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Schofield Barracks Soldier killed in Afghanistan

25th ID (L) Public Affairs
News Release

A 25th Infantry Division (Light) Soldier was killed Monday in Afghanistan.

Spc. Wesley R. Wells, 21, of Libertyville, Ill., died Monday in Salerno, Afghanistan, when his patrol came under enemy attack.

Wells was assigned to Company A, 2nd Battalion, 27th Infantry Regiment. The unit is part of the Task Force Thunder, which deployed to Afghanistan in late March.

The incident is under investigation.

Wells was an infantryman and

entered the Army in May 2002. He was assigned to the "Wolfhounds" at Schofield Barracks in October 2002.

"The loss of any Soldier is a terrible tragedy. While it is hard on his friends and comrades here in Afghanistan, our loss is of no comparison to that of his wife and loved ones," said Col. Gary Cheek, commander of Combined Task Force Thunder, based at Forward Operating Base Salerno.

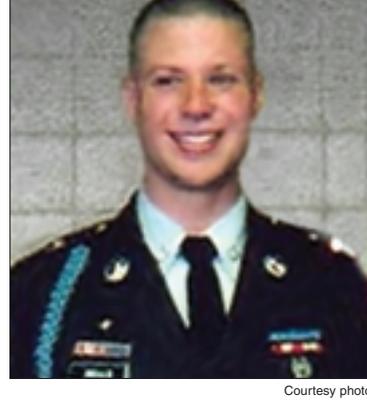
"We are deeply appreciative of our fallen comrade's service, his sacrifice to our nation, and the tremendous difference he made in this challenged land.

"Our thoughts and prayers go to

his family as we extend our heartfelt sympathies and condolences," Cheek continued. "Though this loss leaves all of us reminded of the fragility of life, we are undeterred in our mission here — it is right and just. May God bless his family in this time of great sorrow."

Wells is the fourth 25th ID (L) Soldier to die in Afghanistan since more than 5,000 Division Soldiers deployed there in March and April.

Spc. Wesley R. Wells died Monday in Afghanistan, when his patrol was attacked. He was assigned to Co. A, 2nd Bn. 27 Inf. Rgt. (See more on page A-8)



Courtesy photo

News briefly

Macomb Gate Closure

Macomb Gate, Schofield Barracks will be closed to vehicle traffic Friday for the installation of access control gates. The gate will remain open for pedestrians.

New Microchip Policy for Pets

Effective Oct. 1, all cats and dogs kept on USARHAW installations are required to have an identification microchip implanted under their skin. Microchipping allows animal control and veterinary personnel to quickly identify lost or stolen animals and quickly return them to their registered owners. The microchip is available at both Schofield Barracks and Fort Shafter veterinary clinics. Cost is \$17 for the chip, registration and fee. Appointments at Schofield Barracks are available Monday - Thursday or customers can visit the vet walk-in clinic on Tuesday. For an appointment, call 433-8532 or 433-8531. For Fort Shafter clinic hours and appointments, call 422-2271.

Living History Day

The Tropic Lightning Museum on Schofield Barracks will hold a Living History Day from 10 a.m. to 3 p.m. Oct. 2. The event will be an interactive experience, and attendees can view historic weapons and insignia displays, vintage military vehicles, museum exhibits and interact with re-enactors in period uniforms and equipment. The 25ID(L) Band ensemble will perform from 11:30 a.m. to 1 p.m. There will be a showing of "From Here to Eternity" beginning at 10 a.m. and other war movies with Hawaii ties will be shown as time permits. For more information, call 655-0438.

Volunteer Writers Wanted

Hawaii Army Weekly is looking for volunteer writers. If you have excellent grammar and punctuation, we want to hear from you. No newswriting experience is necessary. Accepting volunteers from within the Army community, whether stateside or abroad; Soldier or civilian. Also looking for photographers. For more information, call 655-4816 or e-mail editor@hawaiiarmy-weekly.com.

Blood Donations Needed

The Tripler Army Medical Center Blood Donor Center is located on the hospital's second floor, Oceanside and is open Monday through Friday, 8 a.m. to 2 p.m. Call 433-6148.



Spc. Sean Kimmons

Soldiers from the maneuver squad enter the shoot house to clear it during a live-fire exercise Sept. 7 at Forward Operating Base Gaines Mills, Iraq.

Live-fire exercise unites infantry, artillery and air assets

Spc. Sean Kimmons
25th ID (L) Public Affairs

FORWARD OPERATING BASE GAINES MILLS, Iraq — It began with echoing booms from a powerful 105mm Howitzer, as it shot artillery rounds onto an Anti-Iraqi Force objective nestled in between the desolate hills Sept. 7.

About 20 artillery and mortar rounds fired from Battery B, Task Force 2-11 Field Artillery Soldiers, paved the way for an infantry squad from

Company C, TF 1-27 Infantry to traverse through an old riverbed toward the simulated AIF objective.

"We'll walk up to the objective where we will encounter a shoot house that we built yesterday," said Pfc. Jason Williams, a rifleman with Co. C, TF 1-27 Inf. "Once we commit to the shoot house, we're going to clear it using tactics, techniques and procedures."

Before clearing the three-room shoot house, Williams and his maneu-

ver squad first jumped out of their high mobility multi-purpose wheeled vehicles to engage enemy targets lining a hillside. Staff Sgt. James McCall, Williams' squad leader, then guided his Soldiers to the shoot house using the buddy cover method.

An infantry element on top of a nearby hill with M240B machine guns and M249 Squad Automatic Weapons opened up on some other enemy targets behind the objective, which provided extra

See "Live-fire" Page A-3

Afghans, international community prep for national elections

American Forces Press Service

WASHINGTON — The Afghan military and police are taking actions to ensure a safe environment so that fair and free elections occur as planned, a Combined Forces Command Afghanistan spokesman said today during a news conference in Kabul.

To further enhance security for the elections, Italy and Spain are each providing a battalion of supplemental troops, Army Maj. Scott Nelson said. The U.S. Army, he added, is sending an infantry company, as well as 1,000 Soldiers from the 82nd Airborne Division, to effect security around Afghan election time.

Afghan, Pakistani and American military and diplomatic representatives met in Kabul Sept. 18 for the eighth meeting of the Tripartite Commission to discuss election security and combating terrorism, among other issues, according to a Combined Forces Command Afghanistan news release.

And, as part of preparations for the elections, troops and officials from the United States, Afghanistan, United Nations, International Security Assistance Force and other coalition entities is conducting an emergency-preparedness exercise today. In related news, the Organization for Security and Cooperation in Europe on Sept. 19 selected diplomat Robert Barry to head its election-support team in Afghanistan. Barry's team will monitor the election and prepare recommendations for improvements.

More and more Afghans seem willing to turn in their weapons and embark on more peaceful pursuits, according to the CFC-A news release. To date, 15,568 Afghans have voluntarily turned in ordnance as part of the Demobilization, Disarmament and Reintegration program. People enrolled in the DDR program receive job training and other benefits.

As part of Afghan government efforts to crack down on illegal arms sales, coalition forces visited an abandoned, former Soviet-era factory northwest of Kandahar on Sept. 19 and found a cornucopia of weaponry. The search yielded 500 rocket-propelled grenades, 200 rockets, 500 mortars, 100 anti-tank rounds, and 5,000 12.7 mm rounds.

Another coalition patrol conducting operations northeast of Deh Chopan recently found 18 mortar rounds, 11 anti-tank mines, 5,000 heavy machine gun rounds, 25 RPG rounds, 100 feet of demolition cord, and five blocks of malleable C-4 explosive.

U.S., Afghan and coalition officials continue to investigate the circumstances surrounding the death of one Afghan youth and the wounding of another in Oruzgan Province Sept. 17 during fighting between anti-coalition militia and coalition troops, Nelson said.

Nelson noted in a Sept. 18 news conference that the coalition "deeply regrets and apologizes for the death of one juvenile and the wounding of another." He said an investigation to determine the facts of the incident continues.

32 days and counting, are you ready to vote?

By Joy Boisselle
Staff Writer

The American political process in action was hard to ignore this past weekend as politically minded citizens lined the streets of downtown Wahiawa extolling the merits of their various candidates.

In addition to supporting their candidates in the Hawaii primary elections, these citizens served as a reminder to others to exercise their voting rights in the upcoming 2004 General Election on Nov. 2.

Military voters face unique circumstances where voting is concerned. Most are stationed far from their state of residency, deployed, or well-removed from the publicity campaigns designed to get voters registered and ready to vote. The controversial 2000 general election highlighted military voting

challenges. Thousands of military absentee ballots were tossed out and not counted due to various problems such as lacking witness signatures or postmarks.

In the wake of that election, Congress passed the Military Voting Rights Act in January 2001. The bill guarantees the right of all active duty military personnel, merchant mariners, and their dependents to vote in federal, state, and local elections.

In the military, the Unit Voting Assistance Officer, is assigned to get the word out and make military voters aware of registration requirements, deadlines, and the importance of voting. Not just a garrison duty, VAOs are also working in forward-deployed units to ensure those Soldiers in combat zones have the opportunity to

See "Vote" Page A-3

Cub Scouts haul 150 pounds of beach debris



Courtesy photo

Cub Scout Pack 197 members Dana Wingad, Lt. Col. Bob Hoelscher, son Jakob, Spencer Beck and Noah Wingad haul debris from the beach Sept. 18. Jacob Bredenkamp plays on a tree stump nearby. (See story on page B-6)

OPINION & COMMENTARY

We want to hear from you

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.

It's our job to keep terrorists guessing

Commentary

Staff Sgt. Julie Weckerlein
USAF Special to American Forces Press Service

AVIANO AIR BASE, Italy – Sitting one row behind me next to the window, she blended in with the other travelers, casually dressed in jeans and a long-sleeved white shirt layered under a pink short-sleeved shirt.

We, and about 150 other airline passengers, were leaving Detroit for a long flight to Amsterdam Aug. 20. She carried a book, "My Greatest Mistake," and a diamond stud shimmered from the top of her left earlobe. She was obviously a 20-something-year-old American with a round face and long California-blond hair, but I would have never guessed she was military.

As it turned out, I didn't need to guess. Within minutes after takeoff, she was telling her neighbor, a blond man who spoke with a heavy accent, all about her destination – Aviano Air Base, Italy.

Granted, her neighbor had asked where she was going. But instead of giving a safe, generic answer, she went into a great detail about her job, about her enlistment, about the base and local villages. She shared her feelings of being stationed overseas. The man seemed impressed by her excitement.

I was convinced she was coming from tech school, especially when I later saw her carry-on – it was a dark-blue bag with "United States Air Force" printed neatly in bold, gold letters on the top. But, then again, she knew a lot about the Aviano area and the base; maybe she had an awesome sponsor. She must be new, I thought.

Yet, I later saw on her wrist an Italian charm

bracelet, exactly the kind they sell at the Aviano base exchange. I knew then that this girl was active duty with some time spent at Aviano.

I doubt she ever had heard the name of Robert Dean Stethem, but she could learn from the incident to which his name is forever tied.

Terrorists hijacked TWA Flight 847 as it left Athens, Greece, for Rome June 14, 1985. Onboard was Petty Officer Stethem, known as Robbie to his friends. He was a 23-year-old U.S. Navy underwater construction diver returning from a diving school in Greece. He sat in the window seat in the last row on the left side of the plane, next to Clinton Suggs, one of his diving buddies.

A few minutes after take-off, terrorists ran down the aisles, brandishing weapons and demanding all passports and identification. Unfortunately, Robbie and Suggs had only their military identification cards.

According to court documents, Robbie hesitated handing it over, but the terrorists demanded the cards. Robbie, Clinton and a few other military members were then rounded up and taken to first class.

What followed was a 15-hour ordeal as the airliner was flown to Beirut, Lebanon, then to Algiers, Algeria, then back to Beirut. During this time, Robbie was brutally tortured with pistols and an armrest. Kenneth Bowen, another diver held captive, later testified that Robbie received most of the torture.

Things took a turn for the worse during the second stop in Beirut.

When terrorists were unable to negotiate for a refueling truck, they dragged Robbie to the front of the plane and shot him. The terrorists then opened the door of the plane, and as media cameras focused

on the open door, they shot Robbie again and dumped his body on the tarmac. Robbie remained alive for a few minutes after being shot and thrown, and then died from his wounds.

The image of the terrorists standing at the open door, with Robbie's blood smeared on the outside of the plane was published repeatedly on television and in newspapers. It became a symbol of the turbulent political relations between America and the Middle East during the 1980s. The terrorists were from the Middle East, and one of the many reasons they targeted Robbie was because he was U.S. military.

Though this specific incident happened nearly 20 years ago, consider the similarities. Tensions between the American military and the Middle East are high right now. As recently as last month, terrorist groups made threats against Italy and the Italian government.

What if the blond man with the heavy accent had been a terrorist supporter? Or what if, in an effort to save his own life during a hijacking, he pointed the young woman out as U.S. military? What if someone overheard her details about Aviano and took that information to a terrorist group? What if someone was trying to find out if the Amsterdam airport gets a lot of American military traffic? What if someone at the airport saw her Air Force bag and decided to make her a target?

We can't always predict a terrorist's action, but we can protect ourselves to the best of our abilities by not revealing information about our jobs, the military, reasons for travel or other information. We should always keep them guessing.

(Editor's Note: Air Force Staff Sgt. Julie Weckerlein is a member of 31st Fighter Wing Public Affairs.)



A Soldier's story

Commentary

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

The third week in September began as the second week ended – with more roadside bombs. Throughout the week, there have been numerous attacks across Iraq using this tactic. We have had some success with identifying them before they could explode. It seems the enemy is changing his employment tactic and we have been able to keep up so far.

Sept. 16, 11 a.m. – we just received some intelligence from an informant about a weapons cache in a small village on the edge of Kirkuk. Soldiers from First Platoon were assembled, along with the commander and me, and we moved to the suspected location.

I conducted a search of the house while Staff Sgt. Eric Guffey, Russell Springs, Ky. and Staff Sgt. Huddleston, Sallisaw, Okla., conducted a search in the crop field with mine detectors. In the house we found an AK-47 and ammunition.

I was called outside where the Soldiers were working with the mine detectors. They had dug up artillery fuses, mortar fuses, grenades and fuses, sniper ammunition, and some possible bomb making materials.

The search then extended into the cow pen where we found two more AK-47s and some ammunition. The chicken coop was the final area to search. More rifle ammunition and bandoleers were found.

These are the steps our enemy takes to hide his weapons and materials for bombs. We were able to remove one more problem off the street, and put his three brothers on the run.

Sept. 18, 10 a.m. – report comes over the radio; the Iraqi National Guard has discovered a roadside bomb south of our patrol base. The have already blocked the streets and called the bomb squad. I guess the training we have been doing with them is paying off.

Sept. 18 11:50 a.m. – the windows just rattled, that means an explosion not too far away. In the radio room reports of an explosion are coming in

over the net. Immediately the interpreters call the police station to get a report. It seems that a vehicle has exploded down at the national guard recruiting building. Initial reports are 10 killed and unknown wounded.

This is another tactic of our cowardly enemy. Civilians trying to make a difference in their country are targeted and killed unnecessarily. These are people that were trying to enlist in the national guard so they can try to be a part of their country's future.

Updated casualty count: 20 killed, 84 wounded, five in critical condition. It doesn't matter what nationality, religion, or belief they are, say a prayer for their families.

This week meet Spc. Norberto Torres, communications sergeant for Co. A. He is from New Haven, Conn. and has been in the Army for five years. Torres said when he first got to Hawaii in October last year, he found out he was going to Iraq. He had just returned from Iraq in August 2003 when he was stationed at Fort Carson.

He said, "I was really looking forward to coming to Hawaii. My wife was pregnant with our first child." He continued by saying, "I knew units from Hawaii were going to Iraq and Afghanistan, I just didn't know which unit I would end up in." I asked Torres what has been the most stressful thing he has to deal with here in Iraq.

Torres said, "Not being at home helping my wife take care of my son." He added, "It turned out to be the best time I've had because I was able to go on R&R to see my new son. My mother and a few in-laws came to visit." I asked Torres what the strangest thing he's seen in Iraq.

He said, "The way of life. When we were preparing to deploy we got all these briefings on how the people here were going to act and react. Most people here aren't anything like that." Torres added, "It seems the Muslims here seem so much different because of their outlook on life itself."

He finished his interview by saying hi to all his family and friends in Colorado and Connecticut and especially to his wife Keilymeralis and his son Alexander. "I love you sweetie. I'll be home soon"

Voices of Lightning

What is the best way to support the Combined Federal Campaign?



"Donate."



"Give money."



"Find a campaign that you are interested in and give to that cause."



"Donate money."



"Donate time and money."



"To donate, you are helping someone who can't help themselves."

Sgt. 1st Class Marc Grandmaison
HHS, 2nd Bn., 11th FA Rgt. Commo

Staff Sgt. Herman Hodges
HHS, 2nd Bn., 11th FA Rgt. Fire Direction Control Chief

Cpl. Mina Mitchell
HHB, DIVARTY Cook

Staff Sgt. Jonathan Smith
2nd Bn., 229th Inf. Rgt. Squad leader

Sasisopin Kobayashi
Education Center Learning Resource Coordinator

Spc. David Williams
HHC, Division Cannon crewmember

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U.S. Troops in Afghan theater face ballot deadline

By Sgt. Stephanie L. Carl
17th Public Affairs Det.

BAGRAM AIR FIELD, Afghanistan – As coalition forces help Afghanistan prepare for its presidential election in October, U.S. servicemembers in that country aren't losing sight of their own upcoming elections.

Facing them is the fast-approaching deadline for citizens serving overseas to mail absentee ballots for U.S. general elections Nov. 2.

All registered voters assigned in Afghanistan should receive their absentee ballots for the general elections by the first week of October. Servicemembers who don't receive a ballot by that time should see their voting assistance officer for a federal write-in ballot.

"Our deadline to mail ballots back to the (United States) for the election is Oct. 11," said Maj. Bryan Carter, Combined Joint Task Force 76 senior voting-assis-

tance officer. This leaves approximately a 20-day window for the ballots to make it to the United States in time for the election.

However, those who want their vote counted shouldn't wait until the last minute to mail in their ballots. The longer they wait to mail their ballot, the greater the risk that it won't get there on time, said Carter.

"The important thing is that people ensure they are mailing the ballots in time to meet the deadline for voting," he said.

This election year a lot of attention is focused on absentee voters getting their paperwork in on time and participating in the elections. "A big concern is that there are so many servicemembers deployed right now," he said. "We want to make sure everyone knows that individuals do count. And their votes will be counted for their future."

"Our elections aren't just about people," Carter said.

"They're about taxes, bonds, referendums, schools, cities and counties. We're allowing the people we elect to work and perform different functions. And by voting, we get to approve or disapprove many of these functions."

The process of voting by absentee ballot allows service members and civilians serving in Afghanistan and other overseas locations to exercise their involvement in the government.

"Voting is just one of the rights we're here for," said Carter. "Voting is how our democracy works. Really, it's how we speak to our government."

To make the democracy work, however, personnel serving in the Afghan area of operations need to ensure they take the time to vote. "This is the last big piece of the voting process," said Carter. "This is a culminating event. You're putting pen to paper and exercising your right to vote."

DoD employees, servicemembers need to heed Hatch Act rules

American Forces Press Service

WASHINGTON – As the election season swings into high gear, the Office of Special Counsel has filed complaints against two federal employees deemed in violation of the Hatch Act.

The complaints address the use of "politically partisan electronic mail messages while on duty," according to a statement released by the OSC.

The Hatch Act regulates DoD employees' and servicemembers' participation in politics. The recent violations focus on e-mails sent to about 15 recipients in one case and more than 70 in the other.

"The use of Internet and electronic mail is second-nature to almost everyone and has become a favorite and effective campaign tool, even more so perhaps than four years ago," Special Counsel Scott Bloch said in the statement. "I want to remind federal employees to be vigilant about following the Hatch Act, because we will consider this activity a form of electronic leafleting and thus a violation of the prohibition on partisan political activity in the workplace."

Partisan political activity is defined

as activity directed toward the success or failure of a political party or candidate for a partisan political office or partisan political group.

Participation in politics is not completely forbidden. However, active-duty military and executive-branch employees need to be aware of the rights and restrictions that the Hatch Act imposes on such activity. What is allowed and disallowed can be a bit confusing.

Of DoD employees, those in uniform are under the most restrictions. They may attend political meetings or rallies, but only as spectators and not in uniform. They are not allowed to give political speeches, serve in any official capacity in partisan groups or participate in political campaigns or conventions.

They are also not generally allowed to campaign for political office.

In its essence, the Hatch Act prohibits federal executive-branch employees from engaging in political activity while on duty or wearing an official uniform, the statement said.

(Editor's Note: Visit the Office of Special Counsel on the Web at www.osc.gov/ha_fed.htm for more information about the Federal Hatch Act.)

Live Fire

From A-1

cover to the maneuver squad.

Two AH-64 Apache attack helicopters from the 1st Battalion, 1st Aviation Regiment, 1st Infantry Division, then swooped down over the infantry element and employed their 30mm machine guns and rockets onto enemy anti-aircraft guns located on other hill tops.

With most of the enemy's security weakened, the maneuver squad lined up against the shoot house

then proceeded to clear it, taking down six enemy targets in the process.

This combined live-fire exercise helped put the maneuver squad into the right mind set of room clearing techniques they may use while out on missions in Iraq, Williams said.

"We have to keep up on our skills and stay proficient; that way if [a raid] ever comes down, we can do it," he said. "Sometimes Soldiers need to be brushed up on the performances and measures you have to do in a room clearing."

The exercise was also a change from the day-to-day missions the infantry Soldiers have been conducting.

"It's something a little different," 1st Lt. J.R. Taylor, a platoon leader with Co. C, TF 1-27 INF said about the live-fire exercise. "We are doing a lot of stability and civil affairs operations now, so it's good get back to practicing these types of techniques."

The same live-fire exercise was conducted again Sept. 8 and 9.

Vote

From A-1

vote.

One VAO, 1st Lt. Terry Burke, Headquarters and Headquarters Company, 25th Infantry Division (Light) executive officer takes his additional duty seriously.

"My job is to make everyone aware of their right to vote," said Burke.

On the cusp of the General Election, Burke pointed out that the deadline for voting registration and requesting absentee ballots differs by state.

"It is an honor to inspire people to have a voice in their own government," he said, adding, "I feel this duty is extremely important and one of the better things that I do."

According to Burke, another invaluable tool for military voters is the Federal Voting Assistance Program Web site. State-by-state instructions and forms for requesting registration and absentee ballots are available online. Voters will also find frequently asked questions and links to state and military branch specific information.

"In the military, we cannot take a political stance. This [voting] is the one time where we can make our opinions heard," Burke said.

For Schofield Barracks Soldiers and families, this election year holds an even more special connotation. Nearly 10,000 Soldiers from the Division deployed in the global war on terrorism earlier this year. On Oct. 9 in Afghanistan, Division Soldiers are paving the way for democracy and they will witness that country's first free election in decades. In Iraq, Division Soldiers work to provide Iraqis the basic freedoms most Americans at times fail to appreciate.

One startling statistic is that only half of eligible voters voted in the 2000 presidential election, and the group with the lowest turnout was 18-24 year olds. With 2004 election slogans like "It's your future, Vote for it," "Don't just take a stand, Act," or voting registration campaigns like "Rock the Vote" and "Smackdown your Vote," federal, state, and local governments are hoping to energize Americans to exercise their most fundamental right – the right to vote.

"This is the greatest free country in the world, and it is great because we have these elections," said Burke. "One time

every four years, we can, in an indirect way [through our vote], direct where we want to go."

(Editor's Note: Contact your Unit Voting Assistance Officer for the latest voting information. Or, go online to the Federal Voting Assistance Program Web site at www.fvap.gov or, the Army Voting Assistance Program Web site at www.perscomonline.army.mil/tagd/pssd/psb/voting/votingindex.htm.)

10 things to help ensure your absentee vote is counted

- Start by contacting your Unit/Embassy/Organization Voting Assistance Officer for help in absentee registration and voting.

- Visit the Federal Voting Assistance Program's Web site at www.fvap.gov for information on the absentee registration and voting process.

- Ensure that you have applied for your absentee ballot using the hard copy or on-line versions of the FPCA.

- Make sure your local election official has your current mailing address.

- Sign and date all election materials.

- Fulfill your state's witness/notary requirements (if required).

- Ensure that your ballot or FPCA is postmarked.

- Register to vote and request your ballot in a timely manner – not later than September.

- VOTE – mail your ballot not later than Oct. 15, 2004.

- Use the Federal Write In Absentee Ballot if you are overseas and your state absentee ballot does not arrive in time to be mailed back by the state's deadline.

Briefs

Off-post Furniture Discontinued – The Assistant Chief of Staff for Installation Management will discontinue the Army off-post loaner furniture program in Hawaii beginning Oct. 1. The on-post loaner program has not changed. Those who have loaner furniture and live off-post can continue to use the borrowed furnishings until the 90-day period is up or household goods arrive. No new issues of furniture or appliances will be granted for off-post residences. All incoming military are encouraged to bring washers and dryers in their household goods shipment. Contact the DPW Furnishings Section at 655-1131 or Kelli Wilson, community relations specialist, at 275-3122.

Keiki Care Babysitter Training – This comprehensive course is designed for 11-17 year olds and covers interviewing techniques, basic child care skills, ideas for age appropriate toys and games, discipline strategies, handling emergencies, safety concerns and more. CPR and First Aid Certification are also included. Class will be held at the Armed Services YMCA on Wheeler Army Air Field, building 782 this Monday, and Wednesday, Sept. 29 from 8:30 a.m. until 4 p.m. The cost is \$40. Pre-registration is required and space is limited. Those 13 years and older who complete the class are eligible to go on the YMCA babysitter list that is given to military parents looking for sitters. For more information, call the Armed Services YMCA at 624-5645.

Fall Festival – A Fall Festival will be held at Hale Kula Elementary School, Schofield Barracks Oct. 23 from 10 a.m. to 2 p.m., rain or shine. This family activity will include games, prizes, food, entertainment, silent auction, static displays and much more. Vendors, crafters, and FRGs wanted, booth price is \$20. Contact Andrea at 624-1110 for information.

Upcoming Red Cross Classes – American Red Cross Schofield Barracks will be offering the following classes: Infant and Child CPR, this Saturday, at the Red Cross Office from 9 a.m. – 2 p.m. Cost is \$30. First Aid, this Saturday, at the Red Cross Office 2 – 6 p.m. Cost is \$20. These classes are open to teens as well as adults. Also, the office will be staffed, part-time, by volunteers. Call before coming. If no one is available leave a message and someone will get back to you. Call the office for registration or information at 655-4927.

Free Money for College – The Maj. Gen. James Ursano Scholarship Fund helps Army

families with the costs of post secondary, undergraduate level education, vocational training, and preparation for acceptance by service academies for dependent children. Funds can be used for tuition, fees, books, supplies, and on or off campus housing.

Eligibility: Applicants must be dependent children, stepchildren or legally adopted children of Army Soldiers on active duty, retired or deceased while on active duty or after retirement. The children of Gray Area Retirees are also eligible. Applicants must be unmarried for the entire academic year and be under age 22 on May 1 before the beginning of the academic year. Deadline is March 1, 2005. For more specific information about deadlines and documentation (students may apply online after Nov. 1) visit Army Emergency Relief on the Web at www.aerhq.org. Call (703) 428-0035 or e-mail education@aerhq.org.

Abuse Shelter Open – The Joint Military Family Abuse Shelter provides a safe comfortable environment for individuals and families experiencing abuse or the threat of abuse. The shelter offers the opportunity for victims to be understood, listened to and accepted, and gives them the time to learn about the dynamics of domestic violence and options to explore and the chance to develop a safety plan for the future. The shelter provides an environment for healing to begin. Shelter services include a safe place to stay, food, clothing and personal care items, transportation, child care, crisis counseling, information and referral, advocacy, education, safety planning, and a 24-hour shelter and crisis hotline. There are no charges for these services. Admission is open to all branches of service including all valid military ID card holders. Call the 24-hour crisis line 533-7125 for information or to talk to a support counselor.

Pre-Retirement Orientation – A semiannual pre-retirement orientation is scheduled for Sept. 29 from 8 - 11:30 a.m. at the Sgt. Smith Theater, Schofield Barracks. 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 and military staff offices will be available to answer individual questions. For more information, call the Schofield Barracks Retirement Services Office at 655-1514.

Wheeler Middle School Town Hall Meeting – Town Hall Meeting will be held Oct. 14 at 5 p.m. at the Wheeler Middle School cafeteria. All military families are invited to address school concerns, the

status of the Action Plan, and to discuss the School Community Council. Call Wayne Yoshino at 655-2414 for more information.

New Thrift Store Hours for Schofield Barracks – Tuesdays, Thursdays and the first Saturday of each month the thrift store is open from 9 a.m. - 1 p.m. Consignments are taken from 9 a.m. - noon. On the third Thursday of each month the Thrift Store will be open from 3:30 - 7:30 p.m. Evening hour consignments are from 3:30 - 6:30 p.m. Volunteers are always needed. The thrift shop is in building 2107, behind Army Community Service on Schofield Barracks. For more information, call 624-3254.

English as a Second Language – This is a basic, adult education English course. The course is designed for beginners to those seeking to improve written and verbal communication skills. Classes are Tuesdays and Thursdays 8:30 to 11 a.m. The fall session begins Tuesday through Nov. 30. Enrollment is ongoing. Registration and a \$15 fee are required. Call for more information and for child care (limited slots for qualified personnel), the YMCA on Wheeler at 624-5645.

Tips to Ease TRICARE Transition Challenges –

While transitioning to the new TRICARE contracts some beneficiaries may experience occasional transition challenges such as long wait times when calling their new regional contractors. Some tips for assessing TRICARE information include:

- Conduct business online whenever possible. Beneficiaries may enroll or change enrollment information online, search for providers in their local area, and find information on the health plan as well as links to other sites for information on claims processing and online appointments. Visit TRICARE West at www.triwest.com.

- Call during non-peak hours. Thursdays and Fridays have the least calls, making these days the best for gaining quick access to information beneficiaries need. Call 1-888-TRIWEST (1-888-874-9378), but prepare for longer wait times, due to high call volume, during the transition.

* Visit TRICARE Service Centers for face-to-face assistance.

It is also important for beneficiaries to keep their Defense Enrollment and Eligibility Reporting System, or DEERS, information updated. Failure to keep this information current may result in future provider and pharmacy service denials of care, returned TRICARE health care claims, and undelivered updates about the transition. To update personal information in DEERS, beneficiaries may:

Visit a local uniformed services personnel office or contact the Defense Manpower Data Center Support Office (DSO) at 1-800-538-9552. Visit www.tricare.osd.mil/DEERS to update address information, or Fax address changes to DEERS at 1-831-655-8317, or mail the address change to the Defense Manpower Data Center Support Office, ATTN: COA, 400 Gigling Road, Seaside, CA 93955-6771.

New Times for Worship at AMR Chapel – All three services have changed their times of worship.

- Catholic Mass 8:30 a.m.
- Contemporary Protestant 9:45 a.m.
- Gospel 12:15 p.m.

Registration for Sunday School and Catholic CCD Classes has begun. Register at any time on the downstairs lanai at the self-registration table.

Sunday School (ages 3 - adults) from 11 a.m. - noon.

RCIA classes for adults will be held Tuesday evenings from 6 - 7:30 p.m. For more information on worship times or religious education, call 833-8175.

Joint Spouses'

Conference – The 10th Annual Joint Spouses' Conference will be held Oct. 15 and 16 at the Hickam Air Force Base Officers' Club. The conference is a forum for military spouses from the Army, Navy, Air Force, Marine Corps and Coast Guard to come together as one-family to learn and share experiences from military life. Registration open Sept. 1 - 30. Registrants may choose from more than 50 workshops with an array of interests including cultural arts, cooking, health and fitness, parenting, career enhancement, military benefits and more. Forms may be picked up at base exchanges, thrift shops, and chapels. Registration forms may also be downloaded at www.jointspousesconference.com. The cost is \$25 for both days or \$15 Friday or Saturday only. The fee includes workshops, two continental breakfasts, two lunches and a tote bag. For more information and to preview some of the workshops, visit www.jointspousesconference.com or call Kaye at 839-6151.

Waianae Veterans Day Parade – Begins 9 a.m. Nov. 6 at the Waianae Boat Harbor. At

10 a.m., there will be an hour of speeches and awards to veterans, and talks about the Soldiers currently deployed. There will be video taken of families and local community groups at this Hoolaulea, and there are plans to send copies of the videos to deployed Soldiers.

Thinking about leaving the Army? – The Army Career and Alumni Program can help with the decision. What the Army offers, compared to what's available on the outside, may be better than one thinks. Find a job that's a right match. Skills assessment, job search techniques, access to job openings are all part of the ACAP process. Counselors can help translate experiences and skills into job market language and determine one's fair market value. ACAP shows how to put the best foot forward with interview techniques, salary negotiation, dress for success, networking, resumes and cover letters. For more information, visit the Schofield Barracks ACAP office in the Aloha Center, building 690, 3rd Floor, Room

Camp Albert on Bagram Air Base, Afghanistan literally shines



1st Lt. Paul Moreshed

Parwan PRT enters historic Panjshir Valley

By Sgt. Frank Magni
17th Public Affairs Det.

PANJSHIR PROVINCE, Afghanistan – As Coalition forces reach out to more locations in Afghanistan helping with reconstruction and stability, the process of entering new areas poses new challenges.

With each new location having unique cultural concerns and reconstruction needs, the experience is always different.

Members of the Parwan Provincial Reconstruction team visited the newly-formed Panjshir Province – an area of central Afghanistan rich in history and pride – several times in August and September. It is also an area rarely visited by coalition forces.

Located within the province, Panjshir Valley is the home of Ahmad Shah Massoud, a champion of Afghan freedom, who fought against Soviet and Taliban forces. Massoud was assassinated by the Taliban just days before the Sept. 11, 2001, terrorist attacks on the United States, and still remains a hero to many Afghans.

Master Sgt. Jeffrey White, Parwan PRT, was one of the first civil affairs members to enter the valley after receiving an invitation from the provincial governor.

The area was never overlooked by the coalition, but was being respected because of its symbolic importance to the country, White said.

“This place is very beautiful. When you come here you realize why they (Panjshir



Sgt. Frank Magni

Col. Steve Jones, TF Victory chief surgeon, gives vitamins to an Afghan girl during a CMA mission to Panjshir Province.

Valley residents) would be so protective of the area,” White said. “They are very proud of their home.”

After initial visits into the valley, the team saw they could help the residents with the type of aid that has been provided in other provinces. They also encountered a very receptive population.

“When we initially arrived, the people were very glad to see we were here,” said Maj. Charles Westover, Parwan PRT commander. “Everyone in the valley is very hospitable.”

During the visits, the Parwan team gave out school and tool kits. Within each of the school kits are enough school supplies for 70 stu-

dents. The tool kits contain an assortment of tools and materials, like hand tools and nails.

As the kits were distributed throughout the province, coalition forces also began communicating with local leaders. During the first few meetings, the residents expressed the need for medical and veterinary treatment in the villages.

As a result of this need, the PRT enlisted the aid of the Cooperative Medical Assistance team.

Comprised of a group of doctors and veterinarians from throughout the Coalition, the CMA is a team that specializes in providing medical and veterinary aid to remote villages.

During the PRT’s third

visit into the valley, the CMA team entered Shatol Village to provide aid.

Setting up in the local school, central to the village’s population, the CMA team opened a field expedient men’s and women’s clinic. They used their vehicles to create a corral for treating the animals, and another team created a separate area to make prescription eye glasses.

The CMA provided medical aid to hundreds of Panjshir residents. They also made more than 40 pairs of eye-glasses and treated more than 100 animals.

No stranger to being one of the first coalition groups in the area, Col. Steve Jones, CMA team member and Task Force

Victory chief surgeon, said the impact of the CMA mission is designed for exactly what the Parwan PRT was trying to do in Panjshir.

“Our aim is to begin direct personal interaction between the coalition and local Afghans,” Jones said. “We have found that providing medical care increases the trust Afghans have with us.”

This was not the first time a CMA was used by the Parwan PRT to help increase communications. The CMA team also visited Sarobi and Nangalam Districts.

“There are many positive effects we see after a CMA (project) moves through a village,” White said.

He said the local leaders gain an understanding of what kind of assistance the Coalition can provide and how they can improve their own services in the area.

In Panjshir, the CMA project identified optimal times to help with the valley’s animals.

During the CMA, it was discovered that local herders move their animals into the mountains during the summer months, making it difficult, if not impossible, for the Afghans to access veterinary care. With knowledge of the livestock’s grazing patterns, the team now knows to only provide veterinary services during the winter.

Gulabsha, a district chief within Panjshir Province, said livestock is very important to the people within the valley.

“Our village relies heavily on animals,” said Gulabsha. “We really appreciate it when the Coalition comes here and vaccinates our animals and

treats our people. When the coalition comes here, the people are happy. It has been very positive.”

Although the CMA will help greatly, it is just one of the many steps the coalition will take in Panjshir.

“Now that we have a good line of communications open, we will identify what other projects and services we can provide,” said White.

Using the first meeting as a guide, both the Parwan PRT and Panjshir local leaders have learned much about each other.

Using this newfound knowledge, the parties are forging partnerships that will make the aid provided by the coalition more meaningful for the residents of Panjshir Province.



Courtesy photo

Soldiers load supplies on a CH-47 Chinook Helicopter for the Rodeo.

CJTF-76 Soldiers enjoy 'rodeo' in Afghanistan

By Spc. Daniel P. Kelly
CJTF-76 Public Affairs Office

BAGRAM AIR FIELD, Afghanistan – Soldiers in remote fire bases are grateful to receive the support from Army and Air Force Exchange Services employees through a program known as a "Rodeo".

AAFES conducts weekly "rodeos" to Forward Operating Bases in Afghanistan, giving Soldiers in remote locations an opportunity to use finance services, legal, chaplain, Reserve and National Guard affairs, retention, education and MWR, and AAFES products said 1st Lt. Linda North, who heads the Morale, Welfare and Recreation for Soldiers and Coalition Forces in Combined Jointed Task Force 76 in Afghanistan.

"Rodeos are so mobile," North said. "They move around, and show up from town to town. That's what our Rodeo does."

North said although the Rodeo in Afghanistan is carried out weekly,

Forward Operating Bases get visited, individually, about once a month.

North added that to many Soldiers, the Rodeo "coming to town" is the high point of their off time in Afghanistan.

"It's a chance for Soldiers to take care of financial issues, or any other issue that may need to be addressed," North said.

North and a team of support elements load supplies on pallets for the rodeo on CH-47 Chinook Helicopters and fly out to the Forward Operating Bases. After landing at the FOB, trucks come to take the supplies, rodeo Soldiers and AAFES employees to the FOB's dining facility to set up their operation.

Lt. Col. Armon Cioppa, commander of personnel for CJTF-76 in Afghanistan, said the rodeo makes a world of difference to Soldiers serving in the most rugged and remote locations in Afghanistan.

"I had one Soldier tell

me it was like Disneyland to them," Cioppa said.

Out of all the benefits afforded to Soldiers, North said AAFES is the highlight of the rodeo.

"They bring toiletries, chips, dips, magazines, video games and anything else a Soldier might buy at a post exchange," North said. "Soldiers also provide shopping lists to AAFES before the rodeo, so that AAFES can cater to the Soldiers' needs; like televisions and X-Boxes (video games)," she added.

Col. Chuck Cardinal, chief of staff for CJTF-76, said AAFES employees are selfless in their service because the AAFES employees volunteer to serve in Afghanistan and give service members something tangible through the Rodeo program.

"I have great respect for anyone who is selfless," Cardinal said. "AAFES employees are doing it for their love of Soldiers, Sailors, Airmen and Marines. I think they're very special people."

Sanchez reflects on Hispanics' role in the military

By Samantha L. Quigley
American Force Press Service

WASHINGTON – To commemorate National Hispanic Heritage Month, the U.S. military's highest-ranking Hispanic officer described Hispanics' role in the military as one of mutual benefit.

Lt. Gen. Ricardo Sanchez, commander of the Army's 5th Corps in Germany, said the military can help Hispanics find their way out of poverty, and the military gets great dedication in return.

"I think what (Hispanic service members) bring is tremendous loyalty, tremendous dedication to our country and to our democratic values," said Sanchez during a Pentagon Channel and American Forces Press Service interview Sept. 16. "We also bring the diversity to our services that is so powerful in making us the great military that we are."

In the past few years, Sanchez said, there has been an effort to increase the representation of minorities, Hispanics in particular, in the military.

Sanchez said that maintaining Hispanic representation in the military has been difficult and remains a challenge, particularly in the officer corps. "Part of that difficulty is that Hispanics are not graduating from high school and then not going on to college to get commissioned," he said.

In general, across American society, Hispanics are making contributions across all of society, said Sanchez, who formerly commanded

Combined Joint Task Force 7 in Iraq.

"I think it is a well-known fact that the Soldier, the service member, that leaves the military and reintegrates back into society in civilian life is a lot more disciplined, is a lot more mature, and has a perspective on our democratic principles and has perspective on world issues that is much greater than the average initial hire out in there in our society," he said.

In looking at the recent past, Sanchez said he sees an increased representation of Hispanics across all sectors of society. This is due, in part, to the increase in the Hispanic population, now the largest minority group in the United States, and an increased emphasis on education. "I think there is a very powerful base that can be garnered if we can, in fact, encourage continued education, encourage that segment of our culture," Sanchez said.

The general said opportunities exist for Hispanic service members. Sanchez admitted his military service as a minority officer hasn't always been smooth sailing, but many people helped him along the way.

"There have been challenges as a minority officer within this institution," Sanchez said. "But when I look back and think about all the superiors that helped me succeed, you can't help but accept that this is probably one of the best institutions in our country for providing equal opportunity to all of its members. And our procedures and our systems are such that it does give

every segment of our society the ability to be successful."

The system, he said, provides the opportunity for success based on potential and competence, allowing for true equality.

He noted that in his career he has met Hispanic Soldiers who were not American citizens but were dedicated to the American way of life – the freedoms and the opportunities.

With National Hispanic Heritage Month, Sept. 15 to Oct. 15, Sanchez said it's important for the military to celebrate diversity in the armed forces. "When I look at our Army in the different theaters that I have served in, ... we have all of our ethnicities, all of our races represented, and this is a concept that a lot of societies have not been able to embrace," Sanchez said. "We're a country that provides equal opportunity based on our democratic principles."

He said the fact that all ethnicities are represented gives America its strength and makes the U.S. Army the best in the world.

As for the best way for commands to celebrate Hispanic heritage during the month, Sanchez said leaders must commit to ensuring that all minorities, not just Hispanics, understand the significance of their service.

"It's about ensuring that those minority groups understand the value of their service, the value of the contributions that they have made as individuals and also as a segment of the society to the overall good of America," Sanchez said.

ArmyOnline
www.25idl.army.mil



25th Infantry
Division (Light)
&
United States
Army, Hawaii



Army announces NCO, Soldier of Year

By Sgt. Reeba Critser
Army News Service

WASHINGTON – After a week enduring physical and mental anguish, Staff Sgt. Andrew J. Bullock and Spc. Wilfredo A. Mendez took home the titles of 2004 Department of the Army Noncommissioned Officer and Soldier of the Year in a Sept. 17 ceremony at Fort Myer, Va.

“Never quit” – was a motto instilled in the 20 candidates representing 10 major commands. But there could only be one winner.

Bullock is a Ranger instructor with the 5th Ranger Training Battalion, Fort Benning, Ga., and he represented Training and Doctrine Command in the competition.

Mendez is a signal intelligence analyst with Company A, 3rd Military Intelligence Battalion, Camp Humphreys, Korea. The 3rd MI Battalion is part of the 501st MI Brigade under the U.S. Army Intelligence and Security Command.

“From the bottom of my heart, it’s an experience of a lifetime,” said Sgt. Russell Burnham, the 2003 Soldier of the Year. “It’s demanding at times, but I wouldn’t trade it for anything. There are no words to describe the opportunity or experience I had. It’s a shame only one person can have it.”

“It’s a great opportunity and a chance to meet many Army leaders and make life-long connections,” said his wife, Elizabeth Burnham.

During the week-long competition, which started Sept. 12, Soldiers competed in the Army Physical Fitness Test, written exam and essay, day and night navigation, warrior task testing, day and night



Spc. Wilfredo A. Mendez accepts the award and title of 2004 Soldier of the Year from Sgt. Maj. of the Army Kenneth O. Preston Sept. 17, at Fort Myer, Va. Mendez represented U.S. Forces Korea in the competition.

Sgt. Reeba Critser

weapon qualification, a six-mile road march, NBC fire and other events at Fort Lee, Va.

Then the Soldiers completed the last leg of the competition Sept. 16, in Crystal City, Va. – the board, which was

presided over by Sgt. Maj. of the Army Kenneth O. Preston.

While waiting for the results, the Soldiers toured

Washington, D.C., and attended a Spirit of America show at the MCI Center.

Then the time came to

announce the winner at Fort Myer.

“All the competitors are here because they know what it takes to be a winner,” Preston said before he announced the winners. “Take what you’ve learned in the past week and getting up to the event and apply it to your daily life.”

Both the winners said they felt relief when their names were called.

NCO winner Bullock is a native of San Diego, Calif. He has deployed to Kosovo, Egypt and various rotations to the National Training Center, Fort Irwin, Calif.; and the Joint Training Readiness Center, Fort Polk, La.

Mendez is from Rio Grande, Puerto Rico. He is working toward a bachelor’s degree in business administration, and is a graduate of the Combat Life Saver Course and Airborne School.

Still limping from the road march at the award ceremony, Mendez said, “the whole week has been a perfect challenge. The battlefield replications and timed events are there to show you what you’re made of.”

“It’s an extreme privilege to represent NCOs, especially those who are deployed, because I’m sure there are NCOs who wanted to be here but couldn’t,” Bullock said.

The next step for these winners is to accompany Sgt. Maj. of the Army Kenneth O. Preston in various travels as spokespersons for the Army.

“I’m looking forward to going with the sergeant major of the Army overseas and visiting troops,” Bullock said. “They deserve more accolades – by far more – than I did here. They’re putting their lives on the line.”

Memorial ceremony honoring Spc. Wesley R. Wells



Capt. Juanita Chang

Lt. Col. Walter E. Piatt, the commander of 2nd Battalion, 27th Infantry Regiment, Maj. Gen. Eric T. Olson, the commander of Combined Joint Task Force 76, and Col. Gary H. Cheek, the commander of Combined Task Force Thunder enter the memorial ceremony held at Forward Operating Base Orgun-e in Eastern Afghanistan Wednesday to honor Spc. Wesley R. Wells, who was killed in action Sept. 20.

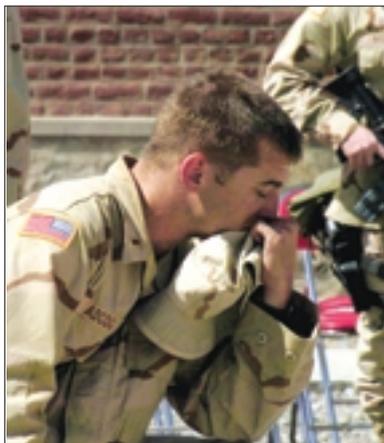
1st Lt. Shane Adcock, the fire support officer for 2-27 Inf. Rgt. grasps the identification tags of Spc. Wesley Wells while Spc. Levi Brown and another Soldier from Co. A look at photos of Wells and his wife.

Capt. Juanita Chang



Sgt. Maj. Anthony Merrero

Staff Sgt. Kenneth Parent, of Co. A, 2nd Bn., 27th Inf. Rgt pauses to pay his final respects to Spc. Wesley Wells while Spc. Luke McCauley looks on.



Capt. Juanita Chang

1st Lt. Shane Adcock kneels and pays final respects to Spc. Wesley Wells.

President makes case for continued commitments in Iraq, Afghanistan

By Sgt. 1st Class
Doug Sample
American Forces Press Service

WASHINGTON – Three years after the attacks of Sept. 11, 2001, the United States is still on the offensive to confront terrorist threats to the country, President Bush told radio listeners today during his weekly address.

"We're acting to protect the homeland, to track and disrupt terror networks across the world, and to hold to account the sponsors of terror," he said. "We're staying on the offensive, striking the terrorists abroad so we do not have to face them here at home."

The president said that Americans understand that the long-term security of the country requires a "broader commitment," and that the United States is determined to fulfill that commitment by spreading "hope and economic progress and freedom as the alternatives to hatred, resentment, and terrorist violence."

He also said the United States and other nations are building a better world "by standing with the liberated peoples of Iraq and Afghanistan as they move toward democracy."

During his address, the president noted that more than 10 million Afghan citizens have now registered to vote in next month's election. In addition, he pointed out, Iraq is progressing towards free elections in January.

However, the president said, "terrorist enemies are trying to stop the progress of both those countries." And he warned that "their violent and merciless attacks may increase as elections draw near."

He said the U.S. will keep its commitment in both countries because the security of the United States will be better served by a more stable Middle East.

"Our long-term security – the safety of our children and grandchildren – will be served when the broader Middle East is home to stable, democratic governments that fight terror," Bush said.

In New York this week, the president said he will make additional proposals to the United Nations in an effort to "expand prosperity and accelerate the march of freedom in our world."

"Never in the history of the United Nations have we faced so many opportunities to create a safer world by building a better world," he said.

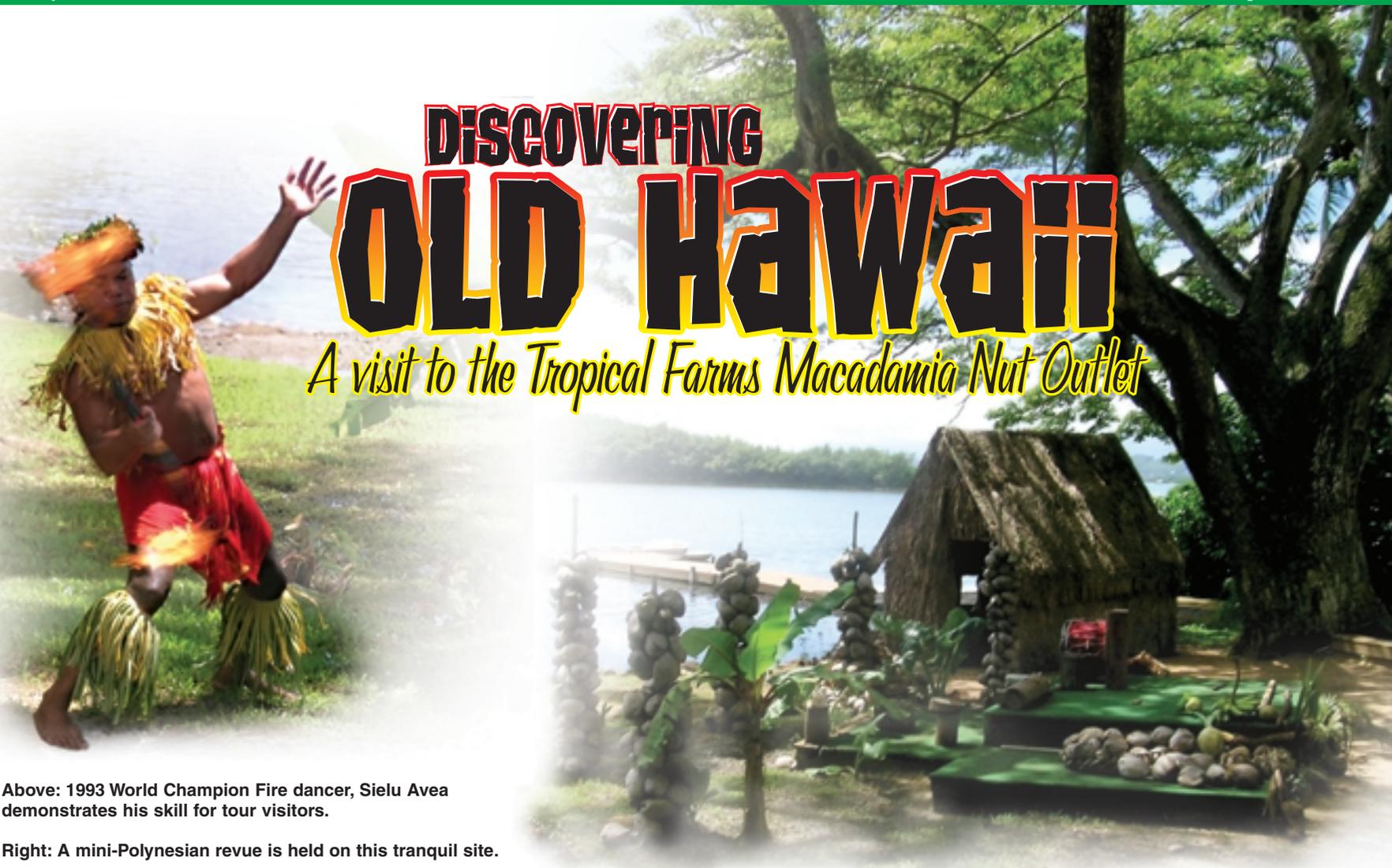
"For the sake of our common security, and for the sake of our common values, the international community must rise to this historic moment," Bush said. "And the United States is prepared to lead."

COMMUNITY & SPORTS

Friday

B-1

September 24, 2004



DISCOVERING OLD HAWAII

A visit to the Tropical Farms Macadamia Nut Outlet

Above: 1993 World Champion Fire dancer, Sielu Avea demonstrates his skill for tour visitors.

Right: A mini-Polynesian revue is held on this tranquil site.

By Joy Boisselle
Staff Writer

The Tropical Farms Macadamia Nut Outlet is an off the beaten path, blink your eyes and you'll miss it kind of place. It is also one of Oahu's hidden treasures and a must-see attraction.

This is a chance to see an older, more tranquil Hawaii than that of Waikiki or other heavily trafficked attractions. As with all destinations in Hawaii, the setting is beautiful, and breath taking, but what is missing is the long lines of impatient tourists, the lack of parking, and the ever-present commercialism generated by such a striking locale.

The outlet hosts a variety of activities and sights sure to delight even the most jaded of tourists and Kamai'ina. A lush, tropical garden boasts a plethora of exotic flowers and fruits, and an outlet store features free samples of macadamia nuts, Hawaiian coffees, and breads. Additionally, local crafts, jewelry, and textiles are on display and available for purchase.

The outlet is a small family-owned business started 17 years ago as a roadside stall by Steve and Chrissy Paty, according to manager Phillip Smith.

The actual farm, located elsewhere, boasts 1,700 trees on 24 acres of windward land. It is the only operational macadamia nut farm on Oahu today.

There is no charge to wander the garden's many paths and enjoy the staff's hospitality.

"We don't expect you to buy anything, but we do expect you to be happy when you leave," explained Smith. "Our visitors come and we share our life experiences and just talk story."

The laid-back atmosphere would be reason enough to visit, but the outlet claims one attraction that cannot be duplicated at other more well-known venues: a mini-Polynesian revue, garden tour, and a boat ride on an



Inside the gift shop, visitors will find free samples of nuts, coffees, and breads coupled with a large dose of Hawaiian hospitality.

800 year old aquaculture pond.

Sounds like nothing new and extraordinary; however, none other than "The Ambassador of Polynesia," Chief Sielu Avea, hosts this tour. A 22-year headliner at the Polynesian Cultural Center, Avea recently celebrated his tour's first anniversary with Tropical Farms.

Avea is an accomplished man. Samoan Chief at 25, he was the 1993 World Champion Fire Dancer, the first Samoan stand-up comedian at the Honolulu Comedy Club (a talent he uses liberally throughout the tour), and he speaks six languages including Japanese and Polish.

He has appeared on numerous television programs including The Oprah Winfrey Show and Magnum P.I., and he is an accomplished author.

The Ali'i Tour is his way of sharing his love and pride of the Polynesian culture and heritage with visitors as well as preserving the ways of an ancient people long gone. Even more astonishing and matchless is the tour's price,

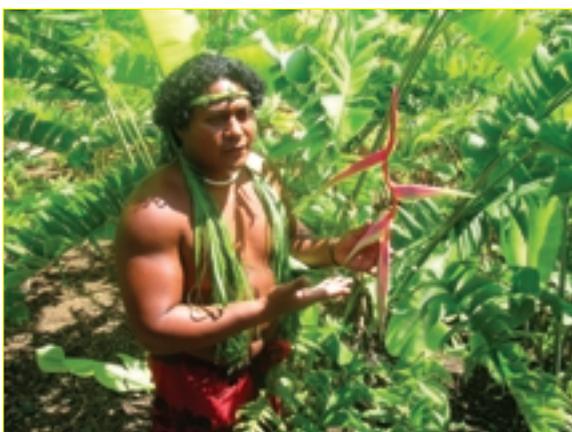
a surprisingly affordable \$10.

The tour begins with visitors boarding the open-air "Adventure Bus" for a leisurely 45 minute to an hour guided trip to a Hawaii most visitors won't see. Traveling through the lush gardens, Avea and his guides stop often to tell a little known historical fact or better yet, to cut visitors blooms from the many hued flowers lining the way.

One story Avea told was

how the land originally belonged to King Kalakaua who sold it to the Morgan family of Kualoa Farms in the 1850s. Before the sale, the royal land was forbidden territory to any except those invited. Uninvited guests were executed.

Avea said some Hawaiian warriors also used the land to train, and some are buried in mounds still visible today. A statue of a Hawaiian god stands at the foot of one such



An Ali'i tour guide cuts fresh tropical flowers to present to visitors. Some of the rarest blossoms grow in the gardens at Tropical Farms.



Chief Sielu with his guides delights visitors with songs and music of ancient Hawaii.

burial mound.

Stopping at this spot, visitors leave the bus for the most memorable part of the tour. Avea and his guides deliver a mini-Polynesian show that includes the songs and music of old Hawaii and the origins and usage of the many plants, flowers, and fruits on the island.

Particularly entertaining is the story of the coconut palm or the "tree of life." During the telling, Avea shows visitors how ancient Polynesians used the tree to sustain every part of their lives from food, clothing, to shelter. He concludes this part of the tour with a demonstration of his fire-dancing prowess.

Visitors are then loaded on a flat bottom boat for a short trip on Hawaii's largest fishpond. During the ride, Avea points out "Secret Island," the site for filming Gilligan's Island, a popular 70s sitcom, and numerous other locales used by the entertainment industry.

He vividly describes terrain features including Sleeping Dragon Mountain, China Man's Hat, and Turtle Rock. At one point, he stops the boat and allows visitors to take photos with him against an amazing backdrop of the windward mountains.

The tour continues by bus through abundant fruit orchards where Avea will

again leave the bus to pick fresh fruit for his guests. Climbing enormous trees, he returns with an armful of mangos, star fruit, guava, and bananas to share.

Beyond pride in his heritage, Avea's motivation is a simple one.

"I want people to know the true spirit of being in the Islands, not just Waikiki," he said.

"Visitors should leave with a good feeling about the Islands and the locals who live here," he added.

Tropical Farms is approximately a 45-minute drive from Schofield Barracks. For a scenic route, follow signs from Schofield Barracks to the North Shore. Stay on Highway 83 past Turtle Bay Resort and Kualoa Ranch. The farm is located approximately five miles past Kualoa ranch on the left side. American flags line the roadway signaling your arrival.

A faster route is from Schofield Barracks on H2 to H1, Honolulu. Take H3 to Kaneohe, exit on Likelike Hwy., and immediately take the Kahelili exit on the right. Go north approximately eight miles and look for the American flags and Macadamia Nut Farm outlet sign on the right.

(Editor's Note: For information about Tropical Farms, call 781-1960.)

Find Weekly Lunch Specials – Visit www.mwrarmyhawaii.com to find all the weekly lunch specials for all Army Bowling Centers, Golf Courses and Community Clubs. Can't decide where to eat? Just visit MWR online.

Free Tickets to Hawaii Theater – Military Appreciation Night Oct. 14 starting at 7 p.m. to the production of William Shakespeare's "A Midsummer's Night Dream." The performance is free and open to active duty, Reserve, retirees, their family members, DoD employees and their guests. Tickets are currently available to active duty Army personnel and their families at the Information, Ticketing, and Registration office on Schofield Barracks, building 556. Call 655-9971 for information.

Call Fort Shafter ITR, building 550, at 438-1985. Reservists, retirees, DoD employees and their guests may pick up tickets beginning Sept. 30. (Limit two tickets per DoD cardholder). Tickets are limited and will

be distributed on a first come, first served basis.

Spouse's Night Out – This free adults-only program at Army Community Service on Schofield Barracks is designed to get spouses out of the house every Thursday night from 6:30 - 8:30 p.m. to have fun. Sept. 30, Beginning Hula, Learn to Use a Web Camera and Quilting. Also at the Tropics, building 589, Retro Night: Dance to the music from 60's, 70's and 80's, dress in a favorite costume and prizes will be awarded. DJ and refreshments provided. Children ages 6 and older are welcome to participate in supervised activities. Oct. 7, Attitudinal Healing (1 of 6), Success Magic, Maintaining Long Distance Relationships, Create Your Own Family Web Page and Quilting; karaoke at the Tropics, building 589. MWR Blue Star Card holders will 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. Child care reservations can be made two weeks in advance. Pre-registration for classes required, call 655-2736.

Infant Play and Learn – Held every Tuesday morning, 9:30 a.m. - 11:30 a.m. at Army Community Service on Schofield Barracks for parents with infants 0 - 12 months old. Enjoy short learning sessions on various topics about growth, development and nutrition. Participate in enjoyable development activities during free play and circle time activities. Call 655-2400.

Join the New Teen Center – Are you between

the ages of 11 - 18? If so, we have a place for you. The Schofield Barracks Teen Center now located in Kaala Community Activities Center, building 556, offers fun services designed especially for you. Call 655-0451.

Family Readiness Group Assistance – Army Community Service offers a new program. Five part-time Family Readiness Administrative Liaisons, or FRALs, have been hired to assist family readiness groups with newsletter production and battalion level Web pages on the Division Web site. FRALs can also assist with phone tree formats and resource information and referrals. FRGs are encouraged to use this new program. Contact 655-2734 for more information and to reach your assigned FRAL.

Mommy and Me Ceramic Painting – Choose from a variety of Halloween and Christmas items to paint with your child Oct. 7, 2 - 4 p.m. and Oct. 17 and 24 1 - 3 p.m. at the Schofield Barracks Arts and Crafts Center. Cost is \$18 per team, \$7 each additional child. Price includes all supplies and instruction. Call 655-4202.

Hale Ikena Birthday Lunch Special – It's the Hale Ikena on Fort Shafter's 5th birthday and they're celebrating. Enjoy a special \$5 lunch buffet price from Sept. 27 - Oct. 1 from 11 a.m. - 1 p.m. Get special priced tickets by calling 438-1974 or stop by the Hale Ikena. Those without a ticket will pay the regular \$7.95 price.

Hale Ikena Birthday Celebration – Celebrate the Hale Ikena's 5th birthday on Sept. 30 beginning at 4:30 p.m. with heavy pupus,

action stations, live entertainment, no host bar and door prizes. This event is free, but ticket is required. Free tickets can be obtained by calling 438-1974 or by stopping by the Hale Ikena.

West Side Story – A popular love story comes to Richardson Theatre on Fort Shafter, this Friday and Saturday. Curtain at 7:30 p.m. Tickets for adults are \$17 and \$14. Children (under 12) pay \$10 and \$8. The box office is open Monday - Friday from 10 a.m. - 2 p.m. Call 438-4480 for information.

Wrestling Comes to the Tropics – Watch a night of wrestling by The Hawaii Championship Wrestling Organization on Sept. 25 at the Tropics, Schofield Barracks. Doors open at 6 p.m. and event starts at 7 p.m. Admission is \$3 at the door for all ages. Call 655-5697 for information.

Swap Meet Shopping Trip – Search for a bargain at the Aloha Stadium Swap meet on Sept. 29 from 8 a.m. - 1 p.m. Round trip transportation will be provided from Bennett Youth Center, Schofield Barracks or Helemano Child Development Center, departing at 8 a.m. and returning at 1 p.m. Bring a brown bag lunch, coolers will be provided. Admission to the Swap Meet is \$.50 per person. Limited seating available, reservations required by noon on Sept. 28, call 656-0110 or 655-0009.

Touchdown Golf – On Mondays, play nine holes of golf at Nagorski Golf Course on Fort Shafter and then watch the football game live at Mulligan's. Cost is \$20 per person and includes nine holes of golf with cart, four-

some platter of pupus, a pitcher of beverage and chance to win cash prizes. Tee times from 11 a.m. - 4 p.m. every Monday. Call 438-9587 for information.

Free Yoga Class – A free Introduction to Yoga class will be held at the Health and Fitness Center on Schofield Barracks every Thursday at 4 p.m. until Oct. 14. Call 655-8007 for information.

After School "Shrek" Party – Play games and contests from 3 - 5 p.m., Sept. 29 at the Tropics on Schofield Barracks. Make and take crafts and "Shrek" treats. Cost is \$2 if registered before Sept. 28, \$3 on Sept. 29. Call 655-0002 for information.

Fall Teen Camp – Week one of fall teen camp begins at the Schofield Barracks Teen Center, located at Kaala Community Activities Center Sept. 27 - Oct. 1. Daily field trips or activities are as follows: Character Counts, Honolulu Zoo, Dole Plantation Maze and Beach, Fear Factor Day and Bay View Miniature Golf. Week two is from Oct. 4 - 8 and daily field trips are as follows: Survivor Day, Battleship Missouri, Hiking and Beach, Pearl Harbor Skate Park, Sharkey's Theatre. Daily activities are 12 - 7 p.m. and costs \$25 per week. Waivers are required. Teens should bring a sack lunch daily. There are 42 slots available per week, register by calling 655-5314 or 655-0451 for information.

Parade of Pets – Participate in a parade with your pet, contests, and learn animal safety tips and information about the MWR Pet Kennels on Sept. 25 at the Tropics, building 589, on Schofield Barracks. Sign-in and late registration is at 11 a.m., the parade begins at noon. Awards will be given for Best in Show, Most Unique, Best Dressed, Best Trick and many more. Entry fee is \$3 at the event. Registration is required, and breed restrictions may apply. Call 655-0002.

Tropics September Food Special – Buy two slices of pizza with a soda for \$5 or a large one topping pizza with a pitcher of soda for \$11.99. Also available a taquito special: steak, chicken or calzone type for \$1.75 each, all month long. Saturday enjoy all-you-can-eat taco bar for \$8.95 from 5 - 8 p.m. Call 655-0002.

Modeling and Mannerism Classes – Classes will be offered at Schofield Barracks and Aliamanu Youth Centers in October. Modeling Classes are open to youth 6 - 18 years

of age and parents. Cost is \$475 for a 14-hour course. Must have at least four students enrolled to conduct the class. Mannerism Classes are open to youth 5 - 11 years of age. Fee is \$40 for a four week class or \$60 for a six week class. Must have six students enrolled to conduct the class. All classes are conducted by Unique Models Agency and Production. Call 655-6461 or 833-4932.

Spanish Collection at Library – Visit the Sgt. Yano Library on Schofield Barracks and view a new section of books and video-cassettes in Spanish. The library now has books appropriate for children of all ages as well as a selection of recent adult fiction and paperback books by popular authors. Call 655-0145.

What's Happening at MWR – To find out more information about MWR activities, programs and facilities pick up a copy of the Discovery Magazine which is available at the Schofield Barracks Commissary, Fort Shafter PX, Aliamanu Shoppette, Tripler Mountain Side entrance and at all MWR facilities. Or visit the Web site at www.mwrarmyhawaii.com.

MWR R&R Deployment Specials – Soldiers returning from Operation Enduring Freedom or Operation Iraqi Freedom will receive 50 percent off regular cottage rates at Piliiaau Army Recreation Center in Waianae. For Piliiaau reservations call 696-6783. Eligible Soldiers must be accompanied by a Blue Star Card holder upon check-in or have a copy of their leave orders.

* Free Outdoor Recreation Rental Equipment check out up to \$50, call 655-0143.

* Three free hours of Bay Time at the Army Auto Craft Centers, call 438-9402 or 655-9368 for information.

* Bowl for \$1 a game on weekdays until 5 p.m. at the Schofield Barracks Bowling Center, shoes not included; call 655-0573 for information.

Sunday Brunch – Select foods with flavors infused from the Pacific Rim, Asia and Hawaii at the Hale Ikena on Fort Shafter. Brunch is served from 10 a.m. - 1 p.m. Cost is \$17.95 for adults with children pricing available. Reservations required, 438-1974. Reggie's on Schofield Barracks offers a brunch buffet with classic favorites from 10:30 a.m. - 2 p.m. The cost is \$12.95 for adults with children pricing available. Call 655-4466 for information.

This Week at the MOVIES
SGT SMITH THEATER

TODAY
The Manchurian Candidate
7 p.m. (R)

SATURDAY SEPTEMBER 25
The Village
2 p.m. (PG-13)

SUNDAY SEPTEMBER 26
The Village
7 p.m. (PG-13)

HICKAM MEMORIAL THEATER

TODAY
Collateral Damage
7 p.m. (R)

SATURDAY SEPTEMBER 25
YU-GI-OH! The Movie
2 p.m. (PG)

Collateral Damage
7 p.m. (R)

SUNDAY SEPTEMBER 26
The Princess Diaries
7 p.m. (G)

WEDNESDAY SEPTEMBER 29
YU-GI-OH! The Movie
7 p.m. (PG)

THURSDAY SEPTEMBER 30
The Princess Diaries
7 p.m. (PG-13)

HACN TV Schedule

September 24-30

Morning		Evening	
6:00	Sign on	6:00	Voting 04' Assist Program
6:30	Fit for Life	6:03	Community Focus
7:00	Bulletin Board	6:13	Living History Day
7:30	Shamu - The Bird Story	6:15	Bulletin Board
8:00	Pentagon Channel	6:47	Arm Values Respect
9:00	Pentagon Channel	6:53	OIF photo montage 3
10:00	ASAP-Fitness for duty	7:00	NFL-Turf Talk 95
10:30	OIF photo montage 7	8:00	OEF Deployment Ceremony
10:46	Bulletin Board	8:30	OEF Deployment Luau
11:30	Hawaii hidden beauty, hidden danger	8:50	History of JAG
11:50	OIF photo montage 6	9:00	Anti Terrorism FP
12:00	Pentagon Channel	9:30	Oakland Army Base
		10:00	Youth Protection
		11:00	NFL- Greatest Games 77AFC
		12:12	Bulletin Board
Afternoon		Overnight	
2:02	Hurricane Safety	12:46	Pentagon Channel
2:21	Voting 04' Assist program		
2:28	OIF photo montage 2		
2:30	Shamu - Whale and Dolphin Story		
3:00	Shamu - Rhino Story		
3:40	Oahu - Aloha begins		
3:50	OIF photo montage 5		
4:00	Pentagon Channel		

Soldiers teach Iraqi youth to play America's favorite pastime

Story and photos by
Spc. Sean Kimmons
25th ID (L) Public Affairs

ALTUN KUPRI, Iraq – Although baseball games are common in America, it is a rare sight in this soccer-crazed country.

More than 20 Iraqi youth dressed in complete baseball uniforms made history Sept. 15 when they played in a five-inning baseball game.

Because there are no previous records of an official baseball game played during or after Saddam Hussein's regime, the Altun Kupri youth played the country's first in decades.

Minus the sound of Muslim prayer on a loud speaker from a nearby Mosque, the game played here looked similar to a Little League game back in the states.

"Outlaw" Soldiers of Company C, Task Force 2-11 Field Artillery put the game together for the Iraqi youth. All of the coaches and umpires were Outlaws or their interpreters who helped guide the youth in the game.

Throughout the game, there were visual signs that Iraq was still a soccer-dominated country as some of the fielders stopped ground balls with their feet instead of gloves. There was some frustration seen among the faces of players learning the new sport.

In the end, laughter and smiles prevailed as the Newroz team beat the Brusik team, 10 – 7.

"I am very happy today, it is the greatest moment in my life," Ahmed Gager, a player on the Newroz team said through an interpreter after the game.

"This game is new to us. We never knew about baseball but now we know about it and we enjoy it."

The idea of a baseball game in Iraq came from Capt. Deron Haught, the former Forward Operating Base Altun Kupri commander. Back in June, his sister,



Saied Muhammad, pitcher for the Brusik team, throws a pitch to a Newroz batter during a baseball game that is being called the first official Iraqi baseball game in decades within this country. The Sept. 15 baseball game was put together by the Outlaw Soldiers of Co. C, TF 2-11 FA, who once worked out of a forward operating base in Altun Kupri.

Lori Mosser and cousin, Deanna McDuffie started Operation Homerun, where they collected baseball gloves, bats and balls with the intent for the Soldiers on the FOB to use.

But "our FOB was too small to play, so we decided to teach some local kids to play the game. It seemed like the American thing to do," Haught said, now a civil affairs officer with the Outlaws.

Over the past few months, Outlaw Soldiers have taught baseball fundamentals to a multi-ethnic group of Altun Kupri youth.

"I think baseball is a great example of democracy. And I think it teaches these kids to work together. That's why we purposely divided the kids up into [ethnically-balanced] teams," Haught said.

Sgt. Michael Spence, a howitzer gunner with the

Outlaws, said it was important for the Soldiers to teach the Iraqi youth an American pastime rather than one of their own, like soccer.

"We have come and learned from their cultures, now it's vice versa," Spence said.

In August, scrimmages between the two teams began. Players would sometimes show up 20 minutes early; eager to play.

"They just wanted to play baseball and learn from the Americans," Spence said.

And the more scrimmages they played, the more they understood the game, Haught said.

One thing that the Outlaws stressed in the scrimmages was to persevere with teamwork.

"We always talked to them about never giving up and working together as a team," Haught said. "The team that actually won the [official] game never won a scrimmage game."

"We played about 20 scrimmage games and always talked to them about not quitting. Than sure enough they win."

Haught hopes baseball fever will spread throughout this town and more teams will form, so there could be more competition.



1st Lt. Robert Elzer (grey shirt), a fire direction officer with the Outlaws and one of Brusik's coaches, shakes the hands of the winning Newroz players concluding the baseball game on Sept. 15.



Fread Fradon Ahmed, the centerfielder for the Brusik team, fields a Newroz hit during a baseball game

How to Develop Your Decision-Making Skills

Tools you can use to solve problems and make choices in your life.

Hooah 4 Health

Good Decision Makers are Successful People.

They enjoy the feeling of self-confidence that comes from knowing how to make wise choices consistently. You can develop your decision-making skills. With practice, you can improve your ability to make sound decisions in all areas of your life - personal, financial and professional - because life involves many decisions and making the best choices consistently is the key to success.

Your ability to make sound decisions can help you:

- Achieve your goals, at work and in your personal life.
 - Avoid mistakes that can cost you or your organization time and money!
- No one makes the right decision every time. But by developing your decision-making skills, you can increase your success rate.

Anatomy of a Decision

Making a good decision requires patience and careful thought. Following a step-by-step approach can help.

Step 1: Define the Problem.

Size up the situation.

- Examine the problem thoroughly - look at it from all angles.
 - Keep thinking - don't be satisfied with quick, easy answers.
 - Avoid mistaking the problem's symptoms (for example, a shortage of money) for the problem itself (poor spending habits, too much debt, etc.).
- Set goals and priorities. Ask yourself:
- "What do I want to achieve by making this decision - what are my goals?"
 - "Which of these goals must I meet in order to solve this problem - what are my priorities?" Write down your goals and priorities; review them often.

Try to put your goals in measurable terms (time, money, etc.) so you can measure your success later on.

Step 2: Reevaluate the Situation.

(step 1 may have changed your view of the problem!)

- Consider your options. Once you've identified the problem, ask yourself:
- "Do I need to take action in order to achieve my goals and priorities?"
 - "Will this problem solve itself with time?"

Don't make unnecessary decisions. Be aware that the best decision may be to do nothing for the time being. But don't delay just to avoid making a tough or unpleasant decision.

Be honest with yourself! If you decide that action is needed, proceed to step 3.

Step 3: Gather Information.

In order to solve a problem, you should make yourself an "expert" on the subject. Use your time wisely. If a decision is not immediately necessary, use your time to gather information. (Be sure you leave enough time to act on your decision, though.)

Seek advice. Get help from people who know more about the details of the problem. Don't be afraid to admit that you don't know something.

Use all resources. Use the library, employee records, any source of facts on the problem.

Step 4: Think of Alternatives.

At this stage of the decision-making process, any idea is a good idea.

Be open. Don't limit yourself to ideas that sound "reasonable." Try brainstorming (listing anything and everything that comes to mind).

Don't judge. Avoid jumping to conclusions. Gather all your ideas before considering alternatives.

Record your ideas. Put all your thoughts on paper, so you can evaluate them later.

Step 5: Choose an Alternative. Test each alternative carefully, to see how it measures up against the others.

Think ahead. Try to imagine the consequences of each alternative. Ask yourself, "What will happen if...?" Be thorough, and give each plan a chance.

Be practical. Make sure your plans can be carried out. For example, does your organization have the equipment to make the changes you have in mind? Is the solution more expensive than the problem?

Be creative. If necessary, combine the best features of several different ideas. Make a new alternative - one that works! Choose the alternative that will best achieve the goals and priorities you identified in step 1.

Step 6: Put Your Decision to Work.

Take action. Don't satisfy yourself with simply having made a tough decision. A good decision means nothing until it's put into effect.

Inform others. Make sure everyone affected by your decision knows what will change, and why. Explain what improvements they can expect as a result of your decision. Ask for feedback.

Follow up on your plan. Check from time to time to see that any changes you made are still in effect - or to see if adjustments are needed. Also, make sure the problem you solved has not returned or taken another form.

The "Art" and "Science" of Making a Decision

Your intuition and your analytical skills can both be helpful - if you know how to put them to work for you.

Intuition is the ability to know or feel something without using logic or reason. Your intuition can help you:

- Create ideas, providing a starting point for further thought.
- Solve "why" or "should I?" problems - when the answer may be based on feelings, values or opinions.
- Break a deadlock in your mind between different solutions.

Analytical skill is the ability to use logic to examine and measure a problem. Your analytical skills can help you:

- Examine the ideas generated by your intuition, to separate the workable ideas from the worthless.
- Solve "how to" or "how many" problems - when the choices can be tested in terms of cold, hard fact (for example, "Is this technique more efficient?" or "Do I have time for both activities?").

People Power: A Guide to Making Decisions in Groups

In some cases, two (or more) heads can be better than one. Learn how to recognize the strengths - and avoid the weaknesses - of groups.

Groups offer important advantages. For example:

- A wider range of knowledge and experience.
 - More energy and resources to attack a problem.
 - Extra motivation from others in the group (people may work harder when others are depending on them).
- Groups can have drawbacks, too. Members may:
- Feel pressure to fit in with the group and be unwilling to offer new or controversial ideas.
 - Feel they can't be honest, or critical of others' ideas.
 - Socialize, and substitute talk for action.
 - Rely on others to do the work.

Some Decision-Making Dos and Don'ts

DO:

- Be honest in identifying the problems, setting goals and priorities, evaluating information, etc.
 - Accept the responsibility for making decisions, in your life and on the job.
 - Use time wisely when you make decisions. Take as much time as possible without creating more problems.
 - Have confidence in your ability to make good decisions - and to learn from mistakes.
- ##### DON'T:
- Have unrealistic expectations for yourself - you're bound to make the wrong decision sooner or later.
 - Make "snap" decisions unless absolutely necessary. Follow the six steps to a good decision instead.
 - Take unnecessary action when the best course of action is to do nothing.
 - Fool yourself by choosing solutions that are easy and comfortable - but fail to address the problem.

Making a decision is easy - but making the RIGHT one requires skill and knowledge.

Some Questions and Answers

What if I make a wrong decision?

Mistakes can be the best teachers - use them to your advantage. Find out what went wrong, and put this information to work for you in your future decisions.

What if I must make a snap decision?

Obviously, there's not always time to use the six steps. But by using them when you're able, you'll build the "feel" for decision making that will help you make better snap decisions, too.

Why take the risk of making a tough decision?

Avoiding decisions may seem easier at times. But making your own decisions is the only way to take charge of your life - and your success.

Final Note:

You can learn to make sound decisions

- Take responsibility for solving problems and making decisions.
- Use the 6-step approach for making sound decisions.
- Take full advantage of your intuition and analytical skills.

Make your own decisions and take charge of your life!

(Editor's Note: Article adapted from the Hooah 4 Health Web site www.hooah4health.com. Reprinted with permission.)

"If you believe you can, you can.

If you believe you can't, you're probably right."



Self-esteem

Essential for mental well-being

Hooah 4 Health

Self-esteem is how we feel about ourselves. It is the picture we have of ourselves. We should know that fostering an individual's sense of self-esteem opens the door to enhanced learning. High self-esteem develops out of an assurance that an individual can generally be successful at accomplishing goals. This positive self-concept grows out of the individual's opportunity:

- To develop a realistic appraisal of his/her strengths and weaknesses.
 - To fail on occasion, with the help to get up and move on.
 - To develop an awareness of and a respect for others' strengths and weaknesses.
- High self-esteem is a byproduct of a strong learning situation which is, for most people, one where the learner is provided the opportunity to tackle challenging work and a disciplined environment in which to do it.

Self-esteem is an experience. It is a particular way of experiencing the self. It involves emotional, evaluative, and cognitive components. It also entails certain action dispositions: to move toward life rather than away from it; to move toward consciousness rather than away from it; to treat facts with respect rather than denial; to operate self-responsibly rather than the opposite.

Self-esteem is the disposition to experience oneself as being competent to cope with the basic challenges of life and of being worthy of happiness. It is the confidence in the efficacy of our mind, in our ability to think. By extension, it is confidence in our ability to learn, to make appropriate choices and decisions, and respond effectively to change. It is also the experience that success, achievement, fulfillment, and happiness are right and natural for us.

Self-esteem is not the euphoria of buoyancy that may be temporarily induced by a drug, a compliment, or a love affair. It is not an illusion or hallucination. Lots of things (some of them quite dubious) can make us "feel good" for a while. If self-esteem is not grounded in reality, if it is not built over time through the appropriate operation of mind for example, through operating consciously, self-responsibly, and with integrity, then it is not self-esteem.

Obviously parents, teachers, and other adults can do a great deal to make the road to self-esteem easier or harder.

Sometimes, where there are deep psychic wounds and traumas left unresolved since childhood, a decent level of self-esteem can be very difficult to achieve. In such cases, psychotherapy may be necessary.

People who lack self-esteem sometimes think that good looks, popularity, and wealth almost guarantee self-esteem. The truth is that in today's world there are celebrities who have physical beauty, millions of adoring fans, and millions of dollars - and still they cannot get through a day without drugs. They live with severe anxiety or depression or both. Good looks, popularity, and wealth guarantee nothing - if one does not have the self-esteem to support them.

Some enthusiasts for self-esteem believe good self-esteem solves nearly all the important problems of life. This is untrue. Struggle is intrinsic to life. Sooner or later everyone experiences anxiety and pain, while self-esteem can make one less susceptible, it cannot make one immune. To offer a simple example: If someone you love dies, does having good self-esteem mean the loss won't bother you? Clearly not.

A well-developed sense of self is a necessary but not a sufficient condition of your well-being. Its presence does not guarantee fulfillment, but its absence guarantees some measure of anxiety, frustration and despair. Some people, when they face new challenges initially perceived as intimidating or overwhelming, may suffer a temporary dip in the level of their self-esteem. Then, as they master the new challenges, self-esteem rises again. Such fluctuations are normal.

Every value pertaining to life requires action to maintain it. If we do not continue to breathe, the breathing we did yesterday will not keep us alive today. The same principle applies to self-esteem and the practices that support it.

If we do not choose to sustain these practices, if we elect to operate mindlessly, irresponsibly, without integrity, then there is no way for self-esteem to avoid being adversely affected. Neither a business, nor a marriage, nor a soul can be kept alive and healthy without continuous effort.

There's a quote that states, "The difference between ordinary and extraordinary is that little extra."

(Editor's Note: Article adapted from the Hooah 4 Health Web site www.hooah4health.com. Reprinted with permission.)

A Guide for senior leaders: Quieting the adrenaline storm (Part 2 of 4)

By Col. Paul T. Harig, Ph.D.
Army Physical Fitness
Research Institute

If the mind and body are really one, then can intentional efforts to quiet the body reverse the automatic effects of the flight or fight response? And will positive health benefits result from applying this "quieting," just like the negative response one gets from chronic stress?

These issues have intrigued Harvard Medical School's Dr. Herbert Benson since the late 1960s, when he reluctantly agreed to research the claim of several practitioners who said meditation could lower their blood pressures. To his surprise, Benson found that the simple act of sitting quietly and giving the mind a focus, decreased metabolism, slowed the heart rate, decreased the breathing rate, and even produced significant changes in brain waves.

His research led to convincing evidence about the control that people could exert over their bodies. He

said, "It suggested strongly that you could use your mind to change your physiology in a beneficial way, improve health, and perhaps reduce your need for medications. I subsequently coined the term 'relaxation response' to describe this natural restorative phenomenon that is common to all of us."

If the stressors of modern life cause the fight-or-flight response, the relaxation response can be used to fight the harmful effects of stress. Just as your heart begins to beat rapidly when you imagine a frightening scene, your mind can be used to slow the heart rate, too.

In the fall of 1988, Dr. Benson and his colleagues founded a research and teaching center called the Mind and Body Medical Institute at the New England Deaconess Hospital and the Harvard Medical School. At that hospital, groups are composed of patients with medical conditions like high blood pressure, heart disease, cancer, chronic pain, insomnia and even infertility.

Benson and his associates have learned that the relaxation response can help in the treatment of many medical problems; in some cases, it can eliminate them entirely. It is certainly not the only treatment for those disorders, or a substitute for regular medical care.

Dr. Benson speculated that the relaxation response corresponds to what Swiss physiologist Walter Hess found when he stimulated certain areas of the brain of laboratory animals and produced a response opposite to the flight-or-flight response, characterized by relaxed muscles, decreased blood pressure and breathing rate.

It now appears that a technique can be used by virtually anyone to bring about a rapid quieting of the body's revving engine, as well as a tranquility that is not unlike the experience gained from meditation and repetitive prayer practiced throughout the centuries by all of the world's faith groups.

Scientists at the Harvard Medical School have demon-

strated that in people who have practiced the relaxation response, the body takes a stronger stress reaction to bring about high blood pressure and heart rate in these people.

According to Dr. Benson, a variety of techniques can elicit the relaxation response. They may be religious or not. When people chose a technique that conforms to their own preferences, it is much more likely that they will adhere to the practice. There appear to be two elements required to bring about the relaxation response - concentration on rhythmical breathing and the repetition of a word or phrase. At his Institute, Dr. Benson teaches the following approach:

(Editor's Note: Next week in the HealthWatch section look for Part 3 of A guide for senior leaders: Stress hardiness: Beyond jogging. Article is adapted from the Web site http://carlisle-www.army.mil/apfri/stress_and_the_mind-body_connection.htm.)

How to trigger a relaxation response

Step 1. Pick a focus word or short phrase that's deeply rooted in your personal belief system. For example, a non-religious person might choose a word like "one" or "peace" or "love." A Christian person might choose the first few words of a psalm such as, "The Lord is my shepherd;" a Jewish person could choose "Shalom."

Step 2: Sit quietly in a comfortable position.

Step 3. Close your eyes.

Step 4. Relax your muscles.

Step 5. Breathe slowly and naturally, repeating your focus word or phrase silently as you exhale.

Step 6. Throughout, assume a passive attitude. Don't worry about how well you're doing. When thoughts or distractions come to mind, simply note that your mind has wandered, say to yourself, "Oh well," and gently return to

your focus word.

Step 7. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for a minute or two, at first with your eyes closed and later with your eyes open. Remain seated for one or two more minutes.

Dr. Benson also reports that the relaxation response can also be elicited during exercise, which adds a valuable psychological lift to a workout. As you run, pay attention to your breathing. As you achieve a regular rhythm, focus in particular on the in and out rhythm. As you breathe in say to yourself, silently, "in," and as you exhale, say to yourself, silently, "out." In effect, these become the focus words, which operate in the same way that you would use them with other relaxation methods.

Postal operations keep OEF members in touch

By Sgt. 1st Class Matthew A. Fearing
105th Mobile Public Affairs Det.

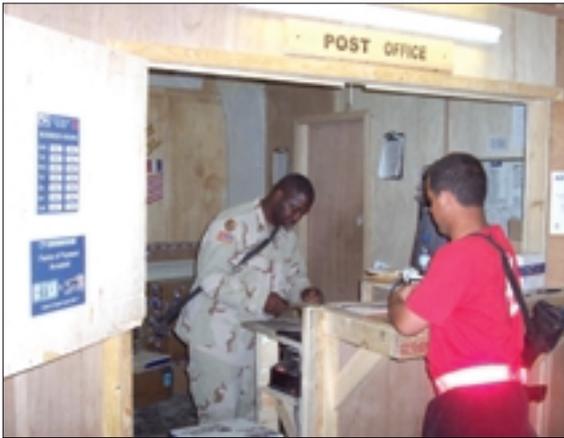
KANDAHAR AIRFIELD, Afghanistan – The 841st Adjutant General Postal Company received more than 37,000 pounds of mail in one day at Kandahar Airfield in late May.

For the 841st, it was the largest amount of mail ever to be received in a 24-hour period at the Kandahar Airfield postal facilities.

Delivered on nine pallets to the Postal Operations Center in Kandahar, it took the 20 members of the 841st, two Marines, and six additional Soldiers most of the duty day to sort through and distribute the majority of the mail.

It was the “busiest day we’ve ever had, probably the busiest this post office has had,” said Staff Sgt. Van Jordan, Kandahar postal operations noncommissioned officer in charge.

Even the 841st’s commander, Capt. Jay Edwards, jumped in to sort mail.



Sgt. 1st Class Matthew Fearing

Sgt. Anthony Beal, 841st AG Postal Co., helps a customer at the Kandahar Postal Operations Center.

“All the Soldiers are doing the same thing,” said Edwards. “If people don’t pitch in, we don’t get it done.”

The 841st is accustomed to large shipments. On their first day of work, they took in seven pallets, said Jordan. The unit they replaced, the 303rd Combat Postal Company, never received more than six pallets in a sin-

gle day. “We’ve had several days now with seven pallets coming in,” he said.

These pallets are sorted by the service members who work in postal operations. Normally, when the Kandahar Postal Operations Center receives mail, the 841st’s personnel can get the mail distributed for pick up

within a few hours, said Jordan.

What they can’t control is how long it takes for mail to arrive.

He explained that the mail may be delayed at an airfield elsewhere, and the center may have a few days when they do not receive any mail.

“We don’t want (service members) to lose faith in getting their mail, but it sometimes takes three weeks for a parcel to arrive,” said Jordan.

Edwards concurred with Jordan’s assessment and added, “Letter mail takes longer to sort. Packages can be carried (directly to the unit bins), but letters have to be pulled from the bags and handled one-by-one.”

While mail may not always arrive in country as quickly as service members may like, the Soldiers of the 841st are ensuring that once it gets here, it gets out as soon as possible.

This is a job that keeps them busy, and has Edwards saying with pride, “(My Soldiers) are doing a super job.”

Ready to raise the roof on new HQ building



Courtesy photo

Workers are ready to put roof trusses on the new PTA Command and Range Control Building in September. The building is the first military construction project on base in 50 years.

By Bob McElroy
PTA Public Affairs

POHAKULOA TRAINING AREA, Hawaii – Construction on the new Pohakuloa Training Area Command and Range Control building complex represents the first military construction project on the base camp in 50 years.

The new complex is Military Construction Project that began in fiscal year 2002. It consolidates PTA Headquarters staff functions. Chuck Noyes, quality control manager for San Juan Construction, said the projected completion date is February 2005.

The walls of the Headquarters building are complete and workers are ready to install the roof trusses, according to Noyes. The construction is under the auspices of the Corps of Engineers.

“The (trusses) are pre-made so they’ll go up quickly,” Noyes said.

When the trusses are in place, work will begin on the roof and interior of the building.

Noyes said that the number of workers will increase from the present crew of 15 to 20 workers.

The range control building is

not quite as far along; the concrete floor has been poured and conduits for electricity, water and computer Information Technology have been installed as in the headquarters but walls are only about waist-high. Noyes estimated that the walls should be finished by the end of September.

In addition to the work done on the buildings, workers have been preparing the surrounding land for the new parking area and, eventually, landscaping.

The new Command and Range Control Complex will be a drastic change from the current headquarters and range control buildings. Since the post opened in the late 1950’s the headquarters and range control, like every other base operation has been in a Quonset hut.

While the current buildings are brown corrugated-metal structures with small windows and limited office space, the new buildings feature a spacious and sturdy cinder-block design with plenty of windows and native-stone column accents on the exterior walls. The two new buildings are connected by a covered walkway.



Spc. Charles Hayes

Our way of saying ‘mahalo’

Schofield Barrack’s golf pro Rick Ambrose hit the ball 299 yards at the opening ceremony long drive of the Annual Mahalo Golf Tournament held Sept. 17 at the Leilehua Golf Course. Festivities included a putting and chipping clinic by golf pro Mike Iyoki. After the invocation by Chaplin (Lt. Col.) James Griffith, each four-member team headed out for a leisurely day of fun. Later that evening, at dinner in the Leilehua Clubhouse, awards were presented for commercial sponsorship and to tournament winners. The tournament has been held each year since 1992 to thank MWR sponsors and recruit new sponsors.