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An Army Reserve Medical Command Publication



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OPERATION *Warrior Trainer*

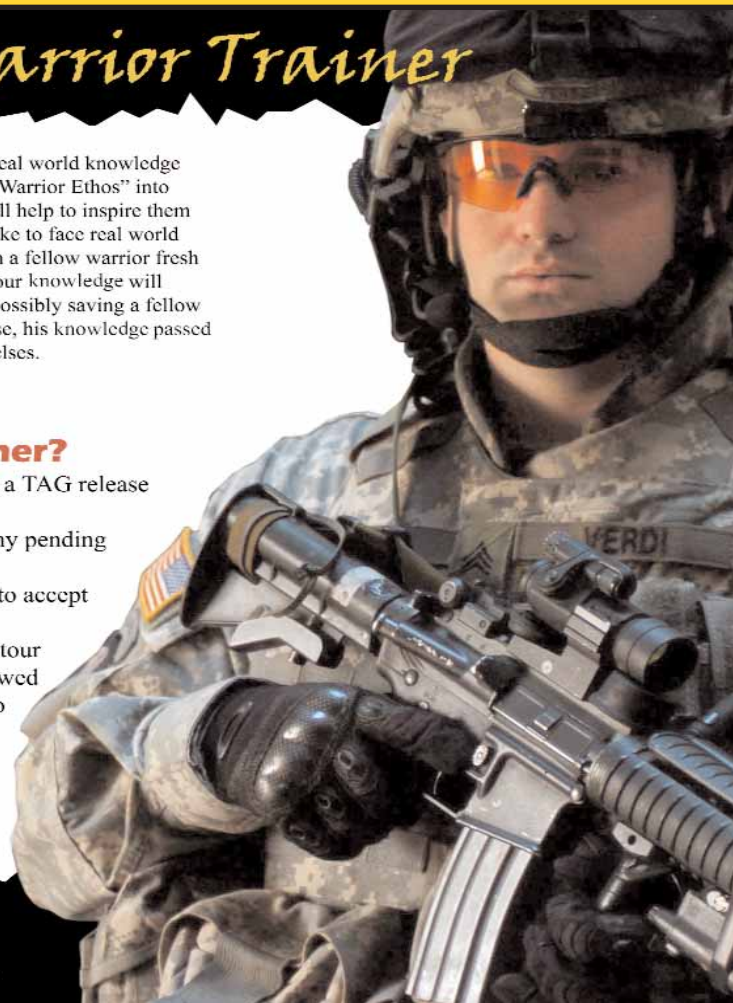
The U.S. Army is looking to retain "the best of the best" on active duty, who can meet the strict application requirements, to put the combat Tactics, Techniques, and Procedures that you have learned in combat to a good use. There are many open positions that need your expertise throughout the First U.S. Army Area of Responsibility (AOR). The intent is to use Soldier's recent combat experience in preparing other Reserve Component (RC) units for deployment OCONUS.

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Thanks to a paid scholarship from the U.S. Army, 2nd Lt. Liena Caldwell, Third-Year Dental Student and Army Scholarship recipient, University of Texas Health Science Center at San Antonio, Texas, is able to fully focus on her dental education. Her dental school tuition is completely covered, and upon graduation she will be able to make a difference for her country, her fellow Soldiers and herself. There's strong. Then there's Army Strong. Apply today for a scholarship; call 800-557-8867 or visit healthcare.goarmy.com/hpspdental.



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Words from the Wise

From the Big Boss...

If I was General for a Day I would . . . that is what you to ask yourself and let me know what your idea is. I want to hear from you. The "Voice of the Soldier" program was started here at the Headquarters to solicit ideas from each and everyone of you on how to make our Army Reserve better.



It can be MOS related, general training suggestions, leadership development, anything.

If you believe it can improve the way we do business, I want to review it.

We are all volunteers in the Army. Why not help make it even better that the entity it is today.

Email your suggestions to the "Voice of the Soldier" Liaisons, christopher.j.cox1@us.army.mil; lesley.t.stewart@usar.army.mil.

Remember that your ideas do count and can improve the way we operate!

Thank you for your service!

Maj. Gen. James Hasbargen,
Commanding General
AR-MEDCOM

From the CSM... Take a Look in the Mirror

All we do at Battle Assembly is sit around; the Soldiers are not getting trained. No one is getting a School quota. Section NCOER's are not completed. No one wants to even show up for Battle Assembly anymore because it's too boring. Sound familiar? Does it sound like your unit?

So what are YOU doing about it? When was the last time you took a good long look in the mirror and gave yourself an honest evaluation? Are you wearing ACU's, good, now look down at the center of your chest. What do you see? Is there some type of Sergeant Stripes there? What does that truly mean to you? Are you just a better paid Soldier? OR are you a Leader? Do you have what it takes to change things? Can you take responsibility for your actions or is it easier to blame someone else? Do you truly believe in the NCO Creed? Do you live by the Army Values? What have you done to make things better for your Soldiers and your unit?

These are all good questions you should ask yourself when you put on the



uniform. But you must answer them honestly. You will fool no one but yourself if you do not. Others around you see you for what you are, for what you do. Are you a good honest hard working Leader in their eyes? Do your Soldiers look to you with respect and a desire to take on the mission knowing that you will demand the most from them but will also treat them fairly? Do your Superiors have enough confidence in your abilities to allow you to take charge?

Now that you have done your self assessment, how do you go about taking corrective action to your Leadership style? What are the Keys to success? As we all know, we must be technically and tactically proficient in our Warrior Tasks and Drills. Soldiers respect a Leader who knows what he or she is doing. Remember when you looked down at the center of your ACU shirt? If you saw all kinds of stripes there then you are responsible for training and mentoring your junior NCOs'. It is your responsibility to ensure they have the knowledge and skills to lead our Soldiers. Both formal training such as NCOPD and on the spot corrections are needed to ensure our NCO Corps stays strong. Your NCOs' need to be able to draw from your experience, they need to be able to do their job while knowing that you are watching and willing to assist when needed.

Junior NCOs', you touch the Heart and Soul of our Army; the Soldier. You are the First Line Leader, The Beginning of the Chain of Command, The Foundation that all Leadership is built on. Your Soldiers look to you for guidance and support. They will do great and wonderful things if they know that you care enough to stand by them. Get the education you need to be successful, draw from the strengths of your chain of command. Demand the most from your Soldiers but treat them with respect. Call them before a training event, inspect them and their equipment, and ensure they have the tools to be successful. Train them, guide them make them better Soldiers and future Leaders.

OK, for those of you who looked down at their ACU shirt and saw something other than NCO rank, you are not off the hook. You too play a key role in the success of your unit.

Officers, I need you to support the NCO Corp. Give them good guidance and direction, and then let them do their job. Mentor them, hold them to standards, fight for the resources needed to train your unit. Weed out the ones that do not live by the NCO Creed. Build a solid relationship with your NCOs' and your unit will succeed.

Soldiers, as I stated earlier, you are what it is all about. I need you to believe in the Warrior ethos, live by the Army Values and

support your Leadership in making your unit one to be proud of. Strive for self improvement; establish a set of personal goals for yourself. When a task needs to be done, don't be the one to run and hide, stand tall with your fellow Soldiers and take on each and every task as if your unit's entire future depended on it. The culmination of all the little things will make you and your unit one that is respected and can be counted on when the time comes.

The Key to your success? Look in the Mirror and see what is truly looking back at you; is that a Leader you see?

Command Sgt. Maj. Roger Schultz,
CSM, AR-MEDCOM

From the Chaplain...

Now that your kids are in school. What's it like for them? Do they enjoy it? Are they nervous or afraid? Let me suggest 10 ways you can help your children have a great experience in school this year - and for the rest of their educational life!



1. Talk with them about what's going on inside them. Most family experts say that talking with your children is one of the best ways to help them prepare for starting school, or for going back to school to start a new year.

2. Go to their classroom with them. It's important for our children for us to know where they spend their time. It comforts them and provides stability to know that Mom or Dad has been there.

3. Go to school events. Your participation let's your children know that school is important, meaningful, and normal. It's a good place for them to be.

4. Tell them stories from your childhood. Kids love to hear about what their parents did when you were younger. Do it in a fun, interesting manner. Not as part of a lecture.

5. Make yourself vulnerable. Talk about the fears you had as a child. How you felt when various things happened to you.

6. Encourage them. Don't berate them or criticize them for being wimps. They need their parents to understand and to encourage them.

7. Go to bat for them. Nothing does more for children than for parents to stand up for them. To your children, this proves you love and care!

8. Have an evening family study time. So it's not just the kids who have to read or study! When the parents also take time to read or study then the kids don't feel like it's a punishment. It's a normal part of life -

Words from the Wise

even for the parents! They'll do better in school!

9. Keep a dictionary, encyclopedia, or computer in the kitchen or dining room. When topics come up in discussion during breakfast or dinner, you can take turns looking up the details or the answers. This becomes a great way to demonstrate that learning can be a fun, normal part of everyday life.

10. Keep school in perspective. Give your children a time limit for homework, especially younger children. School is important, but it's not the most important thing in the world. Quality family time is more important, so make time every day for time together as a family, even if it means putting the books aside for a while!

All across America kids are going back to school. Some kids are veterans. Others are just starting out in this adventure we call education. Kindergarten and 12th grade can be an overwhelming, daunting experience! You can to help make it a tremendously positive experience for your children.

Col. Michael C. Metcalf,
Command Chaplain, AR-MEDCOM

Readying the Nations Première Medical Force

The Army Reserve began as a Medical Reserve Corps on 23 April 1908. On 16 October 2005, the Army Reserve Medical force joined under one central command and control headquarters with the activation of the Army Reserve Medical Command (AR-MEDCOM). Even before the activation of AR-MEDCOM and the assumption of responsibility for over 260 units, with more than 29,000 Soldiers assigned, the initial staff of AR-MEDCOM was assessing the mobilization readiness of the force and applying readiness improvement strategies. With a continuous and high operational tempo, in the United States and abroad, there was no ramp-up time to prepare for the new responsibilities. AR-MEDCOM, the largest medical force in DOD, was heavily engaged in support of the Global War on Terrorism (GWOT) with the imperative to maintain a high readiness state during the command and control transition. Army Reserve medical units include all medical war fighting functions (except Area Medical

Support) to include Combat Support Hospitals, Forward Surgical Teams, Dental Companies, Medical Logistics, Veterinarian, Preventive Medicine, Evacuation, Combat Stress, and Battle Command. Overall our Soldiers comprise over 50% of the total U.S. Army Medical Force. The complexity of our medical force, with six separate Corps, 99 Officer Areas of Concentration (AOCs) and 17 Enlisted Military Occupational Skills (MOS), require long-term training, critical sustainment training and licensing requirements. This creates a significant clinical challenge in addition to unit and individual Soldier readiness requirements.

Previous to AR-MEDCOM establishment, maintaining readiness of medical Soldiers and units was the responsibility of each Army Reserve Command (ARCOM) and later the Regional Readiness Commands (RRC). Without a centrally managed approach to maintaining readiness, the operational tempo began to take a serious toll on both the availability of certain clinical specialties and unit readiness capability. The activation of AR-MEDCOM in Pinellas Park, FL in 2005 came "none too early". AR-MEDCOM leaders acting on the vision: "provide an integral and skill rich component of the nations' premier military medical force" went right to the first priority - readiness sustainment and improvement. To ensure this medical force was fully mission capable, the Deputy Commander for Readiness (DCR) was established under the Deputy Commanding General. The primary mission of the DCR is to improve mobilization readiness. A successful readiness improvement program requires the analysis, assessment, and assistance of all areas including recruiting, retention, leadership, personnel management training, and logistics (equipping and maintaining the force). This is accomplished by conducting both standardized assessments and by teaching, coaching, assisting and mentoring personnel at all levels of command. The DCR Command Readiness Team (CRT) is comprised of subject matter experts in clinical readiness, medical logistics, personnel management, and training management. The CRT provides Commanders with on-site assessment of their units' mobilization readiness, and assists the unit staff and lead-

ers in areas that require training or hands-on assistance. The CRT also provides commanders at all levels with critical readiness trends and metrics analysis.

Since the DCR/CRT was formed in January 2005, ninety six Army Reserve deploying or sourced medical units have been assessed and assisted in preparation for mobilization. The CRT is the readiness "advance party" working far ahead of the actual mobilization so issues can be addressed as early as possible once a unit has been identified for a mission. The staff at AR-MEDCOM and each subordinate level work directly with units up and through the mobilization period. In April 2008 AR-MEDCOM Commanding General, MG Hasbargen, placed the CRT under Operational Control of the Medical Readiness Training Command (MRTC). Several additional Medical Readiness Training Teams (MRTT) are being developed to add to the core readiness team. The core team will be termed Medical Readiness Team (MRT). The addition of the MRT to MRTC has filled the missing "Readiness" leg of the Medical Readiness Training Command structure. The MRT is currently conducting semi-annual Readiness Training Workshops with MRTC and Medical Deployable Support Commands (MDSC) personnel to better prepare our medical force to deploy and perform their wartime missions.

The DCR hit the ground running prior to the formal activation of AR-MEDCOM and has never slowed the pace, even with the transformation of AR-MEDCOM. The team has crisscrossed United States conducting workshops, and providing readiness improvement support to nearly 100 medical units. The experiences derived from working at the ground level with mobilizing units and Soldiers has produced a wealth of readiness information and an arsenal of readiness tools for the future. As AR-MEDCOM transforms, there will be no deliberate pause in the effort to continue the readiness pursuit for the "integral and skill rich component of the nations' premier military medical force".

Col. Allen C. Schmitt
Deputy Commander, Readiness,
AR-MEDCOM

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Do you have a story to tell? The goal of the Army Reserve Medical Command's Public Affairs Officer is to feature stories in this publication that represent units from each of the eight states in the command's region of responsibility. We are always seeking stories that would be of interest to our readers. Contributions are welcome. Story ideas as well as written articles and photos for consideration should be submitted to ARMEDCOMPAO@usar.army.mil, or call 1-877-891-3281, extensions 3730.

ESGR Awards

Soldiers Nominated Supervisors for Patriot Award

Story and photo by Master Sgt. Enid Ramos-Mandell, Army Reserve Medical Command Public Affairs.



ST. PETERSBURG, Fla. -With the establishment of the Employer and Support of the Guard and Reserves (ESGR) in 1972, the military sought to recognize employers for their support through the use of the Patriot Awards.

Two Army Reserve Soldiers (ARS) nominated three of their supervisors at the All Children's Hospital and presented the Patriot Award to them for their outstanding support of them and other employees who serve in the U.S. Army Reserve.

Staff Sgt. Timothy Heskin is a patient administrator in the 345th Combat Support Hospital (CSH) B Company, and an intensive care unit technician for the All Children's Hospital. He nominated, Tami Lawrence, assistant director of the Patient Intensive Care Unit and Alice Pengra, Pediatric Intensive Care Unit Nurse 1 and 2 for their support of his military service. "Tami and Alice understand what Soldiers go through, the stress and pressures of doing my military job, training and having the mental conflict of worrying about my civilian job. They never question my duty to the Army," said Heskin.

Pfc. Zachary Logodny, an anesthesia technician also with the 345th CSH and a surgical technician at the All Children's Hospital, nominated Liz Satterfield, operat-

ing room (OR) director. "My supervisor has given me the ability to keep my Army job. She verbally supports the Army, my mission and what I do in the reserves," stated Logodny.

According to Heskin, "All I need to do is give Tami a set of military orders and my battle training assembly (BTA) schedule, and she will excuse me from my hospital responsibilities."

"I took the time to nominate my supervisors for the ESGR Patriot Award because they deserved to be recognized for

giving me the ability to do both jobs. I wanted to let everyone know how supportive they have been in the almost five years we've been working together," he added.

"Things run very smoothly due to her caring support. It makes it easy to do what I need to do with a supervisor like her," Heskin said

A Veteran of

almost 20 years in the Army Reserves, Heskin is preparing to mobilize for the first time. "I feel very nervous being deployed. This is my first time and it's very difficult to grasp," he said.

Lawrence added, "We've worked together four to five years, and he is my right hand."

"I'm going to miss working with him during his deployment, but we know he'll be back. He knows his job will be waiting for

him," she said.

Logodny's boss, Liz Satterfield says she understands his military responsibilities and when duty calls. She also added that they were fortunate to have him and believes that everyone should support our Reserve Soldiers.

"Zachary is a great anesthesia technician and sets up rooms for cases in the OR. Though he would be missed if he had to deploy, the OR would be able to manage in his absence," she said.

"She told me that my job is secured. They've been supporting me even before I knew about the ESGR program," he added proudly. "Liz makes my job easier. It's tough to have me as an employee, because duty calls me away from my civilian responsibilities. That's why she deserved to be nominated. I'm glad she got selected to get this award."

Mrs. Donna Altaff, the mother of Tami Lawrence was present for the ceremony.

"I am so proud that others see what I see in my daughter-that she is appreciated by others and recognized," she said.

"It was wonderful being nominated. I didn't know about it," said Lawrence.

The Patriot Award recognizes employers who go beyond the legal requirements of supporting their military reserve employees; explained Retired Air Force Chief Master Sgt. Edward Apodaca who presented the 'Patriot Award' on behalf of the ESGR to the recipients who provided unwavering support to reserve Soldiers.

Heskin and Logodny are part of the 345th CSH headquartered in Jacksonville.

If you would like to nominate your employer, contact the ESGR at 800-336-4590.



Two Reserve Soldiers nominated their supervisors for the "Patriot Award" for their outstanding support of employees who serve in the Army Reserve. (From left to right) Pfc. Zachary Logodny, Ms. Liz Satterfield, Retired Air Force Chief Master Sgt. Edward Apodaca (ESGR Rep), Ms. Tami Lawrence and Staff Sgt. Timothy Heskin.



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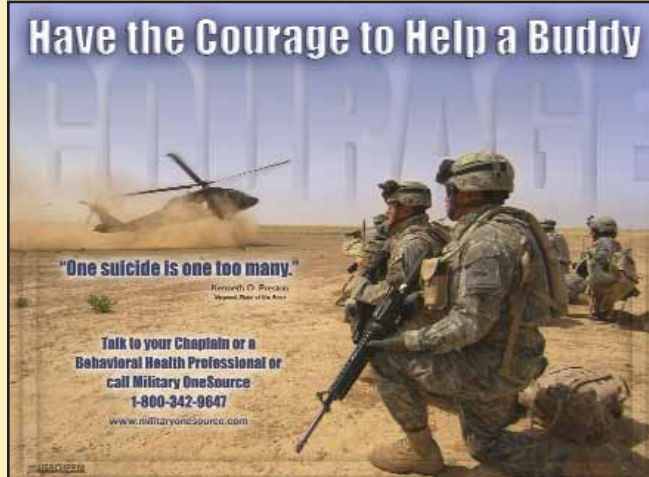
"One suicide is one too many."

Retired Air Force Chief Master Sgt. Edward Apodaca

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Emergency Simulations for ARS Medics

Hospital Trains in Aurora Facility

Story and photos by 1st Lt. Michael Meyer, Army Reserve Medical Command Public Affairs

AURORA, Colo. - Army Reserve Soldiers recently completed skill enhancing medical training at the Community College of Aurora (CCA), in Aurora, Co. The Soldiers, of the 5502nd U.S. Army Hospital (USAH) in Aurora, spent their annual training using the college's Simulation Studio to enhance their medical and decision-making skills under the stress of real life situations.

Capt. John Eller, the training officer of the 5502nd USAH, coordinated with the CCA to make the training available to his Soldiers.

sions could make the difference between life and death in a real-life situation.

Pony Anderson is the simulation coordinator at the ACC's Simulation Studio.

"What we do here is unique as far as simulation education. As far as we know, we are the first in the world to implement this type of training," she said.

Since 2005, the center has provided emergency medical personnel with a chance to train in a dedicated facility.

Using the latest technology, instructors can leave students alone in the environment. A control room allows instructors to change the environment and evaluate student performance.

Program administrators hired professional Hollywood set builders to create multiple environments that simulate realistic emergency medical experiences in the home, on the street, a in a busy lounge or restaurant

The simulation tested medics on their technical skills, as well as their situational awareness and site security. Medics interacted with actors from the college posing as bystanders, photographers, and potential threats.

In one simulation, Sgt. Richard Hammel and his team reacted to an emergency call at a patient's home. Upon arrival, they encountered an intoxicated Family member wielding a knife. Sgt. Hammel successfully talked the uncle down, and evacuated the patient without serious incident.

Some of the victims in the scenarios are actors from the college; others are high-tech mannequins.

"In my scenario, [the patient] was an actual sim-man. It was sort of like a robot. It could breathe, it could talk, it had breath sounds, and it had a pulse. I could even check vital signs on it," said Hammel.

Staff Sgt. James Reynolds, the training non-commissioned officer of the 5502nd,

says that the Soldiers responded with positive remarks at the conclusion of the training. Many graded the training as an outstanding experience.

"Soldier skills were definitely put to the test in the training. Many Soldiers wanted to carry a full combat load and experience a combat environment in future simulations," he said.

According to Pony Anderson, "this is just the beginning of what CCA can provide. The college has the potential to add any environment that the military may require including an urban combat environment, aircraft disasters, or individual explosive device (IED) scenarios.

The CCA is also exploring the possibilities of creating simulations for police, fire and government officials. The simulations would focus on cooperation a real-time communication challenges between first-responders and multiple government departments.

"For the future we are exploring an incident comma theater, if we are able to secure the technology we would like for that. The idea is that we would be able to create anything from a Katrina or a 9/11, down to a 2- car accident in that room," said Anderson.

The CCA offered this training to the 20 medics of the 5502nd USAH at no charge. Staff Sgt. Reynolds said that plans are

underway to conduct future annual training at the facility.

"It is actually more cost effective for us to train here in Aurora, than to send the Soldiers to another location in the country when you factor in airfare, food, and lodging costs," he said.

Leaders are currently reviewing the effectiveness of the training, and discussions are underway as to how to best utilize this training in the future.



A combination of actors from the drama college, professionally-built Hollywood set, and robotic mannequins provide realistic scenarios.

"This year, we are preparing to mobilize, so we need to do everything possible to get ourselves ready for that deployment," Eller said. "I felt we needed some training that really addressed those skills needed in combat, and this Sim-Center helps," he added.

The Soldiers conducted their annual Emergency Medical Technician (EMT) educational requirements at the college's Simulation Studio.

Spc. Amber Bachmeier said this was the most realistic EMT training she has ever received.

"I think this training should be initiated throughout the Army. Otherwise the first time we get actual trauma training may be in Iraq or Afghanistan," she said.

Bachmeier, an Army Reserve medic, responded to the scene of a simulated traffic accident where a vehicle crashed into a street side café causing several casualties, ranging from serious to critical. This simulation allowed Bachmeier's instructors to test her decision-making skills in a controlled, monitored environment. Her deci-



Spc. Amber Bachmeier providing life saving care to the victim of a car crash in the street side café scenario.

Mobilization Will Benefit Soldier

Soldier Bound for Iraq will be "Better Nurse" Because Deployment

Story by Amanda Hartle, Staff Writer, Coraopolis-Moon Record



CORAOPOLIS, Pa - Growing up in Coraopolis, Glenn Potts knew that someday he would defend the red, white and blue.

At age 38, the Belleville, Mich. resident with deep airport-area roots will finally have his chance to fight for Uncle Sam.

"I'm excited to go over there. I'm excited to help people," said Specialist Potts.

Potts was one of 16 U.S. Army Reservists honored during a farewell ceremony for the 339th Combat Support Hospital Unit at the U.S. Army Reserve Center in Moon Township.

Drawn from across the country, the unit includes troops from Florida, West Virginia and New York who will provide health care to other Soldiers fighting in Iraq.

In the group are a 23-year veteran Reservist on his third tour, as well as a 20 year old being sent into a combat region for the first time.

Each has his own story of arriving for this deployment, which first takes them to Fort Riley, Kan.

Potts is no different.

Though he always intended to be part of the armed forces, life had other plans.

After leaving Cornell his junior year, he graduated from Montour High School in 1987.

He decided to train as a registered nurse and enrolled at Ohio Valley Hospital School of Nursing until he became ill and financial issues halted his higher education.

"I knew the Army had an LPN program, so I took the exams and went to basic training," Potts said.

He finished the 15-month program in September 2006, and was studying to be a registered nurse when the deployment call came.

The experience of treating other Soldiers will certainly benefit him, he says.

"I'll be a better nurse because of it. It's a good opportunity."

But that life lesson comes at a cost. He had to leave his wife, an Aliquippa native, at their suburban Detroit home with two of their four children.

His sister, Melissa, who drove two hours from Deep Creek, Md., for the ceremony, and a plethora of Coraopolis and Moon relatives could have to wait up to a year to see his face again.

Those relatives include his 84-year-old aunt, Lucille Kirk, who he stays with when visiting his hometown.

But he is keeping his mindset optimistic, despite missing the comforts of home, like watching his favorite football team next season.

"I'm taking a Terrible Towel (Pittsburgh Steelers item) with me," Potts said.

"(But) I love the military. It was always something I wanted to do and I did it later on in life. It gives me a great sense of accomplishment."

That same sense of pride also strikes fellow Soldiers who have seen comrades deploy for Operations Enduring and Iraqi Freedom, says Command Sgt. Major Richard Castelveter of Moon.

He took over the unit's command center around two months ago, and Thursday's event was one of his first at the helm.

"It's never easy to send Soldiers away, but I feel confident in deploying these Soldiers with these skills coming from all different parts of the United States."

And for the smattering of Family members who hugged and cried with their brothers and sons, he gave comfort, equating the older Soldiers to elder brothers and the first-timers to younger siblings.

"We watch out for each other. We are Family. That's who we are."

War Skills Valuable for Nurse

Combat Veteran Says War Helped Her with Work at Home

Story by The Sun Chronicle



ATTLEBORO, Mass. - Combat nurse says lessons from war help her with work at home

Gloria Vignone is a nurse educator and emergency care improvement specialist at

Sturdy Memorial Hospital. But for a year in Iraq and during a previous tour in Kosovo, Vignone was on the front lines dealing with the worst emergency trauma that the battlefield has to offer.

That's because Vignone, in addition to being a highly experienced nurse, is also a lieutenant colonel serving in the Army Reserve.

Vignone supervised medical personnel at the 399th Combat Support Hospital's facility in Al Assad, Iraq, which provided medical services to wounded U.S. and Iraqi troops, as well as local civilians and children.

"I'm proud of all the people on my team," said Vignone, who said it was a privilege to be able to support Soldiers in the

field.

"The heroes are the kids out there who are fighting the battles."

Vignone is in her 20th year in the reserve.

A wound care nurse at Sturdy earlier in her career, she said she's been able to transfer some of her knowledge to aiding those wounded in combat. But she's also been able to bring some of her military training to bear in helping the hospital to meet goals for emergency care and to ready contingency plans for dealing with bioterrorism and manmade disasters.

"As a wound care professional, Gloria has been able to bring the benefits of her nursing career into the military, and as a military person she's also brought back knowledge that helps us at the hospital," said Maureen Metters, director of ambulatory and emergency services at Sturdy.

Vignone, who lives in Johnston, R.I., particularly enjoys occasional opportunities

to talk with young men and women who are considering nursing careers, such as a group of 100 high school students who toured Sturdy last week.

While her training prepared her to deal with wounded Soldiers, Vignone said the sight of badly injured children in Iraq was disconcerting.

One child, she said, was killed by a bullet fired in the air in celebration by Iraqi adults. "Of course, you don't want to see anyone injured, but when it's a child it really hits home," she said.

Vignone said she is particularly thankful for the large numbers of cards and gifts sent to her unit and other Soldiers in Iraq, which served to boost morale and reassure servicemen and women that people at home were thinking of them.

"We received so much that we gave clothes, candy and shoes to Soldiers who were going outside the wire to give to local children," she said.

AR Takes Care of Soldier, Family

Army Reserve Aids Kansas Soldier and Family

Story by Ms. Tish Butts, Army Reserve Medical Command Public Affairs Office

PINELLAS PARK, Fla. - In an effort to unite a Soldier with his ailing son, the Army Reserve transferred one of its own from a medical lab in Iraq to a recovery room in Wichita.

Sgt. Joshua Douglas mobilized with the 325th Combat Support Hospital (CSH) in June 2007. While home on leave for his two-week R&R (rest and relaxation) period, his two-year-old son Conner fell ill. His "fun-loving, happy-go-lucky" child began showing typical flu-like symptoms of fever, vomiting and nausea.

Douglas and his wife, Heather, admitted their son to the hospital for care, where everything seemed to return to normal. Conner's primary care manager thought his condition was viral and ordered fluids.

Shortly after Douglas, a medical laboratory technician, returned to his colleagues in Al Asad, Iraq, Conner's health diminished quickly. He again developed a fever and lethargy.

Magnetic Resonance Imaging (MRI) and Computer Tomography (CT) scans uncovered a rare type of tumor in cells that support and protect nerve cells, on his brain stem.

When Douglas and his wife heard the news of the tumor, they were "scared to death," having lost Connor's twin, Christian, at three months of age to Sudden Infant Death Syndrome (SIDS).

"He has helped us heal from the loss of his brother," said Heather. "From the day he was born, Connor has gone through every hurdle that this world put in front of him and never even realized that they were there."

Following the removal of 95 percent of the mass, a tissue pathology exam revealed a Grade 2-3 (moderately to highly aggressive) malignant tumor was removed from the toddler's brain.

The two-year-old will have 28-30 rounds of localized radiation therapy, and according to Douglas, the program will save Connor undo brain damage from the radiation.

Douglas and Heather were also concerned about finances. The 325th CSH was scheduled to return to the United States in June 2008, ending Douglas' tour on active duty and his Family-covered health insurance.

During Conner's recovery, the 325th CSH continued to support Douglas, by raising \$1,500 to help cover expenses.

"They were my Family overseas and supported me through everything that was going on until I could get home," he said. "My commander, 1st Lt. John Resko, has really been there for us if we needed anything. Also my sergeant in Iraq, Sherwin Sapasap, made sure my Family was taken care of even after I was no longer a part of the 325th."

Soldiers in the states were also feverishly working on behalf of Douglas, trying to keep him on active-duty, so his healthcare benefits would continue.

Standard protocol for a Reserve Soldier returning home from overseas is each Soldier is discharged from active duty after a transition period. And while Douglas wanted and needed to be with his Family in Wichita, he did not want to be discharged and lose his insurance.

"The Army was trying to do right by this Soldier," said Maj. William Ritter, Public Affairs officer for the Army Reserve's Medical Command, the next higher headquarters of the 325th CSH.

"Our first priority was getting the Soldier home to be with his Family. The second priority was finding a way to best assist this Soldier with the best possible solution for his situation."

Transferring Douglas from the reserve component to the active component was the best answer suited for him and his Family.

The solution seemed simple but required a lot of paperwork from many Army entities to complete the transfer in a short period of time.

First, Douglas had to obtain his release from active duty, assigning him back to the reserve component. These orders were effective March 5. He then out-processed at Fort McCoy, which officially ended his tour with the 325th CSH. From there, he enlisted active component on March 10 to start his career as a full-time Soldier, keeping his health insurance intact and funding all of Connor's medical expenses.

"Many Soldiers were working on behalf of Sgt. Douglas assisting his initial transfer from Iraq to Fort McCoy, Wis., to the hospital at Fort Reilly, Kan.," said Ritter. "Everyone wanted the best for him and his Family. It was one

great team effort to take care of this Family."

Douglas said his Family was very excited about the news of the transfer and temporary change of station, which allowed him to be closer to his Family.

His first permanent active-duty station is Fort Sam Houston, Texas.

Although there were many ups and downs during the process of getting a new duty station, maintaining healthcare benefits and transitioning to the active component, Douglas said he, "would recommend the Army specifically to all others and would gladly do it all again."

"I plan on doing, at least, my full 20," he said. "It's not like any other job on earth. It's the best, and I will continue to do it for as long as I can."

After his recovery, Connor returned to playing with his big sister, Caidence, 4, counting to six and playing with anything that has buttons.

Heather said the toddler has not slowed down at all.

"Connor is a daily reminder to me that miracles do happen and that hope is never really lost."

Are you ready for a disaster?

What's in YOUR closet?!



Supply Closet Suggestions
7 Day Supply Recommended

Canned meats, fruits and vegetables	Batteries
High-energy foods: nuts, raisins, granola	Matches in a waterproof container
Infant/baby food and supplies	Candles and charcoal
Pet food	Toilet paper, towels
Non-perishable food	Soap/detergent, disinfectant/bleach
Over-the-counter medications	Personal hygiene items
Garbage bags	Paper cups/plates, and plastic utensils
Water (at least a gallon per person daily)	First aid kit, hand sanitizer
Manual can opener	Plastic storage containers

Other important items: flashlight, battery-operated radio, extra clothing, blankets, prescriptions, money (paper and coins), eyeglasses, and important documents.

Be Prepared....Save Money!

Pantry loading at your commissary is a GOOD idea!

This list of items may not be all you need. For more on disaster preparedness:

www.ready.gov/americas www.pandemicflu.gov www.redcross.org

www.commissaries.com

Medics Educate Students at Career Fair

Army Reserve Soldiers Teach Charlotte Students Warfare Trauma

Story and photos by Maj. William D. Ritter, Army Reserve Medical Command Public Affairs Office

CHARLOTTE, N.C. - Army Reserve Soldiers showed students from the Berry Academy how Army medics worked on the front lines, during the school's medical career day.

Berry invited the Army to participate in their 3rd Annual Career Day to give students first hand knowledge of what medical careers are available in the Army.

The Army Reserve's 874th Forward Surgical Team (FST) set up hospital tents outside the school and treated the "casualty" role players in the facilities. Students were able to watch the life-saving techniques and ask questions of the seasoned military medical professionals.

Maj. Donald Reis, was one of those professionals.

"The military has gotten me to where I am today," he said.

"I've been in the medical field since 1980, when the Air Force Reserve trained me as a surgical technician. From that training, I was able to secure a job in the civilian sector. They also provided me with tuition assistance," he added.

"When I received my commission from

the Army Reserve in October 1989, they too helped me further my career and education."

According to Reis, "It was important for me to be here today, so I could share my personal experience with the students. They need to be aware of what the Army Reserve can do for them educationally, financially and career wise."

To help Berry students understand those opportunities better, Capt. Scott Schmidt, an Army Medical Command recruiter for North Carolina, set up a display near the tents of the 874th. Recruiters were available to answer specific questions.

"We are planting the seeds of tomorrow," Schmidt said. "Some of these students are out of our demographic range today, but if they like what they see here, they'll remember us tomorrow."

One of those students of tomorrow is ninth grader Patrick M.

DeLoach. He is part of the Berry Academy's medical curriculum and wants to be a radiologist after he graduates.

He volunteered to be a casualty so he could earn time toward Berry's community service requirements, but he also wanted an opportunity to talk with Army medics.

"My father is in the Navy, and I am starting JROTC (Junior Reserve Officer Training Corps) classes next

semester, so I wanted to participate in the career day to talk to the doctors first hand and hear what it is like as an Army medic," he said.

After Soldiers of the 874th treated their "patients," unit members joined Capt. Schmidt in the induction of the Army's newest nurse.

Keesha Abarca, a recent graduate of Duke University's nursing program, took her oath as an Army officer.

"I joined the Army Medical Corps because I wanted to do more than I can do at a local hospital," said Abarca. "I wanted to travel the world and help people all around the globe."

The new second lieutenant is awaiting orders to report to officer basic school for medical Soldiers.

In addition to the 874th FST, the Charlotte Fire Department and local paramedics took part in "rescuing and treating" the casualties.

Approximately 150 students turned out to talk with the Army Reserve Soldiers and members of other healthcare organizations.



The Army Reserve's 874th Forward Surgical Team work with local Charlotte Fire and Rescue teams to demonstrate realistic trauma to the students of the Berry Academy during their recent third annual career day.



Pfc. Chad E. Kicklighter (left), Capt. Garry B. Zuebert (center) and Maj. Donald G. Reis (right), members of the Army Reserve's 874th Forward Surgical Team work on trauma "patient" Patrick M. DeLoach, during the Berry Academy's recent third annual career day.

Consultant Teaches Reserve Soldiers About Arab People, Culture

Army Reserve Unit Prepares for Deployment

Story and photos by Sgt. Kirk Bell, Army Reserve Medical Command Public Affairs Office

HAMMOND, La. - During a recent Battle Assembly, Army Reserve Soldiers from Hammond, La. learned about Middle Eastern cultural traits and how to best interact with Arab people, as they prepared for a deployment to the region.

Soldiers from the 4010th United States Army Hospital (USAH) listened to Middle Eastern consultant and Louisiana resident, Ann O'Conner, discuss the qualities of Arab culture the unit will encounter overseas.

O'Conner challenged the Soldiers not to use the media as a baseline to learn about Middle East culture and people.

"The best thing for Soldiers, before they even get on the plane is education. They must know what to expect and how to understand the culture before they leave," said O'Conner, who lived in the Middle East for 10 years and is married to an Egyptian man.

O'Conner spoke on such topics as Arabic values, attitudes, verbal communication, body language, dress, social structure and Arabic phrases.

"My favorite part was learning some of the language," said Spc. Royal Benjamin, a medical supply specialist with the unit. "If I deploy to the region, I'm now able to understand the language better as well as their mannerism."

Soldiers' learning about cultural sensitivity is not new to the Army, but the training is normally taught by Soldiers with experience in the area of operation.

Since the start of the Global War on Terrorism, Army training guidance has required Soldiers to learn 12 Arabic phrases to help communicate with Arab individuals. Soldiers studied common greetings as well as emergency phrases such as "stop" or "get down."

The introduction of language training in medical terminology, essential for



Soldiers from the 4010th U.S. Army Hospital participate in Mrs. O'Conner Lecture by dressing up in traditional Saudi Arab dress, as Mrs. O'Conner explains how Arab dress symbolizes religious commitment.

healthcare professionals to interact with their patients, is new.

"One thing I thought was very helpful, that I've never seen before, was the medical specific aspect that Mrs. O'Conner offered", said Lt. Col. James Mason, commander of the unit. "When she began to talk about the interaction techniques between the healthcare provider and the patient, she was very focused on what words and actions you need to start the procedure properly and respectfully. I thought that training was very helpful and particularly

unique for my unit and the roles we are going to be play."

O'Conner, who speaks fluent Arabic, brings the added advantage of not only having lived in the Middle East for 10 years but experience as an administrator in Arab hospitals. This created a close working relationship for her with Arabic nurses and patients.

Having that experience as a civilian administrator helps O'Conner give Soldiers a different perspective into the Arab world.

"Coming in as a non-governmental worker and having done work in the region before, gives her a very different perspective on the culture and people than we as Soldiers previously obtained," said Mason. "She has a much more personal view of the people and culture, where we in the military approach it as a mission first. I think an opportunity like this is important because it offers another more personal dimension to our training."

The Soldiers that took Mrs. O'Conner's class were a mixture of Soldiers that have and have not deployed to the Middle East. O'Conner offered the training at no cost to the Army as she felt personally compelled by pride to assist our nation.



TOP: Spc. Royal Benjamin wears traditional Arab clothing to include an Agal or headband, a Ghutra or headress, and a thobe or robe.

RIGHT: Mrs. O'Conner (playing the role of a man) holds hands with 2nd Lt. Kelvin Scott of the 4010th U.S. Army Hospital to show how two Arabic men will hold hands while having a discussion and walking.



For a DVD copy of this training, contact this office at 727-563-3730.



Jeff and Nicole Matney discuss their core values that benefit their marriage

Marriage Retreat

Soldiers Attend to Strengthen Relationships

Story and photo by 1st Lt. Michael Meyer, Army Reserve Medical Command Public Affairs

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SALT LAKE CITY, Utah- As the Army continues to deploy troops in support of the "Global War on Terrorism", Army leaders have identified that the relationship between

Soldiers and their spouses could benefit from reinforcement.

As a way to help Army families' deal with the stresses of wartime deployments,

Married Soldiers have the opportunity to attend marriage retreats as part of a program called "Strong Bonds".

"Strong Bonds" is a program that was developed by the Army 10 years ago to give couples, an opportunity to spend a weekend together with no worries, no kids, in a nice hotel. All meals and lodging are reimbursed and they also have an opportunity to work on communication techniques to enhance their relationship," said Chaplain (Capt.) Scott Hagen.

The "Strong Bonds Program" is based upon the copyrighted "Prevention and Relationship Enhancement Program", also known as PREP. These Education products are the result of 25 years of research in the field of marital health and success.

"This is an enrichment program. We are here to take marriages that are pretty secure and sound, and try to build on that and make them better," said Chaplain (Col.) Stephen Boyd.

Couples attend the three-day retreat in

dozens of cities across the continental United States throughout the year. Chaplains from the Army Reserve Medical Command chose Salt Lake City as the host city its most recent retreat. The retreat included various practical exercises and games to keep the experience informative and entertaining.

"When we all came together, the first thing they did was get us all up talking to everybody, in a group assignment," said Sgt. Jeff Matney "Coming into a group of strangers you could feel uncomfortable, but it wasn't that way," said Matney recently married to his wife Nicole only nine months ago.

The next day Army chaplains taught marriage enrichment classes that touched on such subjects as communication and problem solving, and forgiveness.

"One of the most important things we learned was the speaker/listener technique. For example, one person speaks, the other listens and paraphrases back what they heard. I think that gives us a better tool to overcome obstacles rather than one of us just getting mad and leaving," said Matney who is preparing to deploy later this year.

The course placed special emphasis on couples that have spouses that are deploying or returning from combat zones.

"Prior to deployment everybody is nervous. The kids are nervous because mom or dad is going away," said Hagen."

"The spouse is nervous because they are not sure what role they are going to play. After deployment, the Soldier comes back and they may not know what they are supposed to be doing. 'Strong Bonds' gives couples communication techniques so they can talk about these issues."

"It's hard when you come back from a deployment. You might have some time off, but you have a lot of things to do," said 1st Lt. Brian Chapple who has deployed three times in support of Operation Iraqi Freedom.

"The first deployment was pretty tough; our son was only nine months old at the time," said Jen Chappel. "The second time, we kind of knew what to expect."

"I think this type of training should be a priority before and after a deployment," said Brian Chapple. "It really helps people understand how to interact with each other better."

At night, couples planned a date in the city. For Brian and Jen Chapple, a night out in Salt Lake City gave them chance to get out of the house and away from the kids.

The last day of the retreat, ended with couples having the option to renew their vows before a chaplain.

Soldiers or their spouses interested in attending a marriage retreat can contact their local chaplain or visit their website at www.strongbonds.org.

From Iraq To North Carolina

Face to face, after life-saving surgery

Story by Karen Cimino, photo by John D. Simmons, Charlotte Observer



CHARLOTTE, N.C. - Bill Giles and Dale Beatty last met three years ago in an operating room in Mosul, Iraq, after an explosion tore through Beatty's armored Humvee.

Their brief encounter on Nov. 15, 2004, made a lasting impression on both men, who reunited for the first time Wednesday at CMC-Northcross and reminisced over coffee, juice and bagels.

Giles' face was the last face that Beatty, an Army National Guardsman, saw before life-saving surgery. And it was a face from home.

Beatty was an inspiration among the hundreds of patients that Giles, a nurse anesthetist with the Army Reserve, helped in Iraq. Even with part of his leg missing, the other one mangled and burns on his face and on one eye, Beatty was calm, Giles remembered.

Giles was worried about the possibility of brain injury, too, so he asked the Soldier where he was from.

"North Carolina," Beatty said.

"I said, Well, no kidding. I'm from the Charlotte area," Giles said.

"Me too," Beatty replied, adding that he grew up in Statesville.

After the surgery, Giles flew in a Black Hawk helicopter with a sedated Beatty to another medical facility.

Beatty was taken to Germany for further treatment after his emergency surgery, and always wanted to talk to Giles again. Giles, who lives in Huntersville and works at CMC-University, wondered how Beatty was.

Wednesday's reunion came about when CMC-University spokesman Lee Brower talked with Giles about his upcoming promotion to colonel and his return next week to active duty. Giles told him about Beatty, and Brower arranged the reunion.

Giles, who rarely saw injured Soldiers

after they recovered, said he didn't know what to expect: Would Beatty be in a wheelchair? How was he handling his injuries? Would he remember their conversation?

Beatty walked through the door on two prosthetics. And Giles felt inspired all over again, he said.

"All of us have had patients you will never forget, and you are No. 1 for me," said Giles, holding back tears as he spoke.

As they reminisced, Beatty said he was seated in the passenger seat of the Humvee when an anti-tank mine went off under him. Fire and heat seared his face as it flashed through the vehicle. But everyone survived.

A Soldier in a vehicle ahead of his came to his aid, Beatty said.

"I kept asking him where all my guys were because I didn't see them. Everyone got thrown out of the vehicle," he said. "I didn't want to scare him by screaming."

So Beatty, 26 at the time, tried to stay calm.

"I can remember the top of your boot was still there and the rest of your foot was just gone," Giles said. "If it was me, I would have been yelling and screaming."

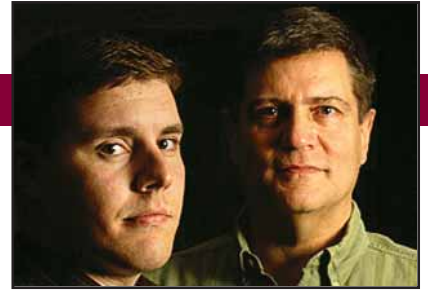
But Beatty's heart rate was a reasonable 80 beats per minute, Giles remembered.

Beatty eventually went to Walter Reed Army Medical Center in Washington, D.C., where he remained for about a year recovering from his injuries. He was featured in a front-page Observer article on Jan. 18, 2005.

Giles said he saw a photo of Beatty with President Bush and first lady Laura Bush in the Army Times, and was proud he had helped him survive.

Beatty said the hardest thing has been knowing how much stress his wounds caused his Family because he couldn't do anything about it.

Beatty was about 6 feet 2 inches tall before the blast, and now stands about 5



Right before going into emergency surgery in Iraq in 2004, Statesville resident Dale Beatty (left) found a face from home - nurse anesthetist Bill Giles of Huntersville. Three years later, they meet again.

feet 11. He said he can adjust his prosthetics to his original height when he's ready, but just hasn't done it yet.

He's been busy, working hard just to learn to walk and do many of the things he loved before being wounded, he said. He is playing the drums again in his band, Southern Fried Musician's Association. In the fall, he rode his bicycle 26.2 miles in the Marine Corps Marathon in Washington, D.C.

Beatty is working again as a civilian contractor for the N.C. National Guard, and still living in Statesville. He's also director of community and military affairs for a non-profit group, Project American Spirit, which plans to help build homes for wounded veterans starting this year.

"It's just made my day just to meet this guy," said Giles, who will soon begin serving three months at Tripler Medical Center in Hawaii.

It's guys like Beatty who inspire him to keep going back, Giles said.

"Everyone wants to make a difference in their life," Giles said. "Being in Iraq and taking care of wounded Soldiers, you feel like you've done something."

Giles said he wants to stay in touch with Beatty. He'll go see Beatty's band play this weekend, and he has invited Beatty and his Family to come to Hawaii while he's there.

"You take care of thousands of patients in your career," Giles said. "The thing I remember about Dale was how calm he was, how devastating his injuries were and how he's taken it in stride in his life. He's just an inspirational guy."



Pvt. Lattish D. Young, of the 380th Medical Company (Dental), shakes the hand of Lt. Gen. Jack Stultz, Chief of the Army Reserve (CAR). Young was selected by the CAR to accompany him to the House Arms Service Committee Capitol Hill Hearing on 1 April 1, 2008.



Aurora Unit Mobs

Reserve Unit To Help With Troop Mental Health



AURORA, Colo. -- An Army Reserve unit committed to the emotional needs of servicemen and women in Iraq gathered with Family and friends Wednesday ahead of a year-long deployment.

"We're individuals who have a background in mental health," said Maj. Madeline Belarde, a psychiatric nurse and commander for the 1835th Medical Detachment Combat Stress Control.

Belarde said the primary mission is to reach out to troops who may be struggling with combat stress, anger management and

other individual, emotional issues.

"It could be that they're homesick, that they're dealing with a loss of a Family member, or it could be a coping skill of 'what do I do for a year in Iraq?'" Belarde said.

The 1835th will be seeing troops in clinics and in the field, according to Belarde.

Belarde's Family joined her and her fellow Soldiers for a farewell ceremony Wednesday at the American Legion 23 in Aurora.

"It helps knowing she's anxious to get out there," said Chris Aguilar, Belarde's son.

Belarde said the deployment is the second tour of duty for the majority of the

unit. Pfc. Lauren Dougherty will be heading over for the first time.

"I'm anxious and nervous," Dougherty said.

Both of Dougherty's parents have served in the U.S. military.

"I just hope they'll be doing OK when I'm gone," Dougherty said.

The Combat Stress Control unit will head for a month of additional training at Fort Lewis in Washington, D.C. Thursday, before working in and around Iraq for about a year.

CAR Seeks Industry Partners

Army Reserve Chief Seeks Private Industry Partners to Help Soldiers

Story John J. Kruzel, American Forces Press Service



WASHINGTON, D.C. - The general in charge of the Army Reserve has a deal for U.S. employers: If you agree to hire qualified employees, he'll help you

recruit them.

Lt. Gen. Jack Stultz said the "Partnership for a Shared Workforce" initiative emerged as a way to help the reserves and the private sector attract young talent. Stultz said the concept was born of similar challenges facing the entities -- namely, that only about three in 10 young men ages 17-24 are fit to join the ranks of military or industry.

The reasons people are precluded from service -- from failure to meet educational or physical requirements, to a criminal background -- often are grounds for non-employment in the private sector too, the general said.

"Employers of America are having the same problem (as the Army)," Stultz said. "They're looking at that same work force out there and saying, 'How many of those kids can pass a drug test who don't already have some kind of conviction in their records? And how many have the aptitude to do the task we're needing in a much more technological age?'"

Among other enterprises, Stultz said, the partnership has received particular interest from America's trucking industry, where the average long-haul truck driver is more

than 50 years old. Couple this aging work force with a shortage of qualified drivers, the general said, and young, employable talent is hard to pass up.

"I've got Soldiers in my ranks that are truck drivers," Stultz said he tells employers at trucking companies. "They've already passed a drug test; they've already passed a background check; they've already passed a physical; they've already scored high enough on an aptitude test; and I've trained them how to drive a truck. All you've got to do is hire him."

Stultz said similar pitches to place reservists in civilian positions are gaining traction with industry employers around the country. He plugs the reserve's cadre of X-ray technicians to health care providers looking for help; he sells signal Soldiers -- trained and experienced in using fiber optics -- to communications companies; he suggests military police troops for jobs in civilian law enforcement.

"We're getting a lot of synergy there now, being able to tell a potential Soldier, 'How would you like to come work for us in the Army Reserve and go to work for this company in your local community at the same time?'" he said.

The initiative harkens back to Stultz's experience as a young man transitioning out of the active-duty Army in 1979 into a "dual-hatted" role as a reservist and a civilian employee at Proctor and Gamble.

Placing high value on the training and

principles instilled in young officers, Proctor and Gamble and other companies eager to employ managers heavily recruited junior military officers, Stultz recalled.

"There were a lot of headhunter companies that would go around the military installations saying, 'If you're thinking about leaving active duty, let us talk to you,'" he said.

At the first national Proctor and Gamble meeting he attended, Stultz said, it was virtually a military homecoming. "Everybody there was like, 'Who were you with? What unit were you in? Where were you stationed?'" he recalled. "Nowadays you really don't see that."

The general said he would like the two forces -- military and civilian -- to work together again as they did when he started at Proctor and Gamble, where Stultz, an operations manager, has worked for nearly three decades.

"Just like in 1979 when Proctor and Gamble was looking for new potential managers and they saw the military as a great source, I'm telling the employers of America that hasn't changed," Stultz said. "We produce some of the finest quality individuals in America."

"If we can get that partnership together, it's the way we're going to sustain this all-volunteer reserve force for the future," he said. "It's going to be us and the employers together succeeding."

Recruiter Assist Program in Full Swing

AR-RAP Turns 1-Year Old

Story and photo by Ms. Tish Butts, Army Reserve Medical Command Public Affairs.



SAN ANTONIO, Texas - More than 770 new Soldiers have signed up since the United States Army Reserve (AR) started handing out cash rewards for recruiting.

"We pay \$2,000 bonuses when they join the Army Reserve -- \$1,000 when they sign up and \$1,000 when they go to basic training," said Command Sgt. Maj. Leon Caffie, Senior Enlisted Leader of the Army Reserve. "Soldiers make \$2,000 for every new recruit."

Through the Army Reserve Recruiting Assistance Program (AR-RAP), the AR encourages Soldiers and military civilians to promote service enlistments into the AR.

With the Reserve's presence in 20 countries around the world, the need for more Soldiers is ever increasing, but zealous recruitment is not enough to build numbers.

Soldiers must also entice recruits by increasing public knowledge of diverse career opportunities in the AR.

Caffie said Soldiers should educate prospects about careers the Reserve offers

as well as the people who make up the organization.

With occupations ranging from engineers to military police to surgeons, the AR has more than 120 different jobs for individuals from across the market spectrum.

"The Army Reserve is evolving. Young Soldiers have a greater say so in the Army Reserve, and newer Soldiers are more intellectual," he said.

"We need to showcase what the Reserve has to offer. People don't understand what their options are. You can serve in any capacity."

Publicizing AR career opportunities is important in attracting high school graduates who are entering the job market as well as adults who are searching for a career or a career change.

Caffie said he has met attorneys, pharmaceutical developers, biochemists and even millionaires who serve their country through the Reserve.

"They serve because they are patriots and not merely for money," said Caffie. "We bring exceptional skills to the fight as a



Command Sgt. Maj. Leon Caffie, Command Sgt. Maj. of the Army Reserve Command, talks with Soldiers about the AR-RAP program while attending the All-American Bowl.

component."

On average, the Army Reserve maintains career senior Soldiers of 15 years or more, according to Caffie.

"The Army Reserve's (strength) is around 195,000 Soldiers and approaching 206,000. We expect many more by 2010," he said.

Individual efforts promoting the AR through the AR-RAP program is essential to obtain the projected strength.

Surgeon Pursues Reserve Position

Doctor Learns About Opportunities Through AR-RAP

Story and photos by Maj. William D. Ritter, Army Reserve Medical Command Public Affairs Office



PINELLAS PARK, Fla. - For love of his country and his desire to honor his Family lineage, Dr. Micah Lissy is pursuing a commission as an orthopedic surgeon in the Army

Reserve.

Lissy, from White Plains NY, was introduced to the Army Reserve through the Army Reserve Recruiter Assist Program.

He works with Capt. Susan Hopper at the Montefiore Medical Center, Bronx, where the two discussed Army Reserve opportunities for doctors. Hopper then introduced Lissy to Col. Martin Blank to discuss the ins and outs of an Army medical career in an informal environment.

Blank met Lissy and his wife, Razzi, for dinner one evening. Dr. Lissy liked what he heard and Blank linked him up with Sgt. 1st Class Kenneth Hines, a healthcare recruiting specialist.

Dr. Lissy liked what he heard, but his main concern with joining the Army Reserve was the effect it would have on his Family.

"Joining the Army Reserve is a very selfish decision, as it affects my Family more than me and I never considered myself a selfish person."

"My grandfather served as a dentist in World War II, and I too wanted to serve. But the effects of a military career on one's Family are great, and I want to make sure my wife and I have all the information we could before I joined," he added.

Lissy has the support of his wife Razzi, a fifth-grade teacher who moved from Israel only eight months ago.

"I support Micah in the pursuit of any Army career. He is very patriotic, and I believe it is the right thing to do" said Razzi. "But as a wife, I do have some concerns. How risky will it be as an Army Reserve doctor? Will the Army Reserve be reliable in honoring what we are being presented? How will it affect his civilian career? Things of this nature."

"All of my husband's Family lives near us in White Plains. They too have been supportive of Micah's pursuit and would be readily available to support Amelia (their

daughter) and I, should he deploy," she added.

To aid in answering these questions, Sgt. 1st Class Hines brought Dr. Lissy, his wife, and their eight-month-old daughter to Atlanta, Ga. to meet the senior leadership of the Army Reserve Medical Command during their recent Senior Leadership Battle Workshop.

There, the Lissy's were able to address some of their concerns with many general officers including the Commanding General, Maj. Gen. James Hasbergen and the leadership of the Family readiness group, Mrs. Barb Hasbergen.

Lissy, who would enter the Army as a senior captain, left the conference with much more information. He will continue to work with Sgt. 1st Class Hines in the pursuit of an Army Reserve medical career, but the entire process would not have been initiated had it not been for the Army Reserve Recruiter Assistant Program and a casual conversation with Capt. Hooper, his colleague, and friend.

Boy's Wish Comes True

Army Medics Honor Boy's Wish to be a Soldier

Story by Phil Reidinger, Special to American Forces Press Service

FORT SAM HOUSTON, Texas - Cox could have traveled to any exotic locale or tried any profession in the world, but this 5-year-old with leukemia had just one wish: to be a Soldier.

"He could have chosen any activity during this break in his treatments, to include Disney World," said Gavin's father, Troy Heminger. "He wanted to be a Soldier."

During a solemn ceremony in the Army Medical Department Center and School command conference room, the little boy stood proudly on the conference room table surrounded by Soldiers of all ranks. Dressed in an Army combat uniform, Gavin was promoted to the honorary rank of sergeant in the Army Medical Department by the installation commander, Army Maj. Gen. Russell Czerw.

Contacted by the Make-a-Wish Foundation, Czerw agreed to honor the boy's request, planning a day for him to train with the Army's medics.

After reciting the Army's enlistment oath with him, Czerw pinned the rank of sergeant on his uniform and emphasized to the young man standing at attention, "This is a great day. Thank you for making this day special for us." He then inducted Gavin as an honorary member of the AMEDD Regiment.

Army Master Sgt. Maurice Sims, com-

mand retention noncommissioned officer, presented the Cox Family members, including sister Jade and brothers Chandler and Zane, with Warrior Ethos packs, recognizing their role in helping their father, Troy, and mother, Melissa, during Gavin's chemotherapy.

The training day for Sergeant Cox began with a trip in a tactical vehicle to the ES 2000 weapons training facility, where he earned his marksmanship badge. He then took a break from training to join Soldiers at the Rocco Dining Facility.

Army Sgt. 1st Class Joey Wrinkle stood outside with a platoon of Soldiers assigned to 187th Medical 7d by the battalion. Assigned to the platoon for lunch, Sergeant Cox led the guidon bearer and the formation into the dining facility.

"I presented him with my airborne wings. He is strong and brave like an airborne Soldier, and he deserves to be recognized. This is about what we do as Soldiers," Wrinkle said.

During lunch, Soldiers stopped by to

wish Gavin well and present their own badges to him. He left the dining facility with air assault and expert medic badges added to his uniform.

At his next stop on the training schedule, he visited the Department of Combat Medic Training and watched Soldier-medics training with a human patient simulator. He completed the day learning how patients are loaded on a Stryker ambulance and transferred to hospital units.

During the day, Gavin's parents watched their son talking to Soldiers and enjoying his day with them. Troy Heminger served on active duty for nine years with 1110th Support Battalion and 58th Signal Battalion as a microwave systems operations and maintenance specialist. "He is having fun," he said, watching the boy interact with Soldiers. "He is forgetting about his illness for a while."

After spending the day with Army medics, Gavin and his family left San Antonio the next day for Fort Hood, Texas, where honorary Sergeant Cox would spend another day in the Army as a Soldier with the Army's combat units.

Following his week as a Soldier, Gavin was scheduled for intensified chemotherapy at Dallas Children's Hospital.



Army Maj. Gen. Russell Czerw, Fort Sam Houston, Texas, installation commander, teaches 5-year-old Gavin Cox how to shoot an M-9 pistol at the ES 2000 weapons training facility. Gavin also trained on an M-16 rifle and walked away with a marksmanship badge. His wish was granted March 18 when he became a Soldier for the day here.

Photo by Ed Dixon

Loan Repayment Update

Student Loan Repayment is Now Self-service

WASHINGTON, D.C - The Army Reserve implemented a new self-service web site for the Student Loan Repayment Program (SLRP) on February 1.

The site includes a variety of educational programs accessible to Soldiers, including Tuition Assistance, REAP, MGIB and now SLRP. Soldiers can access the site by visiting <https://rcms.ocar.army.pentagon.mil/Education> and using their AKO user ID and password. After logging in, select the "My Loan Repayment Program Home Page" link.

With the activation of this web site, units are no longer responsible for the certification of DD 2475s or the forwarding of

SLRP claims to the USAR Pay Center (UPC). Soldiers will use the SLRP web site to print DD Form 2475s to initiate their annual loan repayment application, manage their loan information, inquire on the status of payments, or view information on the SLRP. As of April 1, this will be the only acceptable mechanism for Soldiers to initiate their SLRP payments. The USAR Pay Center will not accept payment claims from other than the web site.

The web site receives information on SLRP-eligible Soldiers from the Recruit Quota System (REQUEST) and the Retention Management System (RMS). Newly-eligible Soldiers will receive an AKO email prompting them to visit the site and

record their loan information. Since February 1, Soldiers within 60 days of their SLRP anniversary date have received an AKO email prompting them to visit the site to initiate their SLRP claim. The SLRP site also contains an on-line user's guide and the ability for users to submit questions and repayment inquiries.

Despite these changes, units will continue to use the current manual procedures for processing claims for Health Professional's Loan Repayment until further notice.

POC for this article is Mr. Scott Rhode, USARC, G-8, Pay Policy and Operations, Scott.Rhode@US.Army.mil.

Retention Bonuses

Critical Skills and Army Reserve Captain Bonuses Available



WASHINGTON, D.C. - Critical Skills Retention Bonus - Army Reserve (CSRB-AR), US Army Reserve (USAR) Captain CSRB

Are you a USAR TPU Captain? **and**

Do you hold a critical area of concentration (AOC) as outlined in the CSRB-AR Implementation Memorandum? **and**

Will you have less than 25 years of active duty or service in an active reserve status by the end of the three year bonus period?

If so, you May be eligible for a specially tailored retention bonus.

Why is the Army Reserve offering this bonus? The Army Reserve recognizes and appreciates your experience and expertise. In order to retain seasoned professionals with critical skills and capabilities, the Army Reserve is offering a special bonus. For those who qualify, CSRB-AR for USAR Captains offers a payment of up to \$20,000 in a lump sum or periodic installments (50 percent upon agreement and 50 percent on the 2d anniversary date). To accept the bonus, you must execute a written agreement to serve in active status for not less than three years in specified AOC designated as critical for CSRB-AR purposes.

How do I know if I qualify? Officers who are eligible will receive an email through AKO with a hyper-link to the web-based application process. Soldiers who do not receive an email but believe they are eligible can log into the following website to review eligibility criteria:

<https://rcms.ocar.army.pentagon.mil/Incentives>. If you are eligible, the site will take you to the forms necessary to apply for your bonus. If you are not eligible, the site will inform you of that fact and, by accessing the CSRB-AR link at the lower right corner of the page, you can read the implementing memorandum and applicable regulations.

The only way to apply for this bonus is to sign into the above account and complete the CSRB-AR agreement online. You are required to read and sign the Written Agreement and either electronically upload, mail, or fax the Written Agreement to the address or number provided on the website. The preferred method, and quickest way to receive payment, is to upload your Written Agreement. You must Accept or Decline the bonus before exiting the website. Once

you accept the bonus, your request will be verified by the Army Reserve G1 and processed within 72 hours within receipt of the signed written agreement. You can expect payment within three weeks of Army Reserve G1 verification. You may periodically log onto: <https://rcms.ocar.army.pentagon.mil/Incentives> to check the status of your CSRB-AR request.

Your unit administrator will not be able to process for payment or answer specific questions regarding this bonus. Any additional questions regarding this email message or about the CSRB-AR that the implementation guidance on the website is unable to answer should be directed to the Army Reserve incentives team via e-mail at: USARC_In@usar.army.mil.

The Army Reserve continues work to offer the CSRB-AR to portions of its valued enlisted and warrant officer populations.

DESIGNATED AOCs ELIGIBLE FOR CSRB-AR BONUS

- ❖ Aviation Combined Arms Operations 15B
- ❖ Aviation All-Source Intelligence Aviators 15C
- ❖ Engineer 21A
- ❖ Combat Engineer 21B
- ❖ Field Facilities/Contract Construction Management Engineers 21D
- ❖ Military Police 31A
- ❖ Imagery Intelligence (IMINT) 35C
- ❖ All-Source Intelligence Officers 35D
- ❖ Counterintelligence 35E
- ❖ Human Intelligence (HUMINT) 35F
- ❖ Signals Intelligence/Electronic Warfare (SIGINT/EW) 35G
- ❖ Psychological Operations 37A
- ❖ Civil Affairs 38A
- ❖ Human Resources 42B
- ❖ Information Systems Management 53A
- ❖ Command and Unit Chaplain 56A

- ❖ Field Surgeon 62B
- ❖ Army Public Health Nurse 66B
- ❖ Health Services 67A
- ❖ Optometry 67F
- ❖ Aeromedical Evacuation 67J
- ❖ Health Services Systems Management 70D
- ❖ Patient Administration 70E
- ❖ Health Services Human Resources 70F
- ❖ Health Services Plans, Operations, Intelligence, Security, and Training 70H
- ❖ Health Services Materiel 70K
- ❖ Clinical Laboratory 71E
- ❖ Chemical, Biological, Radiological and Nuclear (CBRN) 74A
- ❖ Chemical Operations and Training 74B
- ❖ Chemical Munitions and Materiel Management 74C
- ❖ Transportation, General 88A
- ❖ Traffic Management 88B
- ❖ Marine and Terminal Operations 88C
- ❖ Motor/Rail Transportation 88D
- ❖ Explosive Ordnance Disposal 89E
- ❖ Logistics 90A
- ❖ Ordnance, General 91A
- ❖ Quartermaster, General 92A
- ❖ Aerial Delivery and Materiel 92D
- ❖ Petroleum and Water 92F



**OPERATION
TRIBUTE
TO
FREEDOM**

Share Your Story.



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Operation Tribute to Freedom (OTF), a Department of the Army outreach program, is always looking for Operation Iraqi Freedom, Operation Enduring Freedom and Operation Noble Eagle veterans who are willing to share their experiences with the American public through speaking and recognition opportunities. In the past year, OTF has engaged Soldiers in a variety of speaking and recognition events including:

• Super Bowl XL	• Fourth of July celebrations
• College Bowl Games	• Alpha Epsilon Pi Regional Conference
• U.S. Army All American Bowl	• American Legion Annual Conference
• Nancy Rogers Concert Series	• Brookhaven, N.Y. Public Library community meeting

OTF events are excellent opportunities to speak and be recognized on both a local and national level. For more information, call (202) 828-8871 or e-mail tributetofreedom@hqsda.army.mil.

Army Reserve Turns 100

Ceremonies Honoring Soldiers and Veterans held in Capitol

WASHINGTON, D.C. - The United States Army Reserve today commemorated its 100th Anniversary, honoring its Soldiers and Veterans who have played a vital role in every major U.S. military conflict and humanitarian mission of the past 100 years.

On the West Lawn of the United States Capitol, 100 Soldiers from throughout the United States participated in a mass reenlistment ceremony. The Chief of the United States Army Reserve, Lt. Gen Jack C. Stultz, presided over the ceremony, which was attended by Army Reserve and other military leaders, Members of Congress and the Family members of the re-enlisting Soldiers.

"There can be no greater expression of patriotism on this historic 100th Anniversary than by the oaths of these 100 Soldiers who are renewing their commitment to serve their country," said Stultz. "In this time of war, these brave men and women epitomize personal courage and

selfless service, and they are the pride of the nation they serve."

America's Army Reserve Veterans were remembered during a wreath-laying at the Tomb of the Unknowns at Arlington National Cemetery, followed by a tree planting and plaque dedication on the grounds nearby.

"We are always reminded of the sacrifices of our Army Reserve Soldiers who went into harm's way over the past 100 years to make our world safer, especially those who made the ultimate sacrifice," said Stultz. "Our thoughts of gratitude are also with America's families. Their unflagging support for our Soldiers makes their service possible."

The Army Reserve traces its origins to the now little known Medical Reserve Corps, created by Congress on April 23, 1908, and initially composed of just 160 civilian physicians. This small force was formed to provide the nation with a reservoir of trained medical officers in times of war.

Today's Army Reserve Soldiers play a



100 Army Reserve Soldiers reenlist on the grounds of Capitol Hill to commemorate the 100th Anniversary of the Army Reserve

vital role in the Global War on Terror, applying specialized civilian capabilities to a wide range of missions in Afghanistan and Iraq. Approximately 190,000 Army Reserve Soldiers have been mobilized in support of the War on Terror since 9/11, with 26,000 currently serving on active duty. 19,000 Army Reserve Soldiers are deployed overseas today, while 7,000 are supporting homeland security missions.

For more information about the Army Reserve and its 100th Anniversary, please visit the Army Reserve 100th Anniversary Web site at www.ArmyReserve100th.com. Please visit the Army Reserve Web site, as well, at www.ArmyReserve.Army.mil.

Chaplains Train for PTSD

AR-MEDCOM Complete Post-Traumatic Stress Disorder Training

Story and photos by 1st Lt. Michael Meyer, Army Reserve Medical Command Public Affairs

CLEARWATER, Fla. - Chaplains from the Army Reserve Medical Command are learning to identify symptoms of Post Traumatic Stress Disorder (PTSD) and provider fatigue as a

way to better serve their comrades in arm.

According to studies concluded in January 2008 by the Rand Corporation, approximately 19percent of Soldiers returning from Operations Iraqi and Enduring Freedom are suffering from depression, anxiety or stress related illnesses.

In April the Reverend Chrys Parker taught a specialized course to the Army Reserve Chaplains to help understand and recognize PTSD symptoms amongst today's Soldiers.

Parker is the Executive and Clinical Director of the Burn Recovery and Research Foundation in San Antonio, Texas and specializes in the psychosocial treatment

of trauma.

At the request of the Army Medical Department (AMEDD) in Fort Sam Houston, she is providing courses of instruction to Army health-care providers, psychologists, and chaplains at various military installations around the United States.



Rev. Doctor Chrys Parker teaches a course about Post-Traumatic Stress Disorder (PTSD) to Army Reserve Medical Command (AR-MEDCOM) Chaplains.

"The purpose of this training, is to provide military Chaplains the information that will help them assess military members and professional colleagues", said Parker. "They are looking for signs of combat related stress, compassionate provider fatigue, and post traumatic stress disorder.

In addition it's going to give them a lot of tools to intervene to try to help people."

Many of the chaplains in attendance had extensive experience caring for Soldiers suffering from PTSD. Chaplain (Col.) Brenson Bishop from the 332nd Medical Brigade in Nashville, Tenn. attended the course. He is also a Chaplain at the Veterans Administration's Psychiatry

Department.

"Dr. Parker's presentation tied together a lot of different approaches to practical care of the traumatized patient and veteran," said Bishop. "What we have here is also a broad spirituality that can fit into to many different faith groups, as well as a good understanding of psycho-social development that helps tie the two together."

Chaplain (Lt. Col.) Paul Linzey, from the United States Army Reserve Command, concurs.

"A lot of my experience in the past had to do with very practical pragmatic side of it. This provided the scientific and technical background, which is very helpful in filling in the gaps. What was new to me was the technical information, that provided the rationale, the documentation," he said.

"The more that we get in touch with what our Soldiers and families are going through; the more we are able to help them," said Linzey. It doesn't matter if we are medical professions, chaplains, or simply acting as caring fellow Soldiers," these techniques can help us care for our Soldiers.

100 Years of Constants and Change

A Message From the Chief

Story by Lt. Gen. Jack Stultz, Chief, Army Reserve

WASHINGTON, D.C. - The Army Reserve's 100th anniversary validates our nation's enduring need for such a force, and the event gives Americans the opportunity to recognize the contributions of hundreds of thousands of men and women who served our nation for a century.

Further, our anniversary recognizes that the force has changed dramatically over 100 years to meet the needs of our nation. It began as a small reserve force of about 160 medical professionals. It became a much more capable force that provided all types of combat arms, combat support, and combat service support capabilities. And today it is an operational, expeditionary and domestic force that is an essential piece of the Army.

What hasn't changed in 100 years is the commitment, selfless service, and personal courage of our men and women who voluntarily put their lives on hold - and on the line - to defend our country and our freedoms.

Since terrorists slammed hijacked airliners into New York's World Trade Center, the Pentagon and a field near Shanksville, Penn., Sept. 11, 2001, the men and women of the Army Reserve have served on the front lines of the War on Terrorism at home and abroad. More than 190,000 Army Reserve Soldiers have mobilized to serve in Iraq, Afghanistan and more than a dozen other countries. Today, about 23,000 Army Reserve Soldiers serve on active duty. About 17,000 serve overseas, while another 6,000 support homeland defense missions at training centers, mobilization sites, and medical centers. About 15,000 serve in Iraq or Afghanistan.

Throughout the history of the force, Army Reserve Soldiers who served our nation brought with them unique added val-

ues.

When Army Reserve units mobilize, during both war and peacetime, they bring significant support and concern from their communities with them. Like our National Guard counterparts, Army Reserve Soldiers provide an enduring connection between the military and local communities across our nation.

At the same time, each time Army Reserve Soldiers deploy overseas, they bring part of America with them. They often deliver the best of America to the children of a country as they demonstrate our country's generosity and concern for them and people in other nations around the world.

Another constant is the value of civilian-acquired skills Army Reserve Soldiers bring to help make the U.S. Army the most powerful and sophisticated military force in the world. Army Reserve Soldiers play critical roles in supporting combat troops, and they are a vital part of full-spectrum operations necessary in any major campaign or operation.

They drive trucks in supply convoys, provide security as military police and staff hospitals as doctors and nurses. Reserve civil affairs specialists also help set up police and fire departments and local governments, key efforts in stabilizing countries such as Iraq and Afghanistan.

Today, as we mark our 100th anniversary, our transformation to an operational force continues. It has resulted in the most dramatic changes to Army Reserve structure, training and readiness since World War II.

The days when Army Reserve Soldiers committed one weekend per month and two weeks in the summer to soldiering duties are gone. The weekend warrior is no more.

Today's Army Reserve Soldiers are "Warrior-Citizens." They are warriors who

fight for our nation, and they are also citizens, but their involvement in military operations has been tremendously expanded.

Young men and women serve in today's

Army Reserve because they want to defend our country. They fully expect that they will be called upon - on a regular basis - to do just that. They know they must maintain a high state of readiness, both physically and mentally. They know they will be asked to make great sacrifices - to leave their Families and their civilian jobs - to serve our nation.

Today's Army Reserve Soldiers represent the values upon which our country was founded. They are citizens who are willing to lay down their plows and pick up their rifles when called upon. They're proud of their service. They're proud to say they're part of the Army Reserve.

Today's Army Reserve is no longer a strategic reserve; instead, it is an operational force and an integral part of the world's greatest Army. Today's units are prepared and available to deploy with a full complement of trained Soldiers and equipment when the Nation calls. Army Reserve Soldiers are members of the best trained, best led, and best equipped fighting force any nation has fielded.

They are ready for the next one hundred years.



Lt. Gen. Jack Stultz, Chief, Army Reserve

DoD Announces New Reserve Component Deployment Support and Reintegration Office

WASHINGTON, D.C. - Undersecretary of Defense David S. C. Chu today announced the formation of the Deployment Support and Reintegration Office within the Office of the Assistant Secretary of Defense for Reserve Affairs.

The office, mandated in this year's defense authorization act, is an integral piece of the Yellow Ribbon Reintegration Program. DoD's Yellow Ribbon Initiative is

designed to provide support and outreach services to Reserve component service members, their families and communities throughout the deployment cycle.

This program places particular emphasis on preparing service members and their families for the stresses associated with separation and deployment, educating members and families about resources available to assist them, and connecting members to service providers before and during deployments. The focus shifts to reconnecting

service members with families and communities for successful reintegration following deployment.

Reintegration program capabilities are already underway with services provided through the Joint Family Support Assistance Program and are currently being pilot tested in 15 states. DoD plans to expand this program beyond the pilot phase to all 54 states and territories.

Family Support Gets More Funds

Army to Focus More on Family Support

Story by Sgt. Sara Moore, American Forces Press Service

WASHINGTON, D.C. - The Army is doubling its investment in Family support programs in the 2009 budget and will use that money to hire support personnel for Family readiness groups, improve child care, and expand educational opportunities for spouses and children of troops, the Army secretary said today.

The Army has been building on several years of emphasis on better support for families, Pete Geren told online journalists and "bloggers" during a conference call.

The 2009 budget for Family support programs will be \$1.4 billion, up from \$700 million last year. Through traveling to different Army bases and talking with Soldiers and spouses, Army leaders have learned that child care and Family support are important issues for troops, he said.

"So much of the Family support over the years has been based on volunteers, where you have spouses that carry the heaviest burden for Family support initiatives," Geren said. "One deployment, perhaps that works; two deployments, that's starting to be too much to ask; and three deployments is pushing those volunteers to the breaking point."

To remedy this problem, Geren said,

the Army will use its expanded budget to hire full-time support personnel for Family readiness groups to help spouses who also have to balance career and Family responsibilities. The Army also will hire more staff for child care and youth services, he said.

Another important issue the Army is working on is improving career opportunities for spouses of Soldiers as they have to relocate around the country, Geren said. The Army has started the spouse employment partnership, working with industry across the country to provide greater spousal employment opportunities, he said, and the secretaries of defense and labor have entered into a joint venture to expand employment opportunities for military spouses.

Geren added that the Army is seeking to better manage the force so Soldiers and their families face fewer moves throughout their careers, to give spouses more opportunities for education and professional development, and to work with employers to identify more opportunities for Army spouses.

"With the economy that we have now, ... there are opportunities today for spouses that wouldn't have existed a very few years ago," Geren said. "And as an Army, we need to explore how we can use the Internet

economy and use the virtual economy to help spouses, whether their employment skills are blue collar or professional."

Geren also addressed improvements the Army has made in medical care for wounded Soldiers since last year, when problems were revealed at Walter Reed Army Medical Center. The Army has established 35 warrior transition units, which are aimed solely at helping wounded Soldiers recover, and has hired about 2,500 personnel to man those units, he said. Every Soldier assigned to a warrior transition unit has three people who are responsible for him -- a squad leader, a nurse case manager and a primary care physician -- to ensure all that Soldier's needs are met, both physically and mentally, Geren said.

"The whole concept of the warrior transition unit is to provide this triad of support that meets the full range of a warrior in transition's care and needs," he explained.

This summer, the Army is launching a program to educate all Soldiers on suicide prevention, Geren said. This program is following on the success of the education program on post-traumatic stress disorder and traumatic brain injury, he said, and every Soldier will be required to take the course.



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Word from the War

Doctor-legislator Says Reality of Iraq Conflict Sets in Quickly

Story by Col. Joe Heck, Army Reserve Medical Command, Special to the Los Vegas Review-Journal



AL ASAD, Iraq - We are approaching day 30, one-third of the way through the tour. I am stationed at Al Asad in Anbar province, which is in the western desert of Iraq. It is a large base that supports several forward operating bases throughout the western part of the country.

My departure was emotional -- the Blue Star Mothers arranged a surprise send-off for me and were at the airport pre-dawn with a group of supporters. They presented my mom with a Blue Star flag.

First stop was Fort Benning, Ga., for in-processing. For the first time, the harsh reality of this adventure sank in -- the briefs on improvised explosive devices (IEDs) made the hair on the back of my neck stand up. It's amazing how many ways the insurgents have found to turn ordinary looking items into deadly weapons, and how many ways they have developed to detonate them. Casualties from IEDs are the greatest threat right now.

Next was 20 hours of flying to get to Kuwait, where the clock started for my 90-day tour.

We spent another five days reviewing what we did at Fort Benning. (You know the Army, if they don't tell you the same thing at least three times, they haven't told you.) But I was glad to get another briefing on IEDs.

Finally, I got to my duty station at Al Asad. I am working in a combat support hospital as the chief of emergency services. We have an emergency room with trauma capabilities. Fortunately, it is fairly slow in the ER, which means the good guys aren't getting hurt. We see a fair number of minor-moderate illnesses and injuries, which is fine.

The Army Medical Department's motto is "To Conserve the Fighting Strength," so getting these troops with minor-moderate ailments back into the fight is priority No. 1. We also see quite a few civilians and Iraqi army, which is all part of the mission to "win the hearts and minds."

But we have had some major trauma as well. Feb. 21 was a terrible day. We received a radio report that the medevac was inbound with a Marine who sustained a gunshot wound to the chest.

We got our team ready and were waiting for his arrival. Then we got word from the helicopter that they were five minutes out and they just lost a pulse. I felt my heart drop. As soon as they landed and we got

him inside we worked him hard. We did things that would have been considered heroic and "last-ditch" efforts in the States, but we decided before he arrived that we would do everything humanly possible.

Unfortunately, we couldn't save him. I was crushed. This 20-year-old kid looked like he could have been on the Marine Corps recruiting poster: rugged face, chiseled body, blond hair. You could just tell he was a Marine's Marine. The entire ER staff became somber and sullen. Without a word, the charge nurse and two of my young medics began to clean the body to remove the blood and grime. Then, without anyone saying anything, these two medics spontaneously carefully draped the body with an American flag and took up positions at the foot of the gurney, standing at parade rest -- "never leave a fallen comrade" -- until the mortuary affairs team came to retrieve the remains.

I was never, simultaneously, more proud and heartsick -- proud of my medics and their actions, yet heartsick over the loss of this Marine. He was the first combat trauma that we received since our arrival in theater, and we lost him. His face and name are etched in my brain forever. I have lost many patients in the ER back home, but this one was different. And it affected me much more than any other patient I have lost.

About 30 minutes after we finished that case, we received another call that we were getting a detainee who was shot. Incredible, I thought to myself, we just lost a Marine to insurgent actions, and now they are bringing us an insurgent.

He sustained a gunshot wound to the buttock that went into his abdomen and required surgery. From the time he hit the ER door until the time he was in the OR was 20 minutes -- a feat that many U.S. hospitals cannot achieve. He survived, and was nursed back to health by the fabulous nursing staff and then sent to the detainee facility. We learned later that he was from a separate incident where he and three other insurgents were placing IEDs. His comrades were killed.

A few days later, we

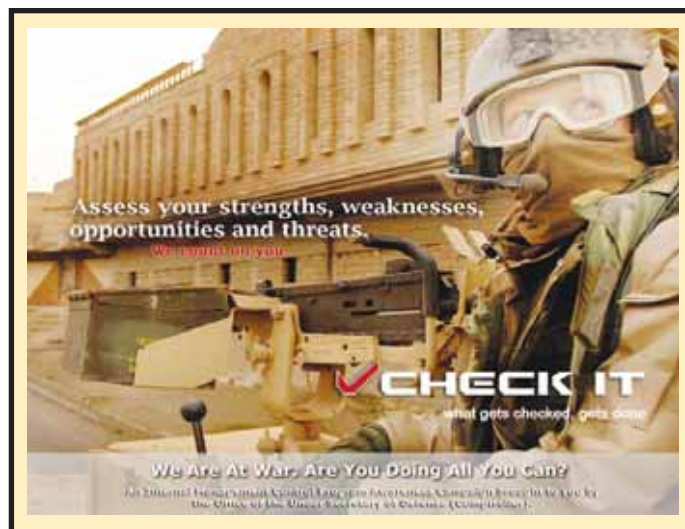
had a mini-mass casualty incident when a building collapse from poor construction resulted in five Iraqi army casualties. One was dead at the scene from head trauma, and the other four were brought to us. Most of the injuries were broken bones, but there were some abdominal organ injuries as well. They have all done well.

On the personal side, it is tough being away from the Family, as you can well imagine. Especially my 10-year-old son -- he started playing lacrosse this year and I helped coach before I left, but the season will probably be over by the time I get home. Internet access is pretty good, so I am able to e-mail with them and I get to call every so often. Things have settled into a routine, as much as that is possible. There is not a whole lot to do when you are off shift, although I am on call 24-7 for trauma.

I am hoping to start flying with the medevac crews shortly. My secondary military occupational specialty is as a flight surgeon, so I would like to get outside the wire and fly a little while I am here.

We are succeeding in our goals for the Iraqi people. Unfortunately, only the violence is covered in the media and not the humanitarian progress that is being made. Many of the workers on the base are Iraqi nationals, and they are very grateful that we are here and have liberated their country. They are constantly expressing their gratitude.

Our troops are remarkable, which is something I have always felt, but have now seen. They believe in the mission and morale is high. There is no griping or complaining. They are the consummate professionals, just getting the job done.



Rock Star Mobs

345th CSH Sergeant Deploying on First Tour a Real Rock Star

Story and photo by Samantha L. Quigley, American Forces Press Service

CAMP BUEHRING, Kuwait - It's hard to imagine that Frank Cavanagh, a tall thin Army Reserve sergeant with a shaved head, once had hair nearly to his shoulders and played bass for the rock band Filter.

Cavanagh said he didn't tell anyone he'd gone through basic and advanced individual military training for some three years. He also didn't tell anyone in his reserve unit that he had been in a successful rock band.

"I didn't want either positive or nega-

reunited the sergeant with Richard Patrick, Filter's only remaining original member and lead singer.

MySpace social networking Web site presented the show yesterday with cooperation from Armed Forces Entertainment, a group that brings entertainment to deployed troops, and America Supports You, a Defense Department program that connects citizens and companies with servicemembers and their families worldwide.

"We really wanted it to happen. It's a bridge between the two worlds," Patrick said. "We're coming over here to play rock music, and Frank's in the military. Let's bridge the two worlds and let everybody know it's really one world."

Though it was a happy compromise, the reunion in Kuwait wasn't quite what Patrick had originally hoped for.

"I'm a reservist, and (Rich) had called me up about five months ago and was like, 'Hey, I'm putting a new record out, and I want you to come help me with it and go back on tour,' Cavanagh said. "I was like, 'Buddy, I'm going on a different kind of a tour. It's gonna be a hot one, too.'"

Cavanagh's decision to enlist was no surprise to Patrick, however. The singer knew his buddy loved his country and the military.

"Knowing everything about Frank, ... Frank's a patriot and he's going to be exactly who he is," Patrick said. "(The hiatus) gave Frank a lot of time off ... to sit and think about what else is out there. It was the (right) time for him to just go, 'Look, I have this opportunity, I'm going to do it.'"

"He decided to go into the military and serve his country. I think that's great," Patrick added.

The fact that Cavanagh was going to be at the concert made it all the more meaningful for Patrick and the other members of Filter. In fact, playing for the troops was the first goal on his list when he decided to put his band back together.

"It's a total honor," he said. "You're traveling over here, and it's time zone changes, and you feel like a zombie, but when you see the people you came for, it's instantly worth it," he said. "It's a hell of an experience."

The experience paid off big for the troops when Cavanagh, sans his rock star hair, joined his former band for one song during the concert that also featured comedian Carlos Mencia, actress/singer Jessica Simpson, the bands Disturbed and the Pussycat Dolls, and DJ Z-Trip.

Now, it's back to soldiering for Cavanagh, at least for the next year.

"Of course, in a year, I would love to come back and play with Filter," Cavanagh said. "The itch to play music and be in Filter will never leave me."

Husband, Wife Deploy Together

Story by News 4 Jacksonville, Photo by Bob Self, The Times-Union

JACKSONVILLE, Fla. - An Army couple plan to head overseas and serve their country together even though they will have to be away from their 1-year-old boy for a year.

Yvette and William Sims will soon be heading to Iraq as members of the Army Reserve's 345th combat-support hospital.

While that means they'll be together overseas, it also means the couple only have a few more play dates with their 1-year-old son, Connor.

"It's going to be heartbreaking to leave him," Yvette Sims said. "We're going over there, of course, to support the mission over there and to take care of Soldiers."

The Sims have been deployed in the past, but have never gone together.

Deploying married couples together is a relatively new practice, Channel 4's John Dunlap reported.

However, with the amount of stress on a Family that a lengthy stay overseas can create, the deployment of couples seems to be the direction in which the military is heading.

"Most of the married couples will be together. In fact, there's a couple getting married today. They've been together for eight years, and they also have a child," said Sims. "I think the Army in particular has changed its view with that 60 percent divorce rate. They want to change that image."

The Sims said Connor will celebrate his second birthday with other Family members, but his greatest present won't come until this time next year when his parents return home just in time for his third birthday.

"I'm just hoping that he's proud of us and what we've done," Sims said.



Richard Patrick (left), lead vocalist for the band Filter, and former band mate turned Army Reserve Sgt. Frank Cavanagh share the stage for a reunion song during the Operation MySpace concert at Camp Buehring, Kuwait.

tive attitudes," he said. "I just wanted to be a Soldier and get along, just because we're all Soldiers; we're all equal."

It may be hard to believe that a verifiable "rock star" would give up a successful career for a Soldier's life, but Cavanagh had his reasons. "I've done everything I wanted to do in life with music," he said. "After the band went on hiatus, I was like, 'What have I not done in life?' I've got a beautiful Family, beautiful kids. I love music, but I love my country."

So, at 35, Cavanagh, followed in his father, uncle and brother's footsteps and volunteered to serve his country. He's a "27 Delta," Army-speak for a paralegal, and said he loves his job. "There's nothing more important to me, really, than what a Soldier does," he said. "You get called upon to do things, and sometimes you don't like it. But, hey, that's alright. There's a higher purpose for it."

The rock star turned Soldier soon will come back through Camp Buehring on his way to Iraq for his first tour. But first, he had one more concert to get out of the way.

Cavanagh was in Kuwait to reunite with his old band, Filter, during "Operation MySpace." More specifically, the concert



345th CSH Heads to Iraq

Combat Support Hospital Mobilizes

Story by Kaylee LaRocque, Editor, Jax Air News, Naval Air Station Jacksonville; Photos by Maj. William Ritter, Army Reserve Medical Command

SJACKSONVILLE, Fla. - A deployment farewell ceremony was held at NAS Jax Saturday to say goodbye to 480 members of the 345th Combat Support Hospital who are headed to Iraq for the next year. Hundreds of Soldiers and their families packed Hangar 117 for the special event to give a rousing send off to the troops who will spend time training at Fort Hood, Texas before deploying to Iraq.

The ceremony featured several speakers including Brig. Gen. Margaret Wilmoth, commanding general, 332nd Medical Brigade, Congresswoman Corrine Brown (D-Fla.) and other city and state representatives.

Several members of the Jacksonville Jaguars and The Roar were also on hand to greet the troops.

The guest speaker for the event was retired Army Capt. Jonathan Pruden, who was one of the first improvised explosive device casualties while serving during Operation Iraqi Freedom in 2003 and who now works for the Veteran's Administration and the Wounded Warrior Project.

"I'm here today to tell you that the sacrifices you will be making for the next year are not in vain. Whatever your views are about the war, you're here today and that makes you heroes. You are prepared to serve and sacrifice so others can live. You will profoundly impact countless lives, Iraqi and Americans. I wouldn't be here today if it weren't for people like you," said Pruden.

"As we were driving one day while patrolling in Iraq, the whole world suddenly exploded. When I tried to use the brakes, I realized my legs weren't working. My team got me to the closest medical unit and applied basic lifesaving techniques. I was then flown to the combat support hospital. As soon as I reached the hospital, I was rushed into surgery.

For the next 48 hours, they kept me alive and did two more surgeries to stabilize me. I also received 12 units of blood and from what I heard, there was not enough blood, so hospital staff members donated to save my life. I am forever grateful to them for donating so much of themselves," Pruden continued.

"Without the Soldiers at combat support hospital, I would not be alive today.

Thanks for all that you will do. And, to the families here today, thank you so much for your sacrifices and allowing your loved ones to do so much good."

Col. Danny Baldwin, commander of the 345th Combat Support Hospital also praised his troops. "Soldiers of 345th Combat Support Hospital, you've gone and done so many big training events to get yourselves ready for this mission that we're about to go on. To our Family members, I assure you that the Soldiers of 345th Combat Support Hospital are trained and ready to take care of American Soldiers and save lives and come back safely to you," he stated.

Brig. Gen. Margaret Wilmoth, commanding general, 332nd Medical Brigade, also praised the unit. "It's been a long year of training. You have not let anything deter you from the mission of getting to this day so you can go and take care of our wounded Soldiers," said Wilmoth. "You would not be here today without the support of your families, colleagues and your employers. The past year has only been the beginning for you are about to fulfill your commitments to our Army. You are

going to provide high quality medical and nursing care to our wounded warriors. There is no higher quality in our Army."

She also stressed that the Soldiers need to write their mothers and that the families should bond together and join the Family support group.

The unit drills at the Armed Forces Reserve Center at NAS Jax and is comprised of Soldiers from all over the country. "As a combat support hospital we do everything that a civilian hospital does. We have surgeons, nurses and medical support staff and do everything that a civilian hospital does. A lot of these Soldiers are volunteers who are going back for a second time. Doctors are only required to be overseas for 90 days at a time, so many are choosing to go back for a second tour," explained Maj. William Ritter, the unit's public affairs officer. "This unit mobilized in 2003 at the beginning of the war so some of these Soldiers have been there before."

After the ceremony, the Soldiers spent time with their families before flying out early the next morning.



Family members of the 345th await for their mobilization ceremony to begin as the unit forms-up in the background.



Sgt. Michael Webster sleeps with his daughter, Ladina Boyer, while awaiting the arrival of his plane to take him to Fort Hood.



Members of the 345th catch some sleep in the early morning as they wait to board their plane to Fort Hood.



Family members of the 345th say their final goodbyes as the unit prepares to board their plane to Fort Hood.

Army Salutes Last Doughboy

Last WWI Veteran Honored

Story and photo by Elizabeth M. Lorge, Soldier Media Center



WASHINGTON - The last American known to have served in France during World War I was on hand to help Secretary of Defense Robert Gates and Secretary of the Army Pete Geren unveil a new portrait exhibit at the Pentagon Thursday.

The life of former Cpl. Frank Woodruff Buckles, now 107, mirrors the 20th century and he remains the only representative of 4.7 million troops who marched off to fight the Kaiser 90 years ago - a generation of veterans now in danger of being forgotten.

Secretary Gates praised Buckles' service and noted that while World War I lacks a national memorial and has failed to capture the American consciousness the way later conflicts have, it set much of the modern world stage.

"The 20th century truly began with an archduke's assassination in Sarajevo on June 28, 1914," he said. "The war, which started as a fight over Balkan independence, left in its wake a redrawn map of Europe and the Middle East - including the demarcation of a land in Mesopotamia called Iraq. From Baghdad to Belgrade, the places that mattered then are in the forefront of our consciousness today."

Helping America Remember

In 2006, photographer David DeJonge set out to help America remember a war that was neither great nor ended all wars, by documenting remaining World War I veterans. By the time he could finance the project, four had died. Five more died within weeks of their sessions, and today only Buckles and Canadian-native John F. Babcock are alive. The collection of nine portraits will remain on permanent display at the Pentagon.

"For those of us here today, we will forever put the face of Corporal Buckles on the Great War and the nine wrinkled and aged faces so masterfully captured by the artistry of our photographer, David DeJonge. And when we put a human face on a heretofore faceless war, we are reminded and convicted of the personal debt that each of us owes to those who have secured the blessings of our liberty," said Secretary Geren.

Unexpected Honor

Wearing the Legion of Honor he was awarded by French President Jacques Chirac, Buckles simply thanked the room on behalf of his fellow World War I veterans

and received a standing ovation from the standing-room-only crowd.

He never expected to be alone, Buckles had said Tuesday during an interview at his farm in West Virginia, but since he is, he will serve his generation as best he can.

Only 16 when the United States declared war on Germany in 1917, Buckles had to lie about his age several times to enlist -- although he insists "lie" is too strong a word -- and was rejected by the Marines because he was too small and by

Winchester, England, driving officers on a motorcycle with a side car.

After pestering everyone he could think of and several unsuccessful schemes to simply fall in line and board a troop ship across the channel, Buckles eventually made it to France, but never near the trenches. As an ambulance driver, he saw plenty of casualties, but never any combat.

Unforgettable 'Black Jack'

After the war, he helped escort hundreds of German prisoners of war home



Two honor-guard Soldiers help unveil David DeJonge's portrait of Frank Buckles, the last American World War I veteran during a Pentagon ceremony March 6. Nine portraits of World War I veterans, including Buckles, will remain on permanent display at the Pentagon. Buckles is seated as DeJonge and Secretary of the Army Pete Geren (right) look on.

the Navy because he had flat feet.

An Army recruiter in Oklahoma finally took him after Buckles said the only record of his birth was in the Family Bible in Missouri. He joined the First Fort Riley Casual Detachment, serial number 15577, and sailed for Europe on the HMS Carpathia, the ship that had rescued the survivors of the Titanic in 1912.

Anxious to Reach Frontlines

He went to all that effort to serve, he said, "Because it's an important thing. The whole world was interested in this. Why shouldn't I be?"

An old sergeant had told Buckles that the fastest way to get to the action in France was to join the ambulance corps, as ambulance drivers were desperately needed at the front, but to Buckles' dismay, his unit was rerouted and he found himself in

before returning to Oklahoma and meeting Gen. John "Black Jack" Pershing, commander of U.S. forces during World War I, which Buckles still recalls as one of the highlights of his life.

"After I'd given the general a snappy salute and passed on, he said to the sergeant to come back, he had some questions to ask me. He knew about the four gold bars on my sleeve, which indicated I'd been in Europe two years. He noticed the cut of my jacket was better material than that issued by the Army. He also would have noticed my Missouri accent and asked me where was I born. I said, 'On my father's farm... in Harrison County, Mo.' He said, 'I was born...in Linn County, just 43 miles, as the crow flies, from Harrison County where you were born.'"

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Army Re-checks Soldiers' Health

PDHRA Double-checks Deployed Army Reserve Soldiers' Health

Story and photo by Sgt. Eric W. Jones, Army Reserve Medical Command Public Affairs Office



LEXINGTON, Mass. - Soldiers from the 399th Combat Support Hospital recently completed Post Deployment Health Re-assessment (PDHRA) during their

Battle Assembly weekend, ensuring all Soldiers within their ranks were receiving the medical or mental care they need after having returned from Iraq.

The PDHRA is the Army Reserve's process of "double-checking" that all Soldiers who have returned from active duty deployments receive the appropriate health-care they may need.

In the past, Reserve Soldiers only went through a medical screening before they deployed and again before they were released from active duty. Now, Soldiers must undergo the PDHRA, from 90 to 180 days of their release from active duty, a second opportunity to get military care for injuries from deployment.

The process is simple, but thorough. First, Soldiers fill out a questionnaire with demographic information and questions pertaining to their health. It is not mandatory that Soldiers answer the health questions, but it is an opportunity to make any ailments that have developed since their returned to the states known to the military.

Soldiers will then sit with a medical provider for a private discussion about themselves and their health. If necessary, the Soldiers can speak to a mental health professional if they have any concerns.

If assistance is required, the Soldier can receive a referral at that time to several sources: Tri-care, the VA or their primary care provider for treatment. A presumptive "Line of Duty" report (a military report that determines that active duty caused an ailment) is issued and treatment is pursued.

The PDHRA was established to catch injuries and illnesses that can show up after deployment with special regards to mental health issues that can take longer to surface.

In the past, Soldiers have been reluctant to disclose illnesses when they returned to the U.S. for fear of being retained longer at the demobilization site and miss anticipated homecomings with loved ones.

"At the beginning of the war, Reserve Soldiers were not complaining of anything because, if they did, they

might be stuck (for treatment) at the mobilization site and couldn't get home," said Lt. Col. Linda Moore, the Army Reserve Medical Command PDHRA coordinator.

"They went back to their units and brought up some of the issues there. But that made things harder as the unit had to generate a Line of Duty, and it was harder to get care. It became clear that we had to do a re-assessment, and the PDHRA program was developed."

The biggest challenge for the 399th, and Army Reserve, is contacting all of the Soldiers who deployed with the unit. Upon returning home, many Soldiers move into new residences or establish new phone numbers since they needed neither while deployed. This can make maintaining contact with each Soldier difficult.

For Soldiers who are not within commuting distance or cannot attend a Battle Assembly the review process can be completed on-line by following directions at the Army Knowledge Online (AKO) portal under the "My Health" section. There they can fill forms and be telephoned by the healthcare providers to finish the process.

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Wrong Place, Wrong Time

Buckles' next career in shipping brought him in contact with two of the Axis powers of the Second World War. He traveled frequently to the Germany of the Third Reich -- he remembers a German officer telling him they were preparing for another war as early as the late-1920s -- and in a terrible example of being in the wrong place at the wrong time, was in Manila when Japan invaded the Philippines in 1941.

He had turned down a job in Buenos Aires and expected to be in the Philippines for only six months. Instead, during three years of incarceration, he nearly starved as he ate each small, mush-like meal from a tin cup the size of a coffee mug.

Buckles still has that mug and said he lost more than 50 pounds in the prison camp. He said toward the end, the Japanese intentionally starved the prisoners and as the Americans got close, they planned to murder them. Paratroopers arrived just in time, and Buckles recalled being so happy to see them that he dressed up in the starched shirt and pressed pants he had saved for 38 months.

SecArmy: Vets Shape Future

"This nation called and a country boy from Missouri went," said Secretary Geren. "Today young men and women from our generation, the best of this generation too, are joined in a war in a far-off land that will shape their future and the world's future for decades to come. As with Frank Buckles' war, some day this war will end and all will come home with their lives and the world forever changed and the vivid and searing memories of their war will live with them throughout their days on this earth.

"But for those who did not serve, today's war soon will recede from the front pages and into the mists of history, as has the Great War, Corporal Buckles' war. For most Americans it will become little more than a chapter in a high-school history text book and we quickly will forget the blood debt owed by the many to the few."

Editor's Note:
If you have not had a PDHRA screening since you have returned from a deployment, call 1-888-PDHRA-99 to reach the PDHRA call center.



Capt. Linda Pascale completes a questionnaire as part of the 399th Combat Support Hospital's Post Deployment Health Re-assessment conducted during a recent Battle Assembly.

Business Care Plan Saves Company

Pre-planning Saves Self-Employed Soldier's Business

Story by Master Sgt. Enid Ramos-Mandell Army Reserve Medical Command Public Affairs Office



NEW YORK, N.Y. - Sgt. Maj. Nelson Ildefonso-Cruz loves his business as much as he does the Army Reserve. He has been self-employed for many years though and knows all too

well the challenges of each, including the fact that he, and all Reserve Soldiers, who are self-employed, do not receive the same legal protection for their businesses as a traditionally employed Soldier. He knows it is up to the Soldier to implement the needed procedures and practices to safeguard their business while they are deployed. He has a plan. What he calls his 'Business Care Plan.'

Ildefonso-Cruz, from the 8th Medical Brigade out of New York, deployed to Kuwait in December 2004. With the ongoing Global War on Terrorism, he knows he could deploy again at anytime.

His business provides medical services to the insurance industry. He employs and manages nurses and lab technicians who screen individuals seeking life and disability insurance coverage, collecting urine and blood samples, medical history and records as well as administering Electrocardiograms (EKGs) and blood pressure screenings for insurance companies' underwriters.

Ildefonso-Cruz advises anyone wanting to be self-employed to start a 'Business Care Plan' from day one. He believes its contents and tips can help keep your business afloat if you are deployed.

"So much of what I do is in my head, it is second nature. But for someone to fill in and run a business for you, you need to take the time and write down everything you do on a daily basis for them to reference later," he said.

"I created my plan for my wife, Joann and two adult daughters, but a good 'Business Care Plan' can be implemented by anyone you trust".

"It is just like an operations order in the military, it tells everyone 'who must do what, when' to achieve success," he added. "He only difference is an operations order won't tell you how, that is up to the individual leader. A 'Business Care Plan' must include the how. Let your replacements know how you achieve the success you do.

That way, they can use your techniques to continue your businesses success in your absence.

Additionally, Ildefonso-Cruz recommends you get your replacements out to meet with your clients as often as you can lead up to your deployment.

"So much of my business has developed due to face-to-face interactions with my customer. They learn to trust you and rely on your service,"

he stated. "When I got my deployment orders in 2004, I took my wife and daughters around to all my clients and introduced them. My customers must get to know them and feel comfortable with them taking over when he is not there," he added.

"My family also needed to get use to their needs and idiosyncrasies."

He recommends not waiting till you receive your deployment orders, as he did, to introduce your replacement to your clients.

"My family did great, as a matter of fact, one of our most demanding insurance agents told my wife she could run the business in her sleep," he said. "But I should have given them more opportunity to know my clients and vise-versa.

Also included in his 'Business Care Plan' were as a list of contacts, suppliers, bill payments, power of attorney and emergency numbers.

"My wife Joann was used to running the business for two weeks during annual training, but I was only a phone call away then. Being mobilized for a year she would not be able to reach me for quick solution, so I had to include anything and everything I thought she may need," he said. "It is always better for the binder to be spilling over with unused information, than too emaciated due to the lack of material."

Ildefonso-Cruz believes that families have it the hardest when deployed. Everything must continue as if the Soldier was still at home.

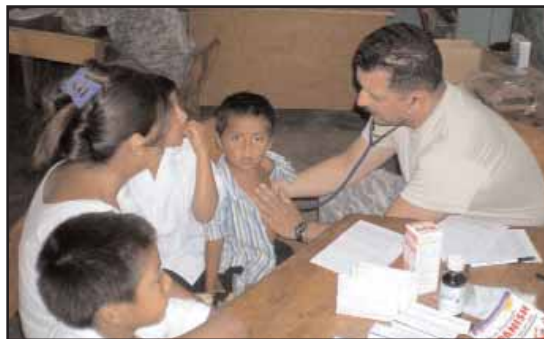
"Without their support and understanding, we as Soldiers cannot do our jobs," he stated. "I also could not keep my business. Families do so much more that miss your presents when you're gone; they keep the world as you knew it (before deployment) going round.

Asked if there was any one moment when he thought he should just give up his business or the Army Reserve, he said, "Every business owner at one time or another has questioned whether the pressures of running one's own business are worth it, I am no different, but I love working for myself. I also love what I do in the Army Reserve. I enjoy the mentoring and development of younger Soldiers. It makes my job worthwhile. They are the ones who have inspired me to remain for 27 years. Fortunately, my 'Business Care Plan' has enabled me to continue doing both of these loves.

Ildefonso-Cruz recommends all self-employed Soldiers start their 'Business Care Plan' today because deployment orders might arrive in the mail tomorrow.

For more information on the protection offered to the military reserve members visit the Service Members Civil Relief Act, Employer Support of the Guard and Reserve partnership program, Small Business Administration and the Dept of Labor in your state web sites.

The ESGR or the Uniformed Services Employment and Reemployment Rights Act web sites also give you more information on the current employment laws as they pertain to a Reserve Soldier.



Sgt. Maj. Nelson Ildefonso-Cruz works on a patient during a recent annual training mission to Central America. Ildefonso-Cruz, part of 8th Medical Brigade out of New York, is a self employed business man. He developed a business care plan for his family in order for them to run the business while he is away on military duty.

Vet Wins Mr. California USA Pageant

AR-MEDCOM Iraq War Veteran Tops in Contest

Story by David Haldane, Los Angeles Times Staff Writer

LOS ANGELES, Calif. - The new Mr. California USA's girlfriend had a suitably fond comment after the gold crown was placed on his head.

"It's really neat," Yahira Rojo, 20, said when Jeremy Buraglia became the first recipient of the title. "It's something new, but he's been there before; we were the prom king and queen" in 2005.

That was back at Anaheim's Magnolia High School before Buraglia, 21, became a sergeant in the Army, did a 15-month stint in Iraq and returned to study law enforcement at Cal State Dominguez Hills.

Earlier this year he entered what was then the Mr. Seal Beach pageant at the urging of his grandmother. "People label everything, and you don't have to match the label," Buraglia said of the all-male pageant. "Everybody expects things to be cookie-cut, and that's not how the world is."

Somewhere along the line, the second annual Mr. Seal Beach contest morphed into the first-ever Mr. California USA pageant, and, voila!, last weekend the future crime fighter was crowned a king.

"We call it a scholarship pageant, not a beauty pageant," insisted founder Sarah Ahmadiania, who says she changed the event's name to broaden its range.

The idea came to her, she said, while watching her 21-year-old daughter Maryam become the 2007 Miss Seal Beach. "I saw it was a good opportunity for the girls," said Ahmadiania, 46, who also has a son. "My daughter enjoyed it; I saw how much it did for her and thought, why can't boys do this?"

Online research, she said, turned up only one other "Mr." pageant not based on bodybuilding or ethnicity; that one is in nearby Downey. So Ahmadiania put up \$30,000 to get the proverbial red carpet rolling, and aligned the Seal Beach pageant with the Mr. USA franchise.

Last year's pageant drew 35 participants, but they eventually dwindled to 14 under the misguided sneers of their peers. This year's field began with 22 entrants, gradually whittled down to a dozen, ages 7 to 22.

The contestants are divided into four

categories: Little Mr., ages 5 to 8; Junior Mr., from 9 to 12; Teen Mr. from 13 to 17; and Mr., ages 18 to 25.

Like their female counterparts, they are judged in personal interviews, casual wear, formal wear and, finally, on their answers to questions asked onstage. One key difference is that males are not judged in bathing suits. "I didn't think it was appropriate,"

Ahmadiania said.

Looks also aren't paramount. "It's not a beauty pageant," she repeated. "It's about how they present themselves. I tell the judges to look for someone who is genuine and willing to support the community; we want a good role model."

During their yearlong reign, the pageant kings and their runner-up princes are expected to participate in charitable events. They also represent the community at social functions. Winners in each division receive scholarships ranging from \$400 to \$1,000.

The money was a big motivator for Buraglia. When friends expressed surprise at his decision to compete, he'd tell them, "Well, do you want to give me money for school?"

Other contestants cited different reasons for entering.

"On TV, all you see is girls doing pageants," said Kenneth Salazar, 13. "I wanted to show people that pageants aren't just for girls."

Cyrus Mohseni, 14, said he hoped the event would further his goal of becoming a professional soccer player. "I'll learn to be more responsible, be more of a role model and meet new people," he said.

And what of the inevitable teasing from friends?

"I tell them there's nothing wrong with trying to get further in life," Cyrus said. Besides, said the 6-foot-3 contestant, "they don't tease me as much as they would other kids because I'm bigger than them."

No teasing was evident at the final event, attended by more than 200 people in the Martha B. Knoebel Dance Theater at

Cal State Long Beach. There was, however, lots of bragging.

As the contestants, escorted by beauty queens wearing jeweled crowns and gowns, paraded gamely around the stage dressed first as baseball players, golfers or surfers, and later in white tuxedos and dark suits with ties, their fans cheered them on.

"If you were given a million

dollars," Cyrus was asked during the onstage questioning, "what would you do with it and why?"

"Buy all the judges whatever they wanted," he responded immediately in his bid for the Teen Mr. California USA crown.

He lost that title to Kenneth, but the would-be soccer star did manage to tie for the division's best-dressed sash by wearing a white suit and vest. Other sashes awarded in each division recognized the prettiest eyes, best hair, nicest smile and most congenial.

The undisputed overall winner, though, was Buraglia, who walked away surrounded by an entourage of beauty queens and soldiers.

"It's exciting," the new Mr. California USA said of his unprecedented status. "I'm ready. I think I won because I'm outside the box."



Jeremy Buraglia is all smiles as he is announced the winner of the first-ever Mr. California USA pageant. Buraglia served a 15-month tour of duty in Iraq as an Army sergeant and now is studying law enforcement at Cal State Dominguez Hills.



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the Army. Over
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years, the Army
Reserve has
significantly
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Engaged Families
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Are you ready for a disaster?

What's in YOUR closet?!

Supply Closet Suggestions
7 Day Supply Recommended

Canned meats, fruits and vegetables	Batteries
High-energy foods: nuts, raisins, granola	Matches in a waterproof container
Infant/baby food and supplies	Candles and charcoal
Pet food	Toilet paper, towels
Non-perishable food	Soap/detergent, disinfectant/bleach
Over-the-counter medications	Personal hygiene items
Garbage bags	Paper cups/plates, and plastic utensils
Water (at least a gallon per person daily)	First aid kit, hand sanitizer
Manual can opener	Plastic storage containers

Other important items: flashlight, battery-operated radio, extra clothing, blankets, prescriptions, money (paper and coins), eyeglasses, and important documents.

Be Prepared...Save Money!
Pantry loading at your commissary is a GOOD idea!

This list of items may not be all you need. For more on disaster preparedness:
www.ready.gov/america www.pandemicflu.gov www.redcross.org

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Operation Tribute to Freedom (OTF), a Department of the Army outreach program, is always looking for Operation Iraqi Freedom, Operation Enduring Freedom and Operation Noble Eagle veterans who are willing to share their experiences with the American public through speaking and recognition opportunities. In the past year, OTF has engaged Soldiers in a variety of speaking and recognition events including:

- Super Bowl XL
- College Bowl Games
- U.S. Army All American Bowl
- Kenny Rogers Concert Series
- Fourth of July celebrations
- Alpha Epsilon Pi Regional Conference
- American Legion Annual Conference
- Brookhaven, N.Y. Public Library community meeting

OTF events are excellent opportunities to speak and be recognized on both a local and national level. For more information, call (202) 828-8871 or e-mail tribute@army.mil.



RecruitMilitary Career Fairs

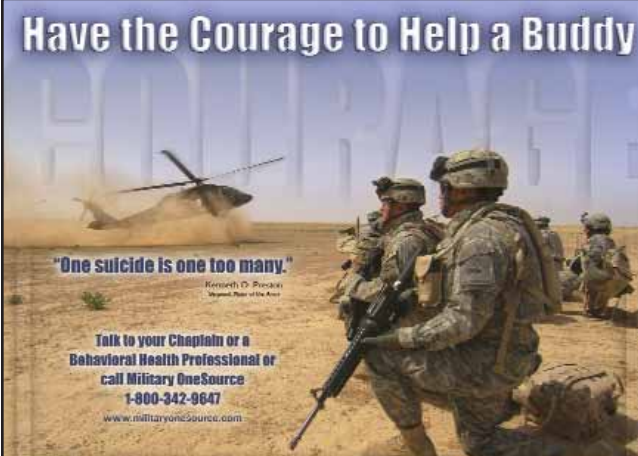
Hiring events for veterans with a wide variety of civilian work experience, men and women who are transitioning from active duty, members of the National Guard and reserves, and military spouses. Produced by RecruitMilitary in cooperation with leading corporations, news media, industry associations, veterans organizations, and government agencies.

Visit our website for our complete 2008 schedule!
www.recruitmilitary.com

RECRUIT MILITARY

RecruitMilitary, LLC, 422 West Loveland Avenue, Loveland, Ohio 45140 (Greater Cincinnati)
For details, contact Larry Slagel, Senior Vice President, RecruitMilitary Career Fairs, at 513-683-5020 or careerfairs@recruitmilitary.com.

Have the Courage to Help a Buddy



"One suicide is one too many."
Kenneth D. Proctor
Veteran, Father of the Army

Talk to your Chaplain or a Behavioral Health Professional or call Military OneSource
1-800-342-9647
www.militaryonesource.com