

# Kūka'ilimoku



## Inspection Time

Above: Under the watchful eye of a Logistics Compliance Assessment Program (LCAP) inspector, members of the 154th Maintenance Group replace a wing section of a KC-135 Stratotanker at Joint Base Pearl Harbor-Hickam, HI. Right: Tech. Sgt. Jerry Dagulo, 154th Quality Assurance, looks over KC-135 maintenance documents with LCAP Senior Master Sgt. Theodore Dutcher. The LCAP inspection at the 154th Wing ensures logistic technician proficiency, equipment condition and other command-developed focus areas comply with Air Force, major command and local policies.



# Commander's Call

by Col. Braden Sakai, Deputy Commander 154 WG

*(The article below was written prior to the end of the Logistics Compliance Assessment Program inspection)*

As I write this article, I'm flying to Edwards AFB, CA for an F-22 conference. I was hoping to get an inclination of our Logistics Compliance Assessment Program inspection grade prior to my departure. Unfortunately, that was not to be.

While visiting different sections in our Wing these past few days, I came upon smiling faces and not so smiling faces as our LCAP inspectors started to dig in. The disparity between the two types of countenances, I'm sure, stems from anxiousness about our current state of change. One could argue, "why are we doing an LCAP when we are doing so much with the F-22, deploying an AEF," etc; Who's bright idea was this?

As much as I would like to simply say that it was just our 'time', the fact of the matter is that there may have been some wiggle room due to our current state of transition; however, I chose to not take the easy road.

If I had the chance to do it all over again, I would not change the decision to go forward with the inspection without asking for an extension.

We are war fighters. Period. We shouldn't want it any other way. I currently view our Wing at a vulnerable transitional state with new leadership coupled with the fact that we are standing up two new associations in which one involves a conversion to a 5th Generation Fighter.

The LCAP will serve as our report card at this critical time which will help us in re-directing our focus and efforts where needed.

I reminded those who I've talked with this past drill weekend who were seemed disappointed by their section's performance to hold their heads up high. They did a great job and I am extremely proud of our Wing.

As the saying goes...the buck stops with me, I take full responsibility.

Regardless of our grade it's what we do with it and how we move forward.

I am extremely proud of each and every one of you for the hard work you have put in your respective work areas leading up to this inspection.

Regardless of the reasons, the grade we receive is a Wing grade; we will share the good and the bad, dust ourselves off and fix the areas that need to be fixed and emulate notable best practices.

No matter the result: we will work together as a team and move forward in excelling in our upcoming Unit Compliance Inspection.

Our ultimate goal should be a culture of compliance where the IG can come in pretty much whenever they



want and see that all our T's are crossed and out I's are dotted. For those who feel they struggled during this LCAP, let's use the knowledge we will gain from the final results as a way to demonstrate our professionalism and understanding of our mission. Let's look at this as the, 'Glass is Half Full' versus 'Half Empty'.

My immediate expectation for all of us starts simply by following the Air Force's Core Values.

Air Force personnel—whether officer, enlisted, civil servant, or contractor—must display honesty, courage, responsibility, openness, self-respect, and humility in the face of the mission.

All of us must accept accountability and practice justice, which means that all Air Force personnel must possess Integrity first.

At the same time, a person's "self" must take a back seat to Air Force service: rules must be acknowledged and followed faithfully; other personnel must be respected as persons of fundamental worth; discipline and self-control must be in effect always; and there must be faith in the system.

In other words, the price of admission to the Air Force demands that each of us places Service before self; it is imperative that we all seek Excellence in all we do—whether it be product/service excellence, resources excellence, community excellence, or operations excellence.'

For those who excelled during the LCAP, Congratulations to all of you!!! Now, how will you apply our AF Core Values in helping your fellow Airmen?

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*Additional commentary by HIANG Commander Brig. Gen. Stanley Osserman on last page...*

# A Satisfactory rating during unpredictable times

by Command Chief Master Sgt. Willie Rafael, 154 WG

My congratulations go out to the Maintenance Group (MXG) and Logistics Readiness Squadron (LRS) for achieving a Satisfactory rating during the Logistics Compliance Assessment Program Inspection. Inspectors from all over the Air National Guard converged into JBPHH and gave these two units of 154th Wing a very thorough look at all of their programs.

Though some major discrepancies were identified, it was no surprise that no matter how difficult the inspection was, the outcome will be always be an one that we can proud of.

Congratulations to several Outstanding Performers who were rightfully recognized during the out brief, but I also want to recognize all of the unsung heroes that made this a successful inspection.

From our youngest airmen to our most senior leaders, a big Mahalo!

It was a total team effort to include, but not limited to, our active duty counterparts, the contractors, our Base Operating Support agencies, and most of all our families who endured extended separation from their loved ones in preparation for the inspection.

The inspection success only highlights our continued quest for our legacy of being Ready, Reliable,

and Relevant.

Now that the deliberations concerning America's debt ceiling are finally over, the enormous budget cut figures that was agreed upon for the next several years will definitely be a painful one for our organization.

As we face the reality of continued diminishing resources to all of the government programs to include our nations defense, the National Guard as a whole must fight for and justify our importance and our contributions to our nation's defense.

We must continue to ensure that the nation understands why the National Guard is the most cost effective means and the best value for our nation's defense.

Although nothing new to us, the possibility of further force reduction may be carried out to help with and to meet programmed objectives set forth by these cuts.

However, we are resilient enough and we will have an even more Ready, Reliable, and Relevant HIANG. Nothing has changed in the past few years as we have been at war at several fronts, deployed several thousand guardsman all over the world at any given time, while protecting the home front as citizen



soldiers.

We have never failed when called upon by our lawmakers to carry out the mission.

As we go through these changes, we will come out as a leaner, smarter, most efficient, most resourced, trained, and equipped organization.

It is our culture and we will not fail! Thank you for your continued service to Hawaii Air National Guard, the United States Air Force, and our United States of America. I am proud to serve with you. Aloha!

## Kuka'ilimoku

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## COMMANDER

Col. Braden Sakai

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NCOIC PA

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Tech Sgt. Andrew Jackson

Staff Sgt. Lee Tucker

A1C Orlando Corpuz

Published by

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# Gratitude

By Maj. Leah Boling  
Chaplain, 154th Wing

The Holy Scripture talks a lot about gratitude—several examples of people being thankful are scattered throughout the Bible. According to yourdictionary.com, “Gratitude is a feeling of thankful appreciation for favors or benefits received; thankfulness.”

How often have you had the privilege of being on the receiving end of someone’s gratitude? In my line of work in the civilian world as a mental health professional, I very seldom have this benefit. I entered this kind of work not fully considering the return it brings me, but more so what I can give to others. It is rare I get a thank you from the families I work with. The same goes for my work as a military chaplain—I became a chaplain not fully thinking of what I can get from it, but thinking what I can do for or how I can help others. There are moments when I do see the “fruits of my labor” and those times are enough for me; or so I thought.

One of those times of gratitude occurred during my recent trip to the Philippines. In July, my family and I went to my hometown to celebrate my parents’ 55th wedding anniversary. While there, I also had the opportunity to attend my high school’s grand reunion. During the grand parade, a guy approached me and shook my hands. He then told me a great story—a story I’ve always claimed as being one of the foundations of why I became a chaplain!

“Hi! Do you remember me?”

“To be honest—unfortunately I don’t.”

“When we were in grade one, do you remember giving slippers, school supplies, and food to a

classmate?”

“I do remember giving slippers to a classmate!”

“That was me and I have always remembered your generosity as well as that particular moment and have always carried it with me. You actually helped two of us (he proceeded to tell me the girl’s name, which unfortunately I also didn’t remember.) I want you to know I am now a school teacher!”

I became teary eyed as he told me of the positive impact my actions had on him. I, then, told him my part of the story.

*“I am very grateful you introduced yourself to me and told me what I did for you. I vaguely remember asking my mother for money and asking one of our helpers to buy the slippers for me so I could bring them to school to give to a boy who didn’t have slippers. But, I wasn’t sure if my memory was accurate. I don’t remember giving you school supplies and food and that there were two of you!”*

As I found out that Sunday in July, it did happen. From my earliest memories, I have almost always sensed the needs of others and felt moved to help. Helping others is a huge part of why I went to the seminary and ultimately became a chaplain. Hearing my classmate recount that moment in our lives gave me confirmation of my calling—to be a minister, a chaplain. (For the rest of this story, be sure to read my next article.)

Gratefulness can truly be a humbling experience. It probably took guts from his end to approach me and tell me he was grateful. At the same time, gratefulness can also be a gift—it certainly was a special gift to me. If you are grateful to someone, please let the other person know.

You’ll never know the impact it has or can have on that person!

## WORSHIP SERVICES

### Non-Denominational Service

10 a.m., UTA Sundays,  
C-17 Combined  
Maintenance Complex,  
Bldg. 2133 main break room

### Protestant

**Traditional Style:** Sundays

8:30 a.m. Nelles Chapel

**Gospel Style:** Sundays

10:30 a.m. Nelles Chapel

**Contemporary Style**

Sundays 8:30 a.m.  
Chapel Center

### Catholic Services:

5:00 p.m.,

Saturdays

Nelles Chapel

10:30 a.m., Sundays,

Chapel Center

### Jewish Services:

7:30 p.m., Fridays,

Aloha Chapel

on Makalapa Road.

### Buddhist, Muslim or other

Drill weekend: Call the Wing

Chaplain’s office 448-7275

Other times: Call the Chapel

Center 449-1754

News Briefs

**Volunteer Opportunities:**

HIANG Historical Preservation Committee needs help on non-UTA Saturdays 0900-1100 to help preserve HIANG History. Contact MSgt Bill Tapper William.tapper@hickam.af.mil or #448-7300

15 MXG Booster Club Mid Summer's Run 10K/5K July 31st. Run along beautiful Pearl Harbor, Hickam Beach, and Historic Fort Kam Housing. For more info: 15mxg.boosterclub@hickam.af.mil

**Chaplain's Assistant Position Now**

The 154th Wing Chaplain's office needs to fill a Chaplain Assistant (Staff Sergeant) position vacancy. The position requires a person who possesses basic administrative skills and a high moral standard.

If you enjoy working with all people, including people with diverse religious backgrounds and are willing to give 100 percent of yourself to the mission, then this may be a good fit for you.

The Wing Chaplain is looking to interview applicants already members of the Guard. This likely will involve cross training into the Chaplain Assistant career field.

Applicants must have a minimum score requirement of A35 or G44 to apply, and may need to have a background check. An interview will be scheduled by the Wing Chaplain.

For additional information or to contact the Wing Chaplain, Lt. Col. Robert Nagamine, during the drill weekend at 448-7275 or email him at Robert.nagamine@hickam.af.mil and copy BobNagamine@aol.com

**August Promotions**

**Promoted to SMSgt. (E-8)**

Kevin M. Catoe 201IS  
Margaret Soon 154LRS  
Jefferey Pakele 291CBCS

**Promoted to MSgt. (E-7)**

Ross M. Yoneda 154AMXS

**Promoted to TSgt. (E-6)**

Daryl K. Cachola 154CES  
Gabriel K. Lanai 154AMXS  
Earl R. Maltezo 291CBCS  
Kauai K.K. Miranda 154AMXS  
Jason H. Ono..... 154FSS

**Promoted to SSgt. (E-5)**

Vanity A. Daos 154FSS  
Blaze Kamakele 154AMXS

**154 WG Drill Dates  
Sep 10-11**

Check out these great online "WIKI WIKI" Specials at [www.kmc-volcano.com](http://www.kmc-volcano.com)!

**September Specials**

Valid for stays at the Kilauea Military Camp on the Big Island from September 5 - 29, 2011

**Active Duty Military, Reservists, and National Guard Members on orders::** "2 for 1!" Get 2 nights for the price of one! Applies to new reservations only booked online. Restrictions apply. Please type "241" in the "comments" section.

**For All Eligible Guests...** 25% OFF Rooms! No minimum stay required. Applies to new reservations only booked online at [www.kmc-volcano.com](http://www.kmc-volcano.com). Restrictions apply. Please type "LG10" in the "comments"

**Joint spouse conference registration begins Sept 1. Fills up quick! [www.jschawaii.com](http://www.jschawaii.com) or Joint Spouse Conference Hawaii on Facebook**





## Game on!

A Hawaii Air National Guardsman recently was selected to represent the Air National Guard at the USA Racquetball National singles Championships.

Staff Sgt. Phillip C. Eliana competed in the national tournament, May 25 to 29 in Anaheim, Calif..

He along with 11 other players was appointed as All-U.S. Air Force Racquetball Team members. He was the only Air National Guard member on the squad. Eliana has been with the Hawai'i Air National Guard since 2009.

"I always felt that being recognized as a top sports athlete here from Kauai/HIANG is sort of like being "a big fish in a small pond", but to be selected as the only Air National Guardsman in the nation is a huge honor and also, a lot of pressure too," said Eliana

At the USA Racquetball National Singles Championships, Eliana competed in two divisions as well as in the Pro/Am Doubles Charity event for the Wounded Warrior Project.

Although he didn't medal, Eliana did make it to the quarter-finals in both divisions and in the Pro/AM Doubles event.

"Considering I was selected just three weeks before the mega-event took place...I think I did pretty good. It's already pretty intense competing in two events at local tournaments and then going to a five day National event and playing in 3 events...it surely fits into the Air Force values of striving for the best.



Photo by Dennis Fujimoto, The Garden Isle

**Top Center: The All-U.S Air Force Racquetball team proudly holds the U.S Flag during a photo op before the Nationals.**

**Above: Philip Eliana makes contact during a racquetball workout at the Kaua'i Athletic Club where he serves as the Racquetball Pro.**

# Engineers deploy to SOCOM, support Pacific Angel



## Hawaii Air National Guardsmen provide support that saves 300K; refurbishes dilapidated schools overseas

By Maj. Ivan Aguire  
154th CES

### **Special Operations Command**

Members of the 154th Civil Engineer Squadron deployed to California last June to work on engineering projects for two training facilities: the Specialized Training Complex (STC), at Camp Morena and the Assaults and the Tactical Weapons Training Complex (ATWTC), at Camp Monsoor.

Both complexes have physical training facilities, classrooms, messing and lodging to support the Navy SEALs and Special Operations Command (SOCOM) operator's requirements for specialized training.

Hawaii Air Guardsmen put in more than 3,500 man hours upgrading these facilities, having saved more than \$300,000 in labor costs.

Using their carpentry, plumbing, electrical and masonry skills, the team turned a building that was barely standing on its own into a 4,000 square foot fitness facility that quadruples Camp Morena's gym's previous square footage.

"I never expected to learn so much outside my field, I am doing drywall...this is great!" said pest management technician Airman 1st Class Keoni Limahai.

Some of the accomplishments this summer included: doubling Camp Monsoor's laundry facility capacity, building a ramp to improve base access, and doubling the safe operating time of their Close Quarters Combat House by eliminating safety hazard from false targets created by shadows after installing 2,600 SF of elevated framing and skirting.

After finishing all requested projects well before schedule the detachment volunteered to re-roof 1,500 sq. feet of Camp Morena's Command Operations Center as well as sending electricians to provide electrical service at the MWR recreational area.

### **PACIFIC ANGEL**

Four members assigned to the 154th Civil Engineer Squadron and one member assigned to the 154th Medical group participated in Operation Pacific Angel 11-3, June 6-21, 2011 in Pekanbaru, Indonesia.

Hawaii Air National Guard engineers worked on building projects at Kampar Kiri Hilir Primary and High Schools. Working hand in hand with Army engineers, and Kampar Department of Public Works civilians and Spectra Inc, they replaced 62 light fixtures, 37 windows, five doors and two roofs.

Hawaii Guardsman used more than 300 gallons of paint to improve the interior and exterior of both schools.

In addition, they mounted and enclosed a water well pump at the Kampar Clinic in the Kampar Kiri Hilir province.

This operation and operations alike are based on concept of HARRT: Humanitarian Assistance Rapid Response Teams.

# Hawaii Air Guardsmen compete in annual all-military surfing contest at Barber's Point

By Senior Master Sgt. Wendell Villanueva

Kalaeloa, Barber's Point, HI — Military surfers from all services faced off during the annual 2011 HIC/Quiksilver All-Military Surf Classic June 18th at White Plains Beach. Military troops attacked the fun 1'- 2' feet surf at White Plains Beach, Kalaeloa, on Oahu's south west shore. Presented by Navy Hawaii Morale Welfare and Recreation (MWR) and in partnership with Quiksilver and Hawaiian Island Creations, the contest provided all who participated the excitement to gather and compete in one of the most enjoyable events held each year ... a weekend of surf competition and camaraderie for active US military personnel, reservist, retirees and their dependents.

This year's event saw more than 100 contestants, including a dozen Hawaii Air National Guard members, battle it out for trophies, prizes and bragging rights in 16 divisions:

Open and Active Duty categories, men and women, shortboard and longboard surfing.

Senior Master Sgt. Wendell "Wiba" Villanueva and his dedicated crew every year send out contest information and updates for the HIANG. Competitors from the HIANG 'ohana included: Capt. Montatip Morris, Senior Master Sgt.

Russell Ducosin, former HIANG pilot Ronin Burke (ret) Senior Master Sgt. Maui Quizon, Wiba Villanueva, Ty Tanaka, Senior Airman Edwin Nakazato and Staff Sgt. Romar Rivera Corpuz. The HIANG recruiting team also attended the day-long event as a cheerful reminder to our military and community that a career in the HIANG is computer mouse click away.

The annual event is limited to active duty military and DOD participants only. There is also a coveted "Top Branch" award which was proudly claimed this year by the US Coast Guard.

A one-day surf event, the HIC/Quiksilver All Military Surf Classic accommodated the continued growth and popularity of surfing. Organized by Marvin Nuestra and the White Plains lifeguard staff, the HIC/Quiksilver All Military Surf Classic is made possible by the support of Navy Hawaii MWR (Morale, Welfare and Recreation), whose mission it is to improve the lives of US Military Personnel and their families.



Hawaii Air National Guard surfers show off their winnings after the annual 2011 All-Military Classic in July.



*Dignitaries invited to ceremoniously “break ground” turn the dirt on the Hawaii Air National Guard’s new state-of-the-art F22 maintenance facility July 22, 2011 at Joint Base Pearl Harbor Hickam. Governor Neil Abercrombie, and The State Adjutant General Darryll D.M. Wong presided over the ceremony.*

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# Mark Your Calendars

## *National Guard Birthday Commemoration*

Where: Hilton Hawaiian Village

When: Saturday, December 3, 2011 (1700-2300 hours)

Attire: Military Best Dress

Civilians: Coat & Tie and Formal Dress

Fine food, great entertainment, superb service at a four diamond venue.

The best date night you and your loved one will have this year!

The Commemoration Committee is dedicated to bringing to you a great experience at an affordable cost.

Menu and unit point of contacts to be published.

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# FOCUS ON FITNESS

By Airman 1st Class Orlando Corpuz  
154th Public Affairs

**Passing the mandatory Air Force Physical Fitness Test (PFT) is no easy task. The PFT, a 4-component examination designed to assess over-all health and strength, encourages Airmen to have a year-round physical training program, maintaining the “Fit for Duty” mentality. Both the individual and the Air Force gain when members maintain an active and healthy lifestyle.**

**A one minute sit up test is one of the two muscular fitness components of the PFT. It requires flexibility, core strength and endurance. Many training aids are available to help strengthen the abdominal muscles. One such training aid is the toe-hold bar. Toe-hold bars simply attach to a wall or sit-up platform. A person hooks his or her feet under the bar which provides resistance and stability to complete a sit-up without having to have a partner to hold the feet.**

**During a training class held at the 154th Dining Facility recently, exercise physiologist Jason Hamm discussed the use of a toe-hold bar to complete a sit-up. Hamm, who works at 15th Air Wing’s Human Performance and Rehabilitation Center (HPARC) at Joint Base Pearl-Harbor Hickam, Hi., expressed that although the idea is sound, the physiology of a sit-up as a result of using a toe-hold bar, may not be.**

**Hamm urged Physical Training Leaders (PTL) of the HIANG to use caution when using a toe-hold bar. “The toe-hold bar introduces a pulling action” (feet hooked under the bar) which requires engaging your hip-flexor muscles to complete a sit-up, said Hamm.**

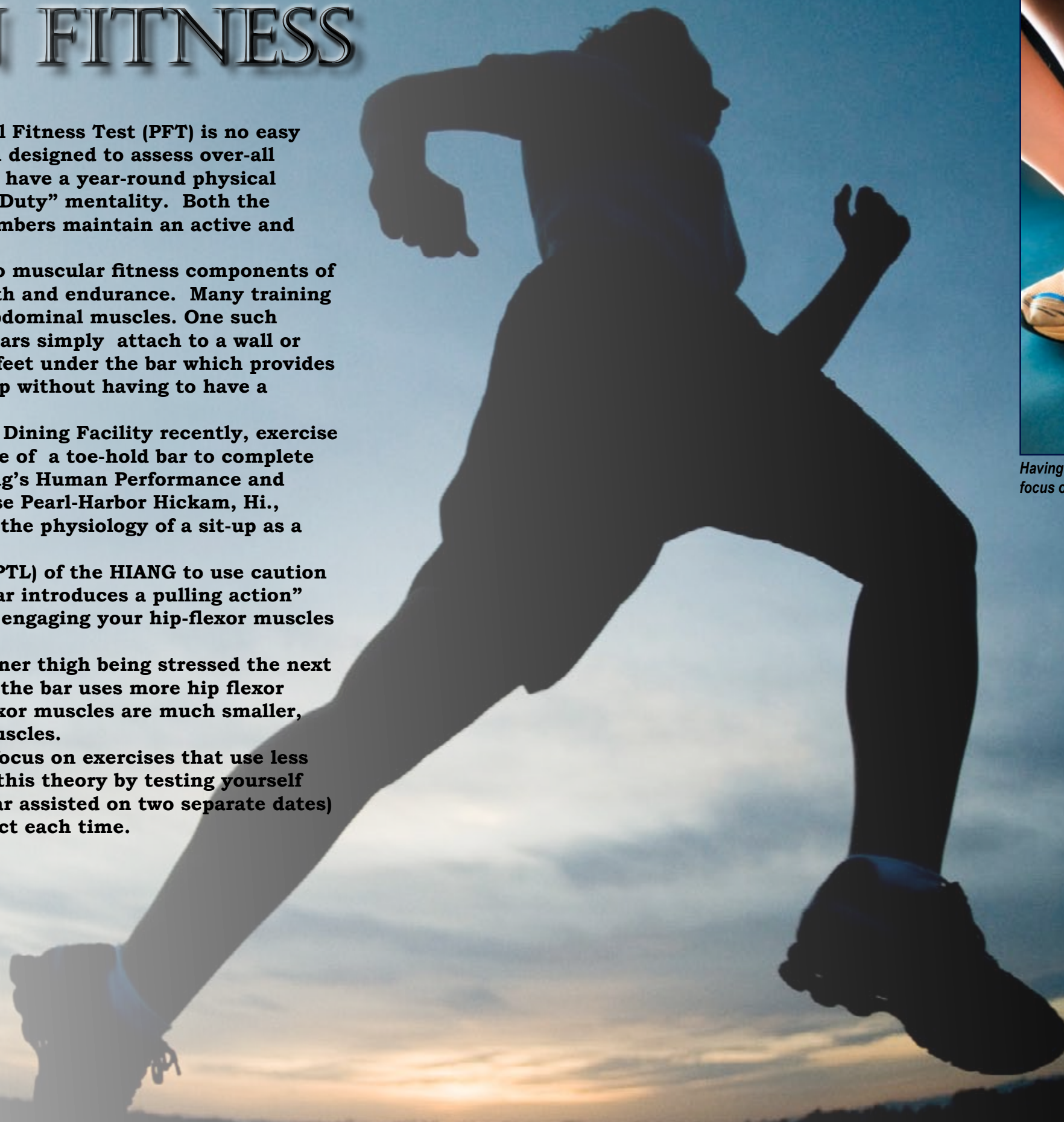
**Notice the muscles in the area of your inner thigh being stressed the next time you use a toe-hold bar. A sit-up using the bar uses more hip flexor muscles and less core muscles. The hip flexor muscles are much smaller, and less used in comparison to the core muscles.**

**So the next time you do an ab workout, focus on exercises that use less hip flexor muscles and more core. Try out this theory by testing yourself both ways (partner assisted and toe-hold bar assisted on two separate dates) and pay attention to how your muscles react each time.**

**You might just notice a difference.**



*Having a partner hold your feet might be a better way to focus on strengthening your core.*



## Special Commentary from the HIANG Commander

By Brig. Gen. Stanley Osserman  
HIANG Commander

On the first of August, 2011, I attended one of the most memorable promotion ceremonies: the promotion of Major General Michael Keltz.

It was conducted in the Kenny Conference Room at HQ PACAF with at least a hundred guests in attendance and presided over by General North, Commander, Pacific Air Forces.

What made it memorable was more than the many distinguished guest in attendance, the focus on family, and the great setting, but the message, the reminder that this was not just a promotion, but a dedication, a commemoration of a distinguished career, of service past, and service yet to come.

Service to the Air Force, but more than that, service to our Nation, and the reminder that we dedicate ourselves, as military members, not to a king, or a political party, but to a document, the U.S. Constitution.

General Keltz reminded us all to pay attention to the words of our oath carefully, because those words carry with them a great responsibility to uphold the very essence of what makes the United States of America not only great, but also unique on this earth, and across all human time.

Few people appreciate the Constitution for the elegant and well designed work that it is, yet we all enjoy liberty, and many have died to protect it, all it stands for, and the way of life it endeavors to preserve.

Like General Keltz, 'once upon a time' I was administering the oath of office to a new officer, when I realized that I had almost no idea what was really in the Constitution.

That was almost 25 years ago, and since then I have read, and re-read the Constitution many times. In fact I carry a copy of the Constitution on my briefcase, always, and continue to read it, books about it, and all I can about the men who wrote it.

I've even read "The Federalist Papers" that defended the proposed Constitution when it was in competition with a document called the "Articles of Confederation" as our government's architecture.

The men who wrote the Constitution were a grand collection of professionals, farmers, military officers, scholars and more, that met and debated the role of governments past.

They wanted to craft a governing framework that would to preserve individual freedom yet still provide a solid, and enduring structure to give order to our new and growing nation.

Many have recently argued that much of the Constitution is no longer relevant, because time and technology have simply changed our society so profoundly, that the Constitution is just, plain out

of date. I strongly disagree!

My college major was Fine Arts, Design to be specific. And I've been asked many times how a design degree has been of any use in my military career.

There are many ways, in fact, but let me share one that speaks to this discussion of the Constitution.

You see, the ultimate goal in Design is to create something that is elegant, timeless, and to which you can add nothing or take away anything without detracting from the work. For example, to me the term "Fashion Design" is an oxymoron! Fashion is the ever changing, seasonally whimsical, sometimes gaudy creative expression of some artist.

But design is just the opposite!

A well designed piece of furniture, painting, drawing, sculpture, music, a building, or even clothing would not look out of place or fail to function regardless of the age. The U.S. Constitution lays out the "Design" of a timeless set of governing principals and practices that compensates for all the worst traits of mankind, yet gives us timeless rules to make sure all who live under those rules have protection, liberty and a voice in how they are governed.

It gives you the right to protect yourself, it protects your privacy, it keeps power spread across separate components of the Federal government so as not to give corruption a foothold, and it even draws clear lines between the role of State government and Federal government. There have been 27 ratified amendments to the Constitution, and 15 un-ratified amendments. In 223 years....27 amendments....that's all!

Even more amazing, the first 10 took affect almost immediately to address concerns that some participants in the early debates felt about individual rights not specifically protected well enough in the original

Constitution, and those amendments are referred to as the "Bill of Rights."

So when you hear lively political debates, and read of tens of thousands of pages or "tax codes" and wonder how things could get so complicated in our government, I encourage you to look at the way government is supposed to look.

Take about 30 minutes, and read one of the most fascinating documents ever written, the U.S. Constitution (A handy pocket version is ISBN-10; 1-891743-00-7 or Library of Congress Catalog Card # 99-60074).

Thanks to General Keltz for bringing us all back to the reason we should all be proud to wear the uniform of the greatest nation on earth.