

Blue Devil II

88th Regional Support Command

April 2002 Vol. VII, No. 1

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www.usarc.army.mil/88thrsc/

CG's Corner

Brig. Gen. Michael W. Beasley



We citizen-soldiers have always known that the potential for being mobilized is real. Truthfully, we may not have ever believed it would really happen to us, that we would be called to leave our civilian life behind for a period of time, but none of us can honestly say our leaders haven't tried to prepare us for that eventuality.

Having served in Vietnam, as well as being called back to active duty to serve in both the Persian Gulf during Operation Desert Storm in the early 1990s, and in Bosnia in 1996, let me assure you, mobilization is a reality. With the number of "hot spots" in the world today and the heightened war on terrorism, it may not be a matter of *if* we get mobilized, but *when* we get mobilized. Soldiers of the 88th Regional Support Command must be physically and mentally prepared for putting boots on the ground.

Five months after the U.S. military launched Noble Eagle here in our homeland and Enduring Freedom in Afghanistan, the 88th RSC has already called almost two dozen units to active duty on orders of up to one year in length, including military police, military intelligence, transportation, maintenance, and administrative units. While reserve units in previous military operations had anywhere from two to ten months notice for deployment, the units responding to Noble Eagle and En-

during Freedom have received only two to ten days notice. Certainly, we have completely redefined the term hasty mobilization.

This underscores the critical need for us to be ready at all times — ready to respond to our nation's call on very short notice. We must not only be trained in our soldier and skills areas, but just as importantly, we need to ensure that our families are ready, too. The well-being of soldiers and their families is directly linked to the Army's capabilities, readiness, and its preparedness to perform any mission at home or worldwide.

Do you have current and valid Family Support Plans completed? If you are single, do you know who will manage your affairs in your absence? You should keep your employer informed of potential deployments and help plan in the event that your unit is called up. I urge you all to review your personal files and make contingency plans.

Now, more than ever, taking care of soldiers also includes taking care of their families. Please be sure you are doing that; it will increase your own readiness as a soldier — and give you peace of mind.

- Blue Devils!



Command Sgt. Maj. John Werner

From the Top

The beret is here. Forget the speculation. Forget the hype. The latest change in the U.S. Army uniform is now a reality for soldiers of the 88th RSC. For soldiers used to wearing the BDU cap, it's time to adapt.

The buzz from the change to the black beret rivals that from the switch from OD green fatigues to the BDU 20 years ago, and for good reason. Army Chief of Staff, Gen. Eric Shinseki says the beret is a symbol of our pride and excellence as the Army transforms itself. However, symbol or not, the beret is simply another part of a soldier's uniform, and as such, must be properly worn and cared for.

First, ensure the beret is the correct size. Then, when donning the beret, make sure the edge binding (headband) fits straight across the forehead, one inch from the eyebrows. The flash should be centered above the left eye. Pull the excess material down to the right side so it touches the right ear, but does not extend below the middle of the ear.

Hair styles must conform to the beret and not vice versa. As with other authorized headgear, I do not want to see a beret placed atop a pile of hair, or hair extending below the bottom edge of the front or below the bottom edge of the back collar.

The beret must be carried when not being worn. It will not be stuffed into pockets or slung from a belt. Caring for the beret is relatively

simple. Be careful about wetting, soaking or freezing the beret, as the flash may become distorted and colors may bleed or fade. Using warm water to wet the beret can cause it to shrink. Don't use a razor to remove lint; it may cut through the wool. Instead, use a lint or soft-bristle brush. For cleaning, the manufacturer recommends dry cleaning only.

The headgear has changed; the standards have not. A properly worn uniform reflects your excellence and professionalism. If you see a soldier wearing the beret incorrectly, make the correction. If you don't, not only will you have set a new standard, you will have done that soldier a disservice. Wear the beret with pride.

Take the point!



BlueDevil II

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April 2002

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On the cover

This photo was emailed to us. An aircraft filled with 101st Airborne Division soldiers en route to Afghanistan circled the World Trade Center disaster site in lower Manhattan en route to Afghanistan to remind the troops of why they were deploying. It was the first time since Sept. 11 that the Federal Aviation Administration allowed a commercial plane to fly over the site. This photo was said to have been taken by one of the soldiers on the flight. For stories on 88th RSC soldiers involved in America's response to the Sept. 11 attacks, see pages 6-9



On the back

Spc. Paul L. Reece, a military policeman in the 342nd Military Police Company, Columbus, Ohio, consoles his son prior to deploying in support of Operation Enduring Freedom. See the story on the 342nd MP Co. deployment on p. 6-7

Photo by Capt. Jefferson Wolfe, 367th MPAD, White Hall, Ohio



From the editor

The *Blue Devil II* is for soldiers, DA civilians and family members. We invite readers' views.

Please stay fewer than 150 words and include your name, rank and address. Anonymous letters will generally not be used. We may condense your views because of space. We can't publish or answer every one, but we'll use representative views. Write to: Letters, *Blue Devil II*, 506 Roeder Circle, Fort Snelling, MN 55111-4009, or email: 88PAO@usarc-emh2.army.mil

Army Ten-Miler

Because of the Sept. 11 terrorist attacks, AUSA decided to cancel the 2001 Army Ten-Miler. It was a real heart breaker for the 88th RSC Men and Women's teams that had trained all year to represent the command at the 17th annual race. Being the men's defending champions in the Reserve Division, we were prepared to defend our title. Soldiers first and runners second, we supported the decision to cancel the Army-Ten Miler.

Even though the race was postponed until next year, now is the time to get ready for next year's race. It is never too early to start running. The 88th RSC will once again be ready to defend its title at next year's race. We are also ready to start a new tradition and have the first women's championship team. This year will be the first time that a separate woman's category will be added to the reserve division. We are excited because the 88th RSC has what we believe is the best women's team in the Reserve. We have some strong runners that are capable of bringing home the 1st place trophy. The 2002 Army Ten-Miler race is scheduled for Sunday, October 20, 2002. It is the largest ten-

mile race in the country with an estimated 18,000 runners competing.

If you are interested in competing contact Capt. Lee Gearhart at 1-800-THE-ARMY ext 3082, 612-713-3082 or Capt. Jackie Conlan ext. 3308. Selection for the 88th RSC team is the third week in August.

Listed below are the runners selected for last year's race. If you know any of them congratulate them for making the 2001 team and encourage them to train for this year's race.

Women's Team

1. Capt. Jennifer Moore
2. Capt. Sara Lilly
3. Capt. Jacqueline Conlan
4. 1st Lt. Kim McLellan
5. 1st Lt. Laurie Medina
6. Sgt. 1st Class Bonita Porter-Trainer
7. Staff Sgt. Jaqueline Zent
8. Sgt. Aimee Davis

Men's Team

1. Capt. Micheal Stella
2. Capt. Francisco Artley
3. 1st Lt. Clinton Hnilica
4. Staff Sgt. Steven Waisman
5. Sgt. Jacob Moen
6. Sgt. Jason Shallenberger
7. Spc. Bryan Mullooly

Capt. Francisco Artley, 88th Regional Support Command Soldier Support Center

Editor's note

America's largest ten-mile race, the Army Ten-Miler, will open its on-line registration March 1, 2002. Thousands of runners from around the world will participate in the race, which takes place at 8:00 am on Sunday, October 20th in Washington, DC. Starting and finishing at the Pentagon, the racecourse winds through the nation's capital, along the scenic Potomac River and past such national treasures as the

Capitol, the Lincoln and Jefferson Memorials and the Washington Monument. Renowned for its esprit de corps, organizational excellence and runner support, this race is the U.S. Army's premiere running event. To register on-line visit the website at <http://www.armytenmiler.com>. Registration fees are \$25 per individual runner. Registration includes a long-sleeve runner's shirt, Champion Chip timing, a post-race breakfast buffet, entry into the post-race party and other race amenities. All mail-in registrations must be postmarked by August 30, 2002, and the deadline for on-line race entry is 5:00 pm eastern standard time on September 20, 2002, or when the 18,000-participant limit is reached.

Support our troops

Over the past several years the Office of the Staff Chaplain has provided individual mailing labels for persons to write our several dozen deployed troops. However, since 9/11 it has become a significantly greater number of soldiers mobilized within this command — over 50 in support of KFOR and over 800 in support of Noble Eagle/Enduring Freedom. And for security reasons, mail will no longer be delivered to "any soldier."

Yet these citizen-soldiers need to hear from us ... assuring them that they are in our thoughts and prayers. Therefore, I would encourage persons to write our troops using the mailing addresses found on the 88th RSC Intranet [<http://88intra/>]. We will seek to keep this information updated.

Thank you for caring,

**Chaplain (Maj.) Kenneth L. Beale, Jr.,
Assistant Staff Chaplain, HQ, 88th
Regional Support Command**

Story and photo by Spc. Melissa Walther,
367th MPAD, Whitehall, Ohio

Care for heroes

Gold Award project generates care packages for deployed soldiers

Emily Johnson helps Staff Sgt. Shawn Richardson load care packages she prepared for troops overseas.

Three months ago, Jake Brewer, executive director of the USO of Central Ohio, received a call from Emily Johnson, a Girl Scout wanting to put together care packages for troops overseas. Her goal: 500 boxes.

"I thought she'd end up with a dozen and I could handle that," Brewer said. "Then on Thursday she called and said she was ready to bring everything to the reserve center. I said, 'Okay, what do you have?' She said, 'I've got 1,000 boxes.' Wow, 1,000!"

Originally a way for her to earn her Gold Award, the Girl Scout's equivalent to the Boy Scout's Eagle Scout Award, the care packages turned out to be a way the 18-year-old Pataskala, Ohio, native could give something back to her heroes.

"If it wasn't for men and women like you, I couldn't wake up and feel safe," said Johnson after receiving recognition March 13 from Army Reservists and local dignitaries at the Army Reserve Center in Whitehall, Ohio.

Brewer and the Girl Scouts of the USA both gave Johnson permission to solicit various companies in gathering contents for the care boxes.

"I sent out a bunch of letters telling people what I was trying to do," Johnson said. She managed to collect \$30,000 in donations and merchandise. Each box contained a disposable camera, stationary, post cards, envelopes, phone cards, candy, gum, a pocket planner, and disposable razors. Each box, marked with the Girl Scout logo, was slightly larger than shoebox size.

Eleven volunteers loaded the boxes in a truck to be taken to the reserve center the next day. One of the volunteers, eight-year-old Brownie Girl Scout Rachel Radcliff was honored at a ceremony held at the reserve center along with Johnson. Rachel's mother, Lorie said her daughter was excited being part of the project.

"She worked for twelve hours," Lorie said. "While our backs were sore, she was still bouncing around working."

Both girls received various military coins, while Johnson also received certificates and awards from the USO, the Ohio House of Representatives, and the state Senate.

Ohio Rep. Jim McGregor, said he was very impressed with what she had done.

"She did such a good job," McGregor said. "In fact, much more that she anticipated. It was such a shock." He was not the only person to feel this way.

After the brief ceremony, soldiers stood in line to shake Johnson's hand and thank her for her outstanding effort.

"I wish I had a box for all of you," she said. "I would do it all again."

Even then she wasn't done. She went outside and helped the soldiers load the truck that would take the packages to an airport to be shipped to Bosnia, Kosovo, Turkey, and possibly Uzbekistan.

"I think this girl has done a fabulous job," Brewer said. "I can't fathom what she's done. It's too much for me to comprehend." ♦

OPERATION ENDURING FREEDOM

When the 342nd got the call, they were set for a ...

Quick Response

By Capt. Jefferson Wolfe
367th MPAD, Whitehall, Ohio

Whether on vacation, on the way to work or at home, members of the 342nd Military Police Company were ready when called to active duty.

The unit's mission is to escort and guard prisoners. It was activated during the last week of December. The 342nd is one of a number of 88th RSC MP units mobilized as part of Operation Enduring Freedom.

Soldiers reported the first week of January and headed to Fort Dix, N.J., their mobilization station.

Capt. Brent Haas, the unit's commander, was notified of the call-up Dec. 30.

"Actually, I was in Florida," he said. He cut his vacation a week short by leaving on New Year's Day after attending the Outback Bowl.

"We left immediately following the game," Haas said.

It was a 15-hour drive back to Ohio, where he reported to the unit, at Fort Hayes in downtown Columbus.

It was difficult to get in touch with all the 342nd soldiers because the activation came between Christmas and New Year's Day, Haas said.

"Those that we did get ahold of responded immediately," he said.

While select personnel came in a day before, the whole unit reported Jan. 4. There is a 342nd detachment in Troy, Ohio, and those soldiers loaded their vehicles and convoyed to Fort Hayes to meet the rest of the company.

"We started our load out—just cleaned out the entire center," said Sgt. Todd Ruble, a squad leader in the Troy detachment. "Even on active duty, I've never seen people move like that. We had the building stripped, and the motor pool, in a matter of three and a half or four hours."

Unit members reported to the Troy fa-

cility on Thursday. They were ready to leave for Columbus by Friday afternoon.

"I thought we would have a little more time," he said. "I didn't expect a one-day difference."

Ruble was on his way to work Jan. 2 when he was notified.

"They called just as I was on my way out the door," Ruble said. After receiving the call, Ruble called his employer and his family to prepare for what was to come.

For the unit, his first priority was to inform everyone in his squad about what was going on and what was needed.

"There was a lot of shock for the lower enlisted," Ruble said.

A few months before, 342nd soldiers made sure they had their gear in their wall lockers at the reserve center ready and packed, he said.

"I knew it was going to happen," Ruble said. "Sept. 11, I was on the phone to my squad, letting them know we were leaving at some point. It was just a matter of time."

After the terrorist attacks, the unit's goal was to make sure the soldiers were ready, and were working with their schools or employers.

"When we all got together, an emphasis was placed on readiness," Ruble said.

Spc. Kimberly Fender, a soldier in the Troy detachment, had just gotten home from work when she got the call.

"I get home pretty late and I was just getting ready to watch Survivor," she said. There was a message on her answering machine to call her squad leader.

After hearing that the unit had been



activated, she got her gear ready and reported to the unit.

Fender said that most of the families were there and supportive, but some of them seemed pretty upset.

The 342nd is prepared for the mission, she said.

"Our unit is a really close unit," Fender said. "We work really close together. We have great NCOs and leadership. Everyone in the company is always ready to work. Everyone takes their job seriously, so we do really well."

Fender thought it was likely the 342nd would be called to active duty after the Sept. 11 terrorist attacks. She watched the news reports that day in the break room while at work.

"Once I figured out what was going on, I knew we were going to go soon," she said. "I knew pretty much, myself, that I had better start getting myself ready and preparing my family the best I could."

The deployment affected Fender in another way – she was supposed to get engaged, but the deployment put those plans on hold. ♣

Sgt. Candace Jenkins, a former member of the 342nd MP Company, says goodbye to her friend, Sgt. 1st Class Eric Shorr.

photo by Master Sgt. David Johnson

Six soldiers more than ready

**Staff Sgt. David Bennett
367th MPAD, Whitehall, Ohio**

Among the mad dash of packing and processing going on at the Fort Hayes Reserve Center as the 342nd Military Police Company prepared for deployment, six unit members were already ready.

The six soldiers returned Nov. 10 from a six-month stint in Kosovo, where they served as guards at a detention facility at Camp Bondsteel. Now they were preparing to depart for Fort Dix, N.J. with rotations into Afghanistan likely.

Only seven short weeks since returning home, Spc. Jon Fugate, 23, a native of Englewood, Ohio, said he anticipated that the time between this mobilization and the last might be short.

"We figured we would leave after the holidays," said Fugate, one of three Kosovo veterans attached to the 342nd MP Detachment in Troy, Ohio. "I didn't even unpack."

At least one-third of the 140-member contingency that departed Columbus in January was from the Troy detachment.

Sgt. Sean Bowerman of Lima, Ohio, faced the prospect of leaving his wife of seven years and four young children so soon after the holidays. While he is prepared to leave, he said the upcoming would be probably more difficult on his spouse.

"She was a little upset but she understands," said Bowerman, 32.

Bowerman said that his civilian employer has been supportive as well, considering the short period that he has been home. He works as a supervisor at the Toledo Correctional Institution. Likewise, Spc. Clint Brooks, 22, said his employer, the Montgomery County Sheriff's Office, was supportive of when he went to Kosovo, as well as when he received word after the new year that his unit had been called as part of Operation Enduring Freedom.

The Brookville, Ohio, native said his family understood as well.

"My Dad was in the Army, so they have been through this before," he said. ♣

Deployed 88th RSC units *

733rd Maintenance Company
6015th Garrison Support Unit
428th Military Police Company (MP Co.)
447th MP Co.
814th MP Co.
375th MP Detachment (CID)
871st Transportation Company (Trans. Co.)
3422 Military Intelligence Detachment (MID)
3427 MID
3433 MID
3408 MID
3415 MID

3416 MID
825th Adjutant General Company
342nd MP Co.
958th Trans. Det.
324th MP Det. 1
100th Chaplain Team
Team 1 306th MI
48th Military History Detachment
657th Trans. Det.
391st MP Co. (KFOR)
783rd MP Co. (Desert Spring)
329th Postal Company (SFOR)

*Units deployed with Operation Noble Eagle/Enduring Freedom unless indicated

April 2002

OPERATIONAL ACTIVITIES

Dedication to duty and selfless service led an Army Reservist to New York City after terrorist attacks on the World Trade Center

Service to the soldier and a burning drive to help people in need are two values that Lt. Col. Kathy T. Platoni, a psychologist with the 307th Medical Group, Whitehall, Ohio, has willingly incorporated into her daily life. Those personal convictions led her to volunteer for the relief effort.

“I believe it is a duty incumbent on our profession to sound our own call to arms in the face of such human devastation and to spare those in harm’s way from additional, ongoing, and unnecessary damage,” said Platoni.

The animated, 4’11,” 85-pound, bundle of energy exudes a strong fervor as she recalls her volunteer efforts.

Ground Zero, New York City, in November 2001, and again in March 2002, are her latest volunteer endeavors.

The awful stench from decayed bodies and burning fuel still permeated the air when Platoni arrived in November, she said.

“Witnessing the largest graveyard on planet earth was heart-searing,” said Platoni. “I went to honor and serve the American heroes. People who have been heroes every day of their lives for serving as police officers, firefighters, EMS/paramedics, and every conceivable type of first responder and rescuer.”

According to Platoni, there is a tremendous need for mental health professionals to assist the men and women firefighters and police officers who are emotionally devastated after months of working in this graveyard of human misery. Emotional crises are common with these ground zero workers, and the mental health community must work with these people. Their own sanity and

family lives are in jeopardy if they don’t get the needed assistance to deal with what they witness every day at Ground Zero. Seeing grown adults just break down and start crying in the middle of the day was not unusual. “I know the emotional scars and burdens they bare on their conscience are heavy,” Platoni said. “That’s why I’m here to help any way I can.”

Platoni was unable to give specific examples of issues workers were dealing with due to confidentiality issues, but was able to speak in general terms about issues that were common among the workers.

“Many workers spoke of finding people ejected from the trade center who were still attached to their desk, or of working knee-deep in human body parts,” Platoni said. “Many people to this day are still dealing with the images and memories of having been rained on with body parts and human flesh when the trade centers collapsed.”

“Many police officers are dealing with tremendous feelings of guilt that they ran for their lives when the trade center collapsed, that they succumbed to the human survival instinct and didn’t save more lives. They’re blaming themselves. Others spoke of hearing the last transmissions of some police officers whose bodies were just found in the last two weeks. The transmitting officers said they were in total darkness, they didn’t know where they were and were losing air. Surviving officers heard the last transmission as those officers suffocated.”

When Platoni first went to Ground Zero, health care workers were just trying to work with workers so they could continue their work. “Back in November, we did a defusing process,” Platoni said. “It’s a way to get them to talk about the events, a way to mitigate the impact.”

Story by Master Sgt. David E. Johnson, 367th MPAD, Whitehall, Ohio

When Platoni returned, the work was more indepth. "We did full critical incident stress debriefings," Platoni said. "This time we got into the emotional aspects of the events in a more indepth way to help reach a point of closure. The reason we did it like this is in November, it wasn't a closed operation and we didn't want to immerse them in negative emotions. Now it's over and we can help them let go of the negative feelings. It's a more indepth unburdening, as well as a teaching of coping skills and stress management."

Platoni and other mental health workers served as consultants for the debriefings, but let police officers run the actual debriefings. "There is a much different level of trust between police officers than between outsiders and police officers," Platoni said. "The entire process was peer-driven. The debriefings were mandated by NYPD. The officers would not participate if the process were run by mental health workers because they would fear we'd take away their shield and weapon; and in the past that kind of intervention by a psychologist or psychiatrist often did result in the loss your shield or weapon. Allowing the debriefings to be peer driven removed that fear and allowed them to be more open without fear of consequences."

"We also debriefed the debriefers so that each of us doesn't go home with a lot of unfinished business," Platoni added.

Mental health workers also told rescuers of symptoms to look for in themselves or others that would indicate possible problems with dealing with the aftermath of the attacks. Symptoms include nightmares, flashbacks, vivid recollections of traumatic events, hypervigilance, social isolation, panic and tremendous anxiety, self-medicating with alcohol or drugs to avoid feeling states and rage. One symp-

tom alone may not indicate post traumatic stress disorder, but in a grouping, they might. Recognizing these symptoms is the first step towards getting treatment for them."

As a member of the SOCISM (Southwest Ohio Critical Incident Stress Management) team, Platoni worked with POPPA (Police Officers Providing Peer Assistance) while at Ground Zero.

"I was in absolute awe of these men and women and felt privileged to be in their presence," Platoni said.

Platoni and members of the SOCISM team worked to provide every means of support and counseling possible to the Ground Zero workers.

The Ground Zero workers have seen so much devastation, human suffering and misery, yet they continue on because of their dedication to the fallen, Platoni said. The psychological repercussions, though, could be long-lasting for the Ground Zero workers.

"That's why I feel so strongly that those in our profession are obligated to help these workers, these heroes, deal with what they've been through," said Platoni. "The job is far from done." ♦

Background, Ground Zero looked like the war zone it was when Lt. Col. Kathy T. Platoni, 307th Medical Group, visited with other mental health workers to provide assistance to those involved in the cleanup efforts.

Photo by Lt. Col. Kathy T. Platoni

Below, Lt. Col. Kathy T. Platoni (crouching), 307th Medical Group, poses with mental health workers at Ground Zero.

Photo by Mickey O'Rourke



Story and photos by Spc. Alicia Medina, 367th MPAD, Whitehall, Ohio

Despite skepticism, Norman exceeded expectations and made sure she had her...

Unit Ready

When Maj. Gen. Craig Bambrough was told at the 88th Regional Support Command Readiness Briefing January, 2001, that Capt. Kerry Norman, 377th Military Police Company commander, had promised to have her unit fixed by July, 2001, he was understandably skeptical. So skeptical he promised to personally visit the commander and give her a coin if she came through on the promise.

A low-priority unit for deployment prior to 1999, the 377th was low on manpower, new equipment and sometimes, morale. It had been 'broke' the last 16 out of 16 quarters.

However, after being named in 1999 to a list of rapid deployment units, the Cincinnati-based MP unit began a 180-degree transformation into a unit boasting increased attendance, deployment readiness and all-around team spirit.

The 377th now stands ready to deploy if called upon. As part of its duties, the unit guards enemy prisoners of war and conducts law enforcement duties.

When Norman arrived in May 2000, she found a unit that was short on the number of qualified personnel necessary to carry out its rapid deployment responsibilities.

"But they were good soldiers willing to work hard," she said.

To meet the Army's expectation of a rapidly deployable unit, a lot of work was required.

"The unit was kind of unorganized," said Stephen A. Bower, a resident of Hamilton, Ohio. "There wasn't really a plan for training. We were way understaffed with only approximately 90 soldiers in the unit, and few actually attending training."



377th MP Co. soldiers practice prisoner control methods in preparation for a possible deployment. Good training is one reason morale has risen in the unit.

On Oct. 15, 2000, Norman set a goal for herself and her unit. In one year, her intent was to have the 377th at full strength and operating under a reinvented training plan. She recognized the driving force for successfully improving must be the unit's NCO corps.

"I wanted them to realize that they are the key to everything," Norman said, acknowledging that no aspect of the company's overhaul was too minor to overlook. "We painted the doorways MP colors (of) green and yellow to help raise the spirits of the soldiers. We wanted to get people pumped up. I have also fought to get good missions to keep the morale up."

By October 2001, retention and recruiting efforts had boosted the 377th's unit strength to about 135. Introducing more realistic training was also needed to retain members.

"It took about a quarter of a year to get the unit into shape," Norman said. "Once all the soldiers understood where they needed to go and what to do, it got easier every day. All the soldiers took ownership of the unit which made my job a little easier."

Spc. Sara Toennis, of Kettering, Ohio said since joining the unit in August 2000, the proficiency among members has risen dramatically.

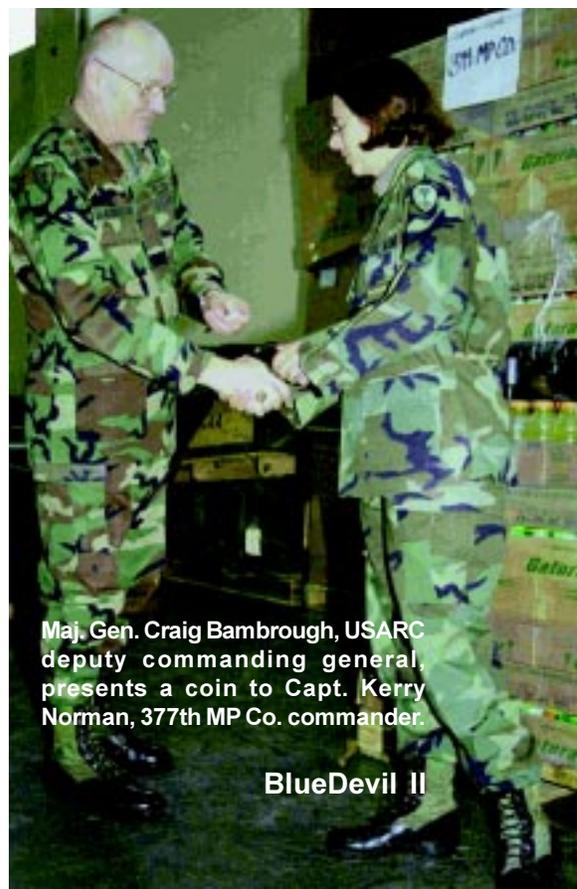
"I think training goes pretty well,

but it is a personal thing. It's what you make out of it," she said.

Norman had never commanded a MP company, but enjoys the challenge and in less than a year was successful in meeting goals she had set.

"The key to success is that you have to love what you do," she said. "Not only do it for yourself, but for your soldiers and the country that is counting on us, whether you are a commander or a private."

Bambrough presented the coin at the February 2002 drill. ♦



Maj. Gen. Craig Bambrough, USARC deputy commanding general, presents a coin to Capt. Kerry Norman, 377th MP Co. commander.

BlueDevil II

By Master Sgt. Betsey DePoint, 88th RSC
PAO, Fort Snelling, Minn.



Transformed

In ceremonies held throughout the six-state region April 6, the 88th RSC became the last major command in the Army to transition to the black beret

88th Regional Support Command soldiers donned the black beret in ceremonies across the six-state area April 6.

photo by Bill Geddes

With the 451st U.S. Army Band proudly playing The Blue Devil March, and following orders to “uncover” and then “don beret,” approximately 400 Blue Devils ceremoniously donned the Army’s black beret in ceremonies outside the 88th Regional Support Command’s (RSC) headquarters building at Fort Snelling on April 6.

The 88th RSC is the last Army command worldwide scheduled to transition to the black beret, nearly one year after Army Chief of Staff Gen. Eric K. Shinseki announced that the entire Army would don the black beret.

The Army is using the change to the black beret as a symbol of the bold transformation the entire Army is currently undergoing to become a more agile, deployable, and lethal force. Soldiers wear the beret in most situations, except for field or combat conditions.

The last beret donning ceremony comes after months of mixed reaction from soldiers worldwide. Some felt strongly enough against donning it as to march in Washington, D.C. in protest as they felt it belonged exclusively to the Army’s Rangers, tankers, and airborne units. Numerous myths and misconceptions surrounding both the beret’s history and the reason for our switching to it have permeated discussions among soldiers. Few realized that the Army leadership had been considering its donning for

more than a dozen years, but had tabled it because of other more pressing priorities. It was during the process of transformation that Shinseki deemed it was an appropriate time to do so.

In his remarks to the soldiers participating in the ceremony, Brig. Gen. Michael J. Jelinsky, deputy commander of the 88th RSC, said, “The black beret is a symbol of excellence and a symbol of the Army’s transformation. Wear it with pride and dedication as soldiers in the best Army in the world.”

Command Sgt. Maj. John Werner, senior noncommissioned officer for the 88th RSC, led the 400 soldiers in a renewal of the enlistment oath. Chaplain (Maj) Kenneth Beale, assistant staff chaplain, gave the invocation and prayed that, “As we are about to take up the new Army headgear of the black beret, may we do so with the added recognition of our need to put on ‘the full armor of God.’”

Change is never easy; it’s especially difficult in an organization as large and grounded in history and tradition as the Army. “It’ll probably take some time before we all have our berets fitting correctly, but I think we look pretty sharp in them,” said Staff Sgt. Craig Bergman, Headquarters, Headquarters Company, 88th RSC. ♦

Positive peer pressure

Wet-bulb readings drove soldier-care measures when dealing with New Mexico heat

Story by Master Sgt. David E. Johnson and Pfc. Melissa E. Walther, 367th MPAD, Columbus, Ohio

When a wet-bulb reading indicates the globe temperature index is dangerous, the soldier-care safety checks and balances system ignites on all cylinders.

“Drink your water, drink your water – everyone drink water” is blasted over the public address system throughout the field site.

“It was a dry heat, so I hardly even noticed it, other than the sunburns, but everybody drank plenty of water,” Sgt. 1st Class Harry Christopher said. Christopher is the maintenance supply sergeant for the 209th Quartermaster Company from Lafayette, Ind. Christopher was at Roving Sands.

To combat these conditions, non-commissioned officers conduct roving medic patrols and monitor buddy systems and chowlines, according to Staff Sgt. Leo Edelen, Jr. He is the NCOIC of the battalion aid station for Headquarters and Headquarters Battery, 3rd Battalion, 2nd Brigade, Air Defense Artillery, at Fort Bliss, Texas.

“We set up a cantina where people could buy bottled water, chips and candy bars,” Christopher said. “Since we were the ones supplying the ice, we had an unlimited supply. There were five-gallon jugs of ice water everywhere.”

“The buddy-system team concept is positive peer pressure,” said Edelen. All soldiers check their buddies to make sure enough water is consumed throughout training exercises, he added.



Sgt. David A. Alegria demonstrates the functions of the wet-bulb device in the New Mexico heat. High wet-bulb readings mean more soldier-care measures.

photo by Master Sgt. David Johnson

When soldiers perform exhaustive physical labor in a hot climate, many don't feel hungry. That's when the first sergeant checks every soldier who processes through the chow line. All soldiers are monitored to make sure they don't skip meals, said Edelen.

The third check is a roving check by medical personnel. Medics roam throughout the site to check every soldier for signs of heat exhaustion or dehydration.

In addition, a final, catch-all soldier-safety mechanism is the risk assess-

“Soldiers take care of soldiers”

ment each NCO conducts.

“NCOs have a file on all their soldiers, so they are able to monitor each soldier based on any unique medical conditions a soldier may have,” said Edelen.

When a wet-bulb reading indicates any level of a dangerous heat category, medics inform the commander, the NCOs are notified, and the soldier-safety system goes into action.

“We have over 150 personnel involved in Roving Sands 2001 in our

unit area with only two cases of heat exhaustion in over ten days, so we have done excellent during this exercise,” said Sgt. David A. Alegria, an emergency medical technician with the HHB, 3/2/ADA.

“Soldiers take care of soldiers,” said Alegria.

The wet-bulb instrument the Army uses to monitor climate conditions has three thermometers, and all three readings factor in to a five-level index. The risk categories range from Level One to Level Five. Level One uses a 40-minute workplan and includes 20 minutes of rest and consuming three-fourths of a quart of water. Level Five consists of 10 minutes of work, fifty minutes of rest and consuming an entire quart of water.

“The rest periods are staggered,” said Alegria, “to allow us to accomplish our work.”

Using the globe temperature index and following the five-level index keeps soldiers safe. Heat injuries can be fatal or cause permanent injury. Contact the 88th RSC Safety Office at 1-800-THE ARMY, Ext. 3974 for more information on preventing heat injury. ♦

Soldiers of the 758th Maintenance Company help New Horizons III to... Keep the juice on

By Staff Sgt. Craig Pickett, 350th MPAD, Indianapolis, Ind.

In a matter of seconds Base Camp Oxelotlan, El Salvador, went completely dark. Soldiers all over camp were confused and disoriented; they frantically started fumbling for their flashlights. Once the commotion died down, the questions started. What's going on? What happened? Are we going to have showers? How about chow?

Soldiers were in a state of disarray for close to an hour. Then, as quickly as it went out, power was restored. People wondered what happened for a few minutes, and then returned to their evening routine, just happy they could have a hot shower and lights to play cards by.

One of the generator mechanics working diligently in the dark to restore life to the camp was a sergeant from the 88th Regional Support Command. He is with the 758th Maintenance Company, Whitehall, Ohio.

The Ohio-based unit is sending down eight rotations to support New Horizons 2002. It is an operation that, in the end, will produce seven schools, four wells and two clinics. It is a combined effort between the Army, Navy, Air Force and Marines; with the 758th respon-

sible for the maintenance of all of the Task Force's vehicles.

"We keep all the engineers up and running so they can complete the mission," said Sgt. First Class Michael A. Lyles. Lyles is the noncommissioned officer in

Juice continued page 14



An overlooked detail in planning by the engineers resulted in Sgt. Scott Ward getting tasked with cutting a hole in the brackets used in the buildings constructed at Base Camp Oxelotlan in El Salvador.

photo by Sgt. Danny Martin



Left, Spc. Bobby England Jr., Co. C, 389th Eng. Bn., removes a fuel injector on a 30k generator. Above, England cleans the fuel injector he just removed. Background, the motor pool at Base Camp Oxelotlan in El Salvador is situated on a working plantation. In the open, the heat and dust is a constant factor.

photos by Staff Sgt. Craig Pickett



Juice continued from page 13
charge of the eight men sent down on the first rotation.

Their shop is comprised of two tents on the east end of base camp near the town of Usulután. It is a working plantation whose owner agreed to lend the army the land for the duration of the exercise. Most of the camp is covered in dirt that has been turned into a fine powered dust by the constant flow of foot and vehicle traffic.

“The base camp is good, and the troops are motivated and enthusiastic,” said Lyles.

“It’s not too bad,” added Pfc. Garrett Gall, an air conditioning mechanic from Lancaster, Ohio. “It’s the little things that make this hard, like when we have to go out and recover a vehicle for things like low water or brake fluid.”

Lyles said they’re mostly seeing a

lack of preventive maintenance checks and services, which lead to these inconveniences, but they are overcoming those.

Sgt. Cecil F. Ochsner, Company C, 389th Engineer Battalion, Middletown Iowa, said, “The first day we changed eight CV boots on HUMVEES.” He attributed it to lack of use. “Most vehicles in the reserves don’t get this type of use,” he said.

The 389th has a few of its mechanics lending a hand in the shop. That in

Crosstraining crucial to mission

By Sgt. Danny C. Martin Jr.
350th Mobile Public Affairs Detachment

Tasked with the maintenance and repair of the vehicles and generators used to get the New Horizon mission done, members of the 758th Maintenance Company knew they faced a challenge.

“We can all get the jobs done,” said Staff Sgt. Brian ‘Papa Smurf’ Sweigart, noncommissioned officer in charge for the second two-week rotation, and a generator repairman, “but down here we are all crosstraining so the jobs get done.”

Crosstraining is crucial for success, given the mission, environment and manpower available.

“There isn’t one soldier here that hasn’t worked out of his MOS at one point here,” according to Sweigart.

Soldiers who are qualified as light-wheeled vehicle mechanics are working as generator mechanics, welders are working on five-ton utility trucks, and even small arms repairmen and logistics specialists are turning wrenches in the motor pool.

Working in conditions alien to them, receiving minimal replacement parts and being on 24-hour call were just a few of the challenges and obstacles presented to the 758th.

“The environment here doesn’t help the vehicles very much,” explained Spc. Fred Alexander, a construction equipment repairman, “and we just have to take what they give us.”

An average maintenance company will usually post a 60 percent efficiency rating, which means 60 percent of the vehicles and equipment they are tasked with maintaining are in working order. The Army sets the standards between 80 and 85 percent. Yet with all the challenges that faced the 758th, they posted a 94 percent efficiency rating.

With over 210 vehicles and more than 20 generators driving and powering the base camp and satellite work sites, the 758th has a large inventory to keep up and running.

“Everything mechanical on this base camp and on the sites that says US Army,” said Alexander, “we’re responsible for.”

“We’ve seen engine fires, blown tires, trashed alternators... the list goes on,” Pfc. Donald Cabus, a construction equipment repairman, said. “We’re just taking what they give us, fixing it to the best of our abilities, and moving on to the next project.”

“We’re setting a standard for both the reserves and the active duty maintenance crews,” Alexander said. “I think this has been a great experience.”♣

itself has provided a unique opportunity for some.

“It’s been good for me as a leadership role,” said Staff Sgt. Bryan L. Johnson, a generator mechanic with the 758th. He has been mentoring junior enlisted mechanics from the 389th.

Spc. Bobby England Jr. is one of those mechanics under Johnson’s watchful eye. He said, “My unit typically has a few small generators. I am usually working on heavy equipment and cross training; not really working in my MOS (military occupational specialty).”

The two generator mechanics

were the ones responsible for restoring light to the camp. They also had another important role in the welfare of the soldiers on base. AAFES rolled in with its mobile PX but had no power.

“We had to find a generator to power the AAFES trailer, and then we had to make the connections,” said Johnson. “They could’ve been open, but all the cokes would have been warm.”

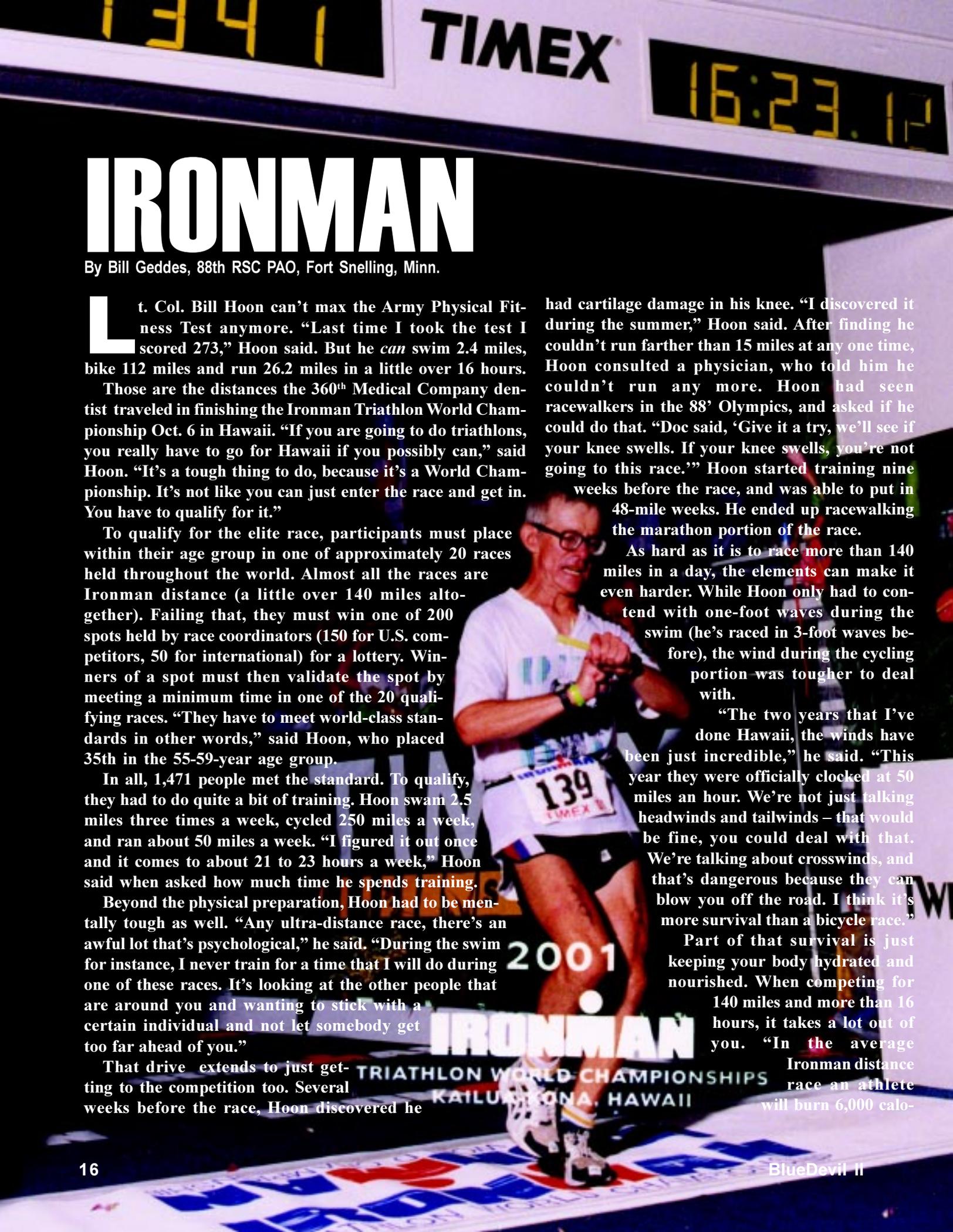
It is efforts like these that will ultimately make New Horizons 2002 a success. The 758th and the 389th may

not be the ones building the schools and clinics that will stand for years to come, but they are the ones ensuring the lights are on and the trucks are ready to roll.

“I have to give my team an A+,” said Lyles. “They have worked within and out of their MOS. They have worked on everything from a 3k generator to heavy construction equipment. Some had never seen some of the equipment, but they learned very quickly,” said Lyles.

“As NCOIC, I’d take these guys with me anywhere,” said Lyles.♣





TIMEX

IRONMAN

By Bill Geddes, 88th RSC PAO, Fort Snelling, Minn.

Lt. Col. Bill Hoon can't max the Army Physical Fitness Test anymore. "Last time I took the test I scored 273," Hoon said. But he *can* swim 2.4 miles, bike 112 miles and run 26.2 miles in a little over 16 hours.

Those are the distances the 360th Medical Company dentist traveled in finishing the Ironman Triathlon World Championship Oct. 6 in Hawaii. "If you are going to do triathlons, you really have to go for Hawaii if you possibly can," said Hoon. "It's a tough thing to do, because it's a World Championship. It's not like you can just enter the race and get in. You have to qualify for it."

To qualify for the elite race, participants must place within their age group in one of approximately 20 races held throughout the world. Almost all the races are Ironman distance (a little over 140 miles altogether). Failing that, they must win one of 200 spots held by race coordinators (150 for U.S. competitors, 50 for international) for a lottery. Winners of a spot must then validate the spot by meeting a minimum time in one of the 20 qualifying races. "They have to meet world-class standards in other words," said Hoon, who placed 35th in the 55-59-year age group.

In all, 1,471 people met the standard. To qualify, they had to do quite a bit of training. Hoon swam 2.5 miles three times a week, cycled 250 miles a week, and ran about 50 miles a week. "I figured it out once and it comes to about 21 to 23 hours a week," Hoon said when asked how much time he spends training.

Beyond the physical preparation, Hoon had to be mentally tough as well. "Any ultra-distance race, there's an awful lot that's psychological," he said. "During the swim for instance, I never train for a time that I will do during one of these races. It's looking at the other people that are around you and wanting to stick with a certain individual and not let somebody get too far ahead of you."

That drive extends to just getting to the competition too. Several weeks before the race, Hoon discovered he

had cartilage damage in his knee. "I discovered it during the summer," Hoon said. After finding he couldn't run farther than 15 miles at any one time, Hoon consulted a physician, who told him he couldn't run any more. Hoon had seen racewalkers in the 88th Olympics, and asked if he could do that. "Doc said, 'Give it a try, we'll see if your knee swells. If your knee swells, you're not going to this race.'" Hoon started training nine weeks before the race, and was able to put in 48-mile weeks. He ended up racewalking the marathon portion of the race.

As hard as it is to race more than 140 miles in a day, the elements can make it even harder. While Hoon only had to contend with one-foot waves during the swim (he's raced in 3-foot waves before), the wind during the cycling portion was tougher to deal with.

"The two years that I've done Hawaii, the winds have been just incredible," he said. "This year they were officially clocked at 50 miles an hour. We're not just talking headwinds and tailwinds – that would be fine, you could deal with that. We're talking about crosswinds, and that's dangerous because they can blow you off the road. I think it's more survival than a bicycle race."

Part of that survival is just keeping your body hydrated and nourished. When competing for 140 miles and more than 16 hours, it takes a lot out of you. "In the average Ironman distance race an athlete will burn 6,000 calo-



ries,” Hoon said. “If you don’t consume nutrients, you’re not going to complete the race. The only part of the race where you’re not drinking and eating is during the swim. And as soon as you get out of the water you start taking in water, Gatorade, and all kinds of foods. You pretty much have to be eating and drinking constantly.”

Despite eating and drinking constantly, the drain can still be too much. “You can’t replace everything you’re losing by mouth; you’re just losing it so fast, including the fluids,” Hoon said. “I was part of a research study this year and was weighed before the race and immediately after the race, and I lost a half a pound every hour.”

To compensate for that, the participants are often given IVs after the race. “Mark Allen, who has won the event seven or eight times, said that Hawaii was a four-to-five-IV race as far as he was concerned,” Hoon said. “That refers to a one-liter bag of IV solution. I had one IV, and it turned out that I probably needed a second liter bag, because as we were driving back to our condominium, I started to feel like I was going to pass out. I ended up sleeping on the floor of our condo for about four hours before I could get myself together enough to take a shower.”

It’s no wonder participation in the race is a source for conversation in the unit. “Some are amazed; some think I’m absolutely insane,” Hoon said. “I thought it was interesting that right away they’d try to relate the distance to something they know, like the distance from Cleveland to Toledo, Ohio.”

Mostly though, it’s just recognition that Hoon takes PT seriously. “He’s very into physical fitness,” said Sgt. Erica Kordish, unit administrator for the 360th. “He’s been the unit’s Master Fitness Trainer for years. He runs an additional 25 miles at drill after we finish PT.”

So what keeps Hoon going? “It’s the person in front of you,” he said. “The people that do specifically the Hawaii Ironman World Championship are concerned with two things. They’re concerned about finishing, and they’re concerned about place. You have to stay upright and you have to keep moving to finish. If you see anybody in sight, you want to take that position if you can. That’s true the entire way through the race, from the swim through the bicycle through the marathon. You’re constantly trying to improve position; you’re constantly trying to beat other athletes. That’s what keeps you going”

And for Hoon, the race hasn’t stopped yet. “I do want to go back there and improve my time and place,” Hoon said. ♦

Left, Lt. Col. Bill Hoon crosses the finish line at the Ironman World Championship. Above, Hoon exits the water after the swimming portion of the triathlon and prepares for the cycling portion.



Porn: Is it worth your career?

Increased security, better monitoring means more individuals caught... and more careers lost

By Ms. Susanne Aspley, 88th RSC PAO/IM, Fort Snelling

Recent events and a more pro-active interest in Network Security has led the Department of the Army, U.S. Army Reserve Command (USARC) and other government agencies to start monitoring the activities of their subordinate departments. This monitoring goes beyond someone peering over your shoulder at your screen. If a military technician, contractor, full or part time soldier does something inappropriate on the network, activity logs are collected and then investigated. "It kills me that people still do not realize that we will monitor what hap-

pens on the DOD networks," said Don Simonson, 88th Regional Support Command Information Assurance Coordinator. "After all, we warn you every time when you log onto your PCs, that we will be watching."

"...a commander is not limited to counseling the soldier: he or she is free to take more severe action against a soldier, even for a first-time violation."

The military is not the only one monitoring its employees. Major private corporations and companies are doing the same.

About six months ago, USARC

vastly improved their monitoring capabilities and many violators of this policy have been caught. So far, punishment includes procedures leading to separation from the Reserve.

The USARC Information Management Directorate provides evidence to the 88th RSC when unauthorized websites have been accessed. There is sufficient evidence for disciplinary action to include separation from the

Army Reserve even when there are no saved files or photos on the computer. "Many violators claim that someone else used their password to access these sites," said Capt. Todd

Pierce, 88th RSC Staff Judge Advocate. "That is not a defense, however, because allowing someone else to use your password is a security violation, which also subjects the violator to disciplinary action.

What happens to violators or their career when a they are caught, despite constant warnings and common sense? At a minimum, a soldier with no previous misconduct will be counseled that a first violation of this policy is the first act of a pattern of misconduct; any subsequent act of misconduct subjects the soldier to separation for a pattern of misconduct. However, a commander is not limited to counseling the soldier. He or she is free to take more severe action against a soldier, even for a first-time violation.

"If a military technician violates the policy while working in a civilian capacity, then the supervisor will determine a penalty consistent with the Table of Penalties," said Pierce. This may result in termination. As a Reservist, they are also subject to administrative adverse action, which may be taken for any misconduct by a reserve soldier, even when the soldier is not on military duty. A contract employee is subject to termination for any misconduct.

"The Army policy on unauthorized use applies to any Army-issued computer; to include all Army hardware and network systems which may be used for Internet access, regardless of the user's location or time of day. Any unauthorized use of Army computer resources, remotely accessed or not, degrades military capabilities of the Army, which is always on duty, somewhere, throughout the 24-hour day," said Pierce. This means if you are at home, on your time off, you are still not authorized to surf the net for your favorite sites using your Army computer access. ♣

WebSense FAQs

Q. What should a person do if a questionable site is 'accidentally' hit while surfing: notify someone or just exit quickly?

A. If a questionable site is hit inadvertently, just back out of the site. There is no reason to call anyone because there is nothing that could be done after the fact.

Q. Many people hit sites by accident, or when they are searching for something Army/work related. Can a person get in trouble for hitting WebSense too often?

A. Security managers will be able to see if someone is searching for a site even if they are being denied access from WebSense, the internet filter used to block questionable sites. Action will be taken against those who violate this policy.

Q. If someone needs to go to a site for official business, but it is blocked by WebSense, how can that block be lifted?

A. A remedy ticket must be submitted, which will then be forwarded to USARC. The 88th RSC does not have control over WebSense.

Q. About porn-related email...can someone get in trouble for sending it? What if they receive it?

A. Yes, someone sending inappropriate emails can potentially get into trouble. Everyone needs to follow appropriate laws and regulations, which includes sending inappropriate material using DOD resources. If someone emails you porn, delete it immediately and tell them not to send it to your work email anymore. The 88th Regional Support Command does monitor email, and if you are continually receiving pornographic email, it may result in disciplinary measures.

Q. Can people visit shopping sites, gambling or other entertainment sites?

A. "People need to remember that we are still in a INFOCON BRAVO state and thus need to limit use of e-mail and the Internet to conducting unclassified mission-essential government business only," said Simonson. "Along with this we will continue to monitor. The best advice that I could give is to play nice. We will always see if you go to Yahoo, Ebay or adult sites. We're all adults, so let's start acting like it." ♣

Risk management

As seven soldiers on annual training at Fort McCoy discovered, even routine training can turn deadly if risks are not managed. And it's up to you to do it.

By Spc. Tony Lindback and SSG David Boe, 364th MPAD, Fort Snelling, Minn.

A bright flash of light followed by the loud crack of air being ionized by a bolt of lightning echoes for miles through the atmosphere. The decibels of the low rumble of thunder rattle windows and shake the courage of those who fear thunderstorms.

That fear turned to terror last year when seven Army Reservists and 24 Marines were struck by lightning while on annual training at Fort McCoy, Wis. The officers and soldiers, all with the Headquarters and Headquarters Company, 300th Military Police Command, out of Inkster, Mich., were injured by a bolt of lightning that struck a communications switch board and traveled through the lines, sending some of its charge through each of the soldiers who were using the radios and land lines during the storm. The voltage traveled through a wire that was wrapped around one soldier up to the headset he had over his ears. As bad as the lightning strike was, there could have been even more injuries, or even death, said 1st Sgt. Richard Petrowski of the HHC, 300th M.P. Command.

"The storm came in real quick," said Petrowski. "I ordered the majority of the company to go back to the barracks where they had enough shelter, but the senior staff stayed back. I really feel a lot worse could have happened."

"1st Sgt. Petrowski's quick decision may have saved someone's life," said Joe Green, 88th RSC safety officer. "You don't have to get killed at training. Staying in touch with base operations, and asking 'What am I going to do if...,' and staying off the phone during a storm can prevent a lot of unnecessary injuries."

Unfortunately, lightning strikes are but one danger facing unsuspecting or careless soldiers. Green said each mission dictates what hazards will crop up.

"If the mission is hauling JP-8 (fuel) down an interstate, you might consider the environment, road conditions, soldier experience, equipment status and soldiers' mental capacity (rest and alertness)," said Green.

But some hazards seem inherent to annual training and weekend drill, no matter the mission. Green cited statistics that listed slips, trips and falls, and injuries from heavy lifting as some of the more common mishaps. The prob-

lem? "The only answer I can give is the lack of attention to detail and the lack of leadership while in the field," said Green.

According to AR 385-10, Army Safety Program, Paragraph 2-4a, all personnel, military and civilian will comply with safety and occupational health rules, regulations and standards. What that means, said Green, is that every-



one, regardless of rank, is responsible for safety, but leaders, especially NCOs, need to take initiative in promulgating safety in the field.

“This element of the combat/training hierarchy, (the NCO) is the one link the commander has in mission accomplishment,” said Green. “If the NCO fails to recognize dangerous situations in the field, then his or her professionalism should, and must, be questioned.”

Of course, some might say the Army’s business is a dangerous one; risks need to be made in order for the mission to succeed. This is narrow-minded thinking, said Green.

“The Army does train to be in harm’s way, but so do policemen, firemen, pilots, divers, truck drivers, nuclear physicists and so on,” said Green. “Hazards come with the job or mission, and the only way to have a mission succeed is to do it in a professional and safe manner. The Army can achieve its goals, and play it as safe as possible. It’s called Risk Management.”

According to the Army Safety Center, the Army’s overall accident rates have decreased since the Risk Management program was adopted in the 1980s. It’s been proven a simple, yet effective accident deterrent and is

based on a five-point system: 1) identify hazards 2) assess hazards 3) develop controls and make decisions 4) implement controls 5) supervise and evaluate. It’s a logical process, said Green, because we as individuals use it all the time.

“We all process the five steps of risk management every day, like when we drive to work,” said Green. “We identify hazards, assess them, make control decisions, implement our decisions, and supervise them. This is applied to as simple a task as stopping the car at a stoplight.”

As simple and effective as Risk Management is, said Green, there are problems the Army is experiencing with it. “The problem is the last two steps of the process, implementation and supervision,” said Green. “We assess all the time, identify all the time in our field operations, but the strength of the Risk Management process is in those two last steps, with the supervision being at the top. If NCOs and commanders can get on board with this process and follow it through, there will be realistic hazard reduction and lower injury rates. It only takes leadership.”

For more information, visit the Army’s Safety Center at <http://safety.army.mil> ♦

Risk assessment considerations

- Terrain
- Sleeping Areas
- POL (petroleum oil lubricants) Operations and Grounding
- NVG(night vision goggles) training areas
- Other operations impacting current operation
- Weapons storage/handling/and explosives
- Convoy operations
- Environment
- Redeployment
- Heat illnesses
- Sleep issues



Wanted: Commissioned Officers

By Maj. Joe Ling, 88th RSC DCSPER, Fort Snelling, Minn.

Officers are needed in the 88th Regional Support Command (RSC) six-state region of Indiana, Illinois, Michigan, Minnesota, Ohio and Wisconsin.

Opportunities exist to:

- Train and work with outstanding soldiers.
- Learn valuable skills as a leader in the U.S. Army Reserve.
- Take advantage of exciting opportunities to serve your community and your country.

How do you get a commission in the U.S. Army?

Officers in the U.S. Army come from four sources:

- United States Military Academy, West Point, N.Y.
- Reserve Officer Training Corps (ROTC)
- Officer Candidate School (OCS)
- Direct Appointment

What is Army ROTC?

As an ROTC cadet, you attend various meetings, classes and training exercises while you progress through your college experience. ROTC cadets have an opportunity to apply and compete for appointment as a commissioned officer. The program offers courses in military science to students at more than 1,500 colleges and universities throughout the nation.

The ROTC Scholarship:

Army ROTC provides scholarships to individuals who want to become a commissioned officer for the U.S. Army Reserve (USAR). Right now, there is an opportunity for young men and women to receive full or partial Army ROTC scholarships while enrolled in the Advanced ROTC program, up to \$17,000 per year. Even non-scholarship cadets have an opportunity to receive generous rewards. Cadets enrolled in the Simultaneous Membership Program can receive as much as \$1,000

per month during the school year while receiving leadership and reserve unit experience.

Two-year Reserve Forces Duty (RFD) Scholarships are awarded to the most outstanding applicants. In keeping with high standards of excellence, candidates are selected for scholastic as well as extracurricular accomplishment, and not on the basis of financial need. In addition to the awarded scholarship, each winner receives a flat rate of \$600 annually for books, supplies and equipment as well as up to \$3,500 - \$4,000 in tax free spending money. Winners may use their scholarships at their choice of many colleges and universities throughout the 88th RSC.

What is OCS?

During the OCS course, candidates are trained in the skills that provide the foundation for Army leadership. The

Active Component Federal OCS Program is conducted during a fourteen-week period at Fort Benning, Ga. The State OCS option is an approximately 15-month course of instruction done on drill weekends. It is broken up into, four phases and conducted from April to June of the following year.

What is a Direct Appointment (Commission)?

A direct appointment, commonly referred to as a direct commission, is appointment as a commissioned officer by virtue of education, potential and/or merit. Soldiers who demonstrate potential and qualities of an officer are potential candidates for direct appointment as a commissioned officer. Applicants appear before a Board of Officers as part of the application process. Basic qualifications include passing an extensive physical examination, and obtaining a Personnel Security Clearance.

For more information on any of these programs contact Maj. Andrea Ellis; 612-713-3858; Andrea.Ellis@usarc-emh2.army.mil or Lt. Col. Greg Johnson; Gregory.Johnson@usarc-emh2.army.mil ♦



Lt. Col. Danny Baldwin pins Sgt. 1st Class Aaron Cheadle with his new second lieutenant rank.

photo by Spc. Cory Meyman

Government travelers can keep promotional benefits

The Fiscal Year 2002 National Defense Authorization Act allows official travelers to accept promotional items, including frequent flier miles, and use them for personal travel. According to the new law, any promotional items through official travel belong to the traveler. The Act also grandfather(s) mileage received before its passing. As the law states, this includes "frequent traveler benefits such as points or miles, upgrades, or access to carrier clubs or facilities."

The change includes allowing personal use of the promotional items "regardless of when the mileage was accrued." People who have accu-

mulated mileage in frequent flyer accounts through official travel over the past years own all of that mileage. Government travelers cannot accept special promotional items that are not available to the general public. Promotional material must be obtained under the same terms as those offered to the general public and must be at no additional Government cost," according to implementing instructions from the Per Diem, Travel And Transportation Allowance Committee, a Department of Defense activity. For more information visit the Military.com Travel channel at <http://www.military.com/Travel/FrontDoor/> ♣

Legion Launches Banners

Looking for a way to show your pride that a loved one is serving?

American Legion commander Richard J. Santos has asked "The American Legion family to take the lead in a show of national pride and unity by providing a Blue Star Service Banner to every family in their area who has a relative serving in our war on terrorism."

By hanging the banner in their windows, families display their pride and patriotism, he said.

"It may not be possible for every post to provide a Blue Star Service Banner to every family immediately," a Legion spokesman said, but families can purchase a banner for \$6.95 plus shipping by calling toll-free 1-888-4LEGION and ordering catalog number 72982.

Blue Star Service Banners proclaiming that a family member is serving in the armed forces were a common sight in America's neighborhoods during World Wars I and II. ♣

Army Knowledge Online account mandatory

Every soldier, reservist, and Army civilian is required to have an Army Knowledge Online (AKO) account.

This requirement was spelled out in a memorandum signed Aug. 8 by Secretary of the Army Thomas E. White and Army Chief of Staff Gen. Eric K. Shinseki.

The 88th Regional Support Command has about 14,000 soldiers who have not yet registered for an account.

Brig. Gen. Michael Beasley, 88th Regional Support Command commander, had set a goal of 80 percent compliance by the end of January.

The Army News Service reports

Calculate Your Reserve Drill Pay

Curious about how the pay increase has affected your pay? Want to know how much that next promotion or additional year of service is going to bring in?

Military.com has updated its Reserve drill pay calculator to reflect changes in drill pay for the Fiscal Year 2002. Enter your pay grade and cumulative years of service in the calculators, and you will be given your pay totals for one and four drill periods. The Reserve Drill Pay Calculator can be visited at http://www.military.com/Resources/ResourceFileView?file=Reserve_Pay_Drill.htm ♣

Hometown news releases needed

When a soldier receives an award, is promoted, or deploys, fill out a hometown news release form (DD Form 2266) and send it to the 88th Regional Support Command Public Affairs Office, 506 Roeder Circle, Fort Snelling, MN 55111.

Hometown news releases give soldiers well-deserved recognition and

that in the future, soldiers will no longer have to send away for copies of their personnel and financial records. They will be able to access this information through an AKO account.

All Army Knowledge Online users will be given an email account that they can use for the rest of their career and even after retirement. The email address will stay the same no matter where soldiers and civilians are stationed worldwide.

To sign up for an AKO account visit www.us.army.mil/ and click on the "I'm a New User" link to register. ♣

help educate the public as to what the military is all about. With less than 5 percent of those under 60 years of age having served in the military, this takes on ever-increasing importance. Educating the public is crucial to maintaining military readiness. A public uneducated about military affairs will not support the military. ♣

VA home loan ceiling raised

American Forces Press Service reports that the recently-passed Veterans Education and Benefits Expansion Act of 2001 has increased the guaranty on VA home loans from \$50,750 to \$60,000.

The increase means eligible veterans can use their loan benefit to purchase a home costing as much as \$240,000 without a down payment. Previously, the maximum guaranty was \$50,750, which allowed no-down-payment loans of up to \$203,000.

The act also extends the VA's Native American veterans housing loan program to Dec. 31, 2005.

The program's loan ceiling is \$80,000, except in certain high-cost areas where the VA has approved up to \$120,000. In addition, the act increases specialty housing grants from \$43,000 to \$48,000 for severely disabled veterans who need homes built to accommodate their disabilities. Another grant program for housing adaptations for less seriously disabled vets had its ceiling raised to \$9,250 from \$8,250.

Finally, the new law also extends housing loans for National Guard and Reserve personnel from September 2007 to Sept. 30, 2009. Reserve com-

ponent personnel are authorized the same home loan guarantees as active duty personnel.

Military.com has a free online tool to help servicemembers determine if they are eligible for a VA home loan. The tool calculates eligibility for active duty, Reserve/Guard, veterans and retired members, as well as spouses interested in using the benefit. In addition, the tool also provides downloadable forms necessary for beginning the VA loan process. Find the tool at: <http://www.military.com/Finance/HomeBuying/> ♣

88th RSC unit wins AAME

By Mike Walton, 88th RSC PAO, Fort Snelling, Minn.

The 353rd Transportation Company in Buffalo, Minn., has won the Army Award for Maintenance Excellence (AAME) in the Modified Table of Organization and Equipment (MTO&E) Medium unit category for fiscal year 2001.

The Army established the AAME program in 1982 to recognize exceptional accomplishments in unit maintenance across the full spectrum of combat, combat service and combat service support units in the active and reserve components.

The awards program evaluates five areas in the maintenance program: mission accomplishments, readiness, maintenance training, maintenance management and innovative execution. The program focuses on maintenance operations in company, battery and troop-sized units. In competing, units not only improve their maintenance and operational readiness, they also re-

duce waste and improve their efficiency.

Last year, Headquarters and Headquarters Company, 397th Engineer Battalion of Eau Claire, Wis., was selected as the runner up in the Modified Table of Organization and Equipment (MTO&E) Intermediate category.

The Army funds unit representatives to attend the awards ceremony and banquet. During the dinner, the 353rd representatives will receive a plaque and the Army's Chief of Staff will also present other recognitions to the unit for their out-

standing maintenance program.

The National Defense Industrial Association has co-sponsored the program for the past 19 years. ♣



A mechanic from the 353rd Transportation Company empties out his toolbox as a warrant officer with the Department of Army's Award for Maintenance Excellence inspection team asks for each item.

Senate confirms Helmly as chief, Army Reserve

The U.S. Senate confirmed Army Reserve Maj. Gen. James R. Helmly for promotion to lieutenant general and appointment as the next chief, Army Reserve, March 21.

Helmly will succeed Lt. Gen. Thomas J. Plewes, who has been chief of the Army Reserve since May 25, 1998. The chief, Army Reserve, is also the commanding general, U.S. Army Reserve Command (USARC), headquartered at Fort McPherson, Ga.

Helmly's assumption of duties as chief, Army Reserve, and assumption of command as commanding general of USARC are scheduled to take place in May.

Helmly's nomination by President George W. Bush was announced by Secretary of Defense Donald Rumsfeld March 8.

The chief, Army Reserve, is the principal advisor to the Army Chief of Staff on all Army Reserve matters. The commanding general of USARC commands all Army Reserve units in the continental United States and Puerto Rico, less Army Reserve special operations units.

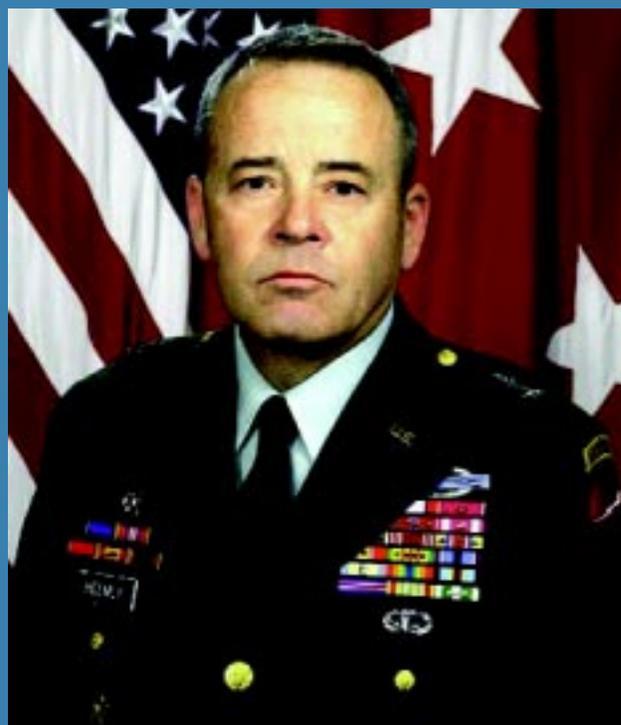
Helmly is currently assigned as the commanding general of the 78th Division (Training Support), headquartered in Edison, N.J. He has more than 36 years of active and Army Reserve service, to include two tours in Vietnam with the 101st Airborne Division and command of an infantry company in Panama.

Helmly, a native of Savannah, Ga., entered the Army as an enlisted soldier in 1966. He received his commission from Officers Candidate School in 1967.

He served as the deputy chief, Army Reserve, Washington, DC, from June 1995 to June 1999. From June 1999 to August 1999, he served as the commander

of the joint task force conducting Operation PROVIDE REFUGE at Fort Dix, N.J. Until taking command of the 78th Division in May 2001, he was the Military Assistant, Manpower and Reserve Affairs (Individual Mobilization Augmentee), Office of the Assistant Secretary of the Army, Washington, DC, from October 1999 to May 2001.

In his civilian occupation, he is the assistant deputy chief of staff for Operations at the Total Army Personnel Command, Alexandria, Va. ♣



Color copying service

The 88th Regional Support Command Information Management Directorate now offers high volume and color copy service that includes document finishing. This service is network-oriented and emphasizes speedy completion times.

This service should be used when high-volume copying is needed but the use of your facility copier may not be adequate for the number of copies required. Contact MW.Docu.Center@usarc-emh2.army.mil for information. ♣

Free Norton Anti-Virus 8.0 for home PC use

Once again the 88th Regional Support Command comes slamming home in providing virus protection for everyone. The 88th RSC Information Management Directorate is in the process of putting together the third installment of Symantec's Norton AntiVirus protection for use on home PC systems.

Protecting home systems from virus infections helps protect the 88th RSC network. Notification

To pre-request a copy of the Norton

AntiVirus 8.0 CD, email Mr. Alton Knutson at Alton.Knutson@usarc-emh2.army.mil (no phone calls please).

Title the subject line (Norton CD Request) and provide us with a proper mailing address. The mailing addresses can be to either a Reserve Center or to your home. If you have any questions outside of requesting the CD contact Don Simonson at Donald.Simonson.Metamor@usarc-emh2.army.mil. ♣

Warrant officer screening opportunity worth risk

Ever considered becoming a warrant officer? Don't let this opportunity get away! Take a risk!

What will it take for you to apply to become a warrant officer? Well, let me address some issues that arise when I talk with potential candidates about the warrant officer candidate school (WOCS) offered at Fort Rucker, Alabama.

Many potential candidates have concerns about their ability to successfully complete WOCS. Although WOCS is a physically demanding course, the training is tailored to mentally challenge each soldier. Appointments are earned when an individual demonstrates that he or she has the leadership potential to serve in positions of increased responsibility.

The perception that WOCS is "basic training" revisited is far from the truth. The task of Colonel Acker, Commandant, WO Career Center, and his entire staff

of TAC officers is to get as many candidates through the warrant officer candidate course as possible, not to send candidates home. The combined graduation rate for active component and reserve warrant officer candidates for training year 2001 was 89%. This only verifies that the mission of the entire staff at the warrant officer career center is to produce outstanding warrant officers ready to fill key positions for the U.S. Army.

WOCS is standardized pre-appointment training and establishes a sense of one Army throughout the Warrant Officer Corp. This pre-appointment training includes a certain level of stress mandated by TRADOC, which is mostly geared at task saturation and

time management. Plain and simple, how much can you handle and how do you handle the stress to accomplish what you have been given in a time-oriented environment. Bottom line, you must show you can handle it in peacetime so the Army can count on you on the battlefield.

During WOCS, you will not receive training or be evaluated in your technical field. This training follows completion of the WOCS when you attend your specific technical/branch training. The WOCS focus is on your leadership and mentorship abilities while evaluating each candidate's potential to become a warrant officer. The course just builds on any prior

assistance in all areas of putting your warrant officer application together. Senior warrant officers will also be in attendance to explain warrant officer candidate school course requirements and answer any questions about the school from potential candidates. Are you one of the 9 out of 10 successful soldiers who have what it takes to successfully pass this course?

Ladies and Gentlemen, there is no better time in the history of the warrant officer corps to apply to wear the warrant officer bar. Are you dead-ended in a position in your unit with no or very limited promotion opportunities? Does it seem like you get passed over for assignments or duties that you deserved but didn't get?

Would you like a pay increase now, one that will increase as you progress through the warrant officer ranks? The pay increase that took effect Jan. 1, 2002 saw the WO1 pay grade receive a larger pay increase than any other pay category. The

WO corps is aging on the Army Reserve side compared to the active component and needs a transfusion of new talent. We have numerous vacancies and plenty of school money. We can work with you to get you to school at a time that is good for you and your unit.

If you have any further questions about the technical qualifications of becoming a warrant officer, contact Master Sgt. Steve Raines or Sgt. 1st Class Michael Hicks at 1-800 THE ARMY exts 3684/3124. If you would like to just discuss your situation and the warrant officer corps in general, contact CW5 Howard Lundin at 1-800 THE ARMY, ext 3080.

Mr. James Anderson, 88th RSC DCSPER

WO Candidate Forums

May 3-5

Chicago, Ill.

May 31 - June 2

Detroit, Mich.

July 12 - 14

Minneapolis, Minn.

August 2-4

Columbus, Ohio

training a soldier may have received at PLDC, BNCOC, or ANCOC.

There is also the false impression that you can pass the APFT at the beginning of the course but still be sent home for failing the physical demanding requirements of the school. Not true. Almost all PT is done in a group environment and is used as a tool to build team unity and self-confidence.

The 88th Regional Support Command will be conducting warrant officer candidate forums throughout the six-state region, starting May 3-5, 2002, in Chicago, Ill. If you qualify, and we can tell you if you do, you need to call us now -- *we'll arrange for you to attend one of the forums*. At this forum you will be able to get as-

Training eases 9/11 stress

The old saying “Sticks and stones may break my bones but names will never hurt me” was and is as far away from the truth as we can get. As the Blue Devil’s Military Equal Opportunity specialist, many of the situations, concerns, and complaints I see are results of someone impacting another person through the spoken word. In fact, 60 percent of the formal EO complaints received in 2001 were directly connected to intent versus impact.

Intent versus impact is nothing new. In the sometime stressful situations of everyday life at work or at home, some folks feel the need to lash out verbally or have their point of view heard. Given all the events of the past year, I can understand how that may happen. Our intent may be to correct some behavior or comment on something that was heard or seen. However, the impact our words can

have on others may become more devastating than a bullet. Disparate comments towards Muslims and Arabs are just the most recent forms of intent versus impact.

Common sense dictates most people who make disparaging comments toward others aren’t even aware of the potential impact their words might have. In October 1993, Marine Corps General Mundy made a comment, “In the military skills, we find that the minority officers do not shoot as well as the non-minorities....They don’t swim as well. And when you give them a compass and send them across the terrain at night in a land navigation exercise, they don’t do as well at that sort of thing.”

Anyone who ever worked with or for Mundy regarded him as the most honest, fair and equal individual they had ever met. In fact, the general was

commenting on statistics within the Marine Corps when he made the statement. However, his comment was viewed as a racist comment and the general’s career never quite recovered. His intent was to inform, but the impact of his choice of words lost the real or intended message.

Military history is filled with soldiers and leaders making racist and sexist comments. Be that as it may, whatever your rank or position, take some time to take a deep breath and think of the intent of the communication you’re attempting to send. Next, and even more important, think of the possible impact of your words. Words can and do hurt. A few words said in anger or frustration can have a devastating impact on the effectiveness of any individual or organization.

Richard (Rich) Cox, Equal Opportunity Specialist, 88th RSC

Medical info for deploying soldiers

The Army Family Action Plan Conference previously identified the need for soldiers and/or families to have access to information pertaining to side effects of immunizations and other medications that are required prior to major deployments. In response to this need, the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) created Internet access to Deployment Medication Information Sheets (DMIS) in 1998.

These reformatted easy-to-read information sheets provide basic information in laymen’s term on deployment medications, including vaccines, preventive medications, and insect re-

pellents. Basic information includes: the purpose and requirement for the medication/vaccine, instructions on how to take the medication/vaccine, typical side effects commonly experienced, precautions associated with the specific medication/vaccine to include pregnancy and/or breastfeeding information, drug interactions associated with the medication/vaccine, what if a dose is missed while taking the medication, and a notes section containing other information particular to the medication/vaccine. The DMIS web page has been reformatted and updated to include links to other

websites for additional information.

The sheets are directly accessible by a link <http://chppm-www.apgea.army.mil/dmis/> on the USACHPPM Home Page. Comments on the information provided by DMIS are encouraged by clicking on “Please Take Our Survey” located above the Table of Contents on the front page of the DMIS web page.

Public Affairs Office, U.S. Army Center for Health Promotion and Preventive Medicine Aberdeen Proving Ground. For more information, call 410-436-2088/800-222-9698/FAX 410-436-4784 ♦



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