

# HAWAII ARMY WEEKLY

Vol. 34 No. 3

Serving the U.S. Army community in Hawaii

January 21, 2005

## What's Inside



## Home at Last

240 engineers and quartermaster Soldiers come home from Iraq.

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## Rescheduled Power Outage

An 8-hour power outage is scheduled for Saturday at 7:30 a.m. - 4 p.m. It will affect family housing units: 3400, 3500, 3600, 3700, 3800, and 3900 block quarters on Schofield Barracks. Commercial facilities affected: Old Commissary 3320, Bank 3321, and Popeyes Chicken. The outage will accommodate tree trimming and electrical maintenance. Call Purdy Keohokapu at 864-1083 for more information.



## Housing News

A look at what the BAH increase means for housing and more.

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## OBGYN and Pediatric Clinic Open House

Take a 10-minute tour of the clinic this Saturday 11 a.m. - 2 p.m. on Schofield Barracks, next to the TMC in building 680. Military ID card holders are invited to attend. Contact Lt. Col. Patricia A. Wilhelm at 433-8174 for more information. The grand opening ceremony will be held Feb. 1 at 1 p.m.



## Training for Great Aloha Run

Training clinics, tips and registration information.

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# Welcome Home 2nd BCT!

By Spc. Daniel P. Kelly  
Staff Writer

More than 300 Soldiers supporting the 2nd Brigade Combat Team returned home Monday and Tuesday from a one-year deployment in Operation Iraqi Freedom.

Family members and friends gathered at the Black Jack hangar at Wheeler Army Air Field early Tuesday morning to see the Soldiers come home.

The 25th Infantry Division (Light) band greeted Soldiers who marched in mass formation into the hangar to the theme song from the movie "Rocky."

Soldiers from Headquarters and Headquarters Company, 2nd Brigade, 125th Signal Battalion, 65th Engineer Bn., 125th Military Intelligence Bn., 1st Bn., 25th Aviation Regiment, 25th Military Police, 1st Bn., 62nd Air Defense

Artillery, 2nd Bn., 11th Field Artillery and the 25th Field Artillery Detachment were held in formation for approximately six minutes, thanked for their service, welcomed home, and then released to the sound of cheering and joyous yelling.

"It's great being home," said Pfc. Joshua Snell, a network switching systems operator with 125th Signal Bn.. "It's been a long time coming. Looking back it seems like we've been gone a long time ... but the families here showing support [is wonderful]," he said patting his hand against his heart.

"I'm most proud of coming home and seeing these families. Seeing them here reminds me why we were there, and it makes me feel better," Snell added.

Sgt. Josh Brandt, 125th Signal Bn. multi-channel trans-

See "Home again" Page A-6



Spc. Jeff Cusimano walks with his wife Holly, son Jeffrey Jr., 3, (left), daughter Hannah 5, (right) and his 18-month-old son Gavin after the ceremony Tuesday.

## Coalition clinic provides crucial care to Afghans

Story and photo by  
Spc. Dijon Rolle  
17th Public Affairs Det.

DEH RAWOD, Afghanistan — Diarrhea and dehydration brought 11-year-old Serdar Mohammad to the health clinic at a base camp near Deh Rawod in southcentral Afghanistan.

The young boy and his 2-year-old nephew, Dabea, traveled nearly six miles on foot from their village to the clinic. Serdar is just one of many local residents who make the journey to receive health care services provided by Coalition forces working here.

A team of Combined Joint Special Operations Task Force - Afghanistan and Combined Joint Task Force-76 medics, along with a CJSOTF physician, treat patients for everything from dehydration to burns. They say the majority of their cases are traumas resulting from gunshot wounds and broken bones from accidents.

"Sometimes it's almost like being in a civilian (emergency room)," said Spc. Marcus Stevenson, Company C, 2nd Battalion, 5th Infantry Regiment, medic. "You can't teach some of this stuff."

Stevenson is one of several medics from Forward



Spc. Marcus Stevenson, Co. C, 2nd Bn., 5th Inf. Rgt., medic, wraps bandages around a patient with second-degree burns at the Deh Rawod Clinic in southcentral Afghanistan.

Operating Base Cobra, who rotates in and out of the base camp at Deh Rawod, learning lessons that can't be taught in a classroom.

"Everything that goes on here is a team effort. From the time the patients come in for treatment, until the time they leave," he said.

Indeed, this medical operation is a team effort. In addition to the medical personnel, the clinic also employs Habid Khwas, an Afghan who helps treat and transport patients with minor injuries.

"I try to learn everything I can to help my people and do something for my country," said Khwas,

who hopes to one day attend medical school. "I need to know more. One day I may go, but right now I will stay here. I'm happy here and this is my place. This clinic is caring for the people."

There is also an Afghan-American interpreter who recently returned to his homeland from California to work with Coalition forces.

"I came back because I wanted to help my country, to help the people here," said Amirr Abdullah, Deh Rawod base camp interpreter. "The American troops have helped us and I

See "Clinic" Page A-6

## Bringing the thunder!



Cpl. James L. Yarboro

U.S. Army Soldiers of Battery F, 3rd Battalion, 7th Field Artillery, fire a howitzer during an artillery training exercise near Khowst, Afghanistan, Jan. 9. The Fox Battery Soldiers are using the training opportunity to hone their ability to provide destructive, suppressive and protective indirect and direct field artillery fires.

# Girl Scout gives redeploying Soldiers 190 gift baskets

By Rafi Grant  
Contributing Writer



Pfc. Jeremy Stevens, 84th Eng. Bn., thanks Bailey Muth, 15, for collecting baskets for 190 single Soldiers. Muth organized the effort to earn the Girl Scout's elite Gold Award.

A Leilehua High School student planned, organized and prepared 190 welcome baskets for single Soldiers and geographic bachelors to earn the highest award recognized by Girl Scouts.

Bailey Muth, 15, organized the project for 84th Engineer Combat Battalion (Heavy) Soldiers who redeployed Jan. 13 from a year long tour in Iraq.

The Soldiers were welcomed by military officials before they reunited with families and returned to their homes.

For the singles and geographic bachelors, there were no family members waiting and instead of returning

to a home they checked in at temporary housing and the barracks.

An unexpected surprise awaited these Soldiers in their rooms.

Muth had prepared welcome baskets for them, goody bags with food and snacks, books and toiletry articles.

Muth chose the welcome baskets as her project earning the Gold Award, which is the equivalent of the Boy Scouts 'Eagle Scout' award.

It is the highest award in the Girl Scouts and represents the ultimate in dedication to the community and personal accomplishment.

"It had to be a community project with a 50-hour community service requirement," Muth said.

Upon approval by the Girl Scouts Council of Hawaii, Bailey started the

project following a thoroughly outlined plan.

With the help of her mother, Laura, who is Bailey's Girl Scouts leader and the family readiness group leader for the battalion, Bailey organized a donation drive collecting candy, breakfast bars, snacks and books for the baskets.

"Members of the FRG donated, but I also received goods from the mainland," she said.

Bailey also painted welcome posters she displayed at the barracks.

The teenager had learned about the single Soldiers at one of the FRG meetings then decided to dedicate her award project to them and their warm welcome.

See "Girl Scout" Page A-6

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

## Soldiers reflect on Saddam's brutal treatment of Kurds

### Commentary

**Sgt. Sean Kimmons**  
25th ID Public Affairs

HALABJA, Iraq – Throughout Saddam Hussein's dictatorship, thousands of people were murdered and thousands more lost homes and hope under multiple atrocities carried out in the country.

While on a recent border patrol mission, Soldiers from Headquarters and Headquarters Service Battery, Task Force 2-11 Field Artillery, visited a memorial honoring the victims of Hussein's most vicious massacre – the poisonous gas bombardment on this town in 1988.

The March 16 attack delivered lethal mustard gas fumes to this Kurdish mountain town of 36,000 residents, which eventually left 5,000 people dead and 10,000 injured.

The attack was living proof that Hussein had the capability and intent to use weapons-of-mass destruction.

The night before the memorial visit, a few of the Soldiers listened to stories from their Kurdish counterparts in the Halabja District's Department of Border Enforcement who survived the attack 16 years ago.

The survivors spoke of how while serving in the Patriotic Union of Kurdistan's Peshmerga (Kurdish Army), they fought against Hussein's military forces that invaded their land before the gas attack.

They said that Hussein's reason behind the horrendous gas attack was to put down Kurdish rebellion in the area that stood in the way of his military forces, which were flushing the Kurds out of Northern Iraq.

Hussein's forces leveled about 4,500 Kurdish villages, and destroyed many towns and cities in an effort to rid Kurds from his country. The gas attack here was by far the worst single incident.

Lt. Col. Mansur Hamasharif, Halabja DBE operations officer, lost his sister, brother-in-law, niece and nephew in the gas attack.

Hamasharif was about 10 minutes away from here when he heard the planes drop the bombs.

"When we moved into Halabja after the attack, we saw everybody escaping the city," Hamasharif said through an interpreter. "I saw thick



Sgt. Sean Kimmons

**Sgt. Nolan Heanu, a mechanic with HHS, TF 2-11 FA, stops to check out a display portraying the 1988 gas attack inside a memorial Jan. 12. The casing of the bomb sticking out of the ground came from an actual bomb used in the attack 16 years ago.**

smoke, like steam covering the whole city. It smelled like apples, garlic and burnt onion."

Poisonous fumes were still in the air at that time and affected Hamasharif, who was later transported to Iran for further treatment.

Lt. Col. Majed Mohamed Mawlud, Halabja DBE executive officer, was inside Halabja when the attack occurred.

"We stayed in an underground Mosque and heard a big bomb. When we came out, it smelled like apples. So, we found some blankets, put water on them and hanged them to [block] the gas," Mawlud said through an interpreter.

The next morning, Mawlud conducted a patrol with other Peshmerga soldiers in a nearby village.

"I saw five people that were lying down by a pool, looking like they were drinking water. But when I checked them, they were all dead," Mawlud said.

One of the dead was a Peshmerga soldier and his friend named Omar. Mawlud then moved into Halabja to search for more dead bodies.

"When we searched the houses, we found people sitting with children in their arms," Mawlud said. "They looked like they had survived but were also dead."

Mawlud said he rolled up the dead bodies in blankets, while other soldiers put them in a mass grave.

1st Lt. Matthew Chau, Border Team 3 officer-in-charge from HHS, TF 2-11 FA, was present to hear these

stories from his counterparts and felt that the Kurds as a whole suffered a great deal of cruelty during Hussein's regime.

"They went through a lot of oppression [and saw] their own people killed ruthlessly without cause. In some ways, I can relate with them growing up in Vietnam," Chau said.

Hearing what the Kurds had to go through under Hussein, reassured Chau even more on the United States' decision to rid him from power.

"For the Kurds, I think it is a very good thing now that they are free from this tyrant," he said. "Now, they are free to advance their culture and progress as they want to be and not be held back because of one man."

Team 3 Soldiers toured the memorial here on Jan. 12. A guide took them to each of the rooms, where they saw a representation of the gas attack and graphic photos of its victims.

In the middle of the museum, the names of the dead were engraved into walls encircling a huge Kurdistan flag draped in the center.

The Soldiers also visited a mass grave site, where many of the gas attack victims were buried.

Even though the visits weren't the most cheerful places to be, Chau thought it was important for his Soldiers to bear witness to what the Kurds went through under Saddam.

"It's good to see what this tyrant did to his people. I think it will give them a much better understanding of why we're here," he said.

## A Soldier's story

### Commentary

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

The second week of January saw an increase in Coalition and Iraqi Security Force activity. We have been proactive in gathering intelligence and acting to counter the enemies' ability to disrupt elections only a few days away.

Jan. 9 – Company B and Iraqi Security Forces conducted operations in the southern portion of the city. The target and his brother were both captured with no resistance.

Mortar system components, an RPG sight, a motorcycle battery similar to those used in powering roadside explosive devices and a large amount of foreign currency were confiscated.

We'll use this evidence and others collected on the objective to start working on our next mission.

Jan. 12 10:30 p.m. – gunfire is reported by our observation posts. Police were sent to the location but nothing was found. The police set up a check point and stopped a car containing seven individuals. As they were questioning the driver, the passenger jumped behind the wheel and sped off.

About an hour later two individuals showed up at the station inquiring about the driver, they were immediately apprehended.

This incident shows we have a little more work to do with the Police and Security Forces on search and questioning techniques. Overall they are doing an outstanding job and are taking a larger role in the protection of the people of the city.

Jan. 12 - a massive joint operation launched with all companies from 1-21 Inf. (Gimlets), Iraqi Army (formerly Iraqi National Guard), and police SMT (similar role to our SWAT). The joint raid concentrated on a village that has been known for Anti-Iraqi activities.

Company A was the lead element and six minutes after the first unit reached the release point all 17 target houses were secure. When the dust cleared and all houses were secured 31 personnel, including the 17 suspects that were targeted, were

detained for questioning.

This was a very successful operation. We have been able to incorporate almost all branches of the Iraqi Security Forces, and successfully accomplish operations like these. Thirteen of the detained personnel were released the following day, but individuals suspected of bombing oil pipelines, electrical plant bombing, weapons smuggling, and selling rockets for attacks on the airbase are still in custody.

Jan. 13 - Company C, the Battalion Anti Tank Platoon, and the police SMT conducted a raid in the southern portion of the city to apprehend a man suspected of assassination attempts on Iraqi Security Forces. The suspect was not at his residence, but was detained by police later in the evening.

Jan. 14 12:05 a.m. - Company A Anti Tank Squad and police conducted a patrol enforcing curfew. A car stopped was searched and two men were detained for questioning.

After a thorough search of their vehicle, police found about 1,000 Al Sadr propaganda pamphlets, CDRs containing video of attacks on Coalition Forces, newspapers from Sadr City.

We knew we were going to see people like this come into town and try to disrupt the process of change before the elections. This is the main reason we have stepped up our operations and presence throughout Kirkuk.

Jan. 14 10:15 p.m. - radio traffic from Company C. One of their patrols was attacked by a roadside explosive device. No casualties or damage was reported. A thorough search of the area revealed evidence we will be using to prevent and react to later attacks.

We expect to keep up the pace of operations throughout the rest of the month. We feel if we keep the pressure on, we can prevent a lot of what the enemy is trying to plan for disruption.

Right now we feel we have this enemy in a headlock where he is coming close to panicking and making mistakes that we have been able to capitalize on. As we get closer to the end of the month we will grip tighter and tighter around his head until he yells, "UNCLE".

God Bless and Aloha.

## Voices of Lightning

*What will you miss about the relationships you formed in Iraq?*



"I'll miss the constant interaction with other units and doing my job as a convoy commander."

**Staff Sgt. Jamal Jenkins**  
HHC, TF 1-27 INF  
Convoy Commander



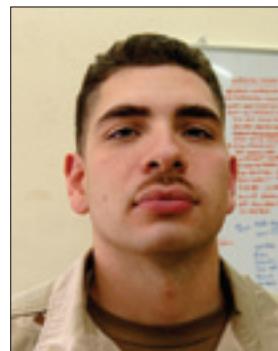
"The sense of pride of knowing that you are part of something that is bigger than you."

**Spc. Ammon Benedict**  
HHC, TF 1-21 INF  
Scout



"The camaraderie with the guys because we have worked closely together as a team."

**Staff Sgt. Derek Williams**  
HHC, TF 1-27 INF  
Retention NCO



"I'll miss the friendships that I've made with the different Coalition Forces and Iraqi counterparts."

**Sgt. Aldo Leiva**  
HHC, TF 1-21 INF  
Senior LAN Manager



"I'll miss the camaraderie with the friends I've made over here."

**Spc. Robert Schultz**  
HHC, 2nd BCT  
Mail Clerk



"I'll miss the closeness of working with Border Team 3 out near the Iraq and Iran border."

**Spc. Scott Little**  
HHS, TF 2-11 FA  
Combat Medic

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# More than 240 Soldiers return from Iraq

By Spc. Daniel P. Kelly  
Staff Writer

More than 240 Soldiers returned late Jan. 12 - 13 to Wheeler Army Air Field after a year in Iraq.

Lt. Col. Jeffrey R. Eckstein, 84th Engineer Combat Battalion (Heavy) commander, said although more than 100 Soldiers from the 84th are still loading equipment in Kuwait for redeployment, the majority of his Soldiers are now back home.

Family and friends also welcomed Soldiers from the 540th Quartermaster home.

"The Soldiers are good, and they should be proud of what they've accomplished in the last year being gone," Eckstein said.

"We did a tremendous amount of engineer work over there for the American forces, and improvement for the Iraqi infrastructure. They've got a lot to be proud of."

Eckstein said families have made noteworthy assistance during the deployment.

"The families back here

should be proud of all the accomplishments they've made supporting us," he said. "The support from families, the Family Readiness Groups and the local communities [here] have been tremendous. Everybody should be proud of their piece of the contribution."

Col. Michael T. McBride, U.S. Army, Hawaii commander, thanked Soldiers for their service during the ceremony.

"On behalf of the entire 25th Infantry Division (Light) and U.S. Army, Hawaii, it is an honor for me to welcome you home, and thank each and every one of you for your service," McBride said.

"We thank you for your sacrifice, and we know you sacrificed greatly. We want you to know how much we missed you. You are all heroes; our community is grateful and our nation is grateful. We prayed for you every day, and we are glad that you are home.

"Thanks to your efforts, the world is a different place from a year ago," he added.

"You made it so. I would also like to point out to you that Hawaii is also a different place from a year ago; so please take your time while acclimating yourselves over the next few days and weeks.

"We're so glad to have you back in our 'ohana." We want you to remain safe."

Family members Ruth Davis and daughter Olivia, 4, stood in the crowd of family and friends while McBride commended the Soldiers standing in formation. Ruth's husband, Staff Sgt. Bryan Davis is the noncommissioned officer in charge of medics for the 84th Eng. Bn.

Ruth expressed joy about her husband's return.

"We're so happy and thankful he's okay and that everything went well over there," she said.

"I'm thankful he and his Soldiers are okay, and that his daughter is here to see them. We can be a family again."

Although Olivia was up past her bedtime, she had no problem staying awake to see her daddy come home.

"I'm very happy daddy's coming home," she said smiling. "He's going to buy me a purple trampoline and a cat."

Ruth, Olivia and other families swarmed the Soldiers with affection after formation. Other Soldiers shook hands and hugged one another.

Pfc. Zeleenn Wieman, 540th Quartermaster Co. laundry and bath specialist, said she's happy to be home.

"It feels really good," she said. "It's nice being able to walk outside like normal with no mortars. I'm proud I was able to stay alive ... we kept each other alive out there."

Spc. Monica Juancho worked alongside Wieman in the 540th Quartermaster Co. as a laundry and bath specialist.

"I'm proud of helping my country, serving and coming back home with my unit," Juancho said. "I'm very enthusiastic about being back in the U.S. after accomplishing our mission.

"As Soldiers we're expected to do our jobs, and we accomplished them. I'm very proud with all the family here, and the greeting we got coming home was great."



Spc. Daniel P. Kelly

Staff Sgt. Bryan Davis, medic with the 84th Engineer Battalion, leans in to talk to his daughter Olivia, 4, while wife, Ruth, holds a sign for medics at a welcome home ceremony on Wheeler Army Air Field Jan. 13. More than 240 Soldiers from the 84th Engineer Combat Battalion (Heavy) and 540th Quartermaster Company returned in the early morning from a one-year tour in Iraq.



Courtesy photo

A Soldier embraces his loved one after the welcome home ceremony for the 84th Eng. Bn. last week.

# Logistics personnel are vital link in redeployment efforts

By Joy Boisselle  
Staff Writer

In the areas of deployment and redeployment, the star of the show is the Soldier. Behind the scenes, however, U.S. Army Garrison, Hawaii logistics staff run the show.

During the past year and a half, the Directorate of Logistics, or DOL, has made the deployment and redeployment of U.S. Army, Hawaii and 25th Infantry Division (Light) Soldiers, a seamless operation.

"Although it's a team thing and everybody plays a role, I truly believe the logistics side is what makes the whole thing work," said Dennis Sant, DOL chief.

Deputy Chief Walter Kramer said, "We are the backbone of the whole deployment and redeployment operation. It takes a lot of planning to ensure we are providing the best quality of service to our Soldiers."

DOL's mission sounds simple. They provide quality support to the military community in the areas of supply, services, transportation, and maintenance. Sounds easy, but in reality, it is a daunting task.

According to Andy Billos, government property administrator, there are 40 "government in nature" personnel assigned to DOL and more than 200 contract workers employed by British Aerospace Engineer, or BAE who run the organization.

Sant explained, "Our BAE employees are part of the DOL family. While we orchestrate and we plan, they are actually the guys that turn the wrench on the bolt."

To appreciate what the logistics section does, one need only look back at the 25th Inf. Div. (L) deployments early last year. Logistics personnel processed more than 10,000 Soldiers and their equipment for deployment including nearly 50,000 sets of uniforms, 530,000 patches sewn and 30,000 pairs of boots.

They coordinated the Alert Holding Area that oversaw the readying of all vehicles, equipment, and storage containers for air and sea transport to Iraq and Afghanistan. They also contracted for the storing of household goods for more than 2,100 Soldiers and set up a car storage and service facility.

Sant said, "We have some people here who just do magic stuff. It is absolutely phenomenal how they support and love our troops and give their all to Soldiers assigned here."

Today, DOL is knee-deep in orchestrat-

ing the redeployment and homecoming of Operation Iraqi Freedom Soldiers, followed quickly by Operation Enduring Freedom Soldiers.

From reception at Hickam Air Base, transportation to Wheeler Army Air Field and initial processing, to transporting Soldiers to their barracks after the welcome home ceremony, DOL is there.

Sant said, "The entire homecoming sequence has been planned and coordinated by DOL staff."

With ever-changing flight arrival times, logistics personnel have adopted an on-call work schedule. Weekends, holidays, and early morning wake up calls will become commonplace as the division's redeployment expands in the coming months.

"The whole DOL philosophy is about supporting the Soldier. Everything needs to be coordinated, safe, and there for when the Soldier arrives," said Billos of the hectic months to come.

"Seeing the Soldier come home to his family makes everything worthwhile," he added.

And, the job isn't over when Soldiers reunite with families at Wheeler Army Air Field.

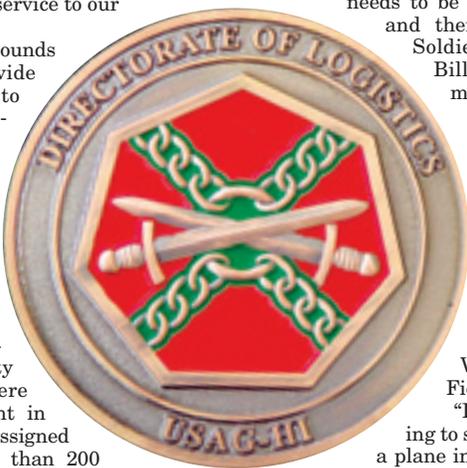
"It's pretty amazing to see Soldiers get off a plane in the morning, get their POV the same day, and then the next day their household goods arrive," said Kramer.

The POV holding facility is the first of its kind. DOL contracted Fast Lube personnel to perform basic service and maintenance throughout the deployment period.

These same personnel have pre-inspected those vehicles, provided detailed service records to the Soldier, and now, offer discounted work and parts if needed. To add to the convenience of POV pick up, DOL staff arranged for Hawaii vehicle registration personnel to be on site for those needing the service.

This past Saturday saw the first delivery of household goods to redeployed Soldiers. More than 100 Soldiers received their property in less than three and a half hours. Kramer attributed the quick turnaround to the local moving companies that provided teams of six to seven people per truck.

The high operational tempo of the division foretells a busy future for the unsung heroes of the DOL, but Sant said these caring, dedicated professionals are up to the challenges ahead.



# Privatization: The past, BAH hike and future developments

By Joy Boisselle  
Staff Writer

Only those living on the moon this past year or perhaps overseas have little to no knowledge of the changes in Army family housing in Hawaii.

The biggest change is the creation of Army Hawaii Family Housing, a 50-year partnership between private developer, Actus Lend Lease and U.S. Army Hawaii.

With families returning from the mainland, Soldiers redeploying, and summer rotations a few months away, a look back at housing privatization might provide a better understanding of what's happening now and what to expect in the future.

## Looking back

Beginning in 1996 and in response to military quality of life issues, Congress approved the Military Housing Privatization Initiative. Studies concluded that military construction contracts could not keep up with demands for new housing and costs exceeded allowances in proposed military budgets.

"Basically, it was a budget battle. By turning to privatization, we will be able to do all the homes needed," said Harry Jackson, Actus Lend Lease vice president. He explained that since AHFH is performance-based, there is an incentive to not make cheap houses.

"For smart business, we need to build the best home with the best products that will last over our 50 year lease," Jackson added.

The transition began June 1, 2004 when Actus received a sole source agreement to begin providing operations and maintenance of Army Family housing. Thirteen Community Centers opened for business and became the link for residents needing housing maintenance and information.

"We changed the centralized concept of the housing office to one that is decentralized and community-center based. Now, our property managers and maintenance teams are in the communities they serve," said Jackson. He added, "So far, the concept is working beyond our expectations."

Privatization became official on Oct. 1, 2004 and the event marked a 10-year, \$1.7 billion contract for the daily operation,



Courtesy photo

**Construction crews demolish a vacant housing unit on Aliamanu Military Reservation in January. In the next 10 years, housing in the community will eventually be torn down and replaced with new homes due to the recent hike in basic housing allowances.**

construction, renovation, upgrade, and maintenance of almost 8,000 Army homes.

For Army families, the most visible changes included contact lawn maintenance, vacant quarter's maintenance and upgrades, and the addition of Basic Allowance of Housing to their leave and earnings statement to cover the monthly rent.

In December, Army Hawaii Family Housing broke ground in an official ceremony on Schofield Barracks. Also, Kalakaua Golf Course officially closed its doors to make way for the first development phase – the construction of 700 junior enlisted homes.

Construction will begin after the financial closing scheduled for Feb. 15.

"Along with the development of the Kalakaua Community, Porter Housing area will be demolished," said Jackson. "Hopefully by the end of the year or early 2006, we will have new homes."

He emphasized that development is not an overnight or even a yearlong process. "It will take time as this is a 10-year process and we can only replace so many homes per year." Waiting lists still exist and some forced moves may be inevitable as time goes on.

## Benefits to the BAH hike

One major development is the 22 percent increase to the BAH in 2005. "Basically, we have gone back to the drawing board to readdress changes to the current plans," said Jackson noting, "BAH dollars go to the scope of the project and not [Actus]. It is all good [news]."

Jackson characterized the increased BAH as "getting more

bang for your buck" and said possible changes include the addition of square footage to homes, faster completion of some construction timelines, and the ability to do more in all development areas.

Aliamanu Military Reservation is one housing area that will reap the benefits of the BAH increase. "With the added BAH, instead of renovating homes at AMR, we will now replace them with new homes," Jackson said.

## Future plans

As for the future, Jackson spoke excitedly about what residents can expect. "Positives to the development are increased community services and customer satisfaction, bigger homes across the board with a minimum of 1,600 square feet and no less than three bedrooms, and improved quality of life for families."

Calling the community centers the heart of each neighborhood, Jackson described neighborhoods in park-like settings complete with tot lots, splash parks, meeting areas for neighbors, and a responsive staff capable of providing interactive support on a daily basis.

"We want not just livable homes and neighborhoods; we want desirable homes and neighborhoods," concluded Jackson.

(Editor's Note: This is the first in a series of housing articles. More AHFH information can be found at your community center, the 'Resident's Guide' [due for release this week and available at your community center], or online at [www.army-hawaiifamilyhousing.com](http://www.army-hawaiifamilyhousing.com).)

## Briefs

### Martin Luther King Prayer Luncheon

A guest speaker, entertainment, displays and food sampling will be available Friday from 11:30 a.m. to 1 p.m. for all Americans to "Remember! Celebrate! Act! A Day On, Not a Day Off to celebrate the birth, the life and the dream of Dr. Martin Luther King, Jr. at the 9th Regional Readiness Command (RRC), building 1554, Fort Shafter Flats. Make reservations by calling Sonja Rice at 438-6834 or email [rices@shafter.army.mil](mailto:rices@shafter.army.mil).

### The HAW Seeks Volunteer Writers

If you have good grammar and punctuation and would like to learn news writing; we want to meet you. Hawaii Army Weekly also seeks a volunteer who can work from the public affairs office full or part-time. Candidates should be reliable, able to meet deadlines, willing to give and receive honest feedback. Call 655-8728 or e-mail [editor@hawaiiarmy-weekly.com](mailto:editor@hawaiiarmy-weekly.com).

### New OBGYN and Pediatric Clinic

A Tripler Army Medical Center clinic is scheduled to open at Schofield Barracks Feb. 1st, 1 p.m. with a ceremony and refreshments. The public is invited to attend. The clinic, located within the Schofield Barracks Health Clinic has been completely renovated and situated in building 680 to the right of the Schofield Barracks Troop Medical Clinic. Services will be limited initially but will include providing care to patients with uncomplicated pregnancies up to 40 weeks, well-

woman exams, and well-baby and same-day pediatric appointments. Pediatric patients empanelled to Tripler Army Medical Center but whose families live closer to Schofield can make appointments by calling 433-6697, extension 1. Obstetrics appointments are made through the mothers' medical support assistant at Tripler. An Obstetrics Nurse Practitioner and a Pediatrician will see patients by appointment only beginning Feb. 2, 8 a.m. - 4 p.m. The clinic will eventually expand its services to meet the needs of the community. ASSIST staff will also use clinic space to work with families. ASSIST stands for Augmentation of Special-needs Services and Information to Students and Teachers – an innovative school-based telehealth technology. Call 433-8174 for more information.

### Pro-Bowl Player Visit

Feb. 11, 9 - 11 a.m., Patrick Kerney, defensive end of the Atlanta Falcons, will be at the Schofield Barracks Post Exchange to sign autographs.

### Jumpstart to Fitness Program

Jumpstart the New Year with a new program offered at Tripler Army Medical Center. Jumpstart to Fitness is a 12-week research study health and fitness program. The program offers classes in basic nutrition, fitness, power walking, jogging, and running at no cost to the participant. This program is tailored for spouses of active duty military members who do not smoke, are not pregnant, diabetic or on a beta blocker medication. Also spouses will need to obtain medical clearance from their primary care provider, and must be

able to attend two daytime classes each month and participate in a daily fitness program. Sign up at the Health Promotion Center at Tripler, D Wing, room 222. The last day for registration is Jan. 26. Exercises will take place at the Tripler gym and track. For more information call Norma Suarez at 433-6834 or 433-1462.

### Great Aloha Run Sign Up at the PX

Entries will be accepted at the Schofield Barracks Post Exchange on Monday, Jan. 31 from 10 a.m. - 2 p.m. This collection of entries will allow Soldiers and military community to enter at the regular rate of \$20, instead of at the late registration fee of \$30.

### Hickam GSA Customer Supply Center Closure

Will be closed for inventory Jan. 31 - Feb. 4 and will reopen on Feb. 7. The GSA store located on Schofield Barracks will be open during this time. For more information contact Teresa DeMello at 448-8937.

### Adult and Infant CPR Class

The American Red Cross Schofield Barracks Service Center is holding a class for Standard First Aid and Adult CPR Plus Child and Infant CPR. The classes are Jan. 24, 26, and 27, 5:30 - 9:30 p.m. The cost is \$39 and includes a CPR book. Call 655-4927 to register.

### Surf Competition

Attention surf enthusiasts: If you know how to surf, are on active duty, and want to prove yourself

and represent your unit, come compete for Army Hawaii in an inter-service Surf Meet, contact Peter Burke at the USAG-HI Sports Office at 655-9914 or [burkep@shafter.army.mil](mailto:burkep@shafter.army.mil). Surf Meet dates are Jan. 22 - 23 at Army Piliiaau Recreation Center in Waianae. Burke surfs at the White Plains Beach, Barber's Point every Saturday and Sunday and can meet anyone at 9:30 a.m. through January at the stage.

### Free Basic Skills Courses

Classes are offered in reading and mathematics each quarter at the 9th Regional Readiness Command Army Reserve Center, located at Fort Shafter Flats. It is open to all military personnel, family members, civilians and others in the community who want an academic review before taking military tests, college placement exams or GT retest. The next courses are Feb. 24 and March 10. All class sessions are held on Tuesday and Thursday, from 5:30 to 9:30 p.m. Classes take place at building 1554 on Pass Street, Rooms 104 and 105, Fort Shafter. Call 438-1600 ext. 3293 or 3298 for details.

### Protestant Women of the Chapel

PWOC welcomes all military spouses to their weekly Bible study and time of fellowship. Meetings are held each Tuesday morning at 9 a.m. in the sanctuary of the Schofield Barracks Main Post Chapel. Pre-arranged onsite child care is provided. A supervised homeschool room is also provided. For more information contact Effie at 624-8251. For child care contact Sonya at 455-4011.

### Smoking Cessation Course 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 48 hours, the nerve endings begin to recover and sense of smell and taste begin to return. Within a month, shortness of breath diminishes. Within a year, risk for a heart attack attributed to smoking declines. After two to three years, the risk of heart attack is virtually gone. Course now available at Community Health Nursing in building 673 2nd floor, Schofield Barracks. Call 433-8675 for more information.

### Hui O'Wahine Scholarships

The spouses' club serving Fort Shafter, Tripler Army Medical Center and Camp Smith, is offering three scholarships during 2005. 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 an Army (active duty, Reserve, Guard, or retired) service member living in Hawaii, and one scholarship up to \$1,000 for a current club member. 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. Applications due Feb. 15. Contact Barbara at 845-2036 or [barbavis@verizon.net](mailto:barbavis@verizon.net).

# 'Warriors' bid farewell to 1-25 Aviation Regiment

By Cpl. Benjamin Cossel  
122nd Mobile Public Affairs  
Det.

CAMP TAJI, Iraq - The 4th Brigade Combat Team, 1st Cavalry Division bid a fond farewell to 1st Battalion (Attack), 25th Aviation Regiment, an integral part of the Warrior's lethal, agile team, during a ceremony at the Warrior Pad, here, Jan. 3.

Originally intended to be a color casing, the ceremony was modified as a farewell to those Soldiers going home. With elections in Iraq looming on the horizon, about 100 Soldiers from 1-25 Avn. have extended their tour in support of additional security concerns.

Originally arriving to Iraq in January 2004, Soldiers of 'Lightning Attack' spent two months at Baghdad International Airport before becoming some of the first residents of Camp Taji. Over the course of their 10 months here, the camp has undergone an amazing transformation. All the while, the mission of 1-25 Avn. has stayed the same.

"Over 24,100 hours flown in support of 17 Maneuver Brigades and three Divisions [1st Armored, 82nd Airborne, and the 1st Cavalry]," said Administration Officer, Capt. Jeffrey McCoy.

According to McCoy, the amount of hours the OH-58D Kiowa Warrior helicopters that make up 1-25 Avn. have flown is a number not seen since the days of the Vietnam War.

"Those 24,100 hours," said McCoy, "are the culmination of over 6,000 reconnaissance, security, and close combat operations all over Iraq. We've done a little bit of everything."

McCoy then explained that the hours flown becomes even more impressive when laid beside the incredible maintenance record 1-25 Avn. has maintained.

"Department of the Army standard for 'Fully Mission Capable Aircraft' is 75 percent," he said. "Throughout the deployment we've maintained 83 percent all while flying at approximately six times the amount we would have flown in garrison."

4th Brigade Commander,

Col. James McConville approached the podium and addressed the assembled, "We thought today was going to be a casing ceremony but alas, the 'Warriors' still need you.

When I talked to [1-25 Avn. Battalion Commander, Lt. Col.] Mike Lundy about keeping some of you here with us, he told me that there were so many volunteers to stay that he had to make the hard decision of who among you to send home!"

In a gesture rarely seen outside organic Cavalry units, McConville presented Lundy and all of 1-25 Avn with a certificate officially adding the Battalion to the rolls of the 'Warriors Order of the Golden Spurs.'

Cpl. Benjamin Cossel

**Spc. Amanda Graves with Headquarters Company, 1st Battalion, 25 Aviation Regiment holds the HHC guide-on prior to a farewell ceremony hosted by the 4th Brigade Combat Team, 1st Cavalry Division at the Warrior Pad on Camp Taji, Jan. 3.**



# Soldiers experience Kurdish way of life

Story and photo by  
Sgt. Sean Kimmons  
25th ID (L) Public Affairs

HALABJA, Iraq — “Chonit?” Sgt. Nolan Heanu asked an Iraqi border guard who was standing in the crisp mountain air outside Halabja District’s Department of Border Enforcement headquarters.

With a big smile, the guard returned the greeting meaning “how are you” in Kurdish. Heanu then proceeded into the headquarters along with other Soldiers from Headquarters and Headquarters Service Battery, Task Force 2-11 Field Artillery, where they were greeted by other Iraqi guards speaking in Kurdish.

In seconds, hot Chai tea, served in tiny glasses, were passed to the Soldiers who just drove two hours from Forward Operating Base Kalsu.

The visit was part of a recent border patrol mission that the Soldiers on Border Patrol Team 3 conducts on a weekly basis. The missions take them either into the predominantly Kurdish districts of Halabja or Darbandikhan, where they reside for a few days at each of the district’s DBE headquarters before returning to FOB Kalsu.

In those few days, Team 3 Soldiers help ensure security is tight along the desolate Iraq and Iran border by training and assessing Iraqi border guards. They also get the opportunity to see and partake in the Kurdish way of life during that time.

Whether it’s eating Kurdish food prepared by Iraqi border guards, speaking the language or enjoying the mountainous landscape of the countryside near the border, all Team 3 Soldiers have done it.

Through these experiences, the Soldiers have constant interaction with the



Sgt. Sean Kimmons

**Sgt. Nolan Heanu (left), a mechanic with HHS, TF 2-11 FA, helps make Kurdish wheat bread for that night’s dinner during his stay at the Darbandikhan DBE headquarters on Jan. 13.**

Kurdish guards that has resulted in many friendships.

Friends are easy to make because overall they are friendly, said Spc. Nick Wegner, a M249 squad automatic weapon gunner with Team 3.

Wegner also feels that working with the Kurdish makes his team’s mission unlike any other Army mission in Iraq.

“Our experiences are completely different than probably anybody in the Army as far as this country goes,” Wegner said. “Not too many people get to work with the more peaceful people of Iraq in the most peaceful portion of Iraq.”

One of the team’s experiences has been a learning one.

“It’s been a fun learning experience. We each learned a good portion of their language and we’ve taught them pieces of ours,” Wegner said.

Heanu, who is a mechanic with Team 3, can usually be found chatting with the Iraqi border guards in Kurdish.

“I’m a people person,” he said grinning.

Besides the fact that he’s talkative, Heanu intermingles with the Kurds since they remind him of his own people — the Hawaiians.

“Their culture is almost the same as Hawaiian,” Heanu said. “The Hawaiian people have a lot of respect for the people, just like the Kurdish people. They are very welcoming.”

Heanu has even participated in many Kurdish daily life routines that are different than in Papakolea, where he is from on Oahu.

He has helped butcher a lamb with Iraqi border guards, cut off the heads of a live chickens and cooked Kurdish wheat bread inside a stove made of stone.

Team 3 Soldiers also endure the colder weather that chills this part of Iraq. There are no central heating units built into the buildings, only a kerosene heater the Soldiers huddle around for warmth. And forget about warm showers.

Plus, the bathrooms are basically just a hole in the ground that people squat over to do their business.

There has been some delight in this winter season though. While on a Jan. 11 patrol of Iraqi border control points in the Meshla Mountains, Team 3 Soldiers were treated to a few inches of snow.

The team followed a Halabja DBE vehicle up slushy mountain roads to more than 2,500 feet in elevation. The last border control point they traveled to was less than one mile from the Iraq and Iran border.

Next month, these Kurdish experiences will be a thing of the past for Team 3 Soldiers when they redeploy back to Hawaii. However, they’ll still be alive in memory to reflect upon.

“It’s been a very good experience interacting with the Kurdish soldiers and seeing how they live. Maybe, we can appreciate more of what we have than what the people have out here,” Heanu said.



Courtesy photo

**2nd Brigade Combat Team and those hoping to transform with the brigade, have much to look forward to: the Stryker Brigade concept is full-speed ahead!**

## Stryker Brigade concept proves itself in battle

By Jim Garamone  
American Forces Press Service

BAGHDAD, Iraq — The Stryker Brigade is well-designed for the decentralized war against insurgents the coalition is waging in Iraq, said Brig. Gen. Carter Ham, commander of Task Force Olympia, during an American Forces Press Service interview Jan. 15.

With 14 months of combat experience under its belt now, the Stryker Brigade concept has proven itself. The brigade in Mosul now — the 1st Brigade of the 25th Infantry Division — is using its flexible capabilities to hunt down insurgents and terrorists intimidating Iraqis who want a free and democratic country.

The brigade has substantially more infantry than a typical brigade, and uses technology to leverage the infantry when they dismount. The brigade also has more intelligence capabilities — including an unmanned aerial vehicle capability — and more internal options for firepower.

The Stryker vehicle itself has received glowing reports. The mission-capable rate

dipped below 90 percent only once in the last year, and that was during the equipment hand-off from one brigade to another.

The wheeled vehicle also can move faster and farther than the typical infantry brigade. The smooth-riding vehicle also allows troops to arrive at a fight rested. “It doesn’t shake the crew like a typical Bradley (fighting vehicle) does,” Ham said.

The brigade demonstrated that capability many times in 2004. Strykers moved from Mosul to Kut and Najaf in April. They arrived ready for the fight. “We often launch strikes that go over 100 kilometers into the desert,” Ham said. “That’s tough to do in a Bradley.”

“But it’s important to remember that it’s not an ‘either-or’ proposition,” he continued. “There is a definite place for Bradleys and main battle tanks. We have tanks in Mosul right now, and I’m here to tell you that the insurgents don’t like them.”

The 2nd Brigade Combat Team, 25th Inf. Div. (L) will also convert into a Stryker Brigade in 2005.

## Home again

From A-1

mission systems operator-maintainer, said he is glad to be home.

“It feels pretty good,” he said. “It’s good to be out of there. I can finally relax now that people aren’t shooting at me.”

Brandt said his training with new Soldiers was the greatest experience in while deployed to Iraq.

“I got to train with Special Forces out there,” he said. “We got to help other people than just ourselves [the U.S.]. We got to help the Iraqi people.”

Brandt said he’s looking forward to his girlfriend coming out to visit with him in the coming month, and then going on to visit his family in Colonial Heights, Va.

Spc. Jeff Cusimano, a signal support systems specialist from 125th Signal Bn. came back to the arms of wife, Holly, his son Jeffrey Jr., 3, daughter Hannah, 5, and his 18-month-old little boy Gavin who sat in his stroller playing with a stuffed Barney doll, almost as large as him.

“It’s so great to see my children and wife again,” Cusimano said while smiling.

“We accomplished our mission over there with zero casualties,” Cusimano said. “We brought everyone back safe and alive, and that’s what’s most important.”

Holly said having her husband back means the world to her and her children.

“It’s so good having him home,” she said. “He got to see his son Gavin walk for the first time today.”

## Clinic

From A-1

wanted to help them. The people see this clinic as a symbol. It means that life is changing for them, for the better.”

With no standard healthcare system in place, particularly in remote areas of Afghanistan, the Deh Rawod clinic is a life-line for residents who would not normally have access to doctors or medical

treatment.

“My baby was burned, and I brought him here for the doctors to see,” said Mohammad Hasahk, a local resident. “People tell us that there is good medicine here and they will take care of us. The doctors do much for us.”

The clinic staff sees about 60 to 70 patients a day at the base’s front gate.

## Girl Scout

From A-1

“It was a big surprise,” said Pfc. Jeremy Stevens of HSC 84th ECB, a single Soldier who received one of the baskets.

Stevens will reunite with his family on the mainland during the 30 days leave, “But it was nice to see how much people care for us here on the island,” he admitted.

Bailey’s project ‘Welcome Baskets’ is the second award project the Girl Scout has planned and carried out.

Two years ago she organized a fundraising dinner for people with special needs in Aiea for her Girl Scouts’ silver award.

To obtain the Gold Award Bailey will have to also submit a project paper by April 1 and hold a presentation.

“I have almost completed the 50-hours requirement and then I can concentrate on the project report,” Muth added.

The Gold Award is all about personal dedication and leaving a lasting impact in the community.

“She did do something special and something I will always remember,” Stevens said. “I will keep my fingers crossed that she gets the award.”

# Wolfhounds Soldier through the holidays

Story and photo by  
Staff Sgt. Bradley Rhen  
Combined Task Force Thunder  
Public Affairs

WAZA KHWA, Afghanistan — The Soldiers of Company C, 2nd Battalion, 27th Infantry Regiment, didn’t use the Christmas season as a reason to let up on their daily patrols in Afghanistan’s eastern Paktika province.

Instead, the infantrymen soldiered through the holidays to ensure stability and security in the region.

One such December patrol lasted about three hours and took them through three villages, in what isn’t much more than a barren countryside that surrounds the base here.

The Soldiers first checked on the construction of a school the 2nd Bn., 27th Inf. Rgt., “Wolfhounds” funded in Khezer Kheyl, and asked locals if they were satisfied with it.

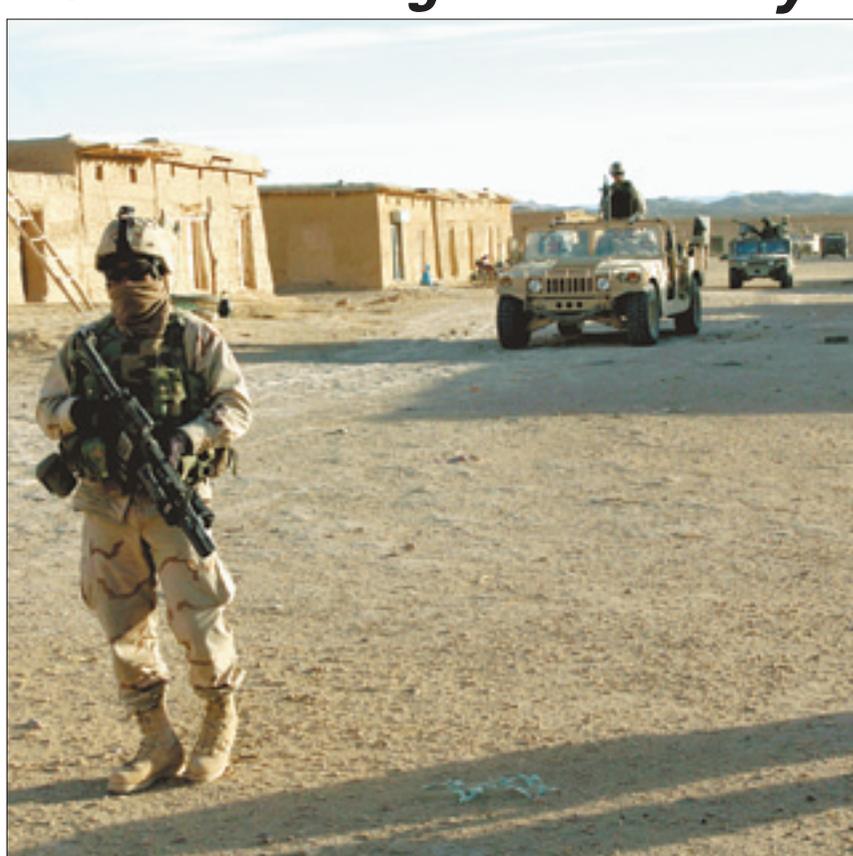
Acting on recent intelligence, the patrol then headed to Khoday Nazar Kor, a small hamlet built into the side of a mountain. There they searched for signs of anti-Coalition activity.

After thoroughly searching the area, the Soldiers moved back out on patrol to the third area on their route.

The Soldiers stopped in Marjaneh where they patrolled the nearly-deserted bazaar area before handing out blankets and winter coats to some of the villagers.

The mission was a prime example of the diversity of the operation here — hunting insurgents one moment, then distributing items to help the locals stay warm the next.

One of the battalion’s goals is to win the Afghan people’s confidence, as well as ensure the area is free of anti-Coalition militants, said 1st



**Cpl. Marcus Denny, a team leader from Co. C, 2nd Bn., 27th Inf. Rgt., patrols the desolate streets of Marjaneh during December.**

Lt. Neil Armstrong, a platoon leader in Co. C, 2nd Bn., 27th Inf. Rgt.

For the Soldiers, that means switching back and forth between war fighter and good will ambassador, said Spc. Jonathan Low, an infantryman with Co. C, 2nd Bn., 27th Inf. Rgt.

“I look at it this way — these people are our friends, and they need our help,” he said.

Like every other mission the Wolfhounds conduct, this patrol’s underlying purpose was to show a presence in the

area, letting any insurgents know there is a Coalition presence here.

“We do patrols like that pretty much every day,” said Armstrong. “We always attempt to give out humanitarian aid on those patrols too, especially in the smaller villages.”

Although the mission was a familiar one, it wasn’t to be taken lightly.

“Complacency kills is what they say,” said Low.

At one point in the mission, while on a hilltop in Khoday

Nazar Kor, he spent a moment scanning the horizon through the powerful scope of his M-14 rifle, usually carried by designated marksmen like Low, looking for enemy activity.

“I noticed somebody on a bike, and I was just checking to make sure they weren’t carrying any weapons or anything like that,” he said.

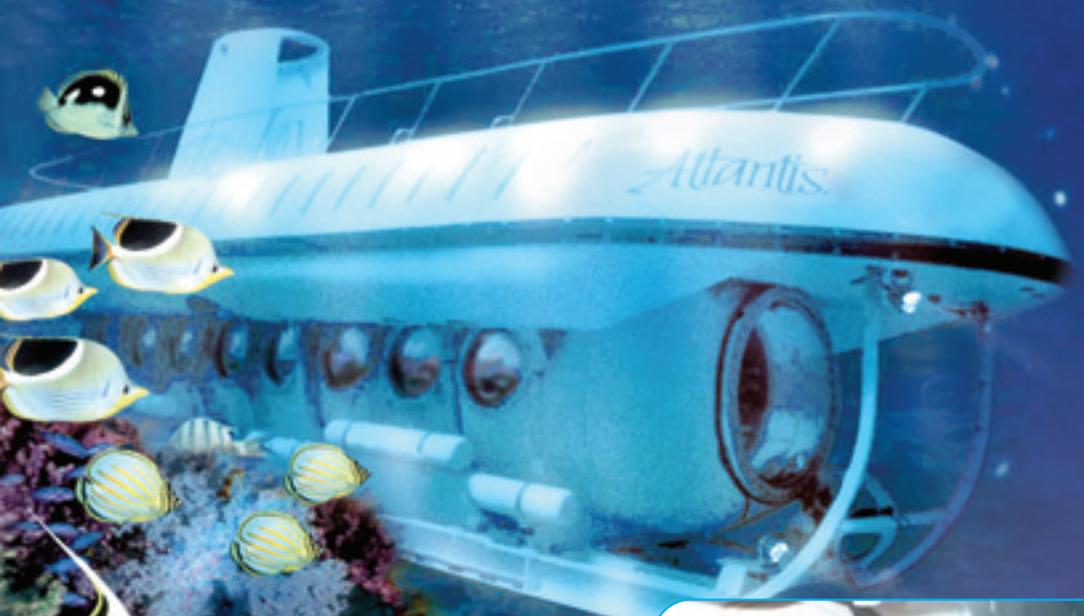
The Soldiers returned to their base cold and dusty as usual, but safe and with the knowledge they are helping the people of the surrounding communities.



## Atlantis Submarine Adventure in Waikiki

Story by Spc. Charles Hayes  
Staff Writer

Climb aboard Atlantis XIV, the world's largest hi-tech passenger submarine. The cabin is air-conditioned and pressurized. This, along with the calm waters of Waikiki, makes the ride comfortable and relaxing.



Walking along the beach in Waikiki, it is normal to see sand castles, surfers, and sunbathers. The last thing people expect to see, lurks just a few hundred feet from the shore – two submarines from the Atlantis Submarine Adventure awaiting passengers for an undersea adventure.

We walked the short pier at the Hilton Hawaiian Village Beach Resort and Spa to wait for the shuttle out to the submarines. During the short wait on the pier, we had our picture taken, [with the opportunity to buy them once the tour is over], and actually touch live sea creatures, anything from squishy sea cucumbers to star fish.

In the distance we saw the shuttle boat, the Discovery, cutting through the waves as it approached the pier. At this point, we were excited about the prospect of being the first ones on the boat to get a good seat.

We were relieved when there was a voice that came over a loud speaker explaining that there is plenty of seating, and everyone gets a window seat on the sub. Tensions lifted and the waiting passengers visually relaxed.

Once on the shuttle, it's about a 20-minute ride to the dive site. During this time, we were given safety instructions and watched an education and safety video.

On the top deck, it is amazing to see the people and even the buildings getting smaller and smaller in the distance. To our right we could see Diamond Head, and if you visit at the right time of the year, generally December until April, you can see whales as they visit near the island.

All of a sudden, the ocean changes from a light blue color and bubbles up as if a volcano were erupting, and through the bubbles out pops the first submarine.

The shuttle pulls up alongside and tethers with the sub. Inside, the crewmembers point to a digital gauge on the wall showing the depth of the sub. It is truly a remarkable feeling to be in something man made and watch as we go from 0 feet to 100 feet, and sometimes deeper, under the ocean.

The air conditioning and pressurized cabin make this a very comfortable 45-minutes under the water.

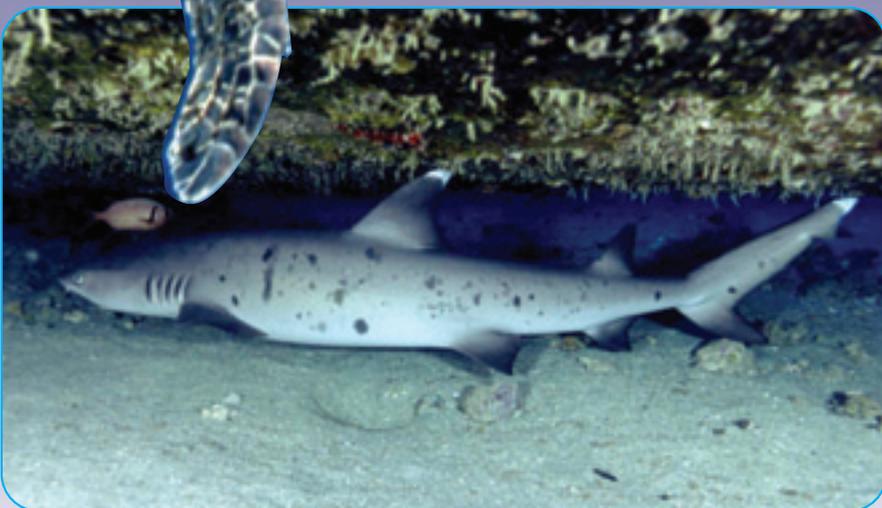
As the sub gets closer to the sea floor, sea life swims by the windows. There is a wide variety of sea life in many colors.

As the submarine travels along a preset path, it was exciting to see sunken ships and even aircraft with creatures living in and around them. There are also a few man made reefs. The reefs are home to a variety of coral, brightly colored tang, Moray eels, the Hawaiian State fish, the Humuhumunukunuuapuaa (trigger fish), and many marine species.

When the submarine passed by one of the ships, excitement erupted as someone pointed out a green sea turtle resting on the bow of one of the ships, and a shark was visible just a few feet away.

Once the tour is over, the digital depth gauge slowly ascends back to 0 feet. Out the window, the propellers from the Discovery churn as it pulls alongside the sub and they tether together.

For more information on the Atlantis Submarine Adventure in Waikiki, visit the ITR on post, call 973-9811, or visit [www.atlantisadventures.com](http://www.atlantisadventures.com).



Looking out the windows reveals a variety of colorful, and at times, funny looking sea life. Much of the sea life make their homes on the sunken ships and man made reefs, such as this shark.





**Sgt. Smith Theater**

Today  
**Ocean's Twelve**  
7 p.m. (PG-13)

Saturday Jan. 22  
**Blade: Trinity**  
7 p.m. (R)

Sunday Jan. 23  
**Ocean's Twelve**  
7 p.m. (PG-13)

Monday Jan. 24  
**Closed**

Tuesday Jan. 25  
**Closed**

Wednesday Jan. 26  
**Closed**

Thursday Jan. 27  
**Closed**

**HICKAM AFB  
MOVIE SCHEDULE**

Tuesday Jan. 25  
**Closed**

Wednesday Jan. 26  
**Flight of the Phoenix**  
7 p.m. (PG-13)

Thursday Jan. 27  
**Flight of the Phoenix**  
7 p.m. (PG-13)

**NAF Warehouse Sale** – Items for sale will include: chairs, tables, office, kitchen and refrigeration equipment. Visit the NAF Warehouse, building 1598 on Fort Shafter Flats beginning at 9 a.m. – 3 p.m. Jan. 28.

**Tropics Closed on Sundays** – Beginning Jan. 2, the Tropic's, building 589 on Schofield Barracks will be closed on Sundays. The facility will re-open on Sunday's in mid March. Call 655-0002 for information.

**Valentine's Day Crafts** – Kids of all ages are welcome to make a craft at the Tropics on Schofield Barracks on Feb. 2, 6 p.m. Cost is \$1. Call 655-5698 to register.

**Mongolian BBQ** – Select from a large variety of meats and vegetables, and have them grilled to personal preferences on Feb. 9 beginning at 5 p.m. at the Nehelani, Schofield Barracks with seating at Reggie's. Cost is \$4 for the first four ounces and \$.65 each ounce after. Reservations required by calling 655-0660.

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

**Anti-Violence and Gang Initiative Make Youth "Street Smart"** – Street SMART is a gang and violence prevention program for youth ages 11-13. The curriculum was designed to educate pre-adolescents about

the destructive lifestyle of gangs, managing conflict and helping youth develop resistance skills. The conflict resolution component of the Street SMART curriculum is slated to begin in February at the four Middle School and Teen Centers at Aliamanu Military Reservation, Fort Shafter, Helemano Military Reservation, and Schofield Barracks. To register a child, call 655-5314 or 833-5393. For more information call 836-2106.

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

**Youth Baseball/Softball League** – Open to youth born in 1986 to 1999. Registration open until Feb. 15. The season is April 2 – May 21. Cost is \$55 for Baseball and Softball and \$45 for T-ball and Coach-Pitch per person. Call 438-9336 or 655-6465.

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

**Richardson Pool Closure** – Richardson Pool on Schofield Barracks will be

closed from Feb. 10 – March 4 for construction and repairs. PT from 6 – 8 a.m. is available at the Helemano Pool. To schedule call 655-9698 or 655-1128.

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

**Spouse's Night Out, Wellness Expo** – Jan. 27 at 6:30 p.m. at the Tropics on Schofield Barracks is a special edition of Spouse's Night Out. The following vendors will be on site to teach make-up and beauty tips, hair styling tips, selecting the right wardrobe, product demonstrations, massages, and general wellness information. Mary Kay Cosmetics, Beauty Control, Laser Aesthetics, American Institute of Massage Therapy, Home Interiors, Party Lite Candles, Avon and the Information, Ticketing and Registration office. Taste free pupus and enter to win door prizes. Supervised children are invited. Call 655-0002.

**ACS Free Classes** – Jan. 27, Army Community Service will have the following classes: Scrap Booking, Learn to Use a Web Camera and Quilting. At the Tropics, Learn How to Dress for Success. MWR Blue Star Card holders receive free child care from 6 - 9 p.m. by reservation only at Peterson Child Care Center. Call 655-3929 by noon of the Tuesday before each Thursday event to make child care reservations. Reservations can be made two weeks in advance. Call 655-2400 for more information.

**Paniolo Bar-B-Que** – Military I.D. card holder's are invited to listen to southern rock, country and blues while enjoying a free BBQ picnic at the Nehelani on Schofield Barracks Jan. 30, 11 a.m. – 3 p.m. Eat free hotdogs, BBQ chicken, beans, chips, corn on the cob, ice cream, juice (while supplies last), and entertainment provided by the Nate Pearce Band.

Craft activities, inflatables, hayrides and other entertainment are available. Call Leisure Activities at 655-0110, 655-0111, or 655-0112 for information.

**Bermuda Grass for Sale** – Tifgreen 328 Bermuda grass, from the greens of

Kalakaua Golf Course are available for purchase. Cost is \$1 per square foot. Orders will be filled until Jan. 28, or while supplies last. We reserve the right to limit quantities sold. No refunds or returns. Call 656-0114 for more information.

**Hawaiian Luau Lunch Buffet** – Taste a traditional Hawaii-style feast Jan. 28, from 11 a.m. - 1 p.m. at the Hale Ikena, Fort Shafter or the Nehelani on Schofield Barracks. Cost is \$8.95 per person. Call the Nehelani, Schofield Barracks 655-4466 or Hale Ikena at 438-1974 for reservations or information.

**"Seven Habits of Highly Effective Families" Workshop** – Join Army Community Service Jan. 28, 8:30 a.m. – 2 p.m. in building 2091 for a workshop designed specifically for Army families. Workshop is based on the book, "The 7 Habits of Highly Effective Families" by Stephen Covey. This workshop is free and all of the materials will be provided. Call 655-2400 for reservations.

**Cartoonist at Aliamanu** – Dave Thorne will speak about and demonstrate cartooning Jan. 26, 2 p.m. at the Aliamanu Library. The audience will have an opportunity to practice techniques demonstrated. Call 833-4851.

**Spinning Class Now Available** – The newest group exercise class, Spinning, is now available at the Health and Fitness Center on Schofield Barracks. Use deluxe "Revmaster" stationary bikes expertly guided by certified instructors and use guided imagery to "climb hills," sprint or take in the "scenery," for a challenging and fun workout. Call 655-8007 for more information.

**Chinese New Year** – Celebrate the Chinese New Year with stories and a craft activity Jan. 26, 3 p.m. at the Sgt. Yano Library on Schofield Barracks. 655-0145.

**January Food Special at Tropics** – For that New Year's Resolution, try carb-reduced wraps on Schofield Barracks. Choices of turkey and sun-dried tomato wrap or turkey and spinach wrap. Each comes with a side salad for \$2.75. Stufferz Pizza Pockets, supreme or three-meat also available for \$2.75, or two slices of cheese or pepperoni pizza with a soda for \$5, or one large one topping pizza with a pitcher of soda for \$11.99.

**College Financial Aid and Scholarship Information** – Applications are now available for financial aid and scholarships for the 2005-2006 school year. A binder with financial aid and

scholarships designated for military dependents is available for the public to view at Aliamanu Military Reservation, Fort Shafter, and Schofield Barracks libraries. Don't delay; many applications are due as soon as February. Call 655-2263 for more information.

**Okinawan Kenpo Karate Classes** – Classes are designed for ages 5 through adult for the development of the mind, body and spirit through physical fitness, self-defense, and self-discipline. Classes are available at Bennett Youth Center on Schofield Barracks, Aliamanu Youth Gym, Fort Shafter and Helemano Physical Fitness Centers. Class days and times differ. Cost per month, per person is as follows: Individual, \$35; family of two, \$25; family of three, \$20. Register today at the nearest Army Youth Center or call 833-5393 for more information.

**Commissary Scholarship Program** – A \$1,500 scholarship is open to single persons under the age of 21 (23 if enrolled in school) of active duty, Reserve, Guard and retired military. Applicants must plan to attend or already attend an accredited college or university full time. Applications available at the commissary administration office, Mon – Fri, 8 a.m. – 4:30 p.m. Submission deadline is Feb. 16. For information, call 655-2263.

**Reggie's Sing for a Free Supper** – Come early on Fridays and win a free dinner. Starts at 6 p.m. Winner will be announced at 7:30 p.m. and regular karaoke begins at 8 p.m. Call Reggie's, Schofield Barracks at 655-0660.

**Valentine's Flutes and Wine Glasses** – Better Opportunity for Single Soldiers will be selling annual Valentine's Day flutes and wine glasses filled with goodies and marked with gold beginning Feb. 1. Cost is \$10 per glass. Glasses will be available at the Tropic's BOSS office, building 589 on Schofield Barracks. Supplies are limited. Call 655-8169 for more information.

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

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

**HAGN TV2 Schedule Jan. 21 - 28**

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

# What you should know about anger

## Commentary

**Nadja Gassert-Depape**  
Contributing writer

Spouses, your Soldier is returning from a place where bombs explode left and right as he dashes from cover to cover, where driving down the freeway is life-threatening, where bullets zing by and friends die.

Your Soldier is returning from a place where orders are given and followed, unquestionable, because his or her life depends on it.

Soldiers, your spouse is returning to a place where going down the freeway is a study in patience, where people stand in line because the person in the front has a bottomless purse and can't find the checkbook, where kids, wives, husbands and everyone else questions, laments or simply ignores orders.

Odds are, your Soldier will become frustrated, annoyed and angry at some point after the redeployment.

And anger is okay. Anger is a normal human emotion. Like love or sadness, anger is a very personal feeling. Anger is not bad. No emotion is ever bad. The expression of anger, though, can fall into the realm of the unhealthy and unacceptable.

It's okay to be angry, it's never okay to shout, to belittle, to attack verbally and physically, to threaten or to throw things. It's perfectly okay to walk out, to walk away, to remove yourself from the situation – if you can do that safely.

## READY 4 REUNION

Dealing with your Soldier's anger – and your own – will take some communication.

Don't be afraid to ask what makes your loved one angry. Why were the scuffed boots of the Soldier at the commissary such a big deal? How come battling for a parking space at the Pearlridge Center – an activity that never bothered your Soldier before – is now seemingly a life-and-death struggle?

But the best time to manage anger is before it happens. So sit down one afternoon and ask what can you, the spouse, the loved one, the friend, the kid, do to help defuse the situation and calm your Soldier? Ask, "what can I do to help you? What works to reduce your anger?"

Anger management-related reading on the Army OneSource Web site offers the following tips for dealing with anger:

- Breathe deeply. Count to five. Or ten. Exhale. Repeat.
- Distract yourself. Do something else.
- Tell yourself to calm down, to relax, to chill out.
- Don't act angry – remain polite and civil.

The angry energy can be managed, suppressed, converted and redirected. The American Psychological Association suggests relaxation, problem solving, cognitive restructuring, better communication, changing your environment and humor.

- Sounds difficult? It's not. Take deep breaths and

act calm. The activity of acting calm, not "being" calm, will actually help to reduce tension and thus relax.

- If clogged streets and overcrowded parking facilities annoy your Soldier to no end, avoid putting him or her behind the wheel. Give yourself plenty of time to deal with unforeseen and unanticipated events. This will reduce the pressure.

- Avoid exaggerations like "there is never parking here" or "it's always like this." Logic defeats anger. Seldom is something "always" awful. Have realistic expectations. Parking near the mall entrance is only for people who show up before stores open. Besides, the walk across the parking lot will do you good.

- Don't get defensive. Don't fight back. Don't fall into the "you always or you never" trap. Don't jump to conclusions. Listen and think.

- Immediate surroundings are frustrating you? Walk away. Give yourself a break. Take "me" time. Can't deal with the line at the commissary? Don't go during your lunch hour. Your child's messy room is driving you nuts? Close the door.

- Have a few jokes handy. Watch a funny movie. Make faces. Stick your tongue out. Be silly.

There are ways to deal with anger, yours and your loved one's. But the best and foremost advice anyone can give you: expect there to be some anger and prepare with communication.

The Army OneSource Web site can be found at [www.armyonesource.com](http://www.armyonesource.com). The American Psychological Association can be found at [www.apa.org](http://www.apa.org).

# Lightning Spirit Hearing God's voice

## Commentary

Chaplain (Lt. Col.) Donald W. Eubank  
Fort Shafter Community Chaplain

"Will you stop what you're doing and listen to me for a moment?" How many times have you either said that or heard someone close to you say it?

The truth is, I wish I could say I've been a better listener to my family and friends. Listening carefully is hard, and I have to admit that often I'd rather tell my story than listen to someone else's.

Yet, it is in listening that we tell people we respect them, value them, and believe their ideas and opinions are important.

When I was growing up, grandpa frequently told stories of what life was like when he was a child, growing up in the Eastern and Midwestern States.

I loved hearing about what I called the "olden days." One of grandpa's stories was about the old "ice houses." Before the 1940s, few homes in America had any kind of refrigeration.

Instead, people used ice-boxes and ice-houses to preserve their food. The old ice houses had thick walls, no windows, and tightly fitted doors.

In winter, when lakes and rivers were frozen, large blocks of ice were cut, hauled to the ice houses, and covered with sawdust as insulation. Often, these large blocks of ice would last well into the summer.

One day, a man lost a valuable pocket watch while

working in an ice house. He searched diligently for it, carefully raking through the sawdust, but didn't find it. His fellow workers also looked, but their efforts too, proved futile.

A small boy who heard about the fruitless search volunteered to try to find the watch. During the noon hour, while the workmen ate lunch and rested, the boy went into the icehouse alone.

Not long thereafter, he emerged with the watch!

Amazed, the men asked him how he found it. "I closed the door," the boy replied, "laid down in the sawdust, and kept very still. Soon, I heard the watch ticking."

I think that most of us are very often like the man who lost his watch in the sawdust of that ice-house floor. We're so busy with projects, jobs, programs and activity, that we just can't seem to take the time to stop, rest, and listen to the things that are really important.

The little boy was able to find the watch because he took the time to be quiet and listen. Perhaps it might be a good thing for us to consider stopping for a couple of moments this morning, and take the time to open our hearts to God in a moment of prayer.

Often the question is not whether God is speaking, but whether we are being still enough, and quiet enough to hear. Our Lord once said that the test of knowing a good and noble heart would be seen in people who hear God's Word, retain it, and persevere with the truth that God has put in their heart!

I write and pray that each of us will take the time to stop and listen to that "still, small, voice" today.

## Philippine SGM visits NCO Academy



Spc. Charles Hayes

**Sgt. Maj. Mario Gabriel, Armed Forces Philippines sergeant major, visits with future noncommissioned officers at the NCO Academy on Schofield Barracks' East Range Jan. 15. Gabriel discussed future plans for a Junior NCO Academy for the Philippine Armed Forces with senior cadre there, and Sgt. Maj. William Kinney, U.S. Pacific Command senior enlisted leader. Gabriel toured the barracks and classrooms used by cadets and ate lunch with 15 Filipino Soldiers who recently attended the academy.**

# Eight NCOs inducted

Story and photo by  
Jaclyn E. Kloiber  
1-62nd Air Defense Artillery

Eight Soldiers from the 1st Battalion 62nd Air Defense Artillery Regiment were inducted into the ranks of the noncommissioned officer in December. The inductees listened to the advice given by their senior leadership. Command Sgt. Major Timothy W. Grant spoke about the personality credentials needed to be a true leader. Command Sgt. Maj. Willie Tate, 25th Infantry Division (Light) command sergeant major, addressed the importance of the NCO and the rank of sergeant.

## ADA Inductees:

Sgt. Seth R. Bassett,  
Cpl. Ruben Cortinez,  
Sgt. Sitonious Holloman,  
Sgt. Michael Hudson,  
Sgt. Raven Hunt,  
Sgt. Christina Jones,  
Sgt. Justin McCarthy  
Sgt. Richard Ramelb.



Command Sgt. Maj. Willie Tate, 25th Infantry Division (Light) command sergeant major welcomes eight inductees into the noncommissioned officer corps in December.

Spc. Jaclyn E. Kloiber

# King's legacy is more than a dream

By 1st Lt. Carly Lemlers  
125th MI Bn.  
Contributing Writer

"Few can explain the extraordinary King mystique," explained "Time Magazine" in the 1963 Man of the Year edition. "Yet he has an indescribable capacity for empathy that is the touchstone of leadership."

"By deed and by preachment, he has stirred in his people a Christian forbearance that nourishes hope and smother's injustice."

The Dr. Martin Luther King, Jr. holiday marks a celebration of nonviolent activism and Dr. King's leadership in a movement that helped secure civil rights for all minorities and women.

## The dream

King's work focused social and political attention to the recognition of equality among all Americans. Although his legacy is often marked by his "I Have a Dream" speech, Civil Rights legislation only captured part of his vision.

King's dream surpassed the boundaries of the United States, as he expressed his vision for humanity in his Nobel Prize acceptance speech in 1964, "I have the audacity to believe that people everywhere can have three meals a day for their bodies, education and culture for their minds, dignity, equality and freedom for their spirits."

As congress worked on civil rights legislation in the

1960's, King had already begun work on a "Bill of Rights for the Disadvantaged," and just before he was assassinated in 1968, he had started work on the Poor People's Campaign.

Standing with those who needed to be helped at the time of his death, King had been supporting a strike by black sanitation workers who sought equal pay and treatment when he was assassinated.

## King's history

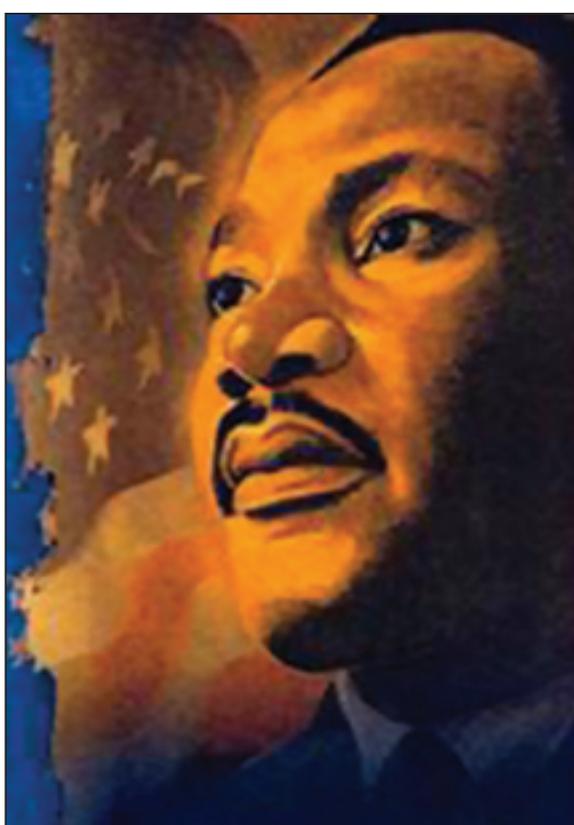
King originally wanted to become a doctor, and enrolled at Morehouse College, a historically black college, to study medicine, but mentorship from the college President, Dr. Benjamin Mays, led him to graduate with a degree in ministry in 1948.

While at Morehouse, King was greatly influenced by the writings of Henry David Thoreau, including the philosopher's famous "The Duty to Civil Disobedience." Continuing his education, King graduated from Crozer Theological Seminary, and earned a doctor of philosophy degree from Boston University in 1955.

While studying seminary, he was also influenced by Mahatma Ghandi, Dr. King explained, "From my background I gained my regulat-ing Christian ideals," and later, "From Ghandi I learned my operational technique."

Change through nonvio-

lence



Dr. Martin Luther King, Jr.

King's boycotts used the economic power of the people to influence society and ultimately politics. Along with the boycotts staged across the country, King held workshops on non-violent, civil disobedience.

King explained, that non-violent resistance was, "the only morally and practically

sound method open to oppressed people in their struggle for freedom."

Nonviolent resistance is the technique that King made famous in America as the leader of the Montgomery Improvement Association's boycott on the public transportation system in Alabama.

On Dec. 1, 1955, Rosa Parks, a black woman, was arrested for refusing to give her seat to a white bus passenger. This event launched the Montgomery bus boycott, organized and led by King, and the Civil Rights Movement. The boycott lasted for more than a year until the Montgomery buses were desegregated.

In the spring of 1963, in Birmingham, Ala., Dr. King trained more than 200 people on non-violent resistance, sending them out into the city to teach others, and to test segregation laws.

In April, the civil disobedience campaign began, and throughout the month, African-Americans were arrested for disobeying segregation laws. On May 7, thousands of people demonstrated for desegregation.

The peaceful demonstration became violent when the Birmingham police beat demonstrators with batons, also turning fire hoses and dogs on the crowd. The violence captured on tape was televised across America and escalated the awareness of civil rights movement. King's campaign, technique, and leadership began to see broader results.

A month after the campaign in Alabama, President John F. Kennedy promised to send civil rights legislation to congress, legislation that eventually became the Civil Rights Act of 1964.

The enactment of the Act allowed the federal govern-

ment to enforce desegrega-

tion and initiated a series of anti-discrimination laws that, have now evolved into a cornerstone of American culture where equality is demanded and expected in employment, customer service, and opportunity.

## Hope for the future

Since King began his campaign to end injustice, there have been major changes and significant improvements in America. Desegregation, protection for voters established by the Voters Rights Act of 1965, the establishment of the equal opportunity commission, national awareness of anti-discrimination laws, and an increase in opportunities for all minority Americans are only a few.

The youngest person to ever receive the Nobel Prize, King realized that the injustice of discrimination crossed the boundaries of many races, both genders, and international borders, and the achievements in the United States were just the beginning.

Speaking to the interracial crowd at the March on Washington in 1963, Dr. King urged, "And as walk, we must make the pledge that we shall always march ahead. We cannot turn back."

(Editor's Note: Historical information gathered from the following sources: History and Politics Out Loud: [www.hpol.org](http://www.hpol.org), [www.time.com](http://www.time.com), The King Center [www.kingcenter.org](http://www.kingcenter.org) and "Ebony" volume 60, number 3 (January 2005).)

# KMC firefighters begin new mission at PTA

By Bob McElroy  
PTA Public Affairs

POHAKULOA TRAINING AREA, Hawaii - Army firefighters closed the door on 50 years of service at Kilauea Military Camp on New Year's Day when they handed off their mission to the Hawaii County Fire Department.

The hand-off capped an era of service to KMC and Volcanoes National Park and community.

When one door closes another usually opens.

Rather than lose their jobs or be transferred off-island, the 11 Army firefighters moved to the Pohakuloa Training Area Fire Department, providing increased capabilities.

Deputy Fire Chief Eric Moller, commander of the PTA Fire Department, said the transfer of mission was necessary to bring the department in line with Department of the Army Guidance and Criteria for firefighting.

The additional firefighters give



Bob McElroy

**Deputy Fire Chief Eric Moller, who leads the Pohakuloa Training Area Fire Department, surveys some of the range area he and his firefighters are responsible for in the installation's Wildland Fire Management Plan.**

the PTA Fire Department the ability to cover wildland fire manage-

ment, crash rescue, range stand-by, structural response (structure fires) and emergency medical services - all required by DA and Department of Defense.

Moller is excited to be leading a more robust fire department.

"I thing it's great, for the first time we'll have a unified team that can concentrate on U.S. Army missions on the Big Island," Moller said.

Despite the end of full-time support to KMC, Army firefighters based at PTA will still provide fire prevention training, alarm inspections and fire prevention systems maintenance at the camp.

Moller asserted that KMC, the national park and the volcano community would still have top-notch fire protection now that the county has assumed the mission from the Army.

"I'm confident the capability and service the county will provide is equal to, if not better than what the Army provided when we were

there," Moller stated. "The county can bring additional resources that the PTA and KMC Fire Departments didn't have access to."

Marc Swanson, Deputy Director of KMC, is one member of the community who is sad to see the Army firefighters leave.

"We're going to miss them, they're great people," Swanson said. "They gave us great service. Army firefighters are the best. I'm sad to see them go because they always were able to help us with whatever was needed. They really were part of the family."

"I'm confident in the county; I'm sure they will give us great protection; I'm certain they will give us the same level of service as the Army did," Swanson concluded.

The person responsible for providing that level of service is Darryl Oliveira, Fire Chief, County of Hawaii Fire Department. Oliveira praised Moller and the PTA Fire Department for its cooperation and assistance during the

transfer of missions from the Army to the county.

"It was a smooth transition, the Army has been great," Oliveira said.

The ease of the transfer was indicative of the strong relationship that has been forged between the county and the Army through years of cooperation and mutual aid to Big Island communities.

"Our relationship with the Army is great, there's behind-the-scenes camaraderie; we're always there to help one another," Oliveira said. It's always been a terrific relationship."

Oliveira assured the community that it will be well-covered should there be a fire or emergency at KMC, Volcanoes National Park or in Volcano Village.

"There has always been coverage," he stressed. "We have a strong relationship with the volunteer fire department in Volcano. They have a very active volunteer fire department in Volcano Village."

# Military community gets ready for the Great Aloha Run

Story and photo by Rafi Grant  
Contributing Writer

Thousands of runners will gather at the Aloha Tower Marketplace at sunrise Feb. 21.

It will be the date of this year's Great Aloha Run, the well-known 8.15 mile race that winds its way from downtown Honolulu past the historic harbor and along Nimitz Highway to Aloha Stadium.

The Great Aloha Run, however, is more than just a race; it's an institution and a well-known event to runners from across the country, Japan and even Europe.

The local military community has also been an active participant since the beginning of the Great Aloha Run in 1985.

The idea to run eight-plus miles and to cross the finish line in a stadium, which is usually reserved for world-class athletes, is attractive - most of the participants will agree.

At the same time, however, it challenges runners across the age groups, from the elite athletes who compete for the prize money to the amateurs and weekend runners.

"It's not a marathon but it still requires commitment and a regular running schedule," explained Dr. Christiane W. Christ, sports director of the official Great Aloha Run in-training clinics.

And the military community is following her advice; Soldiers and family members are in-training for this year's event.

The active duty Soldiers start the in-training day of the military community at 6.30 a.m.

"We work out every morning (with) usually some stretching and a run," said Brian Pordy of the Division Support Command, 25th Infantry Division (Light).

Pordy and the Soldiers from his unit have signed up for the race and will participate as a part of the Sounds of Freedom runners, the group of Soldiers that will run in formation represent-



**Every Sunday the free in-training clinic meets at Kapiolani Park for a group run and light stretching. It is open to all registered participants of the 2005 Great Aloha Run to help the community get ready for the challenge.**

ing the military as well as their specific unit.

"We are expecting about 2,000 service members running in formation this year," David Dillinger explained.

While the Soldiers run regularly as part of the morning PT, family members are also active in getting ready for the big day.

Kathleen O'Malley, who has just completed her first marathon in December, is back in training for the President's Day event.

"I run five times a week, a total of about five to seven hours," she recounts. Moreover, O'Malley hits the gym twice a week to strengthen muscles to avoid injuries that are common in the running community.

Her busy work out schedule to stay fit and in shape comes with a welcome side effect.

"Running is a great stress relieve for me, too," O'Malley admits.

While O'Malley is the only one

of her family running the Great Aloha Run the Crawford's will participate as a family.

Mark Crawford commander of the 500th Military Intelligence Brigade, his wife Heather and their two children Lauren and Ryan will not be part of Sounds of Freedom runners, but they will run in their own family formation.

"We will start together and finish together," Heather Crawford, certified personal trainer and fitness instructor at the Schofield Family Fitness Center and 24-Hour Fitness in Mililani, said.

Mark just completed his first marathon and is a regular runner. Daughter Laura is a cross country runner and softball player at Leilehua high school, while son Ryan plays lacrosse and hockey.

With a bit over a month to race day, the military community is in-training and getting ready for the 8.15 miles challenge.

However, last minute deciders have still a chance to be part of the event.

"We will have a special registration day on Jan. 31 at the Schofield PX from 10 a.m. - 2 p.m.," said Vera Ross, project manager at Schofield Barracks Health Center. No late fees will be charged and \$1 of each fee goes back to Morale Welfare and Recreation.

Active duty Soldiers of the 25th Inf. Div (L) receive an additional bonus.

"Not only is the entry fee for Sounds of Freedom runners cheaper and includes a special T-Shirt,"

Dillinger points out, "participating Soldiers in the unit formation will also enjoy a three-day weekend in the week of the event."

Call 655-8789 for more information. Active duty Soldiers sign-up through their unit points of contact.

## Tips from Dr. Christiane W. Christ

*During the weeks leading up to the race:*

- participants should follow a regular running schedule, healthy eating and hydration habits
- the last week before the race cut down miles as well as speed and get enough rest

*For the race day*

- eat a light mixed carbohydrate meal in the morning and stay away from fat and sugar
- drink moderately - maximum hydration should have been completed two days prior to the race
- don't start the race too fast, there are 8.15 miles to the finish line
- don't forget to hydrate during the race at the aid stations along the course
- for those planning to be on the course for longer than 1.5 hours bring some form of sports nutrition such as a powergel or a sportsdrink
- save energy for the last part of the race that challenges the runners with some rolling hills and an incline towards the stadium

*After the race:*

- cross the finish line with a smile for the cameras
- slow down after crossing the finish line, but keep moving
- start your re-hydration
- eat some light food after half an hour after finishing the race
- consume high quality protein such as chili and brown rice within an hour after the race.

## Is signing up late for a longer distance race a wise choice?

"The sooner the better, of course," Christ said, but still encourages people to sign up adding that "late entries have to settle with a lower pace to make it safely through the race."

A help for late deciders is the in-training workshop at the Kapiolani Park Bandstand on Sundays at 7:30 a.m.

"We offer a free of charge running clinic that includes workshops on nutrition, gear and work out schedules as well as a group run followed by stretching and cool down in the ocean," Christ said.

The in-training clinic meets at the park, divides into groups according to personal levels and enjoys a variety of distance and speed runs.

The clinic is open to all registered participants of the 2005 Great Aloha Run.

To participate in the in-training clinic log on to [www.greataloharun.com](http://www.greataloharun.com), the signing of a waiver at the clinic is mandatory.

# 100-mile race H.U.R.Ts

By 1st Lt. Kevin McQueary  
Contributing Writer

Holiday weekends are great because they provide families the opportunity to spend quality time doing things they all love. For some, that might mean time at the beach. For others, it's a day at the park. For the Cavazos family, it's traveling 100 miles – on foot!

It's 6 a.m., Jan. 15 and 88 people began an arduous trek covering 100 miles through the tropical trails of the Honolulu Watershed Forest Reserve with more than 25,000 feet of elevation changes. The event, known as the Five-Trail 100-Mile Endurance Run, is sponsored by the appropriately named H.U.R.T., or Hawaiian Ultra Running Team.

This was its fifth iteration, and it is rapidly gaining world-wide attention as the ultimate challenge in running sports. Participants came from all over the mainland and several foreign nations including Germany, Canada, France, and Italy.

Of the 88 starters, 15 ended up dropped and 41 elected to finish with the 100 kilometer option. Ben Cavazos of the U.S. Army Pacific Inspector General's Office went the distance, with a lot of support from his family.

The only known service member to have completed the race four times, Cavazos intends to come back for more. "I'll keep doing it as long as my body lets me," he declared. "I want to keep raising the bar for other Soldiers that follow."

Asked how he got into the sport of ultra-running, he noted "as you get older you lose speed, but your body gets smarter and your mind gets sharper and more disciplined."

"The challenge is not so much the distance as it is the elements," he said in reference to the weather, tropical roughness of the trails, but also to willing the body to continue despite its protests.

Before the race, he declared "I'm going to finish unless I die." According to race rules, pacers are not allowed until the third loop, which is when his family came into play. His son "BJ," a 14-year-old student at Saint Louis High School, paced him through loops three and four – a 40-mile journey.

BJ's endurance comes from not only



1st Lt. Kevin McQueary

**Ben Cavazos, U.S. Army Pacific and wife, Beverly, navigate a trail obstacle on their approach to the end of the second leg of the third loop.**

the will to help his father, but also his training for soccer and the Best Ranger Competition. BJ tagged out when his mom Beverly stepped in for the final loop, now an annual tradition.

"My wife and I have a contract," Cavazos stated. "We don't discuss anything negative on the trails. Never does she say 'you look tired' or ask if I'm feeling okay. It's all about encouraging me and accompanying me to the finish." And that she did, pacing him to actually gain time on his final leg.

Cavazos noted an interesting perspective on the race, noting that few families will drive 160 miles this weekend, let alone cover that distance on foot!

The HURT events have been growing in popularity each year. It's an amazing-

ly supportive community, and it draws a lot of corporate sponsorship despite their small but growing numbers.

This year, Cavazos was directly responsible for at least one new Soldier member, Ricky Deshaw. His first attempt at something of this scale, Deshaw ended up taking the 100K option. Before the race he wasn't sure if he had enough time to prepare for the task at hand.

"I might not make it this year, but I won't quit before 100K," he vowed. The participation of all who made the attempt is a testament to their character and strength of spirit.

Unofficially, Cavazos finished in 33 hours and 40 minutes. Less than one-fourth of the competitors completed 100-miles.

## Super Bowl broadcast plans under way for deployed troops

By Jim Garamone  
American Forces Press Service

BAGHDAD, Iraq – In some parts of America, football is almost a religion. And troops deployed in combat zones will see the High Mass of football – the Super Bowl – live on the American Forces Network on Feb. 6.

In fact, one of the questions Defense Secretary Donald H. Rumsfeld got during a news conference in Kuwait was whether troops would see the Super Bowl.

"American Forces Network is pleased to broadcast the Super Bowl live to everyone in the world on the AFN Prime Service ... and on our AFN Sports Service," said Larry Sichter, the chief of affiliate relations.

This means troops who don't receive the prime channels will be able to receive the game without having to retune receivers, Sichter said. "We normally carry it on the prime channels and counterprogram on the sports channels," he said. "But this year, primarily because of the troops in Iraq and Afghanistan, we're going to be broadcasting the game and pre-game (show) on AFN Sports."

Sailors on ships at sea also will be able to watch the game through the Navy's Direct Sailor Service.

Football junkies will get 13 and a half hours of Fox network Super Bowl programming. And for those who still haven't gotten enough or were on duty, AFN will rebroadcast the game the next day.

The broadcast will not include the commercials – an aspect of the game that many people actually enjoy. The affiliates will insert public service announcements and some of the 33 affiliates will broadcast messages to the troops. "We're trying to get some command messages out," said AFN-Iraq Commander Air Force Lt. Col. Doug Smith.

Servicemembers who don't want to watch football also are covered. In the past year, AFN has launched two new services – AFN—Family and AFN—Movies – that won't carry the game.

Coverage in the U.S. Central Command region is almost universal. American Forces Radio and Television Service officials said there are a total of 7,978 decoders in the area. This includes 4,821 in Iraq, 1,062 in Central Asia and around 50 in Djibouti.

Are you ready for some football?