

# HAWAII ARMY WEEKLY

Vol. 34 No. 45 Serving the U.S. Army community in Hawaii <http://www.25idl.army.mil/haw.asp> November 11, 2005

## Schofield units headed for Iraq

Public Affairs Office,  
25th ID (L) and USARHAW  
News Release

**SCHOFIELD BARRACKS** — Approximately 7,000 25th Infantry Division Soldiers are scheduled to deploy to Iraq next year in support of Operation Iraqi Freedom, the Department of Defense announced Monday.

“The Tropic Lightning Division is proud to have been selected for this challenging mission in our nation’s global war on terrorism,” said Maj. Gen. Benjamin R.

Mixon, commanding general, 25th Infantry Division (Light) and U.S. Army, Hawaii. “The Soldiers of America’s Pacific Division are proud, ready and eager to show our Army and our nation that we are true to our motto: ‘Ready to strike! Anywhere, anytime,’”

Mixon said. The Division Headquarters and the 3rd Infantry Brigade Combat Team, 25th ID (L), will deploy as early as next summer to Operation Iraqi Freedom.

“With the upcoming deployment on the horizon, it is important to

note that our Soldiers are our nation’s most valuable combat asset,”

Mixon said. “Therefore, it is imperative that we provide our Soldiers and leaders with tough, realistic training, like that performed at Makua Military Reservation, in order to ensure our combat readiness and save lives on the battlefield.”

This deployment marks the second major deployment of the 25th Infantry Division (Light) and U.S. Army, Hawaii, since the Vietnam War. In January of 2004, more than 9,000 Soldiers

were deployed to Iraq and Afghanistan. Spc. Douglas Scott of Company B, 2nd Battalion, 5th Infantry Regiment, deployed to Afghanistan last year and is anxious about deploying once more.

“I’m ready to deploy. I don’t like [being in] garrison,” said Scott.

In 22 of the 64 years of 25th ID (L) history, Tropic Lightning Soldiers have distinguished themselves in combat operations.

Other units scheduled to deploy: • 13th Corps Support Command, Fort Hood, Texas;

- 1st Brigade, 34th Infantry Division, Minnesota Army National Guard;
- 2nd Brigade, 1st Infantry Division, Schweinfurt, Germany;
- 3rd Brigade, 2nd Infantry Division, Fort Lewis, Wash.;
- 3rd Brigade, 82nd Airborne Division, Fort Bragg, N.C.; and
- 2nd Brigade, 10th Mountain Division, Fort Drum, N.Y.

Individual services will announce smaller, supporting units that will deploy for the upcoming rotation, officials announced.

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### Cell phone ban

New policy prohibits operating a cell phone while also physically controlling/driving a motor vehicle on U.S. Army posts and installations. The policy also applies to remote cell phone devices, for example, using headphones or ear-phones to talk on cell phones while driving.

Violations of the new policy can result in punishment under Article 92 of the Uniform Code of Military Justice: a violation of a lawful order. The policy applies to civilians, visitors and contractors on posts, too; civilians who fail to comply are subject to administrative action, which includes loss of driving privileges on post.

### Philip Connelly

Food specialists vie for the coveted Philip A. Connelly award, transforming Fort Shafter into “Little Italy.” A-4

### Veterans Day

The Division participates in Waianae pre-Veterans Day celebrations, parading hummers and camouflaging keiki faces. A-8

## FRG leaders give CG feedback

Photo and Story by  
Joy Boisselle  
Staff Writer

**SCHOFIELD BARRACKS** — Feedback is a critical tool for commanders. After an event or mission, commanders routinely query their subordinates about what went right, what was not so right, and what needed changing to improve the unit’s efficiency.

On Nov. 4, Maj. Gen Benjamin R. Mixon, commander, 25th Infantry Division (Light), and U.S. Army, Hawaii, sought feedback from a different kind of mission — feedback from family readiness group (FRG) leaders who served on the “home-front” during Operations Iraqi Freedom and Enduring Freedom.

The meeting, held at the Post Conference Room here, was billed as an open forum discussion with the commanding general to focus on lessons learned from the division’s deployments during the past year.

Attended by more than 30 FRG leaders, the focus was on three major areas: pre-deployment, deployment and redeployment.

Those three areas included a large variety of subtopics, including rear detachment operations, phone rosters, information flow, housing concerns, community support, welcome home ceremonies and unit casualty procedures.

“The meeting was to get

See “FRG,” page A-10

## Bang! Bang!



Plc. Kyndal Brewer

A Soldier with Company A, 2nd Battalion, 27th Infantry Regiment, fires his weapon at an enemy target during a live-fire “lanes training” exercise, Monday, at KR6 Range, Schofield Barracks. See the full story on page A-3.

## CG issues holiday challenge

As we take this time to honor the veterans of this great nation, I ask each of you to take the time to keep those around you safe.

Whether at home with loved ones or on the front line with our fellow Soldiers, we have a responsibility to take care of one another.

My pledge is to do all I can to keep every Soldier, civilian and family member of this great Division safe. I ask that you do the same by pledging to keep yourself and those around you safe.

I ask each Soldier to read this pledge and reflect on its meaning:

“I will not let myself or my fellow Soldier die needlessly. I will not dishonor my unit or the Soldier’s profession.

I will be responsible in all my actions during combat and in garrison; my life and my fellow Soldier’s life are at stake.

I will avoid situations that could cause injury or death; I know I am needed by my unit and my fellow Soldiers.

I will do what is right. I will not be reckless nor will I let others be unsafe.”

Start to plan and prepare for the holiday now. To avoid a needless tragedy and to ensure that our Soldiers are properly prepared for the upcoming holiday, leaders will ensure that all Soldiers have received the “Tropic Lightning Safety Peer Pledge” card; take time before the holiday to help Soldiers plan and prepare their travel and recreational activities and identify and counsel high-risk Soldiers.

Explain the risks to these Soldiers and help them take steps that could save their lives.

Be safe and have a great holiday weekend  
Tropic Lightning!

*Benjamin R. Mixon*

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

**59 DAYS**  
since last fatal accident

A division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities. A four day holiday/long weekend will be awarded for 200 consecutive days with no accidental fatalities.



As of 11/10/05

## ‘Warrior Support’ battalion expands strength

Story and Photo by  
Pfc. Durwood Blackmon  
Staff Writer

**SCHOFIELD BARRACKS** — An array of flags shadowed hundreds of Soldiers in formation as family members and distinguished guests attended the official reorganization ceremony of the 225th Brigade Support Battalion on Stone-man Field, Nov. 2.

The ceremony honored the 225th’s transformation from a forward support battalion to a brigade support battalion for the 2nd Brigade.

The unfurling of three new company guidons also took place during the ceremony. The battalion’s Headquarters and Alpha Company split into two separate companies and a 556th Signal Company was added.

The primary mission of the 225th, nicknamed “Warrior Support,” is to sustain brigade forces in battle to the front and rear lines. The 225th will continue to provide logistical and medical support to the brigade as it transitions to a Stryker Brigade Combat Team.

The 225th was originally activated on Feb. 10, 1971, as a combat support battalion to provide direct support for the brigade in Vietnam. Upon the brigade’s return, the 225th CSB was deactivated.

On May 17, 1991, the 225th was again reactivated as a forward support battalion for the 25th Infantry Division (Light). Since its

See “Support,” page A-11



Capt. James Jackson, commander of the 556th Signal Company, unfurls the company’s new guidon during the 225th Brigade Support Battalion reorganization ceremony, Nov. 2.



**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 655-4816, 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 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. All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

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# One life lost is one too many

Sgt. Ken Hall  
*Army News Service*

WASHINGTON — With Americans killed in Operation Iraqi Freedom surpassing 2,000, many Americans feel we are crossing a solemn threshold.

"Each loss of life is heart-breaking," said President Bush, Oct. 25, at an annual luncheon honoring military officers and their wives at Bolling Air Force Base in Washington, D.C., "and the best way to honor the sacrifice of our fallen troops is to complete the mission and lay the foundation of peace by spreading freedom."

**Heroes are more than numbers**

News headlines depict the numbers who have died as a "milestone," but this tracking may be a lackluster description of the seriousness and sensitivity of Americans who lose their life in wartime.

"The first life lost was the milestone," said retired Sgt.

Maj. Gary G. Beylickjian, a combat veteran of the Korean War and Vietnam Conflict. "I'm not sure where the news organizations got the idea that 2,000 lives lost is a milestone."

**"The first life lost was the milestone..."**

— Retired Sgt. Maj. Gary G. Beylickjian, combat veteran

"This is a reality that should be left out of semantics when we're talking about real human beings here, not numbers," he said.

**What numbers really represent**

Many media have reported 2,000 combat deaths in Iraq,

but about 22 percent of the casualties are actually non-combat-related, including accidents and illnesses.

In addition, not many newspapers mention the more than 200 of America's best who have also paid the ultimate price in Operation Enduring Freedom, in and around Afghanistan.

**Picking up the pieces in the wake of war**

Thousands more wounded in the War on Terror have returned home to families and communities, some with permanent, lifelong injuries.

As media organizations keep pace with the numbers of casualties, and the anger felt by a bereaving nation, critical and compassionate family support is taking place behind the scenes.

One injury or life lost today will be just as important as yesterday's casualties or those we may endure tomorrow in order to achieve a final victory.



Maj Gen. Wayne Erck, commander, 78th Division (Training Support), pays his respects as he presents the nation's colors at Arlington National Cemetery, Oct. 25, to Sylvia James, wife of Lt. Col. Leon G. James II, who died Oct. 10 of wounds from an improvised explosive device in Baghdad.

## Lightning Spirit

# Joy abounds in giving

Chaplain (Capt.) Thomas J. Faichney  
*1st Battalion, 27th Infantry Regiment*

Affection is a means of comfort, encouragement and healing. It's not something I am naturally inclined towards.

It is a word I do not say often, and something that I demonstrate even less.

I need help in regards to "sensitivity training" and often joke that this is why the Lord gave me and my wife, four daughters. Through the years, our daughters have reminded me of this, and I have learned that my family needs my affection.

Affection takes many forms and can be seen in many places. There is the romantic fondness of young couples and newlyweds. There is the deep connection of those who have been married for more than a half century.

There is the intimacy of a parent holding a newborn.

Affection is found in friendship, seen among Soldiers ... even hard Infantry Soldiers who serve together, spend time off duty together and deploy together.

Soldiers do not hold hands during PT or in formations, but I have seen them do just that in hospitals. I have also seen warriors embrace one another when comfort is called for.

There is a kind of re-creation and strengthening in righteous affection. It builds up and gives hope. It

affirm and strengthens bonds.

Affection can melt hard hearts and remove division.

When I tell my wife of the fondness that I have for her, she finds it more difficult to launch pots, pans, hair brushes, or whatever at me, when she gets frustrated with me (Figuratively speaking!). It softens her heart towards me.

Sometimes, when my children see me grow impatient, they show me affection in their words, knowing that what Solomon said is true, "A gentle answer turns away wrath" (Proverbs 15:1).

Barriers to affection include unrepentant and unforgiven sin. When we do wrong things or say hurtful words, we separate and divide.

Not saying or doing that which we should do is also the path to division. The ability to say, "I am sorry for the wrong that I did" (or the good that I did not do) or "Will you please forgive me" is affection in action. It is the language of love in repentance that rebuilds trust and brings reconciliation.

Asking for forgiveness requires humility and demonstrates respect towards the person we have wronged, and God, in whose image we are all made.

Once an apology has been extended, it is the responsibility of the person being asked for forgiveness to forgive by the grace of God.

Proverbs 10:12 reminds,

"Hatred stirs up dissension, but love covers over all wrongs."

Affection is a wonderful thing to give and receive. It builds up and restores. It can only exist in a right relationship where there is mutual respect and commitment to love by God's grace.

Perhaps affection is not only the result of such a relationship, but maybe it is also the way to experience such a relationship?

Those of us who have a "significant other" should try to hold hands the next time a conversation heats up and see what happens. This action would be an interesting test and might lead to happier results.

However, I am not suggesting that Soldiers try this with their squad leaders! The same principle still applies, though; rather than digging in your heels and preparing for battle, demonstrate care and commitment to one another by speaking an encouraging word or patting one another on the back, rather than pounding one another into dust.

Feelings of admiration flow from our affection. Affection does heal hurting hearts and comforts those who are cast down.

Jesus demonstrated affection for little children (Mark 10:13-16), crusty fishermen (John 21:15f) and grieving women (John 11).

May we exercise faith in God's grace and know the joy of giving and receiving affection.

## Veterans Day honors service, obligations

Congressman Steve Buyer  
*Chairman, House Committee on Veteran Affairs*



Buyer

America's veterans embody the ideals upon which America was founded more than 229 years ago. Since the Revolution, eight generations of America's veterans have established an unbroken commitment to freedom.

This Veterans Day, we will honor more than 25 million living veterans and the memory of those patriots who came before them. With pride, we remember each Soldier, Marine, sailor, airman and Coast Guardsman who has served our country by taking up arms when called by our nation in a time of need.

The sacrifices ordinary American men and women, from communities large and

small, have been willing to make — often before they were past their teenage years — have secured our nation unprecedented freedoms and made us the world's bulwark of liberty.

Veterans Day celebrates what began as Armistice Day, marking on the eleventh hour of the eleventh day of the eleventh month of 1918 the end of the bloody cataclysm known as World War I: the "war to end all wars."

The young patriots now returning from war in Iraq and Afghanistan, and other

See "Veterans," page A-7

## Donations near CFC goal

The Combined Federal Campaign collects donations to help benefit a listing of more than 1,800 nonprofit organizations.

"Without our donations," said Capt. Andrew Thompson, CFC agency project officer for the 25th Infantry Division (Light), "these organizations would not be able to survive.

We all use these charities, so take a minute to give back to all they have done ... and what they will do for you in the future."

## Voices of Lightning: Why should we honor our veterans?



"They paid the price. They sacrificed. Because of Soldiers back then, we have liberties we didn't once have."

Staff Sgt. Brian Alston  
30th Signal Bn.



"We are the ones who fight for this country."

Staff Sgt. Celso Ruiz  
17th CSB, HHD



"We wouldn't have it the way that we do if they didn't do what they did."

Nada Jacobs  
Family Member



"You should always honor people who give up their life for your freedom."

James VanHooser  
Veteran



"They did a great service for their country and the peoples of their country."

Pvt. William Pearce  
Co. A, 84th Engineers



# An old style range, but a new style of training...

## Sappers "zero" sights and improve their accuracy at Puuloa's KDR

1st Lt. Andrew Johannes  
3rd Brigade Special Troop Battalion

**PUULOLOA RANGE** — Considering that many of the firing ranges on Schofield Barracks cannot go "hot" and start firing live rounds downrange until 3 p.m., older firing ranges like the Marine Corps firing range here are becoming very attractive to officers and noncommissioned officers looking to train their Soldiers.

Trying to improve their marksmanship, the "Sappers" of Company A, 3rd Brigade Special Troop Battalion, took advantage of the opportunity to receive advanced marksmanship training at this range located in Iroquois Point, Oct. 24 and 25.

The firing range here is categorized as a Known Distance Range (KDR) and is considered an old-style range due to the manual rais-



**Soldiers with Company A, 3rd Brigade Special Troop Battalion, practice firing at the KDR range in Iroquois Point during advanced marksmanship training Oct. 24 and Oct. 25.**

ing and lowering of targets by "pit crews" working behind large dirt "berms" downrange.

"I haven't seen a KDR since I was in basic back in 1989," said the first sergeant, Sgt. 1st Class Paul

Dockery, to a group of his Soldiers. As the Sappers quickly learned, advantages and disadvantages prevailed at the KDR.

Among advantages were instant feedback while zeroing weapons.

"Compared to your regular pop-up range, I now have a better idea on where I'm hitting the target instead of just hitting it," said Spc. Paul Walston.

All of the shooters zeroed their

weapons and optical sights with only 20 rounds.

Disadvantages of KDR hinged on lack of feedback to the shooter during qualification fire and lack of animated targets. However, all was overshadowed by the expert instruction of elite 25th Infantry Division cadre running the range.

In addition to emphasizing basic firing principles of trigger squeeze, breathing and keeping the same sight picture, a pre-marksmanship instructor, introduced advanced firing techniques of natural point-of-aim, skeletal base and relaxed position.

Under the instruction, the Sappers greatly improved their accuracy and learned how to fire from 300 meters in multiple positions, including sitting, standing and prone.

All in all, the old-style firing range here offers much support. Further, after-action review comments suggest the recommended method for marksmanship training might be to follow-up KDR training with a qualification round fired at the pop-up range at CR1 on Schofield Barracks.

## Wolfhounds experience live-fire 'lanes'

Story and Photo by  
Pfc. Kyndal Brewer  
Staff Writer

**SCHOFIELD BARRACKS** — As they walked through the rugged terrain in a wedge formation, Soldiers with Company A, 2nd Battalion, 27th Infantry Regiment, were dressed in full battle rattle as they prepared to slay enemy targets with deadly force in a live-fire exercise here Monday on KR6 range.

"We are conducting this training so these Soldiers can practice on team movement and react to contact drills," said Capt. Kelley Litzner, commander of Co. A, 2nd Bn., 27th Inf. Regt.

About 60 Soldiers participated in this training; they used mainly M4 rifles and the M249 or squad automatic weapon (SAW).

Soldiers, in five-man teams, patrolled the area for enemy targets, staying alert of their surroundings and preparing to react to anything that was thrown their way.

As the troops scanned the area, targets popped up out of the bushes, making the Soldiers react quickly and fire to get the enemy down.

Once a target was eliminated, the team leader signaled to get up and move on.

"We're working on the basics: distance, direction and description," said Litzner.

Team leaders trained on different team movements and controlled tactics used to get through open fields, whether by file or modified wedge formation.



**A Soldier with Company A, 2nd Battalion, 27th Infantry Regiment, fires his weapon to eliminate an enemy target downrange.**

"It was good training for us because we got to freshen up on what we need to do when we come into contact with the enemy," said Sgt. Justin Godtree, a team leader with Co. A, 2-27th.

"Basically, if you think in terms of a city environment, where

an enemy target could pop up from 15 to 20 meters away," explained Litzner, "these guys will have to react to contact quickly and get down and return fire immediately. That is why we need to train on things like this."

*Vietnam Vet...*  
**Dave Roever**  
Schofield Barracks, 22 Nov 05

- Prayer Breakfast - Nehelani - 0630
- Wounded Warriors Luncheon - Nehelani Club - 1100
- Soldiers Talk - Sergeant Smith Theatre - 1330

### Inspirational

The Division will host internationally known Christian motivational speaker Dave Roever for three events. He will share his compelling story of physical and spiritual recovery with Tropic Lightning Soldiers and guests. Unit ministry teams will distribute tickets.

**You Drink.  
You Drive.  
You Lose.**

Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes.

— National Highway Traffic Safety Administration



# DFAC heats up pots for annual competition

Food specialists bring "Little Italy" to Soldiers dining at Fort Shafter

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

**FORT SHAFTER** — Steam slowly emerges from pots and pans sitting atop a blazing flame, while fire from the oven burns brightly through the window. Humidity is in the air with hard-working figures moving anxiously around a small kitchen preparing for the tedious, stress-inducing lunch hour rush.

Soldiers from the 29th Engineer Battalion dining facility (DFAC) competed against seven other Army DFACs, which included Ft. Lewis, Wash.; Ft. Polk, La.; Korea; Ft. Meade, Md.; Germany; and Ft. Bragg, N.C. for the prestigious Philip A. Connelly competition, Nov. 2.

The contest's objectives are to improve the quality of food service, provide recognition to outstanding units for their work effort and provide incentive for a job well done.

The motivation for performing well during the competition is the opportunity to fly out to Miami and attend a culinary institution for a week, along with working with some of the most world-renowned culinary experts.

Even though the Soldiers

work miracles in the kitchen on a daily basis, the free trip to Miami was extra incentive to work well while they were evaluated in their area of operation.

Evaluation consists of everything from meal preparation to greeting evaluators at the airport, said retired Col. Charnette Norton, civilian Connelly competition evaluator.

In between cooking and cleaning the kitchen and the dining area, Soldiers worked in a timely matter to make the DFAC look clean and orderly.

The DFAC was decorated in an Italian motif, which brought the charm of Little Italy. A red-and-white-checkered tablecloth was lightly layered with candles and a bowl containing parmesan cheese to accentuate the Italian theme.

Soon after everything in the kitchen was complete, a heart-pounding silence went through the room when the DFAC doors opened for lunch. Soldiers patiently waited in the food lines for their meal.

"This is a very good DFAC in comparison to some others I've eaten at," said Spc. Charmaine Whorter, a Fort Shafter Soldier, as he chowed



Above — A chef puts finishing touches on strawberry mousse pie, one of many desserts served during the contest, to compliment steak and shrimp Alfredo.

Left — Sgt. Corey Kidwell, 29th Eng. Bn. administration noncommissioned officer in charge, collects desserts for presentation in a rotating refrigerator display case. Fort Shafter competes with seven other DFACs for recognition as the Army's best.

down on some French fries.

Along with hamburgers and grilled cheese, steak and shrimp Alfredo were also served to accommodate Soldiers with a big appetite.

The 29th Eng. food specialists quickly and calmly worked to successfully complete their mission, which was to deliver a splendid meal to Soldiers who dine at the facility.

"They did a very good job," Norton said. "This DFAC has always had the standard of

excellence."

The aroma of confidence still floats midair as 29th Eng. Bn. DFAC Soldiers anxiously await news of a round-trip ticket to Miami.

"I have confidence that we're going to win," said Sgt. Corey Kidwell, 29th Eng. Bn. DFAC administration noncommissioned officer in charge. "We had a few mishaps, but I was really surprised on how well we worked together and the time it took to fix the problems."

# 'Bobcats' honor, thank, praise veterans before inactivating

Spc. Leslie Alberts  
Public Affairs Office,  
3rd Brigade

**WAIPAHU** — The history of the 2nd Battalion, 5th Infantry Regiment, runs deep through American war-fighting tradition. So too does the sacrifice of its veterans.

The regiment served and fought in the War of 1812, the Mexican War, the Civil War, the Indian Wars, World War II, the Korean War, Vietnam and Operation Enduring Freedom.

During the Korean War alone, the 5th Regimental Combat Team, an element of the 2-5th, saw 949 Soldiers killed and 3,188 wounded. Another 151 Soldiers were prisoners of war and 16 went missing in action.

On Nov. 3, 2005, the 5th Inf. Rgt. and the 5th RCT were honored for their service and sacrifice during a recognition dinner held at the Waialeale Golf Club here. The dinner comes in advance of the inactivation of 2-5th and the retiring of its colors at Schofield Barracks.

The inactivation of 2-5th and activation of 3rd Squadron, 4th Cavalry Regiment, will be held at Schofield Barracks at 10:30 a.m. in "F" Quad, Nov. 16.

Veterans of the Korean War, their guests and other attendees watched a video compilation of 2-5's recent deployment to Afghanistan and enjoyed a buffet dinner.

Dinner was followed by remarks from Lt. Col. Malcolm B. Frost, commander, 2-

5th Infantry Regiment, and a presentation by Frost of an original painting to the 5th RCT Korean War Veteran's Association.

The painting, titled "How It Ought To Be Done," by renowned artist Rick Reeves, depicts a 5th RCT battle termed "Objective Baker" on Jan. 29, 1951.

"It is our duty to honor, thank and praise 2-5 for their heroic service," said Frost. "Over 50 years ago, during the Korean War, they served for nearly three straight years in continuous combat from August 1, 1950, through July 27, 1953."

One of the veterans is retired 1st Sgt. Hibbert Manley, treasurer, 5th RCT, whose Army career spanned from '45 to '66. Manley rem-



Spc Amanda Flemmet

Third Brigade Command Sgt. Maj. Frank Leota (left), retired 1st Sgt. Hibbert Manley, secretary of the 5th RCT Association (center), and retired Brig. Gen. Irwin Cockett Jr. enjoy conversations at the dinner table.

inised with pride about his Korean War service.

"When the war started in 1950, they alerted the unit here. They started pulling people out of all the units to fill up the 5th RCT, and it

didn't seem to matter what you were. They needed bodies.

"A good friend of mine was a mess sergeant, yet went over there as a tank commander," explained Manley.

"There was just no time. A lot of people. The first time they ever fired their weapons was off the back of the ships on their way to war."

Manley served with the 5th in Korea from '50 to '51.

"I heard that the 5th was in Korea, and I did everything I could to get assigned to them because I knew the guys," Manley said. "They were guys from Hawaii.

"I wanted to be with the 5th because those guys were unique. .... It was a special brotherhood, tightly knit, and we would never leave anyone behind."

The heroism and loyalty exhibited by 5th RCT veterans was a message that Frost emphasized.

See "Bobcats," page A-8



# 18th Transportation Det. prepares to support OIF

Story and Photo by  
Spc. Stephen L. Proctor  
17th Public Affairs Detachment

SCHOFIELD BARRACKS — With Soldiers and equipment deploying throughout the globe, someone needs to keep track of their movements. The 18th Transportation Detachment does just that, and in mid November, it will head to Iraq in support of Operation Iraqi Freedom.

The detachment joined the 45th Corps Support Group at Bowman Park, Nov. 4, to celebrate the unit's future deployment and mission.

While in garrison, the mission of the 18th Trans. Det. is to help deploy Soldiers and get them back home. The detachment meets Soldiers at the airport, then guides them back through their in-processing briefings. The 18th Trans. Det. is also responsible for tracking equipment shipped on Logistic Support Vessels (LSV), ships that transport vehicles and equipment to and from the theater of war.

The mission of the 18th Trans. Det. downrange will be a little different, though. In Iraq, the detachment will execute multiple responsibilities and tasks.



Soldiers from the 18th Trans. Det. relax and play card games at Bowman Park, Schofield Barracks, Nov. 3, during a predeployment barbecue with their parent unit, the 45th Corps Support Group.

"A big part of what we'll do is assess intelligence and threat briefs to prepare convoy commanders on the best time to move," said Spc. Ryan Haynes, a member of the 18th Trans. Det.

After prepping convoys, the detachment tracks their movement from base to base, and monitors their movements in and out of gates.

The 18th Trans. Det. will also

continue to perform parts of its garrison mission, such as tracking logistical elements moving in and out of theater.

The deployment will be the first big rotation for most of the Sol-

diers in the 18th Trans. Det., and Soldiers have mixed feelings of excitement and apprehension about heading to war.

"I feel a real sense of pride about participating," said Sgt. Myriam Ortiz, a member of the 18th Trans. Det. "I'm excited to develop more in my military occupational specialty, and to be able to do my job in a deployment. I just hope we all stay safe over there," she said.

One Soldier was not expecting deployment.

"I'm from Papakolea, Hawaii; I reenlisted to come here, so I was coming home," explained Staff Sgt. Donald Miggins. "I wasn't planning on deploying, but my wife's family is here, so I'm okay with it now. I'm looking forward to saving some money while I'm over there and finishing my Bachelor's degree in information technologies."

Haynes feels confident about the upcoming mission and sees deployments as "an opportunity to get experience and learn something new."

"I think this'll be a good deployment," Haynes continued. "We've had a lot of training, and we're prepared for any mission."

## Nine NCOs become latest inductees into prestigious club

Story and Photo by  
Staff Sgt. Manuel  
Torres-Cortes  
Staff Writer

SCHOFIELD BARRACKS — Nine noncommissioned officers stood proudly on the stage at Sgt. Smith Theater Nov. 7 as they officially became members of one of the Army's most pristine clubs for enlisted Soldiers.

These NCOs were inducted into the Sergeant Audie Murphy Club, a prestigious honor that recognizes NCOs whose leadership, achievements and performance merit special recognition.

For the selection process the Soldiers were evaluated in four phases: the commanders' evaluation and nomina-

tion, performance and accomplishments, the initial selection board and the final selection board.

The leadership of the 25th Infantry Division (Light), Commanding General Maj. Gen. Benjamin R. Mixon, and Command Sgt. Maj. Jerry L. Taylor, recognized the achievements of inductees personally by awarding each Soldier the Division's Sgt. Audie Murphy medallion and certificate.

Not only were the inductees recognized by their leaders, but also by the Soldiers they lead. Inductees received heartfelt letters from their Soldiers, that narrated reasons why the NCOs

See "Inductees," page A-8

### Inductees

- Sgt. 1st Class Michael L. Palm, from the 2nd Battalion, 27 Infantry Regiment;
- Sgt. 1st Class Andres A. Rugerio, 2nd Bat., 27th Inf. Reg.;
- Staff Sgt. Louis Britton Jr., 3rd Brigade Special Troops Battalion;
- Staff Sgt. Aileen M. Fujikawa, 500th Military Intelligence Bde;
- Staff Sgt. Trina G. Groves-Martin, 725th Main Support Battalion;
- Staff Sgt. Dante O. Hoskins, 25 Transportation;
- Staff Sgt. Charles K. Wood, 2nd Battalion, 35th Inf. Reg.;
- Sgt. Raymond W. Hubbard, 2nd Bat., 35th Inf. Regt.; and
- Sgt. Allan D. Vergara



Inductees proudly display their Sgt. Audie Murphy medallion and certificate at Sgt. Smith Theater, Nov. 7.

## How much do you know?

Test your knowledge of Native American history. See how many of the following questions you can get right. Don't peek until you're finished, but answers are listed on page A-12

- Where did the Aleut Indians live?
  - California
  - Cascade Mountains
  - Subarctic Region
  - Alaska Peninsula
- Native Americans who were related to one another by a common ancestry formed \_\_\_\_\_.
  - nations
  - clans
  - cluts
  - neighborhoods
- Native American religious leaders were called \_\_\_\_\_.
  - chiefs
  - earth gods
  - priests
  - shamans
- Native Americans believed that no one person could \_\_\_\_\_.
  - kill an animal
  - lead a clan
  - own land
  - contact spirits
- The Hopi and Zuni tribes lived in the \_\_\_\_\_.
  - Northwest
  - Southwest
  - Northeast
  - Southeast
- Buffalo were hunted by people who lived \_\_\_\_\_.
  - on the Plains
  - in the mountains
  - in the forests
  - in the Great Basin
- People who search for traces of people from the past are called \_\_\_\_\_.
  - historians
  - archaeologists
  - time travelers
  - explorers
- People from Asia first came to the Americas to \_\_\_\_\_.
  - find gold
  - escape poverty
  - hunt for food
  - practice religion freely
- Artifacts were buried for the dead by the \_\_\_\_\_.
  - mound builders
  - Cherokee
  - cliff dwellers
  - Apache
- The land bridge where historians think ancient people crossed from Asia to North America is located is \_\_\_\_\_.
  - at the Bering Strait
  - in Siberia
  - in Alaska
  - near the Arctic Circle

## Division to fête Native American culture

Equal Opportunity Office  
Military Police Brigade-Hawaii

The Military Police Brigade-Hawaii will host the 25th Infantry Division (Light) and U.S. Army, Hawaii, Native American Indian Heritage Month Celebration, Nov. 18.

As the first peoples to call America home, American Indians and Alaska Natives have a noble history in the lands of the United States, and they

have long shaped the nation.

During the national observance, all Americans celebrate their commitment to respect and preserve rich Native American traditions and cultures.

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions of the first Americans, in the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

This year's local celebration will be held at 1 p.m. on Sills Field, Schofield Barracks, Nov. 18.

Guest speaker Bill Tiger will address the theme for this year, "Strength with Honor, Pride and Dedication."

The celebration promises to be both educational and entertaining.

For more details, call Military Police Brigade-Hawaii's equal opportunity advisor at 655-2155 or 386-0579 (cell).



**THE 25<sup>TH</sup> ID (L) AND USARHAW PROUDLY CELEBRATES  
NATIVE AMERICAN INDIAN HERITAGE MONTH 2005**

**DATE: 18 NOV 05**  
**TIME: 1300 HOURS**  
**LOCATION: Sills Field,  
Schofield Barracks, Hawaii**

**We will have a guest speaker, Entertainment,  
Display items, and much more.**

**SPONSORED BY THE UNITED STATES  
ARMY MILITARY POLICE BRIGADE-HAWAII**

**For more information, contact SFC Williams  
At 655-2155 office or 386-0579 cell**

**"Honoring Heritage... Strengthening Our nation's Spirit"**

### Native American Club

All who are interested in learning about various Native American cultures or who would like to share their pride in their tribal affiliation with others, contact Sgt. Quiocho, an enrolled member of the Oglala Lakota, the Sioux Tribe of the Pine Ridge Reservation in South Dakota, at 656-5698.

Plans are underway to gather people together to create a Native American Cultural Club and share heritage with each other and the military community, as well as establish relationships with the local Intertribal Council of Hawaii.

## News Briefs

**CG Access** — As a part of the commanding general's Open Door Policy, the 25th ID (L) and USARHAW have established a Contact CG Internet Web E-mail Access Program. The link encour-

ages all military personnel, their family members and civilian employees to make recommendations and suggestions, ask questions or register bona fide complaints.

The access program provides a method of addressing issues to the commanding general, 24 hours a day, seven days a week. Responsible commanders and designated staff will take appro-

priate action on each e-mail submitted; however, the commanding general will review all completed inquiries.

To provide input, log onto [www.25IDL.army.mil](http://www.25IDL.army.mil) and then click on the e-mail link: "If you have questions, comments, complaints, or suggestions about the 25th Infantry Division, you can contact the Commanding General by clicking here."

According to the program, individuals are encouraged to refer matters to their chain of command, but the commanding general has extended to them the right to seek redress otherwise. Commanders or activity chiefs will not take derogatory action against personnel using the Contact CG Inter-

See "News Briefs," page A-12



## Veterans

From A-2

deployments worldwide, are joining the ranks of veterans to whom America owes an immense debt of gratitude.

For those who have made the ultimate sacrifice, we are grateful that such men and women were among us. For those who continue to serve, we honor their commitment. For those who return to civilian life, we honor their service.

Our greatest privilege and responsibility as leaders of the House Committee on Veterans Affairs is to provide our veterans with a system that cares for their wounds and ensures that they have an opportunity to succeed. Every member of the committee shares that calling.

Our nation has kept faith with its veterans. Funding for veterans' health care and benefits is strong, and has increased more than 75 percent in the last decade. VA health care is now synonymous with world-class quality.

An expansion of community-based outpatient clinics is enhancing access to care, especially for rural veterans. Yet, we must never stop looking for ways to improve the services we provide veterans.

Our commitment to America's veterans is to provide them with a system that offers first-rate health care and a system of benefits that is administered fairly, swiftly and consistently.

Service members returning from war deserve a "seamless" transition from the military into the VA health care and benefits system. Our pledge to each veteran is to make that happen. When they took the oath, service members volunteered to uphold the Constitution, not to have to fight jealous bureaucracies.

And so, at the appointed hour of the eleventh day of the eleventh month, let us recall the precious service our veterans have rendered us and then let us renew our obligation to them.

May God bless our veterans and may God bless America.

*(Editor's Note: Congressman Steve Buyer [R-Ind.] is a 1980 distinguished military graduate of The Citadel, commissioned a second lieutenant in the Army Reserve's Medical Service Corps. After graduation from Valparaiso Law School, he transferred to the Judge Advocate General Corps and was called to active duty for three years. Upon his release from active duty, he returned to Indiana to practice law in his hometown of Monticello. In 1990, with three days notice, the congressman closed his law practice to serve on active duty in Operations Desert Shield and Desert Storm. He continues to serve as a colonel in the U.S. Army Reserve.)*

# 2-35th Soldier selected grand marshal

Sgt. Maurice Smith  
3rd Brigade

November 16 marks a holiday that's highly recognized by all U.S. service branches. Whether Soldier, sailor, airman or Marine, every service member plays a significant role on Veterans Day.

Not quite the veteran yet, Sgt. Jamie Hernandez is an Infantry Soldier who has been on the front lines and still selflessly dedicates his all to the Army, day in and day out.

Hernandez, a Purple Heart recipient, works in the finance and personnel office of Headquarters and Headquarters Company, 2nd Battalion, 35th Infantry Regiment, 25th Infantry Division (Light). He has been selected as the grand marshal for the Lion's Club Veterans Day Parade today at Wahiawa Park.

Veterans have led the way for present and future Soldiers, and Lion's Club veterans selected Hernandez as grand marshal due to his career accomplishments.

Born in Puerto Rico, Feb. 16, 1970, Hernandez was the middle child of a family of seven. His mother is a high school teacher, and his father a DEA agent.

As a kid, Hernandez realized that he didn't want to follow in his father's footsteps, but he dreamed of someday joining the Army.

"Seeing what my dad was doing as a kid, I didn't want to take that career in law enforcement. I always liked military stuff — weapons, repelling, helicopters and shooting," Hernandez explained.



Sgt. Jamie Hernandez

He decided to join the Army at the age of 32, in April of 2002.

"I was doing my paperwork to go to the National Guard. At the time I was about to join the Puerto Rican National Guard, September 11 happened. After that week, I flipped my channel and decided I'm going Infantry ... I'm going active," said Hernandez.

"I told my cousin I want to go infantry and airborne ranger. My cousin just laughed at me," Hernandez recalled. "He said, 'Are you crazy?' Go to your unit, learn infantry stuff. After you learn a little bit, get in shape, and then you go to Ranger School," Hernandez said, recalling his cousin's advice.

Hernandez went to Basic Combat Training in Fort Benning, Ga, followed by Airborne School and his first and current duty station with the 2-35th.

Hernandez' Purple Heart would come about after his deployment to Afghanistan in support of Operation Enduring Freedom last year.

He and his platoon were headed back to their firebase in Afghanistan after a long week of completing various missions. The task was to resupply, fix vehicles and head out again that same day to cordon and search villages, which the Taliban were using to rest and hide weapons.

Hernandez was the truck commander for the mission. Shortly after leaving the firebase, his vehicle rolled over an improvised explosive device (IED), causing devastating damage.

Most of his fire team suffered minor injuries, but Hernandez' were the worst. He suffered major injuries to his back and both legs. Since then, he has undergone numerous surgeries, which he is still recovering from.

"I still have a fracture in my back; I don't think it's going to heal," said Hernandez, while pointing out the numerous screws and plates in his legs and ankles.

The injury caused Hernandez to rethink his outlook on the military and life in general. He journeys back and forth to Mental Health and is still very uncomfortable sitting at home and doing nothing while waiting to heal.

"I had the opportunity to get out and get 20 or 30 percent disability," he said. "The first 60 days of convalescent leave, I was going crazy. I came back to work, early, with a back brace ... a leg brace on. They said, 'What are you doing here?' I told them I had to work; give me something," he explained.

"If I sat in my house, playing video games, in front of the

computer all day, feeling sorry for myself, I would have never been back. I started doing exercises myself and trying to get myself straight."

The military is not just a job to Hernandez because he loves what he is doing so much. He took it upon himself to get focused again and get back to doing what he enjoys so much.

"This is what I like to do. When you like what you are doing, you don't work. You just go. You just have fun," he emphasized.

Although Hernandez is working, he is not doing the same job he once did before his injuries.

"I would like to be down there with a rifle in my hand, doing what I like," he said. "Whenever they feel I'm ready, I will be back," he said.

Hernandez' leaders are impressed with his positive attitude and thinking; they are trying to help him reach his goals.

"He's a 'lead by example' NCO," said Sgt 1st Class Phil Barretto, Operations NCO, HHC, 2-35th. "You heard what happened to him in Afghanistan."

"He's already trying to go to school ... He got through his injury, was on profile, passed the Army Physical Fitness Test at Primary Leadership Development Course while on profile. That says a lot right there," Barretto said.

"I have a lot of respect for veterans," said Hernandez. "Being the grand marshal, it's not for them to give me anything. It's for me to give them my presence and my thanks to all of them."

# 25th ID participates in Veteran's Day parade

Story and Photos by  
Pfc. Teirney M. Humberson  
17th Public Affairs Detachment

WAIANAЕ — Reflections of sun rays glinted off the freshly polished brass of the Tropic Lightning Band's instruments as they prepared to step off as the first ensemble in the 24th annual Veteran's Day parade held here Nov. 5.

Members of the 25th Infantry Division gathered to celebrate the holiday with veterans and interact with the community during festivities which included a parade, live bands, a guest speaker and food.

Immediately following the parade, Col. Stefan J. Banach, 2nd Stryker Brigade Combat Team commander, gave a speech to support and honor past and present troops.

"Each of us, as an American, needs to bear the burden of freedom," said Banach.

Veterans, retired and active, mingled in the comfort of family and friends as they basked in the blazing Hawaiian sun while enjoying hot food and cold drinks.

Children laughed and giggled as they romped over a Howitzer, and became real



Soldiers as they got their faces painted camouflage by Soldiers from the 1st Battalion, 14th Infantry Regiment.

"I'm glad to be here. Proud to serve, and share what we do with the public," said Maj. Ardelle L. Evans, 1st Bn., 14th Inf. Reg. training officer in charge. "I'm glad to interact with the community, both the elders and the youngsters. It's a partnership of ohana."

From active duty and retired veterans to community members, all gathered to celebrate the holiday and honor what it stands for.

"Veterans day is a remembrance for the country. If it wasn't for the veterans, we wouldn't have the freedoms we do today," said James R. Kaleo-hano, a retired service member of 21 years, and veteran of the Korean and Vietnam wars.



Above — A Soldier from the 1st Battalion, 14th Infantry Regiment, paints a child's face with camouflage at festivities held Nov. 5 in Waianae during the city's pre-Veterans Day celebration.

Left — Retired members of the Special Forces catch a ride in a Light Medium Tactical Vehicle in the Veterans Day.



Left — The U.S. Army Reserve Hummer grabs the attention of onlookers as it passes by in the Waianae Veterans Day Parade held Nov. 5.

## Inductees

From A-5

are so special to the club.

Many question why today's Soldier is compared to Sgt. Audie Murphy, a Soldier who fought in World War II.

Audie Leon Murphy, a son of poor Texas sharecroppers, became the most decorated U.S. combat Soldier of World War II.

His career began as an Army private, but Murphy quickly rose to the enlisted rank of staff sergeant.

He received a "battlefield" commission as a second lieutenant. He was wounded three times, fought in nine major campaigns across the European theater, and survived the war.

Among his 33 awards and decorations, Murphy earned the Medal of Honor, the highest military award for bravery in the United States, for his "conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty."

Murphy received every decoration for valor that America bestows — some more than once.

He was credited with killing more than 240 enemy forces, while wounding and capturing many others.

Murphy is a legend within the 3rd Infantry Division.

The Sgt. Audie Murphy Club originated at Fort Hood, Texas, in 1986. It had spread Army-wide by 1994.

The club is designed to preserve the memory, leadership styles and personal ethics of its namesake; to perpetuate Army and unit traditions that contribute to esprit de corps and superior performance of duty; to improve the quality of life on posts and in local communities; and to assist and aid Soldier and family concerns.

## Bobcats

From A-4

"Tonight is important not only for the veterans but for our current Soldiers. It is important for current Soldiers to appreciate the legacy of the U.S. Army and the heroic sacrifices that Soldiers like those of the 5th RCT have made to allow us to have the way of life that we have," Frost said.

"... Fifty years from now, our Soldiers can be setting conditions for a better America and a better world."



# 2-11th FA embraces ties to end of war

2nd Lt. Chad Fitzgerald  
2nd Battalion,  
11th Field Artillery Regiment

For Soldiers, noncommissioned officers and officers of the 2nd Battalion, 11th Field Artillery Regiment, Veterans Day has a special significance.

The day commemorates the end of World War I when a 95-pound projectile was loaded and fired from a howitzer named "Calamity Jane" on the eleventh hour of the eleventh month "On Time" by the 11th Field Artillery Regiment.

The 11th FA had only landed in Europe four months before, when Western Europe was locked in a deadly stalemate. The 11th had trained for two years and American forces had proved themselves capable with gallant actions at the Meuse River, where two divisions blunted Germany's last offensive, and at St. Mihiel, where American and French forces pinched off a German salient.

Allied leaders believed the war could be won with one last offensive.

Sept. 26, 1918, the Meuse-Argonne Offensive began with nine American divisions. The initial assaults went poorly, and the 11th FA was ordered into action Oct. 26 and subsequently effectively bombarded German positions.

Nov. 1, the 11th FA rained shells for four-and-a-half hours in the largest artillery barrage of the war. The result was a massive advance by Allied forces along the entire Meuse-Argonne Front.

Then the regiment continued to impress Allied leaders with heavy guns moving forward with the advance, and was the first to bombard the Sedan-Metz railroad line, rupturing an important German defensive position and a supply depot.

The Meuse-Argonne Offensive fired more artillery rounds than the



Above — Soldiers fire the M777A1 howitzer at Twenty-nine Palms, Calif. The 2-11th FA, will be the first unit equipped with the M777A1 howitzer in summer 2006.

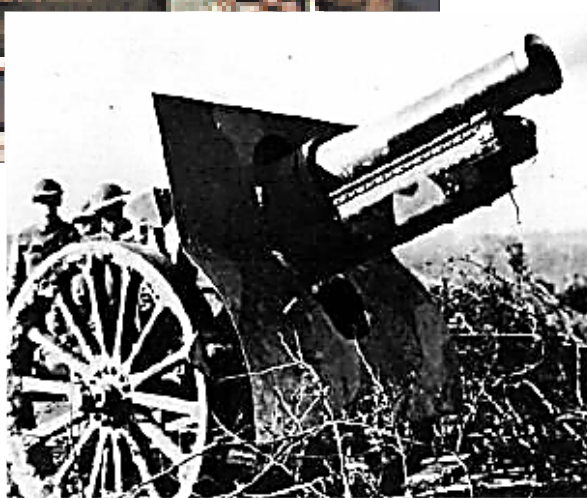
Right — Calamity Jane, a U.S. 11th Field Artillery Regiment howitzer, was credited with the last U.S.-fired shot of the World War II.

entire American Civil War. The tenacity and skill of the 11th FA helped make American victory possible. As such, the 11th was rewarded by firing the last round of the war with a howitzer named "Calamity Jane," effectively ending the war in Europe, just before the armistice went into effect at 1100 hours.

The 11th Field Artillery Regi-

ment moved to Schofield Barracks in 1921, as part of the Hawaiian Division. It was later designated the 11th Field Artillery Battalion in 1941.

The unit was billeted in K Quad during the attack on Pearl Harbor, and some say that an eleventh shot downed one of 29 Japanese planes that were brought down.



During World War II, the battalion served gallantly from the jungles of New Guinea to Luzon and Mindanao Island, where the 11th was still fighting the day Japan surrendered.

In one of many firsts, the 11th FA Battalion was the first medium artillery unit into action during the Korean War. During service in Korea, the battalion received the Presidential Unit Citation and the Republic of Korea Presidential Unit Citation (twice).

In 1958, the 11th FA was reorganized into several battalions, including the 2nd Battalion, 11th Field Artillery. The "On Time" battalion distinguished itself in the jungles of Southeast Asia, serving as part of 101st Airborne Division. The 2-11th was required to fire throughout the Vietnam War, not only as direct support batteries, but frequently as separate platoons or sections, often hundreds of miles apart.

On Veterans Day 1968, another howitzer of B Battery, 2nd Battalion, 11th FA, named "Calamity Jane" fired the 500,000th round in Vietnam.

For all these reasons, on Veterans Day the "On Time Battalion" remembers its heroic past, and it carries 38 campaign streamers and eight unit decorations on its colors, representing five wars.

Now, the "On Time" Battalion is ready to step forward as the first unit in the U.S. Army equipped with the new M777A1 light-weight, fully-digitized 155mm towed howitzer system. The 2-11th is ready for a new chapter in

its history as the battalion trains to support the Army's 5th Stryker Brigade Combat Team, 2/25th SBCT, by delivering rounds "On Time, On Target."



## FRG

From A-1

the lessons learned from the spouses who lived through the last deployment," explained Mixon. "They have a lot of valuable experience, real-world experience that I wanted to be sure and capture to improve on the next deployment for our families."

Of the importance of the meeting, Jeannine Wiercinski, wife of deputy commanding general, Brig. Gen Frank Wiercinski said, "Lessons learned are our greatest teaching tool. Having the CG here is important because it indicates that FRGs are important from the tip-top, on down."

"And," she added, "FRGs are such an intricate part of what makes deployments work."

Many FRG leader comments were positive. Several pointed out the excellent services provided by installation agencies, particularly Army Community Service. Others lauded deployment programs like the Blue Star card and the eight hours of free monthly child care allocated families of deployed Soldiers.



the leaders' feedback and provide him with recommendations for implementing changes or setting policy as needed.

Of the most significant feedback learned from the meeting, Mixon said, "I think the most important thing that came out today is that

everybody needs training ... the preliminary training we provide must be for the rear detachment personnel, our family

readiness group leaders and every spouse who will have someone deployed. We are going to make sure that people have the appro-

prate preparation prior to the next deployment."

Having the commanding general at the meeting made many leaders feel validated in their positions. Chellie Cardone, a 2-27th company FRG leader last year, said, "This meeting lets the FRG leaders know that the CG thinks what we do is important."

As for his presence at the meeting, Mixon expressed it another way.

"I hope it sends a message to FRG leaders, but more importantly, it better send a message to my subordinate commanders that they will need to be intimately involved with family readiness group activities and supporting the families back here."

"As the commander, it is my job to make sure that families are taken care of."

**Maj. Gen Benjamin R. Mixon, commanding general, 25th Infantry Division (Light) and U.S. Army, Hawaii, welcomes more than 30 family readiness group leaders who served the garrison during Operation Iraqi Freedom and Operation Enduring Freedom. The "Lessons Learned Forum," held Nov. 4 at the Post Conference Room, allowed the FRG leaders to provide feedback to the division's leadership.**

***"FRGs are such an intricate part of what makes deployments work."***

***- Jeannine Wiercinski, senior spouse leader***

Other leaders focused on day-to-day FRG operations, including their roles dealing with their rear detachment personnel, families within their units and the casualty notification process. One comment echoed by many was the need for detailed guidelines, standards and policies to be in place prior to the next deployment.

Housing was a concern of several leaders, particularly with privatization ongoing. FRG leaders recommended that explicit guidelines regarding priority quarter's assignment for families of deploying personnel, storage of household goods and what happens when a spouse chooses to return to the mainland be addressed early in the pre-deployment phase.

Another key concern from the FRG leaders' perspective was education. Many felt that rear detachment personnel, FRG leaders and spouses of deploying Soldiers need more deployment preparation training. One strong recommendation made was that rear detachment personnel need to be the best possible candidates for the position.

On selection of rear detachment personnel, Mixon said, "There is a phrase ... if it doesn't hurt to leave that officer or NCO behind, they are probably not the right person for the job [of rear detachment]."

Cynthia Piatt, the 2nd Battalion's, 27th Infantry Regiment, FRG leader last year, felt the meeting was very beneficial.

"I think it gave him [the commanding general] a chance to hear what went right and what went wrong. Many of the leaders expressed the good that came out of the deployment, that there were tools in place to help them succeed and handle situations."

She continued, "There was a lot of emphasis on educating people as a whole and not just the FRG leader. People whose spouses are deployed must take ownership and responsibility for educating themselves for a more successful and independent family deployment."

According to Mixon, division and installation staffs will consolidate and review



## Support From A-1

reactivation, the 225th FSB has been deployed to destinations around the world, including a recent Operation Iraqi Freedom deployment.

As part of its deployments, the 225th has received significant increases in manpower, so it can operate at maximum efficiency.

During the past two months, more than 300 new Soldiers arriving from Advanced Individual Training (AIT) or permanent change of station (PCS) have strengthened the battalion's numbers three-fold, said Lt. Col. Charles C. Gibson, commander of the 225th BSB.

As Soldiers stood in company formations during the ceremony, their influx in numbers was visually evident. In addition to the increase of Soldiers, other components and personnel are behind the scenes to provide necessary assistance.

"Although you don't see them on the parade field today, we will also have the additional advantage of forging a habitual relationship with a logistical support element," Gibson explained. "As well, Stryker and non-Stryker maintenance and digital support personnel will be a mixture of military and civilian professionals that will number more than 100 individuals."

As the companies of 225th increase, new and additional equipment will be provided to sustain and preserve group readiness.

Gibson explained that over the next several months more than 250 new vehicles and equipment are expected to arrive.

As the ceremony was brought to a close, Gibson honored the single most important figure in a unit — the Soldier.

"Despite the ever-changing doctrine and equipment, there remains one constant in today's fighting force. That constant is the Soldier who continues to be the centerpiece of our Army," Gibson said. "We owe them a debt of gratitude, and I feel very proud to command such a group of dedicated professionals."

# 3rd Brigade showcases its MOUT expertise

Story and Photo by  
Spc. Leslie Alberts  
Public Affairs Office, 3rd Brigade

SCHOFIELD BARRACKS — For 1st Platoon, the day was just another training event, marking the culmination of fundamental room clearing exercises. However, for Division and 3rd Brigade leadership, the occasion provided the opportunity to showcase its ground fighting and superior urban warfare training.

Halloween day, 2nd Battalion, 27th Infantry, 3rd Brigade Soldiers, "treated" 40 foreign military attaché officers to a two-hour demonstration at the Combat Training Facility Military Operations in Urban Terrain (MOUT) course here.

The foreign officers are an element in a continued partnership of multinational and coalition partners with the United States, and hailed from Argentina to Zimbabwe.

Each attaché is currently based in Washington, D.C., and reports to a respective ministry of defense. The visit was part of an annual trip to U.S. Army Pacific, or USARPAC.

The purpose of their visit was to better understand the challenges of the U.S. Soldier in the context of the current warfight in Iraq and Afghanistan, explained Brig. Gen. Mick Bednarek, assistant division commanding general. However, Bednarek was quick to emphasize that the visit in no way wasted Soldiers' time or resources.

"The demonstration is training for these Wolfhounds, and it is directly linked and relevant to potential future deployments," said Bednarek. Capt. Kelley Litzner, Alpha Company Commander, 2-27th, trained his 1st Platoon Wolfhounds with the general's directive in mind.

Soldiers started the day early. In



Brig. Gen. "Mick" Bednarek, assistant division commander (operations), addresses foreign military attaché after 2-27's MOUT demonstration, Oct. 31.

four-man fire teams, they practiced blank fire iterations in different room configurations inside various buildings. Next, the Wolfhounds progressed to live-fire iterations using SRTA ammunition, said Litzner, an acronym meaning "short range training ammunition." SRTA is a category of simunition, one step down from full-service, live ammo training.

"It permits live fire training within rooms," Litzner added.

After his Soldiers became live-fire, MOUT SRTA-certified, Litzner spearheaded the foreign military attaché demonstration. Guests were first briefed by Litzner on MOUT training and tactics. He then described his Soldiers' training progression since their redeployment from Afghanistan up through any

potential future deployment.

Next, Soldiers demonstrated room clearing procedures using the versatile "glass house" scenario, which simply sets invisible wall parameters of a hypothetical room, permitting onlookers to easily view the goings-on within the room during a demonstration.

Guests then took the opportunity to speak to Soldiers and view static displays, which included sniper rifles, combat equipment (battle armor, Kevlar and more and weapon systems typically used within the five-man team, to include the M-4 rifle, M-249 and M-203 attached to an M-4, explained Litzner.

After refreshments, each member of the foreign military attaché donned IBA, Kevlar and eye protection. In three-man groups, they

observed Soldiers clearing rooms using both blank and SRTA live fire.

Placed in back corners of different rooms, the guests watched as four-man teams entered, cleared and exited rooms. The hope was to give them an idea of just what it feels like to be on the receiving end of a U.S. room clearing operation.

Compliments abounded.

Lt. Col. Drew R. Meyerowich, battalion commander, 2-27th, was not surprised.

"Most of these countries are absolutely awestruck by the training capabilities of the United States Army. In particular, our NCO system is like none other in the world. That fact coupled with the capability of the individual Soldier for other countries is staggering," Meyerowich added.

## USARPAC leaders train for multinational peacekeeping

Public Affairs Office,  
U.S. Army, Pacific  
News Release

To build on a solid foundation of teamwork and understanding, leaders from the U.S. Army, Pacific, recently visited a state-of-the-art training facility for multinational peacekeepers.

The mission of the Bangladesh Institute of Peace Support Operation Training (BIPSOT), located about 50 kilometers north of the capital city of Dhaka, is to impart training on peace support operations by enhancing international peacekeeping capabilities.

"This facility enhances the ability of multina-

tional forces to work together," said Lt. Gen. John M. Brown III, U.S. Army, Pacific, (USARPAC) commanding general. "It promotes multilateral cooperation and goodwill, while at the same time building a solid foundation of trust and respect."

The visit was part of ongoing coordination for a Multinational Platoon Exercise (MPE), being held next year at BIPSOT, as part of the USARPAC South Asia Peacekeeping Initiative. The purpose of the MPE is to foster cooperation among the South Asian nations and develop the capabilities of these nations.

USARPAC is the lead agency coordinating for the MPE, which will be conducted in Bangladesh

under the auspices of the United Nations. The MPE is a follow-on to the South Asia Peacekeeping Operation Command Post Exercise held earlier this year.

The BIPSOT provides multinational participants and observers the opportunity to share unique peacekeeping training. In addition to security roles, participants and observers lean to understand the role of other agencies involved and the objectives of the mission.

"The training that takes place at BIPSOT could very well mean the difference between success and failure as nations work together in future peacekeeping operations," Brown said.



## News Briefs

From A-6

net Web E-mail Access Program.

**Flu Shots** — Tripler Army Medical Center has received flu vaccine for patients, and the Tripler Flu Hotline is available at 433-3357. Shots will be provided as follows:

- The Immunization Clinic will have extra staff on hand Nov. 16 and 18 from 8 a.m. to 4 p.m. to vaccinate patients on a walk-in basis. Regular clinic hours are Tuesdays, 1 to 3 p.m., and Wednesdays and Fridays, 9 to 11:30 a.m.

- The Pediatric Clinic is sponsoring two special flu shot days, today from 9 a.m. to 1 p.m., and Nov. 25, 8 a.m. to 2 p.m. Also, patients will be vaccinated during regular hours, Mondays, Tuesdays, Thursdays and Fridays, 8 a.m. to 3:45 p.m., and Wednesdays, 8 a.m. to noon, and 2 to 3:45 p.m. Call Pediatrics at 433-6234.

- Patients enrolled at Tripler Family Medicine Clinic will be vaccinated during regular immunization hours Mondays, Tuesdays, Thursdays or Fridays, from 8:30 to 11:30 a.m. or 1 to 3:30 p.m., and on Wednesdays from 8:30 to 11:30 a.m. or 2 to 3:30 p.m. Call Family Medicine at 433-9738 or 433-3649.

- Patients enrolled in the Adult Medicine Clinic may walk-in Tuesdays or Wednesdays from 9 to 11 a.m., or 1:30 to 3:30 p.m. Or, make appointments at 433-6641 or request the flu vaccine during a regularly scheduled appointment.

- Patients enrolled at Schofield Clinic may be vaccinated Mondays from 8 a.m. to noon, or 1 to 2:30 p.m.; Tuesdays or Thursdays from 7:30 a.m. to noon or 1 to 3:30 p.m.; Wednesdays from 7:30 a.m. to noon; or Fridays from 7:30 a.m. to noon or 1 to 2:30 p.m., except the last Friday of every month when hours are 1 to 2:30 p.m. Call the Schofield's Immunization Clinic at 433-8145.

- Patients enrolled at the Schofield Family Medicine Clinic may be vaccinated Mondays, Tuesdays, Thursdays or Fridays from 8:30 to 11:30 a.m., or 1 to 3:30 p.m.; or Wednesdays from 8:30 to 11:30 a.m., and 2 to 3:30 p.m. Call Schofield Family Medicine at 433-3650 or 3649.

**“The Wave”** — This Fort Shafter worship service meets each Sunday at 9 a.m. in the Fort Shafter dining facility. You are invited to worship and attend the breakfast potluck. For more

details, call Chaplain (Capt.) James Lester at 438-1816.

**Volunteer Advisory Council** — A council meeting will be held on Nov. 16 from 10 to 11 a.m. at the Chapel Annex, Schofield Barracks. The council consists of the Army volunteer coordinator, volunteer user military agency representatives and unit representatives.

The council will be discussing implementation of a Quarterly Volunteer Awards program, the upcoming volunteer recognition in April, new procedures for submitting volunteer hours and issues/concerns directly related to volunteerism. For more details, contact Cathie Henderson at 655-1703.

**Road Closures** — Heard Avenue, between Quads D and E, will be closed on Monday from 8 a.m. to noon to remove a large Norfolk pine tree. For more information, contact Joe Delgado, Army Corps of Engineers, at 655-1817.

- Hewitt Street (from Trimble Road to Floyd Street) on Schofield Barracks will be closed Monday through Friday from 7:45 a.m. to 4 p.m. to install underground electrical duct-

lines south of the intersection.

- Hewitt Street (from Trimble Road to McCornack Road) will be closed Nov. 28 to Dec. 2 from 7:45 a.m. to 4 p.m. to install underground electrical ductlines north of the intersection. For more details, contact Michael Andres, Department of Public Works, Housing Division, at 275-3118.

**SAEDA Brief** — A SAEDA (Subversion and Espionage Directed Against the United States Army) briefing will be held Thursday at Sgt. Smith Theater, Schofield Barracks. Army Regulation 381-12 requires all Department of Army personnel receive yearly SAEDA training.

For more information, contact 205th Military Intelligence Battalion at 438-1872.

**Mandatory Ethics Training** — The Secretary of the Army reaffirmed April 2 that all Army personnel must be aware of and comply with the highest ethical standards, and he directed mandatory face-to-face ethics training for every Soldier and Army civilian employee, regardless of grade, rank or position.

Also, the Secretary directed that those involved in the purchasing and acquisition process receive additional Acquisition Ethics Training.

An Army judge advocate that has been specially trained and appointed as an ethics counselor will give training during the following sessions.

- At Schofield Barracks, Sergeant Smith Theater:

- Thursday at 9 a.m.,

- Nov. 29 at 6 p.m.,

- Dec. 6 at 6 p.m.,

- Dec. 7 at 9 a.m.,

- Dec. 8 at 1 p.m., and

- Dec. 15 at 1 p.m.

- At Fort Shafter, 9th RRC Assembly Hall on Shafter Flats:

- Nov. 30 at 9 a.m.

- Dec. 7 at 9 a.m.

Unit commanders and agency directors must submit monthly reports per published guidance to Tom Rizzo of the Office of the Staff Judge Advocate. Direct questions to Rizzo at 655-8736.

**Housing Closures** — The Fort Shafter Housing Services Office will be closed Nov. 15; however, the Schofield Barracks Housing Services Office will remain open for business and any emergencies from Fort Shafter.

Additionally, all Housing

Services offices will be closed to attend a Directorate of Public Works Workforce Brief Nov. 18 from 12 to 3 p.m. For emergencies, call 864-1403.

**Holiday Closures** — The Vehicle Registration Section of the Schofield Barracks Provost Marshals Office, Building 6508 on Leilehua Golf Course Road, will be closed on Nov. 25. Normal hours will resume Monday, Nov. 28. Call 655-8940 for more details.

**Reopening** — The Wheeler branch of the Hawaiian Tel Federal Credit Union has re-opened. Location is at 147 Langley Loop, Wheeler Army Air Field, and hours are 8:30 a.m. to 4 p.m., Monday through Thursday, and 8:30 a.m. to 6 p.m. on Friday. For more information, call Cellina Garcia at 624-9801.

**Pearl Harbor Day** — In addition to annual Dec. 7 observances of the surprise attack on Pearl Harbor, the Navy and the National Park Service will hold a separate interment ceremony for USS Arizona crew members. About 20 volunteers of any rank from each branch of service are

wanted to help make this event memorable by attending as audience members.

This event will take place Dec. 7 from 4 until 4:30 p.m. at the Arizona Memorial Visitors Center. Volunteers must report by 3 p.m. to prepare for departure on Navy boats to the memorial. Uniform is Summer White or equivalent with ribbons and no medals.

Volunteers can e-mail grace.hewlen@navy.mil (put Dec. 7 Interment Ceremony in the subject line). Deadline for names is Nov. 28; call Grace at 473-3958 for more details.

**Purple Heart** — The president of the Military Order of the Purple Heart, Hawaii chapter, Thomas Tanaka, is extending a one-year free enrollment in the local MOPH chapter to all MOPH recipients from Operation Iraqi Freedom and Operation Enduring Freedom.

Interested recipients of the Purple Heart should contact Tanaka at 988-2820 for more details.



### Quiz Answers

#### How well did you do?

See how many questions you answered correctly from the Native American quiz on page A-6.

1. Where did the Aleut Indians live? the Alaska Peninsula.

2. Native Americans who were related to one another by a common ancestry formed clans.

3. Native American religious leaders were called shamans.

4. Native Americans believed that no one person could own land.

5. The Hopi and Zuni tribes lived in the Southwest.

6. Buffalo were hunted by people who lived on the Plains.

7. People who search for traces of people from the past are called archaeologists.

8. People from Asia first came to the Americas to hunt for food.

9. Artifacts were buried for the dead by the mound builders.

10. The land bridge where historians think ancient people crossed from Asia to North America is located at the Bering Strait.





# COMMUNITY & SPORTS



Lou Maruzo of Virginia looks at a Heiau model in the Polynesian Hall of Bishop Museum.

Maretta (right) and Tom Choyce of North Dakota view a Hawaiian house, or hale, that was acquired by the museum in 1902. The house was originally built at Haena on the North Coast of Kauai.



Above — Phoebe Thorjusen of Columbia, S.C., listens to various audio recordings of Hawaiian songs in the museum's gift shop.

Left — The entrance to the Kahili Room in the Hawaiian Hall is quite majestic.

## Bishop Museum provides guests with a taste of Hawaiian history

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

HONOLULU — Once visitors step inside the exhibits of Bishop Museum, glass cases full of warrior costumes, artifacts and the like, dating from as far back as the 1800s, captivate the eye.

The Bernice Pauahi Bishop Museum, off Likelike Highway here, is one place to learn about Hawaiian history. Founded in 1889 by Charles Reed Bishop, in honor of his wife Princess Bernice Pauahi Bishop who was the last descendant of the royal Kamehameha family, the museum was established to house the extensive collection of Hawaiian artifacts and royal family heirlooms of the princess.

Since then, Bishop has expanded to include millions of artifacts, documents and photographs about various cultures of the Pacific.

During the past 112 years, the museum has acquired significant finds, including 2.4 million cultural artifacts representing Native Hawaiian, Pacific and Hawaii immigrant life; more than 115,000 historical publications and one million historical photographs, films, works of art, audio recordings and manuscripts.

The museum cares for natural history collections of millions of specimens of plants and animals, as well, many now

extinct.

Charles Reed Bishop erected the magnificent Polynesian and Hawaiian Halls on the grounds of the original Kamehameha Schools for Boys. The museum and school shared the Kapalama campus until 1940 when a new, larger school complex was opened nearby on Kamehameha Heights.

Today, the museum is Hawaii's largest, recognized throughout the world for its cultural collections, research projects, consulting services and public educational programs.

"The museum is very educational," said Lizzie Thorjusen, visitor from Columbia, South Carolina. "I brought my daughter, Phoebe, to the museum so that she could learn about Hawaiian history and culture."

Exhibits focus on diverse aspects of Hawaiian history and culture.

One hall contains artifacts gifted to the museum by members of the ali'i; others come from collections of European and Asian immigrants, and Americans. The Natural History Hall provides displays of species unique to Hawaii. However, many visitors especially enjoy

Bishop Museum's animated storytellers.

"We are on vacation from Virginia and wanted to learn about the Hawaiian history," said Sue Maruzo. "We just attended the animated storytelling presentation; it told the story of a Hawaiian chief. The history of the Hawaiian people is very interesting."

Seasonal summer sleepovers are popular during summer months, and the museum's planetarium is a favored destination year-round.

The Bishop Museum is opening the Science Adventure Center on Nov. 19. This interactive exhibit will feature items found nowhere else in the world including deep-sea remote-operated vehicles, live insect habitats and of course, an erupting volcano.

The museum is the only facility in Hawaii that is ded-

The museum is open daily, except Christmas, from 9 a.m. to 5 p.m.

The Bernice Pauahi Bishop Museum is located at 1525 Bernice St. in Honolulu.

For more information call 847-3511, or visit the Web site at [www.bishopmuseum.org](http://www.bishopmuseum.org).

icated to featuring the latest in scientific technology and research through the Science Adventure Center. Everyone will have the opportunity to learn more about the environment and beginnings of Hawaii.



Xander Ching of Kapolei admires Jackson's Chameleon during a recent exhibit.





**MWR Briefs**  
Serving America's Army in Hawaii

**NOVEMBER**

**11 / Today**

**Hawaiian Waters Adventures Park** — Make a splash this Veterans Day at Hawaiian Waters Adventures Park. Active duty military, reservists, National Guard personnel and retirees with a valid ID can enjoy free, all-day admission into the park today.

Up to four friends and family members of the ID cardholder will receive 50-percent off general admission. For more information, call the Schofield Barracks Information, Ticketing, and Registration office at 655-9971, or the Fort Shafter office at 438-1985.

**Closures** — Reggie's and the Tropics will be closed today in observance of Veterans Day.

**12 / Saturday**

**Yu-Gi-Oh** — Get ready to duel at the Tropics. Registration for the Yu-Gi-Oh tournament starts at 12 p.m. and matches will start at 1 p.m.

Cost is \$6 and includes Yu-Gi-Oh merchandise. Prizes will be awarded, and all ages are welcome. Call 655-8522 for more details.

**Parents Night Out** — Leave your kids in the competent hands of Child and Youth Services on Parents Night Out, Nov. 12, and then enjoy a nice night out on the town.

Children enrolled in Parent's Night Out must be registered with the Resource and Referral Office no later than noon Nov. 9.

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

**Hip Hop/R&B Night** — Come to the Tropics for an evening of fun and dancing from 9 p.m. to 1 a.m. An \$8 cover charge applies at the door. Call 655-5697 for more information.

**15 / Tuesday**

**Children's Book Week** — Children are invited to celebrate Children's Book Week Nov. 14 to 20 at all Army Hawaii libraries.



Sp. Juan F. Jimenez

**'Catch me, if you can!'**

Isac Diaz, a quarterback with Headquarters and Headquarters Company, Aviation Brigade, scrambles as he feels pressure from 3rd Battalion, 7th Field Artillery, during a flag football game, Nov. 8. The 3-7th FA remains undefeated, destroying HHC, 40-6. For flag football standings, see page B-6.

World-famous storyteller Brenda Freitas-Obergon will be at the Fort Shafter Library on Nov. 15, while Diane Ferlatte will be at the Sgt. Yano Library at Schofield Barracks, Nov. 16, and at the Aliamanu Library, Nov. 17.

All programs begin at 3 p.m.

**17 / Thursday**

**Bisque Party** — Youth and teens are invited to the Tropics on Nov. 17 at 4 p.m. to get ready for the holidays and make great gifts and decorations. Choose a ceramic bisque item, paint it, glaze it and take it home.

Bring your friends and have fun and refreshments while creating a masterpiece. Cost is \$15 per person and \$12 per person for two or more in a family. For more information or to register, call 655-8522.

**Holiday Craft Sale** — Get a start on your holiday shopping at the Fort Shafter Arts and Crafts Holiday Sale. Items at the sale will include koa woodcrafts, pottery, stained glass, ceramics and jewelry, along with a silent auction.

The sale will be held Nov. 17 and 18 from 11 a.m. to 7 p.m., and Nov. 19 from 9 a.m. to 5 p.m. For more information, call 438-1071 or 438-1315.

**Fort Richardson Theater** — Come see the Army Community Theater's production of "Kismet." The show opens tonight, with perform-

ances continuing on Nov. 18, 19, 25 and 26, and Dec. 2 and 3.

Tickets for this exciting musical can be purchased at the Richardson Theater box office or online at <http://www.squareone.org/ACT/tickets.html>.

**18 / Friday**

**Pasta Bar at Reggie's** — Interested in creating your own signature pasta dish? Visit Reggie's today from 5 to 8 p.m., and choose from a variety of pastas, sauces and other extra ingredients to design your perfect Italian meal.



"Build Your Own Pasta Night" features adult pricing at \$8.95 and children, ages 3 to 12, at \$4.95. Call 655-4466 for more information.

**Teen Social** — Join friends for an evening of fun at the Schofield Barracks Teen Center and at the Aliamanu Teen Center from 7 to 9:30 p.m. Listen to music, dance, play games or participate in contests. Admission is \$3 for members and \$4 for nonmembers.

**Hip Hop/R&B Night** — Come to the Tropics for an evening of fun and dancing from 9 p.m. to 1 a.m. An \$8 cover charge applies at the door. Call 655-5697 for more information.

**19 / Saturday**

**Turkey Coloring Contest** — Children in grades kindergarten through sixth can show off their creativity by entering the Turkey Coloring Contest. Entry forms are available at the Schofield Barracks and Fort Shafter Arts and Craft Centers, Army Youth Centers, the Tropics and area libraries.

Pictures will be displayed in those facilities, and everyone who participates will be entered in a drawing to win a free art class. Entry forms are available at the Schofield Barracks and Fort Shafter Craft Centers.

Nov. 19 is the deadline to enter, and the art class drawing will be held on Nov. 23. For more information, call the Schofield Craft Center at 655-4202 or the Fort Shafter Craft Center at 438-1315.

**Live Entertainment** — Enjoy live music with friends from 9 p.m. to 1 a.m. tonight at the Tropics. Call 655-5697 for more information.

**21 / Monday**

**Steak Night** — Enjoy a sizzling steak cooked on the grill with garlic mashed potatoes, rolls, and vegetables at Reggie's. Dinner will be served from 5 to 8 p.m.

Cost is only \$11.95 for top sirloin steak and \$14.95 for Porterhouse steak. Children's pricing is available. For additional information, call 655-4466.

**"B" or Better** — Students who receive a "B" average or better grade on their report cards are invited to bring their report card to the Tropics during the month of November and enter to win a free meal at the Tropics.

A drawing will be held for elementary, middle school and high school students, Nov. 30. Students do not need to be present to win. For more information, call 655-8522.

**ONGOING**

**Information, Ticketing and Registration** — The Schofield Barracks and Fort Shafter ITR offices now offer great dining discounts at Planet Hollywood, Sam Choy's Diamond Head and Sergio's Italian Restaurant. Stop by either ITR office and pick up cards for these great deals.

For more information, call the Schofield Barracks ITR at 655-9971, the Fort Shafter ITR at 438-1985 or log onto [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com). Click on ITR Ticketing and Registration for a full list of discounts at various attractions.

**DECEMBER**

**1 / Thursday**

**FBI Recruitment** — Are you interested in a career with the FBI as a special agent? Learn about the FBI by attending the monthly FBI career presentation on Dec. 1 from 10 to 11 a.m. at Building 690 (Aloha Center), third floor conference room at Schofield Barracks. For information, call 655-1028.

For information on future monthly presentations, contact Special Agent Kal Wong at 566-4488. Entry-level salary is \$49,347 (GS 10) during academy training and \$59,418-\$67,220 upon graduation.

**2 / Friday**

**Special Olympics Hawaii** — Special Olympics Hawaii needs volunteers at its Annual Holiday Classic, Dec. 2 through 4 at Hickam Air Force Base and Marine Corps Base Hawaii, Kaneohe Bay. Nearly 800 athletes will compete in statewide basketball, bocce and bowling competitions.

Volunteers are the backbone of Special Olympics, and more than 700 volunteers are needed to help make this event special. Whether you can contribute your time "behind the scenes" or at one of the sporting events, Special Olympics has a position for you.

Positions go fast, so don't wait. For more information, call 943-8808, extension 27, or visit [www.specialolympichawaii.org](http://www.specialolympichawaii.org).

**ONGOING**

**Community Calendar Briefs** — Do you have announcements of upcoming events or activities you'd like to post in the Hawaii Army Weekly? If so, e-mail your information to [editor@hawaiiarmyweekly.com](mailto:editor@hawaiiarmyweekly.com) at least two weeks in

See "Community Calendar," page B-4

**HACN TV2 Schedule**

- Morning**
- 6:00 Sign On
  - 6:26 Coqui Frog Invasion in Hawaii
  - 6:47 Welcome Home Redeployment Guam
  - 7:00 Bulletin Board
  - 7:30 What's Down the Drain
  - 7:41 White Face
  - 7:55 Water Safety
  - 8:00 Hawaii Army Report
  - 8:30 Army News Watch
  - 9:00 Pentagon Channel
  - 10:00 White Face
  - 10:15 Change of Command Ceremony 25ID (L) & USARHAW
  - 10:20 Bulletin Board
  - 10:50 Welcome Home Redeployment Guam
  - 11:04 Coqui Frog Invasion in Hawaii
  - 11:26 VATV #2
  - 11:52 Inside Afghanistan 8/31/05
  - 12:00 Hawaii Army Report
  - 12:35 Pentagon Channel

- Afternoon**
- 2:00 Inside Afghanistan 9/08/05
  - 2:12 Bulletin Board
  - 2:42 Welcome Home Redeployment Guam
  - 2:55 Shamu: The Rhino Story
  - 3:30 Coqui Frog Invasion in Hawaii
  - 3:50 Hurricane Safety
  - 4:00 Pentagon Channel

- Evening**
- 6:00 Hawaii Army Report
  - 6:30 Community Focus
  - 6:47 What's Down the Drain
  - 6:56 Change of Command Ceremony 25ID (L) & USARHAW
  - 7:00 NFL: Football Follies
  - 8:00 Bulletin Board
  - 8:30 Inside Afghanistan 8/31/05
  - 8:42 What's Down the Drain
  - 8:50 White Face
  - 9:06 Volunteers
  - 9:21 Welcome Home Redeployment Guam
  - 9:34 Inside Afghanistan 8/22/05
  - 9:45 Safety Video
  - 9:49 Coqui Frog Invasion in Hawaii
  - 10:10 NFL: Ice Bowl
  - 11:25 Bulletin Board

- Overnight**
- Pentagon Channel

**Community Calendar**

**NOVEMBER**

**11 / Today**

**Battleship Missouri** — Battleship Missouri, "Mighty Mo," will salute the armed forces today with complimentary admission and flag raising privileges to all American veterans and active duty personnel, throughout the day.

At noon, a moment of silence will recognize all military who made the ultimate sacrifice to protect Americans' rights to life, liberty and the pursuit of happiness.

All visitors will receive a button that commemorates the 60th anniversary of the end of World War II, which was on Sept. 2.

To take advantage of the complimentary admission offer, veterans must present a valid military ID or discharge papers at the admission window.

**The Military Channel** — "Voices of the Great War," a Military Channel television event, will air today at 8 p.m. The program, a salute to Veterans Day, is a very human, very real and very moving exploration of a world at war.



**12 / Saturday**

**Mililani High School** — The Mililani High School Music Boosters Club is proud to host its 9th Annual Mililani Trojan Bandfest on Saturday, Nov. 12, at 6 p.m. at the high school athletic field. This year, the marching band competition of participants from local island schools, plus Mililani's own marching band and color guard, will compete for top marching honors.

Admission is \$6 for adults and \$4 for students, grades 6 to 12. Gates will open at 5 p.m. For more information, call 927-1487 or e-mail [bandfest@yahoo.com](mailto:bandfest@yahoo.com).

**Sunset on the Beach** — "Sunset on the Beach" will present on Saturday, Nov. 12 and Sunday, Nov. 13 two great nights of entertainment on Waikiki Beach. On Saturday night, Sunset pays tribute to our veterans as we salute all those men and women who have bravely served our country over the years, and fought for our freedom.

Saturday's event will feature music by the U.S. Air Force Pacific Bands "Hana Hou" (Hawaiian music group), the presentation of colors, and a bugler blowing taps. As a special veteran's tribute, the documentary: "Daniel K. Inouye: An American Story" will be shown prior to the main feature. The feature movie is "Only the Brave" which tells the true story of Japanese Americans (and one Korean American) in the 100th Battalion/442nd Regimental Combat Team who served in the U.S. military during World War II.

**15 / Tuesday**

**Volunteer Medical Assistant Program** — The American Red Cross at Schofield Barracks along with the Post Medical Clinic is offering a Volunteer Medical Assistant Program. Applications are available at the Red Cross office with a deadline of Nov. 15.

The class will start on Feb. 12 and run for seven weeks. For requirements and information, call Beth Weber at 655-4927.

**18 / Friday**

**The Military Channel** — The Military Channel will premier the program, "Top Ten Infantry Fighting Vehicles" on Friday, Nov. 18, at 8 p.m. Join the experts as they look at American, British, Soviet, Canadian

and Israeli designed infantry fighting vehicles. Innovation, protection, mobility and overall battlefield performance determine the place each machine occupies in the final Top Ten list. Wheels versus tracks, heavy firepower versus the simple "battle taxi," "Top Ten Infantry Fighting Vehicles" will reveal the competing theories behind these vital machines.

**19 / Saturday**

**Bishop Museum** — Bishop Museum celebrates the grand opening of its new 16,500-square-foot Science Adventure Center, Saturday, Nov. 19, from 9 a.m. to 8 p.m. with a daylong festival of interactive presentations, keiki activities and science fun.

Museum-goers can also enjoy delicious food, face-painting, balloon artists, caricature drawings, inflatable jumpers and slides, games, storytelling, craft making, and the planetarium and Starlab shows, and be among the first to experience the new Science Adventure Center.

The entry fee is \$3 for kamaaina and military, and free for Bishop Museum members and children age 3 and under. Bank of Hawaii customers and employees get free admission for up to four people when they show their Bank of Hawaii bank card or statement.

The museum is located at 1525 Bernice Street. For more information, call 847-3511 or visit [www.bishopmuseum.org](http://www.bishopmuseum.org).

**29 / Tuesday**

**Blaisdell Arena Eagles Concert** — The Eagles will be performing songs from their 30-year career including such hits as "Hotel California," "Desperado," "Take It to the Limit," "Life in the Fast Lane" and "Take it Easy" at the Blaisdell Arena in Honolulu, Nov. 29, 30 and Dec. 1. This performance is the band's first in Honolulu in more than nine years.

Tickets priced at \$250, \$150, \$95 and \$65, plus applicable services charges, are available at the Blaisdell Box Office, Ticketmaster outlets, and charge-by-phone at



**This Week at the MOVIES**

**Sgt. Smith Theater**

- Today**  
Exorcism of Emily Rose  
7 p.m. (PG-13)
- Saturday**  
Flight Plan  
7 p.m. (PG-13)
- Sunday**  
Tim Burton's Corpse Bride  
7 p.m. (PG)
- Wednesday**  
Exorcism of Emily Rose  
7 p.m. (PG-13)
- Thursday**  
Flight Plan  
7 p.m. (PG-13)

The theater is closed Monday and Tuesday.





Heather Goodier, (left foreground) wife of a band member, sings "When I Fall in Love" with the 25th ID (L) Swing Big Band, Sunday, at the Hawaii International Jazz Festival in Kapolei.

## Soldiers present jazz to Kapolei

Story and Photos by  
Spc. Stephen L. Proctor  
17th Public Affairs Detachment

The smooth sounds of the Dave Brubeck Quartet, Miles Davis, John Coltrane and more came to life compliments of the 25th Infantry Division (Light) Lightning Band and Lightning



Spc. Alfredo Rivera, 25th ID (L) jazz ensemble saxophonist, plays a solo during a performance Nov. 6 in the Hawaii International Jazz Festival at Kapolei City Hall.

Jazz Ensemble at the Hawaii International Jazz Festival at Kapolei, Sunday.

The free, public festival, lasting from 11 a.m. to 7 p.m., was hosted by the City and County of Honolulu and the James Campbell estate.

The festival was established in 1993, but this was the event in Kapolei.

"We wanted to bring the music to the west side of the island," said Mayor Mufi Hannemann. "Hopefully, this year's festival is the first of many to come."

The festival featured local artists and showcases bands from the military, the Iolani School, and other Honolulu and Maui locations.

"When I started thinking of who to invite to the festival, I decided to bring in a military band," said Abe Weinstein, the executive director of the Hawaii International Jazz Festival. "I thought it would give the community a good opportunity to come out and support the military in a different way," he explained.

The Army bands played a number of instrumental jazz standards and brought in a soloist for pieces that required a singer.

According to the regular musicians, they play engagements there, and abroad.

"Last year some of the bands toured Afghanistan, playing for Soldiers over there," said Spc. James Landrum.

"We're supposed to head to Iraq next year," he continued. "We'll have to play at the going away ceremonies, and the welcome home ceremonies, so we're usually the last to leave and first to get back."

"We'll play for the troops there too. It helps keep up the morale," he said.

The Lightning Jazz Band will give a Thanksgiving performance in the 2nd Brigade dining facility Nov. 24 at 11 a.m.

## Tripler spotlights the Great American Smokeout

Norma Suarez  
Community Health Nursing,  
Tripler Army Medical Center

HONOLULU — Are you thinking about quitting smoking but not sure where to begin? The Great American Smokeout could be your starting point.

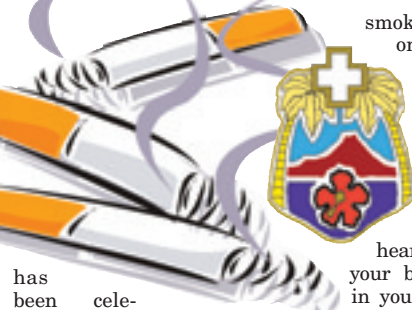
The rules are simple: You commit to quit smoking for just one day, and will be joining millions of other smokers in saying "no thanks" to smoking.

The Great American Smokeout traditionally takes place on the third Thursday in November. This year, the Smokeout is Nov. 17.

The idea for this event originated in 1971 when Massachusetts resident Arthur P. Mullaney asked people to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund.

In 1974, Lynn Smith, editor of the Monticello Times in Minnesota, organized the state's first D-Day, or "Don't Smoke Day." The idea caught on in state after state, until in 1977 the American Cancer Society sponsored the first national Great American Smokeout.

Since then, the Smokeout



has been celebrated with a variety of events, including parades, fairs, quitting information and even "cold turkey" menu items in numerous sandwich shops and restaurants.

The American Cancer Society has reported that as many as one-third of the nation's 47 million smokers take the day off from smoking.

If you can quit for one day, then more than likely you can quit for a week, a month or even a year. Even if you don't go on to quit permanently, you will have learned that you can quit for at least a day.

What happens when I quit for just a day?

Well-known benefits to quitting smoking include no more cigarette smoking odor on your clothes or breath, cost savings and a healthier body.

Not so well-known physiological benefits to quitting

smoking—even after only quitting for several minutes—also encourage you to quit:

Twenty minutes after quitting, your blood pressure decreases, your heart rate drops and your body temperature in your hands and feet increases.

•Eight hours after quitting, carbon monoxide and oxygen level in your blood normalizes.

•At 24 hours, your chance of a heart attack starts to decrease.

•At 48 hours, nerve endings start to re-grow, and your ability to smell and taste improve.

•After two weeks, circulation improves and lung function increases.

Quitting smoking is not easy for many people, but help is available for those ready to commit to quit.

Tobacco cessation programs are offered at Tripler Army Medical Center and Schofield Barracks.

Contact Community Health Nursing at Tripler (433-6834) or Schofield Barracks (433-8675) for more information.



# Club offers hobby for gun enthusiasts

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

**SCHOFIELD BARRACKS** — Members of the Schofield Rod & Gun Club gathered Nov. 2. at Shooting Range 5 to practice and enjoy their hobby of shooting skeet.

The Rod & Gun Club is an organization that provides an outlet for people who are passionate about shooting.

"What the club is really about, it's a place for people to come and relax and shoot their weapons in a safe and comfortable environment," said Jan Schwarzenberg, vice president.

The club offers three different styles of shooting: trap and skeet, rifle and pistol, and archery, all in one club.

All these ranges are located in one place, making it more convenient for members, saving time and money by simply joining one club.

"This is the only club I know [of] in Hawaii that provides three different ranges in one club," Schwarzenberg said.

The club has been around for about 25 years, and it enrolls more than 125 members yearly. The organization also helps out the community by inviting local Boy Scouts to an annual camp where boys are taught how to carry and fire a weapon safely.

The club also provides a pistol safety course, which is mandatory in the state of Hawaii before purchasing a firearm. The cost is a box of ammunition.

The club has an annual membership fee of \$20 and requires each member to donate 12 hours to club



Spc. Juan F. Jimenez

**A member from the Rod and Gun club practices her shooting skills on skeet, at SR-5 on Schofield Barracks, Nov. 2.**

community service. No age requirement is levied for membership, but anyone younger than 18 must be accompanied by an adult at all times.

"Another thing that makes us different is that members must have some association with the military to join, whether it is active or retired

military, reserve or National Guard, dependent, full-time or retired DoD employees," Schwarzenberg said.

"We have a lot of the people that are in the club that compete nationally in the shotgun competition, and they are sitting right here. This is a place for fun, and everyone learns

from one another. It's a great place," Schwarzenberg continued.

Monthly club meetings are held every second Wednesday of the month at SR5. For more information contact Jan Schwarzenberg at [jan.schwarzenberg@navy.mil](mailto:jan.schwarzenberg@navy.mil) or Jack Shirland at [jack@pop-hawaii.com](mailto:jack@pop-hawaii.com)

**Hours of Operation**  
Wednesdays  
SR5 Trap/Skeet,  
6 p.m. to close

Saturdays  
CR2A Rifle/Pistol,  
9 a.m. to 1 p.m.

Sundays  
CR2A Combat Pistol,  
8:30 to 11 a.m.,  
Free Shooting  
11 a.m. to 3 p.m.

## ASYMCA celebrates Military Family Month

Country music star Aaron Tippin now serves as the ASYMCA spokesperson

Armed Services YMCA  
News Release

**WASHINGTON** — This month, the Armed Services YMCA (ASYMCA) marks the start of its 10th annual Military Family Month with a new celebrity spokesperson and a host of events, including the second annual Woman's Day/ASYMCA Holiday Drive and the launch of its annual art and essay contests, sponsored by Geico and Lockheed Martin.

Formally established by ASYMCA in 1996 and celebrated each November, Military Family Month is a time to demonstrate the nation's support for and commitment to the families of military personnel.

"During Military Family Month, ASYMCA's 31 branches and affiliates around the country will step up their social, support, recreational and educational activities for military family members," said

retired Rear Adm. Frank Gallo, national executive director of ASYMCA. "The defense community widely recognizes that healthy families contribute substantially to the success of the entire U.S. military. ...Particularly in this time of increased overseas deployment, we want to do everything we can to make these families' lives a little easier."

This year's Military Family Month celebration kicked off Oct. 27 with a special event for military families and supporters held at Fort Campbell, Ky., and attended by new spokesperson Aaron Tippin, a top Billboard country music star. Tippin met with the families of the 101st Airborne Division (Air Assault), which is currently deployed in support of Operation Iraqi Freedom, and provided those most in need with holiday gift baskets.

In addition to this year's announcement of Tippin as

### ON THE WEB

To donate or find out more about ASYMCA, visit [www.asymca.org](http://www.asymca.org) or call 800-597-1260.

spokesperson, each year during Military Family Month, ASYMCA launches its annual art and essay contests for children of military families representing Army, Navy, Air Force, Marine Corps, Reserve/National Guard and the Coast Guard.

First- and second-place winners from each branch receive a U.S. Savings Bond. For more information and an official entry form, visit [www.asymca.org](http://www.asymca.org) or your local ASYMCA branch.

"As the holiday season draws near, I urge all Americans to show their support for the military and their families by donating money or time to the Armed Services YMCA," said Tippin. "I'm proud to be working with the Armed Services YMCA. Together, I hope we can make a lot of military families' lives brighter."

The public can support military families in a number of ways during November, including donating to the ASYMCA/Woman's Day magazine holiday drive to provide toys and holiday meals for military families in need, or by volunteering to help mentor, tutor or provide general administrative services.

Individuals can also participate in the "Send a CD to a Soldier" program by purchasing a copy of Patriotic Country 2, online at [www.patrioticcountry2.com](http://www.patrioticcountry2.com), which will be included in care packages that ASYMCA will send to active duty troops overseas.

### The ASYMCA

Since the Civil War, the Armed Services YMCA has consistently provided educational, recreational, social and spiritual programs to military members and their families. The Armed Services YMCA, an affiliate of the YMCA of the United States, headquartered in Alexandria, Va., runs more than 150 program locations around the world.

## Community Calendar

From A-1

advance of your event or activity.

**Schofield Barracks Pediatric Clinic** — The new children's waiting room is open for business at the Schofield Barracks Pediatric Clinic, Building 680. The waiting room provides free care for healthy children while parents tend to medical appointments.

For more information or to schedule an appointment, call the Armed Forces YMCA office at 624-5645.

**Battleship Missouri Toastmasters** — The Battleship Missouri Toastmasters Club offers leadership development — the art of persuading others to do what you wish to be done, as good leaders are good communicators.

In a Toastmasters club, learn to be both an effective leader and communicator. You can find out how to vary your approach to suit the needs of different people, whether a speech for an audience or a fund-raiser for a committee. Whatever goals you wish to achieve in life, they will be realized quicker and easier by improving your ability to lead.

Better communication is one meeting away, so attend a club meeting the first and third Thursday of each month at the Battleship Missouri Memorial from 5:30 to 7:30 p.m. For more information, contact Steve at 722-4178 or Annette at 383-0977.

**ACS Volunteers** — Free child care at an hourly site is provided for up to 20 hours per week when you volunteer with ACS. What's more, volunteering offers valuable job experience and flexible hours.

Come on out and support your Army family today. Contact Cathie Henderson at 655-2398 or [hendersonca@schofield.army.mil](mailto:hendersonca@schofield.army.mil) for more information.

**La Leche League** — Breastfeeding or considering it? La Leche League of Central Oahu welcomes all nursing and expectant mothers to attend their monthly meetings. The league meets the third Tuesday of each month at 10:30 a.m. at Sgt. Yano Library, Schofield Barracks.

Attendees should enter the office entrance on the left side of the building. Call Lisa at 685-1865, or e-mail [laparks22@yahoo.com](mailto:laparks22@yahoo.com) for more information.



# A civilian explores PT

Julie Cupernal

Intern, Public Communications,  
U.S. Army Research,  
Development and Engineering  
Command

**ABERDEEN PROVING GROUND, Md.** — As part of my training as a public affairs specialist, I must complete a laundry list of tasks. The list includes everything from learning how to build an office budget to participating in a Soldier event and writing about it.

It was the quest to satisfy the latter that started a fateful conversation with Capt. Brian Hoffman, commander, Headquarters, Headquarters Command, 20th Support Command here.

"Can I shoot some guns?" I asked.

I've always imagined that I could possess a little of Annie Oakley's spirit if given the chance.

"Our next Range is not until early October. Hopefully, it will be cold, really cold, so you can experience realistic Army training!" Hoffman e-mailed me back.

Pretty sure that Oakley was a warm-climate sort of gal, I passed on the range.

"What about physical training? Can I do PT with the Soldiers one day?"

While waiting for his reply, I munched on a donut. Just thinking about PT was already burning calories.

"Just get ready to run," Hoffman replied. "We're training for the Army Ten-Miler."

Don't you just hate it when you get a donut caught in your throat?

As if training for a "ten miler" wasn't daunting enough, Hoffman decided that one day just wouldn't do, so we settled on four days of PT.

My story of chlorine, sweat and new-ound respect began.

## Day One

I rolled into the Knight Diver Pool building around 6 a.m., probably with pillow lines on my face. The task ahead was the Navy Second Class swim test.

The first part of the swim test was 25 meters each of freestyle, sidestroke, breaststroke and backstroke. At 6:30 in the morning, it was quite enough to get my blood moving.

Next was a five-minute prone float, floating on your stomach, only coming up for air when you need to — one agonizing breath at a time, nothing short of torture and, perhaps, the five longest minutes of my life.

I finished the test with a five-minute back float.

Leaving the swim test, I was struck by how many areas of physical proficiency Soldiers must conquer. It turns out I had to jump in the deep end to get a glimpse of the bigger PT picture.

## Day Two

I'm not sure I drive even 10 miles to work, but on my second day of PT, I ran with a team of Soldiers training for the annual Army Ten-Miler in Washington.

Hoffman runs in this pack. He assured me right off that we'd be completing the easiest ever PT in his ten-miler training plan — a four-mile, easy-paced jaunt.

Three miles into it, severely lagging, I noticed that the ten-miler team was just ahead. For a moment, deluded by the thought that I was catching up, I soon realized they were running toward me.

"It's our policy, Ma'am. No Soldier left behind," one minimally sweaty runner said.

Although my muscles were sore, my pride really took the brunt of this PT day.

## Day Three

I woke up for my third day of PT feeling quite sore. My muscles complained. Still, I forged ahead to meet 1st Sgt. Montonya Boozier of HHC, for some one-on-one instruction.

"You're going to feel the burn," he said. "Don't worry, I've been doing this for sixteen years."

Soldier fitness isn't a sprint.

## Day Four

My last day of PT started earlier than any of the others. The alarm clock insisted I get up at four in the morning to make PT by a quarter after five.

I wish I could properly convey the feeling it gives to stand behind a sea of Soldiers, jumping, stretching and shouting cadence in unison. It's as if you're not just exercising your body, but also your ability to be part of the team.

## The finish line

Working for the Army, I hear phrases like situational flexibility, discipline, endurance and teamwork — all the time. I just didn't realize Soldiers were honing these skills before the sun rises, before I even start my day.

I used to look at Soldier PT as the Army's way to keep its Warfighters fit. Now, I realize a toned physique is just a by-product of far greater lessons.

# Personal trainers help the motivated to reach their fitness goals

Story and Photo by  
Pfc. Kyndal Brewer  
Staff Writer

**SCHOFIELD BAR-RACKS** — Although a strong focus on running and completing push-ups and sit-ups for morning physical training sessions can help to improve physical fitness tests scores, those tried and true exercises may not be exactly what you need to accomplish to reach your personal fitness goals you have set for yourself.

The Health and Fitness Center here can help anyone reach his or her personal fitness goals by providing personal training services with certified personal trainers to Soldiers and their family members.

"We offer personal training, which encompasses cardiovascular training, muscle strength and endurance training," said Lauren Betz, the head personal trainer at the Center. "We also help build nutritional guidelines if people want to lose some weight," she added.

The center currently provides seven certified personal trainers to give motivated individuals the best assistance trainers can offer, with more than 30 years of experience all together.

First, trainers complete an initial, free consultation

where they sit down with the individual and talk to him or her about health matters and his or her exercise experience. Then trainers get into a detailed description of what the individual's goals are.

"We try to determine what they need help with, and then we can come up with some basic recommendations," Betz said.

After the discussion, the patron can decide if he or she would like to hire a personal trainer. If the patron does decide to hire a personal trainer, during that first appointment, the trainer will conduct a full assessment and test their client's fitness level, determining where to begin.

"If they are really trying to lose weight, we'll spend a lot of time talking about nutrition and eating, and what they are eating and what we recommend they eat," Betz explained.

If Soldiers want to improve their PT test, trainers put a little more emphasis on cardiovascular training and muscle endurance.

A personal trainer's desire is to improve their clients' overall health and fitness. Helping their clients understand what they need to accomplish to ensure results and safety keeps clients motivated to accom-



**Lauren Betz, the head personal trainer at the Health and Fitness center, coaches her client on a safe and correct way to work out her legs by doing squats.**

plish their health and fitness goals they have set for themselves, Betz explained.

"The benefit that is provided through MWR to the family members and retirees and even DoD [Department of Defense] civilians is really good," said Betz.

For some people, changing the way they live their

everyday life can be difficult, but with someone there to give a little bit of direction and some motivation, anything is possible.

The price for a one-hour training session with a personal trainer is \$30. To schedule an appointment or for more information, call 655-8789.



# Schofield Raiders take a big lost

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

**SCHOFIELD BARRACKS** — Saturday morning, the field at the Bennett Youth Center was filled with excitement and anticipation when the undefeated Schofield Raiders met the Hickam Jets in a head-to-head Mighty Might flag football game.

The Raiders had a tough time with the Jets' defense as they shut them down in the first three quarters by a score of 7-0.

In the last quarter, the Raiders faced their last down and last chance to score.

The coach sent Devon Brown on a quarterback draw.

The ball was hiked and Brown sneaked to the outside, passing three defenders and running the ball all the way for a touchdown.

"This is the kind of run that we needed all game, but their defense kept us from

scoring," said Head Coach Ernest "Chuck" Borden III. "Finally, we caught a break and our offense scored."

The Hickam Jets kept the Raiders on their toes all game long, with long running drives and long passes to their receivers.

The Jets knew how to stop the Raiders offense.

"The Raiders didn't play a bad game," said Andre Everett, coach for the Jets. "We just executed on every play and found their weakness."

The final drive of the game was from the Jets, when they threatened to score on the Raiders again.

Thankfully, defensive lineman Donte Borden stopped the play.

The final score was 7-6 in favor of the Jets.

"Coach Chuck has done a lot for the Raiders. He has also taught these kids how to win as a team and how to lose as a team," said Audrey McKenzie, Raiders' team mom.



Ronald Wu (right) tries to make a break through the defense, but a Raiders linebacker stops him for a short gain during a Mighty Might football game at Bennett Field, Schofield Barracks, Nov. 5.

clinic for all ages Dec. 27.

The Bennett Youth Center at Schofield Barracks will host two clinics, one Dec. 28 for children born between 1997 and 2000 and one Dec. 29 for children born between 1987 and 1996.

All clinics will include both offensive and defensive skills and drills. Register for the youth clinic through Nov. 29 at your nearest Army Youth Center.

For more information contact your area youth sports director.

**Youth Basketball and Cheerleading** — Registration for Hawaii Youth Sports basketball and cheerleading will be held through Nov. 29 at Aliamanu Military Reservation, Fort Shafter, Schofield Barracks, Helemano Military Reservation and Wheeler Army Air Field Youth Centers.

First-time participants must sign up with the CYS Registration Office before they can register for activities. Cost is \$55 per person for basketball and \$60 per person for cheerleading, or \$20 per person using the same uniform from past cheerleading seasons.

For more information, contact your area sports director.

## ONGOING

**Brazilian Capoeira** — Develop the mind, body and spirit to include physical fit-

ness, self-defense and self-discipline through Brazilian Capoeira. Classes are offered Mondays from 6:30 to 8:30 p.m. at the Fort Shafter Physical Fitness Center.

The fall session will run through Dec. 19. For more information, call instructor Mestre Kinha at 247-7890.

### What's Up Gymnastics

— SKIES Unlimited is partnering with What's Up Gymnastics to offer a military discount program for all upcoming classes. What's Up Gymnastics provides several classes to choose from, including recreational and competitive classes and the only indoor climbing wall on Oahu.

Classes are provided for all ages, as early as 1 year. Discount cards can be picked up at the Child and Youth Services registration offices. For more information, call 655-5525.

### Fantasy Football

— Play free Fantasy Football at Reggie's and win cool stuff. Stop by to draft your team for Monday Night Football and then join the gang again to watch the game every Monday at 5 p.m.

Reggie's offers food and beverage specials all night long, and when the game ends, you will find out if you are a winner.

Draft picks for Monday Night Football must be submitted by closing every Saturday.

### Leilehua Golf Course Driving Range

— The golf driving range is open until 9:30 p.m. on weekdays, Monday through Friday, at the Leilehua Golf Course. Call 655-4653 for more information.

### Group Cycling

— Participants can use stationary bikes and drills to work out during group cycling. With tension and resistance, individuals can simulate up and downhill climbs to provide challenging experiences.

Classes are every Thursday, as well as Tuesday and Wednesday at various times. Call the Schofield Barracks Health and Fitness Center at 655-8007 for more details.

## Intramural Flag Football Standings

Unit	Wins	Losses	Pct.
<b>Green Division</b>			
HHC, 84th Eng. Bn.	5	0	1.000
Co. B, 66th Eng.	2	1	0.667
HOC, 732 MI	2	2	0.500
HHC, Discom	2	3	0.400
Co. A, 1st Bn., 14th Inf.	0	5	0.000

### Orange Division

1-25 Avn. Rgt.	4	0	1.000
HHC, 3rd Bde.	3	1	0.750
556th PSB	1	2	0.333
Co. A, 1st Bn., 27th Inf.	1	2	0.333
Co. B, 725th MSB	0	4	0.000

### Blue Division

Btry. B, 2nd Bn., 11th FA	3	0	1.000
Co. C, 25th Avn Rgt.	3	1	0.750
HHT, 3rd Sqdn., 4th CavCo.	3	2	0.600
Co. C, 1st Bn., 14th Inf.	1	3	0.250
DFAC	0	4	0.000

### Gold Division

Btry. A, 3rd Bn., 7th FA	5	0	1.000
Co. A, 2nd Bn., 5th Inf.	2	2	0.500
125th Fin. Bn.	1	2	0.333
HQ Co. A, 225th FSB	1	3	0.250
HHC 25th Avn. Bde.	0	2	0.000

### Purple Division

40th QM	5	0	1.000
Co. C, 2nd Bn., 27th Inf	3	1	0.750
Co. B, 2nd Bn., 35th Inf	1	2	0.333
Co. C, 725 MSB	1	4	0.200
HHC, 125th STB	0	3	0.000

### Ft. Shafter Division

94th AAD	5	1	0.833
30th Signal	3	2	0.600
29th Engineers	4	2	0.667
TAMC	3	2	0.600
DENTAC	1	1	0.500
39th MP	3	4	0.429
USARPAC	0	7	0.000

(Standings are current as of Nov. 9.)



## NOVEMBER

### 18 / Friday

**Intramural Basketball** — Applications for Army Hawaii Men's Intramural Basketball are due Nov. 18. Active duty Soldiers at the company level within the geographical limits of Hawaii are allowed to enter one team.

The intramural season runs from Dec. 5 through March 17. For more information, call the Sports Office at 655-0856 or 655-0101.

### 20 / Sunday

**"5 Game, No Tap" Tournament** — Individuals are invited to participate in the "5 Game, No Tap" Tournament at the Schofield Bowling Center. Check-in is at 1 p.m. and the cost is \$20. Call 655-0573 for more information.

### 29 / Tuesday

**Youth Basketball Clinic** — Be prepared for the upcoming Hawaii Youth Sports League basketball season by attending a youth basketball clinic. Aliamanu Physical Fitness Center Gym will host one

tract Park for HYSA players between the ages of 7 to 14. The five-day soccer camp will be held from Dec. 26 to 30. Youth ages 7 to 10 will train from 4 to 6 p.m., while youth ages 11 to 14 will train from 6:30 to 8:30 p.m..

Those registering by Dec. 1 pay \$95, if members of Hawaii Rush or \$125 if non-members, and \$90 each additional sibling. After Dec. 1, the price increases to \$155. Only early registrants will be assured of a Coerver training T-shirt.

Registration forms are available online at [www.hawaiirushsoccer.com](http://www.hawaiirushsoccer.com) (click on "Clinics"). For more information, e-mail [HawaiiRushCoach@aol.com](mailto:HawaiiRushCoach@aol.com).

### 2 / Friday

**Great Aloha Run** — The 22nd Great Aloha Run, an 8.15-mile run, will be held President's Day, Feb. 20, but GAR is offering a special rate and entry form to all active duty Soldiers, family members and DoD civilians who register by Dec. 2.

By using the special military entry form, participants will save \$5 off the regular entry fee and \$1 will be returned to MWR. Early entries received no

later than Dec. 2 also entitle military to a free "In Training" T-shirt; however, be sure to use the military entry form that can be found at all military Physical Fitness Centers, or go online to [www.active.com](http://www.active.com).

For information on the Great Aloha Run, call the GAR office at 528-7388 or visit the Web site at [www.greataloharun.com](http://www.greataloharun.com).

### 18 / Sunday

**Great Aloha Run Training** — All 2006 GAR applicants are invited to participate in the 2005/2006 GAR "In-Training" Workshop. Training will begin on Sunday, Dec. 18, at 7:20 a.m. at the Kapiolani Park Bandstand.

Participants must arrive on time, sign a waiver and then trainers will help them get ready for the race, regardless of pace and current conditioning. Participants can join their preferred group of walkers, walk-runners or runners.

"In-Training" will be conducted every Sunday at 7:30 a.m. through Feb. 12. The workshop, valued at \$165, is free to all 2005 GAR participants. Call 943-0309 for information about the "In-Training" Workshop.



## NOVEMBER

### 12 / Saturday

**UH-Military Appreciation Night** — Military service members will be honored at Aloha Stadium, prior to the 6:05 p.m. University of Hawaii against Utah State football game, and active and reserve Soldiers will receive two football tickets for the price of one with a valid military ID.

Only one discount offer is available per ID, and this offer is valid for presale purchases only.

Tickets are available at the Stan Sheriff Center and Aloha Stadium box offices only. Information on military discounts is available at 486-9300.

## DECEMBER

### 1 / Thursday

**Hawaii Youth Soccer Camp** — Coerver, a premier soccer skills teaching program, will be conducting a soccer camp at Mililani Dis-