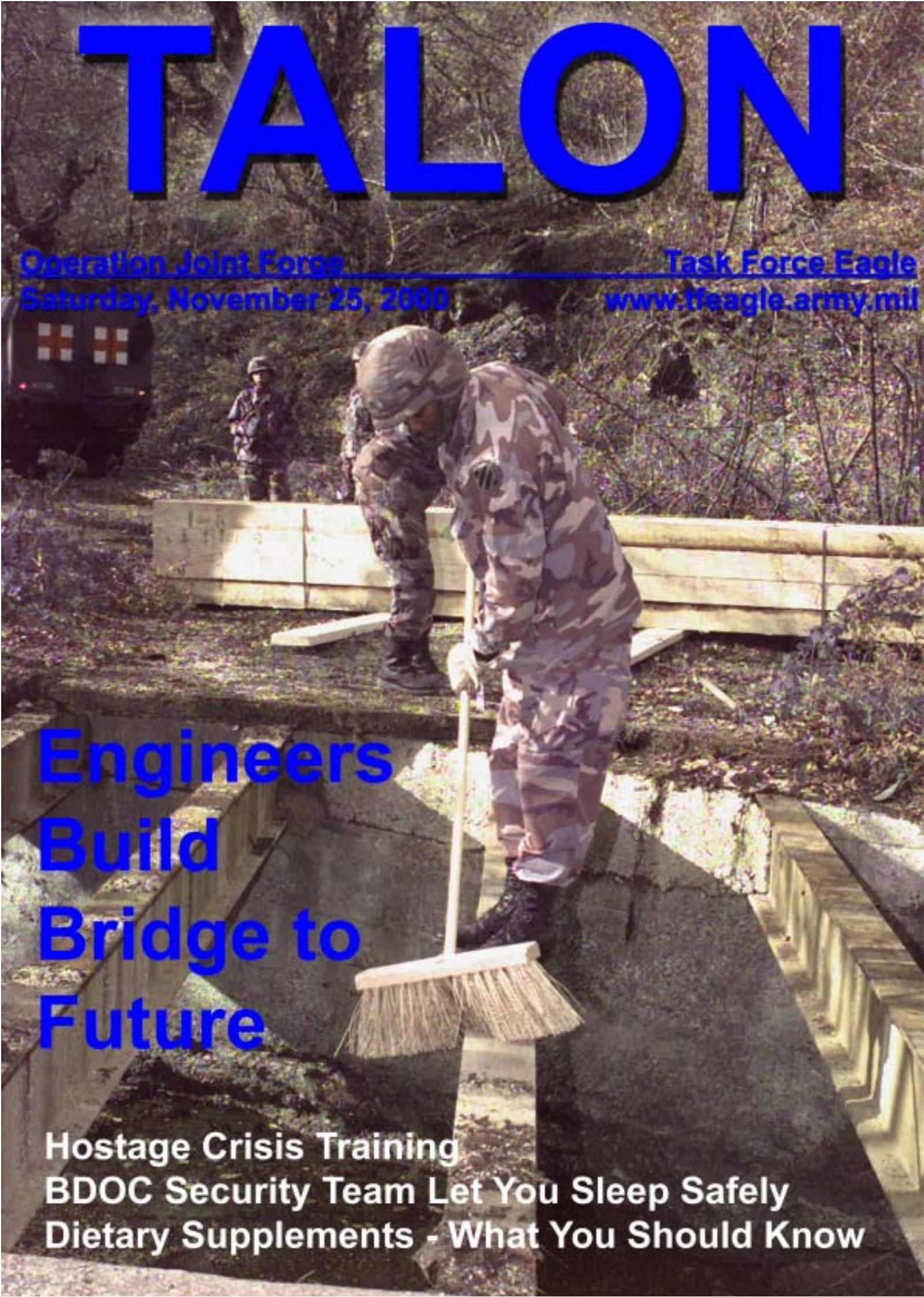


TALON

Operation Joint Forge
Saturday, November 25, 2000

Task Force Eagle
www.tfeagle.army.mil



**Engineers
Build
Bridge to
Future**

**Hostage Crisis Training
BDOC Security Team Let You Sleep Safely
Dietary Supplements - What You Should Know**

ADVENT: A PRELUDE TO CHRISTMAS

In the northern half of the world, the days of late November and December grow shorter and shorter. All the days and nights before Christmas we call “Advent,” which means “coming”. December is the time for expressing the hope and strengthening the dreams that will carry us through the next year. Advent is the way we, as church, express our hopes. Prophetic visions, prayers and songs calling for the Lord to come, help us to hope profoundly. Advent allows us to do what most others do in December; but to see, in the coming Lord, the answer to our dreams. In Catholic tradition, keeping Advent means singing the songs of expectation, hope and longing, before we enter into full-throated praise of Christmas carols.

Here are a few lines from our tradition on what Advent is about. “Advent has a twofold character: as a season to prepare us for Christmas when Christ’s first coming is remembered; as a season when that remembrance directs the minds and the heart to await Christ’s second coming at the end of time. Advent is thus a period for devout and joyful expectation.” (General Norms for the Liturgical Year and the Calendar, #39)

The first advent was the birth of Christ. The other will be the end of time. Faith in these two stimulate recognition of a third, the advent of Christ in our church now, today. Viewed from this perspective, the Advent liturgy, with its scriptures, prayers and songs, is neither a romantic return to the Old Testament while we wait for the baby at Bethlehem nor an exercise in expressing hope for an ever-receding end of time. The Advent liturgy is neither nostalgic nor illusory. When we take the tradition and enter it fully, we become Advent, the people in and through whom Christ comes.

Lord Jesus, you came to offer salvation to all people, in word and sacrament to strengthen us. You will come at the end of time to establish God’s kingdom in its fullness. Lord come and save us.

Advent begins four Sundays before Christmas and ends on December 24. As we will come to the longest nights of the year, through Advent Season we long to celebrate the greatest festival on December 25 – Christmas.

Thoughts For The Day

Saturday: The man caught up with this world is not ready for the next one.

Sunday: Criticism from a wise man is more to be desired than the approval of a fool.

Monday: Many Christians have enough religion to make them decent, but not enough to make them dynamic.

Tuesday: The man who lives by himself and for himself is liable to be corrupted by the company he keeps.

Wednesday: Feed your faith and doubt will starve to death.

Thursday: Life is not so much a matter of position as of disposition.

Friday: You are only young once, but immaturity can last a lifetime.

By Chaplain (CPT) Janusz Barczyk
TFE Catholic Chaplain

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Redecking an old, run-down bridge was no easy task for Sgt. Keith Newberry and the rest of A Company, 10th Engineers. (Photo by Sgt. Dave Lietz)

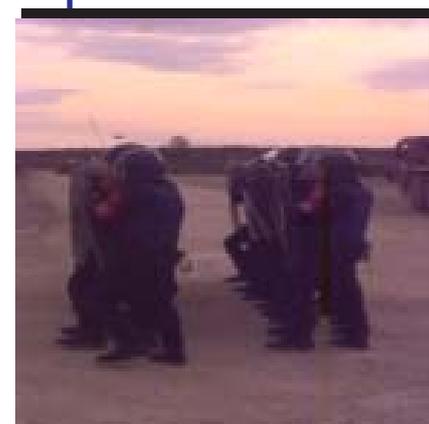
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CUT THE CAKE, LETS CELEBRATE

During a transfer of authority ceremony, the Air Force 401st Expeditionary Air Base Group says goodbye to Col. John W. Hughes (Photo by Spc. Christopher D. Carney)

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RIOTERS BETTER BACK UP WHEN MSU IS AROUND

The Multinational Security Unit trains in crowd control at Camp McGovern. (Photo by Spc. Jodie Moore)

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ALWAYS MAINTAIN YOUR MILITARY BEARING

Story by **Command Sgt. Maj. George J. Ruo**

Command Sgt. Maj., Multinational Division (North)

Military bearing sets us apart from other institutions in this world. How we act, what we say, and how we carry ourselves, speaks volumes of who we are as military servicemembers. As we continue in our service here in the Multinational Division (North), it is always good to assess our own military bearing and how it influences others in the course of our duties. Although there are many elements to maintaining a positive and professional military bearing, I want to discuss a few that I think are essential to sustaining our dignified standing as part of this capable multinational force.

Saluting/Military courtesy I have mentioned in many forums that a crisp salute and greeting of the day says much of your professionalism as a member of your respective military service. The hand salute is a time honored greeting between two military professionals. Take pride in the fact that each time you salute, you recognize the importance of this tradition and show the respect due of that tradition. 'Lazy' or silent salutes are a poor reflection of one's military bearing. Ensure your salute and military courtesy proudly reflects our respect for this important part of our dignified military heritage.

Appearance Along the same lines, your personal appearance speaks volumes of who you are as a service member. When others see a disheveled uniform or improperly worn headgear it sends a poor message to the standards we are chartered to uphold. Take time to check your uniform before leaving your quarters in the morning, and ask yourself 'what would others think of me as a professional looking the way I do?' It should be no surprise that there are mirrors in the latrines. Use them to ensure that throughout the day you maintain that positive professional appearance.

Foul language Language is an extremely powerful thing. It can shape opinions, mold minds and comfort others, but words also have the power to distract or offend. Our language must always remain professional and absent of vulgar or offensive characterizations, words or gestures. There is nothing more embarrassing than for someone to hear obscenities and think it is an illustration of your character. Foul, vulgar language and gestures, are also a violation of the many considerations of others policies that are here to ensure an equal and fair working environment, as part of this multinational force. If you have a tendency to 'just let it all out,' then clean it up!

Treat others with dignity and respect We all know that we appreciate others speaking to and treating us as professionals. I also find that even in the most heated arguments, a balanced and tempered discussion goes much farther than a verbal 'brow beating,' or embarrassing 'tongue-lashing.' Simply put, choose your words carefully and appropriately and 'keep your head' when you correct others. Your words will mean much more and your reputation will remain intact and positive.



Command Sgt. Maj. George R. Ruo

Be approachable I enjoy getting out and speaking with soldiers. It is our responsibility to look out for one another and work as a team to accomplish this important mission. If people are afraid of approaching you then how much do you really know about whats going on around you? How much do you think you can get accomplished alone? I submit, that if you keep yourself open to others and foster that relationship with your subordinates, you will build comraderie and excel as a team.

Be positive I enjoy spending time and working around people who are positive and can cultivate the best aspects out of every operation. That is not to say, that we spin or hide bad news or situations. Rather, when we approach any task or challenge, we should be confident that the job will get done and benefit someone or something else; provide a lasting benefit to our mission or possibly identifying a valued lesson learned. If you look hard enough, there is always a 'silver-lining' to every cloud. I ask that you look at how you do your job and see if after any mission or task you can find the 'three ups' as well as 'three downs.'

Make corrections and always look out for one another Lastly, if you identify a 'scuff in you military bearing armor;' fix it. If you identify a problem with another; correct it on the spot. We are one team with one mission here. In order for us to become better we must look out for one another and assure that faults are brought to the attention of others and corrected immediately. If you are the one being corrected, accept it. It is not a threat to your character, rather an effort by a team member to encourage improvements in another.

I hope you find this information useful as we continue to develop a totally competent and capable professional force.

Rock of the Marne!

REPAIRED BRIDGE BUILDS HOPE IN COMMUNITY

Story and Photos

By Sgt. David Lietz

318th PCH, Eagle Base

Heavy construction and combat engineers from Alpha Company, 10th Engineers, completed a bridge redecking on route Flanders, near Majdan, on Nov. 14.

Earlier, soldiers swinging sledgehammers and using crowbars pried old rotted wood from metal girders in the bright morning sunlight. The cool dry weather provided ideal conditions for manual labor. In four or five hours, the bridge would be completed.

Bridges are a major concern for SFOR. "If we can't get out there, we can't enforce the general framework agreement for peace," said 1st Lt. Timothy Donoghue, a 10th Engineers Platoon Leader.

This is the seventh bridge repaired by the Ft. Stewart, Ga., based 10th Engineers. They have work planned for three more bridges on route Flanders. A local mill provides the replacement wooden beams for the project.

The zone of separation the bridge is located in divided ethnic groups and runs through Majdan. During the war, Majdan and the area near the bridge was the scene of heavy fighting, with numerous fighting positions still visible today.

"Our soldiers get a high degree of job satisfaction once they complete a bridge. They see how it helps the to improve the lives of local people there," said Staff Sgt. Lionel Richards, Alpha Company combat engineer. A fellow soldier echoes these thoughts.

TEAM EFFORT—Soldiers from A Company, 10th engineers, work together to tear out the old bridge.



"The people that we have had contact with have been very cooperative and really nice to be around. We had some people that brought us coffee and cookies. One man in a wheelchair helped us direct traffic and keep people off the bridges," said Alpha Company engineer Sgt. William Zapfe.

"This route is a task force route, but they use it a lot. There will be better traffic for the local people," said Sgt. 1st Class Ayub, referring to the pedestrians that use the bridge.



WORKER ANTS—Soldier removes part of old bridge beam in preparation for the new bridge.

Before the war, the locals worked in lumberyards, plowed the fields and tended their cows and livestock. That was before fighting started, though. Now, only one Serbian man lives here, Dragomir Lipovac, caring for his blind elderly mother.

Soldiers work to finish, cutting the old I-beams in half with chain saws. Next, three soldiers lifted the rotted beams from the metal girders and replaced them with new ones.

Dragomir eagerly helped remove the old wood, planning to repair his barn with some of it. He will use the rest of it



CHOP—Soldier severs old bridge support in preparation for the new bridge installation.

as firewood this winter, explaining that the snow was up to his waist last winter. For Dragomir and his mother, wood is one of the precious commodities that will help them survive the frigid weather. The other is food.

Through translator and consultant Edin Osmanovic, Dragomir recalled what happened during the conflict.

"First, the Muslims started putting up barricades on the road. With the trouble starting in Sarajevo. It then came here from outside," he said.

Dragomir didn't want to make war against the Muslims and worked at maintaining good relations with the Muslim soldiers who came through the town. In exchange, the soldiers allowed Dragomir and his mom to live in their home and agreed not to harm them.

"I don't know what we will have for dinner tonight," said Dragomir, adding that even having a small amount of heating oil or candles is a luxury. "Life will improve with the new bridge," said Dragomir.

All through the morning and afternoon, Dragomir stayed and watched the bridge construction, his little dog by his side.

Now he and his friends will be able to visit each other. As the last nails are pounded into the bridge, his thoughts turn to the future.

"The best thing will be when everyone returns home to live like before," said Dragomir.

The redecking improved road conditions for SFOR, but did a great deal more for local residents, providing easier access to their homes. Most of the 250 townspeople are returnees from the war. In the spring, others will join them; the engineers' are rebuilding lives with a bridge.



OBSERVE— Spc. Philip Lantz sits at the Smokeout to give support to those in need. Spc. Lantz has been smoke free for four weeks.

According to the American Cancer Society, smoking is the most preventable cause of death in our society. Approximately 2.1 million people die each year as a result of smoking.



The benefits of quitting smoking are many. If you have the desire on the part of the smoker to quit, help is available. If any help is needed, classes are available by the 528th CSC.

QUITTING... TOPIC OF THE DAY

Story and Photos

By Spc. Christopher D. Carney

318th PCH, Eagle Base

On Nov. 16 the American Cancer Society's 24th annual 'Great American Smokeout' took place when millions of people across the world stopped smoking for one day, many hoping to quit forever.

Everyone was encouraged to participate.

A session was held that day in Bldg.14 at the 528th Combat Stress Control Detachment, to help people quit.

The purpose of the Smokeout is to show people that if they can quit for one day, they can quit everyday.

In 1971 Arthur P. Mullaney created an event in Randolph, Mass., asking people to give up cigarettes for one day and donate the money they would have spent on cigarettes to a high school scholarship fund. In just five years the event spread across the country. In California, one million of the state's five million smokers quit for the day.

The American Cancer Society organized the first Great American Smokeout in 1977, and now more Americans try to quit smoking on that day than any other day of the year; including New Year's Day.

A group support session can help people who need just a little more help with the difficult task of quitting smoking. Spc. Philip A. Lantz, a member of Bravo Company, 4-64 Armor, attended the session to help others who may want to quit.

"I have quit for four weeks and I am trying to support others who are trying to quit," said Spc. Lantz. "It helps to have someone to brag to when you do well. They can give you the support and the feedback that you need when you quit."

Spc. Lantz, who has a child on the way, has already saved over \$120 from not smoking.

"All I have to do is think of how many diapers I can buy instead of a carton of cigarettes," Spc. Lantz said.

Spc. Dean L. Johnston, a member of the 528th CSC, was a smoker and knows how difficult it can be to quit and how smokers use cigarettes as a way to deal with stress.

"People who have never smoked don't see cigarettes as a possible coping mechanism. Not only are we trying to quit, but we need to find something else to [help us] deal with things," said Spc. Johnston.

According to the American Cancer Society, smoking is the most preventable cause of death in our society. During 1995, approximately 2.1 million people in developed countries died as a result of smoking. In the United States nearly one in five deaths is caused by tobacco use.

ACHIEVEMENT— Sgt. 1st Class Darryle G. Crews, the member of the group who has quit smoking for the longest amount of time, cuts the cake during The Great American Smokeout.

er Society smoking is the most
in our society. During 1995,
in developed countries died as a



ng are clear but it takes a real
er to make the decision and to
eded weekly smoking cessation
CSC, 762-0443 or 0440.



QUITTERS TIMELINE

The human body goes through changes when one quits smoking that begins almost immediately.

Within 20 minutes...

Blood pressure drops to normal, pulse rate drops to normal and body temperature in hands and feet increase to normal.

Eight hours...

Carbon monoxide levels in blood drop to normal and the oxygen level increases to normal.

Twenty four hours...

One's chance of a heart attack begins to decrease.

Forty-eight hours...

Nerve endings begin regrowing and the ability to smell and taste things is enhanced.

From One and nine months...

Cilia, small cleansing hairlike structures in the lungs, begin to regrow.

Five years...

The lung cancer death rate decreases to over half of that of smokers.

Ten years...

The rate is almost equal to someone who has never smoked.

401ST EABG CHANGES COMMAND

Story and Photos
By Spc. Christopher D. Carney

318th PCH, Eagle Base

A change-of-command ceremony for the 401st Expeditionary Air Base Group took place Nov. 8 at the Rock City all-purpose building here.

Col. Dennis J. Eflein will now take over the duties of the outgoing 401st commander, Col. John W. Hughes.

As commander of the 401st EABG, Col. Eflein will be in charge of all aspects of the air base and all activities of Air Force members. He ensures the Air Force mission, safety, MWR, force protection and fitness programs are maintained and complied with. He also is the senior Air Force representative to the Army at Eagle base.

In 1971 Col. Eflein

was commissioned at the Officer Training School at Lackland Air Force Base, Texas. He completed undergraduate pilot training at Fort Walter, Texas, in 1972.

Col. Eflein has served as aircraft commander, Nakom Phnom Royal Thai Air Base, Thailand, as flight commander and chief, T-37 Stan/Eval Branch, 64th Flying Training Wing, Reese Air Force Base, Texas, as Commander, Det. 7, 37th Aerospace Rescue and Recovery Squadron, Minot Air Force Base, N.D., as director of operations and commander, 1st Helicopter Squadron, 89th Military Airlift Wing, Andrews Air Force Base, Md., as commander, 369th Recruiting Group, Air Force Recruiting Service, Lackland Air Force Base, Texas, and as vice

commander, Air Force Recruiting Service, Randolph Air Force Base, Texas. Col. Eflein's last command was with the United States Air Forces in Europe. He served as Commander to Air Operations Squadron in Ramstein Air Base, Germany. Col. Eflein is a command pilot with over 3,300 flying hours in the UN-1N Huey utility helicopter, HH-1H Iroquis light lift helicopter, UH/TH-1 helicopter, T-37 trainer jet, and the T-38 trainer jet. Col. Eflein is highly decorated with the Legion of Merit, Bronze Star, Meritorious Service Medal with five oak leaf clusters, Air Force Commendation Medal, Distinguished Presidential Unit Citation, Vietnam Service Medal with one oak leaf cluster,



ATTENTION—Colonel John W. Hughes holds the 401st EABG flag before handing it over to Col. Dennis J. Eflein

commander, Air Force Recruiting Service, Randolph Air Force Base, Texas.

Col. Eflein's last command was with the United States Air Forces in Europe. He served as Commander to Air Operations Squadron in Ramstein Air Base, Germany.

Col. Eflein is a command pilot with over 3,300 flying hours in the UN-1N Huey utility helicopter, HH-1H Iroquis light lift helicopter, UH/TH-1 helicopter, T-37 trainer jet, and the T-38 trainer jet.

Col. Eflein is highly decorated with the Legion of Merit, Bronze Star, Meritorious Service Medal with five oak leaf clusters, Air Force Commendation Medal, Distinguished Presidential Unit Citation, Vietnam Service Medal with one oak leaf cluster,

Republic of Vietnam Gallantry Cross with one oak leaf cluster, and the Republic of Vietnam Campaign Medal.

"I'm thrilled that I have a chance to be on the tip of the sword of the United States Air Force Air Expeditionary Force," Col. Eflein said.

The 401st EABG has almost 200 members from USAF active, guard and reserve units at four separate camps. The unit consists of the command section, group support staff, four squadrons and one flight.

The mission of the 401st EABG is to operate the primary air base in the U.S. sector of Bosnia-Herzegovina in support of MND (N).

Tuzla air base is one of the busiest airfields in the Balkans and are the primary cargo and passenger HUB for MND (N).

The previous

commander, Col. John W. Hughes, entered the Air force in 1977 as a graduate of Auburn University Air Force Reserve Officer Training Corps. He has served with the 53rd Weather Reconnaissance Squadron, Keesler Air Force Base, Miss., the 54th Weather Reconnaissance Squadron, Anderson Air Force Base, Guam, the 16th Tactical Airlift Training Squadron and the 34th Tactical Airlift Training Group, Little Rock Air Force Base, Ark., the Air Mobility Command Headquarters, Scott Air Force Base, Ill., and as commander of the 30th Airlift Squadron, Yokota AB, Japan.

Col. Hughes is returning to Hickam Air Force Base, Hawaii, where he is now assigned to Pacific Air Forces Headquarters.

FORWARD MARCH—Airmen from the 401st present the colors for the ceremony



HOSTAGE TRAINING AT McGOVERN

Story and photos

By Spc. Jodie M. Moore

318th PCH, Camp McGovern

A riotous crowd with a hostage held portrayed demonstrations at Camp McGovern on Nov. 17. The demonstrating crowd had personnel designated as special status (PDSS) held at the McGovern Center with no real intentions of releasing the only insurance they had.

The crowd was actually 1st platoon, Charlie Company, 3rd Battalion, 15th Infantry Regiment. They, in part with 2nd platoon, Alpha Company, 3-15 Inf. and the Multinational Security Unit (MSU)

ON GUARD— Pfc. Cameron L. Baungarte, Alpha Company, 3-15th Infantry sits in the turret of his Humvee with his crew-served weapon during the extraction exercise.



took part in an extraction exercise held here at Camp McGovern.

The exercise set the stage for the MSU and the Army to conduct Quick Reaction Force (QRF) training on hostage extractions. The exercise also allowed SFOR and MSU soldiers to train together, and provided specific situational training in reacting to a potentially riotous crowd in the Brcko area; including training on violent demonstrations.

“If demonstrations outside the gate, say for instance in Brcko, turn out to be violent and if the OHR [Office of the Higher Representatives] and IPTF [International Police Task Force], which are persons designated special status, are threatened by these demonstrations, then we would have to extract them for their own safety,” said Cpt. Sergio A. Gonzales, Charlie Company, 3-15 Inf. Commander.

“When a situation reaches this point, motorized QRF and MSU are needed in the extraction of the PDSS from the hazardous situation. They have one hour to react to the situation,” said Cpt. Gonzales.

According to Cpt. Gonzales, there are three elements involved in the security and extraction. When a situation arises, a motorized QRF consisting of Humvee’s, a heavy QRF, consisting of M2 Bradley’s, and the MSU all react to the situation.

First in the scenario is the motorized QRF. They are there to observe the crowd and report that to the MSU.

Arriving second is the MSU. They are in charge of negotiating with the group first. More times than not there is a leader of the demonstrating crowds. Negotiations take place before anything else. If there is no progress in the negotiations, the MSU may be forced to push the crowd back so the third element can extract the PDSS.

“The MSU tries to negotiate with that leader and also tries to convince them to leave. If they don’t, they will let the leader know they will come in and use force if necessary to push the crowd away from the building,” said Cpt. Gonzales.

“In this situation, the demonstrations are in front of the building where the PDSS is. We want to push the crowd back so we can come in and extract the PDSS,” said Cpt. Gonzales.

The third element, the heavy QRF, establishes security around the building and extracts the PDSS.

Once the PDSS is retrieved, rear security is then the duty for the motorized QRF. The MSU pulls back, mounts their vehicles and return to the base camp with the PDSS. “The heavy QRF is the last to leave,” said Cpt. Gonzales.

Soldiers from both Alpha and Charlie Companies, along with those in the MSU, held an after action review to talk over the exercise and training.

“It was very good because there was no confusion. This is the first time we’ve done it [exercise] together,” said Marshall Palladino Salvatore, a MSU soldier.

Situational training exercises are good opportunities for all MND (N) soldiers to learn and practice their skills. If a situation arises needing hostage extractions, the soldiers are fully prepared to react quickly and efficiently.

KEEPING PERIMETERS SECURE

Story by Sgt. David Lietz

318th PCH, Eagle Base

Soldiers of the Immediate Reaction Force are on call 24 hours a day, seven days a week. Four guard force members from 4-64 Armor (combined Arms battalion) make up the IRF team.

“It’s a small flexible team that can react at a moments notice,” said Sgt. Anthony Smith, a member of the IRF. “They can take armed control of a situation within minutes.”

With elections and demonstrations, there is always the possibility of these events spilling over at the gate. The four-team members can be instantly contacted by radio. On average, IRF members will run two or three missions a day. These include perimeter inspections and route recons, to ensure the routes are clear. “We do daily patrols regardless if it’s raining or snowing. We try to determine how the people feel,”

Said IRF member, Sgt. James Stone.

“We ask the local citizens if there is anything we can change or do better,” Sgt. Stone said. “We even located a minefield once just by talking to a farmer.”

Each member is qualified on crew-served weapons like the M-240, which is necessary for a mounted patrol. They can also conduct a dismounted patrol with efficiency.

“Were the best trained and qualified at using a crew-served weapon,” said Sgt. Smith.

IRF soldiers must be well motivated, disciplined, sharply dressed soldiers who are willing to take orders and be flexible. That’s also what the local Bosnian people want to see, said Sgt. Smith.

“Soldiers at Eagle Base can sleep safely knowing that we are here to deter any threat that arises and we will,” stated Sgt. Smith.



PERSISTENCE— Soldiers in the BDOC are constantly patrolling the perimeter. Here, a Humvee slowly travels the gravel road that is just inside the fencing. (Photo by Staff Sgt. Freddie Gurwell, Combat Camera)

“We have to have as much information as possible about a particular situation,” said 2nd Lt. Zieber. “If a problem arises, we’re the first to hear about it. It might involve a missing piece of equipment or a farmer on the outside of the fence.”

The BDOC maintains communication with observation posts around Eagle Base, including Observation Post Five where Spc. Michael Pellegrino, Bravo Company, 4-64 Armor, was recently on duty keeping watch on the perimeter during his eight-hour shift. “We report anything unusual,” said Spc. Pellegrino.

The guards at the Eagle Base access gates and the pedestrian gate, where local Bosnian residents enter, operate metal detectors as well. Approximately 500 civilians come through the gate between 5:30 and 7:30 a.m. each day.

A commuter bus comes by the gate almost every 15 minutes to pick workers up and drop them off.

Soldiers need to watch for unusual behavior or awkward situations. “We look for things like a car parked too long or someone taking pictures,” said Spc. William Menear, Task Force Med-Eagle.

Meanwhile, at Observation Post 27, guards perform patrol missions to watch the base perimeter and monitor Tuzla International Airport here.

“The whole point of supporting TIA is to help the economy. This airport should help alleviate a lot of the air traffic that goes into Sarajevo,” said Captain Jeffrey Powell, Chief of Operations, Headquarters and Headquarters Company, 4-64 Armor.

Next to Observation Post 27 is the west gate. Here soldiers check identifications of incoming personnel and make sure all vehicles have the proper paperwork. Guards also insure that all soldiers leaving the base have their required combat gear and ammunition.

“My job is to make sure all vehicles coming through here are allowed on base,” said Spc. Michael Dooley, an M1-A1 tanker, Charlie Company, 4-64 Armor. “We can check the vehicle identification by computer or we can do it manually.”

“The soldiers of 4-64 Armor take their guard force mission very seriously,” said 1st Lt. Brian Arakelian, Battalion S-1, HHC, 4-64 Armor. “Our job is to keep Eagle base secure and to act as a conduit for the surrounding community so that all tenants on Eagle Base can focus on their respective missions.”

BDOC...

SETTING THE STANDARD FOR BASE SECURITY

Story by
Sgt. David Lietz
318th PCH, Eagle Base

The Base Defense Operations Cell (BDOC) is responsible for keeping Eagle Base secure by coordinating the activities of the observation posts, perimeter security guards and roving security patrols. BDOC also includes coordinating the sentinels at the access gates, the Army’s military police and the Air Force security police.

Tenant units at Eagle Base provide the personnel support for these security missions.

“We keep track of where the guard force has checked and also keep track of neighboring unit patrols,” said 2nd Lt. Keith Zieber, BDOC Day Battle Captain.

The soldiers who answer the phones and handle traffic on the command network, and on the operations and intelligence network, bear a great deal of responsibility. They receive the initial information of a situation; analyze it, react and disseminate it, and then complete any required follow up.



KEEP YOUR GUARD UP— Soldiers of the BDOC are tasked with the many aspects of security. (left) Vehicle searches are an everyday occurrence for soldiers at the gates, ensuring force protection. (right) Communications are key in security. Here, Spc. Michael Pellegrino calls in a Situation Report (SITREP) to the control center. (Photos by Sgt. David Lietz)



THE TRUTH ABOUT DIETARY SUPPLEMENTS

Story by

Lt. Col. Thomas Garigan, Division Surgeon MND (N) and
Maj. Victor Yu, TFMEd Eagle Nutritionist

249th General Hospital

Photo by

Spc. Matt Burrell

318th PCH, Eagle Base

Dietary Supplement is a general term for a variety of products. Under current US law, manufacturers of dietary supplements are not required to provide proof of safety or effectiveness of the product

to the Food and Drug Administration (FDA).

Many marketers of these products take advantage of this by labeling their products as dietary supplements while making claims regarding medicinal and other value.

Examples of dietary supple-

ments include vitamins, minerals, amino acids, proteins, plant products, glandular extracts, and other animal products.

Some of these products have been found to have some specific benefits, but many have been shown to be harmful.

Even those products with potential benefit do not have the same testing and production standards as prescription medications to ensure quality.

Products of the same type may have widely varying concentrations of the active ingredients or contamination with potentially dangerous substances.

Even if a product has been shown to have some reported benefit, usually this benefit is small. Without a guarantee to the consumer of quality control, the actual concentration of the active ingredient may be so small that any potentially beneficial effect is negligible.

SUPPLEMENT CHARACTERISTICS

The nutritionist from Task Force Eagle, Maj. Yu, recently examined the dietary supplements for sale in the Eagle Base PX. Below is a summary of medical information regarding these substances:

Ephedra

Also known as ma huang

PX products containing this include: Ripped Fuel, Therma Pro

This substance is claimed to increase metabolism. It is a stimulant, but this same effect also increases the risk of heart problems, heat injury, stroke, muscle damage, and even death. Exercise and dehydration increase the risk of these problems. Some prescription medications and even common over-the-counter items such as cold medications interact with ephedra and greatly increase the risk as well. Both the NCAA and the state of Florida ban the use of Ephedra. Since 1993, Ephedra has been linked to more than 40 deaths and the FDA has received more than 800 reports on adverse reactions to the herb.

Creatine

PX products containing this include: CreaVate, Phosphocreatine Powder, Metaform products, Creatine Fuel, and Betagen.

Creatine is promoted as a strength and muscle mass builder. Its actual mechanism of action appears to be to increase water retention, so that while muscle mass does look greater, it's due to water, not actual muscle tissue. There is conflicting evidence for any strength benefit from creatine. Any benefit in short-term high intensity performance will be negated if you also take caffeine. Finally, any muscle size or strength gain caused by creatine will disappear when you stop taking it. There is some evidence that

creatine may affect the kidneys.

Protein Powder

Products containing protein powder are easily identified as such. According to labeling, one serving of these powders provides 36-42 grams of protein, with 240-300 Kcal (calories). Someone can get the same amount of protein by eating the whites of three boiled eggs (18 grams) plus 3 cups of milk (24 grams). There is no specific added nutritional benefit from protein powder; in fact most of these proteins are derived from milk. Eating more protein than what is included in common American diets has been shown to have no effect on strength and muscle mass, and may have negative effects on kidneys.

St. John's Wort

PX products containing this include: Phen Safe

St. John's Wort is promoted as an aid for depression. Some medical research has shown a possible benefit in treating depression, but not as great as with prescription medications. Because of the lack of quality control, users of this product can't predict what the effect will be. There is extensive evidence demonstrating the safety and identifying particular effects of prescription antidepressant medications. Recently the FDA has reported serious interactions between St. John's Wort and some prescription medications.

If you suffer any bad effects from taking such substances, you should report them to the FDA. You can do this on the internet on the FDA's web site: www.fda.gov/medwatch/how.htm

Military personnel on flight status must not take such products until cleared by a flight surgeon. Substances sold in some countries may be illegal in the United States, and may result in positive urine drug screening tests.

WINTER DRIVING TIPS FOR MND (N)

Story and photo by

Maj. Randall Fernette

TFE Safety Officer

Multinational Division (North) troops must exercise care while driving in the Balkans, which is hazardous during the best of conditions, and sometimes impassable. Roads become narrow obstacle courses strewn with potholes, livestock, pedestrians, bicyclists, horse-drawn wagons, disabled or parked vehicles, hay loaded carts and the occasional motorized vehicle.

When preparing a convoy, one should conduct a thorough risk assessment. What hazards will I encounter while driving and what can I do to reduce those hazards?

Hazards

Considering the up-coming winter weather conditions, drivers and vehicle commanders need to identify the many hazards they may confront. Everyday hazards may include pedestrians, cyclists, livestock, children, and most important, other drivers. With winter setting in, these hazards are joined by a new group that generally can't be avoided, curve-balls thrown by Mother Nature. These additional hazards include: freezing fog causing black ice, precipitation, high winds and heavy rains causing sheeting mud on roads.

Defensive Driving

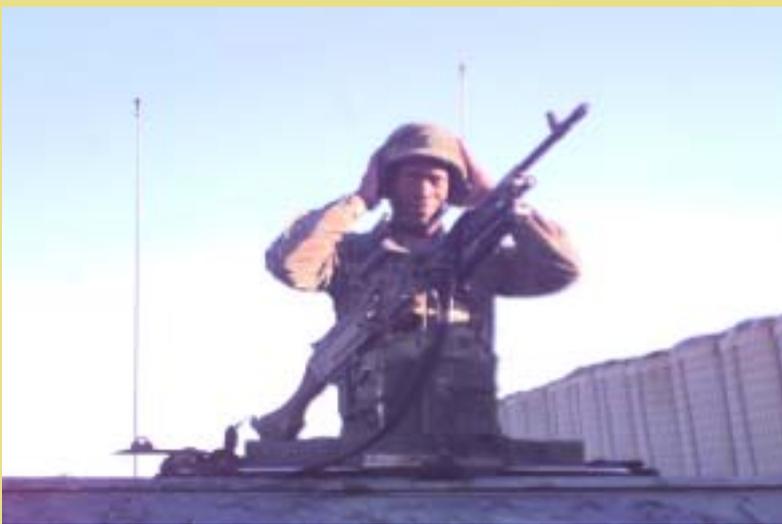
With the hazards identified, the drivers and vehicle commanders need to form a

type of battle plan that will combat all these different situations.

In short, drive safe. Drive smart. Drive defensively.

CAUTION—Defensive driving is the key in everyone's safety. Always remember: hazards are everywhere.





LOCK AND LOAD—Cpl. Vinson mounts up and prepares for patrol at Camp McGovern.

SPIRITUAL QUEST LEADS TO HEALTHY DEPLOYMENT

Story and Photos

By Spc. Jodie M. Moore
318th PCH Camp McGovern

Staying positive in the face of deployments is a goal all soldiers attempt to obtain. For Cpl. Carlos D. Vinson, Charlie Company, 3rd Battalion, 15th Infantry Regiment, 3rd Infantry Division (Mechanized), staying positive isn't a choice, it's a must.

Serving in his second deployment in his brief two-year career, Cpl. Vinson has garnered the secret for success.

Just seven months after enlisting in the Army, Cpl. Vinson found himself deployed to Kuwait. He served four and a half months there in 1998. Living in tents and facing temperatures ranging from 100 to 120 degrees, Cpl. Vinson said he had problems adjusting and dealing with the fact he was deployed to Kuwait.

A married father of three, Cpl. Vinson had to adjust to yet another long separation as well as a drastic change in living conditions.

"I spent many nights laying on my bed and questioning my purpose for being there. I couldn't understand why I was taken away from my family. I was just angry," Cpl. Vinson said.

It was during this time he started to seek the Lord. "I read the 'Daily Bread' and prayed constantly," he said.

Cpl. Vinson said his church

SOLDIER'S SPOTLIGHT



background was also a help to him during this time. He said he found comfort in the scriptures he remembered from his youth. In particular 2 Chronicles 22:17, which he said spoke directly to his heart. "This scripture", he said, explained to him why it was he found himself at this particular time in his life in Kuwait.

Cpl. Vinson said that God revealed to him that the battle is not his, but the Lord's, and no matter where he found himself in life, the Lord would always be there with him.

At this point Cpl. Vinson said he knew he would be alright. This experience led him to more spiritual growth. He said he felt closer to the Lord than ever before. As a result, Cpl. Vinson said he found himself excelling in his military career. He received several promotions and he experienced an increase in job satisfaction.

"During this deployment I learned who I am – God's child. I no longer pass judgement on people based off of what I see," Cpl. Vinson said. He believes this experience has helped him with his current deployment here in Bosnia-Herzegovina.

"This is a much more relaxed deployment," Cpl. Vinson said.

"I love it. I get to experience a different culture and learn different languages. I also get a chance to appreciate life as I have it at

home," said Cpl. Vinson.

Cpl. Vinson says he doesn't have a problem being deployed because of family support.

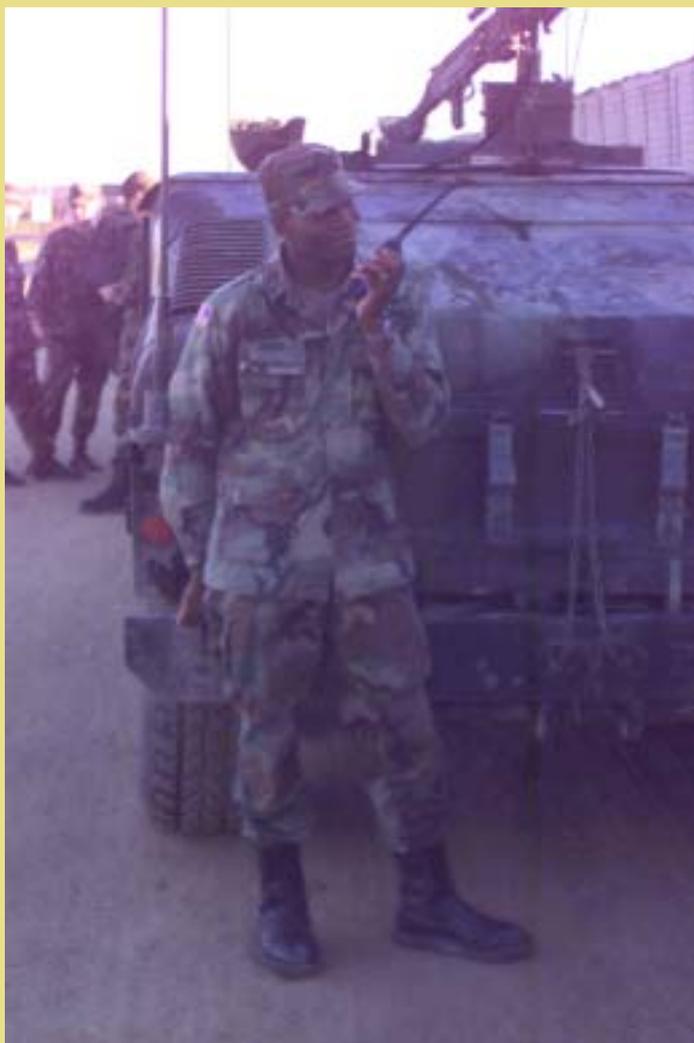
"I stay positive because I have a family at home. I know I have their support and that everything will be Okay," Cpl. Vinson said.

"Besides, body and spirit have no limit to a trained mind. To me this simply means that if you have the mind set, your body and spirit will be prepared to get a mission accomplished," he said.

A successful tour in Bosnia-Herzegovina for Cpl. Vinson would include leaving behind a positive image of 3rd ID (M) for the Bosnians.

"Success for me is knowing that I came over here and did my job safely and efficiently," said Cpl. Vinson, "and for the people to see SFOR as a helping tool, not a fighting force," he continued.

When asked what his response would be to inevitable future deployments Cpl. Vinson smiled and replied, "too easy."



SPEAK UP—Using a radio, Cpl. Vinson obtains information on the up coming patrol.