

## INSIDE 25th ID Change of Command today

The 25th “Tropic Lightning” Division bids farewell to Maj. Gen. Robert Caslen and welcomes Maj. Gen. Bernard Champoux at 10 a.m., Sills Field at Schofield Barracks.

See News Briefs  
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## Best in the Army

Sgt. 1st Class Luis Sanchez, 45th Sustainment Brigade, is named Army Career Counselor of the Year.

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## The “Sounds of Freedom”

3,250 military runners sing cadence for a good cause.

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## Happy Tax Season!

Soldiers, families and retirees can file their taxes for free at the Schofield Barracks and Fort Shafter’s tax centers.

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Soldiers with the 230th Engineer Company, Hawaii Army National Guard, carry an Afghanistan role player with the Defense Training System during a Mission Rehearsal Exercise held at Schofield Barracks, Feb. 10.

## Role players teach culture

National Guard unit trains with native Afghanistans for deployment readiness

Story and Photos by  
**STAFF. SGT BRYANNA POULIN**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Participating in a Mission Rehearsal Exercise, last week, with role players

from the Defense Training System, Soldiers with the 230th Engineer Company (Vertical), Hawaii Army National Guard, got a firsthand look at the cultural and language barriers they could be facing during the unit’s upcoming deployment to Afghanistan.

“We integrated DTS during the unit’s validation exercise, which we executed simultaneously at Schofield Barracks,” said Lt. Col. Edward Salaz, command-

er, Support Battalion, 196th Infantry Brigade.

“Interaction between the role players and Soldiers ranged from meeting with a village elder, to interacting with vendors at a marketplace, to responding to injured villagers requiring medical assistance,” he said.

“The role players enable us to create a certain level of stress and chaos that

SEE GUARD, A-9

## 540th specialist saves man from drowning

Story and Photo by  
**CAPT. ANTIONETTE BAUCOM**  
45th Sustainment Brigade Public Affairs

SCHOFIELD BARRACKS — A Soldier from the 540th Quartermaster Company put his life on the line to save a drowning man, and was awarded an Army Commendation Medal for his courageous efforts.

Spc. Kenneth Laycock, a shower, laundry and clothing repair specialist with the 540th QM Co., was swimming with his family and his brother-in-law, Hardy Calinao, at Ala Moana Beach Park, Jan. 17.

Laycock said he was having a great time until the mood was shattered by screams for help from Calinao.

Laycock’s reaction was immediate. “I didn’t think about it,” said Laycock. “I just wanted to do it. I wanted to save him.”

Laycock sprang into action and swam toward Calinao, who was trying to keep his head above water. Laycock



Col. Tim Ryan, commander, 8th Sustainment Brigade (provisional) pins the Army Commendation Medal on Spc. Kenneth Laycock, 540th Quartermaster Company, Feb. 5. Laycock received the award for saving the life of his brother-in-law at Ala Moana Beach Park, Jan. 17.

pulled his brother-in-law to the surface and kept him afloat on his back and swam closer to shore.

The lifeguard on duty swam out and

took over from Laycock, giving him a raft to help Calinao get back to shore.

For his heroic actions, Laycock was awarded the Army Commendation Medal during a ceremony, here, Feb. 5.

“Whether in combat or at home, every Soldier asks themselves how they might respond in a life or death situation,” said Col. Tim Ryan, commander, 8th Sustainment Brigade (Provisional). “Spc. Laycock had the opportunity to answer this question by foregoing his personal safety in order to save the life of another.”

Laycock’s unit commander, Capt. Tyonne Carter, said she was not surprised when she heard the details of the rescue.

“He is truly a hard worker who did what was right,” Carter said.

Calinao and Laycock did not suffer any serious injuries in the incident. Laycock returned back to duty shortly after the incident and left Hawaii, Feb. 7, for his next duty assignment at Fort Drum, N.Y.

## Former CSA, 25th ID CG, dies at 93

U.S. ARMY PACIFIC  
News Release

HONOLULU — Retired Gen. Frederick C. Weyand, 28th Chief of Staff of the United States Army, died Feb. 10. He was 93.

“The 25th Infantry Division mourns the loss of such a tremendous Army leader as Gen. Fred Weyand and extends our most heartfelt condolences to the Weyand family,” said Maj. Gen. Robert Caslen Jr., commanding general, 25th ID.

“Gen. Weyand is a true legend within the Tropic Lightning Division and the Army. Words cannot truly express his lasting impact on the Soldiers and officers serving today.”

Weyand was born Sept. 15, 1916, in California. He graduated from the University of California at Berkeley in 1939 and received a Reserve Officer Training Corps commission as a second lieutenant in the U.S. Army in 1938.

Gen. Weyand was the Chief of Staff,

SEE WEYAND, A-6

## Funds needed for assault prevention

LISA DANIEL  
American Forces Press Service

WASHINGTON — The Defense Department office that oversees sexual assault prevention and response in the military needs a higher level of oversight and funding to continue on its path of progress, a task force created to assess the program told Congress members.

The department and the services have made significant improvements in how they handle sexual assault prevention and response, but more needs to be done, the co-chairs of the Defense Task Force on Sexual Assault in the Military Services told the House Armed Services Committee’s military personnel subcommittee.

The task force issued its findings to Defense Secretary Robert Gates, Dec. 1.

The department “overall has made notable progress in addressing sexual assault” since the Sexual Assault Prevention and Response Office was created in 2005, Louis Lasiello, co-chair of the task force, told the subcommittee. “At the same time, we found many opportunities for improvement.”

Military leaders’ emphasis on prevention and the subsequent increased awareness of sexual assaults, combined with better funding for the prevention and response office, have been key to the improvements made, Lasiello said. Still, there needs to be more focus on the problem.

The task force’s report highlights the need for substantial institutional emphasis on preventing sexual assault, Lasiello said.

“Doing so is not only a moral imperative, but is critical to military readiness,” he said.

The task force recommends that the prevention and response office be elevated

SEE SAVES, A-9

## ‘Military Saves Week’ helps troops overcome financial hurdles

family policy.

The military campaign is in its third year, and is part of a nationwide effort to raise savings awareness and reduce the stressors related to poor financial habits.

Military Saves promotes building savings and protecting credit to attain financial stability, Myers said.

“A person in the military may not make a lot of money, but they can try to save \$25 a month,” Myers said, noting that even that amount saved can make a positive difference. “We want to build wealth, not debt,” he added.

Although the campaign occurs once a year, financial assistance, services and in-

### Hawaii “Military Saves Week”

- Feb. 22, kickoff at Schofield Post Exchange, 11 a.m.-3 p.m.
- Feb. 23, “Lunch and Learn: Basic Investing” at Army Community Service Schofield, Building 2091, 12-1 p.m.
- Feb. 24, “Wheel of Finance” at K-Quad Dining Facility, 11 a.m.-1 p.m.
- Feb. 25, “Wheel of Finance” at Aliamanu Military Reservation Shoppette, 9-11 a.m.

formation are available to military members year-round. Financial workshops through local family support centers are

available for one-on-one discussions, he said.

Also, Myers and his team offer “road shows” that send financial experts to military installations. Financial experts can be found online, as well, through Military OneSource.

“[Financial services] are really working out, and we really find that our military personnel and their families are starting to get in tune to saving,” Myers said. “With the financial downturn, people are becoming more aware of the financial realities they face.”

SEE MSW, A-8



Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 2/18/10

**"Stay at  
the  
barracks"**  
**Pfc.  
Emmanuel  
Presley**  
B Company,  
2-27th Inf.  
Regt., 31BCT,  
25th ID



# Hillclimbers handle TF Wing’s ‘heavy lifting’

Story and Photo by  
**STAFF SGT. MIKE ALBERTS**  
25th Combat Aviation Brigade Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq — A CH-47D Chinook helicopter can transport 30 passengers and internally load up to 15,000 pounds of cargo.

The Chinook also doesn’t require a landing strip, and there is virtually no operating location it can’t service. So, it comes as no surprise that when a unit moves troops or cargo, the twin engine, tandem-rotor aircraft is the preferred method of transportation.

In U.S. Division-North, that demand is being met by the Soldiers of Company B, “Hillclimbers,” 3-25th General Support Aviation Battalion, Task Force Hammerhead, the only heavy lift aviation asset in USD-North.

According to Capt. Robert K. Beale, commander, Co. B, 3-25th GSAB, the Hillclimbers’ mission is to provide heavy-lift, air assault and air movement capabilities for Task Force Marne.

“Our air assault mission involves moving Iraqi and American troops to objectives at a set time,” Beale said. “As an aviation element, we support the ground force commander by putting Soldiers where they need to be, when they need to be there.

“But where we really ‘make our money,’ so-to-speak,” Beale continued, “is with our air-movement capability, our transportation of cargo. You name it, and (for the most part) we move it.”

“I would estimate that 95 percent of our missions in USD-North, this deployment, are troop and cargo movements,” said Chief Warrant Officer Fred Hedgecock, Chinook pilot, Co. B, 3-25th GSAB. Since operations began in September 2009, the



Soldiers of Company B “Hillclimbers,” 3-25th General Support Aviation Battalion, Task Force Hammerhead, conduct preflight inspections and maintenance before a troop and cargo movement mission at Contingency Operating Base Speicher, near Tikrit, Iraq, Jan. 29. Since operations began in September 2009, the Hillclimbers have flown more than 3,200 hours, transported in excess of 1 million pounds of cargo and moved about 10,000 military and civilian personnel.

Hillclimbers have flown more than 3,200 hours, transported in excess of a 1 million pounds of cargo, and moved about 10,000 military and civilian personnel.

Cargo has ranged from explosive ordnance, disposal robots and dog food to military vehicles and ammunition.

The unit estimates that it will fly more than 8,000 hours, transport 1.6 million tons of cargo, and move more than 40,000 Soldiers before it returns to home station at Wheeler Army Airfield, later this year.

“We’re flying more than any previous heavy-lift unit because we’re really the only ‘game in town’

in USD-North,” Beale said. “We are also significantly involved in the (responsible drawdown) of U.S. forces, which requires us to launch more.

“The only other aviation asset that can move the amount of pallets and passengers we do are (larger fixed-wing) aircraft, he added. But those require landing strips and can’t access smaller (forward operating bases). In that sense, the next best option would be to transport cargo and Soldiers by ground,” Beale added.

Ground movement, however, is a less efficient and riskier alternative. For that reason, the Hillclimbers take pride in helping Soldiers avoid the heightened risks associated with ground travel.

“Helping move people by air is a mission that’s more important than some people might realize,” said Staff Sgt. Christopher Caraway, squad leader, Chinook mechanic and flight engineer, Co. B, 3-25th GSAB.

“I know the Soldiers we move want to go home as much as I do. If we can help them get there by keeping them out of range of a potential improvised explosive device (or other hazard), then we’re making a difference,” said the nine-year veteran.

“Before every mission, I conduct preventative inspections and maintenance of the helicopter and get it ready for the pilots to conduct their preflight,” said Spc. Brandon Poe, Chinook mechanic and crew chief, Co. B, 3-25th GSAB.

“I take my job of properly maintaining our helicopters very seriously,” Poe continued. “We all do, and the reason is pretty simple: We’re the ones that must continually serve those ground troops and others that need to move around northern Iraq. And we must do it safely.”



Staff Sgt. Mike Alberts | 25th Combat Aviation Brigade Public Affairs

## A million & counting

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Sgt. Barry Baptiste-Swift (far left) and Sgt. Jesus Cuellar (far right), both petroleum supply specialists, Company E, 3-25th General Support Aviation Battalion, Task Force Hammerhead, hold the ends of a ribbon as it is pierced by an M-978 Heavy Expanded Mobility Tactical Truck to celebrate the task force’s benchmark accomplishment, here, near Tikrit, Iraq, Feb. 10.

TF Hammerhead operates cold fuel operations at COB Speicher and hot fuel for Forward Arming and Refueling Point, or FARP, operations at Forward Operating Base Warhorse in Diyala Province.

The millionth gallon of fuel was issued to a CH-47D Chinook helicopter at FOB Warhorse Feb. 9, at approximately 10 p.m.



# New medical unit receives patches prior to lane training exercises

SGT. 1ST CLASS RODNEY JACKSON

18th Medical Command (Deployment Support) Public Affairs

BELLOWS — Midway through a tough lane training exercise, Soldiers from the 18th Medical Command (Deployment Support) paused briefly to officially welcome and assign a new optometry team, here, at Marine Corps Training Area, Feb. 3-6.

Soldiers from the 124th Optometry Team, 18th MEDCOM (DS), received their unit patches before returning to lane training exercises designed to provide realistic situations focused on combat-survival skills.

The optometry team is one of three units to be assigned to 18th MEDCOM (DS).

“This is a great day and a great place to be,” said Col. Erin P. Edgar, commander, 18th MEDCOM (DS). “It’s great scenery out here.

“We are going to continue our training out here, and as we welcome our first supporting unit,” Edgar continued, “I think this is a great opportunity and a very fitting venue to do this patch ceremony.

“This is another milestone for us and



Courtesy Photo

Soldiers from 18th Medical Command (Deployment Support) move “casualties” out of a village overrun by insurgents during lane training exercises at Marine Corps Training Area, Bellows, Feb. 3-6.

one more step as we grow into the unit that we are going to become,” said Edgar of the theater-enabling command, which handles all medical responsibilities for U.S. Army-Pacific, or USARPAC.

As part of their training, Soldiers encountered realistic explosive devices, insurgent ambushes and suicide bombers, all of which ended with a casualty evacuation scenario.

“By going through this type of training, the command recognized many different skill levels in our organization, and that a culminating event like this is a huge learning experience,” said

Command Sgt. Maj. Timothy R. Shelton, 18th MEDCOM (DS). “Some of the training was completely new to some Soldiers, and the command learned exactly what it should support them on.”

Maj. John Yoshimori, preventive medicine officer, said the training exercises brought greater awareness to Soldiers in the unit who have not deployed to Iraq or Afghanistan.

“The bewildered look on some of the Soldiers’ faces when the simulated artillery and small arms fire was going on — while at the same time having to perform medical treatment to a casualty or being ambushed — can happen when deployed,” Yoshimori said.

“If the Soldier doesn’t have composure and discipline through this type of muscle-memory training, it will be a bad day,” Yoshimori explained.

“Getting the Soldiers out to do the basic Army warrior tasks was important,” added Master Sgt. Roberto Rosales, G3 plans noncommissioned officer. “The training went very well, and we all got out there and returned safely during the convoys.”

# Don't write checks for the government to cash

**COL. MICHAEL D. HOSKIN**  
Commander, 413th Contracting Support Brigade

A platoon sergeant is prepping for an upcoming exercise, when the advance party calls and asks him to send some needed supplies.

He goes down to FedEx and mails the box, telling the worker to bill the U.S. Army. The result is an unauthorized commitment and trouble down the road for that platoon sergeant.

The past year, an uncomfortable number of requests for ratifications of unauthorized commitments have been coming into U.S. Army-Pacific.

An unauthorized commitment occurs when a Soldier buys or rents something without the power to do so, which is called a warrant.

Someone who is trained and authorized to use a government purchase card, or GPC, has a limited warrant to buy items or services for the government.

For questions about contracting, call the Regional Contracting Office, Fort Shafter, at 438-6535, or its Schofield Barracks office at 655-3041.

Although the Soldier might believe that he is “getting the job done” by assuring a contractor the government will “pay up” in the end, the ultimate result is a waste of time and resources trying to fix the error, with the downside that the Soldier may have to pay for the shipment himself.

In addition, possible repercussions for the Soldier, to include

legal and disciplinary actions, may result.

The right way to buy a needed supply or service is to contact a warranted contracting officer to initiate the process. Although this practice may seem cumbersome, a range of regulatory constraints on the use of taxpayer money requires a subject matter expert to make a purchase happen.

Although mandatory timeframes lengthen the process, rest assured that every effort will be made to get quality items or services for the most efficient price in the quickest manner possible.

Other guidelines help avoid unauthorized commitments:

- Don't accept supplies or equipment on a trial basis.
- Never allow a contractor to work on something without knowing there is a contract.
- Return leased items when a lease agreement is finished.
- Don't order items with a GPC unless you have a firm quote. Beware of estimates, particularly in service contracts if the estimate is close to your GPC limit.
- Never use your own funds to buy something for the government, because, if you do, repayment may be a hard fix.
- If you do have a contract, don't make verbal handshakes with a contractor that varies from the statement of work provided to the contractor.

The primary purpose of the 413th Contracting Support Brigade, which stood up in September 2009, is to support US-ARPAC. With some commonsense and the help of the contracting officers of the 413th Contracting Support Brigade, the mission can be executed properly.



Hoskin

News Briefs

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

**Today**  
**25th Infantry Division Change of Command** – Maj. Gen. Robert L. Caslen Jr., commanding general, 25th ID, will relinquish command to Maj. Gen. Bernard S. Champoux at Schofield's Sills Field, Feb. 19, at 10 a.m.

An awards ceremony precedes the change of command ceremony at 9:45 a.m. The event will be followed by a Division welcome reception at the Schofield Nehelani at 11:30 a.m.

**25 / Thursday**  
**Preretirement Orientation** – The Retirement Services Office will hold a preretirement orientation, Feb. 25, 8-11:30 a.m., at the Soldiers' Support Center, Building 750, Schofield Barracks. This orientation is for Soldiers with 18 or more years of active service. Spouses of applicable Soldiers are also encouraged to attend. Call 655-1585/1514.

**Ammo Supply Point Closure** – The Wheeler Ammunition Supply Point will be closed from Feb. 25–March 5 for the Quarterly 100-percent inventory. All units requiring munitions support for training during this time need to draw their required ammo no later than Feb. 25.

The Training Ammunition Vehicle Holding Area will be available for munitions storage during this time. Emergency issues will be handled on a case-by-case basis, and must be approved by the Directorate of Logistics Munitions Accountable Office at 656-1649, or the DOL Supply branch chief at 656-0817.

**Kolekole Pass Closure** – Kolekole Pass will be closed Feb. 25–27 to allow for live-fire training. Also, movement from Lualualai to Kolekole will not be permitted during these dates.

**Fort Shafter PXMarket Repavement Project** – Con-

tractors will begin Phase II of the repaving/restriping project of the Fort Shafter PXMarket parking lot Feb. 22-28, which will affect the parking lot on the west side (Pierce Street).

Detour signs will be redirecting patrons to enter via Wissler/Arsenal, near the gas station.

## Ongoing

**Tax Center** – The Schofield Barracks and Fort Shafter tax centers are open to all service members, family members, and retirees. Schofield Barracks hours of operation are Monday-Friday, 8 a.m.-6 p.m., on a walk-in basis only.

The Schofield Barracks Tax Center is located in Building 648. Call 655-1040 for information.

The Fort Shafter Tax Center is located in Building 1599, Fort Shafter Flats. Fort Shafter hours of operation are Tuesdays and Thursdays, 9 a.m.-3 p.m., by appointment only. Call 655-1040 to make an appointment.

**E-File Now Available** – This popular electronic tax return delivery service is open for business. To access Free File through the Internal Revenue Service Web site, visit [www.irs.gov/freefile](http://www.irs.gov/freefile) and click on “Free File.”

**Commanders Referral Program** – Commanders and first sergeants can approve up to \$1,000 of basic living expenses for Army Emergency Relief.

AER offers a training course for commanders and first sergeants. Classes are held from 9–9:30 a.m. on the fourth Wednesday of the month at Army Community Service, or ACS, Building 2091, Schofield Barracks.

Call 655-4ACS (655-4227) to register.

**ACAP Briefings** – The Army Career and Alumni Program, or ACAP, hosts Veterans Affairs briefings twice a month at the ACAP Center from 8:30 a.m.-12:30 p.m.

The ACAP Center is located on Schofield Barracks at the Soldier Support Center, Building 750, 1st Floor, Room 134.

Hours are 8 a.m.-4 p.m. Visit [www.acap.army.mil](http://www.acap.army.mil).



# Weyand: Distinguished career embodied service

CONTINUED FROM A-1

U.S. Army, and a member of the Joint Chiefs of Staff from October 1974 to October 1976.

During his career, he served in a broad range of command, management, legislative and diplomatic assignments.

During World War II, he served in the China-Burma-India Theater, U.S. Forces Headquarters in New Delhi; in the Northern Area Combat Command, Burma; and in the U.S. Forces China Theater Headquarters in Chungking.

Following the war, he served three years in Hawaii on the staffs of the U.S. Army-Pacific, Joint Task Force 7, and Commander in Chief, Pacific.

In 1950 and 1951, during the Korean conflict, he commanded the 1st Battalion, 7th Infantry Regiment, 3rd Infantry Division.

He taught tactics at the U.S. Army Infantry School for a year, after which he served as military assistant and executive officer to the Secretary of the Army for three years.

In 1958, following graduation from the National War College, he commanded a Battle Group in West Berlin and served as intelligence officer to the U.S. commander in Berlin.

Weyand was promoted to brigadier general in 1960. Following assignment in France as chief of staff, U.S. Army Communications Zone, he was transferred to Washington as chief of the Army's Legislative (Congressional) Liaison Office.

In 1964, Weyand assumed command of the 25th ID in Hawaii, and a year-and-a-half later, deployed with it to the Republic of Vietnam where he commanded it for another year.

Later, following promotion to lieutenant general, he commanded II Field Force Vietnam in 1967 and 1968.

In September 1968, he returned to the Pentagon to serve as the Chief of Reserve Components (Army Reserve and National Guard) until March 1969.

In 1969 and 1970, he was a principal in the Vietnam peace negotiations in Paris with Ambassador Henry Cabot Lodge.

Following promotion to general, he returned to the Republic of Vietnam in mid-1970 to serve as the Commander of the U.S. Military Assistance Command Vietnam and was responsible for execut-

**General Weyand's funeral service will be conducted at**  
Central Union Church,  
1660 South Beretania St.  
Honolulu 96826

on Friday, Feb. 26, at 3 p.m., followed by a reception.  
Interment will be at the  
National Memorial Cemetery of the Pacific  
on Saturday, Feb. 27, at 3 p.m.

In lieu of flowers, donations may be made to:  
Army Emergency Relief,  
200 Stovall St.  
Alexandria, VA 22332,  
or at [www.aerhq.org/](http://www.aerhq.org/).

A memorial service will be held on  
Sunday, Feb. 28, at 11 a.m. in the Fort DeRussy Chapel.

ing the orderly withdrawal of all American combat units from that country.

After the withdrawal of American forces from the Republic of Vietnam, Weyand assumed command of U.S. Army-Pacific with headquarters at Fort Shafter.

Reflecting on his association with the war in Vietnam, Weyand said in an interview in 1988, "What particularly haunts me, what I think is one of the saddest legacies of the Vietnam War, is the cruel misperception that the American fighting men there did not measure up to their predecessors in World War II and Korea. Nothing could be further from the truth."

Weyand believed that, although the Tet Offensive of 1968 dealt the North Vietnamese a crashing blow, the American public lost its commitment, and noted when that happened "it is futile to keep the Army committed."

He had played an instrumental role in Tet's success. He disagreed with Gen. William Westmoreland's conventional warfare strategy and advocated a campaign to "pacify and secure" small South Vietnamese villages.

He talked Westmoreland into allowing the redeployment of troops away from

the Cambodian border, closer to Saigon, which gave U.S. forces, surprised by the attack, enough ground power to crush the North Vietnamese.

But in a 1976 statement to the Army, Weyand noted, "When the American people lost their commitment after the Tet Offensive of 1968, for all intents and purposes, the war was lost."

In 2006, with his permission, he was revealed as the confidential source for a 1967 article in the *New York Times*, "Vietnam: Signs of Stalemate."

He had told the reporter that "...I've chased mainforce units all over the country (Vietnam) and the impact was zilch. It meant nothing to the people. Unless a more positive and more stirring theme than simple anticommunism can be found, the war appears likely to go on until someone gets tired and quits, which could take forever."

In August 1973, he became the Vice Chief of Staff of the Army, and, in 1974, he was appointed Chief of Staff of the Army and a member of the Joint Chiefs of Staff.

During his tenure as Chief of Staff of the Army, Weyand was instrumental in reshaping the Army following the end of the Vietnam War.



Weyand

He retired from active duty in September 1976 and joined the First Hawaiian Bank as vice president and corporate secretary.

He retired from the bank in 1982 and thereafter was appointed Trustee of the now-dissolved Estate of Samuel Mills Damon.

Among Weyand's military honors and decorations are the Distinguished Service Cross, Defense Distinguished Service Medal, Distinguished Service Medal with two Oak Leaf Clusters, the Silver Star, Legion of Merit with Oak Leaf Cluster, Bronze Star with V- Device with Oak Leaf Cluster, and a number of foreign decorations.

For his service and contributions to the Infantry Branch, he was presented the 1998 "Doughboy" award at Fort Benning, Ga., in June 1998.

Weyand was a Berkeley Fellow, and in 1976 was honored as the University of California Alumnus of the Year.

He held an honorary Doctor of Laws Degree from the University of Akron. He was a past vice president of the United States Strategic Institute.

Weyand was a 33rd degree Mason and a member of the Scottish Rite, the York Rite, and the Sojourners.

Military, civic and community organizations in which Weyand served as a board member or member include The 200 Club; the Downtown Improvement Association; the Honolulu Committee on Foreign Relations; the Civilian Advisory Group to the Commanding General, U.S. Army-Pacific.

He was a director or chairman of many other community organizations including Hawaii state campaign chairman, U.S. Savings Bond (1976-1978); director, Honolulu Symphony (1977-1980); director, American Red Cross, Hawaii Chapter (1982-1984); chairman, Hawaiian Open Golf Tournament (1980-1982); director, Rotary Club of Honolulu (1981-1984); Hawaii Export Council (1983); secretary-treasurer, Oahu Development Conference (1983- 1986); Governor's Committee for Hawaii and Regional Center (1984); chairman, Special Gifts Division, Aloha United Way (1985); and Grand Marshal, Aloha Week Parade (1986).

He was also a director and president of Waialae Country Club, and with more than 30 years of membership in various Rotary Clubs, he served as president of the Honolulu Rotary Club from July 1998 through June 1999.

He was also a member of the Vietnam Veterans Leadership Program, which was instrumental in having the traveling replica of the Vietnam Wall displayed in Honolulu, Hawaii, in January 1987.

Weyand was a lifetime member of the Association of the United States Army (National and Hawaii Chapters); the Military Officers Association of America (National and Hawaii Chapters); the 25th Infantry Division Association; the "Go For Broke Association," 100th Infantry Battalion, 442nd Infantry; the 3rd Infantry Division Association and the associated 7th Infantry Regiment Association; Trustee Emeritus, Hawaii Army Museum Society; and the Rotary Club of Honolulu.

He also served as director of Hawaii Theater Center; Hawaii Public Radio; and The Alzheimer's Association, Aloha Chapter. He was also a member of the Legion of Valor.

Weyand was preceded in death by his wife of 60 years, Arline L. Weyand of Heraldsburg, Calif., who died in Honolulu at the age of 86 in May 2001.

Weyand is survived by his wife, Mary Foster Weyand; a son, Robert Weyand of Cornforth, United Kingdom; daughters Carolyn Harley of Portugal Cove, Newfoundland, and Nancy Hart of Honolulu; stepdaughters, Laurie Foster of Honolulu and Whitney White of Maui; stepsons, Dow Foster of Maui and Bill Foster of Honolulu; and 10 grandchildren.

# 3IBCT ‘Cacti’ display leadership during weapons reset

Story and Photo by  
**SPC. JAZZ BURNLEY**  
3rd Infantry Brigade Combat Team, 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – While helping to ready the 3rd Infantry Brigade Combat Team, 25th Infantry Division, one junior enlisted Soldier in Company A, 2nd Battalion, 35th Infantry Regiment, was assisted by the expertise of the Small Arms Readiness and Evaluation Team, or SARET, to ensure 100 percent unit readiness in weapons and optical systems, here, Feb. 9.

Spc. Anthony Wiltsey, who is a chemical, biological, radiological and nuclear military occupational specialty Soldier, has been operating as the company’s supply sergeant for two years.

Despite his primary job background, Wiltsey has led the effort of safeguarding and maintaining the company’s equipment.

“During this process of setting the company up for the brigade’s reset and getting everything done with the SARET, I couldn’t have done it without the amount of support that I received from my leaders, my peers and subordinates alike,” said Wiltsey, humbly describing one of the reasons for his success.

“I say my position rather than rank should be focused on in this situation,” he said. “I hold a position where normally the supply sergeant is an E-5 or E-6, but due to shortages in the company, I stepped up. I am competent and I perform my new job with excellence. As a result, respect has been given to me throughout my company because I get things done.”

To ensure his own success as the company supply sergeant, Wiltsey had to learn the components of his new supply job, which included learning property accountability at the company

level, conducting sensitive items checks, recording of tedious annotations for damaged equipment, and the requesting of new parts just to name a few.

He said the challenge was learning how to stay on top of the equipment that he has been responsible for.

The battalion used Wiltsey’s leadership ability during the brigade’s Feb. 2-26 allotted time frame to have all its weapon and optical systems serviced by the SARET organization.

The SARET, a team composed of Army civilians from Rock Island, Ill., provide the military the ability to properly service numerous weapon and optical systems within a short time frame. Thousands of the brigade’s weapons and optical systems will be serviced by the SARET during the month of February.

“After a deployment, Soldiers need rest,” said Bernard Arellano, SARET mission leader. “This is a good program for military commanders because when the Soldiers return, instead of the Soldiers working on the weapon systems, we step in and make sure the systems are 100 percent ready to operate. This saves the Soldiers’ time with their families and also ensures that their weapons systems will be ready for their next mission.”

Wiltsey, joined by another company in the battalion, laid out about 500 different weapons systems that varied from shotguns to heavy .50 caliber machine guns for inspection. The SARET serviced the companies weapons and laser optical equipment within a day.

During the battalion’s previous deployment, Wiltsey explained the difficulties he faced as the supply sergeant due to the unit’s reset taking place while being downrange in Iraq.

“The first time I deployed, we did reset in country,” Wiltsey said. “It was really hard getting everything back because the equipment was shipped to Washington and then back to Hawaii. Many serial numbers and various equipment were switched up, which proved difficult trying to get the property books up-to-speed.”

Wiltsey stated that this year the reset was set up better, since it was done entirely in Hawaii, which allowed the company to better track the equipment and serial numbers of all the items.

Additionally, the SARET members’ involvement has proven to be the best course of action to suc-

cessfully prepare for the brigade’s next deployment.

With his success of managing and being responsible for military equipment, while earning the respect of his leaders, Wiltsey explained the affect this process has had on his peers and subordinates alike.

“Many Soldiers tell me that they want to do what I do, because they see that higher-ups (leaders) respond to me using different angles (ways) of respect, which stems from their confidence in my job proficiency,” he explained. “This builds my confidence knowing that what I do is impacting the aspirations of other Soldiers.”



Spc. Anthony Wiltsey (center), a supply sergeant with the Company A, 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, explains a defective model of binoculars to his company executive officer, 1st Lt. Tommy Nguyen (left), during the battalion’s weapons and optical systems servicing performed by the Small Arms Readiness and Evaluation Team, Feb. 9.

# Schofield’s Sanchez named Army Career Counselor of Year

**SGT. MAJ. TERRY ANDERSON**  
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — A noncommissioned officer from the 45th Sustainment Brigade won top honors at the Secretary of the Army Career Counselor of the Year competition, held Jan. 26 in Alexandria, Va.

Sgt. 1st Class Luis Sanchez competed against 12 career counselors from around the globe at Human Resources Command headquarters. Following an intense question and answer session from a board made up of senior career counselors, Sanchez was named the top Regular Army Career Counselor of the Year.

“When my name was announced as the winner, it didn’t hit me right away,” Sanchez said. “But then I realized the significance of it and was pretty blown away when I realized I won the top award.”

Sanchez captured the 8th Theater Sustainment Command Career Counselor competition in October, and then followed that honor up with victory at the U.S. Army-Pacific-level competition, last month.

Sgt. Maj. Brad McDonell, command career counselor for the 8th TSC, said it was obvious that Sanchez impressed board members during his interview.

“What set him apart was that the board members could look him in the eye and see that he has passion for the job,” McDonell said. “(Sanchez) was really sincere and wants to take care of Soldiers, and I think the board members could sense that.”

Sanchez said McDonell played a big part in his success at the USARPAC and Department of the Army levels.

“He definitely prepared me,” Sanchez said. “(McDonell) was there morning, noon and night. He brought up a lot of issues that the Army is focused

on, such as the transfer of education benefits, and dwell time, and it got me thinking about those issues.

“That helped me a lot when the board members asked me those questions,” Sanchez said. “I had already formulated some answers before I walked in the door.”

Sanchez said he wants to use this opportunity to bring more publicity to what career counselors do each and every day — help Soldiers make life-altering decisions about their future.

“I have to balance the needs of the Army with the needs of the individual,” he explained, “to let Soldiers know that it doesn’t matter who you work for,



Sanchez

but when you wake up to go to work in the morning, you want to go to work happy.”

Sanchez will travel to the Pentagon in May to accept the Regular Army Career Counselor of the Year award from the Secretary of the Army, the Honorable John McHugh. He is quick to give credit to those who helped him achieve the honor.

“I owe a lot to the leadership of the 45th Sustainment Brigade and the 8th TSC for allowing me to compete, to my fellow career counselors for their support, and to my wife and family for their love and support,” he said. “I wouldn’t have gotten here without them.”

## Saves: Experts can mentor military

CONTINUED FROM A-1

Through road shows and support centers, Myers said, the department has found more troops than ever are taking advantage of military services, like the Thrift Savings Plan, education assistance, shopping at commissaries and using Morale, Welfare and Recreation programs for recreational activities.

“Our military personnel and their families have suffered in this downturn,” Myers said, “but what we’re seeing is military personnel and their families are taking more advantages of the services we already have.”

In many cases, even with the various outlets the military offers for troops to save, service members still face some of the same issues as the civilian community, Myers said. For example, military homeowners have found themselves going into debt or losing thousands of dollars on their homes when they change duty stations.

Service members don’t have to worry about

job security amidst the financial crisis, but avoiding foreclosure and dives in the housing market can be more difficult for the military. They “can’t wait out” the market like civilians can, Myers explained.

Mortgage experts are available to educate military families on homeowner issues and the impact mortgage disclosures have on credit ratings, he said. Financial readiness equates to force readiness, Myers stressed.

With the Armed Forces engaged in two wars and various other interests throughout the world, the Pentagon can’t afford for its troops to lose their focus, he said. The department recognized the importance of financial readiness of its military members long before the current economic crisis, Myers said.

As more military personnel become aware of financial requirements and programs available to them, they’ll be better stewards of their money, he said, adding, “Hopefully, one day, we’ll be out of business, because everyone will be financially responsible.”



# Guard: Scenarios mirror deployment environment

CONTINUED FROM A-1

Soldiers will likely experience due to language and cultural barriers while deployed,” Salaz added.

DTS, a civilian contract company, provides role players in scenarios that reflect what Soldiers may see in Afghanistan, but unlike traditional training events, DTS provides an echelon of training scenarios that allow unit leaders to focus on the priority of training.

The 196th Inf. Bde. provides post-mobilization training to units preparing for deployment supporting overseas contingency operations.

The 230th Eng. Co. is mobilized in support of Operation Enduring Freedom.

The unit will provide general engineering and construction support throughout Regional Command East in Afghanistan.

A detachment from the Montana National Guard has integrated into the company for the post-mobilization training.

Additional Soldiers who have volunteered for deployment are from the Army Reserve’s 411th Engineer Battalion, 9th Regional Support Command, located at Fort Shafter Flats.

Soldiers from the Delaware National Guard are also with the unit.

“Part of our challenge is not only developing training plans based on the latest and most current theater TTPs (tactics, techniques and procedures) and lessons learned, but



DTS, a civilian contract company, provides role players in scenarios that reflect what Soldiers may see in Afghanistan.

also replicating the most realistic operational environment possible for deploying Soldiers,” said Salaz. “Unique to the pre-deployment training of the 230th Eng. Co. was the use of contracted role players, provided by DTS.”

Salaz said the role players, American citizens of Afghanistan descent, bring capability that completely changes the dynamic of supporting the unit’s full-



Spc. Laura Kula, an Individual Ready Reserve Soldier, escorts an Afghanistan role player with the Defense Training System, or DTS, during a Mission Rehearsal Exercise held Feb. 10 at Schofield Barracks.

spectrum operations training during their time at Schofield Barracks.

Salaz further explained that the

uniqueness of the exercise is primarily based on the unit and role players working cohesively to run the exercise,

and gives a comprehensive assessment to guide future training.

In addition to unified training between Soldiers and role players, DTS also exposed Soldiers to making quick decisions and reacting from muscle memory on the battlefield.

“Each scenario created was planned internally without the Soldiers knowing the timeline,” said Capt. Isaac Floyd, 29th Brigade Combat Team, who worked jointly with DTS.

“The intent of ‘chaos confusion’ will better prepare Soldiers to have a quick reaction time,” he said.

Floyd said the use of in-country role players allows Soldiers to overcome any obstacles like language barriers and cultural sensitivity they may face downrange.

For Spc. Michael Ecsedy, who was with the 230th Eng. Co. on his first deployment, interacting with role players gave him a better understanding of the cultural and language barrier between the groups.

Ecsedy said that going through the scenarios and communicating with the role players gives Soldiers better insight into what they’ll be facing.

“During the conduct of our hot-washes and formal AAR (after-action review), Soldiers of the 230th Eng. Co. constantly commented on the training realism provided by the DTS role players, how their expectations of training were exceeded, and how better prepared they believe they will be when interacting with the local populace in Afghanistan,” Salaz said.

# Task Force: Leadership to set tone with oversight committee

CONTINUED FROM A-1

to placement under the Office of the Deputy Secretary of Defense for “at least one year or until the program is meeting established institutional goals,” Iasiello said in a joint statement to the subcommittee from Iasiello and Air Force Brig. Gen. Sharon Dunbar, a task force co-chair.

The two noted that such organizational structure would be “unconventional,” but said the office’s current placement “has limited its visibility and ability to effectively address integral cross-cutting issues.”

“After 2005, each of the services took off in their own direction trying to confront this issue in the best way possible,” Iasiello said. “We applaud that initiative, but we really would like to see a strategic leadership role taken” by the oversight office. “Someone needs to take the lead on that and liaison and partner with ... the civilian society,” he said.

“We believe that higher level oversight will ensure appropriate funding and focus on a program that is at a critical junction,” Iasiello added.

Beginning in August 2008, the 10-member task force visited 60 military locations worldwide and

met with more than 3,500 people, Iasiello said.

Both military members and civilians at all levels reported inconsistent and insufficient funding, he said, adding that research and collaboration with the civilian sector for prevention strategies and incidence metrics was particularly affected.

The task force called for more consistency and standardization to sexual assault prevention, response, training and accountability across the services, and Dunbar said a clear strategy would drive such improvements.

“Leadership sets the tone” for sexual assault awareness, prevention and response, Dunbar said, and the program is most effective in places where leaders are involved in things such as community discussions.

“Leadership clearly has a profound influence on the prevention of sexual assault, from strategy development and execution to continued focused and open discussion of the issue,” the prepared statement said. “Commanders and leaders must take an active role in addressing the issue and modeling correct behavior.”

Prevention must be the primary goal of the program and training is key, Dunbar said.

Training needs to be more tailored for leadership and maturity levels, and should focus on risky behaviors as well as myths.

And, she added, current training is too narrowly focused around women, “which makes it all the more difficult for male

victims to come forward.”

In the department’s most recent anonymous “Gender Relations Survey of Active Duty,” 6.8

percent of women and 1.8 percent of men reported unwanted sexual contact in the past 12 months.



# HAWAII ARMY WEEKLY

# PAU HANA

[www.garrison.hawaii.army.mil/haw.asp](http://www.garrison.hawaii.army.mil/haw.asp)

“When work is finished!”

FRIDAY, FEBRUARY 19, 2010



(Left to right) Maj. Gen. Robert Caslen Jr., commanding general, 25th Infantry Division. Brig. Gen. James Nixon, deputy commanding general, 25th Inf. Div., and Division Command Sgt. Major Frank Leota lead the Tropic Lightning Soldiers running in formation during the 2010 Great Aloha Run in Honolulu, Monday. The 8.15-mile event started at the Aloha Tower in downtown Honolulu and ended at Aloha Stadium.

Maj. Jeff Parker | 8th Military Police Brigade Public Affairs

## Soldiers are **Army Strong** in **Great Aloha Run**

**BILL MOSSMAN**  
News Editor

HALAWA — Minutes before the first military units of the Sounds of Freedom Division arrived at Aloha Stadium, several other “Army Strong” Soldiers hobbled across the finish line.

Their brave efforts were recognized by the scattered applause of those who had come to cheer on the thousands competing in this year’s Great Aloha Run.

Among the participants to complete the 8.15-mile run/walk from Aloha Tower to Aloha Stadium on President’s Day, Monday — and accomplish the task while operating on a pair of bad wheels — were the self-proclaimed “walking wounded,” which included Chief Warrant Officer Letonja Nixon of the 8th Sustainment Brigade and Spc. Nathan Walton of the 25th Transportation Company.

“My objective was to finish the race. Whether I walked or crawled across the line, as long as I made it, that was the main thing,” said a perspiration-soaked Nixon, who walked the first few miles of the event before she gave in to her competitive juices and “just started running.”

“I knew I could do it, even though I shouldn’t be running at all,” Nixon explained, while looking down at her throbbing right leg, which revealed a knee sleeve to support a recent meniscus tear.

Her left leg didn’t feel any better, having undergone a couple of knee surgeries in the last few years.

But Nixon hadn’t come to the 26th annual event to make excuses, just to give back in whatever way she could.

“I know I’m going to pay for this tonight,” she said, massaging her legs while cheering on her comrades as they jogged by in formation. “But you know what? It’s all for a good cause.”

Walton agreed with the latter statement as he slow-jogged his way up a green ramp that led out of the stadium.

“I got bad legs,” he admitted, “but I don’t regret doing this. It was worth it. After all, we did the run for charity.”

An estimated 21,000 participants did their part in raising funds for Carole Kai Charities, with monies going to more than 150 nonprofit



Bill Mossman | U.S. Army Garrison-Hawaii Public Affairs

Chief Warrant Officer Letonja Nixon, 8th Sustainment Brigade, shouts words of encouragement to units participating in the Sounds of Freedom Division as the Soldiers exit Aloha Stadium during the 26th Annual Great Aloha Run, Monday.



Staff Sgt. Tim Meyer | 25th Infantry Division Public Affairs

Vince Barfield (right), Bank of Hawaii representative, presents the award for the “Largest Unit Running in Formation” to Maj. Gen. Robert Caslen Jr., (far left) commander, 25th Infantry Division, and to Division Command Sgt. Major Frank Leota during the awards ceremony of the 2010 Great Aloha Run in the Aloha Stadium, Monday. The Bank of Hawaii sponsored the Sounds of Freedom awards, which were presented to military in the categories of male and female first, second and third place finishers; largest formation; and largest branch of service.

local organizations, including the Hawaii High School Athletic Association; various military Morale, Welfare and Recreation offices; and the United Cerebral Palsy Association.

Since its inception in 1985, the Great Aloha Run has raised more

than \$8.1 million. Kaiser Permanente was this year’s title sponsor.

“It’s all about the people,” said Lt. Col. Marty Muchow, operations division, U.S. Army-Pacific, who captured first place in the men’s Military Division, finishing with a time of 45 minutes, 6 seconds. For his



Bill Mossman | U.S. Army Garrison-Hawaii

(Left to right) Lt. Col. Marty Muchow, operations division, U.S. Army-Pacific, and 1st Lt. Raymond Kuderka, 2nd Battalion, 27th Infantry Regiment, captured first- and second-place honors, respectively, in the Men’s Military Division of the 26th Annual Great Aloha Run.

efforts, Muchow, a Mililani resident, pocketed \$1,000.

“The crowd is so big,” he continued. “It’s so amazing whenever you can get 20,000 people to do any one thing, so it’s good to see differ-

### Great Aloha Run Race Results

#### • Men’s (for Military)

1st- Marty Muchow, Mililani, 45:06 (Army)  
2nd- Raymond Kuderka, Ewa Beach, 46:06 (Army)  
3rd- Conor Lucas-Rober, Kaneohe, 46:42 (Marines)

#### • Women’s (for Military)

1st- Sandra Ferreira, Kaneohe, 55:33 (Coast Guard)  
2nd- Rosemary Spraker, Honolulu, 1:00:32 (Air Force)  
3rd- Kristin Keith, Mililani, 1:01:26 (Army)

ent people come out and participate.”

Doing their part in the charity-driven race was the aforementioned Sounds of Freedom Division, composed solely of active duty men and women from all branches of service, running in formation while calling cadence.

This year’s number of Sounds of Freedom participants was once again noteworthy, with a total of 3,250 military runners entered. Of that number, an astounding 3,012 runners represented the U.S. Army, with the 25th Infantry Division commanding a good two-thirds of those entrants.

For its efforts, the 25th ID was recognized with the Largest Unit in Formation Award. Graciously accepting the honor at the post-race awards ceremony was Maj. Gen. Robert Caslen, commanding general of the 25th ID.

Meanwhile, Lt. Gen. Benjamin Mixon, commanding general, US-ARPAC, gladly accepted the award for the Largest Branch of Service.

About an hour after the first runners crossed the finish line, Mixon took the field near the stadium’s south end zone and addressed the crowd of runners, their friends and family members, and event volunteers. He thanked them for their efforts in making the event so memorable, and for their continued support of service members during their deployments.

“These colors represent our units and they represent America,” said Mixon, referring to the two rows of Soldiers behind him — all bearing unit flags of varying colors and significance. “Without your support, we could not be ‘Army Strong.’”



# 4TROOPS attributes success to Army Entertainment

TIM HIPPS

Family and Morale, Welfare and Recreation Command  
Public Affairs

PASADENA, Calif. — Four former Soldiers attribute their Army experiences and training as the driving force behind 4TROOPS, a vocal group recording its self-titled debut album in New York City.

Capt. Meredith Melcher and Sgt. David Clemo performed in the 2004 U.S. Army Soldier Show, an “entertainment for the Soldier, by the Soldier” song-and-dance extravaganza that tours the world, annually.

Staff Sgt. Ron Henry was one of five finalists in the inaugural Military Idol competition of 2005. The Army Family and Morale, Welfare and Recreation Command singing contest, based on the premises of “American Idol,” which has since been renamed Operation Rising Star.

Former Sgt. Daniel Jens, a top-20 finalist in the third season of “America’s Got Talent,” completes the singing quartet.

Army Entertainment Division programs are based at Fort Belvoir, Va., where these veterans say they receive training needed to perform on the next level. They also attribute soldiering through deployments in Iraq and Afghanistan as common-bond tools that help prep them for the adversities of touring and recording.

“We sing together like we’re family. We act like we’re family. It’s in line with the Army motto, ‘We take care of our own,’” Henry explained. “That’s what we’ve been doing together since we came together. We take care of one another. We encourage one another. We give constructive criticism to one another – all to help bring out the best.

“It’s not an individual thing,” Henry continued. “We’re all taking care of one another because that’s what we want to show the world – and all of the armed forces – that we can come together and have camaraderie and unity and create a wheel that will impress not just the Army, but will touch all organizations in the military.”

4TROOPS was introduced to the world Jan. 26 on “Good Morning America.” ABC News’ Bob Woodruff, who was severely wounded in Iraq and who has promised lifelong support of the U.S. military that came to his rescue, learned while filming the segment that Melcher helped set up the field hospital that saved his life.

The group also appeared Feb. 5-6 on “Fox & Friends,” FOX television’s morning show.

The 4TROOPS album, available May 25, has already climbed to No. 4 on Ama-



Courtesy Photo

Former U.S. Army Soldiers — from left to right, Sgt. Daniel Jens, Capt. Meredith Melcher, Sgt. David Clemo and Staff Sgt. Ron Henry — are 4TROOPS, a group of vocalists determined to sing on behalf of all troops to honor their sacrifices and help raise awareness of their needs.

zon.com’s preorder list. The projected hit single, “For Freedom,” will be released in March.

U.S. Army Soldier Show Production Director Victor Hurtado brought his protégés together to assemble 4TROOPS and will serve as associate producer for the album.

“These four troops are not only a testament to the wealth of programs provided by Army MWR, but they also reflect the skills of those professionals who have developed them both as military leaders and as artistic professionals,” said Hurtado, a former Soldier Show performer now working his 25th year in the Army entertainment business.

Producer Frank Filipetti, a Grammy Award winner for best-engineered album and best pop album, has produced and engineered music for Barbra Streisand, James Taylor, George Michael, KISS, Foreigner and Survivor, among others.

4TROOPS’ goal is to sing on behalf of everyone affiliated with the military to honor their sacrifices and help raise awareness of their needs.

“We’ve all gone through the hardship of being deployed and being away from loved ones,” Melcher said. “To have that perspec-

tive really helps because the songs that we’re performing and the messages and the music all relate to those types of experiences – whether you got deployed or maybe you were deployed and now you’re back at home in support of others.

“The fact that we’ve all been through that just makes it that much more authentic. It makes what we’re singing that much more believable.”

Melcher is the daughter of Lt. Gen. David Melcher, who retired in 2008 from the Pentagon. She served as a platoon leader on the frontlines in Iraq during ambulance evacuations of hundreds of wounded Americans and Iraqis. She also did a six-month tour of entertaining troops.

“Being in the Soldier Show helped me take on my own voice, and find any flaws or strengths that I had, and taught me how to hone those,” said Melcher, 29. “I’ve been honing them ever since the 2004 show, so that’s definitely helped me with recording.

“Never in my wildest dreams did I ever think that the Soldier Show, let alone my time in the Army, would ever lead to something like this, which is a very welcome opportunity.”

Clemon, 30, provided communications

and logistics support in Afghanistan for the 18th Airborne Corps. He also served as assistant director for the U.S. Army Soldier Show from 2006 through 2008. He credits those experiences for helping him calmly handle the logistical difficulties of New York minute-paced productions.

“When I performed in and directed the Soldier Show, the pace I had to work in definitely prepared me for the pace we must work in here,” Clemon said. “Being deployed and being a Soldier, you’re used to being in a high-stressed environment, living on deadlines and having people tell you what to do – and you follow their directions. For us, being Soldiers just makes it easier to adapt.”

A live tour of military installations is in the works but now the former Soldiers are in a New York recording studio.

“If you would have told me where I’d be now, last year at this time, I would have told you that you needed to go see a psychiatrist,” said Henry, 41, a 20-year Army veteran who served as a transport manager in Iraq with the 101st Airborne Division. “Never would I have dreamed this door would have opened the way it did. I am still pinching myself, but I am so very humbled to be in this position.

“It still hasn’t set in yet whether it’s a dream or a nightmare, but it’s still here every day when I wake up,” Henry said. “The most important thing in my life is I want to stay humble and grateful for where I am, and the Army and Army Entertainment Division had a whole bunch to do with that.”

“This is a one-in-a-million experience,” added Melcher, whose last duty station was Fort Meade, Md. “It is so cool to be working with people who have really done stuff in the music industry.”

Melcher also sang the Army’s praises for having an entertainment division.

“I would like to say ‘thank you’ for giving Soldiers these types of opportunities, like the Soldier Show and Operation Rising Star,” she said. “There are so many Soldiers out there who have these talents and think that they can’t use them or bring them forth and let their unit see what they can do.

“To just say ‘thank you’ really is probably not even enough, because I’m really grateful for being in the Soldier Show and so thankful for that opportunity,” said Melcher. “Without opportunities like that, future opportunities, and even greater opportunities may not even exist, so ‘thank you’ for even having these types of programs in existence, period.”



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu).

AMR:	Aliamanu Chapel
FD:	Fort DeRussy Chapel
FS:	Fort Shafter Chapel
HMR:	Helemanu Chapel
MPC:	Main Post Chapel, Schofield Barracks
PH:	Aloha Jewish Chapel, Pearl Harbor
TAMC:	Tripler Army Medical Center Chapel
WAAF:	Wheeler Army Airfield Chapel

## Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

## Catholic Mass

- Friday, 9 a.m. at AMR
- Saturday, 5 p.m. at FD, TAMC and WAAF chapels
- Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
- Sunday services:
  - 7:30 a.m. at WAAF
  - 8 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, noon at MPC and TAMC

## Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

## Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC Annex

## Jewish Shabbat (Sabbath)

- Monday, 6 p.m. at PH (Bible Study)
- Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

## Orthodox Divine Liturgy

- Sunday, 9 a.m. at TAMC

## Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

## Protestant Worship

- Sunday Services
  - 9 a.m. at FD, FS, MPC, TAMC and WAAF chapels
  - 10 a.m. at AMR and HMR



## 19 / Today

**Family Fun Friday** — Join Family and Morale, Welfare and Recreation at Sgt. Yano Library for a special “Library Amazing Race” edition of Family Fun Friday, Feb. 19, at 6 p.m. Enjoy the same great free Papa John’s pizza, along with new fun and games. Call 655-5698.

**Good at Domino’s?** — Check out the U.S. Army MWR 2010 Domino Tournament that runs from February-April. No registration fee is charged for active duty military, retirees or family members with ID cards.

Weekly prizes will be awarded and the team with the highest overall score for all competing garrisons will win an all expense paid trip to compete in the World of Domino Championship in Las Vegas in May.

The Domino Club meets each Tuesday, 7 p.m., at the Schofield Nehelani. Call 224-4129.

## 25 / Thursday

**“A Chorus Line”** — The dazzling com-

plex fusion of dance, song and amazing drama, “A Chorus Line” premieres at the Army Community Theatre, Feb. 25, at 7:30 p.m. Performances continue Feb. 26, 27 and March 5, 6, 12, 13, 19 and 20 at 7:30 p.m. each day.

Tickets cost just \$15 to \$28 and are available online at [www.armytheatre.com](http://www.armytheatre.com). Call 438-4480.

Blue Star Card members can take in a real opening night experience with a free showing. Enjoy free pupus prior to the show, transportation, and child care.

BSC holders can call 655-0112/3 to register for this event. Deadline to register is Feb. 19.

“A Chorus Line” may contain some material that may be inappropriate for children under 13.

## Career Transitions Online

Learn how to create a personal account, explore the career of your choice, create a resume and find a job. Improve your chances for job success and access online Career Transitions.

Come to Sgt. Yano Library, Feb. 25, 2-6 p.m., for a hands-on database session, which is free and open to all active duty, family members, and DoD civilians. Call 655-8002.

# March

## 1 / Monday

**Sgt. Yano Library Closure** — The

## 20 / Saturday

**IRS Assistance Available** — The Honolulu IRS office will be open Feb. 20, 9 a.m.-2 p.m.

IRS employees will answer questions for taxpayers on the full range of tax law provisions such as the new allowance for \$2,400 of tax-free unemployment compensation benefits. Call 1-800-906-9887.

## 23 / Tuesday

**Black History Celebration** — 25th Infantry Division will host “The History of Black Economic Empowerment,” Feb. 23, 10 a.m., at the Nehelani, Schofield Barracks.

Guest speaker will be “Famous Wally Amos” founder of “Chip and Cookie.” Call 655-5183.

Schofield Barracks library will be closed temporarily from March 1 until April 30 for new carpet installation. During this period, the library will be open Monday through Friday from 10 a.m.-12 p.m. only to clear departing personnel.

Materials may be returned through the outside book drop. Call 655-8002.

## 3 / Wednesday Happy Birthday, Dr Seuss!

— The “Cat in the Hat” will be visiting the libraries and telling a story or two. Bring your little one for an afternoon of excitement and adventure March 3 to Fort Shafter Library and March 4 to the Aliamanu Military Reservation library.

Both programs will take place from 3:30-4:15 p.m. and are free for children of all ages.

## 5 / Friday

**Family Fun Friday** — Tired of staying in on Friday nights? If so, Tropics is the place to be March 5. The evening will be filled with food, fun and games. The fun starts at 6 p.m. Bring your loved ones for a night of family fun at the Tropics Recreation Center.

**Furlough Fridays** — Looking for Furlough Fridays activities? The next Furlough Friday is scheduled March 5, and Family and Morale, Welfare and Recreation has families covered with a variety of op-

**PWOC Meeting** — Join the Protestant Women of the Chapel for food, fun and fellowship as guest speaker Julie Daubenspeck from Cracked Egg Ministries and author of *May I See the King* will speak on healing and brokenness, Feb. 23, 9 a.m., at the Schofield Barracks Main Post Chapel Annex, Room 212.

Free limited child care is available with R.S.V.P. Call Valerie at 753-3584 or e-mail [valeriepowc@me.com](mailto:valeriepowc@me.com).

**Wet Hens Sailing Course** — Sign-ups for this nine-week beginning sailing course will be held Feb. 23 at Hickam Harbor from 9-11 a.m.

The class will meet at Hickam Harbor, Thursdays, 9 a.m.-12 p.m. from March 25-May 20 and costs \$80. Call Sandi Hanlon at 450-3729 or Teresa Brown, 772-4114.

## 25 / Thursday

**Kolekole Pass Closure** — Kolekole

tions for students and teens in all grades. Programs offered at Child, Youth and School Services and Army Community Service will keep keiki busy.

Download your FMWR Furlough Friday activity program guide at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com). Click on “CYSS.”

Upcoming Furlough Friday days are scheduled March 12, April 23 and 30, and May 7 and 14.

## 12 / Friday

**Family Camp** — The Sierra Club and the Sierra Club Foundation are funding camping opportunities for military families through the Honolulu Armed Services YMCA.

Camp Erdman will provide a weekend family camp that will include multiple experiences in the natural environment, conservation education, camaraderie and fun activities like swimming, archery, wall climbing, campfires and more.

Camp starts Friday evening, March 12, and ends Sunday afternoon, March 14.

All meals and activities are included and are provided at no cost to families.

For more information, call 624-5645 or e-mail [wheeler@asymcahi.org](mailto:wheeler@asymcahi.org).

# Ongoing

**Twitter** — Do you twitter? Follow Family and Morale, Welfare and Recreation’s mascot Eddie the Eagle at [www.twitter.com/FMWR\\_Eddie](http://www.twitter.com/FMWR_Eddie).

Pass will be closed Feb. 25-27 to allow for live-fire training. Additionally, movement from Luualalai to Kolekole will not be permitted.

**Ask The Commander** — The next “Ask the Commander” community television taping is scheduled, Feb. 25, 3-4 p.m., at the Schofield Barracks Post Exchange. U.S. Army Garrison-Hawaii community members are encouraged to ask their questions on camera during an open session.

Questions for the commander can also be submitted by e-mail, at any time, to [askthecommander.usaghi@us.army.mil](mailto:askthecommander.usaghi@us.army.mil) or online at the “Ask the Commander” mailbox link at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil).

## Operation Kid Comfort

— Comfort, SEE COMMUNITY CALENDAR, B-3



Call 624-2585 for movie listings or go to [aaes.com](http://aaes.com) under reeltime movie listing.



## Avatar

(R)  
Fri., Feb. 19, 7 p.m.  
Sat., Feb. 20, 7 p.m.  
Thurs., Feb. 25, 7 p.m.

Community Appreciation Show \$2.00 all admission!

## The Princess and the Frog

(G)  
Sat., Feb. 20, 2 p.m.



## Alvin and the Chipmunks

(PG)  
Sun., Feb. 21, 2 p.m.

## Day Breakers

(R)  
Wed., Feb. 24, 7 p.m.

No shows on Mondays or Tuesdays.



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

## 19 / Today

**Oahu South Stable Call** — The Fort Shafter Hale Ikena is hosting a “Stable Call” for all Oahu South-based units and organizations, today, at 4 p.m.

All Soldiers and Department of Defense-affiliated civilians working for units and organizations within the Oahu South area are invited to enjoy an evening of great food, great music and great camaraderie.

Tickets are \$8. Tickets include free pu-



# Tax Center aids Soldiers, families, retirees with free preparation

**SGT. RICARDO BRANCH**  
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Maj. Gen. Michael Terry, commanding general, 8th Theater Sustainment Command, cut the ribbon to officially open the Schofield Barracks Tax Center for business, here, Jan. 26.

Terry said the Tax Center provides a valuable asset to Soldiers, families and retirees, and noted that last year's Tax Center personnel successfully assisted 4,000 customers, saving them more than a million dollars in tax preparation costs and providing them access to \$5.7 million dollars in returns.

"This is going to be an even bigger year than last year for you all," Terry said to the Tax Center personnel. "Soldiers really are going to get more for their taxes because of the work that you all will provide them here."

Terry thanked everyone for helping make the Tax Center operational, including the director, Monica Ojeda, who interviewed many of the Soldiers selected for service at the center.

"The season has just started, but it's going great," Ojeda said. "We unofficially started servicing customers E-4 and below, Jan. 20. We opened our doors for them early, because we wanted to give the junior enlisted an opportunity to get their money first."

Since opening its doors, the Tax Center has serviced more than 1,000 individuals, ranging from the simple first-time tax filers to the challenging individual with many claims on his taxes, such as home mortgages.

"The official tax season for us is from Jan. 20 through April 15," Ojeda said. "We want to service as many customers as possible, but those with extensions can come in throughout the year, during their extension window, to file their taxes."



Pfc. Darnell Collins | 8th Theater Sustainment Command Public Affairs

At right, Spc. Elnur Iskandarov and 1st Lt. Mary Iskandarov meet with tax personnel for assistance at the Schofield Barracks Tax Center, Jan. 27.

To help with the workload, 14 Soldiers are handling the taxes in two shifts, to lower the wait time for customers.

"It's pretty nice working here," said Sgt. Joshua Peterson, U.S. Army-Pacific. "Although the wait can be a bit long, we do what we can to speed it up and treat each customer like the first one who entered that day."

"Most people don't even understand taxes that much, so we break it down for them so they leave

with a bit more knowledge than when they entered," Peterson explained.

All customers are advised to bring along the following documents to the tax centers at Schofield and Shafter to speed up the process:

- W2 for all wages received,
- State income tax return (prior year),
- Military ID (self and spouse),
- Property tax receipts,
- Receipts for charitable contributions,

For more assistance on taxes, contact Monica Ojeda at the Schofield Barracks Tax Center at 655-1040.

- Social Security card,
- Home mortgage interest statements,
- Power of attorney (if necessary),
- Prior-year tax return,
- Proof of education expenses,
- Educator expenses,
- Savings account interest statement,
- Individual retirement account (IRA) statement,
- Statements reflecting gains/losses,
- Stimulus payment statement,
- Student loan interest statement,
- Divorce decree (if applicable).

Since the start of this year's tax season, Soldiers have already saved a combined total of \$350,000 in tax preparation costs, and received \$2 million back in tax refunds within the first three weeks.

Although Soldiers can go anywhere to file their taxes, Ojeda has three pieces of advice for anyone considering that option.

"First off, our service is free," she said. "Two, it's convenient because it's right on post, and three, because the people who prepare your taxes are military, we understand your issues versus those on the economy."

Additionally, Soldiers are advised to look out for the following warning signs if considering an off-post tax center:

- Phony refund e-mails,
- Tax rebate scams, and/or
- Fake audit information.

Soldiers are encouraged to use Army tax centers at Schofield Barracks and Fort Shafter to prevent any pitfalls or issues that could potentially arise from off-post tax centers.

## Qualified taxpayers can benefit on 2009 taxes for Haiti relief donations

### INTERNAL REVENUE SERVICE

News Release

SEATTLE — People who give to charities providing earthquake relief in Haiti can claim these donations on the 2009 tax returns they are completing this season.

Taxpayers who itemize deductions on their 2009 return qualify for this special tax relief provision, enacted Jan. 22. Only cash contributions made to these charities after Jan. 11, 2010, and before March 1, 2010, are eligible. The provision includes contributions made by text message, check, credit card or debit card. "This means taxpayers can receive an immediate tax benefit for the charitable donation, rather than having to wait until filing next year's return," said IRS spokesman David Tucker.

"Keep in mind that the contributions need to be made before March 1, 2010, in order to claim the donation on the 2009 tax return."

Taxpayers can benefit from their donations, almost immediately, by filing their 2009 returns early, filing electronically and choosing direct deposit.

Refunds take as few as 10 days and can be directly deposited into a savings, checking or brokerage account, or used to purchase Series I U.S. savings bonds.

The new law only applies to cash (as opposed to property) contributions. The contributions must be made specifically for the relief of victims in areas affected by the Jan. 12 earthquake in Haiti.

Taxpayers have the option of deducting these contributions on either their 2009 or 2010 returns, but not both.

To receive a tax benefit, taxpayers must itemize their deductions on Schedule A. Those who claim the standard deduction, including all short-form filers, are not eligible.

Taxpayers should be sure their contributions go to qualified charities. Most organizations eligible to receive tax-deductible donations are listed in a searchable online database available on IRS.gov under "Search for Charities."

Some organizations, such as churches or governments, may be qualified even though they are not listed on IRS.gov. Donors can find out more about organizations helping Haitian earthquake victims from agencies such as USAID.

The IRS reminds donors that contributions to foreign organizations generally are not deductible. IRS Publication 526, Charitable Contributions, provides information on making contributions to charities.

Federal law requires that taxpayers keep a record of any deductible donations they make.

For donations by text message, a telephone bill will meet the recordkeeping requirement if it shows the name of the charitable organization, the date of the contribution and the amount of the contribution.

For cash contributions made by other means, be sure to keep a bank record, such as a cancelled check, or a receipt from the charity showing the name of the charity and the date and amount of the contribution.

Publication 526 has further details on recordkeeping rules for cash contributions.

## Military OneSource offers free tax e-filing

### ELAINE WILSON

American Forces Press Service

WASHINGTON — Defense officials are once again encouraging military families to take advantage of the free electronic tax filing services offered through Military OneSource.

People can access the H&R Block at Home program by going to Military OneSource at [www.militaryonesource.com](http://www.militaryonesource.com) and clicking on "Tax Filing Services."

More than 200,000 service members filed their tax returns through this resource last year, officials said.

"We have such a mobile force, and you have folks dispersed all over the world. It's a quick link for the family to link up with the (service member)," said Tommy T. Thomas, deputy undersecretary of defense for military community and family policy.

"It's a convenience for you to be able to

go on that site and file that tax form," he added.

The program is open to active duty, Guard and Reserve service members, regardless of activation status, as well as spouses, dependent children and family members standing in for a deployed service member.

Participants can e-file up to three state resident returns for each federal return, Thomas said. However, he added, they should ensure they're filing through Military OneSource.

People who file through H&R Block directly may be charged for services, he cautioned.

The program is set up for basic returns. People who wish to upgrade to the premium program also may incur charges.

"That's a tremendous service," Thomas said. "We feel it's important to give our military families the absolute best."



For tax assistance, filers can call a Military OneSource tax consultant from 7 a.m.-11 p.m. EST, seven-days-a-week, at 800-730-3802.

Besides using consultants, people with complicated tax returns can visit a legal assistance office on a military installation for more in-depth advice, he said.

Whether online or on base, people should file early, Thomas advised.

"Don't run up against the 15 April deadline," he said, "and when you get the return, look at it as the means to secure your family's finances," he added, whether paying off debts, adding to a savings account or contributing to a Thrift Savings Plan.

## Education tax credit helps pay college expenses

### INTERNAL REVENUE SERVICE

News Release

SEATTLE — With the tax filing season now underway, a new educational tax credit can help parents and students offset part of the cost of the first four years of college.

The American Opportunity Credit modifies the existing Hope Credit for tax years 2009 and 2010, making it available to a broader range of taxpayers.

Income guidelines are expanded and required course materials are added to the list of qualified expenses. Many of those eligible will qualify for the maximum annual credit of \$2,500 per student.

"The American Opportunity Credit has increased, helping taxpayers paying college expenses while also expanding to include costs for 'course materials,'" said IRS spokesman David Tucker. "This means that books, supplies and equipment needed for coursework are now allowable."

The American Opportunity Credit, in many cases, offers greater tax savings than existing education tax breaks. Some key features of the important credit follow:

- Tuition, related fees, books and other required course materials generally qualify. In



For more information about federal taxes, visit [www.irs.gov](http://www.irs.gov).

the past, books usually were not eligible for education-related credits and deductions.

- The credit is equal to 100 percent of the first \$2,000 spent and 25 percent of the next \$2,000, which means the full \$2,500 credit may be available to a taxpayer who pays \$4,000 or more in qualified expenses for an eligible student.

- The full credit is available for taxpayers whose modified adjusted gross income, or MAGI, is \$80,000 or less (for married couples filing a joint return, the limit is \$160,000 or less). The credit is phased out for taxpayers with incomes above these levels. These income limits are higher than under the existing Hope and lifetime learning credits.

- Forty percent of the American Opportunity Credit is refundable. This rule means that even people who owe no tax can get an annual payment of the credit of

up to \$1,000 for each eligible student.

Existing education-related credits and deductions do not provide a benefit to people who owe no tax. The refundable portion of the credit is not available to any student whose investment income is taxed at the parent's rate, commonly referred to as the kiddie tax. (See Publication 929, Tax Rules for Children and Dependents, for details.)

- Eligible parents and students can get the benefit of this credit during the year by having less tax taken out of their paychecks. They can do this by filling out a new Form W-4, claiming additional withholding allowances, and giving it to their employer. For details, use the withholding calculator on IRS.gov or see Publication 919, How Do I Adjust My Tax Withholding?

Though most taxpayers who pay for post-secondary education will qualify for the American Opportunity Credit, some will not. The limitations include a married person filing a separate return, regardless of income; joint filers whose MAGI is \$180,000 or more; and, finally, single taxpayers, heads of household and some widows and widowers whose MAGI is \$90,000 or more.

## Community Calendar

From B-2

create, unite. Operation Kid Comfort creates comfort quilts and pillows for children of deployed service men and women, and offers an opportunity for America to unite in support of military families. E-mail the Armed Services YMCA for more information at [pearlharbor@asymcahi.org](mailto:pearlharbor@asymcahi.org) or call 473-3398.

## March

### 1 / Monday

**Oahu North Community Council** —The next PX/Commissary/Nehelani Advisory Council Meeting is scheduled March 1,

10:15-11:15 a.m., at the Nehelani, Schofield.

### 12 / Friday

**Honolulu Festival** — The 16th Annual Honolulu Festival will showcase cultural performances, exhibits and a parade at four locations downtown, March 12-14.

The festival promotes understanding, economic cooperation and ethnic harmony between the people of Hawaii and the Pacific Rim region. For a schedule and list of events, visit [www.honolulu festival.com](http://www.honolulu festival.com).

### 19 / Friday

**Art and Essay Contest** — The Armed Services YMCA's annual art and essay contest invites students in grades 1-12 to write an essay about "My Military Hero." Entries must be postmarked no later than March 19. Winning entries will be displayed in a number of locations in the Washington D.C. area, and winners will be recognized at a luncheon on Capitol Hill. Entry forms are

available at [www.asymca.org](http://www.asymca.org).

## Ongoing

### Military Order of the Purple Heart

Are you on active duty or a veteran that has been wounded in combat? Have you been awarded a Purple Heart for those wounds?

If so, you are invited to join the Military Order of the Purple Heart. Local chapters are located on the islands of Oahu, Maui, Kauai and the Big Island. The Oahu chapter meets the second Saturday of every month. Visit [www.purpleheart.org](http://www.purpleheart.org) or call 433-0428 or 772-1963.

**Sexual Assault Prevention** — The Army has a sexual assault prevention program as part of its "I.A.M. Strong" sexual assault prevention campaign. Visit [www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil).



# 524th CSSB hosts concurrent Great Aloha Run in Afghanistan

Story and Photo by  
**SPC. JAY VENTURINI**

Combined Joint Task Force-82 Public Affairs

BAGRAM AIRFIELD, Afghanistan — In Honolulu, more than 15,000 people lined up for the start of the 26th Annual Great Aloha Run on a clear warm morning, Monday.

Meanwhile, a half a world away in Afghanistan, nearly 500 Soldiers braved a chilly, dust-filled morning to take part in the same event.

The 524th Combat Sustainment Support Battalion, headquartered at Schofield Barracks, Hawaii, hosted the eight-mile charity run, here, to build fellowship amongst deployed service members while raising money for Hawaii-based charitable organizations.

"The run is about coming together as a team, building camaraderie for a good purpose and raising money for charity," said Capt. Michelle Parlette, commander, Headquarters Company, 524th CSSB.

The run has raised \$8.1 million throughout its 26-year history, which has been distributed to more than 150 different charitable organizations throughout the islands.

Through the support of the participants, here, more than \$2,000 will be added to that total.

"The response has been great," said Parlette, a resident of Eagle Point, Ore. "We had 466 people register to compete



More than 500 runners take off from the starting line at the Great Aloha Run in Bagram Airfield, Afghanistan, Feb. 14. The eight-mile run was held in conjunction with the annual charity run that takes place in Honolulu every Presidents Day. More than \$2,000 was raised by participants in theater to add to the \$8.1 million raised for various Hawaii-based charitable organizations during the 26-year history of the run.

in the run, with many more coming out just to participate."

This event is the second time the run has been held at Bagram. The first was

hosted by the 25th Infantry Division in 2005.

Since the run was announced several months ago, many participants took

time out of their schedules to be physically ready for the eight-mile trek.

"It's something you have to build up to and prepare for," said 1st Lt. Ryan

Matter, a gun-truck platoon leader with the 267th Quartermaster Company. "This is my third Great Aloha Run, so I kind of knew what to expect. I've been doing a lot of running to get ready for it, which is great for my overall health."

"The run is about coming together as a team, building camaraderie for a good purpose."

— **Capt. Michelle Parlette**  
Commander, Headquarters Company, 524th Combat Sustainment Support Battalion

Despite not having the warm, tropical breeze on their backs, the run was a great success for downrange runners, said Maj. Ben Walters, executive officer, 524th CSSB.

"It feels great to come out, do some PT and support the people of Hawaii, even though we are currently in Afghanistan," said Spc. Keawanyda Speaks, radio transmitter operator, 524th CSSB, and a Savannah, Ga., native.

"It's a great event to be a part of," Speaks added.

## Soldier shoots for medal in biathlon

Biathlete's dream is to win 2010 Olympic gold

Story and Photo by  
**TIM HIPPS**

Family and Morale, Welfare and Recreation Command

SOLDIER HOLLOW, Utah — Three-time Olympic biathlete Sgt. Jeremy Teela returns to the site of the best performance of his career with sights set on becoming the first U.S. biathlete ever to win an Olympic medal.

Teela, a Soldier in the U.S. Army World Class Athlete Program, finished third in the men's 20-kilometer individual race at last season's World Cup stop in Whistler, British Columbia, Canada, the biathlon site for the XXI Olympic Winter Games.

"That was my day," Teela said of March 11, 2009. "I made as close to a perfect race as I could."

He remembers the race as if it were yesterday.



Visit U.S. Army Olympians at [www.army.mil/olympics/2010/](http://www.army.mil/olympics/2010/).

"I caught a good ride with an Austrian, who was skiing really well at the time, and a Russian," Teela recalled, with a gleam in his eyes. "They were skiing as a pair."

"I started and they came through the gate, as well, so I hooked up with those two fast guys," he continued. "Normally, they're skiing a little faster than me, but on that day, I had great skis, and I felt great, so I just tagged along."

Teela said the guys were actually going a bit slower than he wanted, but the ride was a 20K and a good pace was needed.

"I stayed with them for three or four loops, and I was putting in some good ski times and was top 10 or top 12. Then I started shooting well. The fourth loop, I came in and kind of knew I was 14 for 15."

Teela was enjoying one of his best shooting days on a biathlon range.

"I came in the last stage and didn't have any thought in my head," he said. "There was no activity. I just went in and did my normal thing ... then looked up and said, 'Wow! Shot perfect last stage!'"

"All these guys were there jumping up and down and waving their hands,



U.S. Army World Class Athlete Program biathlete Sgt. Jeremy Teela (far right) shoots a perfect 10 for 10 from the prone position en route to a 24th place finish Tuesday in the Olympic men's 12.5-kilometer pursuit at Whistler Olympic Park in British Columbia, Canada.



U.S. Army World Class Athlete Program biathlete Sgt. Jeremy Teela skis to a ninth-place finish in the Olympic men's 10-kilometer sprint, Sunday, at Whistler Olympic Park in British Columbia, Canada.

saying 'Go! Go!' he continued. "I was like, 'Sweet, alright. Everyone's cheering, cool!'"

"I got down the course and was maybe a half-kilometer out, and coach was there saying, 'You're in second place.' And I was like, 'No stuff, second place, huh?'"

Teela explained, "I always thought if somebody told me I was podium bound, I would have this extra kick in

me, but I had nothing. I was fighting ... just going as hard as I could."

With his third-place finish, Teela became the first American biathlete to win a World Cup medal since Josh Thompson in 1992.

Teela, 33, trains in Heber City, Utah, and claims Anchorage as home. He is competing at the Vancouver Games with Tim Burke, who medaled twice on the 2009-2010 World Cup circuit, since Teela's third-place finish at Whistler.

Burke, 27, of Paul Smiths, N.Y., headlines the U.S. Olympic biathlon squad, joined by Teela; four-time Olympian Jay Hakkinen, 32, of Kaslof, Alaska; Lowell Bailey, 28, of Lake Placid, N.Y.; and first-timer Wynn Roberts, 21, of Battle Creek, Minn.

"You try to be the best that day," Teela said. "You don't have to be the best in the world. All you have to do is be the best at the Olympics on that day."

"I've got two jackets. I want the hardware."

Teela said he's honored to represent Soldiers and their families worldwide.

"It's an amazing opportunity given to you to be able to race and compete at the Olympics and to represent the United States, but it's also special for me to race and compete for the Army," he said. "It's hard to explain ... just to show up and have so many people rooting for you."

"You show up and you race alone, but there's been a lot of people along the road that's helped you get to where you are," Teela said.

"I've got a big strong team behind me that says U.S. Army on it," Teela added.



### 20 / Saturday

**Adventure Surfing Lessons** — Surf like the pros or at least look the part with Outdoor Recreation, Feb. 20, 6:30-11:30 a.m. Lessons are only \$48 each and include equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

### 21 / Sunday

**Adventure Snorkeling Level I** — Enjoy a great day under the water in some of the world's best snorkeling spots with Outdoor Recreation, Feb. 21, 6:30 a.m.-1 p.m. For pleasure and physical fitness, snorkeling can't be beat as a source of good exercise and tons of fun. Cost is \$42 per person. Call 655-0143.

### 27 / Saturday

**NOAA Whale Count** — Is whale watching a hobby of yours? If so, take pleasure in one of the many benefits of living in Hawaii — the annual whale migration. Help the NOAA count whales and enjoy a lovely day in the sun, Feb. 27, 7 a.m.-1p.m. Cost is \$10, and round-trip transportation from Schofield Barracks is included. Call 655-0143.

## March

### 15 / Monday

**2010 Army Hawaii Tennis Tournament** — Do you have what it takes to be a tennis champ? Register by March 15 for the Tennis Tournament taking place March 22-26 at the Fort Shafter and Schofield Barracks Tennis Courts.

Active duty Army, Army Reservists and National Guard stationed within the geographical limits of Hawaii are eligible. A "Combined Category" allows Army retirees and military retirees working on an Army Hawaii installation.

Military ID is required. Call Shafter at 438-9572 or Schofield at 655-0856.

## Ongoing

**Little Ninja** — Classes are being of-

fered at Aliamanu Military Reservation's Youth Gym, Saturdays, 9-9:45 a.m., for children ages 3-5. The cost is \$35 per month. Call the AMR Child and Youth Service's Registration Office at 833-5393.

**Leilehua Driving Range** — The Leilehua Driving Range is open daily until 9 p.m. Each bucket of golf balls is only \$2. Call 655-4653.

**Bowling Parties** — Having a party or celebrating a special occasion? Wheeler Bowling Center's eight lanes are available for private parties, Saturdays and Sundays, for \$120 per hour. A three-hour minimum and \$2 shoe rental apply. Call 656-1745.

**Chi Gong Classes** — Learn how to relieve stress on all levels with new Chi Gong classes, Thursdays, 6-7 p.m., at the Martinez Physical Fitness Center, Schofield Barracks.

Chi Gong is a unique collection of exercises from China, designed to help relieve stress on mental, emotional and physical levels. Even though individuals may not feel stressed, their bodies — even on an unconscious level — can be under tremendous stress.

Learn techniques to relieve your stress, improve your health and add quality years to your life.

Chi Gong classes are free for active duty Soldiers and family members. Call 655-4804.

**Free Ladies Golf Clinic** — Learn the basics of golfing at a free ladies golf clinic. The clinic is offered the first Saturday of each month at Leilehua Golf Course Driving Range from 2:30-3:30 p.m. Call 655-4653 to register.

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

**Mindfulness** — Got stress? Your library has got the answer. Learn disciplined meditation techniques to develop a clear awareness of the present moment and relieve the stress of the day. Classes are held Mondays and Wednesdays, 6-7 p.m., at the Sgt. Yano Library, Schofield Barracks.

**Golf Til You Drop** — Catch this all-you-can-golf special every Thursday at Nagorski Golf Course, Fort Shafter. Pay one fee and play as many holes as you want. For more information, call 438-9587.

door education program, is offering fully funded outdoor adventure excursions to all Operation Iraqi Freedom and Operation Enduring Freedom veterans. Anyone who has deployed in support of OIF/OEF combat operations is eligible to apply.

The five-day excursions offer adventure activities in Maine, Texas, Colorado, California and Minnesota. All expedition costs including round-trip transportation, lodging, equipment, food and instruction are completely funded by a Sierra Club grant.

To sign up, e-mail [obvets@outwardbound.org](mailto:obvets@outwardbound.org), or call Doug Hayward at 1-866-669-2362, extension 8387.

**community Sports**

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

### 20 / Saturday

**Swamp Romp** — Hawaii's dirtiest footrace, the Swamp Romp, returns to Kaneohe Bay, Feb. 20.

This race begins at the Boondocker building, neighboring the Marine Corps Exchange Annex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawl-

ing, jumping, swinging, sounds of combat — and mud.

Entry fees are \$150 for each six-person team. Participants must wear utility/long trousers or sweat pants, and some sort of high-top shoe. No tennis running shoes are allowed.

Visit [www.mccshawaii.com/cgfit.htm](http://www.mccshawaii.com/cgfit.htm) for more information.

## March

### 6 / Saturday

**Fort DeRussy Biathlon** — The Fort DeRussy Biathlon and Keiki Run-Swim-Run will be held March 6 at Fort DeRussy Beach. Choose between

the long 5K course followed by a 1K swim, or the short course 2.5K run and 500-meter swim. The keiki distance course will be a run-swim-run format with distances varying with age group. Call 955-9151.

### 14 / Sunday

**5K or 10K Volksmarch** — Join the Menehune Marchers Volk-sport Club on a 5K or 10K volksmarch (walk), March 14, starting in Hawaii Kai and walking past Hanauma Bay Nature Preserve and Portlock.

The start point will be the Koko Head District Park located at 423 Kaimakani St. Look for the yellow Menehune Marchers banner.

The route will take walkers to the

scenic lookout points of Hanauma Bay and through beautiful Portlock with its multimillion dollar homes. Participants can start anytime between 7:30 and 10 a.m. and finish by 1 p.m. An early start is recommended as Hawaii Kai is often hot by midday.

For more details, call Faye at 395-9041 or visit [www.ava.org/clubs/menehunemarchers/](http://www.ava.org/clubs/menehunemarchers/).

Volksmarch IVV credit, if desired, is available for a nominal fee.

## Ongoing

**Outdoor Excursions** — Outward Bound, an international nonprofit out-



# Women injured twice as much as men during fitness activities

MAJ. VANCIL MCNULTY

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

The reasons why women get injured at twice the rate of men are not entirely understood. Gender differences in anatomy, hormones and biomechanics act singularly or together to increase the risk of injury. Civilian studies have shown that collegiate female basketball and soccer players are two to three times more likely to injure the anterior cruciate ligament of the knee when compared to men. Collegiate female athletes involved in high-risk sports also exhibited less muscular protection of the knee ligaments during loading of the knee than did sport-matched male athletes. Biomechanical studies also have demonstrated reduced ability of the lower spine to handle compressive loading in females. This finding may, in part, predispose females to lower back injury while running, marching with a load or jumping from military vehicles. Getting back into exercise after pregnancy is also a challenge for a woman. A study showed female Soldiers have a harder time returning to pre-pregnancy fitness and passing physical training tests within the currently allotted time of six months. Military studies from varying countries consistently show that females suffer a much higher rate of stress fractures to the leg, thigh and hip. This finding suggests a biomechanical or physiological difference between male and female bone resistance to stress and fatigue. Low bone density has been shown to be a risk factor for stress fractures. Young females who do not



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participate in load impact exercise (running, jumping, gymnastics, etc.) as they physically mature have lower bone density in the lower extremities. While one might conclude that women are injured more often primarily because of structural and physiologic differences, the actual reason may have much more to do with physical fitness level. Low fitness levels, particularly aerobic fitness, as well as prior inactivity, are risk factors for injury. Women typically enter military training at lower levels of physical fitness than men, and about twice the numbers of women than men fail the initial basic training fitness test. A study of Fort Jackson basic trainees showed that those who failed the initial Army Physical Fitness Test were twice as likely to be discharged for physical reasons. However, when low-fit recruits

were involved in a preconditioning program prior to basic training, attrition reduced, and they tended to have lower injury risk when compared with recruits of similar low fitness who did not precondition. Other risk factors also contribute to injury risk in a military training environment. Data strongly links smoking to a significant increase for an exercise-related musculoskeletal injury. Age greater than 25 has also been shown to increase likelihood of injury. Women who are at the high and low extremes of BMI (body mass index, a calculation of the ratio of your body weight to your height) have been shown to have a greater risk of injury. Having a previous injury, especially ankle sprains, has an increased risk of re-injury.

Several “take home” points will help in preventing injuries in women:

- Young girls should be encouraged to perform weight-bearing exercise in the formative growth years to maximize peak bone mass to prevent stress fracture in later life.
- The less fit are much more likely to incur an injury during military training. Inability to pass the aerobic portion of a physical fitness test is a good indicator to determine if a service member is fit.
- A gradual run progression up to 30 minutes, no more than three times a week, is safe guidance. Frequency and duration may vary by fitness level and fitness goals. Fitness programs should also include core stability (multi-joint) strength exercises versus just running.
- Based on BMI surveillance, overweight women should lose weight and underweight women should gain weight, as these groups tend to have a higher injury risk in military training environments. To calculate your BMI go to [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi).
- Women six to nine months post-partum should focus on low-intensity exercise, such as walking, and return to jogging after about four to eight weeks. Runs should be brief (five to 10 minutes) and progressively increase over six to 12 months. Fitness tests should probably be taken eight to 12 months postpartum.
- Smoking will increase the risk of an exercise-related injury. Smoking should be discouraged due both to short- and long-term health benefits.

*(Editor's Note: Maj. Vancil McNulty is the staff physical therapy officer at the U.S. Army Center for Health Promotion and Preventive Medicine.)*

# Heart disease is number one killer of women, but often is preventable

TYLER PATTERSON

TriWest Healthcare Alliance

Heart disease. Many people think of it as a man's disease, but women can get it too. In fact, according to the American Heart Association, heart disease is the number one killer of women in the U.S., making heart health an important issue for women of all ages.

On The

WEB

For more information visit [www.americanheart.org](http://www.americanheart.org), or search for “Heart Disease” at [www.triwest.com/beneficiary](http://www.triwest.com/beneficiary).

The most common cause of heart disease is coronary artery disease, or CAD, a narrowing or blockage of the coronary arteries that supply blood to the heart. Luckily, the steps you can take to help prevent CAD are effective against other causes of heart disease, as well:

- Eat a healthy diet.** Choosing healthy meals and

snack options can help you avoid heart disease. Be sure to eat plenty of fish, poultry and fresh fruits – and don't forget the veggies.

- Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. Your doctor can help you determine whether your weight is in a healthy range.
- Exercise regularly.** Physical activity can help you maintain a healthy weight and help lower your blood pressure and cholesterol.
- Don't smoke.** Cigarette smoking greatly increases your risk for heart disease and other major illnesses. If you smoke, quit.
- Limit alcohol use.** Alcohol causes high blood pressure. If you drink, drink responsibly and in moderation.

If you have other risk factors, such as high blood pressure, high cholesterol, or diabetes, you can take additional steps to lower your risk for heart disease.

- Have your cholesterol checked.** Your doctor should test your cholesterol levels at least once a year.
- Monitor your blood pres-**

**sure.** High blood pressure has no symptoms, so be sure to have it checked regularly.

- Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely.

- Take your medication.** If you are taking medication for high blood pressure, high cholesterol, or diabetes, it's important to follow your doctor's instructions and remember to take your med-

ications regularly. Always ask questions if you don't understand something.

- Talk with your doctor.** You and your doctor can work together to prevent or treat the

medical conditions that lead to heart disease. Regularly discuss your treatment plan and don't forget to bring a list of questions to your doctor's appointments.

# A baby's first picture can be a powerful tool for doctors

KEVIN J. DWYER

Tricare Management Activity

The ultrasound image of a baby is more and more often the very first picture new parents have of their child. Along with giving parents a picture of the growing fetus, these ultrasound images are also an important tool for the obstetrician caring for both mother and baby. Tricare covers medically necessary ultrasounds for expectant moms, but does not cover “routine ultrasounds.” A medically necessary ultrasound is one doctors perform when they have a concern about the progression of a pregnancy. Some of the reasons a doctor may order an ultrasound include estimating gestational age, evaluating a fetus' growth or well-being, and diagnosing a multiple pregnancy. Doctors can also use an ultrasound to check the condition of a mother and fetus if prenatal care was started late in the pregnancy. These ultrasounds are covered by Tricare. Some doctors may offer mothers-to-be routine ultrasounds 16 to 20 weeks into their pregnancy, or to determine the sex of the child. These ultrasounds are not covered by Tricare. If ultrasounds are performed without a valid medical reason, beneficiaries may be responsible for payment. Tricare strongly recommends mothers-to-be seek appropriate



Courtesy Photo

prenatal care. Tricare Prime covers all necessary maternity care, from the first obstetric visit through six weeks after a baby is born. Beneficiaries using Tricare Standard and Extra pay their normal deductibles and cost shares for office visits and inpatient maternity care.



For more details and updates on maternity ultrasound coverage, prenatal care and maternity services go to the “Life Events” tab of [www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit) and select “Having a Baby or Adopting.” Or, contact a at [www.tricare.mil/contactus](http://www.tricare.mil/contactus).

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