

Produced For Personnel of KFOR Multi-National Brigade (East)

# Guardian East

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Air Traffic Services:  
**WATCHING THE  
Skies**

page 12

# Message to the troops



By Lt. Col. Paul Zimmerman  
Commander 2-135th Infantry

Bobby Kennedy once said, "Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation." When I think of this quote, I think of the soldiers of Multi-national Brigade (East). Each of us have left a life of joy and loved ones to travel half way around the world to make a difference in a place most of us had never heard of. The bible says that there is no greater love than to lay down your life for a friend. That is what we are doing here, each of us have laid down our lives for a year to help the people of Kosovo. Whether you work at a desk, fly a chopper, patrol the streets, or take care of the sick, we all have a job to do. And that job is vitally important to this region.

We cannot all write great peace treaties or solve the massive issues of the day, but we can go about the quiet work, the hard work of giving this place a future. We are providing hope to the hopeless, security to the fearful, and a future to the desperate.

Each of you take a moment to think of what Kosovo would look like today without our collective efforts. How many more buildings would be destroyed, how many more refugees would there be, how many more people would not be alive today but for our efforts. When you go home after this and people ask you what you did, hold your head high and say "I made a difference, I held the line those dark days in March, I cared for the needy, I protected the innocent, I brought evil to justice, I shined the light so that the freedom of this place might not perish from the earth."

As a military we are trained for war; in this mission we are succeed-



## Lt. Col. Paul Zimmerman

ing in forging a peace -- a lasting peace that will endure long after we are gone. Before we arrived here Brig. Gen. Erlandson challenged each one of us to make a lasting difference in the peoples' lives of Kosovo. In that task we are succeeding, I see it every day and you can gauge it in the respect and admiration that the people of Kosovo have for this Task Force. They look to us to provide them the breath of a new life. President Kennedy said, "In the long history of the world, only a few generations have been granted the role of defending freedom in its hour of danger. I do not shrink from that responsibility; I welcome it." Let us take heart in the fact that we are giving birth to that freedom in this place. The history of Kosovo will forever judge us by our actions here. Let that history be written now that we did our duty.

"To the Last Man!"

**SEE THE PHOTO OF THE DAY**  
[www.mnbe.hqusareur.army.mil](http://www.mnbe.hqusareur.army.mil)



*Submissions or story ideas related to the MNB(E) mission are encouraged. Send regular mail to MNB(E) PAO, Attn: Editor, Camp Bondsteel, APO AE 09340; send e-mail to [guardianeast@bondsteel2.aur.army.mil](mailto:guardianeast@bondsteel2.aur.army.mil).*

*COVER: Spc. Lee Walker, an air traffic control specialist with Delta Company, 114th Aviation (Air Traffic Services), talks to a pilot flying a UH-60 Blackhawk helicopter in the background. Photo by Spc. Tim Grooms.*

*See page 12 for the story*

## Guardian East

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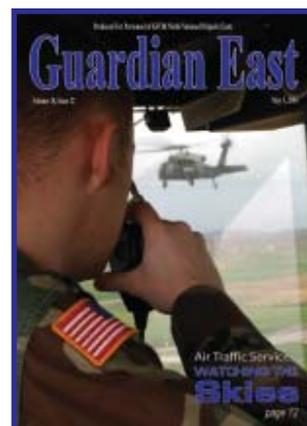
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### About Guardian East

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## Hellenic Handover

**Greek soldiers from the 525th Mechanized Infantry Battalion begin to return to duty in Ferizaj/Urosevac.**

## The Gift of Life

**Soldiers from 2-135th Infantry Battalion helped save the life of a Serb man during the recent riots.**

## KPC Training

**Two Soldiers from Task Force Falcon trained the Kosovo Protection Corps on machinery used to rebuild Kosovo.**

## Cover Story

**Members from Delta Company, 114th Aviation (Air Traffic Services) monitor Kosovo's skies.**

## Spiritual Retreat

**Multi-national Brigade (East) Soldiers recently enjoyed a religious retreat to Greece.**

## Long Tenure

**Chief Warrant Officer Ronnie Davis has been in his military occupational speciality longer than any Reserve Component Soldier in the job.**

*Spc. Andrew Shonitsky, the head register clerk for the 641st AG Company (Postal), searches a passenger car for suspicious packages as part of HHC's ongoing mission to escort trains from Pristina/Prishtina to the Macedonian Border. Photo by Spc. Luke Rollins. See page 10 for the story.*



*Soldiers of the Greek 525th Mechanized Infantry Battalion, (rear), walk with American Soldier, Spc. Anthony Boespflug, an infantryman with Bravo Company, 2-135th Infantry, around Ferizaj/ Urosevac, as the Greeks begin patrolling the area again.*



# Return of the Greeks

Story and photo by Spc. Sean McCollum

“What’s your name?” a 15-year-old boy asked of a Soldier standing guard next to the Serbian Church of St. Uros in Ferizaj/ Urosevac.

“Pike,” said Spc. Nathan Pike, an infantryman with Bravo Company, 2-135<sup>th</sup> Infantry, pointing to the name tape sewn across the back of his cap. “Pee-Kay,” he sounded out in the style of the Albanian language.

Almost a month ago that Serbian Orthodox church in Ferizaj/Urosevac, now dubbed “The Alamo” by its protectors and only a few feet away from a mosque, was a scene of violence. Rocks, lumber, propane tanks, and anything else rioters could get their hands on were thrown at Greek soldiers, as they protected the church. Since that time, American Soldiers from Bosnia, Bravo Company, 2-136<sup>th</sup> Infantry, most recently Task Force Bayonet’s Bravo Company, 2,-135<sup>th</sup> Infantry, replaced the Greeks guarding the church while the Greek soldiers of the 525<sup>th</sup> Mechanized Infantry Battalion continued patrolling on the outskirts of the city. However, now that tensions have subsided, little by little the Greeks are taking more and more responsibility downtown.

“Due to the intensity of the violence directed at the church and the Greek soldiers guarding it, we wanted to provide a period of time where emotions would cool down,” said Maj. Christopher Cole, the public affairs officer for Multi-national Brigade (East).

A month may have been enough cool-down time if the rhythm of the city is any indication. Citizens walk up and down the street packed with shops and bars, stray dogs take refuge inside the confines of the guarded church, and children talk to the soldiers and try to sell them candy. A woman drops by every day to show the soldiers a picture of her sitting next to a fax machine as part of her daily routine. Greeks have also gradually started to appear back in the area without incident.

The objective, said Staff Sgt. Corey Schweitzer, a squad leader with Bravo Company, is to spread the message that MNB(E) soldiers have the same task of peacekeeping no matter what flag they wear on their uniforms.

“U.S. KFOR and the Greek KFOR are the same. If they mess with them they’re doing the same thing to us,” said Schweitzer.

To drive this point home MNB(E) leadership has made a policy of sending two American Soldiers on every Greek presence patrol through the city and ordering more to stand with them at the gate, not letting the children who hang around the entrance to the church get away with insulting the Greek soldiers.

“Just because I wear the American flag doesn’t make me a superhero,” said Pike after trying to convince the skeptical 15-year-old that the other soldiers were just like him. At one point the boy tried to make an obscene gesture toward the Greek soldiers, but Pike waved it off and told the boy to go talk to the soldiers in order to dispel any preconceived notions. “They need to put away these things they’ve been taught,” Pike said.

The residents of the city will have to learn fast. Soon, said Schweitzer, the Soldiers of Bravo Company will leave the guarding of the church exclusively up to the 525<sup>th</sup> and go back to their original post in Zinti/ Zitinje.

“We started out with solid U.S. patrols with no Greeks,” said Schweitzer of the progression. “When the Greeks came to the site, it took a couple of days to integrate them and now they lead the patrols. Eventually, a week or two from now, they will go out on their own and we’ll see how that goes.”

# LIFE SAVING DAY



# IN VITINA/ VITI

Story and photos by Spc. Tim Grooms

March 18 turned out to be a memorable day for three Soldiers of the 2-135th Infantry. What started with them holding back rioters in Vitina/ Viti ended with them saving a man's life from a violent beating at his house on the outskirts of the town.

"Thanks to [the Soldiers] I have my life back," said Predrag Kulic, the ethnic-Serb the Soldiers saved from a beating that could have possibly killed him.

During mid-afternoon, the Soldiers noticed a group of about 200 rioters heading to the north end of town toward the local hospital. What the troops didn't know was that five Serb homes were located at that end of town and were targeted by the rioters, said Lt. Col. Paul Zimmerman, commander of 2-135th Infantry. The crowd attacked the first home it reached, which was Kulic's. The rioters pulled him out and began beating him, said Zimmerman.

"We heard glass in the house start breaking and noticed they pulled Kulic out of the house," said Sgt. Garth Carlson, a driver with Headquarters and Headquarters Company, 2-135th Infantry.

When the Soldiers saw the attackers surround the helpless man and begin battering him, they forced their way through the group by shouting and pushing rioters away with their rifles until they reached Kulic. Once they reached him, the beating stopped and Kulic was pulled out, said Zimmerman.

Once to Kulic, the Soldiers thought he could be past saving.

"When we got to him we thought he was dead," said Carlson. "He was covered in solid blood."

After getting to the wounded Kulic and halting the battering that was happening to him, helpful local citizens took him to the

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**"When we got to him we thought he was dead. He was covered in solid blood."**

-Sgt. Garth Carlson,  
a driver with Headquarters and  
Headquarters Company, 2-135th  
Infantry-

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hospital.

"I was in such a mess I could not see anyone. So I didn't know who took me to the hospital," said Kulic.

After seeing the violence that was inflicted upon Kulic, Sgt. Douglas Weigel, a mechanic with HHC, was disturbed by what he witnessed.

"[I was] extremely upset it happened and that people could do that to someone because of their ethnic background," said Weigel, who also helped saved Kulic. "I have never seen people do that and I was extremely upset."

Once they saved Kulic and an elderly woman who had been inside the house and who was untouched, said Zimmerman, Weigel and Carlson had the crowd turned around and headed back into the city. The rioters made one last push to cross the bridge near the Vitina/ Viti Church that evening at 5 p.m. They were held back and eventually dispersed.

The events of March 17 and 18 were largely regarded as a setback to the progress of Kosovo. During that time some were not as fortunate as Kulic and they lost their lives. The American Soldiers that saved Kulic's life made it possible for him to enjoy his life with his wife and two young children.

"They saved my life and I am very grateful," said Kulic. "Not just me, but in the name of my wife and kids."

*Above: Weigel looks at a picture in a local newspaper of how Kulic appeared after being beaten on March 18.*

*Below: Sgt. Douglas Weigel (left), a mechanic for Headquarters and Headquarters Company, 2-135th Infantry, and Sgt Garth Carlson (right), a driver with the unit, pose for a picture with the Predrag Kulic, who they helped save from a violent beating March 18, in Vitina/ Viti.*

# TRAINING THE FORCE

Story and photo by Spc. Rob Barker

**A** lot of work goes into repairing a war-torn region. These efforts can take months, years or decades, and it takes hard work from a large group of people. Soldiers of Headquarters and Headquarters Company, 34<sup>th</sup> Infantry Division, and the 682nd Engineer Battalion recently held a three day class, and trained members of the Kosovo Protection Corps, a Kosovar organization that provides well trained civilians for civil and emergency response, on methods and equipment that can be used to repair the province of Kosovo.

The course, which the Soldiers presented for 26 members of the KPC, was centered around the operation of bulldozers and back hoes because, although it has been years since Kosovo has been at war, there are still parts of the province that need to be re-vamped, said Chief Warrant Officer Greg Dahn, the KFOR inspector for the Kosovo Protection Corps, and an instructor for the course.

"I think we are going about it the right way," said 1<sup>st</sup> Sgt. Mark Gaulke, HHC first sergeant, who was an instructor for the heavy equipment operator's class. "We are giving them the tools they need to redevelop their province. One of the things we came here to do is better educate the citizens of Kosovo on how to take care of themselves and better the province."

And this class is one of the ways soldiers of Multi-national Brigade (East) are making Kosovo and the KPC better.

"In this case we are teaching them maintenance, safety in digging, safety in equipment, and how to dig live electrical trenches, water excavation, and sewer hookups," said Gaulke, who is a heavy machinery operator in his civilian job. "The KPC is going to have operators that can take that equipment out and do work with it. They now have the skills

to maintain it, operate it and do it safely, so they won't hurt bystanders or hurt themselves."

And although the training was only three days, it was what the KPC needed to get them started.

"This week's course is on the equipment needed to do the job," said Maj. David Skalicky, officer in charge of the engineers. "We are training on the bulldozer and the back hoe. We are not going to make them professionals, just proficient."

"This is exactly the type of class they needed," said Dahn. "This is the type of class that allows the members who are involved to go out and do stuff like repair the drainage systems, fix their streets and rebuild their infrastructure."

There were many roadblocks in the training classes including machinery that is difficult to learn and teach and a language barrier.

"The back hoe is difficult because you have to think three-dimensionally," said Gaulke. "You've got five different cylinders working that you have the ability to manipulate, and you only have two levers for various functions. So it is one of the tougher equipments to teach."

"There is a language barrier but we have brought two translators with us and they did an outstanding job," said Dahn. "Also, there are quite a few KPC members who speak limited English and a few who speak perfect English."

With all of the barriers the instructors and students faced, they said they were excited with the results and want to make Kosovo a better place to live.

"These KPC members are really into engineering tasks," said Dahn. "They are really into what they are doing. They want to make Kosovo a better place."



*Kosovo Protection Corps Capt. Ali Sylejmani, an engineer with the group, tests his skills on the back hoe during a recent training class taught by two Soldiers of Headquarters and Headquarters Company, 34th Infantry Division.*

# Riding the

Story and



*Staff Sgt. Kim Kopf, the Class Three noncommissioned officer in charge for Headquarters and Headquarters Company, 34th Infantry Division, Forward Logistics Element, searches a passenger car for suspicious packages as part of HHC's ongoing mission to escort trains from Pristina/ Prishtina to the Macedonian Border.*

# train

photo by Spc. Luke Rollins



It was a motley crew that assembled in the Headquarters and Headquarters Company orderly room that night. They ran the gamut from a maintenance support team chief from Minnesota to a postal register clerk from New York. Although their backgrounds and job skills were diverse, on this night, their goal was the same: to ensure freedom of movement for all people of Kosovo.

According to 1st Sgt. Mark Gaulke, first sergeant of HHC, 34th Infantry Division, the company assumed the duty of guarding a train from Pristina/ Prishtina to the border of the Former Yugoslav Republic of Macedonia on April 5th. Gaulke said HHC took the lead on this detail in order to allow infantry Soldiers more time to conduct patrols and vehicle checkpoints throughout Multi-national Brigade (East).

"This is one way that HHC can help out," said Gaulke. "Every Soldier knows how to guard. With the little bit of additional training that we give here, we can help contribute to a safe and secure environment."

"We're just here to make sure that all the people are safe," said Staff Sgt. Irvin Jones, operations non-commissioned officer in charge with the 641st AG Company (Postal), of escorting the train. "You're here, not just to be a force to be reckoned with, but we're actually here to help people feel safe."

For some of the Soldiers assigned to escort the train, the additional duty came with the added bonus of being able to see more of Kosovo.

"It's nice to do different things," said Sgt. 1st Class John Gaulrapp, a maintenance support team chief with HHC's Forward Logistics Element. "We get to see some of the countryside. With our job back in Camp Monteith in the shop, all you see is the shop and the fence. You don't really get out of the area, but this way we get out to see some of the country and meet the people."

Spc. Andrew Shonitsky, the head register clerk with the 641st, agreed with Gaulrapp.

"This gives you a chance to get out and be with the locals and see how they really feel about us being here," Shonitsky said. "To see the way they live, and actually meet them and talk to them one on one is a great eye opener from being back in the United States."

For one Soldier, Staff Sgt. Kim Kopf, another member of the FLE, riding the rails is second nature.

"I don't know if you're going to believe this, but I'm a railroad conductor," said Kopf with a laugh, of his civilian job. "I've got a little grasp of what's going on, on the railroad in general. I think if something out of the ordinary occurred, I'd be more aware of it. I work as a freight conductor, but it's a similar type of operation. That gives me a little bit of insight if something abnormal were to occur."

In spite of the lost sleep that comes with guarding a train at night, the importance of the mission was not lost on the Soldiers involved.

"It's part of the multi-faceted mission here," Kopf said. "Just to secure the province, and retain the peace. To show the European community and the United States an overall picture that the world is trying to help Kosovo get on it's feet."



# MONITORING AIRSPACE



## Story and photos by Spc. Tim Grooms

**Spc. Lee Walker, an air traffic control specialist with Delta Company, 114th Aviation (Air Traffic Services), logs out a helicopter flying from Camp Bondsteel.**

**N**o matter what job you have in the military, there are many responsibilities involved. Yet, there are some jobs that have more than others. For the Soldiers working in the Air Traffic Control Tower at the south end of the flight line the responsibility of managing incoming and outgoing helicopters can be a huge task, which requires detailed knowledge of the surrounding area.

Armed with a 360-degree view, a radio, and a weather computer, the Soldiers keep the airways safe and monitor and log the incoming and outgoing air traffic here.

"We have to learn the airfield, visual reporting points [fixed locations around the base], clouds, visibility, and special clearance for weather," said Sgt. Reunite Johnson, an air traffic control specialist with Delta Company, 114th Aviation (Air Traffic Services).

The Soldiers use their knowledge to control the helicopters flying into Camp Bondsteel.

"We separate the aircraft in the airspace and try to get the faster ones in front of the slower aircraft," said Spc. Taylor Withers of the unit. "It gets tough though when a lot of aircraft are coming in at once. You have to be on the ball and make sure you do not send anyone past anyone else's path. When you have seven to eight aircraft at once you have to remember where they are and where they are going."

The Soldiers' ability to control air traffic on busy days is considered one of their strengths.

"They are very good about handling a lot of traffic," said Chief Warrant Officer Curtis Skoog, standardization instructor pilot with Alpha Company, 1-207th Aviation. "That is one of the biggest benefits of having them from the safety side of it."

With changing meteorological conditions, weather information is an important part of air traffic control.

"We have a continuous weather update so we don't have to call the Air Force all the time for weather," said Ryan Ziemski, an air traffic controller with the unit, talking of the weather computer that was installed last rotation. "The equipment is very precise."

"They keep us advised of winds and weather conditions," said Skoog, adding that the weather updates were important in ensuring safe flight.

Changing weather isn't the only challenge the unit has to face.

"We also have foreign aircraft that come in and that is a challenge because we can't always understand what they are saying," said Johnson. "To get them to understand we have to talk more basic to them."

The responsibility of controlling aircraft can get the nerves going when the load gets heavy, Withers said.

"I enjoy it when it gets busy and my heart starts to race and I get a little nervous," he said.

With changing weather conditions, helicopters coming in from all directions and foreign pilots, the air traffic controllers of Bondsteel have their hands full. They may not be controlling airplanes at a major metropolitan airport, but they are controlling the aircraft doing important missions around Kosovo.

**Sgt. Ryan Ziemski, an ATC specialist with the unit, speaks to a helicopter pilot prior to departure.**

# A piece of Greece

With much planning and very little fanfare, Multi-national Brigade (East) Soldiers from Camps Monteith and Bondsteel, set out on a journey that mirrored the travels of the Apostle Paul as written in the New Testament of the Bible. The Soldiers, led by Headquarters and Headquarters Company, 34th Infantry Division, Chaplain (Maj.) Erik Feig and 2-135th Infantry Chaplain (Maj.) Thomas Jensen, departed Kosovo and traveled throughout several cities within Greece.

Prior to embarking on this journey the Soldiers attended several classes that recounted the life of Paul the Apostle, who is credited by some as the co-founder of Christianity. The classes also covered the places Paul visited and how he and others worked to establish Christianity within Greece and throughout the Mediterranean region.

"You take in so much," said Staff Sgt. Troy Lewis of Headquarters and Headquarters Troop, 1-113th Cavalry, of the experience going through the classes and participating in the journey. "To be able to walk and see the cities and villages and to say you've been there is great. It's an awesome experience."

For many, the life of Paul the Apostle, although outlined in detail in the Bible, is still an intangible thing in a world full of technological advances. For some Soldiers this became evident when considering the architecture.

"This is an excellent opportunity to look at the buildings and the structures and to try and figure out how they actually built them," said Staff Sgt. Josh Hinrichs of Alpha Company, 2-136th Infantry, marveling over how the large building stones were hoisted some 30 feet in the air.

Other ways in which the experience became real for the Soldiers was through visits to several archeological sites and churches.

"No longer were they words on a page in the Bible," said Feig of the group's visit to the ruins. "The words leapt off the page and faith came alive."

At a few particular sites, Soldiers were able to connect to the story of Paul's life and gain a better understanding of some of his trials and tribulations. One such site was Paul's jail cell in Philippi.

"The Bible can just be words on a page; everyone had it rough," said Sgt. 1st Class Robert Welper, a platoon sergeant from Bravo Troop, 1-113th Cavalry. "It makes them seem more human," said Welper.

Other Soldiers agreed.

"This experience is enlightenment in my spiritual walk," said Sgt. 1st Class Rydia Spencer, operations sergeant with the 514th Military Police Company.

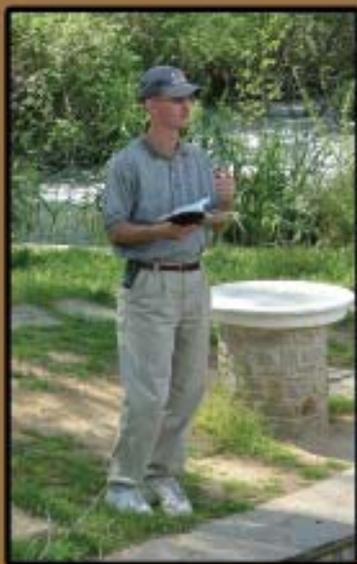
On this trip Soldiers were able to take a break from their work routine in Kosovo.

"It's relaxing and incredible," said Staff Sgt. Kimberly Weaver of the 256th Combat Support Hospital.

In addition to visiting the ruins, the group was able to experience shopping in the area, dining at some of the local establishments, and mingling with local residents. Though on the go every day, the group's tightly packed schedule still left time to enjoy either the early morning sunrise or long strolls along the shore of the Aegean Sea.

The opportunity to go to Greece while on deployment was a distinctive event for some. Although the journey for this group was brief, it was filled with meaningful stops along the way.

"You read about it and hear about it, but when you're actually here it transforms your way of thinking," said Spc. Christopher Love of Delta Company, 114th Air Traffic Services. "It opens your heart and mind to the way things were back then."

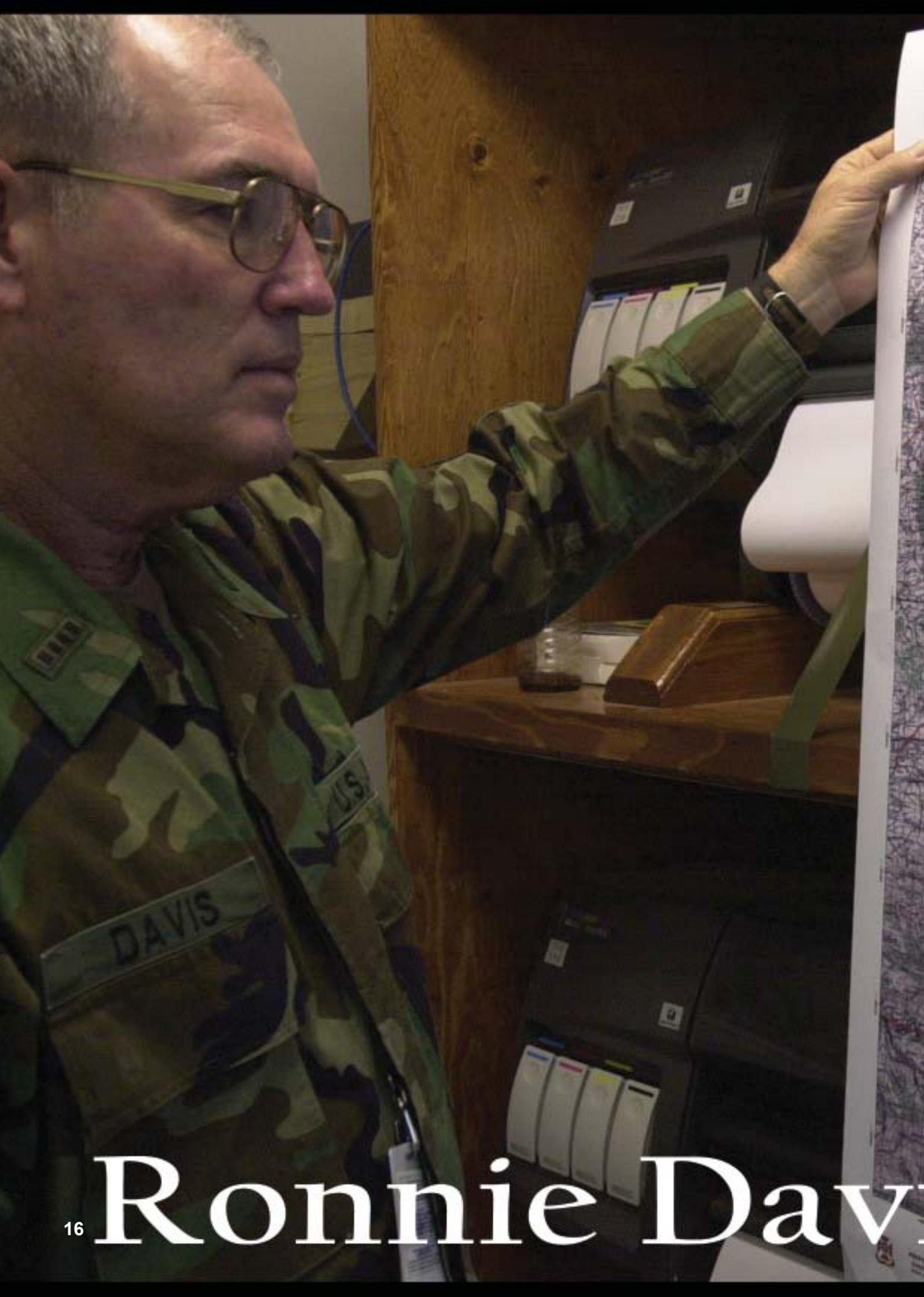


**Story and photos by  
Sgt. 1st Class Carmen Lee**



*Left: During the spiritual retreat to Greece, Chaplain (Maj.) Erik Feig speaks to Soldiers near the Baptismal site of Lydia, the first European Christian convert.*

*Above: Ruins of Basilica B, one part of a large three-aisled structure, built circa 550, at the Philippi archeological site in Greece.*



# Ronnie Dav



# Long time coming

Story and photo by Spc. Rob Barker

**M**apping is not an easy job, but someone has to do it. And in Camp Bondsteel's case, the officer in charge of the terrain team, the group responsible for providing maps to Multi-national Brigade (East), has a longer tenure than any other National Guardsman or Reservist.

Chief Warrant Officer Ronnie Davis, commander of the 1204th Engineer Company (Forward 2), was in the second Warrant Officer Terrain Analysis Course at the Defense Mapping School in Fort Belvoir, Virginia. He was the first reserve component Soldier to attend the class, and earn the Military Occupational Speciality, when he graduated in June of 1981.

"I'm not the oldest as far as age, but I've been in this MOS longer than any National Guardsman or Reservist," said Davis.

During Davis' extensive experience, he has seen many unit members come and go, and he said he enjoys teaching and assisting these Soldiers during their tenure with the Army.

"To be able to see young men and women in my unit do the job they were trained for is rewarding," said Davis. "I like making new friends that I may have never had the opportunity to work with. What makes my job so good is that I have two of the best terrain analysts here with me."

Sgts. Harold Butler and Timothy Tindell are the two analysts deployed with Davis. They have been a team for over 14 years and Davis said he feels

they are doing a great job.

"In ten weeks we have produced over 1,900 products," said Davis, who added that it was not easy work and his team has constructed a great number of maps when compared to the number of troops in Kosovo.

Davis said, his team produces over 30 different types of maps.

"Maps are important because if someone is going outside of the wire, Soldiers need to know where they are going and what the terrain looks like and what to expect."

American Soldiers are not the only customers Davis' team has been helping. They recently had a

**Chief Warrant Officer Ronnie Davis was the first reserve component Soldier to graduate from the Warrant Officer Terrain Analysis Course at the Defense Mapping School in Fort Belvoir, Virginia when he completed the course in 1981.**

member of the Greek Army's equivalent of a terrain team training and exchanging tips of the job with them for a week in their office.

"Being able to show them what

kind of product we can produce and helping them do the job they need to do is one of the best parts of my job," said Davis, who added, "I feel good that I am able to serve and be part of this operation. I have trained all these years and I hope I have made a difference for the Soldiers that are here."

Davis has been in the Army since 1969 and says he plans to continue his Army career until he reaches retirement age in about five years.



# FOOTBALL SAFETY

Diana Settles, MAT, ATC  
Manager, Injury Prevention Physical Fitness Programs  
Navy Environmental Health Center, Norfolk, VA

## **PERSONAL FITNESS:**

- Pace yourself; don't do too much too soon when conditioning for flag football season.
- A pre-season conditioning program with emphasis on stretching and strength training should be implemented prior to the beginning of a flag football season. When preparing for flag football season, begin participating in activities specific to flag football, such as upper and especially lower body muscular fitness exercises and stretching. This will strengthen the connective tissue (muscle, bones, ligaments, and tendons) and will provide strong support of the lower body. (Most knee injuries occur in the weaker of the two legs).
- Remember to warm-up and stretch at least 5 – 10 minutes before practicing or playing a game.
- NOTE: Prior injury to the body predisposes one to re-injury of that particular extremity.
- NOTE: Athletes with poor muscle strength, particularly in the hamstring, quadriceps, and gastrocnemius muscles are more susceptible to lower body injury.

## **EQUIPMENT:**

- Oral injuries can be prevented through the use of mouth guards/protectors.
- Rubber molded cleats are mandated during military flag football participation.
- Jewelry, i.e., rings, necklaces, etc. are not recommended during flag football activity participation.
- Clothing attire that contains pockets is not recommended due to the risk of fingers getting caught/ lodged in the clothing.

## **TRAINING / TECHNIQUE:**

- Flag football is not considered a contact sport, so risk of injury is lower than participation in American (tackle) football. It's important to note the more contact the player incurs with other players, the higher the risk of injury.
- The style of play by a football team may increase risk of injury; the more contact involved, the higher the incidence for injury.
- A trained coaching staff can impact positively upon flag-football injury prevention. Coaches should be able to provide safe information to players on the team regarding preparation, conditioning, and training proper playing techniques.
- Officiated games decrease the risk of injury occurrence. Enforcement of rules assists in decreasing the incidence of injury.
- Contact a local MWR Trainer or trained coaching staff for additional information on flag football conditioning. Many MWR Facilities provide safety/injury prevention information to coaches, players, and officials regarding preparation, conditioning, and training proper playing techniques.

## **ENVIRONMENT:**

- Be aware of the environment around you. Prior to participating in flag football look for predisposing risk factors on the playing field such as divots, holes, soft drink tops, glass, etc.
- Alcohol consumption should be discouraged during athletic participation.
- Liquid and nutrition replenishment is recommended to decrease exposure-related illness.

REFERENCE: Caine, J., Caine, C., and Lindner, K. Epidemiology of Sports Injuries.. Human Kinetics Publishers, Inc., 1996.

# SOUL FOOD: MESSAGE FROM THE CHAPLAIN

By Chaplain (Maj.) Erik Feig

## Can I let you in on a little something about me?

When I got the call to serve as a Chaplain for this mission in Kosovo, I wasn't completely excited about coming along for the adventure. I had too many important things happening in my civilian life, and taking a year off to go to Kosovo just did not work. Yet, God had a plan for me, and like many of the rest of you, here I am, and I'm very proud to serve.

The day I finally came to grips with my activation, I took a deep breath, and said, "Where is Kosovo anyway?" I found a map online, and after seeing where Kosovo was, heard myself say "Wow, that's really close to Greece. I wonder if I'll be able to get to Greece while I'm there?"

Why would I want to get to Greece? Because my life and your life as an American has been dramatically influenced and shaped by the work of a man named Paul, who brought the message of God's love in Jesus Christ to Europe, and thereby, to America, beginning with Greece. Paul's work created the foundation for the Christian Church, which spread through the centuries throughout Europe. When the founding fathers came to America, they brought with them a foundation in the Christian faith, and built the greatest nation on earth upon solid ground. Even American money tells the story. "In God we trust" sheds light on our foundation, and credit can be given for that all the way back to Paul, who landed on European soil nearly 2000 years ago with the message of God's love.

So, as long as we'll be in the neighborhood anyway, why not visit some of the places Paul brought this incredible, life-changing message to? Why not walk in Paul's footsteps? Why not bring faith to life for Soldiers of Task Force Falcon?

Our command supported these questions with their approval of a series of Spiritual Retreats to Greece. Have you heard about them? Did you read the article in this issue of Guardian East? The trips are an opportunity for Soldiers like yourself to connect with your faith, your heritage, and your history. They're an opportunity to grow spiritually, experience history, and appreciate your life as an American.

Paul the Apostle changed the world with a simple, yet life-changing message. Change did not come easy, for the world he lived in and the world we live in today was and is full of war, violence, and ungodliness. Into this world we stand, as Soldiers, and Paul's words are for us today:

God is strong, and he wants you strong. <sup>11</sup> So take everything the Master has set out for you, well-made weapons of the best materials. And put them to use so you will be able to stand up to everything the Devil throws your way. <sup>12</sup> This is no afternoon athletic contest that we'll walk away from and forget about in a couple of hours. This is for keeps, a life-or-death fight



**Chaplain (Maj.)  
Erik Feig**

to the finish against the Devil and all his angels. <sup>13</sup> Be prepared. You're up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued, so that when it's all over but the shouting you'll still be on your feet. <sup>14</sup> Truth, righteousness, <sup>15</sup> peace, <sup>16</sup> faith, <sup>17</sup> and salvation are more than words. Learn how to apply them. You'll need them throughout your life. God's Word is an indispensable weapon. <sup>18</sup> In the same way, prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other's spirits up so that no one falls behind or drops out. (Ephesians 6:10-18)

Paul was a warrior, a spiritual warrior who changed the world. May you come alive in God while serving here in Kosovo, and I hope to see you on one of the Spiritual Retreats to Greece!

Pro Deo et Patria

Reference: The Bible in Contemporary Language  
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# Voting Overseas:

## 2004 US SENATE RACES ABSENTEE BALLOT REQUIREMENTS FOR UNIFORMED SERVICES

### STATES THAT REQUIRE ABSENTEE BALLOTS TO BE RETURNED BY MAIL

BOND, Christopher	R-MO
BOXER, Barbara	D-CA
BUNNING, Jim	R-KY
CRAPO, Mike	R-ID
DASCHLE, Thomas	D-SD
DODD, Christopher	D-CT
FEINGOLD, Russell	D-WI
FITZGERALD, Peter	R-IL
GRASSLEY, Chuck	R-IA
GREGG, Judd	R-NH
LEAHY, Patrick	D-VT
LINCOLN, Blanche	D-AR
MIKULSKI, Barbara	D-MD
MILLER, Zell	D-GA
REID, Harry	D-NV
SCHUMER, Charles	D-NY
SHELBY, Richard	R-AL
SPECTER, Arlen	R-PA
VOINOVICH, George	R-OH
WYDEN, Ron	D-OR

### STATES THAT ALLOW ABSENTEE BALLOTS TO BE RETURNED BY MAIL OR FAX

BAYH, Evan	D-IN
BENNETT, Robert	R-UT
BREAUX, John	D-LA
BROWBACK, Sam	R-KS
CAMPBELL, Ben Nighthorse	R-CO
DORGAN, Byron	D-ND
EDWARDS, John	D-NC
GRAHAM, Bob	D-FL
HOLLINGS, Fritz	D-SC
INOUYE, Daniel	D-HI
McCAIN, John	R-AZ
MURKOWSKI, Lisa	R-AK
MURRAY, Patty	D-WA
NICKLES, Don	R-OK

## Your vote counts

By Maj. Warren Schwartz,  
ASG Falcon legal advisor

The Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) requires that the states and territories allow overseas U.S. citizens to register and vote absentee in elections for federal offices. In addition, many states and territories have developed their own laws allowing overseas citizens to register and vote absentee in state and local elections as well.

The Federal Voting Assistance Program's (FVAP) website at [www.fvap.gov](http://www.fvap.gov) provides voting-related information and resources for overseas military personnel. The website also provides downloadable forms and all of the FVAP's informational materials in electronic form.

The Federal Post Card Application (FPCA) is the primary form used by overseas absentee voters for requesting registration and/or an absentee ballot from your local election official. You can get the on-line version of the FPCA at <http://www.fvap.gov/pubs/onlinefpc.html>. The form is in Adobe Acrobat format and can be filled in on-line, printed out, signed, dated, placed in an envelope, and then mailed to the appropriate local election official. If you wish to print out a blank FPCA form, you must then complete the form on a typewriter or print with blue or black ink.

Where to send the FPCA as well as the extent and manner of the use of the FPCA is controlled by state procedure. You should refer to the specific instructions for your state at <http://www.fvap.gov/pubs/vag/vagchapter3.html> to determine where to send the FPCA, how to complete it, and the rules for submitting it.

## Army scientists, engineers develop liquid body armor

By Tonya Johnson

ABERDEEN PROVING GROUND, Md.— Liquid armor for Kevlar vests is one of the newest technologies being developed at the U.S. Army Research Laboratory to save Soldiers' lives.

This type of body armor is light and flexible, which allows soldiers to be more mobile and won't hinder an individual from running or aiming his or her weapon.

The key component of liquid armor is a shear thickening fluid. STF is composed of hard particles suspended in a liquid. The liquid, polyethylene glycol, is nontoxic, and can withstand a wide range of temperatures. Hard, nano-particles of silica are the other components of STF. This combination of flowable and hard components results in a material with unusual properties.

"During normal handling, the STF is very deformable and flows like a liquid. However, once a bullet or frag hits the vest, it transitions to a rigid material, which prevents the projectile from penetrating the Soldier's body," said Dr. Eric Wetzel, a mechanical engineer from the Weapons and Materials Research Directorate who heads the project team.

To make liquid armor, STF is soaked into all layers of the Kevlar vest. The Kevlar fabric holds the STF in place, and also helps to stop the bullet. The saturated fabric can be soaked, draped, and sewn just like any other fabric.

Wetzel and his team have been working on this technology with Dr. Norman J. Wagner and his students from the University of Delaware for three years.

"The goal of the technology is to create a new material that is low cost and lightweight which offers equivalent or superior ballistic properties as compared to current Kevlar fabric, but has more flexibility and less thickness," said Wetzel. "This technology has a lot of potential."

Liquid armor is still undergoing laboratory tests, but Wetzel is enthusiastic about other applications that the technology might be applied to.

"The sky's the limit," said Wetzel. "We would first like to put this material in a soldier's sleeves and pants, areas that aren't protected by ballistic vests but need to remain flexible. We could also use this material for bomb blankets, to cover suspicious packages or unexploded ordnance. Liquid armor could even be applied to jump boots, so that they would stiffen during impact to support Soldiers' ankles."

In addition to saving Soldiers' lives, Wetzel said liquid armor in Kevlar vests could help those who work in law enforcement.

"Prison guards and police officers could also benefit from this technology," said Wetzel. "Liquid armor is much more stab resistant than conventional body armor. This capability is especially important for prison guards, who are most often attacked with handmade sharp weapons."

For their work on liquid armor, Wetzel and his team were awarded the 2002 Paul A. Siple Award, the Army's highest award for scientific achievement, at the Army Science Conference.

## Reserve components among units extended in Iraq

By Master Sgt. Bob Haskell

ARLINGTON, Va. — More than 4,100 Army National Guard Soldiers belonging to units from 14 states will remain on duty in Iraq and Kuwait for an additional three months or so to support the global war against terrorism.

The Pentagon announced April 15 that the members of the 21 units would remain in those countries longer than their anticipated one-year tours of duty to help meet the force requirements for Operation Iraqi Freedom.

Secretary of Defense Donald Rumsfeld said that 20,000 Soldiers would serve over there for about 90 additional days.

Army Guard and Army Reserve Soldiers make up about a quarter of that force, officials said.

"The period will be for up to an additional 90 days in Iraq and up to 120 days total deployment," Rumsfeld explained. "Needless to say, we regret having to extend those individuals. But the country is at war and we need to do what is necessary to succeed."

The purpose of the delayed redeployments is to provide the combatant commander with the forces required to defeat those elements threatening the security of Iraq, officials explained.

The affected Army Guard personnel are in support units — primarily military police, transportation and engineer companies and battalions. Four units are from Illinois. Nearly 900 belong to three Missouri units. Three more units come from Tennessee, and two are from South Dakota.

The others come from Alabama, Georgia, Iowa, Michigan, Nebraska, New Mexico, Ohio, Utah, the state of Washington, and Wisconsin.

Pentagon officials said military members will receive \$1,000 for each month or part of a month they serve in Iraq beyond the date their units were due to return to their home stations.

Gen. John Abizaid, commander of the United States Central Command, asked the Joint Chiefs of Staff for the additional force capability, Pentagon officials explained. Rumsfeld approved the delay in redeployments to support that combatant commander. The 20,000 retained Soldiers will give Abizaid a total force of 135,000 troops in Iraq, officials explained.

"The Army — Active, Guard and Reserve — is supporting the combatant commander as a single unified team," said Lt. Gen. H Steven Blum, chief of the National Guard Bureau.

"Our units have fought together, endured together and will remain together. The cohesion baptized by fire and hardened in the crucible of combat is an invaluable combat multiplier," Blum added.

# SECTION Q N' A:

# OLDER

What is the best piece of advice your mother ever gave to you?

**Sgt. Eric McGowan**

*"Treat other people the way you want to be treated."*



Photo by Spc. Sean McCollum

*Sgt. Eric McGowan, a petroleum supply specialist with the 4/278th Armored Cavalry Regiment, fuels a helicopter at the Forward Area Refueling Point.*

**Sgt. 1st Class Thomas Heinrich**

*"If people make fun of you, just treat them like a post."*

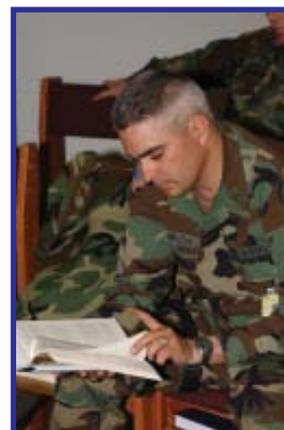


Photo by Spc. Tim Grooms

*Sgt. 1st Class Thomas Heinrich, an escort officer with the Joint Visitors Bureau, looks over a "Christian Prevention and Relationship Enhancement Program" book for his class in marriage enrichment.*

**Spc. Kristina Grendreau**



Photo by Spc. Luke Rollins

*"Don't pick at it, or else it'll get infected."*

*Spc. Kristina Grendreau, a preventive medicine technician attached to Task Force Med Flacon from the 434th Main Support Battalion, takes notes on fluid dynamics as part of a Physical Science class offered through the Laura Bush Education Center.*

**Sgt. Catrell Fleming**



Photo by Spc. Sean McCollum

*"She let me make a mistake and then corrected me when I was wrong or got into trouble or in other words she let me grow into my own person."*

*Sgt. Catrell Fleming, a K-9 Military Policeman with the 192nd MP Company, watches as children of Kishnapole/Kisno Polje gather around his bomb sniffing dog at a Medical Civilian Assistance Program held in the town April 24th.*



**Scenes of Kosovo**  
**The streets of Ferizaj/ Urosevac at night.**  
**Photo by Spc. Sean McCollum**