

# TALON

Operation Joint Forge  
Saturday, March 3, 2001

Task Force Eagle  
[www.tfeagle.army.mil](http://www.tfeagle.army.mil)

## Blackhawks Display Firepower At Glamoc Range



Basketball in MND (N)

Harlem Gospel Choir visits Camp McGovern

Camp Dobil's reorganization

# GOD ANSWERS PRAYER

**D**o you believe that God hears and answers prayer? I do! I recall once when I was eight years old my mother dropped me off to play baseball with all the kids who had NOT been selected to play little league. Back in those days they did not have the rule where everyone who signed up was automatically placed on a team. *That's a whole other story.* Well, either my mom had the time and place wrong or there was just a lack of interest because I was the only kid to show up. There I was, all alone, waiting for a game that never came, biding my time until my mom came back. It was hot and I was thirsty. Not far from the field was a Dairy Queen®. Now the thought of having an ice cream was great except I had NO money. Not unusual for me at eight years old. This is where this story takes an interesting turn.

After standing in front of the window of the Dairy Queen® for sometime viewing the cool delights, I turned away and said a small prayer. It was so natural for me. I had been raised to believe that God hears our prayers. My mother often spoke of how God answered her prayers on many occasions. In my child like faith I mentioned to God that I was hot and thirsty. I admit I was also feeling sorry for myself under the circumstances. As I bowed my head I said a simple prayer and said, "amen." As I opened my eyes, there in the gravel in between my feet was a pile of change, more than enough to pay for an ice cream cone. That experience is as vivid today as if it happened yesterday.

Many times throughout my life while in the mist of uncertainty I have recalled that experience. I am reminded that the Bible states, "*Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened*" (Luke 11:9-10).

I know what you are thinking. It was just a coincidence. People find money all the time. But for a little eight-year-old kid God used that event to show me that I could trust Him to hear and answer my prayers. Granted, the answer may not be what I want but I have learned that it is always for my good. Do you believe that God hears and answers prayer? He does!

## Thoughts For The Day

Saturday: Jesus Christ is God's perfect provision for imperfect people.

Sunday: We will have no interest in worship if we have nothing invested.

Monday: Make this simple rule the guide of your life: have no will but God's.

Tuesday: A loose tongue often gets the owner into a tight place.

Wednesday: Take rest: A field that is rested gives a bountiful crop.

Thursday: The best exercise for strengthening the heart is reaching out and lifting people up.

Friday: True character is what we do when no one else is around.

**By Chaplain (Maj.) Dave Crary  
2nd Brigade Chaplain**

**Commander**  
**Multinational Division - North**  
Maj. Gen. Walter L. Sharp

**Public Affairs Officer**  
Maj. Scott P. Lopez  
762-3353

**Public Affairs Noncommissioned  
Officer in Charge**  
Master Sgt. Brian D. O'Connors  
762-3353

### Editorial Staff

**Editor/Webmaster**  
Staff Sgt. Daniel W. Schiff  
762-5230

**Assistant Editors/  
Layout and Design**  
Spc. Matt Burrell  
Spc. Marc F. Marin  
Spc. Danny C. Martin Jr.  
762-5233

### Staff Writers

**Eagle Base/Camp Comanche**  
Sgt. Dave Lietz  
Spc. Christopher D. Carney  
762-8208

**Camp Dobol**  
Sgt. Noreen L. Feeney  
764-1012

**Camp McGovern**  
Spc. Jodie Moore  
763-1771

The *Talon* is produced in the interest of the servicemembers of Task Force Eagle. The *Talon* is an Army-funded magazine authorized for members of the U.S. Army overseas under the provision of AR 360-1. Contents of the *Talon* are not necessarily the official views of, nor endorsed by, the U.S. Government, Department of Defense, Department of the Army or Task Force Eagle.

The *Talon* is published weekly by the 3d Infantry Division (Mechanized) Task Force Eagle Public Affairs Office, Eagle Base, Tuzla, Bosnia and Herzegovina APO AE 09789. Telephone MSE 551-5230, Sprint 762-5230. E-mail: [talonpancoic@email-3.5sigcmd.army.mil](mailto:talonpancoic@email-3.5sigcmd.army.mil). Printed by PrintComTuzla. Circulation: 5,500.

Visit the *Talon* and other Bosnia and Herzegovina related items on the Task Force Eagle Home page:  
[www.tfeagle.army.mil](http://www.tfeagle.army.mil)

# CONTENTS



## ON THE COVER

A UH-60 Blackhawk helicopter hovers as its door gunner blasts holes into the targets as part of training held at Glamoc Range Feb. 22. (Photo by Spc. Christopher D. Carney)

7



## THE MOVE IS ON

Camp Dobol soldiers prepare to shut down operations at the base and redistribute forces throughout Multinational Division (North). (Photo by Sgt. Noreen L. Feeney)

5



## NATIONAL PRAYER BREAKFAST

Spc. Santiago Iriarte reads scripture at the National Prayer Breakfast held Feb. 21. (Photo by Spc. Christopher D. Carney)

14

CG's corner-----	4
Simulation Center grand opening-----	6
The truth about depression-----	8
Dealing with Grief-----	10
Harlem Gospel Choir entertains troops-----	11
Eagle Base basketball tournament-----	12
Wild Bunch wins tournament in Brcko-----	13
CIMIC transfer of authority-----	15
Soldier's spotlight-----	16

# THE AFTER ACTION REVIEW

By Maj. Gen. Walter L. Sharp  
Commander, Multinational Division (North)

I want to conclude my series of articles on training with one of the most important elements of the training process; the After Action Review (AAR). The AAR provides leaders with candid feedback to become better functioning units. The AAR is not a critique, rather a self-discovery process that focuses on the essential elements of the training exercise.

FM 25-101, *Battle focused Training*, defines the AAR as, “a method of providing feedback to units involving participants in the training diagnostic process in order to increase and reinforce learning...” Units actively participate in this learning process and contribute to the lessons learned for implementation in future training exercises.

Although critiques are sometimes used as an informal feedback tool during exercises, FM 25-100, *Training the Force*, states that the AAR has the following advantages over a critique:

## The AAR—

- focuses directly on key METL-derived training objectives.
- emphasizes meeting Army standards rather than pronouncing judgment of success or failure.
- uses “leading questions” to encourage participants to self-discover important lessons from the training event.
- allows a large number of individuals and leaders to participate so that more of the training can be recalled and more lessons learned can be shared.

These contrasting points provide an illustration of why the AAR is such a critical aspect of any training event. Maximum participation at each level is encouraged which have a direct relationship to the training objectives. The AAR normally consists of four parts that leads the unit through this important self-discovery process.

**Establish what happened.** During the ‘cloud’ of a complex training exercise many things happen, good and bad, requiring many different perspectives and viewpoints. The members of the unit share their viewpoints of what the critical aspects of the operation were, and identify any problem sets encountered. Here, the opposing forces (OPFOR) commander can participate to provide his view of the exercise and what reactions or counteractions he used in response to the training force.

**Determine what was right or wrong with what happened.** During this phase, the AAR participants identify the strong and weak areas of their performance. This is not intended to be a one-sided critique session, rather incorporates a collective view of all operational considerations and the decisions made by leaders



Maj. Gen. Walter L. Sharp

during critical events in the operation. The AAR facilitator plays a critical role in ensuring that the conclusions that are reached are doctrinally sound, consistent with Army standards, and relevant to the wartime mission. The facilitator must always keep the AAR focused on the critical tasks and the tactics, techniques, and procedures used by the leader.

**Determine how the task should be done differently the next time.** During this phase, the facilitator leads the unit in determining exactly how participants will perform differently the next time the task is performed. The unit should also explore alternative courses of action that might have been more effective. The important aspect of this exchange is to link these tactical views to an expected outcome; to an expected outcome resulting in achievement of the desired end state using available unit assets.

**Summarize the AAR.** By the end of the AAR, the unit must understand what was good, bad and average about their performance. During this exchange, facilitators and leaders must be cautious not to damage the self-esteem or cohesion of the unit, rather consider each training event and the subsequent AAR as a learning process with improvement as the guiding theme.

**Perform the task again.** If time and resources permit, conduct iteration training to train on those particular tasks again until task-proficiency is achieved. If this is not possible, the unit should record these newfound TTPs and incorporate iteration training in future training exercises. If the unit cannot conduct the training shortly after the AAR, the unit can forecast the retraining events in near-term and long-term training schedules.

As we come to the close of this series on training, I hope you have gained a better understand of what I think is most critical in the training development and management process. As you have seen, I consider training to be the benchmark activity that makes any organization great. If you make every opportunity to conduct challenging training I am confident that you will have a rewarding Stabilization Forces rotation as we continue to provide a secure and stable environment for the people of Bosnia-Herzegovina.

## *Rock of the Marne!*

# CAMP DOBOL SOLDIERS PREPARE To SHUT DOWN BASE OPERATIONS

Story and photo by  
Sgt. Noreen L. Feeney  
318th PCH, Camp Dobol

Soldiers from Camp Dobol will start moving personnel and equipment this week as part of a plan designed to redistribute forces in a more strategic manner in Multinational Division (North).

"Overall, it (the move) is designed to make the American contribution to the mission more efficient," said Lt. Col. D. Bruce Hain, Headquarters and Headquarters Company, 1st Battalion, 64th Armor Regiment, 3d Infantry Division (Mechanized) here.

"It is the result of months of study and hard work by division staff and they came up with the best possible way to conduct the mission and provide a safe and secure environment for our AO (Area of Operations)," Lt. Col Hain said.

Capt. Scott Woodward, HHC 1-64 AR, said he doesn't think there should be any major problems with the move.

"It's a practical move, we have the resources to manage it. Plus, it will be a big help to the next rotation," Capt. Woodward said.

The bulk of the units will move to Camp Comanche over the next few weeks while some will move to the new Forward Operating Base (FOB) 78 kilometers southeast of Camp Dobol, just outside the town of Glogoua near Bratunac.

"Moving to the FOB means shorter driving distance for our patrols through our AO such as Bratunac and Srebrenica," said 1st Lt. Marc Lehman, Bravo Company, 3rd Battalion, 15th Infantry Regiment here.

According to 1st Sgt. Gerald Peil, Bravo Company, 3-15 IN, moving to the FOB might not be so bad.

"The billeting is better. There is more privacy for the soldiers. There should be the same facilities as Dobol, just in a smaller size," 1st Sgt. Peil said.

The timing of the move, near the end of the SFOR 8 rotation, leaves mixed emotions among some of the soldiers.

"It's like a battle drill," said 1st Sgt. Peil.

"Deploying and redeploying are the two hardest things for soldiers to do. We're doing both at the same time. It's debilitating for the soldiers, but we're dealing with it," said 1st Sgt. Peil.

Sgt. 1st Class Al Lapointe, HHC 1-64



**THERE YOU GO— Sgt. Mark Garner, Charlie Company, 1-64 AR, removes an antenna from a rooftop in preparation for the move from Camp Dobol to Camp Comanche.**

AR and Camp Dobol Information Assurance Officer, said time management between the two camps could be a problem for him.

"As each section moves, I follow them there and set up their computers for them, then I have to come back to run the VTC (video teleconferencing) for the soldiers still at Dobol. I'll be doing a lot of driving back and forth until the move is complete," said Sgt. 1st Class Lapointe.

Bravo Company, 1-64 AR, won't be sending any soldiers to Comanche, according to 1st Lt. Paul Dufresne.

"None of our soldiers will be working out of Comanche due to redeployment, but we do have to move all the equipment there for the SFOR 9 soldiers" said 1st Lt. Dufresne

Even though some units are not moving personnel to either of the camps, the change still brings up concerns.

"We're moving all the TDA (Table, Distribution and Allowances) equipment. We're jumping through hoops right now getting it all together," said Sgt. Mark Garner, Charlie Company, 1-64 AR.

Said 1st Sgt. Rafael Rodriguez, Bravo

Company, 1-64 AR, "We have to plan everything in twos. Are we training the new people (SFOR 9) here or there? We'll need buses to get the soldiers to and from Camp Comanche. We don't know if they'll be eating here or there either. But you know what? We'll make it happen!" he said confidently.

To the new Civil Affairs unit that just arrived at Camp Dobol, the move doesn't seem to bother them.

"It's just another day in the Army," said Maj. Tom Stickney, 450th Civil Affairs Battalion. "It's just a couple of wasted days. It won't take away from our focus of the Eastern RS (Republika Srpska, also known as Serb Republic)," Maj. Stickney said.

Still, other units just take the whole change with a spoonful of sugar.

"It will be hard on us," said Spc. Kristie Jefferies, 982nd Signal Company. "We have to use our equipment all the way up to the day we move, but that's the way it goes."

"A good portion of our equipment goes with us when we go out on assignment anyway," said Capt. Juan Sandoval, 318th Press Camp Headquarters. "We go wherever the Task Force goes; just give us an electrical outlet and we'll be set."

Sgt. Garner pointed out one of the positives to the move.

"This has improved morale tremendously," Sgt. Garner said. "The people are now realizing their time is short and they're happy with it."

Some of the soldiers are concerned about the local residents who have done a good job running the camp.

"We've gotten to know all the Brown and Root people and we feel sorry for them," said Sgt. Garner. "We don't know if they'll get a job at Comanche."

With the soldiers' morale running up and down like a roller coaster, Jeff Johnson, Morale, Welfare and Recreation manager, said MWR will be with the soldiers every step of the way.

"I'll stay here (at Camp Dobol) until all the soldiers are gone. In the meantime, we are preparing to move fitness equipment, and recreational items such as pool tables and a dart board or two to the FOB," Johnson said. "Any support they need from MWR we are already prepared to give."

# SIM CENTER DEBUTS

Story and photos by  
Spc. Stephanie L. Bunting  
65th PCH, Eagle Base

Walking through tall grass and brush, all that is heard is the breaking of twigs, the rustling of the wind, then the squawk of the radio. Reconnaissance shows the enemy 200 meters in front of your current position. Moving out to engage the enemy, there are two squads to the immediate left and moving into your lane. Upon contact, you fire on the enemy and drive them back, keeping in mind that support is moving in from the left. Shots are fired until 'SCENARIO COMPLETE' flashes across the screen.

This is just one of many role playing scenarios from the Small Arms Virtual Trainer (SAVT), a computer and mechanical fire arms trainer, located at the newly opened Task Force Eagle Simulation Center. The Deployed Training Support Center (DTSC) is a facility brought about by numerous requests to find out ways to train and maintain soldiers' tactical proficiency during deployments.

The requests first came from unit leadership during Desert Shield and Desert Storm. Having been deployed longer than expected, the training opportunities to keep soldiers mission ready did not present itself. As time wore on, there needed to be training support equipment made available.

The result are the Deployed Training Support Centers now available here in the Balkans. Brig. Gen. Guy C. Swan III, Commanding General, 7th Army Training Command, stated that to maintain mission readiness was to present training opportunities. "These training facility packages are now a part of all contingency and peacekeeping operations," said Brig. Gen. Swan.

What better way to ensure soldiers receive the training necessary to maintain mission readiness, than hands on battle focused training. "The single point of entry for deployed training support is the DTSC," said Mr. Lyndon Tarver, the mission coordinator for the Deployed Training Support Centers.

As part of an on-site survey, Mr. Tarver's purpose is to see if the units here are satisfied with the training aids. His second mission is to see how the DTSC can better support unit training needs.

Available training equipment consists of a Mobile Conduct of Fire Training, which involves M2 Bradley and M1A1 Tank simulation training. In addition to this type of equipment, Claymore mine and Small Arms Virtual Training simulations (SAVT) are a part of the repertoire. The SAVT has the M-9 pistol, M-16 rifle, M-249 squad automatic weapon and the AT-4 anti-tank weapon. If this isn't enough to appease the 'training' appetite, indirect fire capabilities from mortar fire up to naval gunfire will join the wide range of training aids this fall.

The DTSC is also responsible for supplying all targets for live fire ranges. The Precision Gunnery System and the Tank Weapon Gunnery Simulation System, use



**FIRE AWAY—** (From left to right) Spc. Donald Cross, Spc. Steve Conley, Spc. Tim Buskell, and Sgt. Stephen Ross fire their laser weapons at a virtual target during the grand opening of the Simulation Center.

eye safe lasers instead of live ammunition. These types of systems can use target lifters or 'pop-up' targets usually seen at M-9 pistol and M-16 rifle ranges. These target lifters help simulate an actual range environment.

"I would like to get the word out concerning weapons qualifications because it is a perishable skill. (Here) they can fine-tune their skills and perform the mission when called upon," said Mr. Tarver.

Situational training exercises is another way to give hands on training to deployed troops. Civilians on the battlefield, backup for vehicle and civilian searches are only a few shown in the studio. There are even police officer scenarios available for the International Police Task Force.

Each scenario is loaded from a control room with a brief description given before each exercise. From the M-9 qualification range to situational exercises, each soldier can work on any deficient areas found during training, and maintain others to standard.

While here in Bosnia-Herzegovina, mine awareness is a must. Mine recognition and unexploded ordnance kits are available. From graphic training aids, first aid and videos, the DTSC has Multiple Integrated Laser Engagement Systems, or MILES

equipment, Multipurpose Arcade Combat Simulator and Resuscitating Anne.

Scheduling appointments can be done either over the telephone or in person. In the near future, there is an idea of having a schedule made available over Eaglevision (the Task Force Eagle intranet) with confirmation through email. As for scheduling, the DTSC would like units to send squads or fire teams instead of whole units to maximize training capabilities.



**GOOD SHOT—** (From left to right) Pfc. Marcin, Staff Sgt. James Stefanski, Spc. Kyheem Patterson and Spc. Jaye Buras take aim using the SAVT during the grand opening of the Simulation Center.

# BLACKHAWK CREWS TAKE TURN AT GLAMOC

Story and photos by  
Spc. Christopher D. Carney  
318th PCH, Eagle Base

It was the UH-60 Blackhawk's turn to light up Glamoc range Feb. 22, with door gunners blasting away targets from the helicopter.

"We are running as many fires as we can on the UH-60 aerial gunnery range, firing the M-60D 7.62 mm machine-gun at mock targets," said Capt. Michael Mouritsen, 2nd Battalion, 3rd Aviation Regiment.

The Blackhawks were going through qualifications that will enable the crew to be fully mission capable. "What we are firing at this range are Table seven and Table eight task qualifications," said Capt. Mouritsen.

Qualification Table 7 tasks, which went on all day, consist of firing at a series of targets from varying positions.

"The first target is fired at from the ground, then they take off and fire at target two. The third target they fire at while flying past. The fourth target they're shooting at in approach and the fifth they shoot while in a hover," said Capt. Mouritsen.

Qualification Table 8 is the night fire range. The first target of Table 8 is fired at from the ground. Then the Blackhawk takes off running and the second target is engaged in flight. The final target in the night fire is while the helicopter is in a hover.

The importance of training in the Army is always in the forefront and is well understood by the Blackhawk crews who participated.

Spc. Roger Gunnels, Charlie, 2-3 AV, who has been a crew chief over a year, said, "We're out here doing weapons qualifications... we need it. You never know when crew chiefs may have to act as gunners. We need the qualification and the experience to perform as gunners so everyone gets home safely."

Spc. Gunnels explained what steps he went through for qualification.

"We do firing as an approach, as a takeoff and as a straight fly-by. The fly-by is at a high rate of speed, low and fast so guys on the ground can't get a lock on us and can't get any rounds off. We do shooting on the ground and at a hover in case you have guys coming at you with small arms fire. We can just knock them out," Spc. Gunnels said.

Door gunnery is "not real hard if you know where your weapon needs to be to hit the target. As far as leading and lagging a target and as far as pilot control and where he needs to go. You can get on the mike (intercom) and tell him to speed up or slow

down, bank left or right, depending on where the fire is coming from," Spc. Gunnels said.

Qualifications are an important part of the job for Blackhawk crewmen, but no one said that you can't love your job.

"It's a real rush, it's real fun. Not everyone gets a chance to get in a helicopter and shoot a M-60D machine gun. I feel privileged that I get to do that," Spc. Gunnels said.



**SHARPSHOOTER—**  
(Above) Spc. Levi Vazquez, Charlie Company, 2-3 Aviation, conducts door gunnery with the M-60D machine gun. (Below) The door gunner aboard this UH-60 Blackhawk blasts holes in targets at Glamoc Range.



# THE TRUTH ABOUT

By Capt. Mack C. O'Quinn, Jr.

Social Work Officer and Therapist

528th Combat Stress Control Detachment, TFME

**D**epression is an illness that interferes with a person's ability to function at work, feel pleasure or maintain interest in usually pleasurable activities. Depression is far more than a simple case of the blues, sadness or ordinary grief. Its duration, severity and presence of other symptoms are what distinguish clinical depression from normal sadness.

Depression is a significant health problem in the US. On the national level, according to the National Depressive and Manic Depressive Association, depression costs the US an estimated \$43 billion a year, due largely to absenteeism, lost productivity and medical costs. On the personal level, depression can cause the affected person tremendous unhappiness, lost opportunities at success, as well as diminished physical health and a shortened life span. The impact of depression has harmed marriages, families and friendships.

The Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) and other clinical literature have identified several forms of clinical depression such as major depression, dysthymia, bipolar depression, premenstrual dysphonic depression, and seasonal affective disorder (SAD).

The most common form of clinical depression is Major Depression. According to the National Foundation for Depressive Illness, some 35-40 million Americans living today, that is some 13-16 percent of the US population, will suffer from major depression sometime during their lives. Many of these persons will suffer

## *Some of the tell-tale signs of major depression are;*

- Depressed mood
- Loss of interest or pleasure in almost all activities
- Changes in appetite or weight
- Trouble getting to sleep or too much sleep
- Slowed or restless movements
- Fatigue, loss of energy
- Feelings of worthlessness or excessive guilt
- Trouble in thinking, concentrating, or making decisions
- Withdraws from friends or others
- Recurrent thoughts of death or suicide

recurrent episodes of major depression. Of those affected, a substantial number, 18-20 percent will commit suicide if not treated.

Another form of depression is Dysthymia, a disorder affecting an estimated 10 million Americans annually, according to Liora Nordenberg's "Dealing with the Depths of Depression." The disorder is characterized by the presence of a chronic, mild depression. Dysthymia shares several of the symptoms of major depression, but the symptoms are milder. Also, unlike a person suffering from major depression, a person with dysthymia can perform all their assigned tasks, but are simply not functioning as well as they could be. Persons with dysthymia are just never quite happy.

Post-Partum Depression is a common depressive disorder that affects women days or weeks after giving birth. Researchers have found that some 30 percent to 50 percent of women will suffer from some degree of post-partum depression. Most cases of post-partum depression take a relatively mild course commonly called "the Baby Blues." Some cases, however, are more severe and require clinical treatment. In addition to the standard symptoms of depression like sadness, crying, irritability, sleep and appetite disturbances, women who suffer from the more severe cases of post-partum depression have been known to reject or fail to bond with their newborn children, and in rare case, even harm their

children. Post-partum depression usually lasts several weeks to sometimes a few months.

Premenstrual Dysphonic Depression (PDD) affects 3 percent to 8 percent of women during their reproductive years, according to MSN: Health's "What is Depression." This disorder is characterized by severe depression, irritability and tension that occurs a few days before menstruation.

Bi-Polar Depression, formerly known as manic depression, affects about one percent of Americans. This disorder is characterized by prominent mood swings called cycles that alternate between episodes of major depression and of mania. In

## *Some of the tell-tale signs of Bi-Polar Depression are;*

- Irritability,
- Inflated self-esteem and/or an exaggerated belief of their own abilities (they feel as if there is nothing they cannot achieve),
- Restlessness,
- Feeling like they do not need to sleep,
- Extremely talkative,
- Easily excited,
- Move quickly from one project to another without finishing any,
- Occasionally engagement in dangerous or harmless behaviors (fast driving, buying sprees, sexual promiscuity).

most cases, cycles normally shift every few weeks or months, but for some bi-polars, mood cycles can alternate in a matter of days.

Another form of depression is Seasonal Affective Disorder (SAD) that affects a number of persons during the late fall and winter months when the nights are long and the sky is often overcast. Researchers have shown that reduced exposure to sunlight and the resultant biological effects is the cause of this disorder. Soldiers who have served in Alaska should be quite familiar with this SAD as this disorder is a particular mental health concern in that region.

## *Why Does Depression Develop?*

The presence of situations like relational problems (divorce, unfaithfulness of significant others, marital discord), occupational problems (conflicts within the workplace, Article 15s, deployments), and health problems (major illnesses and disabilities) can certainly cause distress in those affected, but not all those who encounter these problems become clinically depressed. Why?

Biochemical imbalances in the brain are known to cause bipolar disorders, PDD, and is considered the principle or contributory cause of most cases of major depressions and dysthymia. For some persons, cognitive (thinking) factors such as whether they have a positive or negative outlook on life or life events, and environmental factors such as the relative strength of their social support system (family and friends) are important factors in their overall susceptibility to major depression and dysthymia.

The Treatment of Depression. Most cases of depression can be effectively treated through counseling, medications, and health education. Because of the strong biological component to depression, medications are an integral part of its treatment. Some 80-90 percent of persons suffering from depressive disorders can be effectively treated with medications. Educating the affected person and his or her family on the how's and why's of disorder is always important part of the treatment process. The key to effective treatment of the 80-90 percent of depressed cases is the depressed person must comply with their treatment plan. A

# OUT DEPRESSION

common mistake made by some depressed persons is they stop taking their medications when they start to feel better. When they do so, the depression normally comes right back. One should always take the medications for as long as they are prescribed.

## **Common Depression Myths:**

**Myth** – Depression is caused by a character flaw.

**Fact** – Most depressions are caused by biochemical imbalances in the brain, not ‘character flaws.’ For those persons whose depressions are caused or aggravated by their pattern of negative thinking, cognitive-behavioral therapy is a very successful treatment approach that focuses on helping depressed persons build self-esteem or learn to think more positively about life and life events.

**Myth** – Depressed persons are ‘losers.’

**Fact** – Not true. According to Joy Ikelman’s “Famous (Living) People Who Have Experienced Depression or Manic Depression” and Pendulum’s “Famous People with Bipolar Disorders, the list of famous people who have suffered from depression is enormous. For example, British Prime Minister Winston Churchill, Chinese Chairman Mao, astronaut Buzz Aldrin, National Security Advisor

Robert McFarlane, actresses Linda Hamilton and Jessica Lange, comedian Jim Carrey, musicians Sheryl Crow and Alanis Morissette, and the list goes on and on.

**Myth** – Depressed persons can simply ‘snap out’ of it if they wished.

**Fact** – Researchers have found that depressed persons cannot merely snap out of it. Again, most depressions are caused by biochemical imbalances in the brain and people simply cannot control their brain chemistry on demand. One study found that major depression usually lasts about twenty weeks. Dystymia can last for years unless treated.

**What should you do if you feel that you or someone you know is depressed?**

There is no reason why a depress person should suffer when treatment options are available. Persons suffering from depression should see a medical professional.

If you think you may be depressed, you should visit the 528th Medical Detachment (Combat Stress Control), phone: 762-0443/0230) or your Aid Station for further evaluation.

## DEPRESSION SELF-TEST

To test whether you are suffering from depression, answer the following questions the best you can. The grading scale is at the end of the test.

1. Over the past two weeks, how often have you been feeling low in energy or slowed down?

- None or little of the time
- Some of the time
- Most of the time
- All of the time

2. Over the past two weeks, how often have you been blaming yourself for things?

- None or little of the time
- Some of the time
- Most of the time
- All of the time

3. Over the past two weeks, how often have you had poor appetite?

- None or little of the time
- Some of the time
- Most of the time
- All of the time

4. Over the past two weeks, how often have you had difficulty falling or staying asleep?

- None or little of the time
- Some of the time
- Most of the time
- All of the time

5. Over the past two weeks, how often have you been feeling hopeless about the future?

- None or little of the time
- Some of the time
- Most of the time
- All of the time

6. Over the past two weeks, how often have you been feeling blue?

- None or little of the time
- Some of the time
- Most of the time
- All of the time

7. Over the past two weeks, how often have you been feeling no interest in things?

- None or little of the time
- Some of the time
- Most of the time
- All of the time

8. Over the past two weeks, how often have you had feelings of worthlessness?

- None or little of the time
- Some of the time
- Most of the time
- All of the time

9. Over the past two weeks, how often have you thought about wanting to commit suicide?

- None or little of the time
- Some of the time
- Most of the time
- All of the time

10. Over the past two weeks, how often have you had difficulty concentrating or making decisions?

- None or little of the time
- Some of the time
- Most of the time
- All of the time

If you answered “Most” or “All of the time” to five or more questions, you may be depressed.

# DEALING WITH THE DEATH OF A LOVED ONE

By Maj. Jorge Torres

528th Combat Stress Control Detachment, TFME

The death of someone close to us is one of the most painful experiences we will have in our lives, especially if the loss is traumatic and sudden or if we perceive ourselves in some way contributing to it. Even if surrounded and supported by others, grieving and mourning are still personal and lonely experiences. Intense feelings are a normal and important part of the grieving process and are common several months after the loss. In fact, it is not uncommon to have intense feelings linger on for a few years. Although most people think that grieving is unique to the loss of a loved one, it can be experienced from other losses such as health, status or at retirement.

There are two processes that occur when we lose someone close to us. These are **Grief** and **Mourning**. Although usually used synonymously, they are two distinct processes. **Grief** is what we feel when we experience some sort of psychological trauma such as losing a loved one. Unlike physical trauma it is not always outwardly visible and the person may not be aware of what they are experiencing. Grief may have physical, cognitive, emotional and behavioral reactions.

These reactions typically occur in one combination or another.

Most of the physical reactions occur shortly after the survivor initially receives the news, but may persist for months, especially when reminiscing about the deceased. They may include tightness in the chest, hollowness in the stomach, shortness of breath, lack of energy and weakness, and a sense of depersonalization (feeling like this is not happening to you or that you are observing from outside yourself). Cognitive reactions frequently experienced include disbelief, confusion, preoccupation with the event or person, absent mindedness or a sense of a presence around you. Cognitive reactions may even be severe enough to cause temporary hallucinations. Emotional reactions include feelings such as shock, sadness, emptiness and even anger toward the deceased. These symptoms often cause one to wonder if what they are experiencing is normal. Behavioral symptoms include crying, nausea, loss of appetite, shaking and restlessness.

**Mourning** is the healing process one goes through in order to recover from the emotional trauma. According to Worden, a well-known expert in the field, everyone must go through four common tasks in the mourning process. These are acceptance of the reality of the loss, experiencing the pain of grief, adjusting to the environment in which the deceased is missing from and withdrawal of emotional energy and reinvestment in new relationships.

**Acceptance of the reality of the loss.** In order to deal with the loss we must first acknowledge that it has occurred. The common initial response is one of disbelief, but this should only be temporary. An example of not accepting the loss is when a family member keeps the person's belonging and room, as it was the day they died, as if it never happened. Though this act in itself is not

abnormal if it is carried on for years it may be interpreted that way. The person in mourning should question why they are doing it and what need it meets for them.

**Experiencing the pain or grief.** This refers to letting yourself feel the pain of grief. According to Kutscher, if someone attempts to keep their feelings and thoughts under control in order to return to normal as quickly as possible, they will be taking a shortcut through the mourning process. These persons will achieve a state of pseudo-reorganization, which masks an incomplete mourning process. The incomplete grief will show itself at a later date or in a different form, such as poor work or school performance.

**Adjusting to the environment.** This refers to the survivor adjusting to and continuing their life without the deceased person. It involves learning how to fulfill certain tasks or roles done by the deceased. Often the survivor is not aware of all the roles the deceased filled. In this stage it is important to jump into the task at hand versus developing a sense of helplessness.

**Withdrawal of emotional energy from the deceased and reinvestment into a new relationship.** This is the final and final and perhaps most difficult stage of mourning. Although some may

consider this a form of disloyalty, others consider it a conscious choice to continue with life. If there is a strong tendency to not let go of the deceased, I recommend examining what needs the holding-on is meeting for the survivor. Dr. Kubler-Ross, a renowned expert in the areas of death and grieving,

---

**Grief is what we feel when we experience psychological trauma such as losing a loved one. Mourning is the healing process one goes through in order to recover from the trauma.**

---

quoted one of her clients, a mother who lost a child. The woman wrote:

*"There are two choices when a loved one dies - to live in grief, remorse and guilt covered thinly by a facade; or to face those feelings, work through them, and emerge with an acceptance of death and a commitment to living."*

Since mourning is such a unique and individual experience, there is no answer for what is an appropriate amount of time. Some believe mourning is never complete, only that it erupts less and less as life goes on. Even experts on grief and mourning have not been able to agree on whether mourning is ever done, much less how long it lasts. If the relationship with the deceased was a close one, it is not unusual for complete resolution to take one to two years. There are, however, some signs that may be interpreted as having completed the mourning process. These include the disappearance of physical reactions and emotional pain when reminiscing about the deceased and the reinvestment of emotions into life and other relationships. When is mourning a problem? It is a problem when it interferes with your abilities to: perform your job, to maintain or establish interpersonal relationships or with your ability to get on with life in general.

Help can be sought in a variety of settings. These include chaplain services, mental health services, support groups or from friends who have experienced similar events.

# HARLEM GOSPEL CHOIR ENTERTAINS McGOVERN TROOPS

Story and photos by  
Spc. Jodie M. Moore

318th PCH, Camp McGovern

The world-renowned Harlem Gospel Choir performed here Feb. 20 with an encouraging message and 'soulful' selections of gospel music for the soldiers serving in Bosnia-Herzegovina.

The choir entertained the audience with their famous blend of soul stirring gospel music and rhythmic melodies.

The soulful concert was a treat for many of the soldiers in attendance. The choir reminded them of their church choirs from home.

Spc. Tonya S. Evans, Fox Troop, 3rd Squadron, 7th Cavalry Regiment, had this to say about the concert: "It was wonderful. It was a blessed event. It very much reminded me of home. I was glad I was here to enjoy it."

The performers and the patrons alike were fulfilled by the concert. It provided remembrance from home for the soldiers in attendance, and it provided the choir with a chance to do what they love, sing, and show their gratitude to the soldiers at the same time.

Members of the choir marveled throughout the concert at the wonderful job men and women do in the military everyday. The traveling and long hours of practice they put in seems a small price in comparison to the job soldiers perform everyday, they said.

"It's a pleasure and a honor to be here because you (soldiers) do so much for us," said Arice McClarty, a member of the choir.

The choir has one stipulation for the soldiers they perform for – be encouraged.



**JOY— Spc. Tonya S. Evans, Fox Troop, 3-7 CAV, (arm raised), is overcome with joy as she listens to the the Harlem Gospel Choir during their performance.**

Be encouraged in the knowledge that troubles don't always last. While the soldiers are far away from home now, the deployment will soon be over. The choir came to provide their special blend of soulful music to encourage the soldiers until they get home, McClarty said.

Boncellia A. Lewis, another member of the choir, said the choir's tour to Bosnia-Herzegovina thus far has been one of contradictions. The choir once viewed their

trip as a way to give something to the soldiers they perform for. However, they have found themselves on the receiving end.

"We thought we were coming over here to entertain (the soldiers) but we find blessings for ourselves. God works in mysterious ways," said Lewis.

One of the blessings the choir received was the standing ovation and repeated calls from the soldiers to have the choir stay on and perform way after the concert was supposed to end.

"We've been fed, but we're still hungry for more," said Beverly Cooper-Pete, MWR programmer here, to the choir.

The choir obligingly performed two more songs for the hungry audience.

A gracious Lewis said, "I knew God wanted me to come over here. I feel like I'm doing what He wants me to do."

"We could have sang to (the audience) for another hour."

Virtually all the soldiers stayed after the show and waited in long lines for an autographed picture from the choir. This was a true testament to the enjoyment had by all.

Performers voluntarily leave the comforts of home to show the appreciation for soldiers serving their country thousands of miles away. Soldiers appreciate the performers for voluntarily leaving the comforts of their homes to provide them with a reprieve from their daily duties. They both provide a service to their country.

Lewis wanted to leave all soldiers with this thought, "It's because of you I sleep so well."



**ENJOYING THE SHOW— (Above) Soldiers enjoy the concert held at the McGovern Center. The Harlem Gospel Choir performed here as a part of their tour of MND(N) base camps. (Above right) Members of the Harlem Gospel Choir sing their famous blend of stirring gospel music and rhythmic melodies.**

# WILD BUNCH FROM COYOTE STATION TAKES TOURNAMENT IN BRCKO

Story by Spc. Jodie M. Moore  
Photos by Sgt. Michael Chann

318th PCH, Camp McGovern

Sport has often been called the great unifier. It doesn't distinguish between languages or nationalities. It exists because of a passion, a passion that is shared by people from around the world. A sports tournament took place in Brcko Feb. 18 at a local high school between two MND (N) teams and five local teams from the Brcko area.

The sport of unity this day was basketball. Competition was friendly yet competitive.

The local population showed up in strong numbers to support their teams. One team, the Fireflies, even brought their own cheerleaders. The cheerleaders entertained the crowd at half time of their team's semi-final game.

The crowd, which crammed into every available spot in the gymnasium, was extremely loud and spirited. Basketball has become a very popular sport in Bosnia-Herzegovina. The fans were there for their teams as well as for the love of the game.

The enthusiastic crowd made the games even better for Spc. Dennis Lugar, Alpha Company 1-64 AR.

"It was a lot of fun playing basketball with so much enthusiasm," said Spc. Lugar.

The crowd cheered for their teams and for the good competition taking place on the court.

The tournament was a way for soldiers to build a relationship with the local populace of the Brcko area, said Staff Sgt. Amin Noormohamed, HHC 3-15 IN, the organizer of the tournament.

A good working relationship with SFOR and the local populace this day started with a common interest – basketball.

The games also served as a morale builder for participating companies, said Spc. Eric Lowery, Alpha Company, 1-64 AR.

Spc. Lowry's team, the Wild Bunch, is out of Coyote Station. Due to their remote location and the small number of soldiers there, it can be very isolating. Their days are often repetitious. This game provided a way for the Wild Bunch to travel off post and compete against different people.

"It was a good day, it was good to get away and do something different besides going out on patrols everyday. It's good to interact with the people of Bosnia. It's fun to play basketball with



**REBOUND—** Two players struggle in mid-air to gain possession of the ball.

different people," said Spc. Lugar.

The game also provided the medics from Camp McGovern a chance to get out of the Aid Station and do something different.

"It was a great chance to get out and break the monotony," said Spc. Adam Contreras, a medic with HHC 3-15 IN.

The obstacle for the tournament victory wasn't the language differences; it was the fierce defense played throughout the tournament.

The low scoring games were often won by tight defense that was characteristic of the entire tournament. It was obvious to the crowd that defense was the key to victory. They were right.

The two MND (N) teams found out quickly that the local teams were not to be taken lightly.

"Our semi-final game was a tight match. They definitely came prepared," said Spc. Contreras.

The semi-final game between Alpha Company, 1-64 AR, and the Fireflies came down to the final shots in the last 20 seconds of the game. Spc. Lowery hit a bank shot that put the Wild Bunch up 42-41. A turnover by the Fireflies on the next possession sealed the victory.

The championship game was played between the HHC 3-15 IN Medics and the Wild Bunch, Alpha Company 1-64 AR. The game, holding true to the tight competition throughout the tournament, was won 44-43 by the Wild Bunch, who celebrated the tournament victory and the success of yet another SFOR peacekeeping mission.

**SPECTATORS—** The crowd watches as the teams battle for the championship.



# MND (N) BASKETBALL TOURNAMENT

## TEAM EAGLE CONQUERS 12 TEAM FIELD



**SLAMMED**—Spc. DeMarcus Rucker (above) from Team Eagle throws down a two-handed dunk during the championship game against Bravo Company, 26th Logistics Task Force. Spc. Taurell Robinson (below) from Team Eagle attempts a free throw shot.



**BREAKING AWAY**— Airman 1st Class Adam Salonish (above), with the 401st Expeditionary Air Base Group, lays the ball up. (Below) Before the game, Spc. Wilson Winters, Team Eagle, shows off his vertical leap before the game.



**STRONG DEFENSE**—(Above) Members of the 401st EABG trap Zeco Damir, an MWR worker from Camp Comanche, in one of the first games of the tournament.



**CHAMPIONS**— After two long days of basketball, the members of Team Eagle emerged victorious. Standing from left to right; Sgt. 1st Class Edward Johnson, Spc. DeMarcus Rucker, Spc. Wilson Winters, Pfc. Maurice Sloan, Pfc. Michael Gilmore, Spc. Frederick Wilson, Staff Sgt. Darrell Brooks, Spc. Neal Midgette, Capt. Markus McCuen, and Spc. Nairobi Grant. Kneeling from left to right, Spc. Brick Rowles, Spc. Marvin Tucker, Staff Sgt. Chris Green, Staff Sgt. Cory Baker, Spc. Taurell Robinson.



Photos by Spc. Danny C. Martin Jr.  
318th PCH, Eagle Base



**BREAKFAST—** (Left) Brig. Gen. Stephen Ferrell (center), assistant division commander, 3d Infantry Division (Mechanized) eats breakfast with Task Force Eagle soldiers during the National Prayer Breakfast held at Pegasus Hall Feb. 21. (Below) Task Force Eagle Chaplain (Lt. Col.) Clarke L. McGriff, the featured speaker for the breakfast, shares his message with soldiers. “As SFOR 8 speeds like a juggernaut to completion and the eager participants wait in the wings, the message for all of us is- it all matters,” Chaplain McGriff said.

# TASK FORCE EAGLE PARTICIPATES IN NATIONAL PRAYER BREAKFAST

Story and photos by  
**Spc. Christopher D. Carney**  
*318th PCH, Eagle Base*

**T**ask Force Eagle observed a National Prayer Breakfast at Pegasus Hall here Feb. 21 in continuation of a tradition that started with President Eisenhower.

The National Prayer Breakfast is a gathering that many governmental and military organizations set aside as a day of prayer and celebration.

The TFE Prayer Breakfast began at 0630 when everyone helped themselves to food while Chaplain (Capt.) Kenneth Beale, 401st Expeditionary Air Base Group chaplain, and Chaplain (Maj.) Michael Lembke, played instruments.

As everyone finished eating, Col. Barry Fowler, chief of staff, Multinational Division (North), began by saying a few words about the meaning of the prayer breakfast.

“As members of Task Force

Eagle it is equally important to be spiritually fit as well as mentally and physically fit,” he said.

After a scripture reading by Spc. Santiago Iriarte, Headquarters and Headquarters Company, 3d Infantry Division (Mechanized), and music from Eagle Base’s own Task Force Eagles, the guest speaker was introduced.

Chaplain (Lt. Col.) Clarke L. McGriff, MND (N) Chaplain, was the featured speaker for the ceremony. He emphasized the importance of the job that soldiers are doing here and that everything they do matters.

“Each soldier, each mission is important. We are stirred in our hearts to make a difference, to know that it matters. I am here more than anything else to encourage people on their journey. I applaud you for doing jobs that are difficult. It’s not easy doing what we do on a daily basis at the level we do,” Chaplain McGriff said.

The prayer breakfast was a good way to involve teaching with eating and the symbolic breaking of the bread.

“God is concerned about our nourishment more than anything else. God wants to feed us

spiritually from his word,” Chaplain McGriff said.

For many soldiers there is more work to be done now as new soldiers are arriving and some soldiers are preparing to redeploy.

“As SFOR 8 speeds like a juggernaut to completion and the eager participants wait in the wings, the message for all of us is- it all matters. I’ve heard repeatedly that all of our personnel need to stay focused and keep our heads in the game,” Chaplain McGriff said.

We must pay attention to, “Situations in life, your current reality, where you find yourself, not necessarily where you want to be but where you are. Our lives are a combination of events. As we proceed in our mission let us focus on our present,” Chaplain McGriff said.

The Chaplain’s message reached all participating in the prayer breakfast and received a round of applause.

Brig. Gen. Stephen J. Ferrell, assistant division commander, 3d ID (M), then spoke. “Each of us has an important role to play in completing this mission. Family and spiritual matters are very important and we need an opportunity like today at the prayer breakfast to step back and put it all in perspective,” he said.

“We know all things are working together for the good,” Chaplain McGriff said.



# CIMIC BATTALION CHANGES COMMAND

Story and photos by  
Spc. Christopher D. Carney  
318th PCH, Eagle Base

The Civil Military Cooperation (CIMIC) Battalion conducted a change of command ceremony Feb. 21 at the Sports Complex here.

The CIMIC Battalion's primary mission in SFOR (stabilization force) is to conduct civil-military coordination between International Community, Task Force Eagle, and local authorities to facilitate implementation of the Dayton Peace Accord in Multinational Division (North).

The ceremony honored the outgoing commander, Lt. Col. Phil Maughan, and welcomed the incoming commander, Lt. Col. John L. Irvin.

Lt. Col. Maughan, who supported SFOR 7 and 8 as the CIMIC Battalion commander, will return home to work as a civilian with XVIII Airborne Corps. He is married with three grown children and three granddaughters.

The incoming commander, Lt. Col. Irvin, received his Bachelor of Science and Masters of Education degrees from Clemson University. He spent four years of active duty in the Air Force before transferring to the U.S. Army Reserve as an infantry officer. His previous assignments in the Army include company commander, S-4, S-3, Civil Affairs Public Safety Officer, and G-3 Plans Officer.

For the last two years, Lt. Col. Irving

has been on active duty as the G-5 Plans Officer at the XVIII Airborne Corps. His previous deployments include Haiti, Hungary, Egypt, and Kosovo.

Lt. Col. Irving is a retired State Probation and Parole Officer. His home of record is Charleston, South Carolina. He is married and has one son who is a senior in college. Lt. Col. Irving has been a member of the 360th Civil Affairs Brigade (Airborne) since 1992.



**THE MOMENT—** (Above) Brig. Gen. Stephen Ferrell, assistant division commander, 3d Infantry Division (Mechanized), hands the CIMIC Battalion colors to incoming CIMIC commander Lt. Col. John L. Irvin, who assumed command from Lt. Col. Phil Maughan during a change of command ceremony held Feb. 21. (Left) The CIMIC color guard stands at attention during the change of command ceremony.

## TAX TIP OF THE WEEK

By Capt. Ruth Semonian

Tax Center OIC, Officer of the SJA, Eagle Base

**Q: From reading my W-2, I can't figure out what amount is being taxed. Can you explain the figures on the W-2?**

**A:** The figure in box 1 of your W-2 is the amount of your income that is subject to tax. This would exclude your housing and subsistence allowances, any special pay, and your tax free base pay while deployed.

Box 2 of the W-2 states the amount of tax that was withheld from your pay throughout the year. This is the amount of Federal tax that you paid.

Box 3 states the figure on which your social security withholdings are calculated. Your social security withholdings are not based solely on your taxable income.

Box 13 of the W-2 is the amount of nontaxable income for the year. This includes your base pay while deployed and your housing and subsistence allowances. This is the amount that is significantly changed by your tax free deployment pay.

**Q: What portion of my military income in 2000 is subject to taxation?**

**A:** Normally in garrison, base pay alone is taxable. However, all base pay for enlisted and up to \$4869/ month for officers and special pay received while deployed is not taxable. Remember

that Bosnia-Herzegovina has been declared a Qualified Hazardous Duty Area by Federal Legislation, thus military pay received here is subject to the compensation tax exclusion.

**Q: If I redeploy on 5 April 2001, how will my taxable income for the month be calculated?**

**A:** Taxable base pay is calculated on a monthly basis. Even if you were to redeploy on 1 April 2001, your pay for the entire month of April would be subject to the tax exclusion. You need only one day of official presence in theatre for your base pay and special pay for the entire month not to be taxed. Likewise, if you are hospitalized outside of Bosnia-Herzegovina as a result of wounds, disease, or injury incurred while serving here, you also qualify for the compensation exclusion for the full month. Hence, if you redeploy on 5 April, your base pay and special pay will not be taxed for the entire month.

**Q: How can I learn more about my tax benefits and obtain help with filing my tax return?**

**A:** Visit the Tax Assistance Center located in Building 4, Eagle Base. The hours are:

**Monday and Wednesday, 0900-1200, 1300-1600, 1700-2100**  
**Tuesday and Saturday, 0900-1200 and 1300-1600**

The telephone number to the Tax Assistance Center is 762-0344.



## NCO DISCOVERS JOY OF FLYING

Story and photos by  
Sgt. Dave Lietz  
318th PCH, Eagle Base

**S**gt. Carlos Chio of F Troop, 3rd Squadron, 7th Cavalry Regiment, 3d Infantry Division (Mechanized), is a quality control shop noncommissioned officer assigned to Comanche Base. From Ft. Stewart, Ga., this OH-58D (I) crew chief's job is to make sure helicopters are safe to fly.

"As quality control, I am the second set of eyes. We have two lives flying on this aircraft. Anybody can launch a mission. But our main concern here is to make sure the aircraft and aircrew come back safely from a mission," Sgt. Chio said.

Before becoming a crew chief in 1998, the native of Eagle Pass, Texas, spent three years with F Battery, Schofield Barracks, Hawaii, as a 155mm howitzer crewmember.

"It was great - really beautiful there. I became certified in scuba diving," Sgt. Chio said.

During a field exercise, Chio rode in a Chinook helicopter while participating in a two-gun raid. A two-gun raid is where the top two Howitzer sections are moved deep in sector to extend the Howitzer's range. It was a thrilling experience that stayed with him long after the guns were silent.

Later, while lying on Waikiki Beach one day, Chio heard the chopping of rotor blades in the distance and looked up to see what had broken the tranquility of the balmy afternoon.

"I saw some helicopters flying. That's when I started to think about my future. That's when I switched to aviation," he said.

So after completing the four-month 67 Sierra school at Fort Eustis, Va., he was a certified OH-58 D (I) crew chief and assigned to 3-7 CAV.

"My first taste of flying when I joined this unit was when I went on a maintenance test flight," Sgt. Chio said. He knew then that he had made the right decision.

And what he also found in his new career was a great family, from the commander to the warrant officers, to the non-commissioned officers and the enlisted soldiers. According to Chio, everyone there helped each other and worked as a team to get the mission accomplished. They also helped each other make life a little easier.

"Following a mission we often see a pilot bring a pizza down to the crew shack and thank the crew chiefs for doing such a good job," Sgt. Chio said.

And his feelings about his fellow cavalry soldiers run deep.

"Every one of these cavalry troopers out here is a standard of professionalism. It's amazing the amount of dedication these soldiers put out to keep these aircraft flying," Sgt. Chio said.

These feelings extend to fellow NCOs that he works with and has had the opportunity to learn from, in particular, Chief Warrant Officer 3 Cecil Stewart, a maintenance test pilot, who now flies the Army twin engine RC-12.

"He's pretty much a walking flight manual. He has a lot of knowledge about aircraft maintenance."

There's also Sergeants 1st Class Jonathon Craig, Dave Ewing, and Jose Acevedo, along with Sgt. Aimee Easterly and Chief Warrant Officer 2 Mitch Carver.

"Sgt. Chio is one of those high speed people that's always on the go. He is always trying to increase his knowledge and is doing an outstanding job," said Chief Warrant Officer 2 Carver, an OH-58D pilot.

Other fellow soldiers think very highly of Sgt. Chio too. "He's outstanding. We just recently got Sgt. Chio from one of the line troops. He's done a great job keeping the aircraft safe and flying," said Sgt. Ryan Kissell, 3-7 CAV.

Dedication is another word that describes this cavalry soldier. His brother joined the Marine Corps for opportunity. So following graduation from Eagle Pass High School, Chio joined the Army on June 10, 1994.

One day, Sgt. Chio hopes to fly helicopters. But until then the young soldier just continues to love and excel in what he's doing now - maintaining the quality control of his helicopters.

"There's no better feeling than seeing your aircraft take off from the pad and return safely two hours later," Sgt. Chio said.



**INSPECTING**— Sgt. Chio inspects the compressor inlet on an OH-58 D helicopter. "You take advantage of the opportunity to inspect various aircraft systems in greater detail when the engine is decowled," he said.