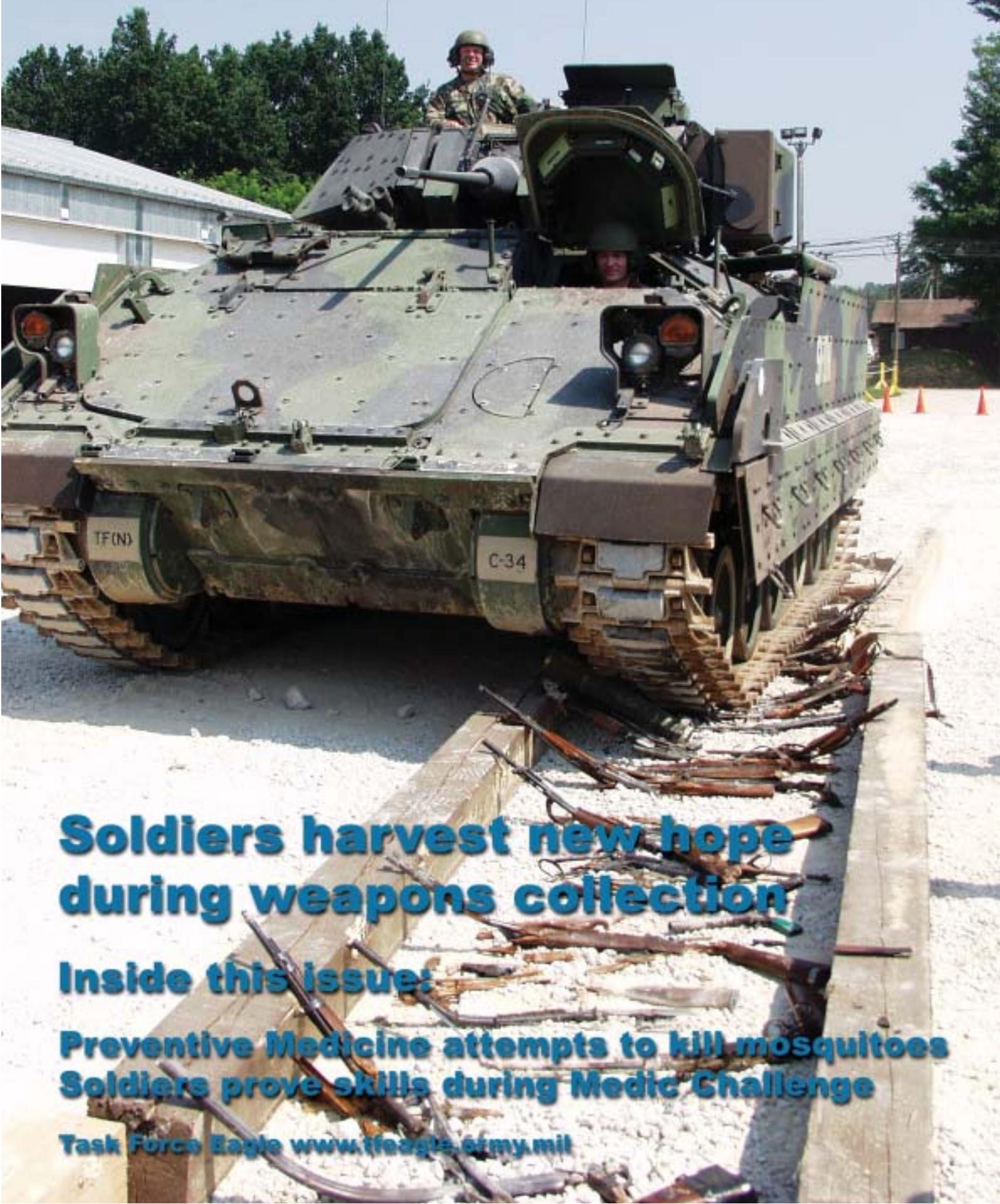


JUNE 28, 2002

# TALON



**Soldiers harvest new hope during weapons collection**

**Inside this issue:**

**Preventive Medicine attempts to kill mosquitoes  
Soldiers prove skills during Medic Challenge**

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

# TALON

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**On the Cover - Task Force Warhawk completes Active Harvest with crushing results. See story on pages 6 and 7. (Photo by Spc. Christina Davis, 305th PAD)**



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**Page 8 - Soldiers show off skills and compete in the Combat Medic Challenge. (Photo by Spc. Vincent Oliver, 305th PAD)**



## Stabilization Force 11 Voices

“What personal goal do you have for the rest of the SFOR 11?”



**1st Lt. Michael Moranti**  
TFME Supply Officer  
1085th Air Ambulance Co.

“I want to be able to fly in a helicopter.”



**Spc. Malaika Cole**  
Medic  
225th FLE

“My goal is to be able to display my vocal talent a little bit more and sing for the commanding general.”



**Sgt. Russell Carlberg**  
Team Chief  
HHC, 1st Bn., 25th Avn. Regt.

“I want to keep my soldiers and me accident and injury free.”



Task Force Eagle  
Stabilization Force  
**SFOR XI**  
Bosnia-Herzegovina



# CG speaks...

## *Independence Day celebrates America's uniqueness*



**Maj. Gen.  
Charles H. Swannack, Jr.,  
Multinational Division (North)  
commander**

Independence Day, the fourth of July, is the one day of the year that America comes together to recognize the extraordinary success of a bold experiment in democracy.

We celebrate not only an idea that captured the imagination of a people ready to make a new country, but also an ideal that serves as an inspiration to people throughout the world. Americans here in Bosnia and Herzegovina will spend this holiday with friends enjoying cookouts, ball games, a laser light show — and yes, a couple of beers.

But it is also important for us to pause

and reflect on the unlikely cause of this celebration.

It is important for us to revisit the uniqueness of our American spirit. This trait is a gift we can renew throughout the year at various milestones, but especially on this holiday.

Back in 1776, the representatives to the Second Continental Congress finally achieved consensus after much debate and voted in favor of the Declaration of Independence. That same day, in Philadelphia, John Adams wrote a letter to his wife, predicting that the Declaration of Independence would be celebrated by succeeding generations as a great anniversary festival.

He envisioned the day being commemorated with pomp, parades, shows, games, sports, guns, bells and bonfires — from one end of the continent to the other. Pretty optimistic thinking, when you consider that those early Americans did not even inhabit very much of the continent.

The origin of our nation — of the American Spirit — is truly extraordinary. How we as a nation keep this spirit alive varies with different generations, but it remains constant.

At the end of the century, Time magazine published its top 100 lists of the 1900s. Included in the category of heroes and icons was a familiar face to us all ... the American G.I. Secretary of State Colin Powell wrote the tribute for that edition of Time magazine while serving as chairman of America's Promise.

Today's G.I.s, he explained to the read-

ers of Time magazine, are our truest heroes and we owe them our full support and sincere thanks. He concluded his message by saying that the world is still troubled, but full of promise. "That promise," he wrote, "was gained by the young men and women of America who fought and died for freedom."

The price of freedom was indeed high this past year. Tragically, thousands of our fellow Americans were killed on September 11th in the attacks on the World Trade Center, the Pentagon and the fiery crash in Pennsylvania. They were not all soldiers, but simply ordinary people on their way to work, yet all certainly were American heroes.

As we continue to fight the global war on terrorism, the support of the American public at home is every bit as important as each man and woman in uniform in defending the American values of freedom, democracy and opportunity.

I can say with confidence today that the American spirit continues to thrive. Our founding fathers, who risked everything for the idea of freedom, continue to supply inspiration today through their legacy.

The future of our country is in good hands, with the spirit of America being well served by today's youth, both in and out of uniform. My best wishes to each of you for a wonderful holiday ... a safe holiday ... as we pay tribute to this special day honoring a great nation with very humble beginnings.

"People first, Mission always!"

# Chaplain's corner

## *Priorities, Saturdays, and marbles ... life's lessons*

By Chap. (Maj.) Alvin Shrum

*MND (N) and TFE chaplain*

A few weeks ago, someone sent this article to me. Perhaps it will positively affect you as it has me. The article read as follows:

"The older I get, the more I enjoy Saturday mornings. Perhaps it's the quiet solitude that comes with being the first to rise,

or maybe it's the unbounded joy of not having to be at work. Either way, the first few hours of a Saturday morning are most enjoyable.

A few months ago, I was shuffling from the kitchen with a steaming cup of coffee in one hand and the morning paper in the other. What began as a typical Saturday morning turned into one of those lessons that life

seems to hand you occasionally. Let me tell you about it.

I turned the volume up on my radio in order to listen to a Saturday morning talk show. I heard an older sounding gentleman with a golden voice. He was talking about a thousand marbles to someone named Tom. I was intrigued and sat down to listen.

"Well, Tom, it sure sounds like you're busy with your job. I'm

sure they pay you well but it's a shame you have to be away from home and your family so much and work such long hours. Too bad you missed your daughter's dance recital."

He continued, "Let me tell you something Tom, something that has helped me keep a good perspective on my own priorities."

**See CHAPLAIN, page 11**

# Mosquitoes 'bugged' as Preventive Medicine fights to take control

By Spc. Christina Davis

*Talon Editor, 305th PAD*

Although the soldiers of Task Force Eagle are on a peacekeeping mission, they still have one enemy — the dreaded mosquito.

To alleviate the discomfort and frustration of the pesky insects, the Preventive Medicine team of Task Force Med Eagle attempted to halt the growth of thousands of new mosquitoes by dropping Altisoid briquettes in the hard-to-reach unexploded ordnance areas, as well as other breeding grounds, by UH-60 Blackhawk helicopter Monday at Eagle Base, Camp McGovern, and Camp Comanche.

The chemical kills mosquito larva in stagnant water. Stagnant water is the perfect breeding area for mosquitoes, said Capt. Jose Nunez, the Preventive Medicine officer at Task Force Med Eagle.

The first phase of "operation mosquito" is restricted to government property. The next phases will involve land off government property, but risk assessments to the farmland and animals will have to be done first. The military will also have to get permission from the community and landowners first.

Phase two will help Camp McGovern soldiers the most. Camp McGovern sits on an area that is surrounded by stagnant water, which makes their situation with the annoying insects worse. The water, however, is off government property.



Spc. Christina Davis

**The Preventive Medicine team from Task Force Med Eagle dropped Altisoid briquettes over the UXO areas near the football field on Eagle Base Monday.**

"I want soldiers to know that we really do care," Nunez said. "We are going above and beyond to try to alleviate this problem."

Although soldiers' troubles are more with the mosquitos that are already flying around, Nunez said they are very difficult to treat. Killing them at the larva stage is the most effective method.

Soldiers can also treat their uniforms with Deet and other chemicals for protection against the insects, he said.

Nunez explained that they couldn't spray the harsh chemicals to treat the mos-

quito problems because the insects evolve and become immune to the sprays, which are already harmful to the environment. He said that when treating for the mosquitoes, the environment and farmlands around here have to be considered.

What soldiers need to realize is that the mosquitoes are a nuisance, not a health problem, said Nunez. To help, soldiers can make sure cans are not filled with rain water, drains are cleared and water does not sit too long. Destroy their breeding grounds and they can't breed.

## Army to excite youth about math, science

By Staff Sgt. Marcia Triggs

*Army News Service*

WASHINGTON—Army Secretary Thomas White recently committed \$2 million of the service's funds in an effort to get America's youth excited about math and science. A partnership between the Army and National Science Center Inc., a nonprofit organization, was renewed May 22 during an informal ceremony in White's office.

"Since the beginning of this relationship, which began in the 1980s, the Army has been able to do two things," said Dr. George Fry, the NSC director. "The Army has found a way to get students to take

harder math and science courses. Also, teachers, students and parents see the Army in a positive role."

Fry, who has a doctorate in education, said NSC is involved in seven programs, but the one that has opened doors to the Army involves two soldiers in an 18-wheeler.

Last year the Mobile Discovery Center Van stopped at 78 schools across the country and reached more than 25,000 students.

Two Mobile Discovery Centers will be on the road beginning next school year, to meet the daily requests from teachers and educators across the country, Fry said.

The current van is manned by a team of two former recruiters. It pulls onto school property, invites

up to 50 students inside the semi-truck and tells them that they will have fun, and they will learn something. With hands-on activities and interactive conversations, students learn about a number of topics including electricity and sound waves.

"We get the students pumped up," said Sgt. 1st Class David Cundiff, an exhibitor with the U.S. Army Recruiting Command. "We create a lot of excitement, and hopefully create an attitude so that the next time science is done in the class, they're interested."

The team is not there to teach or recruit, Cundiff said. However, they are planting seeds in the minds of their audience of third-to-eighth graders, he said.

"After the presentation, the students ask about our jobs in the Army, and they think soldiering is cool," Cundiff said. "Most teachers are impressed with the Army's service to the community, and that opens the door for recruiters."

Sponsorship from USAREC started in 1992 with one mobile van, but the idea for the partnership came from a Signal Corps general in the late 1970s, Fry said.

Over the past three years, the NSC has been a leading producer of distance learning programs in Georgia and nationally within the Department of Defense, Fry said.

More information about the NSC can be found on the center's Web site at <http://www.NationalScienceCenter.org>.

# Diplomacy now part of Army toolkit

By Joe Burlas

Army News Service

WASHINGTON — Diplomacy is becoming more important — and effective — for Army leaders working in the international community thanks to efforts of Christine D. Shelly, said the Army's top uniformed soldier recently.

Army Chief of Staff Gen. Eric K. Shinseki expressed that view June 18 during a Pentagon awards ceremony for Shelly, a Department of State employee who has served as his political advisor for the past three years.

Known around the building as the Army POLAD — a short name for political advisor, Shelly garnered the Distinguished Civilian Service Medal from the Army and the Superior Service Award from the State Department at the ceremony.

"The three years Christine has been working with me have been immensely productive, exciting,

and I am doing things today that three years ago I couldn't have imagined," Shinseki said.

One of those unimagined things was sponsoring the first southern European military chiefs of staff meeting last year, Shinseki said. That was a real challenge in getting the military chiefs of Turkey and Cyprus to sit at the same table and freely discuss issues and concerns. That meeting couldn't have happened without the active work and continuous sound political advice of Shelly, he said.

The Army award citation credited Shelly for keeping the Army up-to-date on positions being debated within the inter-agency community and implementing effective bridge-building initiatives that have brought the Army and State Department closer within the foreign affairs community.

Shinseki said he had never seen the importance of diplomacy in the Army until the Stabi-

lization Force mission in Bosnia was extended from being one year to 18 months, and then open-ended.

"The easy part of the mission change was putting together a military plan," Shinseki said, who served as the first SFOR commander. "The Army has a lot of bright young officers who have learned to put together a plan on short notice. The difficult part was getting it accepted across the 40-plus nations who were then in Bosnia."

In presenting the State Department award, Louis P. Bloomfield Jr., assistant secretary of State for the Bureau of Political Military Affairs, said Shelly possessed every quality of a successful military political advisor.

Bloomfield listed those qualities: loyalty to the commander she serves; a solid understanding of State Department and military policies and issues; a sharp, analytical mind; solid communications skills; and tremendous

enthusiasm.

The awards ceremony marked the end of Shelly's job as the Army POLAD.

With 27 years on the State Department's Foreign Service rolls, Shelly will continue as both an Army partner and a State Department employee when she assumes duties July 1 as the Army War College deputy commandant for International Affairs at Carlisle Barracks, Pa.

Her previous positions include: deputy spokesman and deputy assistant secretary for the State Department Public Affairs; delegate of the U.S. Mission to NATO; and minister-counselor at the U.S. Embassy in Ottawa, Canada. She has also served in the U.S. Embassies in Lisbon, Portugal and Cairo, Egypt.

Dr. Rick Becker will become the new Army POLAD on July 29. Becker's previous posting was Panama U.S. Embassy where he served as the deputy chief of mission.

## DoD approves Armed Forces picture book

By Jonathan Williamson

Army News Service

WASHINGTON — Civilian photographers will be taking pictures on Army posts throughout the world Oct. 7 for a coffee-table book titled "A Day in the Life of the United States Military."

A request by Epicenter Communications of Sausalito, Calif., to have more than 100 commercial photographers take pictures on military installations was recently approved by the Department of Defense.

Oct. 7 was chosen to shoot the photographs because it marks the one-year anniversary of Operation Enduring Freedom in Afghanistan, said a DoD news release.

The publishers plan for the picture book to go on sale beginning Armed Forces Day, May 2003.

The book will attempt to capture a day on military installations all over the world through pictures. Photo subjects will include civilians and Department of Defense officials, as well as service members. Coverage will range from a civil affairs unit in the Balkans to basic trainees getting a haircut, DoD officials said.

To facilitate the project, Army major commands are being asked to recommend

12 shooting locations and photography suggestions to Department of the Army by July 1.

Matthew Naythons, a physician and award-winning Time magazine photojournalist, founded Epicenter Communications in 1991. The company has produced several coffee-table books on numerous subjects including Christmas around the world, the auto races at Daytona, and war in Sarajevo.

Photographers who will work on "A Day in the Life of the U.S. Military," include

Naythons, David Kennerly and Lew Korman.

Kennerly, a contributing editor to Newsweek magazine since 1996 and Pulitzer Prize winner, photographed the Pentagon burning after it was attacked by terrorists on Sept. 11.

Many of the photographers involved in the project are Pulitzer Prize winners.

Naythons and others are best known for their book "A Day in the Life of America," a book that contained pictures of Americans, both ordinary and famous, throughout the country, said a news release.

There will also be up to 15 military photographers working on the project. These photographers may be used to shoot locations not normally open to the American public, officials said.

Most of the military photographers will come from Combat Camera, a unit that provides global photography support for the military. If the Army is engaged in combat on Oct. 7, arrangements will be made to incorporate photographs of battle, according to a DoD release.

"If we are in armed conflict, arrangements will be made, when possible, for this to be photographed as well for the book," stated the release.

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***"Oct. 7 was chosen to shoot the photographs because it marks the one-year anniversary of Operation Enduring Freedom in Afghanistan."***

*— A Department of Defense news release*

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Above, Spc. Michael Estes of the 787th EOD, places collected grenades in a line and counts them before destroying them. Right, the blast of the destruction of grenades rang at Bedrock range Monday as the 787th EOD team used explosive material to destroy hundreds of unexploded ordnance which was collected during Operation Active Harvest by Task Force Warhawk.



## Operation Harvest ends with a ... 'Kaboom'

By Spc. Christina Davis

*Talon Editor, 305th PAD*

A Bradley tank rolled over and crushed illegal and unwanted weapons and accessories collected during this year's Operation Active Harvest campaign Saturday. Remaining munitions, grenades and unexploded ordnance were blown up Monday to complete the weapons destruction process.

One of the many missions of Stabilization Force 11 in Bosnia and Herzegovina is Operation Active Harvest, a weapons collection program designed to rid local communities of dangerous and unwanted illegal weapons and other munitions. This program is a cooperative effort between the Armed Forces in BiH, local officials and SFOR 11 to encourage the people of Bosnia and Herzegovina to turn in any illegal or unwanted weapons and ammunition as well as report ordnance to local authorities for collection. Every weapon turned in shows that the program is working. However, many illegal and unwanted weapons and munitions remain on the streets and in people's homes. Working directly with civil and military leadership, Operation Harvest can make BiH a safer place for everyone.

Ensuring a safer environment is just what the soldiers of Task Force Warhawk, including 1st Battalion, 163rd Infantry Regiment, and 1st Bn., 151st Inf. Regt., have done.

The month-long collection process took soldiers throughout the streets as they knocked on doors dur-

ing the month of June collecting weapons, ammunition and other ordnance left over from this country's war. The task force not only accomplished set goals, it exceeded them.

Task Force Warhawk infantrymen knocked on more than 400,000 doors and collected 560 weapons, more than 236,000 ammunition rounds, 375 various unexploded ordnance, more than 3,300 hand and rifle grenades, along with rockets, TNT, gunpowder, magazines and other various weapon accessories.

"It's pretty staggering," said Capt. Michael Moreni, Company A, 1st Bn., 163rd Inf. Regt., commander. "It's about five times greater than past numbers. It is a great accomplishment for Task Force Warhawk."

Their success can be greatly attributed to the door-to-door collections and support from the civilian protection groups, Moreni said. The local police hung Operation Harvest posters, attended radio and television shows and informed the people about the program, in a stepped-up effort to encourage participation..

"People are feeling more comfortable about turning things in," said Moreni.

The Dayton Peace Accords regulates the Active Harvest program, but for the soldiers involved in going door-to-door in the summer heat of Bosnia, it means much more than following guidelines.

Moreni is quick to point out that 30 people have died in a village in Lukavac this year due to UXOs and the collections they gathered throughout the campaign continue to make Bosnia a safer place.

Destroying the weapons process of Active Harvest. More out the constant help and explosive ordnance disposal team could not have been so successful.

Not only did the 787th O soldiers blow up the ordnance they collected UXOs that across during routine patrol not allowed to handle UXOs they relied on the 787th team.

"For the entire Active Harvest that enables us to do our job Charles Phillips, 787th EOD when an ordnance item is arm can be moved or needs to be and how to make the item safe without causing injuries or deaths makes our mission here so very important.

Whatever their specialty participated in Active Harvest month with a crush and bang.

While a Bradley tank operators smashed the weapons at Eagle Base and Forward Operating the soldiers of the 787th EOD at Bedrock and Sprint range period. Since the start of SFOR EOD has destroyed more than

Active Harvest will continue summer as an ongoing effort and Herzegovina to make it safer for everyone.

## TALON



Photos by Spc. Christina Davis

**Soldiers of 1st Bn., 163rd Inf. Regt., destroy weapons with a Bradley tank at the 163rd Inf. Regt. motorpool on Eagle Base Saturday.**

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the cities and villages

# TFME hosts international Combat Medic Challenge

By Spc. Vincent Oliver

Assistant Editor, 305th PAD

Task Force Med Eagle hosted an international Combat Medic Challenge at Eagle Base Friday and Saturday.

Nine teams from all over Multi-national Division (North) and one team from MND (South West) made up of four soldiers each, participated in the two-day long competition designed to foster camaraderie, while allowing the task force medical personnel to showcase their skills under combat conditions. Participants included U.S., Dutch, Danish, Portuguese and Canadians.

The Combat Medic Challenge included three categories: an emergency medical treatment lane, a litter obstacle course, and a grueling six-mile road march in scorching midday temperatures.

The EMT portion of the course, held at Med Eagle Park, tested the competing teams' ability to triage, treat and stabilize a battlefield casualty under combat conditions. Automatic small-arms fire cracked in the background as the medics moved in to assist their casualties in a smoke filled tree line. The casualties suffered from a range of injuries, including extreme shock, head wounds and amputations.

From there, the teams moved to the litter obstacle course, which proved to be one of the more daunting phases of the competition, according to Spc. Shawn Jenkins, a supply specialist with TFME. "The low crawl was the most difficult phases of the entire course," he said, referring to one of the seven obstacles of the litter



Photos by Spc. Vincent Oliver

**Command Sgt. Maj. Hiram Ortiz, TFME command sergeant major gets down and dirty with the troops during the Combat Medic Challenge Saturday. The three-course challenge included an EMT lane, six mile road march and the above pictured litter obstacle course.**

obstacle course, where the competitors had to low-crawl with a litter through thick mud and sharp barbed wire strung above them, with less than four-feet clearance.

The TFME female team drew the biggest crowd at this event, at which point Command Sgt. Maj. Hiram Ortiz, TFME command sergeant major, got down in the mud alongside the females urging and motivating them on. Ortiz ran alongside the TFME ladies, calling cadence on the quarter mile run back to the finish line, where they were given a congratulatory hug by Col. David Rivera, TFME commander and Col. Princess Facen, TFME chief of nursing.

"That was probably one of the most emotionally stimulating events I've ever seen," said Rivera. "Watching the Med Eagle women exhibit tremendous teamwork and a tremendous effort made me totally proud of them."

The final challenge in the competition was the six-mile road march. The first of the teams started out at

about 11 a.m. The sun was almost directly over-head and the temperature had crept into the low 90s.

Medics from Headquarters and Headquarters Company, 1st Battalion, 14th Infantry Regiment, TFME and the Dutch Battle Group were the first three teams to begin the six-mile road march around the perimeter of Eagle Base. Teams of medical personnel were strategically placed along the route to pass out bottled water and to make sure the competitors were not suffering too badly from the sweltering heat.

All the teams finished in less than two hours, and the TFME female team finished the way they started — together as a team.

The day was capped off with an awards ceremony where the first, second and third-place winners were awarded individual medals and a single team trophy.

First place for the overall competition was awarded to the medical team from MND(SW) consist-

ing of Lt. Christopher Carriere (Canada), Cpl. Michael-Eric Frenette (Canada), Cpl. Gareth Mason (Britain) and Lt. Jan Veneklaas (Denmark).

Second place went to the medics of 1st Bn., 14th Inf., Regt., consisting of Sgt. Kevin Tate, Spc. Barratt Schultz, Sgt. Walter Laird and Pfc. Rockhudson Silbanuz.

Third place was awarded to the TFME 2 team consisting of Spc. William Goodner, Capt. Charles Putnam, Spc. Shawn Jenkins and Pfc. Salvadore Rodriguez.

Brig. Gen. John D. Gardner, Task Force Eagle deputy commanding general, was the guest speaker at the award ceremony and reminded the competitors that "events like these help to hone your skills and also help to build teamwork with other international forces. You should all be proud of your accomplishments today and what you've done in your career so far."



**Above, The Portuguese medical team takes it one step at a time during the road march phase of the Combat Medic Challenge Saturday. Right, Sgt. Mayara Mercado, evacuation NCO for TFME, observes as a Danish medical soldier treats a casualty during the Combat Medic Challenge Saturday.**



# A complete cycle: from Vietnam to Bosnia

By Cpl. Matthew McClelland

*Camp McGovern, Public Affairs  
Correspondent*

On May 1, 1968, the then 25-year-old George P. Davis received a letter notifying him that he had been drafted into the Army during the Vietnam War.

On April 1st, 1969, April Fools Day, Davis found himself headed to Vietnam with the 25th Infantry Division (Light). He arrived there as a sergeant, having been promoted through the Vietnam-era Basic Noncommissioned Officer Course.

In the Army less than a year, Davis went to war. His unit assigned him to lead a fire team. Within days, Davis found himself in combat putting himself and his men to the test.

While in combat, Davis' unit promoted him to Staff Sgt. and he became a platoon sergeant, and at times the platoon leader. Davis distinguished himself by having becoming the recipient of two Bronze Stars.

With a chest full of ribbons, and the gripping reality of combat behind him, Davis returned home to Indiana and was honorably discharged on March 23, 1970. However, it didn't take long for him to discover he was missing something — something special between he and his fellow soldiers that carried them through the pain and sacrifice of war.

"After serving in a combat zone with a unit you become part of them. You develop a bond, a feeling of loyalty and dependability; it just becomes part of you," said Davis.

Davis soon made another major decision. He wanted to continue serving his country and wear the uniform. Although it was not with the 25th ID (L), Davis continued his military career



Cpl. Matthew McClelland

## Master Sgt. George Davis, Task Force Warhawk command sergeant major

with the 1st Bn., 151st Inf. Regt., Indiana Army National Guard, headquartered in New Albany, Ind.

"I have always loved the esprit de corps of the Army and what the uniform stands for. When a friend told me that the National Guard was taking E-5 and above veterans in as officers I decided to return."

Forged by the fire of combat, Davis truly wanted to become an officer. But, after finding out that he was two months too old to make the transition, he opted to earn more stripes in the Noncommissioned Officers Corps, the "Backbone of the Army."

Hard charging and eager to serve, he became the Headquarters and Headquarters Company supply sergeant. He was later moved into the position of readiness NCO. He eventually became the operations sergeant.

"In the TOC, (Tactical Operations

Center) as the operations sergeant, the TOC is your home. It is your job to keep the information flowing within the TOC. As the senior NCO of the battalion, it is a much greater challenge. It is now my responsibility to keep the soldiers of this task force happy and look out for them, and I am working hard for them," said Davis.

Now, a third of a century later, Davis, a weathered master sergeant, is once again deployed with the 25th ID (L). That's why it was so fitting he deployed to the Balkans with the Tropic Lightning Division.

"When I first heard about the mission I was unsure, but after I found out that the 25th ID (L) was going to be the division headquarters then I knew I wanted to go."

"It was a great honor to be with the 25th Infantry Division," he said of his Vietnam-era service. I have worn the patch for 34 years and I am still proud to wear it, and consider myself part of them," said Davis.

Davis will retire when this deployment is over, and he will return to his home in Indiana. It almost seems poetic that he's ending his career under the division flag that flew over him on his first deal-world assignment so many years ago.

Just as he was asked then to assume greater responsibility when he was under fire in Vietnam, he was asked now to become the new command sergeant major for Task Force Warhawk, assigned to the 25th ID (L) peacekeeping mission in Bosnia.

"Never in my wildest dreams did I think I would have the opportunity that I do. It is great to know that what goes around comes around. I started out my career with the 25th and I will end my career with the 25th," Davis said.



## Making friends

1st Lt. Jose Hernandez, Co. C, 1st Bn., 14th Inf., Regt., platoon leader from FOB Connor, passes out candy to local children in the town of Srebrenica during a patrol May 12.

Spc. Shomary Carter

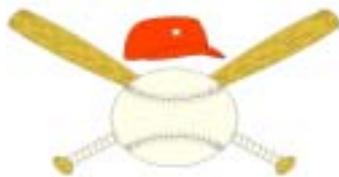
# Intramural Sports

## Volleyball

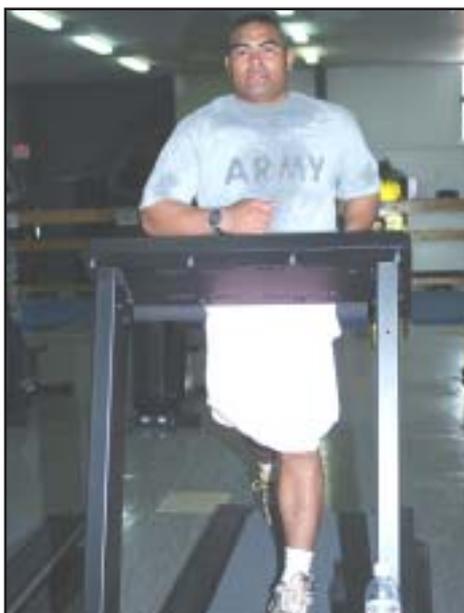
Team	W	L	Record
HHC, 25th ID (L) G-Shops	10	1	.910
1st. Bn, 25th Avn. Regt.	8	3	.730
556 PSB	8	3	.730
CIMIC & NSE	7	4	.640
AIR FORCE	7	4	.640
HHC, 25th ID (L)	6	5	.546
TFME 1	6	5	.546
TFME 3	6	5	.546
Co. C, 1st Bn., 25th Avn.	2	3	.400
S & M DUST OFF	2	4	.333
B&R, MWR	0	11	.000
TFME 2	0	11	.000

## Softball

Team	W	L	Record
Co. B, 1st. Bn., 14th Inf.	6	0	1.00
Co. D, 1st Bn. 25th Avn.	6	0	1.00
Air Force	5	1	.833
JVA	4	1	.800
HHC, 1st Bn., 14th Inf.	4	1	.800
Co. A, 1st Bn., 163rd Inf.	4	1	.800
225th FLE	4	2	.667
Brown & Root	3	2	.600
ASG	3	3	.500
HHC, 25th ID (L)	2	3	.400
TFME 1	2	3	.400
Southern Comfort	1	5	.167
549th M.P.	0	6	.000
TMB 1st. Bn., 163rd Inf.	0	5	.000



## Running for fitness



Spc. Michelle Lunato

**Spc. Laufau Moliga, a rifleman with Co. B, 1st Bn., 14th Inf. Regt., works out on the treadmill at the Eagle Base fitness center June 25.**



Sgt. 1st Class Billy Smith

**Sgt. 1st Class Scott Ham of HHC, 1st Bn., 151st Inf. Regt., passes out Indiana Pacers T-shirts and autographed hats to winners of a halftime raffle at the Brcko Technical School, June 15.**

## NBA's Pacers help TF Warhawk set the pace

By Sgt. 1st Class Jack Martin

*Camp McGovern Public Affairs NCOIC*

The NBA's Indiana Pacers weren't able to come to Bosnia, but they helped make a local basketball tournament a special event for young Bosnian players and fans.

The Pacers co-sponsored a local amateur basketball league organized by Camp Morgan-based E Troop of Task Force Warhawk. The Posavina Basketball League brought together, for the first time since the Bosnian War ended, teams from multi-ethnic Brcko, the predominantly Serb city of Modrica, and the mostly Croat cities Odzak and Orasje. Warhawk soldier teams from Camps Morgan and McGovern participated as well.

The league played six weeks and held its championship tournament in Brcko June 15. Only the Bosnian teams qualified for the play-off, since the American teams didn't win enough games.

The Pacers developed a partnership with the Indiana National Guard-led Task Force Warhawk, and promised to support their efforts to advance the Bosnian peace process.

"We want to do whatever you guys need us to do to help," said Pacers shooting guard Reggie Miller before the 1st Battalion, 151st Infantry Regiment left Indiana. "We believe in you, and we support you. You guys are doing a great thing."

The Pacers followed through on their promise by shipping posters, pennants, T-shirts and autographed hats to the task force so that they could be given to the Bosnian players and fans during the tournament.

Before long, the Brcko Technical School looked like an annex of the Pacers' Indianapolis home, as some young fans and players donned Pacer hats and T-shirts, while "Reggie" posters dotted the stands along with Pacers Head Coach Isaiah Thomas pennants.

Task Force Warhawk soldiers helped distribute the Pacers gear and were smiling as much as the children were.

"It was a great day! The children, as well as the adults, were standing in line to get the

Pacers' stuff. They just don't get too many opportunities like this," said Sgt. 1st Class Billy Smith of Camp McGovern.

Task Force Warhawk created the league to promote multi-ethnic cooperation and understanding through athletic competition, and the Pacers' cooperation underscored that goal said Capt. Todd Fiscus, E Troop Commander.

"The assistance the Pacers provided went a long way — directly supporting the theme that athletics crosses all boundaries," said Fiscus.

"I couldn't believe the Pacers would send all of this merchandise," said Natasha Pucar, a Task Force Warhawk translator whose family was affected by the war. "It's wonderful to know that there are people, really famous and important people, who care about the peacekeeping effort."

Kathy Jordan, the Pacer's vice president of communications, said the Pacers organization has an obligation to its fans — all of them, even those recovering from war.

"It makes us feel really good to be part of what you soldiers are doing over there to help promote peace. This game, as we're all seeing, is so much more than 'X's and 'O's. It's getting more diverse and international. If we can use the game as a platform for everybody coming together and working together around the world, including Bosnia, than we will be one people — one earth," said Jordan.

On that one day in Brcko, the Bosnians who might've come into the tournament as Serbs, Croats, and Bosniacs, left as simply basketball players and fans, many of them as Pacers fans with a new admiration for the soldiers who brought them closer to their NBA idols.

"Wow! Reggie Miller," said one youngster gazing at his poster. He was wearing an Allen Iverson Philadelphia 76er's jersey.

# Fruit, vegetable power: get the whole benefit

Why do we need to bother eating fruits and vegetables? Supermarkets, drugstores, multi-level marketers and info-mercials all tempt us to take an easy one-a-day pill instead of preparing a nutritious meal. Do we get the highest health benefits from the magic pills? Not according to the latest research.

Research on the ever-popular vitamin C highlights this issue, challenging supplement adherents to acknowledge that pills may not be the answer. Advocates of the mega dose supplements have touted vitamin C's ability to reduce the risk of maladies ranging from common cold to cancer. But the human body can only absorb and utilize a limited amount of vitamin C each day – a principle incorporated in National Institutes of Health research. This study found that

the large doses of vitamin C found in the convenient pills provide no additional benefit when compared to a balanced diet containing natural sources of the vitamin. Other research suggests the vitamin excess may actually be harmful.

Most sources agree that a diet rich in vitamin C may decrease the risk of a number of deadly illnesses including heart disease and cancer. But how much is enough? A diet incorporating the five recommended daily servings of fruits and vegetables can easily provide up to 200 milligrams of vitamin C, enough to saturate most of the body's tissues. A typical supplement provides 500 milligrams or more.

However, only a third of Americans eat five or more servings of fruits and vegetables every day – less than the number

of people who take a vitamin pill or some other dietary supplement.

Fruits and vegetables offer the concept of synergy, in which the effects of a whole food are much stronger than the effects of its individual components. They are packed with nutrients that supplements lack, each of which may be linked to reducing risk of cancer, heart disease and stroke. Beyond antioxidants, fruits and vegetables offer other potential disease fighters, like fiber, minerals, and other vitamins.

The only way to realize the potential benefit is to consume plenty of fruits and vegetables. Evidence to date on most of the individual phytochemicals shows that at least five servings of fruits and vegetables a day provide maximum protective effect.

In one trial, Harvard researchers followed 44,000 men for six years. Those who ate five to seven servings of fruit and vegetables each day were 27 percent less likely to have a heart attack than those who ate less produce.

There is, of course, one other simple reason to get your nutrients from fruits and vegetables: Most produce is naturally a low-fat and low-calorie food choice. So, the more produce you eat, the less room you have for high fat choices which increase the risk of certain diseases.

Eating five to nine servings of fruit and vegetables each day is your best bet to get the host of potentially protective substances. Since serving sizes are usually smaller than actual portions we eat, it is easy to get five a day.

*(Task Force Med Eagle)*

## News Briefs

**Longhorn Cafe renovation** — The Longhorn Cafe will be under renovations until July 12. Use the main entrance for access to dining facility. The facility's right, left and food preparation areas are under renovation. Work will be stopped Tuesday for the Independence Day celebration. Extended lunch hours will be from 11 a.m. to 2 p.m. during the first phase.

**Fourth of July weekend** — Due to fire hazards as well as efforts to prevent any confusion with the local community outside of the base camps as well as with soldiers on guard duty, fireworks or sounds that imitate that of a gun shot or weapon are unauthorized.

**Interpersonal relationship series** — Single or married? Boyfriend or girlfriend? Learn how to be an effective partner, friend or mate. Discover 3,000 year-old secrets to love, sex and romance. There will be a six-week videotape seminar every Monday night, beginning July 1 starting at 6:30 p.m. at the Eagle Base chapel. For more information, call Sgt. John Govaerts at 762-7089.

**Vehicle accident reporting** — All vehicle accidents are required to be reported to the military police immediately after the accident occurs, in accordance with Army Regulation 190-5. Failure to report accidents at the time they happen is a violation of Army regulation and greatly hinders the investigations. For more information, call the Military Police at 762-5152.



Jury Saranchev

## Russians give

**Anton Semenov, a Russian cadet with the 1st PRSAB, passes out school supplies to students at Pozarnica Middle School June 3 during a recent goodwill visit.**

## Chaplain offers lessons of life

### CHAPLAIN, from page 3

This is where he began explaining his theory of a "thousand marbles."

"You see, I sat down one day and did a little arithmetic. The average man lives to be about seventy-five years of age. So I multiplied 75 times 52 and I came up with 3,900, which is the number of Saturdays that the average person has in their entire lifetime. Now stick with me Tom, I'm getting to the important part. It took me until I was 55 years old to think about all this in any detail, and by that time I had lived 2,800 Saturdays. I got to thinking that if I lived to be 75, I only had about a 1,000 of them left to enjoy.

"So I went to a toy store, three of them as a matter of fact, and bought 1,000 marbles. I took them home and put them inside of a large, clear plastic container right here in my workshop next to the radio. Every Saturday since then, I have taken one marble out and thrown it away.

I found that by watching the marbles diminish, I focused more on the really important things in life. There is nothing like watching your time here on this earth run out to help get your priorities straight.

Now let me tell you one last thing before I sign-off with you and take my lovely wife out for breakfast. This morning, I took the very last marble out of the container. I figure if I make it until next Saturday then God has blessed me with a little extra time to be with my loved ones...."

When the gentlemen finished, even the show's moderator didn't have anything to say for a few moments.

Instead of reading the paper and going to the gym, I went upstairs and woke my wife up with a kiss. I said, "C'mon honey, I'm taking you and the kids to breakfast." My wife asked with a smile, "What brought this on?" I said, "Oh, nothing special, but could we stop by a toy store? I need to buy some marbles."

# Know the SFOR 11 Patches ...

## United States Army Pacific



The arrow is representative of the strength and valor of the Armed Forces of the United States while the location of the Pacific Ocean Areas is indicated by Polaris, the seventh star of Ursa Major, and the constellation of the Southern Cross.

The insignia was originally approved for the United States Army forces, Pacific Ocean Areas on Oct. 18, 1944.

Red, white and blue are used to refer to both our national colors and the organization's shoulder sleeve insignia.

The disc with its wavy blue and silver (white) bars is symbolic of water and represents the Pacific and its divisions of land and sea areas with which the United States Army Pacific is concerned.

The arrow of war, suggested by the unit's shoulder sleeve insignia, relates to the overall mission. The diamond on the arrowhead alludes to "Diamond Head" and refers to the island of Oahu, Hawaii, the unit's home site. The palm denotes merit and leadership and also refers to the foliage of the Pacific areas.

The unit insignia was originally approved for U.S. Army Pacific on Feb. 26, 1969; rescinded on Jan. 20, 1975; reinstated and authorized for U.S. Army Western



Command March 23, 1979; and redesignated for U.S. Army Pacific Aug. 20, 1990. U.S. Army, Pacific traces its history back to 1898

when the United States first became a Pacific power. U.S. soldiers arrived in Hawaii on Aug. 16, 1898. Hawaii soon became a power projection platform for operations in the Philippines, China and the Russian far east. Fort Shafter was built in 1905-07 to serve as headquarters for the Hawaiian Department.

Army and Navy forces in Hawaii and the Philippines came under attack on Dec. 7-8, 1941 and Hawaii

quickly became a strategic hub.

The Hawaiian Department became the Army component command under Admiral Chester W. Nimitz, commander-in-chief, Pacific Ocean Areas.

In 1979 the Army established U.S. Army Western Command as a major command and component of U.S. Pacific Command. WESTCOM took command of Army forces in Hawaii, adding U.S. Army Alaska in 1989 and U.S. Army Japan in 1990. In 1990 WESTCOM was renamed USARPAC.

Since the end of the Cold War USARPAC has remained engaged throughout the region, providing trained and ready combat and enabling forces and playing an active role in U.S. Pacific Command's theater security cooperation program. It has sent peace-

keeping forces to the Sinai Peninsula, Haïti, East Timor and Bosnia.

In April 2001, the US Army Chemical Activity, Pacific completed its unprecedented chemical demilitarization mission on Johnston Island.

The 196th Infantry Brigade provides training support to National Guard and Army Reserve forces in Alaska, Hawaii, Guam and American Samoa, as well as humanitarian assistance, disaster relief, and military support to civil authorities.

The 9th Regional Support Command commands Army Reserve forces through the region. In October 2000 USARPAC was reorganized as a multi-component Army service component command.

Since Sept. 11, USARPAC soldiers have played an important role in the defense of Hawaii, Alaska, Guam and Japan, as well as in support of operations with American allies elsewhere in the region. In years to come USARPAC will remain vital to the national security strategy in the dynamic Asia-Pacific region.

Although the headquarters for this patch is at Fort Shafter, the soldiers representing this patch are also from Schofield Barracks, Hawaii. Soldiers wearing this patch serve in different units and positions at different base camps. They can be found in units performing administrative, financial, food service, engineering and logistical support.

*(This information was provided by [www.perscom.online.army.mil](http://www.perscom.online.army.mil) and [www.usarpac.army.mil](http://www.usarpac.army.mil).)*

## 4th of July Events

All events for this day will take place at Minue Park .

4 p.m. CG's Opening Remarks  
4:15 p.m. Stars & Stripes Volleyball  
4:30 p.m. Dunk Tank  
5:30 p.m. Picnic  
6:30 p.m. Seed Spitting Contest  
7 p.m. Eggbeater Relay  
7:30 p.m. Sack Race  
8 p.m. Sumo Wrestling  
8:45 p.m. Eagle Base Band  
9:45 p.m. Laser Light Show

### July 5

6 p.m.	Softball	Softball Field
	Volleyball	Minue Park
	3 on 3 Basketball	Fitness Center

### July 6

10 a.m. Horseshoes  
Ping-pong  
Softball, Volleyball, B-ball

### July 7

9 a.m.	Mt. Bike Race	Perimeter Road
10 a.m.	Tug of War	Minue Park
	Softball, B-ball, Volleyball	
	Officer vs. Enlisted	Softball Field
Noon	8-Ball Pool Tournament	Triggers
1 p.m.	Closest to the Pin	Soccer Field
5 p.m.	Barbecue	Minue Park
7 p.m.	Award Ceremony	Minue Park

**\*\*MWR will provide movies pertaining to Independence Day from Thursday to July 7.**