

HAWAII ARMY WEEKLY

Vol. 34 No. 6

Serving the U.S. Army community in Hawaii

February 11, 2005

What's Inside



Troops Honored

More than 30 Soldiers get awards for service.

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Blue Star Card Program Closing

The Blue Star Card Program for spouses of deployed Soldiers will end as Soldiers redeploy. Operation Iraqi Freedom cards, those with a blue background, are valid to March 31. Operation Enduring Freedom cards, yellow background, are valid to April 30. The program will continue for units returning after this date. Program end date will be publicized. Call 438-0117.



Redeployed News

Who can you call when you need help in a hurry?

B-4

The 25th ID(L) Tropic Lightning Band

The band will perform in a joint concert at Kapiolani Band Stand with Evergreen Valley High School Symphonic and Concert Band on Feb. 21 at 4 p.m.



Be a Pilot

In 30 minutes, you can learn to fly a plane.

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First unit home from OEF



Spc. Daniel P. Kelly

Sgt. Pete Hanson, 725th Main Support Battalion, radio and communications security repairer, holds daughter Hailey, 2, with wife, Nikki, after the redeployment ceremony on Wheeler Army Air Field Feb. 2. Hanson's unit was the first to deploy to Afghanistan. (See a photo of Soldiers from another unit prepping to redeploy from Afghanistan on page B-8.)

By Spc. Daniel P. Kelly
Staff Writer

Soldiers of the 725th Main Support Battalion were the first group from the 25th Infantry Division (Light) to return from Afghanistan Feb. 2 after a one-year deployment.

Soldiers flew into Honolulu International Airport in the afternoon, and then traveled by bus to the Black Jack hangar on Wheeler Army Air Field for their redeployment ceremony.

Col. Rick Hatch, 25th Infantry Division (Light) support command commander, spoke to the 58 Soldiers as they stood in formation at the ceremony, while eager family and friends waited in seeming anticipation.

"On behalf of our commanding general, Major General [Eric] Olson, who is currently serving in Bagram, Afghanistan, we thank each and every one of you for attending today's redeployment ceremony," Hatch said.

"I'm extremely honored and humbled

to be standing with you today, welcoming these great Soldiers back into our midst.

"I thank each and every one of you for your service, your dedication, your commitment to excellence and for all of your selfless sacrifice that has taken place in the past year ...

"Your sacrifice, we know it's been great, and we want you to know how much we've missed you," Hatch added. "You are all heroes. Yes, heroes. Our community is grateful. Our nation, likewise, is grateful ...

"I would also like to point out to you, Hawaii is a different place from a year ago. Please take your time acclimating your self over the next few days and the next few weeks," Hatch said.

"We're so glad you're back in our ohana, and we want you to remain safe," he added. "May God bless these Soldiers, and may God bless the Tropic Lightning Division."

Nikki Hanson waited with her 2-year-old daughter Hailey while Hatch thanked the Soldiers.

"It feels like a dream come true," Hanson said while smiling. "Just the fact that he made it home safe," she said.

See "725th MSB" Page A-12

Read about the 225th FSB redeployment, Iraqi mission on page A-3.



Kirsten Tacker

Pittsburgh Steelers Alan Faneca goes for the most "kills" on the weapons simulator, while Spc. Ryan Schmidt peers over NFL Pro Bowler Tarik Glenn's shoulder.

Lock, load and go long!

By Kirsten Tacker
Contributing Writer

Soldiers and Pro Bowl players were united for an afternoon of weapons simulation training on Schofield Barracks Feb. 8.

Soldiers trained the athletes at the Engagement Skills Training Center. Instructions proceeded on how to operate the simulator rifles, machine guns and the AT - 4.

Sgt. Ben Bremer, Company B, 2nd Battalion, 27th Infantry Regiment said, "He did great!" About Pittsburgh

Steelers, Alan Faneca who handled the M240-B machine gun.

Also participating was Cincinnati Bengals, Tory James and Eric Ball (retired), another Steelers player, Aaron Smith, and Indianapolis Colts Tarik Glenn.

They all hunkered down on their stomachs in front of the target, a big screen with changing terrain to make the firing more or less difficult.

After each session the trainers announced the scores and replayed the action so the

See "Training" Page A-14

Pay hike, expanded benefits in proposed budget

By Donna Miles
American Forces Press Service

WASHINGTON - A 3.1 percent military basic pay hike, higher housing allowances and more healthcare and educational benefits for the National Guard and Reserve are all part of the president's proposed fiscal 2006 defense budget unveiled Feb. 7.

The package of expanded benefits is part of what a senior defense official called a top priority in the president's \$419.3 billion budget request: "taking care of our forces."

"People are our most important asset. We can't do anything without our folks," the official told Pentagon reporters. "Our forces are the best-trained and best-organized on the globe, and we maintain our commitment to them."

The proposed military pay raise reflects a continued trend in better compensation for service members. Incorporating the 3.1 percent military increase, basic pay will be up 25 percent since fiscal 2001.

In terms of actual money in troops' pockets, the official told reporters the 3.1 percent increase would raise basic pay for members in the lowest enlisted grade from \$12,000 in fiscal 2005 to \$15,000 next year, and that of a second lieutenant from \$23,000 to \$28,000. Similarly, an E-5 who was earning \$30,000 in base pay in fiscal 2001 will be making

\$39,000 under the new budget, she said.

Federal civilian workers would receive a 2.3 percent pay hike.

The proposed budget provides a 4 percent increase in the basic housing allowance to reduce and, ideally, eliminate out-of-pocket costs for service members living in private housing. "In the past, there was as much as an 18 percent out-of-pocket cost for our military," the defense official said. "And this budget sustains our no-out-of-pocket cost commitment."

The budget also keeps DoD on track in its effort to eliminate all inadequate military family housing units in the United States by fiscal 2007, and worldwide by fiscal 2009. "We are on track" with that effort, the defense official told reporters.

The proposed budget continues to extend privatization to improve military housing and to maximize DoD housing budgets. By the end of fiscal 2006, the official said, this effort is expected to have produced nearly 172,000 new high-quality family housing units during the past 10 years.

In terms of health care, the proposed budget increases funding for the Defense Health Program, with \$20 billion in direct funding and \$7 billion for military personnel supporting the program. Officials said this funding level will ensure contin-

See "Pay hike" Page A-12

Local Army officer highlighted as pioneer in museum display

By Sharon Mulligan
U.S. Army, Pacific Public Affairs

Neat rows of ribbons presented on a crisply pressed green uniform combine with a display panel filled with pictures and facts to tell the story of a modern day pioneer.

But as impressive as those reminders of accomplishments and assignments are, these pieces of a museum exhibit can only illustrate a small part of the life of the first, and currently only, female general in the 228-year history of the Judge Advocate General Corps.

Brig. Gen. Coral Wong Pietsch, a longtime resident of Oahu, took part recently in the ribbon cutting ceremony for the "Women Pioneers in the JAG Corps" exhibit at the U.S. Army Women's Museum, located at Fort Lee, Va.

Her groundbreaking career spans more than 30 years and includes service in the active duty, U.S. Army Reserves, and as a Department of the Army civilian employee. This modern day pioneer is also the first Asian-American woman to hold the rank of brigadier general in the Army.

As she stood and looked at the display panel that told of her history, Pietsch said she was humbled and honored she is one of the people featured in the exhibit highlighting the contribution of women in the JAG Corps.

"It was an incredible feeling to be involved," she said. "Never in my wildest dreams did I think when I started my career that I would be a part of history in that sense."

The exhibit itself was impressive, she



Travis Edwards

Brig. Gen. Coral Pietsch and Maj. Gen. Thomas J. Romig, the U.S. Army Judge Advocate General, officially open the U.S. Army Women's Museum exhibit, "Women Pioneers in the JAG Corps" during a ceremony Jan. 19 at Fort Lee, Va. Pietsch is the first female general in the Judge Advocate General's Corps and first female Asian-American general in the U.S. Army.

said. "It was very moving to see the photos and memorabilia of some of the people who have paved the way for the rest of us.

See "JAG Pioneer" Page A-12

The Hawaii Army Weekly welcomes letters and commentaries from readers. To submit call the editor at 655-4816 or e-mail editor@hawaiiarmyweekly.com.

The deadline for articles is the Friday prior to the week of publication. Send all articles in Microsoft Word or text format.

OPINION & COMMENTARY

Letter to Wolfhounds, friends

Commentary

Lt. Col. Walt Piatt
2nd Bn. 27th Inf. Rgt

Dear Wolfhounds and Friends:

I was extremely fortunate this past month to return to Hawaii for a much needed R&R leave. I am not sure who needed the leave more, my family, me or the battalion staff. I am certain my family enjoyed my presence as much as the staff enjoyed my absence.

Like all the Wolfhounds, I departed Afghanistan with mixed emotions. Almost 10 months had passed since I left the tropical paradise we call home. The trip back was long and draining, however seeing my family was worth all the minor inconveniences along the way.

When I arrived to the island I was not sure what to expect. I knew that I had changed. I knew that the war had hardened me. I was nervous about fitting in to a life I could barely remember. I soon realized I was not the only one that had changed.

My first night home I held a briefing for all the Wolfhound family members. I embraced many familiar faces and met some wives for the first time. Whether I knew them before the deployment or not, I felt like I had known them all my entire life. I felt a connection with them that only those intimately touched by war can understand.

The joy of the reunion was soon overshadowed by the reality of what I came to say. I showed them photos of their loved ones and attempted to explain what their Wolfhounds were doing in Afghanistan. I came to share stories of the war as seen by those fighting it. As the night went on, it didn't take long to see the war from a different point of view - theirs.

Our families have changed. They have lived in fear for the past year. They wonder every time the phone rings if that is



Courtesy photo

The Piatt family

the call that will change their lives forever. They have attended memorial services and Purple Heart ceremonies. They consoled family members who have lost their fathers and husbands.

They greeted our returning wounded at the airport while blindly explaining to their children that daddy is fine. Through all of this, they suppressed their own fear. The innocence they possessed before our departure is gone. They view the world differently now - they, too, are hardened by combat and understand the cost of keeping our country free.

I presented Amber Diaz one of the new Wolfhound coins. I asked her to someday present the coin to her son Aaron on behalf of those who served with her late husband Cpl. Isaac Diaz. While I was handing her the coin I struggled to get the words out without breaking down. It was hard - then Amber hugged me and thanked me for the way the battalion has honored her husband.

In that moment I thought of her young family. I couldn't help thinking how they should be planning for the joyous reunion with Isaac, and planning to raise their son. As she stood there hugging me, showing her strength, it was in this moment

that I realized how much our families have changed. This war will never be far from our minds.

The pain of this moment seemed to affect me more than the spouses in the room. They have lived this pain since we deployed. The absence the deployment created is acceptable to them now - at least when compared to the emptiness of what could be, and unfortunately is, for many whose loved ones are not coming home.

While my visit home was a time to relax with my family, there was a latent intent on my part to inform the wives and help them understand their husband's service. In the end it was me who gained understanding.

After all my years of service I thought I understood sacrifice. I thought I understood the importance of military spouses. I realize now how little I knew. These women have taught me the true meaning of service to our nation. America will always owe them for their patriotic selfless service.

The war has definitely taken a toll on those we love. Generations of Americans not yet born will someday thank them.

It is with great humility that I thank them now.



Fireside chats: A bit of Afro-American history

Commentary

Beverly Dukes
Contributing Writer

Ten years of drinking, spitting and fighting. Every weekend the man would get drunk and go outside to talk to his shadow. He'd punch it, kick it, holler and curse it. Over and over he'd do the same thing.

One day the man went out and started his routine, cursing at the top of his voice. Then he raised his fist and swung at the shadow, but this time the shadow ducked and knocked him out. The shadow said, "I'm tired, let's get some sleep."

Fireside chats were times in many homes when the elders sat with children at their knees and shared family history and folklore. My "Brehndaddy" told me this story in one of these chats.

Brehndaddy was the son of an African slave and a full-blood Cherokee woman. I did not think anything of the fact that when he came home we spoke in a different language to him and English to our parents.

He called us by different names and we answered to both. We were taught what was expected of us and disciplined in these chats. Brehndaddy talked just above a whisper and he never raised his voice. He said, "I want you to listen to me, not just hear me."

I carried this tradition into my family. We took time and sat with the children

and told stories and even made up our own. This is missing from the families of today. Everyone wants to be alone. Earphones, TV's in every room, PlayStations and Game Boys have robbed us of each other.

We used to be connected by the telephone wire in the wall jack - now we have cell phones. I know things have changed and we must also change as we grow. Some things should never change and that is family bonding - physically, emotionally, spiritually and verbally.

Today, latchkey homes are the norm. I do understand that we must do what we have to. Still in the moments that we have available we should gather and share some love and wisdom.

I'm a few days older now and I remember those fireside chats. They made me who I am today - firmly placed in my foundation. Change the direction of a life by kindling a fire in the mind and soul of someone.

Age doesn't matter because love is ageless. Tell the stories of old and watch the expressions on the faces. Share a part of you. African-American stories are fascinating and need to be kept alive. A great part of our history lies dormant in our memories because we are so busy.

Turn off the electronics and the gadgets and pull up a chair. Pop some corn and dig out the stories. Who knows? The next generation may have a fireside chat about you.

(Editor's Note: "Brehndaddy" was the maternal grandfather of Beverly Dukes. His name was Henry Wallace Washington.)

Voices of Lightning

What aspect of the redeployment process has been the most helpful to you?



"I found the welcome ceremony to be most helpful. Everything was laid out, each day was divided into what we needed to do, and the information put out kept me abreast of integrating into normal operations."

Capt. Michelle Santayana
HHC, 225th FSB



"I attended a briefing about combat stress and what my husband is going through. I thought it was very effective. It shed a lot of light on what can be scary for a spouse. Just knowing people are here to help if we need it is important."

Criselda Smith
OIF spouse



"I have really appreciated the steady stream of information on what other military families involved in recent long deployments have been telling researchers - Tropic Lightning Academy, Ready4Reunion events, HAW articles - it's all been important to learn about."

Michele Adams-Thompson
OEF spouse



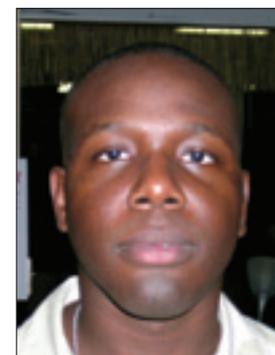
"I worked with my church where we have a program called, "Challenges of Deployment" It is a discussion group, and now we are geared towards redeployment. I found it helpful knowing I was not alone and other spouses were facing a lot of the same challenges."

Robin Sherrod
OIF spouse



"I have the ACS reunion DVD. It has been very valuable as it brings out all the resources available and there is a lot of good information on it."

Sheila McClaran
OEF spouse



"The reintegration process was most helpful. Knowing if I do need help, it's there."

Staff Sgt. Kente Bryant
2nd Bn., 25th Inf. Rgt.

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Division Soldiers honored in Afghanistan



Sgt. 1st Class Darren D. Heusel

British Maj. Gen. Peter Gilchrist, deputy commanding general for Combined Forces Command-Afghanistan, congratulates Maj. Edward Miller after he became one of 24 members of the 25th Infantry Division (Light) to receive the Bronze Star Medal during an awards ceremony Feb. 5 at Kabul Compound.

By Sgt. 1st Class
Darren D. Heusel
105th Mobile Public Affairs
Detachment

KABUL, Afghanistan – More than 30 Soldiers from the 25th Infantry Division (Light) received recognition Feb. 5 in a ceremony noting their contributions to the Global War on Terrorism.

The 25th Inf. Div. (L) Soldiers were honored at Kabul Compound, just days

ahead of when they are to return home after a year-long deployment to Afghanistan.

“What you have done over the past year is make history and you are to be commended for your efforts,” Col. David Lamm, chief of staff for Combined Forces Command – Afghanistan said.

During the past year, the 25th Inf. Div. (L) Soldiers helped pave the way for

Afghanistan’s first-ever presidential election and created a model that would be duplicated in Iraq.

British Maj. Gen. Peter Gilchrist, deputy commanding general for CFC-A, said “[Your] selfless service and commitment to mission accomplishment in a combat zone, under the most extreme of circumstances, greatly contributed to the success of Operation Enduring Freedom.”

Bronze Star Medal

- Col. Samuel Johnson
- Lt. Col. Stephen Christian
- Lt. Col. Daniel Larsen
- Maj. Mark Emmer
- Maj. Steven Fuinetti
- Maj. Brian McMullen
- Maj. Edward Müller
- Maj. Everett Rogers
- Maj. Gerald Stadler
- Maj. James Wilmeth
- Capt. Kazeem Adigun
- Capt. Cory Kwarta
- Capt. Fredrick Mahler

Medal Recipients

- Capt. William May
- Capt. Mark Rea
- Capt. Cameron Thorley
- Capt. Matthew Wagoner
- Capt. James Westgate
- Chief Warrant Officer Manuel Ortiz
- Master Sgt. Robert Brown
- Sgt. 1st Class Michael Anderson
- Sgt. 1st Class Kevin Bruhn
- Sgt. 1st Class Teddy Woods
- Sgt. Terrence Wideman

Defense Meritorious Service

- Spc. George Fry

Joint Service Commendation

- Staff Sgt. Rolan Sarabay
- Sgt. Steve Johnson
- Spc. Courtney Carter
- Spc. Joseph McKeague
- Spc. Francis Rich.

Tough missions and support exemplify 225th

By Capt. Ernest Lane
225th FSB

Almost 250 Soldiers from the 225th “Strike Lightning” Forward Support Battalion returned from over a year-long deployment of combat operations in support of Operation Iraqi Freedom II Jan. 25.

As a member of the 2nd BCT, Warriors, the 225th was responsible for all combat service support and combat health support throughout an area in Northern Iraq the size of West Virginia.

Based in Kirkuk, at FOB Warrior, the 225th made its mark as a provider of combat service support to the thou-

sands of Soldiers and civilian contractors across AO Warrior.

During the deployment they worked all facets of combat logistics, with the 4th Division Support Command of Task Force Ironhorse for two months and then with the 1st Division Support Command of TF Danger for the majority of the deployment.

The unit was often called for major missions to support a myriad of organizations to include the Republic of Korea Army and the 2nd Inf. Div. Stryker Brigade. The battalion conducted more than 240 combat logistics patrols and drove more than 145,000

miles with no loss of life.

They provided more than 2.7 million gallons of fuel and water, 10 short tons of MREs, and processed more than 34,351 requisitions valued at \$28 million.

The battalion maintenance personnel completed more than 4,000 direct support jobs and 41 vehicle recovery missions to maintain the BCTs combat power.

Not to be outdone, the medics treated more than 5,200 patients, planned and coordinated the delivery of 65 pallets of humanitarian aid to six different Iraqi clinics and conducted 130-plus air and evacuation missions.

The 225th FSB was an

integral part of every operation the 2nd BCT conducted to include four out-of-sector missions, Operation Pele’s Dragon to Mosul, Operation Dragon Victory to AN Najaf, Operation Baton Rouge in Samarra and Operation Angry Dragon in Mosul with the Washington-based 1st Brigade, 25th Inf. Div. (L).

The day 225th FSB finally landed in Hawaii, Soldiers seemed to proudly and eagerly fill the buses that transported them to the redeployment ceremony on Wheeler Army Air Field.

“Words cannot describe how wonderful it was to get off the aircraft and step into paradise once again,” said

Spc. Angelica Ramos, a personnel actions clerk for 225th FSB.

Lt. Col. Donnie Walker, 225th commander said, “The 25th ID, Hawaii community, and families can all be proud of the superb work, sacrifice and accomplishments these Soldiers have made for our nation over the past year.

“They have all truly made a difference in moving the people of Iraq closer to a future life of liberty and freedom and it has been an honor to command such a brave and courageous group of young men and women.”

Walker also noted that his Soldiers could not have succeeded without the great sup-

port from the community and families left back at Hawaii.

“This great celebration and warm welcome is just as much for our families as it is for us today because they, too, made countless sacrifices throughout our deployment,” Walker said.

(Editor’s Note: Soldiers from 1st Bn., 62nd Air Defense Artillery, 25th Military Police Company and 65th Engineers also arrived Jan. 25. About 20 Strike Lightning Soldiers still remain in Iraq and are conducting final preparations in support of the 2nd Brigade Combat Team, also set to arrive here before the end of February.)

Briefs

Pre-retirement Orientation

A semiannual pre-retirement orientation is scheduled March 2 from 8 – 11:30 a.m. at the Schofield Barracks Post Conference Room (Building 584) on Trimble Road, across the street from the Sgt. Smith Theater. This orientation is for Soldiers with 18 or more years of active service. Spouses of applicable military personnel are encouraged to attend. Information concerning the benefits and privileges of a military retirement will be provided. Representatives of federal, state agencies and military staff offices will be available to answer individual questions. For more information, call the Schofield Barracks Retirement Services Office at 655-1514.

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Free Sears Portraits

At any Sears Portrait Studio in the United States, military families can easily share their smiles free of charge with family and friends anywhere in the world, including overseas military bases (see www.sears-portrait.com/usa/). A locator on the Web site can help families find the closest studio location.

Using Sears, exclusive View & Share® technology, available at most studios, families can share their portrait session with anyone who has Internet access. In addition, military families will receive a 20 percent discount on all in-studio and online portrait orders, which can be combined with any additional advertised or in-store portrait offers.

Blood Pressure Screening and Body Fat Analyzing

Community Health Nursing, Schofield Barracks is planning a Blood Pressure screening and Body Fat analysis Feb. 25 from 10 a.m. - 1 p.m. hours at the Schofield Barracks Commissary.

Scholarship Program

As the ASNE Scholarship Program enters its 2005-2006 "scholarship season", all members are reminded that this is the time to identify young men and women who are potential candidates for ASNE Scholarships. Please note that scholarships will be

Please pass the soap



Lance Cpl. Tyler Corbaley, Lima Co. rifleman and Army Sgt. Ashley Schroeder-Petersen, a military policeman with 58th MP Co., 25th ID, pass bars of antibacterial soap to an Afghan medic during a humanitarian and medical assistance operation in the Korangal Valley this week.

Cpl. Rich Mattingly

awarded to students for the last year of an undergraduate program or for one year of a graduate program. Application forms are being sent to all Sections and will be forwarded to individuals on request.

As a further means of encouraging interest in a career in naval engineering, all ASNE Scholars and Alternates are awarded one-year honorary student memberships.

For more information, go to www.navalengineers.org/Programs/Scholarships/sc_news.htm.

Traffic through Lewis Street at Schofield Barracks

Will be closed from Feb. 14 to March 11 from 7 a.m. - 3:30 p.m. due to installation of electrical and telecom lines for buildings 500 and 648.

USARHAW Prayer Breakfast

The 2005 25th Infantry Division (Light) and U.S. Army, Hawaii National Prayer Breakfast is an opportunity to enhance the spiritual life of Soldiers and reaffirm faith and dependence on God.

The breakfast will be held Feb. 24, 6:30 a.m. at the Nehelani on Schofield Barracks. The event is open to all Soldiers, family members, and DOD civilians.

Free, Fast and Accurate Tax Return Preparation

Schofield Barracks tax center, building 361 (in back of

the museum), Mon - Wed, 9:30 a.m. - 5 p.m., Thu, 9:30 a.m. - 6 p.m., and Fri, 9:30 - 4 p.m. Call 655-5144 for information.

Fort Shafter tax center, Aloha Center, building 330, Mon - Wed, 9:30 a.m. - 5 p.m. Call 438-2829. Tax preparers certified by the Internal Revenue Service.

Schofield Barracks GSA Closure

Global Supply Store will be closed for inventory Feb. 7 - 11. The Hickam AFB GSA Global Supply Store is open during this time. Contact Mike Martin, 655-0280, for information.

Women's Soccer Team (WISA) Seeks Players

Any age (30+) or skill level welcome. Games are Sundays at Waipio soccer complex, March - May. Register by Feb. 17. For information, call Kathy at 971-2503, or evening, 261-9951.

Financial Assistance From Schofield and Fort Shafter Hui

The Schofield Barracks Hui O' Na Wahine welfare grant committee will be accepting requests for funds from community organizations.

Include organization name, point of contact with phone number, the amount requested, project for which the funds will be used, and how the project benefits the community.

Requests must be postmarked by April 9. Funds will

be distributed in May. Send requests to Hui O Na Wahine, Attention: Welfare Committee P.O. Box 861305, Wahiawa, HI 96786. Contact Robin Orner, 624-6979, with any questions.

For the Fort Shafter area Hui O Wahine, the deadline for requests is March 18, 2005. Distribution of Funds will take place after April 7.

For more information about the Fort Shafter Hui, contact Marcella Heilig at 833-1834, mail requests to Fort Shafter Hui O Wahine, Welfare Committee, c/o Marcella Heilig, Hale Ikena: Building 710, Fort Shafter, HI 96858

Employment in Hawaii

This workshop is the first step in helping you find the job you want. Learn how to prepare for your job search process.

Get employment information on federal, state, private sector, and staffing agencies. See the reference materials, job listings, and computers available for use at the ACS employment area.

Workshops are on today, Feb. 18, and 25, 9 - 10:30 a.m. at Schofield Barracks ACS, building 2091. Call 655-2400 to register.

First Aid and CPR Offered

The Schofield Barracks American Red Cross Service Center is teaching standard first aid, adult CPR, and child and infant CPR class. The class is Feb. 26, 8 a.m. - 5 p.m. Cost is \$39 and includes the instruction book. Call 655-

4927 to register.

Provost Marshall's Office Hours

The Schofield Barracks Provost Marshal's Office, Vehicle Registration Section, building 6508 on Leilehua Golf Course Road, hours have been expanded from 9 a.m. to 3:30 p.m. Monday through Friday to accommodate Soldiers registering vehicles during redeployment processing. Call Ella Holskil at 655-8940 for more information.

Seeking Volunteer Nominations

The Hawaii business community, Chamber of Commerce and Military Affairs Council, is sponsoring a series of annual events to recognize U.S. service members here.

A special luncheon will be held to recognize active duty military members for their volunteer work done in addition to their normal military duties. For example, giving back to the community in service to schools, youth groups, sports leagues, churches and social agencies.

If you wish to be nominated or know someone who fits the criteria, contact your command's senior enlisted advi-

sor or check with your base Public Affairs Office.

Nomination forms are available at your base Public Affairs Office and must be endorsed by your command. Completed nomination forms are due to U.S. Pacific Command, Office of Community Relations before March 1.

Contact Dennis Fujii, U.S. Pacific Command, Community Relations, at 477-6282 for more information.

An African American History Month Celebration

To be held Feb. 25 from 11:30 a.m. to 1 p.m. at the 9th Regional Readiness Command Assembly Hall in building 1554 on Fort Shafter Flats. It is an educational and festive event to acknowledge the numerous accomplishments and contributions made by African Americans. A guest speaker, cultural displays, music, entertainment, dance demonstrations and food sampling are some of the activities to participate in. For more information, call Master Sgt. Zayas at 438-9310 or Sonja Rice at 438-6834.

Wheeler Middle School Fundraiser

For an aloha ceremony for military families (slated in May). The school is selling Jamba Juice mugs (24 ounces) and it comes with a coupon for a 24 oz. drink (no expiration). Cost is \$7 per mug.

Sales have already begun and mugs can be bought in the Wheeler Middle School Administrative office.

Recruit the Recruiter Team Visit

The briefing will address the challenges, benefits and opportunities to become recruiters. Pay grades E-4 through E-7 are highly encouraged to attend. Briefings will be held:

Fort Shafter at building T101 Conference Room on Feb. 14 at 10 a.m. and 1:30 p.m.

Schofield Barracks at Post Conference Room on Feb. 15, 1 p.m. and Feb. 16 at 9 a.m.

Tripler Army Medical Center in Kyser Auditorium on Feb. 17 at 9:30 a.m. and 1:30 p.m.

For more information visit: www.usarec.army.mil/hq/recruiter or contact Master Sgt. Mills at (502) 626-0465, DSN: 536-0465. For more information contact Master Sgt. Jones, 438-1123.

OPERATION ELUSIVE CONCEPT

WWW.ELUSIVE-CONCEPT.COM BY CHRIS ASHBY



Team from 58th MP Co. trains Afghan police

Story and photos by
Staff Sgt. Bradley Rhen
CTF Thunder Public Affairs

JALALABAD, Afghanistan – As Afghanistan moves closer and closer toward assuming full responsibility for their own security and law enforcement, Afghan police are assuming a greater role in this war-torn country.

Around Afghanistan, Coalition Soldiers are advising and training Afghan police so that when the day comes that they assume total control of their country's security, the Afghan will be successful.

In Jalalabad, a three-man team from the 58th Military Police Company out of Schofield Barracks, Hawaii, has the daunting task of training more 3,382 police officers from 31 districts spread throughout three provinces.

Known as the Police Technical Advisory Team, the Soldiers go out to the different police stations in the area, on average, six days a week. Normally, they go to these stations to make assessments of what the stations have and what they need.

"During the assessment, it is my job to gather all the facts that are pertinent to the (Afghan National Police) in the area, to include statistical, biographical, and demographic data, to assess structures they have and their conditions, and identify training needs," said Staff Sgt. William Kegley, the Jalalabad PTAT leader.

A native of Pinellas Park, Fla., Kegley and his team has been here for just over three months now. In that time he and his team have completed preliminary assessments in 23 of the 31 districts they are responsible for.

On Feb. 9, Kegley and fellow team member Spc. Joe Ferlicka

traveled to Kama, a village about 25 kilometers east of Jalalabad. It was a typical assessment, with the team asking the police chief questions concerning personnel, training, uniforms, and ammunition and if he knows of any enemy in the area.

Following the team's visit to a village, they will submit a report through their chain of command. Equipment and uniform shortages can possibly be purchased using Coalition funds.

Kegley said the job the PTAT is performing is "imperative."

"Without security, NGOs [Non-governmental organizations] in particular, cannot help reconstruct the nation, and ANP plays a vital role in security," he said.

Ferlicka, a native of Helena, Mont., agreed that the PTAT's mission is important.

"We're here to show them our tools and the way we do things so they can develop their own ways," he said. "I'm just here to give them those how-to tools, show them what I know, and give them whatever training I can to help them."

During their time here, the PTAT has also done its part to advance the role of women in the ANP. There are three female police officers in Nangahar Province, and when Kegley found out none of them were literate he wanted to change that.

Despite some reluctance from the ANP, they eventually decided to let the PTAT help, and Kegley arranged for an instructor from a local school to teach the women how to read and write.

Kegley said he wanted to do this because literacy is a necessity for law enforcement at every level.

"It entails a great deal of



Staff Sgt. William Kegley (far right) and Spc. Joe Ferlicka, members of the Jalalabad Provincial Reconstruction Team's Police Technical Advisory Team, talk to a police chief during an assessment Feb. 9 in Kama, Afghanistan.

report writing, a great deal of interpersonal communication skills," he said. "If you can't read or write, chances are you probably can't talk to people either. You certainly can't write a report and you can't testify in court if need be."

Kegley said female police officers are currently only used to search women. In the very near future, however, these females will be bona fide police officers, not just search tools.

"The Afghan National Police are undergoing changes every day, and they're slowly but surely becoming an organized police force, and being organized means having women police officers," he said. "Whether it be traffic police, criminal investigation or rape and sexual assault counselors, they will perform in all meas-

ures of law enforcement."

The Jalalabad team is scheduled to redeploy to Hawaii in the near future, but they hope to accomplish a lot before they leave. Kegley said before leaving, he wants to visit the remainder of the districts in the area and conduct preliminary assessments, begin holding a monthly leadership seminar for police chiefs, and start a field training officer program to train all the districts' education officers.

Staff Sgt. William Kegley, a member of the Jalalabad Provincial Reconstruction Team's Police Technical Advisory Team, examines a mortar round that was found during a police assessment Feb. 9 in Kama, Afghanistan.



New baby in the house?

Don't forget to enroll in TRICARE



From TriWest Healthcare Alliance

Life can get hectic when there's a new addition to the family, but don't let time slip away before enrolling the new loved one in TriCare's Prime health care plan.

Under TriCare's new policy, parents now have 60 days from the birth or adoption of TriCare eligible children to enroll them in TriCare Prime to help avoid delays or gaps in processing health care claims.

Children must be registered in the Defense Enrollment Eligibility Reporting System database within the first 60 days of their life or adoption or they will not show as being eligible for TriCare Prime benefits.

To register, obtain a copy of the child's birth certificate, certificate of live birth, or adoption papers and file it with the base personnel office. If the sponsor is deployed or on TDY, the other parent or a guardian should be prepared to show power of attorney to register.

With unique issues brought about by deployments, the enrollment time may be extended in certain cases.

For questions about TriCare coverage, visit www.triwest.com, call 1-888-TRIWEST (1-888-874-9378), or contact the DEERS support office at 1-800-538-9552 from 6 a.m. to 3:30 p.m. Pacific time Monday through Friday.



Andy Billos

DOLs transportation division coordinated the storage and return of nearly 6,000 Soldiers' belongings.

Transportation Division has multi-faceted mission

By Joy Boisselle
Staff Writer

The transportation division deployed nearly 15,000 Soldiers and more than 5,500 pieces of equipment since 2003. Shipping the division out and bringing it home again are only part of the story.

"Our mission is simple; we want to provide the best transportation support in the world, and based on my 20 years of experience, there is not an installation that can do it better than we do," said James Jefferson, transportation division chief.

Three sections in the transportation division make that mission statement a reality.

The non-tactical unit movement section formulates the movement plans and standards for deploying personnel and equipment. The transportation motor pool provides transport and vehicle support across the installation. Lastly is the personal property section, which is the section responsible for the movement of belongings during duty assignment changes.

During deployments and redeployments, this section takes on another role in support of the Soldier.

Almost 6,000 single, dual military and other Soldiers stored their household goods with the transportation division's assistance. As the redeployments begin, the first thing a Soldier wants – after reunions with loved ones, a hot shower and frosty beverage – is his personal belongings.

According to Mary Shibao, transportation representative, there are two ways to arrange for delivery of household goods.

"Soldiers in the barracks need to coordinate with their unit point of contact. Once we receive information from the unit POC, we develop the application for delivery," she said. Soldiers in the barracks

can expect to have their belongings within 72 hours Shibao added.

All other Soldiers receive group appointments. It is critical that non-barracks Soldiers provide a delivery address stressed Shibao.

"We are trying hard to get a fast turnaround and so far the delivery process has been very successful," Shibao said.

As to the storage quality and service provided, she added, "I would call most damages to be normal wear and tear type loss. I don't think we will see any huge losses because nothing left the island."

For a successful delivery of stored goods, Shibao emphasized the following – be there on the scheduled delivery date and expect to be on-site from 8 a.m. to 5 p.m. Check the inventory carefully, line by line, and finally, annotate any loss or damage on the forms provided.

As with any household good shipment, claims against the carrier must be filed within 70 days, and the Soldier has up to two years to file with the claims office.

Jefferson said challenges for the transportation division continue.

Among the challenges are the continued Soldier redeployments through July, the resetting and refitting of the division's equipment, and the division's Transformation plans, including the addition of the Stryker.

Shibao noted that the expected heavy summer rotations of Soldiers and families from the island would also be challenging. Typically, 1,300 to 1,600 moves take place, but this year nearly 2,500 are expected, she explained.

Her advice to service members is to plan.

"No matter what, we will get the mission done. This is a quality of life issue and our priority is always the Soldier and the families," she stated.

A Soldier's story: Almost home

Commentary

1st Sgt. Robert Jennings
Co. A, 1-21st Inf.

With the elections over, we prepared for our replacements to arrive in Kirkuk. They have been in Iraq for over a month, but were needed in the Bacuba area for the elections.

The feeling from the citizens of the city on election day has spilled over into the week. We continue to patrol the city in order to keep the enemy activity to a minimum. Things seem to have quieted down this week; we are just hoping this is the new trend and not just a pause to regroup.

As we patrol we are continually greeted with smiles and handshakes throughout the area. There are still those who give us the dirty look, but we expect it. You just can't please everyone.

Feb. 1, 8:30 p.m. – B Company's patrol base is receiving fire from AK-47s in the Kirkuk riverbed. Soldiers on the roof at their complex returned fire immediately and they dispatched a patrol to pursue the enemy.

After mounted and dismounted patrols were dispatched the enemy broke contact and disappeared into the complex road network.

Feb. 2, 9 p.m. – We received a call from one of our police chiefs about an explosion in his sector. The commander and I deployed the ready squad to the location.

After we and the police investigated, we deter-



Sgt. 1st Class Richard Woodruff

Soldiers from the Montana National Guard E troop attached to the Idaho based 2-116th Armor arrive in Iraq and start downloading their gear.

mined it was some type of no-fragment explosive device, similar to C-4. It was placed under the back of the vehicle and caused some pretty extensive damage to the car and windows of the house.

The resident works for the State Department and his brother works on the airfield. This is a classic case of targeting someone working for Coalition Forces. We think it's more of a scare tactic than anything else because of the device used and where it was placed.

Feb. 3, 11:31 a.m. – While we were orientating the new unit, we came upon some police officers that had blocked the road because of a roadside explosive. After checking the situation, we bypassed

the area because they had already called the Iraqi bomb unit to disarm the 130mm artillery round with a radio detonator.

This goes to show that just because we have completed a very successful election process and have our replacements on the ground, our job is not over and the danger is still out there looming around every corner.

Feb. 4, 9:30 a.m. – Sgt. 1st Class Austin Brown and 3rd Platoon arrive at the patrol base with the first of three platoons that will replace us. Uncertain looks from one set of Soldiers, smiles on the faces of others as they began to unload their equipment.

Over the next three days we will be rotating



1st Sgt. Robert Jennings

Two pounds of explosives damaged the car and blew out 22 windows in a house.

Soldiers and orientating E Troop, 2-116th Armor from Montana, to their new area of operation. For Company A Soldiers, it's a light at the end of the tunnel after a long year of ups and downs.

Most of the Soldiers from Company A won't be home for Valentine's Day but should be home soon. God Bless and Aloha.



Staff Sgt. Bradley Rhen

Haji Din Muhammad, governor of Nangahar Province (left), and Sayid Fazal Akber, governor of Kunar Province, have a conversation during the governors conference Feb. 1 in Jalalabad, Afghanistan.

Afghan governors focus on economic development

Staff Sgt. Bradley Rhen
CTF Thunder Public Affairs

J A L A L A B A D , Afghanistan – The governors of three Afghan provinces and the deputy governor of another province met here for a conference Feb. 1 - 2 to discuss economic development in the eastern region of Afghanistan.

The governors of Nangahar, Kunar and Laghman and the deputy governor of Nuristan attended the conference, the first of its kind in the region. Similar conferences have been held in Kandahar and Ghazni in the past.

Also in attendance was the commander of Combined Joint Task Force 76, the deputy commander of Combined Task Force Thunder and the commanders of the Jalalabad and Asadabad Provincial Reconstruction Teams.

The purpose of the conference was to help create an Afghan-led process of encouraging and enabling growth of the private sector in the region in order to help create jobs, increase the average household wealth and create a tax base.

Maj. Gen. Eric T. Olson, commander of CJTF 76, said each of the provinces represented at the conference faces many challenges, and most of them are similar to challenges being experienced throughout the country.

“By coming together, the provinces in the east can take advantage of the opportunities and face the challenges together,” he said. “It strikes me that because of the similarities of the challenges and the opportunities, this notion that the governors have of having a region approach is exactly right.”

Olson, the U.S.’s top operational ground forces commander in Afghanistan, said the region’s proximity to Pakistan and the traditional trade routes between Afghanistan and Pakistan provide tremendous potential for trade.

Olson added the Afghan people, themselves, will play a major role in the future of the country.

“One of the true sources of economic potential is the population, who are honest, skilled, hard-working, diligent and dedicated to mak-

ing a better Afghanistan,” he said.

Olson said the coalition, along with Afghan security forces, are committed to ensuring a stable and secure environment that supports economic development and reconstruction.

Sayid Fazal Akber, governor of Kunar Province, said the four provinces have similar problems and difficulties and should work together to solve them.

“The main purpose of this conference was to encourage the private sectors and to increase the cooperation between the four provinces and to provide a good life and prosperity for the people of these four provinces,” he said.

Akber said the governors have worked together before to increase security in the region and he hopes they continue to work together to make all aspects of life better in the region.

Lt. Col. Bobby Mundell, deputy commander of Combined Task Force Thunder, said the conditions are set for the advancement of economic prosperity in the region.

“(The coalition’s) hope for

your region is very great, and we are confident that together as a team, we can achieve prosperity and advance the cause of freedom within this region,” he

said.

Mundell added that the coalition will stand shoulder-to-shoulder with the governors as they assume the lead in advancing the

cause of freedom in the region.

Similar conferences in the region are tentatively planned throughout the rest of the year.



Sgt. Sean Kimmons

Col. Lloyd Miles, commander of 2nd BCT, shakes hands with Kirkuk Provincial Council members during the luncheon Feb. 3 inside Kirkuk's government building.

2BCT bids farewell to Iraqi leaders

By Sgt. Sean Kimmons
25th ID (L) Public Affairs

KIRKUK, Iraq – Second Brigade Combat Team leaders bid farewell to members of Kirkuk's first provincial council inside the Kirkuk government building Feb. 3.

"The reason we are gathered here today really is to honor all of you as the first provincial council in Kirkuk," Col. Lloyd Miles, commander of 2nd BCT, said to the Kirkuk Provincial Council members at the farewell luncheon.

For being the first Iraqis to bring democracy into this Iraqi region, Miles thought the KPC members reminded him of America's "founding fathers."

"In my own country, even little school kids can refer back to what we call our "founding fathers" – the members of our very first constitutional convention.

"I think in the same way when the history of this great nation is written, all of you will be looked upon and remembered because you were the very first," Miles said.

Besides establishing

democracy, KPC members facilitated millions of dollars in reconstruction projects throughout the province. They have also accomplished peace in a region that was feared to play host to a civil war because of its ethnicities, which include Arabs, Kurds, Turks and Assyrians.

"From the time we arrived there was always talk about a civil war breaking out in Iraq and starting here in Kirkuk," Miles said. "But over the last year, the cynics have always been wrong."

Miles believed it was the KPC members who proved them wrong.

"Whenever there was an issue within the province, all of you managed over the year to negotiate and resolve these issues," he said.

It wasn't an easy or safe task for the KPC members to establish peace and democracy in a region once ruled by a dictator. Some KPC members were martyred by insurgents who wanted to derail Iraq's developments.

"All of you have showed the courage, determination and the vision for a better Kirkuk and a better Iraq. And I know

many have did so at great personal risk for you and your families," Miles said.

As 2nd BCT Soldiers redeploy back to Hawaii, the KPC luncheon was a way for those who have worked closely with the KPC to say a final goodbye to their Iraqi counterparts.

Throughout the past year, Maj. Sam Schubert, Team Government officer-in-charge for 2nd BCT, worked with the KPC on a routine basis.

"It's been a great experience," Schubert said. "I came here for a year in combat and I was able to help in that mission but also with the mission of creating the new country of Iraq."

Schubert also said he'll miss the interaction with the different ethnic groups in the KPC.

"I'll miss working with all the ethnicities [and] trying to balance the different interests of all the people in Kirkuk," Schubert said.

Miles said he was grateful for the friendships that KPC members extended toward him and his Soldiers.

"For the past year, Kirkuk's many ethnicities have been our family.

"We have a word in Hawaiian that is 'ohana,' which means family. And for the last year this has been our

ohana," Miles said.

When the ballots from last week's Iraqi election are officially counted, the KPC will be

turned over to new members who will go forth in promoting democratic ideals and rebuilding the region.

Budget emphasizes present, future warfighting capabilities

By Donna Miles
American Forces Press Service

WASHINGTON – The president's \$419.3 billion defense budget request for fiscal 2006 reflects Defense Secretary Donald H. Rumsfeld's four basic priorities: defeating global terrorism, restructuring the armed forces and global defense structure, developing and fielding advanced warfighting capabilities, and taking care of U.S. forces.

A senior defense official unveiled details of the proposed budget, which reflects a 4.8 percent increase over the 2005 budget and a 41 percent increase in DoD's budget since 2001.

The new budget continues to support the global war on terror and to provide those "in uniform with the tools they need to fight this global war on terror," the official told Pentagon reporters.

"But it is also important that we are transforming the way we fight wars, and that includes new organizational strategies and realigning our forces and bases," the official said. "And in the area of building joint capabilities for future threats, we are applying the lessons from today's operations to strengthen our knowledge and joint capabilities for the future."

And although it was the last point listed on the briefing slide, the official said the effort to "take care of our forces" is actually the most important of all in the proposed budget. "People are our most important asset, and we continue to provide significant benefits and pay for our people," she said.

Funding to support the global war on terror is a key part of the budget proposal, and the official said the centerpiece of that is a \$48 billion commitment to restructure the Army's ground forces into brigade combat teams to create a more modular force. A military official told reporters this ongoing effort will increase the Army's combat capability by about 30 percent and already is showing a clear payoff in relieving the force during current operations in Iraq.

New Defense Budget

- Accelerates the restructuring of the Marine Corps to add more combat and support units.
- Provides \$2.1 billion in addition funding, for a total of \$9.9 billion, to increase the chemical and biological detection and protections for U.S. forces.
- Funds homeland security activities, including Operation Noble Eagle, routine combat air patrols and emergency preparedness and response activities.
- Increases funding for special operations forces, to \$4.1 billion, to add 1,200 new special operations troops and four SEAL platoons, as well as other initiatives.
- Provides additional funding to improve intelligence capabilities and intelligence-gathering systems, including the space-based radar and secure communications platforms.
- Seeks legislative authorities that support the Commander's Emergency Response Program and other programs in direct support of the war on terrorism.

The proposed budget also reflects continuing efforts to restructure U.S. forces, global and stateside basing, and DoD management and support activities. At the same time, it supports initiatives to better manage current demands on the force. In support of this priority, the budget:

- Provides continued funding to restructure Army ground forces and to add combat and support units to the Marine Corps to increase its warfighting power and reduce stress on its high-demand forces.
- Increases the Navy's combat power by supporting the Fleet Response Plan, replacing aging ships and transitioning to a new generation of more capable ships.
- Supports the continued restructuring of 10 air and space expeditionary forces that enable the Air Force to better support U.S. combatant commanders worldwide.
- Helps manage demand on the force by rebalancing high- and low-demand capabilities within the active and reserve components and returning military personnel in civilian-like jobs to combat and core defense functions.
- Restructures the U.S. global defense posture and streamlines DoD bases and facilities "to help us be where we need to be"

for current and future operations, rather than Cold War-era ones, the official said.

The fiscal 2006 budget proposal reflects ongoing efforts to develop and field new military capabilities, with an emphasis on joint capabilities, to counter future threats, the official said. In support of this priority, the budget:

- Continues funding to develop, test and field missile defense technologies to defeat ballistic missiles and adds five ground-based interceptors.
- Supports Army modernization through the Future Combat Systems Program and the Army Aviation Modernization Plan.
- Promotes Navy shipbuilding to continue the shift to a new generation of ships and funds four new ships.
- Funds advanced aircraft to increase U.S. capabilities and replace aging systems. This includes funding for the F/A-22 Raptor, Navy F/A- 18E/F Super Hornet, Joint Strike Fighter, C-17 transport aircraft and tanker replacement.
- Continues funding to develop and to field intelligence and intelligence-gathering capabilities.
- Promotes development and procurement of unmanned systems, including Joint Unmanned Combat Air Systems and Global Hawk and Predator unmanned aerial vehicles.

The budget also maintains President Bush's commitment of supporting U.S. military forces and their families, which the senior defense official called "our nation's most important defense asset." The proposed budget:

- Funds a 3.1 percent hike in military base pay and a 2.3 percent increase in civilian pay.
- Increases funding for the Defense Health program.
- Provides a 4 percent increase in the basic allowance for housing and eliminates more inadequate family housing units.
- Expands healthcare coverage under TriCare for National Guard and Reserve members before and after mobilization.
- Provides up to 36 months of educational benefits for reserve component members who have been mobilized.
- Increases maintenance funds for facilities used by DoD military and civilian employees.

DoD seeks people with language skills, regional expertise

By Donna Miles
American Forces Press Service

WASHINGTON – If you speak a foreign language or have the desire and aptitude to learn one, Uncle Sam wants you.

The Defense Department is on the lookout for people with language skills to support not only current operations, but future ones as well, according to Gail McGinn, deputy undersecretary of defense for plans.

And just as important as language skills, she said, is an understanding of other countries' geographies, cultures and people.

The military has the greatest language and cultural expertise in four primary languages: German, French, Spanish and Russian, McGinn said during an interview with the Pentagon

Channel. But when the terrorist attacks of Sept. 11, 2001, thrust the United States into the war on terror, the department simply didn't have enough linguists fluent in Arabic or in Dari and Pashtu, the languages of Afghanistan, she said. Similarly, she said, DoD has come up short on linguists for other areas of the world that have attracted increased U.S. interest during the war on terror.

McGinn said the revelation has been described as a "Sputnik moment." When the Soviets launched Sputnik, the first satellite, in 1957, the United States quickly began promoting math, science and language in its schools so it could play catch-up.

Similarly, after 9/11, the United States recognized its language deficiencies for certain parts of the world. "The global

war on terror ... made us realize that we need these capabilities, and we need people to have these skills," she said.

Language and cultural skills help service members interact with the local people, McGinn said. Civil affairs specialists and interpreters deployed throughout Iraq are demonstrating the value of those skills daily as they interact with local citizens and their leaders.

But if more service members had language skills, the operational payoff could be tremendous, she pointed out. For example, when coalition troops were headed north toward Baghdad at the beginning of Operation Iraqi Freedom, what if the local people had information they wanted to share? And what if the U.S. troops wanted to warn them about something, or to diffuse a situation?

"I think you can see, just from that set of activities, how important it is to have the ability to communicate in the language of the country that you're in," McGinn said.

To help boost language skills within the military, McGinn said, DoD has launched or plans to introduce several new initiatives:

- Increased the Defense Language Institute's budget by more than \$50 million to go toward curriculum development and improved foreign language testing, to develop more "crash courses" for developing troops, and to begin training students to higher levels of proficiency.

- Received legislative authority to increase foreign language proficiency pay for military linguists from the current high of \$300 a month to a top rate of \$1,000.

- Pays stipends to college students involved in regional studies and language studies who agree to seek jobs within the U.S. national security establishment, through the National Security Education Program.

- Established the National Flagship Language Initiative, in which colleges and universities offer advanced language training in Arabic, Korean, Chinese and Russian to students who agree to work for the national security establishment.

- Initiated a pilot program within the Army encouraging Iraqi Americans to join the Individual Ready Reserve, providing a pool of Arabic linguists, ready when needed. Of more than 200 people recruited through the program, 44 have deployed to Iraq and Afghanistan and another 19 are awaiting deployment.

- Will survey members of the current force, both military and civilian, to determine who has language skills that could prove useful in current or future operations.

- Issued a white paper encouraging the United States to promote the emphasis placed on language skills nationwide.

- Promoted the development of technology with language and translation software.

- Is considering establishing a database in which American citizens can register their language skills or sign up for a civilian linguist reserve corps that could contribute to national language requirements as needed.

(Editor's Note: Read the full article at: www.defenselink.mil/news/February2005/n02032005_2005020305.html)

Important Phone Numbers

Army One Source
1-800-464-81 07 (24 hours)
Military Operator
449-7110

Emergency Telephone Numbers:
Fire, Ambulance, Military Police & Honolulu Police Department
911 (24 hours)

Crisis Hotline
832-3100 (24 hours)
American Red Cross
655-4927 (duty hours)

Armed Forces Emergency Service Center
1-877-272-7337 (after hours)

Joint Military Family Abuse Shelter
533-7125 (24 hours)
Civilian Abuse Shelters
841-0822 (24 hours)

Individual & Family Help Lines

Army Community Service
(ACS) and AER Schofield Barracks
655-2400
624-HELP

1-800-779-2543

Army Community Service
Fort Shafter
438-9285

Social Work Department, Tripler Army Medical Center (TAMC)
433-6606

Family Advocacy Program
(Treatment & Intervention)
433-6606/8579

Family Advocacy Program
(Prevention & Community Education)
(ACS)
655-2327/2344

Victim Advocacy Program
655-2321

Marriage and Family Therapy Center

433-8550
Division Mental Health
433-8600/8601

Community Mental Health
433-8575

Adolescent and Child Psychiatry
433-6418

Family Life Chaplain
(Schofield Barracks)
655-9460

Family Life Chaplain
(AMR)
836-4599

After-hours Duty Chaplain
655-8763

Army Substance Abuse Program
(ASAP)
433-8700

Adolescent Substance Abuse

Counseling
655-9944

Community Resources

TAMC Central Appointment
433-2778

Legal Assistance
655-8607/8608

Housing Office
(Fort Shafter)
275-3800

(Schofield Barracks)

275-3700

Soldier Action Branch
655-4633/9272

Soldier Action Branch
655-4034/8639 (after hours)

Community Action Line
655-4483

Child Development Center
655-7106/5293

Resource and Referral Center
(Schofield Barracks)

655-5314

IMA awards contract for Business Process Redesign Program

Installation Management Agency News Release

WASHINGTON – The U. S. Army Installation Management Agency, or IMA announced Feb. 5 the award to IBM Global Services as the first task in a program to redesign the way services are delivered on Army installations.

The proposed business process changes will take several years to fully implement.

The U.S. Army Installation Management Agency was created as a key component of Army Transformation to bring all installation support services under a single organization.

This would ensure the well-being of Soldiers, civilians and families who live and work on Army installations through delivery of services consistently, equitably and efficiently.

IMA has been implementing programs like the Installation Design Guide, Common Levels of Support and Standard Garrison Organization.

These programs were designed to improve the state of installations while it works towards the revolutionary changes that Business Process Redesign will allow them to achieve.

“The IMA BPR Program is focused on doing what the Installation Management Agency was formed to do — transform the way that we deliver services so that we can achieve predictability and consistency in quality while being flexible enough to meet the new priorities and requirements of a transforming Army,” said Maj. Gen. Ronald L. Johnson, the IMA director.

This task order, which is focused on data collection, is designed to allow the Installation Management Agency to provide the best possible support to their customers.

The Installation Management Agency is a field operating agency of the Assistant Chief of Staff for Installation Management. It is an organization consisting of seven subordinate region headquarters; 181 installations in the United States, Europe, Korea and the Pacific; 80,000 employees; and an \$8 billion budget.

The IMAs mission is to provide equitable, efficient and effective management of Army installations worldwide to:

- Support readiness and execution;
- Enable the well-being of Soldiers, civilians and family members;
- Improve the infrastructure, and;
- Preserve the environment.

Soldiers participate in historical ceremony

By 2nd Lt. Christopher Tison
2nd Brigade

Fifteen Soldiers from across the 25th Infantry Division (Light) and U.S. Army Hawaii, traveled to the Philippines to participate in a historic ceremony Jan. 30.

The formalities commemorated the 60th anniversary of the raid on a POW camp near Cabanatuan conducted by the 6th Ranger Battalion.

This camp held more than 500 American and Allied Forces prisoners, all survivors of the infamous Bataan Death March.

Intelligence reports indicated that the Japanese were planning to kill all of the prisoners held at Cabanatuan, an atrocity they had already committed at another camp.

The raid was an enormous tactical success.

The 121 participants from the 6th Ranger Battalion were supported by Philippine guerrillas and two teams of the 6th Army's reconnaissance unit, The Alamo Scouts.

Undetected, they were able to infiltrate 30-miles behind the enemy lines and destroy the 500-plus soldier Japanese garrison in a night raid which liberated the 516 POWs. Three Rangers were killed during the raid.

In 1982, a memorial was erected at the site of the camp in honor the men who died there and the Rangers who freed them.

A marble wall contains the names of the 2,656 troops who died at Cabanatuan. A second monument bares the names of all West Point graduates who died in the defense of the Philippines in 1941 and 42.

There is also a monument honoring all of the American and Philippine Soldiers who conducted the raid.

At the center of the memorial stands the American and Philippine national colors, signi-



Photo courtesy U.S. Army Japan

The combined-joint color guard of Soldiers from the 25th ID and Philippine Scout Rangers advance the colors into the Cabanatuan POW Camp Memorial during a ceremony there on Jan. 30. The Schofield Soldiers are from left to right: Sgt. Hiram Sanders, 2nd Brigade; Capt. Mark Allen, 65th Eng. Bn.; Sgt. 1st Class Reginald Tiller, 3rd Brigade; Capt. Brennan Cook, 65th Eng. Bn.; 1st L. Kite Faulkner, 3rd Brigade; and Color Sergeant, 1st Sgt. Danny Muth, 84th Eng. Bn.

fying the combined effort and the alliance between the nations.

To help honor the success and lineage of the 6th Ranger Battalion, all of the Soldiers from Hawaii who participated in the ceremony were already Ranger-qualified.

The group served as part of a combined-joint color guard and firing party, complemented by Philippine Scout Rangers.

During the ceremony, speeches were given by three political leaders from the Philippines, and the U.S. Ambassador, Francis Ricciardone.

Hampton Sides, the author of “Ghost Soldiers,” the bestselling book which chronicled the Ranger mission and the experiences of many of the prisoners held at Cabanatuan, read a

poem written by a former prisoner, 1st Lt. Henry Lee of the 31st Infantry.

Lee survived the hard fighting on Bataan, the surrender and death march, and three years of captivity only to be killed while being transferred into slave labor in Japan just before the raid.

His book of poems was found in the camp after it was liberated.

Photo courtesy U.S. Army Japan

Maj. Gen. Karl W. Eikenberry, USMACV J-5, lays a wreath at the West Point Memorial during the ceremony commemorating the 60th anniversary of the raid liberating the Cabanatuan POW Camp.



725th MSB

From A-1

referring to husband Sgt. Pete Hanson.

Hanson's mother Debbie Lowry and her brother flew from Alabama to see him as well. Lowry cried tears of joy at her son's redeployment.

"I don't have the words," Lowry said with tears in her eyes. "I just thank God that he answered my prayers to bring him home safely. I'm ecstatic."

Tehseen Anwar held her 2-year-old son, Sufyan, while waiting for her husband, Spc. Alikhan Sahibzada.

"I'm feeling so great," Anwar said in seeming anticipation. "I'm so very happy; so excited."

Anwar and Sahibzada are originally from Pakistan, Afghanistan's neighboring country, and met at college in New York. Sahibzada got his citizenship while in the Army.

"I'm proud he's serving in the United States," she said. "He's a good Soldier."

"I think about that [being from Pakistan] sometimes," she said, "but we're U.S. citizens now, and he's serving our country."

Lt. Col. Derek S. Smith, 725th MSB commander, said he is proud of his Soldiers and their accomplishments in Afghanistan as well as other 725th Main Support Bn. Soldiers who served in Iraq.

"We [still] have Soldiers dispersed through Afghanistan," Smith said. "We've sent Soldiers all throughout the CJOA (Combined Joint Operation Area)."

"Our mission was making sure



Spc. Daniel P. Kelly

Soldiers of the 725th Main Support Battalion stand in formation in front of family and friends at the Black Jack hangar on Wheeler Army Air Field Feb. 2 during their redeployment ceremony. This redeployment marks the first group of Soldiers to return from the 25th Infantry Division (Light) since the Operation Enduring Freedom deployments began for Hawaii-based Soldiers in 2004.

we're getting supplies out to the War Fighter (Soldiers in combat)."

Smith added the 725th MSB contributed greatly to supplying the Regional Command East area

of Afghanistan with equipment, supplies and able-bodied Soldiers. Smith said they supported around 19,000 coalition troops.

"It was a very humbling experi-

ence [in Afghanistan]," Smith said. "I feel wonderful. It was a very long 12 months ... it was a very good 12 months."

Smith has deployed five times

in his Army career, and said Afghanistan will be a memorable one.

"This [deployment] is one of the best."

Jag Pioneer

From A-1

"It made my spine sort of tingle to read about the accomplishments of the women included in the display."

This soft spoken professional was quick to deflect credit for her achievements onto those she holds most dear - her mother and father; her husband and his family; and the JAG Corps itself.

She explained how each played a role in helping her grow and develop into the leader she is today.

"I guess I get my pioneering spirit from my mother and father," she said. "My father immigrated from China and eventually settled in Iowa where he opened a Chinese restaurant. That's where he met my mother, and that's where I was born."

She said her parents were always challenging her to excel and instilled in her a sense of pride and determination.

"My father always said, 'You've got to be better than me.' But of course, I could never do that. My father left the country of his birth in search of a better life."

"That's something I'll never have to do. He had such courage, especially in that era. Both my parents are my inspiration."

This same spirit and determination led her to study law at the Columbus

School of Law, Catholic University of America in Washington, D.C. That's where she met her husband James, an Army officer also working on his degree.

"In the first semester of our second year, Army offi-

**“
Never in my
wildest dreams
did I think when I
started my career
that I would be a
part of history in
that sense.”**

- Brig. Gen. Coral Pietsch

cers came to visit him to see how he was doing.

"They noticed on his paperwork that he had gotten married and he just happened to mention that his wife was also studying law."

Pietsch said her career began when the same offi-

cers talked to her about a career in the Army.

"Until they came to speak with me, I had not considered a career in the military."

"I credit my decision to join to my husband and my father-in-law," Pietsch said. "They were my mentors. They told me to give it a try and I'm so glad they did."

After completing six years of active duty service, Pietsch turned her attention to supporting the community in Hawaii.

She began her civilian career as a deputy attorney general for the State of Hawaii. In this position, she advised the state on legal issues. Pietsch is also a state certified arbitrator for Hawaii and recently, Gov. Linda Lingle appointed Pietsch as the chair of the Hawaii Civil Rights Commission.

She joined the U.S. Army Reserves in 1980 and has held a number of legal positions, including Staff Judge Advocate for the 9th Regional Readiness Command on Fort Shafter.

Currently, she serves as Chief Judge (Individual Mobilization Augmentee) and commander, Judicial/Defense Services Unit.

In addition, she serves as the principal assistant to the Commander, U.S. Army Legal Services Agency who is the full-time active duty Chief Judge, U.S. Army Court of Criminal Appeals.

In 1986, Pietsch began her career as a government civilian employee. In her current position, she serves as the senior civilian attorney for the U.S. Army, Pacific.

Among other responsibilities, Pietsch oversees all legal aspects of the command's Theatre Engagement Program in the Pacific Region.

Never one to stop challenging herself, Pietsch said there are certain goals she has and will continue to pursue. "I've always wanted to live a good life; treat people like I want to be treated; and make a contribution," she said. "I've always tried to meet these goals and I'd like to think I have at least made some small contribution."

The "Women Pioneers in the JAG Corps" exhibit provides a tremendous opportunity to share the stories of some of the women who helped break down barriers in the military.

In addition to highlighting

the stories of some "firsts," the exhibit also recognizes those women who continue to make great contributions.

"By telling their stories, it encourages others to know that they can make it," Pietsch said.

"There is a place for everyone. You just need to seek it out and pursue it."

The military and society have changed much since she first entered service, and the exhibit highlights that change.

"Youth today don't have differences in their mindset," she said.

"By that, I mean they don't see males and females and their roles the same way as when I was growing up."

Pietsch sums it up simply, "We all know there are differences but roles are not so sharply defined as they have been before."

"The military is a welcoming institution to everybody, no matter who you are, where you come from, or what you look like."

Pay hike

From A-1

using good health care for service members and their families.

Guard and Reserve members will receive additional benefits as well, including expanded Tricare eligibility that provides health coverage up to 90 days before activation and 180 days after mobilization for most members. "This is a significant new benefit," the defense official said.

The budget also includes the GI Bill for Reservists, passed by Congress last year, to provide educational benefits for Guard and Reserve members who have been mobilized. These troops would qualify for up to 36 months of payments, from \$400 to \$800 a month, depending on the length of active service in support of a contingency operation.

Provisions for quality facilities also are included in the budget package. The proposed budget funds 92 percent of maintenance requirements.

Jalalabad PRT assesses village, delivers aid

Story and photos by
Staff Sgt. Bradley Rhen
CTF Thunder Public Affairs

SHERZAD, Afghanistan – Sometimes it only takes a few minutes to make a difference.

Members of the Jalalabad Provincial Reconstruction Team visited this village in southern Nangahar Province Feb. 6 to assess the village's needs and deliver humanitarian aid.

After driving for more than two hours, the team spent only about 30 minutes in the village.

But that time was well spent. While here, the team met with the new police chief, got some information from him so they could assess the village and delivered humanitarian aid in the form of two tool kits and a batch of medical supplies.

Despite the brief stay, Staff Sgt. Charles Reedy, a civil affairs specialist with the Jalalabad PRT, said even short visits have benefits because they let the Afghan people see the team's faces.

Sgt. Robert Snowden, also a civil affairs specialist with the PRT, agreed that 45 minutes is plenty of time to conduct a successful mission.

"I think just the fact that we go up there makes a good impression," he said. "You go to places in the middle of the winter that a lot of times people don't go to, and just the fact you stop in makes a good impression."

Going into the mission, there were reports that the area was still "hot." Another unit was attacked nearby about a month ago and those responsible were still believed to be in the area.

However, Reedy, a native of Havre De Grace, Md., said they don't let those types of reports dissuade them from going into the area.



Staff Sgt. Charles Reedy, a civil affairs specialist with the Jalalabad Provincial Reconstruction Team, gives a medical kit to a police officer Feb. 6 in Sherzad, Afghanistan.

"We're here to help the people," Reedy said. "If we get out there and show our face, it brings more people to realize, 'Hey, these guys are here to help us.'"

Snowden, a native of Beltsville, Md., said the mission was also designed to follow up on things they talked to the villagers about

in the past, "to see how things are going, find out if there's any problems, and see if there's anything we can do to help," he said.

Snowden said it makes him feel good to know he's going to these villages to help make life better for the villagers.

"Everybody's job is

important, but to me personally, I'm out there seeing the people getting the support," he said. "Somebody who is responsible for coordinating and putting the aid in the vehicles, that's just as important, but they don't get the gratification. All they see is the rear end of a truck. I'm kind of lucky to

get to see the end result."

Reedy said the village is one of the furthest out the PRT visits.

"It's way out there," he said. "What we're trying to do is get more (non-governmental organizations) out there so we can extend the reach of the government."

Several days of rain had

turned the dirt roads leading to the village into sloppy mud pits in many places. With more ominous storm clouds looming on the horizon, the members of the PRT were back in their vehicles and on the road home shortly after showing their faces in the village.

Coalition Forces deliver aid, assess villages

Capt. Juanita Chang
CTF Thunder Public Affairs

GHAZNI PROVINCE, Afghanistan – While conducting assessments of village needs, Coalition Forces serving here delivered critical humanitarian supplies Feb. 2 to villages suffering from heavy snowfall.

The members of the Ghazni Provincial Reconstruction Team conducted a mounted patrol to assess several villages and to distribute critical humanitarian aid along the way. With more than two feet of snow, it was nearly impossible to access these villages whose residents are more likely to travel with mules than four-wheel drive. The local residents enthusiastically welcomed the assistance.

The first village visited was Zarin, where the Ghazni PRT met village representative Abdul Bhari. This 100 percent Pashtun village consists of about 250 families and is without a clinic or school, and it only has one working well. The PRT was able to distribute 30 blankets and 60 pairs of shoes along with beans and rice after documenting the needs of the village.

Coalition Forces next visited Akelwal village in Andar District, a village of about 300 people, which also does not have a clinic or a school. The village has one personally-owned generator that provides electricity for the entire village for three hours per day; additionally, they only have one operational well. The PRT was able to distribute 30 blankets, 100 winter coats and beans and rice after documenting the needs of the village.

In Pana, near the Giro District Center, the PRT met with Police Chief Hajji Lahur

and donated scarves, coats, hats and gloves to the district police along with a toolbox. The toolbox contained picks and shovels that will assist them in cleaning their karez, or water irrigation system. Lahur welcomed the gear enthusiastically and told PRT members there have been no problems with security and that there have been no reports of HIG or Taliban activity in his district.

While in Giro, the PRT's U.S. Department of Agriculture representative, Alex Johnson, met with local farmers. They told him they are in need of wheat seed and fertilizer. They also said they would like to plant fruit trees. Johnson plans to coordinate with the provincial minister for agriculture to develop a program for the rural areas before planting season begins.

The final stop on this trip was Shahl village, also in Giro District, with a population of about 500. This village also has no clinic, no working well and no school; however, classes are being taught outside for about 120 students. Residents here have no electricity and walk three kilometers a day to the karez for water. After documenting the village's needs here, the PRT donated 90 pairs of shoes, 50 coats, rice and oil.

There are 19 Provincial Reconstruction Teams, like the one in Ghazni, operating throughout Afghanistan. These PRTs strive to build effective working relationships with local authorities and the general populace in order to help the Afghan people help themselves. They assist by extending the reach of the government of Afghanistan while enhancing the legitimacy of district, provincial, and nation-



Pfc. Brandon Maddigan

Army Maj. Ken Sargent and his interpreter "Juan" speak with village elder Mohammed Ghafar in the Akelwal village of Andar District, Afghanistan Feb. 2. Members of the Ghazni Provincial Reconstruction Team were in the village to conduct village assessments and to distribute critical winter supplies.

Rumsfeld: Overcoming insurgency key to Iraq assuming security mission

By Donna Miles
American Forces Press Service

WASHINGTON – It's impossible to know exactly when Iraq's security forces will be fully ready to take over their country's internal security and the coalition can leave Iraq, but several factors will play a role, Defense Secretary Donald Rumsfeld said today during interviews on the Sunday morning talk shows.

The secretary said during interviews with four networks that the Iraqi security forces' readiness will depend largely on the insurgency. And affecting its effectiveness will be the extent to which the political process will "tip people" toward supporting the new government, actions by Iran and Syria, and the money sources that bankroll terrorist activities.

"Economic progress [and the] political progress going forward...will determine the level of the insurgency, and the level of the insurgency will determine the speed with which Iraqi security forces will be capable of managing [their internal security]," Rumsfeld said on ABC's "This Week."

Rumsfeld reiterated that this condition, rather than an artificial timetable, will be key in determining when coalition forces will withdraw from Iraq.

Iraq's Jan. 30 elections proved to be a solid step forward for the country that Rumsfeld said he hopes will garner increased support for new government. But still uncertain, he told ABC, is the extent to which "the political process is going to tip people away from supporting [the] insurgency or being on the fence to supporting the government."

Nevertheless, the secretary said he believes the election "had to have given heart and encouragement and inspiration to the Iraqi people," he told CBS's "Face the Nation."

Rumsfeld told ABC it's unknown if Iraq's neighbors Iran and Syria are "going to be helpful or unhelpful" as Iraq strives to overcome the insurgency. Both are being decidedly "unhelpful" right now, he acknowledged on CBS, which he said could further inflame the situation and "makes our task more difficult in Iraq."

The secretary said he supports diplomatic efforts under way to encourage Iran to abandon its nuclear weapons efforts, which, if successful, would pose a destabilizing force throughout the region. Current knowledge is that Iran is on a path of seeking a nuclear weapon but don't have yet have it, the secretary told CNN's "Late Edition."

Rumsfeld said the United States is hopeful that the Iraqi people will continue striving toward President Bush's stated vision for that country: "an Iraq that is liberated, at peace with its neighbors, respectful of all the elements within the country and not engaged in terrorist activities with lethal weapons."

He said the United States will support whatever outcome the Iraqis decide in forming their new government, and said it's doubtful that the country will opt for a strict Islamic theocracy like Iran's.

Iraq has "a wonderful opportunity," ahead, Rumsfeld told NBC's "Meet the Press." "It has water, it has oil, it has intelligent people, and I think they have a good future."

And the recent elections "have to give everyone great encouragement," he said. "I just hope and pray that they stay on a path that is constructive. It will be a wonderful thing for the Iraqi people and a wonderful thing for the region."

Rumsfeld told CBS he's a firm believer that "the sweep of human history is for freedom."

"People want to be free," he said. "And that's a powerful force."



Spc. Daniel P. Kelly

Soldiers get autographs and speak with Aaron Smith, Pittsburgh Steelers defensive end, at the Engagement Skills Training Center on Schofield Barracks Feb. 8.

Training From A-1

football players could view each target they hit.

During the interim James said, "It was nice to do all of this. I had to come and meet [the Soldiers], and to me it's amazing just to shake their hands."

Across the center, there was another room, which looks like a bunker, but Soldiers use it to practice the Rules of Engagement. Both rooms are like an adult-sized video game.

Once all the artillery sounds

stopped jolting through the participants' bodies, Ball handed out Pro Bowl paraphernalia for everyone. He offered caps, visors, shirts, footballs and above all else, his appreciation for the Soldiers.

Ball stated, "I came to see the guys that got deployed back home and to tell them we appreciate what they do."

"They've come to our organization to show their appreciation; we are just returning the favor."

While Ball handed things out, it gave everyone the opportunity to socialize and ask for

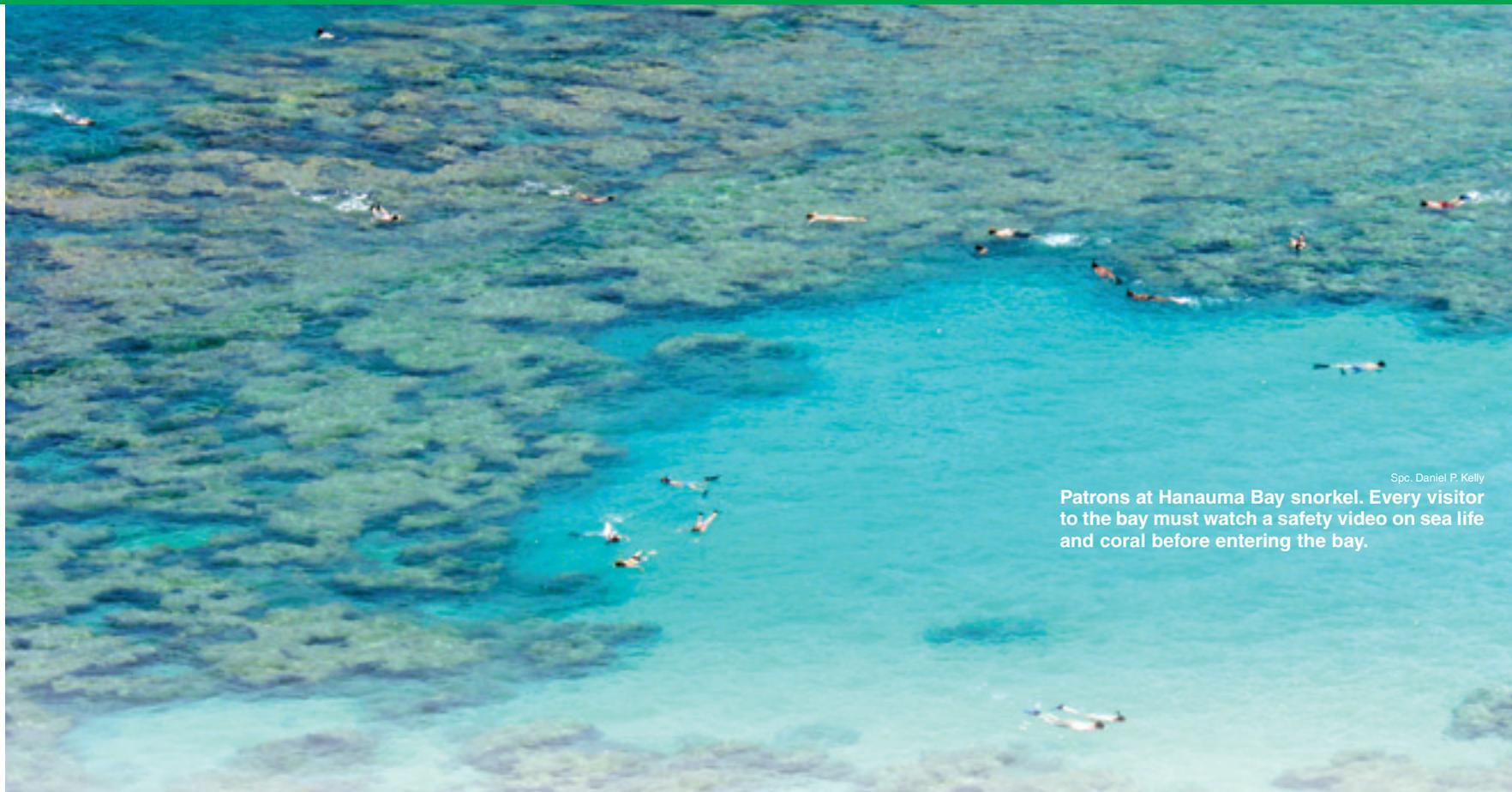
autographs from the players.

Pittsburgh Steelers fan, 1st Lt. Craig Cullumber who returned from Afghanistan, made sure to get both Smith and Faneca to sign his cap.

At the end of the gathering, the room was filled with a shared admiration that lit up everyone's faces.

More NFL Pro Bowl gatherings took place on Feb. 9 and 10 at Schofield Barracks Tropics and the Aliamanu Community Gymnasium.

The guest appearances were made by the players, cheerleaders and mascots.



Spc. Daniel P. Kelly

Patrons at Hanauma Bay snorkel. Every visitor to the bay must watch a safety video on sea life and coral before entering the bay.

Explore the deep blue sea

By Spc. Charles Hayes
Staff Writer

One of Hawaii's most abundant resources is its water. Not only is the ocean beautiful to look at, but so are the marine creatures that reside beneath the waters. To see these creatures, you may have to venture out a little further from the shore.

One such place I recently visited was Hanauma Bay Nature preserve, located on the southeastern side of Oahu.

As a Soldier, my family and I were able to get in free, minus the \$1 parking fee. Once we got our tickets, we stood in line for a mandatory 10-minute educational video. The video reviewed safety, marine life identification, and a brief history of the bay.

Snorkel, mask, and/or fin rentals are available on the beach. They also offer lockers for valuables, at a small fee. Sign your name in the binder so that you can elect not to watch the educational video if you visit again in the next year.

My family and I have been to the bay several times in the past. But we were disappointed when we didn't see all the sea life we were told resided there. That's when I contacted "Hanauma Bay Coastline and Snorkel Tours" guided by Allen Plant.

Plant took me out farther



Dave R. Schrichte

Snorkelers take underwater photos of schools of fish at Hanauma Bay.

than I had been before. There, I was finally able to see the green sea turtles, Moray eels, and hundreds of brightly colored tropical fish. It was truly amazing to see each in their natural habitats. The sea life was relatively used to humans, so my presence didn't seem to bother them.

This particular bay is great for children and those just beginning to snorkel because of the generally calm ocean surface. There is also a good-sized beach for sun bathing and family picnics.

The bay's floor is a flooded volcanic crater

inhabited by tropical sea creatures. "Hana" means bay and "uma" means curved. It is believed that the bay was given this name because of how volcanoes formed the bay long ago.

As exciting as it was to see all of the beautiful fish and other marine life, I wanted to go deeper and see more. So, I contacted the "North Shore Shark Adventures" crew and reserved a trip to swim with the sharks out of Haleiwa Small Boat Harbor.

Normally, this would seem like a bad idea. But I am getting ready to PCS and I figured I may not have this chance again.

I met with the guides and the rest of the brave souls who were crazy enough to get in the water with sharks.

We climbed aboard the boat, the Kailolo, and were given a few safety tips. Then we were on our way, headed out to about three miles from shore.

When we reached our destination, almost immediately you could see the sharks circling the boat. I felt anxious as the crew lowered the shark cage into the water and informed me I was in the first group to go in.

As I climbed into the cage, the first person that day to do so, I started shaking.



Spc. Charles Hayes

A sand bar shark swam near the underwater cage on the Shark Adventure Jan. 24.

I want to think that it was because the water was cold. But I am man enough to say that the sharks didn't help ease the tension.

As I donned my mask and snorkel, the crew started to throw "chum" in the water to attract the sharks. Within minutes, three sandbar sharks surrounded the cage. It was very exciting, but also a little frightening, at first.

After a few minutes, I started to feel more at ease in the water. Once my time was up in the cage, the next group climbed in and seemed to enjoy themselves as well.

The adventure lasted

about 1.5 to 2 hours. When we reached the dock, we were offered a chance to buy t-shirts to remember the event, at \$20 apiece. Not a bad deal for a once in a lifetime experience.

Hanauma Bay Coastline and Snorkel tours are offered Monday, Wednesday, Thursday and Friday from 7:30 a.m. to 11:30 a.m. or 12:30 p.m. to 4:30 p.m. And the North Shore Shark Adventure has tours daily beginning at 7 a.m. Bring a swimming suit and underwater camera to capture all that there is available to see.

For more information on tours guided by "Hanauma Bay Coastline and Snorkel," call 256-8956, toll free at 800-505-8956. For information regarding the park itself, call 808-396-4229. This number will give you information concerning closures, hours of operation, entrance and parking fees, as well as local ocean conditions.

For information regarding the North Shore Shark Adventures, call 228-5900, or visit www.sharktours-hawaii.com.



Spc. Daniel P. Kelly

Hanauma Bay as seen from the entrance to the bay.



This Week at the MOVIES

SGT. SMITH THEATER

Today
Meet The Fockers
7 p.m. (PG-13)

Saturday Feb. 12
Meet The Fockers
7 p.m. (PG-13)

Sunday Feb. 13
The Life Aquatic with Steve Martin
7 p.m. (R)

Monday Feb. 14
Closed

Tuesday Feb. 15
Closed

Wednesday Feb. 16
Closed

Thursday Feb. 17
Closed

HICKAM AFB MOVIE SCHEDULE

Today
White Noise
7 p.m. (PG-13)

Saturday Feb. 12
White Noise
7 p.m. (PG-13)

Sunday Feb. 13
Fat Albert
2 p.m. (PG)
White Noise
7 p.m. (PG-13)

Monday Feb. 14
Closed

Tuesday Feb. 15
Closed

Wednesday Feb. 16
Fat Albert
7 p.m. (PG)

Thursday Feb. 17
White Noise
7 p.m. (PG-13)

Spring Camp for Teens – Interested in meeting new people and going on field trips? Sign up for the middle school and teen spring camp at Schofield Barracks Teen Center. Cost is \$25 per week, waiver required. Register at the Registration and Referral office beginning Feb. 18. Call 655-0451.

Schofield Barracks Middle School Teen Center Activities – Feb. 12, picnic at Hickam Beach, potluck from 11 a.m. – 5 p.m. Feb. 19, family day at the center, bring your family and hang out. Feb. 25, Teen Center Social from 7 – 9:30 p.m. \$3 for members and \$4 for non-members. Call 655-0445 for information.

Hawaiian Luau Lunch Buffet – Taste a traditional Hawaii-style feast Feb. 25, from 11 a.m. - 1 p.m. at the Hale Ikena, Fort Shafter or the Nehelani, Schofield Barracks. \$9.95 per person. Call the Nehelani 655-4466 or Hale Ikena at 438-1974 for reservations or information.

Interested in Coaching Youth Sports? – Youth Sports is looking for volunteer coaches. Coaching is available for basketball, baseball, softball, soccer, flag football, and cheerleading. Call AMR 836-1923, FS 438-9336, or SB/WAAF 655-6465.

Spouses Night Out – Innovative craft making at the Tropics Feb. 24. Supervised children invited. Call 655-0002. At Army Community Service, participate in art lessons or make a free scrapbook page. Materials provided. Call 655-2736 to sign up. MWR Blue Star Card holders receive free child care from 6 - 9 p.m. by reservation only at Peterson Child Care Center. Call 655-3929 by noon of the Tuesday before each Thursday event to make child care reservations. Reservations can be

made two weeks in advance. Call 655-2400 for information.

Volunteer Jobs Available – Volunteer jobs are available at Army Community Service. Volunteers gain job experience, up to 20 hours of free child care at an hourly site, support the Army family community, meet new people, enjoy flexible hours and receive awards, recognition and fun. Call 655-2398 to see how to be involved today.

Fort Shafter Arts and Craft Classes – Have fun at arts and crafts classes. We offer mosaic glass, stained glass, polymer clay, basic jewelry, ceramic mold pouring, woodworking, quilting, clay basic hand building, pottery – wheel throwing, Raku pottery workshop, and much more. Check out your Arts and Crafts Center for creative workshops. Call 438-1315 or Schofield Barracks at 655-4202.

Free Ladies Golf Clinic – Want to learn the game of golf? Visit Leilehua Golf Course Driving Range the first Sunday of every month, 3:30 – 4:30 p.m. and learn some tips. Call 655-4653 to sign-up.

Driver's Education Class – Enroll now for classes beginning March 1 at building 1782, Aliamanu and March 6 at building 556, Schofield Barracks. Call 655-5314 or 833-5393 to register or receive class cost and information.

New Operating Hours at Tropics – Tropics new hours are Mon – Thu, 8 a.m. – 10 p.m., Fri and Sat, 8 a.m. – midnight, and Sunday 11 a.m. – 7 p.m. Macgregor's Market is open at 11 a.m. daily. 18 years and under must be accompanied by parent or guardian unless participating in an organized event, Mon – Thu after 6 p.m. and Fri and Sat

after 8 p.m. Call 655-0002.

"Miss Saigon" Preview for Blue Star Card Holders – Free Miss Saigon preview, Fort Shafter's Richardson Theatre, for Blue Star Card holders, Feb. 23, 7 p.m. Appetizers included. Registration required. Round trip transportation provided from Peterson Child Development Center on Schofield Barracks, limited seating. Make transportation reservations by 3 p.m., Feb. 17 by calling 655-0111 or 655-0112. Free child care offered at Peterson, make reservations from Feb. 10 – 18. Call 655-3929 for information.

"Miss Saigon" – Fort Shafter's Richardson Theatre presents "Miss Saigon," a classic love story of an American Soldier and Vietnamese girl. Performances on Feb. 24 – 26 and Mar. 4, 5, 11, and 12, curtain at 7:30 p.m. Adult tickets are \$25 and children under 12 are \$17. Adult subject matter not recommended for children under 12. For tickets, visit the box office Mon. – Fri., 10 a.m. – 2 p.m. Or, call 438-4480.

Black History Program at Tropics – Watch local step teams, listen to motivational speakers and music from local groups and soloists, or view African American books and art on display. Celebration is free at the Tropics, Schofield Barracks Feb. 19, 6 p.m. Call 655-5697.

Parent's Night Out – Get out of the house Feb. 19 for Parent's Night Out. Reservations on a first come, first served basis at the Resource and Referral office. Children enrolled in the program must be registered no later than noon on Wednesday before the event each month. Call 655-8313.

President's Day Sale at Nagorski – Take 30 percent off any red, white, or blue

clothing item at Nagorski Golf Course on Feb. 19 – 21. Call 438-9587.

February Food Special at Tropics – Enjoy a spicy chicken sandwich with choice of a side for \$4.25 or two slices of cheese or pepperoni pizza with a soda for \$5. Call 655-0002 for information.

Yu-Gi-Oh Tournament – Saturday, 2 p.m. at the Tropics, registration begins at 1 p.m. Cost is \$6 and includes Yu-Gi-Oh merchandise. Prizes awarded and all ages welcomed. Call 655-8522.

Valentine's Day Crafts – Make a valentine at the Fort Shafter Library, Feb. 14, 10 a.m. – 7 p.m. Call 438-9521.

Family Readiness Group Fund Raiser Available – An organizational meeting will be held on Feb. 16, 9 a.m., at Kaala Community Activities Center, room 101 for FRGs interested in operating a food or game booth at the Family Fun Fest and ITR Travel Fair event, March 26. For more information, call 655-0110, 655-0111, or 655-0112.

Honolulu Academy of Arts – Visit the Academy Feb. 20 for a keiki day with art projects, free refreshments, live entertainment and a gallery hunt. Free transportation provided for Blue Star Card holders from the Schofield Barracks Commissary departing at 11:30 a.m. and returning by 4 p.m. Registration deadline is Feb. 17. Call 655-0110 or 655-0112 to register.

Gopher Golf – A gopher has hidden a golf ball in the MWR "Discovery Magazine," find it and you could win. Pick up a copy of the magazine at the Schofield Barracks Commissary or any MWR facility for your chance to win. Look for hidden golf balls monthly in the "Discovery." Call 438-0117.

Armed Forces Vacation Club – Take advantage of the Armed Forces Vacation Club, a "space available" program that offers DOD-affiliated personnel and their relatives the opportunity to take affordable condominium vacations at resorts around the world for \$259 per unit, per week (seven nights). Complete details and reservations are made online at www.afvclub.com.

Quarters Mania Bowling – Bowl for two quarters a game and two quarters for shoe rental, Mon – Fri, 10 a.m. – 5 p.m. at the Wheeler Bowling Center. Call 656-1745.

Valentine's Flutes and Wine Glasses – Better Opportunity for Single Soldiers is selling Valentine's Day flutes and wine glasses filled with goodies. Cost is \$10 per glass. Glasses are available at the Tropics BOSS office, building 589 on Schofield Barracks. Supplies

limited. Call 655-8169 for information.

Valentine's Dinner at Waianae Beach Club – Treat your special valentine to a romantic evening of dinner and dancing at the Waianae Beach Club Feb. 14. Dinner starts at 5:30 p.m. with live entertainment. Reservations recommended. Call 696-4778.

Cupid's Dinner at Nehelani – Have a romantic evening at the Nehelani, Schofield Barracks Feb. 14 from 5 – 8 p.m. Call 655-0660 for reservations.

Lighten Up! Tighten Up! – Eat healthy and win prizes. Pick up a "healthy" stamp card at the Schofield Bowling Center Snack bar or at the Hale Ikena on Fort Shafter. Every "healthy" meal purchased earns one stamp. Collect 10 "healthy menu" item stamps and receive a prize. Enter completed stamp cards for the grand prize drawing. For information, call 655-0573 or 438-1974.

2005 Partner Basketball Shootout – Open to youth, ages 9 – 17, born on or before March 5. Registration begins on Feb. 8 – March 3. Shootout will begin March 5 at 10:30 a.m. at the Aliamanu Gym. Prizes awarded for 1st, 2nd, and 3rd place in each age division and category. Enter to win a Shaquille O'Neal, Allen Iverson, or Lebron James jersey. Call 438-9336 or 836-1923 for information.

Youth Baseball and Softball League – Open to youth born in 1986 to 1999. Registration until Feb. 15. The season is April 2 – May 21. Cost is \$55 for baseball and softball and \$45 for t-ball and coach-pitch per child. Call 438-9336 or 655-6465.

Youth Baseball Clinic – Open to youth born in 1988 to 1999. Registration accepted until Feb. 15 at the nearest Army youth center. Cost is \$12, which includes a t-shirt. Clinic will be held at Aliamanu Field, March 2 and at Schofield Barracks Youth Field, March 3. Call 833-5393 or 655-5314.

Richardson Pool Closure – Richardson Pool on Schofield Barracks is closed until March 4 for construction and repairs. PT from 6 – 8 a.m. is available at the Helemano Pool. To schedule, call 655-9698 or 655-1128.

Dance Classes – Keiki combination dance classes, including tap, creative movement and tumbling for ages 3 to 5, combination tap, ballet, jazz and tumbling for ages 6 to 9, hip hop for children 10 and up, and hula for ages 5 to 18. Parents of registered Child and Youth Services children are welcome to enroll. Classes are \$33 per month or \$99 for the January through March semester. Call 655-5314 or 833-5393 for information.



HACN TV Schedule Feb. 11 - Feb. 17

Morning		Evening	
6:00	Sign on	3:45	OIF Photo Montage 5
6:30	Fit for Life	3:51	Volunteers
7:00	Bulletin Board	4:00	Pentagon Channel
7:30	SHAMU -Wild Babies		
7:54	Dash and Grab	6:00	Community Focus
8:00	Pentagon Channel	6:15	Bulletin Board
9:00	Pentagon Channel	6:44	Army Values - Respect
10:00	ASAP-Drugs	6:50	OIF Photo Montage 3
10:30	OIF Photo Montage 7	6:54	Jake Shimabukuro
10:46	Bulletin Board	7:00	NFL-Tight on the Spiral
11:30	Hawaii Hidden Beauty, Danger	8:00	Bulletin Board
11:50	OIF Photo Montage 6	8:47	History of JAG
12:00	Pentagon Channel	9:00	Anti Terrorism FP
		9:24	Oakland Army Base
Afternoon		10:00	Youth Protection
2:02	Hurricane Safety	11:00	NFL-'58 Championship
2:25	OIF Photo Montage 2	12:17	Bulletin Board
2:30	SHAMU-The Manatee Story		
3:00	SHAMU-The Sea Turtle Story	Overnight	
3:35	OAHU-Aloha Begins	12:51	Pentagon Channel

When you need help – in a hurry

By Rafi Grant
Contributing Writer

For many, a year has passed and the first units have been welcomed home. But with the redeployment already under way, there is a growing uncertainty about the effects the extended time in the war zone has had on Soldiers.

Families and friends have been left behind in exchange for IEDs, rocket attacks, and dangerous patrols.

Military officials and specialists in health and psychology agree that it is not unusual for Soldiers who have seen and lived combat to experience a variety of conflicting emotions and feelings.

"Both the Soldiers and the military community need to understand that [the conflicting emotions are] a natural reaction to an outside event, a response to the deployment," said Ann Fisher, a counselor at the Honolulu Vet Center.

The coming months will be a re-adjustment period for the Soldiers.

"We need to give them time to decompress and a lot of understanding," explained Steve Molnar, director of the Honolulu Vet Center. Molnar

described the time as a transition from living in a combat zone to readjusting to being home and in a safe environment again.

Most of the Soldiers will regain footing quickly, but



Photo by Sgt. Sean Kimmons / Illustration by Spc. Daniel P. Kelly

there will be others who might face difficulties with readjustment issues and will need help and support.

A study, which appeared in the July 1 issue of the "New England Journal of Medicine," reflected a picture of combat effects on American troops that concerned the military community and health care providers alike.

Some 15.6 to 17.1 percent of re-deploying Soldiers from Iraq and 11.2 percent from Afghanistan met the screening criteria for major depression,

anxiety, and the more severe post-traumatic stress disorder, characterized by continuing anger outbursts, flashbacks, nightmares and hyper-vigilance, among other symptoms, over an extended period of time.

Molnar said the high percentages are disturbing and concerning, and are expected to rise with the long and recurring tours to combat zones.

"The most disturbing thing, however, is the stigma of combat related stress," Molnar said.

Soldiers are often reluctant to seek help for fear of being marked for life.

"You suck it up in the military," admitted a Soldier, who recently re-deployed from a year-long tour to Iraq.

It is imperative, however, that Soldiers who experience combat stress reactions get professional help.

Appearing in a variety of forms, these reactions can interfere with the Soldiers' work and thus affect the unit as a whole, as well as have a negative impact on relationships with family and friends.

"It's crucial to understand that it can be treated," Fisher emphasized.

"The sooner it is caught, the better it is, and the faster we

can help them," added Barb Thacker, Ph.D. Thacker has worked with World War II, Korean War and Vietnam War veterans at the Honolulu Vet Center who have experienced delayed stress reactions.

Soldiers can contact and consult a variety of facilities to receive professional help within the military structure, but also through a net of civilian facilities.

The Army clinics are an easy access service for the Soldiers. However, there is often a great reluctance among service members to contact on-post medical help.

"I am in for career, and I don't want to have mental problem all over my records," said a Soldier, re-deployed from Iraq.

The unit chaplains are an alternative, easily accessible and usually less colored by the "mental problem" stigma.

An option outside the division structure is Army One Source, a 24-hour, comprehensive support and information system. Apart from immediate possibility to speak with a counselor, AOS provides referral service to receive private counseling.

"Soldiers usually feel more comfortable if they can talk to somebody with no direct ties to the division," an AOS counselor said.

The service is covered by the Soldiers' health insurance and offers up to six counseling sessions.

Another off-post option is the Honolulu Vet Center.

While not all of the Soldiers are eligible to receive services, the center's staff is dedicated to support them and will, in many cases, act as a referral system.

"We need to give our Soldiers time to decompress and readjust," Molnar said, time the Soldiers need to work through their experiences and the related reactions are natural responses to an extended period spent in a danger zone.

"And the Soldiers need to know that there are people out there who can help them if need be," Molnar said in conclusion.

Sources for more information

Combat related stress

www.ncptsd.org.

Army One Source

open 24-hours
1-800-464-8107
www.armyonesource.com

Honolulu Vet Center:

973-8387

Family Life Chaplain

Schofield Barracks
655-9460

Fort Shafter Area

836-4599

Important phone numbers and resources are on page A-10.

Suicide Prevention: Symptoms, intervention and treatment

Part Three

By Spc. Daniel P. Kelly
Staff Writer

Depression is a psychological condition that changes how you think and feel, and also affects your social behavior and sense of physical well-being. Untreated depression is one of the leading causes of suicide.

Depression + Lack of Treatment = Possible Suicide

According to psychologyinfo.com, depression is one of the most common psychological problems, affecting nearly everyone through either personal experience or through depression in a family member.

Each year more than 17 million American adults experience a period of clinical depression. It can interfere with normal functioning, and frequently causes problems with work, social and family adjustment. It causes pain and suffering not only to those who have a disorder, but also to those who care about them. Serious depression can destroy family life as well as the life of the depressed person. It can lead to suicide.

Impact of depression

- Causes tremendous emotional pain.
- Disrupts the lives of millions of people.
- Adversely affects the lives of families and friends.
- Reduces work productivity and absenteeism.
- Has a significant negative impact on the economy, costing an estimated \$44 billion a year.

We have all felt sad at one time or another, but that is not depression. Sometimes we feel tired from working hard, or discouraged when faced with serious problems. This too, is not depression. These feelings usually pass within a few days or weeks, once we adjust to the stress. But, if these feelings linger, intensify, and begin to interfere with work, school or family responsibilities, it may be depression.

Depression can affect anyone

Once identified, most people diagnosed with depression are successfully treated. Unfortunately, depression is not always diagnosed, because many of the symptoms mimic physical illness, such as sleep and appetite disturbances. Recognizing depression is the first step in treating it.

Nearly two-thirds of depressed people do not get proper treatment because:

- The symptoms are not recognized as depression.
- Depressed people are seen as weak or lazy.
- Social stigma causes people to avoid needed treatment.
- The symptoms are so disabling that the people affected cannot reach out for help.
- Many symptoms are misdiagnosed as physical problems
- Individual symptoms are treated, rather than the underlying cause.

Clinical depression is a very common psychological problem, and most people never seek proper treatment, or seek treatment but they are misdiagnosed with physical illness. This is extremely unfortunate because, with proper treatment, nearly 80 percent of those with depression can make significant improvement in their mood and life adjustment.

Treatment

People and facilities are here to help if you or someone you know may be suicidal.

For more information call: The Division Mental Health Clinic on Schofield Barracks at 433-8600, Division Chaplain's Office at 655-9307; call 1-800-SUICIDE (784-2433) for 24-hour person-to-person help or go to your nearest emergency room.

(Editors note: Statistics and information for this article were obtained at psychologyinfo.com. This is Part 3 of 3 in a series about suicide prevention. Visit www.251d.army.mil for Parts 1 and 2.)

More about Tropic Lighting Academy

By Sharee Moore
Editor

While Soldiers have been deployed in support of Operations Enduring and Iraqi Freedom, the U.S. Army Hawaii staff has been developing programs to better assist Soldiers and their families during the redeployment transition.

Whether a Soldier is single or married, have children or a significant other reunion is going to take time and understanding on everyone's part. Tropic Lightning Academy has been designed to help families survive this process.

Tropic Lightning Academy is educational program designed to help facilitate a successful reintegration of Soldiers redeploying from OIF and OEF. Soldiers will attend the classes for two, half-day segments.

The program consists of various classes that address topics directly related to deployment and the reunion process. Classes range from one to three hours and Soldiers are scheduled for specific classes based on their personal marital status: Married, married with children, single parent or single soldier.

TLA classes include:

- Stress On and Off the Battlefield
- Anger Management
- Money Management
- Single Soldier Workshop
- Single Parent Workshop
- Marriage Workshop
- Married with Children Workshop
- Divorce Recovery

Actual dates will be provided to unit leadership before Soldiers go on block leave. After that much-needed break, Soldiers will be required to attend TLA. Soldiers will attend classes with the same unit they deployed with.

Classes will take place during the day at the Education Center in building 560 (Yano Hall) on the 2nd Floor. Evening sessions will be held in the Main Post Chapel Annex, building 791. All classes are on Schofield Barracks.

Individual class schedules outlining dates, times and locations of classes will be provided to each Soldier when they return from leave.

Spouses are encouraged to attend the TLA program with their Soldier however no children are permitted in class. Of course, it isn't mandatory for a spouse to attend, but it is highly encouraged. Spouses should think of this training as an opportunity to learn, grow and heal together. Besides, it's the perfect excuse to spend extra time with each other.

If you have any questions about the Tropic Lightning Academy Program, contact a member of your rear detachment team.

Course descriptions for Tropic Lightning Academy

Stress on and off the Battle Field:

This course is designed to discuss readjustments and changes in behaviors that accompany duty in a war zone.

Soldiers also learn stress reduction and relaxation techniques through guided imagery.

Required for all Soldiers.

Marriage Communication:

This course looks at the effects of a long deployment on the marriage, gender communication and conflict, and how to navigate the challenges of reunion.

Required for all married Soldiers.

Communicating With Your Children:

This course is designed to help parents who may face challenges communicating with their children after the return of a parent from a deployment.

Required for married Soldiers with children.

Coming Home - Anger Management Workshop:

This course allows Soldiers to identify and lessen any challenges and effects of anger before and after deployment.

Required for all Soldiers.

Single Parent Reintegration Workshop:

This course helps single parents through the minefields of relating to the children and dealing with the challenges when returning to their children after a deployment.

Required for all single parent Soldiers.

Single Soldier Reintegration Workshop:

This course involves the process of change for ourselves, others, friends, relatives, co-workers. This workshop reassures us change is normal and helps us readjust.

Required for all single Soldiers.

Money Management Workshop:

This course is designed to explain potential financial issues that may be encountered after returning from deployment.

Required for all Soldiers.

Divorce Recovery Workshop:

This course is designed to help Soldiers who are coming home to a divorce in progress, or have been met with divorce papers.

Focuses on issues with the children, communication between parents during the divorce, and effects of divorce upon children.

Required for divorcing Soldier parents.

Lightning Spirit: Casting away fear

Commentary

Chaplain (Maj.) Lance Sneath
45th Corps Support Group

Fear – a word that brings a variety of images based on unique life experience. For some, there’s the fear of being alone. For others there’s the fear of rejection, the fear of death, or the fear of losing someone dear.

People attempt to manage fear in different ways, with the extremes being the fight or flight responses psychologists tell us about. These responses can take the form of substance abuse, running away, or placing one’s self in extreme isolation.

For the military community, managing fear has to be something we can all do regularly and with confidence. With deployments and the realities of our community being at the “tip of the spear” in the Global War On Terror, fear is something our community must contend with every day.

I mean, the very nature of this war – “terror” – reminds us that managing fear is a critical task for us all to do well. How do you manage fear?

Remember the movie “Castaway” starring Tom Hanks? Hanks played a FedEx employee who ended up on a deserted island after surviving a plane crash. How’s that for a challenge on managing fear? Do you remember what he did?

He took a volley ball, dressed it up, and named it Wilson. Wilson became his friend to love, and this loving friend served in a crucial way to help him manage the hardships and fears of his isolated existence.

The Bible says, “There is no fear in love, because perfect love casts out fear.” This “perfect love” means love in its purest, most complete sense will naturally cast away fear, because there is nothing to fear in love.

So, Hanks’ character displayed wisdom. Loving Wilson helped him cast away fear. So, how can you cast away your fears?

Trusting in a loving God and being in loving relationships is the very design of God for casting away fear. If you are having difficulty with some fear, turn to God, and to people who will love you.

Fear will not endure a strategy like that!

Touch the heavens in the ‘Be A Pilot Program’

By 1st Lt. Kevin McQueary
Contributing Writer

Looking for something to do this weekend? Go fly a plane!

For about 50 bucks, 30 minutes of prep time, and a little courage, you can find yourself in control, behind the yoke of an aircraft lifting off at Honolulu International Airport for a quick 30-minute loop above Oahu.

Over 2,000 flight schools across America participate in the “Be A Pilot” program. The goal of the program is to entice would-be pilots into the cockpit to give them a taste of the experience and perhaps fuel the desire for certification. Pilots are passionate about their hobby (careers!) and are eager to share it. You can find out what an exhilarating, freeing, challenging, and most of all safe experience it can be.

I participated in the program through Flight School Hawaii under the watchful eye of flight instructor Staff Sgt. Derek Wheeler. Wheeler is a Soldier (part-time) and civilian WG-10 (full-time) in the Hawaii Air National Guard, where he works as a mechanic and aircraft inspector. He has more than 475 hours of flight time, typically adding 10-15 hours a week instructing future pilots. I knew I was in good hands.

The experience began the moment I walked into the Flight School Hawaii front office. The enthusiasm of both the pilots and the trainees was infectious. As I surveyed the area, the spirit was undeniable as people gushed about their experiences.

I met Wheeler as he was returning from a training flight, and his friendly demeanor and confidence put me at ease. Immediately we made our way to the plane, all the while discussing preparation for the flight. Discussing his background and motivation for flying served to reassure me further.

“To me, it’s the most gratifying experience someone could



Photos by Rafi Grant

Leaving Honolulu International Airport behind, the ‘pilot for a day’ headed north on a panoramic flight. While McQueary got used to the delay between giving a command to the plane and the actual execution, the passenger could enjoy views of Honolulu, Ford Island, Wheeler Army Airfield, Mililani and other landmarks.

have,” Wheeler noted. “Many instructors move on to more money doing cargo flights or [commuter flights], but a lot of them stay because of their love of flying.”

We spent a good amount of time meticulously going over the aircraft in our pre-flight safety checks. Wheeler demonstrated no complacency in regard to safety, covering each step one-by-one as laid out on the Cessna’s pre-flight checklist.

Once completed, we boarded the plane and began covering the controls. Before I knew it, I was taxiing out for take-off!

Wheeler offered continual guidance as he directed me through the flight. He afforded me every opportunity to control the aircraft from take-off until just before landing, even restraining himself to mere coaching when I made slight

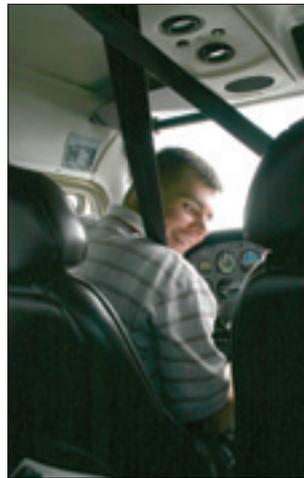
errors, and he took control only when absolutely necessary. (Which was rarely if I may say so!)

Consequently, in that short time I got a really good respect for the aircraft and the dichotomy of its nature. It is easy to perform but difficult to master.

Except for a few seconds before and during landing, I controlled the plane. For those few moments I was flying high and free, my senses afire as I soaked in the uniqueness of perspective.

It’s an experience I won’t soon forget, and intend to have again.

Anyone interested in the “Be A Pilot” program can find more information at www.beapilot.com and locally at www.flightschoolhawaii.com or call Flight School Hawaii direct at 837-7767 for more information.



“Are seat belts on?,” 1st Lt. Kevin McQueary asked with a slightly nervous smile.

Fisher House Center offers respite for wounded troops, families

Story and photos by
Donna Miles

American Forces Press Service

FORT SAM HOUSTON, Texas – It's just across the parking lot from Brooke Army Medical Center, and yet a world away.

For troops undergoing medical treatment — most for wounds received in Iraq and Afghanistan — and their families who have come here to be with them as they recover, the Soldier and Family Assistance Center offers a welcome respite from the hospital environment that's become all too familiar to them.

Tucked away in the post guest house, across the street from the barracks and next door to the Fisher House, the Soldier and Family Assistance Center provides a friendly, comfortable environment where troops and their families can unwind and relax from the stresses of long-term recovery.

They can catch a movie on the big-screen TV, check their e-mail or use the Internet, play a computer game, pick up a book or magazine, make a phone call or just grab a cup of coffee, a bottle of water or a home-baked goodie.

And when they're feeling down, they can always find a sympathetic ear or a reassuring hug. "People can walk in here and cry and laugh and make a friend," said Judy Markelz, the center's director, called simply "Mom" by troops and family members at the center.

Army Col. Edward Maney, chaplain for Fort Sam Houston, said the center goes a long way in helping wounded troops and their families through a difficult period. "They've done of phenomenal job of facilitating the healing process," he said.

Army Staff Sgt. Michele Mitchell, who has undergone treatment at Brooke since she was wounded in Iraq last April, agrees that the center is "very therapeutic" to her and her fellow outpatients at the hospital, as well as their families. "This is a great outlet," said Mitchell, who visits the center regularly between medical treatments. "It's a place where you can relax and get away from the stress of being (at the hospital)."



Wounded troops being treated at Brooke Army Medical Center help pass the time playing computer games at the Soldier and Family Assistance Center.

"Plus," Mitchell said, "we do a lot of fun things here."

Markelz works to keep the center's activities calendar chock-full. She sponsors weekly bingo games and quilting classes, runs special activities like picnics and parties, and is putting together plans for a casino night.

She also runs regular off-post excursions that give families a chance to shop or get manicures. "It's amazing to see the transition that takes place within a block of leaving the gate," she said. "Suddenly they become the people they were before they got that phone call that wasn't supposed to come (that their loved one had been wounded)."

Army Pfc. Daniel Almonaci, who was wounded by a suicide bomber in Ramadi, Iraq, last November, calls time spent at the center and through

its activities a welcome respite from the four walls of his barracks or his medical treatments. "I come here to hang out," he said. "They have everything you could want here — TV, computers, snacks. It's a pretty good place."

Army Spc. Traci Williams said the support she's found at the center has offered her far more than an interesting diversion from her medical treatments. "Without them, I would not have made it," she said of the staff and fellow patients at the center. "This is a great place, but it's the people who make it so special. They've become my family."

Stepping into the center, festively decorated for Valentine's Day, it's hard to imagine its barebones beginnings. Markelz recalls opening the facility just over a year ago with borrowed fur-

niture, old computers and a coffee pot from the post's lending closet.

Since then, she said she's witnessed "incredible support" from the local community for the center and the wounded troops and their families that it serves.

Local businesses, churches, schools and residents donated a big-screen TV and DVD player, boxes of DVDs, video games, books, magazines, and toys for children and regularly deliver a mouth-watering array of baked goods and snacks.

Markelz is on the lookout for new furniture for the facility, but insists that whatever she gets "has to look like it belongs in a living room, not a waiting room."

While helping make the center as comfortable as possible, local donors



A Soldier and his daughter enjoy the home-baked treats local community groups regularly drop off at the Soldier and Family Assistance Center.

also provide a much-needed outlet for troops and their families, some of whom have been here for more than a year. They drop off tickets to the NBA's Spurs basketball games and other sporting events, sponsor group dinners at local restaurants and even donated 50 box seats to the popular San Antonio Rodeo.

"I couldn't exist without this community," said Markelz, marveling at the fact that "donations fall in my lap" to support the center.

Except for Markelz, the only paid staffer, the center is run completely by volunteers, and there's a waiting list for others who want to join them. After duty hours, soldiers from the Medical Holding Company keep the center open until as late as 10 each night.

Army Spc. Travis Kennedy, assigned to the Medical Holding Company here while he completes his medical treatment, said he enjoys staffing the center at night so he can offer distraught family members "a shoulder to cry on."

"Being (in the hospital) wears on you after a while," said Kennedy. "That's why it's important for me to be here, to help the families."

For more information visit www.defenselink.mil/news/Feb2005/n02092005_2005020907.html.

Health impacts work: Exploring 'presenteeism'

By Carila Jones
U.S. Army Center for Health Promotion
and Preventive Medicine

The impact of poor health on workplace productivity is often only measured in terms of days absent from work or missed training time.

Improving health is seen as valuable because good health increases the amount of time a Soldier is able to be on duty. However, this is only one side of the issue. The other point to consider is: how does health impact productivity while on duty?

Absenteeism is a well-recognized consequence of less-than-optimal health. However, decreased health also causes "presenteeism." Presenteeism is being on duty but not performing at full capacity. Presenteeism is of special concern to the military because military missions are dependent upon optimal levels of performance while on duty.

Military duties require Soldiers to operate at peak levels of physical and mental capacity, and without injury. This level of performance must especially be sustained during times of deployment.

World events have accelerated the rate of deployments for active duty, National Guard and Reserve personnel. While force readiness is always critical, the current high level of military operations makes readiness more important now than perhaps ever before. Optimal force readiness relies upon healthy human resources.

There are many health factors that can influence force readiness including tobacco use, high levels of stress, and work-related injuries that reduce the effectiveness of Soldiers while on duty. These risk factors, however, take on additional significance when considered in light of the unique demands of military missions. For example, tobacco

use impairs night vision and coordination. The effects of poorly managed stress such as insomnia, fatigue, and anxiety have obvious consequences for safety.

Body composition impacts stamina. Ultimately, all these factors affect mission accomplishment.

A new approach to examining the connection between health and on-duty performance is called Health and Productivity Management.

It integrates wellness and prevention; chronic disease management; occupational health and safety; disability management; and organizational health. This integrative approach addresses presenteeism by considering healthy Soldiers as a force asset.

The goal of Health and Productivity Management is to increase performance while on duty by reducing health concerns, to decrease unnecessary time away from duty overall, and minimize total health-related costs, including medical expenses.

Health and Productivity Management can be used to identify and deliver services that enhance the performance of Soldiers. Health is a primary factor in efficient and effective performance. A healthy force is a ready force.

In order for the U.S. military to maintain force readiness, healthy service members and civilians must continue to be considered a force asset for the 21st century.

Health and Productivity Management can be adapted for use in a military environment in order to maximize force readiness and on-duty productivity. It is a valuable link between force readiness, force health, and mission accomplishment.

(Editor's Note: Marcie Birk and Kate Neufeld contributed to this article.)

February is National Children's Dental Health Month – Time to increase dental awareness

Dr. (Capt.) Mark Vance, DC
DENTAC, Hawaii

National Children's Dental Health Month occurs every February. This is a time to increase dental awareness among children and their parents. The following questions and answers should help parents as they seek the best care possible for their child's teeth.

When should my child first see a dentist?

The ideal time is six months after your child's first (primary) teeth erupt. This time frame is a perfect opportunity for the dentist to carefully examine the development of your child's mouth. To safeguard against problems such as baby bottle tooth decay, teething irritations, gum disease, prolonged thumb-sucking and developmental problems, the dentist can recommend special preventive care.

How do I prepare my child and myself for the visit?

Before the visit, ask the dentist about the procedures of the first appointment so there are no surprises. Plan a course of action for either reaction your child may exhibit, cooperative or non-cooperative.

Very young children may be fussy and not sit still. Talk to your child about what to expect, and build excitement as well as understanding about the upcoming visit. Painting a positive image of the upcoming visit will significantly decrease your child's anxiety and apprehension.

Bring with you any records



Graphic by Spc. Daniel P. Kelly

of child's complete medical history.

What will happen on the first visit?

Many first visits are nothing more than introductory icebreakers to acquaint your child with the dentist and the practice. If the child is frightened, uncomfortable or non-cooperative, a rescheduling may be necessary.

Patience and calm on the part of the parent and reassuring communication with your child are very important in these instances. Child appointments should always be scheduled earlier in the day, when your child is alert and fresh.

For children under age 3, the parent may need to sit in the dental chair and hold the child during the examination, or parents may be asked to wait in the reception area so a relationship can be built between child and dentist.

The entire dental team and the office should provide a

relaxed, non-threatening environment for your child. The doctor should tell you when the next visit should occur.

Five ways to protect your child's oral health at home

Parents typically provide oral hygiene care until the child is old enough to take personal responsibility for the daily dental health routine of brushing and flossing.

- Clean your infant's gums with a clean, damp cloth. Ask your dentist if you may rub a tiny dab of toothpaste on the gums.
- As soon as the first teeth come in, begin brushing them with a small, soft-bristled toothbrush and a pea-sized dab of fluoride toothpaste. Remember, most children are also getting fluoride from the community water supply (only on military installations in Hawaii.)
- To avoid baby bottle

tooth decay and teeth misalignment due to sucking, try to wean your child off of breast and bottle by one year of age, and monitor excessive sucking of pacifiers, fingers and thumbs. Never give your child a bottle of milk, juice or sweetened liquid as a pacifier at naptime or bedtime.

- Help a young child brush at night, the most important time to brush. Perhaps let the child brush their teeth first to build self-confidence, then the parent can follow up to ensure that all plaque is removed.
- Allowing your child to watch you brush your teeth teaches the importance of good oral hygiene.

(If you have questions regarding this article or about any dental topic, contact Dr. Mark Vance at mark.vance1@us.army.mil.)

February is 'Wise Health Consumer Month'

Consumer Health Nursing, TAMC

In an effort to help members of our community to be better health consumers, Tripler Army Medical Center, Community Health Nursing section is promoting Wise Health Consumer Month.

During the month of February, Tripler Army Medical Center, CHN is sponsoring a number of activities, including a self care class.

The primary goal is to teach people how to be more involved in their own health care.

5 tips for being a wise health care consumer

1. Keep a checklist of all medications you are taking.
2. Take care of your mental health as well as you would your physical health.
3. Create a home pharmacy with commonly used medicinal items.
4. Become knowledgeable of routine medical tests and examinations.
5. If you have not attended a self care class call and sign up to attend one.

A blood pressure screening and body fat analysis will be conducted Feb. 24 from 10 a.m. to 1 p.m. at the Schofield Barracks Commissary.

If you would like to learn more about Wise Consumer Health month and have questions, call CHN TAMC at 433-6834 or CHN Schofield Barracks at 433-8675.

It won't be long ...



Maj. Stacy Bathrick

Master Sgt. James Dingle, 25th ID (L) G2 non-commissioned officer in charge, passes a ruck sack to Sgt. 1st Class Eduardo Velez, 25th ID (L) G2 Operations non-commissioned officer in charge as they load a Tricon container at Bagram Airfield, Afghanistan for shipment back to Hawaii.



To pierce or not to pierce?

By Dr. (Capt.) Mark Vance
DENTAC, Hawaii

Thinking about getting your tongue pierced? Have you thought about chipped teeth, drooling, gum damage, nerve damage, taste loss, tooth loss, infection or even death?

"But it's only a little hole in my tongue, how can that happen?" is a common response. The problems that can arise from such a piercing might surprise you, reports the Academy of General Dentistry.

Fractured teeth are a common problem associated with tongue piercing, according to a recent study in General Dentistry, the peer reviewed journal of the academy. People chip teeth on tongue piercings while eating, sleeping, talking and chewing on the jewelry.

The fracture can be confined to the enamel of your tooth and require a filling, or it may go deep into the tooth, causing a need for a root canal or extraction.

"Every time you swallow,

the barbell can hit the teeth, causing constant irritation", said Manuel Cordero, a spokesperson for the academy.

"It's enough to cause ulcers, which, in turn, can become pre-cancerous lesions." Infections are also common, and they cause more than pain. A tongue can swell after being punctured, but in some cases the tongue becomes infected and swells so much that it may cut off breathing and lead to death.

Dentists are learning that oral infections can be linked to other infections. The tongue is covered with bacteria, and once punctured that bacteria can enter the blood stream.

When that happens, bacteria can reach the heart and cause a variety of serious problems. If you decide to pierce your tongue, take precautions to avoid serious infections such as HIV and hepatitis by making sure that everything is sterilized in an autoclave, which uses extreme heat to sterilize instruments.

Ask the piercer questions

about after-care, cleanliness, equipment and other concerns. Once the tongue has been pierced, it takes three to four weeks to heal.

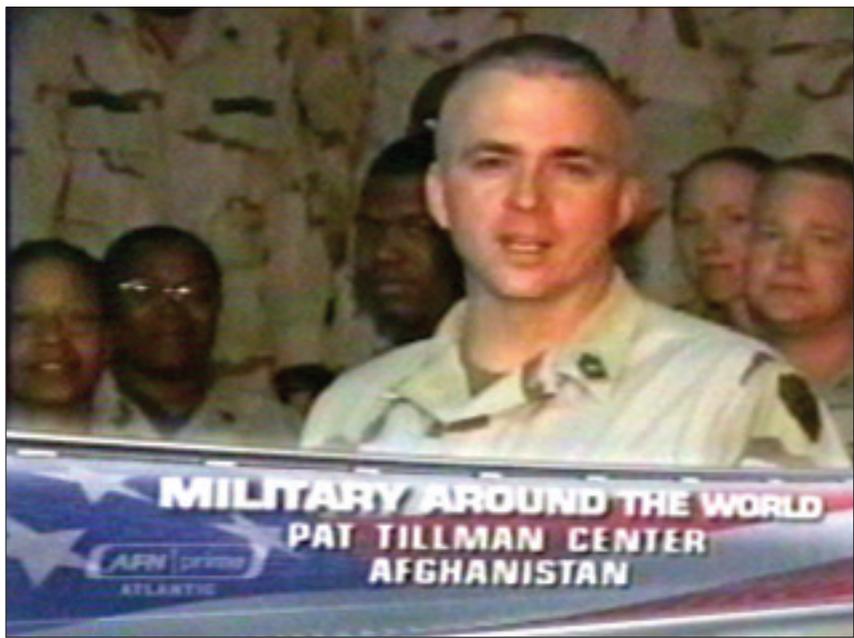
Barring complications, the jewelry can be removed for short periods of time to allow for cleansing without the hole closing.

Always remove the jewelry every time you eat or sleep. Clean the piercing with anti-septic mouthwash after every meal and brush the jewelry the same as you do your teeth to remove plaque.

Plaque can form on the barbell or in the piercing itself the same as it forms on your teeth. If a sore arises, the tongue starts to swell, or there is drainage from the piercing, don't delay, see your dentist immediately.

It's better to be alive than to have a pretty tongue.

(Editors Note: Questions concerning your oral health or this topic can be forwarded to Dr. (Capt.) Mark Vance, DC via email at mark.vance1@us.army.mil.)



Courtesy video still

Master Sgt. Terry Anderson, 25th Infantry Division (Light) public affairs non-commissioned officer in charge, thanked the NFL and USO for their efforts in bringing the Pat Tillman USO Center to Bagram Airfield, Afghanistan, while 25th ID (L) Soldiers gathered behind him.

Division Soldiers enjoy Super Bowl

CJTF 76 News Release

BAGRAM AIRFIELD, Afghanistan – 25th Infantry Division (Light) Soldiers enjoyed more than seven hours of football entertainment early Feb. 2, as Super Bowl mania hit Bagram Airfield.

More than 400 service members attended a Super Bowl party at Bagram's Clamshell morale, welfare and recreation facility, starting with pre-game entertainment that began at 1:30 a.m. local time. A group of service members from Bagram appeared on the Super Bowl pre-game show and during the "National Anthem," eliciting applause

from the large crowd. The troops watched the New England Patriots defeat the Philadelphia Eagles 24 to 21 in Super Bowl XXXIX, played at Jacksonville, Fla. Although her favorite team came up short, Spc. Jennifer Rupert, 25th Inf. Div. (L) personnel specialist, said she had a great time.

"It was a lot of fun," said Rupert. "It's great to get together with friends to watch the big game. The Eagles will be back next year."

The service members consumed 600 T-bone steaks, 30 cases of soda, six prime ribs and countless bags of chips and popcorn. MWR coordinator Chuck

Younglove and a group of Soldiers manned the grills throughout the game, feeding the hungry troops. Some Soldiers came equipped with Philadelphia Eagle face paint and New England Patriot flags, showing their support for their favorite team.

Coalition troops were also treated to a visit from a group of former National Football League players. Former seven-time pro bowl linebacker Randy Gradishar and Miami Dolphin safety Lyle Blackwood, along with six other former NFL players, signed autographs and visited with troops during the game.

In-Training for the Great Aloha Run



Compiled by Rafi Grant

RUNNER PROFILE:

Sgt. 1st Class Tiffany C. Basley

Basley is a first time GAR runner, but not new to the running world. Basley will participate in the GAR as a "Sounds of Freedom" runner with the 65th Engineer Battalion.

Training

Apart from the regular PT runs in the morning, Basley has a busy work out schedule.

"I usually run an average of 8-10 miles during the week and one additional run on the weekend," Basley said. She also hits the gym 3-4 times a week after work and also likes to exchange her running shoes for basketball shoes.



Compiled by Rafi Grant

RUNNER PROFILE:

Capt. Brennan Cook

Cook, of the 65th Engineer Battalion, is a dedicated runner, and frequent participant of road races of all distances. Training for the GAR is part of his preparation for the 134-mile Perimeter Run scheduled for 6 days after the 8.15-mile race. Cook will run the GAR in formation with his unit in an estimated 9-minute mile pace.

Training

"Regular early morning PT is my running schedule with an average of 20 miles per week," Cook said. During these morning runs Cook also meets up with fellow runners of the Perimeter Race. Cook's team plans to finish the run around the island in 21 hours.



Compiled by Rafi Grant

RUNNER PROFILE:

1st Lt. Kevin McQueary

McQueary is a GAR veteran and will be in the race this year again in formation with the 65th Engineer Battalion aiming for a finish time of 72 minutes. McQueary is a dedicated runner, and enjoys the challenge of races. The GAR fits in his race schedule right before the Perimeter Run, and the Wilderness Run, a mid-distance race on the volcanic fields of the Big Island.

Training

McQueary runs regularly during the week with his unit and his team mates for the Perimeter Race and paddles as an alternative to the time he spends collecting road mileage every week.