

HAWAII ARMY WEEKLY

Vol. 33 No. 37

Serving the U.S. Army community in Hawaii

September 17, 2004

What's Inside

REMEMBERING 9/11 B-1
Briefs..... A-4, B-2
Wolfhound Trap II.... A-10
HealthWatch..... B-4
POW/MIA Day B-5

News briefly

Macomb Gate Closure

Macomb Gate, Schofield Barracks will be closed to vehicle traffic from this Monday through Sept. 24 for the installation of access control gates. The gate will remain open for pedestrians.

New Microchip Policy for Pets

Effective Oct. 1, all cats and dogs kept on 25th ID(L) and USARHAW installations are required to have an identification microchip implanted under their skin. Microchipping allows animal control and veterinary personnel to quickly identify lost or stolen animals and quickly return them to their registered owners. The microchip is available at both Schofield Barracks and Fort Shafter veterinary clinics. Cost is \$17 for the chip, registration and fee. Appointments at Schofield Barracks are available Monday - Thursday or customers can visit the vet walk-in clinic on Tuesday. For an appointment, call 433-8532 or 433-8531. For Fort Shafter clinic hours and appointments, call 422-2271.

Blood Donations Needed

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

Volunteer Writers Wanted

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

U.S. Coast Guard Approved Boating Course

Course will be presented at Windward Community College starting this Monday. Thirteen lessons include; Navigation, Radio, Nav. Rules, Engines, Lines and Knots, Boat Handling, Required Equipment, Trailers, Weather, and more. Receive the Boating Library Manual in a binder upon registration. Complete the course and receive a certificate, one year membership and two certificates for discounts. After graduation receive a free boat tour and breakfast on the Coast Guard Base. Cost \$45 per student. Space limited to 30 students. For information or to register call Bob Airhart at 247-3793.

9-11 memorial ceremony reminds forces to 'never forget'



U.S. Army Spcs. Tony Walters, left, and Travis Cyphers, Co. B, 367th Engineer Battalion, sing "America the Beautiful" along with Coalition force troops at Bagram Air Base's 9-11 memorial ceremony Sept. 11. Hundreds of Coalition forces Airmen, Marines, Sailors and Soldiers filled the auditorium to honor the men and women who lost their lives on Sept. 11, 2001.

By Staff Sgt. Jennifer Lindsey
455th Expeditionary Operations Group

BAGRAM AIR BASE, Afghanistan – As U.S. and Coalition forces continue the fight in the war against terrorism, hundreds of Airmen, Marines, Sailors, and Soldiers deployed here took a moment to remember the 3,000 people who lost their lives Sept. 11, 2001.

"We honor them by protecting freedom for years to come – no matter what the sacrifice," said Maj. Gen. Eric Olson, Combined Joint Task Force-76 commanding general, at the base-wide 9-11 memorial ceremony that took place here today.

Commanders of various U.S. branches of service spoke about the importance of maintaining honor, courage, freedom, and sacrifice as troops carry out their part of the mission of Operation Enduring

Freedom.

Although terrorism-supporting forces such as Al-Qaeda are dispersed, and the Taliban no longer oppress the people of Afghanistan, U.S. and Coalition forces must remain resolute in the fight for freedom from terror, said Olson.

"As we continue to fight, we must maintain our tradition to values as second to none," said Task Force Prowler Commander Charles Gibson. "We're joined in the war against terrorism with Coalition forces, proving we're dedicated to working together for democracy."

The message proved right on target for troops such as U.S. Army Spcs. Tony Walters and Travis Cyphers of Co. B, 367th Engineer Battalion, who are helping Afghans establish a democratic government by literally paving the way to the voting stations. The heavy

See "Never forget" Page A-5

Admired for his determination 2BCT remembers Cpl. Joseph C. Thibodeaux III

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

KIRKUK AIR BASE, Iraq – Five days after his death, Cpl. Joseph C. Thibodeaux III was honored by his comrades during a memorial ceremony here Sept. 6.

Thibodeaux, 24, was a member of an elite 2nd Brigade Combat Team marksmanship team who was accepted into the Army Marksmanship Unit at Fort Benning, Ga., and had goals to compete in the next Olympics.

But on Sept. 1, Thibodeaux's goals faded away when the sniper from Headquarters and Headquarters Company, 2nd BCT, was killed on a routine patrol in Hawija.

His convoy was hit by an

improvised explosive device. While Thibodeaux and fellow Soldiers were investigating the IED, a shot rang through the air leaving the Lafayette, La. native dead.

Hundreds of Soldiers and Airman gathered inside the clamshell tent on base to pay tribute to Thibodeaux. All eyes were focused on Staff Sgt. Richard Skolenovitch as he spoke behind a podium.

"Thibodeaux willingly did this job. He would enter these towns fully knowing the hazards of our profession and he would do it with a smile on his face," Skolenovitch said.

Skolenovitch also talked about how Thibodeaux had weaknesses but would embrace them and would prevail with his determination.

"There were many things that we did that was hard and that would make guys think about quitting what they were doing. He knew why we were here, he knew we were here to protect the Iraqis but really he was here to protect all of you," Skolenovitch said to the audience.

"On Sept. 1 this year while conducting some of these missions, Corporal Thibodeaux was killed in action. Corporal Thibodeaux will be remembered and he will be missed ..."

Currently, Task Force 1-27 Infantry and Thibodeaux's Center of Excellence sniper team are conducting military operations within Hawija in an attempt to rid the city of insurgents.



Spc. Sean Kimmons

Staff Sgt. Anthony Seldon and Spc. Eric Howard, both with Co. A, TF 1-27 INF, salute the Soldier's memorial of Cpl. Joseph C. Thibodeaux III after a ceremony in his honor Sept. 6.

'Rat Patrol' secures Afghan mission

By Sgt. Frank Magni
17th Public Affairs Det.

KANDAHAR AIRFIELD, Afghanistan – Their name is inspired by a '60s television show, and their concept by the movie "The Dirty Dozen," but there is nothing staged about what this band of cooks, medics, mechanics, supply and communication specialists are doing at Kandahar Airfield.

Nicknamed the Rat Patrol, Soldiers from Headquarters and Headquarters Troop, 3rd Squadron, 4th Cavalry Regiment, are trading in their traditional support roles and performing missions once reserved for cavalry scouts and infantryman.

"We have basically taken Soldiers from different (military occupational specialties) and military backgrounds, put them together and begun conducting (security) missions with them," said Capt. Robert Horn, HHT, 3rd Sqdn., 4th Cav. Rgt., commander.

Although their non-traditional mission began when the unit hit Afghanistan, their training started when the unit's leadership realized some of the support services were already taken care of within the country, said Horn.

"We knew that food service was contracted to civilians in Afghanistan, so we were looking for an alternate mission for our cooks," he said. "But we found we had other Soldiers interested in doing something different."

Not really knowing what the ultimate role of the Rat Patrol would be, the unit began conducting training in Hawaii that would prepare them for a wide variety of missions.

The training began with weapons familiarization and broader use. Rat Patrol Soldiers learned how to profi-



Sgt. Frank Magni

Sgt. 1st Class Mark Danley, HHT, 3rd Sqdn., 4th Cav. Rgt., "Rat Patrol" platoon sergeant, communicates with a local man while clearing traffic for a convoy he is escorting.

ciently operate the M-2 .50 caliber and M-240B machine guns, as well as the M-249 squad automatic weapon, said Horn.

They then conducted convoy live fire exercises, in addition to training on day, night and grenade ranges. The group also trained on advanced land navigation and scout observation tactics.

Finally, they tested their skills in combat simulators and performed a security role in training exercises leading up to the deployment.

"Not a lot of headquarters units get the chance to do the extensive training necessary for this type of role," said Horn. "But our chain of command was supportive and the troops were really motivated to make it happen."

The Rat Patrol's first missions were convoy escorts and pulling forward arming and refueling point security. They were also responsible for escorting engineer convoys to Forward Operating Base Tiger, where they pro-

See "Rat Patrol" Page A-5

Donations come from above to Afghan village

By Spc. Cheryl Ransford
17th Public Affairs Det.

JILDALEK VILLAGE, Afghanistan – As the helicopters touched down and Soldiers exited the aircraft, many villagers looked on with anticipation.

The two CH-47 Chinook helicopters that landed in Jildalek Village were carrying more than 800 pounds of humanitarian aid donations including food, clothing, shoes and toys for the villagers. The donations were the result of the "Operation Shoe Fly" and "Angels for Afghanistan" programs.

Operation Shoe Fly, started by Company B, 214th Aviation Regiment, and Angels for Afghanistan, started by 1st Battalion, 211th Attack Aviation Regiment, are donation programs that have been set up by the family members of the Soldiers.

Starting off as local programs in Hawaii and Utah, respectively, the home states for the two units that comprise Task Force Pirate, they have grown nationwide. Angels for Afghanistan has even grown internationally, with donations coming from Australia, said Chief Warrant

See "Donation" Page A-5



Spc. Cheryl Ransford

2nd Lt. Jon Richardson, TF Pirate, distributes shoes to a group of young girls who visited the donation site Aug. 28. The donations came from the "Operation Shoe Fly" and "Angels for Afghanistan" programs.

OPINION & COMMENTARY

Friday

A-2

September 17, 2004

We want to hear from you

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

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

Remember and show the world

Commentary

Chaplain (Lt. Col.) Larry Conway
U.S. Army Garrison Hawaii

It has been about three years since the events that hit us back on Sept. 11, 2001, and at a time of anniversary, even for a sad event, people often stop and remember. It's common for people to think about where they were and what they did on that fateful day. People stop, pray, perhaps mourn, but almost always remember.

I remember how I first heard of what happened on that day, about the attacks on the twin towers of the World Trade Center as well as the Pentagon. I was here in Hawaii at the time, and remember when Chaplain Griffith called me and told me the news. Even though it was 4 a.m., and there was not much I could do until 6:30 a.m. and first formation – the TV went on.

At 6:30 a.m. I met with the Headquarters Company, 25th Infantry Division (Light) and at PT formation, led a moment of silence in memory of those who died. The post went to heightened security, and all of AAFES either did not open or stayed closed. Even the Schofield Barracks commissary stayed closed.

It was strange to see so much activity while so much of the post was closed, with us keeping chapels open late in case anyone wanted to pray or needed to talk. That is what I remember personally regarding Sept. 11, 2001, and I am sure that most, if not all, of you who read this have your own memories of that day.

But there are some that have no memory of Sept. 11, and no memory of where they were or what they did, even after only three years. People under age four probably do not have memories of that day. That number of people with no memory, will grow as the years pass, as we age, as the intensity of that day fades a bit due to new memories and new things to remember.

There are fewer people who remember the Challenger shuttle accident of Jan. 28, 1986. I remember where I was then as well. I was out in the Fort Hood PX parking lot when my wife, Linda, told me about that tragedy. How many of us remember that date or the names of Dick Scobee, Michael Smith, Judith Resnik, Ellison Onizuka, Ronald

McNair, Gregory Jarvis and Christa McAuliffe? I confess that, even though I remember where I was, I still had to look up this information, since I did not remember the exact date or their names.

There are even fewer people who remember when President Kennedy was shot Nov. 22, 1963. I was in third grade at the time, was sent home early with no explanation from the school, and found out what happened only after I got home. There are even fewer who remember Pearl Harbor or where they were on Dec. 7, 1941. I have no memory of that day, for I was not born yet.

So what happens as the years pass? Who remembers? Who remembers the emotions, the feelings, the thoughts?

An old story written by Cyrus, the founder of the Persian Empire, says "O man, I am Cyrus son of Cambyses, who founded the empire of Persia and ruled over Asia. Do not grudge me my monument." Now Cyrus may have a famous quote on his tomb and may be known to historians, but no one remembers him personally.

So who will remember Sept. 11 in that fullest sense of the word when we have all gone? There is only one that I know and that is God. For God does remember Cyrus, Pearl Harbor and Sept. 11, 2001. God does know and does remember all who died on that September day that changed our nation. It is God who knows, remembers and cares for us even after no one else can – even after death itself. Even after all monuments fade into dust, God remains and God remembers.

Now I don't write this to try to make you feel bad for not remembering, not at all, for I had to look up some of what I just wrote. Because I did not remember, either. Instead, I write to point out that all human life is fragile, precious, and fleeting.

I write to note that we who remember those who died on Sept. 11, 2001 will also face our time. It is an uncomfortable fact that we do not live forever, that we do not have the ability to speak to someone who remembers George Washington, much less King Cyrus of Persia. But God can remember and God does remember.

So, as we remember, we can turn to God, for God is "our refuge and strength, an ever-present help in trouble."

This Lord is one where our help can come from, who watches over us

and who can be our fortress. For not only does God remember us, but also loves us. That's why he remembers and will never forget us, or those who died on Sept. 11.

So then, we can turn to the God who will not forget us, but who also offers forgiveness and life. We can turn to him and remember that he loves all people while at the same time hating evil. We can remember that God shows us to love the person while hating the evil they may do. For God can remember without hatred and calls us to seek justice without hate, too.

To seek justice for the evil of almost three years ago without falling into the temptation of hate, to remember that individuals and no one ethnic group is responsible... that comes from God. And we can remember. To remember without the anger and at the same time to keep on seeking justice without pause.

We will remember the honorable actions of so many on that day, the firefighters, the police, and so many others. As for me, I will remember a student of mine who died in the Pentagon, and remember a friend's story of diving over furniture to successfully avoid a fireball in that same building. I choose to remember that many who responded to duty's call on that day, running toward, not away from danger, and that they paid with their lives. I will remember those who now serve in harm's way in Iraq and in Afghanistan, and remember them in prayer as well.

There was a song about Sept. 11, written not long after the tragedy, entitled "We Will Remember." The refrain's words are these: "We will remember you, that day in September you showed the world the best part of us all," so, let us remember. Let us remember the God who knows those who died that day as well as us, even after we are all gone. Let us remember that God is truly eternal, and is the one who offers us hope in him through our Lord. Let us remember the brave actions of so many on that day and the brave actions of so many on this day, for the struggle is not yet over and the battle continues. Let us remember without hating, striving to hate the evil action and not whole groups of God created people. Let us remember to focus justice on those who have earned that focus. Let us remember, and, in the words of that song, show the world the best part of us all.

A Soldier's story

Commentary

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

As we roll past the seven-month mark, it was time for Company A and the rest of the battalion to get back to basics. This week we conducted some live fire rehearsals outside the city limits on the vast sand plains of Northern Iraq.

We were able to concentrate on rehearsing possible scenarios we might encounter. The Soldiers seemed to enjoy getting out and blowing stuff up, as they usually do. That seems to be a sure way to get an infantryman out of a rut. Give him a basic load of ammunition, a few machine guns; throw in some mortars firing high explosive ammunition on the objective in front of him, and "Walla", happy infantryman.

Sept. 7, 10 a.m. – the local police station has informed us that they found a roadside bomb in our sector. They had already diffused it and it was at the police station. We notified our higher command and arranged for an ordnance disposal unit to accompany us to the police station.

We make sure we have the Emergency Ordnance Disposal unit with us when we handle any ordnance like this. Most of the time these are manufactured out of very old artillery rounds with a cell phone or some sort of remote detonating device attached. The police have no fear of these roadside bombs and will walk right up to them. This particular bomb was a 152mm artillery round encased in plaster to blend in with the surrounding curb.

Sept. 8, 2 p.m. – a patrol from one of our sister battalions was ambushed using a roadside bomb. Four Soldiers received minor injuries; all Soldiers were released back to their units.

This is a danger every time we leave the patrol base. The enemy is cunning. He uses trash, tires, concrete, dead animal carcasses, and anything else around to camouflage these bombs. I just wish people who see this type of device planted would call the police immediately.

Sept. 8, 5 p.m. – another possible roadside bomb was found. The commander went with a squad to investigate along with police and a disposal unit.

Another artillery round encased in concrete. Looks like we have a new trend to deal with until we can bust this guy.

We ended our week with another full trip around our company's area of operation. We were able to get out and talk with the people and let them know that we reward for information leading to the arrest of persons committing crimes

against coalition and police forces.

The new tent city has emptied out a little over the past two weeks. The population out there has diminished by about 40 percent. On our last trip through the village we asked where everyone had gone. One man said, "We are poor, and we have nothing. Some people have gone back north to be with relatives because there are no jobs here." One small boy told me, "A rocket landed in the camp so everyone left."

I walked over to the area where he said the rocket had landed. There was a small hole in the ground. He said that it didn't explode; it just stuck there, so they called the police and they took it.

After doing an analysis of the trajectory and direction, we concluded that it was probably aimed at the airbase and fell a few hundred meters short. The camp is located in the flight path of normal rocket attacks.

Remember America, this week marks the third anniversary of the attacks on New York City and Washington D.C. We lost a lot of good people that day, and we have lost a lot since bringing the fight to the enemy. If you didn't have a moment of silence on the 11th, it's not too late. Say a prayer for all of the people that protect this nation's freedom at home and abroad.

This week meet Spc. Omar Jaber, a M203 Grenadier for Third Squad, Third Platoon. He is from Orange County, Ca. and has been in the Army for three years. Jaber used to work as a security element on all raids and missions with the commander. He is fluent in Arabic, and we used him to guard the women and kids and just listen, from the mouths of babes.

Jaber said that he was preparing for a six-month deployment to Afghanistan when he found out it was changed to one year in Iraq. He said, "I was still ready to go, it was just kind of a shock. I started wondering what kind of people we would meet and how they would react to us."

He continued by saying, "I didn't like living in the tents when we first got here, but the houses at the patrol base are ok." I asked Jaber what has been the most stressful thing he has to deal with here in Iraq. He said, "Time, it has to be the time away from family and friends. It's also stressful when we hear the rockets flying over and striking the airbase. It really bothers me when these guys get away"

I asked Jaber what the most enjoyable thing he's done in Iraq. He said, "Being around the people in my squad. I like the neighbors and the kids too. When the people praise us for improving their lives, it feels good inside." He finished his interview by saying hi to all his family in Orange County and his Uncle Ben in Arcadia. "See you soon, I hope."

Voices of Lightning

Why is it important to celebrate Hispanic Heritage Month?



"I was born in New York and raised in Puerto Rico. It is important to reflect on your culture. You need to keep your heritage alive and show how proud you are of your heritage."

Tamara Sostre
Family Member



"I am glad we have the opportunity to highlight our culture and I am proud to show other people about our history and culture. It is very important that we teach our children about our heritage because they must continue our traditions."

Leticia Farmer
Family Member



"Hispanics have had a big influence on other cultures with our food and our music (salsa and meringue). In Hawaii, Hispanics first came to help with agriculture and taught Hawaiians about different foods. We are very family-oriented and we need to make sure our kids know where they came from and learn to speak Spanish, our first language."

Leniska Rampersad
Family Member



"Even though Hispanics all speak the same language, we all have different cultures. It is important that we get to express our culture's individuality. It is important that we teach our children about their heritage and culture and to show others (non-Hispanic) how proud we are of our culture."

Gabriela Deltoro
Family Member



"It is important to celebrate so we can interact with other Hispanic people. All our cultures are different and it allows us to share with others. It is also important to new generations that we celebrate our heritage so our children know where they came from."

Daniela Riveros
Family Member



"I think it is very important to celebrate because it gives people a chance to get back to their roots and keep in touch with their culture. It is important to remember where you came from."

Sgt. Thomas Vazquez
15th MI Bn.

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

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

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

HAWAII ARMY WEEKLY

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

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

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

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

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

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

Commander
Col. Dave McKenna
Public Affairs Officer
Capt. Kathleen Turner
Public Affairs Chief/Editor
Staff Sgt. Bradley Rhen
Command Information Officer
Ed Aber-Song
Assistant Editor
Sharee Moore
Staff Writers
Joy Boiselle
Layout
Tony Verceluz

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

E-mail: e-mail the HAW direct at editor@hawaiiarmyweekly.com or ed.aber-song@schofield.army.mil

Address: Public Affairs Office
Bldg. 580, Stop 215
Schofield Barracks, HI 96857

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

Briefs

Upcoming Red Cross Classes – American Red Cross Schofield Barracks will be offering the following classes: Infant and Child CPR, Saturday, Sept. 25 at the Red Cross Office from 9 a.m. – 2 p.m. Cost is \$30. First Aid, Saturday, Sept. 25 at the Red Cross Office 2 – 6 p.m. Cost is \$20. These classes are open to teens as well as adults. Also, the office will be staffed, part-time, by volunteers. Call before coming. If no one is available leave a message and someone will get back to you. Call the office for registration or information at 655-4927.

Free Money for College – The Maj. Gen. James Ursano Scholarship Fund helps Army families with the costs of post secondary, undergraduate level education, vocational training, and preparation for acceptance by service academies for dependent children. Funds can be used for tuition, fees, books, supplies, and on or off campus housing. Eligibility: Applicants must be dependent children, stepchildren or legally adopted children of Army Soldiers on active duty, retired or deceased while on active duty or after retirement. The children of Gray Area Retirees are also eligible. Applicants must be unmarried for the entire academic year and be under age 22 on May 1 before the beginning of the academic year. Deadline is March 1, 2005. For more specific information about deadlines and documentation (students may apply online after Nov. 1) visit Army Emergency Relief on the Web at www.aerhq.org. Call (703) 428-0035 or e-mail education@aerhq.org.

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

Pre-Retirement Orientation – A semiannual pre-retirement orientation is scheduled for Sept. 29 from 8 - 11:30 a.m. at the Sgt. Smith Theater, Schofield Barracks. This orientation is for Soldiers with 18 or more years of active service. Spouses of applicable military personnel are encouraged to attend. Information con-

cerning the benefits and privileges of a military retirement will be provided. Representatives of federal, state and military staff offices will be available to answer individual questions. For more information, call the Schofield Barracks Retirement Services Office at 655-1514.

Wheeler Middle School Town Hall Meeting – Town Hall Meeting will be held Thursday, Oct. 14 at 5 p.m. at the Wheeler Middle School cafeteria. All military families are invited to address school concerns, the status of the Action Plan, and to discuss the School Community Council. Call Wayne Yoshino at 655-2414 for more information.

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

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

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

- Conduct business online whenever possible. Beneficiaries may enroll or change enrollment information online, search for providers in their local area, and find information on the health plan as well as links to other sites for information on claims processing and online appointments. Visit TRICARE West at www.triwest.com.
- Call during non-peak hours. Thursdays and Fridays have the least calls, making these days the best for gaining quick access to information beneficiaries need. Call 1-888-TRIWEST (1-888-874-9378), but prepare for longer wait times, due to high call volume, during the transition.

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

It is also important for beneficiaries to keep their Defense Enrollment and Eligibility Reporting System, or DEERS, information updated. Failure to

keep this information current may result in future provider and pharmacy service denials of care, returned TRICARE health care claims, and undelivered updates about the transition. To update personal information in DEERS, beneficiaries may:

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

New Times for Worship at AMR Chapel – All three services have changed their times of worship. Religious Education Classes will also change, beginning this Sunday.

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

Registration for Sunday School and Catholic CCD Classes has begun. Register at any time on the downstairs lanai at the self-registration table. Sunday School (ages 3 - adults) from 11 a.m. - noon. Catholic CCD (ages 4 - 12th grade) begins Sept. 19 from 9:45 - 10:45 a.m.

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

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

Waianae Veterans Day Parade – Begins 9 a.m. Nov. 6 at the Waianae Boat Harbor. At 10 a.m., there will be an hour of speeches and awards to veterans, and talks about the Soldiers currently deployed. There will be video taken of families and local community groups at this Hoolala, and there are plans to send copies of the videos to deployed Soldiers.

Thinking about leaving the Army? – The Army Career and Alumni Program can help with the decision. What the Army offers, compared to what's available on the outside, may be better than one thinks. Find a job that's a right match. Skills assessment, job search techniques, access to job openings are all part of the ACAP process. Counselors can help translate experiences and skills into job market language and determine one's fair market value. ACAP shows how to put the best foot forward with interview techniques, salary negotiation, dress for success, networking, resumes and cover letters. For more information, visit the Schofield Barracks ACAP office in the Aloha Center, building 690, 3rd Floor, Room 3H or call 655-1028.

Funded Legal Education Program – The Office of The Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects to send up to 15 active duty commissioned officers to law school at government expense if funding permits. Selected officers will attend law school beginning in the fall of 2005 and will remain on active duty while attending law school. Interested officers should review Chapter 14, AR 27-1 (The Judge Advocate General's Funded Legal Education Program) to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two, but not more than six years of total active federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable. Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer's branch manager at HRC, with a copy furnished to the Office of The Judge Advocate General, ATTN DAJA-PT, 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received NLT Nov. 1. Submission of the application well in advance of the deadline is advised. Interested officers should contact their local Staff Judge Advocate for more information.

The Schofield Barracks Military Police Found Property Program – Lost items can be received by showing valid identification, a detailed description of the property, and proof of ownership.

The Found Property office is located at the Provost Marshal Office, Bldg. 3010, Lyman Road, Schofield Barracks. Hours of operation are Monday through Friday 7 a.m. to 3 p.m.

The Found Property office has a variety of items. If you have items that have been lost or missing, contact Staff Sgt. Dorothy Bundra or Harold Roberts at 655-7114.

- * Bike, purple in color, 18 speed
- * NAPA Air Filter
- * Blue Quicksilver wallet
- * arm band (plastic) with contractor ID's
- * Two computer monitors (broken),
- * Video game controller (steering wheel type).

Protestant Women of the Chapel – Protestant Women of the Chapel at Schofield Barracks welcomes all military spouses to their weekly Bible study and time of fellowship. Meetings are held each Tuesday morning at 9 a.m. in room D-9 of the Main Post Chapel on Schofield Barracks. Pre-arranged on-site child care is provided. Call Effie at 624-8251 for more information. For child care, call Sonya at 455-4011.

Apheresis Center Open – The Schofield Barracks Apheresis Center, located in building 679, is open for collections. Apheresis (cell separation) is a specialized automated blood collection method. The center is open Mondays, Wednesdays and Fridays, and appointments can be made by calling 433-8810/6195. Contact the Apheresis Center for more information, a demonstration or to schedule an appointment. The Tripler Army Medical Center Mobile Team visits the center on select Fridays to collect whole blood donations. Contact the center for dates and times.

Special Forces Recruiting – Special Forces is looking for professional enlisted and officer volunteers. Enlisted Soldiers E-4 through E-7 with a GT score of 100 or higher, or commissioned officers in year group 2001 through 2002 can apply for Special Forces training. Are you up to the challenge of a lifetime? If so, you can be trained as a member of an A-Team. If you are a person who can accomplish the mission when others can't or won't, then Special Forces is for you. The time to act is now. Volunteer now and become one of America's most elite Soldiers. For more information, call 624-1035/1083.

Military Council of Catholic Women – MCCW meets each Thursday at AMR Chapel from 9 to 11:30 a.m. It begins with Mass and continues with fellowship and Bible study. Child care is free for those attending. Call Elsa for a child care reservation at 833-8175. Children must be registered for the Chapel STACC Site which is free.

Association of Parents of the Visually Impaired – The Hawaii Association of Parents of the Visually Impaired is a local organization dedicated to provid-

ing support, awareness and information to parents with children who are blind and visually impaired. Its primary goal is to advocate for the needs and rights of these special needs children, and to create workable solutions to problems and concerns that are presented by their parents during monthly support group meetings. HAPVI members assist one another by sharing relevant information, lending an ear, or offering sound advice. If you are interested in joining HAPVI, attending a support group meeting, or would like more information, call Myles Tamashiro at 626-0535.

Free Admission to Honolulu Academy of Arts – The Honolulu Academy of Arts has announced a new program that provides free admission to all active, retired, Reserve military and their families on the first Sunday of every month. The academy is the foremost art academy in Hawaii and is well known for its displays of Asian Pacific art. The academy has been a long supporter of Hawaii's military community. Throughout World War II, the academy was used by the military and USO to host events for servicemen and women. Art, sewing, and knitting classes and social events for service members were common. For more information call 532-8700.

OCS Selection Board – is scheduled to convene the week of 24 January 2005. Applicants must submit applications through command channels to Military Personnel Division, DA Boards Section, Trailer #14, Room 4, (located on Ayers Ave.) Schofield Barracks between Nov. 1-18, 2004. Submit three copies and original of completed application. The Installation Structured Interview Panel will convene 6 Dec. 6 for qualified applicants. Specific interview dates, times, and location will be provided to each individual applicant. Eligibility criteria and application procedures are outlined in AR 350-51. Minimum of 90 semester hours verified by the Education Center required. Soldiers who do not possess a baccalaureate degree, a Scholastic Aptitude Test (850 or higher) or American College Test (ACT) (19 or higher) not older than 6 years, is required. Allow at least three to four weeks to receive test results before the packet submission deadline. Soldiers without a secret security clearance must provide a memorandum signed by the Division Security Officer stating a secret security investigation has been received and initiated by Defense Security Service.. OCS Information Packet can be picked up at Trailer #14, Room 4. For more information call Ms. Nan Lucero at 655-4511 or Ms. Corinne Queja at 655-1845.

Never forget

From A-1

equipment and combat engineering specialists are currently clearing mines for what will become roadways in and out of local villages so Afghan elections can take place more safely in October.

The Soldiers, who are waiting for their absentee ballots to arrive so they may vote for the U.S. President in November, said they look forward to Afghans being able to choose their leader and how they wish to live.

"For two generations these people haven't been able to vote. It's important we help them gain this right," said Walters. "Even if the person they vote for isn't who the United States wants, it will be who the people want to lead them."

For many in attendance, the memorial ceremony served as an inspiration as they continue to serve far from their loved ones for months and years at a time.

"For your tomorrow, we gave today," quoted Col. Nancy Wetherill of Task Force Coyote.

For some, the ceremony brought back memories of a horrifying reality. Maj. Andy Preston, CJTF-76 plans officer, was working on the third floor of the Pentagon when the airliner flew into the two floors below his office. The building filled quickly with smoke and the third floor fire escape was ablaze from a burning fuselage lodged in the stairs, said the plans officer.

He and his co-workers escaped by traversing through the smoke and heat to the far side of the building.

"It's important that we remember the people who gave their lives that day," Preston said. "This memorial is a reminder as to why we're here and to prevent more 9-

11s from occurring."

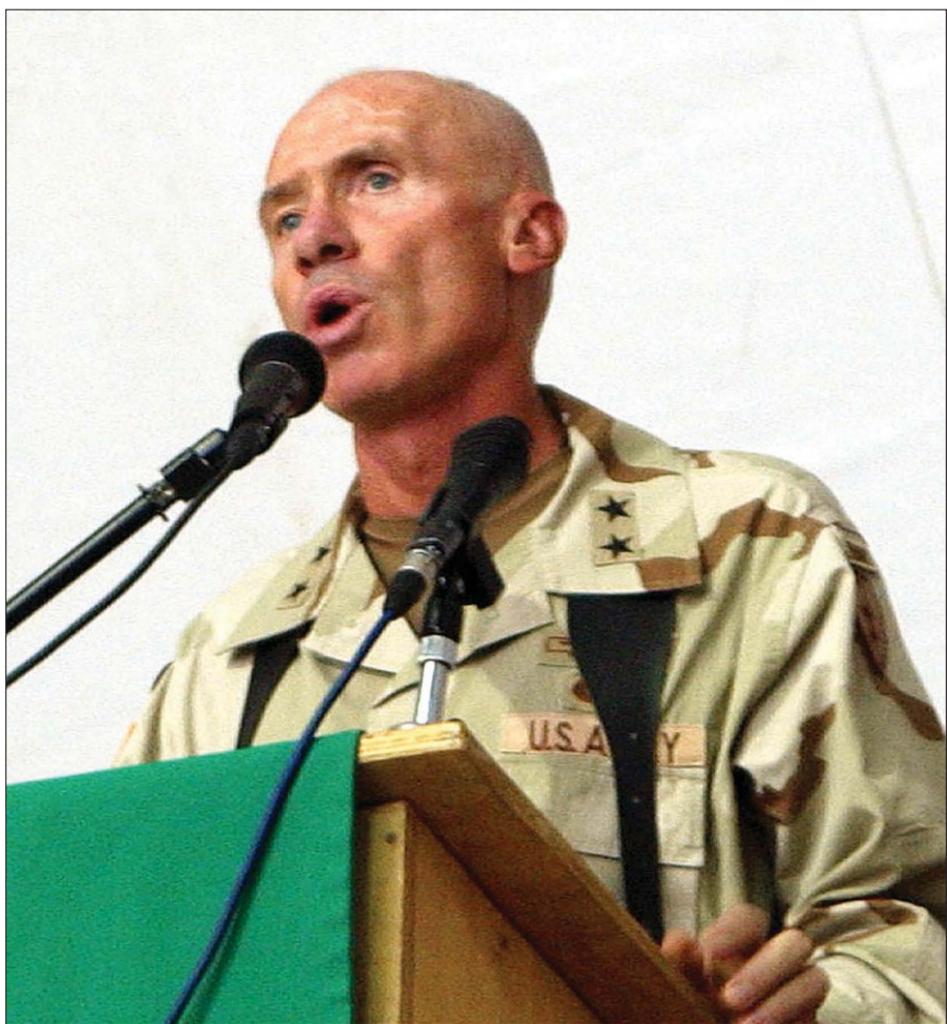
For others, the memorial service touched deeply into the heart and mind as they remembered loved ones they lost on that infamous day. Lt. Col. Mike Blackwell, Military Task Force Police commander, lost his brother, Chris, a New York City firefighter, who was rescuing the injured after the World Trade Center attacks. His brother and all the firefighters with him that day on the truck were killed. Their remains were never found. The commander keeps a photo of his brother dressed in his NYC firefighter uniform with him every day while he serves in Afghanistan.

Blackwell and his brother came from a long line of public service – their grandfather and father retired from the police force. Chris, a U.S. military veteran, had served as a firefighter for more than 20 years.

"Firemen, policemen, and military members all serve in different ways, but what we all have in common is that we work to do good for others," Blackwell said. "What we're doing here is to bring an end to the seeds of hatred that devised such an attack. What we're doing here is to take away every sanctuary of those few fanatical fundamentalists who inflicted this damage to our nation."

"It's easy for people directly affected by 9-11 not to forget – We must ensure others don't forget."

BAGRAM AIR BASE, Afghanistan -- U.S. Army Maj. Gen. Eric Olson, Combined Joint Task Force-76 commanding general, speaks about defending the nation and honoring the fallen at the base's 9-11 memorial ceremony on Sept. 11.



U.S. Air Force Staff Sgt. Jennifer Lindsey

Rat Patrol

From A-1

vided perimeter security.

"They never ceased to amaze me," said Horn. "They have shown nothing but flare, professionalism and experience above what was initially expected of them."

He said one of the main factors that contributed to the success of the Rat Patrol was the unit's leadership and ability to bring their diverse backgrounds together.

Sgt. 1st Class Mark Danley,

the Rat Patrol platoon sergeant, is a 12-year veteran of the infantry.

He said he never doubted any of the Soldiers' ability to perform in a combat role, but the training they performed was just an extension of what they already knew.

"It just goes to show that practicing the basic combat skills pays off," said Danley.

He said the patrol has even showed him strengths he didn't

expect.

"It is kind of convenient that each one of our guys has skills that come in handy," he said. "If we have a (vehicle) break down, a mechanic is right there."

Even with the new mission, they continue to support the rest of the squadron in their traditional roles, said Horn.

For example, the motor pool here has more of a workload than when they're at home station.

"They not only maintain the

equipment we initially brought over here, but the fleet of up-armored (high mobility multipurpose wheeled vehicles) the unit added in Afghanistan," he said.

In the future, the patrol will also have the additional responsibility of escorting medical missions coordinated and sponsored by the squadron.

"The demand for them (the patrol) is non-stop," said Horn. "But they rise to every challenge put in front of them."

"I'm just proud that I can do my part over here," said Spc. Hansel Davis, cook and Rat Patrol member. "This is just my shot to do something more."

Whether or not the Rat Patrol is just a unique combination of Soldiers and circumstances, or every headquarters unit in the Army has a Rat Patrol of their own, Horn said he has always known that every Soldier is a rifleman, and his unit proves it every day.

Donations

From A-1

Officer Terry Stauffer, TF Pirate maintenance officer.

Due to the popularity of the two programs, some of the donations have been allocated to Honduras, since the donations can be used to help the locals there as well, said Stauffer.

While the main delivery for Angels for Afghanistan, two cargo planes full of donations, has not yet reached Afghanistan, packages have been received by individual Soldiers on a constant basis during the last few months.

Using the supplies that have already arrived in Afghanistan, TF Pirate has been working with the Parwan Provincial Reconstruction Team to locate villages that are in need of donations from an outside source.

Jildalek was identified as one of those villages.

"When we found out the Soldiers were there for the donations, we sent word out to the surrounding villages that donations were available at the school construction site," said Qayoom, the regional security commander.

The construction site that was used for distributing the donations is a PRT-funded project to help rebuild the education system in the area.

While the PRT is working to improve the educational opportunities in Jildalek, the Soldiers of TF Pirate are using the donations supplied through the two organizations to improve the everyday lives of the people.

Although not all the villagers knew about the donations in advance, more than 200 people came to the donation site to receive clothing, shoes and humanitarian aid from the Soldiers.

Along with supplying the villagers with supplies, the Soldiers are also working to make the village elders a part of the re-stabilization efforts in the region.

In an attempt to give the village elders a larger role in the donation process, the Soldiers let the elders hand out the gifts, while they oversaw the process and took care of

crowd control, which was necessary due to the large turnout.

On a recent trip to Jildalek, the only villagers that came to receive the donations were the men and boys, said CWO Layne Pace, TF Pirate AH-64 Apache pilot. During this visit the Soldiers had a nice surprise.

"This time, while there were still no women, there were quite a few young girls who came to the donation site and received shoes, clothes and stuffed animals," he said.

As a sign of gratitude for what is being done for the people in the village, Qayoom invited the Soldiers to a tea lunch, which included green tea and cookies in the shape of a tree.

Qayoom again thanked the Soldiers for all the help they are providing to the village.

"We welcome all the help you are able to provide to the region," said Qayoom. "We know that all help is from the heart, and we are very grateful."

Qayoom also talked to the Soldiers about other needs in the village and future projects with the PRT.

"This isn't the first time you have visited our village and I'm sure you will continue to help," he said. "My only request for more donations is for coats, blankets and warm clothes that will help the people make it through the winter. The winters here are very harsh and the people don't have warm clothes."

Pace told Qayoom that they were awaiting a shipment of 1,000 blankets to come in before the next donation, and also that they would find out about any jackets that are being sent.

Before the helicopters returned to take the Soldiers back to Bagram Air Base, Qayoom had one last thing to tell the Soldiers.

"We are ready and willing to help the military in any way possible in the work they are doing to improve the region," he said. "I hope this is the beginning of a long and lasting relationship between the military and the people of our village."

With that, the Soldiers boarded the Chinooks, with the agreement that they would return again soon.

Rumsfeld: Ending terrorism could take long time

By Kathleen T. Rhem
American Forces Press Service

WASHINGTON — The world will know the war on terror is over when terrorism goes the way of piracy and slavery — it will become so socially unacceptable terrorists will find no safe havens in the world, Defense Secretary Donald Rumsfeld said here Sept. 8.

"(The terrorists') failure will ... not be a single big event, but it will be seen as they become weaker and weaker, as they have fewer and fewer recruits, as they have less and less money," Rumsfeld said during an interview with the Pentagon Channel and American Forces Press Service.

Rumsfeld suggested recall-

ing things that have come to be unacceptable over time. Terrorism will end more like slavery or piracy ended than like World War II or the Korean War did, he said.

"Piracy still exists today, but it was widespread for decades. And today, most of the world is doing most of the things that they can do to see that piracy does not succeed," he said. "Slavery existed throughout the entire world. It didn't end with a bang or a signing ceremony; it was incremental, and it took time."

The secretary wouldn't hazard a guess on how long the war on terror might last. The answer, he said, is as long as it takes. He said that if any world leaders at the end of World War II had tried to guess how

long the Cold War would last, they likely would have been wrong.

"The wise ones said they didn't know, but it would be as long as necessary," Rumsfeld said. "Because the expansionist, empire-seeking effort of the Soviet Union to impose their will on the rest of the world was real, it was effective, and it was dangerous. And our goal was to prevent that from happening."

Similarly, the goal of the global war on terrorism is to prevent extremists from imposing their will on America and other free countries, he said.

Rumsfeld said he didn't know how long it would take to defeat terrorism. He noted it took more than four decades

and perseverance on the part of presidential administrations from both political parties to succeed in bringing down the Soviet Union.

When people look back on the global war on terror, he predicted, "they will say they participated in something important, something that needed to be done, something that was difficult (and) hard to do, something that was different from any other task that free countries had previously been asked to undertake."

"And they succeeded," he added. "They were part of something that was enormously important, and it was noble work."

The secretary said military servicemembers and other Americans have accomplished

amazing feats over the past three years. Fifty million people in Iraq and Afghanistan have been liberated. Schools and medical clinics are open in both countries. And in Afghanistan, 10 million people have registered to vote in October elections — 40 percent of them women.

The effects of the war on terror are evident in many aspects of American society, Rumsfeld said. He noted the presence of air marshals and more-thorough baggage checks as examples of changes that are noticeable.

But, he stressed, one important aspect of American society hasn't changed. "We've not compromised our freedoms," he said. "To the extent we become terrorized, to the

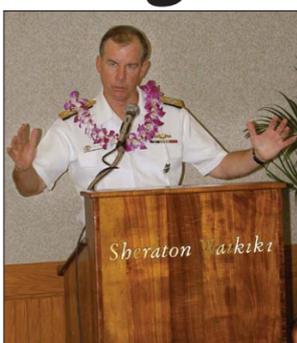
extent we let terrorists change our way of living, then they've won. And we haven't done that."

Rumsfeld said the government has made some "calibrations and corrections" to its policies along the way and is doing things wiser and safer today.

"But we've done it in a way that we are still able to get up in the morning, and go where we want, and say what we wish, and live as free people. And that's of central importance to us," he said. "If the terrorists are able to get us to change our behavior dramatically so that we are no longer functioning as free people, then they've won."

"And we simply can't let that happen."

Fargo outlines Pacific's security challenges



Air Force Tech. Sgt. Moreen Ishikawa

Adm. Thomas Fargo, commander of U.S. Pacific Command, describes challenges facing the U.S. military in the region to participants in the Joint Civilian Orientation Conference on Sept. 11

By Donna Miles
American Forces Press Service

Adm. Thomas Fargo, commander of U.S. Pacific Command, told a group of U.S. civilian leaders Sept. 11 that "the center of gravity of our security interests is moving."

Fargo met with about 50 business, civic and academic leaders participating in the Joint Civilian Orientation Conference to outline the challenges facing U.S. Pacific Command, which covers 52 percent of the world's surface and includes 43 countries and 20 territories.

Among those challenges, he said, is the continued standoff in Korea, as well as concerns over the possible presence of nuclear weapons

on the Korean Peninsula, tension between China and Taiwan and the modernization of China's military.

Addressing the group on the third anniversary of terrorist attacks on the World Trade Center and Pentagon, Fargo said another critical concern is the rise of terrorism in Southeast Asia — which he said the United States and its coalition partners are committed to squelching.

During the past six months alone, he said the United States and Singapore have worked together to arrest more than 200 suspected Jamal Islamaya terrorists.

But despite progress, Fargo acknowledged that terrorists are breeding more followers faster than the coalition can apprehend them — and that

the United States can't relent in its effort to obliterate them. "If the terrorists come out on top of this, it will change the world for the foreseeable future," he said. "We can't let that happen."

As the civilian leaders prepared to leave for Korea during the first stop of an itinerary Fargo called "as jam-packed as any we've ever produced," he encouraged them to learn all they can about "the finest military I've seen in my 34 years of service."

Fargo called the U.S. military's technology "the finest in the world, unmatched by any adversary."

But even more impressive, he said, are the men and women in uniform who put that technology to use in defense of the United States

and its interests in the Pacific and around the world. "This is an amazing generation of young men and women," he said. "They're fearless and unafraid of hard work."

Fargo said members of the U.S. military "perform well because they're convinced that they have the absolute support of the American people" and thanked the civilian leaders for their continued support.

Allison Barber, deputy assistant secretary of defense for public liaison, told group members she hopes the trip will provide a snapshot of the military that demonstrates its capabilities.

But, like Fargo, Barber said she's particularly excited about the opportunity to introduce them to individual

members of the armed forces. "Our technology is impressive," she told them. "But the men and women in the military are inspiring."

The conference has been introducing civilian "movers and shakers" with little or no military exposure to the workings of the armed forces since the first U.S. defense secretary, James V. Forrestal, created the program in 1948.

Nearly six decades later, it remains DoD's premier civic leader program. Participants are selected from hundreds of candidates nominated by military commands worldwide and pay their own expenses throughout the conference. This is just the third conference to include visits to U.S. installations overseas and the first to the Pacific.

Reserve component readiness highest ever

By Kathleen T. Rhem
American Forces Press Service

WASHINGTON — The state of readiness among today's Reserve component forces is higher than it has been in the nation's history, the official responsible for equipping and training those forces said today.

Assistant Secretary of Defense for Reserve Affairs Thomas Hall said he believes the high state of readiness among National Guard and Reserve troops is indicative of the goodness in the American people.

“

I think what the younger generation is today is patriotic. And they are answering the call to colors just like their fathers, grandfathers (and) grandmothers did throughout the past.”

- Thomas Hall

Assistant Secretary of Defense
for Reserve Affairs

you look in Bosnia, Kosovo, Afghanistan, Korea, Europe, Iraq — almost anywhere in the world — you'll find guardsmen and reservists alongside their active-duty brethren," Hall said. "And in a totally integrated force, that's what you need."

Hall, a retired two-star Navy admiral, said he believes recruiting and retention will be among the greatest challenges facing the reserve components in the immediate future. With 400,000 guardsmen and reservists mobilized since Sept. 11, 2001, and 157,000 still activated today, he said the war on terrorism has led to the largest mobilization of Reserve component troops since the Korean War.

Historically, Hall explained, there has been a dip in retention rates following major conflicts. And, he added, there is no reason to believe this one should be any different. "It's a natural thing," he said. "When you've been in a war or a combat situation and you come back from that, you're not always enthusiastic about immediately going back to that. You need a decompression period."

"So during that period of time, some people will say this is just not for me," he added.

So far, all the Reserve components have met their retention goals for fiscal 2004, which ends Sept. 30. And all but one, the Army National Guard, have met their recruiting goals. Hall said the Army Guard will end the fiscal year 2 percent below its end-strength goal due to a slight recruiting shortfall, specifically a shortage in recruiting prior-service troops.

"Not as many people have come out of the active Army to join" the National Guard, he said.

The secretary noted recruiting is always challenging, and it's vital "to ensure that we make service in the Guard and Reserve just as attractive as it always has been."

Policymakers need to consider what Hall called the "three-legged stool" — the individual, the family members and the employer. If all three are not happy, chances are an individual won't re-enlist. "We have to make sure that those three legs are equal, (that) each one of them agree or the stool will tumble over," he said.

In a message directly to the Reserve component troops, Hall urged them to thank their employers, their families and their communities. He said he's touched by how supportive Americans are of their troops, which is evident in heartfelt displays of support in towns and cities across the country.

"Once again," he said, "it's a symbol (that) the strength and the goodness of this country is in our people and the way our people respond."

"I believe the thing that has been said about America and our goodness is (that it) is not at all in the science and not at all in the equipment, but in all the people," he said during an interview with the Pentagon Channel and American Forces Press Service.

Hall said the Guard and Reserve are representative of the American people because they are truly citizen-soldiers. He added that he believes today's generation of young people has the potential to be the next "greatest generation."

"Sometimes we say the younger generation is this or that. I think what the younger generation today is patriotic," the secretary said. "And they are answering the call to colors just like their fathers, grandfathers (and) grandmothers did throughout the past."

Today's National Guard and Reserve troops are deployed to virtually every location and every mission that requires active-duty servicemembers. "So when you look in the Sinai,

Civil military missions helping Afghanistan

By Spc. Claudia K. Bullard
105th Mobile Public Affairs Det.

KANDAHAR AIRFIELD, Afghanistan – In some of the most remote areas in Afghanistan, things are changing.

Civil military missions are taking medical assistance and resources for rebuilding to places like Shah Wali Kot, presenting a different approach to driving back the enemy and gaining the confidence of local villagers.

Maj. Monty Willoughby, 3rd Squadron, 4th Cavalry Regiment, executive officer, represents the variety of personnel and disciplines involved in civil military missions. Accompanying a cooperative medical assistance mission to Shah Wali Kot, he has the additional task of providing support and funding for reopening a school that serves the children of several villages. One of the main goals of a civil military mission is to provide a presence in the area, he said. This keeps anti-coalition militants moving.

But keeping the enemy on the run is just part of the purpose of civil military missions, said Sgt. 1st Class Jeffery Bridges. Bridges is the non-commissioned officer in charge of cooperative medical assistance missions originating from Kandahar Airfield.

Medical missions serve a dual purpose – building relationships with village populations by bringing medical aid to outlying areas and providing a military presence during the rebuilding process.

“In this way, we gain their confidence,” said Bridges.

At another village, Haji Lalay Kalay, a CMA team has set up a temporary clinic just outside the village wall. Here, Capt. John Geise, a Combined Task Force Bronco physician assistant, and Romanian army Dr. (Lt.) Tudor Vasicescu examine children at opposite ends of a litter set up as an



Spc. Claudia K. Bullard

Maj. Monty Willoughby, 3rd Sqdn., 4th Cav. Rgt., executive officer (right), walks to the Shah Wali Kot school with Superintendent Lal Mohammad (left) after meeting to discuss needed renovations.

exam table. The children wait obediently as Geise and Vasicescu, both members of Combined Joint Task Force-76, work through interpreters to make their diagnosis and dispense medicines.

The team mainly treats illnesses connected with unsanitary conditions.

“We treat skin problems, bad teeth and lots of digestive problems from bad food. They give their children cow’s milk, so they have dietary problems. We treat everyone for worms,” said Vasicescu.

These conditions are prevalent in the rural areas of Southeastern Afghanistan.

Old habits are hard to break, even for people wanting to improve their conditions, said Bridges.

“It is very hard to make people understand that they have to separate sewage, bathing and cooking, and they

must boil their water.”

The teams don’t let this discourage them, however. By continuing education and increasing the supplies to the villagers, Bridges is convinced they will curb the problem.

To ensure they continue this education, the teams have to re-visit the same villages.

But no matter how many times a team has visited a village, team leaders continuously make security a top priority.

At Shah Wali Kot, Sgt. 1st Class Mark Danley, Headquarters and Headquarters Troop platoon sergeant, Staff Sgt. Jeff Ritter, Medical Platoon sergeant, and their interpreters take up positions at the gate.

The interpreters help screen the villagers, admitting those who need care the most. Most of the villagers at the gate are children.

While the Shah Wali Kot

CMA relied on U.S. Soldiers for security, many CMAs team up with Afghan National Army troops.

Afghan soldiers are responsible for crowd control and are a great asset in recognition of anti-coalition militants, said Bridges. The ANA soldiers are able to quickly identify personnel who don’t fit in, which helps to create a secure environment for the missions.

At Haji Lalay Kalay, medical personnel had the opportunity to see another benefit of working with the ANA. ANA

and Romanian troops guarded the perimeter. Closer in, a few Afghan soldiers helped to keep the village children from creating disturbances.

“We have a system for treating patients and the kids will go through it over and over by getting back in line,” said Bridges.

An ANA soldier known to U.S. troops as “Sadiq” is an example of this type of involvement. A familiar figure on civil military missions, his reputation as a fighter against former invaders and the

Taliban is well known, and he is adept at creating order out of chaos. An imposing figure among Afghans, he orders the village children to sit on the ground in a semicircle while a medic and other ANA soldiers hand out toothbrushes and toothpaste. Soldiers like Sadiq enable the medical staff to concentrate fully on their mission.

Another element of the civil military missions is the Psychological Operations and Civil Affairs units that determine where the missions should take place. Through village assessments, these units are able to determine where villages need the most help.

Villages that exhibit a progressive attitude are more likely to have these types of missions coordinated, said one PSYOP Soldier.

At Haji Lalay Kalay, one sign of progressiveness is the absence of burkahs, still a common sight in the rest of Southeastern Afghanistan. He points out the Afghan women are veiled only in scarves, even though there are U.S. Soldiers present. This progressiveness is a sign that the village is willing to change from ways imposed by the Taliban, and an indication the village is not likely to be sympathetic to them. Other signs of progressiveness are a willingness to educate women and to lend a hand to improve their village.

“The more progressive the village, the more we are able to help. We don’t want to just give a handout,” said the PSYOP Soldier. “We want to go where we can do the most good.”

A-10 Thunderbolt II – the eyes in the sky

By Air Force Master Sgt. Andrew Gates
455th Expeditionary Operations Group

BAGRAM AIR BASE, Afghanistan — As ground forces travel throughout Afghanistan, they can rest assured there is someone available to watch over their shoulders.

A flight of A-10 Thunderbolt IIs, affectionately known as Warthogs, regularly keep watch over the countryside and ground troops maneuvering there.

While deployed to Afghanistan, the A-10s fly close air support, or CAS, missions, said Air Force Capt. Neal (last name omitted for security reasons), an A-10 pilot with the 355th Expeditionary Fighter Squadron here.

The squadron flies two types of CAS missions in Afghanistan. The first one is in support of a specific request to provide close air support for a mission.

“This type of mission could include convoy escorts or cover for troops visiting a compound or village,” said Neal.

The other mission is similar, except the flight doesn’t have a specific target.

“In one of these missions, we take off and head to an area and stand by,” said Air Force Capt. Gage, another 355th EFS pilot. “If someone needs our assistance, we’ll get the call to respond.”

Often, the A-10s will get a call from ground forces who have either seen enemy forces or been attacked by them.

“We then respond to the TIC (troops in contact) situation,” said Gage. “They’ll give us the information we need to respond, and we’ll start heading in their direction. We have to prioritize right then – sort a lot of



Air Force Master Sgt. Andrew Gates

Spc. Patrick Little, 551st MP Co., shows Air Force Capt. Tonto (call sign used for security reasons), 355th EFS A-10 pilot, the bullet holes his vehicle received during an enemy ambush. Tonto provided close air support to this convoy.

information out in a hurry. We have to decide if we need to refuel from a tanker before we respond, or after, if the situation is urgent. We become experts in fuel management.”

The call can come in from any ground forces, said Neal, who has responded to calls from German, English, Canadian and Dutch forces, as well as the traditional U.S. Marine and Army forces.

“Knowing we’re up there does a whole lot to help the ground forces. I think of what our presence provides – and I know that we’re helping,” he said.

In addition to their flights, the pilots perform other duties such as working in the mission planning cell, coordinating support for the pilots in the air.

Most of the missions the A-10s face are pre-planned. Ground forces

that need support fill out a request and staff it through the Combined Air Operations Center where the support request is handled, said Neal.

Once the aircraft takes off, the pilot makes contact with the joint terminal attack controller, or JTAC, who is embedded in the ground forces.

“The JTAC is the mouthpiece of the ground commander,” said Neal. “We get the ground commander’s intent from them.”

“We need certain information to accurately support a fight,” said Gage. “The JTAC helps us know where the friendly and enemy forces are, and gives us all the information that we need to make sure we protect our forces and provide cover for them.”

Once the ground and air forces have established contact, the A-10

team performs the mission.

During convoy escort missions, for example, the ground forces want the A-10 overhead as long as possible, doing reconnaissance, said Neal.

“We’re looking for suspicious activity. We make our presence known when we’re escorting them,” he said.

The support the A-10 pilots provide if they need to employ weapons is extremely effective.

“On one of my convoy escort missions, I was flying directly overhead when the Marines I was escorting got ambushed from a ridge,” said Gage. “I talked to one of the Marines to find out where the attack was coming from, then flew lower to identify the friendly forces. When I saw the enemy forces and started shooting at them, the Marines stopped taking fire.”

But the key to the A-10’s success is the coordination with the JTAC.

“We cannot employ ordnance without them,” said Neal. “They are our liaison with the guys on the ground and, more importantly, they are our eyes and ears on the ground.”

He describes an interdiction mission where they were attacking a specified target. This mission was unusual for the pilots because their missions are generally basic support maneuvers.

“My wingman and I were told to attack two radio towers, as long as we could positively identify them – which was a difficult job since each tower was about 10 feet tall. The JTAC did a superb job,” said Neal. “He directed me into the area. Once I got close, I was able to see the towers. I put a laser on the target and my wingman dropped two laser-guided bombs on the towers.”

Being ready for on-going operations in Afghanistan took a lot of training. The 60,000-square mile Pacific Alaska Range Complex at

Eielson Air Force Base, Alaska, helped the pilots extensively before coming here.

“We were able to work with the same JTACs on Alaska ranges that we are working with here – it’s great,” said Neal.

Moreover, the pilots were able to use the targets on the range, which is approximately the size of Kansas, to help prepare for various missions here.

“Some of the structures they’ve built on the range are outstanding for urban combat,” said Neal. “When we support a village visit or a compound takedown, the villages look very similar to what we’ve practiced on.”

Training on the Alaska ranges allowed Gage to perform a key mission in Afghanistan. “The first time I shot a Maverick was on the Alaska ranges three weeks before I deployed,” he said. “I was able to get some great training with it before I left.”

That Maverick training helped him complete a mission the A-10 is renowned for – that of tank killer.

“We got a request to take out some tanks,” he said. “We went on the mission and there were two T-62 (Russian-built) tanks out in the open. We shot two Mavericks – I did a pass and hit one, and then my wingman came in and shot the other tank.”

But the training is most effective when dealing with the uncertainty and rapidly changing conditions in a conflict.

“You have to sort things out in a hurry,” said Gage. “When you get the call in the air, you have to determine how long you can help, how soon they need ordnance – the response could be anywhere and you want to be effective in a short amount of time. That’s when your training kicks in and it all seems to work out.”

CTF Bronco provides motorcycles to local police

By Sgt. Frank Magni
17th Public Affairs Det.

ZABUL PROVINCE, Afghanistan – In an effort to bolster security within Zabul Province, 2nd Battalion, 35th Infantry Regiment, is providing motorcycles to the Afghan National Police.

Using money from the unit’s Commander’s Emergency Response Program, the motorcycles are the result of direct communication between coalition forces and Afghan leaders.

“We have been providing (pickups) as the primary means of transportation to the ANP,” said 1st Lt. David Bergeron, 2nd Bn., 35th Inf. Rgt., CERP team.

“But one other common request has been for motorcycles.”

The unit began supplementing the police with the motorcycles because many local leaders and police officers requested them during village assessments, said Bergeron.

The need for motorcycles is prompted by the extra mobility they can provide over four-wheel drive pickups.

“These motorcycles allow police to travel over the type of terrain common in the province,” said Bergeron. “They even let them get into areas that trucks can’t travel.”

The unit has already donated two pickups and five motorcycles to the police force in the

Shamulzayi District, he said.

Both the pickups and motorcycles have been already put into operational use by the ANP.

“Motorcycles work hand-in-hand with the trucks,” he said. “They are combat multipliers for the police departments. More police officers can be in more places using motorcycles.”

Bergeron said he sees most of the motorcycles being used to take alternate routes, something he views as a force protection tool for the ANP. The alternate routes can also help increase a police officer’s response time.

The motorcycles also benefit the local police because they are more fuel efficient. This helps

the police department conserve resources.

The unit buys the motorcycles directly from local vendors in Kandahar City. Using this method, the benefits are twofold.

“By buying off the local economy we not only get the motorcycles faster, but it helps to stimulate growth and supports the local business,” he said.

Although transportation is one aim for use of CERP funds in 2nd Bn., 35th Inf. Rgt., the

money is also used for other projects to support the ANP.

“Our big focus is on security,” said 1st Lt. Ron Allen, 2-35th Inf. Rgt., CERP team coordinator. “But the vehicles are just one part of the equation.”

The unit also provides uniforms, communications equipment, and assists in upgrading police barracks and compounds, said Allen.

Each of the 10 districts in Zabul Province have been touched by the aid 2-35th Inf.

Rgt., provides with CERP funds. Of all the support the unit is devoting to the ANP, the motorcycles remain one of the highlights to the officers.

The feedback for the motorcycles’ delivery has been overwhelming.

“You hear nothing but good things when we deliver these vehicles,” said Bergeron. “They appreciate them (the motorcycles) because they say they want to make sure they can provide security for themselves.”



Sgt. 1st Class Stephen Starbuck

Konduz Hospital – Using OHDACA funds, the coalition spent more than a year helping to rebuild and equip this hospital in Konduz. OHDACA funds are used to rebuild structures that were destroyed by events such as natural disasters or war.

Funds help Coalition rebuild Afghanistan

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

BAGRAM AIR BASE, Afghanistan – After more than a year of hard work, the coalition was able to open the doors of a reconstructed hospital in Konduz the last week of August.

This is just one of hundreds of projects that have been completed throughout Afghanistan, using billions of dollars in funding that is provided by the United States.

This particular project was completed using Overseas Humanitarian, Disaster and Civic Assistance funds, which allowed the Coalition to reconstruct, furnish and equip the hospital so its medical staff can better treat their patients.

But OHDACA funds aren't the only resource available to the coalition.

There are three main sources of funding in Afghanistan – operational funds, money that sustains the units; the Commander's Emergency Response Program, money specifically allocated for reconstruction and development; and OHDACA, monies that are used to return a site to its previous condition.

While each of these funds are used for different tasks that result in the reconstruction and development of Afghanistan, they all have different guidelines for their use.

It's the responsibility of the Combined Joint Task Force-76 resource management office to determine which source should be used to pay for a project.

If a unit is completing a project for itself, or needs supplies, they would talk to Owen Roberts, resource management deputy director, who also specifically handles operational funds. "If they're doing it for Afghanistan, they need to talk to me," said Primary Program Manager Capt. James Inguagiato.

While operational funds are used to sustain units and installations, CERP and OHDACA funds are used to actually finance reconstruction projects.

"Basically, we spend this money on a first-come, first-served basis," said Inguagiato of CERP and OHDACA funds. "Commanders are responsible for determining how much money they will need for a 30-day period of time."

This is done through village assessments, in which teams of Soldiers evaluate infrastructure and villages. Part of the assessment process is communicating with local leaders to determine the needs of an area. Some villages need schools, wells or electricity. Other villages may need medical supplies or facilities.

Once these assessments are finished, the unit is responsible for determining how much money they will need to fund any projects they would like to complete. Then the commander submits a request for funding to Inguagiato, who determines what source will be used to pay for the projects.

"There are 15 categories for CERP funds," he said. These categories are anything from water and sanitation projects, such as installing wells, to civic support vehicles, like trucks and motorcycles for local police.

"There have been more than 300 wells repaired or built with CERP funds," said Sgt. 1st Class Stephen Starbuck, CJTF-76 civil affairs noncommissioned officer in charge. He added that projects like irrigation systems, schools, clinics, civic clean-ups and many other projects have also been completed with CERP funds.

Projects that don't qualify for CERP funding can qualify for OHDACA funds, which are used around the world, mainly for disaster relief.

"OHDACA is used for projects that can (take) up to two years to complete," said Starbuck. "These projects aren't usually new construction, but reconstruction to return a site to its pre-war or pre-disaster condition."

Some of the projects that have been completed with OHDACA funds are a wheat distilling plant in Herat, the Teacher Training College in

Kabul and the reestablishment of the Avecina Pharmacy plant.

While OHDACA and CERP funds are separate, they come from the same source initially.

Each of these funds is allocated by Congress through the Defense Appropriation Bill, said Roberts. Other than criteria for use, another big difference between the two is the length of time they have been in existence.

The CERP program is a new source of funding that was just implemented in January. It was initially used in Iraq, where it had such an overwhelming impact on development, that military leadership believed it could also help in Afghanistan. As a result, Congress began allocating a separate fund for use in Afghanistan.

OHDACA, on the other hand, has been in existence for more than a decade. It's been used for disaster relief in places like Turkey, East Timor, India, China, and now, Afghanistan.

Both of these programs have been used to help rebuild and develop Afghanistan, but neither would do any good without the operational funds that keep the military units supplied.

Roberts is the person responsible for making this happen. Operational funds in Afghanistan are handed down from Forces Command, and then dispersed throughout the area of operations.

"This money is for the life support of installations," said Roberts. "All classes of supplies get purchased with operational funds."

With this money, units are able to provide for their service members and purchase the resources they need to accomplish their mission. Everything from food to repair parts is purchased with operational funds.

Combined, these three sources of funding are helping the coalition accomplish its mission in Afghanistan – from developing a stable environment for growth and reconstruction, to completing some of this reconstruction. By using these funds and coordinating with other

agencies, the coalition is able to ensure more projects can be completed.

"By coordinating what we're (CJTF-76) doing with the other agencies, we can stay synchronized and match our plans with their plans. We also have to make sure they match with the plans of other national programs. We want to do things to

support the national, provincial and district governments," said Inguagiato.

Doing things to support the national government and development in Afghanistan are the real reasons these different sources of funding exist.

"All the projects we do with these funds create a base for the people of Afghanistan to start

rebuilding their country. It's reached the point now where the government of Afghanistan has

been able to start providing its own civic assistance," said Starbuck. "While we are still here to support the people, our end state is to enable the country and its people to provide for and support themselves and their families for years to come."

Task force gets insurgents, weapons in Operation Wolfhound Trap II

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

HAWIJA, Iraq – On separate dates, Spc. Joseph Herndon and Cpl. Joseph C. Thibodeaux III were killed by insurgent actions while on missions in Hawija.

Operation Wolfhound Trap II, which was carried out in Hawija on Sept. 8, was proof of Task Force 1-27 Infantry's ongoing persistence in catching those responsible for their comrades' deaths.

Credited with capturing

seven suspected terrorists and illegal weapons within Hawija, Operation Wolfhound Trap II was mainly executed by Soldiers from TF 1-27 Inf. but sniper teams from TF 1-14 Inf., TF 1-21 Inf. and the Center of Excellence also played major roles.

The operation started in the early morning hours with the placement of traffic control points to monitor traffic coming in and out of the city and sniper observation positions to keep a bird's eye view on insurgent activity.

Later in the day, additional patrols, to include cordon and searches, were performed.

"This mission, in particular, was in reaction to escalated enemy activity in Hawija," said Staff Sgt. Andrew Gregory, a squad leader with Company A, TF 1-27 Inf.

"Any opportunity when you can get more eyes on the ground, more people to flood the area, you're going to be more successful in grabbing the guys you want.

"We captured some high-

value targets in the area and disrupted the way they operate. [Now] they'll have to go back to the drawing board," Gregory added.

In addition, the operation was successful because of the seized ammunition and lack of friendly casualties.

"Anytime everyone comes back uninjured that's a successful mission, but today we got rockets and artillery rounds. That's ammunition that could have been used against us. Anytime you round that stuff up, it's definitely successful," said 1st

Lt. Gary Kaldahl, executive officer for Co. A, TF 1-27 Inf.

Kaldahl was amazed at the efforts the Soldiers exercised under the hot sun and the constant threat during the 15-hour long operation.

"It's the line where the rubber meets the road and Soldiers do a real good job even more than 10 hours into a mission," Kaldahl said. "They were still watching their backs and staying alert, which is always good to see."

TF 1-27 Inf. will continue to carry out these types of missions and use the assistance of

Iraqi Security Forces to rid insurgents from this city of about 40,000 people.

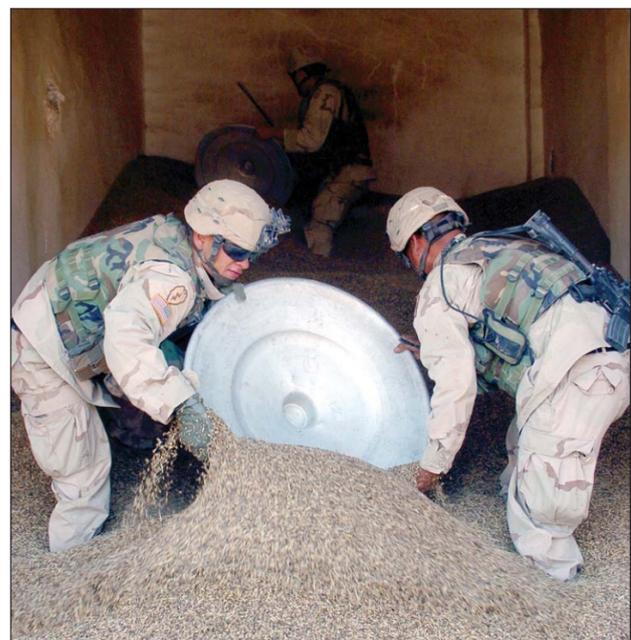
"This type of operation is something that we do on a habitual basis to continue to increase the local control of the Iraqi Security Forces," said Maj. Mario Diaz, the S3 for TF 1-27 INF.

"Today's mission was slightly bigger based on intelligence that we received and we wanted to ensure that we had the necessary forces to keep the [Anti-Iraqi Forces] off balance and in certain cases capture them," Diaz added.



Spc. Sean Kimmons

Soldiers of Co. A, TF 1-27 Inf., force themselves into a suspected terrorist's home during a cordon and search mission in Hawija, Iraq Sept. 8.



Spc. Sean Kimmons

Three Co. A, TF 1-27 Inf. Soldiers search for illegal weapons underneath a pile of grain in a cordon and search mission within Hawija, Iraq Sept. 8. Artillery shells and small rockets were found and seized in the same area.

Joint Command Focuses on America's Missing

By Donna Miles

American Forces Press Service

The general charged with providing the fullest possible accounting of missing service members says the military is sending an important message to families of the missing, veterans and, just as importantly, today's men and women in uniform.

POW/MIA Recognition Day honors the sacrifices service members and their families have made for their country, Army Brig. Gen. W. Montague Winfield, head of Joint POW/MIA Accounting Command headquartered here, said in an interview with American Forces Press Service.

It also offers a reminder that the United States is committed to bringing its fallen service members home so they can be returned to their families — and won't give up, no matter how long it takes or how difficult it might be.

The joint POW/MIA command works year round to repatriate and identify the remains of about 88,000 U.S. service members missing from the nation's wars. They include about 78,000 missing from World War II, 8,100 from the Korean Conflict, 1,800 from the Vietnam Conflict and about 120 from the Cold War.

The mission is uniquely American, dating back to World War II and now embodied in the U.S. military Code of Conduct, Winfield said. While most countries around the world bury their war dead where they fall, the United States promises its service members that it will do everything in its power to bring them home.

"This is a very sacred and noble mission. I can't think of anything more rewarding for our military to be doing right now than keeping the promise that America makes to all of its heroes — fallen heroes and those who are currently in uniform today," he said.

Working to fulfill that promise sends joint-service teams from Joint POW/MIA Accounting Command to potential crash and burial sites around the world. This summer alone, recovery teams conducted searches in Tibet, China, Albania, France, Vietnam, North Korea and Laos. There, they worked with their host government counterparts to conduct investigations and, when appropriate, full-scale excavations.

The missions can be daunting. A team currently deployed to Tibet spent months training up to conduct a recovery mission at 12,000 feet altitude, with its base camp at 17,000 feet. Other missions require teams to trek through mountains and glaciers, traverse difficult terrain in 4 x 4 vehicles, and even rappel down cliff sides.

"Most of the easier missions have already been done," Winfield said. "What's left now are the difficult ones."

Once teams recover remains and repatriate them to the United States, the command's Central Identification Laboratory uses state-of-the-art scientific techniques to help determine their identity.

Winfield said new breakthroughs, including the use of mitochondrial DNA in investigations, are helping the staff make identifications once not considered possible. "If you think about it, 12 years ago we

were sitting on parts of remains that we assumed we would never identify, because 12 years ago we didn't have DNA," he said.

Winfield said he expects other emerging technologies to help speed up the identification process. "We're just waiting for the technology to catch up with our needs," he said.

In the meantime, the lab staff typically identifies about two service members a week, mostly through dental records. "The disappointment is that we just can't do enough fast enough," Winfield said.

Since 1973, the laboratory — until last year known as the U.S. Army Central Identification Laboratory, Hawaii — has positively identified 1,175 people. "That's pretty significant, but it's still pretty daunting when thinking about what we're still up against," Winfield said.

While acknowledging that some Americans may believe that the country will eventually give up in its effort to repatriate and identify its missing war dead, Winfield said he's convinced they're wrong.

He said last year's merger of the Army lab and the 11-year-old Joint Task Force-Full Accounting into a permanent command focused on missing service members and "sends the right message that we're here to stay and that we remain committed to our mission."

"It says that our nation is keeping its promise to bring home every American POW/MIA, no matter how long it takes," Winfield said.

"We will never quit until they are home."



Sgt. Adelita Chavarria

A team member from Joint POW/MIA Accounting Command excavates a site with local nationals in Laos during a July 2004 recovery operation.

USARPAC, Division Soldiers compete in D.A. Soldier, NCO competition

By Sgt. Reeba Critser
Army News Service

FORT LEE, Va.— Nervous, but confident. That's the general consensus from Soldiers competing in the Army's third Soldier and Noncommissioned Officer of the Year competition at Fort Lee, Va., Sept. 11 to 17.

"This event is so important," said Sgt. Maj. of the Army Kenneth O. Preston. "The Soldiers will have an opportunity to show the board how much they know about their service and in doing, set examples of their expertise and professionalism to their peers. The competition is meant to be tough to identify the best of the best. Every Soldier in the competition is a reflection on the Army."

During the week-long competition, Soldiers will compete in the Army Physical Fitness Test, a written exam and essay, day and night navigation, warrior task testing, and a mystery event at Fort Lee. They will then travel to Arlington, Va., for the board, which will be presided over by Preston. The Soldiers with the highest total score will be named the Soldier and NCO of the Year.

"The mix of contestants couldn't be more different — including three women, two immigrants, and one who flew in from Afghanistan — all joining to become 20 of the Army's best Soldiers to compete for the coveted title of Department of the Army Soldier and NCO of the Year. The 25th Infantry Division (Light) and U.S. Army Pacific competitors are:

« **Staff Sgt. Stephen E. Mudge**, representing USARPAC, competing in the NCO of the

Year competition. He is a squad leader with the 25th Military Police Company, Schofield Barracks, and is native to Weymouth, Mass.

« **Sgt. Brandon M. Parrett**, representing AMC, competing in the NCO of the Year competition. He is a shop foreman and a nuclear, biological and chemical NCO with the 95th Maint. Co., Schofield Barracks, and is a native of Indiana.

« **Sgt. Samuel E. Cowell**, representing U.S. Armed Forces Korea, competing in the NCO of the Year competition. He is a signals intelligence team leader with the 532nd Military Intelligence Battalion, Camp Humphreys, Korea, and is from Bellingham, Mass.

« **Staff Sgt. Timothy L. Dess**, representing Medical Command, competing in the NCO of the Year competition. He is a medical logistics NCO in charge at Fort Richardson, Alaska, and hails from Fort Benton, Mont.

« **Spc. Christopher J. Fisher**, representing Army Materiel Command, competing in the Soldier of the Year competition. He is a test, measurement and diagnostic equipment maintenance support specialist with the 95th Maintenance Company, Schofield Barracks, Hawaii, and is from California City, Calif.

« **Sgt. Gabriel A. Martinez**, representing U.S. Army Pacific, competing in the Soldier of the Year competition. He is a petroleum laboratory technician with the 505th Quartermaster Battalion, Torii Station, Okinawa, Japan, and is from Mesquite, Texas.

The Soldiers say they are ready to face their competitors.

Because of the challenges of a daily mission, the Soldiers said they studied for the event on evenings and weekends.

"These Soldiers work hard studying at night and on weekends," Preston said. "That's one of the secrets in our Army. This is one of the programs that set us apart from all other armies. We have incentives that set our Soldiers apart and encourage them to want to self-improve."

Battle of the sexes is not an issue either.

As for the esprit behind the competition, the Soldiers said their units were the main cause.

Sgt. Elias Odar, Martinez' sponsor, had previously won the Soldier of the Year and the NCO of the Quarter competitions at Okinawa and went to Advance Individual Training with Martinez.

"Martinez is married with two children and his wife's pregnant and due next month," Odar said. "That's his motivation to do his best in this competition."

Sixteen months after going to his first Soldier of the Month board, Martinez found himself in one of the Army's most prestigious competitions. But Odar said he wishes all the contestants well.

"I told my Soldier that 'if someone beats you, they deserve to win,' because he studied every free time he had," Odar said. "I'm behind him 100 percent, but I'm expecting him to win."

"Regardless of who wins, every one of them is a winner," Preston said.

(Editor's Note: Read the full article at www.army.mil. Click on article titled "Army's best compete in 3rd annual Soldier, NCO competition.")



Sgt. Maj. Darryl Winebrenner

Staff Sgt. Stephen Mudge, 39th MP Det., has his uniform examined by the board members during the USARPAC NCO and Soldier of the Year competition this year. Mudge went on to compete in the Department of Army Soldier of the Year competition in Fort Lee, Va. He flew there from Afghanistan where he supports the 25th MP Company.

Bonding down under



1st Sgt. Rodney Heikkinen

Following the Hawaii phase Pacific Bond 2004, the 7th Eng. Det. (Dive), 29th Eng. Bn. (Topo), continued to Australia from Jul. 30 – Aug. 15. U.S. Army divers learned Australian tactics and drills and trained with their equipment. Together, U.S. and Australian Army divers constructed a concrete slab, built and demolished obstacles using cutting torches, and relocated more than 30 tons of concrete and steel while underwater. In this photo, a diver uses the underwater cutting torch to remove sections of a slipway.

ArmyOnline
www.25idl.army.mil



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





REMEMBERING 9/11

By Joy Boisselle
Staff Writer

At a Memorial Ceremony held one day shy of the three-year anniversary of the Sept. 11 terrorist attacks, the Schofield Barracks Community gathered at the Main Post Chapel to reflect on the meaning of that dreadful day. Titled "Day of Terror, Day of Grace," the event focused on honoring the deaths of the nearly 3,000 innocents at the World Trade Center, the Pentagon, and a lonely field in Pennsylvania.

Also remembered were more than 1,000 Soldiers, Airmen, Sailors, and Marines, who lost their lives in the fight against the Global War on Terrorism since Sept. 11. In that 1,000 are the ten 25th Infantry Division (Light) Soldiers whose ultimate sacrifice made the memorial even more poignant and closer to home for those assembled.

Who can forget the horrifying, numbing images forever imbedded in many minds on Sept. 11, 2001? Captured live on television, Americans and the world watched in shock and disbelief as a hijacked jetliner plowed into one of the Twin Towers at the World Trade Center. Three other attacks would follow leaving people aghast at the devastation and ruin that ensued.

It was a life-defining moment for millions, a moment like the bombing of Pearl Harbor, the assassination of President Kennedy, and the 1986 Challenger disaster. Years from now, people will ask, "Where were you when terrorists forever changed the United States of America and perhaps the world?"

These were the questions asked by Chaplain (Lt. Col.) Lawrence Conway, guest speaker at the event.

"I was in Hawaii and I remember being awoken at 4 a.m. by a phone call from a friend with the news," he said. Noting the changes around post, he described how Schofield Barracks seemed to close for the day except for the chapels, which remained open for people to pray and share fellowship with one another.

"I suspect that each of you have your own stories and memories of that day," he added. However, Conway emphasized to the assembled Soldiers and family members that "the struggle is not yet over as this community knows full well, the struggle continues."

He said, "It is important to remember the honorable actions of so many on that day and to remember that many who responded to duty's call paid with their lives."

Boots, weapon, and a helmet stood stacked at the front of the altar as a grim reminder of Conway's words. The attendees honored the fallen through prayer and hymns, and a video tribute played memorable scenes from Sept. 11 as well as pictured Division Soldiers in Afghanistan and Iraq.

At the conclusion of the ceremony, Conway said, "Remember the individuals that died, remember to seek justice for what happened without hate, remember without anger, and at the same time keep on seeking justice without pause, and remember those who now stand in harm's way."

(Editor's Note: Also see Chaplain (Lt. Col.) Lawrence Conway's commentary on A-2 for more on 9/11.)

WE WILL NEVER FORGET



PFC. JOHN D. AMOS
VALPARAISO, IND.
CO. C, 1ST BN., 21ST INF. RGT.
APRIL 4, 2004



CPL. DAVID M. FRAISE
NEW ORLEANS, LA.
CO A., 2ND BN., 35TH INF. RGT.
JUNE 7, 2004



SGT. DANIEL LEE GALVAN
MOORE, OKLA.
2ND BN., 25TH AVN. RGT.
AUG. 12, 2004



SPC. JOSEPH F. HERNDON II
DERBY, KANSAS
1ST BN., 27TH INF. RGT.
JULY 29, 2004



STAFF SGT. TODD E. NUNES
CHAPEL HILLS, TENN.
1ST BN., 21ST INF. RGT.
APRIL 4, 2004



SPC. PHILLIP WHITKOWSKI
DUNKIRK, N.Y.
3RD BN., 7TH FA RGT.
MAY 1, 2004



SPC. RAMON C. OJEDA
RAMONA, CALIFORNIA
84TH ENG. BN.
MAY 1, 2004



PFC. ERNEST SUTPHIN
PARKERSBURG, W.VA.
2ND BN., 11TH FA RGT.
MARCH 18, 2004



STAFF SGT. OSCAR D. VARGAS-MEDINA
CHICAGO, ILL.
84TH ENG. BN.
MAY 1, 2004



CPL. JOSEPH C. THIBODEAUX III
LAFAYETTE, LA.
1ST BN., 27TH INF. RGT.
SEPT. 1, 2004

Bowling Tournament - A Five Game No Tap Tournament will be held this Sunday at the Schofield Barracks Bowling Center. Check-in time is at 1 p.m. Cost is \$20. Cash prizes will be awarded. Call 655-0573.

Special Aerobic Class Offered - Saturday at 9 a.m. visit the Health and Fitness Center on Schofield Barracks to try the NIA (neuromuscular integrative action) class. This latest trend in aerobics offers a unique blend of yoga, martial arts and dance. Class is free for members or \$3 for non-members. Call 655-8789 for information.

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

Touchdown Golf - On Mondays, play nine holes of golf at Nagorski Golf Course on Fort Shafter and then watch the football game live at Mulligan's. Cost is \$20 per person and includes nine holes of golf with cart, four-some platter of pupus, a pitcher of beverage and chance to win cash prizes. Tee times from 11 a.m. - 4 p.m. every Monday. Call 438-9587 for information.

Mini Sports Soccer Program - Open to youth born in the years 1999 and 2000. Register until Sept. 22 at the nearest Army Youth center. Cost is \$10 and includes a shirt. Program begins Sept 28 - Nov 18 and Bennett Youth Center and Aliamanu Youth Center Field. Program will be held Tuesdays from 5 - 6:30 p.m. for youth born in 2000 and Thursdays from 5 - 6:30 p.m. for youth born in 1999. Call Aliamanu at 833-5393 or Schofield Barracks at 655-5314 to register.

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

Hawaiian Luau Lunch Buffet - Taste a traditional Hawaii style feast on Sept. 24, 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 655-4466 or Hale Ikena at 438-1974 for reservations or information.

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

Care Package Material Available - Wrap a care package for your Soldier at the Tropics on Schofield Barracks from 12 - 4 p.m. or the Fort Shafter Library

from 11 a.m. - 3 p.m. on Sunday. No free postage or delivery.

West Side Story - The world's greatest love story comes to Richardson Theatre on Fort Shafter, Friday, Saturday and Sept. 24 and 25. Curtain at 7:30 p.m. Tickets for adults are \$17 and \$14 and for children (under 12) \$10 and \$8. The Box Office is open Monday - Friday from 10 a.m. - 2 p.m. Call 438-4480 for tickets.

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

Spouse's Night Out - This free adults-only program at Army Community Service on Schofield Barracks is designed to get spouses out of the house every Thursday night from 6:30 - 8:30 p.m. to have fun. Sept. 16, Supporting Your Deployed Spouse: Family Readiness Groups with Dr. Faran, Art Class: Learn to Draw and Sketch, Beginning Hula, Learn to Use a Web Camera and Quilting. On Sept. 23, Spa Pampering: Relaxation Night, How to Start a Small

Business, Learn to Use a Web Camera and Quilting. MWR Blue Star Card holders will receive free child care from 6 - 9 p.m. by reservation only at Peterson Child Care Center. Call 655-3929 by noon of the Tuesday before each Thursday event to make child care reservations. Child care reservations can be made two weeks in advance. Pre-registration for classes required. Call 655-2736 for information or to register.

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

Hale Ikena Birthday Celebration - Celebrate the Hale Ikena's 5th birthday on Sept. 30 beginning at 4:30 p.m. with heavy pupus, action stations, live entertainment, no host bar and door prizes. This event is free, but ticket is required. Free tickets can be obtained by calling 438-1974 or by stopping by the Hale Ikena.

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

Upcoming Craft Classes - Every Friday from 10 a.m. - 1 p.m. participate in a scrap booking demonstration. Cost is \$10 and includes most supplies. Classes are held at Schofield Barracks Arts and Crafts Center. Several other classes are offered. Call 655-4202.

New Teen Center Location - The Schofield Barracks Teen Center is now located in Kaala Community Activities Center, building 556. Call 655-0451.

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

Parade of Pets - Participate in a parade with your pet, contests, and learn animal safety tips and information about the MWR Pet Kennels on Sept. 25 at the Tropics, building 589, on Schofield Barracks. Sign-in and late registration is at 11 a.m., the parade begins at noon. Awards will be given for Best in Show, Most Unique, Best Dressed, Best Trick and many more. Entry fee is \$2 if pre-registered by Sept. 15 or \$3 at the event. Registration is required, and breed restrictions may apply. Call 655-0002.

Modeling and Mannerism Classes - Classes will be offered at Schofield Barracks and Aliamanu Youth Centers in October. Modeling Classes are open to youth 6 - 18 years of age and parents. Cost is \$475 for a 14-hour course. Must have at least four students enrolled to conduct the class. Mannerism Classes are open to youth 5 - 11 years of age. Fee is \$40 for a four week class or \$60 for a six week class. Must have six students enrolled to conduct the class. All classes are conducted by Unique Models Agency and Production. Call 655-6461 or 833-4932.

Queen Emma's Summer Palace Tour - View rare artifacts and personal belongings of Hawaii's

royalty at Queen Emma's Summer Palace followed by lunch (on your own) and shopping at Aloha Tower marketplace Sept. 23. Cost is \$3 and includes round trip bus transportation from Tropics on Schofield Barracks. Bus departs from Tropics at 8 a.m. and will return at 2 p.m. Register today, limited to the first forty people, call 655-0002.

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

Auto Craft Early Bird Special - From the 1st to the 15th of every month receive a safety inspection for \$10. Vehicles with tinted windows will cost \$15. Call the nearest Auto Craft Center for more information. Fort Shafter, 438-9402 or Schofield Barracks, 655-9368.

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

Commissary Dash N' Grab - Enter for a chance to win the next Commissary Dash N' Grab event that is scheduled for Sept. 30 at 7:30 a.m. Entry boxes are located at the Schofield Barracks Commissary, Army Community Service on Tropics. Three finalists will be chosen at the September Town Hall Meeting. MWR Blue Star Card Members are automatically entered to win. Open to active duty families and spouses. This event will be held quarterly. Event is sponsored by ACTUS Lend Lease, DECA and MWR. Call 438-0117 for information.

New Gym Hours - Martinez Physical Fitness Center on Schofield Barracks will have new hours from 9 a.m. - 4 p.m. on Saturday, Sunday and holidays. Call 655-0900.

Sgt. Yano Library Closure - The Sgt. Yano Library on Schofield Barracks will be closed Sunday for quarterly carpet cleaning. Call 655-0145 for information.



This Week at the MOVIES

HICKAM MEMORIAL THEATER

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

SATURDAY SEPTEMBER 18
The Manchurian Candidate
7 p.m. (R)

SUNDAY SEPTEMBER 19
The Village
7 p.m. (PG-13)

MONDAY SEPTEMBER 20
Closed

TUESDAY SEPTEMBER 21
Closed

WEDNESDAY SEPTEMBER 22
The Village
7 p.m. (PG-13)

THURSDAY SEPTEMBER 23
The Village
7 p.m. (PG-13)

HAGN TV2 Schedule		September 17-23	
Morning		Evening	
6:00	Sign On	6:00	Voting Assist Program 04
6:30	Fit for Life	6:03	Community Focus
7:00	Bulletin Board	6:14	Bulletin Board
7:30	Shamu-The Bird Story	6:47	Army Values - Respect
8:00	Pentagon Channel	6:53	OIF Photo Montage 3
9:00	Pentagon Channel	7:00	NFL-Turf Talk 95
10:00	VATV	8:00	OEF Deployment Ceremony
10:30	OIF Photo Montage	8:30	OEF Deployment Luau
10:46	Bulletin Board	8:50	History of JAG
11:16	Dash and Grab	9:00	ASAP-Smoking
11:30	Hawaii Hidden Beauty, Danger	9:30	Oakland Army Base
11:50	OIF Photo Montage 6	10:00	Youth Protection
12:00	Pentagon Channel	11:00	NFL-Greatest Games 77AFC
		12:12	Bulletin Board
Afternoon		Overnight	
2:02	Hurricane Safety	12:46	Pentagon Channel
2:21	Voting Assist Program 04		
2:28	OIF Photo Montage 2		
2:30	Shamu-Whale and Dolphin Story		
3:00	Shamu-Animal Rescue		
3:40	Oahu-Aloha Begins		
3:50	OIF Photo Montage 5		
4:00	Pentagon Channel		

eArmyU to be fielded Armywide

Army News Service

WASHINGTON – Beginning Oct. 1, access to the Army Continuing Education System's eArmyU program will be available to most active-duty enlisted Soldiers.

The Army launched eArmyU in 2001, to offer eligible enlisted Soldiers the opportunity to work toward a college degree or certificate online. The program began with selected installations and so far, more than 46,000 Soldiers have taken courses from 29 institutions.

With the program's expansion to the entire Army, the eArmyU "Technology Pack" or "laptop" option will be offered solely as a retention and readiness tool in support of Army Transformation and the Army Campaign Plan, officials said, by encouraging re-enlistment into combat forces and operational units.

The eArmyU "no laptop" enrollment, now called "eCourse enrollment," will be offered to the majority of other active-duty Soldiers, officials said.

With eCourse enrollment, Soldiers use their personal computers to participate in the program on a course-by-course basis. There is no longer a service-remaining requirement with the eCourse option, officials said. However, they said Soldiers must have sufficient remaining time in service to complete the eArmyU course in which they are enrolling.

The Army-wide expansion of the program comes with some critical changes in Soldier enrollment eligibility, officials said.

Enrollment in eArmyU's "laptop" option (referred to as Technology Package) will be limited only to Soldiers who re-enlist for assignment in a combat forces or operational unit, as defined by senior Army leadership in the list below.

Laptop program enrollees will receive a state-of-the-art laptop to use in their participation, and will be required to successfully complete 12 semester hours in three years instead of the current two years. Soldiers must have three years time-in-service remaining at the time of program enrollment, and must have concurrent enrollment approval from their commander and the ACES Counselor.

Both "no-laptop" and "laptop" students receive several tools to support their success as an online student, including an Internet Service Provider account, eArmyU "Boot Camp" tutorial, an email account, online academic tutoring, digital library services, and 24/7 helpdesk and technology support.

For the purposes of eArmyU, the following assignments are now considered combat forces and operational units:

Divisions:

- « 1st Armored Division
Wiesbaden, Germany
- « 1st Infantry Division
Wuerzburg, Germany
- « 1st Cavalry Division
Fort Hood, Texas
- « 2nd Infantry Division
Camp Red Cloud, Korea
- « 3rd Infantry Division
Fort Stewart, Ga.
- « 4th Infantry Division
Fort Hood, Texas
- « 10th Mountain Division
Fort Drum, N.Y.
- « 25th Infantry Division
Schofield Barracks, Hawaii
- « 82nd Airborne Division
Fort Bragg, N.C.
- « 101st Air Assault Division
Fort Campbell, Ky.

Army Cavalry Regiments:

- « 2nd Armored Cavalry Regiment
*Fort Polk, La.**

**will become Stryker Brigade*

- « Combat Team 4
Fort Lewis, Wash.
in April 2005
- « 3rd Armored Cavalry Regiment
Fort Carson, Colo.

Stryker Brigade Combat Teams:

- « SBCT 1
3rd Brigade, 2nd Infantry Division
Fort Lewis, Wash.
- « SBCT 2
1st Brigade, 25th Infantry Division
Fort Lewis, Wash.
- « SBCT 3
172nd Infantry Brigade
Fort Wainwright, Alaska
- « SBCT 5
2nd Brigade, 25th Infantry Division
*Fort Shafter, Hawaii***

***planned for 4th quarter Fiscal Year 2005*

Separate Brigades:

- 173rd Airborne Infantry Brigade
Vicenza, Italy
- 1st Brigade, 1st Infantry Division
Fort Riley, Kan.
- 3rd Brigade, 1st Armored Division
Fort Riley, Kan.
- Army Special Operations Command

Additional changes may be made in modularity and restationing initiatives, officials said.

eArmyU.com, the program's distance-learning portal, currently allows enrolled Soldiers to access 146 post-secondary certificates as well as associate, bachelor's, and master's degree programs from 29 regionally-accredited college and university partners.

Soldiers are ensured that they can transfer education credits across institutions because only Servicemembers Opportunity Colleges Army Degree, or SOCAD member schools, may offer undergraduate programs as part of eArmyU.

Institutions offering only graduate or certificate programs must agree in writing to the Servicemembers Opportunity Colleges institutional principles and criteria.

All eligible Soldiers receive \$250 per semester hour or up to 100 percent tuition, whichever is less, up to an annual ceiling of \$4,500. Tuition Assistance covers tuition, fees, books, academic advisement, library resources, and administrative and technical support, officials explained.

To find out more about the Army-wide expansion of eArmyU, visit any installation's Education Center, officials said.

Eligibility Requirements for eCourse

- Be an Army regular active-duty or Army Active Guard or Reserve enlisted Soldier
- Be eligible for favorable personnel action
- Have a high school diploma or GED certificate
- Meet a home institution's admission criteria
- Have concurrent enrollment approval from commander and an ACES counselor

Eligibility requirements for Technology Package

- Be an Army regular active-duty enlisted Soldier and re-enlist for assignment in a combat forces or transforming units as defined by senior Army leadership.
- Be eligible for favorable personnel action
- Have a high school diploma or GED certificate
- Meet a home institution's admission criteria
- Have concurrent enrollment approval from commander and an ACES counselor
- Have a minimum three years Service Remaining Requirement

(Editor's note: Information provided by Human Resources Command Public Affairs.)

Lightning Spirit: The spider's web

By Chaplain (Capt.)
Brian Mead

125th Military Intelligence Bn.

"I have chosen you and have not rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:9-10

A young soldier found himself in a terrible battle during the Scottish Reformation. The enemy was soundly defeating this young man's army. He and his comrades found themselves hastily retreating from the battlefield in defeat, running away in fear for their very lives. The enemy gave chase. This young man ran hard and fast, full of fear and desperation, but soon found himself cut off from his comrades in arms.

He eventually came upon a rocky ledge containing a cave. Knowing the enemy was close behind, and that he was exhausted from the chase, he chose to hide there. After he crawled in, he fell to his face in the darkness, desperately crying to God to save him and protect him from his enemies. He also made a bargain with God, one that I (and perhaps you too?) have made before. He promised that if God saved him, he would serve Him for the

remainder of his days.

When he looked up from his despairing plea for help, he saw a spider beginning to weave its web at the entrance to the cave. As he watched the delicate threads being slowly drawn across the mouth of the cave, the young soldier pondered its irony. He thought, "I asked God for protection and deliverance, and he sent me a spider instead. How can a spider save me?" His heart was hardened, knowing the enemy would soon discover his hiding place and kill him.

Soon he did hear the sound of his enemies, who were now scouring the area looking for those in hiding. One soldier with a gun slowly walked up to the cave's entrance. As the young man crouched in the darkness, hoping to surprise the enemy in a last-minute desperate attempt to save his own life, he felt his heart pounding wildly out of control. As the enemy cautiously moved forward to enter the cave, he came upon the spider's web, which by now was completely strung across the opening. He backed away and called out to a comrade, "There can't be anyone in here. They would have had to break this spider's web to enter the cave. Let's move on."

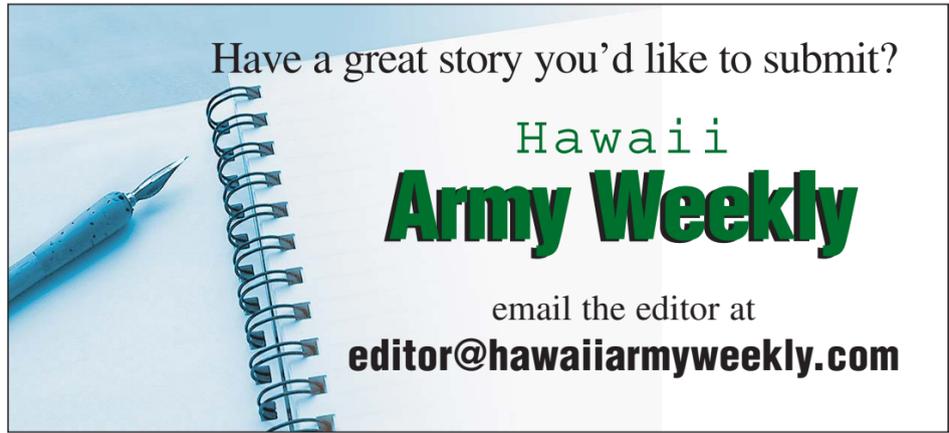
Years later, this young man, who made good his promise by

becoming a preacher and evangelist, wrote about that ordeal. What he observed is a lesson for all in times of trouble, especially during those times when everything seems impossible. He wrote:

"Where God is, a spider's web is as a stone wall. Where God is not, a stone wall is as a spider's web."

Is something going on in your life right now that is really bothering you?

Perhaps it seems so bad that you are paralyzed by fear. You don't know what to do. Do you ever feel you are in the darkness, facing what seems impossible, wondering (or maybe not) if God even cares? If you are, I am here to tell you that God does care . . . more than you can imagine right now. And God is most definitely in control. The key is to rest in Him. To rest in the Lord means to trust in Him, to be convinced that whatever He has in store for you absolutely and unquestionably is in your best interests. Resting in the Lord is a key element. If He is omnipotent (all-powerful) and omniscient (all-knowing), then there is no way to improve upon His ways and timing. He specializes in the impossible. Cry out to Him. He hears you and desires to give you the very best He has to offer.



Have a great story you'd like to submit?

Hawaii
Army Weekly

email the editor at
editor@hawaiiarmyweekly.com

Proper nutrition keeps troops healthy

By Pfc. Chris Stump
17th Public Affairs Det.

AFGHANISTAN – Maintaining a fit, trim and healthy fighting force is just one of the many ways the coalition can help win the war on terror. Ensuring service members eat a healthy, well-rounded diet contributes to unit readiness as a force multiplier.

Eating nutritious meals and integrating them into an active daily routine is ultimately the responsibility of individual troops, but leaders should always be watching for signs that their subordinates are, or aren't, following a healthy meal regimen.

Although the food in a deployed environment isn't always the same as it is elsewhere, everyone still has the opportunity to fill their plate with a healthy combination, said Staff Sgt. Rhonda Johnson, 325th Combat Support Hospital, nutritional care noncommissioned officer in charge.

Variety is one of the key components of a healthy diet. A varied meal provides many different nutrients that help keep a body feeling and functioning well. Vitamins and minerals such as vitamins A, B and C, calcium and potassium are just a few of the nutrients important to a good diet.

"There are so many good nutrients you don't even know you're getting when you eat a varied meal," said Spc. Brian Messer, 325th CSH nutritionist.

Eating a little of everything and making an effort to eat as many vegetables as possible is one way to ensure troops are getting the proper amount of nutrients.

In an effort to eat a variety during a meal, people should also pay attention to how the different foods available to them are cooked.

"Always choose baked and broiled over fried," he said. Baked and broiled foods almost always have less fat versus fried food.

Paying attention to healthful cooking techniques and eating some of everything doesn't mean eating a large quantity though, said Johnson.

Portion size should also be taken into consideration when dining, especially when eating meals designed for physically demanding environments.

The meals served in a combat environment are designed to be high energy, but if personnel aren't active, eating too much of this high-energy food can lead to unwanted weight gain, said Johnson.

When eating a varied diet, people should also pay attention to the salt, fat and sugar content of each food.

One teaspoonful of salt is all that is recommended for daily intake, said Johnson. This intake includes salt already in a food product before it is put on the plate, which often contains the recommended amount without any extra being added.

Eating too much salt can lead to high blood pressure and other seri-



ous heart-related problems, such as heart attacks.

Sugars should also be moderated, as they are one of the primary causes of weight gain, said Johnson.

Although sugar and salt are essential as electrolytes, eating or drinking too little or too much can result in imbalances, possibly leaving a person dehydrated and sick.

One of the most common sources of electrolytes is sports drinks, a possible health hazard to personnel.

Many times the nutritionists at the hospital see patients who don't consume enough water, thinking sports drinks are all they need, said Johnson.

While these drinks are popular and helpful in maintaining a proper balance, they should not be used as a substitute for water.

"For every bottle of (sports drink), you should drink three bottles of water," said Messer.

Many think these sports drinks are healthy and will actually help them stay in shape or lose weight.

But it's actually the opposite.

Often times these beverages have more sugar than soda – actually hindering a healthful diet.

Personnel who are trying to consume a healthy diet should also be aware of dietary supplements that promise weight loss, muscle enhancement or "health in a bottle," said Johnson.

Many of the supplements must be taken with adequate quantities of water or they can leave a person dehydrated, or even cause serious conditions like seizures and strokes, she said.

While supplements sold on military installations are ephedra-free, everyone must be cognizant of the fact that these powders, pills and shakes are not completely safe unless used in exact accordance with the directions on the package.

Serious side effects aren't the only reason to be wary of supplements. Many of the muscle-building supplements provide large amounts of protein that require exercise to develop into muscle.

Often, people take the supple-

ments and don't work out enough, or at all, and just put on weight in fat, said Messer.

Even though many people take such supplements and they can have a positive effect on the body, they aren't necessary to a healthy diet.

"Everything you can do with a supplement, you can do with a good diet and exercise," said Messer.

While weight is one reason to eat properly, an individual's health is the most important reason.

When a troop is healthy, he is able to perform to the best of his ability, said Johnson.

Peak performance is necessary from all service members in Afghanistan.

"This environment demands a lot from Soldiers, and they must eat healthy to be able to perform their jobs," said Master Sgt. David W. Wilson, Task Force Victory air operations NCO in charge and a master fitness trainer.

And it's the leadership's responsibility to ensure their troops are up to the task at hand.

"Leaders need to be looking for signs their Soldiers are maintaining their health," he said.

Leaders should ensure their subordinates have enough energy and enforce food standards if their troops need it, said Wilson.

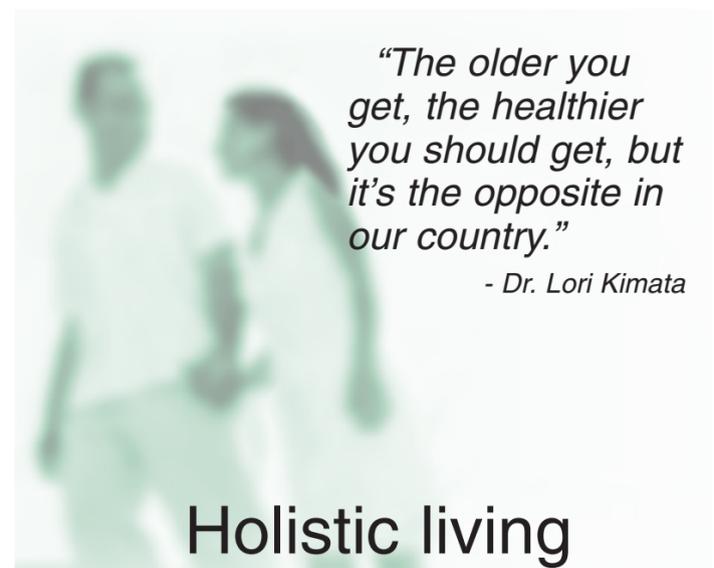
Looking fit is also dependent upon eating a healthy diet.

By helping their Soldiers maintain good nutritional health, leaders are helping their troops maintain military appearance standards as well.

"My Soldiers are a direct reflection of me as a leader," said Johnson. "If they walk around looking out of shape, I'm not doing my job."

But when it comes to a Soldier's health, it is that person's responsibility – with guidance from leadership – to maintain themselves as contributing, effective members of their unit.

Eating a healthy, well-balanced diet is one of the easiest – and most important – ways for troops to stay in good health and remain an integral part of the combat force.



"The older you get, the healthier you should get, but it's the opposite in our country."

- Dr. Lori Kimata

Holistic living

By Sharee Moore
Assistant Editor

Today, some doctors readily prescribe painkillers, mind num-ers, allergy pills and other medicine in pursuit of the elusive cure. But, is there a healthier, less invasive path to optimal living for the mind and body?

Naturopathic Drs. Ye Nguyen and Lori Kimata of Sacred Healing Arts in Honolulu adopt a more holistic approach to medicine. The foundation for their practice is the mind-body-spirit connection.

Everyone is different and everyone's needs are different, Dr. Nguyen said. We take into account all the internal and external factors of their life, like stress level, age and where they live.

According to these naturopaths, it all starts with a healthy diet, safe environment (internal and external) and spiritual wellness.

"Food is our medicine," Dr. Nguyen explained. "I like to think of it as an analogy of a car. If you put in poor-quality fuel, your car will run badly." Your body is the same way.

"We see a lot of people who have mental and emotional problems and how they're correlated to physical symptoms," Dr. Nguyen said. "It's usually some sort of stress, drama or trauma," that triggers symptoms, added Dr. Kimata.

Naturopaths want to know what was going on in clients' lives when a particular symptom popped up. "Conventional medical doctors just see a problem and want to fix it like [the symptom] is the problem," Dr. Kimata said. Instead, we look at symptoms as guides to finding the cause for the problem, she added.

"We see a variety of clients, anywhere from the stressed out professor to the everyday housewife. We see kids coming in for health check-ups and new-age hippies," Dr. Nguyen said.

Their clients' symptoms vary greatly. Cancer, digestive distur-

bances, high blood pressure, cholesterol, diabetes, autoimmune diseases, back pain, headaches and weight gain are only a few.

Treatments prescribed by these doctors include botanical medicines, herbal supplements, homeopathic remedies and changes to diet.

Other, less-traveled roads to optimal living, may include stress management techniques, breathing exercises, meditation and exercise therapies, specific spinal and pelvic movements, massage, music and art therapies.

They may also employ Chinese medical techniques like cupping, acupuncture, herbal heat treatments and Chinese herbs.

"So many medicines are hard on the body. Sometimes a client just wants to shift from something that is toxic, to things that are nourishing," Dr. Kimata said.

Drs. Nguyen and Kimata both spent four to five years in accredited medical programs before taking a national licensing exam, which followed four additional years of training.

"I was going the traditional path, but I learned that I had to take care of myself before I could take care of others," said Dr. Nguyen. "You have to walk your talk, or don't talk," added Dr. Kimata.

In addition to hiking, surfing, dance and art, Dr. Kimata is the author of "Partnered Yoga" and has been practicing medicine for 15 years and midwifery for 18. Dr. Nguyen has been practicing for two years and has traveled extensively throughout Vietnam.

These doctors don't command people to change toxic diets, reduce stressors at home and work or to develop a healthy spiritual life.

We think of ourselves as ... life cheerleaders and the ultimate goal is to help those with their optimum wellness path," Dr. Nguyen said.

(Editor's Note: Article is for informational purposes only and is not meant to replace the advice of Army medical doctors.)

A Guide for senior leaders

Stress and the mind-body connection (Part 1 of 4)

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

U.S. War College

According to medical educator Timothy Brigham, stress is "the basic confusion created when one's mind overrides the body's desire to choke the living daylight out of some jerk who desperately deserves it."

Whether or not one takes a more conventional view than Dr. Brigham, we live in a busy world where conflicts, disappointments, frustrations, losses and pressures can make us feel nervous, keep us awake at night, get us angry, or make us sick. It is impossible to be alive and live without stress. Not surprisingly, stress has become the fashionable disorder of our time, and treatment of stress is an extraordinarily popular and profitable activity where everyone can participate.

Because stress is so ubiquitous and stress management so sweeping, it is tempting to dismiss this

subject as a fad or to trivialize it. Confronted with more serious problems of mankind and attempting to find real solutions under deadlines, ambiguity, insufficient resources and conflicting social priorities, one's patience for something that seems "all in your head" can be quite limited.

Popular stress management prescriptions like, "make time for rest and recreation" can sound astonishingly naive and irrelevant to the fast pace and high-tempo of a modern executive. Accustomed to bulldozing through personal obstacles and achieving crisp goals, the fuzziness and wimpy nature of stress is foreign. No wonder some of the most distressed leaders deny their stress until they experience physical or mental burnout.

Some of these symptoms are becoming more common: feelings of intense fatigue; vulnerability to illness; feelings of lack of control over commitments; an incorrect belief that you are accom-

plishing less; a growing tendency to think negatively; loss of a sense of purpose and energy; and increasing detachment from relationships, causing conflict and more stress.

The very definition of stress has been vague and inconsistent, sometimes referring to an outside force, sometimes to the body's reaction to it. In the scientific literature, no definition has succeeded in capturing the complete nature of this complex phenomenon, or even of satisfying the majority of stress researchers.

Kenneth Pelletier a psychologist at the Stanford Corporate Health Program noted that scientists have at least agreed that stress is not what happens to someone – those outside forces are the stressors – but how a person reacts to what happens. He explained that the distinction caps a long evolution in our understanding of stress. In a great deal of early work, stress was thought of

as a universal force acting on a passive body.

By focusing on how a person reacts, rather than the external events, science has helped us to appreciate the extent to which the mind can influence the body. As Dr. Pelletier explained, "Mind and body are inextricably linked, and their second-by-second interaction exerts a profound influence upon health and illness, life and death. Attitudes, beliefs, and emotional states ranging from love and compassion to fear and anger can trigger chain reactions that affect blood chemistry, heart rate, and the activity of every cell and organ system in the body – from the stomach and the gastrointestinal tract to the immune system."

In the most accurate meaning, stress management is not about learning how to avoid or escape the pressures and turbulence of modern living, it is about learning to appreciate how the body reacts to these pressures, and about learn-

ing how to develop skills which enhance the body's adjustment. To learn stress management is to learn about the mind-body connection and the degree to which we can control our health in a positive sense.

The fact that the body reacts to today's stressors – more often psychological and interpersonal – as if it were preparing for a real physical threat means that we experience the fight-or-flight response significantly more than our prehistoric ancestors did. What's more, the mind can store and reproduce their memory for replay many times over, causing them to be re-experienced throughout the day when the real stressors have withdrawn.

Dr. Herbert Benson, a Harvard Medical School cardiologist, estimates that the average person experiences 30-50 adrenaline hits a day, compared with one or two from prehistoric threats. That means that 30-50 times per day the heart speeds up, extra fats

circulate in the blood (they will later condense into cholesterol), blood vessels clamp down, and muscles tense.

If you are under chronic stressors – for example, if you're facing constant deadline pressure, or having major difficulties with your spouse – your body reacts with the same physical changes that would be appropriate for a near miss on the freeway or the reaction to a loud noise, explains Stanford's Dr. Pelletier. Moreover, under chronic, long-term stressors the perfectly normal fight-or-flight responses are protracted and to lead to chronic disease or contribute to its development.

(Editor's Note: Next week in the HealthWatch section look for Part 2 of A guide for senior leaders: Quieting the adrenaline storm. Article is adapted from the Web site http://carlisle-www.army.mil/apfri/stress_and_the_mind-body_connection.htm.)

Sen. Daniel Inouye joins veterans in remembering POWs, MIAs

By Sgt. Lorie Jewell
Army News Service

WASHINGTON — Decorated World War II veteran and U.S. Sen. Daniel Inouye joined other veterans and dignitaries in remembering America's prisoners of war and missing service members for the National POW/MIA Observance at the Pentagon.

Inouye pledged to always work to ensure that the government continues to do everything it can to return those still missing.

"Your government won't rest until we bring them home," he said.

More than 600 people are constantly at work within the Joint Task Force Full Accounting, based in Inouye's home state of Hawaii, identifying and repatriating service members who remain unaccounted for from previous wars. Inouye also said it's important for the men and women currently serving in uniform to know that should they be taken prisoner or become classified as missing in action, all efforts will be made to bring them back.

In Iraq, 75 warriors have been recovered alive during the conflict there, Inouye said. Past conflicts remain a challenge, he added. While the remains of 730 service members who fought in Vietnam have been identified and returned to America since that war ended, more than 1,800 remain unaccounted for, he said.

Inouye served with the 442nd "Go For Broke" Regimental Combat Team, consisting largely of Soldiers with Japanese ancestry, during World War II. The unit earned the distinction of being the most highly decorated unit of its size and length of active service in U.S. military history.

Now the American Samoa-based unit, the only Army Reserve ground combat unit, was recently activated for Operation Iraqi Freedom. It will deploy with the Hawaii Army National Guard's 29th Brigade Combat Team.

Inouye lost his right hand in an April 21, 1945 battle near San Terenzo, Italy, during which he led his



Sgt. Lorie Jewell

U.S. Sen. Daniel Inouye of Hawaii inspects the troops before addressing an audience on the Pentagon parade field. Inouye was the guest speaker at the annual POW/MIA observance Sept. 14.

platoon to capture a key ridge. Originally awarded the Distinguished Service Cross for his actions that day, it was upgraded to the Medal of Honor and presented to him by the president in 2000. His award citation describes Inouye crawling up a dangerous slope to lob two grenades at an enemy machine gun, destroying it, and then taking out a second gun nest. He was shot, but continued to fight until an explod-

ing grenade shattered his right arm. Inouye refused to be evacuated until his platoon was in control of the area, the citation said.

After the war, Inouye graduated from the University of Hawaii and the George Washington University Law School, working as a deputy public prosecutor in Honolulu before getting into politics in 1954. He was the first congressman elected from Hawaii after it became a state and

has served in the Senate for seven consecutive terms.

Veterans who attended the ceremony, which also featured remarks from Air Force Gen. Richard Myers, chairman of the Joint Chiefs of Staff; and Paul Wolfowitz, deputy secretary of defense, applauded Inouye's inclusion in the event.

"They couldn't have picked a better speaker," said Les Jackson, executive director of the American Prisoners of

War. "He wasn't one of us (prisoner of war), but he was darn close to it."

Jerry Wolf agreed. He was 18 when the B-17 he was flying over Germany was shot down in May 1944. A member of the 390th Bomb Group of the 8th Air Force, Wolf spent 11 months in captivity.

He never doubted he would make it home alive.

"I was an American. I never gave up," he said.



Afghan children follow the leader

Children, carrying toys made of expended ammunition casings, follow a 25th Infantry Division (Light) Soldier on patrol in Iraq recently.

Photo by Spc. Sean Kimmons

Doing business with the Army



Bob McElroy

The Honolulu District, U.S. Army Corps of Engineers and the Hawaii Small Business Development Center Network gave Big Island small businesses a unique opportunity Wednesday when they presented a seminar entitled "Doing Business with the Army" at the University of Hawaii's Hilo campus.

About 60 people attended the morning seminar in the university's Campus Center. Lt. Col. Fred Clarke, Pohakuloa Training Area commander, opened the seminar, welcoming the attendees and encouraging them to take advantage of the opportunity presented them.

Following the seminar, attendees had the opportunity to meet with several Large Prime Contractors and market their businesses for potential sub-contracting opportunities.



Courtesy photo

One hundred ten Family readiness group members went for a free cruise on the Army's only high-speed vessel Sept. 9. The vessel toured Diamond Head, Makapuu Point, Waimanalo, Kualoa and China Man's Hat.

FRG gets free cruise on HSV

By Lt. Col. Gary Kamauoha
HHC, 25th ID (L)

One hundred ten family readiness group key leaders and spouses showed up at Schofield Barracks and Fort Shafter to convoy to Ford Island for a trip aboard the Army's only high-speed vessel Sept. 9.

The trip was arranged by Vicki Olson, Col. Stanley Tunstall, 45th Corp Support Group (FWD) commander and Lt. Col. Steven Miles, 29th Engineer Battalion commander, to show appreciation for the family readiness group members and just to have a good time.

Once aboard the 200 passenger HSV, excited passengers were directed

to a room towards the front of the ship where they settled down in the comfort of their "airline style" seats. Tunstall and Olson gave a welcome and presented certificates of appreciation to the four members of the Kahala Catering Company for providing excellent meal and beverage services.

The captain then gave a brief orientation and history of the ship, followed by a safety brief before setting sail for Kaneohe. According to the passengers, it was a perfect day for a cruise. Clear skies, sunshine and waves peaked under 6 feet.

"You couldn't have asked for better weather," said Tedi, wife of Sgt. Michael Tollyens, a food service specialist with HHC, 1-14 Aviation.

According to Tedi, it was easy sailing all the way to K-Bay.

"It was very fast, but smooth - there was no rickety rocking back and forth," she said.

Most of the folks remained on the flight deck for the duration of the cruise to take in breathtaking views of Diamond Head, Makapuu Point, Waimanalo, Kualoa and China Man's Hat.

"You don't often get to see that view of Diamond Head and Waikiki," Tedi said.

Everyone seemed to have enjoyed themselves; Tedi summed it up.

"I'm excited about the opportunity to experience it and it was awesome to know we have Army Sailors."



Joy Boisselle

Pets must have microchip by Oct. 1

By Joy Boisselle
Staff Writer

Pvt. Martha Parker of the Schofield Barracks Veterinary Treatment Facility prepares to implant an identification microchip in a German shepherd while Stephanie Smithson watches. The chip, no bigger than a grain of rice, is implanted between the animal's shoulder blades in a quick and easy procedure.

Effective Oct. 1, 2004, all cats and dogs kept on 25th Infantry Division (Light) and U.S. Army Hawaii installations are required to have an identification microchip implanted under their skin. Microchipping allows animal control and veterinary personnel to identify lost or stolen animals and quickly return them to the registered owners.

The microchip is available at both Schofield Barracks and Fort Shafter veterinary clinics. Cost is \$15 for the chip and registration in a national database plus a \$2 user fee. Appointments at Schofield Barracks are available Monday - Thursday or customers can visit the VTF walk-in clinic on Tuesday for an appointment, call 433-8532 or 433-8531. For Fort Shafter clinic hours and appointments, call 422-2271.

Self-defense helps troops protect themselves

SportsCenter to air from Kuwait

By Jim Garamone
American Forces Press Service

WASHINGTON — If the troops can't get to ESPN, then ESPN will go to the troops.

The cable sports network's "SportsCenter" show will broadcast from Kuwait beginning Sept. 11. "It's our way of honoring the troops," said ESPN spokesman Dan Quinn.

The network is setting up a full studio in a warehouse at Camp Arifjan, Kuwait. "We'll have a complete studio and bleacher seating for about 700 Soldiers," Quinn said. Among those attending the shows will be 2,000 members of the 1st Armored Division just out of Iraq.

Stuart Scott will anchor the shows from Kuwait. He will be joined by Lisa Salters, Steve Levy, Kenny Mayne and Sean Salisbury. The 1 a.m. and 2 a.m. Eastern Daylight Time shows will be broadcast entirely from Kuwait.

For other broadcasts, SportsCenter will air segments showing the life of servicemembers in the region and how they accomplish their missions. It will also broadcast segments featuring notable military athletes serving in the region, and the sporting accomplishments of the sons and daughters of servicemembers.

The program will show daily flag football games in the sands of Kuwait and will follow units as they do their daily physical training. The show also will highlight to the folks back home just how tough duty is for Americans in the region: One planned segment is to buy an ice cream cone and show how fast it melts in the 120-degree heat servicemembers work in.

SportsCenter will close its Middle East bureau on Sept. 17.

other techniques that would help them in different situations.

"Remember, all of your power comes from the ground," he said, as he moved around the circle of Soldiers, helping them to perfect their stances.

Then he went into basic punches, teaching them the proper techniques to defend themselves.

"Speed and violence of action are the keys to self-defense," he explained, after demonstrating how to get the most out of a punch.

But these actions aren't meant to be used offensively.

"These actions are meant for self-defense," said Bush. "By teaching Soldiers these different techniques, they will be able to stay calm in different situations and think a lot better. This training prepares you for something that may or may not happen."

Bush's training expands upon the hand-to-hand combat training Soldiers receive in basic training. With certification from the Army to instruct both unarmed self-defense and close-quarters combat, he said the classes he provides give a basic general knowledge of self-defense.

"The Army's self-defense training is a combination of different grappling techniques, Karate, Shotokan, Jujitsu and other Japanese martial arts," he said. "There's a reason the Army still thinks it's important to teach these techniques — you never know when you'll need them."

And for the Soldiers who are fortunate enough to never need them in combat, there's no telling when they may come across a potential



Sgt. Stephanie Carl

Spc. Abel Agront (right), LTF-725, and Staff Sgt. Richard D. Bush practice blocks during self-defense training Aug. 29.

assailant in a different setting. The self-defense measures they learn from Bush can help in any threatening situation.

"I'd say that 98 percent of the people out there aren't trained in the martial arts," said Bush. "And the ones who are usually won't try to start anything."

This is a statistic that brought even more confidence to Soldiers like Spc. Burnadette Lester, who, at just over 5 feet tall, said she is generally intimidated by others.

"This training is helping me to have more confidence," she said. "I know that if I'm in a situation, I can take anyone down and get away."

That's the main point of self-defense, said Bush.

"Once you get someone on the ground, you need to run away and scream, drawing attention to yourself."

During his class, Bush taught the Soldiers how to take down an opponent, regardless of his size. However, this isn't something they will be able to do overnight.

"I generally teach three eight-hour classes," he said. "The best way to learn is through repetition."

By working as a platoon and receiving future instruction from Bush, Wunderlich plans to continue her Soldiers' training, increasing their knowledge in hand-to-hand combat.

Bush is willing to train any Combined Joint Task Force-76 unit, and can be reached through the 551st MP Co. tactical operations center at 231-2525.

"I'm willing to work with anyone who is motivated," he said. "If someone displays an interest, I'll take the time to teach them."



Sgt. Stephanie Carl

Bush (right) demonstrates a blocking move on Sgt. Howard Price, LTF-725. Bush teaches self-defense to service members.

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

BAGRAM AIR BASE, Afghanistan — While weapons may save Soldiers' lives in combat, there's no telling when someone may end up in a compromising situation with no method of defense other than his bare hands.

To help coalition members protect themselves, Staff Sgt. Richard D. Bush, Headquarters Platoon platoon sergeant for the 551st Military Police Company, 101st Airborne Division (Air Assault), Fort Campbell, Ky., is teaching hand-to-hand and unarmed combat techniques.

"I'm here to give you the basics," said Bush in an introduction to his first class in Afghanistan.

With a fourth degree black belt in Shotokan, a Japanese form of martial arts, Bush stresses the importance of self-defense to all of his students.

"Everyone needs to know self-defense," he said. "You never know when you'll no longer have a weapon or when you might not be able to use your weapon."

It was with this in mind that 2nd Lt. Jennie Wunderlich requested training for the Service and Supply Platoon of Logistics Task Force-725.

"I want all of my Soldiers to be ready for any situation," said Wunderlich, the platoon leader for the SSP. "I want to protect my Soldiers, and I believe this is one of the best ways I can do that."

To help the Soldiers learn how to protect themselves, Bush taught them various blocking moves, take down maneuvers, punches, and



This is a scene from the love drama "West Side Story." A preview was offered free of charge to Morale, Welfare and Recreation Blue Star Card holders who are spouses of deployed Soldiers. Watch the play at Richardson Theater, Fort Shafter this Friday, Saturday and Sept. 24-25 at 7:30 p.m.

Courtesy photo

"West Side Story" debuts at Richardson Theater

By Chandra L. Lewis
Contributing Writer

Entering Fort Shafter's Richardson Theater Sept. 8, one would have thought it was opening night for the Army Community Theater's presentation of "West Side Story" instead of just the final dress rehearsal. This preview was offered free of charge to Morale, Welfare and Recreation Blue Star Cardholders who are spouses of deployed Soldiers.

More than 150 men, women and children took advantage of this opportunity and enjoyed a superb performance of this pop-

ular love story. With free appetizers, round trip transportation from Peterson Child Development Center on Schofield Barracks, and free child care being offered, for many, this was an offer that could not be refused.

"This is a very good turnout," said Tanza Cooper, a Recreation Programs Specialist with Department of Community Activities, as she signed in attendees who rode the shuttle bus from Schofield Barracks.

Some, like the Font family, made this event a family outing. Staff Sgt. Patricia Font attended

the preview with her husband, Joe, and children Gabriella and Alex. When asked what they enjoyed the most, Alex and Gabriella, like most brothers and sisters, disagreed.

"I liked the singing and the pretty dresses," 5-year-old Gabriella said shyly.

"I liked the big fight!" Seven-year-old Alex exclaimed.

"The first time I saw this play was 35 years ago when I was in high school in New York," Joe stated, "and I found this production to be true to the spirit of 'West Side Story.' They did a great job."

Full of action, drama and

comedy, this play had something for everyone. Judging from the laughter, applause and cheers throughout the play, there were many others who agreed.

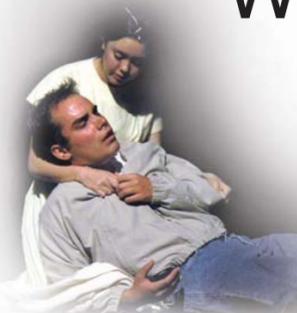
In her welcome, Vanita Rae Smith, Chief of Army Entertainment, who also serves as director of Army Community Theater, thanked the spouses and family members for attending and gave recognition to those with family members deployed to Afghanistan and Iraq.

Smith, who has worked as a civilian employee for the Army for 33 years and whose father

was killed in World War II, has a special affinity for those affected by the deployment.

"Tonight's attendance doubles the number of people that were present at our previous production preview and we are more than happy to do this in support of our troops and their families," Smith added.

(Editor's Note: "West Side Story" will be showing at Richardson Theater on Fort Shafter Friday, Saturday and Sept. 24-25 at 7:30 p.m. Tickets for adults are \$17 and \$24. Children (under 12) pay \$10 and \$8. Call 438-4480 for more information.)



Courtesy photo

A free preview of "West Side Story," was offered to MWR Star Card holders Sept. 8 at Richardson Theater.