

# HAWAII ARMY WEEKLY

Vol. 34 No. 2

Serving the U.S. Army community in Hawaii

January 14, 2005

## What's Inside



### Thunder Freedom

CTF Thunder launches winter offensive.

A-4

### OBGYN and Pediatric Clinic Open House

Take a 10-minute tour of the clinic this Tuesday, 8 - 10 a.m.; Jan. 20, 2 - 4 p.m.; and Jan. 22, 11 a.m. - 2 p.m. on Schofield Barracks, next to the TMC in building 680. Military ID card holders are invited to attend. Contact Lt. Col. Patricia A. Wilhelm at 433-8174 for more information. The grand opening ceremony will be held Feb. 1 at 1 p.m.



### Wolfhound Patrol

Soldiers plow through snow to provide humanitarian aid.

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### Great Aloha Run Sign Up at the PX

Entries will be accepted at the Schofield Barracks Post Exchange on Monday, Jan. 31 from 10 a.m. - 2 p.m. This collection of entries will allow Soldiers and military community to enter at the regular rate of \$20, instead of at the late registration fee of \$30.



### Extreme Racing

Athletes run, rappel and bike across rugged terrain.

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## Garrison wins D.A. award

By Spc. Daniel P. Kelly  
Staff Writer

U.S. Army Garrison, Hawaii's Cultural Resources Management department is setting the standard for the Army in its field.

The CRM was recognized for its leading achievement, and awarded the 2004 Secretary of the Army Environmental Award for Cultural Resources Management, Installation Award Category Jan. 6.

Dr. Laurie Lucking is the manager for CRM here, and said the work of her department serves as an integral part in sustaining U.S. and Army history.

"We deal with every historical building and every archeological site on all land controlled by the Army in Hawaii," Lucking said.

Lucking's team is composed of 10 archeologists whose main purpose is to document, maintain and preserve all environmental



Carly Antone and Alton Exzabe excavate an archaeological site at Makua. Antone and Exzabe are Cultural Resource Management contractors.

and architectural culture on archaeological sites on Army land in Hawaii. They 108,000 acres of training lands on two islands, 795 historic buildings and structures within three National Historic Landmark

Districts and two Historic Districts.

Lucking said the Army's history in Hawaii helps give Soldiers and family members a sense of place, and pride for their Hawaii-Army legacy.

"Our history here is the [backbone for] history of the Army in the Pacific," Lucking said.

One example of how Army history can be seen is by National Historic Landmarks controlled by Lucking's CRM team; one being the Wheeler Army Airfield landing strip.

"A National Historic Landmark is something so important to the Nation's history, that the history of this country can not be told [completely] without its presence," Lucking added.

"When we bring people here [to Wheeler] they can say, 'This is where Dec. 7, 1941 occurred,' ... you can picture the event in your

See "D.A. award" Page A-4

## Kerry discusses Iraqi elections with leaders

By Sgt. Sean Kimmons  
25th ID (L) Public Affairs

KIRKUK, Iraq - Two months after the U.S. Presidential elections, former Presidential Candidate Sen. John Kerry flew by helicopter into the U.S. State Department compound here to visit Army, U.S. State Department and provincial Iraqi leaders on Jan. 6.

The reason for Kerry's visit was for him to gain a better understanding of the political and security issues in the Kirkuk Province as part of Iraq's first democratic elections slated for Jan. 30.

There were two meetings during his short visit. The



Sgt. Sean Kimmons

Col. Lloyd Miles (right), 2nd BCT commander, points to a map while speaking about his area of operations to Sen. John Kerry (middle) during Kerry's visit to Kirkuk on Jan. 6. Kerry wanted to discuss security and political issues concerning the upcoming Iraqi elections with Army and Iraqi leaders in the Kirkuk area.

first meeting, he discussed security and political issues with Brig. Gen. John W. Morgan III, 1st Infantry Division's assistant commander; Brig. Gen. Alan Gayhart, 116th Brigade Combat Team commander; Col. Lloyd Miles, 2nd Brigade Combat Team commander; and Peter Thompson, U.S. State Department Regional Director in Kirkuk.

The senator's second meeting was with local Iraqi leaders representing the various ethnic and religious groups of the Kirkuk Province. The principal subject of both discussions was the upcoming Iraqi national and provincial elections.

Even though Multinational Forces will not be directly involved in Iraq's election process, Army units will work jointly with the Iraqi Security Forces in protecting Iraqis from terrorists and insurgents as they go to cast their ballots.

Due to a potential election boycott by certain political parties from both the Kurdish and Sunni Arab groups, Kerry spent the second meeting talking to their representatives and other Iraqi politicians from the Kirkuk area about the effects of sitting out on these elections.

Certain Kurdish and

See "Election" Page A-4

## Housing, meal allowances increase this month

By Eric W Cramer  
Army News Service

WASHINGTON - Soldiers will see an increase in their basic allowance for housing, designed to reduce or eliminate their out-of-pocket housing costs, with their first January paychecks.

The meal allowance for Soldiers is also set to increase.

Col. Gerald Barrett, chief of the Compensation and Entitlement Division in the Department of the Army's G-1, said the increases have already been "loaded" in to the Defense Finance and Accounting System.

"The goal was to achieve average zero out-of-pocket by '05," Barrett said, "and we've been able to do that."

Lt. Col. Rick Tillotson, a compensation analyst in Barrett's division, said the allowance is based on local median housing costs.

"Say we've surveyed the area and found that, for a warrant officer 3, who is entitled to a three-bedroom house, the housing costs near a given installation average \$1,000 a month. If he rents a house for \$950, he will still get \$1,000. If the house he chooses to rent costs \$1,200, he'll have to pay \$200 out of his own pocket," Tillotson said.

Tillotson said the rates don't decrease as the former Variable Housing Allowance once did.

"It used to be, a Soldier living off post would be authorized, say, \$1,000 a month, and then find a place for \$950," Tillotson said. "Then, when the next survey came around they'd turn that data in and the VHA would reduce to that lower amount. It gradually decreased the housing allowance. It was a 'death spiral' that led Soldiers toward substandard housing."

Barrett said the median housing estimates are done by installations in conjunction with Runzheimer International, an international management consulting firm that works with

installations to establish median values each year. Rates are then calculated for each pay grade.

Data are collected annually for about 400 Military Housing Areas in the United States. "The individual commands participate in the process; for example, they can exclude an area from the cost survey because it is a bad neighborhood," said Deborah Holman, Barrett's deputy. "The local command can then be sure that the median isn't based on sub-standard housing."

Components included in the computation are: median rent in the market; average utilities including electricity, heat and water and sewer; and average renter's insurance.

On average, the housing allowance will increase by 8 percent in 2005, to cover a 4.5 percent increase in housing costs nationwide. An E-8 with dependents will receive about \$60 more; E-4 with dependents will have about \$47 more. Again, officials said that's an average increase and doesn't necessarily reflect what every individual Soldier may see.

An important part of the untaxed benefit is that it provides individual rate protection to all service members, officials said. No matter what happens to housing costs, an individual member will not see a rate decrease. This protects service members who have long-term leases or contracts if housing costs in their areas decrease.

"The BAH program is a very fair and effective program to allow Soldiers to live in the area to which they are assigned," Barrett said.

Holman said the BAS program has been through several changes over the years. In January, the rate increased by 5 percent to monthly rates of \$267.18 for enlisted members and \$183.99 for officers.

"It's been through several changes," she said. "Currently, increases are based on food prices determined by the U.S. Department of Agriculture."

## Army supporting Tsunami relief effort

Army News Service Release

WASHINGTON - An Army transportation team with staff from Hawaii, Korea and Japan is overseeing all operations at the Port of Laem Chabang, Thailand, as six ships from the Maritime Propositioning Ship



Travis Edwards

Pfc. Guillermo Rosa, loads deployment gear into a vehicle Jan. 6 at Fort Lee, Va. Rosa and thirty other members of the 54th Quartermaster Company, 49th Quartermaster Group, the only active duty mortuary affairs unit in the Army, are preparing to deploy to support the Tsunami relief efforts in south Asia.

Squadron Three begin delivery of relief supplies.

The ships carry enough equipment and supplies to support 15,000 Marines for 30 days, according to the Military Sealift Command. In addition to expeditionary Marine Corps combat equipment; the ships carry food, fuel, medical supplies, construction and road building equipment, electrical power generating equipment, airfield matting and a Navy field hospital.

The 599th Deployment and Distribution Support Team is made up of civilians and service members from Headquarters 599th, Hawaii; 595th (Provisional), Southwest Asia; and subordinate units from the 835th Transportation Battalion, Okinawa, Japan; 836th Transportation Battalion, Yokohama, Japan; and, 837th Transportation Battalion, Pusan, Korea, are joining together to form the 599th Deployment and Distribution Support Team.

The 599th DDST will serve as the U.S. Pacific Command's single port manager in current humanitarian aid efforts for the region.

According to Lt. Col. Drefus Lane, 599th DDST and 836th Trans. Battalion commander, the joining of forces is a true testament to the abilities of SDDC.

See "Tsunami" Page A-4

The Hawaii Army Weekly welcomes letters and commentaries from readers. To submit call the editor at 655-4816 or e-mail editor@hawaiiarmyweekly.com.

The deadline for articles is the Friday prior to the week of publication. Send all articles in Microsoft Word or text format.

# OPINION & COMMENTARY

## Granny says:

### Commentary

**Margaret Mays**  
Tennessee Granny

Everyday is Thanksgiving and I'm not talking turkey. For many years now, we have taken family, love and freedom for granted. Then came 9/11.

That event awakened our feelings of love for our fellow man and country. Every Soldier, Sailor, Airman and Marine is some mother's son who, as a child, walked on her toes.

Now they are not only making footprints in the sand; they are marching across our hearts. War brings special love and understanding to the surface that has appeared dormant even though it's genuine.

We all are making plans to prove our love once this war is won.

I am 81-years-old and went through the horror of WW II. I qualify to feel the pain of mothers, wives, parents and sweethearts.

During that war, I learned the true definition of patriotism. There was no question or quarrel as to what must be done. Everyone became a loyalist to winning at all cost.

Pearl Harbor was bombed Dec. 7, 1941 and my husband volunteered and left for service in January 1942. I'm proud to be an American from Tennessee, the "Volunteer State."

Very few women worked outside of the home. Their job was to keep house and raise a prince or a princess.

It was at this time Rosie the Riveter came into the picture. There was no allotment for wives. Children had to be fed and our military needed supplies.

The old men canvassed the countryside gathering scrap metal to throw at the enemy. Soldier's pay was frugal. My husband sometimes had no money for stamps to write.

I didn't have a stamp to send him a letter. Times were

rough but, we didn't give up or give in. America was united. Food, shoes, appliances and everything else our military needed was rationed.

I never heard one complaint. We were willing to sacrifice for them.

We had no up-to-the minute news. A radio and newspaper was our only source of information. TV and email were unheard of. Everybody wasn't walking around with a telephone either.

There was only one telephone in my entire neighborhood.

We will win the war on terror. America should unite and invite God back into our country. A good start would be ... put Christ back in Christmas!

Read (in the Bible) 2 Chronicles 7:14. "If my people who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from Heaven and will forgive their sin and will heal their land".

I acquired the address of a Soldier in Afghanistan through a friend. If anyone who reads this isn't corresponding with a service member, will you please?

The best gift of all is prayer. The telephone to glory is available all the time. God answers prayers.

As we enter into this New Year let us be thankful for our men and woman who are giving their all for the cause of making the whole world a better and safer place to live.

When I count my blessings my first thought is our military. They voluntarily lay their life on the line to create a better life for us and people on foreign soil. Pray for them and the people whose life is a struggle in a war torn land.

The sun never goes down; it goes around. It will eventually shine on everyone who has the patience to wait.

Be patient and remember two small steps would take us to the bottom of this chasm; that is why we have chosen a giant step toward freedom.

We will win!

### Commentary

**1st Sgt. Robert Jennings**  
Co. A, 1st Bn, 21st Inf.

For the second straight week in Iraq, it has continued to stay fairly quiet in Iraq. You can still hear the nightly gunfire ringing across the city, but overall it's been calm, kind of scary quiet. We still believe the enemy is lying low until later in the month.

As we go through the month of January, new units are arriving in the area. The units will reinforce the current units and then assume the area after the elections. The unit scheduled to relieve us was relocated to the central part of the country.

This week we were also able to break ground at two schools we have been targeting for repair. The work started on Monday and should be complete by the middle of February.

Jan. 3, 6:40 p.m. - A rocket is heard impacting to the south of the patrol base. Reports across the radio inform us that a rocket landed in a field just outside the airbase.

Jan. 3, 8:16 p.m. - An explosion and a rocket just zipped through the air over the patrol base. About 20 seconds late an explosion was heard from the direction of the airfield. Two soldiers from the incoming unit were slightly injured.

Jan. 4, 9:35 a.m. - An international security company we work closely with reports that two men were trying to launch a rocket at the airfield when it exploded still on the ground. The security company notified us that one guy was killed and the other was taken to the hospital.

This is the news we like to hear. It is so much easier to catch or kill the enemy when he's doing it to himself. The police were notified and are standing guard on the one that survived.

Dec. 6, 8:20 p.m. - A joint patrol consisting on Iraqi National Guard and coalition troops discovered a roadside bomb consisting of a 152mm artillery round. The Iraqi bomb squad was called and the bomb was defused.

The best part about this event is that the ING were walking point and discovered the bomb. Talking with personnel that were on the ground, they went into a security battle drill without being told or guided. This is proof that the training our Soldiers are conducting with these Iraqi Soldiers is paying off threefold.

## A Soldier's story - on patrol



Sgt. Sean Kimmons

**1st Sgt. Robert Jennings, Co. A, 1-21st Inf. stops during a patrol to say hello to an Iraqi girl.**

As we move deeper into the month of January, you can feel the tension in the air. We have been here just short of a year, patrolling the same streets, seeing the same problems. Soldier focus is priority at this stage.

The leaders of Alpha Company are getting the Soldiers focused on the task at hand and the problems we will face over the next three weeks. These young men are battle hardened and ready to except any challenges proposed to them.

This week meet Spc. Stephen Koziol from Lisbon, Conn. He is a M249 SAW Gunner in 2nd Squad, 1st Platoon and has been in the Army for two years.

Koziol said that when he found out he was deploying to Iraq, he felt a lot of uncertainty.

He explained, "We really didn't know the mood of the people, what accommodations we would have, or how active the enemy was in our area."

Koziol went on to say, "when we got here I was surprised at how good the accommodations were. We took over security at the government building for the first month then went into the patrol schedule."

He added, "now that I've been here a while, it's really nice to see the improvements we've made. Working with the schools, and helping the

underprivileged areas, makes you realize not to take even the smallest things for granted.

I don't think people realize the dangers we face everyday. When you leave the walls of the patrol base, there are a lot of people that just want to kill an American.

When you're out on a patrol, you have got to be ready for anything. You can't trust anyone, and you always have to be suspicious."

I asked Koziol to tell me the most memorable thing that's happened to him here. He said, "We were woken up in the middle of the night to conduct a raid across town."

"Twenty minutes after waking up we were meeting with the informant and intelligence. We had no rehearsal time, no map, just a guy in a ski mask in the lead vehicle."

He finished by saying, "When that gate was ripped off, I was the second guy in the house. I don't remember too much of what happened, just that it was fast."

Koziol finished his interview by saying hello to his wife Tina and daughter Kaitlyn at Schofield Barracks.

"Don't worry about me. I'm doing fine, and I hope to be home soon. I love you both."

God Bless and Aloha.

## Voices of Lightning

### Why is Dr. Martin Luther King's legacy important?



"He has a very important place in our history for all that he did and he was a great civil rights leader."

**Fabiola Hurtado de Mendoza**  
Family Member



"He's the reason we all get to work together, regardless of our race or nationality."

**Michelle Acree**  
Family Member



"He spoke up. He was a leader who wasn't afraid to stand up for his rights and the rights of others."

**Joy Vertido**  
AAFES Employee



"Because he stood up for what he believed in. No matter what his skin color, he stood up for everyone's rights."

**Christina Behymer**  
Family Member



"I think it is important because he made people realize that we are all created equal. He stood up for what he believed in."

**Hayes Marumoto**  
Enterprise Rent-a-Car Associate



"He set the tone for our society. Set an example for all of us to follow. He made a big impact on society and if he were still alive, would still be making an impact."

**Spc. Darnell James**  
Chaplin Assistant  
ITC, 25th Inf. Div. (L)

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# Briefs

**Fort Shafter to Host Martin Luther King Prayer Breakfast** – Friday, Jan. 21 from 7 – 9 a.m. at the Hale Ikena. The theme for the event is “Real Freedom.” Keynote speaker is Col. Johnnie S. Tillman, deputy commander for readiness at Tripler Army Medical Center and deputy commander for Pacific Regional Medical Command. Tillman is a doctor, leader, trainer and teacher. Contact your battalion and company level NCOs for free tickets or call Chaplain Tom Russell at 438-2546 or 836-4599.

**Blood Drive** – A blood drive for Lisa-Ann Burnett who, for the past 17 years, has been suffering from Lupus will be held at the following locations: Blood Bank of Hawaii, 2043 Dillingham Blvd., Honolulu, Hawaii 96819; 845-9966 and at 126 Queen St., Honolulu, Hawaii 96813; 845-9966. Burnett is a military spouse and active member of the military community who will use the donated blood during a kidney transplant. Burnett can accept blood types: A+, A-, O+ and O-. Donations can be made in Burnett's name. Contact Pamela Mitchell at 383-1390 for more information. To set up an appointment at the Dillingham Blood Donor Center contact Heather Gorsuch at 456-2581.

**Rescheduled Power Outage** – The Directorate of Public Works scheduled a 8-hour long, power outage for Saturday, Jan. 22, 7:30 a.m. - 4 p.m. It will affect family housing units: 3400, 3500, 3600, 3700, 3800, and 3900 block quarters on Schofield Barracks. Commercial facilities affected: Old Commissary 3320, Bank 3321, and Popeyes Chicken. This same outage was previously scheduled for Nov. 27. The purpose of the outage is to accommodate tree trimming activities and electrical maintenance. This will minimize unscheduled electrical outages. Call Purdy Keohokapu at 864-1083 for more information.

**Free Body Fat Analysis** – Tripler Army Medical Center's Community Health Nursing will conduct free body fat analysis, body mass index calculation, and blood pressure screening at the Pearl Harbor Navy Exchange, Wednesday, Jan. 19, 11 a.m. to 2 p.m. The health screening is held as part of National Healthy Weight Week and is open to the public. For more information, call Sgt. Danyelle Smith, 433-1617, or Norma Suarez, 433-1462.

**Jumpstart to Fitness Program** – Jumpstart the New Year with a new program offered at Tripler Army Medical Center. Jumpstart to Fitness is a 12-week research study health and fitness program. The program offers classes in basic nutrition, fitness, power walking, jogging, and running at no cost to the participant. This program is tailored for spouses of active duty military members who do not smoke, are not pregnant, diabetic or on a beta blocker medication. Also spouses will need to obtain medical clearance from their primary care provider, and must be able to

attend two daytime classes each month and participate in a daily fitness program. Sign up at the Health Promotion Center at Tripler, D Wing, room 222. The last day for registration is Jan. 26. Exercises will take place at the Tripler gym and track. For more information call Norma Suarez at the Health Promotion Center at 433-6834 or 433-1462.

**Deployment Town Hall Agenda** – Deployment Town Hall is scheduled for Jan. 18, 6:30 p.m. at Sgt. Smith Theater, Schofield Barracks. The agenda will include: an operations update and picture slideshow featuring Soldiers downrange. RCI will discuss the construction schedule of new homes and a demolition of the older homes. Department of Public Works will give an overview of the schedule of post improvements for the New PX, Popeyes, Burger King, parking at the PX Aviation Brigade Headquarters, Clothing and Sales and more. Army Community Services will offer an update on Tropic Lightning Academy and Directorate of Community Activities will reveal the community calendar and upcoming events. Finance will go over the new BAH rates for FY 05 and Brig. Gen. Jacoby will highlight the progress being made in Afghanistan. A question and answer session and door prizes will also be offered.

An opportunity to ask Actus Lend Lease questions will also be available.

**Wheeler Town Hall Meeting** – Wheeler Middle School will host two community meetings Thursday, Jan. 20 at 9 a.m. in the school library and 6 p.m. in the cafeteria. The purpose is to inform the military community about the School Community Council and for everyone to get involved with school matters and concerns.

**Martin Luther King Prayer Luncheon** – A guest speaker, entertainment, displays and food sampling will be available Jan. 21 from 11:30 a.m. to 1 p.m. for all Americans to "Remember! Celebrate! Act! A Day On, Not a Day Off to celebrate the birth, the life and the dream of Dr. Martin Luther King, Jr. at the 9th Regional Readiness Command (RRC), building 1554, Fort Shafter Flats. Make reservations by calling Sonja Rice at 438-6834 or email rices@shafter.army.mil.

**Introductory Risk Communication Workshop** – U.S. Army Center for Health Promotion and Preventive Medicine presents a workshop Feb. 8 - 10 from 8 to 4 p.m. at the Doubletree Alana Hotel Waikiki, 1956 Ala Moana Blvd. in Honolulu. Workshop is available to all defense agencies, uniformed services, and veteran services personnel that include: military, civilian, and Department of Defense contractor working on a DoD contract.

Our workshops benefit personnel who interact and communicate with internal and external stakeholders in challenging situations related to health, environmental, safety, deployment, homeland security, encroachment and sustainability. There is no registra-

## Street SMART Program

Youth from the Boys and Girls Clubs on U.S. Army Hawaii installations have recently completed the “Gang Prevention and Awareness” component of the Street SMART program. Street SMART is a gang and violence prevention program for youth ages 11-13.

The program was created by Boys and Girls Clubs of America and is sponsored by The Allstate Foundation. The curriculum was designed to educate pre-adolescents about the destructive lifestyle of gangs, managing conflict and helping youth develop resistance skills. The conflict resolution component of the Street SMART curriculum begins in February at the four Middle School and Teen Centers at Aliamanu Military Reservation, Fort Shafter, Helemano Military Reservation, and Schofield Barracks.

The Boys and Girls Club has played an integral role in Army Child and Youth Services, Hawaii by providing daily programs and services to emphasize character and leadership development, education and career enhancement, health and life skills, the arts, and sports, fitness and recreation.

To register with CYS, call the nearest Resource and Referral office at 655-5314, Schofield Barracks, or 833-5393, AMR. For more information about future Street SMART classes call Rita C. Hall at 836-2106.

tion fee to attend; individuals are responsible for all travel costs. No food or beverages are provided. This workshop will help anticipate, analyze, and address issues that could affect missions.

This workshop applies the use of lectures with interactive discussions, individual work, group work, use of numerous videos to demonstrate points, and exercises including what to take back to work from the workshop. The training includes how to develop a risk communication strategy and plan for any issue for both internal and external stakeholders. This workshop also provides tools on how to respond to different emotional levels; handle agendas such as personal, economic, political, social, cultural and historical; change risk perception in stakeholders; deliver “bad news;” and deal with various types of activists.

A hands-on exercise on handling difficult questions in challenging situations is also included. Parking is \$12 per day. For reservations call 941-7275 or (800) 228-8733. Register online at <http://chppm-www.apgea.army.mil/risk>, click “Training,” and then scroll to “Introductory and Advanced Health Risk Communication Workshops.”

**The Hui O' Na Wahine Monthly Luncheon** – The Schofield Barracks Hui will hold its monthly luncheon on Thursday, Jan. 20, at the Nehelani. This month's program will be educational. Guest speaker, Nancy Weyland-Hart, will speak about Whales Tales. Join us as we learn more about whales and the opportunity to whale watch on the islands. Doors will open at 10:30 a.m. for shopping and lunch is at 11 a.m. The cost for lunch is \$12. If you are interested in becoming a vendor, call Amy Snyder at 624-4989. For reservations call Judi Rossi at 778-3704. Limited on site child care will be provided. Call central registration at 655-3929 or 655-5314 to make a reservation.

**Hickam GSA Customer Supply Center Closure** – Will be closed for inventory Jan. 31 – Feb. 4 and will reopen on Feb. 7. The GSA store located on Schofield Barracks will be open during this time. For more informa-

tion contact Teresa DeMello at 448-8937.

**Adult and Infant CPR Class** – The American Red Cross Schofield Barracks Service Center is holding a class for Standard First Aid and Adult CPR Plus Child and Infant CPR. The classes are Jan. 24, 26, and 27, 5:30 - 9:30 p.m. The cost is \$39 and includes a CPR book. Call 655-4927 to register.

**Surf Competition** – Attention surf enthusiasts: If you know how to surf, are on active duty, and want to prove yourself and represent your unit, come compete for Army Hawaii in an inter-service Surf Meet, contact Peter Burke at the USAG-HI Sports Office at 655-9914 or [burkep@shafter.army.mil](mailto:burkep@shafter.army.mil). Surf Meet dates are Jan. 22 – 23 at Army Piliilau Recreation Center in Waianae. Burke surfs at the White

Plains Beach, Barber's Point every Saturday and Sunday and can meet anyone at 9:30 a.m. through January at the stage.

**Free Basic Skills Courses** – Classes are offered in reading and mathematics each quarter at the 9th Regional Readiness Command Army Reserve Center, located at Fort Shafter Flats. It is open to all military personnel, family members, civilians and others in the community who want an academic review before taking military tests, college placement exams or GT retest. The next courses are Feb. 24 and March 10. All class sessions are held on Tuesday and Thursday, from 5:30 to 9:30 p.m. Classes take place at building 1554 on Pass Street, Rooms 104 and 105, Fort Shafter. Call 438-1600 ext. 3293 or 3298 for details.

**Protestant Women of the Chapel Meetings** – PWOC welcomes all military spouses to their weekly Bible study and time of fellowship. Meetings are held each Tuesday morning at 9 a.m. in the sanctuary of the Schofield Barracks Main Post Chapel. Pre-arranged onsite child care is provided. A supervised homeschool room is also provided. For more information contact Effie at 624-8251. For child care contact Sonya at 455-4011.

**Smoking Cessation Course Now Available** – What happens when you quit taking in nicotine from smoking and chewing tobacco? – Within 30 minutes of quitting, the pulse slows down and blood pressure drops towards normal rates. Within eight hours, the level of carbon monoxide in the blood drops, enabling it to carry more oxygen. Within 48 hours, the nerve endings begin to recover

and sense of smell and taste begin to return. Within 72 hours, the bronchial tubes of the lungs expand and the lung volume increases.

Within a month, shortness of breath diminishes. Within a year, risk for a heart attack attributed to smoking declines. After two to three years, the risk of heart attack is virtually gone. After 10 years, the risk for developing cancer is about the same as for non-smokers. Don't let nicotine control you.

Course now available at Community Health Nursing in building 673 2nd floor, Schofield Barracks. Call 433-8675 for more information.

**Hui O' Wahine Scholarships Available** – The spouses' club serving Fort Shafter, Tripler Army Medical Center and Camp Smith, is offering three scholarships during 2005. Applications are available at the Fort Shafter Thrift Shop and Fort Shafter Library.

The following scholarships are available: one scholarship up to \$1,000 for a high school senior who is a child of a current club member, one scholarship up to \$1,000 for a high school senior who is a child of an Army (active duty, Reserve, Guard, or retired) service member living in Hawaii, and one continuing education scholarship up to \$1,000 for a current club member. The scholarships are for the 2005-2006 academic year.

Rules and applications can be picked up at the Fort Shafter Thrift Shop on Tuesdays and Fridays, from 9 a.m. to 1 p.m., and at the Fort Shafter Library.

Completed applications due Feb. 15. Contact Barbara Davis at 845-2036 or [barbavis@verizon.net](mailto:barbavis@verizon.net).

# Coalition begins winter offensive

By Staff Sgt. Bradley Rhen  
CTF Thunder Public Affairs

FORWARD OPERATING BASE SALERNO, Afghanistan – Taliban and al Qaeda holdouts operating in Regional Command East will not be getting a winter vacation this year.

In conjunction with Combined Joint Task Force-76's Operation Lightning Freedom, Combined Task Force Thunder recently launched Operation Thunder Freedom.

The operation is designed to capitalize on the success of the Oct. 9 Afghan presidential election and continue that success through parliamentary elections scheduled for the spring, said Maj. Duke Davis, operations officer for CTF Thunder.

Part of that entails hunting Taliban and al Qaeda militants through the Afghan winter, and sapping their strength ahead of the elections. Traditionally, fighters in Afghanistan lay low during the harsh winter months and come back out strong in the spring.

"It's not all about killing the bad guys," Davis said. "It's perhaps more so about how we get this country fully back on its feet and capable of managing itself."

Davis said the winter hibernation has been a trend for quite a while, if not eons in this country.

"I would expect that next spring, when the snow melts, that we will see an attempt to increase activity," he said.

"But it will be interesting to see how much better our police, how much better our Kandaks, how much more the people are in support of what we're trying to do, and how much they push away the enemy's ability to initiate actions."

Thunder Freedom will involve all the command's assets, including the Provincial Reconstruction Teams, Davis said.

Operation Lightning Freedom was initiated after the Dec. 7 inauguration of Afghan president Hamid Karzai, according to Maj. Mark McCann, a spokesman for Combined Forces Command-Afghanistan in Kabul. The operation is going on throughout the country, he said.

"It's designed basically to search out and destroy the remaining remnants of Taliban forces who traditionally we believe go to ground during the winter months," McCann told a news conference.

Major Gen. Eric Olson, commander of CJTF-76, told reporters last



Spc. Jerry T. Combes

**Soldiers from the 2nd Bn., 35th Inf. Rgt., look for suspected Taliban members, weapons and materials used to make improvised explosive devices that could be used against coalition forces. Similar raids will occur during CTF Thunder's winter offensive.**

month that the operation would include a redeployment to tighten security on the border with Pakistan and raids by Special Forces to snatch rebel leaders.

Olson, the top operational commander on the ground in Afghanistan, said Soldiers deployed in support of Operation Enduring Freedom shouldn't discount the resilience of the enemy, even during the winter.

"I don't think we should underestimate what's left of al Qaeda," he said. "The al Qaeda itself is still a viable organization. In some instances, they may be more dangerous because of their need to launch some kind of high visibility success which may cause some to revert to desperate acts."

The operation is also aimed at

persuading militants to take up an offer of amnesty from the coalition and the Afghan government.

Davis reiterated that Thunder Freedom is not just a "combat" operation, and it involves a wide array of assets, including reconstruction projects and security assistance programs.

"The election was successful. Thunder Freedom is an attempt to exploit the successes of the elections focused on the opportunities that present themselves to continue in assisting this new, democratically elected, government in any capacity necessary," Davis said.

"We believe that continuing that press throughout the winter will make the enemy that much less capable of an effective spring offensive."



Staff Sgt. Bradley Rhen

**Spc. Eric Rigsby, an M240B gunner in Co. C, 2nd Bn., 27th Inf. Rgt., uses the scope on his weapon to scan the distance for activity during a patrol in Khoday Nazar Kor, Afghanistan. Patrols like this will continue to occur throughout the region.**

## D.A. award

From A-1

mind when you see the field."

Lucking's team is also in charge of making estimates for repairing and maintaining historical buildings to include Sgt. Smith Theater on Schofield Barracks and numerous other historical-reconstruction projects.

The CRM also works with the Hawaiian community through Cultural Advisory Committees consisting of Native Hawaiians with lineal ties to Army

range areas on both Oahu and the Big Island.

"The CACs help to facilitate and nurture cooperation with the community to expand and share knowledge on cultural site locations and significance," Lucking said. "We work with the community a lot."

Lucking has worked in environmental and cultural protection and preservation for 30 years.

"We're thrilled," Lucking said with a smile when asked about her reaction to winning the D.A.-level award. She added that a

packet compilation of the CRM team's accomplishments began Wednesday for competition in the next level of CRM competition, the Department of Defense.

Lucking said winning the first award was a team effort, and going for the DoD-level award will require the same.

"I really want to thank the Technical and Environmental Branch of the Army Corps of Engineers, three archeologist and architect for helping [CRM] come this far," Lucking said.

cians was that if they do not participate in the legislative elections later this month, they will not have a voice in the country's new democratic government.

Also on Jan. 30, Iraqi voters will elect a 275-member Transitional National Assembly. That body will put together a draft constitution that will go undergo a national referendum in October. If the constitution is approved, the plan calls for elections of a permanent Iraqi government in December.

On the same day as national elections, voters from Kirkuk will also elect a 41-member Provincial Council. One of these elected members will be chosen as the next Governor of the Kirkuk Province.

Kerry also traveled to Fallujah and Mosul to assess security and political conditions.

(Editor's Note: Maj. Sam Schubert contributed to this article.)

## Tsunami

From A-1

"Even though each of the members has a specific role they carry out at their home station, as they come together you see the true range of their skills and understanding for the SDDC mission," he said. "These guys are helping expand each others expertise, all while providing the best possible service to the customer."

"They've been able to form one team without missing a beat," Lane said.

As part of the delivery process, the 599th DDST will provide disaster-relief troops and their commanders with 100 percent in-transit visibility through the use of radio frequency identification tags.

Sgt. 1st Class Paul Guerrero, from the 835th Transportation Battalion, said, "As each piece of required equipment is discharged from the ship, it will be marked with an RFID tag. Then the tag will be scanned and imported into the Worldwide Port System,

where commanders can track the equipment as it makes its way to the final destination."

The visibility of equipment offered by the RFID system gives commanders greater access to their assets. Additionally, the system provides accountability for the resources being utilized for the humanitarian operation.

On Jan. 9, members of the 599th DDST assisted with the arrival of the first group of military vehicles to join the tsunami relief efforts.

The Westpac Express High Speed Vessel discharged more than 90 Marines and 75 pieces of equipment at the Port of Chuk Samet under the 599th management.

The Marines from the 7th Communications Battalion, Okinawa, Japan, brought the first Humvees, cargo trucks and fork lifts to support Operation Unified Assistance, said Fred Artis, 599th DDST Operations Officer from the 835th Transportation Battalion, Japan.

The equipment is on its way to areas requiring

ground support, such as Sri Lanka and Samantra.

The Port of Chuk Samet is normally operated by members of the Surface Deployment and Distribution Command during exercises and operations in Thailand, said Artis. "So, our presence here is vital, because we have vast knowledge and understanding for the ports capabilities."

With extensive knowledge of the port, members of the 599th DDST created checkpoints for the Marines and their cargo to ensure the cargo was tracked correctly.

"The main function for us today was to ensure an accurate count of the discharged equipment and cargo," said Sgt. 1st Class Frank Viray, Headquarters, 599th Transportation Group. "The information will then be entered into the Worldwide Port System, where commanders will be able to have 100 percent in-transit visibility of these resources."

(Editor's note: Compiled from DDSC releases.)

## Election

From A-1

Sunni Arab politicians want to postpone Iraq's elections because of concerns about the ongoing security issues in the province and country.

Kerry countered the proposed boycotts by asking the concerned politicians how the security situation would improve in the following months if the Iraqi government were to grant a postponement.

He rhetorically added that a potential security lapse could occur if the country's majority Arab Shia were denied the opportunity to participate in the scheduled elections.

Nevertheless, Kerry said he would personally address the issues brought forth by the Kurdish and Sunni Arab groups to U.S. Ambassador to Iraq, John Negroponte. The senator's bottom line to the Iraqi politi-

# SAMC inducts 16 new members in Afghanistan

By Staff Sgt. Bradley Rhen  
CTF Thunder Public Affairs

**FORWARD OPERATING BASE SALERNO, Afghanistan** – Sgt. Audie Murphy made a name for himself on the battlefields of World War II, earning nearly every medal there is for valor, including the Medal of Honor.

It only makes sense then that the club that bears his name does not cease to operate in a combat zone.

That was the reasoning for Combined Task Force Thunder to hold a Sgt. Audie Murphy Club board here Dec. 11. Sixteen noncommissioned officers from across Regional Command East faced the board, and all passed.

The new members were officially inducted into the club during a ceremony here Jan. 7.

Sgt. 1st Class Joseph Dorey, president of the CTF Thunder chapter of the club, said it is extremely important for NCOs to make the extra effort to continue the proud traditions and development of the NCO Corps, especially while forward-deployed.

Even in a combat zone, Dorey said NCOs who exemplify the highest standards of the NCO Corps should be recognized.

"In combat, the conditions often change, but the standards do not change and we must continue to enforce the highest standards for the Army," said Dorey, who is the signal NCOIC for FOB Salerno.

The Lexington, Va., native said a SAMC member is a NCO who on a daily basis sets and enforces the highest standards.

"They are an expert in

their field craft, provide mentorship and counseling, and live the Army values," he said. "A Sgt. Audie Murphy Club member is an NCO who sets the example for all to emulate."

Staff Sgt. Jason M. Wistoski, a squad leader in the Scout Platoon, Headquarters and Headquarters Company, 2nd Battalion, 27th Infantry Regiment, said it meant a lot to be inducted into the club while in Afghanistan.

"It's a club that I've always wanted to be a part of, and it's an honor to have the opportunity while we are over here to get inducted into the club," he said.

Eleven of the 16 NCOs inducted Nov. 7 were from 2-27 Inf. Rgt., and Wistoski said the battalion recently started a study group at Forward Operating Base Orgun-E for Soldiers who plan to go to the board in the future.

Speaking at the induction ceremony, Col. Gary H. Cheek, commander of CTF Thunder, said the new inductees represent the best NCOs the Army has to offer.

"[Murphy was] a very remarkable man, one that all of you who have been present with this award today can now have a special kinship with him and know that what he has done in history lives on in you," Cheek said.

Murphy was the most decorated American combat Soldier of World War II. He received every decoration for valor this country had to offer, including the Medal of Honor, plus decorations presented to him by France and Belgium. He also earned a battlefield commission to lieutenant for his courage and leadership.

## *The following NCOs were inducted into the club:*

**Sgt. 1st Class Jeffery L. Fagan**  
HHB, CTF Thunder

**Staff Sgts. Latoya Y. Hammond**  
546th Maint Co.

**Corey E. Henderson**  
25th MP Co.

**Jeffery D. Houpe**  
546th Maint Co.

**Felix F. Martinez**  
HHD, 524th CSB

**Norman D. Paquin**  
Co. C, 2-27 Inf.

**Hermínio Rodriguez Jr.**  
Co. C, 2-27 Inf.

**Jerry Rogers**  
HHC, 2-27 Inf.

**Michael J. Spear**  
HHC, 2-27 Inf.

**William G. Tyrell**  
Co. B, 2-27 Inf.

**Jason M. Wistoski**  
HHC, 2-27 Inf.

**Sgts. Levi R. Martinez**  
Co. B, 2-27 Inf.

**Morgan J. Mosher**  
Co. B, 2-27 Inf.

**Ryan F. O'Connell**  
HHC, 2-27 Inf.

**Wilder B. Smith**  
HHC, 2-27 Inf.

**Chris A. Valdes**  
HHC, 2-27 Inf.

Staff Sgt. Bradley Rhen

**Col. Gary H. Cheek, commander of CTF Thunder, places a Sgt. Audie Murphy Club medallion around the neck of an inductee Jan. 7 at Forward Operating Base Salerno, Afghanistan.**



# Engineer company improves quality of life in Iraq

1st Lt. Tonya Walker

84th Engineer Combat Battalion (Heavy)

Operation Iraqi Freedom deployed Soldiers of A Company, 84th Engineer Combat Battalion (Heavy) have a lot to be proud of over the past year. The A Co. Outlaws' efforts improved the quality of life for hundreds of Soldiers at Logistics Support Area Anaconda (LSAA) and throughout Iraq.

With a reputation for going the extra mile, A Co. construction teams performed their missions quickly and to exacting standards. Their projects included the construction of 40 tent pads for the new Personnel Processing Center aimed at providing better comfort to newly arrived Soldiers, ten gazebos for relaxation, and numerous other concrete and wood frame improvements.

Not to be outdone, Soldier electricians and plumbers displayed nothing but professionalism while working with the LSAA Electrical and Plumbing Task Force. Real world requirements allowed these Soldiers to enhance their job skills and gain valuable experience.

Another company standout is the horizontal platoon, which completed over 30 missions at LSAA, an accomplishment second to none. The platoon upgraded the Army Material Command site, improved dust suppression at several unit motor pools, and built foreign object debris pads. The Soldiers' dedication to mission accomplishment led to the adoption of a 24-hour rotation schedule to meet construction require-

ments and ensure project completion.

Outside of the relative safety at LSAA, A Co. Outlaws proved their tactical mettle as well. During one mission, the company traveled over 180 miles to a captured ammunition area. Once there, the vertical and horizontal platoons went to work. The vertical platoon constructed 35 storage sheds, while the horizontal platoon completed upgrades of nearly 15 miles of roadway.

The company also convoyed to Camp Victory in Baghdad for quality of life missions. There, the company constructed wood frame buildings for the 10th Mountain Division Headquarters and the 420th Maintenance Company.

Eager to continue to make a difference outside of LSAA, the company dispatched a small team to Camp Ashraf south of Balad, Iraq. There, Soldiers established a perimeter berm for force protection. Other force protection efforts included the construction of an irrigation canal crossing in support of the 5th Special Forces Group.

Inside LSAA, A Co. Outlaws performed force protection duties of their own. Company Soldiers speak with pride of their tower guard mission where they were the first line of defense in the protection of Soldiers, Sailors, Airmen, Marines, and civilians at the site.

Of deployment lessons learned, these engineer company Soldiers learned mission accomplishment is the result of teamwork. Their construction efforts have left a lasting footprint in the sands of Iraq.



Staff Sgt. Bradley Rhen

Maj. Dan Wilson, operations officer for 2nd Bn., 27th Inf. Rgt., practices the Pashtu language with Afghan kids Jan. 1 in Wurjana, Afghanistan.

## Wolfhounds plow through snow on New Year's Day patrol

By Staff Sgt. Bradley Rhen  
CTF Thunder Public Affairs

WURJANA, Afghanistan — Soldiers from 2nd Battalion, 27th Infantry Regiment rang in the new year by plowing through more than a foot of snow to deliver humanitarian assistance to this village in northeastern Paktika Province Jan. 1.

The mission was supposed to visit two other villages as well, but the road became impassable beyond the village due to the 14 inches of snow that fell on the area over the previous five days.

Villagers said this was the most snow they had received at one time in the past six years. It will eventually prove to be beneficial, however, as the entire country has been mired in drought for years.

The village is located about 15 kilometers from the Wolfhounds base, Forward Operating Base Orgun-E.

Capt. K.C. Evans, commander of Headquarters and Headquarters Company's Anti-Tank Platoon, led the mission and said it was a pretty typical one.

"The areas up there in the northeast part of Paktika haven't seen a lot of Coalition forces presence and almost no USAID or other NGOs, so we spend a lot of time up there doing reconstruction and [humanitarian assistance] missions," Evans said.

While in the village, Evans was invited inside a home to have chai tea with some of the village elders. There, he told the elders that a lot of non-governmental organizations are scared to come into Paktika Province because there is not enough security.

He urged the elders to help him change that by exerting their influence on the populace.

The battalion is working closely with the local police to both equip and train them, Evans added.

Despite the brevity of the mission, its main goal of delivering HESCO barriers to the village was accomplished.

"My biggest priority was to get those HESCO baskets to Wurjana, because as soon as this snow starts melting, there is going to be flooding through there," Evans said,

adding that the barriers will be used to prevent a recently-built mosque from being washed away.

While most Americans his age were recovering from their New Year's Eve festivities, Spc. Eric Anderson, was serving as a turret gunner atop a Humvee during the mission.

The 22-year-old Temecula, Calif., native said it's the job he signed up to do, so it was a sacrifice he was willing to make.

An infantryman by trade, Anderson said he hasn't found it difficult to push his training aside on patrols like this and hand out H.A.

"We drop off a lot of H.A. to help out the communities and show them we're here to help them out and we're not just trying to find the bad guys," Anderson said. "I mean, we are here to find the bad guys, but we're here to help the Afghan people out, too."

Anderson said his unit also conducts patrols and other infantry missions, but it took him a while to get used being the good guy and winning the hearts and

minds of the locals.

"If that's what we got to do, then that's what we got to do," he said.

Although the mission was cut short, there was one bright spot. Rather than eating a Meal, Ready to Eat, the

Soldiers returned to base in time to enjoy a special New Year's Day meal that was served in the dining facility.



## Military team excels in extreme racing

John Cowan and Doug Munz of team "Peach Cobbler" crossed the finish line at a respectable 4:03:40, distancing themselves from final finishers by almost two hours.

Story by Lt. Col. John O'Malley  
Photos by Twain Newhart  
Headquarters, U.S. Pacific Command

A surge of adrenaline, teamwork, a swift rappel, not to mention the breathtaking terrain of Hawaii; what more could any adventure racer dream of? Three U.S. Pacific Command Soldiers experienced this and plenty more during Adventure Race Hawaii's Race #2 Dec. 19 on Oahu.

Despite the toll recent deployments have taken on Hawaii's military population, service members had a strong turnout and solid performances. The 11 military teams clinched two top-three finishes in two different divisions, including first place overall.

Superb physical conditioning, proficiency in basic warrior skills and precision planning were some of the key factors contributing to this success.

Mike Lwin and me, both staff officers at USPACOM Headquarters, along with a fellow Navy Commander and local news personality, made up team "Mr. Happy."

Collectively, "Mr. Happy" placed second in the Military Four Person Kayak division. Norman Ayotte, an Army physical therapist and fellow Naval sports medicine doctor, Jeff Keenan, secured a respectable third place victory in the highly competitive Two-Man Open division.

Billed as a 4-6 hour sprint event, the race was staged at Oahu's famous Kualoa Ranch, filming location of "Jurassic Park." Race disciplines included mountain biking, trail running, kayaking, land navigation, ropes, and various team building events.

After a mystery teambuilding event, racers transitioned to mountain bikes and



An off-road bike challenge greeted racers after more than 2-miles of paddling. The steep dropoffs claimed its fair share of competitors.

ers were treated to some of the sweetest off-road cycling and vistas on Oahu, as well as numerous sacred Hawaiian sites.

The trail running portion of the race took teams from the foothills deep into the belly and rain forests of the mighty Koolaus.

The final checkpoint and crown jewel of the race was the rope course where racers ascended, traversed then rappelled down fixed ropes anchored between 150-foot Monkey Pod trees.

For some, the imposing "fixed ropes monster" proved to be the most challenging aspect of the race.

After a final push to the finish, teams faced one last task to perform – an environmental sensitivity project. Racers were required to remove all seeds from their clothing to prevent infestation of weeds and invasive plants within Kualoa's coastal Moliie Gardens.

One of the most interesting aspects of adventure racing is that any team can do well, possibly even win, despite weaknesses in certain disciplines. It is an event where 100 things can go right and 100 things can go wrong for any team. Lwin said, "If you don't know how to read a map, forget key equipment or cannot function as a team, fitness is irrelevant ... there is also a big mental aspect to this sport."

"Events such as these also require you to sweat the details – particularly in planning and preparations. Knowledge and experience in basic planning processes such as the mission analysis can give military teams an extra edge. Obviously, Soldiers can benefit from competing in adventure races because they exercise and keep you sharp in such skills."

Training for and competing in adventure racing is also a great way to achieve superb physical conditioning. Besides aerobic fitness, muscular endurance and speed are pre-requisites for the sport as well.

Ayotte noted "Training for the mountain biking, trail running and ocean kayaking was tough but put all three together in a 4-6 hour race and you have an extreme challenge that will push you to your limits. If you like to be pushed to the edge then this



Two Hawaii Marines map coordinates before the race. Racers traversed numerous draws, creek beds and streams. There was plenty of water, mud and beautiful flora - even a little bouldering.

moved to the first few checkpoints at the Kualoa Beach Park. There, the 24 teams paddled to checkpoint three on "China Man's Hat" (Mokolii Island), one of Oahu's most treasured landmarks.

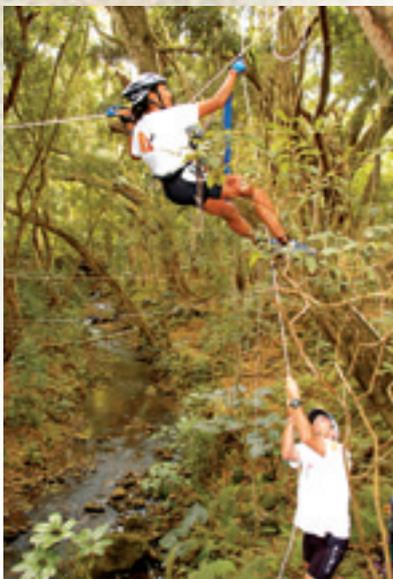
The open water leg of the race culminated "underwater," where one team member had to snorkel and dive to a submerged checkpoint.

After 2.3 miles of paddling in kayaks or outrigger canoes, the competitors began an extremely challenging mountain bike journey deep into the Koolau mountains. In addition to lung bursting climbs, racers faced elevation gains from sea level to 650 feet in a matter of minutes.

The last of three checkpoints during this portion was atop a steep rock strewn spur that swallowed a few competitors on their downhill return. As compensation for near continuous anaerobic threshold efforts, rac-



A competitor races back from a water-logged checkpoint to rejoin team members.



The final checkpoint was the rope course where racers climbed up, across and down a series of fixed ropes anchored between 150-foot ancient Monkey Pod trees.

Below right: Competitors paddled 2.3 miles in kayaks and outrigger canoes from Kualoa Beach to China Man's Hat during the race.





Sgt. Smith Theater

Today  
**The Incredibles**  
 7 p.m. (G)

Saturday Jan. 15  
**Woman Thou Art Loosed**  
 7 p.m. (R)

Sunday Jan. 16  
**Woman Thou Art Loosed**  
 7 p.m. (R)

Monday Jan. 17  
**Closed**

Tuesday Jan. 18  
**Closed**

Wednesday Jan. 19  
**Closed**

Thursday Jan. 20  
**Closed**

**Bermuda Grass for Sale**  
 - Tifgreen 328 Bermuda grass, from the greens of Kalakaua Golf Course are available for purchase. Cost is \$1 per square foot. Orders will be filled until Jan. 28, or while supplies last. We reserve the right to limit quantities sold. No refunds or returns. Call 656-0114 for more information.

**Youth Baseball Clinic** - Jan. 18 - Feb. 15, registration is open to youth born in the years 1988 to 1999 to participate in the Youth Services Baseball Clinic. Registration accepted at the nearest Army youth center. Cost is \$12, which includes a T-shirt. Clinic will be held at Aliamanu Field Mar. 2 and at Schofield Youth Field Mar. 3. Call 833-5393 or 655-5314.

**Hawaiian Luau Lunch Buffet** - Taste a traditional Hawaii-style feast Jan. 28, from 11 a.m. - 1 p.m. at the Hale Ikena, Fort Shafter or the Nehelani on Schofield Barracks. Cost is \$8.95 per person. Call the Nehelani 655-4466 or Hale Ikena at 438-1974 for reservations or information.

**Seven Habits of Highly Effective Families Workshop** - Join Army Community Service Jan. 28, 8:30 a.m. - 2 p.m. in building 2091 for a workshop designed specifically for Army families. Workshop is based on the book, "The 7 Habits of Highly Effective Families" by Stephen Covey. This workshop is free and all of the materials will be provided. Call 655-2400 for reservations.

**Cartoonist at Aliamanu** - Dave Thorne will speak about and demonstrate cartooning Jan. 26, 2 p.m. at the Aliamanu Library. The audi-

ence will have an opportunity to practice techniques demonstrated. Call 833-4851.

**Spouse's Night Out, Wellness Expo** - Jan. 27 at 6:30 p.m. at the Tropics on Schofield Barracks is a special edition of Spouse's Night Out. Learn make-up and beauty tips, hair styling tips, selecting the right wardrobe, product demonstrations, massages, and general wellness information. Supervised children are invited. Call 655-0002.

Jan. 20, at Army Community Service learn Rubber Stamping, Free Art Lesson, Learn to Use a Web Camera and Quilting. At the Tropics, Learn how to Dress for Success. MWR Blue Star Card holders receive free child care from 6 - 9 p.m. by reservation only at Peterson Child Care Center. Call 655-3929 by noon of the Tuesday before each Thursday event to make child care reservations. Reservations can be made two weeks in advance. Call 655-2400 for more information.

**College Financial Aid and Scholarship Information** - Applications are now available for financial aid and scholarships for the 2005-2006 school year. A binder with financial aid and scholarships designated for military dependents is available for the public to view at Aliamanu Military Reservation, Fort Shafter, and Schofield Barracks libraries. Don't delay; many applications are due as soon as February. Call 655-2263 for more information.

**Paniolo Bar-B-Que** - Military I.D. card holder's are invited to listen to southern rock, country and blues while enjoying a free BBQ picnic at

the Nehelani on Schofield Barracks Jan. 30, 11 a.m. - 3 p.m. Eat free hotdogs, BBQ chicken, beans, chips, corn on the cob, ice cream, juice (while supplies last), and entertainment provided by the Nate Pearce Band. Craft activities, inflatables, hayrides and other entertainment are available. Call Leisure Activities at 655-0110, 655-0111, or 655-0112 for information.

**Wine and Dine** - Wednesday at the Nehelani, Schofield Barracks an evening of wine and a 4-course gourmet dinner, including soup and salad, appetizer, entrée, and dessert. Each course served with a selected wine. Dinner starts at 6 p.m. Reservations required, limited seating. Cost is \$29 for adults. Call 655-0660.

**Spinning Class Now Available** - The newest group exercise class, Spinning, is now available at the Health and Fitness Center on Schofield Barracks. Use deluxe "Revmaster" stationary bikes expertly guided by certified instructors and use guided imagery to "climb hills," sprint or take in the "scenery," you'll get a challenging and fun workout. Call 655-8007 for more information.

**Foster Botanical Garden Tour** - Join us for a guided tour of the home to a collection of rare and beautiful plants from the tropical regions of the world Jan. 22. The guided tour begins at 10 a.m., followed by exploration on your own and a brown bag lunch on the lawn. Coolers will be provided to store bag lunches. Free transportation from the Schofield Barracks Commissary parking lot. Bus will depart at 9 a.m. and return by 3 p.m. Admission is

free with proper identification. Deadline to register is Jan. 20. Restrictions may apply, call 655-0111 or 655-0112.

**Chinese New Year** - Celebrate the Chinese New Year with stories and a craft activity Jan. 26, 3 p.m. at the Sgt. Yano Library on Schofield Barracks. 655-0145.

**January Food Special at Tropics** - For that New Year's Resolution, try carb-reduced wraps on Schofield Barracks. Choices of turkey and sun-dried tomato wrap or turkey and spinach wrap. Each comes with a side salad for \$2.75. Stufferz Pizza Pockets, supreme or three-meat also available for \$2.75, or two slices of cheese or pepperoni pizza with a soda for \$5, or one large one topping pizza with a pitcher of soda for \$11.99.

**Winnie the Pooh Party** - Make and take crafts, play games and listen to a Winnie the Pooh story at the Tropics, Schofield Barracks, Tuesday, 3 - 5 p.m. Cost is \$1. Call 655-0002.

**Okinawan Kenpo Karate Classes** - Classes are designed for ages 5 through adult for the development of the mind, body and spirit through physical fitness, self-defense, and self-discipline. Classes are available at Bennett Youth Center on Schofield Barracks, Aliamanu Youth Gym, Fort Shafter and Helemano Physical Fitness Centers. Class days and times differ. Cost per month, per person is as follows: Individual, \$35; family of two, \$25; family of three, \$20. Register today at the nearest Army Youth Center or call 833-5393 for more information.

**Lighten Up! Tighten Up!**

- Eat healthy and win prizes. Pick up a "healthy" stamp card at the Schofield Bowling Center Snack bar or at the Hale Ikena on Fort Shafter. Every "healthy" meal purchased earns one stamp. Collect 10 "healthy menu" item stamps and receive a prize. Enter completed stamp cards for the grand prize drawing. For information, call 655-0573 or 438-1974.

**Dance Classes** - Coming in January to Aliamanu Military Reservation and Schofield Barracks are the following classes: keiki combination dance classes, including tap, creative movement and tumbling for ages 3 to 5, combination tap, ballet, jazz and tumbling for ages 6 to 9, hip hop for children 10 and up, and hula for ages 5 to 18. Parents of registered CYS children are welcome to enroll. Classes are \$33 per month or \$99 for the January through March semester. Call 655-5314 or 833-5393 for information.

**Commissary Scholarship Program** - A \$1,500 scholarship is open to single persons under the age of 21 (23 if enrolled in school) of active duty, Reserve, Guard and retired military. Applicants must plan to attend or already attend an accredited college or university full time for the 2005 fall term. Applications available at the commissary administration office, Mon - Fri, 8 a.m. - 4:30 p.m. Submission deadline is Feb. 16. For information, call 655-2263.

**Reggie's Sing for a Free Supper** - Come early on Fridays and win a free dinner. Starts at 6 p.m. Winner will be announced at 7:30 p.m. and regular karaoke begins at 8 p.m. Call Reggie's, Schofield Barracks at 655-0660.



**HACN TV Schedule**

Jan. 14 - 20

<b>Morning</b>		3:45 OIF Photo Montage 5
6:00 Sign on		3:51 Volunteers
6:30 Fit for Life		4:00 Pentagon Channel
7:00 Bulletin Board		
7:30 SHAMU -Wild Babies		<b>Evening</b>
7:54 Dash and Grab		6:00 Community Focus
8:00 Pentagon Channel		6:15 Bulletin Board
9:00 Pentagon Channel		6:44 Army Values - Respect
10:00 ASAP-Drugs		6:50 OIF Photo Montage 3
10:30 OIF Photo Montage 7		6:54 Jake Shimabukuro
10:46 Bulletin Board		7:00 NFL-Tight on the Spiral
11:30 Hawaii Hidden Beauty, Danger		8:00 Bulletin Board
11:50 OIF Photo Montage 6		8:47 History of JAG
12:00 Pentagon Channel		9:00 Anti Terrorism FP
		9:24 Oakland Army Base
<b>Afternoon</b>		10:00 Youth Protection
2:02 Hurricane Safety		11:00 NFL-'58 Championship Game
2:25 OIF Photo Montage 2		12:17 Bulletin Board
2:30 SHAMU-The Manatee Story		
3:00 SHAMU-The Sea Turtle Story		<b>Overnight</b>
3:35 OAHU-Aloha Begins		12:51 Pentagon Channel

**Medics donate \$35K in supplies**



Sgt. Sean Kimmons

**1st Lt. James Harris, a medic platoon leader with TF 1-27 Inf., gives a stuffed animal to an ill child at the Hawija hospital. Harris and other medics also helped donate about \$35,000 worth of medical supplies to the hospital.**

# Honoring Dr. Martin Luther King Jr.

By Spc. Charles Hayes  
Staff Writer

Soldiers and family members gathered at the Division Support Command dining facility for breakfast and to remember Dr. Martin Luther King, Jr. Jan. 7. This day commemorated King's life, work and accomplishments although the federal holiday isn't until Jan. 17.

"We are pleased to recognize the accomplishments of King and to celebrate the 22nd anniversary of this holiday," said Sgt. 1st Class Francisco Almodovar, an equal opportunity representative from Headquarters and Headquarters Company, 25th Infantry Division (Light).

"The 2005 celebration will mark the 75th birthday for King," said Almodovar.

**Remember:** King's "dream" is that all people be judged by the content of their character.

**Celebrate:** The impacts of Dr. King's actions on our great nation.

**Act:** To something in keeping with the Dr. King's ideology; a simple act of kindness directed toward someone you would not otherwise acknowledge during your daily travels or volunteer some time towards helping someone who cannot help themselves.

The guest speaker for the prayer breakfast was Marsha Rose Joyner. Joyner is the president of the Hawaiian National Communication Corporation, minister of the Aloha Celestial Circle, former president of the Dr. Martin Luther King Jr. Holiday Coalition and frequently serves as an annual Black History Month speaker for all branches of service in Hawaii.

She told the story of her move to Hawaii at age eight. "When we first arrived in Hawaii, October 1946, we were the first dependents to come to Hawaii. We were moving across the country, from Baltimore to California. I had no clue where Hawaii was, it was just out there somewhere," said Joyner.

"We got off of the ship at Pearl Harbor and they were calling the names of all of the dependents. My mother and I were waiting for our name to be called.

"No name was called. So, we go to the front desk of the Royal Hawaiian Hotel with orders and the proper ID in hand," said Joyner.

The people at the front desk went on to tell her that "negros" were not permitted to stay at the hotel.

"My mother went up the Chain of command until Admiral Nimitz came to talk to her. He very kindly said that he would take care of us. Next thing we know, a car drives up and a Soldier loads up our luggage.

"We arrived at Schofield and were put up in the guest quarters. I first thought that

this is wonderful that it was a lovely place, only to find out that Schofield was the home of the 'colored' troops," said Joyner.

Joyner told how this enraged her mom again, so they went to Guam to finish serving out the tour.

"I tell that story because I wanted you to know how wonderful it is to come back to Schofield and see how wonderful and beautiful you all are. I want you to know how very proud I am of what you are doing," said Joyner.

"As I'm sure you can tell, I am a real activist, a war activist. But those of you who step up to the plate, I want you to know that I am proud of what you are doing and how you are protecting our freedoms."

King's nonviolent approach initially divided the African American community, but civil rights leaders soon recognized it as the only respectable method of protest. King answered the call to leadership and soon became known as the pre-eminent champion of civil rights and nonviolent social change.

Despite frequent confrontation with violence and incarceration, King could not be deterred from speaking out against social and racial injustices.

"I want you to know that the civil rights movement did not start in the 50's or 60's. It started when the first slave stood up and said, 'I'm not doing this,'" said Joyner.

"We need to remember where we came from. We came to celebrate King's birthday, so I'm not going to do the downer thing," said Joyner. "I want to celebrate you though. You are the ones that will make the difference today."

Col. Michael T. McBride, commander, U.S. Army Hawaii, presented Joyner with a plaque for her works and for speaking to the Soldiers at Schofield Barracks.

(Editor's Note: Historical information provided by [www.liu.edu/cwis/cwp/library/mlking.htm](http://www.liu.edu/cwis/cwp/library/mlking.htm).)



1st Lt. Kevin McQueary

A VIP procession congratulates "Key Spouses" before the Hawaii Bowl Dec. 24. Left: Army spouse, Amy Hargrave received recognition at the event.

## Army spouse recognized at Sheraton Hawaii Bowl

By 1st Lt. Kevin McQueary  
Contributing Writer

Shortly before the Sheraton Hawaii Bowl Dec. 24, the Navy League recognized spouses from every branch of service for their service and support to the military and local communities.

One spouse from each branch of service represented in Hawaii was selected for the "Key Spouse" Recognition Presentation based on letters of recommendation drawn from their respective organizations.

Many VIPs were present for the event, which occurred twenty minutes before the game on the fifty-yard line at midfield. The spouses received plaques, lei and \$1,000 checks.

The honorees were Amy Hargrave, US Army;

Sherrie Ingram, US Navy; Jolande Murray, US Air Force; Lorie Abrego, US Marine Corps; Debra Collier, US Coast Guard; Carrie Takenaka, Hawaii Army National Guard; and Lorna Souza, Hawaii Air National Guard. Their excitement was palpable before the ceremony as they waited on the sideline.

"I had no idea I was even nominated until a few days ago," said Amy Hargrave, whose husband Sgt. 1st Class Timothy Hargrave of Company B, 65th Engineer Battalion is currently deployed.

"I wasn't even sure what that meant at the time," Hargrave continued.

"I don't feel I do anything out of the ordinary; I am here to help any of our spouses with any of their needs during this deployment or thereafter. That in

itself is rewarding to me. Not only receiving the award, but representing the Army is such an honor."

Amy was nominated by 1st Sgt. Dennis Scott and Capt. Brennan Cook, commander of the 65th Engineer Battalion.

"Amy has been personally responsible for the amazing success of Family Readiness Group fundraising and activities," stated Cook.

"She's also been instrumental in keeping spouses informed, and her compassion and assistance has helped ease the burden of deployment for all members of the battalion.

"She volunteers so much of her time, all the while raising three children and finishing her degree in dental hygiene. I can't think of a person more deserving of such recognition," Cook concluded.

# Army, Iraqi medics treat patients, boost reputation of Iraqi clinic

Sgt. Sean Kimmons  
25th ID (L) Public Affairs

LOWER JAWAALA, Iraq – About 40 medical personnel, mostly from the 2nd Brigade Combat Team, treated more than 160 Iraqis during a joint medical assistance visit at the Al-Ta'meem Health Clinic here on Dec. 29.

The joint MAV visit incorporated medics from 2nd BCT's 225th Forward Support Battalion and Task Force 1-27 Infantry, the 116th BCT, as well as Iraqi doctors and nurses.

"We're working jointly with Iraqi healthcare providers to empower the healthcare system here," said 1st Lt. James Harris, a medical platoon leader for TF 1-27 Inf. "What this does is give Iraqi people confidence in their healthcare providers."

Harris went on to express the importance of the Iraqi people seeing their own Iraqi medical personnel treat them.

"We don't want to come in here and provide

the care by ourselves because that would create a dependency on us," Harris said. "As part of rebuilding Iraq, we want them to feel confident in their whole structure from the doctors to their healthcare system."

Army and Iraqi medical personnel worked side-by-side within each examination room to look at patients and determine proper prescriptions.

"We'll do physical evaluations, diagnosis and treatment of minor illnesses or injuries, and identify significant problems for referral within the Iraqi healthcare system," said Maj. David Freel, a physician assistant for Company C, 225th FSB.

When a check up was completed, the Iraqi patient received a prescription form and was directed to a makeshift pharmacy outside the clinic.

"If there's any medication they require that we don't have, they can take the prescription and have it filled either in Rashad or Kirkuk," Freel said.

Patients could also bring back their prescriptions for a refill at the Al-Ta'meem clinic when it received new supplies.

The medications that were provided during the visit on this day were donated by the Ministry of Health for Kirkuk and from the Kirkuk hospital.

Zaid Hassin, an Iraqi man who received medical treatment and prescriptions was grateful for the service being offered at the Al-Ta'meem clinic.

"The Iraqis are suffering from a lot of diseases but today [Army and Iraqi medics] offer very high quality service to help the people in this area," Hassin said through an interpreter.

Because of the quality of service performed by the Iraqi medical personnel, Hassin thought that their actions would help reassure Iraqis in the clinic's capabilities.

"The Iraqi doctors did very well and helped us," Hassin said. "It is going to increase the visits for this clinic."

The MAV visit was not only a great opportunity for ailing Iraqis to receive proper treatment but for medical personnel, especially from the Army to get out into the Iraqi community and lend a helping hand.

"I love working with the women, the children and being able to interact with the locals, because we're always inside the wire," said Sgt. Genevieve Powell, a combat medic with Co. C, 225th FSB, who is stationed on Kirkuk Air Base.

"I personally think there needs to be more medical assistance visits. It shows trust," Powell went on to say. "There's so much negativity going on in the media, so for [Iraqi people] to see that we're here trying to help them ... it should open their eyes."

In the near future, a former Ba'ath Party building will be turned into a new hospital here. The hospital will facilitate 60 surrounding villages and up to 20,000 people that currently use the Al-Ta'meem clinic for medical treatment.

# F Quad renovation brings historic theater into limelight

By Joy Boisselle  
Staff Writer

It's 1931 at the F Quad Theater on Schofield Barracks. Lights from bronzed sconces wash the faces of khaki-clad men anticipating the night's entertainment. As the lights dim, the stage curtain parts to reveal the evening's movie, "Frankenstein."

Today, the theater is in a raw dilapidated state. Hope for restoring the old theater looms large because of its national historic merit along with the combined efforts of the cultural resources management team of the Directorate of Public Works and the building's newest tenants, Division Support Command.

Kenneth Hayes, architectural historian with DPW, said the theater is significant in many ways.

"When you look at all the details in the theater and put everything together, I think this is one of the most impressive buildings the Army has," Hayes said. "If this same theater were built today with the same techniques and materials, I would guess it would cost close to a half-million dollars to build."

Hayes said the theater was amazing for its time because it was constructed during the Great Depression.

Dr. Laurie Lucking is the cultural resources manager with DPW, also helped in assessing the value of the historic theater.

"As we go through many of these buildings, we are finding that the Army spared no expense," Lucking said. "They used top of the line artisans and materials brought in from Europe for many of the buildings."

Lucking and Hayes said the theater is Italianate in style, designed after Italian villas with detailed ceilings and strong architectural features.

"The ceiling in this room



Far Left: The F Quad Theater ceiling shows intricate stenciling and first-class workmanship. Kenneth Hayes, left, an architectural historian with the Department of Public Works, describes the construction techniques used to create the detail found in the F Quad theater to Capt. Ryan Moses, DISCOM logistics officer.

is a work of art," he wrote in an e-mail to DPW supervisors about the ceiling art featuring ornate stenciling and painting in hand-mixed earthen tones of red, green and gold.

"I cannot over-emphasize the quality of this work," Hayes added. "The type of paint treatment on this ceiling was reserved for the finest theatres in the 1920s and 30s and was also a well documented treatment for the finest mansions in America and England dat-

ing back to the 16th Century."

Although the ceiling seems to excite the architectural experts the most, other details in the room are also noteworthy. The stage is flanked by twisted columns and retains its original hardwood flooring while the main auditorium flooring features acid washed concrete. The theater walls are scored to resemble masonry and retain their original sconces.

The theater was used in a variety of ways. The theater originally hosted live performances, movies and command briefings. In recent times, the theater doubled as a gym and briefing rooms. Currently the theater contains stored office furniture and dust balls.

"The condition of the theater is really sad, and we had expected it to be refurbished while we were deployed," said Capt. Ryan Moses, DISCOM logistics

officer. "In the spirit of 'the squeaky wheel gets the grease,'" Moses has made it a mission to push the theater's restoration to at least some level of its former splendor.

"It was a tremendous surprise to our office when Capt. Moses called," Lucking said. "We thought the renovations of the theater were included in the original renovation contract."

Since the Moses' initial call, DPW completed an

estimate for refurbishment and an assessment of the historical and architectural work inside of the theater. The \$53,000 refurbishment includes restoring the floors on the stage and auditorium areas, some painting of the walls and the addition of furnishings.

"We want to maintain and preserve the room's history and still retain the functionality of the theater for our Soldiers," Moses said.



# Four great reasons to join your spouse's reintegration classes

Commentary

Nadja Gassert-Depape  
Contributing Writer

Yes, your Soldier's attendance at Deployment Cycle Support and Tropic Lightning Academy is mandated, and yes, those are Army programs, but that doesn't mean you, the spouse, should shrug them off as yet another meeting, class, workshop that keeps your Soldier away. On the contrary, attending with your Soldier is the smartest thing you'll ever do.

(Okay, there might be a few more smart moves in your future, but for now, this is it. This is the one. So don't let this opportunity pass.)

Don't take my word for it. These spouses, familiar with the spectrum

of reunion classes that will be offered, know what they are talking about:

## • Time

Kelly Kaldahl whose husband will return from Iraq has the right idea. "It's more time with your husband while he's getting paid to be there. How great is that?"

You've just been separated for months and months. It might not be the most glorious reason, but joining your spouse, being next to her or him in class, is time spent together. And it doesn't stop there. Chances are you'll grab lunch or dinner together and that is a wonderful opportunity to catch up, talk and share what's been going on.

"At the very least, if you don't take away anything else from these classes, it's time spent sitting next to your spouse," Bridget Hall pointed out whose husband is deployed to Iraq.

## • Understanding

"It's a great opportunity to understand what your spouse has gone through, and is going through right then, and will go through in the future," commented Kaldahl.

There will not only be a lot of talk about the future and how to navigate it as a couple, but there will also be the opportunity to sit back and listen to Soldiers tell what they experienced, what they saw and did and how they handled things that happened to them.

Whether your Soldier shares with you or not, you will find out a lot more about the circumstances of the deployment if you come to class and listen to all the others who feel comfortable enough to share.

Plus, "not only will you gain a better understanding about what your husband went through, but our husbands will understand what we had to deal with," said Tara

Lobaina whose husband is serving in Afghanistan.

## • Enrichment

It's not marriage counseling, but "the tools and tips you are given are invaluable to reestablishing a healthy relationship," commented Susan Davis whose husband is in Afghanistan.

Kaldahl agrees. "Regardless of how good your relationship is, you will get real tools and techniques that improve even great marriages."

"These classes are a great opportunity to come together as a couple and grow," seconded Hall.

## • Education

The topics covered in class aren't deployment-specific, which is to say they will help you deal with all future deployments as well, no matter where they lead your Soldier. The information will also help you to successfully survive the hardship

tours you will likely experience as a military spouse.

"I wish I would have had all this knowledge before," said Eve Ramos whose husband has already returned from Iraq.

And not everything you learn has to do with deployment. Financial management is an everyday issue. And who couldn't use a few pointers and tips when it comes to personal finances?

In short, there are plenty of benefits and no real drawbacks. When the time comes, attend reintegration classes with your Soldier. And don't let workshop titles put you off.

Classes designed for married couples are also open to those in committed unmarried relationships. You no longer have a reason to stay home, so join your Soldier.

Call Army Community Service at 655-2400 for a schedule of upcoming classes.

# Three Soldiers qualify for Biathlon World Championships

By Tim Hippias  
Army News Service

FORT KENT, Maine – Three Army World Class Athletes have earned berths in the 2005 Biathlon World Championships scheduled for March 5 to 13 at Hochfilzen, Austria.

Sgt. Jacob Beste qualified by finishing among the top two men in the U.S. World Championship Team Trials Dec. 29 through 31 at Fort Kent, Maine.

Spc. Jeremy Teela and Spc. Jill Krause-Beste earlier earned spots on the team by virtue of their two top-40 finishes on the World Cup circuit.

Despite having Team USA spots secured, Teela and Krause-Beste competed on the first of three days of competition at Fort Kent, where both skied and shot their way to victory in two feet of snow at the Maine Winter Sports Center.



Tim Hippias

**Sgt. Jacob Beste skis to victory in the men's 12.5-kilometer Pursuit during the U.S. World Championship Biathlon Team Trials Dec. 30 at Fort Kent, Maine.**

Teela had his first clean shooting day in six years while winning the men's 10-kilometer Sprint in 24 minutes, 52

seconds – 2:42 ahead of runner-up Tim Burke of Paul Smiths, N.Y., who also made the U.S. men's squad.

"Anytime you can shoot clean [it breaks] a mental barrier that athletes have in biathlon," said Teela, a native

of Anchorage, Alaska, who lives in Jericho, Vt. "This is a first step to break it, now I need to keep breaking it."

Krause-Beste, who shot cleanly on prone and had two penalties in standing shooting, won the women's 7.5-kilometer Sprint with a time of 23:33.8 – 45.5 seconds ahead of runner-up Lanny Barnes of Durango, Colo., who also made the U.S. women's team.

"I am still focusing on shooting accuracy," said Krause-Beste, of St. Cloud, Minn. "If you can't hit the targets, it makes no difference if you shoot in 30 seconds."

Jacob Beste rebounded from a ninth-place finish Dec. 29 to post victories the next two days in men's Pursuit and Sprint competitions.

"Everything seems to be coming together," he said after winning the 12.5-kilometer Pursuit with a time of 36:50.4. "When you can win a race here that always means that your

training has gone pretty well."

All totaled, five Army WCAP athletes, including a pair of married couples, are competing for 2006 Winter Olympic berths in biathlon – a combination of cross-country skiing and rifle shooting. Spc. Denise Teela of Anchorage and Spc. Sarah Kamilewicz of Saginaw, Mich., complete the list.

Denise Teela posted finishes of seventh, third and fourth at Fort Kent while Kamilewicz finished 10th, fifth and sixth.

"My training has been wonderful this year," Denise Teela said after finishing third in the women's 10-kilometer Pursuit. "WCAP has offered us endless possibilities. I would not be in the sport without the Army, especially not at this level."

(Editor's note: Tim Hippias writes for the U.S. Army Community and Family Support Center in Alexandria, Va.)

## Low-carb debate: Will slim waist equal smelly breath?

By Capt. (Dr.) Mark A. Vance  
U.S.A. Dental Activity, Hawaii

As the new year rolls around and many make that resolution to shed a few pounds using the latest low-carb diet trend, we might want to pay close attention to our breath.

About 10 million Americans are on a low-carb, high protein diet at any given time. However, as dieters shed pounds, many are saying goodbye to carbs and hello to halitosis.

### Low-carb equals bad breath?

Low-carb diets work by limiting the amount of carbohydrates, which allows the body to burn stored fat instead of carbohydrates. When the body burns fat as fuel, ketones are developed.

These ketones are released in the breath and urine and may result in halitosis. Ketones aren't the only bad breath culprit for this diet. The

types of foods ingested also play a role.

Most cases of bad breath originate from the breakdown of food particles that produce sulfur compounds, and from bacteria on the gums and tongue. High protein foods can produce more sulfur compounds on the surface of the tongue when saliva production is diminished, especially overnight.

Saliva is the key ingredient that helps wash away food particles and bacteria, the primary cause of bad breath.

To alleviate "morning mouth," brush your teeth and eat a morning meal. Morning mouth is also associated with hunger or fasting. Those who skip breakfast, beware, because the odor may reappear even if you've brushed your teeth.

Very spicy foods, such as onions and garlic, as well as coffee may be

detected on a person's breath for up to 72 hours after digestion.

Onions, for example, are absorbed by the stomach and the odor is then excreted through the lungs. Studies have shown that garlic rubbed on the soles of the feet can even show up on the breath.

Bad breath also may occur from other sources such as those with medical infections, gum disease, diabetes, kidney failure or liver malfunction. Xerostomia (dry mouth) and tobacco also contribute to this problem. Even stress, snoring, age and hormonal changes can have an effect on your breath.

An odor that comes from the back of the tongue may indicate post-nasal drip. This is where the mucus secretion, which comes from the nose and moves down your throat, gets stuck on the tongue and causes an odor.

### How do I control bad breath?

1. Drinking plenty of water can help dilute the concentration of ketones, but that isn't the only benefit. Bad breath can sometimes be caused by food particles caught in the teeth and drinking water will help rinse away the odor causing particles.

2. Chewing sugarless gum with Xylitol after meals can help keep the bad breath away. Saliva production increases during chewing and this can help neutralize acid production and rinse food particles from the mouth. Chewing parsley can have the same affect since it also increases saliva flow. (And you thought it was just for looks) Sugar-free gum with Xylitol can also help bad breath while preventing cavities. Xylitol is a natural sweetener found in plants and fruits. Research shows it inhibits the growth of streptococcus mutans, the oral bacteria that cause cavities.

3. Brushing and flossing at least twice a day can help keep your mouth healthy and prevent odors. An Academy of General Dentistry survey found that 75 percent of people eat at the office but, less than 15 percent of them brush their teeth after . Cleaning the tongue with a toothbrush or a tongue scraper after meals can also help alleviate odors.

If halitosis continues, a general dentist or doctor can help determine the source of the odor. Halitosis can sometime have more serious causes. "Ketone breath" is not only for the low-carb dieters but may be due to a serious illness.

For questions regarding this article of other dental topics e-mail Capt. Mark Vance at mark.vance1@us.army.mil.

Happy brushing!