

FREEDOM

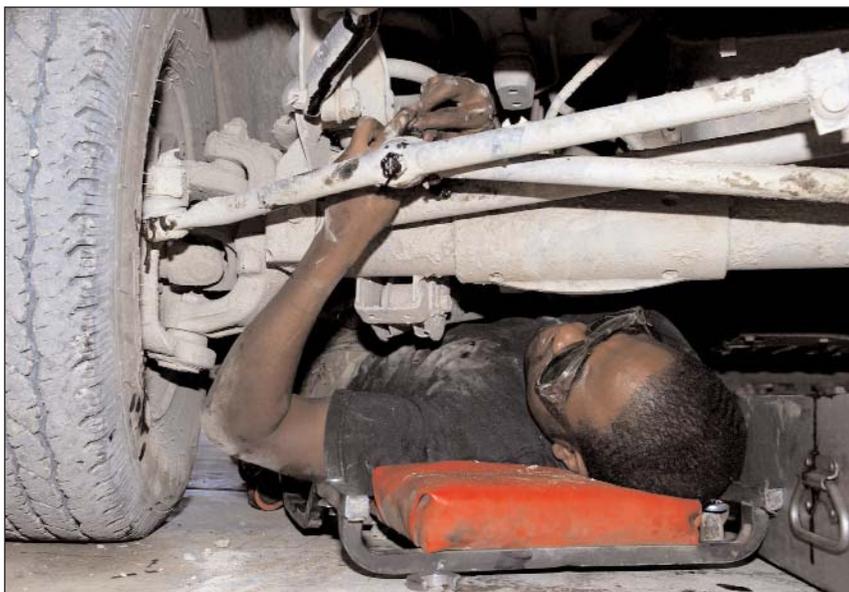
A close-up photograph of a soldier in a cockpit, wearing a helmet and goggles. The soldier is looking out over a desert landscape. The image is framed by a red border.

June 11, 2004

Watch

3rd Sqdn., 4th Cav. Rgt., introduces Kiowas to Afghanistan
Cover Story Page 5

Waste not, want not – water conservation necessary on Bagram
Page 3



Air Force Master Sgt. Jeff Szczechowski

Greasing the wheels

Air Force Senior Airman Ronald Blake, 455th Expeditionary Operations Group vehicle maintenance, greases the undercarriage of an Air Force vehicle. Besides working on general purpose vehicles, Blake is responsible for all of the refueling maintenance done on the six jet fuel aircraft refueling vehicles assigned here. He is deployed from Keesler Air Force Base, Miss.

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- Page 9:** Safeguarding the Coalition: Hydration crucial to mission readiness
- Page 11:** 'Operation Let Freedom Wing' kicks off in Afghanistan

Cover photo by Staff Sgt. Terry L. Welch, 105th Mobile Public Affairs Detachment Chief Warrant Officer Jim Kennedy, 3rd Sqdn., 4th Cav. Rgt., pilots the OH-58D Kiowa Warrior during a maintenance test flight near Kandahar Airfield, Afghanistan. The squadron deployed from Schofield Barracks, Hawaii. This is the first time the Kiowa observation helicopter has been used on missions in Afghanistan.



By Mark Baker

Pvt. Murphy's Law

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Water conservation prevents shortage

Story and photos by
Pfc. Cheryl Ransford
17th Public Affairs Detachment

BAGRAM AIR BASE, Afghanistan — Being in a deployed environment changes many aspects of day-to-day life.

One of the biggest aspects that changes when you are deployed to a third world country is the water supply, said Maj. Mark Shade, Lightning Task Force-725 support operations officer.

Each day, thousands of gallons of water are pumped from two wells on Bagram Air Base, said Shade.

“The wells that we have in Bagram are capable of replenishing 450,000 gallons of water each day,” said Bob (not his real name), the Kellogg, Brown and Root theater water manager. “On average we are using 350,000 gallons of water each day.”

There are several things that are being done to keep the wells from going dry, said Shade.

“Currently we are taking steps to keep the water supply from running out,” he said. “We have stopped watering the streets and shut down the wash racks. We are also no longer putting up Stratexes (showers and latrines), so that there is less water being used for flushing the toilet.”

Other ways to help with conserving water are to take shorter showers and turn

off the faucet while shaving or brushing your teeth, he said.

“We are also putting in low usage shower heads in all the showers on Bagram,” said Shade.

People must take the time to conserve the resources currently available, so there isn't a repeat of last year when the wells went dry, said Shade.

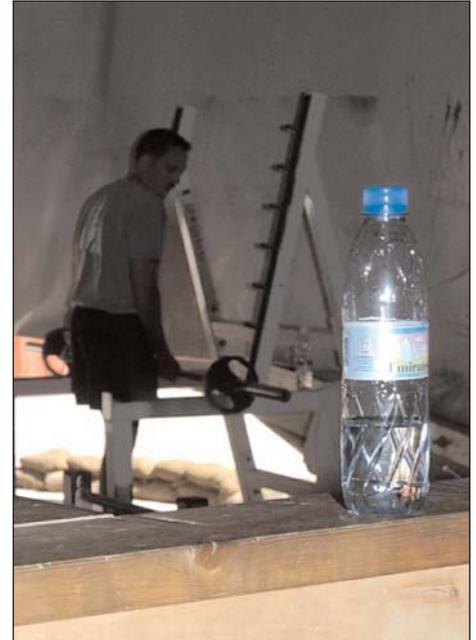
“To keep the base from running out of water, we are putting in two more wells, which will increase our water capabilities by almost 100,000 gallons a day,” said Bob.

But well water isn't the only kind of water on Bagram, said Capt. Dawn Hayman, LTF-725, Company D commander. “Aside from the water that is coming from the wells, we also have bottled water on Bagram.

“There are trucks that come on base everyday with bottled water,” she said. “We have ordered enough water for everyone assigned to Bagram. However, we are still running out of bottled water, because people are wasting the water.”

Bottled water can be found all over Bagram, she said. Some of the places that have water available at no charge for their patrons are the gym, the Morale, Welfare and Recreation building and all of the dining facilities.

“The water is available at these locations to help with hydration and keep service



Many half empty bottles of water are left in the gym on Bagram every day. At one point the water was removed due to people wasting the water while exercising.

members and civilians from developing heat injuries,” said Hayman.

Even though the water is there to help with hydration, the water could possibly be taken out of the MWR center and the gym if people continue to waste it, she said.

“At one point the water was taken out of the gym due to almost full bottles of water being left in the gym every day,” said Hayman. “Bottled water is not an unlimited resource.”

Some ways people can help with preventing a shortage of bottled water is by using the potable water in the latrines to brush their teeth, she said.

The water in the latrines has been determined safe for hygiene purposes, as well as consumption. If the water in the latrines is used for things like brushing teeth, instead of bottled water, the bottled water will go much further, said Hayman.

“When it comes to the limited resource of water in Bagram,” she said, “it is important to remember that if conservation isn't practiced the water will at one point run out.”

“Although we are not currently experiencing a shortage,” said Shade, “we do need to continually make sure we are not wasting the water we have. If we all do our part in conserving the water, there will be a constant flow of water through Bagram.”



Trucks pull into the water points on Bagram approximately every 30 minutes to deliver potable water to various locations around the base. The two water points on Bagram Air Base are run by Kellogg, Brown and Root.

CJTF-76 engineers transfer authority

Story and photo by
Sgt. Frank Magni
17th Public Affairs Detachment

BAGRAM AIR BASE, Afghanistan — Combined Task Force Gryphon officially became CTF Coyote when the 416th Engineer Group transferred authority to the 109th Eng. Grp. during a ceremony at Bagram Air Base May 25.

The 109th Eng. Grp., South Dakota National Guard, assumed command of a task force that includes engineers from Korea, Poland and Slovakia – with a mission that spans the entire country of Afghanistan.

After leading CTF Gryphon for six months, the 416th Engineer Grp., Ohio National Guard, will redeploy from Afghanistan.

While in country, CTF Gryphon completed more than 725 projects, ranging from the construction and improvements of forward operating bases and provincial reconstruction team sites to mine clearing and runway improvements. The task force was credited with pouring more than 70,000 cubic meters of concrete to repair, improve and expand the runways of Bagram Air Base and Kandahar Airfield. They also cleared more than 900,000 square meters of minefields with a 99.6 percent assurance rate.

Combined Joint Task Force-76 commander, Maj. Gen. Eric T. Olson said there is nothing more dangerous than clearing



Col. Nancy J. Wetherill (left), CTF Coyote commander, uncases the 109th Eng. Grp., colors during a transfer of authority ceremony May 25.

minefields, and CTF Gryphon's efficiency and success is a tribute to their entire mission.

Outgoing Commander Col. Alan D. Rodgers, 416th Eng. Grp. said the job of engineers isn't always glorious, but his combined task force embraced their roles as combat enablers.

"Your efforts here kept the fight close to the enemy," said Rodgers. "You supported the tactical operations throughout the country by keeping the war fighters close to the enemy."

Olson said the engineer task force is so instrumental to the success of CJTF-76 that work didn't even stop for the transfer of authority ceremony.

"This combined task force represents everything about the Coalition's mission in Afghanistan," he said. "A team effort on a

united front against terrorism and rebuilding Afghanistan represents and symbolizes what this combined task force does everyday."

Col. Nancy J. Wetherill, CTF Coyote commander, said her unit is prepared for the mission that lies ahead of them. "We are proud to serve our country in the Global War on Terrorism. I assure you we are well trained and look forward to supporting the Coalition."

Olson said he had already noticed how prepared the 109th Eng. Grp. is for their mission here. "If this transition is any indication of the success of this task force, then I'm sure Task Force Coyote will be extremely successful in their time here."

Combined Task Force Coyote commands Soldiers from the 367th Eng. Bn., U.S. Army Reserve, Minnesota; Company B, 926th Engineer Battalion, U.S. Army Reserve, Alabama; 67th Engineer Detachment, Fort Leonard Wood, Mo.; 528th Eng. Bn., Louisiana National Guard; Co. B, 204th Eng. Bn., New York National Guard; 1413th Eng. Det., Iowa National Guard; and Facility Eng. Team, U.S. Army Reserve Wisconsin. In addition, CTF Coyote manages Coalition engineers from Korea, Poland, Australia and Slovakia. All units of the 109th Eng. Grp. have been activated to federal service in the past two years. Currently, the 842nd Eng. Co., 216th Eng. Det. and 153rd Eng. Bn. from the group are serving in Iraq in support of Operation Iraqi Freedom.

Enduring Voices

What is the most important thing you learned from your father?



Spc. Anthony Faulconer
125 Sig. Bn., CJTF-76
"I learned how to be a good dad from my father."



1st Sgt. Virgil Hondor
Romanian Army
"My father taught me to be honest and to do a good job in everything I do."



Air Force Staff Sgt. Maria Hinckley
25th ASOS
"Honesty, he is the most honest person I know."



1st Lt. Craig Fisher
3rd Bn., 321st FA Rgt.
"Patience and work ethic."

Scouts introduce Kiowas to Afghan skies

Story by Staff Sgt. Terry Welch
105th Mobile Public Affairs Detachment

KANDAHAR AIRFIELD, Afghanistan — For the first time, the Army's OH-58D Kiowa Warrior is taking to the skies above Afghanistan.

Soldiers from 3rd Squadron, 4th Cavalry Regiment, recently deployed to Kandahar Airfield from Schofield Barracks, Hawaii, looking to fill their role as a combat multiplier for ground forces fighting the Global War on Terrorism.

It was commonly known throughout the Army that there was no mission for the small observation helicopters here. But these Soldiers are here to prove this idea wrong, said 1st Sgt. Robert Kosutic, Troop B, 3rd Sqdn., 4th Cav. Rgt., one of two troops that fly the OH-58D.

"I talked to the 10th Mountain guys and they said, 'We can't wait until you get here,'" he said.

The 58D does seem well-matched to the mission in Afghanistan. Smaller and quieter than other Army helicopters in theater — the ever-present CH-47 Chinooks and UH-60 Blackhawks — the Kiowas are designed to move close to the ground and, most importantly, to

actually see what's down there. Each is equipped with a "ball" mounted above its rotors, which offers pilots and commanders in the field several ways to view the battlefield and, therefore, the ability to better define it.

However, there are two parts in the 58Ds that are more important than all the technical gadgetry tacked onto it. "The minds in the cockpit make the mission," said Capt. Jeremy Phillips, Troop B commander. "The pilots are all trained scouts, whether it means they're finding something that just looks off, or the 'horde' coming over the hill."

In order to get pilots' eyes on the details of terrain, flying lower isn't enough. "I flew in a Blackhawk down here to Kandahar going about 120 knots from point A to point B," said pilot Chief Warrant Officer Steve Weaver. "We go a lot slower." As a former enlisted infantryman, Weaver appreciates what that means to the troops on the ground — eyes in the sky that can both find the enemy early and provide ground troops with close air support, which is the second thing that makes the Kiowa so useful. Though it's primarily a reconnaissance aircraft, the 58D can deliver missiles and .50 caliber machine gun rounds in support of ground troops. It also has the ability to electronically "hand off" targets to other precision-guided weapons systems.

Chief Warrant Officer Birche Meese said that kind of support is where the Kiowa proves itself. "Our biggest asset is being able to maintain contact with the enemy," he said. "They seem to be kind of slippery, but we are that air platform down low and we can stick with them."

Of course, flying lower and slower in an aircraft packed with technology would tend to set off an alarm in most peoples' minds. But OH-58Ds are by no means sitting ducks.

"You really don't know where we're at or where we're coming from until we're right overhead," said Meese. "It's hard to draw a bead on us."

Agile, sneaky and far-sighted, it's hard to imagine why any skeptics would have found reason to doubt the Kiowa Warriors' ability to serve in Afghanistan. Simply put, it's because it hadn't been done. The 58Ds recently proved themselves mission-essential in a certain hot and dusty environment, serving as scouts for columns of armored and infantry Soldiers charging toward Baghdad, often



Staff Sgt. Terry Welch
Section Sgt. Kyle Emmer and Chief Warrant Officer Jim Kennedy check communications frequencies on the OH-58D's instrument panel before a flight.

flying scores of miles ahead. Afghanistan's terrain adds the extra challenge of operating at higher altitudes, a factor to be taken very seriously when dealing with a small, single engine helicopter. The addition of heat and dust to the equation made the success of the Kiowa in Afghanistan even more unlikely to non-supporters.

Luckily, the 3rd Sqdn., 4th Cav. Rgt., knows something about dealing with higher elevations. They often train at airfields on the island of Hawaii, commonly known as the Big Island, that sit well over 6,000 feet. It's that kind of experience, as well as their experience maneuvering through Makua Valley, a training range on the island of Oahu, that made them a good choice to be the first to fly the OH-58Ds in Afghanistan, a distinction they are proud of. "It's history being made," said Kosutic.

If the climate and environment weren't enough to deal with, the OH-58D comes with its own built-in maintenance challenges. Small, but packed with equipment, reaching a spot to repair can sometimes be like stretching for an itch you can't quite scratch. "It has a lot of areas that are hard to reach and work around," said Spc. Dominic Merrell, an OH-58D mechanic.

Added all up, it means that the pilots of Troops B and C will have to rely even more than usual on their crew chiefs, as well as the other maintenance and logistics specialists in Troop D.

"To maintain the optempo, we're going to have to ask a lot of our crew chiefs," said Weaver, who's already impressed



Staff Sgt. Gary Harp
Before arriving in Afghanistan, the OH-58Ds rode in the belly of a much larger aircraft, the C-17.

See *Kiowas*, Page 11

Celebrating Asian-Pacific heritage



Republic of Korea soldiers demonstrate Taekwondo at the Asian-Pacific American Heritage Month festivities on Bagram May 28. Taekwondo is an ancient form of martial arts, as well as a form of physical fitness for Korean soldiers.



Republic of Korea soldiers perform a Nanta, or kitchen percussion, performance during the Asian-Pacific American Heritage Month celebration May 28.

Koreans share culture with Coalition forces

Story and photos by
Pfc. Cheryl Ransford
17th Public Affairs Detachment

BAGRAM AIR BASE, Afghanistan — Every year, Asian-Pacific American Heritage Month is recognized by millions of people in the United States. This year some of those deployed in support of Operation Enduring Freedom took the observance half way around the world.

Republic of Korea Army soldiers hosted a traditional Asian celebration May 28 at Bagram Air Base, in honor of Asian Pacific American Heritage Month.

Even though Asian-Pacific American Heritage Month is an American observation, the Republic of Korea soldiers wanted to take part in the festivities. The Korean soldiers worked on the events of the celebration for a little over a month, said Sgt. Sing-Hyung Lee, 100th Korean Engineer Group.

Throughout the celebration the



Marine Pfc. Dustin Swanson, 42nd MALS, plays a game of Jaeki Chaki with some of the Korean soldiers at the Asian Pacific American Heritage Month celebration May 28.

Republic of Korea soldiers shared various aspects of Korean traditions and culture.

“Events like this are good for bridging a bond between all the Coalition forces,” said Marine Pfc. Dustin Swanson, 42nd Marine Air Logistics Squadron. “It helps others see into the lives of those around them by being exposed to the traditions and cultures of others.”

Some of the traditions and cultures that were demonstrated during the celebration included traditional Korean songs and

dancing, SaMulNolYi (traditional Korean music), Taekwondo and Nanta (kitchen percussion).

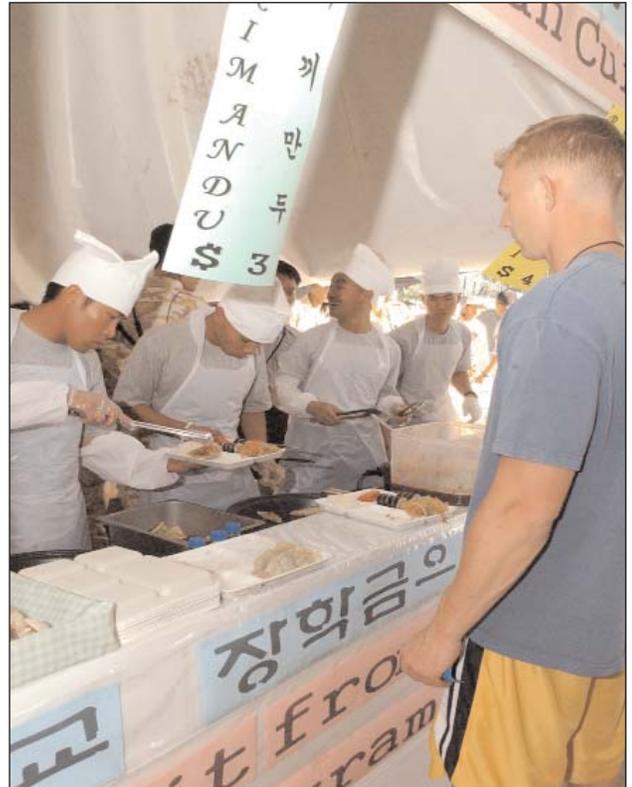
The ROK Engineer Group soldiers demonstrated the different levels of Taekwondo for Coalition forces and civilians of Bagram. The performance was concluded with the soldiers kicking open a Korean piñata six feet off the ground, which was full of confetti.

Throughout the celebration, ROK soldiers sold traditional Korean food to everyone who attended the celebration – with the proceeds going to a scholarship fund for students in Bagram schools.

Asian-Pacific American Heritage Month has been observed since 1977, when it started as just a week-long observation. In 1992, President George H. W. Bush signed a House Resolution changing the observation from the first week of May to the entire month of May.

Throughout the years, the themes for Asian-Pacific American Heritage Month have been chosen based on the changing times in America.

This year the theme was “Freedom for all, a nation we call our own.” This theme



Korean soldiers serve up a traditional Korean meal to Coalition forces and civilians during the Asian Pacific American Heritage Month celebration May 28.

was chosen to reflect the reality of America – not only the unity but also the diversity.

“This celebration is special because it takes place in a country where the Republic of Korea is working together with Coalition forces to rebuild a nation,” said Maj. Gen. Eric T. Olson, Combined Joint Task Force-76 commander. “This is a great opportunity for American and Coalition forces to learn about Korean culture and heritage.”

During the celebration Kim Tae Jin, a Korean Embassy representative, said it was an honor to see the Korean soldiers sharing their culture with those around them.

“Being here as part of the Coalition has given the Republic of Korea the chance to come together with the service members and civilians on Bagram and share the history and culture of Korea,” he said.

Having celebrations of traditions and culture in this kind of environment helps to build friendships, said Capt. Lubo Morochovic, Slovak Engineer Unit.

“Sharing our cultures and traditions with others is something we should all do,” he said. “It is one way for all of us to show others our country’s history, background and what you have done to get to where you are today.”



Col. Walter Branch (right), Task Force 325 commander, learns the game of Nyut, a Korean game of chance, at the Asian-Pacific American Heritage Month celebration on Bagram Air Base May 28.

Bagram Post Office keeps mail coming, going

Story and photo by
Pfc. Chris Stump
17th Public Affairs Detachment

BAGRAM AIRBASE, Afghanistan — Keeping mail flowing smoothly into and out of a combat zone is no easy task — but Soldiers at the Bagram Post Office are working tirelessly to make that happen.

Soldiers assigned to the 841st Adjutant General Company, U.S. Army Reserve from Tulsa, Okla., recently took charge of the Bagram facility and several others in Afghanistan. The company has platoons at the post offices in Karshi-Kahanabad (K2), Uzbekistan and Kandahar — with plans to open another office in Salerno in June, said Sgt. 1st Class Randy LeClair, Bagram Post Office postmaster.

LeClair, who is also a postmaster for the U.S. Postal Service, manages the military post office the same way that he does his post office back home, he said. There are virtually no differences in the way mail operations are run between military and civilian offices.

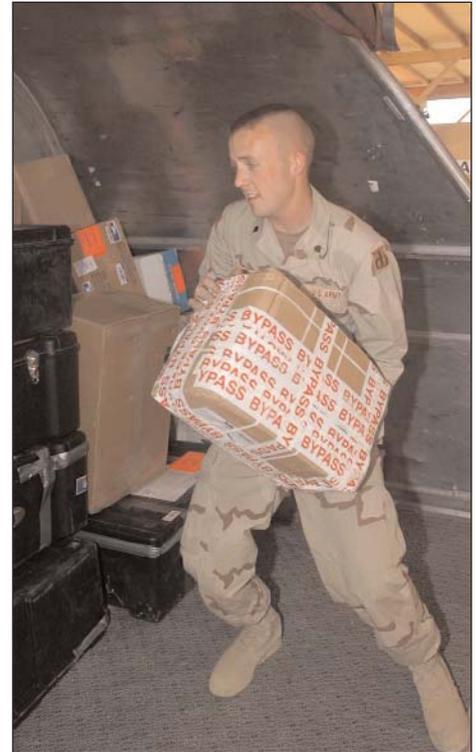
“We have everything a U.S. Post Office has,” said LeClair. “We send Priority Mail,

we insure mail and provide all the same customer services that our civilian counterparts do.”

Providing all those services to troops is often hard work — especially for an office that processes 66 percent of all military mail in Afghanistan, he said.

The Bagram facility receives 30 to 40 pallets of mail a week, added LeClair. Everything from letters to boxes arrives via aircraft into Bagram.

The long mail route begins wherever the letter is initially mailed, and follows the U.S. Postal Service’s chain until it reaches John F. Kennedy International Airport in New York. There, a civilian contractor takes over and ships the mail to Bahrain, where it makes a brief stop, he said. From Bahrain, the mail is flown to whatever mail station is closest to the addressee — Bagram, Kandahar or K2 — providing the sender has addressed the piece correctly. Every once in a while, senders address packages to Bagram, Afghanistan — in which case the mail is sent to an Afghan post office in Kabul until military postal workers arrive to claim it, he said.



Spc. Richard Price, 841st AG Co., unloads incoming parcels at the Bagram Post Office.

See *APO*, Page 10

Soldier shares Asian-Pacific heritage at Kandahar

Story by Sgt. Stephanie L. Carl
17th Public Affairs Detachment

KANDAHAR AIRFIELD, Afghanistan — Asian-Pacific American Heritage Month isn’t just an opportunity to recognize the contributions of Asian-Pacific Americans to society. It also gives many people of this background a chance to share their heritage with people around them, helping Equal Opportunity accomplish one of its primary missions — education.

“EO is about education,” said Master Sgt. Carol Cheley, Combined Joint Task Force-76 Equal Opportunity NCO in-charge. “We teach Soldiers to respect and appreciate differences.”

Some Coalition forces gathered here May 21 to listen as several Asian-Pacific Americans shared stories from their heritage and experiences, helping others to gain a better understanding of some differences they may see.

One of those Soldiers, Capt. Brett Egusa, Coalition Task Force Bronco command staff advocate, shared the legacy left by his ancestors. Egusa is of Japanese and English-German descent. His father’s side of the family is from Hiroshima, Japan and his

great grandparents, the Egusas and the Tagamis, immigrated to the United States around 1900.

Egusa told the story of his great-uncle, Kan Tagami, who was born in the United States in 1918 and was educated in Japan. Tagami returned to the United States prior to World War II and the Army drafted him in 1941. Egusa said his uncle proudly served as a military linguist despite prejudice and his family’s

internment at the Gila River Detention Camp in Arizona. According to Egusa, “while (Uncle Kan) never gave up on his country or wanted to join the other side, he couldn’t help but feel frustrated with what happened to his family.”

Egusa’s family, as with many other Asian-Pacific Americans around the time of World War II, had found themselves lumped into a stereotype.

“At that time, the (government) was placing many Asian-Pacific Americans in internment camps,”

said Cheley. “A lot of them volunteered to serve in the military, wanting to show their loyalty to the United States.”

According to Cheley, it didn’t take long for America to realize its mistake. Units like the 442nd Infantry Regiment, a predominantly Asian unit, demonstrated their patriotism time and again during World War II.

“By their honorable service, they have paved the way to show others that it is not what you look like, but who you are that matters.”

**Capt. Brett Egusa
Coalition Task Force Bronco**

See *Kandahar*, Page 10

Drinking water keeps troops safe in the heat

Safeguarding the Coalition

Story by Pfc. Cheryl Ranford
17th Public Affairs Detachment

BAGRAM AIR BASE, Afghanistan — Though safety is always a top priority to the military, it becomes even more important in a deployed environment.

Safety includes staying healthy and making sure your Soldiers are hydrated. Dehydration is an inhibitor that can leave a unit non-mission capable, particularly in warmer weather.

As the weather gets hotter, the need to hydrate increases, said Capt. Robert Lowen, Task Force 325 Combat Support Hospital preventive medicine officer. To keep the body from getting over-heated everyone needs to stay well hydrated.

The body is made up of 70 percent water, and without constantly refreshing the water in the body it will eventually stop functioning, he said.

“Most people think that if they are drinking water while they are working they are doing enough,” said Lowen. “But the truth is you should start drinking water before you start working to raise your hydration level before going out in the heat.”

When the hydration level gets too low, a person is at risk for a heat injury, he said. There are three types of heat injuries, each of which gets progressively worse if symptoms go unnoticed or untreated.

“The least severe heat injury is heat cramps,” he said. “Heat cramps are muscle contractions, usually in the hamstring muscles (the muscles at the back of the calves). These contractions are forceful and painful.

“The second type of heat injury, heat exhaustion, is a result of excessive heat and dehydration,” he said. “The symptoms of heat exhaustion are paleness, with cold sweat on the forehead, headache and dizziness, nausea, vomiting, and fainting.

“Heat stroke is the most severe form of heat injuries,” said Lowen. “It can occur even in people who are not exercising, if the weather is hot enough. These people have warm, flushed skin, and do not sweat. Athletes who have heat stroke after vigorous

exercise in hot weather, though, may still be sweating considerably.”

Due to the severity of dehydration when heat stroke occurs, treatment should begin as soon as symptoms are observed, said Lowen.

Even though the heat is one of the biggest factors in dehydration, it is not the only one, said Lowen.

“Hydration levels are affected by not only heat but also sweat, weight, activity, altitude and what types of fluids are being drank,” added Lowen.

When a person is physically active, they need to increase their water intake because of water that is lost through sweating, he said.

“Depending on the temperature and the amount of work being conducted, a person can lose up to two liters of water per hour,” said Lowen. “It is only safe to drink one and a half liters per hour, so you must continually drink water so you don’t get dehydrated.”

Also, if a person is out of shape they will need to drink more water because fat holds in heat, he said.

“People who are overweight and out of shape are more likely to get heat injuries because the body is not able to cool down as well,” said Lowen.

Along with heat and weight, altitude also plays a big part in dehydration, he said.

“Being at higher altitudes, like we are here in Afghanistan, you won’t feel as thirsty. However, you loose water faster and don’t notice the symptoms of dehydration as soon,” said Lowen. “Some of those symptoms are painful spasms of the muscles caused by excessive loss of salt from the body, profuse sweating, headache, weakness, loss of appetite and dizziness.”

Since you don’t notice the symptoms as soon at higher altitudes, there are a few indicators to watch for, said Lowen.

“One of the best indicators for hydration levels is the color of your urine,” he said. “If your urine is clear or light yellow, you are fully hydrated. However, as the color of your urine gets darker your hydration level is going down.

“To keep from getting dehydrated and ending up in the hospital with a heat injury, such

as heat cramps, heat exhaustion or heat stroke,” Lowen continued, “you should drink water before you get thirsty. By the time you feel thirsty your body is already down one quart of water.”

While a person may be drinking plenty of fluids, they can still get dehydrated if they are drinking wrong kinds of fluids, he said.

“Most people drink lots of fluids every day, but what they are drinking could actually be doing more harm than good,” said Lowen.

There are many different types of drinks on the market for helping with hydration, but not all of them are as good as they claim to be, he continued.

“Many of the sports drinks that are on the market are good for the electrolytes that are lost through sweating, but the sugars that are in them actually keep the water from getting into your system,” said Lowen.

Along with sugar, caffeine is also something that can cause the hydration level to decrease.

“Many people drink a lot of coffee and soda. While they may quench the thirst, they don’t help keep the hydration level up,” said Lowen. “Caffeine and carbonation act the same way as sugars in drinks.

However, as long as you drink two glasses of water for every drink you have that is carbonated or has sugars or caffeine, you should be OK.”

Since being thirsty is not a dependable indicator of dehydration, you should drink water frequently, he said. A guideline for how much water to drink is one cup every 15-20 minutes, not to exceed two quarts per hour. The amount of water that should be drunk each day varies slightly with body size, but the guidelines are a good average for everyone, said Lowen.

“The guidelines for how much water to drink are based on how much work you are doing and what the heat category is,” he said. “The higher the temperature is and the harder the work is that is being done, you need to take more breaks and drink more water.”

When out in high temperatures, applying sun-screen will also help with hydration levels, said Lowen. “If you get sun-burned you will need to drink more water because the body

loses water faster through burnt skin,” he said.

Staying healthy in the sun is important to everyone, young and old, he said.

Without drinking plenty of water you are putting your health and the safety of those around you at risk.

Work rest cycle

| Heat Category | WBGT Index | Easy Work | | Moderate work | | Hard Work | |
|---------------|------------|-----------|--------------------|---------------|--------------------|-----------|--------------------|
| | | Work/Rest | Water Intake Qt/Hr | Work/Rest | Water Intake Qt/Hr | Work/Rest | Water Intake Qt/Hr |
| 1 | 78-81.9 | NL | 1/2 | NL | 3/4 | 40/20 min | 3/4 |
| 2(Green) | 82-84.9 | NL | 1/2 | 50/10 min | 3/4 | 30/30 min | 1 |
| 3(Yellow) | 85-87.9 | NL | 3/4 | 40/20 min | 3/4 | 30/30 min | 1 |
| 4(Red) | 88-89.9 | NL | 3/4 | 30/30 min | 3/4 | 20/40 min | 1 |
| 5(Black) | >90 | 50/10 min | 1 | 20/40 min | 3/4 | 10/50 min | 1 |

APO: Post office boosts Coalition morale with mail

continued from Page 8

The Soldiers from the Bagram office recently made a trip to Kabul to pick up about 60 misaddressed packages, said LeClair. The Bagram Post Office doesn't have regularly scheduled trips to Kabul to pick up improperly labeled parcels that end up in the Afghan mail system, so it is very important to let friends and family know the proper military address so mail



Pfc. Chris Stump

Spc. Kenneth O'Kelley, 841st AG Co., sorts outgoing mail at the post office.

is received in a timely manner.

Once correctly labeled mail arrives at an APO, it is immediately sorted by postal workers and unit volunteers into units and sections, said LeClair.

"It's a one day turnaround in the Bagram Post Office," he added. "We want to get mail to the Soldiers as soon as possible. Mail is a huge morale booster."

Outbound mail is also available for those whose morale is boosted by writing back home.

Most of the outgoing mail is "free mail" – letters less than 13 ounces mailed free-of-charge for troops in the area of operations – and boxes of souvenirs people collect during their time here, he said.

Although the Army Postal Service will mail boxes, there are limitations to what can be sent. Many items that people can readily buy in the country cannot be mailed, said LeClair.

Weapons, drugs, intoxicating beverages, toxic material and sexually explicit material are just a handful of items that are not allowed to be sent in or out of Afghanistan.

In order to verify none of the prohibited items are being sent home, all packages are inspected at the post office prior to being sealed, said Spc. Kenneth White, 841st AG Co. After inspection, the packages may be mailed.

Sending and receiving packages is very important to people here, he said.

"It's great for morale – it helps Soldiers stay in touch with friends and families and get stuff from home that they normally wouldn't be able to get here," he added.

Soldiers who are looking for these morale-boosting items can expect a turnaround time of approximately eight days from the time a piece of mail arrives at JFK – in addition to the time it takes to get through the mainland, said LeClair. On the return trip, mail is a little slower, taking about 14 days to reach its destination due to security and other procedures for U.S.-bound mail.

The post office typically sends out much less than it takes in, said LeClair, but there's still a large volume leaving the facility – processing all the mail here includes receiving outgoing mail from the firebases, Kandahar and K2, as well as Bagram.

Keeping the mail flowing in and out is a tough job sometimes, said LeClair, a job the Soldiers at the Bagram Post Office are well prepared to handle.

"We are here to provide a service to the Soldier, and we're constantly trying to improve that service," he said. "Soldiers enjoy getting letters and packages from friends and family back home – we're here to make that possible."

Kandahar: Family's legacy documents military's progress

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Egusa's great-uncle was one of many Asian-Pacific Americans to contribute greatly to the war effort. Egusa related to the audience his great-uncle's work with the Military Intelligence Service, his service in the China-Burma-India Theater, and his post-war work as an aide for Gen. Douglas MacArthur.

"Uncle Kan ended up serving 10 years in the U.S. Army. In 1996, he was inducted into the Military Intelligence Hall of Fame," he said.

Years later, around the time of the Vietnam War, the U.S. military had progressed even more, according to Cheley.

While Soldiers were fighting in the Vietnam War, there was also an internal conflict within the military. Desegregation of units had begun, according to Cheley, but there will still many racial issues.

Egusa's father found himself subject to some of these issues, after being drafted by the U.S. Marine Corps in 1966 and assigned to Camp Hansen, Okinawa. From there he completed a number of tours in Vietnam.

"During the Vietnam era, my father found that there was racial prejudice in the military. However, much of this prejudice was based on pure ignorance ... and tended to be regional."

Cheley echoed Egusa's words, explaining how people started looking at others on an individual basis, not just lumping them

into categories based on race.

"People took the time to get to know the people around them," said Cheley. "Unfortunately, many still placed the prejudice on different groups as a whole."

Determined to overcome the labels that were placed on them, men like Egusa's great-uncle and father made it possible for people like Egusa to serve proudly in the U.S. Armed Forces today.

"By their honorable service, they have paved the way to show others that it is not what you look like, but who you are that matters," said Egusa, as he began to wrap up his talk. "I have been treated fairly and with respect, not based on my ethnic background but because of my abilities and job experience."

At the conclusion of the ceremony, Egusa remarked on the progress the Army has made in regards to racism. "The (Equal Opportunity) program works so well," he said.

"Our program is working," said Cheley. "We teach and raise awareness through things like Asian-Pacific American Heritage Month. We don't just tell people they can't say or do certain things – we explain to them why these things are offensive and why it's wrong to do them. These are things that are allowing our military to progress and continue to grow and embrace the diversity of America."

(Editor's note: Information for this story was contributed by Sgt. 1st Class Matthew A. Fearing, 105th Mobile Public Affairs Detachment.)

Let Freedom Wing

Hooters waitresses visit troops in Jalalabad

“Operation Let Freedom Wing” kicked off in Afghanistan June 1 when five waitresses from Hooters, a popular American restaurant known for serving up thousands of hot wings daily, visited the approximately 60 troops assigned to the Jalalabad Provincial Reconstruction Team in the eastern region of Afghanistan. Arriving for their Morale, Welfare and Recreation visit via UH-60 Blackhawk helicopter, the Hooters girls were excitedly greeted by the troops assigned there.

The girls – who appear on the annual Hooters calendar – signed autographs, posed for pictures and doled out plenty of hugs and kisses to the Soldiers.

While in Afghanistan, the girls visited Kabul, Bagram Air Base and Kandahar Airfield. They also made stops in Manas, Kyrgyzstan, Karshi-Kahanabad (K2), Uzbekistan, and Qatar throughout their two-week tour, sponsored by Armed Forces Entertainment.



Michelle Moya hands an autographed calendar to Spc. Bryan Lemmo, 3rd Bn., 321st FA Rgt., at Jalalabad June 1. Lemmo is assigned to the area to provide security to the PRT.



Ursula Maciejewski (left) boards a UH-60 Blackhawk helicopter with assistance from Spc. Matthew Grove, a Co. C, 2nd Bn., 25th Avn. Rgt., crew chief prior to her trip to Jalalabad June 1.



Photos by
Staff Sgt.
Monica R.
Garreau

The girls exit the aircraft on the landing zone outside the Jalalabad PRT during their MWR visit.

Kiowas: New aircraft give troops increased capabilities

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with the drive he sees in the maintenance crews. “The hours they put in out there in the heat, I don’t even know how they do it. It’s a constant cycle for them.”

Sgt. 1st Class Jeff Lang, Troop D maintenance platoon sergeant, knows it isn’t going to be easy. “I think the environment’s going to make my job harder,” he said, “but all my maintenance guys are all well-rounded.” In fact, he added, they make a point of “cross-breeding” skills.

No matter the skill level, though, Lang said it’s the attention to detail of the mechanics that will ensure that the heli-

copters keep flying. “Discipline is the key for mechanics, as well as on the battlefield,” he said.

Seeing that discipline in the maintenance Soldiers, said Phillips, makes it easier for pilots to fly, knowing they can trust their aircraft. “They may not be sitting in the aircraft like other crew chiefs do, but the pilot has to go up with the assurance that they’ve done their job.”

The trust pilots put in them is another driving force in the mechanics’ desire to do things right. “It makes you feel cautious,” said Merrell. “You have to know the maintenance you’re doing is done the way it’s supposed to be.”

In the end, though, pride in their work

shows through in the way the mechanics talk about “their” helicopters as much as any pilot, especially in discussing their status as the first helicopters of their kind in Afghanistan. “It’s an achievement,” said Merrell. “We’re the first ones out here doing this mission. I laugh at the guys, because we have our own aircraft and I say mine was the first one to touch the soil.”

A small, tight-knit community, the troops of 3rd Sqdn., 4th Cav. Rgt., know that it’s not just unit pride on the line as they perform their mission here in Afghanistan – it’s the lives of their comrades and the overall success of Operation Enduring Freedom.

Courage



A Marine must possess the moral, mental, and physical strength to resist opposition, face danger, and endure hardship, including, but not limited to — Self-Discipline, Patriotism, Loyalty and Valor.