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Katrina Info

AKO, or Army Knowledge Online, is coordinating with Army organizations and federal agencies to provide the most up-to-date information on Hurricane Katrina to the Army community.

Affected National Guard families can call 1-888-777-7731 to confirm locations of deployed Soldiers.

Check the AKO Hurricane Information Center, at www.army.mil, for the latest resources and news.

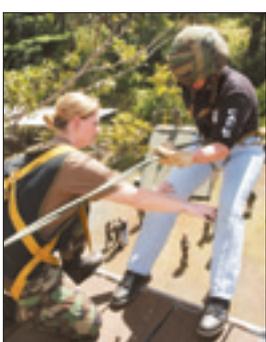


Malaysia tracker

Tropic Lightning Soldiers recently tackled the ancient art of combat tracking, Malaysian style, at East Range, Schofield Barracks. Malaysian instructors schooled U.S. Soldiers in diverse terrains. A-3

Division CSM

A "Flying V" ceremony for Command Sgt. Maj. Jerry Taylor, the new division command sergeant major, was held Aug. 23 at Sills Field, Schofield Barracks. A-5



Cacti Jane Day

Wives of Soldiers in 2-35th Infantry Regiment, 3rd Brigade, tackled the rappel tower, learned to clear a building in an urban terrain and munched on tasty Meals Ready to Eat, among other activities, during Cacti Jane Day, Saturday. B-1



Marathon preps

The time is now to begin training for the Honolulu Marathon, to be held Sunday, Dec. 11, 2005. B-7

Engineers deploy to aid Hurricane Katrina relief

Honolulu Engineer District
News Release

FORT SHAFTER — Eight Honolulu Engineer District personnel deployed Saturday evening to support recovery efforts in the aftermath of Hurricane Katrina in the southern Mississippi Valley Region.

The Power Planning and Response team (Power PRT) from

Honolulu District includes specialists for contracting, liaisons, mission management, data management, logistics and quality assurance.

This specialized management team works with the 249th Engineering Battalion, contractor, local and state entities to assess, install and maintain emergency generators at critical facilities.

The U.S. Army Corps of Engineers

is on the scene assessing the levee situation and inspecting locations in the New Orleans vicinity. Working with local, state and federal authorities, the Corps is providing direct assistance to stabilize the levees and water flow in the city.

Teams of Corps employees are geographically dispersed to facilitate assessments and operations. District engineer Col. Richard Wagenaar and

a team are working out of an emergency operations shelter in New Orleans; another is in Baton Rouge; a crisis action team is located at Vicksburg District, Miss.; and a fourth team is working with the Federal Emergency Management Agency, or FEMA, at the Memphis District, Tenn. Further, a Saint Louis District

See "Engineers," page A-6

'Welcome home!'

Pfc. Kyndal Brewer
Staff Writer

The 17th Corps Support Battalion is home at Schofield Barracks from Operation Iraqi Freedom.

And Soldiers received heart-felt, enthusiastic welcome home greetings from families and friends as they entered the Martinez Gymnasium last Friday afternoon.

Signs reading, "Welcome home troops!" and "We missed you daddy!" were held high by children, friends and family members anxiously awaiting the arrival of their loved ones. Feelings of happiness and excitement filled the gym when the Soldiers entered for their reunion.

"It feels like Christmas time," said Tracy Fountain, wife of Capt. Chris Fountain, the S-4 for the 17th CSB, in reaction to her reunion with her husband.

The Soldiers of the 17th CSB accomplished many tasks during their deployment. They completed a significant number of missions and performed their duties in a professional manner.

"I have viewed your accomplishments while you have been deployed," said Maj. Gen. Benjamin R. Mixon, the commanding general of the 25th Infantry Division (Light) and U.S. Army, Hawaii. "I've got to tell you that you should be very, very proud of what you have done for the Global War on Terrorism."

During their deployment, the troops drove more than 1.15 million miles and delivered more than 2.26 million gallons of fuel and more than eight million gallons of water.

The Soldiers deployed to Iraq to provide world-class logistics support during combat operations, and to assist the Iraqi



Spc. Juan Jimenez

Military keiki anxiously await their father's return from Iraq at the 17th CSB's welcome home ceremony at Martinez Gym, Schofield Barracks, Aug. 26.

people during the historic elections for a new democratic government. The troops completed more than 3,000 jobs during their yearlong deployment.

"These are just a few of the statistics of this great unit, and what they have accom-

plished," said Mixon.

Following almost two full days of travel time, 17th CSB Soldiers were finally able to reunite with their families and friends that supported them during the past year.

"The feeling is indescribable," said Capt.

Fountain when asked how it felt to finally be home to see his family.

"We want all of our Soldiers who have redeployed to be safe," said Mixon. "We are so very proud of you, and we are very glad to have you back home."

Division increases training tempo

Master Sgt. Terry Anderson
Public Affairs Office
25th ID(L) & USARHAW

Tropic Lightning Soldiers are in the early stages of transformation, moving from a Cold War-structured Army to more modular, deployable units.

Many troops just returned from a year in Iraq and Afghanistan and are preparing for possible future deployments.

"We're focusing pretty hard on the individual, collective task training," said Brig. Gen. John "Mick" Bednarek, assistant division commander, operations. "We start from squad, crews, teams, all the way up to large, brigade-scale equivalents."

One battalion-sized element, 1st Battalion, 25th Aviation Regiment, recently returned from Pohakuloa Training Area on the island of Hawaii where the troops took part in some high intensity, live-fire training. The more than 100-thousand acres available at PTA are invaluable for Soldiers preparing for combat.

"Pohakuloa Training Area is our premier training area here in Hawaii," Bednarek said. "It allows us to bring our aviation component, artillery, ground fires and maneuver all together in one location. Besides being the largest [training area], obviously just by sheer acreage, it allows us to put all of our ground force commander capabilities and enablers together with a joint team."

Training with our sister services is an important part of preparing for combat, and Bednarek says the 25th ID (L) commanding general has set joint training as a focus area for the Division.

"He's [Maj. Gen. Mixon] focused hard on joint, interagency, inter-government, multi-national capabilities throughout the Tropic Lightning Division," Bednarek continued. "He wants to ensure that every Soldier is trained and ready, and that we are strategically focused on any deployment

See "Tropic Lightning," page A-6

OPSEC can save lives in Global War on Terrorism

Spc. Cheryl Ransford
17th Public Affairs Detachment

While operational security is nothing new to military personnel, the dangers of OPSEC violations have increased in recent years.

The big difference between past conflicts and the current Global War on Terrorism is the enormous increase in ways the enemy can gather and exploit information.

During World War II, Americans were constantly exposed to slogans, billboards, placards and messages over the radio waves that "Loose Lips Sink Ships" to remind them that the

enemy was listening. And history is laden with examples of OPSEC in almost every era and every campaign.

Recently, the biggest OPSEC concern that has emerged is the Internet, said Capt. Wayne Lacey, division information operations planner and operational security officer.

"The Internet gives users the ability to pass large amounts of information, but it lacks the ability to maintain control of that information once it has been sent in an e-mail or entered on a 'Blog' [a Web log]."

The Internet has become a tremendous source of information for

Get more OPSEC news on page A-7

our enemies as Soldiers, families and friends post sensitive information and photographs on Internet sites. However, no matter how innocent they may seem, Internet OPSEC violations needlessly place lives and military operations at risk, he continued.

While it seems easy enough to not send information about troop strength, deployment plans, weapons capabilities or organizational tasks across the Web, much of what the

enemy uses against us comes from casual conversations.

"You never know who's sitting next to you at a restaurant, in the bar, or on an airplane," said Lacey. "Soldiers and their family members need to watch what they are talking about in public areas. When several conversations are put together, it's the minor details that seem insignificant that give unnecessary access to the enemy."

"This statement is even more important for information on the Internet. Anyone, anywhere in the

See "Practicing," page A-6

Lightning Spirit

It's necessary to face the music, take ownership

Chaplain (Capt.)
Tim O'Donald
22nd Aviation Regiment

Not long ago, a close friend and fellow minister received terrible news. His teenage daughter, who was engaged to be married the following year, was pregnant.

Any parent can immediately sympathize with the pain that these parents experienced. Any young person can imagine the fear and dread of such an event.

This article does not focus upon the obvious moral failure that this betrothed couple committed, but rather on how they handled their misdeed. There are lessons that we can all take away from this story and apply to our lives.

As you can imagine, the young couple was panicked, frightened and embarrassed by this incident. However, it would have been easier for them to make a bigger mistake by handling the situation incorrectly.

I am by no means condoning what they did, but I am applauding how they handled their moral failure and took responsibility for their actions.

The couple considered several options that would have been less embarrassing for them in the short run. They could have opted to abort the pregnancy. Short term, this option must have seemed to be an attractive solution. They could have aborted the pregnancy in secret and could have saved the embarrassment of confronting their sin.

They could have elected to move the wedding date up citing some viable excuse why they should be married this summer versus next spring. This option would have caused some suspicion, and several months from then, a few confirmed "Ahas!" would have been said. But by the time confirmation of their deeds was manifest, they would have completed the marriage ceremony, and it would have passed with just a bit of gossip.

What impressed me most about how this couple handled their situation was the direct acknowledgment of the wrong, and the way they took responsibility for their actions. Although this family is not associated with the Army community, the young couple successfully modeled several of the Army's values.

What did they do? First, the young couple reaffirmed their commitment to marry

demonstrating the loyalty that they had to each other. Next, they realized that abortion was wrong and that they had a duty now to care for and nurture their child. They realized that life was not just about them anymore, but it included a child from the Lord.

Then, the young man and woman went to her parents and told them what had happened. This action showed respect for the parents. Yes, they did wrong, but instead of hiding what they did or making an even worse decision, they faced their failure head on. The announcement obviously shocked and grieved the parents, but the couple showed enough respect for their parents that they did not want to dishonor them more by making a tragic mistake, or by having them learn the information from someone else.

They took ownership of their actions.

Finally, since both the young man and young woman were active in the church, the young man, according to his faith tradition, stood in front of the congregation and confessed that he had done wrong and was presenting himself before the church and submitting himself for church disciplinary action.

Again, this action in no way excused their previous behavior, but you can imagine the personal courage it took to face all of the people who had counted on him to do right and let them know that he had disappointed them.

In looking at this illustration, I find myself impressed by the character of this young couple. Yes, they messed up. Yes, they sinned. But instead of taking the easy way out and covering up their mistake, they confronted it.

That is what honor and integrity are all about. It is not just about doing the right thing when everyone is going to cheer your actions, but it is when the news is bad and you stand against opposition and "face the music."

As we make mistakes in our life, whether at work or in our home, remember this young couple — not for the wrong that they obviously did, but for having the personal courage to do right in spite of awkward and uncomfortable circumstances.

It is not always easy to do right, but it will always be right to do right, so do right.

Commanding general urges safety

As we approach the Labor Day holiday, I want to take this opportunity to thank each and every one of you for your efforts and for the sacrifices you continue to make in service to our Nation.

This is a time of recognition for the American worker and, more informally, marks the traditional end to summer. Let us enter this holiday in the same manner that we approach our daily missions.

Take a few moments to review the privately owned vehicle (POV) and motorcycle risk management tools in the public folders under the installation Fire and Safety Office. Require your leaders to do the same.

This summer we have lost too many Soldiers in POV and motorcycle accidents. The vast majority of these deaths could have been prevented if our Soldiers avoided deadly combinations of alcohol, fatigue and speed.

We must break this tragic trend and eliminate these senseless losses. I charge each of you to get the proper rest before traveling, wear your seatbelts and required personal protective equipment at all times, avoid risky behavior behind the wheel and drink responsibly.

Use the risk management process in all your activities — on and off duty, at home and during recreational time. We know the importance of the process, and, from past experiences, we know that it works.

In Hawaii, we must stay vigilant for signs of heat stroke and heat exhaustion during our outdoor activities. Ensure you incorporate safety during water sports, picnics and other outdoor activities. Vigilance is our watchword.

Enjoy your time off, but more importantly take care of yourselves, your Soldiers, civilian employees and your families.



Benjamin R. Mixon
Major General, U.S. Army
Commanding

Lightning Six postscript

Recently, a 25th Infantry Division (Light) and U.S. Army, Hawaii, Soldier was involved in a motorcycle accident resulting in a fatality. At approximately 11:30 p.m., the Soldier rear-ended a sports utility vehicle on the H-1 viaduct. Both the Soldier and his passenger were thrown from the motorcycle.

Initial reports by the Honolulu Police Department indicate speed may have been a

factor in the accident. However, it was reported that both the operator and passenger were wearing their required protective equipment. The passenger's helmet came off on impact.

The Soldier was transported to Queen's Medical Center with a fractured hip, a fractured spine and a bruised lung. The passenger was not so lucky, sustaining major head trauma, pronounced dead at the scene.

These are lessons to be learned:

One, speed kills! Slow down and drive to arrive alive.

Two, personal protective equipment, be sure you wear it at all times and make sure it fits properly. Helmets must be secured for both drivers and their passengers.

Three, personal and composite risk management, before starting any task, take time to identify the hazards and take the appropriate measures to reduce or eliminate them.

During unit safety briefings, leaders will emphasize these lessons learned from this tragic accident.

How did the Labor Day holiday originate?

Compiled from the
Department of Labor
News Releases

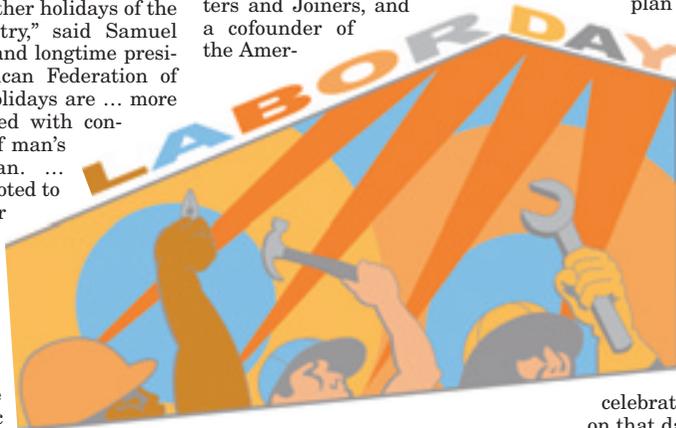
"Labor Day differs in every essential way from the other holidays of the year in any country," said Samuel Gompers, founder and longtime president of the American Federation of Labor. "All other holidays are ... more or less ... connected with conflicts and battles of man's prowess over man. ... Labor Day ... is devoted to no man, living or dead, to no sect, race, or nation."

Labor Day, the first Monday in September, is a creation of the labor movement, dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity and well-being of the United States.

Founder of Labor Day

More than 100 years after the first

Labor Day observance, there is still some doubt as to who first proposed the holiday. Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners, and a cofounder of the Amer-



ican Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold." Many also believe that Matthew Maguire, a machinist, founded the holiday.

Recent research seems to support the contention that Maguire proposed

the holiday in 1882 while serving as secretary of the Central Labor Union in New York City. Clearly, the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, Sept. 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. In 1884, the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885, Labor Day was celebrated in many industrial centers of the country.

Labor Day Legislation

The first governmental recognition of Labor Day came through municipal

See "Labor Day," page A-5

Getting it right: The second paragraph of "3rd Brigade Gives Re-enlistment Incentives" on page A-3 of the Aug. 26, should have read, "The pro-

gram allows brigade Soldiers to attend a military school of their choice, as long as they agree to re-enlist for Option 2 [Current Station Stabiliza-

tion]. This option extends the Soldier's DEROS one year beyond what it currently is." (Editor's Note: Mahalo to the keen eye of Sgt 1st Class Shane Woods.)

Voices of Lightning: Why do you think Labor Day is an important holiday?



Lawna Crossfeild
Family member

"...A chance for families to spend time together."



Sgt. Ana Gaytan
84th Engineer Battalion
Communications NCO

"It give families a chance to get together and take a break from work."



Dave Kobayashi
Fire Department
Fire Captain

"... To honor the work force of America"



Sgt. 1st Class Kenneth Reynolds
HQ and Co. A 225th FSB
Support Operations NCOIC

"... Because it's a traditional holiday and tradition is what America is based on."



Mary Cook
Family member

"...Because the everyday worker needs to be recognized for their contribution."

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Commander
Maj. Gen. Benjamin R. Mixon

Public Affairs Officer
Maj. Stacy M. Bathrick

Command Information Officer
Ed Aber-Song
(edward.abersong@schofield.army.mil)

Managing Editor
Aiko Brum

Editor
Sgt. Sean Kimmons

Photojournalists
Joy Boisselle

Staff Sgt. Manuel Torres-Cortes

Spc. Cheryl Ransford

Spc. Juan Jimenez

Pfc. Nicole R. Montoya

Pfc. Kyndal Brewer

Layout
Leah Mayo

Advertising: 521-9111

Editorial Office: 655-4816/8728

Fax: 655-9290

E-mail: Write the HAW at editor@hawaiiarmyweekly.com

Address: Public Affairs Office Bldg. 580, Stop 215 Schofield Barracks, HI 96857

Web site: http://www.25idl.army.mil/haw.asp

Soldiers receive advanced medical training

Story and Photos by
Spc. Cheryl Ransford
17th Public Affairs Detachment

Walking into the classroom, Soldiers see dummies lying on the floor surrounded by medical supplies such as oxygen tanks, braces and back boards.

Knowing how to provide medical care on the battlefield can save the life of their fellow Soldiers, but learning how to accomplish these tasks, especially when Soldiers may have sustained injuries themselves, can be difficult.

Nearly two dozen Soldiers spent the month of August learning the basics of emergency care at Schofield Barracks to become emergency medical technician qualified.

Soldiers were tested on their ability to recognize the injured as medical or trauma patients as well as the steps to properly treat patient injuries based on their assessments.

Throughout the monthlong course, Soldiers used both textbooks and hands-on training to ensure they fully understood what was being taught.

Of course, many times patients on the battlefield are more severely injured than can be simulated or demonstrated in the classroom environment, said Sgt. Rodney Foe, a medic with the 25th Military Police Company.

When Soldiers conduct missions on the battlefield, they are generally in platoon-sized elements, said Spc. Billy Gibson of Company B, 1st Battalion, 27th Infantry Regiment.

"Many times there will be one

To schedule a class, contact Master Sgt. Winston Young at the Division Medical Operations Center at 655-1894.

medic assigned to the platoon for the mission," said Gibson. "If the infantrymen have the training, they are able to provide additional medical care and assist the medic until the patient can be transferred to advanced care providers."

Although the class is held each month, the recent training was the first time non-medical personnel had attended.

When non-medical Soldiers undergo training, they must be dedicated to the course. Instructors prefer attendees to be Combat Life Saver (CLS) qualified, so they have a basic understanding of medical care.

"The course covers everything medics cover in [advanced individual training] and more in a matter of 30 days," said Santos. "The training is very intense."

But at the end of 30 days, Soldiers come out of the class more confident that they can save the life of a fellow Soldier.

"Knowing what to do when you see a comrade down gives a Soldier confidence," Santos continued. "And knowing what to do under pressure could mean the difference between life and death on the battlefield."

When the course ended Thursday, all Soldiers who passed the evaluation received a national qualification to provide emergency care to patients.



Above — Sgt. Ramon Diaz (holding the dummy's head) of Company B, 1st Battalion, 27th Infantry Regiment, and Sgt. Michael Fudorka (listening for a breath) of Headquarters and Headquarters Company, 1st Battalion, 14th Infantry Regiment, perform a patient evaluation on a simulated trauma patient.



Left — Sgt. Ralen Ngiraidong (left) of HHC, 1-14th, helps Fudorka stabilize the simulated patient's leg with a brace.



Soldiers with the 25th Infantry Division (Light) enjoy a day at the beach during a BOSS barbecue at the Waianae Army Recreational Center Aug. 26.

BOSS shows singles how best to relax, enjoy on Waianae beaches

Story and Photo by
Pfc. Nicole R. Montoya
17th Public Affairs Detachment

WAIANAE — With the waves of the Pacific Ocean in the background and a fresh breeze traveling through the air, the day was set for 25th Infantry Division (Light) Soldiers to have fun in the sun.

As music played, Soldiers splashed around in the water, while the Better Opportunities for Single Soldiers (BOSS) organization held a barbecue at the Waianae Army Recreational Center Aug. 26.

Single Soldiers met at the Tropics on Schofield Barracks that morning and headed to the barbecue following a short safety briefing. Lasting from 10 a.m. to 3 p.m., the barbecue included swimming, eating, socializing and just having a good time.

Pfc. Gregory J. Carnes, BOSS representative for Troop C, 5th Battalion, 14th Cavalry Regiment, 2nd Brigade Reconnaissance, Surveillance and Target Acquisition, cooked hot dogs.

"BOSS enables us to begin building relationships that would improve our quality of life and the morale of our troops," he said.

BOSS was designed to help single Soldiers get acquainted with their surroundings and come to appreciate each other.

Sgt. Kristin Morris, a light-wheeled vehicle mechanic and BOSS representative for Headquarters and Headquarters Company, 25th ID (L), said BOSS takes Soldiers and shows them that there is life outside the Army duty day.

Morris said the barbecue was a great way to show the Tropic Lightning Warriors a good time.

Soldiers track Malaysian style

Story and Photo by
Spc. Juan F. Jimenez
Staff Writer

On the modern battlefield, the ancient skill of tracking is still very relevant. The skills involved in successful tracking are little changed since man first hunted wild animals.

More recently, the British Army successfully employed Soldiers with specialized training as trackers in Malaysia.

Last week, hand-picked Soldiers from throughout the 25th Infantry Division learned tracking skills from a team of Malaysian Soldiers with these unusual abilities on East Range on Schofield Barracks.

"Combat tracking is an important enhancement of Soldiers' skills in finding, reading and analyzing all signs detected on a patrol," said Maj. Muthusami ShanMugan, officer in charge of the Malaysian instructors.

Tropic Lightning Soldiers learned to track in a variety of different terrain to include jungles, open ground, swamps, rubber and oil palm plantations, sandy areas and villages from their Malaysian counterparts.

Soldiers also learned to identify and differentiate among various changes in the environment or to the terrain caused by enemy troops, many of which are so subtle that they would escape an untrained eye.

"Some of the signs we look for on patrol are the bending or breaking of small plants or twigs, changes in color of vegetation, cutting or breaking of branches, or mud smeared onto trees and rocks," said Sgt. Donovan



Staff Sgt. Shahidan Abdullah (standing), a Malaysian instructor, teaches one of his students what type of signs to look for when tracking an enemy at East Range Schofield Barracks, Aug. 24.

McManus Jr., team leader with Headquarters and Headquarters Company, 3rd Brigade Combat Team.

"During the training it was not easy to find any signs. The instructors make it hard for you to find anything," McManus explained.

"It's impossible to conceal every sign, and that's where trackers come into play," said Staff Sgt. Shahidan Abdullah, a Malaysian tracker instructor.

"Soldiers can tell by the signs

the size of the enemy, where they rested, or if they had a camp in the area," said Abdullah. "All this can be determined by the conditions of the trail and the signs left behind," he concluded.

"Soldiers learn the process of analyzing signs is not conclusive, and that patience is needed," said ShanMugan.

"This course is not easy," said McManus. "It's one of the hardest courses I have been through. And you need lots of patience."



Photos by Spc. Juan F. Jimenez.

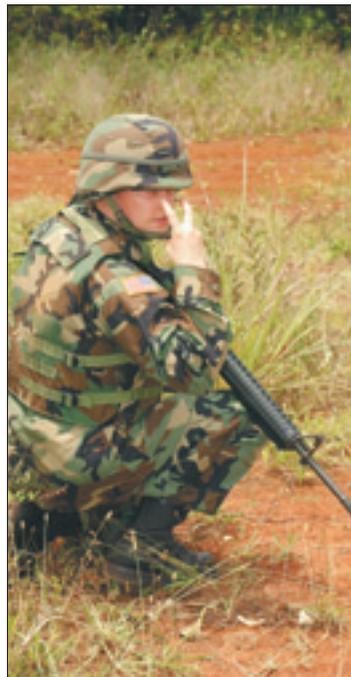
Identifying UXOs

Medics trained on the rough and unforgiving terrain of East Range on Schofield Barracks, Aug. 17, "to [learn how to] identify, react and properly send a spot report of unexploded ordnance [UXO] to higher authorities," said Spc. Mark Dzamba, a combat medic with 225th Forward Support Battalion.

During training, 225th FSB Soldiers tackled a total of three different blocks of instruction during the period of

training. They received "a class on how to identify various types of bombs, grenades and other explosive devices," said Dzamba, so they would be familiar with what they could see when deployed to Iraq or Afghanistan, he explained.

Additionally, medics learned various types of manual carries and evacuated injured Soldiers out of danger areas during a realistic battleground scenario.



News Briefs

Military COLA — All military in the state of Hawaii are encouraged to complete the Cost of Living Allowance survey sponsored by U.S. Pacific Command, any time before Sept. 30, via the Internet. Participate at www.perdiem.osd.mil/oscola/lps/hawaii.

Accuracy in completing the survey is critical to the COLA determination process. For more information, call Eddie Fowler at 477-1396.

CIF Closure — The Schofield Barracks Central

Issue Facility will be closed for customer service through close of business Tuesday. The closure is needed for an emergency change of accountable officer inventory.

In an effort to minimize the impact on Soldiers trying to clear and receive CTA 50-900 items of equipment, only one-half of a workday normally available to serve Soldiers will be lost. Service will resume Sept. 6. For more details, call 656-2236.

SGLI Changes — Since Thursday, all members eligible for Servicemembers Group Life Insurance are insured for the maximum coverage of \$400,000. Due to this increased coverage, max-

See "News Briefs," page A-9

New Division CSM feted at ceremony

Story and Photo by
Spc. Juan F. Jimenez
Staff Writer

The 25th Infantry Division (Light) and U.S. Army, Hawaii, honored the new Division Command Sergeant Major in a Flying "V" ceremony held Aug. 23, at Sills Field, Schofield Barracks.

Maj. Gen. Benjamin R. Mixon, commanding general of the 25TH ID (L) and USARHAW, said that among many senior enlisted candidates, Command Sgt. Maj. Jerry L. Taylor was the obvious choice.

"He is the perfect Soldier to lead, mentor and coach our Soldiers in the bedrock of the Army values, the Soldier's creed and the Warrior Ethos," Mixon said as he thanked the numerous distinguished guests and more than 300 well-wishers for their attendance.

"Thank you Major General Mixon and Mrs. Mixon for the beautiful ceremony and reception into the division," said Taylor. "I must admit I don't remember being this nervous in a firefight. Your overwhelming support and presence here today is extremely touching," said Taylor.

Distinguished guests included retired Gen. David Bramlett, former commanding general of U.S. Army Forces Command; Maj. Gen.

Gale S. Pollack, commander of Tripler Army Medical Center; and Command Sgt. Maj. Mark Farley, U.S. Army, Pacific.

Taylor comes to the job from the 2nd Brigade "Warriors," where he served as the command sergeant major for more than two years, deploying with the brigade to Iraq from January 2004 to February 2005.



Taylor

"Command Sergeant Major Taylor is a Soldier's Soldier and a proven combat leader," Mixon said. "It's appropriate that he comes from the Warrior Brigade, for he is a consummate warrior with all the assignments, awards and decorations, to include the Purple Heart and the Combat Infantryman Badge with star, to prove it."

Taylor has served on deployments to Grenada, Africa, Kosovo and Afghanistan during his 27-year career.

"As I take this position, I am already confident in the success that lies ahead because I have witnessed them on the battlefield," said Taylor. "The Soldiers and leadership have proven to all that we can fight and win."



Soldiers and leaders present their unit guidon as they take part in the Flying V ceremony held on Aug. 23 at Sills Field, Schofield Barracks. The ceremony welcomed Command Sgt. Maj. Jerry L. Taylor as the new division sergeant major.

Labor Day

From A-2

ordinances passed during 1885 and 1886. From them developed the movement to secure state legislation. By June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

A Nationwide Holiday

The first holiday observance and celebration was a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. The pattern became speeches by prominent men and women, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909,

the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of Labor Day celebrations has undergone changes in recent years; however, these changes are more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials still receive wide coverage in newspapers, radio and television.

Today, the highest standard of living and the greatest production the world has ever known brings the United States of America ever closer to the realization of its traditional ideals of economic and political democracy. Therefore, appropriately so, the nation pays tribute on Labor Day to the instrumental player in much of the nation's strength, freedom and leadership — the American worker.

Engineers

From A-1

team is colocated in Vicksburg and will assume the New Orleans District's civil works mission.

Corps employees on the ground in New Orleans are currently assessing the situation at the 17th Street Canal floodwall that was breached overnight, Monday. Corps engineers believe that water over-topped the floodwall, scoured behind the wall, and caused the floodwall to collapse. A second breach occurred on the

Industrial Canal during the storm. Closures are essential so that water can be removed from the city.

The Corps' top priority is to protect the citizens there and to close the breaches. The Corps is working with the U.S. Coast Guard, Army National Guard and other state and federal authorities to bring in all assets available to expedite the process.

"We're attempting to contract for materials such as rock, super sand bags, cranes, etcetera, and also for modes of transportation

like barges and helicopters, to close the gap and stop the flow of water from Lake Ponchartrain into the city," said Walter Baumy, Engineering Division chief and project manager for closing the breach.

One of the largest drainage pumping stations in the world, Pumping Station 6, is a major facility used to remove water from the city into Lake Ponchartrain via the canals. To dewater the city, the floodwall gap must be closed without impeding the water flow in the canal out into the lake.

The Corps is strategizing with

the Louisiana Department of Transportation and Development, the East Jefferson Levee District and Orleans Levee District, to locate materials and access to the breach area.

The New Orleans District's 350 miles of hurricane levee were built to withstand a fast-moving Category 3 storm. The fact that Katrina, a Category 4-plus hurricane, didn't cause more damage is a testament to the structural integrity of the hurricane levee protection system.

Tropic Lightning

From A-1

that we may be called upon to perform."

Soldiers in today's force must be proficient in what Army leaders are calling the 40 "Warrior Tasks," common tasks essential to success in combat.

"These 40 core Warrior Tasks focus on the Warrior Ethos," Bednarek said. "The most important tasks Soldiers need to focus on are weapons and medical proficiency. If my wingman or gunner goes down, I can pick up the slack and take care of the rest of my squad, my Soldiers and my mates.

"You have to instinctively know what to do, and the only way to do that is to do it repetitiously in training, doing as we know we will do it in the war fight downrange," he added.

Soldiers across the Division have also experienced the increased emphasis on physical training since returning from downrange. Bednarek says that



Staff Sgt. Bradley Rhen

Soldiers from 1st Battalion, 25th Aviation Regiment, scan the side of a road during convoy live-fire training Aug. 9 at Pohakuloa Training Area on the Big Island. The 25th Infantry Division (Light), Tropic Lightning Division, is transforming to a more modular, deployable force.

physical fitness is the fundamental baseline of everything that Soldiers do.

"We can be as proficient in our weapons systems, or in our medical training, but if we are not in absolute top-notch physical condition to ensure we can take it to the enemy when called, we will not be as successful as we can be," he emphasized.

Life in today's Army is challenging as transformation takes

Soldiers into uncharted territory. Dealing with change can mean extra stress, and Bednarek says that troops need to keep a stable "battle rhythm" to keep their batteries charged.

"I talk with Soldiers around the Division, and almost to a Soldier, they say they're excited about being here in Hawaii, and they know they are a part of something bigger than themselves," he said. "They know that in the near

future we are potentially headed back into harm's way, and they have trust in their leaders.

"We are going to push pretty hard over the next year to ensure we are trained and ready, but we need to pace ourselves. I'll tell you, this is an incredibly special place, and it's a powerful opportunity for every leader and Soldier in this Division to be a part of this great Tropic Lightning transformation."

Practicing

From A-1

world, friend or foe, can access the information," Lacey continued.

Many units are constantly conducting some type of training, but in today's military training isn't just training anymore.

"Everything we do is in prepa-

ration for something," said Lacey. "Even if you are only talking about the type of training that will be conducted by your unit, do it in the privacy of your home and not out in the open where others may hear details. The person standing behind you in line at the grocery store or even the cashier may be an adversary waiting to use the

information against the military."

The best way for Soldiers and their family members to maintain OPSEC is to think about what they are saying and who they are saying it to, Lacey explained.

"The enemy can listen to cell phone conversations, be in chat rooms, or be reading the posting at any 'Blog' site," he added. "If too

much information is given out, the enemy could suddenly have the upper hand."

Knowing what to say or write could make all the difference in the world.

"By ensuring OPSEC violations don't occur, every person is protecting the person to their right and left on the battlefield."

Precautions safeguard all in military

Jim Bolton
Army News Service

FORT LEE, Va. — Department of the Army officials have said it is essential that doctrine and policies address the five security pillars of force protection. These pillars include combating terrorism, physical security, law enforcement, personal security and operational security.

"The key to denying terrorists information about personnel travel and deployments is the employment of sound operational security measures," said Sgt. 1st Class John Hilton, intelligence noncommissioned officer with the Directorate of Plans, Training, Mobilization and Security Operations Division.

Operations security is an important weapon used to protect Soldiers while serving their country, not only during contingencies, but also in garrison locations prior to a deployment.

Common OPSEC guidance includes not revealing unit deployment plans, troop strength, weapons and weapon capabilities and unit organizational tasks.

"When traveling to foreign countries for official or personal business, civilian employees and military personnel should try to blend in with the populace," Hilton said. "The most important thing is to determine what the threat is for those countries prior to departure."

Hilton said the threat level in the United States is listed as negligible compared to European or Middle Eastern countries.

"Americans tend to be complacent due to the fact they are so far removed from most terrorist activities. However, as recent events have shown, the terrorist threat has been brought to our own ballpark. We need to start raising our own awareness concerning terrorism."

(Editor's Note: Bolton writes for the Traveler at Fort Lee, Va.)

Indeed, loose lips can still sink ships

Reprinted from
EyeWitness to History
<http://eyewitnesstohistory.com>

Millions volunteered or were drafted for military duty during World War II; however, the majority of these Citizen-Soldiers had no idea how to conduct themselves to prevent inadvertent disclosure of important information to the enemy. To remedy this reality, the U.S. government established rules of conduct regarding information security.

The EyeWitness to History Web site offers the perspective that, that advice from yesteryear is just as good today as it was 60 years ago. The site says each Soldier received a document regarding the following as he entered the battle area.

10 Prohibited Subjects

1) Don't write down military information of Army units — their location, strength, materiel or equipment.

2) Don't write of military installations.

3) Don't write of transportation facilities.

4) Don't write of convoys, their routes, ports (including ports of embarkation and disembarkation), time en route, naval protection or war incidents occurring en route.

5) Don't disclose movements of ships, naval or merchant, troops or aircraft.

6) Don't mention plans and forecasts or orders for future operations, whether known or just your guess.

7) Don't write about the effect

of enemy operations.

8) Don't tell of any casualty until released by proper authority (the adjutant general), and then only by using the full name of the casualty.

9) Don't attempt to formulate or use a code system, cipher or shorthand, or any other means, to conceal the true meaning of your letter. Violations of this regulation will result in severe punishment.

10) Don't give your location in any way except as authorized by proper authority. Be sure nothing you write about discloses a more

specific location than the one authorized.

On Talking

EyeWitness to History says Soldiers received guidance regarding their conversations and procedures they should follow if captured. Above all, leaders stressed, "Silence means security. ... Loose talk is direct delivery to the enemy."

(Editor's Note: "Loose Lips Sink Ships," may be read in its 1997 rendering at <http://eyewitnesstohistory.com/lslips.htm>.)

Army comic strips feature computer safety tips

Monica Barrera
Army News Service

WASHINGTON — The Army Office of Information Assurance and Compliance (OIA&C) is educating Soldiers about the importance of safe Internet practices in a new campaign using cartoons.

The cartoons will help Soldiers realize the necessity of computer security and responsibility and what precautions Soldiers should take by developing a message format that is quick and easy to view and understand, according to Col. Stephen Jurinko, director of OIA&C at Network Enterprise Technology Command, 9th Army Signal Command.

"Soldiers don't look at computers as something malicious," said Ted Dmuchowski, the project lead for information assurance and compliance. "It helps them do their job ... and makes the day easier. The dark side is that people use that freedom to do bad things."

Identity theft is the fastest growing crime nationwide. In 2003,



courtesy photo

The comic strip depicts the danger of not being careful in keeping important information secret.

approximately 7 million people were victims of identity theft, according to Gartner Research and Harris Interactive. That equals to more than 13 identity thefts every minute.

"The challenge is that Soldiers need to ask themselves, 'what do I have to lose?'" said Dmuchowski. "And in the military, there is a lot to lose, especially when sensitive information is made available to the public."

For example, anyone can monitor a Soldier as he or she does his or her job planning convoy operations at a certain place and time, Dmuchowski said.

"If they wanted to do harm, they know where to find them," he added.

The importance of updating and making difficult passwords is also of concern to the IA Office. One of the cartoons printed in the IA compliance message illustrates the

importance of keeping passwords secret.

An awareness tool on www.SecurityStats.com tests the strength of a password as either weak or strong, after a computer user types in an experimental password. Other features are also on the site that can educate a computer user.

"In order to practice safe computability, we need to be knowledgeable, so we can take the

appropriate steps," Dmuchowski explained.

The cartoons, which will be posted on the Army News Web site and other Army publications worldwide, will focus on key topics not necessarily related to current events, so that they can be used in training materials.

The cartoons will "foster familiarity and regularity of complying with Army Regulation 25-2; these are key elements in driving the message home," stated the IA compliance message.

"The Army has the widest cross-section of America," Dmuchowski said, who explained that people have varied educational levels and technology perceptions.

The cartoons will serve as a medium for everyone to understand the downside of technology and how to defend themselves in an ever changing, high-speed technological world.

"The focus is to make Soldiers smarter about securing their computer environment," said Dmuchowski.

Equal opportunity advisors embrace diversity, thwart discrimination

Sgt. 1st Class Tina Irvin
Equal Opportunity Advisor,
Sustainment Brigade

The Division Equal Opportunity (EO) Office is located behind the Post Conference Room, next to the tennis courts. At that location, a program manager, an EO noncommissioned officer in charge and two EO advisors are available to assist customers.

The EO office provides advice to the commanding general and his staff on EO issues. It also provides oversight for special and ethnic observances and the Equal Opportunity Leaders Course.

Every brigade has an EO advisor (EOA) assigned as part of the commanders' special staff. EOAs are responsible for understanding and articulating Department of Defense (DoD), Army regulations and policies concerning EO and the prevention of sexual harassment.

As well, EOAs are the "eyes and ears" of the command, helping commanders identify and address issues proactively. They also observe activities within an organization in the effort to ensure that leaders do not intentionally or unintentionally exclude anyone based on their race, color, national origin, gender or religion.

Some potential EO violations within an organization include unintentional or innocent oversight of policies, with no intent to be offensive or unfair. Usually, these types of violations can be corrected with education.

The Army is a diverse

organization; Soldiers and their families come from many different backgrounds and cultures. With such diversity, occasional conflict is bound to surface.

EOAs are tasked to help people of diverse backgrounds

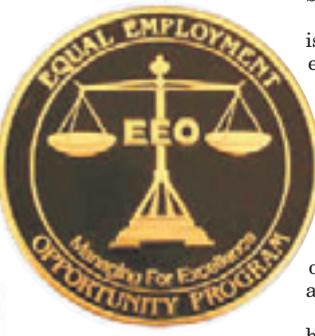


understand and respect their differences. EOAs are always looking and listening for things that may be perceived as sexually offensive, creating a hostile environment. For example, sexual harassment in the workplace violates Army values and Army policy. This violation also distracts from an individual's ability to work at his or her maximum potential.

EOAs are trained to recognize and assess indicators of institutional and individual discrimination within organizations. Recommending appropriate remedies to eliminate and prevent discrimination and sexual harassment is one of

the most important duties of an EOA.

Individual discrimination may involve an individual who has in some way deprived or denied an individual or group a position, promotion or opportunity



because of his, her or the group's race, color, national origin, gender or religion.

Institutional discrimination is harder to recognize and often is accepted practice. An example is the policy that bars women from assignment in infantry combat units. This discrimination is based on gender; however, the U.S. military and society condones and embraces this type discrimination as right and necessary.

Other examples of acceptable institutional discrimination are restrictions for military service based on age or physical disability.

To help prevent sexual

harassment, EOAs assist commanders in conducting semiannual training that defines what sexual harassment is, clarifies Army policy on sexual harassment and teaches leaders how to recognize sexual harassment in both overt and subtle forms.

This training requirement is Army wide, even conducted in combat environments.

Sexual harassment can be an issue in all units and organizations, not just those with females. Overt forms may be easily recognized and comprehended; examples are making "cat calls," telling sexual jokes or making unwanted sexual advances.

Subtle forms of sexual harassment are more difficult to identify. Things like screen savers or pictures on a desk showing someone who is not fully clothed and who suggests sexual innuendoes are examples. Another is a work or living environment with sexually explicit pictures displayed on walls — generally displayed with the assumption that all in the work or living area are of one gender, so the material is not offensive.

The commanding general and all subordinate commanders have policy letters on equal opportunity, prevention of sexual harassment, and complaint procedures. These policy letters are broad and do not address the dilemmas that Soldiers and leaders encounter on a daily basis. However, EOAs and unit EO leaders are available to advise Soldiers, Civilians and family members on EO issues in more detail.

The Division Equal Opportunity Team

Contact EOAs in the following units for more details:

Maj. Patrick Guzman
Program Manager

patrick.guzman@us.army.mil
655-6718

Master Sgt. Michelle Foster
25th Infantry Division
fosterMA@us.army.mil
655-1603

Master Sgt. Carol Cheley
25th Infantry Division
cheleycd@hawaii.army.mil
655-0053

Sgt. 1st Class Lawrence Mullen, 25th Infantry Division
lawrence.w.mullen@hawaii.army.mil or 655-0053

Master Sgt. Chris Keesee
2nd Stryker Brigade
keeseec@hawaii.army.mil
655-6244

Sgt. 1st Class Hurshie Williams
3rd Brigade Combat Team
hurshie.williams@hawaii.army.mil or 655-0671

Sgt. 1st Class Tina Irvin
Sustainment Brigade
tina.irvin@hawaii.army.mil
655-4802

Sgt. 1st Class Lonnie White, Aviation Brigade
lonnie.white@hawaii.army.mil or 656-0581

Sgt. 1st Class Christine Williams, Military Police Brigade
williamsCE@hawaii.army.mil or 655-2155

Sgt. 1st Class James Young, 45th Combat Support Group
james.s.young@hawaii.army.mil or 655-0092

Sgt. 1st Class Damian Miller, U.S. Army Garrison-Hawaii
millerD@hawaii.army.mil
438-2111

Sgt. 1st Class Karen Vickers, 500th Military Intelligence Brigade
karen.vickers@us.army.mil
655-6111

No place exists in the military or civilian lifestyle for discrimination and sexual harassment. All Soldiers must be judged equally and provided the opportunity to excel based on their capabilities, merit, fitness and potential.

Equal opportunity advisors look forward to a day when their services will be

obsolete; however, until then, the EO goal is to ensure its program is viable, pliable and reliable.

EOAs are available to help leaders ensure that all Soldiers, civilians and family members are treated with respect and dignity, regardless of where in the world they may be stationed.

News Briefs

From A-4

imum monthly premiums will rise to \$26.

SGLI will be available in increments of \$50,000 instead of the current \$10,000 amount for increments. This SGLI increase does not affect Family SGLI.

If a married member designates a primary beneficiary for his or her SGLI coverage, someone other than his or her current lawful spouse, the Soldier's spouse will be informed that he or she has made such a designation. Also, members who submit a new SGLV 8286 form, which declines or reduces SGLI coverage by Sept. 30 will not be required to pay the full \$26 premium in September.

Election changes made after Sept. 30 will result in a pay deduction of \$26 for September coverage. For more information, contact Personnel Support.

AMR Chapel — AMR women's groups begin fall programs at the Aliamanu Military Reservation Chapel next week, and Protestant Women of the Chapel will begin their fall programs on Tuesday at 9 a.m. with music, speakers and a catered lunch.

Three fall Bible studies will be introduced during the morning; call Kelley Bradley at 833-4094 for details.

Military Council of Catholic Women — MCCW will begin its fall programs on Thursday at 9 a.m. with a Mass followed by fellowship and comments from guest speaker Fr. Timothy Hubbs. A catered lunch will follow.

Fall studies will begin Sept. 15 with Full of Grace by Johnnette S. Benkovic. All women from AMR, Fort Shafter, Tripler, Schofield Barracks, Kaneohe, Pearl Harbor and Hickam Air Force Base are invited to be part of the MCCW.

Meetings are held at AMR Chapel, and free child care is provided during programs, once you have registered your child with the AMR, Fort Shafter or Schofield Barracks STACC Site Office. Call the Chapel Religious Education Office to make a reservation for your child at 833-8175. Call Liz Martin at 834-7335 for more details about MCCW.

Hispanic Heritage Observance — The Stryker Brigade Combat Team is hosting the 25th Infantry Division (Light) and U.S. Army, Hawaii, Hispanic Heritage Month Observance Sept. 16 at 10 a.m. at Sergeant Smith Theater, Schofield Barracks. Soldiers, civilian employees and family members are invited to come celebrate and learn more about Hispanic cultures.

For more information, contact Master Sgt. Christopher Keese, Stryker Brigade Equal Opportunity advisor, at 655-6244.

64th Military Police Corps Regimental Anniversary Ball — Officers and Soldiers, as well as Department of the Army police and civilians of the Military Police Brigade, Hawaii, will be celebrating their 64th Military Police Corps Regiment Anniversary Ball on Friday, Sept. 16 at 5:30 p.m. at the Hilton Hawaiian Village's Coral Ballroom.

For ball tickets and information, call Reynaldo Balmores or 1st Lt. Duncan at 655-5514/5513/5349.

Strong Marriages — Do you want to strengthen your marriage? Take a day off work? Spend some time alone without the kids? Stay overnight at a hotel at no cost to you?

If your answers are yes, see your unit chaplain about the "Building Strong and Ready Families" program, or contact the division chap-

lain's office at 655-9303.

Combined Federal Campaign — The 2005 Hawaii-Pacific CFC will run from Sept. 19 through Oct. 28, and this year's theme is "Heroes of the Pacific - Be One!" The 25th ID (L) is the designated Army agency for all Army units participating in Hawaii's campaign, and staffs look forward to coordinating an effective and rewarding campaign.

As the largest workplace charity campaign in the country, and the only campaign authorized to solicit and collect contributions from federal employees in the workplace, the mission of the CFC is to promote and support philanthropy.

For more information, contact the 2004 CFC campaign coordinator, Capt. Andrew Thompson, at 655-3984.



Pfc. Kyndal Brewer

Racing for the sake of Women's Equality

Participants of all ages came to Stoneman Field on Schofield Barracks, Saturday, to participate in the 11th Annual Women's Equality Day Run. Among the purposes of the race were to celebrate the late 19th century suffrage movement that sparked many rights, including the amendment that gave women all across America the right to vote.



Prior to rappelling from the 45-foot tower at the Air Assault School, the wives went down the 10-foot wall to get used to the Swiss Rappel Seat.

Cacti Jane Day

Wives experience husband's daily work

Story and Photos by
Spc. Cheryl Ransford
17th Public Affairs Detachment

Several dozen women donned kevlar vests and filled the back of three Light Medium Tactical Vehicles (LMTVs) and rolled through Wahiawa, Aug. 27.

While that sight may seem strange to many, these wives of Soldiers in 2nd Battalion, 35th Infantry Regiment, were on their way to East Range to learn how to rappel as part of Cacti Jane Day, an annual tradition held by the battalion to bring its wives together and strengthen the bonds of their family readiness group (FRG).

"Many wives don't really know what their husbands do on a daily basis at work," said Maj. J. B. Vowell, operations officer for Headquarters and Headquarters Company, 2-35th Infantry. "By having the wives come out today, we are giving them a chance to gain some familiarization with what the Soldiers and their husbands do, as well as to get to know one another."

With all the changes in personnel

the battalion has seen in the few months since it returned from Afghanistan, many of the wives haven't had the opportunity to meet one another, said Vowell.

"Many of the wives and Soldiers are new to the unit," Vowell continued. "Because of this, we felt now was a good time to conduct Cacti Jane Day, for them to get to know one another."

The wives spent the entire day learning about what it means for their husbands to be infantrymen. When they arrived at East Range, they learned how to set up a Swiss rappel seat and then rappelled from the range's 45-foot air assault rappel wall.

When all wives had rappelled, their hosts announced lunch — time for some tasty Meals Ready to Eat, or MREs. Since many husbands had accompanied their wives, the Soldiers — experienced MRE eaters — helped their mates prepare their lunch.

Once all had feasted on MREs, wives climbed back into LMTVs and headed over to the Military Operations in Urban Terrain (MOUT) site.

There, wives received demonstrations on hand-to-hand combat and clearing a building. As well, static displays of weapons and familiarization areas were staged throughout the MOUT site for their exploration.

"By having them out here like this, they get a perspective of what we are doing while we are deployed," said Sgt. Bryan Wellington, Company C, 2-35th.

At day's end, the entire battalion participated in a barbecue in the company area, where all talked and learned more about one another.

"My husband has been in the Army for 19 years, and it wasn't until today that I realized just how much they have to rely on teamwork during their exercises

and operations," said Carolyn Hunter, wife of 1st Sgt. Darryl Hunter, Co. D, 2-35th. "We are new to the unit and after today, I am already starting to feel the connection that holds an FRG together."



Sgt. 1st Class Joseph Calarco (second from right), Co. B, 2nd Bn., 35th Inf. Rgt., instructs wives on how to set up a Swiss Rappel Seat at the Air Assault School during Cacti Jane Day.



Karrie Crumlish (seated), the sister of Capt. Andrew Brown, Co. B, 2-35th., takes an up-close look at the MK-19 Grenade machine gun at the CSM Walter J. "Sabo" Sabalauski CTF/MOUT site at Schofield Barracks, Aug. 27.

MWR Briefs
 Serving America's Army in Hawaii
SEPTEMBER

2 / Today

Tropics Texas Hold'em — The Tropics will hold a Texas Hold'em Tournament on Sept. 2 beginning at 1 p.m. This card-playin' event is free and open to all military patrons who present DoD ID cards at registration. Registration is today from 12:30 to 12:50 p.m. For more information, contact Richard Bautista at 655-4804.

7 / Wednesday

Homeschool Support Group — Homeschool families are invited to the Schofield Bowling Center from 1 to 3 p.m. for an afternoon of bowling and fun on Sept. 7. For more information, call 655-2263.

Tropic Lightning Week — A meeting will be held today for those organizations interested in operating a food booth during Tropic Lightning Week, Oct. 3 to 7. The meeting will take place at Building 556 on Schofield Barracks at 9 a.m. Interested organizations must designate a point of contact to complete the 25th Infantry Division (Light) Family Readiness Group Food Service Sanitation Training, online at www.mwrarmyhawaii.com, prior to the fund-raising event in October. For more information, call 655-0110/0112.

8 / Thursday

Military Idol — Performances continue at the Tropics tonight at 7 p.m. Come and be a part of the audience to support and select your favorite idol. Cast your vote and have an impact on who wins and advances to the national Army-wide competition. Performances will be held every Thursday until the grand finale Sept. 15. Call 655-8522 for more information.



9 / Friday

Fondue and Wine at Reggie's — Savor a diverse fondue menu with friends tonight from 5 to 8 p.m. The selection includes a variety of fruits, breads, cheeses and chocolates, and a bottle of wine. Cost is \$24.95 for a party of four; each additional person is \$5. Call 655-4466 for more information.

10 / Saturday

Yu-Gi-Oh — Get ready to duel at the Tropics. Registration will get underway at 1 p.m. for this tourna-

Seeking new Hui club members



Joy Boisselle

More than 250 people braved the rains to attend the Hui O Na Wahine Super Sign-up membership and information event Aug. 29 at the Nehelani on Schofield Barracks. The Hui is an all-ranks spouses club serving the needs of the community through fellowship and fund-raising efforts. Mary Nishioka (left) listens in as fellow members Tracy Fountain (right) and Carlyne Kasprzak discuss the Hui Thrift Store's fall display. Nishioka oversees the Thrift Store.

ment, and the duel starts at 2 p.m. Cost is \$6 and includes Yu-Gi-Oh merchandise.

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

12 / Monday

Mongolian Barbecue — Select from a large variety of meats and vegetables, and we'll grill them to personal preferences beginning at 5 p.m. today at the Nehelani, Schofield Barracks, with seating at Reggie's. Cost is \$.65 per ounce, and reservations are recommended. Call 655-0660.

14 / Wednesday

U.S. Army Field Band — The U.S. Army Field Band, the Army's premier touring musical group, will present a musical showcase to audiences at the Nehelani on Schofield Barracks beginning at 5:15 p.m. today.

Stop by to enjoy the entertainment as well as the diverse selection of foods the Nehelani has to offer. For more information, call 655-4466.

Stained Glass Class — Learn either beginning foil or lead techniques in this six-session class being held at the Schofield Barracks Arts and Crafts Center beginning Sept. 14. Classes will be held weekly from 10:30 a.m. to 12:30 p.m. and costs \$50. Supplies are additional. Advance registration is recommended due to limited class size. Call 655-4202 to register or learn more.

17 / Saturday

Parent's Night Out — Leave your kids in the competent hands of Child and Youth Services on Sept. 17, and enjoy a nice night out on the town. Children enrolled in Parent's Night Out must be registered with the office no later than Sept. 14 at noon.

Reservations are on a first-come, first-served basis at the Resource and Referral Office. Call 655-8313 for more information.

19 / Monday

Steak Night — Enjoy a sizzling steak cooked on the grill with garlic mashed potatoes, rolls and vegeta-

bles. Dinner is served from 5 to 8 p.m.

Cost is only \$11.95 for adults and children's pricing is available. Call 655-4466 for more information.

21 / Wednesday

Making Ukuleles — The Schofield Barracks and Fort Shafter woodshops will host a 10-session class where individuals will learn how to build their own tenor 'ukulele.

Classes will begin Sept. 21 at Schofield Barracks and will be held every Wednesday from 5:30 to 8:30 p.m.

At Fort Shafter, classes will begin Sept. 22 and will be held every Thursday from 5:30 to 8:30 p.m.

The class fee is \$350 and includes all materials and parts. To register, call 655-4202.

23 / Friday

Soap Talk — The sign-up deadline is Sept. 2 for VIP seats to attend a live taping of "Soap Talk." This taping is scheduled for Sept. 23 at 11 a.m. at the Hilton Hawaiian Village. "Soap Talk" co-hosts Lisa Rinna and Ty Treadway will bring you exclusive interviews, video clips, star chats and much more.

VIP seats are limited to the first 100 people who sign-up, and they are available to all military ID cardholders.

Bus transportation will be provided and will depart from the Tropics, Building 589 on Schofield Barracks, at 9:30 a.m. The bus will return to the Tropics at approximately 1:45 p.m.

Don't miss the opportunity to see this 10-time Emmy-nominated show. To sign-up, visit the Tropics today or call 655-0002 for more information.

26 / Monday

Birthday Celebration — Hale Ikena, Mulligan's and the Walter J. Nagorski Golf Course Pro Shop on Fort Shafter are celebrating their sixth birthday with a weeklong celebration beginning today.

Enjoy a \$6 lunch buffet (regular price \$8.95) offered at the Hale Ikena from Sept. 26 to 29 from 11 a.m. to 1 p.m. Tickets are required and can be purchased in advance at the facility. The pro shop will be hosting a put-

ting contest on Sept. 29 that offers \$10,000 to the individual making consecutive putts from 10 feet, 25 feet and 50 feet. Call 438-9587 to learn more or stop by the pro shop to register.

Also, the weeklong celebration will culminate with a birthday party on Sept. 29 from 5 to 7 p.m. at the Hale Ikena. Individuals attending can enjoy heavy pupus, visit action stations and see live entertainment. Tickets are free and required for entry. Stop by the Hale Ikena to pick up a ticket or call 438-1974 for details.

Schofield Fall Camp — Registration continues for the Schofield Fall Youth Camp. Middle school students and teens interested in meeting new people and going on field trips are encouraged to sign up for this activity, running Sept. 26 to Oct. 7.

Cost is only \$25 per week and registration is at the Resource and Referral Office at Schofield Barracks. Parents must sign a waiver for their child to participate. Call 655-0451 for more information.

ONGOING

Family Child Care — Individuals interested in caring for children in their home should inquire with the Child and Youth Service's Family Child Care program. Benefits include free training, additional income and flexible hours.



For more information, call either the Aliamanu Military Reservation FCC office at 837-0236 or the Schofield Barracks FCC at 655-8373.

Tropic Lightning Museum — The Tropic Lightning Museum on Schofield Barracks is closed on Saturdays. Hours of operation are Tuesday through Friday from 10 a.m. to 4 p.m. For more information, call 655-0438.

536-9684, ext. 26 to register.

7 / Wednesday

Interviewing for Success — Does your stomach knot up when you think about going for an interview? Learn how to be the best candidate for the job at an interview workshop to be held on Sept. 7 at Fort Shafter's Army Community Service. The workshop will cover basic interviewing skills and tips for success. To register, call 438-9285.

8 / Thursday

Hui O Wahine — Fort Shafter's Hui O Wahine, an all-ranks spouses club, will hold a membership welcome tea on Sept. 8 from 10 a.m. to noon at Fort Shafter. For more information, contact Cuddy Eyre at 841-1978 or Sandy Goetz at 838-1645.

Hale Kula Elementary — Hale Kula Elementary will host a school community meeting from 6 to 7:30 p.m. on Sept. 8. Members of the school community, staff, parents and community members are invited to join discussions about how to improve student achievement at Hale Kula Elementary. Child care will be provided. For more information, call the school at 622-6380.

Army Career and Alumni Program — ACAP will host a lunchtime workshop to help attendees prepare for job fairs. The "How to Work a Job

Fair" class will be held on Thursday, Sept. 8, from 11:30 a.m. to 1 p.m. at the Schofield Barracks ACAP Center located in the Aloha Center, Building 690, Room 3H.

The workshop is open to all ACAP clients and their family members. Call the ACAP Center at 655-1028 to reserve a seat.



28 / Wednesday

Hale Koa "Oktoberfest" — Experience the best Oktoberfest this side of the Rhine River at the Hale Koa Hotel's Banyan Tree Brauhaus from Sept. 28 through Oct. 2. Practice your chicken dance and polka with traditional music provided by Neil Gow and the Five Knights, and then enjoy authentic German cuisine prepared by German-born executive chef, Rolf Walter. Specialties include bratwurst, sauerbraten, apfel strudel and Black Forest cake. Tickets for this most popular event are on sale now. Call 955-0555, extension 546, to reserve your spot at this annual sell-out event.

30 / Friday

Joint Spouses Conference Registration — The 11th Annual Joint Spouses' Conference, a forum for military spouses from the Army, Navy, Air Force, Marine Corps and

Coast Guard, be held Friday, Sept. 30, and Saturday, Oct. 1, at the Nehelani, Schofield Barracks.

Registrants may choose from more than 65 workshops with an array of interests including cultural arts, cooking, health and fitness, parenting, career enhancement, military benefits and more.

Keynote speakers include Brig. Gen. Coral Pietsch and "Anyway: The Paradoxical Commandments" author Dr. Kent Keith. The cost is \$25 for both days or \$15 Friday or Saturday only, and the fee includes workshops, two continental breakfasts, two lunches and a conference tote bag.

Seating is limited to 400, so get your registration forms in early. All forms must be postmarked by Friday, Sept. 16. Children are not permitted to attend and child care is not available.

Registration begins today through Sept. 16. Forms may be picked up at exchanges, commissaries, support centers, thrift shops and chapels. Or, register online or download the registration form at www.jointspousesconference.com. Contact liaison Beverly Tate at 778-8696.

ONGOING

Hale Koa Room Special — Book three rooms, instead of two, during the Hale Koa Hotel's fall season special from Sept. 6 through Dec. 15. Eligibility requirements apply. Contact the reservations department for availability at 955-0555.

HACN TV Schedule

Morning

6:00	Sign On
6:30	Welcome Home Redeployment Montage 6
6:35	Coqui Frog Invasion in Hawaii
6:55	Welcome Home Redeployment Montage 3
7:00	Bulletin Board
7:30	What's Down the Drain
7:38	White Face
7:53	Welcome Home Redeployment Montage 3
8:00	Hawaii Army Report
8:36	Army News Watch
9:00	Pentagon Channel
10:00	White Face
10:20	Welcome Home Redeployment Montage 6
10:26	Bulletin Board
11:00	Coqui Frog Invasion in Hawaii
11:21	Jake Shimabukuro
11:34	Maui
12:00	Hawaii Army Report
12:33	Pentagon Channel

Afternoon

2:00	After the Storm
2:23	Bulletin Board
2:53	Welcome Home Redeployment Montage 6
3:00	Shamu: The Sea Turtle Story
3:33	Coqui Frog Invasion in Hawaii
3:57	Welcome Home Redeployment Montage 2
4:00	Pentagon Channel

Evening

6:00	Hawaii Army Report
6:30	What's Down the Drain
6:38	Community Focus
6:53	Welcome Home Redeployment Montage 6
7:00	NFL: Turf Talk
7:53	Welcome Home Redeployment Montage 6
8:00	What's Down the Drain
8:09	Welcome Home Redeployment Montage 4
8:14	Welcome Home Redeployment Montage 5
8:24	Coqui Frog Invasion in Hawaii
8:50	Welcome Home Redeployment Montage 6
8:56	Welcome Home Redeployment Montage 1
9:03	White Face
9:32	Bulletin Board
10:03	Welcome Home Redeployment Montage 5
10:11	NFL: Throwbacks
11:01	Welcome Home Redeployment Montage 6
11:06	White Face
11:20	Welcome Home Redeployment Montage 5
11:27	Welcome Home Redeployment Montage 4
11:32	Coqui Frog Invasion in Hawaii
11:52	Welcome Home Redeployment Montage 3

Overnight

	Pentagon Channel
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Community Calendar
SEPTEMBER

6 / Tuesday

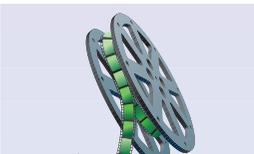
Protestant Women of the Chapel — PWOC will kick off its fall session with a luncheon on Tuesday, Sept. 6, at 9 a.m. in Room D-9 of the main post chapel. Fall Bible studies will be introduced, as well as speakers, special music, sign-ups for book clubs, scrapbook clubs and a potluck lunch.

Free, prearranged child care is available. Call Effie at 624-8251 for more information, or call Kristi at 674-0909 for child care sign-up.

ACS Exceptional Family Member Program — The Army Community Service EFMP is sponsoring "A Parent's Guide to Special Education in Hawaii Schools," an important workshop series for all parents of special needs children.

The Learning Disabilities Association of Hawaii (LDAH) will present a free three-day workshop at the Fort Shafter ACS, Building S330, on Sept. 6, 7, and 8 from 6 to 9 p.m. and at the Schofield Barracks ACS, Building 2091, on Sept. 26, 27, and 28 from 6 to 9 p.m. Registration is required.

Call Army Community Service at 655-2400 or 655-2303, or LDAH at



This Week at the MOVIES
Sgt. Smith Theater

Today
 Charlie and the Chocolate Factory
 7 p.m. (PG)

Saturday
 Bad News Bears
 7 p.m. (PG-13)

Sunday
 The Devil's Reject
 7 p.m. (R)

Wednesday
 Charlie and the Chocolate Factory
 7 p.m. (PG)

Thursday
 Bad News Bears
 7 p.m. (PG-13)

The theater is closed Monday & Tuesday.

Part One of Five

Food takes the spotlight in September

Food safety inspectors keep watch for our well-being

Warrant Officer
Budd A. Dodge
Central Pacific District
Veterinary Command

FORT SHAFTER — During September's National Food Safety Education Month, the Central Pacific District Veterinary Command is spotlighting the theme "Keep Hands Clean with Good Hygiene."

The monthlong focus will emphasize the importance of various food safety issues such as food temperatures, food inspection safety, smart shoppers, barbecue food safety, bag lunches and other topics, in a series of five articles.

Also, during September, service members, retirees, reservists and their families will see food safety and educational booths and displays set up in local commissaries, dining facilities and at other locations. These booths and displays will help educate and demonstrate proper hand washing, proper cooking, reheating and cooling of various food at diverse temperatures; and many other food safety topics.

Patrons will also get a chance to meet the Soldiers assigned to protect them from all those food safety concerns at post military facilities.

Inspecting foods

U.S. Army food inspectors are officially titled as 91R, veterinary food inspection specialists. They exist and work to protect the health of the public to include Soldiers and family members, govern-



Pic. Kyndal Brewer Cutline

Food inspector Spc. Christopher Jackson inspects boxes of oranges at the Schofield barracks commissary, part of his duties with Central Pacific District Veterinary Command.

ment employees, retirees and any one else authorized to shop or eat food on military installations.

In addition, food inspectors help to look out for the financial interests of the U.S. government and its procurement of food items.

Army food inspectors fall under the veterinary field; yes, that's right. The history behind their structure is a long story in itself.

Food inspectors are the Department of Defense executive agent for inspecting food for the U.S. Army, Navy and Marine Corps installations. Which means, here in Hawaii they are responsible for inspecting all food delivered on military bases at Schofield Barracks; Fort Shafter; Pearl Harbor; Bar-

bers Point; Marine Corps Base Hawaii, Kaneohe Bay; Aliamanu Military Reservation; and many other locations on Oahu, Kauai, Maui, the Big Island of Hawaii, and even on American Samoa.

Inspectors maintain offices in all the major Defense Commissary Agency stores where they spend most of their day inspecting deliveries and performing walk-thru inspections of numerous Commissary departments. Having a food inspection office located at the Commissary allows the inspector the best opportunity to inspect the foods being delivered to the store — approximately 75 percent of all food that travels on each

military installation.

Food inspectors also examine foods at shoppettes; exchanges; food courts; Morale, Welfare and Recreation restaurants, contracted restaurants like Burger King and McDonalds; Child Development Centers; and aboard naval vessels, to name some locations.

At the Commissary, food inspectors examine deliveries; verify proper delivery temperature, proper quantity and quality; ensure items originate from an approved food source; walk the sales floor checking cooler and freezer temperatures; check each store department to ensure proper food handling and personal hygiene prac-

tices are being followed; provide assistance to customers who may have questions regarding foods sold in the commissary; and complete various other checks.

Handling food complaints

Another important function of inspectors is to handle customer complaints regarding food items. When a customer has filed a complaint using DeCA Form 40-45, the Food Quality Report (which details product information, when it was purchased, what was wrong, how the complaint was handled), the form and the returned food item is forwarded to the Food Inspection Office.

The first thing a food inspector does with a returned food item is check its date and code with the same item that is on the sales floor. If the date and code match an item, the item is removed from the sales floor until the food inspector has completed his inspection.

The inspector then opens several packages of the food item to determine whether the problem exists within the store or whether the case is isolated incident. Afterwards, the patron receives feedback about the item in question, and food is either returned to the sales floor, thrown away, or sent to food laboratories for additional testing.

Customers play an important role in food safety within military communities, and Army food inspectors are on hand to serve and protect.

Getting more information

In Part Two of this series, next week, get more information about expiration dates of certain foods.

If you or someone you know is interested in presentations, food inspectors can provide on-site food safety training for military and children. Call Warrant Officer Budd Dodge at 433-2273 or e-mail BuddDodge@LN.amedd.army.mil.

Further, be sure to visit the official Web site for National Food Safety Month 2005, which contains materials promoting proper hand washing and other food safety practices, at www.nraef.org/nfsem.

(Editor's Note: Warrant Officer Budd A. Dodge is chief of Food Safety and Quality Assurance at the Central Pacific District Veterinary Command.)



Photos by Byron Nagasako and Kathy Giannetti

Child and Youth Services-Hawaii, the Community Recreation Division, and many partners from the community celebrated National Kids Day 2005 in July at the Aliamanu Military Reservation and in August at the Helemano Military Reservation.

National Kids Day is a Boys and Girls Clubs of America initiative. Its purpose is to provide parents and children with an opportunity to spend a day of meaningful time together.

Families enjoyed face painting, activity and craft booths, karaoke,

a petting zoo, inflatable bouncers, games and contests, pool activities and free swimming, door prizes, movies and much more.

Organizers said both events were a huge success with 250-plus in attendance at AMR and 400-plus in attendance at HMR.

MWR Sports

SEPTEMBER

4 / Sunday

Ladies Golf Clinic — A free golf clinic will be held today at the Leilehua Golf Course located right outside the gate of Wheeler Army Air Field. The clinic will last for one hour and will begin promptly at 3:30 p.m.

All required equipment will be provided to participants and advance reservations are recommended. For more details or to reserve your space, call 655-4653.

7 / Wednesday

Fantasy Football — Just in time for the first game of the NFL season, individuals are invited to put on their coaching hats and draft their team of players on Sept. 8 at Reggie's. Participants who draft a winning team have an opportunity to win great prizes. Visit Reggie's today from 4 to 7 p.m. to partake in the fun.

Fantasy Football Draft Night starts this week and continues every week throughout the NFL season. For more information, call 655-0660.

Also, an all-you-can-eat taco bar will be available to enjoy for only \$9.95, and it comes with a pitcher of a selected beverage.

Pick-Up Sports — Army youth, ages 10 to 18, can be active in sports without league rules or practices.

Various activities such as volleyball, basketball, badminton and kickball will be conducted weekly at both the Bennett Youth Center on Schofield Barracks and at Aliamanu Military Reservation Youth Center every Wednesday from 3 to 6 p.m. beginning Sept. 7.

This program is free and no registration is required. For more information, contact your local area Youth Sports director.

8 / Thursday

NFL Season Kick-Off

Visit Reggie's today to watch the first NFL game of the season and cheer your favorite team on. Individuals participating in the Fantasy Football Draft Night promotion held on Wednesdays have an opportunity to receive a prize if their team wins.

Football fans are also invited to enjoy the food specials.

Games and prizes begin at 5 p.m. Call 655-0660 for more details.

20 / Tuesday

Youth Mini-Sports Basketball

Youth can learn about basketball and basic skills in the Youth Mini-Sports Basketball program. All youth born in 2000 to 2001 are invited to participate in the program, which runs from Sept. 20 to Nov. 10.

Registration runs through Sept. 13. Cost is \$10 and includes a T-shirt for the participant. For more details, call your nearest Army Youth Sports Center.

See "MWR Sports," page B-8



Community Sports

SEPTEMBER

15 / Thursday

Tripler Army Medical Center — Do you have questions or concerns regarding health and fitness? Women's Health and Fitness Day is the nation's largest annual health promotion event for women of all ages. It will be celebrated nationally Sept. 28,

but TAMC is celebrating early.

TAMC will be highlighting this event on Sept. 15 at the hospital. Community Health Nursing will be hosting a free, one-hour seminar from 10 to 11 a.m. at the TAMC 10th floor conference room.

Guest speaker and fitness expert Susanne Dale will be presenting "A Woman's Guide to Fitness, Dispelling the Myths," and she will be available to answer health and fitness questions.

Call 433-6834 or 433-1462 to register or for more information. Space is limited.

24 / Saturday
National Hunting and Fishing Day — The Hawaii Hunter Education Program presents the 34th National Hunting and Fishing Day at the Koko Head Shooting Range near Hanamau Bay. Attendees can bring a canned food or cash donation for the Hawaii Food Bank, and they will receive an activity coupon to participate in a muzzleloader, skeet, .22 cal rifle/handgun, archery, airgun, or a fish-casting contest.

Lots of fun and demonstrations, and food and prizes, will be the order of the

day. This event will be held Saturday and Sunday from 10 a.m. to 4 p.m. For more information, call 587-0200.

25 / Sunday

Mid-Pacific Road Runners Club — Mid-Pacific Road Runners Club presents the Schofield Barracks 25K, Sunday, at 5:30 a.m. at Stoneman Field. This race is the third in the "Marathon Readiness Series 2005," designed to help you prepare for the 2005 Honolulu Marathon.

The 25K course will start on Ayers Avenue, in front of Hale Kula School above

Stoneman Field, and the course will repeat, circling the Schofield Barracks perimeter. Awards will be presented in elite and five-year age group categories.

Entry forms are available at all Army Fitness Centers, and in the September/October issue of AthletesHI running magazine.

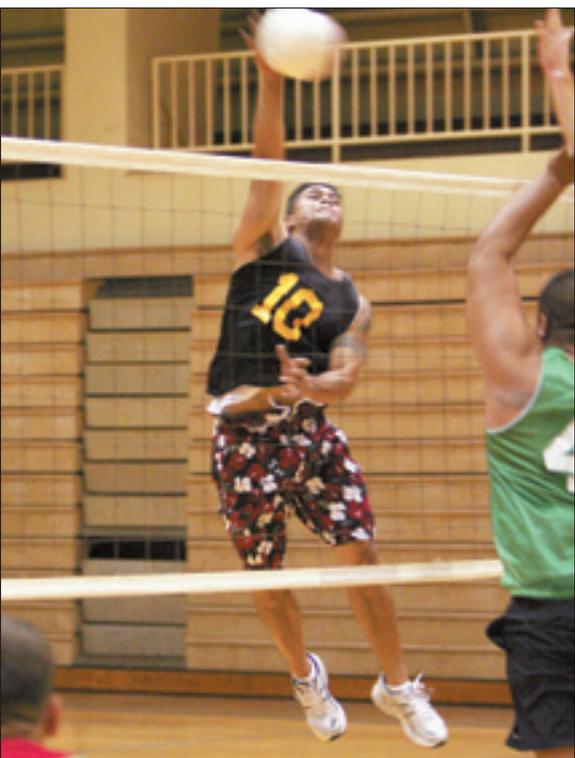
The fee is \$17, postmarked before Sept. 19. Packet pick-up is Saturday, Sept. 24 from 10 a.m. to 5 p.m. at the Running Room, 819 Kapahulu Ave., Honolulu, and late registration is available there for \$25.

On race morning, the late registration fee is \$30. T-shirts are not guaranteed for late registrants. For more information, contact Ron Pate at 589-2646.

ONGOING

Local Sports Calendar Briefs — Do you have sports announcements of upcoming events or activities you'd like to post in the Hawaii Army Weekly?

If so, e-mail your information to editor@hawaiiarmy-weekly.com at least two weeks in advance of your event or activity.



Pert Fuiava, #10 on the 2-11th Field Artillery team, makes the final point to win the championship game, 25-20.



Photos by Spc. Juan Jimenez

V-Ball champs: 2-11th FA

Playing here against 65th Engineers, Dennis Lewis (right green, airborne), a player for 3-7th Field Artillery, spikes the volleyball to take his team into overtime at the Intramural Volleyball Championship games at Martinez Gym, Schofield Barracks, Tuesday night. Nevertheless in the second game of the evening, the 2-11th FA triumphed, beating 3-7th in two games: 25-15, 25-20.

The road to the Honolulu Marathon

Schofield Soldier to track his first venture in the popular race

Master Sgt. Terry Anderson
Public Affairs Office
25th ID (L) & USARHAW

Some people say jumping out of a perfectly good airplane is insane — and so is running 26.2 miles.

So why do I want to run a marathon?

I don't know.

Maybe it has to do with turning 40 years old this year, having never run one, and proving that I can still take on a physical challenge.

I think it also could go back to seeing Oprah and P-Diddy run a marathon a few years back; if those two celebrities can run a marathon, why can't I?

The Honolulu Marathon is the third largest in the United States and the sixth largest in the world, with more than 25,000 participants annually. As marathons go, it's not that difficult a race, despite having to run continuously for up to five hours.

"It's a relatively flat course," said Ken MacDowell, the co-race director. "Our high point is behind Diamond Head, and you do that twice, on the way out and on the way back to the finish line."

MacDowell said that if the trade winds are blowing, runners have a little bit of wind

able to make the commitment months in advance," MacDowell explained. "But if they're here, and at the last minute they decide they want to do it, we welcome them and extend that lower entry fee."

I've already paid my entry fee and made my hotel reservations downtown for race weekend. I've made the commitment to run this year's Honolulu Marathon.

Last year, 25,671 runners entered the race, and 22,407 finished.

My only goal is to be one of the finishers.



Runners approach the finish line of the 2004 Honolulu Marathon at Kapiolani Park in Waikiki.

Photo Courtesy of Honolulu Marathon

“
...[S]eeing
Oprah and P-Diddy
run a marathon ...
why can't I?”

- Master Sgt. Terry
Anderson

in their faces going out on Kalaniana'ole Highway, but coming back they'll have the trade winds behind them, pushing them toward the finish line.

This year's race kicks off at 5 a.m. on Sunday, Dec. 11, in downtown Honolulu. The race begins at Ala Moana Beach Park, winds through downtown and around Diamond Head, then back into town, finishing at Kapiolani Park. The race is just as popular with marathoners as the big name races on the mainland.

"If you just take the race itself, and the venue, we're bigger than Boston, we have more participants," MacDowell said. "We have the best race finish in the country, and one of the nicest in the world."

MacDowell says that most military members are in good enough shape to begin a marathon-training program. The most important aspect of training for a 26.2-mile race, say experts, is increasing your mileage by 10 percent a week. Therefore, I'm using an 18-week training program. This week I ran three miles on Tuesday, Wednesday and Thursday, then will run seven miles on Saturday, my long run day.

I'll gradually increase my long runs, week by week, until I peak at 20 miles just three weeks before the race. Experts say this gradual increase in weekly mileage gets your body used to the grueling distance of a marathon. We'll see.

The Honolulu Marathon is very military-friendly, as it offers a \$10 entry fee to troops and their families, all the way up to the day before the race.

"We realize that a lot of people are deploying, they're coming back from deployments, and with the schedule that they have, they won't be

MWR Sports

From B-4

ONGOING

Personal Trainers — Personal trainers are available to help individuals develop a specialized program to improve their fitness level. These experts can assist with building muscle, losing body fat, and increasing flexibility and nutrition. Cost is \$30 per hour. Call 655-8007 for more information.

BMX Track — Boys and girls of all ages and adults are invited to join the fun at the BMX track located at Wheeler Army Air Field. Practice hours run from 5 to 7 p.m., Monday through Thursday, and races take place every Saturday beginning at 5:30 p.m.

The yearly membership fee is \$45 and participation in competitions is only \$9. For more details, visit www.wheelerbmx.com.

Scuba Classes — Scuba class provides individuals

with an opportunity to earn their PADI certification during two weekends for \$175.

Instruction is held on Saturday and Sunday at various locations depending on class content and skills being taught. Call 655-0143 for more information.

Cardio Kickboxing — Classes are on Tuesday and Thursday from 4:30 to 5:30 p.m. at the Fort Shafter Gym. Cost is \$2 per class or \$11 for a 12-class punch card. Call 438-1152 for more information.