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# TALON



## **Meet Tarzan**

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

# TALON

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## Sports Injury Prevention

By Capt. David Jaskwich and 1st Lt. Stacy Hilley

*Task Force Med Eagle*

As the Orthopedic Surgeon and Physical Therapist for SFOR 14, we encourage all of you to become involved in sporting activities available. However, we want to take a moment to discuss a topic that must be considered hand-in-hand with any athletic activity: *sports injury prevention*.

Like most athletes, you undoubtedly want to lower your chances of incurring an injury while playing sports. Injuries decrease your effectiveness at work, lower your fitness, downgrade competitive performance and can lead to long-term health problems such as arthritis.

The following are some general rules for injury prevention that apply to all sports and conditioning. Also, if you are over 40, or have not been exercising regularly, please consult one of our physicians before initiating a new exercise program.

*Prior injury* is the best predictor that you may get injured again. Regular exercise has a way of uncovering weak areas of the body. For example, if your shoulder has bothered you in the past, it is likely to bother you again when you engage in a new athletic activity for a prolonged period.

Another predictor of injury is the number of consecutive days of training you carry out each week. In other words, *DON'T OVERDO IT*. Reducing the number of consecutive days of training can lower the risk of injury. Adequate recovery time is essential to building strong muscles and improving endurance.

The amount of exercise you perform plays a key role in determining your injury risk. Fatigued muscles cause injury. If you are a runner, over-training is linked to injury. The more miles you accrue per week, the higher the chances of injury. A gradual increase in weekly distance is the best way to build endurance while preventing injury. The same holds true for any other type of exercise.

A warm-up is intended to raise your body temperature, relax your muscles, and prepare you physiologically and psychologically to compete. Many people confuse the warm-up with stretching. The most important part of the warm-up is light jogging or running that should precede stretching. In fact, stretching without warming-up probably has very little effect on injury prevention.

Many of us neglect the post-event cool off after a work out. However, allowing for an adequate cool-off session can be an important part of maintaining flexibility and reducing muscle soreness. Repeating the same static stretches that you performed during your warm up should be adequate to help preserve flexibility and reduce soreness and stiffness-and ultimately reduce injuries.



About the cover: Tarzan, a military working dog, practices taking a bite out of crime. By Sgt. 1st Class Clinton Wood, 135th MPAD

### Top Ten Injury Prevention Tips

1. Avoid training when you are tired or fatigued.
2. Increased training should be matched with increased resting.
3. Allow lots of time for warming up and cooling off.
4. Never train hard if you are stiff from the previous effort.
5. Pay attention to hydration and nutrition.
6. Introduce new activities very gradually.
7. Treat even minor injuries carefully to prevent larger problems.
8. If you experience pain when training, STOP immediately
9. Use appropriate training surfaces.
10. Use the right footwear.

# Hello, from BiH!

## Sending holiday greetings home from all over the world

Story and photos by  
Sgt. Sarah C. Danielski  
135th MPAD

Spreading holiday cheer, a job usually reserved for Santa Claus, is the very important task of two recent visitors to Bosnia and Herzegovina.

Army and Air Force Hometown News stopped by the bases of Multinational Brigade (North) to record the holiday greetings of soldiers and civilians supporting Stabilization Force 14. Army Staff Sgt. Kristoffer Grogan and Air Force Staff Sgt. Nicolas Sanchez did their part to brighten the holidays for the friends and families of deployed soldiers.

Hometown News sends out three teams of soldiers and airmen, one to Europe, another to Southwest Asia, and a third to the Pacific region to capture the greetings of soldiers stationed all over the world during the holiday season. Grogan, of Hometown News, and Sanchez, of Headquarters, Air Force News Agency, were both assigned to the European region this year.

The pair travels around to different bases throughout the continent from the first week of September right up until Thanksgiving Day. They spend long days recording the greetings of soldiers and airmen, then working around the clock getting those greetings ready to air on television. It is a very busy schedule, but Grogan and Sanchez are happy to do it.

"This job is great," said Grogan "We get to travel and see the world – we're in a different country every week." He said it is great to talk to so many different people stationed all over the world, from places all over the United States. "Plus, where else can you make fun of the big rankers," he joked "to loosen them up for their greeting, of course."

***"This job is great! We get to travel and see the world – we're in a different country every week."***

***-Staff Sgt. Kristoffer Grogan***



Army Staff Sgt. Kristoffer Grogan, of Army and Air Force Hometown News, gives directions as he records the personal holiday greeting of a soldier stationed at Eagle Base.

Sanchez had similar feelings about getting to see the world, and getting paid to do it. This was his first time in Europe, as well as his first time in a hazardous duty zone. As a technician who fixes the equipment used by Hometown News, the holiday greetings are not a normal assignment for him.

"The teams were short this year," explained Sanchez, "so when I heard they were taking volunteers, I jumped at the chance."

The recorded greetings are sent to local news stations back in the states to be aired mostly during the evening news and sporting events. Over 16,000 greetings were done last year, and about 10,000 greetings have been recorded so far this year. This is the 20th year Hometown News has done the holiday greetings.

New this year, all the greetings will also be available on the Internet.

"Having the greetings on the web is a great thing," said Grogan. "Families can go to the site and view the greeting anytime they want, instead of waiting for it to be aired."

Soldiers were invited to make their personal 15-second greeting at Eagle Base Oct. 3-4. Stops were also made at Camp McGovern and Camp Morgan, Sunday, and also at Camp Cody and Camp Conner, Monday.

While the world travel is a huge perk, Grogan said it's not the only reason he likes the job.

"The best part is when we receive letters from the loved ones of soldiers and airmen, thanking us for what we've done," said Grogan, "knowing we've brightened their holiday, while their soldier or airman was away."

To see your recorded greeting, you or your family can visit the Hometown News website at <http://hn.afnews.af.mil>.

*Editor's note: It may take a few weeks for this option to be available.*



# Falling head over heels

Maj. David Munson, deputy provost marshal for MNB (N) takes off running from Tarzan, a military working dog. In a matter of seconds, Munson fell head over heels for Tarzan. This phase, Bite This training is required to keep military working dogs and their handlers safe.



## Deputy provost marshal experiences military working dog's world

Story and photos by  
Sgt. 1st Class Clinton Wood  
135th MPAD

Maj. David Munson, Deputy Provost Marshal for Multinational Brigade (North) and a probation officer for Brown County in New Ulm, Minn., has always been impressed with police working dogs.

On Eagle Base's softball field last month, he fell head over heels for a military working dog named Tarzan.

Munson volunteered to wear a full-body "bite suit" that weighed about 70 pounds and he was attacked by the 82-pound Tarzan, a German shepherd mix.

"You can't hear him coming," Munson said. "The whole time I was running, I was thinking

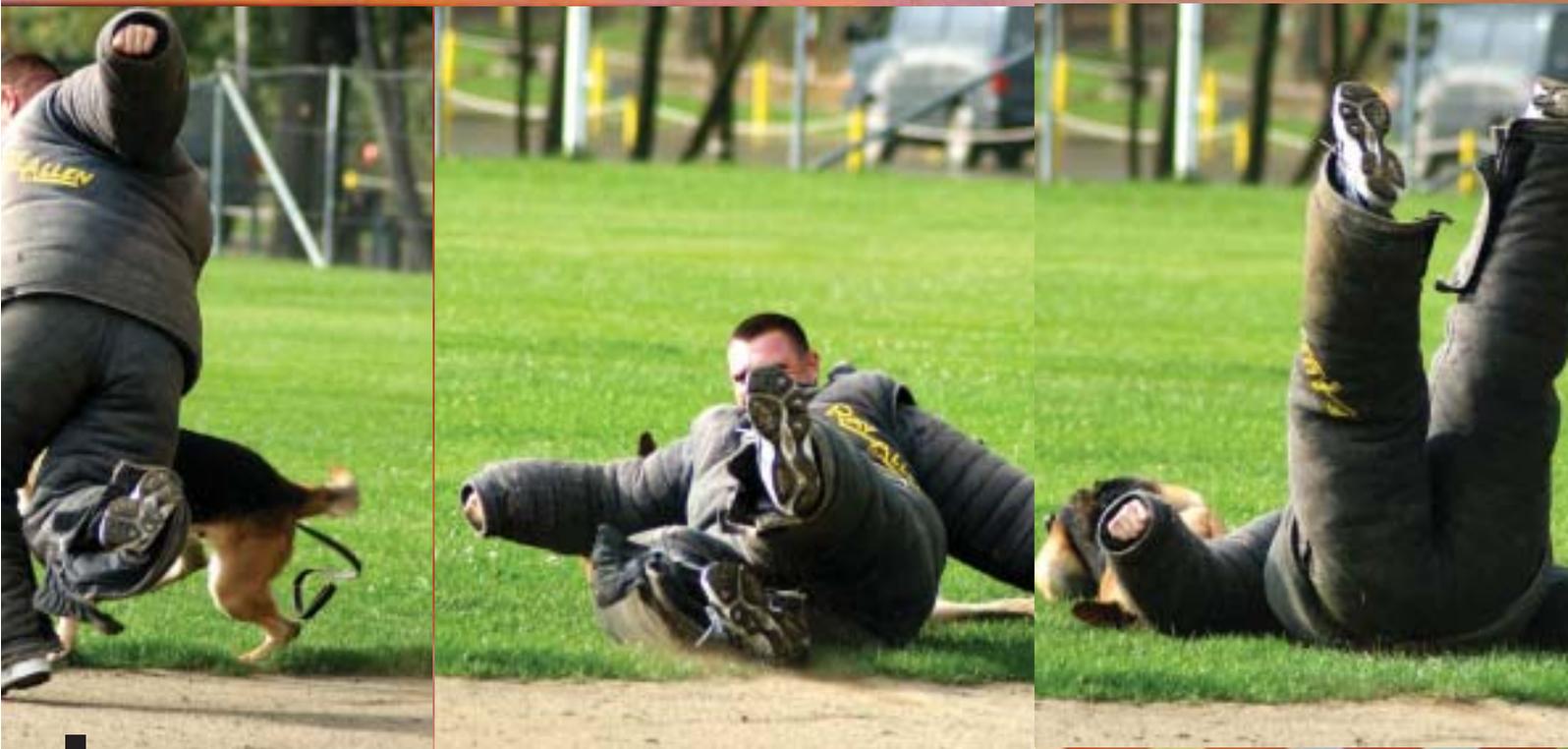
OK he is going to get me, he is going to get me. You almost want to be stupid and turn around and see where he is -- and then all of a sudden when he hits you -- it brings you back to playing high school football and getting tackled from behind. There was no not going down."

Munson underwent several scenarios wearing this "Michelin Man" looking suit.

He started by running from Tarzan in the "bite this" phase. Munson took off from near home plate and didn't make it past the infield before Tarzan soared through the air, grabbed Munson's right arm and knocked him off his feet. Munson landed on his back facing the opposite direction.

Munson said he felt "safe and confident" in this type of suit, which is a beginner's suit that offers the most protection for the person wearing it.

In the "challenge" phase, Tarzan sat at Munson's feet and continuously barked while the dog's handler, Sgt.



# els

of seconds, Tarzan grabs Munson and yanks him down. Munson said he participated in this activity because he was curious and their handlers qualified.



Tarzan, held by Sgt. Mike Mowery, made his presence known to Munson during this phase of the training.

Mike Mowery, searched Munson. Once Munson attempted to hit Mowery, Tarzan, whose barking sounded like a kennel full of dogs, attacked Munson's

right arm and took him down to the dirt.

Mowery said if a person takes off running in this phase the military working dog also is "right" on him or her.

Munson said he could feel Tarzan attempting to get a better latch on his arm.

"He was constantly moving his mouth and trying to get a better grip," he said.

Biting like this is "play time" for these dogs, Mowery said.

Mowery, Sgt. Tadd Davis, Sgt. Jeffrey Passov and Sgt. Aaron Eastman, all four active duty Army soldiers, also attempt to work on patrol scenarios with these dogs three days a week. These scenarios include the ones Munson participated in.

They also are one of the requirements in order for the dogs and their handlers to be certified annually.

If the team is separated for more than 30 days, the certification is no longer

valid.

The other phases are false run, false run/bite, stand off, search, search and re-attack and call-bye.

Munson said he would volunteer to participate in all of the training phases.

As he said after watching the videotape of his experience, "Sweet, Oh I want to do it again."

And, Tarzan is waiting.



Mowery uses Tarzan to control Munson and provide added safety for the handler. Sgt. Tadd Davis, another dog handler, said military working dogs have to be physically strong and emotionally sound in this phase.

# Soldiers build friendships



Story and photos by Spc. Jeremiah Wickenhauser  
135th MPAD

Task Force Renegade soldiers play the teachers in a fast-paced game of volleyball.

**L**UKAVAC – Spirits were high Sept. 27 as members of Task Force Renegade began loading a bus at Eagle Base and headed towards the village of Bokovici. Upon arrival, about 50 local children of all ages greeted the Stabilization Force soldiers and waited to participate in games with them.

The trip was a task-force wide event, open to anyone who had free time or could make arrangements to participate. For most soldiers on the trip and in Task Force Eagle, community service

has become a part of a normal weekly routine.

“Community service is the best part of being in the Army,” said Spc. Mara Moreno of 1st Battalion, 149th Aviation Regiment.

The day’s activities included, soccer, volleyball, songs and snacks. At first the children and the soldiers were timid and shy towards each other but after the games intensified, so did the interaction. In the soccer game the soldiers merely tried to keep up with the fast-paced children and volleyball wasn’t much different.



Capt. Chris Spahn meets his match on the soccer field. SFOR soldiers play their best against the competition the children bring.

Everybody came out of the event with more friends and a better understanding of

each other’s culture.

“It was a game among friends, not soldiers and Bosnians,” said a Bosnian teacher and supervisor.

Spc. Anthony Auld with the regiment’s headquarters and headquarters company said he really liked interacting with the children. “I plan on doing this every chance I get,” he added.

“We learn a lot from the children and have fun with them,” said Spc. Megan Vanlangendonck of the regiment’s headquarters and headquarters company.



Sgt. Randal Szydlo, of Task Force Renegade plays all-star goalie as the local children take turns kicking shots at him.

# Making good progress

## Slovakian Major welcomed back to Bosnian village

Story and photos by  
Sgt. 1st Class Clinton Wood  
135th MPAD

JANJARI - Maj. Anton Laca was only in Bosnia and Herzegovina for 10 days when *deja vu* struck.

En route to Janjari on Sept. 27, this Slovakian officer was in a vehicle following a Stabilization Force 14 vehicle carrying several G5 soldiers which had the same license plate of a vehicle he drove in BiH two years ago. At the time he was a civil affairs officer for G5.

Once he reached Janjari and walked down a steep hill on a rocky road built by SFOR engineers and local residents, Laca felt like he was “coming home.”

Walking up the hill, a local resident motioned for Laca to approach him. The two knew each other.

The community leader told Laca that about 150 Bosnian families had returned to the town in the last two years. Land mines also were cleared from a former Mosque site allowing for the construction of a new mosque.

Laca toured the new mosque site, made with terra-cotta-like clay blocks, and spoke with the workers. He said that everyone in the community was helping build the mosque.

This visit was special to Laca.

“My heart was like,” he said as he patted his chest.

Laca said the local residents told him that the situation had changed for the better in the last two years.

“It’s very good for my heart because I made a lot of projects here,” Laca said with a smile.

Laca, who has been in the Slovakian Army nearly 30 years, noted that he has



Slovakian Army Maj. Anton Laca smiles as he talks to a community leader near Janjari that he first met as a Civil Affairs Officer in Bosnia and Herzegovina two years ago. Laca recently returned to BiH for another year tour.

an advantage most officers in his capacity don’t have, being able to speak three languages, English, Russian and Bosnian.

“I can speak the local language and that is the first step to have the best communication relationships with local people,” he said.

His area of responsibility in his first year tour in BiH was between 800 and 900 square kilometers. He assisted with water and electricity projects.

“First of all I want to see what is new,” Laca said of his goals on this year deployment. “After that I want to continue my work here.”

***“It’s very good for my heart.”***

***- Maj. Anton Laca***



A war-torn building is framed by the window of a new mosque being built in the village.



# In our sights



Images from Bosnia's first snow of the year, Oct. 8, 2003



Photo by Sgt. 1st Class Clinton Wood, 135th MPAD

Sgt. Paul Kazmierczak provides the rear guard as two Task Force Bearcat humvees leave Eagle Base during the snow storm.



Photo by Sgt. 1st Class Clinton Wood, 135th MPAD

Salute Alley on Eagle Base was a slushy mess.



Photo by Sgt. Brian Taylor, TF Iron

Sgt. 1st Class Ronald Garni (left) Cpl. Terry Johnson, Staff Sgt. Nathan Winzer, 1st Lt. Julieanne Gertken and Chaplain (Maj.) Grant Speece frolic in the snow at Camp McGovern.

