



FREEDOM WATCH



September 7, 2002

Published in the interest of those serving in Operation Enduring Freedom

Bagram, Afghanistan

News briefs

(Compiled from CNN.com)

Afghanistan shaken by attacks

KANDAHAR, Afghanistan — Afghan President Hamid Karzai has returned to Kabul after a failed assassination attempt on his life and two car bomb attacks shook the nation instilling new fears of political instability. Karzai escaped Thursday's attack by a lone gunman wearing the uniform of the new Afghan army. Witnesses reported hearing dozens of shots in the exchange Thursday that left the gunman and one of the president's body guards dead and Kandahar Gov. Gul Agha Sherzai and a U.S. Special Forces soldier slightly wounded. Afghan and U.S. Special Forces soldiers, which provide security for Karzai, fired back, killing the gunman instantly. A witness within the president's entourage said Karzai was walking with Sherzai outside the palace when shots rang out. Sherzai, a member of the ethnic Pashtun tribe and a supporter of the

See **BRIEFS**, Page 3

9-11 paintings unveiled at Pentagon

By Tech. Sgt. Tim Dougherty
Air Force Print News

WASHINGTON —

When Air Force Art Program officials commissioned artist Rick Herter to create two large-scale paintings depicting America's response to the Sept. 11 terrorist attacks, Herter envisioned images that would help to dispel any thoughts that the country had been unprepared.

The paintings, titled "First Pass, Defenders Over Washington" and "Ground Zero, Eagles on Station," were unveiled Wednesday by Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper during a ceremony at the Pentagon.



Photo by Staff Sgt. C. Todd Lopez, Air Force Print News
Artist Rick Herter speaks at the unveiling of his painting, "First Pass, Defenders Over Washington," at the Pentagon Wednesday.

Jumper commended the artist for his work, adding that the work is a tribute to those who have flown combat patrols since Sept. 11.

"The power of Rick's art captures the spirit of the Air Force's response to the attacks on the morning of Sept. 11," Jumper

said. "In those airplanes were Air Force pilots who had to contemplate doing

See **PAINT**, Page 2

Growing past the trauma of Sept. 11

By Jim Garamone
American Forces Press Service

WASHINGTON — As the anniversary of the Sept. 11 attacks approaches, people may find themselves experiencing emotions they felt they were past.

The anniversary may reawaken the trauma many people experienced, said psychologist Victor Welzant of the International Critical Incident Stress Foundation. He spoke to a Pentagon audience Aug. 28 about what to expect as Sept. 11 approaches. The

Pentagon Employee Referral Service sponsored the presentation.

"This is a time to be really tolerant of each other," Welzant said. "People are going to have to work together and talk together, and together we can get through this."

He said that all people mark anniversaries. Birthdays and wedding anniversaries are typical celebrations around the world. People around the world also mark anniversaries of "life changing" events — and Sept. 11, he said, certainly fits into that category.

As the day approaches,

people affected may experience a number of reactions. "All this is perfectly normal," Welzant said.

Those closest to the tragedy are likely to be affected most, he said. Those affected may experience memories, dreams, thoughts and feelings about the event. They may experience feelings of grief, sadness or regret.

They may become afraid or anxious or angry. They may wish to avoid people or places that trigger these memories. Finally, they

See **TRAUMA**, Page 2

TRAUMA, from Page 1

may feel the need to reflect on the incident and how it changed their lives.

“Again, all this is perfectly normal,” Welzant said, so people should not believe they are strange or somehow crazy.

Psychologist Mary Lindahl of Marymount University in Arlington, Va., said that translating these feelings into words helps. “After such seismic events, many people wrote poetry, kept journals or just detailed what happened,” she told the audience. “Tests show this reduces blood pressure.”

She said that the opposite also generally holds true. “If you try to keep your feelings inside, it takes a toll on your body,” she said. “It is work for the body to try to keep those feelings inside.” This shows with higher blood pressure, facial tics and other physical manifestations.

Lindahl said that many who suffered the trauma of Sept. 11 would come out of the experience stronger. “It’s just like a broken bone,” she said.

“When it finally heals, it is stronger than before.”

She said research shows that those who go through events they call “a psychological earthquake” often find it easier to express emotions. They are more compassionate and giving and have a greater appreciation for life.

All religions have this tenet of growing past the pain, she said. “In Christianity, first there is the cross, then the Resurrection,” Lindahl said. “While no one would choose to go through this pain, they can grow because of it.”

She cited the founders of Mothers Against Drunk Driving as an example of people who took pain they suffered and grew from it.

Lindahl and Welzant both stressed that people going through this experience are not alone. “The message is that whatever your personal situation, no matter what stage of grief you are in, we are all in this together,” Lindahl said. “We can help each other, and we can become stronger in the broken places.”

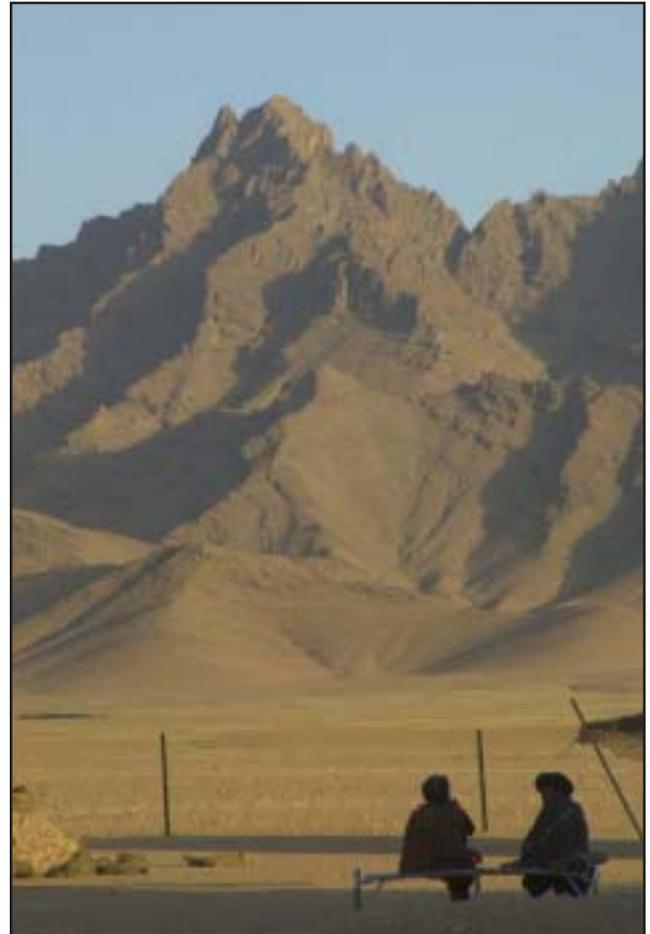


Photo by Pfc. Matthew Acosta, 49th Public Affairs Detachment

Resting in the shade

Members of the Afghan Military Force, dwarfed by the surrounding mountains of a Kandahar Valley, rest at the end of the day in the shade of a shelter. The AMF aides the 82nd Airborne Division soldiers by providing security for an undisclosed American compound.

PAINT, from Page 1

the unthinkable, and that is having to confront one of our own airplanes, over our own skies and filled with our own citizens, but flown by terrorists. His art does justice to the many men and women who have flown vigilantly over the skies of America since Sept. 11.”

Herter is quick to point out that the airplanes he shows in his art were airborne before the hijacked

airplanes struck their targets.

“What I want these paintings to show was our response that morning was quick and rapid,” Herter said. “If you look at the timelines and do the research, you’ll see that the Air Force had planes in the air before the airliners impacted the buildings. Our guys were there. This is something that no one could have prepared for, but once it happened, our Air Force had the skies

secured and protected.”

Herter is well known in the Air Force for doing realistic portrayals and paying great attention to detail. He is a member of the Air Force Art Program and several of his paintings are already displayed on the walls in the Pentagon. Because of his reputation and talent, Herter was selected as the artist to recreate the view of Sept. 11 from the airman’s perspective, said Russell Kirk, Air Force Art Program direc-

tor.

Herter put more than 700 hours of work into the paintings over the past 10 months. Corporate sponsorship from Boeing and Rolls Royce allowed him to devote all his time to the project.

The painting “First Pass, Defenders Over Washington” shows Capt. Dean Eckman of the North Dakota Air National Guard’s 119th Fighter Wing as he arrives over the nation’s capital and makes

his first pass over the Pentagon. In the painting “Ground Zero, Eagles on Station,” Lt. Col. Tim Duffy of the Massachusetts Air National Guard’s 102nd Fighter Wing makes a turn over the World Trade Center at about 3,000 feet.

The paintings are now part of the Air Force Art Program collection and will be displayed in the Pentagon on the walls of the 9th corridor between the “C” and “D” Rings.

HIND SIGHT

1630

The town of Trimontaine, Mass., is renamed Boston, and becomes the state capital.

1813

The earliest known printed reference to the United States by the nickname “Uncle Sam” occurs in the *Troy Post*.

1888

An incubator is used for the first time on a premature infant.

1892

The first heavyweight-title boxing match fought with gloves under Marquis of Queensbury rules ends when James J. Corbett knocks out John L. Sullivan in the 21st round.

1912

French aviator Roland Garros sets an altitude record of 13,200 feet.

BRIEFS, from Page 1

Karzai government, was wounded by a bullet that grazed his neck. There was an increased amount of security in Kandahar because Karzai was there.

Allied aircraft attack Iraqi air base

WASHINGTON — Coalition aircraft attacked targets on an Iraqi air base Thursday southwest of Baghdad, a U.S. Central Command spokesman said. The coalition response came after Iraqi forces fired anti-aircraft artillery at coalition jets patrolling the southern no-fly zone of that country. The official said that in two different strikes, 12 coalition aircraft — four U.S. Air Force F-15s, four British fighter jets and four U.S. Navy F-18s from the USS *George Washington* — were used to drop more than 20 precision-guided bombs on a military airfield known as Rutvah, about 240 miles of west Baghdad. Two to three separate targets on the airbase were pinpointed for destruction. A command center, an air defense radar site and a cable repeater were among those targets.

Blair: UK will pay blood price

LONDON — British Prime Minister Tony Blair says he is prepared for Britain to pay “a blood price” to maintain its special relationship with the United States. His comments are likely to fuel speculation of British involvement in any military action against Iraq. Blair, gearing up for talks on Saturday at Camp David with U.S. President George W. Bush, said it was important the U.S. knew they could count on Britain in a crisis. Although Blair said that no decision had been taken on any possible action against Iraq, he said that military action was sometimes “inevitable.” But the prime minister, often criticized at home for his close relationship with Bush, was keen to stress that the U.S. did not dictate Britain’s policy.

Local weather

TWO-DAY REGIONAL WEATHER REPORT:

	<i>Today</i>	<i>Sunday</i>
Bagram:	<i>Dusty</i> H: 84F L: 52F	<i>Dusty</i> H: 82F L: 55F
Kandahar:	<i>Dusty</i> H: 93F L: 57F	<i>Dusty</i> H: 95F L: 61F
Kabul:	<i>Dusty</i> H: 81F L: 48F	<i>Dusty</i> H: 79F L: 52F
Uzbekistan:	<i>Clear</i> H: 85F L: 50F	<i>Clear</i> H: 86F L: 50F

Weather forecast courtesy of the Bagram Combat Weather Team

FREEDOM WATCH

Freedom Watch falls under the supervision of the Combined Joint Task Force - 180.

- ❖ CJTF - 180 Commanding General — Lt. Gen. Dan McNeill
- ❖ CJTF - 180 Command Sergeant Major — Command Sgt. Maj. Steven R. England
- ❖ Public Affairs Officer — Col. Roger King
- ❖ Public Affairs Sergeant Major — Sgt. Maj. C.J. Costello

Freedom Watch, an Army newspaper publication, is produced by the 28th Public Affairs Detachment at Bagram Air Base, Afghanistan.

- ❖ Commander — Capt. Timothy Beninato
- ❖ NCOIC — Staff Sgt. Rhonda M. Lawson
- ❖ Editor — Sgt. Reeba Critser
- ❖ Sports Editor — Spc. Alfredo Jimenez Jr.
- ❖ Journalists — Sgt. Jason Allgood, Spc. Erica Leigh Foley, Pfc. Nathan Akridge and Pfc. Eleazar Craig.

In accordance with AR 360-1, this Army newspaper is an authorized publication for members of the U.S. military overseas. Contents of *Freedom Watch* are not necessarily the official view of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Army.

All submissions are subject to editing for size and content by the 28th Public Affairs Detachment, located in Motel 6, CJTF - 180, Bagram Air Base.

To be added to the daily distribution list, e-mail reeba.critser@us.army.mil

Visit the CENTCOM Website to see the latest editions of *Freedom Watch* at www.centcom.mil/operations/CJTF%20180/cjtf180.htm

COALITION SPORTSZONE

The Day in Sports

(Compiled from ESPN.com)

MLB: A's finally streak out

All good things must come to an end, and so it is with the A's 20-game win streak. Brad Radke pitched a six-hitter for his 100th career win, leading the Twins to a 6-0 victory Friday. The A's, who began the streak five games out of first, are now looking back at the surging Angels, two games behind after their eighth straight win.

Golf: Short on support

A group pushing for women to become members of Augusta National wants the support of PGA Tour players. Early returns aren't promising. And count Page 2's Jason Whitlock among those withholding their support — he says gender discrimination and racial discrimination are two very different things.

Soccer: Back in the hunt

Just when it looked like New England had dropped completely out of the MLS playoff picture, the Revs have stormed back into contention and will try to keep their three-game unbeaten streak alive Saturday against D.C. United. In other action, Columbus travels to San Jose where both clubs look to keep pace in the race for the Eastern and Western Conference titles, respectively.

College football: The weakest link?

The talk is there is only one thing keeping No. 1 Miami from repeating as national champs — its secondary. The 'Canes young DBs hear that and aim to make a statement against WR Taylor Jacobs and the high-flying Florida passing game in The Swamp on Saturday.

RPM: Rookies Sweep Richmond

Rookie Jimmie Johnson won his fourth pole of the year Friday for the Chevy Monte Carlo 400. Ryan Newman qualified second to form an all-rookie front row for the start of Saturday night's race at Richmond International Raceway. Tony Stewart, the May winner at RIR who didn't seem to mind the slick track, qualified 14th.

Tennis: It's the sisters again

It didn't go as smoothly as Venus Williams would have liked, as she let the second set slip away to Amelie Mauresmo before winning 6-3, 5-7, 6-4. But no one else can say they're in their third consecutive U.S. Open final, Greg Garber writes. In her way is sister Serena, who beat Lindsay Davenport 6-3, 7-5 and hasn't dropped a set. The winning Williams will finish the year ranked No. 1.

NHL: Theodore signs with Habs

Facing the prospect of opening camp without their No. 1 goalie, the Canadiens re-signed Jose Theodore on Thursday to a three-year deal worth \$16.5 million. Theodore, now the highest-paid Hab, won both the Hart and Vezina trophies last season.

2002 Major League standings

American League East				GB
N.Y. Yankees	88-52	.629	-	
Boston	78-61	.561	9.5	
Baltimore	64-75	.460	23.5	
American League Central				GB
Minnesota	82-59	.582	-	
Chicago (AL)	68-73	.482	14	
Cleveland	63-77	.450	18.5	
American League West				GB
Oakland	88-52	.629	-	
Anaheim	86-54	.614	2	
Seattle	82-58	.586	6	
National League East				GB
Atlanta	89-50	.640	-	
Philadelphia	70-70	.500	19.5	
Montreal	69-72	.489	21	
National League Central				GB
St. Louis	79-61	.564	-	
Houston	74-66	.529	5	
Cincinnati	68-72	.486	11	
National League West				GB
Arizona	87-53	.621	-	
Los Angeles	81-58	.583	5.5	
San Francisco	78-61	.561	8.5	

Thursday's scores

Anaheim 6-3 Baltimore
 N.Y. mets 7-2 Philadelphia
 Boston 7-2 Toronto
 Pittsburgh 11-0 Florida
 N.Y. Yankees 8-1 Detroit
 Atlanta 5-0 Montreal
 Texas 9-3 Tampa Bay
 Cincinnati 5-3 Milwaukee
 Cleveland 9-7 Chicago Sox
 St. Louis 11-2 Chicago Cubs
 Seattle 14-7 Kansas City
 Colorado 7-3 San Diego
 Minnesota 6-0 Oakland

**W
I
L
D
C
A
R
D**

NL

1. Los Angeles .583
2. San Francisco .561
3. Houston .529
4. Philadelphia .500
5. Montreal .489
6. Cincinnati .486

AL

1. Anaheim .614
2. Seattle .586
3. Boston .561
4. Chicago Sox .482
5. Baltimore .460
6. Texas .457