

# HAWAII ARMY WEEKLY

Vol. 33 No. 48

Serving the U.S. Army community in Hawaii

December 3, 2004

## What's Inside



### Nurse Earns Bronze Star

She braved extreme circumstances; earned Bronze Star.

A-5

**Ohana Day 2004**  
Join us in showing support and appreciation for the families of deployed U.S. military personnel on Saturday, Dec. 11, 10 a.m. to 2 p.m. at the Army National Guard Aviation Hangar on Wheeler Army Air Field. Open to all active duty, Guard, and Reserve families with a deployed service member. Meet Gov. Linda Lingle, Santa, live music and more.



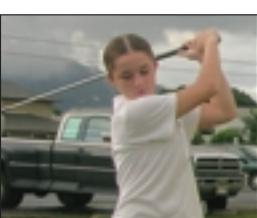
### Honor Your Body

Check out a guide to the military fitness centers on the island.

B-1

### AAFES Main Gas Station Lanes to Close on Schofield Barracks

Due to surface seal coating at the gas station near Foote Gate, three lanes will close Dec. 9-23 during the weekdays. On weekends, all lanes will remain open. For more information contact Terry Lopez at 656-2914, ext. 3037.



### Junior Golf

Junior golf program bids farewell to Kalakaua Course.

B-5

### Big Brothers, Big Sisters Seeks Volunteers

Needs men who want to help boys become responsible adults. It only takes a few hours each month, and our programs are flexible enough to fit any schedule. Call Big Brothers Big Sisters of Honolulu (521-3811) and talk to Rodney at extension 228 or Matt at extension 232.

"Top Cop" Award . . . . .A-3  
Daring Race . . . . .A-7  
Spouse Spotlight . . . . .B-3  
Redeployment . . . . .B-4  
Sports . . . . .B-5, B-6

# 3 Soldiers killed in crash

Coalition Press Information Center

KABUL, Afghanistan – Three U.S. Soldiers and three civilian air crew members were killed in an airplane accident near Bamyán Province, Afghanistan, Nov. 27.

Killed were Lt. Col. Michael J. McMahon, Chief Warrant Officer Travis W. Grogan, and Spc. Harley D. R. Miller, 21. All three were of the 3rd Squadron, 4th Cavalry Regiment, 25th Infantry Division (Light).

The CASA 212 civilian fixed-wing aircraft was reported missing on Saturday afternoon after it departed Bagram

Airfield on a troop transport and supply mission en-route to Farah and did not arrive at its destination or alternate airfields in the country.

Coalition forces launched ground and aircraft search efforts immediately when the aircraft was reported as missing, and coalition aircraft received initial indications of an aircraft in distress from an emergency locator transmitter in a mountainous region in Central Afghanistan.

Late Monday, coalition aircraft saw signs of what was believed to be the aircraft wreckage, but extreme weather and the mountainous terrain complicated search efforts.



Spc. Harley D. R. Miller



Lt. Col. Michael J. McMahon



Chief Warrant Officer Travis W. Grogan

Nov. 30, a ground coalition and recovery team made it to the accident site

and was able to make positive identification of the aircraft and recovered those

killed in the crash. The cause of the accident is under investigation.

## USARPAC commander in Afghanistan



Lt. Gen. John M. Brown III, commander of U.S. Army Pacific, talks with Soldiers of Logistics Task Force 524 at Forward Operating Base Salerno, Afghanistan, Nov. 25.

Staff Sgt. Bradley Rhen

# 2nd BCT to extend its tour in Iraq

DoD and CJTF-76 Public Affairs Release

The Secretary of Defense approved a request by the Commander of Multi-National Forces-Iraq to extend two Army brigades and a Marine Expeditionary Unit operating in Iraq Dec. 1. The Secretary also approved the commander's request for two additional infantry battalions to deploy to Iraq.

General George Casey, Commander, MNF-I, requested the extension of the units, as they are the most experienced and best-qualified forces to sustain the momentum of post-Fallujah operations and to provide for additional security for the upcoming elections, in conjunction with the Iraqi Security forces.

The 25th Infantry Division (Light) commanding general offers encouragement to 2nd Brigade Combat Team Soldiers and their family members with the recent announcement of the 2nd BCT's extension in Operation Iraqi Freedom. "Our family members have given our 2nd BCT Soldiers enormous support



Sgt. Kofi Kyereme, 2BCT, waves to village children, in a small mountain village in a joint border patrol mission this year. Department of Defense announced Dec. 1 that Soldiers from the brigade will extend their tour in the region in support of the Iraqi elections.

Sgt. Sean Kimmons

throughout their deployment," said Maj. Gen. Eric T. Olson, 25th Inf. Div. (L) commander who is currently serving as commander, Combined Joint Task Force 76 in Operation Enduring

Freedom-Afghanistan. "Now more than ever, our 2nd BCT Soldiers need love and support from their family members."

The 2nd BCT has become an integral part in

Operation Iraqi Freedom, and their extension in Iraq means they are making significant contributions, Olson said. The Soldiers

## Secretary of Army visits Hawaii

By Staff Sgt. Carmen Burgess Army News Service

WASHINGTON – Within two days of being sworn into his new position, the 19th secretary of the Army began his term by visiting installations in Alaska, Korea and Hawaii over the Thanksgiving holiday.

"One of the objectives I set for my first 60 days in office was to quickly get up to speed on the Army, particularly from the bottom up," said Dr. Francis J. Harvey. "I wanted to get a feel of the Army from the Soldier's perspective."

During his weeklong tour, the secretary visited more than a dozen installations and was briefed on unit transformation, readiness, family support systems and quality of life issues.

Harvey's first stop on his trip was Alaska, where he met with Soldiers from U.S. Army Alaska and the Alaska Army National Guard. He also toured the ground-based Missile Defense System at Fort Greely.

"This system is an outstanding example of cooperation between the Guard and the active duty force," Harvey said.

The secretary also discussed equipment capabilities and received feedback from members of the Stryker Mobile Training Team, who have been training Soldiers of the 172nd Infantry Brigade during their conversion to the brigade combat team organization.

Harvey spent the majority of his trip in the Republic of Korea visiting more than a dozen installations, which he was told were a microcosm of the Army.

"After 24 hours here on the ground, I know they are right," he said. "The first thing I learned here was that commanders wear many hats."

The secretary said his number one priority is to provide for the well-being of troops and their families, because Soldiers are truly the center of everything the

See "Tour" Page A-10

See "Harvey" Page A-10

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

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

# OPINION & COMMENTARY

## Lightning 6 sends to family members of deployed troops

By Maj. Gen. Eric T. Olson  
25th Inf. Div. (L)



**Maj. Gen. Eric T. Olson**

Soldiers and family members. I ask that you stay strong for your deployed loved ones who need your support now more than ever.

Our 2nd BCT Soldiers have become an integral part of operations in Iraq, and their extension means that they are making a huge difference for the progress of a democratic Iraq. I know they will sustain their high standard of performance during this critical time for the Iraqi people.

When our 2nd BCT Soldiers return, they will stand tall knowing that they set the conditions for the Iraqi presidential elections. They will also feel tremendous pride knowing they were able to see the dreams of the Iraqi people become a reality: Live in a democratic society that is free of a brutal dictator.

I ask that you share that same pride and sense of duty. By your support you too are making a huge difference for the Iraqi people during these historic times.

After watching the reaction of the Afghan people following their democratic presidential elections in Oct., I can tell you first hand that it was a powerfully tangible example of success. We witnessed the happiness of the Afghan people following their election of a president for the first time in the nation's 5,000 year history.

Thank you from the bottom of my heart for your constant support of our deployed Soldiers. Your sacrifice is noticed and felt everyday by our 25th Inf. Div. (L) and USARHAW Soldiers fighting in Iraq and Afghanistan.

Vicki and I are proud of your courage and commitment as Tropic Lightning family members, and very much appreciate your continued support to our deployed troops.

**TROPIC LIGHTNING!**

I want to take this opportunity to thank each and every family member, for their tremendous support of their loved ones who are deployed from the 25th Infantry Division (Light) and U.S. Army Hawaii to Iraq and Afghanistan.

I know that many of you hear from your deployed Soldier often and are well aware of the significant contributions our deployed Soldiers have made from the moment they left Hawaii. 25th Inf. Div. (L) and USARHAW Soldiers have never let up, always putting their efforts whole heartedly into ensuring steady, dramatic progress is made every day for the freedom loving people in Iraq and Afghanistan.

During my time in Afghanistan, and on visits throughout Iraq, I have spoken with literally thousands of Soldiers. I can honestly tell you, that every Soldier I have met has told me that they know the mission they are performing is making a huge difference for the Iraqi and Afghan people.

It is my hope that you share in the pride of your deployed loved ones performing their mission everyday. It takes tremendous commitment to put service to country above self, and I am proud of our Tropic Lightning Soldiers. These Soldiers continue to demonstrate their commitment everyday.

While your loved ones are serving selflessly on the front lines of the Global War on Terrorism, each of you are making huge sacrifices on the home front that are very much noticed. Because of your commitment to making sure the home front is taken care of, your loved ones can remain focused on their assigned mission. Our deployed Soldiers know that you are staying positive and providing constant encouragement to them while they are deployed.

The recent announcement that our 2nd BCT of the 25th ID (L) will be extended in Iraq for the Iraqi presidential election, means that we are asking more from our

## Is there a doctor in the house?

### Commentary

Linda Lappi  
Proud Mom

Do you lie in bed at night, unable to sleep, with words, phrases, ideas for stories running through your head? Do you try to count sheep but the ideas are moving faster than the sheep can jump? Do you have a notepad and pen handy, so at a moments notice, when an idea comes through the fog and slaps you up side your head so you can be sure to record it- less you forget?

But most important... Do you think this is somewhat normal and it's everyone else that has a quirk or two? If you answered "yes" to one or more of these questions; Hallelujah! I'm not alone!

My head doesn't spin around like the poor soul in the "Exorcist." It's not creepy, scary, bone chilling or eye popping like a Stephen King thriller. Nothing dramatic, nothing physical that I'm aware of!

But ever since I began to relate to others, via the newspaper, about my

son's surprise visit and family in the military, I've been "possessed."

With who has possessed me, or what, I'm not quite certain. It's obviously a "spirit" that doesn't rest well, without a concept of time or convenience to the body it has inhabited.

I'm guessing it's of military origin, because of the possession that began when I was shocked two inches short of a coronary earlier this summer.

Yes, I do believe that's when it started. If it could only relate to me on a more "verbal" level, life would be so much easier - on me!

The process is so complicated! Everything is written in longhand. That's right, No typewriter or computer graces our abode. Then the re-writes, spelling checks, a dreaded new idea from the "spirit" tossed in here and there. Next an appointment is made with my dear friend, Alice (I said I'd mention her name).

She takes pity on me and volunteers her computer and printer. It's usually on a Monday and of course we make a morning of it, with the two Bs - Bonding and Brunch! Wow! Bet there's a story there.

Sorry... let's get back on track. Since I'm not a whiz on the keyboard, it's a very painful ordeal. But when the pages are lovingly stapled together and Alice reads the final product, laughing or crying wherever appropriate it's off to the newspaper office. It's out of my hands.

The possession is a good thing. I've made friends with it, so to speak. It has become a way for me to channel my worry and stress over things I have no control over. Especially and in particular, my Soldier son in Iraq and all of his cousins sharing the same soil.

The "spirit" keeps me company in the wee hours of the night or during a quiet day when chores are done. And I've found I like to write; who knew?

Maybe it could help another mom like me (possessed or not!), who longs to get that phone call, e-mail, letter in the mailbox - something. So you know on that day, that exact time, your Soldier was okay.

Writing helps!  
God bless our troops- keep them safe!

PS. A special thank you to my "spirit". But could you please give it a rest for awhile?

## Dear Diary: A Soldier's story

### Commentary

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

This week enemy activity continued to increase in our Area of Operation as expected. U.S. and Iraqi Forces are pretty much controlling Fallujah, so the bad guys that were able to escape are trying to cause havoc. We are hoping that by saturating the city with extra presence will deter the enemies' movement.

Nov. 16, 10 a.m. - Local police have discovered two mortar base plates under one of the bridges in the city. They secured the plates and established an over-watch team to survey the area

Nov. 16, 6:50 p.m. - Three rockets are heard launching in the distance.



Staff Sgt. Christopher Golde

**Car damaged in a roadside bomb on Nov. 18. No one in the vehicle was injured.**

A huge explosion is felt just down the street. The whole house just shook causing Soldiers to scramble to their designated defensive positions. Radio reports are coming in describing a rocket impact 300 meters from the patrol base. The squad reported back that one civilian was killed and his wife was slightly injured. After plot-

ting the suspected points of origin for the rockets, we determined the one that hit near the patrol base was probably aimed at the airfield and just happened to hit short.

Nov. 16, 8:21 p.m. - Another explosion is heard east of the patrol base. I listened as Company B reports that one of their vehicle patrols was struck

by a roadside bomb.

For an instant I was brought back to May 2 when our company lost five great Soldiers in such an attack. I felt instant relief as they reported no casualties. They blocked the area off and discovered another bomb. The Iraqi Bomb Squad was called in and the explosive device was disarmed. Six Iraqi men in the area were detained.

Nov. 18, 10:13 a.m. - There were two Iraqi civilians killed and an unknown number of people injured on a passing bus (after an explosion). The condition of the two men killed suggests they were right over the bomb when it exploded. In the past, the men planting these roadside bombs have accidentally blown themselves up. We can only hope this is one of those instances.

## Voices of Lightning

### What do you want the most for Christmas?



"I want a guitar because I like guitars and 'Kiss,' the rock band. I like rock music."



"I want an art set because I want to be an artist when I grow up. I like to draw people and little story books."



"I really want a PlayStation game called 'Krash to Insanity'. I like games."



"I just want my dad to come home. He has been gone since April to Afghanistan. I would go to Dave and Buster's Video Arcade and play games with him."



"I want toys, like some from the movie, 'The Incredibles.'"



"I want toys like the Spiderman hand webs. I would be able to climb."

Ryan Lumbert, age 5

Bailey Ocon, age 9

Vincent Ocon, age 6

Shila Poyer, age 7

Cheyenne Poyer, age 4

Deray Huling, age 3

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Advertiser, a private firm in no way connected with the U.S. Government,

## HAWAII ARMY WEEKLY

under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital sta-

tus, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer will refuse to print advertising from that source until the violation is corrected.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army, or The Honolulu Advertiser, of the firms, products or services advertised.

**Commander**  
Col. Michael McBride  
**Public Affairs Officer**  
Capt. Kathleen Turner  
**Command Information Officer**  
Ed Aber-Song  
**Editor**  
Sharee Moore  
**Assistant Editor**  
Spc. Daniel Kelly  
**Staff Writers**  
Joy Boiselle  
Spc. Charles Hayes  
**Layout**  
Sueann Carter

**Editorial Office:** 655-4816/8728  
**Fax:** 655-9290

**E-mail:** e-mail the HAW direct at editor@hawaiiarmyweekly.com or ed.aber-song@schofield.army.mil  
**Address:** Public Affairs Office  
Bldg. 580, Stop 215  
Schofield Barracks, HI 96857

**Web site:**  
http://www.25idl.army.mil/haw.asp  
**Advertising:** 521-9111

# The 'stop sex assault policy'

Sgt. 1st Class Shaun Herron  
Army News Service

WASHINGTON – New Army guidance on sexual assault prevention and response was released Nov. 12, and will be included in the upcoming revision of AR 600-20, Army Command Policy, in 2005.

The new guidance is one of several steps the Army has recently taken to re-emphasize that any offense of sexual assault is inconsistent with Army Values and Warrior Ethos, officials said. In addition to the new policy guidance for commanders, the Army has launched a Web site at [www.sexualassault.army.mil](http://www.sexualassault.army.mil), to promote steps leaders and Soldiers at all levels can take to prevent and respond to instances of potential sexual assault.

Sexual assault prevention training will be part of initial entry training, semi-annual training, installation in-processing and pre-deployment training for all Soldiers. The Web site also includes links to additional resources for victims of sexual assault, and a checklist for commanders to help the recovery of sexual assault victims.

The Web site and incorporation of the new Army guidance into AR 600-20 reinforces Army leadership's ongoing commitment to ensuring that adequate prevention programs and policies are in place, said Col. Paris Mack, chief, Human Factors Division, Human Resources and Policy

Directorate.

It will also ensure that Soldiers who are victims of sexual assault receive proper treatment, medical and psychological care; that the chain of command will provide full support, dignity and confidentiality to victims; and that any reported incidents of sexual assault will be, "fully investigated and acted upon through the military criminal justice system," Mack said.

These efforts are the first steps at incorporating the recommendations of an Army task force that conducted a 90-day detailed review of the Army's policies and programs on sexual assault. That task force issued an 80-page report with 24 recommendations to improve the system.

When looking for ways to improve the Army's policies and programs, the task force sought advice from outside agencies to include the Department of Veteran Affairs; National Organization of Victim Assistance; Rape, Abuse, and Incest National Network (RAINN); The Miles Foundation; Navy; Coast Guard; the University of Arizona and Purdue University in Indiana.

Both universities conducted a study showing nearly 84 percent of alleged perpetrators were identified as junior Soldiers, and 95 percent of the victims were Soldiers in the rank of staff sergeant and below.

## DA Soldier and civilian receive "Top Cop" honors



Sharee Moore

**Sgt. Timothy Kramer, 39th MP Det., Fort Shafter MP Battalion, practices evasive driving techniques on the Law Enforcement Driving Simulator while Lt. Eusebio Ordonio, training officer, observes. Both men were awarded the "Top Cop" award for their police service this year.**

By Spc. Jeremy Wilson  
Fort Shafter MP Battalion

The Military Police Soldiers and Department of the Army Police at Fort Shafter do their duties in a never-ending mission with little fan-fare and often little acknowledgement.

On Oct. 19, however, two of their own changed that by being selected, with others, by the State of Hawaii's law enforcement community as two of the Islands' "Top Cops."

The award ceremony, which was held during the 20th Annual Law Enforcement and Security Appreciation Luncheon, recognized the sacrifice and dedication in all branches of law enforcement, from the FBI and the U.S. Marshals office, to the military police.

"We're really in good company here," said Sgt. Timothy Kramer, one of the awardees from the 39th Military Police Detachment, Fort Shafter MP Battalion. "It's good to get a pat on the back from

your peers."

Kramer was recognized for his response to a rollover vehicle accident that happened off-post.

"I was on mid-shift patrol when I witnessed a wreck on Moanalua Freeway. There were two individuals trapped inside the car ... Although the accident was out of my jurisdiction, I made the decision to stop, assist and render first aid," Kramer said.

After controlling traffic to avoid any new accidents he pulled the seriously injured victims from their vehicle, performed life-saving first aid and detained the severely intoxicated driver who caused the accident until local law enforcement arrived.

Lieutenant Eusebio Ordonio Jr., a D.A. police officer with 20-years service, and also with the Fort Shafter MP Battalion, was awarded the "Top Cop" honor for his work as the company's training officer.

"I took individuals with no law

enforcement background, we trained them for eight weeks in all police training, unarmed self-defense ... probable cause, traffic stops, report writing and how to deal with people," Ordonio said.

Responsible for the mobile training team and the D.A. Police Academy, Ordonio trained nine academy classes in the past year and keeps the current police officers on the cutting edge.

"Lieutenant Ordonio's performance and positive impact on the training has a mirroring effect on those around him and is worthy of recognition," said Maj. Richard Thompson, commander of the D.A. Police Company at Fort Shafter.

In all, the Department of the Army provided five of this year's awardees, one of which is in the Hawaii National Guard. Awardees received medals for their service and many deserving handshakes from an appreciative community.

*(Editor's Note: Sharee Moore contributed to this article.)*

## Briefs

**Fort Shafter Tree Lighting and Concert** – Dec. 9 at 5:45 p.m. on Palm Circle, Fort Shafter. The 25th Infantry Division (Light) and U.S. Army, Hawaii commander will conduct a Christmas tree lighting ceremony and holiday concert, officially beginning the holiday season for the Fort Shafter community. The participants include the 25th ID(L) and USARHAW band, Farrington High School Band, Radford High School JROTC, and a visit from Santa. The conclusion of this event will include refreshments and picture taking at the gazebo. For more information call Master Sgt. Guess at 438-6145.

**Enter to run the 21st Great Aloha Run** – Enter by Dec. 10 and receive a free T-shirt. A sign-up table will be in front of Schofield Barracks Post Exchange Dec. 10 from 10 a.m. – 2 p.m.

The run will start Feb. 21, 2005. Entry fee \$20 until Jan. 21. Late fee \$30 until Feb. 4 and \$40 at the race. Entry forms are available at all military fitness centers, or online at [www.active.com](http://www.active.com). Select the military form, save \$5, and \$1 from each entry will return to the selected branch of service. Military forms are for all active duty, family members and DoD civilians. Call 655-8789.

**Adventure Race Hawaii Teams Wanted** – On Dec. 19 at Kuoloa Ranch, Adventure Race Hawaii is hosting the Sprint Adventure Race #2. The four to six hour race consists of hiking, mountain biking, kayaking or one-person canoeing, ropes, rappelling, a mystery team builder, and an environmental project.

Teams of two or four people will be provided with a map and coordinates. Using their navigation skills each team will be required to find these locations in a prescribed order. Also known as eco-challenge, this is one of the fastest growing sports in the world and Hawaii is the perfect location for a race.

To encourage military participation in the Dec. 19 race, Adventure Race Hawaii will sponsor a two-person military team from each military installation on Oahu. This sponsorship includes waiving race entry and clinic fees. Also a free ropes and rappelling clinic will be offered to all U.S. service members this Sunday at Kailua beach park at 1 p.m. E-mail [info@adventurerace-hawaii.com](mailto:info@adventurerace-hawaii.com), call John O'Malley at 234-1197 (after 5 p.m.) or call 591-9839.

Certification in Rope Skills (rappelling) and Water Skills (kayaking, canoeing) are required for the race, but ARH has organized training clinics to help competitors prepare. Mountain Bike and Navigation Skills (using topographical maps) clinics are also available.

There are minimal gear requirements for safety, but all of these items are being offered at a discount at the ARH retail outlet at 330 Cooke Street, in downtown Honolulu. All team members completing the ropes must have climbing gear, however not all members are required to complete the ropes. Each team must also have one survival gear kit.

Race categories are military, mixed teams, men, women, and family teams. At the end of the race there will be an awards party, live music, food and beverages.

For more information and clinic dates visit [www.adventureracehawaii.com](http://www.adventureracehawaii.com).

**Smoking Cessation Course Now Available** – What happens when you quit taking in nicotine from smoking and chewing tobacco? – Within 30 minutes of quitting, the pulse slows down and blood pressure drops towards normal rates. Within eight hours, the level of carbon monoxide in the blood drops, enabling it to carry more oxygen. Within 48 hours, the nerve endings begin to recover and sense of smell and taste begin to return. Within 72 hours, the bronchial tubes of the lungs expand and the lung volume increases.

Within a month, shortness of breath diminishes. Within a year, risk for a heart attack attributed to smoking declines for both men and women. After two to three years, the risk of heart attack is virtually gone. After 10 years, the risk for developing cancer is about the same as for non-smokers. Don't let nicotine control you.

Smoking Cessation Course now available at the Community Health Nursing in Building 673 2nd floor on Schofield Barrack. Call 433-8675 for more information.

**Hui O' Wahine Scholarships Available** – The spouses' club serving Fort Shafter, Tripler Army Medical Center and Camp Smith, is offering three scholarships this year. Applications are available at the Fort Shafter Thrift Shop and Fort Shafter Library.

The following scholarships are available: one scholarship up to \$1,000 for a high school senior who is a child of a current club member; one scholarship up to \$1,000 for a high school senior who is a child of

## Teens help spread holiday cheer



Kelly Slater

**One holiday weekend, teenage boys came together and supported spouses of deployed Soldiers in a Schofield Barracks' neighborhood. They spent the day and evening crawling on roofs and into attics to get decorations and hang Christmas lights.**

an Army (active duty, Reserve, Guard, or retired) service member living in Hawaii, and one continuing education scholarship up to \$1,000 for a current club member. The scholarships are for the 2005-2006 academic year.

Rules and applications can be picked up at the Fort Shafter Thrift Shop on Tuesdays and Fridays, from 9 a.m. to 1 p.m., and at the Fort Shafter Library. Completed applications are due Feb. 15. For more information contact Barbara Davis at 845-2036 or [barbdavis@verizon.net](mailto:barbdavis@verizon.net).

**Ten Steps To Federal Employment Workshop** –

Interested in obtaining Federal employment? Learn about understanding job vacancy announcements, writing your federal and electronic resumes and tracking your applications. This workshop will be held on Wednesday, Jan. 12 at Army Community Service, Fort Shafter, and on Thursday, Jan. 13 at ACS, building 2091, Schofield Barracks.

Both workshops are 9:30 – 11:30 a.m. To register, call Fort Shafter at 438-2395 or Schofield Barracks at 655-2400.

**Hui O'Na Wahine Monthly Luncheon** – The Hui O'Na Wahine of Schofield Barracks will hold its monthly luncheon on Thursday, Dec. 16 at the Nehelani Club. Cost for the luncheon is \$12. Doors will open at 10:30 a.m. for shopping; lunch is at 11 a.m.

To become a vendor call Amy Snyder at 624-4989. For reservations call Judi Rossi at 778-3704. Limited onsite child care will be provided. Call central registration at 655-3929 or 655-5314 to make a reservation.

**The University of Oklahoma Offers a Master of Arts in Managerial Economics and a Master of Public Administration** – Non-thesis programs can be completed in about 18 months. One week classes are very TDY friendly. Contact OU at 449-6364 or [aphickam@ou.edu](mailto:aphickam@ou.edu) for more information or visit their Web site at [www.gouou.ou.edu](http://www.gouou.ou.edu)

**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.

**Muscular Dystrophy Association Needs Summer Camp Volunteers** – A MDA summer camp volunteer is unique. Counselors are partners in the development of children and adults with neuromuscular diseases so that they can acquire skills necessary to become caring, self-confident and successful. We expect volunteer counselors to provide a safe and enjoyable experience at camp. The camp is a unique opportunity for youngsters with neuromuscular diseases to increase their self-confidence by experiencing an overnight camp program.

MDA summer camp provides many parents with a week-long break from their roles as caregivers. Volunteer counselors should be:

- At least 16 years of age;
- Of sufficient strength and size to assist with the needs of campers;
- Able to lift and care for a camper;
- In good health with no major medical problems, injury or illness that could hamper the ability to care for their camper;
- Temperamentally suited for the position;
- Residents in the state of Hawaii; and
- Able to follow guidelines and rules set by MDA's Staff Camp Coordinator.

Each volunteer applicant needs to understand that "Camp is for the Campers!" Attending to their camper is a 24-hour responsibility. There is, however, some time built into the schedule for volunteer staff to relax and interact with their peers.

For more details about volunteer responsibilities or to sign up call 548-0588.

**Free Money for College** – The Maj. Gen. James Ursano Scholarship Fund helps Army families with the costs of 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 of Soldiers on active duty, retired or deceased while on active duty or after retirement. Deadline is Mar. 1.

For more specific information about deadlines and documentation visit Army Emergency Relief on the Web at [www.aerhq.org](http://www.aerhq.org). Call (703) 428-0035 or e-mail [education@aerhq.org](mailto:education@aerhq.org).

# Nurse's work earns Bronze Star

By Rafi Grant  
Contributing Writer

Lt. Col. Anne Hochhausen, currently director of the OB/GYN nursing course at Tripler Army Medical Center, was awarded a Bronze Star for selfless service while deployed to Iraq with the 28th Combat Support Hospital this year.

As chief nurse at the U.S. military hospital in Tikrit, she cared for more than 3,000 Soldiers, and helped to provide medical support for Iraqi civilians.

Hochhausen deployed in early March 2003 shortly before the war in Iraq began.

"We spent the first weeks in Kuwait, before we followed the troops to Iraq," Hochhausen said.

The mission of the 500-plus Soldier 28th Combat Support Hospital was the establishment of two independent hospitals, one in Tikrit and one in Baghdad.

Weeks after the advance into Baghdad, the first hospital was set up.

By July 2003 the second combat support hospital was opened in Tikrit, where Hochhausen, as the chief nurse, and a team of 150 physicians, nurses and sup-

port groups, worked around the clock to provide the highest standards of medical support.

In the harsh conditions of the Iraqi war zone, Hochhausen's main concern was to keep herself and the team focused.

Twenty-four hour shifts were as much part of the chief nurse's deployment life, as the attempt to ensure highest standards of medical care in an environment with average temperatures above 100 degrees and regular sandstorms.

The medical team's biggest challenge was that "We had to take care of our wounded Soldiers as well as enemy combatants and war prisoners," Hochhausen explained.

"One part of the medical team might be fighting for the life of an American Soldier who was wounded in a rocket attack, while next door the other part of the team is taking care of an Iraqi insurgent who had maybe participated in the rocket attack against the U.S. Soldier."

As a medical team, Hochhausen and her colleagues had to provide unbiased support in an atmosphere where impartiality is difficult to keep.

"It was hard for me as well as for our team to put emotions aside," Hochhausen explained. "But it is our job to provide quality care to all our patients no matter what side they were fighting for in the war."

The chief nurse, however, didn't just take care of the Soldiers' physical wounds and injuries, but also their spirits during the long deployment.

Hochhausen shared her time with the Soldiers to listen to their concerns. She was an emergency mother, friend, and a shoulder to lean on for Soldiers and colleagues during the long months of the deployment.

"The hardest time is the holidays when you have to spend the traditional family days far away from home in a war zone," Hochhausen said.

To bring a little bit of Christmas joy and happiness, Hochhausen and a small group of ambitious Soldiers decided to put together a Christmas play, which they presented during the month of December.

"The Soldiers in Tikrit and other military bases in Iraq were excited and thankful." She remembered one Soldier who approached her after the play saying, "For a minute I thought I was back in the states, for a minute I forgot about the war and about where we are."

In March, Hochhausen came back from the deployment she described as a life changing experience – even after 22 years in the Army.

"I spent hours in the emergency room with the medical team trying to save the lives of young Soldiers," Hochhausen said.

"There are days when you are successful, but there are others when you are not. Days when you call for emergency blood drives, days when you gather the whole medical team and you still lose the fight for the Soldier's life," Hochhausen said.

"I remember Iraqi people touching their heart to show you respect and thankfulness for the work you do. "And then there are the trips in convoys to Baghdad with the ever present fear that it might be the last one."

Hochhausen is looking back on a 22 year career in the military. She joined the Army after the completion of a bachelor's in science of nursing and served at a variety of duty stations, including San Francisco, Landshut and Nuernberg, Germany, and Fort Bragg, N.C.

"The catch for me to stay [on active duty] after coming back from Iraq was having the opportunity to teach," Hochhausen said.

"However, it is soon time for me to move on," she added.

The medical teams in the war zone work behind the scenes often unnoticed, their work, their dedication and selflessness are, howev-

er, of great value and importance for Soldiers and civilians alike.

Hochhausen is a member of this team, and she was awarded a Bronze Star for making a tremendous difference in the lives of American Soldiers and the Iraqi people.

Courtesy photo

**Lt. Col. Anne Hochhausen does an ultrasound on a 14-year old pregnant Iraqi girl. Hochhausen provided medical support for Soldiers and Iraqi civilians during a year-long deployment that ended this year. Hochhausen said the young girl was excited about her pregnancy and thankful for the help she received from the medical team.**



“

***I spent hours in the emergency room with the medical team trying to save the lives of young Soldiers.***

**- Hochhausen**

## Commentary

# Engineers reflect on Iraq deployment

By Capt. Marty Lewton,  
84th Engineer Combat Battalion  
(Heavy)

LSA ANACONDA, Iraq — Company B, 84th Engineers Combat Battalion (Heavy) moved into its new home here following a 450-mile convoy from Kuwait. The Bulldogs met with their counterparts upon hitting the ground and started establishing themselves while conducting reconnaissance missions.

As part of Operating Iraqi Freedom II, construction shifted from quick and functional to specific upgrades with longevity. The Bulldogs

spent most of the deployment upgrading facilities on LSA Anaconda.

The first major missions were to build a new site for the 31st Combat Support Hospital and to widen Taxiway C for aircraft. The CSH required converting a barren field into a fully functional hospital facility with helipad.

First Platoon constructed concrete tent pads and several sidewalks to connect them while 2nd Platoon made the helipad, which can support two Chinooks at one time.

The most difficult aspect of this mission was the availability and quality of con-

crete. There were several missions requiring it all over the post and missions took longer to complete because of the demand.

The next big mission was executed by 1st Platoon. They constructed a Sherpa Aircraft Parking Area that can support several aircraft. The Sherpas are workhorse aircraft that provide everything from reconnaissance to haul support for troops and material.

The unit liked them so much that they requested more for the future.

In July the Bulldogs received it's largest company mission on LSA Anaconda, the new Forward Arming and Refueling Point.

The mission required constructing Apache and Blackhawk helipads, Chinook helipads, asphalt roads, a three cell AHA, living quarters force protection, a fuel point, Blast Shields, a vehicle parking area, more than 1,500 meters of road and more than 11,000 cubic yards of 5-inch rock for dust suppression.

Due to the heat the Bulldogs had to go to reverse cycle so, workdays were from 2 a.m. to midnight. Between July and August temperatures reached 120 - 130 degrees and it made getting compaction very difficult.

Our company performed one civil military operation during the deployment. We provided quality assurance on the renovation of the Ad Dujayal Veterinary Clinic near Balad. First Platoon conducted tactical convoys to the site three times to establish jobsite security, and inspected the quality of work by the local contractors.



1st Lt. Eli Adams

**Company B does construction work at the Fuel and Ammunition Resupply Point, or FARP, for the aviation units at LSA Anaconda, Iraq earlier this year.**

They interacted with the clinic administrator and the contractors through an interpreter and with lawyers from the 372nd Eng. Group to ensure the community received a quality facility. This mission provided the rural community a valuable resource and promoted positive relations between the local population and the U.S. Army.

Co. B supported two theater level bridge missions during the deployment and augmented the Ukrainian security forces during mission execution. The company also constructed 170 meters of road through a dried out marsh area and over a 25-foot irrigation canal. All of this was done while provid-

ing force protection and community building activities.

Company B executed a never-ending list of critical missions on post and throughout Iraq. Other missions included providing heavy equipment support at Abu Ghraib Prison, transporting donated military vehicles all over Iraq, constructing HBB Force Protection Cells for Apaches and Kiowas, and upgrading forward operating bases.

The Bulldogs also improved quality of life for Soldiers by building wood frame structures for the Personnel Processing Center. These units are part of plan to get rid of the current tent facility for incoming troops and replace them with build-

ings. The units come with air conditioning, heat, light, electricity and are more durable and easily repairable than the current set up.

They've also renovated barracks and built living quarters, gazebos, and mailrooms. The deployment was extremely satisfying in that we were able to directly support the War on Terror.

Our Soldiers will return to Schofield Barracks better trained than before we left.

The tempo and variety of missions just cannot be copied in a garrison environment. OIF II was an unbelievable experience and our Soldiers and Leaders are now seasoned and well prepared for future deployments.

## Purple Heart



Sgt. Kelli Miyasato

**Spc. Kenneth Gipson is congratulated by Adm. Thomas B. Fargo, commander of U. S. Pacific Command, who pinned on his Purple Heart in a bedside ceremony at Tripler Army Medical Center Nov. 2. Gipson was wounded by a roadside bomb while on convoy duty near Kirkuk. He is assigned to Headquarters and Headquarters Company, 1st Battalion, 27th Infantry Regiment at Schofield Barracks.**

# Army supports UH in time of need

By Sharon Mulligan

U.S. Army, Pacific Public Affairs

Thanks in part to the U.S. Army, Pacific and the U.S. Army Corps of Engineers, power has returned to the University of Hawaii campus.

The University of Hawaii – Manoa campus suffered extensive damage from flooding after heavy rains pounded the island of Oahu late October to early November. Through the combined effort of the state, military, and community, the university is gradually recovering from the damage.

The rains caused floodwaters that damaged 35 buildings on the university campus. The waters destroyed more than just the contents of the buildings, electrical systems were also damaged. On Oct. 31, Governor Linda Lingle signed an emergency proclamation authorizing the resources of the State and Hawaii National Guard to be used to help in the recovery. The extent of the damage exceeded resources available to the school. Even after using all resources under their control, to include using commercial power providers, several buildings at the school remained without power.

According to Maj. Brad Higgins, USARPAC G3, the State Civil Defense, the coordinating agency for disasters, requested support from the Department of Defense as soon as it was determined there would be a need for additional generators to power the facility.

Cooperative support from the military is provided through mutual aid agreements and also under the umbrella of Joint Task Force – Homeland Defense. JTF-HD protects military installations and critical infrastructure, as well as provides defense support to civil authorities, in order



U.S. Army photo

**Soldiers from the 249th Engineer Battalion (Prime Power), U.S. Army Corps of Engineers, help load a generator for movement from Schofield Barracks to the University of Hawaii – Manoa Campus. Generator support is being provided through the U.S. Army, Pacific to help aid in flood damage recovery at the school.**

to protect U.S. populations, the homeland, U.S. territories and protectorates. This support is provided either to save and preserve lives on an emergency basis, on or off the installation, or by request from state and territories in the pacific area. The mission of the organization includes a focus on situational awareness, and providing critical support for military and civil authorities in times of national need.

The State of Hawaii requested two 750 kilowatt generators with operators, ancillary equipment, and refueling capability

to support the University of Hawaii Agriculture Science Building.

JTF-HD personnel surveyed DoD assets within Hawaii and determined that the only unit which could meet this requirement belonged to the U.S. Army Corps of Engineers. USARPAC then requested generator support from the USACE headquarters located in Virginia. Once the request was approved, USACE determined A Company, 249th Engineer Battalion (Prime Power), located on Schofield Barracks, would support the

request.

The generators were put in place November 18 and will remain on site for about 14 days.

This successful community recovery and clean-up operation is the result of the hard work of many people and the agencies they represent.

Higgins said that in addition to the work by the State Civil Defense, the University of Hawaii, HECO (the Hawaiian Electric Company), Hawaii Metal Recycling Co, and others, "our Soldiers are working very hard to support the recovery effort."

# Division Soldiers plan a daring race inside Taliban homeland

Honolulu Marathon Release

The 2nd Battalion, 5th Infantry Regiment "Bobcats" plan something very daring for a unit living in the crosshairs of the Taliban.

They're determined to stage their own version of the Honolulu Marathon on Dec. 12 at their remote firebase in bleak, arid Tarin Kowt, capital of the central Afghanistan province of Uruzgan.

And they plan to do it with the kind of high tech timing equipment used at the world's biggest races.

The Bobcats are coordinating with organizers of the Honolulu Marathon to host about 300 runners on a course mapped out by concertina wire.

The idea for a race in harm's way was hatched by Hurlburt and endorsed by Maj. Gen. Eric T. Olson, commander of the 25th Infantry Division (Light).

The Soldiers were told they could register as though they were competing on the Honolulu course and receive almost all of the same perks.

But in recognition of the extraordinary circumstances, Barahal is waiving their registration fees which would have been over \$100 apiece at this time of year.

In what could be a "first" for a combat zone race, the Afghanistan marathon will have the same state-of-the-art timing technology used in big races like Honolulu, Boston and New York City.

The real Honolulu Marathon will start at 5

a.m. Hawaii time Dec. 12.

The official starting time at Tarin Kowt will be 8 p.m. Hawaii time on Dec. 11 and 10:30 a.m. Afghanistan time on Dec. 12.

The Honolulu Marathon office is receiving registrations for the Honolulu Marathon in Afghanistan daily.

Runners signing up are not just from Tarin Kowt but also from bases in Kandahar and Bagram. Some are Afghan soldiers and others are Afghan civilians.

Hurlburt's marathon course security plan includes holes for runners to jump into in the event of a mortar or rocket attack, and a team in full battle gear standing by with armored Humvees ready to roll out the gate on a moment's notice.

Runners will have the option of running with their weapons but Hurlburt is recommending they check them in a nearby rack.

Hurlburt said the Bobcats are doing all they can to recreate the ambience of the real Honolulu Marathon.

Carpenters will cut palm trees to line the course and a lone hill has been designated "Diamond Head," symbolic of the highest point on the Honolulu course. Runners will have to scale it five times.

Asked why he would want to run a marathon in such a dangerous and uncomfortable setting, 1st Lt. Ian Grimstad said, "I run because it is the essence of freedom."

*(Editor's Note: Look for race results in Hawaii Army Weekly on Dec. 17)*

# The 25th celebrates Thanksgiving

CJTF 76  
News Release

KABUL, Afghanistan – About 17,000 coalition Soldiers enjoyed Thanksgiving feasts throughout the combined, joint operations area today and were recognized for their service with visits from several senior military officials.

Gen. John P. Abizaid, commander, U.S. Central Command, served Thanksgiving dinner to Soldiers at Kandahar Airfield, in keeping with a long standing military tradition of senior leaders serving the junior service members on Thanksgiving day.

Mr. Anthony Principi, secretary of Veteran's Affairs, read a message from President George W. Bush to troops at Bagram Airfield. The message reflected the President's gratitude for the service of troops deployed this holiday season.

Lt. Gen. David Barno, commander of Combined Forces Command-Afghanistan and Maj. Gen. Eric T. Olson, commander, Combined Joint Task Force 76 visited troops at forward operating bases throughout the combined, joint operations area.

Lt. Gen. John M. Brown III, commander, U.S. Army, Pacific based at Fort Shafter, Hawaii visited Hawaii Soldiers and Marines based at Forward Operating Base Salerno.

Back on Schofield Barracks, Soldiers and family members waited in line for more than an hour for the holiday meal served at the F Quad dining facility. Those in attendance said it was worth the wait. The majority of the displays were made out of food and one depicted Iraq and Afghanistan; the sand was brown sugar.

Spc. Edmund Perez, food service specialist with 125th Military Intelligence Battalion, served at the A Quad dining facility on Schofield Barracks.

"We got a real good crowd," Perez said. "The people seem to be enjoying themselves."

Perez worked around delicately prepared desserts and treats, including a chocolate-fondue fountain.

"It's something different," Perez said about the machine producing small chocolate waterfalls. "It's new in the culi-



Spc. Daniel Kelly

**Officers and noncommissioned officers dressed in Class A and Dress Blue uniforms participate in the Army tradition of serving Thanksgiving dinner to Soldiers and families at the A Quad dining facility on Schofield Barracks.**

nary world, and the kids really love it."

Spc. Shana Witcher, food service specialist with Company G, 58th Aviation, also served at the A Quad dining facility Thanksgiving Day.

"We're serving non-alcoholic wine and eggnog," Witcher said with a smile, delicately placing drinks on a fancy serving tray. "Things are going good."

Annaley Slater, 5, had dinner at the F Quad dining facility. Slater is the daughter of Chief Warrant Officer Jason Slater, deployed to Bagram, Afghanistan. She said, "I am thankful for the shrimp, crab and ice cream. I wish my Papa could be here."

Tracy Langley, spouse of 1st Lt. Clarence Langley, currently deployed to Kirkuk, Iraq said, "My family and I went to F Quad's dining facility because my husband is currently deployed. He is eating in the dining facility [overseas] so I wanted my children to experience the same thing. The holiday is not the same without him anyways."

Each year, dining facilities on Schofield Barracks compete for top honors during the Thanksgiving Day celebrations.

This year, F Quad won the Thanksgiving Day competition. This is the third year in a row that Sgt. 1st Class Caroline Trent, and her team, has won the competition. For the past two years, she was the supervi-



Staff Sgt. Bradley Rhen

**Clockwise from lower left Spc. Lloyd Collins, Spc. Amitram Mahadeo, Spc. Wesley Watkins and Sgt. Alex Boyd, all of the 125th Signal Bn., Schofield Barracks, Hawaii, enjoy Thanksgiving dinner at the Forward Operating Base Salerno dining facility.**

sor of E Quad dining facility.

Each DFAC was judged on creativity and food preparation.

(Editor's Note: Kelly Slater and Spcs. Dan Kelly and Charles Hayes contributed to this article)

## Lightning Spirit: Can you sleep when the wind blows?

Commentary

Chaplain (Capt.) Brian Mead  
125th MI Battalion

Matthew 8:23-27 – Jesus Calms the Storm; "Then he got into the boat and his disciples followed him. Without warning, a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke him, saying, "Lord, save us! We're going to drown!" He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

Years ago a farmer owned land along the Atlantic seacoast. He constantly advertised for hired hands. Most people were reluctant to work on farms along the Atlantic.

They dreaded the awful storms that raged across the Atlantic, wreaking havoc on the buildings and crops. As the farmer interviewed applicants for the job, he received a steady stream of refusals.

Finally, a short, thin man, well past middle age, approached the farmer. "Are you a good farmhand?" the farmer asked him.

"Well, I can sleep when the wind blows," answered the little man.

Although puzzled by this answer, the farmer, desperate for help, hired him.

The little man worked well around the farm, busy from dawn to dusk, and the farmer felt satisfied with the man's work.

Then one night the wind howled loudly in from offshore. Jumping out of bed, the farmer

grabbed a lantern and rushed next door to the hired hand's sleeping quarters. He shook the little man and yelled, "Get up! A storm is coming! Tie things down before they blow away!"

The little man rolled over in bed and said firmly, "No sir. I told you, I can sleep when the wind blows."

Enraged by the response, the farmer was tempted to fire him on the spot. Instead, he hurried outside to prepare for the storm.

To his amazement, he discovered that all of the haystacks had been covered with tarpaulins. The cows were in the barn, the chickens were in the coops, and the doors were barred. The shutters were tightly secured. Everything was tied down. Nothing could blow away.

The farmer then understood what his hired hand meant, so he returned to his bed to also sleep while the wind blew.

Moral of the story: When you're prepared, spiritually, mentally, and physically, you have nothing to fear. You can then sleep through any storm or calamity that comes into your life knowing that you will come through the storm. Can you sleep when the wind blows through your life?

The hired hand in the story was able to sleep because he had secured the farm against the storm.

We, as believers in Christ, secure ourselves against the storms of life by grounding ourselves in the Word of God. We don't need to understand, we just need to hold His hand to have peace in the midst of the storms.

I hope and pray that you all are able to sleep well!

## Large weapons cache found in Iraq



U.S. Army photo

Soldiers from the 1st BCT, 25th ID (L) discovered huge stockpiles of weapons and munitions, including 15,000 anti-aircraft rounds, 4,600 hand grenades, 20 guided missile packs and more in the largest weapons cache ever found in Northern Iraq.

## Harvey

From A-1

Army does.

Following a visit to the Joint Security Area, Harvey told commanders in the 2nd Infantry Division that the importance of their deterrence mission is even more evident.

"Your mission of keeping North Korea in check is important not only to preserving the peace and security of the Republic of Korea, but also to helping win the Global War on Terrorism," he said.

Harvey assured troops that "while in Washington I will be thinking of you and your mission here. I will do my job to ensure that you have the resources to do that successfully."

The Army's top official spent Thanksgiving Day visiting dining facilities within 2ID before eating the holiday meal with troops.

"There's no place I'd rather be on Thanksgiving than with Soldiers," he replied.

The secretary shared more than a meal with the troops; he also shared his near-term goals for the Army, which starts with developing a vision for the future.

"As part of the position of secretary of the Army, I have established a transition team which will help me develop this vision as well as address key issues."

He said this team is composed of experienced individuals ranging from active-duty Soldiers and retirees to experts from the private sector.

"I'm going to ask them to help me form a vision for our Army," he said. "I want a clear visual guide by which we provide a strategy to focus everyone on an end result."

Harvey said he plans to join together



Staff Sgt. Carmen L. Burgess

**Secretary of the Army Francis J. Harvey is given a tour on new housing for enlisted Soldiers on Schofield Barracks.**

with Gen. Peter Schoomaker to lead the Army to successfully meet the dangerous and difficult challenges of the 21st century security environment.

"I look forward to establishing a partnership with both the Army Chief of Staff and the Secretary of Defense," he said. "Since his appointment, the chief has done an outstanding job at providing the forces required to win the Global War on Terrorism, all while transforming the force."

# Soldiers to get pay raise; Act cuts housing costs

By Gerry J. Gilmore  
*American Forces Press Service*

WASHINGTON— Money contained within the 2005 National Defense Authorization Act will fund a 3.5 percent troop pay raise and eliminate service members' out-of-pocket costs for family housing, DoD's top military personnel official noted.

The January troop pay raise will be applied across the board to all service members and won't feature pay hikes targeted to specific ranks as in past years, David S. C. Chu, the undersecretary of defense for personnel and readiness, said during a recent Pentagon interview.

The targeted raises issued to mid-level officers and non-commissioned officers over the past two years, Chu explained, "have fixed," for now, most pay-disparity issues involving those ranks.

And, he noted, money is contained in the 2005 act to boost allowances that now eliminate service members' out-of-pocket expenses used for on- or off-post family housing. Stateside and overseas family housing allowances are calculated according to regional markets.

Another provision in the 2005 NDAA removes a previously established ceiling limiting how much military family-housing inventory could be privatized, Chu said.

Privatization enables DoD to modernize its military family-housing more quickly and efficiently, Chu said. About one-third of military families live in on-post housing.

If DoD funded all of its existing family-housing needs by itself, Chu explained, it would take the department "forever" to make needed repairs or to replace aging housing units largely built in the 1950s.

Chu pointed to privatization success stories, such as contractor-provided housing for soldiers and their families at Fort Carson, Colo. Such private sector-provided housing offers contemporary quality and "design flair" for service members while providing more bang for the buck for taxpayers.

The act also contains three special pay and bonus authorities, Chu noted. For example, the bill makes permanent the increase to military family separation pay to \$250 a month and likewise hostile fire and imminent danger pay

at \$225 a month.

The bill also provides "a much stronger set" of reenlistment bonuses for Guard and Reserve members.

Chu said the '05 NDAA ensures that troops in the field receive the equipment and other material they require to successfully prosecute the global war against terrorism.

The bill also provides extended health coverage for some Reservists, Chu noted, as well as better Montgomery G.I. Bill benefits.

Another change contained in the '05 NDAA enables reservists to be called up for training before possible overseas deployment. This, Chu pointed out, is a more efficient means of force management.

A major highlight of military personnel management during his tenure, Chu observed, involves successive increases in troop compensation.

"The president has been willing to carry the torch for us to argue for significant pay increases," Chu noted, as well as to reduce and eventually eliminate service members' out-of-pocket costs for housing.

## HAVE A GREAT PHOTO?

Submit it to

### HAWAII ARMY WEEKLY

for consideration for publication

Photo must have Army content. Email your photo, a brief description, name and phone number to [editor@hawaiiarmyweekly.com](mailto:editor@hawaiiarmyweekly.com)

## Admiral pins Purple Heart



Les Ozawa

Spc. Brian E. Remily, Sr., of Company B, 65th Engineer Battalion at Schofield Barracks, has a Purple Heart pinned on him by Adm. Thomas Fargo, commander of U.S. Pacific Command on Nov. 2 at Tripler Army Medical Center. Remily was wounded in a car bomb attack while assigned to Task Force 1-27 in Iraq.



Sgt. Sean Kimmons

Sappers from Co. B, 65th Eng. Bn. check out an old IED hole while another provides security along a main supply route Nov. 16. The brigade's tour to Iraq has been extended to support the Iraqi presidential elections.

## Tour

From A-1

will continue their superb performance during this critical time of the Iraqi Presidential elections, he added.

"When our 2nd BCT Soldiers return to Hawaii, they will stand tall knowing that they set the conditions for the Iraqi Presidential elections," Olson said. "They will feel pride in knowing, that they were able to see the dreams of the Iraqi people, to live in a democratic society, become reality."

This approved request adds an additional 1,500 active duty Soldiers, and extends approximately 10,400 active duty combat

forces, which includes 2,300 Marines from the 31st Marine Expeditionary Unit off of the ESSEX Expeditionary Strike Group.

This extension is in conjunction with the current force rotation, and will increase the U. S. forces in theater from 17 to 20 brigades, increasing the force size in Iraq to approximately 150,000 personnel during the election period.

The U.S. Army's 2nd Brigade 1st Cavalry Division, Fort Hood, Texas and the U.S. Marine Corps' 31st Marine Expeditionary Unit, Okinawa, Japan, will be extended beyond their current rotation dates.

This extension also includes the 66th

“

***Now more than ever, our 2nd BCT Soldiers need love and support from their family members.***

***- Maj. Gen. Olson***

Transportation Company, Kleber Kasern, Germany. The length of extension varies between the units. Two battalions from the 82nd Airborne Division will deploy to Iraq for an anticipated duration of approximately 120 days to support security efforts during the election period.



PEACE OF MIND IS PRICELESS:

## Honor your body

By Kirsten Tacker  
Contributing Writer

Military fitness centers across the island offer enticing programs and services — many of them free. A valid military identification awards these opportunities.

### Schofield Barracks

Every Saturday, Schofield Barracks Health and Fitness Center is free to Blue Star Card holders entitling use of the entire facility. A small fee of \$3 per day, \$20 per month or \$50 each quarter accesses ID card holders to a variety of classes at this spacious gym.

"I have 20 bikes on order; our goal is to start Spinning classes in January. What's great about this gym is [that there] are no lines for the equipment. The quality and staff of instructors and families feel comfortable coming here." Vera Ross, health and fitness director elaborated.

One machine they've acquired at 11 feet high works for all sizes. The Treadwall Fitness Climber with rock hand holds acts as a vertical treadmill for climbing.

It only moves when the climber steps up and stops when the climber stops. This center offers cardiovascular machines, free weights and massages for a fee; call for details.

A few blocks from the Health and Fitness Center is the Martinez Physical Fitness Center; Pete Bautista, supervisor sports specialist said, "Tae Kwon Do is the only class that has a fee; call for details. The rest are free."

Martinez has two rooms full of cardiovascular machines, a squash court, basketball, volleyball, heavy bag and equipment rental. "You must have a towel to workout," Bautista added.

The equipment is maintained in-house so they can repair everything within 48 hours. Bautista went another step spending thousands of dollars for parts-in-hand to diminish additional waiting time.

Bautista said, "I like working here, everyone that comes to workout are easy going, good people. Our staff won't point you in the right direction — they will walk you directly there. We all work together, we're very friendly and will help in any way we can."

### Fort Shafter Area

Hickam Fitness Center offers fitness classes, eight physical training workouts, sports intramurals, Juice Bar and Healthy Deli, massage therapy, Swedish massage, reflexology, rehabilitative, sports, whole-body massage, gentleman's facial, self-renewal facial, special facial and soothing body scrub. Call for prices.

Tech. Sgt. Ricky Woods, in charge of operations said, "The pool is free, as are all classes at Hickam. We're having a \$15 million renovation scheduled January 2005, to be finished by the end of year. We'll have a state of the art facility and it'll all be free."

Even with a state of the art facility Woods concluded, "Our customer service and convenience of equipment in one centrally located area are what makes this place unique."

A neighbor to Hickam is Aliamanu Military Reservation Physical Fitness Center which is free, but there are fees for swimming lessons and Cardio Kickboxing classes. Their 25 meter pool has lanes available during hours of operation. An assortment of cardiovascular machines, free weights, weight-selected machines and free fat analysis (by appointment).

In the vicinity of Hickam and AMR is Fort Shafter Physical Fitness Center, "Make sure you have ID and towel as a requirement to use facility. We have cycles, two racquetball courts, free weights, Nautilus, cardiovascular, karate, personal trainers, basketball, football and volleyball, Dan Padakin, manager, said.

Fort Shafter offers a unique incentive called the Lifetime Sports and Recreation card. Twenty points fill up the card which earns a free t-shirt and automatically enters holders into a semiannual drawing.

Patrons can win either a three day-two night stay at Kilauea Military Camp or Pihilaau Army Recreation Center.



Spc. Daniel P. Kelly

**Above: The Martinez Physical Fitness Center is located on Schofield Barracks, and offers a wide range of fitness opportunities for Soldiers and their family members.**

**Left: A Soldier works his tricep muscles at Martinez Physical Fitness Center on Schofield Barracks.**

**Below: Army family member Sabina Doherty works out on a Nautilus Compound Row machine at the Martinez Physical Fitness Center on Schofield Barracks Wednesday.**



"It is a great program and it keeps people coming back to the gym. Lots of patrons participate," Padakin commented. "Our customers are what make this place unique. We have a lot of regulars, this is like their second home, and a staff that provides wonderful service."

In the Fort Shafter area is Tripler Army Medical Center Fitness Center.

The pool has a small daily fee or monthly pass, and locker rentals are available at a cost. Swim lessons are by appointment only and are available year around.

Tripler has racquetball courts, free weight and exercise machine rooms, basketball and volleyball. "We provide legendary service making sure [clients] are all taken care of, we provide what we can," Randy Esliit, facility manager said.

### Pearl Harbor

January is an innovative month for Judy Kosaka, Regional Navy Fitness Director. Kosaka

supervises Bloch Arena Fitness Center on Pearl Harbor and seven other Navy fitness facilities. All are free and open to military. In January, Pilates will return and a Youth Strength Program for ages 10 to 12 begins. Look for an Aerobathon class that orientates patrons to all classes; 15 minutes of each type.

They offer a personal trainer, a Massage Therapy Program and Aromatherapy on the spa level; all have fees. Stroller Stride, a formatted class exclusively for mothers to be outside walking with their child, has timed exercises with an instructor.

January may be bringing in the New Year with wonderful resolutions, but Kosaka commanded, "What makes our facilities unique is the selection of equipment and the programs we offer. Get out there, use it and don't make excuses!"

Begin honoring your body by searching for a gym that will match your needs. The information provided places it right at your fingertips. Each Web site has up-to-date information and for anything else call the numbers listed below.

- **Tripler Physical Fitness Center and Pool:**  
Location: Buildings 300 and 301  
Web site: [www.tamc.amedd.army.mil/information/fitness.htm](http://www.tamc.amedd.army.mil/information/fitness.htm)  
Telephone: 433-6443 fitness center, 433-5257 pool  
Fitness center hours: Mon – Thurs 5 a.m. – 7:30 p.m., Fri 5 a.m. – 6 p.m., Sat 10 a.m. – 5 p.m., closed Sundays and holidays.
- **Hickam Fitness Center and Pool:**  
Location: Building 1120  
Web site: [www.hickamservices.com](http://www.hickamservices.com)  
Telephone: 449-1044 fitness center, 449-6573
- **Hickam Pool**  
Fitness center hours: Mon - Fri 5 a.m. - 11 p.m., Sat 7 a.m. - 8 p.m., Sun 9 a.m. - 6 p.m. Holiday and family day hours are 9 a.m. - 6 p.m.
- **Schofield Barracks Health and Fitness Center and Richardson Pool:**  
Location: Building 582  
Web site: [mwrarmyhawaii.com/sportsandfitness/fitnesssports.asp](http://mwrarmyhawaii.com/sportsandfitness/fitnesssports.asp)  
Telephone: 655-8007 fitness center, 655-9698 pool  
Health and fitness center hours: Mon – Fri 6:30 a.m. – 7:30 p.m., Sat 8 a.m. – noon, Sundays and holidays closed
- **Martinez Physical Fitness Center:**  
Location: Building 488  
Web site: [mwrarmyhawaii.com/sportsandfitness/fitnesssports.asp](http://mwrarmyhawaii.com/sportsandfitness/fitnesssports.asp)  
Telephone: 655-0900  
Hours of Operation: Mon – Fri 5 a.m. – 9 p.m., Sat and Sun 9 a.m. – 4 p.m., open holidays
- **Fort Shafter Physical Fitness Center:**  
Location: Building 665  
Web site: [mwrarmyhawaii.com/sportsandfitness/fitnesssports.asp](http://mwrarmyhawaii.com/sportsandfitness/fitnesssports.asp)  
Telephone: 438-1152  
Hours of Operation: Holidays 9 a.m. - 4 p.m. Open on select holidays Mon - Fri 5:30 a.m. – 9 p.m., Sat and Sun 9 a.m. – 4 p.m.
- **Aliamanu Military Reservation Physical Fitness Center and Pool:**  
Location: Building 1780 fitness center  
Web site: [mwrarmyhawaii.com/sportsandfitness/fitnesssports.asp](http://mwrarmyhawaii.com/sportsandfitness/fitnesssports.asp)  
Telephone: 836-0338 fitness center & 833-0255 pool  
Hours of Operation: Select holidays 1 - 6 p.m. Mon – Fri 8 a.m. – 9 p.m., Sat. 10 a.m. – 5 p.m., Sun 11 a.m. – 6 p.m.
- **Helemanu Physical Fitness Center and Pool:**  
Telephone: 653-0719 fitness center, 653-0716 pool  
Web site: [mwrarmyhawaii.com/sportsandfitness/fitnesssports.asp](http://mwrarmyhawaii.com/sportsandfitness/fitnesssports.asp)  
Hours of Operation: Select holidays 1 - 6 p.m.; Mon – Fri 6 a.m. – 9 p.m., Sat 10 a.m. – 5 p.m., Sun 1 - 6 p.m.
- **Wheeler Army Airfield Gym:**  
Location: Building 677  
Telephone: 656-1690
- **Pearl Harbor Bloch Arena:**  
Location: Building 161  
Web site: [www.greatlifehawaii.com](http://www.greatlifehawaii.com)  
Telephone: 473-0793  
Hours: Mon - Fri 4 a.m. - 9 p.m., Sat 7 a.m. - 8 p.m., Sun 7 a.m. - 6 p.m.
- **Ford Island Fitness Center:**  
Location: Building 55, Ford Island BQ, 1st Floor  
Web site: [www.greatlifehawaii.com](http://www.greatlifehawaii.com)  
Telephone: 472-7583  
Hours: Mon - Fri 6 a.m. - 8 p.m.; closed on Sat, Sun
- **Makalapa Weight Room:**  
Location: Building 388, Makalapa Crater  
Web site: [www.greatlifehawaii.com](http://www.greatlifehawaii.com)  
Telephone: 472-7583  
Hours: Open Daily 24/7
- **NCTAMS Fitness Center:**  
Location: Building 446, NCTAMS (Wahiawa)  
Web site: [www.greatlifehawaii.com](http://www.greatlifehawaii.com)  
Telephone: 653-5542  
Hours: Mon - Fri 5 a.m. - 9 p.m., Sat 9 a.m. - 8 p.m., Sun Noon - 5 p.m., holidays 9 a.m. - 5 p.m.
- **Paradise at West Loch Fitness Center:**  
Location: Building 621  
Web site: [www.greatlifehawaii.com](http://www.greatlifehawaii.com)  
Telephone: 474-7933  
Hours: Mon - Fri 5 a.m. - 9 p.m., Sat 8 a.m. - 1 p.m., Sun 11 a.m. - 4 p.m.
- **Naval Station Gymnasium:**  
Location: Building 667, Pearl Harbor  
Web site: [www.greatlifehawaii.com](http://www.greatlifehawaii.com)  
Telephone: 473-2436  
Hours: Mon - Fri 5 a.m. - 10 p.m., Sat 9 a.m. - 10 p.m., Sun 9 a.m. - 5 p.m.
- **Power Point Fitness At Barbers Point:**  
Location: Building 1762  
Web site: [www.greatlifehawaii.com](http://www.greatlifehawaii.com)  
Telephone: 682-5243  
Hours: Mon - Fri 9 a.m. - 7 p.m., Sat 9 a.m. - 3 p.m.,
- **Kunia Physical Fitness Center:**  
Location: Building 55  
Web site: [www.mwrnavy.com](http://www.mwrnavy.com)  
Telephone: 655-3839  
Hours: Mon - Fri 5 a.m. - 9:30 p.m., Sat - Sun 9 a.m. - 5 p.m.





## Spouse's Spotlight

# Spouse shines through school volunteer work

By 1st Lt. Kimberly Luft  
17th CSB  
Contributing Writer

If you are a student at the Hale Kula Elementary School, there is one office you don't mind being called in to.

That is Cheri Phillips' office, Director of the Student of the Month Program. And that isn't all this quiet but animated mother of two has on her busy agenda at the elementary school.

With her husband, Chief Warrant Officer Peter Phillips, 1st Battalion, 25th Aviation Regiment, currently on his third deployment, Phillips juggles a busy schedule while taking care of her children, Celia, 11, and Paul, 8.

She works part-time for Hale Kula and volunteers the rest of the time needed with the school.

"I live with my palm pilot. I used to be anti-technology but I don't know how I did it before. Even my kids know to check my palm pilot in the morning," said Phillips.

Devotion to her children's activities is a priority explains Phillips. She is the troop cookie mom for her daughter's Girl Scout troop and she attends all her son's baseball, football, and Cub Scout meetings.

"Both do better when they know that I am there," she said with a smile.

A good majority of Phillips' time is spent within the hallways and rooms of the Hale Kula Elementary School. She has the opportunity to wear many hats and thrives on the challenges they provide.

Mainly, she works for the Parent Community Network Center, which she describes as Army Community Services but for the school. Part of this responsibility and one of the best aspects in her mind, is intro-

ducing new parents to the school.

"I invite the new parents to meet me to have coffee. It is a way to welcome them and make them feel more at home with the school," she said. It is this kind of warm comfort that Phillips provides to others that makes her stand out at the school.

Phillips was also elected to the school community council to represent the non-certified staff at the school.

She works hard logging volunteer hours for the school, running the Student of the Month Program, and currently sponsoring the Santa Gift Shop at the school.

She takes special pride in the Partnership School Program, in which a military unit "adopts" a school and provides funding and volunteer hours.

Since Phillips is the school's military liaison, she works hand-in-hand with their partner, the 125th Military Intelligence Battalion.

Together they coordinated various events such as the PTA Fall Festival and evening parent's nights, which Soldiers volunteered time to watch the students. There is still no time for Phillips to slow down.

Phillips also volunteers her time as the Company D, 1-25 Aviation Regiment's Family Readiness Group leader, a role she also played at Fort Bragg. "I remember my husband and I were married in December and he left out for deployment that January so I know how a spouse can feel," she said.

Phillips keeps the communication lines open between the spouses and enjoys brainstorming on new fund raising ideas and gifts for the deployed soldiers.

This year, her hard-working FRG pulled in an impressive \$4,000 through food and magnet sales.



1st Lt. Kim Luft

**Cheri Phillips updates the Student of the Month Board at Hale Kula Elementary School. Phillips works and volunteers at the school and is also the military liaison. She wears a variety of hats including: Family readiness group leader for Co. D, 1-25th Avn. Rgt., Girl Scout troop cookie mom, head of the Student of the Month program and Santa's gift shop. She is also the mother of two.**

"One day while we were selling outside Conroy Bowl during SRP, a group of National Guard Soldiers were going through and some of them forgot money. We fed them anyway," she said.

She went on to say that she felt as if their FRG that day was representing the support network their spouses would be relying on once they were deployed. She hoped they felt comfort in this.

As for her own husband's

deployment, she is looking forward to his return, like so many other spouses. She stays positive, putting her energy into the school and the community. She also strives to be honest with her children about what is going on with their father.

"I tell them Daddy is over there to make it safe for others and he is being as safe as he can," she said.

Together, they have been keeping all the presents they bought

him throughout the year in the house, patiently waiting to be opened. Until that day arrives, Phillips has been taking it one day at a time.

"There are days when it is too much with the deployment and kids, you just have to have that moment and move on," Phillips said.

That is good advice from a seasoned military spouse putting herself out there to make a difference.



Courtesy photos

Waianae community children enjoy the train ride through the Piliiaau Army Recreation Center during last year's community tree lighting ceremony. This year's ceremony is Dec. 7 at the center.

## Piliiaau Army Rec Center needs stuffed toys

By Joy Boisselle  
Staff Writer

'Tis the season for giving and the Piliiaau Army Recreation Center, formerly the Waianae Army Recreation Center, needs the U.S. Army Hawaii community's help. Les Akeo, business manager of the facility, said, "We are looking for donations of stuffed toys and animals for Santa to give to the community children who come to our annual tree lighting ceremony."

This year the free event is Dec. 7 from 5:30 p.m. to 9 p.m. at the center. There are several ways to make donations, and Akeo asks that donations be made no later than Dec. 6. Both the Business Operations Division Building at Wheeler Army Air Field and the Fort Shafter Auto Craft Center have drop boxes to collect donated toys.



**Santa takes on a Hawaiian flavor as he hangs loose with the shaka sign.**

Akeo said, "We will even pick up donations if we have to."

In what has become an 11-year tradition founded by Akeo and former club man-

ager, Lindsey Malloe, Akeo said, "This is a great way for us to give back to our Waianae community. We also invite the Boys and Girls clubs and everyone enjoys it." Featured events include live entertainment, pictures with Santa, gifts, and food.

Brenda Vandegriff, business operations division, said, "I can't think of another recreation center that hosts the civilian community at an event like this and it is a great way to better relationships between the military and civilian communities."

Akeo expects between 200 and 300 people to attend. "This event really helps promote harmony between our facility and the Waianae community. It has really made a difference," he added.

*(Editor's Note: For information on how to donate or to attend the tree lighting event, call 696-4158 or 696-4778.)*

## Tip of the week: Managing finances

### Army Families Online

Many problems spouses have during family separations are money related.

### Bills

Designate one person to pay the bills regularly each month. The spouse who is home on a more regular basis usually accepts this responsibility. Although both spouses should be aware of their financial picture, switching back and forth may lead to confusion.

### Spending plan

Make a complete inventory of your monthly financial obligations (see budget work sheet). Many agencies can assist you in organizing a spending plan for your family including Army Community Service, some financial institutions and Consumer Credit Counseling agencies. Basically, you need to estimate the amount of money coming in, your "fixed" expenses (housing, utilities, etc.), and the management of the remaining income (savings, emergencies, major purchases, recreation, etc.).

Both spouses need to work out a spending plan together. This point cannot be stressed enough since financial difficulty is one of the most common problems military families experience during separation.

### Special budget considerations

Cost of long distance phone calls between the spouses and relatives and friends. Non-reimbursable travel expenses of the service member as well as changes in pay entitlement.

It is necessary to make allowances in the spending plan to cover these costs or make an agreement not to indulge in these extras and stick to the plan.

### Allotment

An allotment is a specified amount of money which is deducted from paychecks and sent to a designated individual or institution on or about the first of each month.

Setting up an allotment ensures that your family receives funds on a regular basis to operate the household whether or not you are home. Plan ahead. It can take several months for the allotment procedure to begin.

### Two checking accounts

Most couples find it helpful to maintain two checking accounts – one for monthly household expenses and one for the service member while away from home. This eliminates the problem of some deposits and withdrawals not being recorded, as a result of two people in two different places trying to operate out of one checkbook.

If you decide to operate with one checking account, make sure you work out procedures for maintaining a "master" check register up to date at all times to avoid confusion and possible problems.

# Reunion's shark infested waters

Michele Adams-Thompson  
Contributing Writer

Shark infested waters don't have to be bad as long as you know what the sharks look like, a little about their behaviors, and aren't dragging a bunch of raw meat into the water with you.

Why talk about reunion like this? Because we're tempted to believe that we don't have to know much about it – you just "do it." We want to think that after a year apart we just get back to normal on some kind of auto-pilot.

We've missed our Soldier so long and so hard, we can't imagine that having him or her back can be anything but great.

Well, it sure will be great! But it will be other things, too. What are those other things? How do we know they're part of this experience? I'm a big believer in "discovery learning" and we're all going to get plenty of that from reunion.

But how we know there's more to reunion than just happy bliss is this: the many military families that have done reunions in recent years have gone on record – they've been talking.

The folks that track this stuff have been collecting the data and putting the information out there for the rest of us to use. If we're smart, we'll do exactly that.

We'll use the information learned about what the sharks look like and how they behave.

Your Soldier's been gone a long distance for a long time. Where he or she has been has not been a "nice" place but a very harsh one. On R&R my husband kept marveling on getting a full night's sleep, one not interrupted by an alert to go to the bunker or helicopters and planes landing nearby.

The sound of silence was not an old tune but a brand new joy to his current frame of mind. The simplest things were a happiness to him, things I take completely for granted. I know a lot of you can relate.

The Soldier's world is not only physically harsh, but mental and emotional conditions are just plain stark and obviously brutal at times. And in the cracks of what is going on there, Soldiers confess to wondering about things back home. Will my spouse and family need or want me anymore?

Soldiers know they are missing out on "regular" life and hunger for what they're missing. When they get home, they tend to feel they have lost time to make up for even though there really is no way to do that. Life moves along somehow and the life they



Tech Sgt Brian E. Christiansen

**A Soldier reunites with his family after a 15-month tour to Iraq. Families can learn to prepare for redeployment challenges at several workshops during "Ready4Reunion" day at the Nehelani, Schofield Barracks Dec. 11. Register by Dec. 9 by calling Army Community Service at 655-2400. Child care is free.**

left did not "freeze-frame" where they left it.

Our worlds back here on the home-front haven't been all easy either, as we all know first-hand. And like our Soldier, we aren't the same person anymore. We've surprised ourselves with the crisis, big and small, that we've handled pretty well.

We've discovered more inner strength and ingenuity than we previously realized we possessed. We are more accustomed to a new level of independence and as much as we're glad he's coming home, we know we don't want to lose the growth we've gained.

And while he or she may be feeling like they suddenly have personal space again, just being back in

their own home, we may feel our personal space shrinking. There are dynamics here that will affect our daily lives.

Forget getting through these waters with little or no preparation!

We have a lot of good help. One great opportunity is the Ready4Reunion Day Army Community Service is hosting Dec. 11 at the Nehelani Club on Schofield Barracks. For \$5 you get lunch, great help that's focused on exactly what you and your family need and Dr. John Covey as the keynote speaker. Child care is free. Register by Dec. 9 online at [mwrarmyhawaii.com](http://mwrarmyhawaii.com) or call ACS at 655-2400.

## Holiday season brings increased stress levels

Sgt. Frank Magni  
17th Public Affairs Det.

**AFGHANISTAN** — For many service members deployed to Afghanistan in support of Operation Enduring Freedom, the holidays can be a time of increased difficulty in dealing with family separation and the rigors of the battlefield.

For leaders throughout the theater, the challenge at this time of year is maintaining a supportive environment that fosters healthy communications.

Chaplain (Lt. Col.) Larry Adams-Thompson, Combined Joint Task Force-76 chaplain, reminds each leader that no service member will have identical situations, but this time of year will amplify lingering problems for certain people.

With a military career that stretches back to the Vietnam conflict, Adams-Thompson has spent 19 holiday seasons as a chaplain.

"It is something I call the 'separations blues,'" said Adams-Thompson. "Soldiers get feelings that many things are out of their control during the holidays."

Whether it is an illness or death in the family, strained relationship, or just being deployed, feeling out of control can cause depression in service members, especially this time of the year.

"People who are deployed begin to feel guilty, because they can't focus on relationships," he said.

Those who are most prone to being affected by holiday strains are people spending their first holidays away from home, single parents and newlyweds, said Dr. (Capt.) Bryan Bacon, CJTF-76 psychiatrist.

But these aren't the only groups that can be affected negatively. Leaders should pay close attention to all

their troops, watching for certain indicators, said Bacon.

Depressed mood, lack of interest in pleasurable activities, isolation, trouble sleep-

**“ Help can come from many different sources... ”**

**- Adams-Thompson**

ing (too much and too little), constant fatigue, and decreased concentration can all be indicators that service members might need additional attention from leaders, and may even need to seek outside help.

"Help can come from many different sources," said Adams-Thompson.

"A chaplain is always a good place to start," he said. "A chaplain is a non-denominational source for counsel. We are a great source for advice and can recommend if you need other help."

Despite the presence of a myriad of chaplains and mental health professionals in theater, both Adams-Thompson and Bacon said there are still service members who bottle up their problems.

Not dealing with problems related to mental health right away is common in the military, said Bacon.

He said one of the most predominant reasons most service members avoid mental health treatment is the misconception that they will lose security clearances or it may adversely affect their career.

"In the military culture, we have to get over the stigma of, if you have a problem,

you're not a good Soldier," said Bacon. "Many times just avoiding a situation can just make it worse."

When problems arise and depression begins, getting early treatment or help is the best way to cope.

"The worst thing any Soldier or leader can do is ignore a problem and hope it goes away," said Bacon.

For tough times during the holidays, both Adams-Thompson and Bacon recommend that service members turn to their military family.

Holidays in a combat zone can be one of the most unique experiences of a lifetime, said Adams-Thompson.

"I will never forget my Christmas in Vietnam," he said. "It is one of my most treasured memories."

For service members who will remain in Afghanistan for the holidays, there are a few recommendations.

Adams-Thompson said service members should try hard to participate in activities with their unit.

"We tell families of service members to celebrate and not to skip the holidays because a loved one is deployed. We recommend service members do the same," he said. "We are all deployed right now with our military families. We all must rely on each other to get through tough times."

For service members with family back home, maintaining tradition is one way to cope with separation.

"Try to continue traditions with family," said Bacon. "You can still find ways to exchange gifts and do other things, even with the distance."

Trying to ignore the holidays can be very harmful. Instead, service members should use communication, awareness and the organizations provided in Afghanistan to deal with problems and avoid undue stress.

## Combat stress can be overcome with support

By Nadja Gassert-Depape  
Contributing Writer

Life at home, after wartime duty, might not be as easy to get used to as your Soldier had expected. It lacks the adrenaline and the heightened awareness of the senses he or she had come to depend on.

There are no tests and struggles to survive, which

**READY4 REUNION**

arguably is a good thing, but lets down the warrior inside your Soldier.

Life at home, while safe, isn't as thrilling, yes, thrilling, as wartime duty. Thus, returning Soldiers may feel tempted, often unconsciously, to recapture the thrill.

Spouses play an important role in keeping your Soldier safe. Restoring and re-establishing a routine as soon as possible after reunion is a first step. Regular meals, sleep and exercise not only remove stress, but help to create a positive sense of well-being.

Nevertheless, sometimes the stress your Soldier experienced during the deployment may not be overcome with reunion workshops and new family routines.

There are several things, you, the spouse, can do to support your loved one. Learn about combat stress and the signs of combat stress reactions. An excellent opportunity to do that is the Dec. 11 Ready 4 Reunion seminar at the Nehelani Club, 8 a.m. to 2 p.m.

Understand that combat stress affects all ranks, all races, and both genders. Reactions are normal and a Soldier can recover from them. Do not pry. Create a comfort

zone for your Soldier. A safe haven where he or she feels comfortable, but do not expect your Soldier to share his or her worries with you. Instead, encourage your Soldier to talk to others who had similar experiences. Chances are your Soldier's teammates or unit buddies have similar feelings, worries and concerns.

Help, support and reasonable tips on how to deal with combat stress are available on a variety of Web sites, such as [www.armyonesource.com](http://www.armyonesource.com). Let your Soldier know that visiting Army OneSource Online is anonymous.

Army OneSource Online or other similar web sites cannot, however, substitute for face-to-face professional help if your soldier's stress reactions interfere with work and duty assignments, family, friends and everyday life.

If your Soldier remains reluctant to seek support and assistance, this might help to persuade: military doctors and counselors are governed by the same strict limitations and regulations regarding the privacy of their patients as counseling professionals outside the military.

A Soldier's privacy, even in the military, is confidential. However, military counselors are required to inform a Soldier's command if the their ability to perform duty is impaired or if the Soldier could pose a threat to the mission.

By seeking help before superiors can request an evaluation, a Soldier can assure his privacy. If command requests a mental health evaluation, the counselor must report the results of the evaluation. Still, a certain level of privacy remains even in this case.

Ask what level of privacy a counselor can offer.

(Note: Information compiled from Army OneSource.)

## Sport Briefs

**Great Aloha Run Registration** – Enter to participate in the Feb. 21, 2005 Great Aloha Run by Dec. 10 and receive a free 2005 Great Aloha In-Training T-shirt. Entry forms are available at all Military fitness centers or on-line at [www.active.com](http://www.active.com). Be sure and select the military from and \$1 from each entry will be returned to the Army. Entry fee is \$20 till Jan. 21. Call 555-8789 for information.

**Quarter Mania Bowling** – Only two quarters per game and two quarters for shoes, Mon – Fri, 10 a.m. – 5 p.m. at the Wheeler Army Air Field Bowling Center. Call 656-1745.

**Pro Bowl Tickets on Sale** – Visit the nearest Information, Ticketing and Registration office to purchase Pro Bowl tickets. Tickets currently available in the following sections: Makai and Mauka Orange, Makai Yellow, and North Endzone Orange. Call 438-1985 or 655-9971 for more information.

**Aliamanu and Tripler Aerobic Classes** – Cardio Kickboxing classes will be held at Aliamanu Physical Fitness Center on Tuesday and Thursday at 6 p.m. Step Aerobics with Cardio Kickboxing classes will be held at Tripler Physical Fitness Center every Monday, Wednesday and Friday at 4:30 p.m. First class is free, classes thereafter are \$2 or purchase a coupon book for 12 classes for \$11. Call 433-2031 for information.

# Fore! No more for junior golfers

By Joy Boisselle  
Staff Writer

For the past four years at Schofield Barracks' Kalakaua Golf Course, nearly 250 junior golfers, aged seven to 17 years, learned the fundamentals of golf through participation in the Schofield Chapel's Junior Golf Program.

With housing construction on the course set to begin soon, the current participants are the last group to take advantage of the free instruction offered at the historical course.

Ken Zitz, director and founder of the chapel junior golf program, said, "Although we hate to lose the convenience and support of this facility, we are going to try and keep the program going."

A 26-year Marine retiree, Zitz brings a "never say no can do" attitude to the program. "Until we can find a better practice area, we will find a vacant field, put some flags up, and practice there," he said in earnest.

The purpose of the Junior Golf Program, according to Zitz, is two-fold. One, the instructors teach golf basics, including strokes and course etiquette. Two, instructors coach life strategies and character building using golf as a tool for learning.

Recently, one visible lesson learned was respect for the flag. At 5 p.m. that day, the junior golfers stopped mid-swing and rendered courtesy to the day's casing of the colors.

Each year, two 10-week sessions helped up and coming juniors shape the future of golf. Sponsored by the Installation Chaplain and Soldier's Chapel, the pro-



Joy Boisselle

**Junior golfers practice tee shots at Kalakaua Golf Course under the watchful eye of Ken Zitz, director, Schofield Chapel Junior Golf program Nov. 24. Golfers, pictured from left to right, are Anthony Kirk, Alicia Feliciano, and Dayora Costa.**

gram enjoyed the generous support of the Kalakaua staff. According to Zitz, the balls, green fees, and equipment came at no cost to the junior golfers and this support directly impacted the program's overall success.

Anthony Kirk, 13, sees golf as a great stress reliever, especially since his Mom, Sgt. Cynthia Kirk deployed to Iraq earlier this year.

"I come out and play golf to relax and take the stress out on the ball. The best thing about the program is learning how to play for free," he explained. Nicole Koy, 13-year-old daughter of Chief Warrant Officer Chris Koy deployed to Afghanistan, added, "It's fun and relaxing and not as hard as it seems."

As the program ends at Kalakaua, the junior golfers agreed they would miss the practice, the actual course play, and the instruction delivered by Zitz and other volunteers. In the words of one golfer, Zitz is a "good golfer, and great teacher."

"The boys and girls in the program are outstanding, focused, and dedicated. As in life, we try to teach them to always want to improve and even when things don't go well [like a bad shot], they should try to do better," said Zitz.

Alicia Feliciano, 12, trained with the program for the last three years.

She said, "The best part of the program is achieving my goals and doing the best that

I can. The instructors support you and encourage you." Now, the important thing to Feliciano and the other juniors is to find a new course and practice facility.

To that end, Zitz is actively pursuing alternatives to keep the program in full swing. A long time golfer with close ties to the Hawaii golfing community, he is trying to start a chapter of a nationally based program entitled "The First Tee."

The program would fall under the management of the North Shore Junior Golf Association and would be similar to the program at Kalakaua.

Junior golfers would receive instruction and then practice at one of several par

three or par four courses in the Haleiwa area.

Even though it may be "fore, no more" for junior golfers at Kalakaua, Zitz's determination coupled with his passion for the game seems to ensure that another location may yet be found.

And, although his golfing and life skills have made an impact on many, Zitz said, "These kids all have amazing attitudes, especially the ones whose parents are deployed. They don't realize that I get more from them than they do from me."

(Editor's Note: Contact Ken Zitz for information on The First Tee Program at 655-0582 or go online to the North Shore Junior Golf site at <http://nsjga.com/>.)

## Sport Briefs

**Lost in Paradise** – Do you want to lose some weight as a New Year's resolution or before your Soldier returns home? We have a motivational program that's open to all active duty Soldiers and family members that will benefit the individual and entire unit. Each battalion can enter one group with up to 10 individuals to participate in our Lost In Paradise program. The entire team will weigh in Jan. 5 at the Health and Fitness Center on Schofield Barracks.

The 10 individuals from one unit that can lose the most weight from Jan. 5 to Feb. 28 will receive a unit party at the Nehelani, Schofield Barracks worth \$1,000 and each group member will receive three months free membership (\$50 value) to the Health and Fitness Center.

The final weigh in will be Feb. 28, and the winners will be announced March 5. Call 655-0112 or 655-0111 for more information.

**Open Recreation Program School-Age Services** – Program is now offering free open recreation care on Saturdays for three hours at the following youth centers: Bennett, Helemano, Aliamanu, and Fort Shafter. Activities include computer lab, sports and crafts, and self-directed games. Participants must be in grades K-5 and be a current member of Child and Youth Services. Reservations must be made 24-hours in advance. Call the nearest center for more information.

**American Hero's Bowling League** – Join the league, bowl 18 sessions and earn one of six Viz-A-Ball bowling balls celebrating America and the Armed Services. Call 655-0573.



Joe Nemechek drove the Army-sponsored 01 Chevy to a 27th-place finish in the last NASCAR race of the season Nov. 21. Nemechek came in 19th overall for the 36-race season.

Sgt. Lorie Jewell

# Army NASCAR team revving for 2005

By Sgt. Lorie Jewell  
Army News Service

HOMESTEAD, Fla. – With a late season win and a spurt of top-10 finishes, NASCAR driver Joe Nemechek and his Army-sponsored team are looking ahead to an even better 2005 season.

Despite a 27th-place finish in the final 2004 season race Nov. 21 at Homestead, Nemechek and others are pumped about the team's performance in the last couple of months. Nemechek finished the 36-race season in 19th place, with an Oct. 10 first-place finish in Kansas, two poles, three top-five's and nine in the top-10.

"Our goal for next year is to win more," Nemechek said. "We got a taste of it

this season and we want more. We know we can do it."

This was Nemechek's first full season behind the wheel of the Army's black and gold 01 Chevrolet. Jerry Nadeau was in the driver's seat until a May 2003 crash during a practice run at Richmond International Raceway left him with a head injury. Several drivers filled in until Nemechek was brought in for the last four races of the 2003 season. Nadeau continues to recover.

#### Up and down season

Nemechek started the season on a promising note, finishing sixth in the Daytona 500. A series of mechanical glitches began plaguing the team, however. Nemechek was holding third place in Michigan

when the motor broke with 20 laps left, said crew chief Ryan Pemberton. The same thing happened in Texas, when he was running in the top five, and again at Talladega. Nemechek was up front in Pocono when the transmission went out.

Speed was never a factor, Pemberton noted.

"We had a shot at all of them," Pemberton said. "We're as competitive now as we were then, we just started getting some breaks."

Pemberton looks forward to the breaks continuing into the next season, but said the team can't rely on momentum to push the 01 Chevy into top finishes.

"We have to continue to work hard," he said. "We have to keep doing what we're capable of doing."

**Thanking heroes with**

#### victory

Steering the Army car into victory lane is a boost for the team, but Nemechek wants to park it there for other reasons. With a desert camouflaged-G.I. Joe doll riding shotgun, Soldiers enmeshed in the war on terror are always on his mind as he flies around the track at speeds pushing 200 miles per hour. Ultimately, that's who he wants to win for, Nemechek said.

"They are the heroes in my life, and in my family's lives," Nemechek said.

Army leaders are impressed with the team's efforts this season, and look forward to even better results next year.

#### Linking Soldiers to sports

"We know we have the right team. Joe's a tremen-

dous guy, we couldn't ask for more to represent the Army team," said Lt. Gen. Anthony Jones, deputy commanding general and chief of staff of the Training and Doctrine Command.

Sponsoring a NASCAR team does more than give the Army high visibility in one of the most-watched sports in the country, Jones said. It gives Soldiers, both near and far, a personal connection to the popular sport, he added.

"It gives Soldiers something to cheer for, especially those overseas," said Jones, noting the success of other Army-sponsored sports like the National Hot Rod Association, Pro Stock Bike Riding and the Professional Bull Riders Association. "We have winning teams. That's what the Army is all about."