



The

DOUBLE EAGLE

"Twice the Citizen! Army Strong!"

JULY 2013, Vol. 2, No. 4

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238th

ARMY BIRTHDAY

AMERICA'S ARMY: Service to the Nation, Strength for the Future



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HEAT!



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contents



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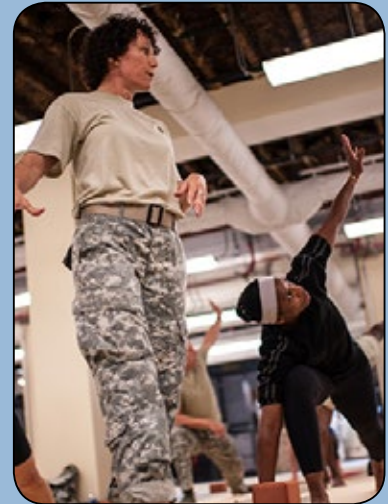
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INNER peace

PAGE 4

Lt. Col. Sonya Edmonds, gives instructions during a weekly yoga class at the U.S. Army Forces Command and U.S. Army Reserve Command Special Troops Battalion headquarters at Fort Bragg, N.C., June 5, 2013. The class is designed to help strength the secondary muscles that often overlooked during more traditional exercises. (Photo by Timothy L. Hale/Army Reserve Command Public Affairs)



DEPARTMENTS:

Leader's Forum PAGE 3

The Way I See It PAGE 11

This Month in Army History PAGE 12

IG Corner PAGE 16

Chaplain's Corner PAGE 15

Around the Headquarters PAGE 16

Across the Army PAGE 18

Depth of Field PAGE 21

BIRTHDAY PAGE 7



HEAT PAGE 8



The **DOUBLE EAGLE**
"Twice the Citizen! Army Strong!"

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U.S. Army Reserve
“WE CARE”
Celebrating Life

Learning to ASIST those in need

Capt. Maria Aguirre Corral
USARC G-1 Well-Being Liaison

I would never use the word “suicide,” and I had never asked anyone if they had ever had thoughts of suicide because I didn’t want to hear them say “Yes.”

When I asked Sgt. Jack if he had thoughts of suicide, he replied “Yes”.

We were practicing using the Suicide Intervention Model while participating in a role-playing scenario for the Applied Suicide Intervention Skills Training, or ASIST, class.

Although this was a simulation, the role playing felt real. As I sat across from “Sgt. Jack”, I had a lump in my throat, my palms were sweating and my heart was racing.

ASIST is a two-day workshop that trains Army leaders, gatekeepers, and other care givers in a range of suicide-prevention and intervention skills. All individuals receive training from certified ASIST trainers.

Three weeks earlier, I called 911 from my house phone when a woman rammed her car into the freeway wall. By the time I was off the phone, the neighborhood kids had surrounded the accident scene, and my neighbor stood next to the woman in her car.

As I went to let them know an ambulance was on its way, my neighbor looked at me said “She has cuts on both her wrists.” He then walked away leaving me standing alone with the woman in her car.

He was right. She had cuts on both her wrist and was searching frantically through her purse. I got close enough to talk to her, but still far enough away for my own personal safety. I immediately became concerned that she was going to pull a knife out and stab herself, or worse, try to stab me.

Did I ask her if she was having thoughts of suicide?

I didn’t think I had to, it seemed so obvious. Plus, I hadn’t attended any training yet, so I had no idea what to do next. I immediately engaged her in small talk until the fire department

and ambulance arrived.

In the ASIST class, I learned it’s important to trust the process of the SIM.

Suicide first aid is verbal first aid. I learned it’s important to ask if the person at risk is having thoughts of suicide, it’s important to hear the “Yes,” and it’s important for the caregiver and the person at risk to both be aware of the risk and the need for both to agree on a safe plan.

Back in class, the goal was for everybody to have a chance to be a caregiver or a person at risk. I asked to be a caregiver.

As I sat across from “Sgt. Jack” with a fold out pocket size SIM card, I felt the same anxiety and nervousness I felt three weeks earlier, but this time, I felt better prepared.

Our scenario was of a young sergeant, just off active duty, new to the Army Reserve, and recently back from his deployment where he had lost members of his team. “Sgt. Jack” was receiving his initial counseling from his platoon sergeant and talked about feeling guilty, angry and wishing he would have died too.

At the end of our simulation, we were debriefed. I was asked how I felt about my role as a caregiver. Besides the previous exercises in class, this was the very first time I looked someone in their eyes and asked if they had thoughts of suicide. Even though I knew the answer was going to be “Yes,” I finally understood why it was so important to hear it for both the sake of the caregiver and the person at risk.

I was glad to hear from my partner playing “Sgt. Jack,” that he felt comfortable opening up and working through the SIM process with me. He felt that I listened well and I genuinely cared about his situation and would be able to get him the help he needed.

The word “suicide” doesn’t scare me anymore.

The goal in the ASIST training is to train others to intervene with someone that is contemplating suicide. More impor-

See **ASIST**, Pg. 20

“She had cuts on both wrists and was looking frantically through her purse.”

— **Capt. Maria Aguirre Corral**
USARC G-1 Well-Being Liaison



INNER peace

FORSCOM @ USARC employees find their center

*Story and photos by Amy Phillips
Army Reserve Command Public Affairs*

YOGA is an ancient practice originating from India more than 5,000 years ago, and was originally used as a method of spiritual enlightenment.

It is through the practice of yoga that one U.S. Army Forces Command officer is hoping to bring enlightenment and perhaps, inner peace to Soldiers and civilians here in the headquarters.

“Yoga is an element of comprehensive Soldier fitness,” said Lt. Col. Sonya Edmonds, a certified yoga instructor since 2009.

Edmonds, with the FORSCOM’s Cyber Electromagnetic Activity division, was introduced to yoga as a form of therapeutic physical therapy more than 15 years ago and has been practicing it ever since. She enjoyed it so much that she became a certified.

At the urging of her co-workers, Edmonds often held informal classes during her lunch hour anywhere she could find – hallways, conference rooms, basements, and even outdoors. Today, Edmonds and her participants greatly appreciate the large room to exercise at the FORSCOM/USARC Special Troops Battalion headquarters.

Edmonds teaches her students to work the secondary muscles often overlooked in traditional Army exercises, allowing a Soldier to have a more comprehensive workout.

“Yoga broadens our exercise regiment,” said Maj. Kate Numerick, another long-time yogi, with the U.S. Army Reserve Command G-35 planning section. She likes the non-impact exercises that work “the muscles that you wouldn’t in any other way.”

Edmonds believes yoga is beneficial to Soldiers because it can relieve stress and is excellent resilience training. It is also perfect for desk-bound workers who often have stiff necks, shoulders and backs.

“Everything we do is sagittal,” said Edmonds, referring to the way people’s bodies are aligned while sitting at work, walking or driving, adding that yoga helps to open and loosen the body.

The hour-long classes are held every Wednesday at 11:30 a.m., and are geared towards office workers over 40. Participants of her classes describe yoga as providing them with flexibility, strength, and peace.

“I love any exercises but this is different...it’s refreshing and relaxing,” said Sonhui Davis with FORSCOM’s Information Technology division. “Yoga is wonderful!”

Yoga is more than just a form of exercise, although it is not a religion contrary to popular misconceptions.

The Yoga Institute in Mumbai’s website quotes their president, Dr. Jayadeva Yogendra, as saying, “A balanced state of mind is yoga.” He also believes that yoga is a way of life that helps a person “realize their own spiritual self and purpose in life.”

See **YOGA**, Pg. 10

Torres named 2012 MacArthur winner



Capt. Tony Torres, a systems integrator with the U.S. Army Reserve Command G-4, is one of 28 recipients of the Gen. Douglas MacArthur Leadership award. The award is presented to company grade officers for past leadership and future potential. (Photo by Maj. Joe Shalosky/USARC G-4)

First USARC Soldier to win award

*Story by Lt. Col. Murray Mallett-Stein
USARC G-4*

FORT BRAGG, N.C. – A U.S. Army Reserve Command captain was chosen as one of 28 recipients for the 2012 Gen. Douglas MacArthur leadership award.

Capt. Tony Torres, a systems integrator with the USARC G-4 equipping division, received the award at Pentagon ceremony, May 30, 2013.

A native Brazil, Torres said being named a MacArthur winner is an honor.

"In my opinion, the prestige comes from MacArthur himself, it's an honor to be a part of his legacy," Torres said.

While he is honored to win the award, he is humble enough to know there were probably others just as deserving.

"There is always someone else

that you can probably find that has done more," he said.

The award recognizes company grade officers for examples of their past leadership but also for their potential in the future.

While Torres is the first USARC Soldier to win, there are two other logisticians working within the USARC G-4 in the last two years had also been MacArthur awardees.

Lt. Col. Brian Burkett and Maj. Hugo Santillan-Rosado, won the awards in 2003 and 2005 respectively while working in other Army Reserve operational commands.

"I was amazed at the level of senior-level attention," Burkett remembered from his ceremony. "By the Chief of Staff of the Army, Gen. (Peter) Schoomaker, by the Headquarters, Department of the Army and other senior officers at our ceremony."

Santillan-Rosado said he was

unaware the award even existed.

"The first time I ever heard of the award was in an email from the Department of the Army congratulating me," he said.

Torres said he was also unfamiliar with the award until he was named a winner.

What would these Leadership Awardees recommend to others?

"Do your job and do it well," Burkett said. "Treat others with dignity and respect ... you know, the Army Values."

"Help others, know your job, build relationships, go the extra mile," Torres said.

Torres said he isn't going to change what he has done in the past but looks forward to the future.

"I always look at the Army mission first before my beliefs," he said. "It's nice to know that someone else sees that I have potential to influence in the future." 



Spc. Luz Maldonado, dressed in Desert Shield/Desert Storm uniform, discusses final preparation for celebrating the Army's 238th birthday at the U.S. Army Forces Command and U.S. Army Reserve Command headquarters, June 13, 2013, at Fort Bragg, N.C. Also pictured are (L-R): Chris Ruff, representing the period of the American Civil War, Master Sgt. Chris Hill, representing the uniform of the Buffalo Soldiers, and Sgt. Zachary Crane, representing the War of 1812.

FORSCOM/USARC share Army birthday celebration

Sgt. Jessie Westfall, fourth from right, Maj. Gen. Luis Visot, Command Sgt. Maj. Gino Carreras, and Master Sgt. Steve Opet, all with U.S. Army Reserve Command, cut one of the ceremonial cakes. Westfall and Opet represented the youngest and oldest Soldiers, respectively, for USARC at the ceremony.



 [CLICK HERE](#) for more BIRTHDAY images



Be COOL in the summer

HEAT

By Lori Yerdon

U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. – Participating in strenuous activities during the summer months isn't for everyone, but for Soldiers, it's business as usual.

In addition to the physical demands of soldiering, some service members participate in extracurricular-sports activities, thus increasing their exposure to extremely hot and humid conditions.

According to the website MayoClinic.com, exercising in hot weather puts extra stress on a body.

However, heat-related illnesses and injuries are largely preventable. By taking some basic precautions, exercise routines don't have to be sidelined when the heat is on.

"When Soldiers assess and address the risks associated with hot weather exercise regimens, they're less likely to suffer a heat illness/injury," said Lt. Col. James Smith, director, U.S. Army Combat Readiness/Safety Center Ground Directorate. "They can protect themselves while enjoying their sporting activity

through preparation and risk mitigation beforehand."

Master Sgt. Mike Morton, a U.S. Army Special Operations Command liaison officer, is no stranger to exercising and competing in grueling environmental conditions. He's an ultrarunner who's won nearly 30 races over the course of his career.

He is also the reigning champion of "the world's toughest foot race" – the Badwater Ultramarathon, a 135-mile nonstop race that starts in Death Valley and ends in Mt. Whitney, Calif. and temperatures during the race routinely soar to 119 F during the day.

"The key is to use a progressive training to deal with the heat," Morton said. "The human body is designed to perform in the heat. We have an amazing cooling capacity. We just need to climatize to the heat."

While Morton's workout regimen is that of an ultrarunner – he averages 140 miles per week – his advice about training in hot weather is applicable to all Soldiers.

"Preparation is important to me because it makes me visualize what I'm

going to do," he said. "This visualization is what makes success possible and I think every military person understands the importance of preparation. Sometimes we tend to blow it off in our personal endeavors, but it's important to make sure you have a plan for any work out or race."

Hydrating is an important element in any workout plan, and Morton drinks when he's thirsty to combat dehydration and to maintain proper electrolyte levels.

"I hydrate throughout the day but the key is to not over-hydrate," he said. "This can cause a depletion of electrolytes and salts."

"Most of us are taught that drinking when we feel thirsty is too late and I don't believe that philosophy," Morton said. "I drink when I feel thirsty during training and competition and I've never had any issues with cramps or low electrolytes."

"Being prepared during a race means carrying a water bottle so you are not without water when you feel thirsty," he added. "That's true for daily runs as well, if you're not sure there's a water source

See **HEAT**, Pg. 20

Stay safe on the beach

By Art Powell

U.S. Army Combat Readiness/Safety Center

A trip to the beach is a summer ritual for millions of Americans, including Soldiers, their Families and Army civilians.

While beach outings offer something for people of all ages, they bring safety risks that can change fun in the sun into something else. Thinking about beach safety, rip currents, weather planning and condition flags can make a beach trip memorable for all the right reasons.

Two Soldiers drowned in off-duty accidents during fiscal 2012. One fell into the water from a hotel boardwalk and could not be resuscitated; another Soldier was swimming with his two children when they were carried from the shore in a rip current. A bystander rescued the children, but the Soldier was pulled out to sea and disappeared.

According to the Centers for Disease Control and Prevention, approximately 10 people die from unintentional drowning every day in the United States. Of these, two are children aged 14 or younger. Drowning ranks fifth among the leading causes of unintentional injury and death in the United States, claiming 3,533 lives from 2005-2009.

At the beach

Whether it's uneven terrain, rip currents or unexpected hazardous weather, swimmers in natural water settings must be aware of hazards and take special precautions to stay safe. Swimming lessons can help protect young children from drowning; however, constant, careful supervision is necessary when children are in or around the water.

"Summer fun comes with new dangers and risks," said

Janet Frolescher, president and CEO of the National Safety Council. "If you have to be out in the sun, use sunscreen with an SPF of 30 or higher, reapply after swimming or perspiring and try to find shaded areas. Always supervise children when playing near and in the water, and never drink alcohol while participating in water activities."

Rip currents

Rip currents can occur along any shoreline with breaking waves, but are prevalent along most U.S. coastlines. They pull swimmers away from shore into deeper water at speeds of up to 8 feet per second and are dangerous to all swimmers, even those with strong skills.

A key to avoiding rip currents is knowing what they look like.

"The signs of a rip current are very subtle and difficult for the average beachgoer to identify," said Richard Scott, safety and occupational health specialist, Ground Directorate, U.S. Army Combat Readiness/Safety Center. "Swimmers should look for differences in the water's color and motion, incoming wave shape, and breaking point compared to adjacent conditions.

"Look for a channel of churning, choppy water, a line of foam, seaweed or debris moving steadily seaward, or a break in the incoming wave pattern."

Eyes on the sky

Weather information is available to anyone with a weather radio or access to the Internet. Because it's easy to determine what you'll find at the beach and the route you'll take to get

See **BEACH**, Pg. 20





Students use mats, and if needed, a yoga bolster, and yoga strap, during a weekly yoga class at the U.S. Army Forces Command and U.S. Army Reserve Command Special Troops Battalion headquarters at Fort Bragg, N.C., June 5, 2013. The class is designed to help strength the secondary muscles that often overlooked during more traditional exercises.

Jennifer Cook, of Yoga Journal writes that the word “yoga” translates as “yoke or union, describing the integration of mind and body to create a greater connection with one’s own pure, essential nature.”

Scholar Mark Singleton claims that after years of research, he discovered that modern western yoga exercises are a blend of ancient Indian philosophies and 19th century Scandinavian gymnastics exercises.

There are three main elements to yoga – exercise, breathing and meditation. Yoga exercises help improve circulation and are believed to help ease the discomforts of pregnancy, while aiding respiratory and weight problems, and many other ailments. Breathing techniques help people become aware of their bodies and prepare them for the final step of meditation. Meditation develops a calm mind which helps relieve stress.

Edmonds hopes to offer her students “a better life, even if just for a brief moment of fun.” She also hopes that practicing and teaching yoga will continue to lead her to better things in her own life.

“I would like to be a Master Resiliency Trainer or work in the Army’s Comprehensive Soldier & Family Fitness Program to continue to serve the Army,” she said. 🇺🇸



YOGA AT A GLANCE

The Six Main Branches of Yoga

Hatha (Yoga of Postures) - is practiced in western countries and focuses on poses (Asana), breathing (Pranayama), and meditation to achieve better health and spirituality. Myriad styles have been developed such ashtanga, bharata, kundalini, and hot yoga.

Bhakti Yoga (Yoga of Devotion) – is practiced in India and teaches a person to have devotion to the “One” or to Brahma by developing a person’s love and acceptance for all things.

Raja Yoga (Yoga of Self-Control) - is based on yoga philosophies and is considered to be the “King of Yoga” because most of its practitioners are members of religious and spiritual orders.

Jnana Yoga (Yoga of the Mind) - focuses on a person’s wisdom and intellect and believes that an open and rational mind is crucial in knowing the spirit.

Karma Yoga (Yoga of Service) - is the path of service and believes that your present situation is based on your past actions. By doing selfless service now, you are choosing a future that is free from negativity and selfishness.

Tantra Yoga (Yoga of Rituals) - is about using rituals to experience what is sacred.

OFFICE YOGA:

De-stress at your desk

1. Sit on edge of chair with feet squarely on the floor about hip distance apart.
2. Place your palms flat on your thighs, and feel length in your spine—head balanced over heart, heart balanced over hips.
3. Inhale and exhale evenly for five counts each. Repeat as many times as you’d like.
4. Inhale and lift your arms overhead, taking hold of your left wrist with your right hand. On an exhalation, bend to the right. Stay there for three breaths. As you inhale, come back up to vertical and change wrists. Exhale, and bend to the left. Stay there for three breaths. Inhale back up to a tall spine. Exhale, release your arms.

SOURCE: Office Yoga by Cyndi Lee, Yoga Journal



Which style of Yoga is right for you?
Take the yoga quiz to find out.

SOURCE: ABC-of-Yoga.com





A decade of Best Warrior

By *Timothy L. Hale*
Editor, *USARC Double Eagle*

June marked my 10th year of working with a Best Warrior program of some kind.

For those who may not be aware, the Army Reserve Best Warrior competition is the qualifier, if you will, to select the top noncommissioned officer and junior enlisted Soldier to compete at the Army-level Best Warrior competition.

My first venture into the fray came in September 2004 at Fort Lee, Va.

As the media relations officer for the post, I was in charge of marketing what was then simply known as the Army Soldier and NCO of the Year.

The competition was still somewhat in its infancy having been started three years earlier in 2002 by then Sergeant Major of the Army Jack L. Tilley.

I quickly learned that I had no idea what I was getting into.

Needless to say, my marketing efforts netted attention from only the two local papers. Yet, I thought it was fun to be out of the office for five days straight, up at all hours of the night, and just pretty much hanging out with Soldiers doing soldierly tasks.

Getting that first year under my belt provided me with the framework to better market the competition.

The next three years proved to be more successful as regional, national, and hometown media started to take notice.

Also along the way, under the guidance of then Sergeant Major of the Army Kenneth O. Preston, and our post command sergeant major, the SOY/NCOY evolved into the Best Warrior competition as it is known today.

In 2007, my fourth and final year with the Army-level competition, I saw the Army Reserve and Army National Guard compete in the competition for the first time.

In retrospect, I think those four Warriors were just as surprised at the competition the same way I was the first time I witnessed it in 2003.

As more media became involved, the hours became longer and days ran into nights and sometimes nights ran into days.

I used to joke with my wife on the first day of the competition, "See you at the end of the week!"

After moving to the U.S. Army Reserve Command in 2008, I pretty much thought I was out of the Best Warrior business.

How wrong I was.

One of the sergeants major who had sponsored a USARC Warrior the year before, spotted me in the old Atlanta headquarters.

As the old saying goes, "I thought I was out of the business, and they pulled me back."

At the 2008 Army competition, the Army Reserve produced a winner in then Spc. David Obray, and the National Guard claimed the NCO winner - it was the first time in the history of the competition the Army Reserve and the Army National Guard had claimed both top spots - and it was only the second year of competing at the Army level.

What a difference a year made!

The best thing about the competition is you get to meet what I really consider to be the backbone of America - the young men and women who put on the uniform and proudly carry the colors of the Army Reserve.

To a certain extent, our Warriors have it much harder than their active duty counterparts.

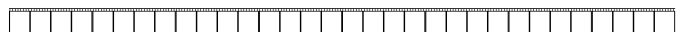
So many of our Warriors are students, work full civilian jobs, or own businesses. They don't have the luxury of being able to get out to ranges all the time. For many of them, their spouse is their coach and mentor in between Battle Assemblies.

So here I am, with my 10th Best Warrior under my belt and every year I say, "I'm not doing it this year."

I guess as long as our Soldiers keep competing, I guess I'll keep telling their stories. 🇺🇸



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Timothy L. Hale, a U.S. Air Force veteran, is an award-winning photojournalist and editor of the USARC Double Eagle. A member of a number of professional organizations to include Nikon Professional Services, he also owns a photojournalism and graphic design service and freelances for an international photo wire service. The views expressed in this column are expressly his own and do not necessarily reflect those of the U.S. Army Reserve Command, the Department of the Army, and/or the Department of Defense.

1st. Lt. Bevin Alexander at the 3rd Infantry Division front west of Chorwon in February 1952. At 23 years of age, Bevin was the youngest commander of an Organized Reserve Military History Detachment during the Korean War. (Courtesy Bevin Alexander)



America's Forgotten War: *Freedom is not free*

Kathryn Roe Coker, Ph.D.
Office of Army Reserve History

On July 27, the nation will commemorate the 60th anniversary of the Armistice Agreement signed on that date in 1953, ending the Korean War.

Some refer to this as America's "Forgotten War."

The 2011 Defense Authorization Bill, which provided for the Department of Defense 60th Anniversary of the Korean War Commemoration Committee, aims to change that.

Throughout 2013, the committee will honor the service and sacrifice of Korean War veterans, commemorate the key events of the war, and educate Americans of all ages about the historical significance of the Korean War.

The Korean War was the first test of the United Nations' determination to stand against tyranny in all its forms.

It all started on June 25, 1950.

Under the pretense of counter-attacking a South Korean provocation raid, the Korean People's Army crossed the 38th parallel behind artillery fire at dawn that day.

U.S. Secretary of State Dean G. Acheson informed President Harry S. Truman of the invasion. Both men discussed a U.S. invasion response with defense department principals who agreed that the United States was obligated to repel military aggression, comparing it with Adolf Hitler's aggressions in the 1930s. The mistake of appeasement must not be repeated.

Two days after the attack, Truman announced that he was

committing U.S. Army forces to ground combat in Korea.

Truman said the U.S. would counter "unprovoked aggression" and "vigorously support the effort of the (UN) security council to terminate this serious breach of peace."

General of the Army and Commander in Chief, Far East Command, Gen. Douglas MacArthur, faced an emergency need for combat forces in Korea.

It soon became apparent to many that the active Army alone was not prepared to meet the challenge. It was, as one historian described, a "woeful situation."

Realizing the desperate need for manpower, Truman turned to the reserve component.

A Call to Arms

As Secretary of the Army Frank Pace, Jr. put it, we turned to "our sole immediate source of manpower – that is, to the members of the Organized Reserve Corps and the National Guard."

On June 30, 1950, Congress authorized Truman to call-up Volunteer and Inactive Reserve Soldiers for use as replacements and fillers for the active Army.

The total number of Organized Reserve Corps members who served in Korea has not been determined. Some 240,500 Organized Reserve Corps members were called to active duty.

According to one source, 40 percent of the organized reserve's strength mobilized. Over seventy units went to Korea. More than 400 units were called to active duty.

There were no women in the Organized Reserve prior to World War II. After that war, there was no legal authority for

them to join the Organized Reserve. This changed in 1947 when Congress authorized members of the Army Nurse Corps and Women's Medical Specialist Corps to serve in the Organized Reserve.

The Women's Armed Forces Integration Act of 1948 authorized Women's Army Corps, or WAC, members to serve in the regular Army and in the Organized Reserve. A restriction of the act was that only prior service women could join the Organized Reserve. That meant that WAC Organized Reserve members were World War II veterans. This provision was eliminated in May 1950.

Female Soldiers served worldwide during the Korean War, many taking the places of male Soldiers needed in combat units as they had during World War II. These included occupations not open to women before the war. WAC Soldiers performed a wide range of assignments, serving mainly in personnel administration, communications, intelligence, medical, supply, and food service units. WACs also held assignments as draftsmen and censors and performed parachute rigging and weather observation duties. The shortage of male Soldiers in some overseas commands created more opportunities for women to serve in military occupational specialties traditionally reserved for men.

Although few in number compared to the number of male reserve Soldiers serving in the war, the women reserve Soldiers of the Korean War era answered the Army's call to duty. They performed well, setting the stage for an increased role for women in the Army Reserve.

Recording the Historical Record

Truman realized the importance of recording the Korean War's history and directed a federal historical program be started, with a primary purpose of recording how the federal government was responding to the menace of communist aggression.

Eight military history detachments reached Korea between March and June 1951. The Army activated Army Reserve officers to command the detachments, but there were not enough so the Army resorted to other means to fill the manpower shortfall.

One of these Army Reserve historians was Bevin Alexander. The 23 year-old was the youngest military history detachment commander.

How close to the action did Alexander get?

"When the actual assault came," he recounted, "I went up that day as it was going on ... I sat there and watched it and stayed right with it. One of them, a colonel, got killed just a hundred feet from me ... I stayed with the 2nd Division all the way through Bloody Ridge ... We were on the front lines the whole time."

At one point the enemy tried to hit his jeep. "You never knew," he continued, "whether you were going to be shot at or not."

Army Reserve Heroes

Among the heroes of the Korean War were a number of former members of the Organized Reserve who earned the Medal of Honor.

Three of these men were Lieutenant Col. John U.D. Page,

Capt. Raymond Harvey, and Cpl. Hiroshi Miyamura.

In action near Taejon-ni, south of the Imjin River on April 24 – 25, 1951, Miyamura took charge of 15 men, machine gunners, riflemen, and ammo carriers on a nearby hill in an effort to hold the position as long as possible.

Throughout the night, he repelled determined enemy assaults on his position, either by manning one of the machine guns or in hand-to-hand combat. With ammunition almost exhausted, Miyamura ordered his surviving men to take off while he covered their withdrawal. They made it to safety; he did not. Miyamura killed more than fifty enemy Soldiers until he was severely wounded. Miyamura was captured and held in a Chinese prisoner of war camp for more than two years. News of his Medal of Honor was withheld for fear the Chinese might retaliate against him. He was released from captivity on Aug. 23, 1953.

At Freedom Village, near Panmunjom, an American general informed him he had been awarded the Medal of Honor. On Oct. 27, 1953, in a ceremony at the White House, President Dwight D. Eisenhower presented Miyamura, now Staff Sgt. Miyamura, with the Medal of Honor for his heroic actions in one of the most savage battles of the war.

Organized Reserve gets a new name

In response to the severe weaknesses in the U.S. reserve forces and inequities for veterans revealed by the partial mobilization during the Korean War, Congress passed the Armed Forces Reserve Act of 1952 which changed the nature of the reserve components.

The act renamed the Organized Reserve as the Army Reserve.

The Korean War was a catalyst for change. It prompted Congress to decide that in the future reserve component units would be called up in national emergencies before any levies on reserve manpower pools. The war's mobilization acted as the harbinger of the modern Army Reserve as we know it today.

The three-year long war was characterized by one year of hot, contested battles, and two years of sporadic defensive warfare.

The U.S. suffered 33,651 battle deaths; 20,617 non-battle deaths; 103,284 wounded; and 8,207 missing in action. Over 5,000 Americans were prisoners of war. More than 50,000 South Korean Soldiers died.

The United Nations Command suffered some 500,000 casualties of which 94,000 were killed.

According to estimates, the communists lost between 1.5 and 2 million killed, wounded, prisoners of war, or missing.

The Office of Army Reserve is publishing a brief commemorative, *Army Reserve Mobilization for the Korean War*, dedicated to all those who served in the Korean War, but especially to Army Reserve Soldiers who, as one study concluded, "made major contributions in providing a ready source of replacement personnel, in augmenting the training base, and in the eventual production of combat-ready units."

The sacrifice they and all Soldiers made should not be forgotten, for "Freedom is not Free." 🇺🇸



New guidance released for implementing Command Directed Mental Health Evaluations

Lt. Col. Kevin Ellingwood
USARC Inspector General Office

Recently some important changes have been made to the Command Directed Mental Health Evaluations, or MHE, process.

It is highly recommended that all commanders and supervisors of Soldiers become familiar with the process.

These changes will simplify the administrative aspects of the referral process, while continuing to protect the rights of the Soldier.

Historically, some well-publicized abuses of the MHE process in Whistleblower Reprisal cases resulted in Public Law 102-484, Section 546, the “*National Defense Authorization Act for FY93*.” This law prohibited referring Service members for MHEs in reprisal for making protected communications, and required that DOD implement regulations for referring Service members for MHEs. With the passage of Public Law 112-81, Section 711(b), the “*National Defense Authorization Act for FY12*,” the implementing regulations have changed.

The old MHE regulations were DOD Directive 6490.1 (Oct. 1, 1997) “*Mental Health Evaluations of Members of the Armed Forces*”, and DOD Instruction 6490.4 (Aug. 29, 1997) “*Requirements for Mental Health Evaluations of Members of the Armed Forces*.”

The new MHE guidance is contained in DOD Instruction 6490.4 (March 4, 2013), “*Mental Health Evaluations of Members of the Military Services*.” This new DODI dated March 4, 2013 supersedes both the old 1997 DOD Directive and the DOD Instruction. However, it should be noted that allegations pertaining to MHE cases prior to Mar. 4, 2013 will continue to be investigated under the old guidance.

What is an MHE? DODI 6490.04 defines MHE as: “A psychiatric examination or evaluation, a psychological examination or evaluation, an examination for psychiatric or psychological fitness for duty, or any other means of assessing the mental health of a service member.”

What is NOT an MHE? The following are not considered to be MHEs, and are not regulated under DODI 6490.04:

- Voluntary self-referrals
- Required pre and post deployment mental health assessments in connection with contingency operations

- Responsibility and competency inquiries for courts-martial
- Family advocacy program interviews
- Drug and alcohol abuse rehab interviews
- Clinical referrals by healthcare providers (when member concurs)
- Evaluations under law enforcement or corrections system procedures
- Evaluations for special duties or occupations

A major intention of the new regulation is to destigmatize mental health referrals, so that the use of mental health referrals should be comparable to use of other medical and health services. This extends to fitness for duty, returning members to duty after injury, and managing conditions that may endanger the member, others, or mission accomplishment

Who has the authority to involuntarily refer a service member for an MHE? Under the old rules, only the commander could refer. Under the new rules, **commanders and supervisors** may refer. Note that “supervisor” is defined as: “A commissioned officer within or out of a service member’s official chain of command, or a civilian employee in a grade comparable to a commissioned officer, who: exercises supervisory authority over the member; and is authorized due to the impracticality of involving the commanding officer.”

Commanders and supervisors who, in good faith, believe a subordinate service member may require an MHE mental health evaluation, are authorized to direct an evaluation. A command directed MHE has the same status as any other military order. A command directed MHE can only be initiated by the commander or supervisor. Evaluations may be for fitness for duty, occupational requirements, safety issues, significant changes in performance, or behavior changes that may be attributable to possible mental status changes.

The new guidance specifies that when directing an MHE, the commander or supervisor will: advise the member there is no stigma associated with obtaining mental health services; provide to the member the name and contact info for the mental health provider when referring them for a mental health evaluation; and tell member the date, time, and place of the MHE.

What isn’t required anymore? The new guidance does
See **EVALUATIONS**, Pg. 19



Van Halen and faith in God

Chaplain (Col.) Charles Lynde
USARC Deputy Command Chaplain

My thoughts are not your thoughts, neither are your ways my ways, declares the LORD. – Isaiah 55:8

One of the things that commonly drive people crazy is putting up with seemingly wacky policies from higher headquarters.

We can't seem to understand how anyone could come up with such outrageous requirements.

For example, I was at a medical clinic today and the sign-in kiosk was out of paper; it could not print out my number identifying my position in line.

When I pointed this out to the technician, she said that since she was not a supervisor, she was not authorized to change the role of paper in the kiosk.

Sometimes these policies can frustrate us and try our patience.

The Apostle Paul wrote in 1 Corinthians 13 that, "Love is patient . . . Love bears all things . . . endures all things."

While we may not know the reason for the policy there might still be a good reason for it.

Believing this can help us patiently love others. And in regards to a relationship with God, trusting that God has a good reason for something we don't understand is implicit to

the nature of religious faith.

As an officer in the Army, I know from my own experience that there is usually a "good" reason for the "crazy" things we do.

Recently, I came across a May 2, 2013 *Washington Post* written by Ezra Klein, that provided an excellent example of this from the civilian world.

This article tells the story of the rock band *Van Halen's* 1982 concert contract. It required concert venues to place a bowl of M&Ms backstage, but to remove all the brown ones.

At first this might smack of rock star arrogance, but *Van Halen* had a reason for this stipulation.

They were using new equipment that had special requirements on the part of the venue. These special requirements were outlined in detail in the contract. When *Van Halen* arrived at a concert venue and walked backstage, they could immediately discern if the venue staff had read the contract by noticing if there was a bowl of M&Ms there with the brown ones removed.

Loved ones, supervisors at work, and even anonymous bureaucrats far removed from us personally may have a good reason for an odd request.

Likewise, God does things that we sometimes don't understand. Our ability to reason is limited while God's is not.

When things in life don't make sense, let us not lose faith in a God whose ways are not our ways. 🌍

FORSCOM/USARC Christian Bible Study

**U.S. Army Forces Command and U.S. Army Reserve Command
hosts a weekly Christian Bible study.**

**Studies are held each Tuesday,
starting at 11:30 a.m., Room 1901 near the USARC G4.
Please come and share a time of fellowship and worship with us.**

**"All Scripture is breathed out by God and profitable for teaching,
for reproof, for correction, and for training in righteousness, that
the man of God may be competent, equipped for every good work."**

Second Timothy 3:16-17



AROUND THE HEADQUARTERS

DELDP civilian applications now being accepted

The Army is now accepting civilian nominations for the FY14 Defense Executive Leadership Development Program, or DELDP.

This program is open to Army civilians at the GS12-14 or equivalent levels.

The objective of this 10-month program is to promote greater understanding of the overall Department of Defense mission and culture, provide hands-on leadership training that parallels selected military training and ensure cross-component exposure.

The program provides a series of learning and training experiences that blend experiential and academic learning, with hands-on exercises focused on the role of the "War Fighter."

Program activities are conducted both in the United States and overseas.

All costs for Army civilian participants (tuition, travel and per diem) are centrally funded by G-37/TRV. Be aware that we are working with a very compressed timeline due to the late announcement by DOD.

More specific details, to include course prerequisites, sessions dates, and HQDA nomination deadlines, may be found in the Army Civilian Training, Education and Development, or ACTEDS, catalog located at: <http://cpol.army.mil/library/train/catalog/ch04eldp.html>.

Please contact the Civilian Personnel Management Office, Civilian Training and Leader Development if you have questions. Points of contact are Jeff Weart, Chief, CTLD, jeffrey.m.weart.civ@mail.mil, 910-570-9147 or Danny Sampson, danny.s.sampson.civ@mail.mil, 910-570-8343. 🇺🇸

Fort Bragg Army Ten Miler results for USARC runners

Below is a list of those who listed their unit as "USARC" and completed the Fort Bragg Army Birthday Ten Miler.

As a matter of note, Michael Dunn, USARC G-8, finished second in the men's 45-49 age group.

Congratulations to all the runners who participated. 🇺🇸

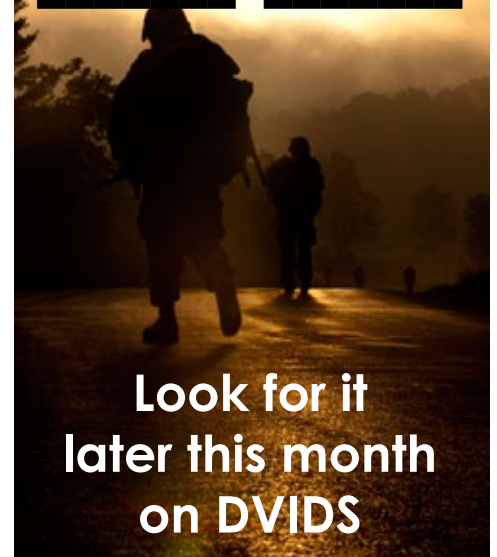
Michael Dunn.....	1:06:57
Lindsey Halter.....	1:12:30
John Bates.....	1:14:38
John Voltz.....	1:20:50
Tony Torres.....	1:30:01
Andy Rice.....	1:30:24
Anthony Pamplin.....	1:34:17
Thomas Baker.....	1:38:29
Steve Moeller.....	1:42:56
Alex Wells.....	1:47:10
Jennifer Cradler.....	1:54:08
Michael Behrens.....	1:56:47
Rafael Caceres.....	1:56:47
K. Ryan Epp.....	1:56:47
Desiree Felton.....	1:56:47
Mary Wallace-Sherrill.....	1:59:41
Maria Teresa	
HernandezMontanez.....	2:00:50
Clinton Seybold.....	2:02:42

Opet's Odyssey

By Master Sgt. Steve Opet



ARMY RESERVE
BEST WARRIOR
SPECIAL SECTION



Look for it
later this month
on DVIDS

Exposing an invisible injury: Understanding and preventing hearing loss

Story by Julia Torres
DOD Hearing Center of Excellence

SAN ANTONIO - Did you know one of the most common wounds sustained by service members is an invisible injury that often goes unnoticed: auditory injury?

Auditory injuries, including hearing loss and tinnitus (or ringing in the ears), can have a detrimental impact on the health, safety, and quality of life of soldiers and families. Hearing loss has been linked to chronic disease, reduced levels of income/earnings, and feelings of depression and isolation.

The [Department of Defense Hearing Center of Excellence](#) is working to address this important issue. The HCE created an educational infographic, available on its website, and provided the following FAQs and tips, to help you avoid injury

and make smart choices about your hearing health, safety, and future.

HEARING FAQs

Why is hearing important? And what can you do to protect it?

In training, and especially on the front line, your hearing is crucial to your ability to communicate with your team members and carry out your mission responsibilities. You want to hear the commands in training, you want to protect your comrades in theatre and you want to enjoy a new career and life beyond the military with friends and family. So what can you do? Get educated. Know when your hearing is being compromised and how to properly protect your hearing, both on and off-duty.

Most importantly, be cognizant of your surroundings. You can be exposed to injury-causing levels of sound in noisy restaurants and bars, at sporting events or rock concerts, and even while cutting the grass or working around heavy machinery.

Do you know your decibels?

According to the [American Speech-Language Hearing Association](#) both the level of noise and the length of time you listen to the noise can put you at risk for noise-induced hearing loss. Noise levels are measured in decibels (dB). The higher the decibel level, the louder the noise. Sounds that are louder than 85 dB can cause permanent hearing loss. The hearing system can be injured not only by a loud blast or explosion, but also by prolonged exposure to high noise levels.

By becoming familiar with day-to-day noise that can expose you to dangerous decibels, you are better positioned to know when you need to protect your hearing. The American Academy of Otolaryngology-Head and Neck Surgery has a great [interactive fact sheet](#) that helps explain the power of sound.

So how do you know if you've been exposed to dangerous noise levels?

According to the ASHA website, if you have experienced the following, you may have been exposed to dangerous noise levels.

- You must raise your voice to be heard.
- You can't hear someone 3 feet away from you.
- Speech around you sounds muffled or dull after you leave the noisy area.
- You have pain or ringing in your ears (this is called "tinnitus") after exposure to noise.

How, when, and where do I wear hearing protection?

The U.S. military uses both electronic and non-linear hearing protective devices, or HPDs, to protect your hearing during combat and weapons training. ASHA offers the following advice to service members and their families.



See **HEARING**, Pg. 19



ACROSS THE ARMY

Army Reserve Lt. Col. David King performs surgery at Forward Operating Base Shank, Afghanistan, in Sept. 2011. King, with the 804th Medical Brigade, Devens, Mass., assisted victims of the Boston Marathon bombing at Massachusetts General Hospital where he serves as a trauma surgeon. (Photo courtesy: Lt. Col. David King)



SAVING LIVES IN BOSTON

*By Amy Phillips
Army Reserve Command Public Affairs*

BOSTON – Dr. David King had seen these types of injuries before.

King, a trauma surgeon and an Army Reserve lieutenant colonel, had completed running the Boston Marathon on April 15 and returned home when he received a text message about the bombings that killed three and injured more than 200.

He immediately reported to Massachusetts General Hospital to help with the surge of patients.

“I could see the patterns of injury and I thought to myself, ‘this is exactly like I was back in Iraq and Afghanistan,’” King said in an interview with ABC News.

According to King, the injuries he

saw were exactly like those caused by IEDs in Iraq and Afghanistan - multiple fragmentations of body parts inflicted by shrapnel.

He says Soldiers can drill on how to set up a forward operating base and equipment but it’s the real-world experiences during deployments that prepare and enhance the skills of Soldiers in the medical profession.

“I get good at taking care of trauma patients by taking care of trauma patients,” said King.

He said Soldiers returning from the battlefield bring back a wealth of lessons learned that can be applied in the civilian world, such as the use of tourniquets, abbreviated surgery and hypo-retentive resuscitation techniques. King said Army medical professionals have helped popularized these kinds of practices in

the civilian world – so much so, he and his colleagues recently published a study called “Forward assessment of 79 pre-hospital battlefield tourniquets used in the current war” in the *Journal of Special Operations Medicine*.

King joined the Army Reserve in 2001 following in his grandfather’s footsteps who served as a WWII Army medic.

King felt “it was the right thing to do” because there are many people who for a variety of reason are unable to join the military. “Those who can, who are able-bodied, should for those who can’t.”

King was recently promoted as the Chief of Clinical Operations with the 804th Medical Brigade based in Devens, Mass., where he is responsible for managing resources that impact clinical

See **SURGEON**, Pg. 20

EVALUATIONS

from Pg. 14

not require above info to be placed into a memo; does not require outlining rights to contact the Inspector General and/or attorney; and does not require providing two business days between notice and evaluation.

What about Emergency Referrals? Under the new DODI 6490.4, an Emergency Referral is now warranted for: “Any situation in which a service member is found or determined to be a risk for harm to self or others.” Commanders and supervisors will refer a service member for an emergency MHE as soon as is practicable whenever:

- A member, by actions or words, such as actual, attempted, or threatened violence, intends or is likely to cause serious injury to him or herself or others.
- When the facts and circumstances indicated the member’s intent to cause such injury is likely.
- When the commanding officer believes the member may be suffering from a severe mental disorder.

When directing an Emergency MHE, the commander or supervisor will protect the safety of the member and others, and communicate to the mental health provider circumstances and observations that led to the referral prior to or during transport. However, the new guidance removes the requirements for a memorandum outlining the member’s rights and reasons for the referral, and for a memorandum to the mental health provider; oral communications will suffice. Additionally, the commander may now designate a senior enlisted member to order emergency MHEs for enlisted members.

These simplifications and clarifications of the rules of engagement with MHE referrals should greatly reduce allegations of MHE procedural errors. However, in order to avoid any perception that an MHE Referral was motivated as a reprisal against a Soldier, it is important that commanders and supervisors be able to articulate the observations that led to the referral decision. Commanders and supervisors should familiarize themselves with the new Mar. 4, 2013 DOD Instruction 6490.04, “*Mental Health Evaluations of Members of the Military Services.*” 🇺🇸

Don't be a dental casualty



Effective May 30, 2013, at the direction of the U.S. Army Dental Command and ALARACT 007/2013, MEDPROS will modify the color rating from green to amber for Soldiers in Dental Readiness Classification 2 (DRC2) in all MEDPROS reports and alerts. Changing the color coding of DRC-2 to amber in MEDPROS will not affect the deployability or readiness availability in the USR, but will remind Soldiers they require dental treatment in order to attain dental wellness (DRC-1) and minimize their risk of becoming a dental casualty.

For more information, visit <https://www.milsuite.mil/book/docs/DOC-111914>.

HEARING

from Pg. 17

- Always use some type of hearing protection any time you fire a gun.
- Always have disposable HPDs handy—make them part of your gear.
- Double-protect your ears, like putting muffs over plugs, when shooting big-bore firearms.
- Choose smaller caliber firearms for target practice and hunting.
- Choose single-shot firearms instead of lever action, pump, or semi-automatic guns (when possible).

- Avoid shooting in groups or in reverberant environments.

- Use electronic or nonlinear HPDs for hunting.

How can the DOD HCE help me or someone I know?

The HCE is working together with each military branch in order to improve your hearing health and arm you with the information and resources you need to guard against hearing loss and tinnitus, the two most common service-connected disabilities among veterans.

Visit the [HCE's website](#), like the organization on [Facebook](#), and follow [@DODHCE](#) on Twitter for more information. And, consider honoring your service and safeguarding sounds you cherish by getting a hearing test today. 🇺🇸

HEAT

from Pg. 8

along your route, carry a water bottle.”

Morton also tries to stay away from sugar in his food and drinks to avoid insulin spikes during his races and workouts.

“The key is to find a drink that works for your stomach and taste,” he said. “I don’t like to consume sugar so things like Crystal Light work for me.

“Never underestimate what your body is capable of. Fuel it with quality fuel and take care of your body and you’ll be amazed at what you can do,” Morton said.

While preparing ahead of time before commencing an exercise regimen in the heat is very important, knowing what to do in the event of a heat-related illness/injury is vital as well.

“Summer weather doesn’t have to sideline your outdoor exercise regimen,” said Capt. Scott Gaustad, chief therapist officer, U.S. Public Health Service.

“It’s important that Soldiers, athletes or anyone who exercises understand warm and hot weather injury/illness definitions; doing so will help individuals understand and hopefully prevent a heat illness/injury.”

Heat cramps, heat exhaustion (exertional heat injury) and heat stroke are the injuries typically associated with hot weather, with heat stroke being the most dangerous. When a Soldier suffers heat stroke, his or her body’s temperature regulatory system is overcome, and there’s potential for serious permanent injury or death.

Gaustad explained that aside from extremely hot and humid conditions, other factors could make Soldiers more susceptible to heat injury/illness.

“Individuals taking certain medications, including common over-the-counter drugs such as anti-inflammatories or antihistamines; individuals with certain medical conditions, including certain skin disorders or heart conditions; or people with a lower level of physical fitness or history of prior heat illness/injury are all at an increased risk,” he said.

“Identifying a heat injury/illness victim is important,” Gaustad said. “Knowing what to do and administering treatment is crucial and could be the difference between life and death.” 🇺🇸

ASIST

from Pg. 3

tantly, what signs to look for, how to ask the right questions and how to get to the right resources.

The Army Reserve continues to institute a number of programs, policies, and services aimed at raising awareness, reducing risk and providing support to those who need help.

The Army Reserve will soon begin to host the Ask-Care-Escort Suicide Intervention, or ACE-SI, training conducted by the Army’s mobile training teams.

The purpose of this training is to inform and educate junior leaders about assistance and intervention to diminish suicidal behavior and decrease the number of suicides in the Army Reserve.

EDITOR’S NOTE: For more information and resources about the Army Suicide prevention programs, visit the Army G-1 website at <http://www.armyg1.army.mil/hr/suicide/default.asp>. 🇺🇸

BEACH

from Pg. 9

there, you shouldn’t be surprised.

Even if it’s sunny when you hit the beach, be aware conditions can quickly turn ugly with thunderstorms, lightning and strong winds. If you see stormy weather developing, seek shelter and stay in touch with weather warnings.

Know your flags

Flags are the traditional means for providing information to beach and water users. When used properly, they can be an effective element of a comprehensive safety system.

Beachgoers can look for signs, brochures or placards to determine the meaning of various flags. Information is often fixed to the flagpole or indicated on an information board at entrances to the shore.

For additional information on water safety or other summer safety tips, visit <http://safety.army.mil>. 🇺🇸

SURGEON

from Pg. 18

care, which includes communicating with injured Soldiers’ family members. The brigade oversees 13 USAR medical units dispersed throughout the New England area. According to the brigade’s website, they treated more than 6,700 U.S. and coalition patients, 550 Iraqis, and 325 civilians during their 2003 deployment to Kuwait.

King said people interested in pursuing an Army Reserve medical career “should expect the opportunity to take care of some the greatest individuals on earth ... they don’t need to remember my face for me to feel satisfied that I made an incredible impact on them.”

Maura Bryan, his assistant at Massachusetts General, said King’s humbleness sets him apart from other physicians.

He “definitely stands apart ... the way he treats each patient as if they were a member of his own family,” Bryan said. 🇺🇸

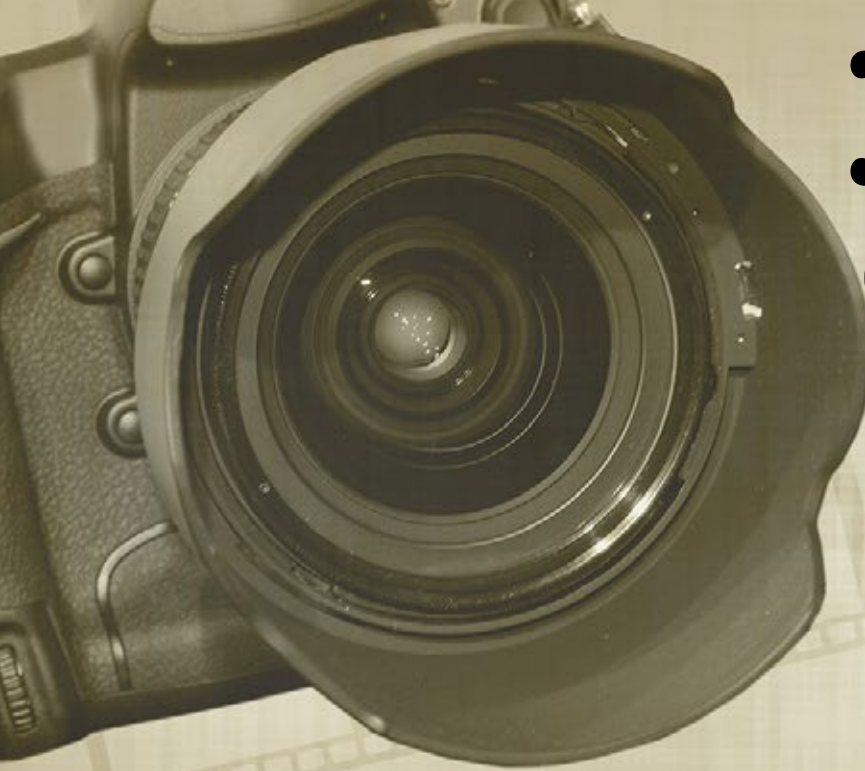


The
DOUBLE EAGLE
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Published monthly on DVIDS at
<http://www.dvidshub.net/publication/451/double-eagle>

Have a great story to tell?
Contact us with your story ideas by email at:
timothy.l.hale.civ@mail.mil

Deadline for submissions
is the 20th of each month



DEPTH of FIELD

A monthly showcase of the
U.S. Army Reserve in action

Images from May 2013



A young fawn showed up on the steps of the 81st Regional Support Command sometime on May 28. Local animal control services were called but the fawn wandered off before their arrival. It's not uncommon for wild animals to become familiar with humans when their natural habitat becomes somewhat integrated with civilization. (Photo by Sgt. 1st Class Joel Quebec/81st RSC PAO)



Staff Sgt. Brad Newkirk, USACAPOC(A) HHC, attempts to find the apex of a parachute for air during wet silk training at Fort Bragg, N.C. Soldiers are required to perform water training prior to the water airborne operations scheduled in June. (Photo by Sgt. 1st Class Andy Yoshimura/USACAPOC(A) PAO)

Members of the 6th Ohio Volunteer Infantry listen to the memorial service for Brig. Gen. William H. Lytle at Spring Grove Cemetery in Cincinnati, Memorial Day, May 27, 2013. Lytle was mortally wounded at the Battle of Chickamauga in Georgia in Sep., 19-20, 1863. (Photo by 1st Sgt. Keith Johnson/354th MPAD)

***TERRORISTS and SPIES are on the web...
...don't be an easy TARGET!***



Protect Operational Information

BE VIGILANT. REPORT SUSPICIOUS ACTIVITY.