

September 2008 Vol. 16, Issue 2

# GUARDIAN EAST

**LMT 1**

Gets soaked  
in Kamenica

**LA RAZA!**

CELEBRATING HISPANIC HISTORY

**Military  
Working  
Dogs**

sniff out trouble

**Black  
Madonna:**

Thousands descend on one of the  
oldest churches in Eastern Europe  
to witness a miracle

**Sweet home Alabama**

How one unit decided the best way to get home, was to run!





# “Vince Lombardi’s Message in the Tunnel”

A couple of years ago my family took a wonderful vacation traveling north through Michigan, west across the Upper Peninsula and then back south through Wisconsin. As we neared Green Bay, my wife Karen insisted that we take the time to stop and see Lambeau Field – the home of the Green Bay Packers. This brief detour turned out to be the best part of the trip.

## *The Stadium.*

Lambeau Field looks and feels like the National Football League of yesterday. The stadium is literally located in the middle of a residential area in Green Bay, Wisconsin. It is the only Organization owned by the citizens – and the pride is evident. It’s a show-piece and they routinely give

my admiration for Coach Lombardi, most of it has been because of the Team and their sense of unity. Coach Lombardi once said, “Build for your team a feeling of oneness, of dependence on one another and of strength to be derived from unity.” I guess that’s why I love football. No matter who has the best players, it’s always the best Team that wins. It’s a great American sport and we can all learn from it.

## *The Message.*

Even though the stadium has been completely remodeled, there are still fascinating links to the best of Packer history. In the concrete tunnel which leads the Team from



**BG Larry D. Kay**

“What you do in the next 4 quarters will determine how people remember you for the rest of their lives.” So, as the Team leaves the locker room, they travel down the tunnel and tap their shoes on the row of bricks as they read the quote that will define them.

Our Stadium is Camp Bondsteel.

**“Build for your team a feeling of oneness, of dependence on one another and of strength to be derived from unity.”**

tours to large and small groups who are interested enough to visit. You can’t come away without feeling that you have witnessed a great form of continuity in action. Although the stadium has been totally redesigned, they haven’t forgotten their past; they take care of the present and they plan for the future.

## *The Team.*

I have been a Packers Fan all my life. While some of it was because of

the locker room to the field, there is a row of bricks that was salvaged from the old tunnel at Lambeau. These are the same bricks that the Greats ran over as they stormed onto the field: Vince Lombardi, Ray Nitschke – Bart Star. As you come up to the bricks in the tunnel, there is a bronze plaque which says, “Proud generations of Green Bay Packers Players, World Champions a record 12 times, have run over this very concrete to greatness.” Our guide also quoted Coach Lombardi saying,

Our Team is Multinational Task Force East and the Message from Coach Lombardi rings just as true for us as it did for each player who has made the trip through the tunnel. It’s a privilege to tap my boots.

**“Get it Done!”**

A handwritten signature of Larry D. Kay in black ink.

Larry D. Kay  
Brigadier General, USA  
Commanding



**CSM Phillip M. Lederle**

***Start It Now***

Today is the day to start achieving your personal and professional goal. I encourage you to ask yourself what your personal goals for this deployment are? Is it to complete Warrior Leaders Course (WLC), improve your Army Physical Fitness Test (APFT) or to start college career? What ever your goal, Start it Now! Take advantage of the great weather

# Personal Goals

and current level of operations to improve yourself, your Soldiers and our Army. In the phrase we know so well...“Get it Done”!

***Think Smart, Be Smart***

We have started into our leave program. As leaders we need to ensure that our Soldiers are fully aware of Operational Security as they travel to and from their homes. Soldiers should always be aware of their surroundings and use common sense. Getting our Soldiers home and back safely requires every leader’s utmost attention. Think Smart, Be Smart!

***Focus***

Leaders at all levels are encouraged to continue to hold each other accountable for maintaining high standards. As part of holding each other accountable for maintaining high standards, it is imperative as leaders that we read, know and

enforce the Command Policy Letters. These polices give us additional guidance from our Commander. Know and enforce the policies. Be disciplined in everything you do and don’t be afraid to make an “On the Spot” correction. Together we will remain maintain a strong and focused force!

***“Get it Done”***

CSM Philip M. Lederle  
MNTF-E, KFOR 10  
Command Sergeant Major



**ON THE COVER:  
*Soaked!***

Sgt. Gregory Niffen plays with children at a pool in Kamenica, Kosovo. Kosovo Force 10, Multi-National Task Force-East, Liaison Monitoring Team (LMT) One hosted a group of local children for swimming and other activities. (U.S. Army photo by Sgt. 1st Class Craig Collins)

**ON THE BACK:  
*Two sides to each story***

This advertisement was written, executed and produced by Staff Sgt. Jason D. Starek for the KFOR 10 command staff.



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**Commanding General, MNTF(E)**  
Brig. Gen. Larry D. Kay

**Command Sergeant Major, MNTF(E)**  
Command Sgt. Maj. Mike Lederle

**Chief of Staff, MNTF(E)**  
Col. William P. Johnson

**Command Judge Advocate, MNTF(E)**  
Lt. Col. Stephen Richey

**Public Affairs Officer, MNTF(E)**  
Maj. John E. Moran IV

**Mobile Public Affairs Det. Commander**  
Chief Warrant Officer 4 Randall Watson,  
70th Mobile Public Affairs  
Detachment

**Chief Editor**  
Master Sgt. Mary Jones,  
70th Mobile Public Affairs  
Detachment

**Managing/Layout Editor**  
Staff Sgt. Jason D. Starek,  
70th Mobile Public Affairs  
Detachment

**Staff Writers**  
Sgt. Ty Stafford  
Sgt. Anthonie Seymour  
Pvt. 1st Class Lindsey M. Frazier

**Printer**  
DinoGraf

**Webmasters**  
Pvt. 1st Class Lindsey M. Frazier,  
Sgt. Brandon Schatz,  
Regional Liaison Monitoring Team

**Websites**  
[www.TFFalcon.HQusareur.army.mil](http://www.TFFalcon.HQusareur.army.mil)  
[www.KFOR10.org](http://www.KFOR10.org)

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# Cease Fire

PHOTOS AND STORY BY  
PVT. 1ST CLASS  
LINDSEY M. FRAZIER

Soldiers from Task Force Thunder, Multi-National Task Force (East), held two dedication ceremonies for donated firefighter equipment to the municipalites of Kamenicë/Kamenica and Novo Berdë/Novo Brdo. During the dry months in Kosovo, many brush and grass fires contribute to a substantial amount of fires and the equipment firefighters need to put these fires out may not be functional or even tangible.

There are many areas in the municipalities where fires may start and are inaccessible by vehicles. Firefighters must park their vehicle, then walk long distances in order to combat the fires and ensure that they don't get out of control. The fire department currently fights fires in the municipality of Novo Brodo with shovels when they can not get vehicles into hard-to-reach areas.

"Civilians from Iowa, KFOR and other nongovernment organizations donated money for the firefighter equipment to be given to the fire departments," said Capt. Fredrick A. Robinson, TF Thunder S9, civil military assistance. "With the terrain being hilly the firefighters have a hard time getting to the fires and all they have are shovels to put the fire out. So, today they were donated portable water packs that strap on their backs and radios so they have better communication."

"The portable water packs and radios will be a great help to us. We had a lot of problems especially communicating with each other; we have to use our cell phones to contact each other. Now it will be a lot easier for us," said Luan Llapashtica, a native of Novo Berdë/Novo Brdo and firefighter. "We thank you guys for bringing this equipment and the others that donated it."



Deputy Mayor of Novo Berdë/Novo Brdo, Ramush Mghmeti, thanks Lt. Col John Parker, Task Force Thunder Commander, for the new fire fighting equipment that was donated from KFOR10.

"The purpose of the project is to demonstrate KFOR's commitment to fire protection in a multi-ethnic municipality and secure a safe and secure environment for all," said Robinson.

Currently, the mayors of these towns are Kosovo Albanian and have shown a strong desire to bring in and work with the large Serbian population currently living in the town.



Firefighters from the small village of Novo Berdë/Novo Brdo try out their new "walkie talkies," donated by KFOR10 Multi-National Task Force (E), to help communication during fire emergencies.

"The dedication ceremony demonstrates the resolve of the mayor to represent the concerns of all the ethnic groups living in Kamenicë/Kamenica and Novo Berdë/Novo Brdo," said Robinson.

"We currently have five firefighters employed, three Albanians and two Serbians," said Llapashtica, regarding Novo Berdë/Novo Brdo. "We don't have very much equipment, but we do our best. We feel very proud about what we do. It is a great honor to help save someone's life no matter if it is human, animal or someone's property."

Projects that TF Thunder does comes from a variety of resources. The liaison monitoring team, Chaplains and patrols are out in the community everyday talking with the people and learning more about the community. The task force identifies the needs or a problem that the community has not been able to solve.

"When that happens we meet the people and see if it's something that we could possibly help with," Robinson said.

"Like I was telling the mayor, there is more need here then we have the money for. If we find something we think that we can help them with, I talk with the command MNTF-(E) and we go through a process of finding out what projects are needed most.

Then we start looking for the money to fund the project.

The money could come from many different sources, then once they donate the money its offically a project and we hire a contractor. From that

point, we start the project, and I drop by everyday to make sure it's going well, make sure it's on schedule, then we have a dedication ceremony," Robinson added.

"We appreciate everything that KFOR has done for us, not just this moment, but also in the past, we always have great support from KFOR," said Llapashtica.

"It makes you feel good, you discover the problem and you get to help, we hope that we can do a few key projects that will make a large impact on the communities," said Robinson. 🇷🇺

# It's Electric

BY LT. COL. STEVEN BROOKS,  
MNTF(E) SAFETY OFFICER

Electricity improves our quality of life in countless ways. Even here at Camp Bondsteel, electricity provides us with a quality of life that's nearly comparable to that back in the United States. We all enjoy cold sodas from the refrigerator, hot meals in the DFAC and "Skyping" with the family back home. But, if we don't use electricity properly, serious problems will result.

First, let's walk down memory lane to our 9<sup>th</sup> grade science class and review how electricity works. Electrons flow through the wire to the outlet. The current is measured in amperes, or amps. When an appliance is plugged into an outlet, it demands electricity. The flow of electricity generates heat in the wire. As a result, it is critical that the wiring is large enough to handle the load. A small copper wire allows few electrons to flow. A larger gauge wire allows more electrons to move to the appliance. The larger wire is able to withstand the heat generated by current flow, again measured in amps. Ok, so enough of the science lesson.

areas. The problem arises when we exceed the capability of the wiring to our appliances. When this happens, the excessive heat becomes an ignition source. Plugs and outlets melt and fires start. Sometimes, the fire rages out of control and can burn down a sea hut. A good indicator of an overload is if the circuit breaker trips. Do not just reset the breaker and carry on, either you are overloading the circuit or it is not



Electric space heaters, like the one pictured here, continuously demand electricity. It takes 16.7 amperes to operate this appliance – nearly 17 times the current needed to run a zip drive.



Here is a picture of a sea hut fire because the occupants loaded a circuit with a hotplate, microwave, and refrigerator. They exceeded the capability of the wiring and a fire started.

it won't be long before the amps add up. If we start using two or three power strips and max out the plugs, the circuit will quickly overheat. If you've ever put your hand on a cord and it's warm to the touch, check the amp demand. There may be a serious danger of a fire.

Remember, the typical seahut outlet is able to handle 12 amps. There is a general rule of thumb for determining if an appliance draws a high number of amperes.

If it has a heating coil, compressor, or a motor, it probably demands a high amount of electricity. These items must be plugged into a dedicated outlet.

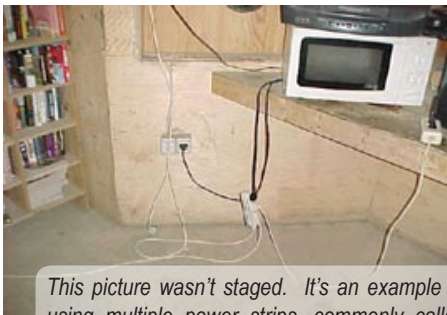
## Let's summarize:

- ⚡ Don't overload your outlets. 12 amps MAXIMUM on most outlets.
- ⚡ Don't overload power strips. Used for low-draw items in your office, they're a good tool.
- ⚡ Never daisy chain power strips – it's a guaranteed way to exceed the capabilities of your electrical wiring.
- ⚡ Any appliance with a coil, motor, or compressor must have its own dedicated outlet. This includes refrigerators, heaters, air conditioners, coffee pots, and irons.

If the electrical demands of your creature comforts exceed your room's wiring capacity, unplug something.

No one wants to burn down their office or living quarters but you can start a fire by overloading electrical wiring.

If you have any questions please contact the Safety Office at 781-4889 or the CBS Fire Department at 781-4098. 🚒



This picture wasn't staged. It's an example of using multiple power strips, commonly called a "daisy chain." The microwave will consume half of the capacity of the circuit. Who knows what else is pulling electricity through the wire. There's a good chance these wires are warm to the touch and could burn. Like the wiring in the wall, power strips have limits, too. The power strips depicted here can handle 16 amps.

It is important to note that most of the sea huts and buildings on Camp Bondsteel were built with a design life of five years; that includes components such as electrical and plumbing.

Plans are underway to replace much of the wiring and outlets in the CBS buildings but all of that will take time. In the meantime we need to use caution in the type and the amount of appliances that we use with each outlet both in the office and in the living

functioning properly.

A quick look at the back of an appliance usually shows how many amps are needed for normal operation. An average printer requires 2.4 amps to operate. A computer monitor requires about 1.8 to 1.9 to power. An average zip drive takes one amp to run properly.

Most outlets have a small sticker on top. Check the outlets in your room or office. The most common outlet is rated for 12 amps. This means that the wiring will overheat if you exceed that limit.

A typical office has numerous electronic items. A typical work station has a printer and a laptop computer and maybe a few add-ons like an extra monitor or a zip drive.

The amp draw is well within the 12 amp limit of the outlet. Across the room of the same office there's, a radio, battery recharger, and a fax machine. These three items combined will demand less than four amps. But down the hall in another room there are multiple coffee pots and refrigerators. The amperage draw is excessive possibly 22 amps with these several items.

This wouldn't be a problem if any two of these items were plugged into an outlet with a twelve amp limit. But with a handy little device like the power strip





# The future of diplomacy

PHOTOS AND STORY BY SGT. ANTHONIE R. SEYMOUR

By the sheer noise and excitement of fans in the stands banging empty water bottles together, you might get the impression that you are at the Olympic games in Beijing, China, watching nations face-off for the Gold Medal.

Instead, it is Gjiilan/Gnjilane, Kosovo, and the teams are not opposing but learning to unite.

"We have nearly 300 youths, mainly Albanian and Serbian but also some Roma and Turks have come to the camp," said Valona Gashi, a manager of Action for Non-violence and Peace building. "Students hear lectures on communications, nonviolence and teamwork. They get to participate with each other in sports activities like soccer, basketball and volleyball."

Originally, sponsored by Kosovo Force 10, Multi-National Task Force (East), the event has matured into a two-week long day camp, that mixes educational, artistic, music and athletic events for youth in the summer, and teaches them to play and live together.

The program's administrators said that by taking young people from nearby municipalities and

neighboring villages, and by mixing the different ethnicities together, the youth program seeks to teach Kosovo's youth valuable lessons for the future.

"We designed the program to train for the nonviolent resolution of conflicts," said Nexhat Ismajli, ANP

**“Many of these sporting events have been coordinated through KFOR, but it’s up to them to continue. If we set them in the right path, they can keep these events going after we leave.”**

**-Sgt. German Moreno**

director. "We get them to communicate by getting them close to each other, and we place them together in teams with others they don't know, and they must work together to succeed. It is a great icebreaker."

"The biggest success and achievement of this event is for the children and the communities to get closer to each other, and for them to look forward instead of backward," Sgt. Rufat Dermaku, Kamenica Community Unit Chief.

In looking forward, the youth programs from the different municipalities are working together to maintain the program and to make it something more.

"Many of these sporting events have been coordinated through KFOR, but it's up to them to continue. If we set them in the right path, they can keep these events going after we leave," said Sgt. German Moreno, KFOR, Multi-National Task Force (East), Civil Affairs team sergeant. "We don't want to leave, and then they're back to square one."

Donations that come from nongovernment organizations are always invited, but the municipalities don't want to have to rely on KFOR to find those donations for their needs said Maj. Michael Bogmenko, KFOR MNTF(E), Civil Affairs team leader.

"I could see their tourism gaining a lot of traction," Bogmenko said. "In the two

ABOVE: Children participate in a variety of activities from soccer, to volleyball and even live music performance. The activities were promoted by Action for Non-violence and Peace Building, a group dedicated to establishing communication and relationships among Kosovar youths.

years that I've been gone, they've really fixed up the roads, and I'm seeing a lot more license plates from other countries.

"They recently opened a youth and tourism center, and they are really trying to promote Novo Brdo/Novo Berdë, and its ninth century castle as a tourism area," Moreno said. "The funds collected go to setting up multi-ethnic youth events."

"The initiative is to be financed by the Netherland government and implemented by CARE International, International Care for Community and Enterprise Development and Education, Planning, Innovation Center," Moreno said.

The future of Kosovo depends on its future leaders – Kosovo's children – all ethnicities of them.

"It's a process. You move something today and five years later, you might see the results," Ismajli said looking at the girls' teams playing volleyball. "I would like for it to be like this everyday. You cannot see their differences out there, but we must respect the differences in each other." 🇷🇸



*The 65th Infantry takes cover in a cane field near Salinas, Puerto Rico, November 1941.*

# La Raza

BY 2ND LT. ANGEL ROSA

**T**he term “Hispanic” originated in the days of the Roman Empire, when the Romans controlled a section of the Iberian Peninsula called Hispania (today, this area includes Spain, Portugal, Andorra, and Gibraltar). People from this area were called Hispanics.

The United States did not adopt this ethnic term until the 1970’s, when a Senator from New Mexico, Sen. Joseph Montoya, recommended the term as a way to quantify the Spanish speaking population for the U.S. Census.

Today, the U.S. defines Hispanic Americans as: “a person having origins in any of the original peoples of Mexico,

Puerto Rico, Cuba, or Central or South America, or of other Spanish cultures, regardless of race.” This would include anyone with ties to the countries shown above. Hispanics have the distinction of being an ethnic group which includes people of White, Black, Native-American, or any mixture of races.

National Hispanic Heritage Month is celebrated from Sept. 15 through Oct. 15 annually. Sept 15 marks the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua; who all declared independence in 1821. In addition, Mexico and Chile celebrate their independence on Sept. 16 and 18 respectively.

## Hispanic-American Medal of Honor recipients by conflict

3	Civil War
1	WWI
13	WWII
9	Korean War
13	Vietnam



# Did you know?



Raquel Welch



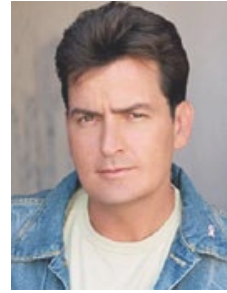
Sammy Davis Jr.



Catherine Bach



Dr. Chang-Diaz



Charlie Sheen



Pvt. David Barkley

## They're All Hispanic Americans

Raquel Welch, a famous actress, was born Jo Raquel Tejada and her father emigrated from Bolivia.

Sammy Davis Jr., an actor and singer, was born in Harlem, N.Y. and his mother was a native of San Juan, Puerto Rico.

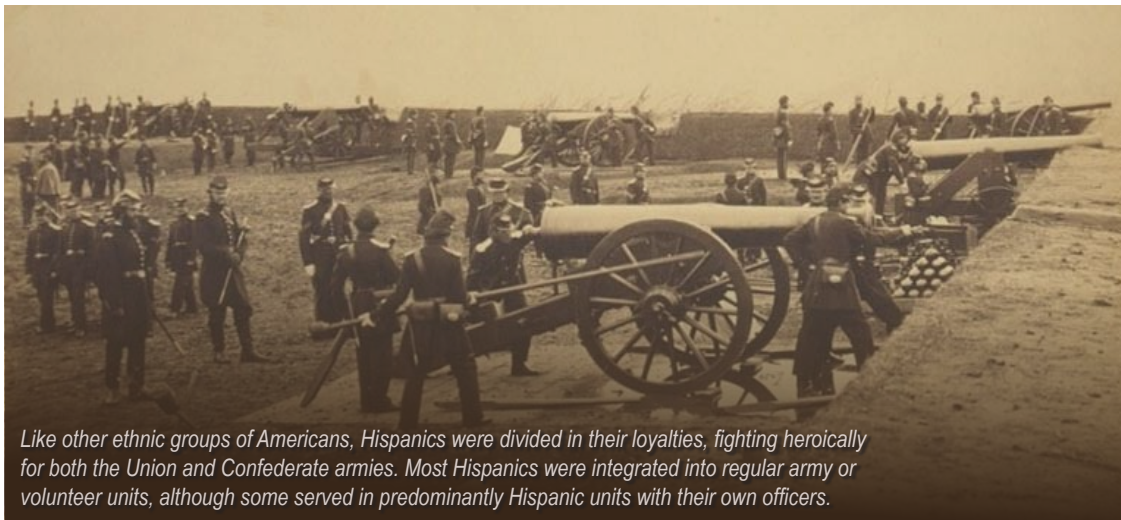
Catherin Bach, best known as "Daisy Duke", is Mexican American.

Dr. Franklin Chang-Diaz was the first Hispanic American in outer space.

Born Carlos Irwin Estevez, Charlie's grandfather was a factory worker from Galicia, Spain.

In 1918, during WW I, Pvt. David Barkley was the first Hispanic American awarded the Medal of Honor.

On November 9 Barkley swam across the icy Meuse River risking his life to locate the enemy's position. Courageously, Barkley mapped the locations of enemy artillery units by crawling 400 yards behind enemy lines. As he and an accomplice swam back across the river, the enemy discovered the two men and opened fire. Sadly, the raging river pulled Barkley under as he succumbed to cramps. His partner made it safely to shore with the intelligence and maps. Because of the efforts of Barkley and his partner, the unit was able to launch a successful attack against the enemy. During the Hispanic Heritage Week on Sept. 16, 1989, Barkley was posthumously awarded the Medal of Honor.



*Like other ethnic groups of Americans, Hispanics were divided in their loyalties, fighting heroically for both the Union and Confederate armies. Most Hispanics were integrated into regular army or volunteer units, although some served in predominantly Hispanic units with their own officers.*

### "Hispanics Giving Back"

In order to assist communities and Hispanic American youths, organizations such as the "League of United Latin American Citizens" (LULAC) have created leadership programs to give Hispanic youths a positive alternative to gangs, violence, and dropping out of school.

LULAC's program creates a nurturing peer supported environment for Hispanics of middle school and high school age and encourages them to stay in school and develop their leadership skills. Approximately 20 students per site meet on a weekly basis to discuss issues affecting their lives and to meet role models from their community. Speakers are invited to the meetings to present issues of concern to Hispanics and the

participants discuss possible solutions to these issues. A volunteer LULAC member acts as coordinator of program activities and implements the leadership training curricula and skills development exercises.

Midway through the program the participants select a leadership project that they will undertake to impact a particular issue in their community. Adult mentors are selected from various professions to guide the students in their project. During the last stage of the program the students conduct a leadership conference for a peer audience of 500 students. The conference includes workshops on the issues addressed during the course of the program and stresses alternatives to gang activity, violence, and dropping out of school.

LULAC is headquartered in Washington, DC, but have offices throughout the United States. 🇺🇸

*Roosevelt's "Rough Riders" pose for a group photo while proudly displaying the American flag.*







PHOTOS AND STORY BY SGT. ANTHONIE R. SEYMOUR

**I** can run to Alabama just like this. All the way to Daleville and never quit."

But where is Daleville and who's in a hurry to get there?

Daleville is more than 5,500 miles away in Alabama, and is home to the 641st Ordnance Company, Explosive Ordnance Disposal team, Alabama Army National Guard.

"One of our unit's goals is to run from Camp Bondsteel to our home unit in Daleville, Ala.," said 1st Lt. Charles Woodley, EOD executive officer. We've tried to think of a way to motivate people to work on their run, and we all want to go home eventually. This is a good way to track our progress – to track out our distance home."

The "Run Home to Alabama" challenge originated with 1st Sgt. Pete Allen. He said the program works because the EOD team keeps its eyes on the goal.

"It works on purpose, direction and motivation," Allen said. "Our purpose is to learn to be team players while at the same time improving self-fitness. The Soldiers have been directed that they need to run two and a half miles, three times a week or more to meet their goal. There is 5,571 miles between them and Alabama - to be run by 10 Soldiers wanting to get home. That's motivation."

Running will not be the only way to gauge distance. Woodley said that walking and biking were other cardio exercises that would be tallied, though the biking would take some calculation.



Spc. Kevin Turner, (Left) and Sgt. Kevin Cooper exercise using North Side Gynasium exercise machines. Turner and Cooper are members of the 10-member EOD team "running" the more than 5,000 miles needed to get home to Alabama from Kosovo before the end of KFOR10's deployment ends.

Taking the biking portion of the Air Force's physical fitness test, which is 6.2 miles, and dividing it by the Army's two-mile run, the EOD team determined that 3.1 miles on a bike equals one mile of running.

A tracking sheet keeps up with the weekly mileage members run, walked or biked and miles they must complete to get home. The circular graph measures the months until the Alabamans return to Daleville, making it a race against the clock.

"Typically, they run in groups of two or three, and they keep track of each other. A [run] week goes from Monday to Sunday, and they give me their miles on Monday to be tallied. We have an average per week that we have to run. As long as we maintain that average we will make it home."

Physical conditioning is essential to the EOD team because making it home to "Bama" in one piece may require some team members to occasionally wear the "bomb suit" when handling some of the more dangerous ordnance.

"The EOD team needs to be in good shape," Woodley said. "One reason is the bomb suit. It weighs 80 pounds by itself. Staying in the bomb suit anywhere from 30 minutes to an hour at a time and walking anywhere from 200-300 meters and back, is standard."



Higher physical fitness scores, and lower body weights are an added by-product of the EOD “run home challenge.”

“On our last diagnostic, the run was the weak point for a couple of Soldiers. This [program] will help them get over that,” Woodley said. “We’ve seen a lot of improvement. One of our Soldiers

The Run Home Challenge is not popular with all the members of the EOD team, but many outsiders have gotten interested in the team’s progress, spurring some rivalry.

“Other people, outside the unit, are cluing into it as well, and they’re asking us how much we ran and who’s in the lead,” Hale said. “It’s a little bit

**“The EOD team needs to be in good shape... One reason is the bomb suit, it weighs 80 pounds by itself.”**

**-1st Lt. Charles Woodley**

has lost close to 20 pounds, and his run time has come down about a minute and a half.”

“My weight has gone up, but my run time has gone down,” said Spc. Christopher Hale, EOD team member.

“My run time was close to 18 minutes, and I realized I was very out-of-shape when it came to running. I started to participate in the program, and ran a 14:36 at [Camp] Atterbury (Ind.) and surprised the whole team and myself.”

of a competition. You come back from a run and everyone wants to know how far you ran to get an idea of about how far they’re going to have to run to keep up.”

Allen leads by example, running twice daily on most days. He currently leads all comers with more than 450 miles.

“Goals need to be measureable and achievable,” Allen said. “I wish we could run the 5,571 miles all down hill with the wind at our backs, but we have obstacles. Have you seen the hills on the perimeter road?”

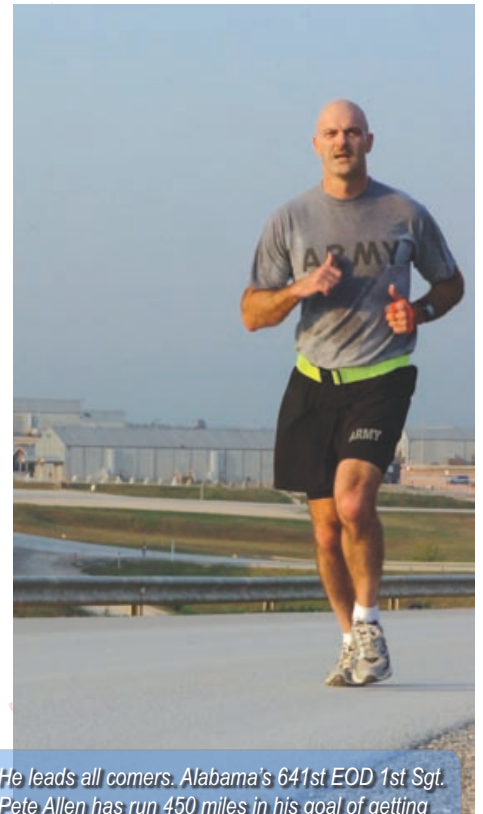
Woodley, who recently ran 11 miles in a single session, and Hale, who is currently fourth in run mileage, have individual goals too.

“I’m on the 1,000 mile track as an individual goal,” Woodley said. “We plan on making T-shirts that list Soldiers’ names who make the ‘500-mile club,’ the ‘750-mile club’ and the ‘1,000-mile club.’”

However far they get, they will get there as a team.

“Everybody is going to be motivated differently,” Woodley said. “Some people like it and some people are probably not that fond of it, but it seems that everyone is on board.”

“This gets us out of the monotony of doing PT. I’m not just doing this to pass a PT test [just] because, it’s the standard,” Hale said. “It creates a new goal.



*He leads all comers. Alabama's 641st EOD 1st Sgt. Pete Allen has run 450 miles in his goal of getting back to Alabama. The, more than 5,000 miles to Daleville, Ala., from Camp Bondsteel, Kosovo, will be split between each of the 10 member EOD team.*

It’s something we’re all working on together. I’m running for a goal that everyone else has as well.”

“Because, we’re trying to get everyone home,” Woodley added. 🇺🇸



*Lt. Charles Woodley tallies the miles the Alabama Army National Guard's 641st Explosive Ordnance Team has run to get back to their home station in Daleville, Ala. Woodley uses several graphs to chart mileage, and a small push-pin “runner” as a visual reference for how far they’ve come and how far they have left to go.*

**15.5**

Miles per week (on average) each member of the team must run, walk or bike in order to reach the goal

**5,571**

How far, in miles, Camp Bondsteel is from Daleville, Alabama

**3,431**

Miles they have left to go as of the writing of this story

# Witnessing a Miracle

BY PVT. 1ST CLASS LINDSEY M. FRAZIER

**F**or more than a hundred years the small village of Letnica in the eastern part of Kosovo has attracted visitors from around the world to celebrate the Feast of the Assumption.

It is the major feast of the Blessed Virgin Mary, the mother of Jesus Christ. This feast commemorates two events, the departure of Mary from this life and the assumption of her body into heaven.

Letnica holds an undeniable history of locals and pilgrims coming together to take part in the yearly pilgrimage or journey of great moral significance. Many think that only Catholics participate in this historical event, but many different

religions come together to celebrate, worship and participate in the pilgrimage.

On August 15, more than 400 Kosovo Force Soldiers from the Multi-National Task Forces participated in the pilgrimage. Before they started, each Chaplain from the different task forces took their turn in saying a prayer with their troops. From outside the town of Letnica, the Soldiers started their five-kilometer pilgrimage through the hills and around the village.

"The pilgrimage was tough," said Staff Sgt. Debbie Dixon. "But it was neat knowing that Mother Teresa walked the same path."

It took the Soldiers approximately an hour before you could see them come

over the hillside in a large scattered group, led by Lt. Col. Antonio Porrelli, Civil Military Cooperation Group (South), of the Italian Army,

especially to these people and giving them the freedom to celebrate their religion."

"The thing I liked best was looking back while walking

**"This church is very significant for the people of Kosovo and I think it's great that people of all faiths are here."**

-Maj. Tony Kirtley

with a large wooden cross in his hand.

"This day is very important to me, I prayed for peace and my family," said Porrelli. "Keeping the peace within Kosovo is important,

up the hill and always seeing a different uniform or flag, it was neat to do the pilgrimage all together," said Staff Sgt. Katherine Ray, Trial Defense Service non commissioned officer.

*FROM LEFT: The church of the Black Madonna in the small town of Letnica, Kosovo, is one of the oldest in Eastern Europe.*

*Bishop Dodë Gjergji, the Roman Catholic Bishop of Kosovo.*

*The more than 300-year-old statue of the Black Madonna was placed on display for all.*

*Two nuns enjoying the beautiful afternoon stop to say hello as they walk to the Church of the Black Madonna.*

*A young Kosovar girl waits with her mother to light a prayer candle.*

*A German soldier bears a wooden cross while walking with a procession of Kosovo Forces soldiers.*

*A French Chaplain leads a procession of soldiers to the church of the Black Madonna*

*Thousands of prayer candles are lit, keeping a vigil throughout the duration of the festivities*



PHOTOS BY PVT. 1ST CLASS LINDSEY M. FRAZIER, UNLESS OTHERWISE CREDITED

PHOTO



The pilgrimage ended at a small stadium outside the historical church of the Black Madonna. Once the soldiers arrived, the Statue of the Black Madonna holding baby Jesus was carefully carried from the church and placed on a pedestal on the stadium stage.

Many gathered around the statue to get their chance to touch her, receive her blessings and to make their offerings.

Drita Alidema, a native of Vitina, is visiting from the United States where she currently resides. She recalls back when she was captured during the war thinking she was going to die, "All I could do was pray and here I am today. I believe in miracles and this church is open to everyone that believes in God and believes in miracles."

"I was excited to go on the pilgrimage and experience this with the people of Kosovo," said Maj. Tony Kirtley, Knowledge Management Officer, MNTF (E) KFOR10. "This church is very significant for the people of Kosovo and I think it's great that people of all faiths are here."

The Church of the Black Madonna was built over a

previous church in 1866 and holds great importance because the church is known for having one of the few original statues of the Black Madonna, which is over 300 years old. It also holds great significance because Mother Teresa would join in the pilgrimages in her early years. The church was also where Mother Teresa, formerly known as Agnes Gonxha Bojaxhiu, first heard God's voice and received her calling back in 1928.

Mother Teresa is known for helping many people around the world despite race, religion or disease. She once said, "There are so many religions and each one has its different ways of following God, I follow Christ. I've always said we should help a Hindu become a better Hindu, a Muslim become a better Muslim, a Catholic become a better Catholic. There is only one God and he is God to all."

On the day of assumption, Mother Teresa's words spoke the truth as Catholics, Orthodox, Romas, Muslims and other religions came together as one in harmony to worship. 🇷🇸



PHOTO BY SGT. ANTHONIE R. SEYMOUR



*It is customary for visitors to touch the Black Madonna statue and kiss the feet Mary during their pilgrimage*

Col. Randy Alewel, the deputy commander maneuver for the Multi-National Task Force (East) meets with contractors and Kosovo Protection Corps members who were working on a road project near the city of Kaçanik/Kaçanik.



# Mentoring , tomorrow's heros

PHOTOS AND STORY BY SGT. TY STAFFORD

A small team of U.S. Soldiers from the Multi-National Task Force (East) Kosovo Force 10 rotation gather in an office on Camp Bondsteel to review the plan for the day's mission: a meeting with Kosovo Protection Corps Protection Zone 6 (Trupat e Mbrojtjes së Kosovës "TMK" PZ 6) head Brig. Gen. Imri Ilazi and a muster inspection of PZ 6 headquarters.

Ilazi and his nearly 600-strong force of active-duty and reserve troops are responsible for providing disaster response, humanitarian assistance in isolated areas, performing limited search and rescue operations and contributing to the rebuilding of Kosovo's infrastructure and communities.

Similar to the National Guard's state mission, the KPC is often called to support local villages and municipalities. They will also support the Kosovo government to aid in natural disasters at anytime.

To help monitor and train the KPC, Kosovo Forces created the Kosovo Inspectorate of the Kosovo Protection Corps.

The KPC was established by the United Nations Mission in Kosovo, Regulation 1999/8, and by mandate, at least 10 percent of each contingent must be from a minority group. There are 6 protective zones in Kosovo with nearly 3,000 active members. In PZ 6, which MNTF (E) is responsible for, the minority ratio is upwards of 12 percent according to the KIKPC staff.

"My initial impression of the TMK/KPC is that they are a very proud organization and are very respected in the communities," said Maj. Richard Kempker, the KIKPC officer-in-charge.

Many of the KPC's core members left good jobs in other European countries to come back to Kosovo in 1999 to assist their families and friends during the conflict, Kempker added.

"It's important for people to realize, the KPC is not a law and order element. They are unarmed and are intended for use in emergency response and civil disasters," Kempker said.

Until 2003, KFOR's Joint

Implementation Commission (JIC) monitored the KPC. In May 2003 the JIC split creating the new JIC and the KIKPC.

Now in 2008, the KIKPC finds itself with an additional mission.

NATO aims to train and launch the Kosovo Security Force by the end of 2009. The 3,000 members of the force will initially take on duties like emergency response, protection of civilians and de-mining. The plan also foresees a multi-ethnic security force. In early July NATO allies agreed to take on training the new force to reshape the international security presence in Kosovo.

The KIKPC will be responsible for assisting with the stand down with dignity of the KPC.



A member of Kosovo Protection Corps flattens out dirt with his bulldozer on the road project near the city Kaçanik/Kaçanik.





Col. Randy Alewel, the deputy commander maneuver for the Multi-National Task Force (East) and Maj. Richard Kempker discuss the construction of a new medical facility located in the Ferizaj/Urosevac municipality.

“Currently the mission of KIKPC is acting as a liaison between the MNTF (E) commanding general and the KPC to insure the overall compliance with UNMIK Regulation 1999/8 on the establishment of the KPC,” said Maj. Kevin Mullen, KIKPC deputy, from St. Charles, Mo.

As part of the KIKPC, they serve as an inspectorate function by providing mentoring, inspections, reports and recommendations. They also conduct emergency readiness tests, roll calls, support of training, logistics inspections and monitor to ensure compliance with the KPC Disciplinary Code.

Making sure the KPC are a trained and ready force to deal with local disaster always presents a challenge, Mullen said.

“The KIKPC works in conjunction with KFOR to ensure we provide valuable training to the KPC and works in conjunction with all multi-national task forces to ensure we have a combined effort in training management and to ensure all U.N. mandates are met across the country,” Kempker said.

A member of Kosovo Protection Corps loads dirt into a truck, the earth will be used for a road project near the city of Kaçanik/Kaçanik.



The KIKPC team works with liaisons within Task Forces Saber, Thunder, POLUKR and Hellas that have partnerships with TMK/KPC units. Their goal is to ensure the battalion task forces have a good working relationship as well as a strong personal relationship with their peers in the TMK/KPC.

“We feel the relationship KFOR 9 has established will help and we look to build on those relationships they developed over their rotation. The “warm handoff”



Maj. Kevin Mullen, the deputy KIKPC officer, monitors a roll call inspection for TMK/KPC members with the 106th Logistics Battalion in Ferizaj/Urosevac.

during TOA (transfer of authority) has helped get us off on a great start,” said Sgt. 1st Class Wayne Craft, the KIKPC noncommissioned officer-in-charge, from Perryville, Mo.

Many of the units are partnered with protective brigades, which Mullen stated are general purpose units capable of minimal firefighting, engineering and basic manpower support.

The new KIKPC team stated that the previous KIKPC staff helped their transition by providing all current



Col. Randy Alewel, the deputy commander maneuver for the Multi-National Task Force (East) and Maj. Richard Kempker examine the roof of the Nazmi Osmani school house project. The Kosovo Protection Corps was working on a new roof for the school.

standard operating procedures, regulations, and directives.

“They integrated us into the way to do business in Kosovo and guided us through the working process. Lt. Col. [Charles] Brown and Maj. [Thomas] Dysinger [KFOR 9’s OIC and deputy] have been very helpful providing not only support for our formal duties, but also great information on the informal relationships,” Craft said.

Mullen added that a big win for the KFOR 9 Soldiers was the inception of maintenance training for several of the units within the KPC.

“They [KPC] are resource starved. Most of the vehicles and equipment are old but they keep working and producing which says a lot about them,” he said.

The KIKPC team will continue to improve upon the work of the previous rotations and keep the training process in line with the standards in place and looks forward to working with the KPC on emergency assistance and humanitarian aid projects in the future, “Mullen said. 🇷🇸



Kosovo Protection Corps members were responsible for work on a new medical facility located in the Ferizaj/Urosevac municipality.

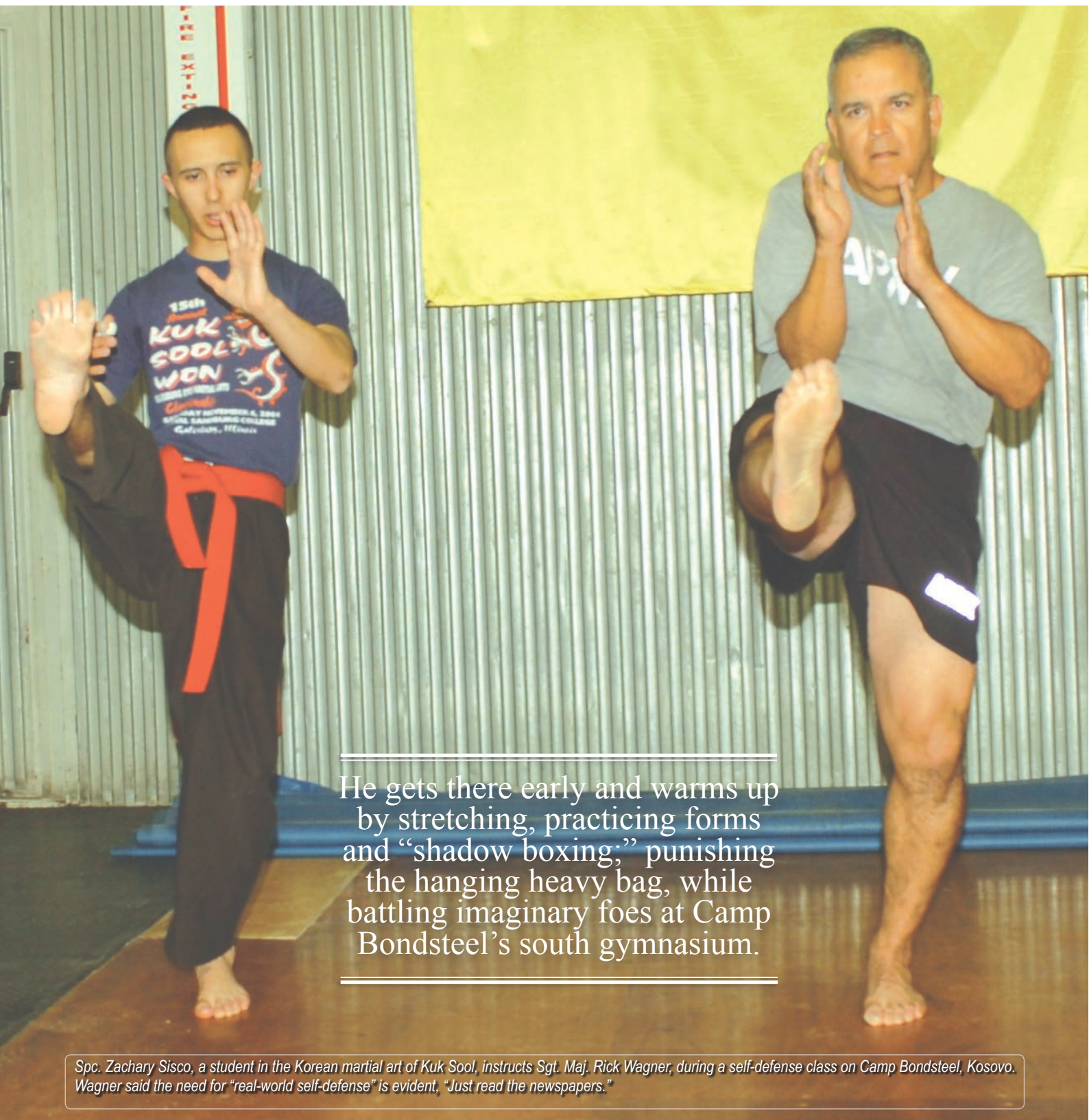


PHOTO BY SGT. 1ST CLASS CRAIG COLLINS



September 2008																												
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# HEALTH & FITNESS



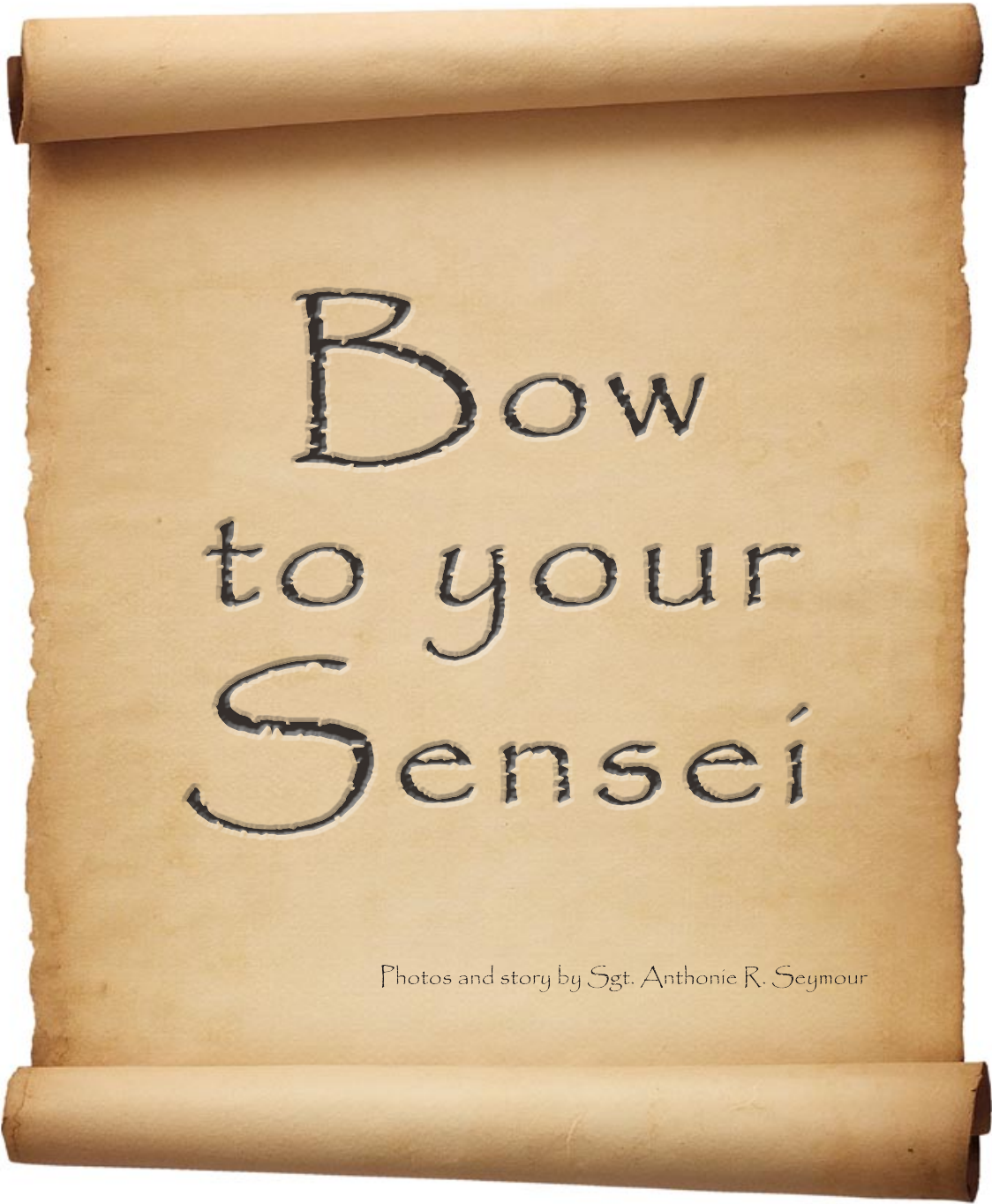
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He gets there early and warms up by stretching, practicing forms and “shadow boxing,” punishing the hanging heavy bag, while battling imaginary foes at Camp Bondsteel’s south gymnasium.

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*Spc. Zachary Sisco, a student in the Korean martial art of Kuk Sool, instructs Sgt. Maj. Rick Wagner, during a self-defense class on Camp Bondsteel, Kosovo. Wagner said the need for “real-world self-defense” is evident, “Just read the newspapers.”*





# Bow to your Sensei

Photos and story by Sgt. Anthonie R. Seymour

**R**enee Favors, the Morale, Welfare and Recreation Program specialist, is always looking for something new for Soldiers to do, and when she saw Spc. Zachary Sisco, she saw opportunity.

"During incoming briefs, I mentioned that if anyone had skills they wished to share with their fellow troops in a class setting, to let me know," Favors said. "I had observed his work outs, and was impressed with his skill and control"

Sisco, first began martial arts when, as a child, his parents began taking him to the Young Men's Christian Association.

"When I was five-years-old, I got rung into taking Karate classes at the YMCA. My parents signed me up, and that's where it all got started," he said.

Seemingly insignificant at the time, Sisco found a pleasurable pastime, but had no idea that the footing had been laid for things to come.

"I didn't get too serious about it at the time. I made a few belt levels, but it was not a big deal at the time." But, Sisco said that changed as he progressively learned new skills.

"As I got older, I learned Aikido on a rather informal basis, and then in high- school I got into Tae Kwon Do,

Shorin-Ryu and kickboxing," Sisco said. "I was a geek in high school, and martial arts were more the taboo thing to do. Everyone else did basketball, football and wrestling. I wanted to do martial arts."

High school is also where Sisco was first introduced to what he described as "finding his calling."

"Kuk Sool was being taught as 'Martial Arts Club,' and I gave it a shot. Since then, it's been my martial art of choice and the one I would recommend to any aspiring student," he said.

His studies in martial arts, Kuk Sool specifically, would follow him to college and play an even bigger part in his life.

# “What I teach works hand-in-hand with what the Army teaches -they work cohesively with each other.”

-Spc. Zachary Sisco

“By the third year, [Kuk Sool] had become something very serious to me,” Sisco said. “There are a lot of values that come with martial arts, and Kuk-Sool in general, that have grown on me and are important to me.”

As the students begin to filter in and begin to warm up, in similar manner to their instructor, their respect for him and his art becomes apparent.

“I have the utmost respect for martial arts, and know that this stuff works if you have to use it. This is “real world” self defense,” said Sgt. Major Rick Wagner, at Camp Bondsteel with the Center for Army Lessons Learned. “[Sisco] has a true teacher’s patience, and he knows his stuff. He makes the techniques easy to follow and apply, and he shows no ego.”

At only 21 years of age, Sisco is not only younger than everyone in his class, but the Army specialist is outranked by them too.

“I’m an assistant instructor, so I have instructed and supervised before, so I’m already used to having different aged students,” Sisco said. “I’ve never really dealt with the rank difference. But, I still need to maintain the posture that, ‘I’m in charge – regardless,’ otherwise people could get hurt.”

“This is not unusual in the martial arts world, and his background and credentials are solid,” Wagner said. “It’s not hard to realize that he is the instructor, and I am the student. Rank is certainly not an issue. I don’t know the rank of most others in the class; that’s not important to us.”

Favors sees a benefit for the Soldier willing to learn.

“The student, no matter the subject, has to be willing to learn new material,” she said. “Classes, like martial arts, are a way to learn or hone skills, get into better physical condition, or just relieve stress in a productive manner,” she said, adding, “I would hope that the students come away more confident and better prepared to

defend themselves if the need ever rises.”

In the Army, that need can arise at any time, and Sisco said that any martial art will only better prepare the Soldier.

“Combatives, to some degree or another, are very important in the Army,” Sisco said. “I get it a lot, someone will say, ‘Hey, I’ve got a gun, it doesn’t matter that you know hand-to-hand combatives. Still, there are situations that exist where having combatives committed to muscle memory is very useful. When it comes down to combat, everything you think about goes out the door, and you’re relying on your base instinct. If you’ve tied [martial arts] to your basic instinct, the ability and technique execution becomes natural to you.”

Sisco said that while what the Army teaches is very valuable, he sees other martial arts as complementary to modern Army combatives.

“What I teach works hand-in-hand with what the Army teaches - they work cohesively with each other,” Sisco said. “A lot of what the Army is teaching right now is ground fighting and starting the

Because he is not yet an instructor, Sisco said that he teaches a more comprehensive martial art that includes aspects such as: grappling, ground fighting, pressure point strikes, acupressure and acupuncture manipulation, joint locks and throws.

“My class isn’t built around teaching a specific art, so really it’s a challenge to me to diversify the learning to all students and to give them a taste of different martial arts, but I’ve got to stay out of the Kuk-Sool realm, because I am only an assistant instructor.”

Much of what Sisco is currently teaching is fundamental to more advanced skills and is also important to keeping his pupils from being hurt.

“The techniques we’re covering now are not necessarily combat applicable, but they set the groundwork in establishing the muscle memory needed to do more difficult skills,” Sisco said. “... we go over falling techniques which are essential [to keeping] Soldiers from breaking fingers, arms and elbows.”

“If it’s internalized, you will react as



*Spc. Zachary Sisco trains Soldiers at Camp Bondsteel, Kosovo, in self-defense techniques. Sisco touts martial arts as a complementary supplement to the Modern Army Combatives taught by the U.S. Army.*

fight from the ground. I don’t disagree that most fights do end up on the ground, but nearly 100 percent of them start standing up. If you have the technique and the ability to maintain that standing position and execute correctly during a fight situation, you may not end up on the ground.”

“This training can take Army combatives another step, because the Army doesn’t have a lot of time for each individual to get into the detail behind what is necessary to execute different techniques,” Sisco said. With martial arts, you get into the real nitty-gritty of what is necessary to be effective. Many of the combative techniques taught in the Army would be, with the proper pressure point application or proper joint locking, made that much more effective.”

a part of your natural response, and it becomes very successful,” Sisco said. “I’ve seen people slip on ice and hurt themselves really badly, but I’ve seen martial arts students execute a fall correctly and be completely unharmed. Martial arts helps with attaining and maintaining flexibility; it’s a great means of exercise that works the entire body, and exercise in general is a good source of self-esteem, not to mention the self-esteem gained with the knowledge that you’re better at defending yourself.”

“The most important thing I would like my students to walk away with is the confidence that the techniques they have taken the time to internalize will aid them in their everyday lives, whether it be a simple accident or a hand-to-hand combat situation,” he said. 🥋



# Ease

## LEGAL

Dear J.A.G.,

Why do we have GENERAL ORDER #1?

Sincerely,  
Beerless in Bondsteel

Dear Beerless,

Military discipline is a daily concern for a commander and refers directly to good orderly conduct. General Order #1 has become a tool that a commander uses to promote discipline while serving in combat/hostile fire zones. In contrast to General Order #1's intent, most soldiers and non-military people typically refer to it as the "No Alcohol" rule. In order to fully understand the basis for General Order #1, we first need to look at how it evolved in military history.

For over a century, the United States military has tried to address the problems associated with its soldiers and alcohol. Approximately six years before the United States of America ratified the 18th amendment (Prohibition) to the Constitution, the United States Navy outlawed alcohol aboard all of its ships. Despite a lot of grumbling and complaints by the sailors, the prohibition worked to remove virtually all of the problems on

its ships. The United States Navy has retained its "No" alcohol policy aboard its ships ever since that time despite the fact that the United States repealed its alcohol prohibition with the passage of the 21st amendment in 1933. As time has passed, other branches of the military also began entertaining the concept of no alcohol.

In the early 1990s, alcohol dependence was the second leading cause of hospitalizations of service members (Medical Surveillance Monthly Report (MSMR) US Army Center for Health Promotion and Preventive Medicine (USACHPPM) Vol. 8 No. 8 Nov/Dec 2002). During that same period, the evolution of what we recognize as the modern day General Order #1 began with Operation Desert Storm / Shield. General Norman Schwarzkopf recognized this shift with the inclusion of the following statements in his General Order #1: "Operation Desert Shield places United States Armed Forces into USCENTCOM AOR countries where Islamic law and Arabic customs prohibit or restrict certain activities which are generally permissible in western societies. Restrictions upon these activities are essential to preserving U.S. host nation relations and the combined operations of U.S. and friendly forces."

The purpose of General Order #1 is not about what we are prohibited from doing. Instead the focus of General Order #1 for Camp Bondsteel and KFOR 10 is designed to promote readiness, security, soldier health and welfare, and promote the good order and discipline. Soldiers are encouraged to refer to General Order #1 as the guiding principle as to what they can and should be doing. A copy of the current General Order #1 can be found at <http://www.tffalcon.hqusaureur.army.mil/GO1.pdf>.

One final thought for all of us who are serving in combat/hostile fire zones over the next few holidays.

Remember, alcohol-free beer is almost always available, and near beer is a whole lot better than no beer! 🍺



# TAKING A BITE OUT OF CRIME

## Military working dogs sniff out trouble

PHOTOS AND STORY BY SGT. TY STAFFORD

**M**ilitary working dogs and their handlers are in great demand in Iraq and Afghanistan for their bomb detection capabilities.

These dogs and their handlers provide the same range of services to help keep the Soldiers and civilians at Camp Bondsteel, Kosovo safe.

Besides bomb detection, these partners can also apprehend suspects, track persons, detect drugs and contraband and work as a general deterrent.

With only three dogs at Bondsteel, these tasks can become cumbersome, but the crew of active-duty Soldiers from Germany, stay positive.

"It can be busy, but we love our jobs," said Spc. Justin Juracek, an Atlanta, Ill., native with the 92<sup>nd</sup> Military Police Company, Baumholder, Germany. Juracek's partner for almost a year is Ata,



Spc. Justin Juracek and his dog Ata, a 4-year old German Shepherd check a trash can for explosives at the VIP room at the north dining facility.



Spc. Sarah Lupescu, 70th Mobile Public Affairs Detachment, experiences first hand how a suspect may feel when pursued by a military working dog.

## THE DOGS

a 4-year-old German Shepherd.

Most U.S. working dogs are German Shepherds, Belgian Shepherd Malinois, and Dutch Shepherds, said Orlando, Fla., native Staff Sgt. Shaun Crouse, the noncommissioned officer-in-charge of the K-9 unit from the 230<sup>th</sup> MP Co., in Kaiserslautern, Germany. Shepherds are picked for their skills as working dogs due to their intelligence, strength, agility and obedience.

"My dog is one of the few I have ever seen like him," Crouse said. Crouse's partner is a 7-year old Rottweiler mix named Johnson. Weighing in at more than 100 pounds, Johnson is the largest dog in the group.

Another dog and handler is Rena, a 3-year old German Shepherd, and Sgt. Bryan Caloway, a Whitewright, Texas native also with the 230<sup>th</sup> MP Co. Caloway who works as the canine training NCOIC.

Crouse added that most dogs enter working service at around 2 ½ to 3 years old and will remain in for up to nine years.

"Once they reach their end of service, there are three options for the dog. The first is being adopted out, in which handlers have first pick. The second option is to be sent to Lackland Air Force Base to work as trainer dogs and the last and least used option is having have them put them down if they are really mean or not easily controlled," Crouse said.

This deployment to Kosovo is the first time all the dogs have been together. During deployments to Operation Iraqi and Enduring Freedom areas

of operation, the dogs are only on the ground for six months. In Kosovo, where the conditions are less harsh and the operational tempo is slower, the dogs and handlers are deployed for a year-long tour.

## BECOMING A HANDLER

To become a dog handler, Soldiers must attend 11 weeks of training at the Military Working Dog Handler Course at Lackland AFB in San Antonio, Texas. Once they receive verification from the Department of the Army, they are approved for the additional skill identifier.

Students are trained in two blocks of instruction. The first is a six-week block during which students learn how to handle a patrol dog. They learn about maintaining dog gear, performing safety procedures, maintaining kennels, managing health, using first aid, applying the principles of behavioral conditioning, documenting training, and maintaining utilization records.

Within the first week students are assigned a military working dog. Once the students have established a rapport with the dog, they begin their hands-on training. The students begin by learning the dog training principles: basic obedience, running the dog over obstacles, building search procedures, locating a suspect in a building, scouting, locating a suspect in a field or wood line, controlled aggression, how to apprehend a suspect, and control under gunfire.

To keep their patrolling skills sharp at Bondsteel, the handlers use the "bite suit," a suit made of a strong cotton-synthetic material that is heavily padded for the greatest possible protection of the wearer.



The long sleeves act as hand protectors and the suit is fitted with front buckles sealed with a Velcro fastener so the person can easily pull it off if necessary.

During bite training the “mock suspect” is sent through a series of scenarios including running away from the handler and the dog, a body search leading to the “suspect” bolting and finally the suspect giving up after initially running.

The training is not only realistic, but it helps build the working relationship with the handler.

“The dogs have a kennel area and sleep with their handlers in their rooms at night,” Juracek said.

In the second phase of the handlers training, students learn the aspects of a detection dog. Students learn more about behavioral conditioning, protocol training, detecting an odor, and proficiency training (how to maintain a dog’s level of training).

In all the training, the handlers learn how to maneuver their dog in a variety of areas: barracks, buildings, warehouses, vehicles, and aircraft.

At the end of each phase of training, the students are given a performance test before being certified as patrol/detector dog handler.

At Bondsteel, the handlers have an obstacle course with tunnels, steps and windows to help keep the dogs skills intact.

“If there is no door to go through, but there is an open window, then I will go through it with the dog. So we have to work on those skills while we are here,” Juracek said.

Juracek said the handlers have a kennel where they can house their dogs, but due to their condition, and the presence of mold, the kennels underwent construction for a couple of months; they reopened in early August,

## DOG MAINTENANCE

The K-9 team also has the benefit of being collocated with the Multi-National Task Force (East) Veterinarians Office.

“It makes things convenient and helps make the working relationship between us and the dog handlers better,” said Maj. Dana Dobbs, the MNTF (E) veterinarian officer-in-charge, who is attached to MNTF (E) from the 7229<sup>th</sup> Medical Support Unit located in Fort Lewis, Wash.

**“If there is no door to go through, but there is an open window, then I will go through it with the dog. So we have to work on those skills while we are here.”**

**-Spc. Justin Juracek**

“The dogs receive a monthly check and also a six-month check up where they conduct all the regular tests,” Crouse said.

According to Dobbs, an Ellensburg, Wash., native, the dogs are required to have a 6-month physical exam.

“We check blood work, urinalysis and check fecal exams for parasites,” she said.

Dobbs said they also look for arthritis, which is common in working dogs and Gastric Volvulus Dialation (GVD). GVD occurs when the stomach physically “flips” over itself within the abdomen, resulting in a life threatening deceleration of blood flow to the organs.

“GVD can occur in dogs who are overly excited, especially working dogs when they are out on missions,” Dobbs said.

The dogs are also weighed monthly and are given a score of one to nine on their body condition.

“We look at the amount of fat around their rib cage and see if they have an hour glass shape looking at them from a top view,” she said.



*Sgt. Bryan Caloway and his dog Rena, a 3-year old German Shepherd, try to locate narcotic training aids during joint training at Camp Bondsteel.*

Normal range for a military dog is around five, Dobbs added.

The veterinarians’ office also helps the dog handlers with their dog’s diet.

“We set how much they eat a day and we supply the handlers with the dog food,” said Staff Sgt. Kelly Van Allman, a veterinarian technician also with the 7229<sup>th</sup> MSU who hails from Port Orchard, Wash.

Additional services the office provides to the handlers and the dogs are basic first aid care training and kennel inspections, Dobbs said.

“We are currently working on the renovation of the kennel and are inspecting for little things that could hurt the dogs, like protruding screws or wires. We also check the obstacle course to make sure it’s safe for the dogs to use,” she said.

For first aid training, they try to ensure that the handlers can provide basic first aid to their dogs if they are injured while outside of Bondsteel.

“If they can get an I.V. started and get them here it is great,” she said.

The clinic has a full operating room with an anesthesia machine and can support the majority of first aid care at Bondsteel.

“The dog center is in Germany,” Dobbs added. “If we can stabilize the injury here, we can evacuate them if we cannot support medical treatment of the injury.”

The veterinarian clinic can also support dog care for KFOR units who have dogs, she said.

“We are a starting point for the dogs. We support them in any way we can and they look at the vet clinic as a place to play,” Dobbs said.

## TRAINING WITH KFOR AND KP UNITS

Besides their mission at Bondsteel, the K-9 unit also participates in joint training with other KFOR units and the Kosovo Police.

“We get together once a week with the KP, the Austrians and the Finnish soldiers for joint training,” Crouse said. “It’s great to get together and work the dogs together because this truly is a multi-national mission and we all have to know how we work and how the dogs react to different situations,” Crouse said.

Caloway added that the training also helps the dogs and the handlers learn to react to different odors.

For instance, TNT or marijuana might smell different here than it does in the states, Caloway said. This may bring a different reaction from the dog which the handlers must be able to identify.

The handlers recently visited the Austrian Camp Casablanca in July to help certify the KP bomb detection working dogs.

Unlike the U.S. dogs who are dual trained in explosives and patrolling, the KP has three separate categories; explosive, narcotics and patrol.

Using a basic European testing scale, four KP officers and their dogs went through the two-day bomb certification course run by senior KP dog handlers and evaluated by the Austrians, United Nations Mission in Kosovo-Police and U.S. Army personnel.

"Explosive dogs, which in a place like Kosovo, with all the bombs and unexploded ordnance is an important aspect," said John Milne, the chief monitor from UNMIK-P, who has been in Kosovo for seven months.

During the certification the dogs and handlers were tested on obedience, signaling ability and the temperament of the dog when finding explosive training aids hidden throughout a warehouse.

Points were deducted if a dog



*K-9 handler and Kosovo Police officer Florim Limani, rewards his dog with a play toy after successfully conducting facing movements during joint training at Camp Casablanca.*

scratched at one of the training aids, a false report was given or the dog was not well handled while searching to name a few. The officers had to score a minimum of 50 points to pass the explosive search portion.

"This was the first time for the KP to actually do their own certification," Milne said.

Sgt. Minush Krasniqi, the commander of the KP K-9 unit since 2002, was on hand to evaluate his officers; all of which passed the bomb detection stage of the

certification process.

"I think we have come to another level since the program began," he said, "The objective of the certification is to not fool the dog or the handler but to achieve a basic standard that we all feel comfortable with."

Krasniqi added that by setting an attainable standard helps relax the handler.

"If you don't feel good, the dog will feel it," he said.

The handlers had previously trained with the dogs for nearly six months prior to the certification process.

Two of the dogs who were being certified, were actually bred in Kosovo using a female dog already in the unit and a male from Germany.

"It's hard to find good dogs and it can be very expensive to buy one. So by breeding our own we can help solve that problem," Krasniqi said. Of the seven born in the litter, Krasniqi said four are currently in service. "Two bomb, one narcotic and one patrol."

Juracek, who was also on hand for the certification process, added that this was an exceptional stride forward for the KP unit.

Milne and Sgt. Markus Schmidt, from the 18<sup>th</sup> Austrian Contingent KFOR K-9 unit, both agreed that this was a great step forward for the KP.

"The people of Kosovo can now have faith in the K-9 unit and the KP," Schmidt said. Schmidt was a key factor in setting up the training and certification of the KP handlers.

"We want this unit to get out in the public and just walk with their dogs and show them to the kids and just let everyone out there they are there and they can accomplish the mission," Milne said.

The coalition and KP handlers will continue to train with the U.S. personnel through January when the current K-9 unit is expected to return to Germany. 🇺🇸

**- Information provided by the Working Dog Handler Course at Lackland AFB**



*Staff Sgt. Shaun Crouse comforts his dog, Johnson, a 7-year old Rottweiler mix, while Maj. Dana Dobbs, the Multi-National Task Force (East) veterinarian, gives Johnson his monthly exam.*



# Hellas

## WELCOMES NEW COMMANDER

PHOTOS AND STORY  
BY SGT. TY STAFFORD

After 21 months in Kosovo, Col. Theodoros Panas passed the reigns of responsibility of the Hellenic Tactical Command at Camp Rigas Fereos to Lt. Col. Kostas Zafiris during a transfer of authority ceremony on Aug. 8.

Task Force Hellas is part of the Multi-National Task Force (East) that works closely with the people of Kosovo and municipal governments to help provide a safe and secure environment and facilitate transition of civil functions to local leadership.

Hellas is responsible for the Ferizaj/Urosevac municipality and also has

a group of soldiers stationed at Camp Nothing Hill in northern Kosovo.

"The close relationship that we have developed with the local community has surely contributed to safe and secure environment," he said

Panas, who has spent 31 years in the Greek Army, thanked his chain-of-command and all the officers, noncommissioned officers, and soldiers in his unit and also the continued support from the U.S. during operations.

"After 21 months of service I am transferring my authority. This moment is an important one in my military career ... I do it with pride and honor," Panas said.

Panas also had kind words for his replacement, "I believe he will elevate the Hellenic forces in Kosovo."

Panas will be leaving to take over as the Joint Operations director with the 1<sup>st</sup> Hellenic Army.

In his remarks, Zafiris, a 28-year veteran of the Greek Army, stressed the importance of the peacekeeping mission.

"Acting with politeness and self control are the keys to success. Our behavior has to be fair," he said.

Zafiris also praised the soldiers standing in the ranks before him.

"They execute the mission with professionalism," he said.

Zafiris's previous assignment was working as a staff officer in the General Staff in Athens. The General Staff is much like the U.S. Pentagon, he said.

Zafiris will be promoted to colonel in the near future. 🇬🇷



Soldiers for Task Force Hellas parade past the command staff from the Hellenic Army during the Transfer of Authority ceremony at Camp Rigas Fereos.



Brig. Gen. Larry D. Kay presents outgoing commander Col. Theodoros Panas a K-Bar knife as a gift for his 21-months of service in Kosovo.



Gen. Dimitrios Grapsas, the Chief of the National Hellenic Defense, (Center) moves with his staff to the VIP area to begin the TOA ceremony.

# Just add WATER

BY SGT. TY STAFFORD

On a hot and humid sunny day in the city of Kamenica, Soldiers from the Liaison Monitoring Team 1 made a special trip to the pool. Not to cool off, but to help the Handicapped Kosovo (HandiKOS) organization with a play day for a few of its members.

HandiKOS is a non-governmental organization of and for the persons with disabilities, and was established in 1983 as association of paraplegics and children paralyses with the aim of organizing people with disability.

"Our mission is to make sure these children have social equality and show them they can have a regular life. We asked KFOR for assistance in having a play day and the pool owner and the LMT came together to help out," said Selvete Berisha, who has been the director of HandiKOS for five years.

"We are also trying to bring more attention to HandiKos by having this [swim day]," she said.

This was the second time the LMT 1 had been to the pool to help with the program.

"The first time we came it was overcast and a lot cooler. Only two kids showed up," said Staff Sgt. Joseph Asbury, LMT 1, from Centralia, Mo. Asbury is originally from the 3175<sup>th</sup> Military Police Company but was reassigned to help with the LMT mission.

The LMT 1 is responsible for the Kamenica municipality, and the 12-man team used this opportunity to help build it ties to the community.

"It shows the community that KFOR is here to help out. We are not just here for patrols," said Spc. Stacy Foutes, of Lewistown, Mo.

Of the nearly 40 members of the HandiKos organization, five were on hand to enjoy the pool time.

"Today not all of them participated," Berisha said.

Transportation is an issue for outlying communities, added 1<sup>st</sup> Lt. John Gooch, a Gerald, Mo., native and the officer-in-charge of the LMT 1.

For those that did arrive, the admission was free and the Soldiers and children enjoyed every minute together.

"The kids are amazing. A little timid at first, but once in the water they were fine," Gooch said. 🍷

## Family Guy

BY SGT. 1ST CLASS CRAIG COLLINS

**S**gt. Gregory Niffen is a family man far from home. He loves spending time with his wife Lori and their children, Brooklyn and Gregory, and misses them during this deployment.

So he takes great pleasure in the opportunity to spend time with children while he is in Kosovo. Niffen is a member of Liaison Monitoring Team 1, Multi-National Task Force (East), in the Kamenica municipality.

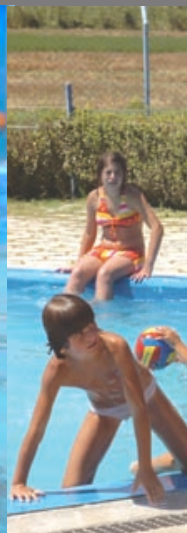
His job is to get to know members of the community, to find out what problems, they have, and report those concerns to his leadership.

"Our mission is the heart and soul of being here. We identify needs and concerns and push them back up the chain. We complete project reports and turn them in to Task Force Thunder. It makes me feel good that project reports are followed up on so we can try to meet the needs of people here," said Niffen.

Niffen said it helps to have an outgoing personality and character when performing this mission. When working with people in the community, it helps to set aside that you are a soldier and they are civilians and to

PHOTOS BY SGT. 1ST CLASS CRAIG COLLINS, UNLESS OTHERWISE STATED

PHOTO BY SGT. TY





just be yourself because they aren't any different than us, he added.

"We enjoy doing it, getting out, working with the children in the community to let them know we're not just Soldiers over here, that we've got families and you know we've got heart in here too and we feel what they're feeling," Niffen said.

Recently, Niffen and his team had the chance to spend an afternoon at a local swimming pool in Kamenica with some special kids. Working with HandiKOS, a non-governmental organization for persons with disabilities, the team was able to arrange an afternoon at the pool for several children with special needs. "It's great to come out here and do this for the kids," said Niffen. "And it's good for me too. It helps me deal with being away from my kids."

Niffen sees many parallels between life in Missouri and life here.

"We can go back to Missouri and I could go places where there's people you know that are struggling to make a living, trying to make ends meet," he said.

"Some of them want to get a better life and it's the same way. Everybody is wanting to get a better life and so there's really not much difference. We've got it a little bit better than they've got it but otherwise they're just people like us. There's no major difference, they just live in a different area of the world. It's all the same. It boils down to just being people and that's it." 🇺🇸

# A PENNY SAVED...

Helpful hints from your local finance office

## SAVINGS DEPOSIT PROGRAM (SDP)

Entitlements start on the 31<sup>st</sup> day in theater.

Eligibility stops on the day of departure; however, interest will continue to accrue up to 90 days after redeployment.

**Max total contribution: \$10,000**

**Max Monthly contribution formula:**

**Base Pay + Entitlements – Allotments**

Funds Deposited on or before 10<sup>th</sup> will draw interest for the entire month, after the 10<sup>th</sup> interest accrues from the 1<sup>st</sup> of the following month

Annual interest is 10% (compounded quarterly 2.5%)

\$10,000 is the max that interest will be paid upon; you may withdraw any amounts that exceed \$10,000 quarterly. (See MyPay for SDP withdrawal request)

**Accepted payment:**

personal check, cash or Eagle Cash Card

Interest paid on the amounts deposited into SDP is TAXABLE. (See MyPay for Tax Statement 1099-INT)

It will take up to 3 months for the SDP to show up on MyPay. If your unit scans the DD1131 (cash collection voucher) and emails to [CCL-SDP@DFAS.MIL](mailto:CCL-SDP@DFAS.MIL) or faxes to DSN 312.580.5060, it will show up sooner.

**It is the soldier's responsibility to retain the DD1131s.**

See 149th Finance Detachment, Finance Customer Service (Camp Bondsteel) to make a deposit.

Finance Officer/Detachment Commander  
CPT Steven J. Brantz 781-3721

Deputy Disbursing Officer  
1LT Latashya Cornwell 781-3720

Detachment Sergeant  
SFC Patricia Butler 781-5472

Customer Service  
SGT Filoteo 781-5470/5468

STAFFORD





# WEIRD SCIENCE

PHOTOS AND STORY BY SGT. TY STAFFORD

**R**ules and regulations govern the military to ensure compliance with standards and guidance that has been set. Rules and regulations also govern the type of fuels we use to power our military vehicles.

At Camp Bondsteel, a lone Soldier is responsible for grading the quality and usability of all fuel that enters the base.

For Sgt. Leona Bastow, a petroleum supply specialist with the Material Management Center, a typical day at the fuel testing facility begins with the arrival of fuel trucks loaded with diesel, JP-8 and MOGAS.

"I get fuel trucks Monday through Friday and sometimes Saturday depending on holidays or other issues," Bastow said.

To become certified laboratory technicians, Bastow, Sgt. 1<sup>st</sup> Class Mark Maness, from the MMC, and Sgt. Rocky Phillips, from Task Force Blackhorse, attended training this past June in Kaiserslautern, Germany at the Defense Energy Support Center-Europe.

The primary fuel used at Bondsteel is diesel but JP-8 (Jet Propellant), a jet fuel, is also a primary fuel for aviation. The kerosene-based JP-8 replaced JP-4 fuel in 1996, in order to use less flammable, less hazardous fuel for better safety and combat survivability, according to the USDESC-E.

In addition, JP-8 contains icing inhibitor, corrosion inhibitors, lubricants, and antistatic agents. Besides powering aircraft, JP-8 is used as a fuel for heaters, stoves, tanks, internal

combustion engine powered electrical generators (as a replacement for diesel fuel), and other military vehicles, and serves as a coolant in engines and some other aircraft components.

When the fuel trucks arrive, they are taken through a lengthy security check and then are escorted by the Military Police from the gate and into the bag farm, she said.

At the bag farm, a small field filled with 50,000 gallon collapsible bags, in which aviation fuel or POL (petroleum, oil, and lubricants) are stored, the Kellogg, Brown and Root workers take a one gallon sample from each truck and bring it to the newly renovated fuel testing facility.

Since Bastow has been at the fuel testing facility, additions have been made to make her more effective at her job.

"We've cleaned up a lot of useless equipment and chemicals that were being stored here," she said.

A new hazardous waste tank replaced the old one which was located right next to the building.

"The new tank has been moved fifty feet away to comply with safety regulations," she said.

The waste tank is where the test fuel and water is flushed to after the tests are complete. Two new connexs and

fire extinguishers were also added to complement the set up.

"Everything is much cleaner and more work efficient for the testing," she said.

The Army fuel testing program is classified as a Type C test. Type C testing includes testing the API Specific Gravity, Flash Point, Color, Workmanship and Fuel System Icing Inhibitor (FSII).



Sgt. Leona Bastow, a petroleum supply specialist with the Material Management Center, checks the hydrometer while testing a 1000 milliliter sample of MOGAS at the Camp Bondsteel Fuel Testing facility.



Bastow prepares the automatic Flash Point test machine for a sample of MOGAS.



API (American Petroleum Institute) gravity is a measure of fuel's specific gravity or density. The API gravity of diesel fuel directly effects engine power. There is a 3-5 percent decrease in the thermal energy content of fuel for every 10 degree increase in API gravity. This decrease in energy content will result in roughly the same percentage decrease in engine power.

Bottom line: Use of fuels with higher API gravity will also result in higher fuel consumption (lower miles per gallon).

To test the API and color, Bastow takes a 1000 milliliter sample in a glass test tube and inserts a hydrometer into the tube. While the hydrometer is in its natural swirling pattern, Bastow checks the color and workmanship.

"For diesel the color should be yellow, for JP-8 it should be water white and MOGAS should be a dark yellow," she said. While looking at the color, she checks the workmanship which includes looking for any dirt particles in the fuel or discoloration.

Bastow takes the API and temperature readings and enters them into a conversion chart and formulates the API reading. If the reading is in compliance she moves on to the next test.

To find the Flash Point temperature of the fuel, Bastow has to use the automatic or the manual tester machine to determine the minimum temperature at which the fuel will ignite. Diesel will ignite at 55 degrees Celsius and JP-8 will ignite at 38 degrees Celsius, according to testing standards.

"Flash Point is the lowest temperature corrected to a barometric pressure of 101.3 kPa (kilopascal), at which application of an ignition source causes the vapors of a specimen of the sample to ignite under specified conditions of test," she said.

Flash Point minimum temperatures are required for proper safety and handling of fuels. Due to its higher flash point temperature, diesel fuel is much safer than many other fuels, Bastow added.

FSII is an additive to aviation fuels that prevents the formation of ice in fuel lines. Jet fuel can contain a small amount of dissolved water that does

not appear in particulate form. As an aircraft gains altitude, the temperature drops and the fuel's capacity to hold water is diminished. Particulate water can separate out and could become a serious problem if it freezes in fuel lines or filters, blocking the flow of fuel and shutting down an engine.

To test FSII, Bastow uses a beaker in which she shakes a mix of 160 milliliters of JP-8 with two milliliters of water for five minutes. After setting for two minutes she then takes a tiny drop in which she places on a refractor meter. The reading must be .10 to .15 to be approved for use.

A Particulate Matter test is also conducted on JP-8, which tests the fuel by filtering dirt/debris in the fuel. Bastow weighs the test membrane and the control membrane filters and the reading has to be below 1.0.



*Bastow puts the hydrometer in its natural swirling pattern while testing a 1000 milliliter sample for MOGAS.*

After all testing is complete; Bastow gives the go ahead to the KBR workers at the fuel yard to release the trucks to begin downloading the fuel.

Normally from start to finish, Bastow says the whole testing process takes a little more than an hour to complete.

"It's a lot of responsibility, but if we have bad fuel or fuel that doesn't meet the minimum requirements then that directly affects the mission," she said.

To date no fuel has been turned away. 🇺🇸



*Bastow and Brig. Gen. Larry D. Kay, the Multi-National Task Force (East) commander, dedicate the newly renovated Fuel Lab at Camp Bondsteel.*



# SPORTS & ENTERTAINMENT

## “Red Legs,” pre-season champs

STORY BY SGT. ANTHONIE R. SEYMOUR

Task Force Falcon’s “Dirt Bags” faced off with Task Force Thunder’s “Red Legs” for the preseason softball tournament championship, July 29, here on Camp Bondsteel.

Thunder’s Red Legs walked all over the Dirt bags early when they gained a sizeable lead scoring 14 runs early in the third inning.



TOP: The Dirt BAGs. FROM LEFT: Sgt. 1st Class Jason Blackwell, PFC. Timothy Smith, Sgt. Edward Alexander, Spc. Quintin Clark, Master Sgt. Daniel Jacob, Staff Sgt. Bradley Russell, 2LT Angel Rosa, Spc. Travis Clark, Sgt. 1st Class Kenneth Kirby, Sgt. 1st Class Wayne Craft, Master Sgt. William Stubinger, Sgt. Michael Benz, Sgt. 1st Class Scott Belt, Maj. William Smith, Sgt. 1st Class David Kelley and Sgt. 1st Class Jerimey Thompson.  
BOTTOM: the “Red Legs.” FROM LEFT; Sgt. Brent Devers, Staff Sgt. Justin Walker, Spc. Kenneth Anderson, Spc. Lance Ramsey, Spc. Jeffrey Kohlleppel, Sgt. Timothy Parker, Sgt. Nathan Jennings, Sgt. Aaron Brown, Spc. Joshua Graham, Staff Sgt. Ryan Devers, Spc. Christopher Deardorff and Spc. Cody Barry (U.S. Army photos by Sgt. Anthonie R. Seymour)



PHOTO BY SGT. TY STAFFORD

Sgt. 1st Class Jason Blackwell, Dirt Bags' outfielder, makes a diving catch during the preseason softball championship tournament at Camp Bondsteel.

The Dirt Bags started to show up in the forth inning, hitting seven runs through holes in the Red Legs infield, but it was to no avail as Thunder brought their bats and kept ‘em hot.

The end result – the Red Legs came out on top with 23 runs to the Dirt Bags 11 runs.

“The reason we had a preseason tournament was to get everyone used to playing organized sports together, and to establish what pool we would be placed in for this season’s bracket,” said Sgt 1st Class Scott Bell, Joint Visitors Bureau, noncommissioned officer-in-charge and unofficial Dirt Bags coach. “It’s good to have relief, and to get away from stress. This helps Soldiers handle stress, and it allows them to get together outside of the office.”

The Dirt Bags first loss was a tough one as it came in final game of the championship game, but Belt said the hard lesson was a valuable one.

“It was bitter-sweet. We played well through the tournament and our team became a team. We learned to trust each other,” Belt said. “We made mistakes and didn’t follow through with our fundamentals. They were doing everything right and we were lacking, and at the end of the day, they had the most points.”

“This showed us the level of the other teams’ play, and let us know where we stand with them,” said Staff Sgt. Justin Walker, Task Force Thunder 3 rd Plt. 3 rd Squad Leader.

“We felt good about our win,” Walker said “This was our first time playing together and we make a good team and have fun. That’s what we want for the rest of our season, just keep having fun.”



PHOTO BY SGT. TY STAFFORD

Dirt Bags' outfielder Sgt. Michael Benz makes a leaping catch in the 2nd inning of the game.



# FROM THE PULPIT

## Building Strong Relationships

One of the best programs that the Army has implemented over the last 10 years has been the Strong Bonds program. Originally set up to strengthen family relationships, it now encompasses marriage enrichment for couples and seminars for single soldiers. In the National Guard, every state and territory puts on this program to help enhance and strengthen families, marriages, and single soldier relationships.

The main program that the Army uses for Married couples is PREP: Prevention and Relationship Enhancement Program. It is a program based around how couples can learn to communicate with each other without destroying their relationship. A couple who has a healthy marriage relationship demonstrates patterns of communication and behavior that strengthen and build up that relationship. A couple with an unhealthy marriage relationship model destructive communication and behaviors that weaken and tear down the marriage relationship.

These destructive communication behaviors can be boiled down to four destructive patterns or danger signs (This information comes from the PREP Leaders Manual, copyright 2005, PREP Educational Products, Inc.). The four communication danger signs are: escalation, invalidation, negative interpretations, and avoidance and withdrawal.

Escalation is when partners respond back and forth negatively with each other. Forms of escalation can be verbal-negative response to negative response to negative response. Or they can be emotional where there is a rising intensity in the conversation. Plus they can involve the content of the communication where the stakes of the argument are raised.

The second danger sign is invalidation. Invalidation is when one person in the conversation puts down or dismisses the thoughts, feelings and/or character of the other person. It can be subtle or obvious or very extreme. Couples who engage in this danger sign usually use information that was shared with them during an intimate time against the other.

The third danger sign is negative interpretations. This is where one person makes negative assumption about what the other person was thinking, which is called "mind reading." Or the person doing the negative interpretation could be reading more into the words than what was meant and jump to conclusions which are negative and ultimately destructive.

The fourth and final danger sign is



**Chap. (Maj.) Darren King**

withdrawal and avoidance. Withdrawal is simply that, when one person withdraws from the conversation, either by silence or leaving the room or just plain tuning out. Avoidance is one person tries to avoid discussing a topic or having the conversation in the first place.

For healthy relationships to stay healthy and unhealthy ones to get healthy it is important to avoid these communication destructive patterns. To build and keep a vibrant and healthy marriage relationship, couples must stop or avoid any negative communication habits and control their conversations so that it builds up and does not tear down the relationship. One easy simple tool to do this is use the "Time Out." When you see a conversation turning negative and destructive, simply call time out, and return to the conversation later after both of you have calmed yourselves down. In my next article, I will discuss ways to talk without fighting.

Grace and Peace,

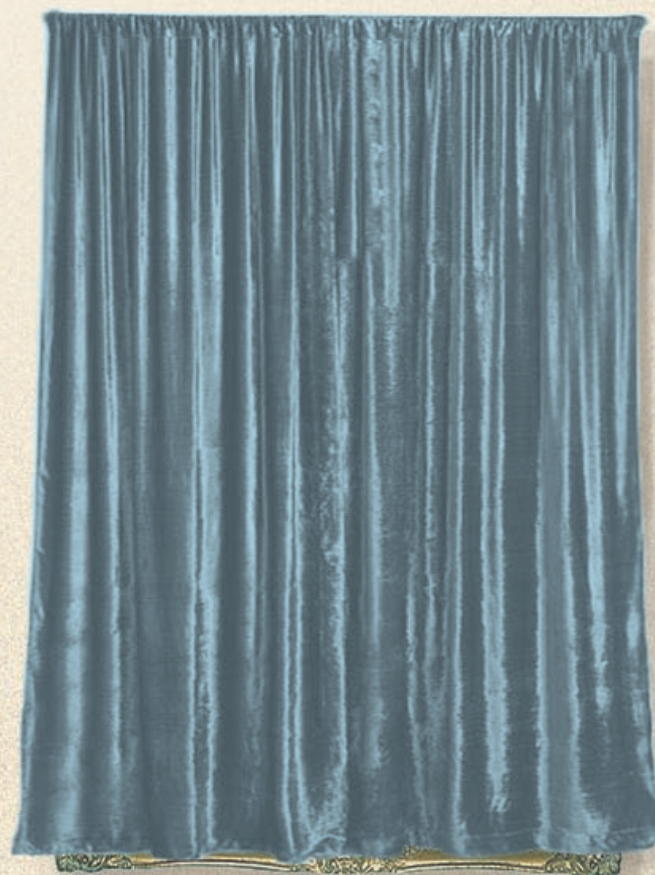
A handwritten signature in black ink that reads "Darren L. King".

CH (MAJ) Darren King  
KFOR 10 MNTF(E) Chaplain





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