

# THE TALON



OPERATION JOINT GUARD, BOSNIA-HERZEGOVINA

SERVING THE SOLDIERS OF TASK FORCE EAGLE

## SFOR investigates Gajevi bombing



Navy Lt. Tim Richardt inspects the bomb site while Russian and U.S. soldiers watch Rex, a military working dog search for more explosives.

Photo by Sgt. William L. Geddes

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By Sgt. William L. Geddes  
364th MPAD

GAJEVI, Bosnia-Herzegovina -- "I would have never pictured myself working with Russian soldiers," said Sgt. Bradford S. Parker, a Wildwood, Fla. native, and a military police dog handler.

Parker got his opportunity on Friday when he was called upon to work as a member of a Division Documentation team sent to assist the Russian Brigade in investigating a series of ex-

plosions which rocked a contested housing settlement in the town of Gajevi. The explosions occurred at approximately 9:30 p.m. on Feb. 6, destroying one house and partially damaging two others.

A Russian soldier suffered minor injuries, according to Lt. Col. Kevin J. Bergner, commander of the 1st Battalion, 7th Field Artillery, and leader of the team.

See BOMB page 12

**You know you're a soldier if...**

..the only time you and the wife eat without the kids is at the unit "dining out".

..you always back into parking spaces.

..you have to look up your parent's phone number, but can dial the staff duty sergeant, company, battalion and brigade with no problem at all.

..each page of your vacation atlas has two routes marked.

..your favorite author is Mike Malone or Tom Clancy.

..when your kids are too noisy, you say "at ease" -- and it works.

..you don't own any blue ink pens.

..your leave always occurs during the last week of September.

..you keep a box of MREs at home and in the trunk of your car in case of emergencies.

..when talking to relatives by phone, you end the conversation with "out here".

..you've seen Patton enough times to memorize his speech.

..CNN is your favorite program.

..you call the Post Locator instead of information to find old friends.

..you take the family camping with no tent or sleeping bags.

..your kids can speak three languages by age eight.

..the only suit you own is a Class A uniform.

..your vehicle is registered on post and in two different states.

..your monthly BAS goes to the mess hall

**LAYING DOWN THE LAWS**

Retention is everyone's business. From recruiting on through basic and AIT, the Army spends a great deal of time and money on training every soldier. These soldiers are our investment in the future. Retention begins when an individual is assigned to his or her unit and is influenced, one way or the other, by the way they are treated and received by everyone around them.

The Task Force Eagle re-enlistment effort is going well and goals are being met. Considering the austere living conditions and environment encountered by deployed soldiers, this is encouraging.

There is a wide range of reasons for re-enlisting. Some like the training, education, travel or medical benefits, while others feel a sense of pride and patriotism.



While money may not be the main motive for re-enlisting, it is a big consideration. Now is an excellent time to take advantage of the tax-free re-enlistment bonuses if you qualify for them. If you're not sure about qualifications, see

your career counselor or recruiter.

It is important to check your options early to determine what is available. There may be deadlines or time restrictions on benefits.

We've become a strong, stable force because we've been able to keep good soldiers in our ranks. Even with the military down-sizing, we want high quality people to remain.

It is the commanders who have the overall responsibility for the re-enlistment program, but ultimately it is everyone's business to keep good soldiers in our nation's ranks.

**Convoys**

Operation Joint Guard requires Army vehicles on the road everyday in our area of responsibility.

Following are some common hazards during convoy movement:

- \* Unfamiliar driving customs
- \* Improper loading and securing of passengers and cargo
- \* Failure to use safety belts
- \* Lack of PMCS
- \* Rear end collisions from following too close
- \* Excessive speed for conditions
- \* Inadequate clearance
- \* Unexpected narrow points and intersections along routes
- \* Bad convoy organization, trailer connections, and driving

Leaders must be aware of the above hazards and plan controls to counter them. The inherent risk attached to local national drivers must be stressed to all soldiers.

Further, convoy commanders at all levels must be prepared to conduct a detailed briefing prior to movement. At a minimum, the briefing should discuss the hazards mentioned above plus convoy speeds and catch-up speeds. Rain, fog, snow, ice and black ice are all common to the AOR. The briefing should be tailored to the current road conditions, whatever they are at the time.

So far soldiers of the Big Red One have conducted excellent convoys. Let's continue this excellence as we re-deploy.

**Lt. Col. J D. Dillon, Safety Officer**

**THE TALON**

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# Stress

By Spc. Aaron Reed

100th MPAD

Irritability, difficulty sleeping, fatigue, anger, aches and pains and anxiety are all signs of stress. And because stress is a byproduct of war as well as of long peacetime deployments like the current stabilization force mission in Bosnia-Herzegovina, the Army has also deployed a specialized unit to help soldiers deal with all that negative energy.

"A lot of the troops call us the 'Stress Patrol,' or the 'Stress Docs,'" said Capt. Jeffrey S. Yarvis, a clinical social worker with the 85th Medical Detachment, based at Fort Hood, Texas. "We've got a psychiatrist, a clinical psychologist, an occupational therapist, a psychiatric nurse and lots of mental health specialists — all under one roof."

"This deployment is hard on almost everyone," said Lt. Col. (Dr.) Ana L. Parodi, a prevention team leader and psychiatrist from Los Angeles. "Separation from family, boredom, 'cabin fever,' not working in your MOS — all of these can be factors."

Much of the combat stress control prevention team's time is spent educating commanders and soldiers. "At times of critical incidents, suicidal tendencies and things like that; these are obviously psychiatric issues," he said. "But the majority of our

work is more subtle than that."

In addition to helping individual soldiers, the team offers stress management classes, suicide prevention and leaders' training, pre- and re-deployment classes, drug and alcohol training, unit climate surveys, marital and family separation counseling and critical incident debriefings.

Individual soldiers find their way to members of the prevention team through the chain of command, local aid stations, chaplains, or just by placing a phone call. "We're available 24 hours a day, and we're open on weekends and holidays," said Parodi. "We'll come to the soldier if he or she can't come to us."

Confidentiality is the cornerstone of the team's efforts. "We feel a need to protect the soldiers," Parodi said. And while there are limits to what the team members can keep confidential, they try to let the soldiers know ahead of time which parts of the conversation might have to be divulged later.

"The bottom line is, a commander can't just come in here and ask: 'What did they say?'" Parodi said.

Spc. Melvin C. Weagle, a mental health specialist from Methuen, Mass., said soldiers shouldn't feel self-conscious about talking to someone from the 85th. "It doesn't mean you're crazy if you come to see us," he said. "Even if it's just coming in for an hour to vent or release, sometimes that's really helpful. There's no follow-up."

## NEWS BRIEFS

### More Reserve Troops Heading for Bosnia

WASHINGTON — An additional 129 service members from 13 reserve component units recently began training for possible deployment in support of Operation Joint Guard in Bosnia. These units would replace similar units currently deployed.

Since the start of the Bosnia operation, more than 10,000 reserve component personnel have supported Joint Endeavor and Joint Guard. Units deployed to bases in the United States, Bosnia-Herzegovina, Croatia, Hungary, Germany, Italy and elsewhere in Europe.

The reserve component missions include artillery fire support, mine detection, air traffic control, civil affairs, logistics, public affairs, medical support, and other critical functions.

### Army Suspends Top Enlisted Soldier

WASHINGTON — The Army suspended its top enlisted soldier Feb. 10 pending the investigation of sexual misconduct allegations leveled against him by a former soldier. Sgt. Maj. of the Army Gene C. McKinney was suspended from his duties by Army Chief of Staff Gen. Dennis Reimer. McKinney, Reimer's senior enlisted adviser since June 30, 1995, will be assigned to the U.S. Army Military District of Washington during the suspension, Army officials said.

### Stressed out:

Commanders or soldiers needing stress reduction or units needing education on the management of stress or suicide and treatment of psychological issues can call the 85th combat Stress at MSE 559-2177. After hours contact the Commanche Base Aid Station at MSE 630-1331. At Taszar Air Base, the 85th Med. Det. Headquarters and Prevention Team can be reached at MSE 630-1331. Contact through email at [csc85th@pop1-email.5sigcmd.army.mil](mailto:csc85th@pop1-email.5sigcmd.army.mil). For the wellness programs: Quit smoking/chewing call the 85th at MSE 559-2177.



# Russian, U.S. troops assist Republic Srpska police/Muslim villager relations



Lt. Col. Robin Swan, Commander, 1-26 Infantry, surveys the village of Mahala with representatives from the Republic of Srpska police force during the transfer of authority.

U.S. Army Photo by Spc. Susanne Aspley

By Spc. Susanne Aspley  
364th MPAD

**M**ahala is a remnant of what was a charming Eastern European village. Standing in its place are shattered buildings with broken bricks and skeletal remains of homes. The countryside is pocked with artillery rounds, land mines and shells.

Subject to attacks by the Republic of Srpska during the Civil War several years ago, the predominantly Muslim rural area endured three battles before falling to the RS on the fourth. Last August, the Muslims began to slowly return to put their houses and lives back together.

Some residents have legally resettled. Others drift in during the day to reconstruct their homes and go back to a neighboring village to sleep. Although the fear of the RS police still lingers, the Muslims now talk with them face to face.

This week the RS police reestablished authority in Mahala.

Staff Sgt. Richard A. Spry, Platoon Sergeant for 1st Platoon, Company C., 1st Battalion, 26th Infantry, is in the area with his platoon to provide security as the RS police gradually reinstate control of the area.

"So far the RS police and locals are cooperating. There doesn't appear to be any animosity. The RS Police and local villagers are interacting with no problems," Spry said.

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**"There doesn't appear to be any animosity. The RS police and local villagers are interacting with no problems."**

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----- Staff Sgt. Richard A. Spry

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Through joint cooperation among Task Force 1-26, the International Police Task Force and Russian soldiers, the introduction of the RS police into Mahala has been successful thus far. They conduct 24-hour patrols. Upcoming are weapon searches of homes so villagers don't take law into their own hands.

Spry, 32, from Howard, Colo. said 1st Platoon has been doing an outstanding job with the variety of missions assigned to them. "We are doing what we set out to do. No one has been hurt. I plan to take everyone back home in the same condition they came."

Spc. Raul Cardenas, 1st Platoon, a 27-year-old Brownsville, Texas resident has been on patrol for four days. "We travel the main road to the Inter Entity Boundary Line. So far it has been quiet," he said.

There has been an American presence in the area since last fall. Recently, a Russian team, including their dog, a boxer named Jacque, was assigned to

assist with security. Accompanying the American squads on patrol is a mutt affectionately named Lowrider, who looks like a German Shepherd with four inches of ground clearance.

Both RS police and villagers have a responsibility to comply with the Dayton Peace Accord. Civilians must not interfere with the RS right and responsibility to police the area, and the RS must evenhandedly maintain law and order. "We only have influence while we are here," Spry said. "Once we go, it's up to them to make amends and get along."

# Mine Action Center tracks mines

By Spc. Gary Bailey  
129<sup>th</sup> MPAD

Bosnia-Herzegovina is littered with mines. Mines have a way of going off when you least expect it. All this makes you wonder, just where ARE all these mines? Knowing the answer to that question in Multi-National Division North is the responsibility of the five-person team who runs the Mine Action Center.

Sgt. Major Richard Jennings, noncommissioned officer in charge of the MAC said that it's their job to keep an accurate account of where the mine fields are located. To do this, they gather all the mine records that are available from the former warring factions. They then compile them, make copies in English, plot the fields on a map, make maps available to all MND-North soldiers and keep copies of records.

## Mine information

Mine information flows in both directions. The MAC reports the location of known mine fields to the brigades, in turn, the brigades report any mines or mine fields they encounter to the MAC. The MAC then contacts the factions and asks for records on those mine fields.

To translate faction mine maps into MND mine maps, takes map reading skills.

"A lot of the analyzing falls on terrain association," Jennings said. "The faction's were taught different than we were. They read up and right. We have to figure out exactly where that field is in relation to the terrain. We look for the name of a road or a town, match it up and then draw it in."

Sgt. Randall Roland, Headquarters and Headquarters Company, 9th Engineer Battalion produces templates on the light table, and draws the mine fields in.

"We ship the maps to Sarajevo, then Heidelberg where new maps are printed in quantity and sent to us," Jennings said.

"You can get the mine maps from us," Roland said. "Some people still don't know that anyone can get a mine map from us."

## Factions Responsibility

The MAC still doesn't have a complete record of all the mine fields. "Some records were destroyed in fires, some fields were installed and no records made, so it's hard sometimes to get complete records," said Jennings. It is the faction's responsibility to provide these records, and then clear the mine fields. The MAC is not involved in clearing of mines.

"The engineers out there in those sectors coordinate with the factions and work out the schedule to meet someplace and observe the factions clearing," Jennings said. "We validate the record, and update the maps."

The engineer units inform the MAC

what mine fields have been cleared under their supervision.

"Under the Dayton Peace Accord, the factions are required to pick up all their mine fields, and there are lots of mines to be picked up," said Lt. Col. Jeffery Dorko, 9th Engineer Bn. commander. "We don't put any of our soldiers in the mine fields, we simply observe them clearing it."

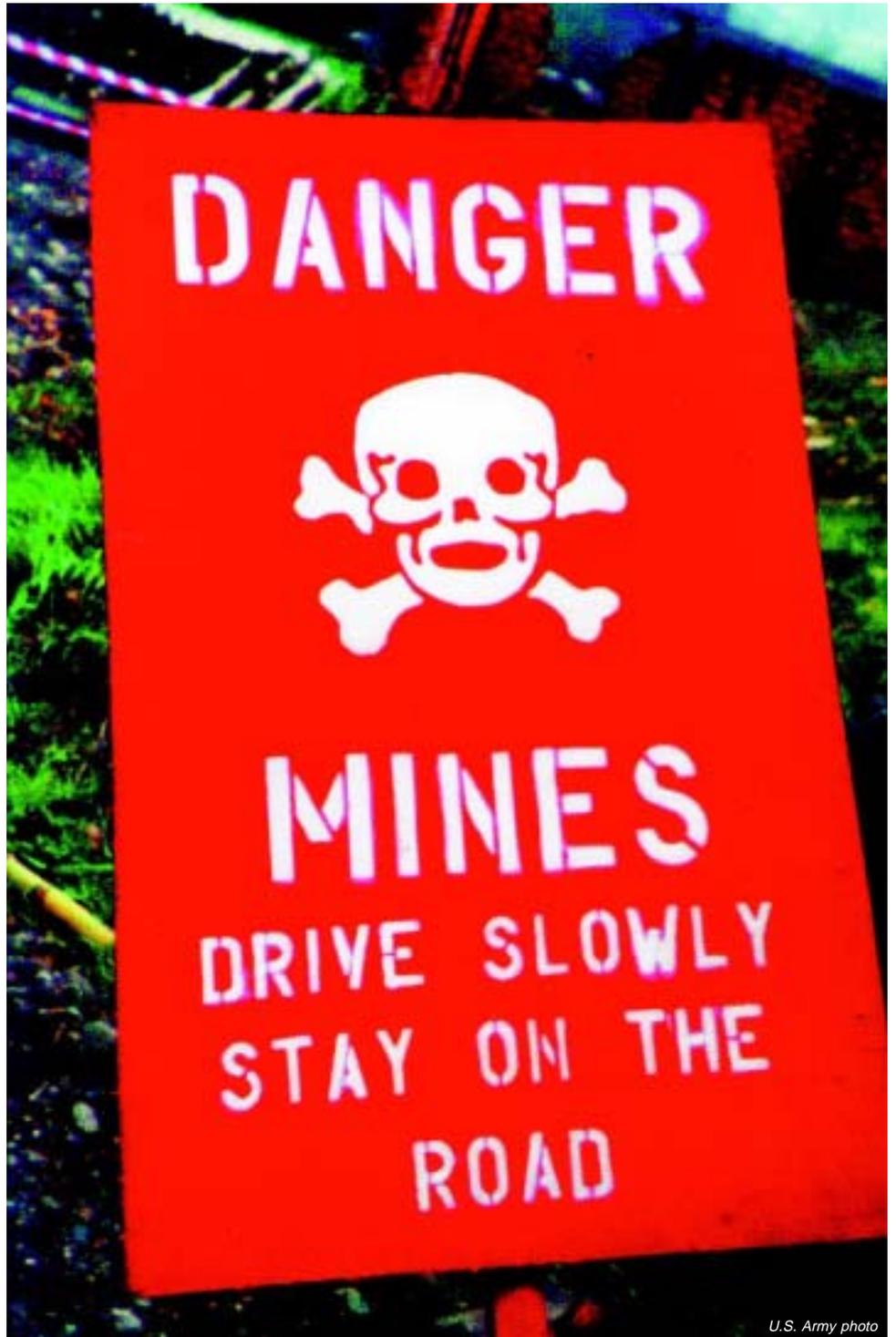
## MAC does job

1st. Lt. Victor Ames, MAC officer in charge, is confident in everybody's ability

to do their job.

"These guys do a great job, they spend many hours looking at faction mine field records, plotting them on the maps, and ensuring that the accuracy is very precise. The effects of not being precise would be very disastrous. These guys do a great job," Ames said.

Not only is the MAC a storehouse of mine field information for MND-north, they also "conduct mine awareness training to units that ask, and provide mine tips of the day," Jennings said.



U.S. Army photo

One of the many mine warnings that dot the countryside in Bosnia. Many minefields in Bosnia are not yet identified, marked, or cleared -- meaning the Mine Awareness Center has its work cut out for it.

# Mass Casualty Exercise

By Spc. David Boe  
364th MPAD

For Spc. Jesse R. Hart, it was to be another long, back-breaking day. A soldier with Headquarters and Headquarters Company, 1st Battalion, 18th Infantry, Hart was fated to spend Jan. 31 on bunker detail; filling sandbags and piling them up. However, the Seattle, Wash., native was given a welcome break when he soon found himself lying next to a blown-up HMMWV, his eyes and neck torn and shredded from hot shrapnel, and on the verge of dying.

As he lay there struggling and screaming, 'someone shoot me!', medics rushed over and started working on him.

"It was pretty weird," said Hart. "Looking up at people and everyone looking down at me. It's a strange feeling."

Soon the medics had bandaged Hart's wounds and put him on a stretcher bound for an ambulance.

"They were trying to give me encouragement and saying, 'You're going to be all right,'" said Hart. "As far as I could tell, they were being very careful not to drop me."

As far as Hart was concerned, this sure beat bunker detail.

"It was a lot of fun," he said. "I had a blast."

The 21-year-old wasn't hallucinating; he *was* lying next to a HMMWV; he *was* bandaged by medics; he *was* loaded onto an ambulance and sent to an aid station; and he *was* operated on.

However, Hart was not suffering from life-threatening shrapnel wounds. As a matter of fact, he was feeling quite fit throughout the day.

Hart was one of eleven people who play-acted as a casualty during a mass casualty exercise at McGovern Base.

More than just training on how to apply a pressure dressing, the MASSCAL was an exercise to rehearse both the medical response, evacuation and treatment of soldiers, and to tie these in with the rest of the task force assets, said 2nd Lt. Karl E. Sheldon, medical platoon leader for Task Force 1-18.

"What we did today was exercise the task force as a group to make sure all of the running pieces were working together," said Sheldon, a native of Portland, Ore. "The goal was to check the time responses and see all the pieces move."

The exercise started at 1p.m. with the task force executive officer, Maj. Christopher J. Reddish, yelling, "bomb!" This simulated a HMMWV blowing up outside the base's main gate. Within minutes medics in two ambulances had arrived. Staff Sgt. Mark A. Schenker, HHC. 1-18, was the triage officer at the scene.

"We got initial word of a car bombing and we went to the scene," said Shenker, 29, a native of Erie, Pa. "I started assessing the patients and as I did I put them into categories and the medics started to treat them.

After the patients were assessed and treated, they were then loaded in ambulances and taken to the temporary Task Force 1-18 aid station at the base's Cafe ZOS. There they were oper-



ated on, then reloaded onto ambulances for transport to higher echelon facilities. The whole operation, from explosion to final evacuation, lasted an hour.

"This was realistic," said Lt. Col. Stephen Layfield, commander, Task Force 1-18. "It was sobering to walk into Cafe ZOS and see patients all over.

"It started out kind of comical, with people watching our guys act out there, until you saw pieces of medical equipment," he said. "The focus changed. It changed from comical to, 'this is serious, let's move!' and that was very comforting to see."

Layfield said the MASSCAL demonstrated the teamwork effort needed in emergencies.

"You've got cooks, you've got support platoons, you've got clerks and staff section people," he said. "You've got whoever can be rallied together to contribute. Everyone is part of the team."

"It definitely prepares everyone for any type of situation," said Schenker. "It gives them more confidence in their abilities. If you don't use it, you lose it, and working out here in this environment you definitely want to stay sharp on your skills."

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**"This was realistic. It was sobering to walk into Cafe ZOS and see patients all over."**

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----- Lt. Col. Stephen Layfield

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From top left, clockwise  
Staff Sgt. Christopher W. Keel, Company C, 299th FSB, applies a pressure dressing to Spc. Jesse R. Hart, Headquarters and Headquarters Company, 1-18 Infantry, who is suffering from simulated shrapnel wounds...Medics and litter bearers off-load simulated casualties at the 1-18 aid station...Staff Sgt. Alfredo E. Cortez, 1-18 Medical Platoon, applies a field dressing to Pvt. Wayne E. Harrell, Company C, 1-18, who suffers from a simulated abdominal wound during a mass casualty exercise at McGovern Base.

# Education -- Making it happen

## Coming up ACES

By Spc. Susanne Aspley  
364th MPAD

CAMP DOBOL —Army Continuing Educational System provides college courses tailored for soldiers in a military setting. In Bosnia, ACES is a dynamic program in operation since American soldiers arrived last year. Demetra Barnes, educational counselor for ACES, encourages soldiers to take advantage of the incredible opportunity to work towards an Associate's or Bachelor's degree during their deployment.

"The program and instructors understand the need for flexibility. The instructors split their time between Camp Demi and Dobol and live among the soldiers. They can be reached for questions, guidance or one on one tutoring at nearly any arranged time." Barnes said.

Roy Watkins, from Wales, United Kingdom, is the English instructor from the University of Maryland and has been with the program since 1974. "Currently there are three instructors from abroad here in Bosnia to teach subjects in history, government, business management and English," he said. Weekend seminars with subjects varying from International Terrorism to Stress Management are also offered through ACES.

Capt. Ed Paquette, a doctor for the 1st Battalion, 26th Infantry, is teaching a biology course at Camp Dobol to 11 students through the University of Maryland.

Sgt. Justin B. Hatch, Headquarters Headquarters Company, 1-26, signed up for his first college class, English 100 this quarter. "This is a great opportunity for all soldiers to improve themselves and study without the distractions of home." Hatch, 24, from Kent, Wash., plans to continue his education while on active duty as time permits.

Convenient education is further brightened by the price of tuition. Uncle Sam picks up 75 percent of the bill for active duty soldiers.

There are military and civilian tests, such as GREs and SATs. Soldiers can also strive to improve their GT score on the Armed Services Vocational Aptitude Battery Test.

The City Colleges of Chicago also offers the Distance Learning Program. The courses are via electronic media, such as video, audio tapes and computer communication. While maintaining the academic integrity of classes conventionally held in university schoolrooms, the classes have the ability to bend with the soldiers varying schedule. The courses normally last 10-16 weeks, beginning when the soldier registers. They consist of independent study, although tutorial help may be arranged.

Deadline for the next registration is March 31.

**Camp Dobol Instructor Roy Watkins, an instructor with the University of Maryland, teaches English grammar to student-soldiers at Camp Dobol through the ACES program.**

## Hall-way to a degree

By Pvt. Wendy R. Tokach  
129th MPAD

With a job where the hours can run from 12- to 18-hours-a-day, seven-days-a-week, many people would say it's impossible to get anything personal done, especially going to school.

Not a problem for Spc. Christopher D. Hall, 258th Military Police Company, Fort Polk, La. Hall is a member of the Guardian Team protective services detail for Col. Michael R. Thompson commander of the 2nd Brigade Combat Team, 1st Infantry. With the help of his command and instructors at Central Texas College, Hall has earned 21 credits while being deployed in Bosnia.

Because the team escorts the commander wherever he needs to go, it's hard for Hall to find time to study or even make it to classes. Many times Hall catches a few moments of studying during stops on convoys.

"I get a lot of support through my platoon leader, my first sergeant and especially my instructors at CTC. I really need to thank them all for the support that they give," Hall said.

"I see my soldiers come in after a mission and I know that they are tired. I can tell that they are tired and yet they still make the time to go to class or study. Hall's work does affect his schooling," 1st Lt. Mark A. Ned, platoon leader with the 258th said.

"It's definitely hard. There are many times I'd like to quit. But then I keep thinking the more I get done while I'm here, the closer I am," Hall said. "Right now I'm just focusing on getting that minor before I ETS (expiration, term of service), if I decide to ETS."

"Hall wants to get his degree and use the military as a stepping stone in the civilian market," Ned said. "I think that Hall is a good soldier, team player and is always willing to give 100 percent. When the other soldiers see him working like that, it motivates them."



Photo by 1st LT Tyrone Kindle

# Engineers rock the range

By Spc Janel R. George  
129th MPAD

CAMP BEDROCK — Although the M-249 squad automatic weapon has been used in the Army for many years, for the 62nd Engineer Battalion the SAW is a new tool to make mission accomplishment easier.

Looking to phase out the M-60 machine gun, soldiers from the 62nd rocked the range at Dobil Wednesday during a "train the trainer" exercise with Headquarters and Headquarters Company, 9th Engineer Battalion.

The SAW shoots faster and is easier to break down than the M-60, said Pfc. Christopher S. Bailey, of HHC.

Staff Sgt. Brent J. Boyer, 32, a Cody, Wyo., native assigned to Company A, 62nd Engineer Battalion., likes firing the SAW. "It's lighter and easier to control than the M-60. It doesn't jump around as much and the peep sights are better," he said.

"Because it is lighter and the extra barrel bag is smaller, it can easily be operated by one person," said Bailey, 22, from Lexington, Ky. The SAW weighs 22.08 pounds.

The M-249 is a gas-operated, air-

cooled weapon. Ammunition is primarily fed into the weapon from a 200-round, ammunition box. The SAW can use a 20- or 30-round, M-16 magazine. The weapon's maximum range is 3,600 meters.

"I'm glad I had the opportunity to be-

come familiar with the SAW," said Spc. Jennifer J. Threlkel, HHC, a 20-year-old resident of Bowling Green, Ky. "Now I feel more confident if I have to fire it." Threlkel is also a member of the 9th Engineer Battalion



Photo by Spc. Janel R. George

A member of the 9th Engineers, Spc. Thomas L. Smith, 25, from Lakeland, Fla., uses the M-249 SAW while on guard duty at Camp Bedrock.

# Quick thinking Russians save Bosnian explosion victim

By 1st Lt. Robert M. Inouye  
364th MPAD

EAGLE BASE—Teamwork by Russian, Norwegian and American medical teams helped save a Bosnian Muslim after he suffered injuries as a result of an explosive detonation on Monday.

The Bosnian male detonated an undetermined explosive device when he accidentally pulled a trip wire while gathering firewood near the town of Priboj in the Russian Brigade sector. The incident occurred just before 2 p.m.

Soldiers from the Russian Brigade medically evacuated the man, identified as Somir Salkomovic, age 30, by ground ambulance to Ugljevik where Russian medical personnel stabilized the injured Bosnian and prepared him for air evacuation.

"The Russian ambulance had picked up the man and delivered him to the Ugljevik base aid station within 10 minutes of the explosion. The medivac took another 15 minutes. The man had lost a lot of blood and was in shock," said Maj. Robert Protosevich, who serves as the Russian liaison officer, Head-

quarters, Headquarters Company, 1st Infantry Division.

The first doctor on scene, Lt. Col. Nikolai Kavarin, of the Russian 1st Battalion, provided the patient with immediate care before the ambulance transported the man to the Russian Brigade aid station.

The man was stabilized by a team of doctors there while an air ambulance from the 45<sup>th</sup> Air Ambulance Company at Eagle base, staffed with American pilots and a Norwegian medical crew was dispatched to transport him to the Blue Factory medical facilities.

"The team of doctors at the brigade aid station

provided immediate trauma treatment, stabilizing the man and immobilizing his leg," said Protosevich, "I can't imagine an evacuation going any more smoothly. Everyone worked in a timely manner and were able to save the man's life. It was a model evacuation."

Salkomovic was placed in stable condition and transferred to a civilian hospital in Gerdina.

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**"I can't imagine an evacuation going any more smoothly. Everyone worked in a timely manner and they were able to save the man's life. It was a model evacuation"**

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----- Maj. Robert Protosevich

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# Techniques prevent back injury

By 1st Infantry Division Surgeon Lt. Col. James Geiling

Back pain is an extremely common cause of disability, and one of the major reasons people seek medical assistance. It affects 60-90 percent of people at some time in their lives. Back problems in the U.S. are the most expensive health care problem in the 20- to 50-year-old age group and are the most common cause for limiting physical activity in people under age 45. The annual cost to worker's compensation is more than \$11 billion, and the total costs, including lost earnings and other uncompensated losses, have been estimated at more than \$50 billion.

The relatively young and healthy people in the military are not exempt from this common problem, and in some areas, are at greater risk than the national average. The 21st Combat Support Hospital physical therapist sees an average seven of 100 patients due to back problems.

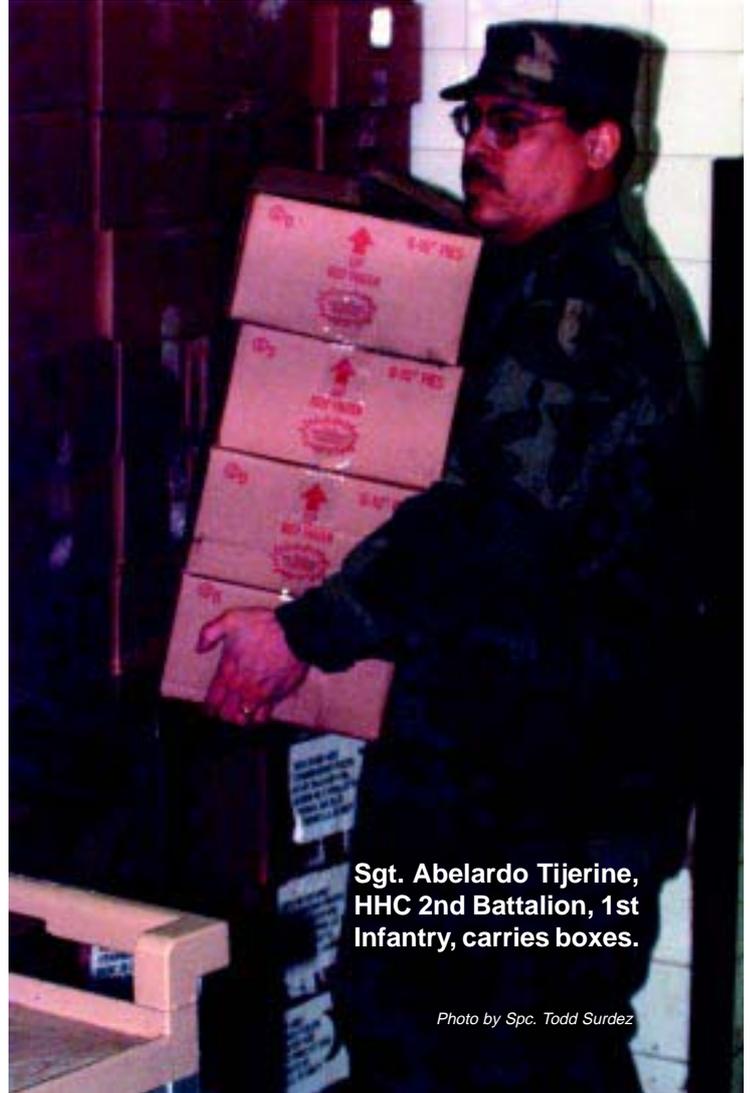
When you see your health care provider for back pain, they must evaluate for one of more than a dozen reasons for the pain. The overwhelming majority of cases are caused purely by mechanical stress on the back. Lifestyle factors associated with back pain include lack of exercise, smoking and obesity. You should also factor in the lifting of objects greater than 25 pounds, sudden, unexpected maximal lifting, and prolonged sitting. Preventing injury is more effective than treating the problem. Keys to avoiding injury include:

- Proper exercise, including both strength and flexibility exercises, and proper lifting techniques.
- Concentrate on lifting with your legs and avoid bending at the waist to pick up heavy objects.
- Sit upright in chairs and vehicles.
- Begin to develop strong abdominal muscles by doing abdominal crunches.
- Proper stretching of warm back muscles maintains the flexibility needed to absorb the stress placed on them.

If you are injured, you will most likely improve with no residual defect. You may be prescribed an anti-inflammatory to help with the pain. Take it as prescribed, because lower doses may help somewhat with the pain but not get at the cause of the problem, the inflammation. One or two days of bed rest is more effective than prolonged rest for most types of pain and limited activity may be recommended for a short time period.

Don't underestimate the seriousness this pain has on our task force and the impact it plays in completing our missions. We are at great risk here for back problems, but with proper

exercise and work habits, we can avoid most injuries, or lessen their severity. Leaders can contact their local aid station for more information, or for arranging classes on preventing back injuries.



Sgt. Abelardo Tijerine, HHC 2nd Battalion, 1st Infantry, carries boxes.

Photo by Spc. Todd Surdez

# How much do you *really* know

Compiled from American Forces Press Service

So you think you know it all. Or you have a friend who does. Or know some one who acts like they do. Well take this quiz, and see how you *really* stack up.

1. Almaty is the capital of and largest city in what now independent country?
2. Whose portrait is on a \$500 bill?
3. Who was the first European to visit the Cape Horn area in South America?
4. How many times has Michael Jordan won the National Basketball Association scoring title?
5. What state observes Leif Erickson Day?
6.  $A=ab$  is the common formula for determining the area of what geometric figure?
7. What is the estimated population of Sweden?
8. How many Colonial service members died of battle deaths during the Revolutionary War?

9. Who was the first person to officially bear the title Poet Laureate of England?

10. Josh Stein, Blaine Wilson and Bill Roth were 1996 U.S. national men's champions in what sport?

11. What is the unit of measure applied to the amount of heat needed to raise one pound of water by one degree Fahrenheit?

12. What Puerto Rican city is second in size to San Juan according to the 1990 census?

Check your answers here

(1)Kazakhstan, (2)President William McKinley(3)William C. Schouten (Dutch navigator), (4)Eight, (5)Minnesota, (6)Rectangle, (7)8.86 million, (8>About 4,400, (9)John Dryden, (10)Gymnastics, (11)British thermal unit (BTU), (12)Bayamon (220,262)

# Turn up standards

Spc. LaMont Rigmaden, Company B, 4th Battalion, 3rd Air Defense Artillery, sets his stereo system up on his new shelving unit. Soldiers are exchanging the plywood partition walls out of their tents to receive a standard shelving unit.

This is part of a plan, approved by Maj. Gen. Montgomery C. Meigs, to upgrade base camp standards by providing shelf units to all personnel. The units are designed to be used in pairs so they form a partition between living areas.

The plan calls for troops to exchange 1 1/2 sheets of on-hand plywood for a finished shelf unit.

Soldiers should dismantle non-standard partitions or other structures and use the salvaged plywood for the exchange program. The plywood must be serviceable, clean, free of nails and excessive wear, and not warped, cracked, or discolored by petroleum products.

Shelves may be obtained in one of two ways:

The camp mayor can contact base camp coordination agency at MSE 557-4608 and arrange for a drop-off and pick-up point indicating the number of units requested.

The camp mayor can turn in the plywood to their Brown & Root camp manager who will arrange for pick-up and delivery of shelf units and exchanged plywood.

The exchange will continue until all soldiers have new shelf units. BCCA point of contact is Capt. Clyborne at 577-4608.



Photo by Pvt. Wendy Tokach

## Reed This

By Sgt. Corwin M. Reed



Run Sergeant, Run!!!

## Flight Line PT

By Spc Todd Surdez  
129MPAD

As the roar of the C-130 drones nearer, communications with the flight tower become ever so important. Tower personnel rely on visual and radio contact with airmen and soldiers on the ground. Today they are lucky that their trained eyes spot the jogger on the far side of the flight line and take appropriate measures.

"Runners have been entering the flight line area at the far west side and proceeding to the east," said Air Force Tech. Sgt. Kenneth Legary of the 4100 Group P. "From the tower a jogger is very small and in incimate weather can severely hinder flight operations."

Just as a reminder to those tempted by the smooth dry surface perfect for that afternoon jog, the flight line is off limits for such an endeavor.

**A running group meets at Club 21 every Sunday at 8 a.m. This club knows the approved routes and welcomes all runners.**

# BOMB

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"I thought it went well," said Parker. "The Russian soldiers we worked with provided us with an interpreter and they were very professional. A couple of their soldiers at the scene were explosive experts and they seemed very knowledgeable, they always had an answer to any questions we had as to the timing and locations of the explosions."

"I had hoped to have an opportunity to work with them -- I've worked with a lot of other nationalities," said Parker. "They were just as good. Every nationality I've ever teamed with has been neighborly, like working with old friends."

The investigation turned up some unexploded ordnance, and indications as to where the ordnance had been stored before being detonated.

"It could have been worse," said Navy Lt. Tim Richardt, an EOD special operations officer with the EOD Mobile Unit Eight, Naval Air Station, Sigonella, Sicily, attached to the Joint Army/Navy EOD Liaison Cell. "Two of the charges placed didn't detonate and one charge partially detonated but not completely."

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**"Throughout the day the U.S. and Russian soldiers made a great team."**

----- Navy Lt. Tim Richardt

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"The charges used were relatively small — approximately 2 1/2 to three kilograms," said Richardt an Evansville, Ind. native, whose wife, Nenita, and three children Kassandra, Meghan and Thor await his return in Sigonella. "For charges of that size, they did tremendous damage to these houses."

"When I came upon the scene, the first thing I did was clear the area," he said.

"My advice to SFOR soldiers is the same thing they've heard over and over," Richardt said. "If you didn't put it there, don't pick it up. Any unexploded ordnance — let the EOD technician deal with it."

Richardt removed the blasting caps from the ordnance before leaving the area, but otherwise left the scene untouched so the investigators from other elements would have a clean crime scene to study.

"These kinds of incidents have happened frequently over the last several months," said Bergner. "When a structure reaches the point where it could be occupied, one or the other faction plants an explosive."

The SFOR soldiers do their best to pre-



**Sgt. Bradford S. Parker, a military police dog handler checks out a window after Rex, a military working dog "hits" on it.**

*Photo by William L. Geddes*

vent this. "The Russian soldiers were very professional," Richardt said. "Immediately after speaking to us they set up another checkpoint behind the construction site."

"The Russian soldiers seemed very cooperative, very willing to assist us so we could do our part of the investigation" Richardt said. "The Russian interpreter (Pvt. Wyatcheslaw Vyshinsky) was essential to the investigation, because a large part of the investigation was questioning the Russians as to the timing of the explosives, and the positions of the

explosions relative to the Russians."

Through this questioning, Richardt was able to ascertain the type of ignition that was probably used to detonate the explosives.

"While investigating all the explosions and searching all the undamaged houses for additional explosives, the Russians were extremely helpful in showing us all the houses," Richardt said "They went into great detail in replaying their actions and the International Police Task Force's actions. Throughout the day the U.S. and Russian soldiers made a great team."