

HAWAII ARMY WEEKLY

Vol. 34 No. 9

Serving the U.S. Army community in Hawaii

March 4, 2005

What's Inside



Commanding the Sky

1/25 Aviators fly more miles than one battalion since Vietnam.

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Marines, Sailor Memorial Service

The Marine Corps will hold a Memorial Service at the Hawaii State Capitol Rotunda at 1 p.m. on March 7 to honor 27 Hawaii-based Marines and one Sailor killed in Iraq since Jan. 26. Gov. Linda Lingle and Lt. Gen. Wallace C. Gregson will speak; there will be music by the U.S. Marine Corps Forces, Pacific Band and the Honolulu Symphony String Duet; spiritual readings and remembrances, and honors to the fallen. Limited parking at the Capitol; recommend public transportation to and from the service.



Perimeter Relay

A 134-mile foot race around O'ahu; mini-athletes.

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Traffic through Lewis Street at Schofield Barracks

Will be blocked until March 11 from 7 a.m. - 3:30 p.m. due to installation of electrical and telecom lines for buildings 500 and 648.



"Miss Saigon"

Play was sold out, but extended production until March 19.

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2005 a 'pivotal' time for the Army

By Master Sgt. Terry Anderson
CJTF-76 Public Affairs

BAGRAM AIRFIELD, Afghanistan – Sgt. Steven Maki didn't reenlist for four years to get rich. He did it for his wife and unborn child, and because he remembered what his father told him as a young boy.

"My dad told me that as long as you're happy, keep doing what you're doing, no matter how much money you're making," said Maki, an aircraft hydraulics mechanic with Joint Task Force Wings.

"I like what I do, and the \$15,000 bonus is just icing on the cake."

Maki reenlisted while deployed to Afghanistan to take advantage of the cash bonus offered to all Soldiers who raise their right hand in a combat theater. Maki also got his station of choice, Fort

Campbell, Ky.

"I like the Army and getting to sign on for a few more years, plus getting to go to Fort Campbell made my decision even easier," Maki said.

The 25th Infantry Division (Light) retention office has been a busy place during the division's one-year deployment. Sgt. Maj. Elisabeth Jones, the 25th Inf. Div. (L) theater command career counselor, along with her staff, has reenlisted more than 3,500 Soldiers, netting the troops \$30 million in bonus money.

The first three months of the fiscal year didn't start out well for retention, though. Jones said there are a number of reasons for the sluggish start.

"It was a tough time. Soldiers were at the midpoint of the deployment and we had the Thanksgiving and

See "Retention" Page A-7



Lt. Col. Brendan O'Shea

Sgt. 1st Class Kevin Birosh, engineer NCOIC for the Gardez Provincial Reconstruction Team, is reenlisted by 1st Lt. James Avrams, force protection director for the PRT, Feb. 11. Birosh is originally a combat engineer from the 65th Engineer Battalion, 25th Infantry Division (Light) and reenlisted for 10 more years of service in the U.S. Army.

MP dogs get new bullet-proof vests

Story and photos by Spc. Cheryl Ransford
17th Public Affairs Det.

BAGRAM AIRFIELD, Afghanistan – Maintaining safety in a combat zone is a matter of more than just situational awareness. It's also about protecting self from unforeseen dangers. But how does man's best friend protect "self?"

When K-9 handlers of the 25th Military Police Company conduct extraction missions and area searches, their highly trained K-9s often serve as the main tool for finding weapons and people in hiding.

To counteract the additional dangers these dogs face in the line of duty, their equipment has been upgraded.

For the past month, several K-9 teams across Afghanistan have been using K-9 Storm ballistic vests.

"These new vests are an upgrade from the current vests the dogs have been using," said Navy Petty Officer 1st Class Michael Thomas, 25th MP Co. assistant kennel master. "Before, the vests were only stab proof, which worked well for missions in the States. However, with the additional dangers these dogs are facing during this deployment, they are now wearing vests that are not only stab proof, but also bullet proof."

Although the new vests are slightly heavier than the vests the dogs previously used, neither mobility nor their mission have been hindered by its use.

"When the dogs are conducting missions that require them to use the new vests, they are in areas that could possibly cause them to be injured or killed," said Thomas. "They are the first one into the area looking for people or weapons. They help us find the things we can't see."

The vests are currently being used by the K-9 units at Bagram Airfield and Kandahar Airfield, said Sgt.



Sgt. 1st Class Erika Gordon, 25th MP Co. kennel master, runs with her dog, Hanna, during a training exercise at the Bagram Airfield Military Operations on Urban Terrain site Feb 4. Units like Gordon's at Bagram and Kandahar Airfield recently received Kevlar vests for their military working dogs. The handlers have been working with the dogs to acclimate them to the vests.

1st Class Erika Gordon, 25th MP Co. kennel master.

"Even though we only have a few vests at the moment, we are working to get vests for every dog in Afghanistan," she said. "These vests are the dogs'

only means of protection. They go in before their handler. It is a matter of 'get them before they get you.' That's why these vests are so important."

The vests are also able to
See "MP dogs" Page A-7



Sgt. Maj. of the Army Kenneth O. Preston and Staff Sgt. Norberto Lara, 293rd Military Police Company, Fort Stewart, Ga., celebrate the unveiling of the 2004 George C. Marshall Medal award display at the Pentagon Feb. 22. The award was originally presented to the American Soldier at the Association of the United States Army conference in October in Washington, D.C.

Marshall award display dedicated to the American Soldier

Story and photo by Staff Sgt. Reeba Critser
Army News Service

WASHINGTON – Sgt. Maj. of the Army Kenneth Preston and former Army Chief of Staff Gen. Gordon Sullivan unveiled a display Feb. 22 recognizing the American Soldier as the recipient of the George Catlett Marshall Medal presented by the Association of the U.S. Army.

Also present for the ceremony was Staff Sgt. Norberto Lara who represented the Army at this year's State of the Union address.

Marshall, for whom the medal is named, was the Army chief of staff during World War II and went on to serve as secretary of state after the war.

Sullivan, who retired from the Army in 1995 and is now president of AUSA, said the award honors all Soldiers.

"We had in mind to recognize everyone, men and women in the Army regardless of component," Sullivan said. "We made no distinction and that was on purpose. It was our goal to honor the American Soldier, past and present."

Sullivan said all components serve equally in modern conflicts.

"When you look at someone like Staff Sergeant Lara, who lost 50 pounds, lost his right arm – if you look at the patches on his uniform, they could be from any unit in the Army," Sullivan said.

Preston called Lara "the epitome of the American Soldier."

The Army commissioned the permanent display, which is on the third floor of the Pentagon near the offices of senior Army leadership. The display shows important events in the history of the Army, highlighting the service of the individual Soldier.

AUSA formally presented the award at its 2004 annual meeting in October. Preston accepted the award, which is normally presented to an individual for "selfless service to the United States of America."

Past recipients of the award include Gen. of the Army Dwight Eisenhower, General of the Army Omar Bradley, Secretary of State Henry Kissinger, Secretary of Defense Donald Rumsfeld; President George H.W. Bush, General Colin Powell and Vice President Richard Cheney.

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

Maintaining excellence at home



Command Sgt. Maj. Frank Ashe

Commentary

Command Sgt. Maj. Frank Ashe
Command Sergeant Major, 25th Inf. Div. (Light)

BAGRAM AIRFIELD, Afghanistan – I'm very proud of what Tropic Lightning Soldiers have accomplished during our historic deployments to Iraq and Afghanistan. You performed magnificently as you ensured the Afghan people had a safe and secure environment for their first democratic elections in their 5,000 year history. You put yourself in harms way as you provided security and gave an oppressed Iraqi people the opportunity to cast a vote for their future. The 25th Infantry Division fought valiantly in two different theaters, writing another page in the history of our Division. A year from now, I want to be as proud of the way you conducted yourselves upon your return from combat as I am about the way you performed in combat. So here are five "P's" that I want you to consider.

1. Professionalism: We've changed in the past year, our families have changed, and Schofield Barracks has changed. Don't think that going home is going to be stress-free. Don't think that everyone back home "owes" you

something because you've been deployed the past year. People are going to look at you differently and they're going to look up to you. Don't let them down. Rise above the chaos and be professional in everything that you do. The fact that we've done a year in combat doesn't give us the license to conduct ourselves inappropriately. Dodging improvised explosive devices for a year doesn't give us a reason to speed through downtown Honolulu. We need to live the Army Values and live by the Soldier's Creed. The reason we succeeded so brilliantly in combat is because we had strict standards and discipline. Don't let it slip just because we're home.

2. Patience: With 10,000 troops coming home at about the same time, Schofield will be crowded. Don't lose your mind if you have to wait in line at the bank, or you have to park two blocks away from the PX or Commissary. Don't sweat it. Take a deep breath and take a walk, talk to a friend. Show the patience that got you through a year in Afghanistan or Iraq.

3. Polite: Treat others how you want to be treated. Be polite to others and show them you didn't lose your manners in the year you've been gone.

4. Proactive: Be a 'can-do' person. If you see something that needs to be fixed, fix it. Don't ignore the problem. If you can't fix it, bring the problem to the attention of your chain of command.

5. Proud: Don't tarnish the honor of what we've accomplished during the past year by acting inappropriately. Be proud of what you've done and continue to make your families, peers and commanders proud by your day-to-day actions. I am proud of what you've accomplished during the past year. Tropic Lightning Soldiers made history in both Iraq and Afghanistan by giving the oppressed people from both countries the chance for a brighter future for themselves and for their children. It's a time in your lives that you will never forget, and that you will tell your grandkids about one day. Let's make this next year an unforgettable one by continuing to be Professional, by having Patience, by being Polite, Proactive, and Proud. Keep up the great work! Tropic Lightning!



Capt. Derek Bird

Co. A, 1-21st Inf. Soldiers packed into a C-130 transport plane prepare to lift off in Kirkuk, Iraq

A Soldier's story: The end

Commentary

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

For the last two weeks, Alpha Company has been jumping from plane to plane on their route back to Hawaii.

Feb. 16, 10:48 p.m. – The C-130 transport plane lifted off the ground in Kirkuk with 57 Alpha Company Soldiers aboard. Even though the engine roar was deafening, I could hear a few Soldiers celebrating as the wheels left the Iraqi soil.

For the next two days we staged in Kuwait and waited for our plane to arrive. Other groups were processing out and Soldiers were leaving the sleeping area with big smiles on their faces.

Feb. 19, 9:58 a.m. – A chartered DC-10 lifted out of Kuwait City with more than 200 Soldiers from 1st Battalion, 21st Infantry, 68 of which were from Alpha Company. There were a few cheers from behind me, and then everyone seemed to settle in for the 25-hour trip ahead.

Instantly, you could feel relief run throughout the plane. A few Aloha's rang out as Soldiers eagerly looked out the windows.

After touching down in Hawaii, we were whisked by bus to Wheeler Army Air Field where we filled out more paper work and

turned our weapons in to a group of Soldiers that had been waiting.

After a quick briefing we started marching toward a hanger where friends and families waited for their loved ones. We marched past a plumeria tree; at least in my mind the sweet smell tickled my senses, so now it felt real. As we approached the building, the doors to the hanger opened, the 25th Infantry Division (Light) band started playing the theme from the movie "Rocky," and the families knew we were home.

We marched in to a screaming crowd that made your skin tingle. All these people came out in the middle of the night for us, what a wonderful feeling. As the formation came to a halt, I could see Soldiers holding back tears. These grown men, warriors, back from battle, knew they were finally home. Battle hardened Soldiers showed their soft side as they noticed tears from our wonderful spectators.

A few welcoming words from a figure at the podium, none of which you could hear over the screaming crowd, and the command "dismissed" was given. Instantly the bleachers emptied and Soldiers were reunited with their families.

After a few minutes I was welcomed with a few hugs and a lei from some of the Alpha Company wives. They thanked me for bringing their husbands home alive. Little do they know that I am thankful for the actions of their husbands. I alone didn't keep

everyone safe, it was the commitment of those wonderful Soldiers that kept me alive.

Out of the corner of my eye I saw a wonderful sight. Spc. Charles Woolwine, a Soldier still assigned to Walter Reed Medical Center from injuries sustained in May, had flown out earlier in the week to welcome all of the Alpha Company Soldiers home.

It seemed like everyone came to greet this young warrior. It was strange seeing him standing there with his prosthetic leg. But I know if anyone can overcome an injury like his and lead a normal life with no boundaries, the "machine" can do it.

On Feb. 21 the last of the Soldiers arrived in the early afternoon. All the Alpha Company Soldiers have redeployed and are making plans for a well deserved month off in March. I look back on our year away and remember the people that supported us so much. The emails from readers forwarded through the "Star Bulletin" kept me motivated to continue my story.

The outpouring of support from people like Myrna Bein, Miriam Torres, Sherrie Cummings, and Malene Pang, and the constant prayers of all the folks at Soka Gakki International and all over the United States.

This is the last edition of the "Soldier's Story." Thank you to everyone who followed me throughout my year-long journey. God bless all of you and Aloha.

Voices of Lightning

How is AER important to today's Soldier?



"The obvious answer is that it helps today's Soldier with emergency needs. AER can provide same day emergency assistance to help Soldiers in times of trouble."

1st Lt. Josh Walter
45th Corps Support Group



"I have personally used AER when my grandmother was sick. AER gave me a check and the next day I was off to see her. It is a unique program in that it is all money given by other Soldiers for Soldiers."

Sgt. Timothy Fowler
25th Aviation Brigade



"AER, like all good Army programs, gives back to the community, but AER in particular gives back to our Soldiers. We take care of our own basically. By donating money, we're helping Soldiers with financial hardships."

1st Lt. Terry Burke
HHC, 25th ID (L)



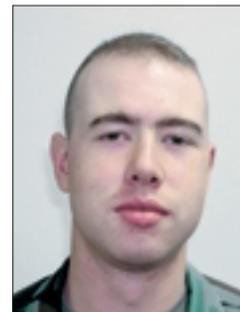
"AER enables Soldiers to do things they may not be able to do, like emergency leave. The loans and grants are non-interest ... It can help Soldiers phenomenally. AER can make things happen for Soldiers that normally wouldn't happen at all."

Spc. Kristin Morris
HHC, 25th ID (L)



"AER is very effective. It is important because it is a Soldiers-for-Soldiers program. Every year, Soldiers give to AER which is geared to help Soldiers in time of need."

1st Sgt. Rickey Vinson
HHC, 25th ID (L)



"AER is important because it helps Soldiers get money for their families and other problems. It is just for Army personnel and the money comes from the Soldiers themselves."

Sgt. Scott Aseltine
Division Support Command

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Aviators fly more than any battalion since Vietnam

By Capt. Jeff McCoy
1st Bn., 25th Avn. Rgt.

More than 300 Soldiers from 1st Battalion (Attack), 25th Aviation Regiment deployed from Schofield Barracks in January 2004 and during 13 months of combat operations, flew more than 6,000 combat missions.

The battalion amassed the most combat flight hours of any aviation battalion in the theater, flying more than 25,000 hours while maintaining an operational readiness rate of 84 percent. This flight hour record eclipses that of any battalion sized element in combat since the Vietnam War.

1st Bn., 25th Avn. received orders extending it in theater to support the Iraqi National Elections just days before its scheduled redeployment in mid-January.

The battalion played a critical role in the highly successful elections by securing commercial and strategic military flights into and out of Baghdad International Airport and providing aerial security for polling sites and movement of election materials and personnel.

The battalion was based out of Camp Taji, Iraq and flew combat missions in the greater Baghdad area in support of 17 different maneuver brigades from the 1st Armor Division, the 82nd Airborne Division and the 1st Cavalry Division.

There were three primary missions. These were reconnaissance and close combat attacks to defeat enemy mortar, and rocket attacks on coalition base camps and to locate insurgents and their arms caches, Air Security



Courtesy photo

A 1st Bn. (Attack), 25th Avn. Rgt. helicopter scans the ground during a combat mission in support of OIF II in April 2004. The unit has flown more combat flight hours than any other aviation battalion since the Vietnam War.

Missions to protect flights into and out of Baghdad International Airport and Division Quick Reaction Force operations to provide close combat attacks in support of friendly troops in contact.

The battalion also provided support for many special missions such as raids and air assaults to capture enemy insurgents and convoy security for hundreds of coalition convoys that transited the Baghdad area.

During these missions the battalion was directly responsible for locating and capturing or destroying numerous insurgent caches, consisting of thousands of artillery and mortar rounds, more than 200 enemy weapons systems consisting of small arms, heavy machine guns, mortar tubes and improvised rocket launchers and killing or capturing 150-plus enemy insurgents.

The Soldiers were behind the 1st Bn. 25th Avn. Rgt. suc-

cess. Soldiers like Chief Warrant Officer Christopher Wilson who was selected as the 2005 Army Aviator of the Year by the Army Aviation Association of America and Chief Warrant Officer Jason Ray who was awarded the Purple Heart and the Distinguished Flying Cross and was selected as the Army's only recipient of the Order of the Daedalians Award for 2004-2005 for his extraordinary display of courage and heroism in aerial combat.

Wilson, who represented the typical line pilot in the battalion, flew more than 1,280 combat flight hours in 13 months. His flight time was more than double that of last year's recipient and his efforts and those of the other battalion aviators directly contributed to the safety of countless coalition troops.

Maj. Gen. Peter W. Chiarelli, commander of the 1st Cavalry Division expressed his gratitude during a speech at the battalion's farewell ceremony.

Chiarelli said he was bringing more 1st Cavalry Soldiers home alive and whole because of the courage and heroism of the aircrews of "Lightning Attack." The battalion's 24 aircrews were awarded more than 40 medals for heroism and valor in aerial combat.

The battalion's success was not just isolated to the heroism of the aircrews on the battlefield.

The unit's maintainers and support Soldiers played a critical role by maintaining necessary combat power to ensure every mission could be accomplished.

Soldiers like Chief Warrant Officer Jeffrey Pratt, selected as the Army Avionics Technician of the Year, and all of the battalion's maintainers set the standard in Iraq by maintaining the battalion's 24 OH-58Ds at 84 percent fully mission capable rate.

This was the highest operational readiness rate of any attack helicopter unit in theater and ensured the battalion could maintain an operational tempo seven times the peacetime rate.

The 1st Bn., 25th Avn. Rgt. commander, Lt. Col. Mike Lundy, stated that the maintenance Soldiers of the battalion were the decisive element in the battalion's ability to provide reconnaissance, security and close combat attack missions in support of coalition ground forces.

Performing 1,137 major maintenance services during the deployment, the Lightning Attack maintainers proved him right.

The Lightning Attack battalion is now home with family and friends after a successful combat deployment having truly lived up to the battalion's motto: Lele Makou No Na Puai: "We fly for the troops!"

Bank of America loses travel card info

By Jim Garamone
Army News Service

WASHINGTON — About 900,000 Defense Department employees may be affected by Bank of America's loss and the possible compromise of government travel card information, Pentagon officials said.

The General Services Administration and Bank of America notified DoD that GSA "SmartPay" travel cards are affected. Officials said Bank of America has been monitoring the affected accounts and there has been no evidence of fraud or misuse of the accounts.

Bank of America is sending letters to affected employees.

"Information regarding travel card program accounts for individual card holders has been lost, and it is possible that information has been compromised, though we don't believe that is the case," said Teresa McKay, the Defense Department's deputy chief financial officer.

The U.S. Secret Service is

conducting the investigation, with help from the Defense Criminal Investigative Service.

Officials said that although there has been no evidence of criminal activity, release of details on the circumstances of the loss could jeopardize the investigation.

"Indications right now are that it is an accidental event," McKay said. "The bank has been monitoring the accounts involved from the onset, and to date there has been no indication of fraudulent activity."

The information is personal cardholder information — names, Social Security numbers, addresses and account numbers — on magnetic tape. The loss occurred in late December. GSA notified DoD on Jan. 19. McKay said the delay was necessary to protect the integrity of the investigation.

"The bank is in the process of notifying cardholders of the situation," McKay said. "They will be given a special customer service number that has been set up by

the bank specifically for this purpose. If (cardholders) have any questions, they can contact the bank. If they would like, they may request that the bank cancel the card and reissue a card to them."

McKay added that consumers should always keep an eye on any credit accounts they have. "It's always prudent for any cardholder to monitor their monthly statements (and) dispute any charges they may question, and also it's important for all of us to get a credit report at least once a year and look at the content of that report," she said.

Bank of America has set up a hotline for those affected. The number is (800) 493-8444. Cardholders who notice irregularities in their accounts should call the Bank of America at the 800 number printed on the back of their cards, McKay said. "If you are an affected cardholder, you may contact Bank of America for information on obtaining a free credit report," she added.

Kilauea Military Camp director deploys for duty with Army Reserve

KMC News Release
CTR

Kilauea Military Camp Director Randy A. Hart traded in his Aloha shirt for Army fatigues when he reported for duty Feb. 28 as a colonel in the U.S. Army, 9th Regional Readiness Command. Hart will deploy with the 322nd Civil Affairs Brigade as the government team chief for about 18 months in support of the Global War on Terrorism.

Steven H. Takekawa, the business operations director of the U.S. Army Garrison Hawaii – Directorate of Community Activities will serve as the Interim Director of Kilauea Military Camp.

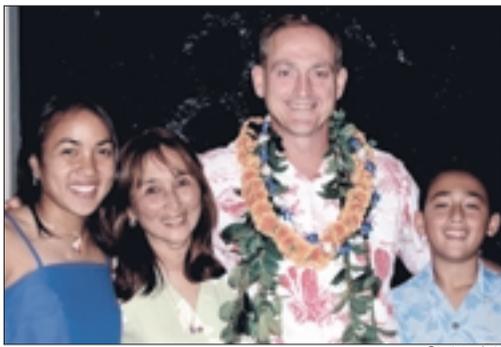
Before becoming the director of KMC, Hart was on active duty with the U.S. Army and later joined the U.S. Army Reserve when he assumed his present posi-

tion in 1994. Under his direction, KMC has evolved into a premier military vacation resort located in Hawaii Volcanoes National Park and serves all branches of the services, including retirees, DoD civilian employees and their sponsored guests. (For more information visit www.kmc-volcano.com.)

"As our country enters the fourth year following the terrorist attack of September 11, the Army Reserve remains decisively engaged, shoulder to shoulder with the Army in joint and expeditionary operations around the world.

Throughout 2004, the Army Reserve maintained an average of more than 50,000 Soldiers mobilized per month, with most deployed overseas to conflicts in Iraq and Afghanistan.

In all, more than 120,000



Courtesy photo

KMC Director Randy A. Hart and family

Army Reserve Soldiers have answered the call to serve on active duty since 2001," said Lt. Gen. James R. Helmly, chief, Army Reserve and commanding general of the U.S. Army Reserve Command.

When asked what his thoughts are in reference to

deploying, Hart said it's bittersweet.

"As an Army Reserve Soldier and as a citizen of the United States it's an honor to serve your country when asked to do so. It's bitter when you have to leave family and friends. I truly believe in our mission to

defeat terrorism and to take the fight to the enemy, to not allow the war to be fought on U.S. soil. My comrade's are part of history in Iraq. It's an awesome thought that we are helping the Iraqis establish democracy in the cradle of civilization. For the first time in known history Iraq held its first free election with a phenomenal number of Iraqis turning out to vote.

It's a great feeling to assist the citizens of this nation. It's even a better feeling to know that we are winning the GWOT.

Hart asked only one thing from his community and that is to remember the sacrifices that Soldiers make in the name of freedom and democracy.

"When Soldiers leave family and go into harm's way it is a sacrifice that society ask of no other citizen. For me personally I

leave behind my wife, daughter, and son, Hart explained.

"Over the next 18 months I'll miss my daughter's high school graduation and my son's 12th birthday.

"Especially difficult is missing my daughter's graduation, knowing that she plans to go to college on the mainland," Hart said.

"Leaving my wife to tend to all the decisions and coordination to make this event happen for [my daughter]. I say this not for sympathy for myself but to show that the heaviest sacrifices are born by those left behind.

"I can also tell you that my success as an officer is due primarily to one person, my loving and unselfish wife, Lydia.

"For Soldiers to be good Soldiers they must have a supportive spouse, I've been blessed and am extremely lucky," said Hart.

Briefs

Army Emergency Relief Fund Raiser

This year's campaign officially starts March 11. Voluntary contributions will be accepted from the Army community. Your contribution is important to individuals with emergency needs. AER key persons will contact Soldiers in units throughout Hawaii.

Retirees will receive a request for support by mail. Monetary donations are accepted at any time. For more information contact your unit AER Fund Campaign Project Officer or Army Emergency Relief at 655-2400.

Free Tax Return Preparation

Schofield Barracks tax center, building 361 (in back of the museum), Mon – Wed, 9:30 a.m. – 5 p.m., Thu, 9:30 a.m. – 6 p.m., and Fri, 9:30 – 4 p.m. Call 655-5144 for information.

Fort Shafter tax center, Aloha Center, building 330, Mon – Wed, 9:30 a.m. – 5 p.m. Call 438-2829. Tax preparers certified by the Internal Revenue Service.

The Hui O' Na Wahine Thrift Shop

The shop has clothes, furniture, toys, books and more. Moving, or just have too much? Make some money by putting your items on consignment.

Hours

Tue, Thur 9 a.m. – 1 p.m.
First Sat 9 a.m. – 1 p.m.
Third Thur 3:30 – 7 p.m.
Consignments close at 12 p.m.

Located behind Army Community Service on Schofield Barracks. Call 624-3254 for information.

Schofield Hui Luncheon

Monthly luncheon will be held at the Nehelani on Schofield Barracks March 24. Doors open at 10:30 a.m. for shopping and lunch will begin at 11 a.m. The Hui O' Na Wahine Thrift Shop will be presenting its annual Fashion Show at the luncheon. Come see models take to the catwalk wearing outfits all from the Thrift Shop! For reservations call Judi at 624-8242. Limited child care will be provided call Central Registration at 655-8313 to make a reservation. There will also be a silent auction featuring baskets donated by Schofield Barracks coffee groups. All proceeds will benefit the Hui O' Na Wahine's Scholarship and Welfare funds.

Writing Workshops

Novice and seasoned writers are welcome to attend Hawai'i Pacific University 8th Annual Ko'olau Writing Workshops on Saturday, March 12, from 8:45 a.m. to 3:30 p.m. at HPU's windward Hawai'i Loa campus.

Albert Wendt, Pacific

writer and editor and author of novels "Sons for the Return Home," "Leaves of the Banyan Tree," "Ola, Black Rainbow," and "The Mango's Kiss," will be the featured speaker. The event will feature workshop sessions in non-fiction, poetry, fiction, and scriptwriting.

Workshop facilitators include Hiyagaha Cohen and Courtney Kunimura for fiction and Tia Ballantine and Frederika Bain for poetry. The facilitators for non-fiction and scriptwriting have not yet been announced.

Participants will receive a free breakfast from 8:45 to 9:15 a.m. and free drinks during the lunch (brown bag lunch). A \$10 donation is requested, \$5 for students. Parking is free.

To reserve a seat, call 544-9340 or 544-1108, or send name, address, and phone number to Patrice Wilson, 1060 Bishop St., Room 402, Honolulu, HI 96813, by March 10. Donations will be accepted at the door. HPU's windward campus is located at 45-045 Kamehameha Hwy., in Kane'ohe.

CIF Closure

Central Issue Facility will close March 7 – 11 to conduct an inventory. Normal operations will resume Monday, March 14. Emergency issues and turn-ins will be processed on a case-by-case basis. Call Kealii Kahanu at 655-2229 or 284-1457; Lowell Rose at 656-1405 or 284-2156. Also call DOL at 656-2402 for requests.

Foreign Service Officers Needed

Think you have what it takes to be a U.S. diplomat? Registration for the 2005 Foreign Service Written Exam is now open. The exam measures candidates' knowledge of the subjects necessary for performing the tasks required of foreign service officers.

The exam is free and is comprised of multiple-choice questions that cover such areas as the structure and workings of the U.S. government, psychology, American culture, management and finance. The exam includes a job knowledge section, an English usage section, a biographic inventory, and an essay exercise. Candidates must be U.S. citizens between 20 and 59 years old, and be available for worldwide assignment.

Visit www.careers.state.gov/officer/join/examinfo.html for information on how to register and where to find the nearest testing center.

Learn How To Write A Masterpiece Resume

Army Community Service will sponsor a Resume Writing Workshop on Thursday, March 10 at ACS on Schofield Barracks in building 2091 from 9:30 – 11:30 a.m. This workshop will provide skills to create effective resumes for public and private sector jobs. The

importance of cover letters and tips on following up with your resume are also discussed. To register call 655-2400.

New Fort Shafter Chapel Service

The Wave is a new chapel service on Fort Shafter. It is committed to helping you find God's purpose in your life. Join the Wave on Sundays from 10 – 11 a.m. in the Fort Shafter Dining facility in building 503 B. Enjoy free coffee or soda, casual attire (shorts and flip-flops), we don't care what you wear – as long as it's clothes. Service is non-denominational in flavor. We are using newer Christian music to appeal to a younger crowd – Soldiers and families are welcome and encouraged to attend. We want to help Soldiers and families figure out what God has planned for their life. We are the only chapel service where you can eat during the service.

The University of Oklahoma offers a Master of Arts

Masters in Managerial Economics and a Master of Public Administration. Our Non-thesis programs can be completed in about 18 months. Our one week classes are very TDY and TAD friendly. Contact OU at 449-6364 or aphickam@ou.edu for more information or visit our Web site at www.gouou.ou.edu.

Free Sears Portraits

At any Sears Portrait Studio in the United States, military families can share their smiles free of charge with family and friends anywhere in the world, including overseas military bases (see www.searsportrait.com/usa/). A locator on the Web site can help families find the closest studio location.

Using Sears, exclusive View and Share@ technology, available at most studios, families can share their portrait session with anyone who has Internet access. In addition, military families will receive a 20 percent discount on all in-studio and online portrait orders, which can be combined with any additional advertised or in-store portrait offers.

Financial Assistance From Schofield and Fort Shafter Hui

The Schofield Barracks Hui O' Na Wahine welfare grant committee will be accepting requests for funds from community organizations.

Include organization name, point of contact with phone number, the amount requested, project for which the funds will be used, and how the project benefits the community.

Requests must be post-marked by April 9. Funds will be distributed in May. Send requests to Hui O Na

Wahine, Attention: Welfare Committee P.O. Box 861305, Wahiawa, HI 96786. Contact Robin Orner, 624-6979, with any questions.

For the Fort Shafter area Hui O Wahine, the deadline for requests is March 18, 2005. Distribution of Funds will take place after April 7.

For more information about the Fort Shafter Hui, contact Marcella Heilig at 833-1834, mail requests to Fort Shafter Hui O Wahine, Welfare Committee, c/o Marcella Heilig, Hale Ikena: Building 710, Fort Shafter, HI 96858.

Provost Marshal's Office Hours

The Schofield Barracks Provost Marshal's Office,

Vehicle Registration Section, building 6508 on Leilehua Golf Course Road, hours have been extended from 9 a.m. to 3:30 p.m. Monday through Friday to accommodate Soldiers registering vehicles during redeployment processing. Call Ella Holskil at 655-8940 for more information.

Seeking Volunteer Nominations

The Hawaii business community, Chamber of Commerce and Military Affairs Council, is sponsoring a series of annual events to recognize U.S. service members here.

A special luncheon will be held to recognize active duty military members for their volunteer work done in addi-

tion to their normal military duties. For example, giving back to the community in service to schools, youth groups, sports leagues, churches and social agencies.

If you wish to be nominated or know someone who fits the criteria, contact your base Public Affairs Office at 655-8727.

Nomination forms are available at your base Public Affairs Office and must be endorsed by your command. Completed nomination forms are due to U.S. Pacific Command, Office of Community Relations before March 1.

Contact Dennis Fujii, U.S. Pacific Command, Community Relations, at 477-6282 for more information.

Military medical program gets care to thousands in Philippines

By Air Force Staff Sgt. Marcus McDonald
Exercise Balikatan CIB
Public Affairs

LAGUNA PROVINCE, Philippines – More than 9,000 people and 500 animals received free medical, dental and veterinary care as part of the 2005 Exercise Balikatan Civic Action Program in the Laguna and Quezon Provinces.

U.S. Army Col. David Crudo, MEDCAP officer in charge, said there's been a tremendous turnout in the first five of 11 scheduled clinics.

"Each clinic has been extremely successful," said Crudo, deployed here from Tripler Army Medical Center. "We're not totally overrun but there are always patients to see."

Working alongside their Armed Forces of the Philippines, or AFP, counterparts helps the U.S. medical team provide better care in this part of the world.

"There are certainly some symptoms here in the Philippines that our docs have never seen before so it's nice to have someone who has and can teach you how to treat them," Crudo said.

"It's also important on the U.S. side that our healthcare providers learn how to do medicine in an austere environment without your usual accompaniment of labs, X-rays and a huge pharmacy where you get your pick of drugs. They learn to make diagnoses based on their clinical skills and treat them with the medicines



Capt. Marilyn Macalos of the 725th Medical Support Battalion, Schofield Barracks, gives a Quezon City woman an eye examination during a Balikatan 2005 MEDCAP event.

Sgt. Vince Oliver

available."

AFP Medical Corp Capt. Farida Suplido said working with U.S. medical personnel has been a learning experience.

"During each MEDCAP, I've gotten a lot of ideas from my U.S. counterparts on how to treat patients," said Suplido, an emergency physician. "This interaction has allowed me to develop my medical skills and be more confident in dealing with people regardless of their personality or culture."

Sgt. Chad Ramme, veterinary technician from Hickam Air Force Base,

Hawaii, agreed.

"It's a wonderful experience to see how other countries and other military services perform their functions in regard to how I do my job," Ramme said.

"They have techniques that I haven't seen before that I'm probably going to take back to my job site."

Ramme said the Filipino people they've met have been very grateful and satisfied with the care they and their animals have received.

"We have people who bring their animals in and thank us profusely. It's good to see them come out

with smiles on their faces when they come and especially after their pets have received care," he said.

The MEDCAPs are part of Exercise Balikatan 2005, an annual combined bilateral exercise involving U.S. military and AFP personnel that enhances interoperability, military relationships and familiarity in working together to build capacity to respond to terrorist threats as well as natural disasters. Among this year's exercises, major priorities include a focus on humanitarian and civic assistance on the island of Luzon.

OneStop: Web source for housing information, services

By Sgt. 1st Class Tammy M. Jarrett
Army News Service

WASHINGTON – Whether a Soldier is on permanent-change-of-station orders or considering a new assignment, getting a variety of information about his next duty station is a click away.

The Army Housing OneStop Web site at www.onestoparmy.com now has more than 2,200 family housing plans and 5,500 family housing photos from 96 Army installations for viewing, as well as a wide variety of links to popular sale and rental search sites, said Debbie McMullan, a housing program analyst for AHOS.

"Deep links" to the areas surrounding the installation are provided when possible, she said, to help customers who are not familiar with their new PCS location.

AHOS has combined the best features of PCSHouse Express, live data from HOMES (Housing Operations Management System), Web pages from installation and Residential Communities Initiative Partner Web sites, and content from existing customer service kiosks to deliver a uniform, easy-to-navigate, user-friendly format to provide Soldiers and their families with a world class system for obtaining housing information, said AHOS officials.

This is a tool created specifically to assist the Army family. It is the place everyone needs to start when looking for housing information and or services, said McMullan.

"Our goal is to make it much easier to find comprehensive Army Housing and related information from a single site for whatever location they are assigned to or are considering for assignment," said John Nerger, director, Facilities and Housing, in an AHOS news

release.

McMullan said it doesn't matter whether an installation is "privatizing" or not, the site is the place for Soldiers and family members to go no matter where they are headed.

"AHOS includes a standard of housing-related topics that include a wealth of information for each and every installation, privatized or not," she said. "RCI partner Web content is integrated when available to replace older installation Web pages for housing."

As a new customer-service initiative, a OneStop kiosk has been installed in the Pentagon Joint Military Assistance Center.

The kiosk leverages the investment made in the Army Housing OneStop Web site by providing convenient and secure access to a D.C. version of AHOS content for customers who do not have readily available access to the Internet, said Terri McClelland of DynaTouch.

The kiosk content also includes worldwide Army Housing and Navy Housing OneStop content, as well as access to selected Air Force and Marine Corps sites.

Other updates to the site, since its existence in October 2003, include "Virtual Reality Tours" for featured family housing, online housing applications for installations that accept them, and more specific local area information like schools, churches, and spouse employment opportunities.

"If what you need isn't there, send an email to the AHOS Web master and appropriate action will be taken, McMullan said. HQ (Headquarters) Army Housing is committed to providing a top quality, standard level of customer service to each and every Soldier, no matter what installation."

New officer basic course gets green light

By Lisa Alley
Army News Service

FORT MONROE, Va. – The Army is preparing to move from pilot programs for the Basic Officer Leadership Course into implementing BOLC in July 2006, senior officials announced this week.

The four installations named to conduct the second phase of BOLC are: Fort Benning, Ga.; Fort Bliss, Texas; Fort Knox, Ky.; and Fort Sill, Okla.

BOLC – part of a comprehensive initiative to transform the Officer Education System – will be for officers both in the active and reserve components, along with selected special branch officers, officials said. They said officers will attend BOLC as their initial-entry training.

OES is being transformed so that it better supports the goals of increased readiness, greater relevance of the force and a more Joint and expeditionary Army, officials said.

“Leader development – while educating them to think broadly – must prepare them for the complexities on the battlefields they’ll see when they join their first units,” said Gen. Kevin P. Byrnes, U.S. Army Training and Doctrine Command’s commanding general.

“We’re fighting a small-unit war. It’s being fought by staff sergeants, sergeants first class, lieutenants and captains every day,” Byrnes said. “They’re the ones out on patrol; they’re the ones who are in this extremely complex environment where things change from the minute they leave their compound until they return that evening. They may never get to accomplish the objective they had set for the day because things happen en route. We’ve got to make sure our leaders are prepared for those complexities and changes and have a framework to refer to, a handrail to grab on to, and an understanding of foundational concepts.”

BOLC has three phases and is designed to ensure a tough, standardized, small-unit leadership experience that flows progressively from each phase. BOLC’s Phase I is the pre-commissioning phase, according to Byrnes, and includes training conducted at the U.S. Military Academy, Reserve Officer Training Corps and officer candidate schools. In BOLC I, each officer candidate and cadet will be steeped in the Army’s values and traditions and will possess clear knowledge of what it means to be an officer.

After lieutenants are commissioned, they go to BOLC’s Phase II, the initial-entry field-leadership phase. BOLC II is a rigorous six-week, branch-immaterial course in small-unit leadership and tactics designed to challenge officers physically and mentally, officials said. Forts Benning, Bliss, Knox and Sill will host officers



Sgt. Jacob Boyer

2nd Lt. Veltum, a Transportation Officer Basic Course student, leads fellow students through tactical maneuvers during Manassas Run, a week-long training exercise that ended Oct. 17, 2004, at Fort A.P. Hill, Va. Officer basic courses for all branches will become the Basic Officer Leadership Course, which will emphasize Warrior Ethos and fieldcraft during BOLC’s Phase 2.

training in this phase.

“Eighty percent of BOLC II will be conducted in a field environment,” Byrnes said. “All officers will receive common instruction before going off to their branch technical courses. This is a major shift.”

BOLC II classes will be organized into companies with five 40-student platoons and will have a mix of officers from the different components, branches, commissioning sources and genders. The platoon is the focal point during the course as each student is challenged in a series of situational leadership exercises based on contemporary operating environment scenarios, officials said.

During this “hands-on” phase, BOLC II’s curriculum will include physical-fitness training, foot marches, combatives training, advanced land-navigation training, rifle marksmanship, weapons training, practical exercises in leadership, nuclear, biological and chemical operations, use of night-vision equipment and several confidence courses featuring difficult obstacles that challenge students to overcome personal fears.

Immediately following BOLC II, officers will go to BOLC III, the branch technical phase, to learn the specialized skills, doctrine, tactics and techniques of their assigned branch. Since BOLC III is branch-specific, these courses will be taught at the appropriate TRADOC schoolhouse or training center and range from six to 14 weeks.

“All this will be introduced to the Army in fourth quarter ‘06,” Byrnes said. (Lisa Alley edits the TRADOC News Service where this article first appeared.)

Engineers maximize training at PTA

By Bob McElroy
Pohakuloa Training Area
Public Affairs

POHAKULOA TRAINING AREA, Hawaii – The Soldiers of the 29th Engineer Battalion had a prime training opportunity here in mid-February and didn’t let it go to waste.

With no other units training at PTA the engineers seized the opportunity and trained approximately 200 Soldiers in subjects ranging from first aid, NBC defense and communications to weapons qualification and demolition, convoy defense and military operations in urban terrain.

The engineers began their training rotation with a focus on Soldier Skills, moved up to individual and crew-served weapons familiarization and qualification and rounded off the rotation with convoy, small unit movement and vehicle live fire training.

The 29th Eng. Bn. is a unique unit that includes a headquarters company, the 70th Eng. Company (Topographic), 7th Eng. Detachment (Heavy Dive) and the 545th Transportation Det. (Harbormaster) which has the two Landing Ship Vehicles, or LSVs, and the High Speed Vessel that hauls equipment and Soldiers between Oahu and the Big Island.

Given its disparate missions, unit training is always a challenge, according to battalion commander Lt. Col. Steve Miles.

“For us to come to PTA and do our tactical skills training was a great experience,” Miles said. “We got away from [Fort] Shafter and the telephones and were able to focus on tactical skills. We were blessed we had PTA to ourselves.”

The time at PTA presented opportunities to fire weapons Soldiers hadn’t touched in a while or, in some cases, ever: the M-2 .50-caliber machine gun and M249 Squad Automatic Weapon.

Most Soldiers also threw four to six live hand grenades and fired training rounds



Maj. Jack Haefner

A 29th Engineer Battalion Soldier fires from a moving Humvee during vehicle live fire training at Pohakuloa Training Area on the Big Island. The engineers completed a two-week training rotation on Feb. 26.

through the AT-4 anti-tank system.

The real excitement came when the unit conducted vehicle live-fire training, something new for them that built on lessons learned from combat in Iraq and Afghanistan.

Miles said that Soldiers from his battalion who are now deployed or have been deployed in combat zones emphasized the need for convoy live-fire training.

“The feedback we got emphasized tactical training,” Miles noted. “They said ‘If you can get more convoy training, get more.’”

Miles said that he has about 50 Soldiers deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom. He also has a few deployed to the Philippines.

A factor that led to training success was the availability of ammunition. Miles said that the battalion received all of the ammunition it requested for training.

“We were able to acquire enough ammunition so that every Soldier could fire every weapon in the battalion: M-9, M-16, M-2 and M-249,” Miles said. “For them to get the opportunity to fire is exciting.”

Miles said that each Soldier fired 300-400 rounds through the .50 caliber machine gun.

“Soldiers love to fire the 50-cal,” he said with a smile.

In addition to the live weapons firing, the divers got the chance to do some demolitions training, according to battalion S-1 Lt. C.J. Scott.

“7th Dive did three days of demo training and gave the Soldiers classes on the Claymore mine,” Scott said.

Miles added the divers get to blow up demolitions materials like Bangalore torpedoes, cratering and shape charges.

“The divers like to come here to handle the heavy demolitions,” he said. “It’s exciting for them,” he said.

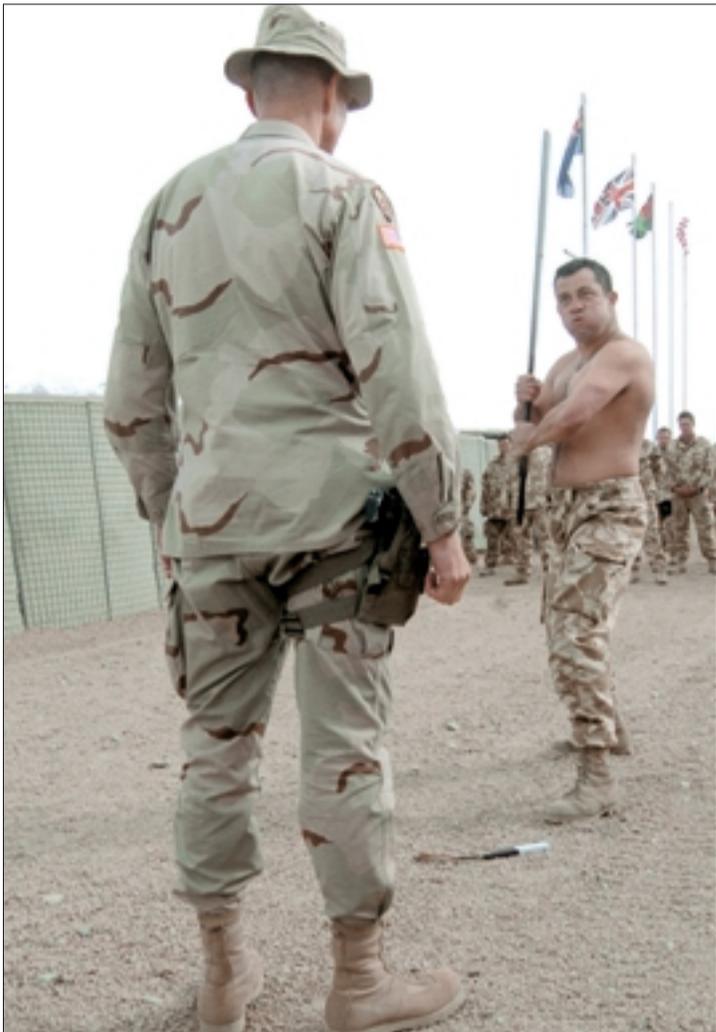
As his training rotation drew to a close Miles reflected on its success.

A critical element came at the beginning when the U.S. Coast Guard provided C-130 aircraft to transport the engineers to the Big Island.

“We really owe the Hawaii Coast Guard for that,” Miles stressed. “I don’t know if we would have had the funds to fly everyone over here. It was a win-win situation for us and good for the Coast Guard to train to move a large amount of personnel.”

“It allowed me, as the battalion commander to attain a greater level of certification for the Soldiers than I anticipated before we came over.”

Friend or foe?



Staff Sgt. Bradley Rhon

A member of the Bamian Provincial Reconstruction Team from the New Zealand Defense Force challenges Col. Gary H. Cheek, commander of CTF Thunder, during a Haka Feb. 23 in Bamian, Afghanistan. The Haka is a traditional Maori challenge, and is now used as part of a (welcome ceremony) for important visitors and newcomers to determine if they are "friend or foe."

Retention

From A-1

Christmas holidays. It's normal to start out that way, but we're coming back like champs," Jones said.

Jones, along with Sgt. 1st Class Glen Robinson and Spc. Stani Guzman, travel to bases all over Afghanistan to spread the word about reenlistment options, and the benefits of 'staying Army.'

"A lot of Soldiers see the civilian employees of Kellogg, Brown and Root here at Bagram and ITT down in Qatar, and it's attractive to them," Jones said.

"We sell them Army. We tell them that we have the job security, the education and medical benefits, and those civilian jobs can be gone tomorrow."

Jones added that the 25th Inf. Div. (L) had a large population of Soldiers that were put on stop-loss for the deployments to Iraq and Afghanistan, and that many of those troops are reenlist-

ing. Jones even sent a career counselor from Hawaii to Kuwait to meet with 2nd Brigade Combat Team Soldiers returning from Iraq to see if any troops would be interested in reenlisting before leaving the combat zone.

"We did 23 reenlistments in Kuwait, and the Soldiers were there for only about a 24-hour period," Jones said.

"One Soldier was one year past his contractual ETS, and he reenlisted in Kuwait and got the \$15,000 bonus."

Command Sgt. Maj. Frank Ashe, the 25th Inf. Div. (L) command sergeant major, said the Army is at a crucial moment in its history.

"If we don't get enough Soldiers to reenlist, the force will have a hard time transforming," Ashe said. "To have a healthy country we need a healthy Army and armed forces. 2005 is a pivotal time for the U.S. Army."

Ashe said he has never been asked to reenlist during

his 30-year career, and that leaders need to tell Soldiers what they think of their service.

"I am personally asking you to please stay in the Army," Ashe said. "We need your experience and leadership. We need you."

Maki went home on rest and recuperation leave in January, and found out that his wife of three years is pregnant with their first child. He said the cash bonus will come in handy.

"I now have my wife and new baby to take care of. I'm also using my bonus to buy a fully decked out 2005 Chevy Trailblazer," Maki said with a smile.

"Retention rates are looking good," Jones said. "It's going to get even better once we get back to Hawaii. Soldiers will be home and they'll talk to their friends and loved ones, and feel better about making that decision (reenlisting) back in Hawaii."

MP dogs

From A-1

carry all of the dogs' gear, which includes heating or cooling packs.

"These vests make us more versatile in what we can do with the dogs," said Gordon.

"Many people may say 'They're just dogs, why do they need that kind of equipment?' But these dogs are a part of a team and need to be protected just as much as every member of every other team in country," said Thomas.

"These dogs are our partners. We travel with them, sleep with them and live with them. They are our best friends. Every dog handler will agree that there is nothing we won't do to protect our dogs."



Sgt. Danny Rogers, 25th MP Co. dog handler, is "attacked" by Jordon, a military working dog, during a training exercise at the Bagram MOUT site.

DoD to implement NSPS

Civilian Personnel Advisory Center

The Department of Defense will implement the National Security Personnel System, or NSPS, in a phased approach. Each major phase is called a Spiral. Within each Spiral, there may be different increments. The first phase of implementation is scheduled no sooner than July 2005 with Spiral 1.1. Approximately six months later, Spiral 1.2 will transition into NSPS, and six to nine months later, Spiral 1.3. Spiral One, with its three phases, is expected to take about 18 months.

U.S. Army Pacific will be

part of Spiral Two, which follows the first Spiral. Spiral Three is last and will be comprised of the DoD Laboratory Demonstration Projects. Full implementation is expected by 2008. Although most of NSPS will be phased in as previously mentioned, the labor relations portion of NSPS will be implemented Department-wide no earlier than July 2005.

The enabling regulations for NSPS has been published in the Federal Register and is open for a formal 30-day public comment period, ending March 16. After the 30-day public comment period, there will be a formal "meet and confer" period with

employee representatives to discuss the proposed regulations.

The DoD will then submit the results of the meet and confer period to Congress before finalizing the regulations. At that point, DoD will then develop more specific implementing regulations. All are encouraged to review and comment on these regulations. Visit the official NSPS Web site at www.cpm.s.osd.mil/nsps which provides a direct link to the Federal Register's online version of the proposed regulations and a link to provide your comments.

The CPAC hosted six NSPS Town Hall meetings in the U.S. Army Hawaii area.

Why NSPS?

Compiled by Spc. Daniel P. Kelly from the NSPS Web site
Staff Writer

- Current system is inadequate to manage DoD civilian personnel in today's national security environment
- DoD has more than 20 years of successful experience with testing personnel flexibilities. It is now the time to expand those flexibilities to the rest of the Department
- DoD needs a flexible, agile human resources system to meet the demands of a dynamic national security mission while preserving the core enduring values of the department

Proposed NSPS design rooted in seven Guiding Principles:

- Put the mission first – support National Security goals and strategic objectives
- Respect the individual; protect rights guaranteed by law
- Value talent, performance, leadership

- and commitment to public service
- Be flexible, understandable, credible, responsive and executable
- Ensure accountability at all levels
- Balance HR interoperability with unique mission requirements
- Be competitive and cost effective

NSPS does not change:

- Merit System Principles
- Rules against prohibited personnel practices
- Whistleblower protections
- Veterans Preference
- Benefits (retirement, health, life, etc.)
- Anti-discrimination laws
- Fundamental due process
- Allowances, travel and subsistence expenses
- Training
- Leave and work schedules
- Other personnel systems in law
- Lab Demo organizations (until FY 2008)



Sgt. Miguel Puga, Btry. C, 3rd Bn., 7th FA Rgt., gunner, looks through the scope on an M-119 A2 howitzer during his gunner's test.

FA Soldiers conduct gunner's qualification

Story and photo by
Spc. Dijon Rolle
17th Public Affairs Det.

FORWARD OPERATING BASE TIGER, Afghanistan – Soldiers from Battery C, 3rd Battalion, 7th Field Artillery Regiment, serving at Forward Operating Base Tiger, are putting their artillery skills to the test, literally.

Several Soldiers from the battery took their gunner's test, a comprehensive 13-part exam that artillery Soldiers in grades E-4 and E-5 must pass to receive their certification on the M-119 A2 howitzer.

During the test, participants react to a series of simulated fire missions and tasks sent down from the fire direction center. They calculate where and when to direct fire and aim their guns accordingly.

Soldiers can score anywhere from 30 to 52 points and rank as Gunner Second Class, Gunner First Class, or Expert.

This is not the first time the battery has conducted a gunner's test during their deployment here, but leaders hope that by testing their Soldiers now, it will increase the unit's combat readiness.

"We're doing this now so that when we redeploy back to Schofield, we'll already be re-certified," said Sgt. 1st Class William Coleman, Btry. C gunnery sergeant.

"This test is all about basic gunnery skills," he said. "All of our Soldiers and cannon crewmembers have to have the basics down. It's the foundation of field artillery."

The gunner's test is hands-on and participants are timed as they work to complete each assigned task, from firing a howitzer while donning a protective mask, to using a compass to correctly lay the gun on the correct azimuth of fire. The test requires close attention to detail and can be a bit intimidating.

Spc. Audie Murphy took the gunner's test for the first time.

"I was a little nervous, but

we've all been practicing on the howitzer for the last couple of days," said Murphy.

"The section chiefs explained everything that was going to happen and talked to us before we came out here," he said.

Others who took the test in the past and recently completed it again understand its importance.

"This insures that you're technically proficient in a combat environment," said Spc. Bradley Cannon, Btry. C gunner.

"We have a lot of mixed missions," he said. "Anyone may have to step up at any time and fill a different role."

"We support the infantry and if they call for fire, we have to be directly on target. There's zero tolerance for mistakes in field artillery."

Staff Sgt. Raymond Franklin Jr., Btry. C howitzer section chief, and others in that position, are helping to reinforce this attitude.

"I just went over a lot of the tasks with my guys so they could get the feel of it, especially those who had never done it before," said Franklin.

As a section chief, Franklin is responsible for receiving all information coming from the fire direction center and relaying it to the gunner during his exam. He must also verify the gunner's final data before any rounds can be fired.

"This is another way that we as artillery Soldiers can keep up with our gunnery skills," said Franklin. "This test helps to point out the areas an individual may need to fine-tune or strengthen."

His advice for future Soldiers preparing to take their gunner's test is "take your time and do it right, follow the proper procedures, know your Field Manual 6-50, and the speed will come."

Once the gunners are certified, each section will test for their section certification and, finally, the battery itself.

The gunner's test is given every six months for all artillery Soldiers. If a Soldier does not pass it, he will retrain and wait until it is given again.

Army resupply teams crucial link during aerial missions

By Tech. Sgt.
Scott T. Sturkol

416th Air Expeditionary Group
Public Affairs

KARSHI-KHANABAD AIR BASE, Uzbekistan – Every time an Air Force C-130 Hercules takes off on an airdrop mission from K-2 with more than 13,000 pounds of humanitarian supplies, a seven-person Army team helps make it possible.

For more than 11 months, seven Soldiers with the 87th Quartermaster Detachment, Logistics Task Force 524, have worked building Container Delivery System, or CDS, bundles (otherwise known as airdrop pallets). Their main focus, however, is to resupply troops supporting Operation Enduring Freedom, as well as villages in remote areas of Afghanistan, with needed items.

"Our job entails building CDS bundles for resupply and packing the parachutes that deliver the loads to the ground," said Staff Sgt. Lloyd Johnson, detachment sergeant. "We coordinate for the movement of the loads and perform joint airdrop inspection, or JAI duties with our Air Force counterparts."

"We also receive some equipment from the airdrops and prepare it for the next mission through repacking procedures, or we repair it with our sewing machines when necessary," Johnson added.

The CDS bundles the team builds consists of one A-22 cargo bag used to deliver many types of resupply items including food and water.



Courtesy photo

Soldiers with the 87th Quartermaster Detachment, Logistics Task Force 524, place additional food on an A-22 Container Delivery System bundle filled with humanitarian supplies used for airdrop missions to remote forward operating areas in Afghanistan.

"We are, however, not limited to those items," Johnson said. "At maximum speed, our detachment could rig one bundle in 10 minutes."

Sgt. Joshua Rennie, parachute pack and aerial delivery supervisor for the detachment, said their work affects the people who need it most on the frontlines of the Global War on Terrorism.

"This is an extremely important job we do here because we are able to provide food and water to Soldiers in hard-to-reach areas ... We want to contribute to those who are sacrificing the most," Rennie said.

Spc. Miguel Trevino, who along with Spcs. Charles An, Andrew Gatschet, Aaron Engelman and Brent Bate, serve as parachute pack and

aerial delivery technicians for the detachment, said training on their process is non-stop.

"Even during peacetime we train for this on a daily basis by building training bundles," Trevino said. "Here, we actually see our CDS bundles being delivered in a direct resupply to troops in differing locations."

"We hope our contributions during this operation make an impact. We are proud to serve our country and assist the Soldiers fighting the war," Gatschet added.

To complete their work every day, either in building the CDS bundles or in repacking or repairing the parachutes, Johnson said their tools are simple, but effective.

"Our tools include knives and the Gerber multi-tools

many of us come here with," Johnson said. "We also use fans during the packing process, and we use sewing machines for the necessary repairs. We also always have the proper manuals for the tasks at hand. For the most part, our job is physical labor and the know-how we learn through training and practice."

Johnson said some of the parachutes have been supporting operations for the military for many years. "Some may have even seen action in the Vietnam War," he said. "These parachutes are durable and built to last a long time."

An said they generally use G-12 E cargo parachutes.

"They're the kind of parachute used to airdrop the bundles at low velocity," he said.

Of everything they do, Spc. Bate said, like all of his fellow Soldiers in the detachment, he is proud to be directly supporting troops on the ground and getting aid to Afghans in remote areas.

"That is the best part," he said. "We know how rough the troops on the ground have it, and we want to support them and their efforts through our resupply effort. We also add whatever goodies we can so they can have something to make their day better."

Johnson added, "We are proud to help the Afghans. We want to contribute to their country and help make their lives better by delivering humanitarian assistance to their villages. For us 'riggers,' that shows we are making a difference."



COMMUNITY & SPORTS



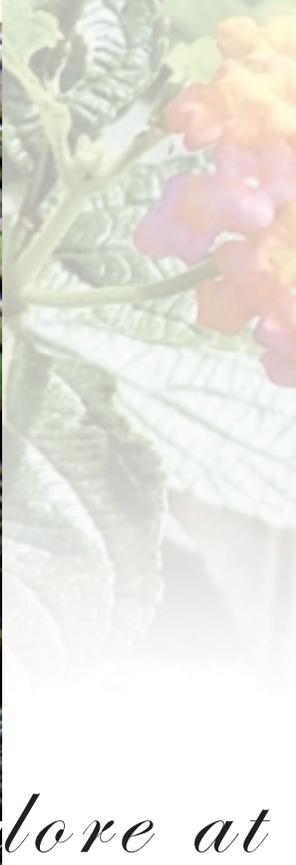
Friday

B-1

March 4, 2005



In the Honolulu Preserve hikers can see a variety of wildlife. Although interesting to behold, the branched-arch is actually an example of how the Christmas berry tree is "taking over" other plant life.



Flowers, plants and wildlife galore at the Honolulu Preserve

Story and photos by
Kirsten Tacker
Contributing Writer

Nestled in the Wai'anae Mountains is the Honolulu Preserve where The Nature Conservancy led a hike along the Kalua'a Loop Trail.

The preserve provides some of the last remaining habitat in the Wai'anae Mountains for more than 92 rare and endangered plant and animal species. Threatening the balance of the Wai'anae

they need to survive.

"Someone said once, you have to really like Hawaiian plants because they are not really beautiful.

"You know how you look at roses and see pretty colors. Hawaii is more a lush green, especially native plants," shared the other hike leader, Gloria McCafferty.

Hikers saw native plants, such as the Uki uki, Ha ha and ate Thimbleberry, Passion fruit and Strawberry guava along the trail. Lunch was in a Eucalyptus grove.

a seedling Koa tree being attacked by an invasive plant. Although another "attacker," also known as a Christmas berry, is one of the worst pest trees on the island, it is widely used to fight erosion.

Hikers were shown a section of the preserve that is fenced in to prevent access to "pesky" goats or pigs.

Choy informed the group of the particular reasons for the fence.

"[It is used] to protect our one native bird the 'Elapaio. Also, to protect our 27 endangered, or certain species, 10 insects and invertebrates including the rare land snail we have here."

There weren't any 'Elapaio sightings but some of the group did come across the Erckel bird. The Erckel's Francolin is a type of partridge and is one of many game birds brought to Hawaii for hunting.

Sometimes an introduction of the smallest thing changes everything in nature, creating a devastating domino effect. Without human intervention, native plants and animals may disappear totally.

Keeping in mind Hawaii's fragile ecosystem, there are key points hikers need to know before entering the preserve.

"The main thing to know is that people are encouraged to see the preserve and Hawaii's precious resources, on an organized hike, whether it is through The Nature Conservancy or other hiking groups" began Stefanie Loo Jelts, outreach coordinator for the Conservancy.

"For safety reasons, it is important to know who is in the preserve because hunters go hunting in this area or in case of a fire. Permission is necessary to get to the trail's head; otherwise it would be trespassing through private property," she said.

Be safe while discovering the island's heritage of Oahu. If you have a list of things you intend to do while staying on the island, make sure to add this to your list as a must see.

Call 587-6220 for information about upcoming hikes or to volunteer.



Duane Choy, led the hike in the Honolulu Preserve and shared stories about native Hawaii. Choy is a volunteer at the Nature Conservancy and works with the Hawaii Tropical Botanical Gardens.

Mountain's natural habitat are pests and weeds taking over, leaving no room for anything else.

Nature's flora and fauna does not know boundaries and this is where The Nature Conservancy comes to their rescue in the Honolulu Preserve.

"What I like most about The Nature Conservancy is their mission," stated volunteer hike leader Duane Choy.

The mission of The Nature Conservancy is to preserve the plants, animals and natural community that represent the diversity of life on earth by protecting the lands and waters

The group saw fruit that can grow as big as a basketball, the Jackfruit, which is the largest tree-borne fruit in the world. It can weigh up to 80 pounds and grow to 36 inches long and 20 inches in diameter.

"I love it when you have a view like this without any commercial buildings in it," commented Choy as he pointed out Mount Kaala, the highest peak on Oahu.

Choy, a Hawaii native whose specialty is Hawaiian plants, had stories and legends to share about each plant or fruit the group encountered on the hike.

For instance, Choy pointed out

From the top: The colorful Lantana is only one sampling of the beauty found in the Honolulu Preserve. second photo: The Yellow Guava Bush is not native to the preserve so, botanist consider it quite the "invader." third photo: A shell of the rosy wolfsnail. The cannibal wolfsnail eats other snails, including its own species.



This Week at the MOVIES

SGT. SMITH THEATER

Today
Coach Carter
7 p.m. (PG-13)

Saturday March 5
Coach Carter
7 p.m. (PG-13)

Sunday March 6
Assault on Precinct 13
7 p.m. (R)

Monday March 7
Closed

Tuesday March 8
Closed

Wednesday March 9
Closed

Thursday March 10
In good Company
7 p.m. (PG-13)

HICKAM AFB

MOVIE SCHEDULE

Today
Hide and Seek
7 p.m. (R)

Saturday March 5
Hide and Seek
7 p.m. (R)

Sunday March 6
Hide and Seek
7 p.m. (R)

Monday March 7
Closed

Tuesday March 8
Closed

Wednesday March 9
Alone in the Dark
7 p.m. (R)

Thursday March 10
Alone in the Dark
7 p.m. (R)

Craft Vendors Wanted – Seeking craft vendors for the Family Fun Fest and ITR Travel Fair March 26, 9 a.m. – 2 p.m. on Sills Field at Schofield Barracks. Call Leisure Activities, 655-0110 or 655-0112.

Mongolian BBQ – Select from a variety of meats and vegetables, and have them grilled to personal preferences, March 9, 5 p.m., Nehelani, Schofield Barracks. Seating at Reggie's. 65 cents for each ounce. Call 655-0660 for required reservations.

St. Patrick's Lunch Buffet – Eat an Irish Lunch Buffet at Reggie's, Schofield Barracks March 17, 11 a.m. – 2 p.m. \$9.95 for adults. Call 655-0660.

New Sports Night at Reggie's – Every Monday, 4 – 9 p.m. join the excitement with a special sports bar menu and watch your favorite sports program on satellite. Call 655-0660.

St. Patrick's Day at Library – Enjoy St. Patrick's Day stories and crafts at the Sgt. Yano Library on Schofield Barracks March 16, begins at 3 p.m. Call 655-0145.

Spring Break Youth Art Classes – Register children for spring break art classes offered at the Arts and Crafts Center, Schofield Barracks. Classes March 23 – 30, 10:30 a.m. – Noon, and open to youth ages 7 – 11. Activities include woodcrafts, March 23, shrink art, March 24, create your own puzzle, March 25, foto frame fun, March 26, and paint n' take, March 30. \$12 per class or \$10 per class for two or more classes. Call 655-4202 for registration and

information.

Noodle "Kicker" Tournament – Participate during your reserved tee time every Saturday and Sunday during March at Nagorski Golf Course, Fort Shafter. Entry fee is \$4. Prizes awarded daily. Call 438-9587.

Driving Range Open Late – The golf driving range at Leilehua Golf Course is open until 9:30 p.m., Mon – Fri Call 655-4653.

Leilehua Golf Pro Shop Specials – Visit the Pro shop after 6 p.m. for "Leilehua After Dark" specials. 10 percent off all merchandise. For every \$50 merchandise purchase, receive a free range balls token and free use of training aids for the driving range. Call 655-4653.

Fort Shafter Gym Closed Sundays – Effective Sunday, the Fort Shafter Gym will close on Sundays. The Aliamanu Gym is open on Sundays from 10 a.m. – 5 p.m. Call 438-1152 or 836-0338 for information.

Schofield Barracks Middle School Teen Center Activities – Friday, Teen Center Social, 7 – 9:30 p.m. \$3 for members and \$4 for non-members. Saturday, paintball reward trip for those with 25 hours of community service in the previous quarter. Trip from 9 a.m. – 5 p.m., bring water and spending money. Call 655-0445 for information.

Schofield Barracks Tropics Breakfast – Beginning March 1, Mon – Sat, 8 – 10:30 a.m. Purchase any breakfast burrito, biscuit sandwich, or breakfast

croissant and add hash rounds for 50 cents. Or, try the new Monster Muffins – blueberry, cinnamon caramel, lemon poppy seed, and cream cheese. Cinnobabies available for \$1 with the purchase of any other menu item. Call 655-0002.

Upcoming Tropics Activities – March 9, 6 p.m., spring crafts. Make a fun, take home craft for \$1. March 11, teen dance for 9 – 12 grade, 7-10 p.m. Cost is \$3 with CYS identification, \$4 with military identification. March 12, 2 p.m., Yu-Gi-Oh Tournament for all ages. Registration at 1 p.m. Cost is \$6 and includes Yu-Gi-Oh merchandise. Prizes awarded. For information, call 655-8522.

Koa Box Class – Create your own Koa Box at this creative class for beginners, Fort Shafter Arts and Crafts Center. Cost is \$150 for five class sessions and includes materials and woodshop safety qualification. Begins March 17, 6 – 9 p.m. Seats are limited. Call 438-1315 for registration.

"Miss Saigon" – Fort Shafter's Richardson Theatre presents "Miss Saigon," a classic love story of an American Soldier and Vietnamese girl. Performances held March 4, 5, 11, 12, 18 and 19, curtain at 7:30 p.m. Adult tickets, \$25 and children under 12, \$17. Adult subject matter not recommended for children under 12. For tickets, visit the box office Mon – Fri, 10 a.m. – 2 p.m. Or, call 438-4480.

Vehicle Safety Inspections – Vehicle

inspections \$2 off the normal price at the MWR Auto Craft Center from the first through the 15th of the month. Nontinted windows, \$10 and tinted windows, \$15. Call Fort Shafter at 438-9402, or Schofield Barracks at 655-9368.

Parent's Night Out – March 19, from 6 – 11 p.m. drop off the kids at Child and Youth Services and enjoy an evening out. If child is not registered with CYS, a \$15 registration fee is applicable. Reservations are on a first come, first served basis. Call the Registration and Referral office for pricing or information. Schofield Barracks, 655-5314, or AMR, 833-5393.

Blue Star Card Program Closing – The Blue Star Card Program for spouses of deployed Soldiers will end as Soldiers redeploy. Operation Iraqi Freedom cards, those with a blue background, are valid until March 31. OEF cards, yellow background, are valid until April 30. The program will continue for units returning after this date. Program end date will be publicized. Call 438-0117.

Spring Camp for Teens – Interested in meeting new people and going on field trips? Sign up for the middle school and teen spring camp at Schofield Barracks Teen Center. First week is March 21 – 25, second week is March 28 – April 1. Cost is \$25 per week, waiver required. Register at the Registration and Referral office. Call 655-0451.

Teen Karaoke Contest – Enjoy a night of music, singing and fun March 5 at the Tropics, Schofield Barracks from 6 – 8 p.m. Cash grand prize awarded. Register at 5:30 p.m. Call 655-8522.

Hawaii Youth Track and Field Program – Open to youth born in 1987 – 1996. Registration is March 15 – April 8. Tentative start date is April 13. Cost is \$40 and includes team uniform, qualified coaching and USA Track and Field Membership Card. For information, contact your area sports director at 655-6465, 438-9336, 836-1923 or 655-0883.

Mini Sports Soccer Program – Open to youth born in 2000 and 2001. Program teaches soccer basics. Registration is March 8 – 29. Program is from April 5 – May 26. Cost is \$10 and includes T-shirt. For information, contact your area sports director at 655-6465, 438-9336, 836-1923, or 655-0883.

New Operating Hours at Tropics – Tropics new hours are Mon – Thu, 8 a.m. – 10 p.m., Fri and Sat, 8 a.m.

– midnight, and Sunday 11 a.m. – 7 p.m. Macgregor's Market is open at 11 a.m. daily. 18 years and under must be accompanied by parent or guardian unless participating in an organized event, Mon – Thu after 6 p.m. and Fri and Sat after 8 p.m. Call 655-0002.

Quarters Mania Bowling – Bowl for two quarters a game and two quarters for shoe rental, Mon – Fri, 10 a.m. – 5 p.m. at the Wheeler Bowling Center. Call 656-1745.

Lighten Up! Tightly 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.

2005 Partner Basketball Shootout – Open to youth, ages 9 – 17, born on or before March 5. Registration now through March 3. Shootout will begin Saturday at 10:30 a.m. at the Aliamanu Gym. Prizes awarded for 1st, 2nd, and 3rd place in each age division and category. Enter to win a Shaquille O'Neal, Allen Iverson, or LeBron James jersey. Call 438-9336 or 836-1923 for information.

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

Automotive Resale Lot – Place your car in the resale lot on Schofield Barracks for \$7 a week. Requirements: Government identification card, state registration and license plate sticker, state safety inspection paper and sticker, proof of insurance – Hawaii "No Fault" Insurance Card, base decal number and power of attorney, if you are not the registered owner. Call 655-9368 or visit the MWR Automotive Center on Schofield Barracks for information.

Interested in Coaching Youth Sports? – Youth Sports is looking for volunteer coaches. Coaching is available for basketball, baseball, softball, soccer, flag football, and cheerleading. Call AMR 836-1923, Fort Shafter 438-9336, or Schofield Barracks, 655-6465.

HAGN TV Schedule

March 4 - 10

Morning		3:45	Evening
6:00	Sign on	3:51	OIF Photo Montage 5
6:30	Fit for Life	4:00	Volunteers
7:00	Bulletin Board		Pentagon Channel
7:30	SHAMU - Wild Babies		
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
		10:00	Youth Protection
		11:00	NFL-'58 Championship
		12:17	Bulletin Board
Afternoon			Overnight
2:02	Hurricane Safety		Pentagon Channel
2:25	OIF Photo Montage 2		
2:30	SHAMU-The Manatee Story		
3:00	SHAMU-The Sea Turtle Story		
3:35	OAHU-Aloha Begins	12:51	



Sgt. Sean Kimmons

Hundreds of 2nd Brigade Combat Team Soldiers reside in a huge bay as they wait for a commercial flight Feb. 17 out of Camp Doha, Kuwait. More than 3,000 2nd BCT Soldiers have redeployed back to Hawaii from Iraq, where they conducted missions in support of Operation Iraqi Freedom II.

Redeploying from Iraq to Hawaii

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

More than 3,000 2nd Brigade Combat Team Soldiers recently redeployed from an extended yearlong deployment in support of Operation Iraqi Freedom II. The redeployment took weeks to complete as the 2nd BCT Soldiers flew on several C-130s to Kuwait out of Kirkuk Air Base, Iraq, then traveled on commercial flights to Hickam Air Force Base.

The redeployment process began at Kirkuk Air Base. Before an element of Soldiers could leave Iraq, their baggage was inspected to ensure no contraband was redeploying back with them. Once finished with the inspection, Soldiers piled their baggage onto pallets and would later pick them up following the redeployment ceremony on Wheeler Army Airfield.

Soldiers listened to redeployment briefs, and then waited at most times for hours in a terminal until their flight time.

The C-130 flight was about two hours long and landed in Kuwait, where Soldiers conducted their

final out-processing from the Central Command Theater.

The out-processing area was staged in Kuwait. Here, thousands of redeploying, deploying and rest and recuperation Soldiers completed in and out-processing.

Normally, the redeploying Soldiers slept on cots or bunk beds inside huge bay areas for a few nights until their commercial flight time.

Before the flight, Soldiers listened to a few more redeployment briefs, conducted an inspection of carry-on bags and finished the proper paperwork before heading back to Hawaii.

Besides the ongoing out-processing, the base offered Soldiers the opportunity to purchase souvenirs at gift shops, eat at fast food restaurants, watch movies and catch up on some much-needed rest.

Soldiers traveled on buses to the airfield a few hours ahead of their flight time. Once there, a group of Soldiers identified as the baggage detail, loaded hundreds of duffel bags and rucksacks inside the belly of the aircraft.

This detail was an exhausting one since almost every piece of baggage was bursting at the seams and most times carried heavy equipment, such as Interceptor Body Armor vests and ballistic plates.

The first stop on the long flight home for Chalk 20 Soldiers was Ireland. Here, Soldiers were able to exit the aircraft as it refueled and changed crews. There was a gift shop, snacks and phones available for use at the airport.

The second stop of the flight was in the U.S. Chalk 20 Soldiers were excited to be in America again, but were not able to exit the aircraft for security reasons.

The final stretch, of the more than 24-hour journey from Kuwait, would end at Hickam Air Force Base. Once the aircraft touched down in Hawaii, a loud cheer echoed through the cabin area.

The Soldiers were then bused to WAAF to participate in a quick redeployment ceremony. After the ceremony, Soldiers reunited with family and friends and headed off on their well-deserved 72-hour pass.

The heroes here at home

By Amanda J. Gonzalez
Contributing Writer

It would be tough to imagine waking up to the news that a husband or wife had been injured during deployment.

Kelly Boushey and Corrina Roe do not have to imagine such a scenario because they lived it.

These wives and mothers showed strength when faced with the news that their husbands had been injured while serving in Iraq and Afghanistan.

Kelly, wife of Chief Warrant Officer Claude Boushey, 1st Battalion (Attack), 25th Aviation Regiment was called early one Sunday morning in June with the news that her husband had broken his back and left thigh bone during a plane crash in Iraq.

Kelly was on a helicopter to Germany the next day. She served as a non-medical assistant on the flight back to Tripler Army Medical Center where Boushey spent the following month.

After being discharged from Tripler, Kelly would change the IV pick-line to his heart and drove him to follow-up appointments. Throughout this journey, Kelly remained devoted to her husband and three children.

"It's something that you have to get through," Kelly said. "He's the strong one, I didn't think this would keep him down. Having him home kept me upbeat, but I would never have wished that on him."

Corrina was awoken in the wee hours, a few months ago, to the news that her husband, Sgt. Christopher Roe, Headquarters and Headquarters Company 2nd Battalion, 35th Infantry, had hit a remote detonated anti-tank mine with his truck.

Roe sustained head injuries that led to a loss of hearing, and shrapnel wounds in his chest, arm, and leg.

Corrina shared her feelings about that moment.

"I was in disbelief, I don't even think that I cried right away. I was in shock, he had only been back there from R&R for about two weeks...it was scary," Corrina said.

Corrina has seen friends who have also suffered injuries and says even after everything, she still feels her family is very lucky. Corrina



Amanda J. Gonzalez

From left: Sgt. Christopher Roe, 2-35 Inf.; son Nicholas; wife, Corrina; and daughter, Cheyenne, make family-time a priority now that Roe is home after suffering injuries in an explosion while deployed. Corrina said staying positive is the key to overcoming.

said she tries to let her husband know that she is always there for him free of judgment.

Corrina's best piece of advice to other spouses is to, "Just try to remain positive. I learned that I was a lot stronger than I gave myself credit for. Just stay positive and talk to him or her."

Kelly also had advice for spouses who may find themselves in a similar situation.

"Be there for him or her so that they know you are here waiting for them. I wouldn't have done it any differently, (taking care of him) because he has always taken care of us and this was my turn," Kelly said.

Corrina, a mother of two children, ages 8 and 2, said that staying busy with them and seeing her husband when he returned home helped her hold on to a positive attitude.

Behind the scenes
Kelly was assigned a Casualties Assistance Officer in Germany who picked her up from the airport and had a room already waiting for her upon arrival.

Kelly said, "I don't know how I could have gotten through it without him."

After a Soldier is injured in combat there are many transitions they must go through. First they will be sent to Landstuhl, Germany or Walter Reed Army Medical Center to receive any medical care they need.

If the Soldier's injury or injuries are treatable and does not prevent them from

performing their job they will return to service after receiving medical care.

Though not every Soldier's circumstances are exactly the same, there are similarities in the level of treatment that the Soldier receives. Once Soldiers' return home to Tripler they are connected to a member of the Tripler Army Medical Center's Patient and Family Assistance team.

Soldiers and unit representatives greet the returnees at Hickam Air Force Base; transport them to Tripler for their checkup; contact physicians to provide that checkup; release those Soldiers, who are outpatients, as soon as possible to spend time with loved ones; and in process those who are inpatients to the Warfighter Ward.

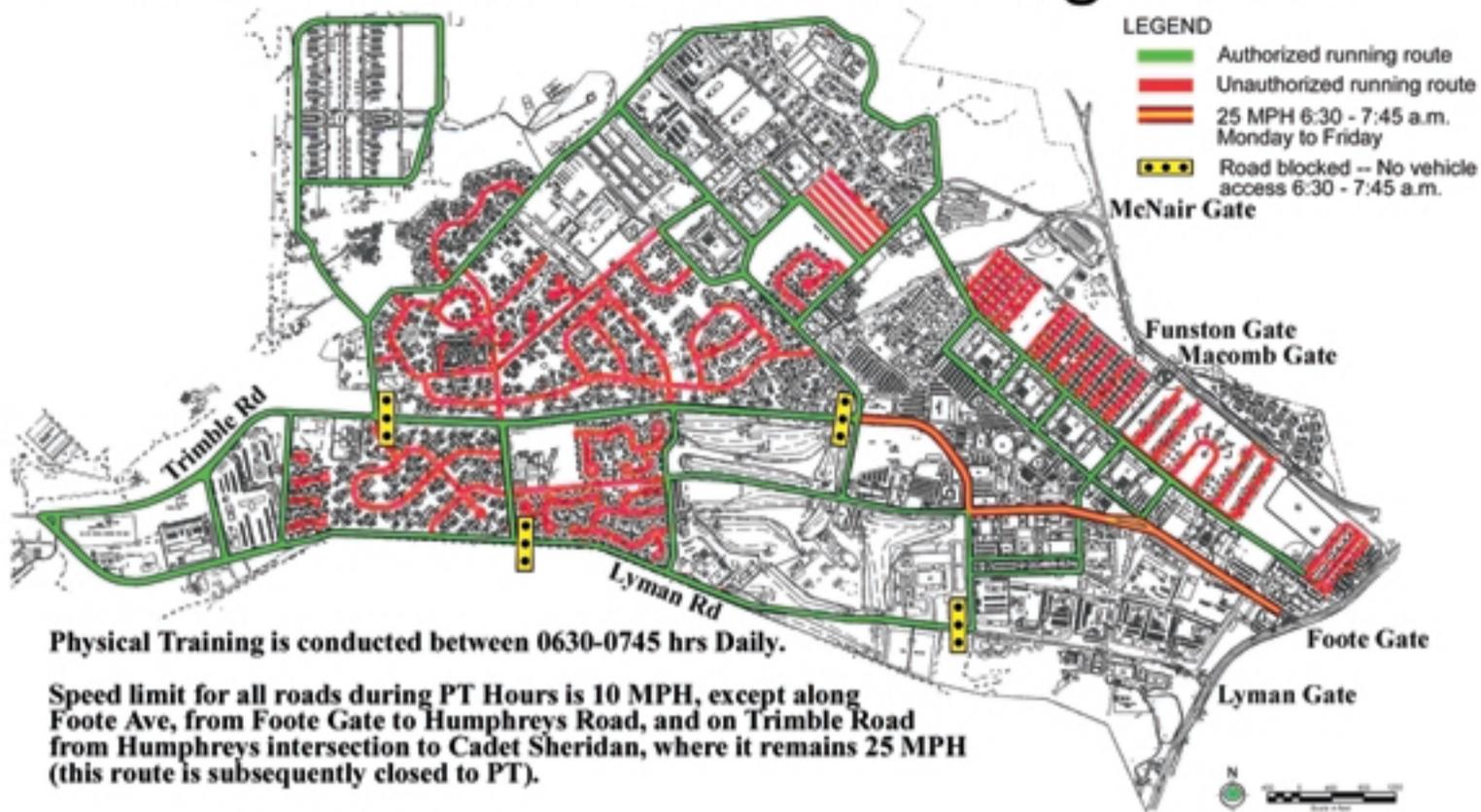
And all this normally happens in the middle of the night.

The 25th Infantry Division Liaison Team, nurse case managers, social workers, Community Health Nursing, Veterans Administration staff, Tripler Patient Affairs, and Medical Hold Sections all work to take care of the Soldiers' needs.

These Soldiers, spouses, and assistance personnel all serve an invaluable role in making this transition period as painless as possible.

There are heroes off the battlefield making sacrifices every day to ensure the well-being of those who man the frontlines.

Schofield Barracks Running Routes



Sgt. Maj. Ben Cavazos watches USARPAC teammate Staff Sgt. Rick DeShaw approach the finish line of the 34th Annual Oahu Perimeter Run at Richardson Field. The seven member team completed the 134-mile course in 17:44:26 to finish 10th overall. 65th Eng. team, the "Sapper Seven," finished 24th at 18:39:44.

Foot race around the island

By Rafi Grant
Contributing Writer

Almost 90 teams participated in one of Oahu's well-known races Feb. 26, the Perimeter Relay, which is a 134-mile relay around the island.

Around the same time when a day of sightseeing ended for thousands of visitors with a cocktail at one of the beach front bars in Waikiki, the Perimeter teams were heading to the start line in Pearl Harbor to embark on an adventurous kind of sightseeing adventure.

The entire island's coastline was waiting for the runners to explore on foot, offering rolling hills, flat paths and off-road terrain.

"I thought [the Perimeter Run] is a fun thing to do to get to see the island," Capt. Brian Yanowski said, who recently joined the 65th Engineer Battalion and used the race as a sightseeing tour.

However, the Perimeter turned out to be a bit more than just sightseeing.

"It is an experience of the raw beauty and the various eco systems of Oahu, but it is also about sleep deprivation and an intoxicating mixture of endorphins and adrenaline that can make this journey quite surreal," Perimeter veteran Lt. Col. John O'Malley of the team "Seven Richards" said.

The overnight relay run originally started in 1968 when sailors from New Zealand docked in Honolulu and challenged the island's military and civilian running community to a race.

The course would counter clockwise around the island, split into 26 legs of varying

lengths.

The distance, conditions and set-up of the race made it a challenging, demanding experience.

"The rain and the wind were the hardest part," recalled Sgt. 1st Class Carlos Corbin of the 65th Engineer "Sapper Seven" team.

1st Lt. Kevin McQueary, the Sapper Seven's co-captain and an experienced long-distance runner, pointed out that "it's the time set up of the race that makes it so different from an individual marathon."

The overnight race kept the runners awake for more than 24 hours.

"You do catch a half hour sleep every now and then, but there's no mental break, and it makes you feel more miserable, at times, than in a marathon," McQueary recounted.

Moreover, "there's the physical challenge of starting and stopping, you never get to fully recover during the race," O'Malley added.

As in every long distance race, the Perimeter runners had good and not so good times, and moments when they were tired and tempted to call it a day.

The team spirit, however, helped the runners stay focused.

"I was expecting four miles at my last leg at Waianae, but then the four turned out to be seven," Yanowski remembered, and three miles can feel like 100 when you have been up for over 24 hours and have 20-plus miles already in your legs.

Also a vital factor for the athletes was the team members in the support vehicles.

"They got even less sleep than any of the runners and they had to take additional roles of safety officer, medic, DJ and masseur," O'Malley said.

While team spirit played an important role in the runners' minds, there was something more that kept the all Army "Team One, Team 2" going.

"We dedicated this year's race to the fallen Soldiers of USARHAW," Lt. Col. John Hansen said.

Hansen and his team carried a baton that was engraved with the names of USARHAW Soldiers who died in support of GWOT.

A day after the race some of the runners were uncertain about ever signing up again while others were already planning for the next athletic challenge.

"I used this race as training for the Honu Half-Ironman in June," Staff Sgt. John Rose of the "Seven Richards" said, who has already signed up for this swim-bike-run challenge.

Some did not want to see their running shoes ever again, and some had learned important lessons for the next long distance race.

"Next time I will not stop at McDonald's right before the start," Yanowski said, whose longest race before the Perimeter had been a 10-miler in North Carolina.

But there were also memorable moments: Rose's first time sighting of a whale at Kaena Point, running in the moonshine at 3 a.m. on a highway, and crossing the finish line after the long journey around the island.

These moments let the runners agree that the Perimeter was an unforgettable experience.

Mini-athletes at it again!

Story and photo by Rafi Grant
Contributing Writer

The youngest members of the military athletic community had the chance to learn the basics of baseball in a specially designed program offered by the Bennett Youth Center, Schofield Barracks Feb. 15.

While the young baseball players first practiced throwing and catching with their parents they soon got to try the techniques in a "real" game.

The baseball course was part of Sports Director Bill Baier's and Co-Coach Scott Stenstorm's mini-sport program, established to introduce 4-5 year-olds to team-sports such as soccer and flag football among others.

In addition to the basic moves, "the youngsters learn important social skills as they are part of a team," Baier said.

For more information or program and registration details for the up-coming mini-soccer program, contact the Youth Center at 655-6465 or log on to the Web site www.mwrmilitaryhawaii.com/cys/cyssandfit.asp.

Right: Co-Coach Scott Stenstorm shows Connor McGrail, 4, how to properly hold the baseball bat that was almost as big as him. Connor was almost as powerful and promising swing.



Tips for eating a variety of healthy foods

By Sharee Moore
Editor

The new federal guidelines for health and fitness advocate eating a variety of foods for maximum health. The following tips, courtesy the defense commissary agency, can help show the way to a healthier diet:

Know the limits on fats, salt and sugars. Read the nutrition facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) or added sugars (caloric sweeteners).

Focus on fruits. Eat a variety of fruits - whether fresh, frozen, canned or dried - rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, try 2 cups of fruit each day (For example: 1 small banana, 1 large orange and 1/4 cup of dried apricots or peaches).

Vary the veggies. Eat more dark green veggies, such as broccoli, kale and other dark leafy greens; orange veggies, such as carrots,

sweet potatoes, pumpkin and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas and lentils.

Make half the grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal or 1/2 cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats or corn are referred to as "whole" in the list of ingredients.

Go lean with protein. Choose lean meats and poultry. Bake it, broil it or grill it. And vary protein choices - with more fish, beans, peas, nuts and seeds.

Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk - or an equivalent amount of low-fat yogurt and low-fat cheese (1 1/2 ounces of cheese equals 1 cup of milk) - every day. For kids aged 2 to 8, it's 2 cups of milk. If milk can't be consumed, choose lactose-free milk products and/or calcium-fortified foods and beverages.

JPAC commander faces challenges head on

JPAC News Release

Recently promoted Maj. Gen. W. Montague 'Que' Winfield, commander, of Joint POW/MIA Accounting Command came a long way from his beginnings as an officer when both America and the military battled racism.

After joining the Army July 7, 1977, Winfield's first assignment began in Amberg, Germany in May 1978. There, his staff explained to him that there were two other African American men in the platoon before he arrived.

One of the enlisted African American Soldiers was thrown out of a second floor window in a wall locker, while the other Soldier was beaten and left the platoon.

Undaunted, Winfield went on to train his platoon. The platoon had a border mission to patrol Chezholvaka and East Germany.

Before that mission however, Winfield had to ensure that

the platoon conquered challenges at home with its race relations. The importance of battling racism with a positive but firm approach was paramount. Winfield said racism affected the unit cohesiveness and mission readiness.

Winfield was sitting in his TO&E room, the equipment office, when a couple of his non-commissioned officers came to show him their membership cards for the Ku Klux Klan.

They said, "Sir, we just want to let you know that we are members of this organization."

Winfield said, "I don't think that there's a policy saying that you can't, but if I find that your membership in this organization adversely affects any other trooper, then we are going to have a problem."

After a few months the same NCOs said, "Ya know, Lieutenant Winfield is a pretty good Black officer." After about six months they said he



Photo courtesy JPAC

Maj. Gen. W. Montague Winfield, commander, of JPAC speaks to personnel during his promotion ceremony at Hickam Air Force Base.

was a good officer.

"I graduated from being a good 'Black officer' to a pretty good 'officer,'" Winfield said.

Winfield's guidance pushed this platoon to excellence: they won all of the regimental competitions, and represented the corps at the French comman-

do school.

Before he moved on to another duty station, the two NCOs who brought the KKK cards returned to his office. They said to him, "Sir, you are the best officer that we served with."

"They not only accepted me,

but they also endorsed me," Winfield said.

Career successes belong to the committed, he said, from those people who work from the heart, to people who invest themselves passionately in their jobs.

"At times the path will be discouraging, but if you take each step as best as you can you will ultimately reach high ground. I've seen a lot of changes," he said.

Winfield said African American Soldiers have given great contributions instrumental in elevating the nation to the most powerful nation on earth.

When segregation in the military finally began to crumble in 1954, a window of opportunity shattered open, and many of the Black Soldiers took advantage of this chance to move from one military occupational specialty to another, he said.

The job fields reserved for African Americans primarily

included cooks, transportation Soldiers, and infantrymen. As race relations improved, the Soldiers jumped at the opportunity to make their mark in the military.

In the 1970s there was an acceptance of integration in the Armed Services and by the 1980s Army recruitment of African Americans soared.

In the meantime, Soldiers became more competitive with their white counterparts for promotion and command slots.

"We are now making strides with all people in the Army, serving from the company levels to chairman of the Joint Chiefs of Staff. Despite trials and tribulations, the African American Soldier endured and overcame adversities.

"We will not forget the stumbling blocks that we overcame. The future of the African American Soldier is now bright both on the battlefield and the world stage," Winfield said.

"Miss Saigon" sold-out, extends run

By Joy Boisselle
Staff Writer

Filling Richardson Theatre's 800-seat venue is rarely easy, but since the opening night of "Miss Saigon," Feb. 24, every show has been sold-out.

The play was originally scheduled to end March 12 but, because of the sold-out performances, the production has been extended until March 19.

The play is special according to artistic director and producer, Vanita Smith.

"We are the first community theatre in America to do this musical, and as it has a military theme, I felt we should be the first," said Smith. She is the full-time director of Army Community Theatre at Fort Shafter.

Five principals carry the lead roles in the East meets West story of the ill-fated love between an American Soldier and a Vietnamese woman during the Vietnam War. Although complimentary of the cast, Smith held the highest praise for Shawna Masuda, an 18-year-old high school senior, who portrays Kim.

Smith said, "Shawna is fabulous with a voice ready for New York."

Reasons to attend the



Courtesy photo

"Miss Saigon" principals, Samuel Hesch as Chris and Shawna Masuda as Kim, portray an American Soldier and his Vietnamese lover in Richardson Theatre's production of the war-torn Vietnam love story. The sold-out production has extended shows to include March 18 and 19.

show are many. "Every show is special ... it brings a special group together unique to each situation and that's why theater is so beautiful," Smith said.

Plans are underway for ACT's next production, "Secret Garden," which opens in May. It will be ACT's last

"Miss Saigon"

Presented by Army Community Theatre:

Place:
Richardson Theatre,
Fort Shafter

When:
Curtain 7:30 p.m.,
continues Fridays and
Saturdays through
March 19

Tickets: \$14 to \$25;
group discounts
available

Call:
438-4480 or
www.squareone.org/ACT

production for the 2004-2005 season.

"Anyone who wants to be a star and has talent should try out," Smith said.

Auditions are 7 p.m., Monday, Tuesday, and Wednesday of next week at Richardson Theatre.

Operation Tuck-In helps Soldiers rest easy

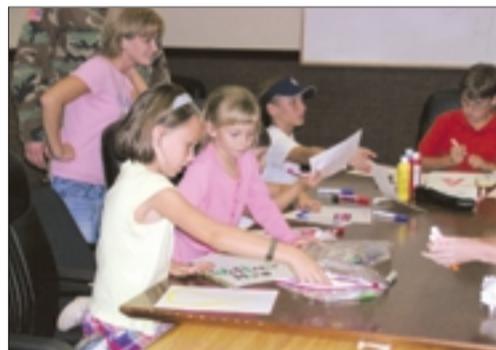
Story and photo by
Joy Boisselle
Staff Writer

Some military operations require a battalion of Soldiers to accomplish the mission. Operation Tuck-in, a Headquarters and Headquarters Company, 25th Infantry Division (Light) family readiness group initiative, required only the motivation of its members.

Operation Tuck-in, conducted Feb. 28, brought more than 50 family members and Soldiers together to make beds, stuff goodie bags, hang shell leis, and provide Aloha spirit to the company's redeploying single Soldiers.

"We saw a lot of enthusiasm within our FRG for their own returning Soldiers and wanted to tap into that for our single Soldiers," said 1st Lt. Terry Burke, executive officer and event coordinator. He added that an FRG's purpose is to support the troops, both married and single.

"No one wants to come home alone and go to an empty room ... this way, the



Jamie Potts, 7, adds final changes to her welcome home card for single Soldiers. She was one of many who participated in Operation Tuck-in, a HHC, 25th Inf. Div. (L) initiative to welcome home the company's single Soldiers.

bed is made, and they can just flop in it," said Vicki Olson, the division FRG leader.

Contributing to the event's success was the fantastic turnout, she added.

"This is such an inexpensive and great group thing to do ... it doesn't take a lot of time and effort and the impact is great," Olson explained.

The operation lasted just

over an hour. Some members made beds, others separated the large amount of donated food and drinks, and children participated making welcome home cards to be placed on each bed.

Participants in the operation called the event fun, worthwhile, and a super way to let the single Soldiers know we care for them.