

## INSIDE

### 21-year-old succumbs to injuries from OIF

25TH INFANTRY DIVISION  
PUBLIC AFFAIRS  
News Release

SCHOFIELD BARRACKS – The Department of Defense announced May 16 the death of a 25th Infantry Division Soldier who was supporting Operation Iraqi Freedom.

Sgt. John K. Daggett, 21, of Phoenix, Ariz., died May 15 in Halifax, Canada, of wounds suffered May 1 in Baghdad, Iraq, when a rocket-propelled grenade struck his vehicle.

Daggett was being transported from Iraq to Walter Reed Army Medical Center May 5 when the plane stopped in Halifax, Canada, to tend to the Soldier's injuries.



Daggett

He was pronounced dead by a medical examiner from Halifax Medical Center.

Daggett was assigned to the 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, where he served as a fire team leader.

He joined the Army in June of 2005 and was assigned to Schofield Barracks in November of 2005. This assignment was his first tour in Iraq.

### 'Wolverines' of 82nd Eng. return

SGT. JESSIKA MALOTT  
8th Military Police Public Affairs

WHEELER ARMY AIR FIELD – The hangar was adorned with homemade posters, glittering with personal messages that welcomed home husbands and wives, mothers and fathers, and sons and daughters.

Family members waited anxiously for their Soldiers with handfuls of lei and balloons before their long-awaited reunions.

After nine months in Iraq, the Soldiers of the 82nd Engineer Company "Wolverines," 65th Engineer Battalion, 8th Military Police Brigade,

finally received their welcome home ceremony, here, Saturday.

During its rotation in support of Operation Iraqi Freedom, the unit improved more than 50 miles of road, filled 35 craters, moved more than 80,000 cubic yards of dirt to construct bridge embankments, built combat outposts, improved existing combat outposts and enhanced joint security sites.

The 82nd Eng. also conducted missions on two separate patrol base landing zones, improving living and working conditions for troops of all

SEE HOME, A-11

### Drink up

40th Quartermaster turns murky, unusable water into clean, drinkable water at Cobra Gold '08.

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### Memorial Day Observances

•Sunday, 10 a.m.,  
Waiialua Lions Service,  
Haleiwa Beach Park.

•Monday, 8:30 a.m.,  
Memorial Day Ceremony  
at the National Memorial  
Cemetery of the Pacific,  
Punchbowl.

•Monday, 9 a.m.,  
National Park Service  
"meet and greet" with  
survivors of the attack on  
Pearl Harbor, USS Arizona  
Memorial, Honolulu.

•Monday, 10 a.m.,  
Remembrance Ceremony,  
Post Cemetery,  
Schofield Barracks.

•Monday, 1 p.m.,  
Governors Memorial Day  
Ceremony, State Veterans  
Cemetery, Kaneohe.

See page B-2 for other  
Memorial Day activities.



**Leadership.** Generals salute the colors during Wednesday's 25th Infantry Division change of command ceremony at Sills Field. Incoming 25th ID CG Maj. Gen. Robert L. Caslen Jr. (right) is flanked by U.S. Army, Pacific, CG Lt. Gen. Benjamin R. Mixon (center), and outgoing 25th ID CG Brig. Gen. Mick Bednarek. The ceremony also honored the Tropic Lightning Division with two additional streamers earned in OIF.

### 25th ID gives aloha to MG Caslen Jr.

Story and Photos by  
SPC. DURWOOD BLACKMON  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – Friends, family and distinguished guests gathered at Sills Field, Wednesday, for a change of command ceremony in honor of the incoming and outgoing commanders of the 25th Infantry Division (ID).

Brig. Gen. Mick Bednarek passed the torch of leadership to Maj. Gen. Robert L. Caslen Jr. as representatives from the 2nd Stryker Brigade Combat Team, 25th Special Troops Battalion, 3rd Infantry Brigade Combat Team, and 25th Combat Aviation Brigade stood proudly in formation.

"I continue to be amazed by the amount of

work that is done in this division, and more impressively, the speed at which it is accomplished," said Bednarek. "The actions of this division truly live up to our monarch of lightning."

"The Soldiers and leaders in today's Army are hands down the best this nation and our world have ever seen," he continued. "All of you, Tropic Lightning Soldiers and leaders, continue to be at the forefront of combat readiness."

U.S. Army, Pacific, commander Lt. Gen. Benjamin R. Mixon praised both generals for their dedication and leadership to their Soldiers.

"It is no surprise that he [Bednarek] has excelled as the division commander. He has

put the division on the absolute right path for its return to Iraq in combat operations," Mixon said. "You have my eternal thanks and respect for all you have done for me and our great Soldiers."

Mixon continued, "Gen. Caslen is a proven combat leader. He and I have served together in the 101st Airborne Division [Air Assault] several times, including during the first Gulf War. He is the absolute best choice for this critical combat command."

Caslen, who is no stranger to Schofield Barracks, has served in such positions as commander, 1-14th Infantry Battalion, 25th ID; executive officer to the commander of

SEE 25TH ID CG, A-11

### 'Malama na Koa' opens for wounded

TRIPLER ARMY MEDICAL CENTER  
News Release

HONOLULU – During a press conference hosted by Tripler Army Medical Center, Wednesday, Hawaii District U.S. Attorney Ed Kubo introduced the newly-formed Hawaii Wounded Warrior Community Support Program, which is sponsored by the Hawaii District U.S. Attorney's Office.

Its mission is to promote the morale, welfare and quality of life of service members and their families who have been wounded and are recuperating in the state of Hawaii.

Kubo said the program will make Hawaii's communities and businesses aware of the challenges facing wounded service members and their families, and it will bring donors in direct contact with wounded warrior units.

"Our intent is simply to give these wounded warriors activities, items and information to help them and to ease their families' burdens," Kubo said, "to aid in the recovery process and to give them a smoother transition back to either military life or into civilian life."

In keeping with Hawaiian cultural heritage, the program is officially named "Malama na Koa," which means "Caring for our Warriors."

"Hawaii's culture is one of aloha, and the people here have always shown the spirit of caring," Kubo said. "These wounded and injured service members are our sons and daughters who have been



Kubo

SEE WOUNDED, A-9



### Heritage on fire

Asian-Pacific American Heritage Month celebrations continue.

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### This issue

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### Resilience of double amputee offers hope for other Soldiers

Story and Photo by  
SPC. JAZZ BURNEY  
3rd Infantry Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS – As Brig. Gen. Mick Bednarek, the 25th Infantry Division commander, at the time, pinned multiple awards on Spc. Brett Wolf, Wolf stood poised and proud, representing the image of a Soldier who continues to drive on despite physical obstacles.

Wolf, accompanied by his wife, Kelly, flew here from Brooke Army Medical Cen-

ter in San Antonio to be honored with the Purple Heart, the Combat Infantryman Badge, and the Army Commendation Medal here, May 15.

"I want to thank the command for making this possible. It's good being back with the Soldiers that I was in combat with," said Wolf. "I'm back with my brothers."

Wolf was recognized as an inspiration to veterans and first-term Soldiers alike in the battle the U.S. is facing to end terrorism.

In high spirits, Wolf explained the events that not only changed his life, but the lives of his comrades in his humvee.

Staff Sgt. Rashad Johnson, Sgt. Rosbin M. Garcia, Spc. James G. Decker, Pvt. Anthony G. MacDougal and Wolf were returning in the lead vehicle to the forward operating base (FOB), after completing a mission near the village of Al Saheed, Iraq, when their vehicle struck an improvised explosive device, last year.

"I would never wish this upon anyone;

however, I know it happened for a reason," said Wolf. "Since then, I got married. My wife is truly my motivation and a main source of drive to continue on."

Wolf, who was the driver of the vehicle, received the full impact of the explosion. He lost both of his legs from the knees down.

"I was chosen because someone knew that I could drive on, continuing with my

SEE PURPLE HEART, A-9

## We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

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

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

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

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## DES Straight Talk

# Community-based approach best for traffic woes

**LT. COL. THOMAS DENZLER**

Director, Directorate of Emergency Services



Denzler

As most of us know, motor vehicle traffic safety remains a significant concern on our installations. Most also realize that deployment requirements preclude law enforcement officers' ability to deter, detect and cite all careless drivers.

Unsafe drivers posing a danger to the welfare of our communities are far too prevalent and should not be tolerated. Traffic citation statistics compiled since Jan. 1 strongly suggest we are missing the mark in fully safeguarding our communities and holding our Soldiers, family members, civilian employees and contractors to standard.

A community effort is required to pre-

vent that next traffic accident that takes the life of your Soldier, civilian employee, or your son or daughter as he or she walks to school.

The magnitude of citations issued to drivers for driving under the influence, speeding, moving violations, and using a cell phone without a hands-free device is indicative of problematic areas.

Arguably, these statistics reflect the selfish nature of some drivers who just don't get it. We have all seen them — drivers weaving in and out of lanes on H-2, speeding through residential areas, accelerating

through intersections, motorcyclists crossing a solid yellow line to pass cars on Kunia Road or focusing more on their cell phone conversation than on the road ahead of them.

One just needs to attend a U.S. Army Garrison, Hawaii, town hall meeting to hear how concerned and frustrated our communities are over this unacceptable problem.

Law enforcement officers cannot combat this problem alone; it truly takes a community-based effort to hold ourselves and others to the standard.

Leaders' collaborative application of a zero-defects approach toward traffic safety will effectively complement law enforcement efforts and ensure our communities are provided the safe environment

they deserve.

With the population increase challenging our current installation infrastructure, intolerance for unsafe driving practices is our best line of defense. If approaching, politely and safely inform the driver of the problem when you see an individual driving too quickly past a physical training formation or pulling into a post exchange parking spot with their hand glued to a cell phone.

One thing remains certain, our roadways will continue to become more congested. Let's prepare our communities by influencing the drivers around us through the example we set, the counselings and training we conduct with our Soldiers and civilian employees, and the corrections we make on those drivers who just don't get it.

## Army releases EIS with plans to grow forces in Pacific area

**U.S. ARMY, PACIFIC, PUBLIC AFFAIRS**

Press Release

**FORT SHAFTER** — The Department of the Army announced May 16 the availability of a Draft Supplemental Programmatic Environmental Impact Statement (DSPEIS) that evaluates the potential environmental and socioeconomic effects associated with alternatives for growing and realigning the Army's forces structure to support operations in the Pacific theater.

The Army is considering several stationing locations that are capable of supporting mission requirements in the Pacific theater.

Alternative stationing locations include the major training installations the Army considered in its Final Environmental Impact Statement (FEIS) for Army Growth and Force Structure Realignment (in October 2007), as well as four additional installations in Hawaii and Alaska.

Additional installations include Schofield Barracks and Fort Shafter, and Alaska's Fort Richardson and Fort Wainwright. Each of these installations could receive additional Soldiers as part of the alternatives being examined.

Alternatives. The DSPEIS analyzes four alternatives to include a "no action" alternative. Three options include the possible addition of 1,500 up to 7,500 combat support or combat service support Soldiers at installations in Hawaii and Alaska, or other locations.

These stationing actions will only take place at locations that, if selected, are capable of supporting strategic military and national security considerations.

Tentative unit assignments as part of Army alternatives follow:

- The total growth tentatively planned for Alternative One is 1,321 total. This alternative implements Army-wide transformation decisions at locations in the Pacific theater. Growth associated with this alternative is listed herein.

- Schofield Barracks, 807
- Fort Shafter, 190
- Fort Richardson, 230

-Fort Wainwright, 94

- The total growth for Alternative Two is approximately 3,500 Soldiers. Under this Alternative, the Army would station approximately 1,850 Soldiers in Hawaii and 1,500 in Alaska.

- As part of Alternative Three, which includes Alternatives One and Two, the Army would station a Maneuver Enhancement Brigade (MEB), Fires Brigade or Aviation Brigade at locations capable of supporting operations in the Pacific Theater.

As part of this alternative, the Army is tentatively planning on stationing a 567-man MEB at Fort Richardson, Alaska.

Public Participation. The Army invites full public participation to promote open communication and better decision making. All persons and organizations that have an interest in the growth and realignment of the Army's forces and associated stationing actions are urged to participate in this environmental evaluation process.

Assistance will be provided upon request to anyone having difficulty understanding how to participate.

The 45-day public comment period for the DSPEIS began May 16 with the publication of a Notice of Availability in the Federal Register by the U.S. Environmental Protection Agency. It ends June 30.

Information on the DSPEIS will be posted on the U.S. Army Environmental Command's Web site, [www.aec.army.mil](http://www.aec.army.mil), for public access during the public comment period.

Send all written comments and suggestions concerning this DEIS to this address: Public Affairs Office, U.S. Army Environmental Command; Building E4460, 5179 Hoadley Road, ATTN: IMAE-PA; Aberdeen Proving Ground, MD 21010-5401.

Call 1-410-436-2556 or e-mail [APGR-US-AECPublicComments@conus.army.mil](mailto:APGR-US-AECPublicComments@conus.army.mil). Locally, call USARPAC Public Affairs at 438-6347 or 438-9375.

## Are you prepared for this year's hurricane season?

**H**urricane season runs June 1-Nov. 30, so residents and workers must stay vigilant and be prepared for turbulent shifts in weather.

Hurricanes are dangerous because they combine the quadruple hazard of violent winds, torrential rains, abnormally high waves and storm tides.

Each by itself can pose a serious threat to life and property, but together, they are capable of causing widespread destruction.

If a hurricane is approaching Hawaii, you will learn about it from radio and television news reports. The news media will report advisories as they receive them from the National Weather Service (NWS) in Honolulu.

In addition, residents should stay tuned to the Schofield Barracks HACN TV2 for detailed information on actions to take.

Specific instructions on the things you need to do and supplies you should have on hand will be announced.

Emergency shelters are located on Oahu Army installations. In advance of a pending hurricane, you will be advised through a number of communication methods to proceed to your as-

signed emergency shelter: HACN-TV2 cable access on post, the Army Hawaii Family Housing (AHFH) CallMax automatic telephone system, and Military Police via public address systems.

When you get this notice, you and your family should already have all the items contained within your Emergency Readiness Kit on hand, which you will bring to the emergency shelter.

A recommended example of this Emergency Readiness Kit can be found in your 2008 AHFH Hurricane Readiness trifold pamphlet along with a list of all the Oahu Army installation emergency shelters.

The pamphlet is available online at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil), under the "Hazard Awareness" link on the left.

If you live off-post, a complete listing of local shelters can be obtained by calling the Oahu Civil Defense Agency at 523-4122, reference your local phone book, or visit [www.oahucivildefense.com](http://www.oahucivildefense.com).

Contact the Oahu North Community Director's Office at 655-0497 or the Oahu South Community Director's Office at 438-6996 for more information.

## Getting it Straight:

The headline "66th Engineers: Book of awards filled 120 pages," page A-4 of the May 16th edition, should have stated "180 pages."



## LIGHTNING SPIRIT

# Take time to smell your roses, before the rose bush withers

**CHAPLAIN (CAPT.) APRILL BRIGHT**

3-25th Brigade Support Battalion

I was reading a book of quotes and wise sayings when I came across a quote written by an unknown author who said, "Nothing keeps a family together like having one car in the shop."

At first, I thought this was a really funny statement, but as I pondered it, I thought of the many truths that lie behind it. Sometimes it takes something negative to happen to us to remember those who are closest to us.

I like this quote because it is so true. At some point, we really do need each other.

We must remember to stay connected through the good, the bad and the busy times, as well. We are blessed to live in a society that motivates us to strive for success and to fulfill our dreams and purposes, but oftentimes we become so intense in fulfilling our dreams, we forget to make time for those who are most important in our lives.

I believe God blesses us with dreams, visions and goals. God also blesses us with

people who are so dear and precious to us and people who have a special purpose in our lives.

Too often we get so caught up into the hustle and bustle of everyday life that we neglect to stop and smell the roses with those who mean the most to us.

Along with all of these blessings, there is one that we often forget about. God has blessed us with balance. All work and no play makes

for a dull life. Challenges and demands will come. There will always be a deadline to meet at work. There will be things we will not have enough time to accomplish.

There will always be an unexpected challenge that comes up, but we must be intentional about planning time for the ones we

love the most. That person could be your spouse, a close relative, your children or even your pet.

I believe this is a challenge that many of us face in both military and civilian life.

I remember a time when balance was a challenge for me. I had just finished seminary, got married and moved to New York.

Every day my grandmother, who lived in North Carolina, would call me and say, "I didn't hear from you today. You know, I'm not always going to be around."

I always responded saying, "Grandmother, you're going to be just fine."

As time went on, the conversations were pretty much the same. She would call, and I would have an excuse for not calling her.

One day I received a call at work that my grandmother had died. It was one of the worst feelings I'd ever experienced.

As I sat and wept, I thought about all the excuses I gave for not calling her. From that day on, I made a decision to make those persons closest to me a priority.



Bright

## 67 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 5/22/08.

# Voices of Lightning: What are you planning to do this year to give more meaning to the Memorial Day holiday?



"I am going to the Lantern Floating ceremony with my mom who is here visiting."

**Maj. Jon L. Heffner**  
Operations Officer  
G-6, USARPAC  
Fort Shafter



"Enjoy my time off."

**Pfc. Serina M. Jones**  
Vet Technician  
Warrior Transition Battalion  
Fort Shafter



"I will spend time with my wife and her mother at the Sea Life Park and swim with the dolphins."

**Sgt. 1st Class Clifton Divine**  
Staff Supply NCOIC  
94th AAMDC  
Fort Shafter



"I'll be attending, for the first time, the Memorial Day Remembrance Ceremony at the Post Cemetery."

**Master Sgt. Charles Owens**  
1101st GSU



"I am going to be attending the retirement of two comrades. One of them has had 37 years of service and is a Vietnam veteran."

**Staff Sgt. Tyrar S. Daniels**  
Flight Stuart, USARPAC (US Army Pacific Air Transport)  
Washington, D.C.

# Engineers help rebuild water treatment plant

**OIF**

IED had destroyed plant in 2005 making water unsafe

Story and Photos by  
**SGT. WALDEMAR RIVERA**

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq – The Karkh Water Treatment Plant in Taji, northwest of Baghdad, has been under construction and undergoing upgrades since its destruction in 2005.

Lt. Col. Paul Williams, officer in charge of the U.S. Army Corps of Engineers (USACE) in the Taji area, and Lt. Col. David Davidson, deputy commander of 2nd Stryker Brigade Combat Team (SBCT), 25th Infantry Division, Multi-National Division–Baghdad, visited the plant May 14. The two leaders regularly oversee the progress of the work at the water treatment plant.

“The mission was to check the progress of the contractors working out there,” said Capt. Mark Gilliam, 2nd SBCT engineer planner. He added, USACE contractors are heavily involved in civil work.

For the past three years, Karkh Water Treatment Plant was unsafe and barely able to provide water to Baghdad residents, but that will soon change.

“The building for the Karkh Water Treatment Plant was completely destroyed by a [vehicle-borne improvised explosive device, or IED] parked outside the building in July 2005,” Gilliam explained.



An engineering team with 2SBCT, 25th ID, Multi-National Division–Baghdad, checks to ensure cable going from the Karkh Water Treatment Plant to its electrical sub-station complies with safety.

The IED destroyed the building’s circuitry switch gears, circuit breakers, generators and auxiliaries, in addition

to air conditioning power systems. The near destruction of the plant caused water problems for many resi-

million liters, or roughly 345,000 gallons, of potable water per day. The water is piped through a 2-meter line that runs from the plant to Baghdad.

If power goes down in the area, Gilliam explained, the facility shuts off, and the water supply will stop for approximately four million residents. The facility only has a three-day reserve.

“The United States Army Corps of Engineers came here to rebuild the facility, to fix the back-up generators and the circuitry that goes to the back of the generators,” Gilliam continued, adding that the Iraqi government is working with USACE to ensure the facility will run properly.

Workers recently completed installing new switches and are getting ready to “plug in,” Gilliam said.

“We are getting to the end of the project,” said Gilliam. “There are still a few things to do, but we are almost complete in the civil works side.”

Williams and Davidson said they are pleased with the progress at the facility, and they are looking forward to getting the generators started and the job finished.

When the project is completed and running at its full potential, it will be another successful joint endeavor project accomplished by the Corps of Engineers and the government of Iraq, said Gilliam.

## Cobra Gold water now worry-free

SPC. NATALIE BARBER

8th Military Police Public Affairs

KORAT, Thailand – When in the field, service members rarely have time to think about their next meal, let alone if their drinking water is safe.

Luckily the Soldiers of the 40th Quartermaster (QM) Company, 45th Sustainment Brigade, are charged with the task of purifying all non-bottled water used during Exercise Cobra Gold 2008, so Soldiers can remain worry free.

“[Water purification] is an asset that [Cobra Gold] cannot do without,” said Command Sgt. Maj. George D. Duncan, 8th Theater Sustainment Command, parent unit of the 45th Sustainment Brigade. “With this, we don’t have to spend our valuable resources trucking in water.”

From a small lake in Korat, 40th

## 8th Theater Sustainment Command revs up EECP

Story and Photo by  
**SPC. NATALIE BARBER**

8th Military Police Public Affairs

KORAT, Thailand – Soldiers with the 8th Theater Sustainment Command’s (TSC) 45th Sustainment Brigade, the Louisiana National Guard, and members of the Thai Royal Army stood up the 8th TSC’s first Early Entry Command Post (EECP), here, during exercise Cobra Gold 2008, May 12.

EECP is a mobile facility that places “boots on the ground,” or staff sections in the battle, during wartime operations. It is a compact, fully operational military command center capable of moving with troops and supplies during battle.

“For the first time, the 8th TSC is validating and evaluating an EECP-ready unit,” said Maj. Alberto Rodriguez, deputy operations officer for the EECP. “Because the 8th TSC is fairly new and has not deployed yet, this helps prepare us in case we are needed somewhere.”

Working as a fictional country, the multinational participants are learning how to transport troops, equipment and sup-



Soldiers with the 8th Theater Sustainment Command’s 45th Sustainment Brigade discuss battle operations for their Early Entry Command Post (EECP) scenarios at exercise Cobra Gold 2008.

plies through scenarios based on real-life combat situations.

The EECP training is also pro-

viding valuable knowledge as the 8th TSC prepares to take the lead

in an upcoming military logis-

tics movement exercise this summer in San Diego.

“This exercise gives us a bigger

picture of what goes on in these types of operations,” said 2nd Lt. Tina Nielsen, a battle captain for night watch of the EECP.

In addition to increasing their military knowledge, 45th Sustainment Brigade Soldiers are getting the opportunity to work with the Louisiana National Guard and Thai Royal Army.

“It is unique working with people from all over and with different [military occupational specialties] that have never dealt with logistics,” said Nielsen. “We learn from one another, and that helps make the training more rewarding.”

“Working with the [Thai military] was interesting even with the language barrier between us,” said Sgt. 1st Class Terrance Thomas, movement control non-commissioned officer in charge of the EECP. “Some [Thai military] can write English and some can understand but not speak it.”

Some of the Soldiers also learned Thai phrases to shorten the language gap, said Thomas.

SEE 40TH QM, A-4

# 84th Engineers hone convoy tactics to mitigate IED risk

Patrols and live-fire tactics to prepare the 45th Sust. Bde. for its OIF deployment

Story and Photos by  
**SGT. STEPHEN PROCTOR**

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Driving along unfamiliar supply routes through packed city streets and vast desert at all hours of the day — with potential enemy combatants and improvised explosive devices (IED) at every turn — is a dangerous daily reality for Soldiers in Iraq and Afghanistan.

Soldiers with the 84th Engineer Battalion, 45th Sustainment Brigade, 8th Theater Sustainment Command, trained to mitigate the potential risk of convoy attacks during a convoy live-fire range exercise, here, May 15.

“We’re conducting combat live-fire patrols in preparation for an upcoming deployment,” said Capt. Tom Piazzo, commander, Headquarters and Headquarters Company, 84th Eng. Bn. “It prepares [the Soldiers] for going down range, as well as creates the teams needed when they get in country.”



After a simulated vehicle breakdown, Soldiers attach chains to a broken vehicle, in order to practice vehicle recovery procedures during their convoy live-fire range exercise at Schofield Barracks, May 15.

The Soldiers weaved through a dusty course, watching for their simulated enemy and anything out of the ordinary.

They trained to react to direct fire and IED explosions, to recover and treat injuries, and to recover vehicles, among other warrior tasks.

“The importance of this training is that [the Soldiers] don’t just react, [but that]

they know what they need to do,” said Staff Sgt. Brad Reigel, range noncommissioned officer in charge. “They’ll know what the unit’s [standard operating procedure] is, and when they find themselves in this situation, they’ll know how to react.

“They’ll be proficient within their tasks,” Reigel emphasized.

The repetition of hands-on, realistic training is essential to prepare Soldiers for their upcoming missions.

“We need to condition and acclimate ourselves to more hostile environments, temperature-wise, condition-wise and terrain-wise,” said Spc. David Gillespie, a topographical surveyor with the 142nd Survey and Design Detachment (SDD) who is attached to the 84th Eng. Bn.

“We need to [keep up with the training] because some of these skills could be perishable if we don’t stick to it,” he added.

Spc. Robert Boone, another topographical surveyor with the 142nd SDD said, “[This training is] good familiarization for guys who haven’t been downrange in a while, just to knock off some of the rust. It helps train up the new ones to know what to look for when they go downrange, should the worst happen.”



Courtesy of MITT, 1st Battalion, 21st Infantry Regiment

## ‘Warrior’ training

BAGHDAD — Soldiers from Reconnaissance Platoon, 1st Battalion, 21st Infantry Regiment, “Gimlet,” 2nd Stryker Brigade Combat Team “Warrior,” 25th Infantry Division, Multi-National Division — Baghdad, train soldiers from the 24th Brigade, 6th Iraqi Army Division, at a weapons qualification range located at Forward Operating Base Constitution, west of Baghdad, May 16.

## 40th QM: Unit purifies water supply

CONTINUED FROM A-3

QM Soldiers turn murky, unusable water into clean, safe drinking water.

“The locals use the lake water for everything from bathing to cooking and drinking,” said 2nd Lt. Jonathan Fredericks, platoon leader, 40th QM. “We take this water, purify and clean it, store it in bags, and push it out to three sites: the dining facility, laundry and showers.

“And when we get a chance,” Fredericks continued, “we give some of the water to the locals to use.”

Turning the tainted lake water into drinking water is not a simple task. According to Spc. Diogo Ordacowski, water purification specialist, 40th QM, five stages encompass water filtration.

First, a Dolphin strainer filters fish and debris from getting into the system. Then water is pumped

into basket strainers, followed by a media filter, which removes harmful minerals from the water.

Water next enters a cartridge filter, which is composed of 12 white filter tubes that dissolve any solids left in the water that the cartridge filters might have missed.

Finally, chlorine is added, and the water is put into a “Smithy,” a 3,000-gallon water carrier, and transported to distribution sites.

According to Ordacowski, all the water is tested for purity before going out.

“When we test the water, it has been proven to be better than the bottled water that is distributed [to Cobra Gold participants],” Ordacowski said.

“I am impressed with the expertise of our Soldiers and our purifying system,” said Duncan. “What a phenomenal asset to have [on any mission].”

# Ambiguous scenarios require critical thinking at PTA

Story and Photo by  
**SGT. BRYANNA POULIN**

25th Combat Aviation Brigade Public Affairs

POHAKULOA TRAINING AREA, Hawaii — Being strategically proficient in combat involves strenuous training in well-rounded environments.

To sustain and improve upon skills, Soldiers must train as they fight, even if they are not on the battlefield.

For Soldiers with 209th Aviation Support Battalion (ASB), 25th Combat Aviation Brigade, combat preparation begins at PTA, focusing on ambiguous scenarios using critical thinking during their convoy live-fire and weapons ranges.

"PTA allows a collective training environment, which we are not afforded in Oahu," said Lt. Col. Erskine Ramsey Bentley, 209th ASB commander.

Soldiers must know more than their basic military occupation skill (MOS). They must demonstrate the aptitude to train and execute the mission with tactical proficiency.

"Being tactical goes further than a Soldier's job," Bentley said. "They must react to enemy situations, pre-combat inspections [PCI] and junior NCOs [noncommissioned officers] taking charge and responsibility of [them]."

Specifically for this training, leaders designed vague scenarios that would allow Soldiers to hone a wealth of battlefield skills while simultaneously being challenged.

For example, Bentley explained, in the



Soldiers with the 209th Aviation Support Battalion, 25th Combat Aviation Brigade, prepare ammunition rounds for a live-fire exercise at the Pohakuloa Training Area, May 2.

IED (improvised explosive device) scenario, Soldiers had the chance to demonstrate medical training, Combat Lifesaver, and setting up the extraction of a landing zone.

Each situation was different. Soldiers

demonstrated critical thinking when they were forced to react to the unknown.

As with all 25th CAB training, leaders spent months of planning to ensure their Soldiers would get first-class instruction.

"We planned for the last four months," Bentley said. "Training started at the beginning with basic skills to develop the complexity of the overall tasks."

To begin the largest training event since

redeploying from Iraq, 25th CAB Soldiers received weapons marksmanship training, the building block of Soldiering skills.

"The first three days of training were focused on the crew-serve weapons range," Bentley said. "Soldiers were taught stationary marksmanship and firing from different types of vehicles."

Marksmanship teaches Soldiers confidence in their weapons, individual equipment and capabilities, Bentley said.

"Marksmanship is fundamental to everything else we do. We always work as a team, especially in aviation, because we support ground forces downrange," he added.

To gear up for convoy live-fire, Soldiers also developed their basic drivers training, convoy procedures and controlling elements.

"After Soldiers master basic firing skills, they apply that knowledge, categorizing it further by firing from a moving vehicle," Bentley said. "By utilizing multiple vehicles, combining fire distribution and the use of weapons, we had a convoy live-fire range."

Finally, team collaboration played an integral part for 25th CAB Soldiers. Whether a driver, vehicle commander or gunner, crews demonstrated their ability to work jointly in each convoy vehicle.

It's important for crews and teams to work together since they must depend on their fellow Soldiers, Bentley said.

## News Briefs

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

### May

#### 28 / Wednesday

**Memorial Service** — A memorial service will be held at the Main Post Chapel, Schofield Barracks, May 28, 10 a.m., for

Sgt. John K. Daggett of 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, who was killed in action, May 15, as a result of wounds suffered May 1.

**USARPAC Flying V** — Col. Jeffrey Jarkowsky, chief of staff, U.S. Army, Pacific, will relinquish command to Col. Arthur Ball at Fort Shafter's Palm Circle, May 28, 10 a.m., in a Flying V ceremony.

**Town Hall Meeting** — USARPAC will hold an NSPS policy town hall meeting at Schofield Barracks' Sgt. Smith Theater, May 28, 1:30-3:30 p.m. for all raters,

higher level reviewers and civilian employees.

### June

#### 2 / Monday

**Spouse Information Meeting** — The next Spouse Information Meeting (SIM) is scheduled for June 2, 9 a.m., in the Post Conference Room.

**Schofield Advisory Council Meeting** — The next Schofield Barracks PX/Commissary/Nehealani Advisory Council Meeting will be June 2, 10:15-11:15 a.m., in the main Post Conference Room.

This bimonthly forum of representatives allows the council and patrons to exchange ideas and information. Call Melvin Wright, 655-0497.

#### 10 / Tuesday

**25th Infantry Division Flying V** — Col. Jeffrey Eckstein, chief of staff, 25th ID, will relinquish command to Col. Thomas Guthrie at Schofield's Sills Field, June 10, 1 p.m., in a Flying V ceremony.

#### 14 / Saturday

**Army Ball** — You're invited to attend the USARPAC Army Ball at the Hilton Hawaiian Village commemorating the Army's 233rd

birthday, June 14, 6 p.m.

During the ball, the USARPAC Noncommissioned Officer, Soldier and Community Leader of the Year will be honored.

Attire is formal; cost is \$80 per person. Call 438-9761.

## Ongoing

**Fire Warden Training** — Army regulation mandates every unit to have an assigned fire warden. Unit fire wardens are responsible for all fire safety related topics specific to their unit.

Fire warden training will be held for north side unit representatives at the Sgt. Yano

Library, Conference Room, Building 650, Schofield Barracks and at the Federal Fire Department Headquarters, 650 Center Drive, Building 284, Pearl Harbor, for south side unit representatives.

Upcoming northside training dates are June 4 and 9. Classes will be held from 9:30-11:30 a.m., and seating is limited to 20 participants.

Upcoming southside training dates are May 29 and June 4 and 9. Classes will be held from 10 a.m.-noon and are limited to 20 participants.

To reserve your seat, contact

**SEE NEWS BRIEFS, A-10**

# 9th Mission Support Command hosts Spring Festival

Day of celebration and music is also jam-packed with popular entertainers

Story and Photos by  
**BRIAN MELANEPHY**  
9th Mission Support Command

FORT SHAFTER FLATS — Twelve-hundred Soldiers and family members from the Army Reserve's 9th Mission Support Command (MSC) celebrated a day of music and entertainment at the Spring Festival sponsored by the Directorate of Family and Morale, Welfare and Recreation, here, Saturday.

"This is about giving back to our Soldiers and to thank them for a job well done," said Brig. Gen. Alexander I. Kozlov, 9th MSC commander.

Actor Cole Hauser and local radio personalities Perry and Price guest hosted, and celebrity Chef Sam Choy catered the festival.

Hauser, who is known for his roles in "Tears of the Sun," "Harts War," "Two Fast Too Furious," "Tigerland," and "Paparazzi," said he was very pleased to be selected as the master of ceremonies.

He has a special connection to the military as founder, chairman of the board, and CEO of the nonprofit organization, Project American Spirit.

"Project American Spirit is about raising money for disabled vets, awareness, education, job placement, and possibly even building homes for these guys, so that they can have a second chance at life," said Hauser.

Chef Sam Choy was grateful to be part of the event.

"It's an honor to be here today," said Choy. "It's a true taste of what

Hawaii is about."

The musical line-up was impressive, as well. Popular local acts Na Leo, Natural Vibrations, Anuhea, Koauka, Ernie Cruz, Kaukahi, Connie Cruz and Tiffa Cruz-Garza entertained. Also, Jack Johnson treated the 9th MSC to a surprise performance.

Throughout the festival, performers and celebrity guests took the time to talk, take pictures and sign autographs with Soldiers and family members.

Kids were treated to face painting, airbrush tattoos, balloon clown art, arts and crafts activities, and lei-making booths. All family members had the opportunity to sit in the driver's seat of a black and yellow Army Reserve hummer, courtesy of Army Reserve recruiters.

"Ohana is a very big thing in the [Pacific] Army Reserve," said Sgt. Trinity Eguires, 9th MSC operations section, who brought her son to the event. "One thing that I love about Hawaii is that it is very family oriented. It's very supportive."

A rainstorm moved into the area by the end of the day, so many in the crowd headed elsewhere to miss the rain. The 100 or so people who stayed behind, including Kozlov and Col. Michael A. Eyre, chief of staff, were treated to an intimate and spirited performance by local legend Henry Kapono.

"I can think of no better way to show our Soldiers and families that we truly care for them and appreciate all they do for the Pacific Army Reserve," Eyre said.

"This is our first military event. I am truly amazed at the family support and the strong community ties that are on display here," said Warren Wyatt, CEO of WorldSound LLC and promoter for the Spring Festival.



Soldiers and family members soak up some sun, before the rain comes pouring down, at the 9th MSC Spring Festival.



Jack Johnson plays for the crowd during his surprise visit to the Spring Festival.



Actor Cole Hauser, master of ceremonies at the festival, signs an autograph for a young fan.

## Bus shuttle service now underway at Schofield and Wheeler

Riders are asked to give their comments about the new service in the survey

**KELLY ANDREWS**

Directorate of Family and Morale, Welfare and Recreation

WHEELER ARMY AIR FIELD — U.S. Army Garrison, Hawaii, is now offering a lunchtime shuttlebus service. The shuttle makes runs between Wheeler Army Air Field and popular lunchtime destinations on Schofield Barracks.

The shuttle service currently runs from 11:15 a.m.-1:15 pm, Monday through Friday. Schofield stops include the following:

- Burger King,
- the Post Office,
- Martinez Physical Fitness Center,
- the Schofield Barracks Bowling Center,
- the Schofield Inn,
- the 25th Infantry Division Headquarters, and
- the Schofield Post Exchange.

Wheeler pick-up points include the following:

- 25th Combat Aviation Brigade Headquarters, and
- the Wheeler Bowling Center.

The shuttle also stops at a number of other locations around the air field.

### Why the shuttle?

Beyond simple traffic relief, concern over continuing increases in gas prices and the garrison's focus on greener

living have helped make this service a reality to better address the transportation needs of Hawaii's Army community.

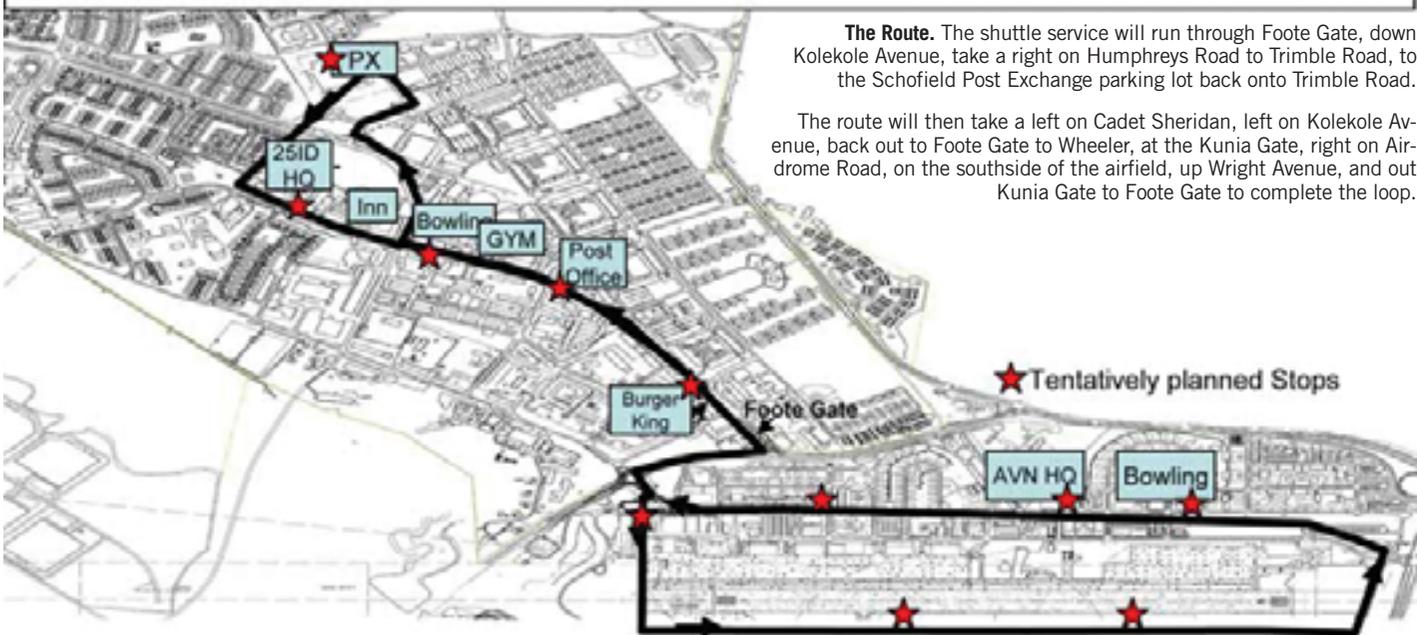
To ensure the service is as useful as possible, the garrison is also conducting

a survey to solicit opinions and feedback about the shuttle and other potential transportation options.

To take this survey, go to the Directorate of Family and Morale, Welfare and Recreation's Web site at

[www.mwrrarmyhawaii.com](http://www.mwrrarmyhawaii.com). Click on the "Click here to take the survey" link on the homepage. The feedback received will be used to tweak the service times, shuttle stops and other details of service.

### Schofield – WAAF Lunchtime Shuttle, Time 1115-1315, M-F



**The Route.** The shuttle service will run through Foote Gate, down Kolekole Avenue, take a right on Humphreys Road to Trimble Road, to the Schofield Post Exchange parking lot back onto Trimble Road.

The route will then take a left on Cadet Sheridan, left on Kolekole Avenue, back out to Foote Gate to Wheeler, at the Kunia Gate, right on Air-drome Road, on the southside of the airfield, up Wright Avenue, and out Kunia Gate to Foote Gate to complete the loop.

On The WEB

Give comments about the shuttle on the survey, at [www.mwrrarmyhawaii.com](http://www.mwrrarmyhawaii.com).

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Pfc. Matt Roberson, a chemical operations specialist with the 71st Chemical Company, helps a student build a structure to support an egg for a science project during Curriculum Day at the Mililani Mauka Elementary School, Friday.

## 7th Chemical helps crack egg quiz

Story and Photos by  
**SPC. KYNDAL HERNANDEZ**  
8th Theater Sustainment Command Public Affairs

MILILANI MAUKA — It was raining eggs at Mililani Mauka Elementary School Friday when about 20 Soldiers with the 71st Chemical Company, 65th Engineer Battalion, helped out fifth grade students with a class science project.

Assisted by parents and Soldiers, fifth-graders built contraptions to keep eggs from splattering on the concrete after a two-story drop. The students had been learning about the solar system and different planets, specifically Mars, for the project.

"The students ... have to build a structure they can place an egg in, to keep it from breaking when dropped from the second floor of a building," said Arelene Yoshimura, science resource teacher at Mililani Mauka Elementary.

After learning about the gravity, atmosphere and landscapes on Mars the students were trying to get a feel for what it would be like to land an object on the surface of Mars, Yoshimura said.

Soldiers and parents worked with the fifth-graders to build the structures. However, no one could use any more than seven materials, and the structures were limited to specific height



Pfc. Romell Taylor, a supply specialist with the 71st Chemical Company, helps a student with his science project at Curriculum Day.

and length requirements.

"We had some pretty creative ideas," Yoshimura said. Students used everything from parachutes to balloons to bubble wrap, and even peanut butter, she said.

The 71st Chem. Co. and Mililani Mauka Elementary School are partners in the U.S. Army Garrison, Hawaii's "Partnership of Ohana." This program began in the 1980s and encourages a positive climate and mutual respect between military and local communities.

Capt. Wilbert Alvarado, commander of the 71st Chem. Co., has a daughter who goes to Mililani Mauka. He said part of the reason he likes participating in the partnership is that it gives him the chance to interact with his daughter during school and work hours.

"Being in a command position, my schedule can be pretty hectic. I put in a lot of late hours. So, even though things like this put me behind at work, I still enjoy coming out here, helping out and spending time with not only my daughter, but the other kids as well."

Soldiers with the 71st Chem. Co. stay actively involved with the school by doing numerous projects throughout the year, such as tutoring sessions and reading programs. Some Soldiers serve as crossing guards.

Members of the 71st participate in projects like this not only because they enjoy it, but also because they are part of the community, said Alvarado. Many of the Soldiers' sons and daughters go to school in the area, so Soldiers do their part to give back to the community.

## Leaders urge Soldiers to 'get connected' now

During May, mental health awareness takes centerstage

**JERRY HARBEN**  
U.S. Army Medical Command

The Army is joining in promoting mental health during May, which is celebrated as Mental Health Month under the sponsorship of Mental Health America, formerly known as the National Mental Health Association.

The theme for 2008 is "Get Connected," emphasizing the valuable support people gain by connections with family, friends, community and mental health professionals.

"Years of research have shown that individuals who feel valued and cared for are better equipped to deal with stress and adversity, and even experience less severe illnesses than those with little social support," said David Shern, president and CEO of Mental Health America.

"The importance of Mental Health Month is to raise public awareness of mental health being a significant medical issue in this country," said Col. C. J. Diebold. "It should be used as a springboard to raise continuous awareness.

"Mental illness is a medical disease for which effective treatments are available," he continued.

Diebold is chief of psychiatry at Tripler Army Medical Center, Hawaii, and has been designated as the Army Surgeon General's expert consultant for psychiatry.

Last year, Army leaders took the unusual step of ordering a chain teaching program throughout the Army. Some 900,000 Soldiers of all ranks were taught how to recognize and respond to symptoms of traumatic brain injuries (TBI) and post-traumatic stress disorder (PTSD).

Of special importance was com-

mand emphasis to counter a perception that Soldiers who seek mental health services are weak or malingerers.

"We're all worried about it. We've got to get rid of the stigma, and that's what this education, program is supposed to do," Army Vice Chief of Staff Gen. Richard Cody said at a press conference announcing the chain teaching program.

All leaders have been encouraged to get out the message that getting help early is the best way to avoid long-term problems.

"We can safely say mental health is an issue of great importance, and this is recognized at all levels of command in the Army," said Diebold.

"We've got to get rid of the stigma, and that's what this education ... is supposed to do."

*Gen. Richard Cody*  
*Vice Chief of Staff*

"It is an issue directly related to our operational tempo. The Army has addressed this in multiple ways," he continued. "Mental health resources have been increased at all installations, in addition to resources such as Military One Source.

"Mental health support is provided throughout the deployment cycle," he added. "Soldiers are screened and provided care as needed before, during and after deployment. Families are taken care of, too."

The Army Surgeon General demonstrated the importance of mental health support by establishing the Proponency Office for Behavioral Health, a cell of experts to coordinate programs and resources.

"We seek to bring together all

**SEE HEALTH, A-11**

# Purple Heart: Specialist drives on despite many obstacles

CONTINUED FROM A-1

life. I haven't taken what has happened to me as a regular person would.

"I stood up in my artificial knees for the first time, knowing that others with similar injuries could barely even [stand] upright due to the excruciating pain," Wolf said. "I took 20 steps and realized that I could get better and get back to doing the things I love."

Wolf, along with the other Soldiers in the destroyed vehicle, was evacuated to the FOB for immediate medical attention.

Wolf survived because his comrades were able to quickly administer first aid to stop his bleeding.

"Our main goal is to ensure that everyone makes it back home," said Garcia.

Garcia and MacDougal were proud to see Wolf communicate and emphasize listening and retaining essential training learned from veteran Soldiers.

"Listen to the Soldiers and leaders

who have been there before because they know exactly what you don't," MacDougal told younger Soldiers. "Just know that situations are going to be out of our control at times, but it's knowing and preparing now that determines what happens."

"We have to train, train and train before deployment, till it becomes second nature, so that in a blink of an eye we will react," said Garcia. "Being aware, alert and 100 percent will combat the unexpected."

As Wolf has focused on the positive side of his experience, he asks that the American people continue to recognize the positive impact Soldiers are achieving in Iraq.

"There are a lot of wounded Soldiers that deserve more recognition and support from the civilians of our country. It's not the negatives that come out of our efforts overseas that should be focused on, but the great achievements that our Army has made," he said.



Brig. Gen. Mick Bednarek, former 25th Infantry Division commander, pins the Combat Infantryman Badge next to the Purple Heart awarded to Spc. Brett Wolf, May 15.

Wolf also received the Army Commendation Medal for his actions while deployed to Iraq.

## Wounded: U.S. Attorney Office started the initiative

CONTINUED FROM A-1

hurt while wearing our Nation's uniform."

During the press conference, Kubo presented Hawaii's wounded warrior units with gifts including monetary donations, 100 contemporary DVD movies, and four

Call Gervin Miyamoto, U.S. Attorney's Office, 541-2850, for more details about Hawaii's Wounded Warrior Community Support Program.

National Football League footballs. In addition, several Blue Ray DVD players were donated.

"Since the beginning of this program, community reaction and response has been very positive," Kubo said.

Thanks to this program and its contributors, recovering service members and their families have been able to enjoy a host of donated items, activities and services, including University of Hawaii games and snorkeling at Hanauma Bay Nature Preserve.

Additionally, many other outings and events are being planned, courtesy of community contributions.



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# 407th MI named Volunteer Unit of the Year

**SGT. 1ST CLASS SHERYL L. LAWRY**  
407th Military Intelligence Company

SCHOFIELD BARRACKS — It can be difficult and emotional. It involves personal sacrifice. It requires a dedication to and respect for others. It lives off of selfless service. Those who embrace it display great honor and integrity.

What is it? Volunteering.

The Soldiers and family members from the 407th Military Intelligence (MI) Company are one group of people who typify this view of volunteering. Their efforts to make the local community of Honolulu a better and more comfortable place for those less fortunate have earned them a distinction they can truly be proud of — being named the 2008 U.S. Army Intelligence and Security Command Volunteer Unit of the Year.

Commanded by Capt. Kenneth Kondo, the 407th belongs to the 732nd MI Battalion, 500th MI Brigade. Kondo believes that volunteering in the local community is vital to growth as an individual, and helps people gain a better understanding of outside cultures — cultures we might otherwise never encounter if volunteering was absent from life.

“Volunteering provides an opportunity for us to see our world from a different perspective, gain exposure to new situations, and make a difference in other people’s lives,” said Kondo. “The biggest rewards are incorporeal; putting time and energy into something bigger than yourself, expanding your horizons through exposure to people from different backgrounds, and exploring new interests beyond your normal comfort zone.”

Some of the many activities that pushed the 407th outside its normal comfort zone during the past year were holding car washes to raise funds for food and supplies, which were used when the 407th prepared, cooked and served more than 300 residents of the Kakaako Homeless Shelter for Christmas and Good Friday.

Also, the unit adopted a busy two-mile stretch of Kunia Road as part of the Adopt-a-Highway program and cleans up the roadway once a quarter.

The 407th put in more than 690 volunteer hours, some of which were spent helping local veterans at a Veterans Affairs center.

“We [were] grateful for [the Soldiers’ and family members’] willingness to go beyond the call of duty and provide un-



Courtesy Photo | 407th Military Intelligence Company

Soldiers with the 407th Military Intelligence Company serve dinner to residents of the Kaka’ako Homeless Shelter during Good Friday, April 21. This volunteer effort helped distinguish the unit as best in the U.S. Army Intelligence and Security Command.

selfish warmth, hope and love to our less fortunate folks,” said Kapua Tani, a service coordinator with the organization “Hawaii Helping the Hungry Have Hope,” or H5, about the volunteer work the 407th provided at Christmas and during Good Friday, April 21.

“We hope we can continue our friendship and do more wonderful things together,” she added.

The 407th MI commander hopes that volunteering helps his Soldiers grow and develop, but the Soldiers look at volunteering on a more basic level: it’s simply fun to do.

“I enjoy doing it,” said Pfc. Melissa Ferido, a linguist in the 407th, who further explained that when she sees the looks of appreciation on the faces of the people she is serving, it’s that experience that she loves the most.

“They realize there are good people still here on earth,” Ferido added.

When Soldiers in the unit were told of

their nomination and subsequent award, their feelings were unanimous.

“Nobody did it for an award,” said Staff Sgt. Scott Sawyer, a platoon sergeant.

Echoing Sawyer’s sentiments, Spc. David Thomas, who is also a linguist, said, “Volunteering isn’t about an award you receive. It’s about the people you help.”

Those are declarations sure to make their commander proud.

Right — Sgt. Zachary Pickel works hard to stir a giant-sized pot of instant mashed potatoes, which were served to the residents of the Kaka’ako Homeless Shelter during Christmas by Pickel and other Soldiers with the 407th Military Intelligence Company. The unit was recently named the 2008 U.S. Army Intelligence and Security Command Volunteer Unit of the Year.

## News Briefs

From A-5

Battalion Chief David Jimenez at david.d.jimenez@navy.mil or 471-3303, ext. 632.

**Testing Services** — The Army Education Testing Center, Schofield Barracks, offers a variety of military and civilian tests such as the TABE, DLPT, DLAB, AFCT, AFAST, ACT, SAT, national certification exams, interest surveys, placement testing and online college exams.

Testing is a great way to earn potential college credits and to further career advancement. Most tests are fully funded for active-duty and reserve military personnel.

The testing center is open weekdays, 7:45 a.m.-4:30 p.m. Call Sharlene Chang, 655-9776.

**Money Management Classes** — Army Community Service holds money management classes every Wednesday, 10:30 a.m.-noon, at Schofield Barracks and the first Thursday, 1-2 p.m., of every month at Fort Shafter. Come and learn the basic tools for financial success. Learn how to develop a spending plan, reduce expenses and make your paycheck work for you. Call Laura Wittig, 655-1717.

**Understanding Insurance** — Develop an understanding of the types and necessity of life, auto and rental/homeowners’ insurance. For class dates and registration, call Army Community Service, Schofield Barracks, 655-4227.

**MASS Transportation Benefit Program** — Soldiers, Department of the Army civilians and nonappropriated fund employees are eligible to receive free vouchers, which are redeemable for monthly bus passes and/or vouchers for monthly participation in the Hawaii Vanpool Program.

The program was initiated six years ago, and the objective is to ease traffic congestion and air pollution. Call Keith Daszek at 656-8720 to apply.

# Home: 'Watchdog Brigade' makes history

CONTINUED FROM A-1

branches of service.

"They continue to make history for the Watchdog Brigade," said Col. Scott Jones, commander, 8th Military Police Brigade. "These Soldiers served with honor and distinction; they protected our freedom and our way of life for years to come.

"These warriors exercised bravery, courage, discipline, dignity and respect for others and, more importantly, the warrior ethos," he continued.

Many families anxiously awaited their Soldiers, whom they could see in the distance turning in equipment and getting through in-processing paperwork as quickly as possible.

"I don't even know what to say," said Mitchel Quintanilla, wife of Pfc. Miguel Quintanilla. "There are no words to describe how I feel right now, but only that I am so happy to see that my husband came home safely."

Jones talked to the families.

"I want to take this opportunity to thank the spouses, the children and friends for their sacrifices," Jones said. "I want to thank the parents for supporting and en-



couraging your Wolverine to serve our Army and our country."

To the Wolverines, Jones said, "You are our heroes."



Above — Pfc. William Pfeifer; 82nd Engineer Company, 65th Engineer Battalion, and his wife Mary watch as their daughter Veronica plays with her father's lei at Wheeler Army Air Field, May 17, 2008.

Left — Sgt. Donald Tubaugh; 82nd Engineer Company, 65th Engineer Battalion, kisses his daughter Lillianna at Wheeler Army Air Field, May 17, 2008.

## 25th ID CG: Caslen now leads Tropic Lightning Division



Maj. Gen. Robert L. Caslen Jr. addresses an assembly of honorary guests, family and friends during the 25th ID change of command ceremony held at Sills Field, Wednesday.

CONTINUED FROM A-1

Multi-National Forces, Joint Task Force Bravo, Honduras; assistant deputy director for Strategy and Policy, J-5, on the Joint Staff; chief of staff of the Coalition Joint Task Force Mountain, 10th Mountain Division in Baghram Afghanistan; and most recently, he was at the U.S. Military Academy, where he assumed command of the U.S. Corps of Cadets as the 70th Commandant of Cadets.

Caslen said he is proud to return to the Tropic Lightning family, and he will be leading the 25th as it prepares to deploy later this year in support of Operation Iraqi

Freedom.

"To stand here in front of the men and women of this division is probably one of the most humbling honors of unmasked proportions. What an incredible honor it is to assume command of this great division," said Caslen.

Although Bednarek leaves Schofield Barracks, both generals are and will be a part of Tropic Lightning's past, present and future history.

A portion of the ceremony also recognized the division's achievements with the addition of two new streamers to the division's colors.

The Tropic Lightning Division

was awarded the Campaign Participation Credit Streamer and Meritorious Unit Commendation for its service in support of Operation Iraqi Freedom 06-08.

The Meritorious Unit Commendation is presented to any military command that displays outstanding devotion and superior performance of exceptionally difficult tasks, which sets the unit apart and above other units with similar missions.

At the close of the Flying V change of command ceremony, guests and Soldiers stood in long lines sharing handshakes and aloha spirit with both leaders and their families.

## Health: Illnesses must get treated

CONTINUED FROM A-8

the diverse behavioral health policies and programs along with manpower resources," said Col. Elspeth C. Ritchie, the office's director. "We are at the forefront of behavioral health practices today and far into the future."

Soldiers and families can get professional help through installation mental health clinics, and through primary care clinics using the new RESPECT-MIL program.

Combat-stress control teams are deployed to bring frontline assistance to Soldiers in Iraq and Afghanistan. Chaplains, social workers and installation drug abuse or family violence programs also can help deal with aspects of mental health issues.

All deploying Soldiers receive "Battlemind" training to help them prepare for the stresses they face in combat, and another round of training to help them adjust to returning home.

There is Battlemind training for families, too, to help them deal with the special stress of having a spouse or parent deployed.

Military One Source is a 24-hour, toll-free telephone hot line to connect military service members with a variety of support services. By calling 1-800-342-9647, Soldiers or family members can arrange civilian mental health counseling without charge.

A wealth of information for Soldiers and families is available at [www.behavioralhealth.army.mil](http://www.behavioralhealth.army.mil) on the World Wide Web.

Concern for Soldiers who need mental health support does not stop even after they leave the service.

"The Department of Defense is working closely with the Department of Veterans Affairs to ensure Soldiers making the transition to civilians continue to get high quality mental health care," Diebold said.



# PAU HANA



Soldiers with Headquarters and Headquarters Company, 25th Infantry Division, march the 1.2 mile parade route of Saturday's Wahiawa Pineapple Festival. In addition to the parade, daylong activities included free, narrated trolley rides throughout Wahiawa, keiki activities and a pineapple dipping station.

## Wahiawa Pineapple Festival

Parade, festival and narrated trolley tours give economic boost to "pineapple country"

Story and Photos by  
**AIKO BRUM**  
Chief, Command Information

WAHIAWA – "Krystal! Krystal!" yelled members of the DeBose family from their curbside spot along the parade route of Saturday's Wahiawa Pineapple Festival.

Krystal, the daughter of Sgt. 1st Class James Debose, Headquarters and Headquarters Company, 25th Combat Aviation Brigade, moved her eyes a quick peek to the left and kept forward marching, unfettered, in step with cadets in the Leilehua High School Junior Reserve Officer Training Corps, or JROTC.

About 24 schools, civic, municipal, commercial and military organizations marched the 1.2-mile parade route that began near Kaala Elementary School.

Hundreds of Leeward and West Oahu residents and visitors cheered and cajoled as their favorite entries went by on California Avenue.

"The festival is a community event, and we hope to gain the feeling of community pride," said Yukio Kitagawa, festival organizer. "We want people to have the chance to visit each other and talk story."

But words were lost on 4-year-old Naomi Soberano, a Mililani resident, who watched to the west and followed the parade to the east, from her vantage point on the hood of an SUV while eating a rainbow sherbet push-up.

Two-year-old Noah Raquino, a Wahiawa resident, was not as poised. He darted back and forth around his mom, Rachel, with the wonder and amazement that, perhaps, only a parade and carnival rides can bring.

In its fifth year now, the Wahiawa Pineapple Festival always begins with the street parade. The route along California, one of the city's busiest streets, is no accident. "The genesis was to see whether



The City and County of Honolulu's Royal Hawaiian Band, established by King Kamehameha III in 1836, marches by.



Four-year-old Naomi Soberano enjoys an ice-cold treat as the Wahiawa Pineapple Festival parade travels by.



Numerous sponsors and celebrity chefs come together to spotlight the rich history of pineapple in Hawaii, particularly in Wahiawa, during the annual Wahiawa Pineapple Festival. The day's events included special pineapple-themed dishes from local Oahu restaurants and Leeward Community College.

we could stimulate some economic returns because this community is not high end," Kitagawa explained. "We can't measure from statistics, but our response has been good every year, and we're growing."

Indeed, after the parade, which was led by a 25th Infantry Division color guard, thousands converged

upon Wahiawa District Park where carnival rides and diverse merchants, crafters, farmers, and educational and historical booths competed for attention.

Joe Franchere, a member of the Wahiawa Lions Club, collected ideas for the Wahiawa Community Business Association at a "Speak Out" booth.

Retired Army veterans Richard Bibilone and Bernie Cenal, both former "Wolfhounds," walked about exchanging red "Buddy" poppies

for charitable donations that support Veterans of Foreign Wars (VFW) projects.

However, Kitagawa said all proceeds from festival exhibitors benefit Wahiawa schools, as well as other aims.

"Primarily, we want to show the community that agriculture still can be a viable product. We want people to get a sense of agriculture and what it can do," said Kitagawa.

For children, however, the festival was all about fun.

"I wanna go on one more ride," announced Carson Davis, 8, to his dad, Bob, a longtime Wahiawa resident, moments before the two rested on a relaxing trolley tour through the community.

Father and son listened as volunteer narrators from the Wahiawa Rainbow Seniors brought history to life.

"Used to be a strawberry farm over there," said 86-year-old

Saburo Matsumo. "When I was a young boy, we used to hunt pheasants, right here."

Saburo, "third son" in Japanese, recalled ice boxes and derby races. "You could hear the rumbling noise from the ocean when no trees were here," he explained.

"Oh, we missed a whole bunch of things, the churches," said his wife, Jane, 79, who shared narration duties.

Saburo recalled 29 churches, just in Wahiawa, at one time, and then the fateful Dec. 7th, 1941, when his wife then a young girl of 12, witnessed the strafing.

"Peterson Farms is the landowner here, and he's got the freshest eggs," Jane said, jumping in. The trolley skirted and climbed residential California Avenue and then circled interior, historical arteries of Wahiawa.

Many sites received honorable mentions: King Kamehameha's royal palm trees, the pool named for the "twenty-two boys killed in action," Kilani Bakery – home to the last good custard pie, according to Saburo, and then the Wahiawa District Park, formerly strawberry patches, but Saturday's trolley tour end.

Reflecting amidst the bustle of activity at the festival, then looking ahead to 2009, Kitagawa said, "We hope we get some economic benefit to the community and merchants. We would really like to see more military families come and participate, too."



Kitagawa



**23 / Today**

**Summer Camp Registration** – Register now for youth summer camps at local youth and teen centers. Most camps begin June 9 and run for up to six or seven weeks.

• **School Age Day Camp:** June 9-July 25, at Aliamanu Military Reservation (AMR), Fort Shafter, Schofield Barracks and Helemano Military Reservation (HMR) Child Youth Centers (CYS), Monday-Friday, 5:30 a.m.-6 p.m.

Children must have completed kindergarten through fifth grade to participate. Fees are paid on a weekly basis and determined by Department of Defense total family income categories. Fees include breakfast, lunch, snacks, entry fees and transportation on field trips and program supplies and staff costs.

Parents may enroll their children in one or more weekly camp sessions. Current CYS patrons can register at their nearest youth center. New CYS patrons can register at Schofield Barracks or AMR CYS Registration Offices. Call 655-5314 (Schofield Barracks) or 833-5393 (AMR).

• **Teen Center Camp:** June 9-July 18, at AMR and Schofield Barracks teen centers, Monday-Friday, 10 a.m.-6 p.m.

Youth must have completed sixth grade through twelfth grade to participate. Cost is \$30 per week per youth and includes all entry fees and transportation on field trips. Participants need to bring their own sack lunch and money for snacks.

Camps focus on water sports, adventure activities, sports, cultural awareness, leadership and character building. Register at Schofield Barracks or AMR CYS Registration Offices. Youth from HMR and Fort Shafter are welcome to participate in camp.

• **Kualoa Ranch & Island Tour Adventure** – Join Outdoor Recreation for a special North Shore Tour, Kualoa Ranch Jeep or Movie Set Tour, a visit to Secret Island, and a turtle-watching sail to Chinaman's Hat, May 23, 9 a.m.-5 p.m.

Cost is \$55 per person, and lunch and transportation will be provided. Call 655-0143.

**28 / Wednesday**

**Scrapbooking Open Studio** – Have a ton of photos you'd like to scrapbook and just can't seem to find the time? Carve out a couple of hours, so you and your friends can enjoy a special program designed just for you, May 28, 10 a.m.-12 noon, Schofield Barracks' Arts & Crafts Center.

A nominal \$3 table fee will be charged, but die cutters and tools are included. Call 655-4202.



Sp. Jazz Burney | 3rd Infantry Brigade Combat Team Public Affairs

**Crouching tigers, hidden children dragons**

SCHOFIELD BARRACKS — Children from the Gee Yung International Martial Arts Dragon and Lion Dance, Honolulu, perform at Asian-Pacific American Night, May 9, at the Tropics.

The program featured a martial arts demonstration, lion dance and hula as part of the 3rd Infantry Brigade Combat Team's Asian-Pacific American Heritage Month celebration.

**29 / Thursday**

**Blue Star Card Idol Night** – May 29, 6-8 p.m., at Schofield Barracks' Nehelani, sing for fun or sing to earn a chance to sing karaoke live at the 2008 Fourth of July Spectacular.

To sign up or for more information call 438-0376 or e-mail Darlene.j.marshall@us.army.mil.

**June**

**27 / Monday**

**Fourth of July Picnic Area Reservations** – Picnic area reservations will be available for purchase by Family and Morale, Welfare and Recreation (MWR)-eligible patrons, June 2, 9 a.m.

The 20-foot x 25-foot reserved areas are the only place inside the Fourth of July Spectacular event where canopies, barbecues and other picnic gear will be allowed.

Non-MWR-eligible patrons can begin making reservations June 16. Each area costs \$60, and cash and checks will be accepted. Call 655-0111/0112.

**Active Parenting Class** – Army Community Service's (ACS) New Parent Support Program will hold a one-day parenting class for parents of children ages 1-4 years old.

The class will teach parenting skills to enrich the parenting experience, teaching parents how to recognize developmental milestones and respond to difficult behavior.

The class will be held June 2 and 16, 9-11 a.m., at ACS, Building 2091 at Schofield Barracks and June 12, 9-11 a.m., at the AMR Chapel. Call 655-4227.

**Healthy Beginnings** – Want to know the best way to prepare the body for pregnancy? Learn how to live a healthy lifestyle in the Healthy Beginnings Class, which will be held June 2, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks.

The class will look at diet, exercise and ways to reduce stress and promote relaxation. Call 655-8002.

**Ongoing**

**Fourth of July Essay Contest** – Submit an entry in the Fourth of July Spectacular Patriotic Essay Contest by June 20. Prizes include meet and greet passes to meet Billy Ray Cyrus, July 4.

For first-sixth graders, the essay question is "What does the fourth of July mean to me?" and for seventh-twelfth graders and adults, the essay question is "What does Army Strong mean to me

as a Soldier or family member?"

Soldiers and their family members are eligible to participate and essays should be dropped off at Army libraries by close of business, June 20.

Visit your local Army library or www.mwraryhawaii.com to obtain an entry form.

**Mongolian Barbecue** – Select your favorites from a large variety of meats and vegetables and watch it grilled to your liking at the KoleKole Bar & Grill, Schofield Barracks, every Monday, 5-8 p.m.

Cost is 65-cents an ounce. Call 655-4466/0660.

**Pau Hana Social Hour at KoleKole** – Stop by after work at the KoleKole, Schofield Barracks, and enjoy an ice-cold domestic draft beer.

Specials for drinks and food run Monday-Friday, 4:30-5:30 p.m. Call 655-4466/0660.

**Lunch Buffet** – Have lunch, Monday-Friday, 11 a.m.-1 p.m., or brunch on Sunday, 10 a.m.-1 p.m. at the KoleKole Bar & Grill, Schofield Barracks. The brunch buffet features an omelet station, French toast, Belgian waffles, eggs, assorted pastries and hot lunch entries. Call 655-4466/0660.

**13 / Friday**

**DEFY Summer Camp** – The deadline to apply for the U.S. Pacific Command's Drug Education for Youth (DEFY) program is June 13. DEFY is open to 9-12 year old military and Department of Defense family members, July 8-18.

This weeklong summer camp takes place at Hickam Air Force Base's Air National Guard office, Building 3417. Cost is free and includes lunch, snacks, a backpack, T-shirt, hat and water bottle, for all participants.

Call 477-9327/9599 or visit the Web site, www.donhq.navy.mil/defy, for an application.

**Ongoing**

**Vacation Bible School** – Registration is now open for this summer's Vacation Bible School (VBS), entitled "Power Lab – Discovering Jesus' Miraculous Power."

The Schofield Barracks program will run June 9-13, 9 a.m.-noon, at the Main Chapel, Building 790. The Aliamanu Military Reservation (AMR) program will run July 14-18, 9 a.m.-noon, at the AMR Chapel, Building 1790.

VBS is an interactive, religious education program for children in fourth-sixth grades. The program features Bible stories, drama, crafts, songs and recreation.

Volunteer positions are still available for parents and college or high school students. Call 655-6645/4461 (Schofield Barracks) or 839-4319 or 833-8175 (AMR).

**Beginners' Line Dancing** – Wear covered shoes and join a group of happy, fun-loving, beginning level line dancers, Thursdays, 6:30-8 p.m., in Ewa Beach. Cost is \$3 per class. Call Mona Dabis at 351-2614.

**Sunset on the Beach** – Watch a movie on the big screen right on the beach Saturdays and Sundays, 6:20 p.m., at Queen's Surf Beach, Waikiki.

Doors open at 9 a.m. with live entertainment, food, crafters and more. After the sun goes down, catch the free movie The Devil Wears Prada (May 25). No movie will be shown on May 24, a hair and fashion show will take its place. Call 923-1094.

ion show will take its place. Call 923-1094.

**Star of Honolulu Cruises** – The Star of Honolulu has several cruises going on all summer long including an All-You-Can-Eat Crab Cruise, a Hawaiian Cultural & Lunch Cruise, a Waikiki Ocean Fun & Barbecue Cruise and a Wild Dolphin Watch & Lunch Cruise.

Cruise tickets range in price, but kamaaina and military rates are available. Visit www.starofhonolulu.com or call 983-7827.

**BayFest Volunteers** – Volunteers are needed at BayFest 2008, July 4-6, for various shifts, at Marine Corps Base Hawaii, Kaneohe Bay. Call 254-7638 to help out in food and beverage; call 254-7631 for tents, ticket taking, ID checkpoints and marketing.

**Leeward MOMS** – A support group for stay-at-home moms from Kapolei, Makakilo, Ewa Beach and the Leeward Coast areas meet every first Friday, 10 a.m., at the Asing Recreation Center, Ewa Beach. Get together for mom/kid friendly activities during the day. Call 674-0187.

**Video Messenger** – Reading stories to children is important and Sgt. Yano Library, Schofield Barracks, provides a video messenger service so deploying Soldiers can tape DVD or VHS video recordings for their children before their unit deploys. Interested in this service? Call 655-8002 for more details.

**HI-5 Recycling** – Residents may redeem their recyclable aluminum/metal cans, plastic and glass containers any Saturday from 10 a.m.-4 p.m. (or any Tuesday from 9 a.m.-1 p.m.) at the parking lot of the Schofield Barracks commissary. Containers must be empty and clean, and state law prohibits milk or dairy product containers.

**Ballet for Beginners** – Learn the art of ballet at W Performing Arts Center, 823 Olive Ave., Wahiawa, Wednesdays, 4:30-6 p.m. Cost is \$60 per month. Call 779-8709.



**Aliamanu (AMR) Chapel 836-4599**

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Edu.
- Gospel Sunday, 11 a.m. – Sunday School (Sept.-June only) Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

**Fort DeRussy Chapel 836-4599**

- Catholic Saturday, 5 p.m. – Mass in Chapel (May-Aug.) Saturday, 6 p.m. – Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service

**Fort Shafter Chapel 836-4599**

- Contemporary Protestant Sunday, 9 a.m. – "The Wave" Worship

**Helemano (HMR) Chapel 653-0703**

- Contemporary Protestant Sunday, 9 a.m. – Bible Study Sunday, 10 a.m. – Worship Service & Children's Church

**Main Post Chapel 655-9307**

- Catholic Sunday, 9 a.m. – CCD & RCIA Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School Sunday, noon – Worship Service

**MPC Annex, Building 791**

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

**Soldiers Chapel**

- Catholic Friday-Saturday, noon – Adoration
- Liturgical Sunday, 10:30 a.m. – Worship

**Tripler AMC Chapel 433-5727**

- Catholic Sunday, 11 a.m. – Mass Monday-Friday, 12 p.m. – Mass Saturday, 5 p.m. – Mass
- Protestant Sunday, 9 a.m. – Worship Service

**Wheeler Chapel 656-4481**

- Catholic Saturday, 5 p.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 9 a.m. – Sunday School



Send announcements to community@hawaiiarmyweekly.com.

**23 / Today**

**Asian-Pacific American Heritage Month** – The 3rd Infantry Brigade Combat Team will sponsor several free events during Asian-Pacific American Heritage Month throughout May, including the following:

• Daily, until May 31: Art Exhibit in the main Post Exchange Mall at Schofield Barracks. Student work will be featured.

• May 24: Asian-Pacific American Custom Auto/Bike Show, 10:30 a.m.-2:30 p.m., at the Tropics, Schofield Barracks.

• May 29: Asian-Pacific American Heritage Month Observance, 10:30-11:30 a.m., at 3rd Brigade Headquarters Parade Field, F-Quad, Schofield Barracks. Call Sgt. 1st Class Keith Walker at 352-7313 or 655-0054.

**Employment Orientations** – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies.

Reference materials, job listings, computers, Web tour and more will be available for use.

Orientations will be held at Schofield Barracks, ACS, May 23 & 30, 9-10:30 a.m. Call ACS at 655-4227 (Schofield Barracks) or 438-9285 (Fort Shafter). Register online at www.acsclasses.com.

Child care vouchers are available if children are registered and space is reserved by a parent.

**26 / Monday**

**Complimentary Admission** – Pearl Harbor historic sites will offer complimentary general admission to all active duty, reserve and retired U.S. military personnel and

their families Memorial Day, May 26.

Applicable historic sites include the USS Bowfin Submarine Museum and Park, Battleship Missouri Memorial, and the Pacific Aviation Museum. The USS Arizona Memorial and USS Oklahoma already offer free daily admission.

**Lantern Floating Festival** – The 10th Annual Lantern Floating Hawaii Ceremony will be held May 26, 6:30 p.m., at Magic Island at Ala Moana Beach Park, Honolulu.

Thousands of Hawaii residents and visitors of various cultures, religions, ages and ethnicities gather at the ceremony to honor loved ones who have passed away and pray for a harmonious and peaceful future.

Remembrance requests will be taken starting at 1 p.m. The event is free and open to the public. Free parking is available at the Hawaii Convention Center beginning at 1 p.m. with free roundtrip shuttle service beginning at 4 p.m. Visit www.lanternfloatinghawaii.com or call 942-1848.

**31 / Saturday**

**Pipe Dreams Skate Demo** – Pipe Dreams, an active outdoor apparel store in Honolulu, will hold a skate demonstration and skateboard exhibition, May 31, 10 a.m.-5 p.m. at the Aloha Tower Marketplace at pier 10.

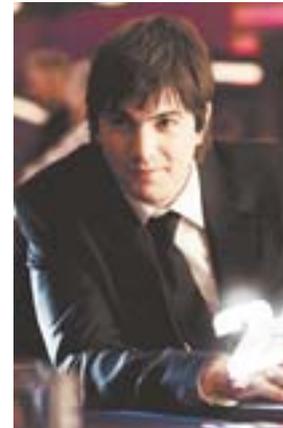
The demonstration will feature several professional skateboarders. Pipe Dreams' Skate Demo will feature a DJ and prize giveaways. Validated parking is available at Pipe Dreams. The event is open to the public and free. Visit www.pipedreamssurfco.com.

**June**

**27 / Monday**

**Schofield Advisory Council Meeting** – The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting will be June 2, 10:15-11:15 a.m., at the main Post Conference Room.

This bimonthly forum of representatives allows the council and patrons to exchange ideas and information. Contact Melvin Wright, 655-0497, for more information.



**21**  
(PG-13)  
Friday, 7 p.m.  
Wednesday, 7 p.m.

**Nim's Island**

(PG)  
Saturday, 4 p.m.  
Sunday, 2 p.m.



**Stop Loss**

(R)  
Saturday, 7 p.m.  
Thursday, 7 p.m.

# Asian-Pacific heritage, legacy celebrated at Flats

Story and Photos by  
**STAFF SGT. CHRISTOPHER J. ROBERTS**  
94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER FLATS — “What a beautiful day to celebrate what’s great about our nation,” said Norman Minehira, guest speaker at the 311th Theater Support Command’s (TSC) Asian-Pacific American Heritage Month observance here, May 15.

“Today’s theme, ‘Leadership, Diversity and Harmony – Gateway to Success,’ is no doubt critical if we are to create a more perfect union,” he continued.

Minehira, former principal of Leilehua High School, took the opportunity while at centerstage to expound on this year’s theme.

“I believe it is imperative for America’s schools to champion leadership, value diversity and establish harmonious learning environments to strengthen student learning and thereby keep our nation strong,” he said.

The Hawaiian native recalled more than 17 wonderful years at Leilehua High. One of his fondest memories was the institutionalization of what he referred to as “a vibrant partnership with the U.S. Army.” He thought many would question what institutions of such diverse missions – Leilehua and the Army – could possibly have in common.

Just like this year’s theme, Minehira explained, three simple words hold special meaning for each institution and defines its mission and purpose.

“The U.S. Military Academy at West Point speaks of duty, honor and country, powerful words that represent core values for every cadet. At Leilehua ... leadership, humility and service represent core values for every student and staff member,” he explained.

“At Leilehua, like the military, we expected every individual to be a leader, regardless of po-



Minehira

sition or role,” Minehira continued. “Leilehua is a stronger institution because of our genuine relationship with our military families.”

In his closing remarks, Minehira commended the military community for its selfless service to a great nation.

“[The event] was a great experience for me, and it gave me a chance to work closely with the community,” said Master Sgt. Ricardo Natera, event coordinator and equal opportunity advisor, 311th TSC.

The events at the observance included ethnic food, dance performances by Leilehua H.S. students, the “Funtastics” from Linapuni Elementary School, and fire and knife dance and music by the Royal Hawaiian Band, the second oldest and only full-time municipal band in the U.S.

Leilehua H.S. students performed the hula. “The hula dancing was what I thought to be the best part of the observance,” said Capt. Jasmine Cho, officer in charge, secretary of general staff, 94th Army Air and Missile Defense Command.

“This was a great experience for me, how they emphasized the Polynesian side, since I am Asian and have not had much experience with the culture,” Cho explained.

In honor of Asian-Pacific American Heritage Month, President George W. Bush releases a proclamation at the beginning of May every year to highlight the importance of Asian-Pacific ethnicities to the nation.

Since the early 1800s, Asians and Pacific Islanders have played a significant role in developing the U.S.



Above — Students from the Linapuni Elementary School, who make up the “Funtastics,” perform different numbers including their version of “The Army Goes Rolling Along,” during the Asian-Pacific American Heritage Month observance at Fort Shafter Flats, May 16. Linapuni and the 94th Army Air and Missile Defense Command participate in the military’s Partners in Education program together.

Left — Students from Leilehua High School perform multiple dance routines, demonstrating the sights and sounds of the hula dance.

## Museum keeps Army, Hawaiian history alive

Story and Photo by  
**MOLLY HAYDEN**  
Staff Writer

FORT DERUSSY — Staff Sgt. Shawn Linhares, with 25th Infantry Division’s command group, explained the functions of the vintage M4 carbine, complete with an M203 grenade launcher, as 10-year-old Stewart Stidham listened, bright-eyed at the 9th Annual Living History Day at the U.S. Army Museum of Hawaii, here, Saturday.

Living History Day aims to preserve the history of the U.S. Army by displaying the Army’s heritage to the community. The free event offered a fun-filled and educational day for all ages.

Throughout Saturday, events such as exhibits of military memorabilia, restored military vehicles, and modern Soldier and combat equipment kept parents and children engaged in the history of the Army.

Also, displays of military equipment and re-enactors in period uniforms – from the Revolutionary War, the Civil War, the Korean War, World War II and the Vietnam War – captivated participants.

Volunteer Larry Stanfield walked around in his vintage Army uniform from the Vietnam War. He answered questions from the inquisitive crowd.

“We are proud to honor the services of the Army, new and old,” said Stanfield. “Keeping this history alive is so important for adults and children. It allows them to better understand it.”

War films graced the screen at the U.S. Army Corps of Engineers Pacific Regional



Russell Oshiro inspects a large-scale working replica of a small fighter bi-plane used in World War I. Living History Day, held May 17 at Fort DeRussy, displayed a plethora of military memorabilia to celebrate the history of the U.S. Army.

Visitors Center, and large-scale working aircraft models rolled around the grounds outside the museum.

“We put on this event to recognize the military and the contributions they have made,” said volunteer Eric Ako. “We celebrate past and present Soldiers and give the community a chance to be a part of it.”

During the celebration, the sounds of Scottish bagpipes floated across the lawn during a performance by the Celtic Pipes and Drums of Hawaii.

“We’ve had a great crowd today. At least 800 people have stopped by to take a look,”

said Sheldon Tyau, event coordinator. “We are doing our part to keep this history alive.”

Soldiers and civilians helped orchestrate the event. Participating organizations included the 25th ID, the U.S. Army Corps of Engineers, Pearl Harbor Historic Sites, Hawaii Historic Arms Association, the Hawaii Military Vehicle Preservation Association, the Civil War Roundtable, Ka Pa Lua Hawaii, Birds of Paradise Team, Celtic Pipes and Drums of Hawaii, and the Pacific War Memorial Association.

The event was co-sponsored by First Hawaiian Bank.

## University of Hawaii ROTC cadets graduate to active duty, Guard

Manoa cadets pinned on second lieutenant “butter bars,” Monday

**MOLLY HAYDEN**  
Staff Writer

HONOLULU — Proud family members, friends and military personnel gathered at the Kennedy Theatre on the University of Hawaii-Manoa campus, here, Monday, to honor 21 Army Reserve Officers’ Training Corps (ROTC) cadets as they began their career as second lieutenants in the U.S. Army and the Hawaii National Guard.

The spring 2008 commissioning ceremony brought the largest graduating class the Army has seen at the university in almost 20 years, according to Lt. Col. Rodney Laszlo, professor of military science, UH-Manoa.

“We have an exceptional class with a variety of specialties,” said Laszlo. “They are part of a generating force within the Army.”

Brig. Gen. J. Michael Bednarek, commanding general, 25th Infantry Division, at the time of the ceremony, addressed the cadets, thanking them for their hard work and service.

“With this career comes a test of your abilities,” Bednarek said to the cadets. “Trust your instincts; they have served you well today and will continue to serve you well.”

Led by Bednarek, the cadets proudly held their right hands in the air and stated the Oath of Office affirming their duty to serve as second lieutenants in the Army.

As the ceremony continued, family members and friends joined the newly commissioned Soldiers on stage for the pinning ceremony that would complete their uniform with second lieutenant bars.

“You are entering your new career path during a difficult time in our nation’s history, but you all have the passion and endurance to complete the path you have chosen,” said Chancellor (Dr.) Virginia Hinshaw. “The university is proud of you. Your family and friends are proud of you, and you should be proud of the great steps you are taking for your future.”

Seventeen of the lieutenants will begin their career as active duty members of the U.S. Army. The remaining will begin a career in the Hawaii Army National Guard.



**USE YOUR HEAD  
WEAR YOUR HELMET**

## community Sports

Send sports announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 25 / Sunday

**Hike Oahu** – Join the Hawaiian Trail & Mountain Club on a graded hike through the Kahaluu Ridge.

The first leg of this trail is an easy contour with lovely views of the windward side. Then a steady climb, not steep enough to need ropes, takes hikers to the lunch spot near the power poles. The last leg goes up and down on a ridge, avoiding the tree with bees, and drops down to the starting point of this loop hike.

This intermediate hike is 4 miles. Call coordinators Dayle and Jacque Turner at 384-4821 or e-mail them at [turner@hawaii.edu](mailto:turner@hawaii.edu).

Save the date for these upcoming hikes, too:

- June 1, a 9-mile advanced hike at Wahiawa Ridge.
- June 7, a 6-mile intermediate hike at Tantalus Ridge.

All hikes begin at 8 a.m., and a \$2 donation is requested of non-members. An adult must accompany children under 18. Hikers meet at Iolani Palace, mountain-side.

Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect.

Visit [www.htmclub.org](http://www.htmclub.org).

## June

### 14 / Saturday

**Patriot 5K Run/Walk** – U.S. VETS, a home for former homeless veterans, and the Iroquois Point Island Club will hold a 5K run/walk, June 14, 5 p.m., in Ewa Beach.

Funds raised will help bring more veterans into the U.S. VETS program, which helps clients become self-supporting through workforce development.

Call 682-6051 or visit [www.pacificsportsevents.com](http://www.pacificsportsevents.com).

**"Build the Track!" Motorsports Show** – The Aloha Tower Marketplace will host the Oahu Motorsports Advisory Council's "Build the Track!" Motorsports Show, June 14, 10 a.m.-4 p.m.

"Build the Track!" will showcase more than 100 race vehicles (such as road, drift and sprint cars), as well as street bikes, go karts and custom-modified performance vehicles.

The vehicles will be parked on the Boat Days Promenade in front of the Aloha Tower, throughout the marketplace, Pier 11, and along Pier 9, overlooking the water.

Admission is free. Call 782-7432 or visit [www.buildthetrack.com](http://www.buildthetrack.com).

### 21 / Saturday

**Hawaii Rifle Association** – The Hawaii Rifle Association's 15th Annual Shooting Sports Fair will be held June 21, 9:30 a.m.-4 p.m., and June 22, 9 a.m.-4 p.m., at the Koko Head Shooting Complex, Honolulu.

Participants can enjoy the various shooting venues and firearms available for use.

Displays of modern and historic firearms will include the action pistol, air guns, air soft, archery, black powder muzzleloaders, high power rifle, hunting firearms, metallic silhouette, military small arms and cowboy firearms.

Eye and ear protection are mandatory and will be available for purchase at the fair.

No alcohol is allowed at any time and a lunch wagon will be on-site both days.

The Hawaii Rifle Association is a nonprofit group dedicated to

promoting shooting sports in Hawaii. Call 271-8117.

### 31 / Saturday

**Discounted Golf Rates** – Ko Olina Golf, Honolulu, will offer \$20 off green fees and 20 per cent off Golf Academy services (excluding clinics, club fitting and Junior programs) for all active duty military personnel in honor of Military Appreciation Month. The discount is available through May 31.

Tee times can be booked by calling 676-5300. Visit [www.koolinagolf.com](http://www.koolinagolf.com).

Ongoing

**Wahine Sailors** – The Wahine Sailors seek new members. Call for meeting place and times at 235-8392. Cost is \$35 per year or \$5 per sail. All levels are welcome.

**Spring In-Line Hockey** – The Oahu In-Line Hockey League continues. It will be followed by a select teams mini-season, a skills competition and league social.

Contact a registrar for more details: Richard Pentecost at 372-9270 or Norine Liem at 396-9475. Visit [www.oihl.org](http://www.oihl.org).

**Shafter Bowling** – Unit PT (physical training) bowling is held Monday-Friday, 6-8 a.m. Cost is \$1 per Soldier and includes all games and free shoe rental.

Reservations and a minimum of 20 bowlers is required.

**Jazzercise** – Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikale.

Classes are held Mondays and Wednesdays, 6:30-7:30 p.m., at the Waikale Elementary School cafeteria. Call 674-1083.

**Waikale Wrestlers** – The Waikale Athletic Club holds wrestling classes for children and adults.

Cost is \$45 per student. Call 671-7169.

**TOPS** – The Take Off Pounds Sensibly (TOPS) support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423.

**Football League** – The Hawaii Athletic League of Scholars (HALOS) is signing up youth players for its upcoming spring football season. HALOS, a no-weight limit tackle football league for ages 9-14, is a nonprofit group that aspires to provide a high-quality experience for kids.

Visit [www.myhalos.com](http://www.myhalos.com), or call 620-8523.

**Wrestlers Wanted** – Hawaiian Championship Wrestling seeks new members. Persons should be at least 6-feet tall, weigh 250 pounds or have an above average muscular build.

Sports background is preferred. Call 676-8107 for more information.

**Golfers Wanted** – Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322.

Tee time is usually before 8 a.m.

**Escrima Classes** – Pedoy's School of Escrima, the Filipino art of self-defense, holds classes every Tuesday, Thursday and Sunday at its training center in Waipio. Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438 or 216-3211.

Eskrima classes for men, women and children of all ages are also held at Mililani Elementary School. Develop character and self-confidence during a Wednesday class, 6:30-7:30 p.m., or Saturday class, 9:30-10:30 a.m. Call 398-0119.



Paul Major | Ocean Concepts

## Wounded warriors catching a ride

MAKAHA CAVERNS — Sgt. Brandon Adam, left, uses a diver propulsion vehicle, more commonly known as a scooter, as Mark Heniser follows during a boat dive at Makaha Caverns out of Waianae Boat Harbor, May 12.

Adam, an engineer with the 44th Engineer Battalion, and Heniser, a physical therapist from Brook Army Medical Center, San Antonio, were in Hawaii with Operation Comfort, a nonprofit organization that specializes in bringing the comforts of home to recovering heroes who have been seriously injured in Operation Enduring Freedom and/or Operation Iraqi Freedom.



## May

### 28 / Wednesday

**Volleyball** – Entry forms are now available for the 2008 Intramural Volleyball League, running June 9-Aug. 15. The entry deadline is May 28, 4 p.m.

All entries must be sent to the U.S. Army Garrison, Hawaii Sports, Fitness and Aquatics Office, Stop 112, Building 556, Room 100, Kaala Community Activity Center, Schofield Barracks.

Entries may be faxed to 655-8012. Call 655-0101/0856.

## June

### 4 / Wednesday

**10-Mile Race Around Wheeler** – Entries are now being accepted for the 2008 10-Mile Race Around Wheeler, scheduled to take place June 14, 6:45 a.m. Entries are due by June 4, 4 p.m. at the Health and Fitness Center, Schofield Barracks, or Physical Fitness Center, Fort Shafter.

Soldiers can purchase a T-shirt for \$10 or enter without a T-shirt for free. All other eligible runners can purchase a T-shirt for \$18 or enter without a T-shirt for \$8.

This event is a qualifier for Soldiers wishing to represent Team Army Hawaii in the Army 10-Miler, Oct. 5, Arlington, Va. Call 655-9914.

## Ongoing

**Personal Training and Massage Therapy** – Both are now available at Fort Shafter, Tripler Army Medical Center and Aliamanu Military Reservation (AMR) physical fitness centers. Massage sessions are an hour long, personal training sessions are 50 minutes long. Prices for both services range from \$70 per session to \$1100 for 20 sessions. Call 438-1152 (Fort Shafter), 433-6443 (Tripler) or 836-0338 (AMR).

**Golf 'Til You Drop** – Catch this all you can golf special, every Thursday at Walter J. Nagorski Golf Course, Fort Shafter. Pay one fee and play as many holes as you want. Call 438-9587.

**Bowling Parties** – Wheeler Bowling Center's eight lanes are available for private parties on Saturdays and Sundays for \$120 per hour. A three-hour minimum and \$1.75 shoe rental apply. Call 656-1745.

**100-Mile Run/Walk & 50-Mile Swim Clubs** – Record each mile you run, walk or swim and win incentive prizes. Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914.

**Late Night at Martinez Gym** – Martinez Physical Fitness Center, Schofield Barracks, is the place to be on Friday nights. The center is now staying open late, from 9-11:30 p.m.

Join Martinez for volleyball, Make It Take It Basketball, and the Racquetball Challenge Ladder. Call 655-4804.

**Ladies Golf Clinic** – Ladies, looking to improve your golf game? Come to a free ladies golf clinic the first Saturday of every month, 2:20 p.m., at the Leilehua Golf Course driving range. Call 655-4653.

**Paintball** – Check out the new paintball facility at Wheeler Army Air Field, just off of Lauhala Road next to the baseball fields.

The facility features three lighted fields for day and evening play, and they are open for regular, league and youth play, plus private parties and physical training.

Hours of operation are Fridays, 5-9 p.m., and Saturdays and Sundays, 11 a.m.-7 p.m. Rental equipment is available, and you can bring your own paint or buy it there.

Instruction is available. Visit [www.paintballhawaii.com](http://www.paintballhawaii.com) or call 343-3929.

**Belly Dance** – Learn the art of belly dancing at the Health and Fitness Center, Schofield Barracks, Tuesdays, 4-5 p.m. Call 655-8007.

**"Golf 4 Food and Fun"** – Get a team together and come out to Nagorski Golf Course, Fort Shafter, every Tuesday, 2:30-4:30 p.m.

Golf 4 Food and Fun offers a 9-hole green fee, a foursome platter of pupus from Mulligan's, a pitcher of beverages and a luck door prize entry. Call 438-9587.

**Little Ninja Classes** – Parents or guardians, bring your 3- to 5-year-olds to CYS to learn basic Tae Kwon Do skills. At these classes, children will improve their motor and communication

skills, learn to focus, and build confidence and socialization skills.

Children must be enrolled in Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) or be a current member of CYS. Call SKIES at 655-9818.

**Volleyball & Racquetball** – Learn basic skills and techniques from experienced instructors, Tuesdays and Thursdays, 8:30-10 a.m., at Martinez Physical Fitness Center, Schofield Barracks.

Courts will be open for free play across the street from the facility. Call 655-4804.

**Summer Learn to Swim** – Aquatic instructional classes have already begun at all Army Family Morale, Welfare and Recreation pools.

Pools are located at Schofield Barracks, Tripler Army Medical Center (TAMC), Helemano Military Reservation (HMR) and AMR. All skill levels are welcome.

Classes are offered for Level 1-Introduction to Water Skills through Level 6-Swimming and Skill Proficiency. Classes are \$40 for nine 45-minute sessions or \$35 for nine 30-minute sessions.

For toddler and preschool-age children, classes are \$35 for each 30-minute session or \$40 for each 45-minute session.

Space is limited and registrations are accepted on a first-come, first-served basis.

All children must be registered with Child and Youth Services (CYS) for swimming classes, and payment is due at time of registration.

Call Richardson Pool, Schofield Barracks, 655-9698; TAMC Pool, 433-5257; HMR Pool, 653-0716; or AMR Pool, 833-0255.

# Fort Shafter fitness center to get repairs

## NEWS RELEASE

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

FORT SHAFTER – The Honolulu District of the U.S. Army Corps of Engineers has awarded a contract totaling more than \$600,000 to Innovative Constructors, Hawaii LCC, Aiea, for renovation of the Fort Shafter

Physical Fitness Center.

The contract for the 2008 fiscal year provides for structural renovation of the cardio room at the center, Building 665, Fort Shafter, at a cost of \$609,300.

Innovative Constructors is a new contractor that comes under the Small Business Admin-

istration's "8(a)" program, so named for a section of the Small Business Act it comes under.

The "8(a)" business development program was created to help small, disadvantaged businesses compete in the American economy and access the federal procurement market.

# Incorporate these four habits to prolong your life

## COL. MICHAEL CUSTER

U.S. Army Center for Health Promotion & Preventive Medicine

ABERDEEN PROVING GROUND, Md. — Soldiers are busy. Their families are busy. Hence, we have so many competing activities, we often neglect our own care. But health should be important to us.

Several obvious actions can dramatically improve health. Some are easy to do; some may be more difficult. The benefits for your health and the health of those around you are awesome.

**Tobacco.** First, a most serious habit is tobacco use. If you use tobacco in any form, you should stop, period. If you don't use it, do not start.

The bad effects of tobacco on health are well known. Most people also know tobacco use is an addiction that is difficult to break.

You would be making a terrible choice to start this habit. Nevertheless, leaders must urge Soldiers to quit because the Army has high rates of tobacco use.

Urging individuals to quit counteracts complacency and denial on the part of tobacco users. They may rationalize that tobacco's terrible health effects are "no big deal" because no one says anything about it.

**Fruits & Veggies.** Here is another healthy habit that is easy to implement: Eat five servings of fruit and vegetables every day.

Current statistics show that 39 percent of Soldiers eat fruit less than three times a week, and 26 percent eat vegetables less than three times a week.

If you really want to maximize the benefit of eating fruits and vegetables,

concentrate on the yellow, orange and red fruits and the green, leafy vegetables. They will help reduce cancer risks, keep blood pressure down and improve gastrointestinal health, to name just a few of the many health benefits they provide.

**Exercise.** Walking or exercising every day for 30 minutes is the third healthy habit you should implement. The benefits of regular exercise are well known, and studies that concentrate on walking have shown that walking is linked to reductions in premature death when they are compared with sedentary people.

Walks can be relaxing and help reduce stress. Health promotion experts often say that you should walk your dog once a day, whether you have a dog or not!

**Alcohol.** Here is the last recommenda-

tion: Drink alcoholic beverages in moderation. Heavy drinking is associated with a wide range of health problems from auto accidents to liver disease.

Five or more drinks for men and four or more for women on one occasion are considered heavy drinking. And currently 25 percent of Soldiers self-report as heavy drinkers.

A little moderation in the amount of alcohol consumed can have a big impact on your health.

**Recaps.** A recently published study in England demonstrated that middle-age individuals, ages 45 to 79, who practiced these four healthy habits live 14 years longer than those who do not have any of the four habits.

So, let's recap the habits in order of priority: One, do not use tobacco. Two, eat

five servings of fruit and vegetables every day. Three, exercise or walk 30 minutes every day. Four, drink in moderation.

These four habits are simple to implement and will reap impressive health benefits for anyone who adopts them.

**The USACHPPM.** The U.S. Army Center for Health Promotion and Preventive Medicine is the Army's public health organization. It supports Soldiers around the world with health education information and deploys its expert medical and scientific staff to deliver occupational and environmental health surveillance everywhere Soldiers go.

On U.S. military installations, CHPPM provides environmental health engineering and health hazard assessments as well as injury and disease prevention programs.

# Throw out the excuses and get moving now

Common excuses debunked and easy suggestions given

## LT. COL. STEVEN H. BULLOCK

U.S. Army Center for Health Promotion and Preventive Medicine

ABERDEEN PROVING GROUND, Md. — Since active duty personnel are required to weigh-in and perform a physical fitness test every six months, everyone maintains their fitness and healthy body weight, right? Wrong.

Did you know that since questions were asked of military personnel in 1995, the proportion of military members getting fatter and fatter has steadily increased? So says statistics from the 2005 "DOD Survey of Health Related Behaviors Among Active-Duty Military Personnel."

Whether one uses the 1998 National Heart and Lung Blood Institute's guidelines, the 2005 Dietary Guidelines or body mass index (BMI), overweight and obesity continue to steadily rise. In 2005, well over half of all active duty personnel were overweight.

All this information is alarming, especially given the military's emphasis on physical activity. Only slightly more than 50 percent of service members vigorously exercise — running, walking, cycling, swimming or other exercise — for at least 20 minutes for three or more days a week during a 30-day period of being asked about their exercise habits.

## Why not exercise?

It certainly cannot be because we don't know how to exercise or that we don't know how much is recommended. Most people understand that it is ideal to get some vigorous-to-moderate endurance physical activity three to five days per week.

Strength training, eight to 12 repetitions of major muscle groups just once a week, maintains strength, while just two nonconsecutive days a week improves it.

Perhaps some of us have a bad taste in our mouths about exercise because we associate it with semiannual testing?

Other reasons abound. Here are some of the more common excuses and some antidotes.

• **"I'm too tired."** Lack of activity and exercise may be your problem. Get moving and you will find you have more energy. Seems contradictory, but when you expend energy, you get energy.

• **"I'm too old."** It is never too late to start exercise. Provided your doctor gives you the OK, you can improve the function of the heart and muscle strength at any age.

• **"I hate to exercise."** You are probably not mixing it up enough. Plenty of other activities, besides running, are available, and you will reduce your chance of injury by varying types of exercise.

Do exercise for three weeks straight, and you'll be hooked. We call this habit "positive addiction."

• **"I can't afford a gym membership."** Post gyms are free and underutilized. Besides, you don't need a gym to be active.

• **"Exercise is painful."** When you haven't exercised in a while, getting back to it requires a very slow and gradual process over time to avoid injury.

Don't go too hard or too fast, and you will be amazed at how your body adapts. You might be a little sore at first, but once you get going, the soreness goes away.

• **"I don't see any changes in my body."** Remember, it took you years to look like you do right now, so how could you expect to erase it in two weeks?

It takes consistency and persistence to lose just 1.5 pounds of fat in a couple of weeks, so set a realistic goal and whittle away at it. Besides, positive changes from exercise are going on inside where you can't see.

• **"I don't have time."** Baloney. Non-exercisers have just as much time in the day as exercisers.

Exercise is a matter of priority and lifestyle change. As with anything else that is worthwhile in life, it requires commitment and discipline. If you can't always fit in a full 30 minutes, then carve it out in 10-minute chunks.

**Other tips.** Consider exercise as just part of

your day, like brushing your teeth or eating a meal. We don't think twice about making time to eat two or three times a day; yet, often, exercise gets pushed off as a "nice-to-do" if there is time.

I've adapted a wise saying that applies: You only have to be active on the days you eat!

While regular, vigorous activity is essential to good physical and emotional health, we should also look for opportunities to be more active every day.

Many jobs today require too little activity. Take the stairs, walk wherever you can — even up escalators, briskly walk for a meeting instead of sitting at a table, hit the treadmill, or bike while watching the news or your favorite TV show.

An active life is a healthy life. Chances are that if you are active, you probably are better about eating healthy and getting the right amount of rest each day.

There's no need to search for more information about exercise, even though there is a lot of information available. Just decide to exercise. Now.

No excuses.

