

HAWAII ARMY WEEKLY

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Sergeant Major of the Army

Top enlisted leader addresses U.S. Army, Hawaii, Soldiers on the Army's ongoing and future transformation issues. A-2

Peacekeeping

Multinational training engaged U.S. Soldiers and countries of Southeast Asia at Wheeler Army Air Field. Interactive activities included historical tours of the USS Arizona and a friendly round of cricket. A-5



1-27th Partners

The 1st Battalion, 27th Infantry Regiment, re-established its partnership with Haleiwa Elementary School. Most recently, Soldiers made improvements at the playground. A-7



TV-2's Hawaii Army Report

Army Hawaii Soldiers and family members can get post news on HACN channel TV-2, as well as on several other channels. B-3



Perfect bowler

A post teenager kept audiences gasping as he met a personal goal — bowling a perfect 300 score. The 17-year-old Junior League bowler is only the second to reach this milestone at Schofield Barracks. B-5

Airborne!



Spc. Juan Jimenez

A Long Range Surveillance Detachment team member from 125th Military Intelligence Battalion enjoys the view over Wahiawa as he takes part in an airborne mission at East Range on Schofield Barracks, July 13. His combat load dangles below him. Turn to page A-3 for more coverage on the airborne operation.

Wiercinski assumes ADC (S) position

Sgt. Sean Kimmons
Editor

In 1980, a young 2nd Lt. Francis J. Wiercinski stepped foot on Schofield Barracks to begin his first military assignment with the 25th Infantry Division (Light).

During his three-year stint with the division, Wiercinski moved up into various company positions that included company commander of Company B, 1st Battalion, 19th Infantry Regiment.

Numerous promotions later, Wiercinski — a brigadier general now — steps onto Schofield again, but this time in a new position as the assistant division commander of support.

"I know it may sound like a cliché, but I guarantee you that 25 years ago when Second Lieutenant Wiercinski found himself in a guava bush in the middle of the Kahukus, trying to figure out his left from his right, and Jeanine Wiercinski was nursing at Wahiawa General Hospital — we never thought we would be standing here today," Wiercinski said about himself and his wife during his Flying "V" ceremony at Sills Field, Schofield Barracks, July 13.

He then added, "It is a testament that miracles do happen and dreams do come true."

Before making his way back to Oahu, Wiercinski first made a remarkable career as an infantryman, said Maj. Gen. Benjamin R. Mixon, commander of the 25th ID (L) and U.S. Army, Hawaii. "He knows what it means to be in combat. His calm leadership style, under the most demanding situations, is legendary — he is the real deal," Mixon said during the ceremony.

See "Wiercinski," page A-4

Admiral visits Soldiers

Story and Photos by Staff Sgt. Bradley Rhen
Staff Writer

In his first visit to the two installations since assuming command of U.S. Pacific Command Feb. 26, Admiral William J. Fallon visited Schofield Barracks and Wheeler Army Air Field, July 15.

After a helicopter tour of several training areas on Oahu, Fallon arrived at Schofield. His first stop was for a briefing in the Post Conference Room about a peacekeeping exercise involving military representatives from several different nations.

"It's really good that you can share your

facilities and expertise with them," Fallon said. "Some of them actually have more experience in that line of work than our people do, and I think both our people and the foreign nationals benefit from it."

Next, Fallon went to Wheeler Army Air Field where he visited several sites dedicated to Aviation Brigade's reset. After tours of at least a year in both Iraq and Afghanistan, nearly all of the brigade's helicopters are being completely refurbished to a condition that is better than before they deployed.

Fallon said the work he saw being done by

See "PACOM," page A-6



Adm. William J. Fallon shakes hands with a Soldier from 1st Battalion, 25th Aviation Regiment July 15.

4th Brigade is newest unit in the Division

Story and Photo by Greg Allen
Public Affairs Office,
Fort Richardson, Alaska

FORT RICHARDSON, Alaska — The 4th Brigade Combat Team (Airborne), 25th Infantry Division (Light) unfurled its colors July 14, giving U.S. Army Pacific its first airborne brigade since Vietnam.

Headquarters Company, 4-25 BCT (Abn.), commanded by Capt. Wendy Bresnyan, was also activated Thursday.

The first new airborne brigade

since the 1980s, the 4th BCT (Abn.) continues the Army's transformation to smaller units that can deploy with the speed of light forces and the combat power of heavier units.

Brig. Gen. James Hirai, commanding general, U. S. Army Alaska, officially activated the brigade. Its colors were uncased by Command Sgt. Maj. David Turnbull, and Hirai presented them to its brigade commander, Col. Michael Garrett.

The origins of the unit itself are, for

See "4th Brigade," page A-6



Soldiers from Task Force 1-501 (Airborne) render salutes during an activation ceremony for 4th Brigade Combat Team (Airborne), 25th Infantry Division (Light) July 14.

VA reviews 75 years of significant milestones

R. James Nicholson
Secretary of the Department of Veterans Affairs

On July 21, 1930, President Herbert Hoover signed Executive Order 5398, which brought together the U. S. Veterans Bureau, the Bureau of Pensions and the National Home for Disabled Volunteer Soldiers into a single new agency: the Veterans Administration.

The importance of that Executive Order was not lost on Hoover.

"The new establishment [I create today] becomes one of the most important functions in the Government," he said.

Just a few facts can illustrate the wisdom of Hoover's prediction.

In 75 years, VA has gone from an independent federal agency to the Department of Veterans Affairs, the second-largest federal department after the Department of Defense.

Our budget is substantially larger than in 1930 — \$69 billion, up from \$800 million. Our staff has increased to 237,000 from 31,000. And the five million veterans who received VA health care last year are a vast increase from the 640,000 patients treated three-quarters of a century ago.

But, despite the passage of years, the start and finish of several wars, the rise of technology and the advent of a new century, our sacred mission has not changed. It is rooted in Abraham Lincoln's 1865 promise to "care for him who shall have borne the battle, and for his widow and his orphan."

Nationally, VA's health care system has become what one prestigious medical journal called "a bright star" within the U.S. health care industry.

I doubt that many people realize that VA operates the largest integrated health care system in the country, with 157 hospitals and more than 860 clinics that expect to treat 5.2 million veterans this year.

More than half of the physicians practicing in the United States receive some of their professional education at VA medical centers. Three winners of the Nobel Prize in Medicine have worked for VA.

All of this expertise exists for the sole purpose of caring for our veterans, and special efforts are underway to reach out to the veterans of the Global War on Terrorism.

The Department has started hiring programs for newly returned combat veterans and placed VA staff on military facilities for early counseling about veterans benefits, in addition to providing the world-class medical care that wounded veterans deserve.

As a new generation of combat heroes now turns to VA for health care, disability compensation, home loan guarantees, educational assistance and a variety of other benefits, we commit ourselves to keeping, for the next 75 years, President Hoover's prediction and President Lincoln's promise.

Sergeant Major of the Army stresses transformation here

Story and Photos by
Sgt. Sean Kimmons
Editor

The theater was at full capacity as the Sergeant Major of the Army Kenneth O. Preston, voiced the Army's ongoing and future transformation plans for its Soldiers and their family members.

"The Army is very busy right now," Preston said to the crowd of U.S. Army, Hawaii, Soldiers inside Sergeant Smith Theatre on Schofield Barracks, July 18. "This transformation is the largest change in our structure since World War II."

As part of his hour-and-a-half brief, Preston touched on many points of discussion — mainly concentrating on transformation. Some of the big topics were newer modular units, life cycles, Army growth, shorter deployments and the new Army Combat Uniform.

Modular Units

"I want you to remember predictability and stability," the thirteenth Sergeant Major of the Army told the Soldiers.

He continued, "If we



SMA Kenneth O. Preston (left), listens to Sgt. William Hargerty (right), 225th FSB, recite the Soldier's creed during his brief to Soldiers inside Sgt. Smith theatre on Schofield Barracks, July 18. Sgt. 1st Class Eric Troxler (center), 71st Chem. Co., knocks out push-ups for incorrectly reciting the creed.

are going to bring predictability and stability back into the Soldiers' and family's lives, the first thing you [have] to do is know

how to deploy the forces." Last year, the 3rd Infantry Division was reorganized from three brigade combat teams into four. Just by trans-

forming 3rd ID, the Army grew by one brigade, he said.

Besides 3rd ID, two more brigades were added to the Army's inventory.

There will be three more this year and four more in 2006.

"By the end of 2006, we

See "Preston," page A-12

Lightning Spirit

Which theme or option guides your life?

Chaplain (Capt.)
Everett J. Franklin
1st Battalion,
21st Infantry Regiment

One of my favorite characters in the Bible is Joseph. He is a person who was sold into slavery by his own brothers, falsely accused and sent to prison, and then forgotten by a man that he had helped get out of prison.

That is an interesting story in and of itself, but it gets better because as you read about Joseph you see one constant theme coming through: he always knew that God had a mission for him.

That theme sets the tone for his life, and we see it benefiting not only Joseph and his family, but also rescuing an entire region from a terrible famine.

Now you may be wondering what this has to do with you here in Hawaii in 2005. Well, the same God that had a purpose for

Joseph's life has a purpose for your life as well.

Misery or Mission

There are two options that I would like you to consider as we look at the life of this patriarch. When faced with adversity in our walk with God, and we will face it, our decision to choose how we view our situation and purpose is paramount.

Some people, even some who trust their lives to God, view their lives in respect to misery. They consider that there is no real plan to their existence.

A preoccupation with misery is similar to this. Too often it focuses on helplessness and denies that God is at work through the struggles of our lives.

Mission, on the other hand, speaks of a perspective that is conscious, that one has been sent out to perform a special service. This awareness provides a lens to

view our world from that produces hopeful vision: a vision that constantly looks for the hand of God at work, no matter how dark the dungeon.

Joseph's life is a revealing case study that relates the choice to view our lives as a mission and not misery, as a gift from God to embrace and not an impossible imposition, as a destiny to fulfill and not a nightmare to endure.

Three Conclusions

In Chapter 45 of Genesis, we see three conclusions that finally appear as reality to Joseph. Here we celebrate with Joseph the clear vision produced by faithful service to his fellow man, his family and his God.

One, we see how God used Joseph to help his fellow man.

Misery is obsessed with the elusiveness of constant comfort and ease. A mission-minded person looks beyond personal dis-

tress to the needs of others. Not only did Joseph impact others, but he also showed faith in God's plan and saved his family from destruction.

Two, Joseph showed respect to God's covenant with his family. Yet, misery trades covenant with God in return for spite against those who mistreat them.

A mission-minded person works for others in the plan of God, even while suffering because of their actions. Here we see how God equipped Joseph to lead — and lead he did.

Three, a person ensnared by misery forfeits the confidence needed to make a difference for God. A mission-minded person employs their God-given talents and wisdom to honor God.

What perspective are you taking? I encourage you to follow the example of Joseph, and see your life as a mission specifically designed for you by the God that knows you best.

Voices of Lightning: What changes have you seen with transformation?



"... The loss of Calvary ground assets in the Army."

Capt. Kent Macgregor
Troop B, 3rd Sqdn., 4th Cav.
Troop Commander



"A lot of units are moving to different posts."

Spc. Orin Compton
HHC, 1st Bn., 27th Inf. Rgt.
Combat Medic



"Many things on post are being updated such as the PX."

Staff Sgt. Scott Rohrbaugh
725th MSB
Battalion Training NCO



"Soldiers have a lot of flexibility and a lot more advantages than when I first came in to the Army."

Sgt. Alejandro Verjes
1st Bn., 14th Inf. Rgt.
Treatment Care NCO



"... Units becoming modular units."

Sgt. 1st Class Victor Dalina
Co. B, 325th FSB
Platoon Sergeant

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Soldiers, Marines drop into East Range

Story and Photos by
Spc. Juan Jimenez
Staff Writer

What goes through one's mind when the word "Airborne" is heard? Does Soldiers jumping out of an aircraft moving at about 20 feet per second come to mind?

More is involved than just jumping out and hitting the ground at a rapid speed. Airborne Soldiers are unique for more reasons because they possess the courage to jump from a perfectly good aircraft.

For these Soldiers to maintain their Airborne wings, they must jump at least four times a year. Maintaining proficiency was the case for the Long Range Surveillance Detachment (LRSD) teams from 125th Military Intelligence Battalion and 87th Quarter Master Company, as well as Marines from the 4th Force Reconnaissance Team, July 13.

The Army and Marine paratroopers gathered at East Range on Schofield Barracks to perform various types of airborne jumps such as static line; combat; and high-altitude, low opening (HALO) jumps to retain current Airborne status.

"The main purpose of the training is to keep Soldiers current with their jumps," said Sgt. 1st Class Earnest Hale, a static jumpmaster with G-3 Operations, 25th Infantry Division (Light). "Since they were deployed, they weren't able to jump."

An UH-60 Blackhawk helicopter from Company A, 2nd Battalion, 25th Aviation Regiment, provided transportation for the mission.

The jumpmaster loaded six

jumpers onto the helicopter and then gave the okay sign to the helicopter's crew chief.

The helicopter climbed to 1,500 feet.

After observing the drop zone, the jumpmaster gave the all-clear report to the control operator and waited for the command to execute.

The execute command was received, so Soldiers leaped from the helicopter as the jumpmaster made sure their parachutes opened with no problems.

Spc. Adam Goedereis, an LRSD member with the 87th QM Co., just redeployed from a yearlong deployment to Afghanistan and took part in the jumps to keep his Airborne status.

"It's a rush [and] a lot of fun. It's something I love to do," said Goedereis.

Not only the Army had all the fun, but also the 4th Force Recon took part in training. Marines trained in the Army UH-60 alongside Soldiers. The leathernecks also took part in the special mission Halo jump.

"It's a good experience for the Marines to train with the Army because it lets us see how the Army trains and maybe we can use some of that training" said 1st. Sgt. T.C. Blake, the first sergeant of the 4th Force Recon Team.

Though the mission was a thrilling experience, safety also played a big factor during recertification.

"No matter what it may be, a miss activation of a reserve parachute or a safety line, safety comes first," said Hale.



The jumpmaster taps the shoulder of an Airborne Soldier (far right), to let him know to leap out of the UH-60 Blackhawk helicopter. The Soldier landed safely on the drop zone inside East Range, July 13.



Above — Soldiers from 125th MI Bn. and 87th QM Co. perform last-minute checks on their reserve parachutes before flight.



Right — Soldiers get pumped as the UH-60 Blackhawk prepares to take off and maneuver them over the drop zone.

News Briefs

Newcomers Orientation — Every other Tuesday, the Fort Shafter Army Community Service is hosting its Newcomers Orientation Tour for Soldiers and family members transitioning to the island of Oahu, as well as an island tour to familiarize all newly assigned personnel to the Hawaiian culture, customs, language, surrounding communities, Hale Koa Hotel and various points of interest on the island.

Registration is required and

seating is limited. Call ACS Fort Shafter at 438-9285 for registration or questions.

McNair Gate — McNair Gate, Schofield Barracks, will be closed from Thursday to July 30 from 9 a.m. until 3:30 p.m. in order to revise the traffic pattern in the McNair Gate area.

Military COLA Survey — All military personnel in the state of Hawaii are encouraged to complete a military Cost of Living Allowance (COLA) survey sponsored by U.S. Pacific Command during the months of August and September 2005 via the Internet. Accuracy in completing the survey is critical to the COLA determina-

tion process.

Participate beginning in August at <http://www.perdiem.osd.mil/oscola/lps/hawaii>. Call Eddie Fowler at 477-1396 for more details.

Annual Antiterrorism Exercise — U.S. Army Garrison, Hawaii, and the 25th ID (L) will conduct their annual antiterrorism exercise from Aug. 8 through 19. The Antiterrorism Office and USARHAW are endeavoring to create an exercise that will have minimal impact on local communities. Address concerns or questions with Robert Marsh at 655-5212.

Town Hall Meeting — The Army community is invited to attend Fort Shafter's next quarterly Town Hall Meeting at the Aliamanu Military Reservation Chapel, Aug. 10 at 6:30 p.m. For more information, contact Rosey Stone at 438-6147.

"Women's Equality Day" — This year, the 500th Military Intelligence Brigade is hosting Schofield Barracks' Women's Equality Day Celebration on Aug. 27 at 7 a.m. at Stoneman Field. Learn more about women's suffrage by running, walking, visiting information vendors or listening to the guest speaker. For more information, call Sgt 1st Class

Karen Vickers, the 500th MI Brigade equal opportunity advisor, at 263-5151.

Kolekole Road — The Kolekole Pass Road is open from 5:30 a.m. to 5:30 p.m., seven days a week, to active duty and retired military regardless of branch of service, and military family members, DoD civilians and contract employees possessing valid ID.

Personal vehicles and motorcycles will be admitted in a nonofficial capacity and must be under the two-ton limit. No bicycles, mopeds, scooters, joggers or pedestrians will be allowed. Violators will be cited. Call 474-4339 for additional details.

Demolition marks start of new homes at AMR

Ann Wharton
Army Hawaii Family Housing

ALIAMANU MILITARY RESERVATION — The walls came tumbling down here Monday as Army and community leaders and AMR residents marked the beginning of the U.S. Army and Actus Lend Lease's initiative to build more than 1,500 new homes at AMR.

Command Sergeant Major Mark Farley of U.S. Army, Pacific, and Sergeant Major of the Army Kenneth Preston each maneuvered a massive Caterpillar 350 Excavator, demolishing the first of two dozen 12-plexes.

"Today is a milestone in our effort to improve the homes of our Army Ohana," said Harry Jackson, vice president and asset manager for Actus Lend Lease and Army Hawaii Family Housing (AHFH) LLC. "This project will not only enhance the lives of Army families, but it will support hundreds of



Bonnie Griffith

Command Sgt. Maj. Mark Farley of U.S. Army, Pacific, begins demolition of AMR housing.

small and local businesses."

Lt. Gen. John M. Brown III, commander of U.S. Army, Pacific, emphasized the significance of the Hawaii project and the importance of the Army's commitment to providing its members and their families with quality homes and strong communities.

Two hundred new homes and a 7,500-square foot community center will be com-

ON THE WEB

For more on AHFH projects, log onto www.armyhawaii.familyhousing.com.

pleted by March 2008, and a total of 1,525 new and renovated homes will be completed by 2013.

Over the next 10 years, 7,894 new and renovated homes will be completed throughout Army Hawaii.

Wiercinski

From A-1

Wiercinski participated in Operations Just Cause and Enduring Freedom. He also led the "Rakkasans" of the 101st Airborne Division (Air Assault), along with elements of the 10th Mountain Division, in Operation Anaconda in Afghanistan.

Mixon credits Wiercinski's wife, Jeanine, for holding down the fort while her husband was deployed.

"Throughout his career and in some of the most

demanding assignments, Jeanine has always been there. She understands the importance of taking care of families and has led the effort in every place she has been," Mixon said. "Our families will surely benefit from her presence here."

Wiercinski comes to the 25th ID (L) after departing from Washington, D.C., where he was the principal director for Near Eastern and South Asian Affairs within the Office of the Secretary of Defense.

"My time in the Pentagon was painful. But I did have

the opportunity to travel, and in my travels with some of the Army's senior leadership, we were able to see Soldiers in combat in Afghanistan and Iraq ... and the 25th Infantry Division maintained an exceptional reputation," Wiercinski said.

He then touched on the possible future of the Tropic Lightning Division.

"We are a nation at war. And because of that, our national leadership may call upon us to conduct a Tropic Lightning strike anytime, anywhere — and we must be prepared for that."

599th welcomes Kreklow

Robyn Mack
599th Transportation Group

In a historic setting aboard the USS Battleship Missouri, Col. Kathi L. Kreklow became the ninth commander of the 599th Transportation Group during a change of command ceremony July 15.

The Group is supported by the 835th, 836th and 837th Transportation Battalions located in Pusan Korea; Naha, Okinawa; and Yokohama, Japan, respectively.

Kreklow, arriving from the Military Surface Deployment and Distribution Command (SDDC) Operations Center in Fort Eustis, Va., is no newbie to the group. She formerly served as the commander of the 836th Transportation Battalion.

During her speech, she said it is exciting to be back working with the people and operations of the 599th.

"Our mission is dedicated to supporting the warfighter," the Wisconsin native said.

"And, the service members and civilians of the 599th are the people that can make it happen."

The 599th, one of three groups under SDDC, is responsible for the U.S. Pacific Command Area of Operations. The group strives to be the warfighter's single surface deployment and distribution provider.

Additionally, the team focuses on providing adaptive and flexible solutions that deliver capability on time, all while preparing to support the Global War on Terrorism.

Maj. Gen. Charles Fletcher, commander SDDC, said "Colonel Kreklow is the right person for the job. She has the leadership ability and know-how to continue doing great things with the 599th, as well as guide the group into the future.

Most recently, the 599th Transportation Group supported the tsunami relief efforts in Sri Lanka and Thailand by providing a Deployment and Distribution Support Team.

The DDST was designated the single port manager for Operation Unified Assistance to ensure military resources and relief supplies were received.

The Group also served as the single port manager during an eight-month deployment to Southwest Asia. The team of Soldiers and



David Bertao

Soldiers from the 325th Forward Support Battalion perform duties as the color guard at the 599th Transportation Group change of command ceremony, July 15.

civilians loaded and offloaded more than 200 vessels carrying critical military cargo in support of the Coalition Forces Land Component Command.

"The 599th will remain the chief supporters of exercises and contingency operations in the Pacific," Kreklow said. "I look forward to working with everyone here to achieve great success."

Wheeler hosts '05 peacekeeping ops

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

WHEELER ARMY AIR FIELD — As the modern-day battlefield transforms into a multinational operation, Soldiers throughout the world must learn to work together and overcome differences in operational tactics.

Soldiers of 25th Infantry Division (Light), and four Southeast Asia countries have been improving the skills of leaders by conducting "Peace Keeping Operations - 2005" here throughout the past two weeks.

PKO-05 is a multinational training exercise conducted every two years between the United States and other United Nations countries. The first exercise was conducted in Hawaii in 2001, hosted by U.S. Pacific Command, and the second was held in New Delhi, India, in 2003.

"It's important to the Army and the 25th Infantry Division to conduct multinational training because that's the nature of the combat operations the Army is engaged in today," said Lt. Col. Mike Staver, chief of operations, exercise section. "The 25th Infantry Division just redeployed from two different theaters, both OIF [Operation Iraqi Freedom] and OEF [Operation Enduring Freedom], where they conducted multinational operations.

"Enough cannot be said about the importance of learning to operate in a multinational environment," Staver continued, "to overcome cultural differences

between our militaries and operate as a cohesive team toward a common goal."

When this year's training exercise was in the planning stages, the main concern was to have all the countries that deploy under the United Nations banner be a part of it, said Herman Ancheta, USPACOM chief planner. "India and Bangladesh are the leaders in peacekeeping missions," he said. "Because of their expertise, we are able to use this exercise to better our skills of keeping the peace in foreign countries."

To make the training as realistic as possible, all sections within the Battle Simulation Center have been cross-staffed with personnel from India, Bangladesh, Sri Lanka, Nepal and the United States, said Maj. Mark Tanner, USPACOM combined exercise control group director. "This is a true multinational staff. If we were to do this type of operation for real, the staff would be set up very similar to how it is here," Tanner explained.

Because the United States conducts mostly combat operations, other countries are relied upon for their capabilities in peacekeeping operations, said Staff Sgt. Jonathan Stanifer, 58th Military Police Company, Joint Conflict and Tactical Simulations noncommissioned officer and operator.

"Even though U.S. forces are conducting combat operations, there is always a need for peacekeeping operations as well," Stanifer explained. "Through this exercise, we are able to learn



Spc. Rex Cummings (right), JCATS operator, assists Maj. Mashiur Rahman, PKO-05 battle captain, with operating JCATS July 19 at Wheeler Army Air Field.

from other countries how we can better our ability to maintain peace in foreign countries, as well as work together as a team."

Since the countries involved in the training don't regularly conduct operations together, there was a learning curve and terminology barrier that had to be overcome for training to be successful.

"Countries have been taking part in peacekeeping operations for the past 40 years," said Maj. Manoj Thapa, Nepal Battalion operation officer. "Now, countries have to conduct joint operations in various loca-

tions, so being able to work together is very important.

"If the commanders and leaders aren't properly trained they won't know what to do when they are in a peacekeeping situation," he continued.

"The greatest benefit the 25th Infantry Division is receiving from this exercise is the experience of working with these nations — which we don't work with on a day-to-day basis, echoed Staver. "Any exposure to multinational operations gives them experience at overcoming differences in cultures and procedures that apply anywhere."

Multinational armies converge for a UN mission at WAAF

Spc. Cheryl Ransford
17th Public Affairs Detachment

WHEELER ARMY AIR FIELD — In preparation for a 10-day training exercise, soldiers from seven countries gathered in the Post Conference Room at Schofield Barracks to greet each other and gain a better understanding of the training ahead of them.

Soldiers from India, Bangladesh, Sri Lanka, Nepal, Singapore, Madagascar and Mauritius came to Hawaii, July 13, for the 3rd Command Post Exercise conducted by the countries that deploy under the United Nations banner.

The Command Post Exercise is held every two years, alternating the host country, said Herman Ancheta, chief planner with U.S. Pacific Command.

The first exercise was conducted at USPACOM in 2001, the second in New Delhi, India, in 2003.

Once the date was set for this year's exercise, it was time to start planning. And plan is what they did, beginning in June 2004, adding final touches in March and May of this year.

"This exercise is a joint effort with Pacific Command," said Ancheta. "Throughout the next ten days, the soldiers from each country will work together as part of a technological, informational and military operational level exchange."

Although the exercise was conducted at Wheeler Army Air Field, each country brought their expertise

to share with the others.

"If we can mix the knowledge of various armies, U.N. operations will be more synchronized," said Lt. Col. Mohammed-Abul Hashem of Bangladesh. "Exercises like this work to bring everyone together to achieve a common goal."

“

No one country has all the answers.”

- Col. Mahesh Senanayake of Sri Lanka

"No one country can solve a conflict on its own," he added. "We must all work together, through training, to find the right mixture of expertise."

Through exercises like this, those levels of expertise can be identified and singled out for different situations.

"No one country has all the answers," said Col. Mahesh Senanayake of Sri Lanka. "In the future, most operations will be multinational. By conducting exercise such as this, we are able to share our knowledge with others in order to better their skills, as well as our own."

"This isn't something we get to do every day," said Lt. Col. Lal Gunasckara of Sri Lanka. "I am honored to have the opportunity to be a part of this exercise. At the end ... we hope to be better equipped to face the challenges of the future."

U.S., Japan military leaders strengthen alliance

Public Affairs Office
U.S. Army, Pacific

HONOLULU — Senior leaders from the Japanese Ground Self Defense Force; U.S. Army, Pacific; and U.S. Marine Forces Pacific met here July 13-14 to strengthen the partnership between the three services.

This meeting, called the "Senior Level Seminar," was the eighth of its kind since the SLS program was established in December 2001.

"The SLS program is a very

important foundation for our security relations with Japan because it promotes strategic dialogue and understanding between our three services," said Lt. Gen. John M. Brown III, commanding general of USARPAC. "This mutual understanding strengthens the U.S.-Japan security alliance so that, together, we can meet the threats and challenges of the 21st century."

The USARPAC Deputy Chief of Staff for Plans and Policy, Col. Michael A. Eyre, further highlight-

ed the strategic importance of SLS.

"Japan's Self Defense Forces stand side-by-side with their American allies in the Global War on Terrorism," Eyre said. "They work closely with U.S. forces from the Pacific and Indian Oceans, to Iraq, and stood by us during tsunami relief operations in Southeast Asia this year."

"At these seminars, we refine our capacity to plan, train and deploy together across a wide range of future missions" Eyre added, "and continue to strengthen our commit-

ment to each other."

Topics for this SLS focused primarily on lessons learned from tsunami relief operations, Operation Iraqi Freedom, and Operation Enduring Freedom. Participants also addressed future roles and missions of each service, transformation and training issues.

Traditionally, each of the three services is represented at the SLS by up to nine general officers and senior colonels.

Lt. Gen. Brown led the USARPAC team, to include Lt.

Gen. James M. Dubik, commanding general, I Corps; Maj. Gen. Elbert N. Perkins, commanding general, U.S. Army Japan; Maj. Gen. Stephen D. Tom, deputy commanding general, USARPAC; and six senior colonels from USARPAC and U.S. Army, Japan.

The JGSDF team was led by Lt. Gen. Oriki Ryoichi, vice chief of staff, Japan Ground Self Defense Force, and the U.S. Marine Forces Pacific team was led by Lt. Gen. Wallace C. Gregson, commander of MARFORPAC.

PACOM

From A-1

both Soldiers and civilian employees was impressive.

"You see a lot of people who have just spent a year or more deployed to some pretty tough environments, and they appear to be enthusiastic and gung ho, and working hard to get their equipment back in shape and get back on the training track," he said.

Despite the positive attitudes he witnessed, Fallon admitted that service members and their families in the Pacific face many challenges.

"We've got a very high Op tempo for our people, and they're doing really important work and providing great service to the nation ... and it's a strain, it's a stress," he said. "It's not a peace-time environment, and we need to ask people, particularly families, to understand that and bear with us as we try to clean up this work we have over in Afghanistan and Iraq."

Fallon, who commands all U.S. military forces in the Pacific and Indian oceans, also addressed transformation. He said transformation might be a painful process for some, but it's something that needs to be done.

"We have a force structure that's basically a legacy of the Cold War, and it was appropriate, I think, for that situation, but this is a different world, and we've got to figure out how to adapt to it," he said.

Fallon said change of this magnitude is tough for any organization, particularly one as big as the military. He said part of the reason transformation will be difficult is because the military puts a premium on



Above — Adm. William J. Fallon, commander of U.S. Pacific Command (left), gets a brief at the Aviation Brigade reset July 15 at Wheeler Army Air Field.

Right — Lt. Col. Scott Brown, an OH-58 Kiowa Warrior helicopter pilot and 3/4 Cavalry Squadron commander, helps the admiral into an "ALSE" vest prior to his trip back to Camp H.M. Smith.

teaching people to do things a certain way, and they get used to operating in a certain manner; then it's tough to change those procedures.

"During any kind of change, people get a little unsettled," Fallon said. "I think it's a natural tendency. They have to get over it, they got to work with it, recognize the world is moving constantly, it's always changing."

"I think we're going to end up with a force that's better trained and better capable of meeting the challenges we have in the future," he added.

Headquartered at Camp Smith, Hawaii, PACOM is the largest of the geographical combatant commands in the Department of Defense. Its mission is to promote security and peaceful development in the Asia-Pacific region, by deterring aggression, advancing regional security cooperation, responding to crises, and fighting to win.

The command's area of responsibility includes more than 50 percent of the earth's surface, approximately 105 million square miles, stretching from the west coast of the U.S. mainland to the east coast of Africa, from the Arctic to Antarctic.



School partnership

1-27 Infantry aids Haleiwa Elementary

Compiled by Public Affairs Office,
25th ID (L) & USARHAW

Soldiers of 1st Battalion, 27th Infantry Regiment, picked up hammers, hoes, shovels, saws and paint brushes to lend a big assist at Haleiwa Elementary School recently. The Wolfhounds made improvements to the school playground to the delight of the Haleiwa children and teachers, according to several administrators.

The 1-27 is partnered with the North Shore public school in the Military Partners in Education Program, part of the Joint Venture Education Forum.

Whenever possible, the Wolfhounds lend a helping hand to support the school's efforts to improve the learning environment for all students at Haleiwa Elementary.

The Joint Venture Education Forum

The U.S. Pacific Command launched the Joint Venture Education Forum in 1999 to facilitate interaction between the military and the Hawaii Department of Education. Since then, the military has allocated millions each year to the JVEF, so monies can be used for repair and maintenance, textbooks, information and technology labs, and playgrounds.

Together with educational support, the military community in Hawaii has worked closely with the Department of Education to help improve public schools.

Military units in Hawaii have developed about 150 partnerships with schools. The Army alone has more than 40 units that are partnered with 44 local schools.

Prior to deployment in support of the Global War on Terrorism, thousands of volunteer Soldiers and family members from various Army units regularly put in tens of thousands of volunteer hours. Army units that have redeployed are now renewing their partnerships.

The education of military children is one of the top quality of service issues in the U.S. Pacific Command. In the past, the views of military families in Hawaii regarding the quality of Hawaii's public schools have varied considerably, but the previous years' surveys have shown marked improvements in the perceptions of Hawaii public schools.

According to the USPACOM Web site (<http://www.pacom.mil/jvef/about.shtml>) the vision of JVEF is to "...facilitate active military participation in Hawaii Public Education serving to advance the military community's responsibility in the pursuit of quality education for Hawaii's public school students."

According to Kristina Noriega-Artis, school liaison officer and

school partnership program manager, the JVEF provides \$5,000 per year for each school an Army unit has a partnership with. Currently, she said, the Army receives \$220,000 annually from the JVEF, self-described as "a cooperative venture between the U.S. Pacific Command military community and the Hawaii Department of Education."

The DoE says it facilitates "active military participation in Hawaii Public Education serving to advance the military community's responsibility in the pursuit of quality education for Hawaii's public school students."

"Since the mid-1980s, the 25th ID (L) and USARHAW has been involved in providing support to Hawaii public schools through the school partnership program," Noriega-Artis explained.



Courtesy Photo

Soldiers (above) from 1st Bn., 27th Inf. Rgt., prep and paint a picnic table and use a pick axe (right) to dig a hole for other improvements to the playground of Haleiwa Elementary School.



Hawaii National Guard building infrastructure

Story and Photos by
Sgt. 1st Class
Stephen M. Lum
117th Mobile Public Affairs
Detachment

KANDAHAR AIRFIELD, Afghanistan — This April, after flying more than 12,000 miles, 298th Engineer Detachment Soldiers were ready to hit the ground running.

Only a week removed from Hawaii, 50 Soldiers started upgrading the Kandahar Airfield infrastructure. Carpenters, electricians, plumbers, masons, heavy equipment operators and mechanics worked on improving existing facilities, preparing the surfaces for and expanding the motor pool and flight line, and providing personnel for the base force protection mission.

The tropical engineers, started as part of the Fort Lewis-based 864th Engineer Battalion's Task Force Pace-maker team and accomplished their assigned missions over the first two months of the deployment without their own tools and heavy equipment.

Their missions are continuing under the direction of Combined Task Force Bayonet, the Vicenza, Italy-based 173rd Airborne Brigade.

"Our tools and equipment were in shipping containers," said Cpl. Howard H. Higa, a carpenter from Ewa Beach, Hawaii, and a first line supervisor of the one of the building projects, "but we were still able to accomplish the missions on schedule."

Maj. Anthony Adams,

executive officer from the 864th, said, "Every project is important, but overcrowding in some facilities made the completion of some projects more critical."

"The logistics were the biggest challenge," added Staff Sgt. Gulstan K. Poepoe, also a carpenter from Ewa Beach. "Everything from ladders, tools and vehicles were scrounged from Soldiers with their bags packed ready to redeploy or the base contract staff."

"... We're here to help rebuild Afghanistan."

- Sgt. Kirk K. Halemano

"The logistics for construction was labor intensive; it included the physical movement and inventory of all the hardware and construction materials."

"The 173rd Support Battalion actively engaged the 298th Soldiers," said Sgt. Kirk K. Halemano of Kalihi, Hawaii. "We rebuilt their entry way from an open stairway to a roofed porch with benches. Other home improvements included putting finishing touches on the conference room and building work areas. We're kept busy, not waiting for our container to arrive; we're here to help rebuild Afghanistan."

"Our heavy equipment operators are already outside

the wire," said Staff Sgt. Dzuong K. Le, another carpenter from Ewa Beach. "They're helping build the Tarin Kowt Road in outskirts of Kandahar City."

"Our latest project comes on the heels of the arrival of our containers of tools and heavy equipment," said Staff Sgt. Kenneth K. Kaania, a carpenter from Aiea, Hawaii, and the latest project coordinator. "We're now working on the infrastructure of the forward operating bases outside the wire, outside of Kandahar Airfield."

"We've prefabricated, as much as possible — guard towers, latrines, showers and decks."

"As with many of our jobs," Kaania continued, "non-carpenter engineers cross-train during our prefabrication phase, but they'll get their opportunity to do their specialty when we add electrical and plumbing to the various structures."



Above — Soldiers from the 298th Engineer Detachment prefabricate latrines and shower stalls for forward operating bases in the Kandahar area of operation.

Top — Spc. Alan D. Pascua, a 298th Engineer Detachment electrician from Waipahu, Hawaii, evens the edge on the roofline of a newly built porch at the 173rd Support Battalion headquarters, Kandahar Airfield.

4th Brigade

From A-1

the most part, unknown to historians, but its future is not.

"Over the next 12 months we'll be building a brigade combat team capable of short-notice deployments, airborne assaults [and] a full spectrum of operations anywhere in the world," said Garret.

Soldiers of Task Force 1-501 Airborne were in formation to see their new parent organization begin its official history. Garret told local news media earlier in the week the brigade will draw on the experience of the 900-Soldier unit, which has 10-months of combat experience in Afghanistan.

Hirai noted that 4-25 (Abn.) provided USARPAC with its first airborne brigade since 1972 when the 173rd Airborne Brigade (Separate) cased its colors.

The brigade was the first major combat ground force in Vietnam and made the only airborne jump during that war.

"Today, the United States Army, Pacific, comes full circle as we activate the Spartan brigade," said Hirai. "The unit will provide commanders with the means to deter potential adversaries and to shape the strategic environment."

Approximately 3,500 Soldiers will compose the brigade. It is headquartered at Fort Richardson and supports an additional 1,900 family members.

Joint IED Task Force helps defuse insurgency's threat

Rey Guzman
Army News Service

WASHINGTON — In an effort to combat the leading cause of troop casualties in Iraq, the Department of Defense has put together a task force to help minimize the impact of improvised explosive devices.

The Joint Improvised Explosive Device Defeat Task Force (JIEDD TF) was established as a means of collaborating efforts among military branches and international agencies to help eliminate the threat posed by IEDs.

"The task force was put together as an Army Task Force in the fall of 2003, and made joint in July of 2004," said Christine DeVries, spokesperson for the JIEDD TF. "We're Army-led [in terms of the number of representatives], but we have Army, Navy, Air Force and Marines. We're also interservice, interagency and multinational."

IEDs are defined as makeshift or "homemade" bombs often used by enemy forces to destroy military convoys. They are currently the leading cause of casualties to troops deployed in Iraq.

The JIEDD TF is responsible for pulling together all DoD efforts to solve the deadly IED problem faced by the troops in theater. The task force currently operates under the direction of the deputy secretary of defense, and has been allotted \$1.23 billion for the current budget cycle.

"We're getting information in almost real time," she said. "What we are doing is taking a holistic approach to the IED problem — that means with technology, training and intelligence."

Technology is top concern

During the early stages of the IED problem, Task Force

officials believed that technology was the best way to defeat the threat.

"The first items that we helped with were the up-armored Humvees, the addition of armor to protect from the blasts and the small-arms protective inserts that go inside the outer tactical vests," said Col. Lamont Woody, deputy of the JIEDD TF. "Since then, we have gone on to counter radio-controlled initiators that the enemy has been using."

Since 2003, the JIEDD TF has invested about \$378 million toward the acquisition of technology to counteract radio-controlled devices used to detonate IEDs. The devices, or "jammers," exist in six vehicle-mounted forms to detect and prevent potential IEDs.

"We have done a lot of research and study, and started to get the production lines in America spun up to get the actual jammers on the vehicles and to the troops that are deployed," Woody continued.

IED casualty rate decreases

Woody said that overall IED casualty rates have declined since the inception of the task force, despite an increase in IED usage by the Iraqi insurgency.

According to JIEDD TF statistics, there has been a 45 percent decrease in the rate of IED casualties since April 2004. An estimated 30-40 percent of IEDs are found and rendered safe before they are able to be detonated.

In addition to the improvements in Soldiers' armor, vehicle protection and TTP, Woody credits this decreased casualty rate and increased bomb-detection trend to the task force's field assessment teams that analyze the sequence of events before an IED explosion.

Three main IED classifi-



Senior Airman Stephen Otero, U.S. Air Force

The Joint IED Defeat Task Force is the Department of Defense's effort to eliminate the threat caused by improvised explosive devices, like this one seen during a joint Army-Air Force training exercise in Fort Polk, La.

cations exist: package, vehicle-borne and suicide bomb IEDs. While all three are considered severe threats to Coalition forces in Iraq, package or roadside IEDs are responsible for the highest number of casualties.

"When you are that guy catching that round, they're all equal, and we're going after all three of them equally with the same amount of enthusiasm and force," Woody said.

"There's a lot of reason to believe that the moment is swinging our way and it's mainly [because of] our Soldiers and Marines, those troops on the ground," he said. "Just their mentality, their ability to adapt, they're smart. They're the reason we are going to win this war."



Kent Anderson

Plumbers to the rescue

Directorate of Public Works (DPW) supervisor Brian Sanchez and plumbers Mike Schena, George McCumber and Chaney Guzman kept the community water safe and available during a recent water main break at Schofield Barracks. With the support of DPW road and grounds crew, teams tackled repairs and restored service quickly. DPW operates two water systems on Schofield Barracks and Wheeler Army Air Field.

Family Medicine steps into cyberspace

Hawaii's Army medical facilities begin phasing in global, electronic health records

Story and Photo by
Les Ozawa

Public Affairs Office, Tripler
Army Medical Center

HONOLULU — Since mid-May, Tripler Army Medical Center's health care providers have been among the first in Hawaii to transition to the Department of Defense's new Composite Health Care System II (CHCS II).

The Pacific region follows the continental United States and Europe in phasing in this new, global electronic health record system that will eventually replace the original CHCS, which has been used since the early 1990s.

Tripler's Family Medicine Clinic, which sees more than 700 patients a week, was one of the first Tripler clinics to transition to the new system. All Tripler outpatient clinics are expected to be using CHCS II by the end of this year.

"I started training on CHCS II on May 17," said Dr. (Maj.) Thomas Husted, chief of the Family Medicine Clinic.

As one of the clinic's designated "super users," Husted, along with a nurse and a clerk, completed a full week of clinical systems training. The three now over-

see the use of CHCS II by the clinic's 50 other staff members.

As super users, the three also help the rest of the staff use CHCS II after they complete their half-day or one-day classroom training.

Husted found the software itself wasn't difficult to learn.

"In the classroom, you think, 'That's not too bad.' But when you actually have to do it yourself, to push buttons and click things yourself, you find it takes time to work your way through the different issues," said Husted.

The CHCS II implementation team had anticipated that health care providers would need additional time when first using the software. Clinic appointment times were scaled back, so that when clinic staffers resumed their work at their clinics, they would be allotted more time per patient.

A return to pre-CHCS II clinic times may take four to eight weeks, depending on the clinic.

Tripler's CHCS II implementation team is also stationing Unysis CHCS II contract personnel in the hallways of clinics during their initial implementation phase. Clinic staff can quickly call on them, to help them click through various menus and sub-menus of the Windows-based software.

Unlike the first CHCS, which was designed around a text-based program, CHCS II allows users to use a computer mouse to open, drag and close multiple windows of health information on their



With a well-handled patient folder on his desk, Dr. (Maj.) Thomas Husted, chief of Tripler Army Medical Center's Family Medicine Clinic, speaks to his patient, retired Col. John Cutting, while referring to medical information displayed on his computer screen.

Cutting, a former Tripler physician who retired from the Army in '95, is impressed. "He doesn't have to hunt for things in pages and pages of charts to identify what he needs. He can get that in a couple of clicks and, bingo, it's there."

computer monitors.

"I think the process is going really well," Husted said. "The expectation is that in six to eight weeks, a provider will be able to get back to a 20-minute appointment schedule."

Having started initially with 60-minute appointments, Husted has worked his way down to 30-minute appointments.

"The ultimate goal is to have the encounter documented in the computer before the patient leaves the clinic," said Husted, who concedes that may be a challenge.

It takes time to examine and talk to a patient, to diagnose various health problems, as well as to advise the

patient what to do. To also document that encounter into CHCS II, as well as order lab tests and prescriptions, set up an assessment plan, and chart the patient's progress, may take more than 20 minutes.

Husted noted, however, that the CHCS II software has certain features that will make it easier for health care providers to review and enter health information on patients they have seen several times.

"If I'm seeing a patient for diabetes, high cholesterol or high blood pressure, I can write all that stuff in the notes," he explained. "The next time he comes in, I can copy that note and change whatever I need to, since the

last time I've seen him. In some ways, it may be quicker and more beneficial."

Like many doctors, Husted used to handwrite all of his patient notes.

"That's another huge advantage of CHCS II," he said. "Now you have to type it in, and there is no question what was written and how it was documented."

"The biggest thing with CHCS II is ... not only can you can track everything you did in CHCS I, you can also write your notes in it as well. It also actually codes the notes," the physician continued. "In the past, we would have to write our notes and go back and physically code the notes."

Husted found this coding

procedure a big difference between CHCS I and CHCS II. CHCS I is used mostly to document orders to the pharmacy and the laboratories, with some information on what other doctors were consulted for a patient's problems.

Coding, while not familiar to most patients, is an important part of how Tripler is reimbursed for certain health care services it provides.

A patient's visit to a doctor can be broken down into various health care services and procedures. Each service a doctor or health care staff performs must be properly documented, so it can be assigned the appropriate service code. Insurance companies, including Medicare, use these codes to pay doctors and clinics.

Husted, an eight-year veteran of the Army health care system, recognizes that it will take time for the 3,000 Tripler staff to become experts in using the system. But he is optimistic about the future.

"I'm pro-CHCS II," said Husted. "I think in a year, we'll say, 'I don't know how we did without it. Look what it's doing for us.'"

"What I like most about CHCS II is that when a patient comes in, I've got his chart," he continued. "I won't have to worry about patient charts being held in different clinics, or because my patient saw a different provider a week ago, his chart hasn't been turned back in yet. That's the biggest benefit for the patient, as well as the provider."

Preston

From A-2

would have grown the Army from 33 to 44 brigade combat teams. That's more than a 30 percent increase," he said.

The transformation into these newer modular units will cover the Army's many abilities to include light infantry, mechanized, Stryker, and infantry with airborne or air assault capabilities.

"All those units out there are tools for the toolbox, and they're going to give us the capabilities to do full-spectrum operations anytime, anywhere in the world," Preston said.

Life Cycles

Eventually, the Army will end up with all of its 44 brigades in 36-month life cycles.

"[Once] these brigades have stood up, they will be filled and manned to 100 percent. That team and unit will stay together for the next 36 months. You don't ETS [Expiration Term of Service], PCS [Permanent Change of Station] or retire during that three-year period," Preston said.

At an optimistic perspective, the stop move will enable spouses and children to concentrate on careers and school scholarships, Preston added.

Most military spouses have jobs, but they don't necessarily have careers, Preston explained. The reason is because many businesses won't invest training money on military spouses if they know they will pack up and move every two or three years.

"If we start stabilizing Soldiers and families in place for longer periods of time, I see the opportunity for military spouses now to have a career too," Preston said.

The impact on military children when Soldiers move every two or three years, especially when they are in high school, often puts them behind others.

"You take them away from being competitive and competing for those academic and athletic scholarships that are given away," he emphasized.

Army Growth

"We are going to try to grow the Army by 30,000 as quick as we can," Preston said.

He then went on to discuss the three ways it will happen.

First, the Army will move Soldiers from Garrison and non-deployable positions to an assignment in a brigade combat team, a support unit of action, or a deployable headquarters.

"We are going to try to gain about 10,000 Soldiers from this process," he said.

Secondly, retention goals were raised to an 8,000 Soldier increase from last year.

And lastly, the recruiting mission has been bumped up to 80,000 recruits this year from last year's 72,000.

"If you take the recruiting mission for all three Army components, it's more than the Marine Corps. We recruit the Marine Corps every

year — that's how big our recruiting mission is," Preston said.

Shorter Deployments

"We would like to get out of one-year deployments, but right now commanders, specifically in Iraq, still say one year," Preston said.

He went on to explain that the Army will have to work themselves out of the job, similar to what they did in the past.

In the mid-90s, the Bosnia conflict began with 20,000 U.S. Soldiers. Eight years later, the U.S. Army handed the mission over to the European community with less than 900 Soldiers on the ground.

"It took us eight years to get out of there," he continued. "You'll see the same thing happen in Iraq and Afghanistan."

Army Combat Uniform (ACU)

"All units that are deploying to Iraq and Afghanistan are receiving this uniform instead of the DCUs [Desert Combat Uniforms]," he said.

In April 2006, the ACU is will be available for purchase at U.S. Army, Hawaii, clothing and sales stores.

While wearing the new ACU, Preston talked about the advantages of the improved uniform.

"The ACU has a wrinkle-free treatment. Ironing, pressing and starching are absolutely forbidden," he said, and the audience let out a huge cheer that roared throughout the theater.

Preston also said there will be no need to sew nametags, patches and ranks onto the ACU.

Starting at \$88 for an ACU set, about a \$30



SMA Kenneth O. Preston (standing) discusses transformation with senior enlisted, sergeants majors and command sergeants majors from various USARHAW units inside K Quad's dining facility on July 18.

increase compared to the Battle Dress Uniform, Preston ensured Soldiers they will over time save money with the new uniform.

The ACUs will be "more cost effective," he said.

Following his brief, Preston fielded questions on reenlistment, bonuses and deployments from the audience.

He then left the theater to K Quad's dining facility, to

eat lunch and continue discussing transformation issues with about 80 senior noncommissioned officers, sergeants major and command sergeants major from USARHAW units.



Here's a Sobering Thought



COMMUNITY & SPORTS



History of the Iolani Palace

The original name was Hale Ali'i and was changed to Iolani Palace in 1863, following the death of King Kamehameha IV. The first palace, which was made of coral, was torn down in the 1870s due to severe termite damage.

The cornerstone for the building that stands today was laid on the last day of 1879, and construction was completed and the palace was furnished by 1882.

From 1893 until 1968, the palace was used as the capitol of the Republic, the capitol of the Territory and then finally the capitol of the State of Hawaii.

When the new capitol was completed in 1969, the palace was vacated and restoration began.

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

HONOLULU — Situated in the heart of downtown, across from the historic King Kamehameha statue, surrounded by lush palm trees, is one of the oldest buildings on Oahu.

Iolani Palace is the only royal building to have been used as an official residence in the United States, said Zita Cup Choy, docent guide educator and museum registrar.

The site was first used as a palace in 1845 when King Kamehameha III moved the capitol from Lahaina, Maui, to Honolulu.

Today in this historic national landmark, visitors can enjoy one of the most precise historic restorations to be found in America and learn about Hawaiian heritage and history.

"The palace has been a symbol to the Hawaiian people

about their heritage," said Choy, "and it offers visitors a chance to learn about Hawaiian history."

Also located on the grounds are the Coronation Pavilion and the Iolani Barracks.

"The pavilion, that is now located in the King Richards Street corner of the grounds, was first built for the coronation of King Kalakaua and Queen Kapiolani on February 12, 1883," said Zita.

While the pavilion was used for celebrations, the Iolani Barracks was completed in 1871 to house the Royal Guard.

"The Iolani Barracks was originally located on what are now the grounds of the state capitol," said Choy. "In 1965 it was moved, stone-by-stone, to its present site in the palace grounds."

The palace offers a grand tour that takes visitors on a journey from the 1882 completion to the 1893 overthrow of the Hawaiian monarchy.

The tour includes a video presentation, overview of the history of the palace complex, a 45-minute guided tour through the palace, and a self-guided tour through the palace gallery — total time about 90 minutes.

"I wanted to come to the palace to find out about Hawaiian history and the island," said Brad Bailey, of Mt. Vernon, Texas. "We just saw the video of the history of the palace, and it was amazing



Visitors to the Iolani Palace walk through the Palace Shop looking at books and music about Hawaiian history and culture.

how much the Hawaiian people went through during those times."

Tours depart every 30 minutes, Tuesday through Saturday from 9 a.m. to 2 p.m., and are offered in English, Japanese, Hawaiian, German and sign language.

Tickets must be purchased at least 15 minutes prior to the guided tour, and ticket prices range from \$20 for adults to \$5 for children (5 to 17). Kama'aina and military adults with ID may purchase tickets for \$15.

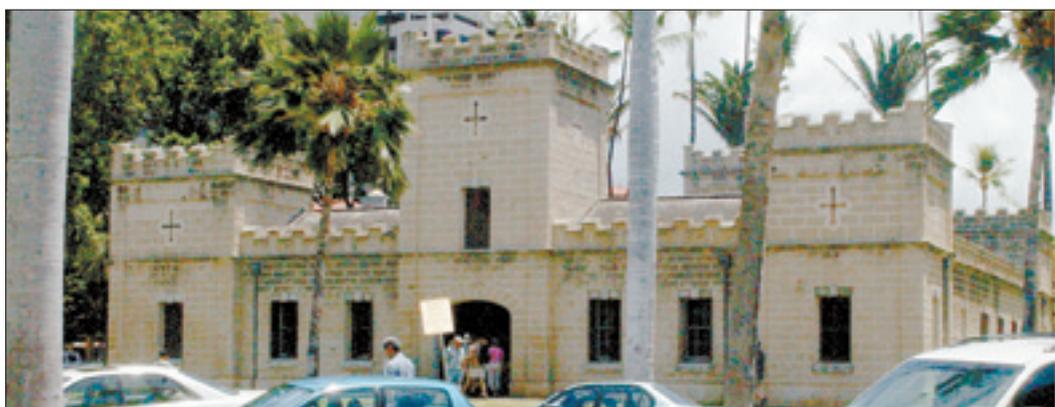
Children under 5 are not allowed in the palace; however, another option allows parents or guardians with younger children to view just palace galleries at a reduced entrance price. Galleries are open

Tuesday through Saturday from 9 a.m. to 4 p.m. Their price is \$6 for adults and \$3 for children (5 to 17). The kama'aina and military ID ticket prices are \$5 for adults and \$2 for children (5 to 17). Children under 5 are free.

Handicap accessibility is available for both the guided tour and galleries. Volunteers at Iolani Palace also conduct classes on Hawaiian language, quilting, genealogy and lauhala weaving, each week.

ON THE WEB

Visit the palace Web site at www.iolanipalace.org, or call 522-0832 or 522-0823 for more details.



Above — Iolani Barracks, which now houses a ticket office, theater and Palace Shop, once housed palace guards.

Left — The Coronation Pavilion rests on the palace grounds. On the first Friday of each month, except August, the Royal Hawaiian Band gives concerts at the pavilion at noon.



MWR Briefs
Serving America's Army in Hawaii

JULY

22 / Today

Fondue and Wine at Reggie's — Savor a diverse fondue menu with friends from 5 to 8 p.m.

The selection includes a variety of fruits, breads, cheeses and chocolate, and orders are accompanied by wine.

Cost is \$19.95 for a party of four, and each additional person is \$5. Call 655-4466 for more information.



Military Idol — This contest is open to active duty service members looking to become a star. Applications are available at the Tropics and are due today.

The multi-week singing competition combines aspects of the TV show "American Idol" with the talents of our military members.

The individual selected to be the top "Idol" here will advance to the national Army-wide competition.

Performances begin on Aug. 11. Call 655-8522 for more details.

Military Idol Judges — Do you have an ear and an eye for talent? Judges are needed for the Military Idol competition that begins Aug. 11. Judges will need to be available for all performances.

Contact Margaret Millett at the Tropics, 655-0002, to find out how to become the next Simon Cowell.

24 / Sunday

Framing and Matting — The Schofield Barracks Arts and Crafts Center offers framing and matting techniques in this weekly class.

Participants will cut and assemble an 8 inches by 10 inches frame with double mat.

Classes are every Sunday from 9 a.m. to noon. Cost is \$45 per session and includes artwork used for the course project. Call 655-4202 for more information or to register.

25 / Monday

Seafood Bucket for Two — Seafood lovers can dig into a variety of seafood including shrimp, crab, clams and mussels, complete with selected side dishes and a pitcher of beverage at Reggie's.

Stop by between 5 and 8 p.m. to enjoy this delicious dinner for two for only \$19.95.

28 / Thursday

Army Community Service — The Schofield Barracks and Fort Shafter ACS Centers will close for mandatory in-service training, Thursday, July 28.

The computer lab at Schofield Barracks will also be closed that day. For emergencies, call 655-2416.

29 / Friday

Hawaiian Luau Lunch Buffet — Taste a traditional Hawaii style feast from 11 a.m. to 1 p.m. at Hale Ikena on Fort Shafter, or 11 a.m. to 2 p.m. at Nehelani on Schofield Barracks. Cost is \$9.95 per person.

Call Hale Ikena at 438-1947 or Nehelani at 655-4466 for reservations or information.

Teen Social — Teens, grades six to 12, are invited to attend this dance being held at the Schofield Barracks Teen Center tonight from 7 to 9:30 p.m. Proof of identification is required at the door.

Cost is \$3 for Child and Youth Services (CYS) members and \$4 for non-CYS members. For more information, call 655-0451.



30 / Saturday

National Kids Day Celebration — Parents and children, come spend a day of meaningful time together at our "Floats and Flicks" event.

A wide selection of exciting activities are planned and include water activities, games and crafts, bouncers, singing contests, face painting, balloon sculpting and the showing of the PG-rated movie "The Incredibles."

This event runs from 1 to 5 p.m. at Aliamano Military Reservation Community Activity Center.

A second event will be held Saturday, Aug. 6, at the Helemano Military Reservation Physical Fitness Center. Call 655-8628 for more information.

ONGOING

Army Community Theatre — Tickets are now available for Richardson Theater's 63rd season featuring "Guys & Dolls," "Kismet,"

"CATS," and "Damn Yankees."

Ticket prices range from \$8 to \$17.

Season subscriptions and individual tickets can be purchased from the box office, open Monday through Friday, 10 a.m. to 2 p.m. or at the ACT Web site at <http://www.square-one.org/ACT/tickets.html>.

Call 438-4480 for more information.

Youth Sponsorship — If you are new to Hawaii and between the ages of 5 and 18, CYS has a welcome gift for you and a youth sponsor who wants to be your friend. Call 655-2263 for more information.

SKIES Unlimited — Military discounts are offered for off-post instructional classes through this program.

Members of Child and Youth Services receive discounts for music lessons, including piano, guitar and keyboard through Hawaii Music Time, and gymnastics instruction from What's Up Gymnastics.

To take advantage of these offers, stop by or call the CYS Registration Office on Schofield Barracks at 655-5314 or at AMR, 833-5393.

Drop-in registration is only available in the mornings and afternoon visits require an appointment.

Information, Ticketing and Registration — Effective immediately, the Schofield Barracks ITR will be open every Thursday at noon instead of 9 a.m.

Visit the ITR offices if you are interested in exploring all Hawaii has to offer. Tickets are available for luaus, cruises, whale watching, horseback riding, and much more.

Call the Schofield Barracks office at 655-9971 or Fort Shafter office at 438-1985 for more information.

Visit the MWR Web site at www.mwrarmyhawaii.com to view a full list of available activities.

Pau Hana Friday — Enjoy cool refreshments and the chef's choice, a \$2 pupu platter, every Friday beginning at 4:30 p.m. at Mulligans and Hale Ikena on Fort Shafter. Call 438-1974 for more information.

Better Opportunities for Single Soldiers — Want to get involved in the community and don't know how? Join BOSS on one of its many volunteer outings.

BOSS works with many groups within the community such as Big Brothers/Big Sisters of Honolulu, Bowl Games of Hawaii, and the PGA.

Volunteers are always needed and welcome; call 655-8169 for more information.

Karaoke at Waianae Beach Club — Sing along to popular music at this event held Monday through Thursday from 7 to 11:30

p.m., Fridays from 9 p.m. to 1 a.m. Call 696-4778 for more details.

Tropic Lightning — Enjoy a fast and hot lunch buffet, Monday through Friday, from 11 a.m. to 2 p.m. at Reggie's. Cost is \$8.95 per person. Call 655-4466 for more details.

Tropics and Starbucks — Visit the Ono Isle at the Tropics and enjoy hot and cold Starbucks specialties such as lattes, cappuccinos, mochas, hot chocolate and much more. The Ono Isle continues to serve delicious pastries, desserts and smoothies.

Visit the Tropics in Building 589 on Schofield Barracks. Call 655-0002 for more information.

Wraps at the Tropics — Enjoy one of the many varieties of sandwich wraps offered via Macgregor's Market at the Tropics. Selections include blackened chicken, spicy chicken, crispy chicken and tender chicken wraps.

Each item comes with a side dish, and prices range from \$4.95 to \$5.95. Call 655-0002 for more information.

Dollar Days at Wheeler Bowl — Play for \$1 a game and \$1 shoe rental at Dollar Days. Bowl at reduced rates Monday through Friday from 10 a.m. to 4:30 p.m. at the Wheeler Army Air Field bowling alley. For more information, call 656-1745.

Vehicle Safety Inspections — Bring your car to the MWR Auto Craft Center from the first of the month to the fifteenth and receive \$2 off the normal price of a vehicle inspection.

Inspections for vehicles with non-tinted windows cost \$10 and vehicles with tinted windows cost \$15. Call Fort Shafter at 438-9402 or Schofield Barracks at 655-9368.

MWR Pet Kennel — The MWR Boarding Kennel located at the Halawa State Quarantine site is an outdoor facility open to cats and dogs only. The cost to board a dog is \$14, a second family dog in same kennel, \$10.

Cats are \$10 per day, a second family cat in the same kennel, \$5. Call 368-3456 about reservations.



breakfast will be served. Don't forget to bring a sleeping bag and a flashlight.

Reservations are required. For museum information, call 847-3511 or visit www.bishopmuseum.org.

AUGUST

1 / Monday

Healthy Workplace Awards — Do you have a healthy workplace? The Hawaii Psychological Association (HPA), in cooperation with the American Psychological Association (APA), announces the fifth annual Healthy Workplace Awards to promote psychological health in the workplace. The statewide awards recognize excellence in five types of organizations including military units.

Healthy Workplace Awards criteria cover five major areas: health, safety and security, employee involvement, career development, family support, and community citizenship. The deadline to submit applications is Aug. 1, and applications are available online at www.hawaiiapsych.org, or by calling HPA at 521-8995.

2 / Tuesday

Chorus Auditions — The Honolulu Symphony Chorus will hold auditions for the fall concert season on Tuesday, Aug. 2. Experienced vocalists are welcome and encouraged to audition.

Rehearsals begin on Aug. 22, and are held on Monday evenings in the University of Hawaii's Music Department choral rehearsal room.

To schedule an audition or for membership information, contact Joseph McAlister, chorus manager, at 524-0815, extension 257, or e-mail OahuChoral@aol.com.

HACN TV2 Schedule

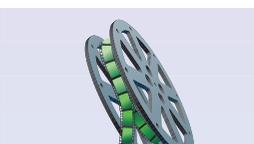
Morning	
6:00	Sign On
6:30	Welcome Home Redeployment Montage 6
6:35	Coqui Frog Invasion in Hawaii
6:55	Welcome Home Redeployment Montage 3
7:00	Bulletin Board
7:30	What's Down the Drain
7:38	White Face
7:53	Welcome Home Redeployment Montage 3
8:00	Hawaii Army Report
8:36	Army News Watch
9:00	Pentagon 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



This Week at the MOVIES

Sgt. Smith Theater

Today
Cinderella Man
7 p.m. (PG-13)

Saturday
Madagascar
2 p.m. (PG)

Saturday
Cinderella Man
7 p.m. (PG-13)

Sunday
Sisterhood of the Traveling Pants
7 p.m. (PG)

Wednesday
Sisterhood of the Traveling Pants
7 p.m. (PG)

Thursday
Madagascar
7 p.m. (PG)

The theater is closed Monday & Tuesday

Community Calendar

JULY

22 / Today

Free Bodog Salute to Troops — Snoop Dogg headlines the Bodog celebrity "Thank You to the Troops" charity event today and tomorrow at the world-famous Waikiki Shell.

This event will feature a celebrity poker tournament and a concert and comedy show with Snoop Dogg, Bif Naked, Wanda Sykes, Colin Quinn and Paul Rodriguez.

Hawaii Bodog.net sponsors this charity event for the men and women of the U.S. military stationed in Hawaii.

Entitled "Bodog Salutes Our Troops: A Tribute to American Heroes," additional celebrity appearances are scheduled by Rob Mariano and Amber Brkich ("Survivor," "The Amazing Race 7"); Ben Roethlisberger (Pittsburgh Steelers); Matt Savage (poker tournament director); Josh Arieh (professional poker player); David Williams (professional poker player) and many more.

Free tickets are limited. Contact your Morale, Welfare, and Recreation Center for more information on obtaining tickets. All proceeds will benefit the military charity Fisher House Foundation.

23 / Saturday

Haleiwa Arts Festival — Mark your calendars for the Eighth Annual Summer Artfest at historic Haleiwa Town this weekend, July 23 through 24.

This North Shore arts event will showcase professional, amateur and student visual artists; artistic and cultural displays; and sales and demonstrations in traditional, ethnic and contemporary arts, all in support of arts education programs in North Shore schools.

Aloha Tower Marketplace — Enjoy a free hula show Saturday at the Tower's center atrium. This show is scheduled from noon to 1 p.m. and celebrates Hawaiian heritage.

26 / Tuesday

Newcomers Orientation Tour — The Fort Shafter Army Community Service presents a Newcomers Orientation Tour every other Tuesday, beginning Tuesday, July 26.

This Oahu tour will help familiarize new Soldiers and family members with many aspects of Hawaiian culture, customs, language, surrounding communities, the Hale Koa Hotel, and various points of interest on the island.

Preregistration is required and seating is limited. Tour time is 7:30 a.m. to 4 p.m. Lunch is not provided, but participants can bring lunch or purchase food at the Hale Koa. Call the Fort Shafter ACS at 438-9285 for registration or questions.

29 / Friday

Waikiki Shell — KCCN FM100 celebrates its 15-year birthday bash with two nights of music at the Waikiki Shell, July 29 and 30. Tickets are on sale now.

The line-up includes Fiji, Kapena, Natural Vibrations, Sean Na'auao with Bruddah Waltah, the Brothers Cazimero, Ophi Pickers and many more.

Doors open at 4:30 p.m. on Friday and 4 p.m. on Saturday, and

tickets are available at the Neal Blaisdell Box Office and all Ticketmaster locations including Times Supermarkets. Charge your tickets by phone at 1-877-750-4400 or purchase them online at <http://www.ticketmaster.com>.

30 / Saturday

Colgate Country Showdown — Hickam Air Force Base will host the 24th Annual Colgate Country Showdown on July 30 at 7 p.m. at the Enlisted Club (doors open at 6 p.m.) and July 31 at 6 p.m. at the Officers' Club (doors open at 5 p.m.). Come cheer on your favorite performer at this "American-Idol" type event.

Amateur performers, solo and group, will compete to advance to the next level of competition in California. Food and refreshments will be available for purchase on both nights, and prizes will be given away during the evening's entertainment.

More information is available at www2.hickam.af.mil in the "Hot Topics" section. The official contest Web site is www.colgatecountryshowdown.com.

Bishop Museum — Curl up with your favorite cold-blooded reptiles at the Bishop Museum reptile family-fun sleepovers. These sleepovers, scheduled July 30 and Aug. 20, focus on the museum's exciting, interactive summer exhibit, "Reptiles: Real and Robotic."

Families can sleep next to a giant Nile crocodile or curl up with a diamondback rattlesnake during the sleepover. Also, the exciting night includes a planetarium show, hands-on reptile activities, explorations and storytelling in Hawaiian Hall.

Sleepovers start at 6:30 p.m. and end 8 a.m. the next day. Admission is \$20 per person, and a continental

Behind the Scenes

Hawaii Army Report tells the local story

Story & Photos by
Master Sgt. Terry Anderson
Public Affairs Office, 25th ID
(L) and USARHAW

After close to 100 hours of planning, shooting, writing, and editing, it's time to videotape the anchor leads for another edition of the Hawaii Army Report.

Spc. Mary Simms, the producer and anchor for the Hawaii Army Report, takes her place on the set. She brought the television newscast back to the Hawaii Army Cable Network after a nearly two-year hiatus.

The 30-minute program originally began as a 15-minute newscast in 1999 by former 25th Infantry Division (Light) broadcaster Sgt. Daisy Bueno. The newscast was put on hiatus in the summer of 2003 because of pending deployments to Iraq and Afghanistan.

Simms deployed to Afghanistan with the Division headquarters, and she brings a wealth of experience back to the newscast.

"I was lucky enough to be a part of Afghanistan's first ever democratic elections," Simms said. "I was one of two Soldiers allowed to witness the Afghan women voting in a voting center near Bagram Air Field. It was a once-in-a-lifetime experience."

The Hawaii Army Report staff consists of Simms, videographer and editor Sgt. Chad Brennan, and reporter and editor Spc. Kevin Link. The staff holds editorial meetings to decide newscast content and to plan news coverage.

ON THE WEB

If you have any story ideas you'd like to see on the Hawaii Army Report, send an e-mail to Hawaii.armyreport@us.army.mil.

Brennan just joined the staff, transferring from 2nd Battalion, 27th Infantry Regiment, and has already gained valuable experience.

"This is an amazing experience," Brennan said. "I'm leaving the Army this fall to pursue a career in video and film production, and I'm getting to work with state-of-the-art equipment."

"Working on the Hawaii Army Report will give me a good basis of experience and will help me hit the ground running."

The staff has brought back and developed several recurring segments such as "What To Do on Oahu," which features activities that Soldiers and their families can take advantage of; "Money Matters," a two-minute segment covering issues concerning finances; and "Question of the Week," where Soldiers and family members can voice their opinion on a variety of subjects.

While the broadcast journalists provide the content, the staff of HACN TV-2 provides the technical expertise. Larry Thomas, director of TV-2, says the partnership between the 25th ID (L) Public Affairs Office and TV-2 is mutually beneficial.

"It's great to be working

together to create this wonderful product for the community and for the island of Oahu," he said. "Our goal is to provide the best visual product we can for the Army community."

"We couldn't do what we do without the help from the people at TV-2," Simms added. "They help us with lighting, production, and give us the freedom to create."

Jim McGee is a visual information specialist and engineer at TV-2. He said he enjoys assisting in the newscast production.

"I think it's been great," he said. "Helping with the Hawaii Army Report has brought in an outside element that has given us a chance to hone our skills. We don't normally do shows like this, [but] week to week we're improving the set and making it the best product we can."

The Hawaii Army Report airs three times a day on HACN TV-2, at 8 a.m., 12 p.m. and 6 p.m. Beginning in August, Olelo Hawaii Public Access Channel 54 will air the Hawaii Army Report on Wednesdays at 5 p.m.

The show also airs on the Pentagon Channel, found on Time Warner Digital Cable Channel 120, on Saturdays at 3 a.m. and 3 p.m. and on Sundays at 8:30 a.m. and 8:30 p.m.

"Getting the Hawaii Army Report on the Pentagon Channel increased our audience from the thousands to the millions," said



Above – Jim McGee, a visual information specialist and engineer with HACN TV-2, sets up a studio light before taping.

Below – Spc. Mary Simms prepares for an upcoming edition of the Hawaii Army Report at the HACN TV-2 studios on Schofield Barracks.



Simms. "The Pentagon Channel is worldwide, and we feel humbled that we can

bring stories about our Soldiers in Hawaii to the rest of the world."

Soldiers seeks photos

Soldiers magazine
Press Release

FORT BELVOIR, Va. — *Soldiers* magazine is planning several special projects, but it needs photographs from amateur photographers to make these products as colorful and informative as possible.

Staff are looking for quality, full-frame horizontal images that depict seasonal events, Army Values or compelling moments in Army life for the December issue.

In January, the magazine needs photographs that identify Army installations and Army equipment, or photographs of news events that affected the entire Army in 2005.

In February, the need is for "human interest" photos that also carry an Army theme, including strong images of tough Army training, community activities, Army operations, and deployments and returns from missions in Iraq, Afghanistan, Africa, South America and other locations.

Photos must have been taken between August 2004 and August 2005 and must arrive at *Soldiers* magazine no later than August 2005.

Each image must include a complete caption: the who, what, where and when of what appears in the photo; plus the photographer's name, rank and unit; and an e-mail address or phone number.

Captions can be imbedded in the digital photograph or

See "Photos," page B-7



Brandie Iyo, a ninth grader from Waiakea High School in Hilo, leans in for a closer look at a pair of very-old hand-made Ti leaf sandals the PTA Cultural Resources staff discovered in a lava-tube cave.

Big Island students seek excellence for the land

Story and Photo by Bob McElroy
Public Affairs Officer,
Pohakuloa Training Area

POHAKULOA TRAINING AREA, Hawaii — A dozen Hilo-area students learned that there's some pretty cool stuff in their "backyard" after spending two days here last week.

The students were participating in a Summer Enrichment Program called "Imi Pono no ka Aina" or "seeking excellence for the land."

Begun six and a half years ago as a result of a joint partnership between the National Park Service, U.S. Army Garrison, Hawaii, and the U.S. Fish and Wildlife Service, the program has helped Big Island students and teachers learn about the native plants and cultural resources at PTA and on the Big Island.

Environmental educator Kuhea Paracuelles created the enrichment program and holds it in spring, as well as summer. She said about 170 students and 200 teachers have participated in Imi Pono no ka Aina since its creation in March 1999.

The program is only open to Big Island students and teachers. The

latest group represented schools from Hilo and Keaau.

During their two days at PTA, the students learned how to identify cultural resources such as volcanic-glass tools, hand-shaped stones that ancient Hawaiians used to cook birds. They also learned how ancient Hawaiians used lava-tube caves for shelter and water and how to identify native Hawaiian plants, in particular the threatened and endangered species on PTA lands.

Their first day was spent with Cultural Resources. After classroom discussion, they explored a lava-tube cave system. The students looked for signs that showed ancient Hawaiians used them while crossing the island.

Two students who enjoyed the caves were Traci Palermo, a seventh grade student at Hilo Intermediate School, and Brandie Iyo, a ninth grader at Waiakea High School in Hilo.

"The caves were fun; we got to wear hard hats. I felt like an archaeologist," Palermo said.

Iyo enjoyed the caves for the

See "Students," page B-6

Tax Center extends services until August

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

Across the nation, service members and civilians alike rushed to get their taxes filed before the April 15 deadline. But what about the service members who were deployed and didn't have access to a tax professional until after the deadline had already passed?

To service them, the Tax Center at Schofield Barracks has extended operations until Aug. 31 giving redeployed Soldiers a chance to get the needed paperwork and records together to properly file their taxes.

"For all service members who were deployed past the deadline, a one-hundred-and-eighty-day extension has been provided, so they don't receive a penalty for filing late," said Sgt. Kurt Frederick, a tax preparer and the noncommissioned officer in charge at the Tax Center.

Along with the 180-day extension, which started the day they returned from deployment, redeployed soldiers are also given an amount of time — between Jan. 1 and April 15 — when they were not in the United States due to deployments, he said.

"For instance, if the [service member] returned from deployment in May, they would receive the full [105 days], in addition to the hundred and eighty days to file their taxes," said Frederick, "giving them a total of two hundred and eighty five days from the day they returned to file last year's taxes."

But the extension is not the only advantage for service members who choose to have their taxes prepared at the Tax Center. The services provided by the Tax Cen-



Spc. Roger Sanchez, tax preparer, goes over Spc. Ryan Green's, Co. A, 2nd Bn., 5th Inf. Rgt., tax return.

ter are free for all active duty military, activated Reserve and National Guard members, and retirees and their spouses, regardless of branch of service, said Spc. Roger Sanchez, a tax preparer at the Tax Center.

In order to have taxes prepared, the service member, or his or her spouse, must bring in W-2s for all employment during 2004.

For service members who are married or have children, additional paperwork must be presented prior to filing taxes.

"If the service member or their spouse comes in alone, they must have a power of attorney stating they have permission to file for the other person," said Sanchez.

Additionally, if they have children or are a single parent, a birth certificate and social security card for each child must be presented for proof of name and social security number for [the child] to be claimed on their taxes."

With more than 5,000 service members served since January, the Tax Center has saved a total of \$737,342.00 for service members that they would have had to pay in filing fees at outside agencies.

One service member who chose to have his taxes prepared at the Tax Center is Spc. Ryan Green, a radio telephonic operator with Company A, 2nd Battalion, 5th Infantry Regiment.

"I decided to have my taxes prepared here because I knew it would save me money," he said. "Also, it is on base, so it is convenient for me to have my taxes done during the day without missing too much work."

The Tax Center is located behind the Schofield Barracks Museum and is open Monday through Wednesday from 9:30 a.m. to 5 p.m., and Thursday through Friday from 9:30 a.m. to 4 p.m.

For more advice about filing, call the Tax Center at 655-5144.

Teenager bowls perfect 300

Schofield bowler makes history with each strike

Story and Photo by
Joy Boisselle
Staff Writer

BARBERS POINT — Serious athletes are goal-oriented.

Whether the goal is to shave a few seconds off their personal bests, or achieve an even tougher goal like winning a tennis grand slam or an Olympic medal, serious athletes set goals.

Schofield Junior bowler, Corey Kim, is a serious athlete.

For bowlers, the number one goal is to roll a perfect "300" game, 12 strikes in a row.

Kim, a 17-year-old member of the Schofield Junior Bowling League, set that goal and reached it on July 9, when he bowled a perfect 300 sanctioned-game at the Barbers Point Bowling Center during summer league competition.

"It is a relief to achieve this goal," said Kim, reflecting on what the accomplishment means. "Now, there is no more pressure because I know I can do it."

Saturday, July 9, began as an ordinary day for Kim. He spent the morning at the Schofield Bowling Center practicing as part of the center's summer fun league for junior bowlers. After the three-game morning tune-up, he and other island bowlers met for summer league competition as part of the Oahu Junior Bowler Summer Scratch league.

The league pits junior bowlers in four-man teams against one another in a best-of-four-game series. The highly competitive league features the top junior bowlers in the state traveling each weekend to different bowling



Kim is only the second Schofield Junior League bowler to accomplish a perfect score.

centers across Oahu.

Kim scored more than just his first 300 game that day. He improved his four game series to a 940-pin high and he increased his 194-season average to 198. His four game series scores were 300-236-191-213.

"While this [a 300 game] is important to the bowler as an individual accomplishment," said Lanny Quizon, Schofield Junior Bowling League assistant coach, "the individual bowler represents our program. Hopefully, this accomplishment shows what the bowler has learned and that our coaching and our program contributed to his success."

Bowling a flawless 300 game is no easy feat. Kim is

only the second junior bowler from the Schofield junior program to attain this mark, the last occurring more than five years ago.

For the 100-plus onlookers who witnessed Kim's accomplishment, none were more excited and proud than Sally and Pete Magallones, Kim's grandparents and number one fans.

"This is just a dream that we didn't think would come true," said Sally Magallones. "We are so proud and he was surprisingly cool and didn't look nervous at all."

Magallones had never seen a bowler bowl a perfect 300 game, and she remarked how special it was that her first 300 game was that bowled by her grandson.

As for Kim's calm demeanor, he said, "I was 200-percent nervous. I tried not to think about it and concentrated on listening to music on my iPod." His advice to other bowlers who find themselves in his shoes is "don't look up," referring to the scoreboard.

The toughest moment, according to Kim, was as he prepared to throw the final ball. By then, everyone in the center had stopped bowling and had gathered to watch him enter the bowling record books, or not.

"It was so quiet and I knew everyone was watching me ... I just didn't want to choke," he admitted.

With his final throw followed by yells of encouragement from the crowd, Kim held his breath and watched as the ball found its mark and then demolished the pins for the twelfth time.

With that strike, Kim became part of bowling history.

While the 300 game is indeed an accomplishment, Kim is not content to stop there.

"Of course, I want to bowl another one, but my next goal is to bowl a better than 800 series for three games," he said.

Additionally, Kim voiced his desire to one day bowl professionally.

Kim used a 15-pound Brunswick "Absolute Inferno" bowling ball purchased two weeks earlier from the Schofield Bowling Center Pro Shop to achieve his score.

(Editor's Note: The Schofield Junior Bowling League begins its fall season Aug. 20 at the bowling center. All skill levels are welcome. Contact Phil Weyl at 623-3009 for registration information.)

MWR
Sports

JULY

22 / Today

Muscle Moves — This class is designed to tone your muscles using a variety of equipment, including bands, dumbbells, exercise balls and more. Classes are offered every Friday at the Schofield Barracks Health and Fitness Center at 11:45 a.m. Call 655-8007 for more details.

23 / Saturday

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.

25 / Monday

Step Classes — A variety of step classes are offered at the Schofield Barracks Health and Fitness Center, including the dynamic Multistep Class held Mondays at 8:30 a.m., the Step and Ab Class held Mondays at 5 p.m., and the Step and Pump Class held Thursdays at 5 p.m. and Fridays at 8:30 a.m.

Classes are available to fit any individual's exercise regimen and goals, and they are held from Monday through Saturday. Call 655-8007 for more information.

26 / Tuesday

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.

27 / Wednesday

Hatha Yoga — This traditional approach to yoga aids in relaxation and strengthening and lengthening muscles. Techniques can be modified based upon an individual's skill level.

Sessions will be held Wednesday at 5 p.m. and Saturdays at 8 a.m. at the Schofield Barracks Health and Fitness Center. Call 655-8007 for more details.

Cosmic Bowling

Experience bowling with a twist. Lights are dimmed, upbeat music is turned on, and the room becomes illuminated in glowing lights.

This program takes place every Wednesday at Wheeler Bowl. Cost is \$1.50 per game and \$1 for shoe rental. Call 656-1745 for more information.

AUGUST

5 / Friday

Na Koa Aina Golf Benefit — This tournament will strive to make a difference in the lives of young Soldiers and their families. Interested participants must form a team of three, and submit an application by Aug. 5.

The tournament is Aug. 12, with check-in starting at 9 a.m. Cost ranges from \$115 to \$135. Call 655-2400 for more information.





Local
Sports

JULY

22 / Today

Hunter Education Classes — The Hawaii Department of Land and Natural Resources offers free outdoor recreation classes each month.

Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, rules and regulations, game care, and outdoor responsibility.

Attendance at all sessions is required for certification; classes are held at the Nimitz Center and open to anyone 10 years of age and older.

Catch the next class today from 5:45 to 10 p.m. and Saturday from 7:45 a.m. to 4 p.m. Picture ID is required. Contact the Hunter Education Office at 587-0200 to preregister.



AUGUST

12 / Friday

Hunter Education — Classes continue at the Nimitz Center on Aug. 12 from 5:45 to 10 p.m. and on Aug. 13 from 7:45 a.m. to 4 p.m.

20 / Saturday
Schofield Junior Bowling League — The fall season begins Aug. 20 at the Schofield Bowling Center. The league will last 30 weeks and cost \$7 each session.

This league is open to bowlers under 22 years of age; all skill levels are welcomed. Costs include coaching for all levels, trophies, and Young American Bowling Alliance membership. Contact Phil Weyl at 623-3009 for registration information.

26 / Friday

Hunter Education Classes — Hunter classes continue Aug. 26 from 5:45 to 10 p.m. and on Aug. 27 from 7:45 a.m. to 4 p.m. Call 587-0200 to preregister.

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@hawaiiarmyweekly.com at least two weeks in advance of your event or activity.

A triathlon is doable, even for 'mere mortals'

Maj. Michael Chang
Contributing Writer

Have you ever thought about competing in a triathlon, but didn't know how to get started? Have you been intimidated about the enormous distance? Not to worry.

Hawaii offers a unique 365-day training season to get you ready for anyone of the 18 locally sponsored triathlon races of various distances in the state.

First of all, what is a triathlon?

Despite what many might think, a triathlon has no pre-set length. Merriam-Webster defines triathlon as "an athletic contest that is a long-distance race consisting of three phases [like swimming, bicycling and running]."

The most famous "Ironman triathlon" consists of a one-mile rough water swim, a 110-mile bike trek and a 26.2-mile run.

For us mere mortals, perhaps what is called the "sprint-tri" — that is, a shorter triathlon, for example, a 500-meter swim, a 20-kilometer bike ride, and a 5-kilometer run — are quite doable.

For the sake of getting started, let's just look at the sprint tri.

So, how do I get started

Three Army athletes with Hawaii connections recently shared some tips to help motivate anyone who wants to get started on a triathlon program.

There is a first time for everyone.

"At first you'll get crushed, of course," said Maj. Heidi Grimm, a finisher of the 2004 Kona Ironman.

Grimm's first triathlon was in 1997, and a mere eight years later, she is currently the 2005 All-Army Athlete of the Year.

"The greatest thing someone can do to get started is join a 'Tri-Club,' or join in with a bunch of cyclists ... you'll find most people are incredibly supportive," Grimm explained.



Rafi Grant

Flashback — Alyssa Kutter, a former member of the Fort Bragg, N.C., 10-miler running team, trains for the Great Aloha Run last February in Honolulu.

She also advises to be patient. "Over time, as you become more comfortable, you'll find that these riding buddies can provide you with technical tips and advice that make you better."

Grimm is currently competing at the World Championships in Corda Le, Idaho.

"It's best to be patient and build up to a level of endurance over time before jumping into it," she said.

How do I get trained

Get ready and going by picking a race, set the date, and then pay your fee. Give yourself about two months to get in shape.

"Find a race two months out and start training now," said Maj. Guy Lemire, the executive officer for 1st Special Forces Group, and a veteran of the Kona Ironman and more than 77 races. "Find a tri club, and find some people in the club you can relate to," he added.

A further benefit of training for tri is the "friendly competitive spirit," Lemire said. "Their positive peer pressure will motivate

ON THE WEB

For a complete list of races in Hawaii go to www.athleteshi.com.

you [shame you] into being more productive. Above all ... it's fun," the major said.

Grimm reminds that patience is important. Getting accustomed to the level of activity this multi-sport takes on a body requires getting used to.

"Get your body ready for working out for the period of time you'll be out there on the course," Grimm added. "Try a couple of multi-workouts."

Workouts don't even have to be at the same time. A good technique Grimm recommends is to do 20 minutes on the stationary bike, 25 minutes on the treadmill, and then try to squeeze in a swim later in the day.

Training is all about fitting in the time you have available to get your workouts in.

See "Triathlon," page B-7

Super runners make Army 10-miler team

Compiled by Public Affairs Office
25th ID (L) & USARHAW

Team members have been selected for the 2005 U.S. Army Hawaii Army Ten-Miler. Qualifying races took place in June on Schofield Barracks for Soldiers who competed to earn a spot in four categories: Men's Open, Women's Open, CSM/SGM and Men's Masters.

Men's Open Team

- 1st Lt. John Welsh, Co. B, 1st Bn., 21st Inf. Rgt.
- 1st Lt. Mike Baskin, Co. A, 2nd Bn., 5th Inf. Rgt.
- Staff Sgt. Ricky Deshaw, HQ, USARPAC
- 1st Lt. Kevin Anderson, Troop C, 3rd Squadron, 4th Cav. Rgt.
- Capt. Chris York, HHC, 1st Bn., 21st Inf. Rgt.
- Spc. Kurt Sommer, 71st Chem. Co.
- Pfc. Paul Sullivan, Co. A, 1st Bn., 21st Inf. Rgt.
- Spc. Alan Dillon, HHC, 1st Bn., 21st Inf. Rgt.

Women's Open Team

- Capt. April Gaspari, HQ, USARPAC
- Spc. Jaime Jarrell, 500th MI Bde.
- Maj. Melanie Sloan, Co. A, TAMC
- Capt. Samantha Bird, HHC, Avn. Bde.
- Capt. Jenni Shoshannah, Co. C, 25th Avn. Rgt.
- Maj. Blaire Harms, HQ, USARPAC
- Spc. Nikki Norwood, Co. B, TAMC
- Sgt. Elia Valdespino, HQ, USARPAC

CSM/SGM'S Team

- Sgt. Maj. Ben Cavazos, HQ, USARPAC
- Sgt. Maj. Raymond Arnold, HQ, 25th ID
- Sgt. Maj. Glenn Wildhagen, HHT, 3rd Sqdn., 4th Cav. Rgt.
- Command Sgt. Maj. Mark Farley, HQ, USARPAC
- Command Sgt. Maj. Michael Gertin, 125th MI Bn.
- Sgt. Maj. Chester Miller, HQ, USARPAC
- Sgt. Maj. Edward O'kane, HQ, USARPAC

Men's Masters

- Staff Sgt. Patrick Lovato, HQ, 25th ID
- Lt. Col. Scot Merkle, HQ, USARPAC
- Col. John Kelly, HQ, USARPAC
- Sgt. 1st Class Thomas Valdespino, 516th Sig. Bde.
- Master Sgt. Robert Woodard, HQ, USARPAC

Students

From B-4

treasures they held and the shelter they provided from the elements.

"I found two bird sticks," Iyo said, "and, it was super hot outside, but in the caves, it was cool."

PTA archaeologists speculate that ancient Hawaiians used the sticks to extricate birds from their nests in the lava tubes. The students found evidence of water collection in the caves: areas where the ancient peoples placed containers to gather water as it dripped through the lava or down plant roots.

Piles of charcoal also provided evidence to students that ancient travelers used the caves.

The second day at PTA provided students with the opportunity to learn about PTA's native Hawaiian plants. They also worked with members of the Natural Resources staff to clear a plant habitat area of weeds and other plants that threaten the growth of native plants.

Iyo said she especially enjoyed working in the field.

"I had fun climbing around out there, doing the weeding and stuff," she said. "I got to see the native plants and learned how to tell the difference between the native plants and the others."

Hilo High School tenth grader A.J. Kubo said that his visit to PTA gave him a better understanding of what resources are here and

the destructive effects the environment and animals can have on native plants.

"I got to see how the animals can destroy an area [through grazing] and the effects of erosion on plants," Kubo said. "I got a better understanding of what's up here."

A better understanding of the precious natural and cultural resources at PTA and on the Big Island is the program's primary goal, Paracuelles said.

"It's important for the local kids to make a connection with their environment and cultural resources," Paracuelles added. "Many of these kids are at least part-Hawaiian. This brings them back to their roots."

"If we want them to grow

up to be responsible citizens, we need to educate them about these resources."

Paracuelles said that most of the students and teachers who participated in Imi Pono no ka Aina didn't know about the natural and cultural resources at PTA, nor about the people here who are dedicated to preserving and protecting those resources.

After their trip to PTA, the students left with more than just an appreciation of the area's resources.

Pekelo Akau, an eighth grade student from Keaua Intermediate School, saw things at PTA he didn't know existed, especially in the caves.

Akau said he most liked the crystalline formations on

cave ceilings as well as fragile straw-shaped mineral formations hanging from the ceilings. Further, he liked his visit to PTA so much he said he is considering doing something in natural or cultural resources when he finishes with school.

Although Akau and some of the other students said they were interested in a career in natural or cultural preservation, the goal of Imi Pono no ka Aina is not to see everyone become a biologist or archaeologist, Paracuelles said. The goal is to "be more aware of the resources here," she explained.

Kubo understands that goal well.

"It's important that people see PTA," he said. "It's what makes Hawaii unique."

Photos From B-3

included in a separate text document.

Digital images must be un-manipulated and very high resolution, a minimum of 4-inch x 6-inch at 300 dpi, and even higher for images that must be cropped. (Again, do not crop or manipulate the images before sending to *Soldiers Magazine*.)

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- 1) Provide photos or images.
- 2) Select photos that tell a story.
- 3) Send photos to Don. Wagner@belvoir.army.mil.
- 4) Get more details at (703) 806-4503.



Spc. Juan Jimenez

Out!

Doug Marsh, catcher with 65th Engineer Battalion, makes an easy out on a foul ball to end the game at Gimlet Field on Schofield Barracks, July 19. The players from 65th Engineers destroyed the 84th Engineers Battalion, 25 to 3.

Intramural Softball Standings

Unit	Wins	Loss	Pct.	South Division			
East Division				Co. A, 125th Sig.	5	1	0.833
407th MI	7	0	1.000	Co. C, 25th Avn.	5	1	0.833
HHC, 25th ID (L)	5	2	0.714	Trp. A, 3/ 4th Cav.	4	2	0.667
JAG	3	3	0.500	Co. D, 1st Bn., 25th Avn.	2	4	0.333
40th QM	3	4	0.429	Btry. C, 2nd Bn., 11th FA	2	4	0.333
58th MP	2	4	0.333	HHC, 125th Sig.	0	5	0.000
HHC, 2nd Bde.	0	7	0.000	Women's Division			
West Division				58th MP	5	0	1.000
Co. B, 65th Eng.	5	1	0.833	TAMC	3	2	0.600
Co. C, 725th MSB	5	1	0.833	3rd Bn., 7th FA	2	2	0.500
Co. B, 225th FSB	4	2	0.667	71st Chem.	2	3	0.400
HQ & A, 725th MSB	2	4	0.333	225th FSB	1	6	0.143
556th PSB	2	4	0.333	205th MI	1	7	0.125
HHC, 84th Eng.	0	6	0.000	Fort Shafter Division			
North Division				TAMC A	9	0	1.000
HHC, 1st Bn., 14th Inf.	8	0	1.000	HHD 30TH SIG	7	1	0.875
Co. B, 1st Bn., 27th Inf.	5	3	0.625	39TH MP	9	2	0.818
Co. A, 1st Bn., 27th Inf.	4	3	0.571	29TH ENG	4	3	0.333
. Btry.B, 3rd Bn., 7th FA.	3	5	0.375	196 INF	4	6	0.400
Co. C, 1st Bn., 27th Inf	3	6	0.333	9RRC.	2	7	0.222
Co. A, 1st Bn., 14th Inf.	1	7	0.125	USRPAC	2	7	0.222
<i>(Standings are current as of July 15.)</i>				205TH MI	0	10	0.000

Triathlon From B-6

Capt. Scott Miller, a finisher of five Ironmans, including three world military triathlon competitions, prefers solitary training. This former commander of the 7th Engineer Dive Team from the 29th Engineer Battalion recommends "BRICKS," which he uses for his training regimen.

Bricks, said Miller, are bike-run, run-bike, or swim-bike events — two-event workouts that are usually the same or greater distance for the event you're racing in.

"It's important to get your muscles used to the rigor," Miller explained about muscle endurance.

How do stay motivated?

For many triathletes, the first competition is all it takes to get hooked. For most, competitions ignite an athletic spark that makes this fitness alternative a healthy way of life.

Everyone gets started for his or her own reasons. For Lemire, a friendly bet in 1992 (which he lost) got him started. Beginning in 1997, Grimm just wanted to try something different to liven up mundane workouts.

For Miller, a dare from a college roommate in 1995 (the roommate never showed for the competition) was the starting point.

Whatever it takes, each triathlete said, just give it a try. If you decide

that triathlons are not for you, nothing has been lost, except maybe a few pounds.

Three tips in parting

Here is some final guidance:

1) Listen to your body. You must hydrate.

You need to stretch and warm-up. Don't let your enthusiasm exceed your limits.

A bit of prior planning and rehearsal will allow you to prevent injuries and have a positive training experience and event.

2) Finish strong. Combined with the first rule, you will be saving needed energy to finish the race and help make the whole experience a positive

one.
3) If you can't do numbers one and two, then look good trying. That means, have all your equipment, hydration and clothing ready for the race on training day. This leads to a positive mental state, knowing your equipment is ready to assist your body and mind to take on this challenge.

(Editor's Note: Grimm is currently assigned to the G-4 logistics planning division at I Corps, Ft. Lewis, STATE. Miller is now assigned to CENTCOM, Project and Contracting Office Oil Sector, and serving in Iraq. The author, Maj. Michael Chang, has finished 10 marathons and 12 triathlons.)