

SPC Ashland Harnishfeger
8th Theater Sustainment
Command
Public Affairs Office
808-438-2218

Bodybuilding Champion Christina Mace
(Broadcast Version)

Producer/Videographer/Writer/Editor: SPC Ashland Harnishfeger

Date Produced: 05 JUN 09

Run Time: 1;47 mins

Unit: 8th Theater Sustainment Command

Font Info:

- Christina Mace, Women's Bodybuilding Champion
--00;07;27~00;14;27
- Sharon Dowell, Client
--00;56;06~01;15;28
- SGM Kent Mace, Ammunition Section SGM
--01;25;26~01;29;25

LEAD: Soldiers make PT part of their daily routine. But one Army spouse is the standard for physical fitness. Army PFC Ashland Harnishfeger has more...

TAG: Hickam Gym is offering National Fitness Month in May to help offer individuals a healthier lifestyle.

Tina Mace Women's Bodybuilding Champion

LEAD: Soldiers make PT part of their daily routine. But one Army spouse is the standard for physical fitness. Army PFC Ashland Harnishfeger has more...

Christina Mace spends two hours on an average day devoting her time to physical fitness.

Christina Mace—*“There’s a lot of dedication involved; you have to be very disciplined. The exercise part of it came naturally to me, because I enjoy exercising on a daily basis. But you do have to have some type of set work-out plan and a focus.”*

Not only is she a fitness fanatic but a mother, a wife, and a personal trainer changing lifestyles while leaving a lasting impression...

Sharon Dowell—*“She has a gift of motivating people of taking people where they need to go; if you will follow her. With Tina she gave me part of herself.”*

Earlier this year Christina decided to take on another challenge...bodybuilding **(nat sound)**

A strict diet and exercise plan became crucial to her to become lean and cut enough to compete in the Pacific Bodybuilding Championships.

Christina Mace—*“I would get up by 5 and make sure that I have my meals for the day. By 6:30 I’d have some whole protein sources usually egg whites on a tortilla wrap. Wake my daughter up and get her to school, go straight to the gym. I usually work out for about an hour to two hours.”*

In the end all of her hard work paid off, as she claimed the overall women's title at the championship. **(nat sound)**

SGM Kent Mace supported his wife's dream every step of the way.

Kent Mace, SGM SPO—*“We supported her 110% we knew that she would win it. Her dedication and initiative to do that was awesome. We’re very proud of her.”*

The Mace's leave Hawaii soon for Germany, where she plans to compete in the European Armed Forces Championships. Reporting from Fort Shafter, Hawaii; I'm Army PFC Ashland Harnishfeger.

TAG: Hickam Gym is offering National Fitness Month in May to help offer individuals a healthier lifestyle.



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Pacific Reach 2009
(Broadcast Version)

Producer/Videographer/Writer/Editor: SPC Ashland Harnishfeger

Date Produced: 14 AUG 2009

Run Time: 1;50 min

Unit: 8th Theater Sustainment Command

Font Info:

•CW4 Walter Spurling, 8th Theater Sustainment Command Operations Officer

--00;29;04~00;35;23

CW4 Charles West, USARPAC Mobility Division

--00;46;27~00;54;27

• SSG Douglas Moore, 35th Combat Sustainment Support Battalion

--01;08;22~01;25;25

LEAD: Soldiers from units across the world gathered together to participate in an exercise on the waters of Japan. SPC Ashland Harnishfeger has more...

TAG: Army prepositioned stocks were first placed in Yokohama North Dock storage in 2002.

PACIFIC REACH 2009

STORY: Against the backdrop of the Tokyo Skyline, watercraft engineers Army wide converged in support of exercise Pacific Reach at Yokohama North Dock...

(Break for natural sound of “skipper” honking horn)

During exercise Pacific Reach soldiers pulled the watercraft out of the Army’s prepositioned set to perform maintenance and inventory for future deployments or humanitarian efforts.

CW04 Walter Spurling, Operations Officer—*“Pacific Reach is designed to evaluate the prepositioned stocks. We are evaluating the issue process, the turning process, and maintenance of the vessels.”*

Soldiers of the 35th Combat Sustainment Support Battalion, out of Sagami Depot, Japan, conduct the staging and onward movements of these soldiers and helped to prepare them for the exercise.

CW04 Charles West, USARPAC Mobility Division—*“The 35th has done an excellent job integrating everything taking over the logistics the life support for all the soldiers here. It went smooth; we had our ones and twos. Overall very successful, really good job for the 35th.”*

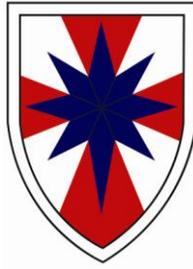
The 35th CSSB made sure the soldiers were prepared for the cultural challenges of Japan...

SSG Douglas Moore, 35th CSSB, G2 NCOIC—*“It’s always important to have someone there that knows the area a little bit, knows the customs and culture, and especially for people coming overseas. They might never have been overseas or especially here in Japan. We’re able to help facilitate that; make sure they get the right information to help them on their way.”*

The exercise brought in Active Duty and Army Reserve soldiers from North Carolina, Virginia, and Washington State.

CW04 Walter Spurling, 35th CSSB Watercraft Operations—*“The guys love to be on the watercraft, they love to do their job. They adapt, they overcome, and they make the mission work.”*

Once exercise Pacific Reach is complete the watercraft are placed back in Yokohama North Dock storage. Reporting from Tokyo, Japan; I’m SPC Ashland Harnishfeger.



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Pacific Reach 2009
(Radio Version)

Producer/Writer/Editor: SPC Ashland Harnishfeger

Date Produced: 14 AUG 2009

Run Time: 57 sec

Unit: 8th Theater Sustainment Command

LEAD: Watercraft Engineers from units across the world deployed to Yokohama North Dock Tokyo, Japan to bring the Army's prepositioned stocks out of storage to run it through it's paces. SPC Ashland Harnishfeger has more...

TAG: Army prepositioned stocks were first placed in Yokohama North Dock storage in 2002.

Pacific Reach 2009
(Radio Version Script)

ANNOUNCER:

WATERCRAFT ENGINEERS FROM UNITS IN NORTH CAROLINA, VIRGINIA, WASHINGTON STATE, AND HAWAII DEPLOYED TO YOKOHAMA NORTH DOCK, JAPAN, FOR EXERCISE PACIFIC REACH. THE ENGINEERS PULLED THE WATERCRAFT OUT OF THE ARMY'S PREPOSITIONED SETS TO PERFORM MAINTENANCE AND INVENTORY FOR FUTURE DEPLOYMENTS OR HUMANITARIAN EFFORTS. MOBILITY DIVISION, CHIEF WARRANT OFFICER CHARLES WEST SAYS THE SOLDIERS OF THE 35TH COMBAT SUSTAINMENT SUPPORT BATTALION, CONDUCTED THE STAGING AND ONWARD MOVEMENTS OF THE SOLDIERS IN ORDER TO HELP THEM PREPARE FOR THE EXERCISE.

SOUNDBITE: "THE 35TH HAS DONE AN EXCELLENT JOB INTEGRATING EVERYTHING TAKING OVER THE LOGISTICS, THE LIFE SUPPORT FOR ALL THE SOLDIERS HERE. OVERALL VERY SUCCESSFUL, REALLY GOOD JOB FOR THE 35TH."

CW4 CHARLES WEST ALSO SAID ONCE THE EXERCISE IS COMPLETE THE WATERCRAFT WILL BE PLACED BACK IN YOKOHAMA NORTH DOCK STORAGE. REPORTING FROM CAMP ZAMA, JAPAN; I'M SPC ASHLAND HARNISHFEGER.



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Forward Command Post (Broadcast Version)

Producer: SPC Ashland Harnishfeger

Date Produced: 24 AUG 2009

Run Time: 1;53 min

Unit: 8th Theater Sustainment Command

Font Info:

- **SPC Ashland Harnishfeger, 8th TSC PAO**
--00;06;17~00;13;24
- **MAJ Eric Jablonski, Support Operations OIC**
--00;40;00~00;41;22
- **Michael Stenzel, IT Manager**
--00;56;25~00;59;18
- **MAJ Rich Helling, G-3 Operations Officer**
--01;13;28~01;17;28

LEAD: 8th Theater Sustainment Command soldiers from Fort Shafter, Hawaii, deployed to their forward command post to Camp Zama, Japan, to test their sustainment capabilities in a state-of-the-art operations center. SPC Ashland Harnishfeger has more...

TAG: The 8th Theater Sustainment Command Soldiers redeploy back to Hawaii at the end of August, but are scheduled for future exercises here at Camp Zama through next Spring.

(bell dings of FCP)

Through a locked door and a security guard always on alert is the heart of the 8th Theater Sustainment Commands main information center...

(quick cuts-montage over music)

The official name of the operations center is the United States Army Japan I Corps Forward United States Army Garrison Japan Command Center.

Major Eric Jablonski, Support Operations OIC--“size... amount of assets... more efficient... This facility is super... dual computer systems, multiple screens, projection screen...dealing with sustainment combat.”

The operations center links the forward command post on Camp Zama, Japan, to the main command post on Fort Shafter, Hawaii...giving the commander a front row seat near the action whether it is a natural disaster relief, or a humanitarian or combat operation...

Michael Stenzel, IT Manager—“communicate with distant offices... flexibility...briefings, training, operations..ecetera.”

From the factory to the foxhole; the 8th Theater Sustainment Command is responsible for sustainment across 9,000 miles and 11 time zones throughout the Pacific.

Major Rich Helling, G-3 Operations Officer—“Forward Command Post serves as the 8th TSC’s to different outreach areas. We quickly move into an un-established area, set up operations, and assume a command and control role.”

The operations center gives the 8th TSC a “plug and play” capability-allowing the forward command post to deploy from Hawaii and hit the ground running in Japan.

MAJ Rich Helling, G-3 Operations Officer—“Operation with larger force...significantly larger mission...theater perspective.”

This state-of-the-art operation center gives the 8th Theater Sustainment Command a 360 degree view of that theater perspective. Reporting from Camp Zama, Japan, I’m SPC Ashland Harnishfeger.



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Military Working Dog Competition
(Broadcast Version)

Producer/Videographer/Writer/Editor: SPC Ashland Harnishfeger

Date Produced: 16 SEPT 09

Run Time: 1;48 mins

Unit: 8th Theater Sustainment Command

Font Info:

- SFC Michael McPeak, 13TH MP Detachment Kennel Master
--00;12;07~00;21;26
- SGT Nicholas Briggs, 13th MP Detachment Dog Handler
--00;44;12~00;49;14
- SGT Pablo Perez, 13th MP Detachment Dog Handler
--01;16;07~01;27;09

LEAD: The 2009 Hawaiian Islands Working Dog Competition challenged thirty dogs and their handlers from the Army, Marines, Air Force, Honolulu Police Department, and the Transportation Security Administration. SPC Ashland Harnishfeger has more...

TAG: The organizers plan on making the Hawaiian Islands Working Dog Competition a yearly event.

Military Working Dog Competition

LEAD: The 2009 Hawaiian Islands Working Dog Competition challenged thirty dogs and their handlers from the Army, Marines, Air Force, Honolulu Police Department, and the Transportation Security Administration. SPC Ashland Harnishfeger has more...

(Nat sound of dog barking)

Military and State law enforcement agencies raced against each other for the title of Top Dog in a rigorous three day competition at Schofield Barracks, Hawaii.

SFC Michael McPeak, Kennel Master 13th MP Detachment— *“The biggest thing with the competition was not so much to say my teams trained better than yours, but to actually get all these agencies together, get them talking to each other and start exchanging training ideas.”*

The competition consisted of seven events including a non-tactical explosives and narcotics detection at a warehouse and motorpool where the working dogs searched through humvees and MRE's to find hidden threats...

(Nat sound of calling to dog)

The competition encompassed local, state, and federal law enforcement teams which made the event a learning experience as well...

SGT Nicholas Briggs, 13th MP Detachment, Handler— *“These competitions are really important because you get to bring that camaraderie back between dog handlers. To have these competitions around really lets other agencies, TSA, HPD, the Marine Corps, the Air Force come together and see where we train differently, what we do differently, what our different standards are.”*

The working dog competition wrapped up with the obedience course. The handler protection and aggression event challenged the dogs as they had to pursue a suspect and obey the commands of their handlers.

SGT Perez, 13th MP Detachment, Handler— *“My dog did good today. He's not a bite dog. I've been working with him a lot. Took this as training. He's not a bite dog, so I've been working with him a lot. He actually did really good. I'm just really impressed with my dog.”*

There is a saying, “every dog has its day”, and when the competition was complete. Staff Sergeant Marcus Bates and his dog, Bennie were named the 2009 Top Dog. And for the other 29 dog teams, every dog enjoyed their time in the spotlight. Reporting from Schofield Barracks, Hawaii; I'm SPC Ashland Harnishfeger.

TAG: The organizers plan on making the Hawaiian Islands Working Dog Competition a yearly event.



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Sustainer News Update – 100 Miles
(Broadcast Version)

Producer: SPC Ashland Harnishfeger

Date Produced: 2 NOV 2009

Run Time: ;30 sec

Unit: 8th Theater Sustainment Command

Font Info:

• SPC Ashland Harnishfeger, 8th TSC PAO

LEAD: A Soldier from the 8th Theater Sustainment Command faced some serious physical challenges following a dual knee replacement, including months of recovery and physical therapy. But there's a famous saying....the journey of a thousand miles begins with a single step. This Soldier did more than just prove he's fully recovered from that major surgery – he completed a physical challenge that amazed even his doctor. Sgt. Maj. Terry Anderson has more....