six months earlier, she would never have completed that workout. Even after Keith had left to finish his tour, Katy has dropped a total of 65 pounds.

Rebecca and Bob. Rebecca started training about a year ago when her husband, Bob, deployed. Rebecca was extremely dedicated to her workouts and her nutrition. She started losing weight and drastically improved her workout stamina. Bob was so inspired by her efforts that he started eating better and working out more while he was in Iraq. When Bob redeployed, the couple discovered they had lost close to 50 pounds together. In fact, the day after Bob redeployed, Rebecca brought him to the Health and Fitness Center couple’s session. Bob has a true love for running now, and he is very good at it. Rebecca has completed numerous 5Ks and has been improving her time each race. Bob and Rebecca are a true example of personal motivation. First, they motivated each other from overseas, and now they continue to motivate each other here at home, during their training sessions, during their running races and in life.



Frieda and Adam: Frieda: dropped from a size 22 to a 12, Adam dropped from a size 44 to 35. They lost 75 pounds together.



After