



Warrior Wavefront

exercise pacific warrior 2008

Fort Hunter Liggett, California



Today's high: 98°

Tomorrow's high: 101°

June 16, 2008



Photo by Sgt. Maria R. Keown

Spc. Sarah Abre of the 369th Combat Support Hospital from San Juan, Puerto Rico shows a "foreign national" what positions to assume while being searched by another Soldier at Forward Operating Base Schoonover Wednesday afternoon.

Security class helps create safer bases

By Spc. Daniel M. Schneider
366th MPAD

FORWARD OPERATING BASE SCHOONOVER, Calif. — One Soldier carefully scanned the line of foreign nationals seeking entrance, while a team searched them for contraband.

Another team stood by in case the Quick Reaction Force was needed.

These Army Reserve Soldiers at exercise Pacific Warrior were applying lessons learned during security operations training at FOB Schoonover Thursday.

Sgt. Luis Talamantes with the 363rd Training and Support Battalion from Camp Parks, Calif., taught the Soldiers how to conduct personal searches in a hostile environment.

He stressed the importance

of positioning and use of personnel during a search and each individual's role in performing it successfully.

The many levels of security needed to preserve troop safety are never routine, Talamantes explained to his students.

"If you don't conduct a good search, someone can get hurt," Talamantes said, adding that safety is paramount in any security operation.

Two Humvee vehicles, parked just beyond the serpentine barriers of the base, marked the next site of the lanes training. Sgt. Gonzalo Parajon stood by for the next cycle of Soldiers to train them as Quick Reaction Forces.

"The one thing I want these Soldiers to take home from this training is the seriousness and importance of a QRF," stated Parajon.

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Training to save lives; an officer's wish for his troops

By Staff Sgt. Caroline K. Maribei
300th MPAD

FORT HUNTER LIGGETT, Calif. — For Col. Lorenzo J. Valenzuela, the Joint Task Force commander of Pacific Warrior 2008, teaching Soldiers how to succeed on the battlefield is the point of the exercise.

Valenzuela, who is also the commander of the 647th Regional Support Command from El Paso, Texas, knows firsthand the perils of combat. He was deployed to Iraq in the beginning of 2006.

While serving as the deputy commander for Gulf Region South, the Army's reconstruction unit for the southern half of Iraq, Valenzuela and his Soldiers took small arms fire, faced rockets and mortar fire and were hit by many Improvised

Explosive Devices.

"The first time we were in trouble, I realized what shortcomings we had ... that could very well have become disasters had we not had a little bit better luck," he said. "We began to train diligently."

When Valenzuela returned he focused on training his Soldiers.

"I never captured an appreciation for basic Soldier skills, warrior tasks," he said. "Those are the things that make the difference in difficult circumstances."

Valenzuela believes that being able to talk on the radio and

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Col. Lorenzo J. Valenzuela

Photo by SFC Richard M. Hemigle

Sgt. Chris Borrall, right, of the 317th Engineer Company out of Kankakee, Ill. helps set up their maintenance tent Wednesday afternoon at Forward Operating Base Schoonover. Soldiers part of exercise Pacific Warrior are going "green" and setting up their own equipment instead of using contractors.

Photo by Sgt. Marla R. Keown



Col. Valenzuela

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possessing combat lifesaver skills will keep you alive on the battlefield.

"I didn't really have an appreciation for the environment and so I probably didn't train on the right thing," he said, noting that proper training would have helped.

He believes that every Soldier – from colonel down to private – needs to know those skills.

During one of the attacks in Iraq, Valenzuela was seriously injured. He sustained a head injury, a bruised brain, shrapnel in his foot and shoulder, a separated shoulder, damage to his right eye and eardrums.

It was because of these injuries that he had to leave Iraq a month short of his 12-month deployment to receive medical treatment. He received two Purple Hearts and a Bronze Star.

After recovering from his injuries, Valenzuela returned to duty with the 104th Division Institutional Training Unit out of Vancouver, Wash. He then took command of the 647th RSG in September 2007.

"I love Soldiers," said Valenzuela. "I just like the Army's

mission ... Where there is an institution that publishes something like the Army Values and the Soldier's Creed, (and then) that becomes the foundation for that organization. You can't find

anything better than that. So I like being part of that organization and I like having that in common with other Soldiers."

Valenzuela plans to stay in the military as long as it will keep him. "I love the Army," he said.

During this year's Pacific Warrior Exercise, he said his highest priority is that commanders achieve their training objectives and Soldiers take pride in training with other soldiers.

"I think what we are doing here in this exercise is important to be able to prepare Soldiers to survive and succeed in the battlefield," said Valenzuela.

'This exercise is important to be able to prepare Soldiers to survive.'

Col. Lorenzo J. Valenzuela
Joint Task Force commander

Warrior Wavefront exercise Pacific Warrior 2008

The Warrior Wavefront is published by the Exercise Pacific Warrior Office of Public Affairs.

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Promoting prevention can stop injuries

By **Spc. Daniel M. Schneider**
366th MPAD

FORT HUNTER LIGGETT, Calif. – Most of the injuries and illnesses reported during Pacific Warrior this year have been preventable, Army medical personnel said Saturday.

The Troop Medical Clinic has treated heat casualties, joint sprains, blisters, and respiratory ailments due to the smoke from the fire on the mountain, said Lt. Col. Amanda J. Conley, commander of the 2291st U.S. Army Hospital of Albuquerque, N.M.

There were no reports of heat stroke, but there were a large number of heat casualties because many Soldiers are unfamiliar with the California heat, Conley said, noting that they need to be conscious of hydration.

Soldiers should drink more water than they may think they need. They tend to think they are not sweating when, in fact, they are, she said.

“Combat lifesavers have been doing a remarkable job recognizing, diagnosing and treating heat casualties in the field,” Conley said.

“As a result, the TMC can perform more efficiently. The system is working, which is a huge benefit to the Soldiers and to the operation.”

Joint sprains are a problem in the field because the roads

and terrain are uneven with holes that are difficult to spot, she said.

Blisters have been widespread among Soldiers participating in exercise Pacific Warrior this year.

Many Soldiers are using new boots or wearing boots for longer periods than they are used to, Conley said.

Reports of respiratory ailments have also increased due to smoke blowing in from the wildfire in the nearby mountains.

Conley suggested Soldiers in the field acquire a spray bottle and fill it halfway with warm water and a pinch of salt to use as a nasal spray.

This would relieve irritation, flush out pollen and get humidity into the sinuses, she explained. A commercial saline spray can also be used if available.

Conley discouraged anyone from running outside while the smoke from the recent wildfires is dense in the area.

Smoke inhalation can make a person more susceptible to respiratory infection, she pointed out.

Conley also noted that Soldiers can use self-awareness to prevent illnesses and injuries in the field.

“No one knows your body as well as you do. Be aware of warning signs your body gives.”

Fit feet fundamentals

Clean the blister and area around the blister

Apply moleskin

Use only as much moleskin as is needed – the adhesive will irritate skin

Cut a hole in the middle of the moleskin, making the hole the size of your blister

Apply the moleskin, allowing the blister to peek through the hole

Add layers of moleskin as needed, remembering to cut blister-sized holes in each layer

By cutting a hole in the moleskin, the pressure is placed on the moleskin instead of your blister

Don't pop your blister – it only invites infection

Don't put moleskin on top of the blister. Blisters need to breathe to heal

Don't leave moleskin on for longer than 24 hours. Doing so can cause irritations and rashes



Security classes

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Pfc. Jonathan Smetana, a military police officer with the 88th Military Police Company from Ft. Eustis, Va., said it was his first annual training experience, but it compared favorably to his previous training.

“This training is the same quality as Military Police school,” he said.

Sgt. James Tyrrell, of the 317th Engineer Company from Kankakee, Ill., said the classes provided good information for

all Soldiers, regardless of their particular job.

“All Soldiers need to be proficient in these methods if we’re all deployed together,” he said.

Sgt. J. C. Jackson Jr., also with the 317th Engineer Company, was impressed with the thoroughness of the training.

“I’ve been in the Army for ten years and am still learning new things,” said Jackson.

“I’ll leave this training still thinking about the information. You should never take anything about security lightly. We need to be mindful of what is going on around us and what to look for.”