

JUNE 14, 2002

TALON

Eagle Base soldiers share "aloha" during Asia, Pacific celebration

Inside this issue:

**CG, local military leaders meet for conference
Army opens new recreation centers**

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TALON

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(Photo by Cpl. Matthew McClelland, HHC, 1st Bn., 151st Inf. Regt.)**



Stabilization Force 11 Voices

“What was your favorite part of the luau celebration?”



Sgt. Ferdinand Ducusin
Chaplain Assistant
HHC, 1st Bn., 14th Inf.
Regt.

“The different people who came to celebrate the culture, and the food was great.”



Spc. Chris Evans
Automation Specialist
45th CSG

“The hula dancers. They brought the aloha spirit.”



Pfc. Daniel Gough
Infantryman
Co. B, 1st Bn., 14th Inf.
Regt.

“It was cool to see the Hawaiian culture in Bosnia. It gave us a taste of home.”



Task Force Eagle
Stabilization Force
SFOR XI
Bosnia-Herzegovina



CG speaks...

Army birthday greetings



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

On the Army's 227th birthday, it's appropriate to reflect on the meaning of those years of devoted service by our nation's oldest military service.

How do we measure the Army's service to this nation? You can certainly measure it in terms of years since the Continental Army was formed in 1775. Your Army existed even before our Constitution did.

Or you can measure that service by the great wars we have fought to preserve our way of life. Or you can measure that devotion in the number of battle streamers that are displayed with the Army colors.

The real measure, however, is in the lives of soldiers who answered our nation's calls to duty, who fought its wars, and who earned those streamers.

Soldiers like Cpt. Sam Bird, a tall, lanky Kansan who graduated from The Citadel with a commission in the infantry. As a young officer in the Old Guard, he commanded the casket detail for President Kennedy's funeral. Later, as a rifle company commander in Vietnam, he inspired his men, leading by example, sharing their hardships, and insisting that their welfare come first.

He voluntarily extended in com-

mand; on his last day with the company, he led an air assault on a North Vietnamese Army regimental headquarters. Rounds penetrated both his legs and tore away a quarter of his skull. He survived.

Through sheer, indomitable will he overcame immeasurable adversity, even though he was almost totally blind and suffered crushing headaches, loss of memory, and impairment of speech and movement.

But for the rest of his life, Sam Bird felt privileged to live in this great country and enjoy the freedoms that he and his fellow soldiers had fought to preserve.

The history of this Army is the collective biography of thousands upon thousands of Sam Birds.

In the American Revolution, his name was Daniel Morgan, an officer facing a far superior force of British regulars, who molded his Continentals and a few bands of Carolina militia into a cohesive formation that won the Battle of Cowpens.

In the Civil War, her name was Doctor Mary Walker, a civilian who cared for casualties from the battlefields at Bull Run, Chickamauga, and Atlanta. Not only did she suffer the hardships of battle, but she also endured the privations of a Confederate prison, where she spent four months as a prisoner of war. For her undaunted courage and

patriotism, Mary Walker was awarded the Medal of Honor - to this day, the only woman and only civilian ever to receive that recognition.

In World War I, his name was Alvin York, a Tennessee volunteer who single-handedly captured 132 of the enemy and silenced 35 machine guns in the Battle of the Argonne - also receiving the Medal of Honor.

In World War II, his name was Audie Murphy, a teen-aged draftee from Texas who fought his way across Europe, earning 33 awards, including the Medal of Honor, and a battlefield commission.

In Korea, his name was Matt Ridgway, a general who restored hope and morale and discipline to a force that had been driven back from the Yalu by overwhelming numbers of Chinese infantry.

In Somalia, their names were Gary Gordon and Randall Shughart, both Medal of Honor recipients. Master Sgt. Gordon and Sgt. 1st Class Shughart volunteered to go into an almost certain-death situation to protect four critically-wounded crewmembers of a downed helicopter. Both Gordon and Shughart died from their wounds. Their actions saved the pilot's life.

For today and tomorrow, it is the name of those who wage war on terrorism at home and abroad. It is the new recruits signing up to join the Army who will represent Daniel Morgan and Mary Walker, Alvin York and Audie Murphy, Matt Ridgway and Sam Bird; Gary Gordon and Randall Shughart - and the millions of men and women who, for the past 227 years, have gallantly served the people of this nation.

On any given day, more than 140,000 of these men and women are forward stationed or deployed around the world, doing our nation's work.

They may call themselves "GI," "grunt," "tanker," "redleg," "sapper," or just plain "Joe." But they earn the honor of being called "soldier."

Your Army celebrates its birthday this month. Happy 227th Birthday, Army.

"People first, Mission always!"

*"They may call themselves
'GI,' 'grunt,' 'tanker,'
'redleg,' 'sapper,' or just
plain 'joe.' But they earn
the honor of being called
'soldier.'"*

— Maj. Gen.

*Charles H. Swannack, Jr.,
MND (N) commander*

Local leaders, JMA work together for peace

By Maj. Nancy Makowski

MND (N) Public Affairs Officer

Eight senior leaders of the Armed Forces of Bosnia-Herzegovina met with Maj. Gen. Charles H. Swannack, Jr., commander of Multinational Division (North), at a conference planned by the Joint Military Affairs staff, on May 30, in Usora.

Direct interaction with Bosnian military leaders is an important mission for JMA. Conferences like this are mandatory under the Dayton agreement.

"JMA's mission is to ensure the AFBiH comply with requirements placed on them by the Dayton Peace Accord, which ended the civil war in 1995," said Maj. Lindy Stuart, JMA

special projects officer, who organized the conference. "The commanders' conference is the primary means by which the commanding general communicates his initiatives to the Bosnian military leadership."

JMA's planning of bimonthly conferences with the Bosnian armed forces takes weeks of intensive preparation involving more than half a dozen staff sections.

The conference in Usora provided a forum for Maj. Gen. Swannack to discuss items of importance to both organizations.

One topic at the conference was civilian control of the military in Bosnia-Herzegovina.

Col. Dick Jackson, staff judge advocate, led a discussion on an organi-

zation called the Standing Committee on Military Matters. A proposed change to this committee would increase civilian control over the Bosnian armed forces, just as the U.S. Army has under the civilian Secretary of the Army, Secretary of Defense, and Commander-in-Chief.

This could help preclude the possibility of army commanders creating national policy or throwing their support to political parties, as they did during the civil war of the 1990s.

Leaders also discussed the storage of weapons and ammunition.

"The safety of the Weapons Storage Sites in MND (North) is a critical concern because unsafe sites are a danger to the citizens here," Swannack said.

Crime Corner

Be smart on FMPP, stay out of trouble, have fun

By WO1 Jennifer Bryan

Bosnia Resident Agency, CID

The Fighter Management Pass Program is now well under way for our Task Force soldiers.

We have sent several groups of soldiers to Budapest, Hungary, and Kaposvar, Hungary, and will soon send them to Lake Balaton, Hungary, as well. For those of you that are looking forward to going on an upcoming FMPP trip, I'd like to explain a few things that you should keep in mind, so you enjoy yourself.

First and foremost, as soldiers on active duty, you are subject to the Uniform Code of Military Justice at all times. Whatever your status is when you are stateside (National Guard, Reserves, or Active Duty), while you are deployed here in support of Task Force Eagle, you must abide by the laws that the UCMJ sets forth. That is true regardless of your location – even while you are enjoying yourself in downtown Budapest.

Additionally, while you are overseas, you may also be subject to the laws of the host nation you are in. That means that you may be arrested and prosecuted by the local government. Translation: If you commit a se-

rious crime while you are on FMPP, you may end up in a Hungarian prison, and remain there.

Your actions while on FMPP are closely monitored, although you may not be aware of it. You may feel as though you are free to do what you want – but understand that there are people who are watching you.

We receive reports of incidents involving soldiers from a number of sources, and pass that information on to the chain of command if it's not an offense that we investigate. We have already had several incidents involving soldiers who committed offenses while they were on FMPP – and it was quite a wake-up call for them when they real-

ized that they could be punished upon returning to Eagle Base.

If your goal is to go on FMPP and not get into trouble, here are a few reminders that can help you out:

1. JUST SAY NO TO DRUGS: Controlled substances are readily available in Hungary, but they are still just as illegal as they are in the U.S. All soldiers may be required to participate in a urinalysis at any time – even during the FMPP itself. Recent advances in the drug testing process have also increased the amount of time that drugs are detectable in your system, which raises the likelihood that you will be caught if you abuse drugs.

2. PROSTITUTION IS

ILLEGAL: Regardless of what your buddy may tell you – it is a crime to solicit someone to perform a sexual act. ANY sexual act.

3. DON'T GET DRUNK AND START A FIGHT: The consumption of alcohol is allowed – fighting with your battle buddy is not. Fighting with a local national will likely end up with you having an overnight stay in a Hungarian jail cell. If you drink – be responsible and control your actions.

4. DON'T USE YOUR GOVERNMENT CREDIT CARD WHILE ON FMPP: It seems as though this one would go without saying, but trust me – it's already an issue.

Your government credit card is for official travel only; being on pass in Budapest does not qualify – no matter how hard you may try to justify it. Remember that your unit gets a monthly list of all activity for your credit card, and charges made during the middle of the deployment will stand out quite a bit.

We want you to have a good time while you are on FMPP, and if you behave in a manner appropriate for an American soldier abroad, you will. Our goal is to not only have every soldier who leaves Bosnia return home safely, but without incident. Help us to ensure that happens.



Spc. Christina Davis

Soldiers go on a guided tour of Budapest, Hungary during FMPP.

New Armed Forces Recreation Centers expand in Florida, Germany

ALEXANDRIA, VA — Two ground breakings in May marked the start of major construction to expand and improve two of four popular Armed Forces Recreation Center destinations for Defense Department vacationers.

U.S. Army Community and Family Support Center Commander Brig. Gen. Tony Taguba and CFSC Chief Operating Officer Peter F. Isaacs were among officials hosting both ceremonies. As executive agent, the Army operates AFRCs for the Department of Defense

On May 7, German and American officials broke ground for the new 330-room hotel and conference center in Garmisch, Germany.

When it opens in fall 2004, the \$70 million dol-

lar facility will replace the World War II-era hotels currently located in Garmisch and Chiemsee.

"We're building this facility to improve our ability to take care of service members and their families," said AFRC Europe General Manager Rick LeBrun. "The new hotel will give guests larger rooms, conference space and increased security."

"This brings AFRC Europe facilities in line with all the other AFRC properties and allows us to offer truly world-class accommodations for service members stationed in Europe," Taguba said.

The grounds of the former Sheridan Kaserne are a good location with regard to force protection measures; a natural tree-lined fence acts as a visual

barrier separating the property from other military community buildings, officials said. The hotel will include a 300-seat ballroom, two restaurants, bar bistro and swimming pool.

Across the Atlantic in Buena Vista, just outside Orlando, Fla., officials representing all branches of the armed forces, DoD and Congress used vintage shovels to break ground May 14 for a project that will double the number of guest rooms and add new amenities to the Shades of Green at Walt Disney World Resort.

The World War II entrenching tools were used in place of the customary silver shovels in honor of men and women who have defended the nation and those serving today who

are the beneficiaries of the AFRCs, explained Shades of Green General Manager Jim McCrindle.

The ceremony marked the start of the \$94 million dollar construction project that will bring the total number of guest rooms to 587 from 288.

Other additions to be unveiled when the hotel re-opens in fall 2003 are a multi-level covered parking garage, a 500-seat ballroom, banquet capability, a Tuscany/Italian restaurant, and a new family-style restaurant.

The projects are funded by a commercial loan, the first such loan ever made to the Army and CFSC. No taxpayer or soldier dollars are being used for either construction, officials said.

(Army News Service)

Stop-Loss 4 releases some soldiers, adds others

By Joe Burlas

Army News Service

WASHINGTON — The Army announced a fourth increment to the Stop-Loss program that allows it to retain soldiers in certain specialties beyond their date of separation or retirement for an open-ended period June 6.

While the new call will keep about 260 soldiers on active duty who had potential separation or retirement dates between now and Sept. 30, it releases another 370 who had been impacted by previous Stop-Loss decisions.

Stop-Loss continues to retain about 12,000 active, Reserve and National Guard soldiers.

"Stop-Loss is necessary to retain the critical skills needed in support of Operations Enduring Freedom and Noble Eagle," said Lt. Col. Bob Ortiz, chief of Enlisted Professional Development, Office of the Deputy Chief of Staff, G1. "The key word is critical. These are skills where we have found a need to retain soldiers to support a myriad of operational requirements since Sept. 11th."

Stop-Loss has expanded to include the following officer specialties:

- 30 Information Operations
- 34 Strategic Intelligence
- 53 Systems Automation

The following enlisted military occupational specialties have been added to the program:

- 13C Field Artillery Automated Fire Support Specialist
 - 13D Field Artillery Tactical Data Systems Specialist
 - 13E Cannon Fire Direction Specialist
 - 14E Patriot Fire Control Specialist
 - 52E Prime Power Production Specialist
 - 55D Explosive Ordnance Disposal Specialist
 - 96U Unmanned Aerial Vehicle Operator
- The announcement released officers with a 48E Foreign Area Officer (EURASIA) specialty from the program.
- Enlisted soldiers released from previous Stop-Loss announcements include the follow MOSs:
- 81T Topographic Analyst
 - 92R Rigger
 - 96D Imagery Analyst
 - 96H Common Ground Station Opera-

tor

- 96Z Intelligence Senior NCO
 - 97L Translator (Russian and Spanish Linguist in the Ready Reserve only)
 - 97Z Senior Human Intelligence NCO
 - 98G Cryptologic Linguist (Russian and Spanish Linguist only)
 - 98H Communications Interceptor
 - 98J Electronic Intelligence Analyst
 - 98K Signal Collection Analyst
 - 98Z Senior Signal Intelligence NCO
- No warrant officer specialties were added or released by the most recent announcement.

The first Stop-Loss announcement was made Nov. 30. It was directed at active-duty Special Forces and certain aviation soldiers. The second and third announcements, made Dec. 27 and Feb. 8 respectively, expanded the program to additional specialties and included the reserve component.

Stop-Loss does not impact involuntary separations or mandatory retirements.

The Army will continue to evaluate Stop-Loss requirements on a monthly basis, Ortiz said.

Luau brings 'Aloha Spirit' to the Balkans

By Spc. Joy Paglinawan

Staff Writer, 305th PAD

Eagle Base ohana gathered to honor and celebrate Asian Pacific Islander Heritage Month in Minue Park for a luau Sunday.

People lowered their heads as they received leis from one another, which was followed by the traditional hug and kiss on the cheek. Two pigs were brought up from the imu, a knee-deep pit, by four men as people watched in awe. Horseshoes, volleyball and ping-pong games continued even though clouds covered the sky. Boards were broken, kicks and punches were thrown and traditional martial arts forms were performed during the martial arts demonstration. Men hid from four lovely hula dancers who searched for volunteers to dance island style on stage. Although rain poured down, many found comfort in the trees while others remained in place as if the falling rain didn't exist.

The celebration of the "aloha spirit" was a combined effort of Brown and Root, Morale, Welfare and Recreation, Balkan Grille Dining Facility and volunteers from all over Eagle Base.

"Bringing the luau to Bosnia gives everyone here who's not from Hawaii an understanding of the island culture," said Master Sgt. Carol Cheley, the MND(N) Equal Opportunity program manager. "When soldiers have fun they learn more."

It was the first time many of the soldiers experienced a luau. Being a part of the gathering of people enjoying themselves in the ambiance of the island culture was great, said Sgt. Gerry Williams from the 549th Military Police Company.

Although he didn't get a chance to eat the pig

that was cooked in an imu, or underground oven, for nine hours, he came in time for the hula show.

Seeing how the men on stage were trying to shake their hips as fast as the hula dancers was really funny, Williams said with a smile. "It was a good first luau and hopefully not the last."

A few soldiers originally from the Pacific Islands displayed their pride by participating spontaneously on stage with a dance or song. Pfc. Pamela Siliado, a medic from Headquarters, Headquarters Company, 1st Battalion, 25th Aviation Regiment, danced gracefully for her fellow soldiers to the song Pua'olena.

"The soldier participation was a big morale booster," said Spc. Jason James Gamboa Reyes, Personal Security Detachment. "Even the rain impressed me because it gave the luau a touch of home," he added.

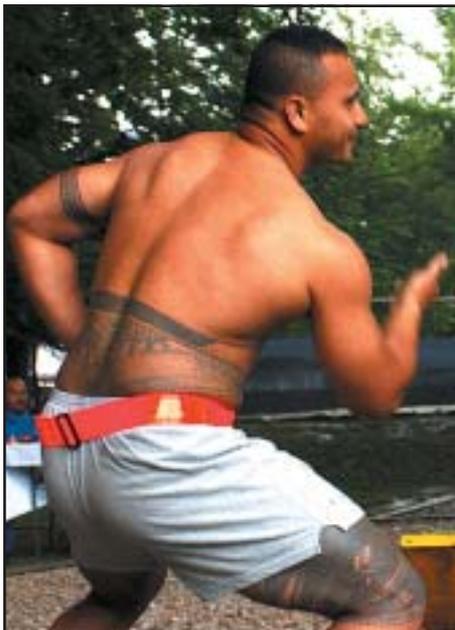
Reyes, born in Guam and raised in Hawaii, wanted to show his island heritage pride with a fire knife dance he learned while working at the Polynesian Culture Center. "I couldn't get any (fire knives) over here and I wasn't going to experiment creating one," he said. Instead he sang three island tunes with live music provided by the Kaleo and Company Polynesian Revue.

Hula dancers captivated their audience with traditional costumes and dances consisting of styles from Hawaii, Tahiti, Samoa, Tonga and New Zealand. "We're here to give everyone a taste

of Polynesia," said musician Dino Gipaya. Before arriving on Eagle Base the Polynesian Revue went to Iceland and other bases in Bosnia.

Nearly two hours of musical entertainment passed by and shouts of 'hana hou,' or "do it again" could be heard throughout the crowd.

Although the day came to an end with last minute pictures being taken amongst the crowd and hula dancers, the aloha spirit lasted much longer.



Spc. Joy Paglinawan

Spc. Robert Kava, radio transmission operator, HHC, 1st Bn., 14th Inf. Regt., performs the Samoan Slap Dance in response to the Siva Tauluga dance.



Hula dancers from the Poylnes Hula is a form of story telling, v movement of the performers.

A hula dancer teaches soldiers how to do the Huki Lau dance during the performance at Triggers June 8.



Spc. Joy Paglinawan



Left, hula dancer Jill Dobashi from Polynesian Paradise Revue leads Sgt. Joshua Cesavice, team leader, Co. B, 1st Bn., 14th Inf. Regt., on stage to perform a Tahitian dance number. Cesavice struggles to keep up with Dobashi. Soldiers were chosen from the crowd throughout the hula show to entertain the audience with little or no prior hula dance skills. Below, Sgt. Arturo Martinez receives a serving of the pig, which was cooked island style. The pig was stuffed with green onions, peppers and Hawaiian salt. Then, it was wrapped in foil and reinforced with wet newspaper. It was placed in a knee-high pit and covered with soil. Nine hours later the pig was removed from the ground, and served.

Spc. Joy Paglinawan



Spc. Joy Paglinawan

Polynesian Paradise Revue perform at the Eagle Base Luau Sunday. The hula is told through the motion of the hands, body and foot



Staff Sgt. Charles Owens

Camp McGovern soldier teaches English during Bosnian students final exam

By Sgt. 1st Class Jack Martin

Camp McGovern Public Affairs NCOIC

Local students in a Brcko District school took their final exam with the help of a Camp McGovern soldier.

Capt. Christopher Mabis, the administrative officer for 1st Battalion, 151st Infantry Regiment, Task Force Warhawk, spent the morning of May 31 in a Bosnian school room.

"It was enjoyable to step into a classroom for the first time in two years," said Mabis, smiling.

Mabis spent several years teaching school in Indianapolis, Ind., before he went on active duty as a full-time National Guardsman. On this day he was helping Bosnian seventh and eighth graders at Elementary School Number 8 in Brcka, Brcko District, test how much they had learned in their English language class. Actually, he was their final project, according to their English teacher Dragon Simic.

"I wanted my students to face a real situation and make use of their knowledge and be aware of what they know and don't know in English," Simic said. "Since we have so many Americans around, it was natural to have someone come over from Camp McGovern," he continued. "And, he's a schoolteacher—it's great!"

Mabis addressed the students, a mixture of girls and boys, as he casually paced between their desks. He started triggering conversations with questions like, "Do you have a hobby?" As he waited for an answer, many of the students started whispering among each other in Serbo-Croatian. Mabis was patient, but Simic wasn't.

"No, no, no," Simic said to his students in English. I want you to speak only in English."

One by one, the students started answering Mabis' questions and engaged him in conversation – as their teacher told them to do.

For Mabis, it was a lesson too, especially in something that intrigued him since his deployment began – that is, Bosnian schools, and how they differ from schools in Indiana.

"It gave me an appreciation of the difference between American schools and how privileged we are," Mabis said. "I didn't see one computer.



Photos by Charles Dossett

Capt. Christopher Mabis, 1st Bn., 151st Inf. Regt., talks to a Bosnian seventh grader during a recent visit to Elementary School number 8 in the Brcko District. Conversation with the teacher-soldier was part of the students English language final examination.

There's no 'gee-whiz' stuff, just a blackboard and desks and books. But, the kids are very intelligent and have obviously learned quite a bit without the technological support we're accustomed to having in the United States," he went on.

The students, for their part, seemed more intrigued with understanding their camouflage-suited guest teacher was a real, certified schoolteacher – and a soldier.

"I can't believe he's a teacher," one student said.

"He doesn't look like a teacher," said another. "But, I can tell he really is a teacher," the student continued. "He's really good! We are learning so much from him today."

Another student chimed in, "I'm glad he came today, because I'm not just learning how much English I know, but I'm learning a lot, too, about American life, and how it really compares to Bosnia, because he's here too."

It was the first time their teacher invited an American soldier, let alone a soldier with teaching credentials, to help teach a class.

"This worked," he said with enthusiasm that was equal to that of his stu-

dents. "I just want to continue this. I need to build a relationship with Camp McGovern to make sure we can come up with a lesson plan and make this happen all the time," Simic said.

And then Mabis asked the magic question that gets the same response in late Spring from students all over the world: "Anybody ready for summer vacation?" All together they loudly exclaimed, "Oh yeah!"



Mabis tests one elementary student's understanding of the English language. The students had to speak in English only during the class.

TFME gives advice on preventing cancer

By Lt. Col. Kenneth Fink

Deputy Commander of
Clinical Services, TFME

Despite the great opportunity afforded people here, it is clear that healthy living choices are not always made.

Many soldiers continue to use tobacco-containing products. Some choose higher fat containing foods, such as fried instead of baked items.

Many are aware of foods that are "heart smart," but perhaps only few are aware of "cancer smart." life style choices.

The intent of this article is to provide soldiers with "cancer smart" life style information, and to incorporate this information into their lives. By doing this, people will live longer and healthier lives.

In order to understand how to prevent cancer, understanding what and

how cancer is caused is imperative.

Summarizing the decades of research that have gone into answering these questions can actually be simplified.

Bodies are comprised of "cells" which fit together to make each specific organ.

Cells get "information" from our genes, which are composed of DNA. DNA is very susceptible to damage on a daily basis. Fortunately, cells have proteins inside them that repair this DNA damage. As life goes on, this repair process does not always succeed, and enough DNA damage occurs that cells become mutated. This mutation causes them to grow at a rapid pace, invade the organ that they came from, and spread to other organs.

The things that cause daily DNA damage include substances found in tobacco smoke called benzopyrenes. Meats

cooked at high temperature (fried, grilled) also contain benzopyrenes.

The blackened color of grilled meat is where these benzopyrenes may be found. Other food components that cause DNA damage include high fat foods, especially beef fat. People that consume most of their calories in the form of fat are at higher risk for cancer. So the quantity and type of fat both matter.

Vitamins are essential nutrients that are very effective at fighting off DNA damage and assisting in DNA repair. Vitamins such as A, C, and E are antioxidants. Oxidants are highly energized chemicals, such as peroxide, that carry an extra electron, which is easily released, causing DNA damage. This is why peroxide works as a disinfectant. Our diets are full of these chemicals, and these vitamins will help you repair the cancer causing

damage that they do.

There are many other foods containing similar repair chemicals, such as lycopene in tomato-based products, brassinin in broccoli and cauliflower, and ellagic acid in all kinds of berries. It is always a good idea to learn more about these foods through your own research.

To prevent cancer, your diet should be low in fat and foods cooked at high temperature. It should be rich in high in vitamin containing foods (fruits, vegetables). You should also select specific cancer preventing foods when possible (tomato sauces, broccoli, berries). All tobacco products are to be avoided at all cost (and I mean it), and research your areas of interest on your own.

(Editor's note: LTC Fink is a board certified hematologist and medical oncologist.)

Prevent injuries, improve physical training

By 1st Lt. Luke Heusel

Physical Therapist, TFME

Injury prevention and proper training are always important in the active Army environment.

Living here at Eagle Base, soldiers find no exception to this rule. As many soldiers are already aware, there are numerous recreational and sport activities to enjoy. However, anytime soldiers undertake a new sport activity, they should keep in mind of a number of training factors that can help to prevent injury.

The answers to commonly asked questions are in the section below and will help soldiers to mitigate the risk of injury during sporting activities.

Q: When are people most susceptible to training injury?

A: This question has a two-point answer:

1. Soldiers are most susceptible to injury when beginning a new activity. This is based on the fact that the body becomes conditioned to the routine movements made during regular activities or exercises. New sporting events

often provide different input to the joint systems that can lead to injury. For this reason it is imperative to begin a new sporting event SLOWLY.

2. Soldiers are most susceptible to injury when fatigued.

Over training often leads to injury as a result of the body's repair systems reaching overload. If people train long enough at the gym they will begin to feel sore, weak, and lacking in motivation; these are sure signs that they are over training and heading for an injury. Running and weight training should be

supplemented with rest every other day. People need to listen to their bodies ... it's smarter than people most times.

Q: What are the biggest causes of sports injuries?

A: New activities. This also applies to individuals returning to a sport after an extended lay off period. One of the most important concepts to grasp as an athlete is a ramped progressive return to activity.

Too often people return to an activity, after not participating due to an injury or just because of lack of time in the past, and injury themselves again.

Muscles and tendons need time to build strength for cutting, jumping, and sprinting. If people do not allow them time to condition they will not allow them participation in sports without injury. Begin a new activity slowly, gradually increasing the intensity and duration of the activity over time.

Sport and training injuries can be prevented. Remember, controlled initiation of new exercise with a ramped exercise program will help while mitigating risk of sport injury. Classes on injury prevention are available to all units. For more information call Heusel at 762-0244.

"Muscles and tendons need time to build strength for cutting, jumping, and sprinting."

— 1st Lt. Luke Heusel,
physical therapist, TFME

Intramural Sports Volleyball

Team	W	L	Record
HHC, 25th ID (L)	4	2	.667
556 PSB	6	1	.857
HHC, 25th ID (L) G-Shops	8	0	.100
1st. Bn, 25th Avn. Regt.	4	2	.667
CIMIC & NSE	5	2	.714
TFME 1	4	4	.500
TFME 2	0	11	.000
TFME 3	4	2	.667
Co. C, 1st Bn., 25th Avn.	2	3	.400
S & M DUST OFF	2	4	.333
AIR FORCE	5	1	.833
B&R, MWR	0	11	.000

Softball

Team	2	L	Record
HHC, 25th ID (L)	2	1	.667
Co. B, 1st. Bn., 14th Inf.	4	0	1.00
549th M.P.	0	3	.000
TMB 1st. Bn., 163rd Inf.	0	2	.000
Co. D, 1st Bn. 25th Avn.	1	1	.500
TFME 1	1	1	.500
JMA	2	1	.667
Co. A, 1st Bn., 163rd Inf.	3	0	1.00
225th FLE	2	1	.667
Southern Comfort	0	3	.000
HHC, 1st Bn., 14th Inf.	2	0	1.00
ASG	2	1	.667
Air Force	2	1	.667



Workin' it at Eagle Base



Spc. Christina Davis

Spc. Brian Mohammed, combat engineer, JMA extraction team, uses the weight room at the Eagle Base fitness center Saturday.

New sports center complex opens at Camp McGovern

By Cpl. Matthew McClelland

Camp McGovern Public Affairs Correspondent

Under sunny skies, Camp McGovern's new sports center complex opened Saturday after a ceremony honoring the facility's namesake, Staff Sgt. Edward Carter, Jr., a World War II Medal of Honor recipient.

Col. Mark Milley, Task Force Eagle ground forces commander, addressed an assembled formation of Camp McGovern-based soldiers, reminding them of the heroic sacrifices Carter made during a pivotal battle of World War II.

Carter was posthumously awarded the Medal of Honor by President Clinton January 13, 1977.

After an official ribbon cutting, the McGovern sports center was opened. The festivities began with performances from the Flamingo Dancers, a dance group from Tuzla.

Afterwards, Camp McGovern's basketball team played two games against the Brcko District team. Camp McGovern lost both games, but it did little to dampen enthusiasm for the gym's opening.

The new facility is a larger air-conditioned solid-roof building. It's more sturdy

than McGovern's old sports facility, which had a lower-hanging canvas top. It also has latrines and changing rooms and a stage at one end for concerts and other activities.

Isaiah Hendricks, Camp McGovern's Morale, Welfare and Recreation Director, says the Sports Center Complex will serve the soldiers well and will also serve as a facility to host Bosnians in various events as the peacekeeping operation continues.



Col. Mark Milley, ground forces commander, assists in the ribbon cutting ceremony of the new McGovern sports complex Saturday.



Photos by Cpl. Matthew McClelland



Left, Spc. Joshua Chastain of Co. C., 1st Bn., 151st Inf. Regt., makes a lay up during a game against the Brcko district team during the opening of the new gym at Camp McGovern. Above, Chastain scores again during the game against a Tuzla team.



News Briefs

TFME nutrition class — The Task Force Med Eagle Nutrition Clinic is holding a weight management class today and June 25 from 10 to 11 a.m. at the library and conference room at the Eagle Base Education Center. For more information or to sign up, call Maj. Sara Spielmann at 762-0224 or Spc. Ingrid Sady at 762-0207. A minimum of five people are required for the class.

Longhorn Cafe renovation — The Longhorn Cafe will be under renovations until July 12. Use main entrance for access to dining facility. The facility's right, left and food preparation are will be under renovation. Work will be stopped July 2 for July 4. Extended lunch hours will be from 11 a.m. to 2 p.m. during the first phases.

Equal Opportunity- There will be an Equal Opportunity Leaders Course graduation ceremony today at the EO office on Salute Alley at 4:30 p.m. Col. Mark Milley is scheduled to present certificates to the graduates. For more information, call Master Sgt. Carol Cheley at 762-0086 after WednesdayP.



Photos by Spc. Michelle Lunato

Comedy show brings laughs to soldiers in the Balkans

Above, Rhonda Williams, an education counselor at the Eagle Base Education Center, and Spc. Donald Buck, infantryman, HHC, 1st Bn., 14th Inf., Regt., laugh during the MWR-sponsored comedy show June 3. Right, Comedian Dan Smith entertains soldiers of Eagle Base with his "true-to-life" spoof comedy routine. Two comedians traveled throughout the Balkans to entertain soldiers.



Know the SFOR 11 Units ...

Military Police Brigade, Hawaii

A yellow representation of King Kamehameha's spear between two red lightning flashes chevronwise reversed.

Green and yellow are the colors traditionally used by Military Police organizations.

The red lightning flashes denote speed and on the mark accuracy as well as alluding to the unit's motto.

The spear is a traditional Hawaiian weapon and underscores the unit's mission.

The shoulder sleeve insignia was authorized Aug. 17, 1998.

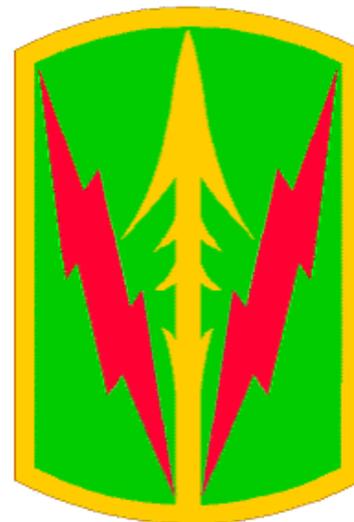
A gold color medal and enamel consisting of a stylized burst of medium

blue rays superimposed by two red lightning flashes chevronwise reversed issuing a representation of King Kamehameha's spear all enclosed in base by a green scroll inscribed "PACIFIC LIGHTNING" in gold.



Green and yellow are the colors traditionally used by Military Police organizations.

The stylized burst of rays allude to the Pacific, the unit's location. The red lightning flashes denote speed and on the mark accuracy as well as alluding to the unit's motto.



The spear is a traditional Hawaiian weapon and underscores the unit's mission.

One military police K-9 soldier, Staff Sgt. Felix Cook, wears this patch here. *(This information was gathered from www.qmfound.com)*

Army Birthday 2002 message

For 227 years now, soldiers have defended freedom. And again today, soldiers are fighting on behalf of the American people as we prosecute the war on terrorism. So as we celebrate our Army's Birthday and reflect on our great institution, a simple truth arises: there is no greater profession than the Profession of Arms, and no greater job than ours—serving on point for our Nation. Thanks to American soldiers, freedom's light shines as a beacon throughout the world.

The Army has courageously fought our country's wars and served honorably in peace for over two and a quarter centuries. We can all be justifiably proud of The Army's achievements—a distinguished history of service to the Nation. From our victories in the American Revolution through the trial of our Civil War, from the trenches of World War I to the beaches of Normandy and the island battles in the Pacific of World War II,

from the frozen mountains of Korea to the sweltering paddies of Vietnam, from Grenada and Panama to the sands of Kuwait and Iraq, and now on the plains and in the mountains of Afghanistan, soldiers have marched at the van of democracy and the cause of liberty.

And throughout that history of service, the key to The Army's success is our flexibility and willingness to change, to meet the world as it is—without altering the core competencies that make The Army the best fighting force in the world. You *are* the best Army in the world. As we forge ahead to gain irreversible momentum in our Transformation, you will continue to be respected by allies, feared by our enemies, and honored and esteemed by the American people. Your courage, dedication to duty and selfless service to the Nation are the hallmarks of the soldiers of the United States Army.



From left, Army Chief of Staff Gen. Eric K. Shinseki, Secretary of the Army Honorable Thomas E. White and Sgt. Maj. of the Army Jack L. Tilley.

We will never be able to tell you enough how very proud we are of you, how everyone we meet offers their thanks for what you do and their prayers for your safety and well-being. So we are honored to join you in celebrating the birthday of the most powerful land force the world has ever known.

Thank you for your service, for your sacrifices, and for your abiding devotion to something greater than self.

God bless each and every one of you and your families, God bless our magnificent Army, and God bless America.

(Article and photos are from the U.S. Army homepage.)

Eric K. Shinseki
General, United States Army Chief of Staff

Thomas E. White
Secretary of the Army