

Guardian

Volume 11, Issue 3

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

October 6, 2004



EVAAC!

***Earthquake Drill
Shakes Up Students***

***German, US Soldiers
Prove They Can Operate
Anywhere, Anytime In...***

THE CAGE



*Be a star in your own holiday
greeting to your family and
friends back home.*

**If you're interested be prepared with the following:
Address book of those you will mention in your
10-15 second greeting
Hometown TV station(s)
Personal thoughts on who you will say hello to
Best looking set of BDUs and a nice smile**

Coming soon to Camps Bondsteel and Monteith...

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On the Cover:

A student jumps from the roof of her school during an evacuation practice. Photo By Sgt. Benjamin Hokkanen

Be Flexible for the Changes Ahead

The Army is going through changes. Changes that will not only affect the way we look as Soldiers, but also the way we shoot, move and communicate. From the new uniform to Units of Action, each modification brings with it the hope of making the Army more effective.

These changes noted in Sgt. Maj. of the Army Kenneth Preston's visit, should catch the attention of every Soldier. We are part of almost a quarter-million Soldiers deployed in 120 countries, with 40 percent of these Soldiers from the Guard and Reserve.

According to Preston, the way ahead changes doctrines that have been untouched since World War II. These changes are driven by the realities, we as a force, are experiencing every day.

As part of this process, the Guard and Reserve can look forward to a five-or-six-year stabilization cycle similar to the plan for active-duty Soldiers.

Preston also acknowledged that there are problems, especially with pay, that are being fixed; but, the situation is more difficult than it may seem. Some states have their own pay systems which make it very hard to figure out who gets what. However, getting a 3.5 percent pay raise this year will also help across the board.

Preston asked us for patience and flexibility during these changes, because with each change, there is an opportunity to grow and help the Army succeed.

The Army is also changing the way money is spent, with more dollars going toward programs that rely less on technology, and more on improving the effectiveness of the individual Soldier. Again – the new uniform, the XM-8 rifle, better benefits and better training at mobilization stations are all examples. Plus effort is being made to improve mobilization sites.

The great way to better understand your future as a Soldier is to look into the Army's overview of the future force at <http://www.army.mil/thewayahead/>. I recommend reviewing the details of these changes as well, so you can be personally prepared for what will be expected of all of us.

Note: Staff Sgt. Tomas Rofkabr and Sgt. Greig Dablke contributed to this article.



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Quicktime

SMA Addresses MNB(E) Troops



PHOTOS BY SGT. BENJAMIN HOKKANEN



(Top and Above) Sgt. Maj. of the Army Kenneth Preston talks with Soldiers during his visit to MNB(E).

Sgt. Maj. of the Army Kenneth Preston addressed the Soldiers of Task Force Falcon on Sept. 24 and 25 at Camps Bondsteel and Monteith. One reason for the visit was so Preston could explain the sweeping changes being implemented to improve today's Army.

Among those changes, according to Preston, is the transitioning of the regular Army from 33 brigades to 48 units of action over the next year or two, the retraining of many Soldiers into areas that are currently in need of Soldiers, getting the non-combat arms units more combat training, extending Tri-Care and dental benefits to National Guard and Army Reservists, and giving Soldiers a 3.5 percent pay increase for this year.

One of the bigger changes is implementing a 36-month stabilization program that will keep units together for longer periods of time. For example, drill sergeant candidates will only be able to attend the school at the end or beginning of the 36-month period.

"We are changing many of these things as we go," Preston said about the changes. The changes are part of the largest change in doctrine since the end of World War II.

Fire Warden Training

Fire wardens are responsible for maintaining the fire safety of one, or possibly two, barracks. They work with the local fire authorities to identify potential fire hazards and ensure the hazards are dealt with.

Learning to be a fire warden requires training and class work. Fire warden training is offered every Tuesday and Thursday morning at 0900 at the fire station on Camp Bondsteel. "The classes go over basic fire safety issues and the responsibilities of the fire warden," said Abhen Shabani, a Kellogg, Brown, and Root contractor and the instructor of the class.

Issues covered in the class include the general responsibilities of the fire warden, like inspecting the barracks every six months, accompanying fire officials on inspections, and seeing that deficiencies are fixed.

Soldiers interested in the fire warden classes can contact the fire station at DSN 781-4098.



Weapon Safety

In recent years the number of injuries and fatalities received from accidental weapon discharge during cleaning has increased. To stem the rise, NCOs must train their Soldiers in proper weapon handling and periodically check and retrain them as necessary. The handling and clearing of weapons is NCO business. If NCOs are not involved in training and supervising, further accidents will occur.

EOD Offers Classes

The 734th Ordnance Company (Explosive Ordnance Disposal) is teaching classes on dealing with explosives. Soldiers of Task Force Falcon can take the classes for their own safety and common task training. "The main subject areas are UXO (unexploded ordnance) awareness, nine-line report procedures, bomb threats and bomb searches," said Sgt. 1st Class Howard Trexler. Call the 734th at 781-4085 to schedule a class.

Around MNB(E)

Polish/Ukrainian Battalion Excursion

Soldiers from the Polish/Ukrainian Battalion spent their free time on a canoeing excursion last week. The group of Polish and Ukrainian soldiers visited canyon "Matka" near Skopje, the capital of Macedonia. Canyon "Matka" is situated on the Treska river and has a large dam built on it. This excursion was organized by the Polish chaplain and S1 section. The excursion offered a great way to spend free time, the opportunity to learn the history and geography of this region, and a chance to understand the local people.



Respect a Requirement, Duty



PHOTO BY SPC. IAN BLAKE

Chief of Staff sounds off on Army value, who gets it, and why...

Saluting is only part of traditional respect shown to military members.

I want to take this opportunity to tell all of my KFOR team members I am very proud to serve you as the Chief of Staff. I have been extremely impressed with everything I have observed since my arrival. Our soldiers are highly trained, motivated and are performing their missions in a proud and professional manner. Additionally, we have the most spectacular support I have ever experienced, and it is provided by the most service-oriented and positive people I have ever worked with.

Having said that, I want to use my privilege of writing for the Guardian to reflect on an Army value I believe is the most important for each of us to exhibit during this deployment. That value is respect. This is the most important value to exhibit because it is the most visible and resonating value in a situation where we are in constant contact with so many people each day. The impression we make and the values we demonstrate will form the basis of the treatment we receive in return; it will be the basis of our reputation for years to come. So what do I expect?

Webster defines respect as "worthy of high regard." The Army Homepage goes even further by describing it in terms of the Soldier's Code. In the Soldier's Code, we pledge to "treat others with dignity and respect while expecting others to do the same."

Respect is what allows us to appre-

ciate the best in other people. Respect is trusting that all people have done their jobs and fulfilled their duty. And self-respect, which results from knowing you have put forth your best effort, is a vital ingredient of the Army value of respect.

I define respect as having three components. Every soldier must possess and demonstrate respect of others, respect for our institutions, and self-respect. I believe that self-respect forms the irreplaceable basis for the other two components.

Self-respect stems from the knowledge that you are well trained, and therefore worthy of high regard. It springs forth from the confidence that you have put forth your best effort, and the knowledge that this is recognized by the professional warriors you are serving with. Without self-respect, there is no capacity to respect others or your institutions.

Respect of others is a requirement we share, as well as a duty. While many believe that respect is an entitlement, I believe that respect is both owed and earned. Respect is owed to your superiors, while you must earn their respect. Respect is earned from your peers, but it is not owed to them or required of them. Finally, while there is no entitlement to be given respect, there is a duty to treat your subordinates with respect, and there should be an opportunity for

them to earn your respect.

The final component of respect is respect of institutions. Our institutions include our Constitution, our flag, our Army, our faith, our freedom and equality. This is the value that is most often observed through deeds rather than through words. Our actions towards our institutions are the beacons of light that guide so many throughout the world towards us as well as our children towards their own future.

If we train hard and are dedicated to our warrior ethos, self-respect will flourish from within. Finally, if we demonstrate respect for our institutions, we will be overwhelming beacons that will guide all the people of the world to our way of life, and this will form the impenetrable shield that will protect our loved ones and our future.

Every person you encounter or who observes you measures your actions every day. The unit of measure is respect.

The respect you show for yourself, for others and for our institutions. Your demonstrations of respect today will be returned towards you and our nation for years to come. ❏



Col. James Green is the chief of staff for Task Force Falcon, and can be reached at james.green@bondsteel2.areur.army.mil

What Makes the Army? Soldiers



PHOTO BY SGT. BENJAMIN HOKKANEN

Many Soldiers in the Army today are being sent on deployment after deployment without much time at home. Spc. Bradley A. Carney is one of these Soldiers. Carney has been in the Army National Guard for about three and a half years, yet he has spent more time than not on active duty at AIT, deployed to Bosnia, performing a Homeland Security detail, and in Kosovo. Carney's only response to being informed of any of these deployments was not a whine or a "why me?" but rather, "when do we leave?" said Sgt. 1st Class Aniello Burr

Why did you join?

It was something interesting to do after school. Also, to help pay for college. I wanted to serve my country and it sounded fun to do.

Why did you become an MP?

I've always wanted to be in law enforcement. I always saw police and MPs on TV and it looked like something I wanted to do.

Do you work in law enforcement as a civilian, too?

I'm actually going to school at Hutchinson Community College in the Fire Science Dept. to become a wild land firefighter. I have about a year and a half left of school before I get my degree.

Are you taking any classes here in Kosovo?

I am taking some classes through the University of Maryland here, but I haven't really been able to do anything to benefit my curriculum at school. I'm just taking subjects that interest me. I was deployed here in the Balkans about nine months ago to Bosnia, so that perked my interest as to why we're here and what has led up to all of this. One of the classes I am taking is the History in the Balkans class.

How does this deployment compare to the last one you were on?

The last deployment I was part of a smaller group, since we only took 30 Soldiers. It was a nice tight group and we all knew each other, so we knew how

Name: Bradley A. Carney
Unit: 35th MP Co.
Date of Birth: Oct. 4, 1982
Hometown: Colby, Kansas
MOS: 95B
Hobbies: outdoor activities

everyone would react to things before they even happened. That made it a lot easier. Now we have a bigger, company-sized element with people from all over. It's been more challenging to work with people you don't know from back home in your own unit.

How does the attitude of the civilians in the area compare to the last deployment you were on?

The attitudes are about the same. The kids all run up to you in Bosnia just like they do here, asking you for candy or something else. Everybody seems to enjoy our presence in both places about the same. The two places have very similar terrain and similar reactions to U.S. Soldiers, the only major difference I've noticed is the languages.

What are the day-to-day duties for you, as an MP?

We go out on presence patrols in some of the local towns. We also work hand-in-hand with the KPS to do vehicle checkpoints and check speeds of vehicles on the roads. On the presence patrols we go out into the towns in the area, walk around and just take the time to meet and greet the local people.

What is the reaction of adults when you're out on patrols?

While I've been out on patrol, I've never run into anyone who wasn't willing to stop and talk to me. If we stop to ask them questions, they give us the answers so that we can help them. They like to ask us questions too, like where are we from, and they seem to be just as interested in us as we are in them.

How would you describe the working environment between you and the citizens of Kosovo?

Everyone's cooperative. We've been here for over five years now, so we can set up a checkpoint and the people know what to do even before we ask them to do anything. The first one that we did was interesting because while we were doing the left-seat, right-seat

See ARMY, page 22

Chaplain's Retreat



For those of you who are interested in going on the spiritual retreat to Greece, the required eight hours of classroom instruction are being offered again on the dates given below for Camps Bondsteel and Montieth.

The retreat will take Soldiers to places visited by the Apostle Paul. Questions should be submitted to your Chaplain's office. The same classes will be offered two times daily at 1000-1200 and 1900-2100.

CAMP BONDSTEEL

Sessions 1 and 2
Sessions 3 and 4
Sessions 5 and 6
Sessions 7 and 8
Sessions 1 and 2 (from 1000-1200)
Sessions 3 and 4 (from 1000-1200)
Sessions 5 and 6 (from 1000-1200)
Sessions 7 and 8 (from 1000-1200)

SOUTH CHAPEL

7 October
14 October
21 October
28 October
16 October
23 October
6 November
13 November

NORTH CHAPEL

12 October
19 October
26 October
2 November

Any needed sessions can also be taken at the North Chapel on Saturdays from 1000-1200.

CAMP MONTIETH

Sessions 1 and 2
Sessions 3 and 4
Sessions 5 and 6
Sessions 7 and 8

Monday
Thursday
Saturday
Sunday
2000-2200
2000-2200
1300-1500
1400-1600

This message brought to by the Task Force Falcon Chaplain's Office

See Your Family with a Webcam

Technology gives a face to the voice back home. Webcams add visuals to Internet chat

Soldiers can use the webcams in the MWR centers to see loved ones live over the internet

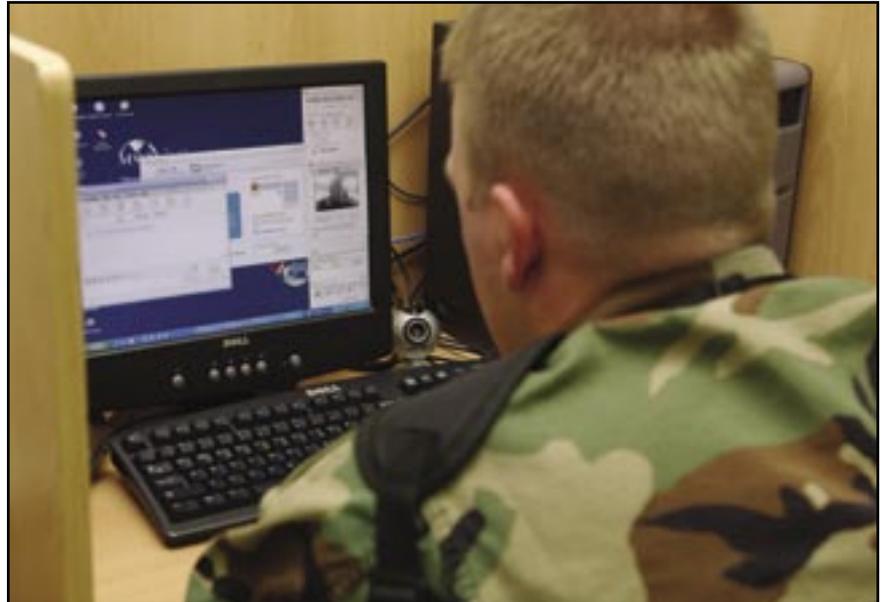


PHOTO BY SPC. ADAM DIELSCHNEIDER

Most of you are familiar with something called a telephone—you talk in one end, and they hear you on the other.

Well, those of you who want to keep up with modern technology should know about one great innovation that we can use to help stay in touch with loved ones back home. It's called a web camera, or webcam for short.

In this installment of Gear and Gadgets, I'll explain to you what a webcam is, how to use one, and I'll give you some advice to pass on to family back home who would like to buy a webcam.

Webcams are little video cameras that perch on top of your monitor and plug into your computer. If two people have webcams, they can see each other live over the internet, which can be nice if you haven't seen your family for a long time, only talked to them on the phone.

The predicament here in Kosovo is that you can't use webcams with government computers—it's just not allowed. However, Morale Welfare Recreation (MWR) has solved that problem by setting up webcams with their morale

computers in the MWR recreation centers. That means all your family back home has to do is buy their own webcam, and you will have the pleasure of seeing your spouse, dad, brother or whomever face-to-face while you type messages to them.

As with all morale services, there are some limits on the usage. LaVon Washburn, MWR chief for KFOR, said there's a 30-minute limit on webcam usage.

If there's nobody waiting in line behind you, however, you are allowed to sign off the computer, resign your name at the desk, and sign in for another 30 minutes.

Use common sense and be respectful of others when using the service—nothing vulgar, obscene or offensive on the webcams. Keep it clean boys and girls.

People back home who would like to start talking with you using a webcam should know a few things before diving in.

Only three things are really necessary to use the webcams—a computer, the camera itself and the software to

See GEAR, page 23

Types of Webcams

While there are dozens of web cam models to choose from, shopping online can make buying easier by allowing you to compare models before buying.

Check out sites like www.best-buy.com, www.compusa.com, or www.amazon.com to see what's available.

All web cams include the cables and installation software that you

See TYPES, page 23

QuickCam for Notebooks Pro

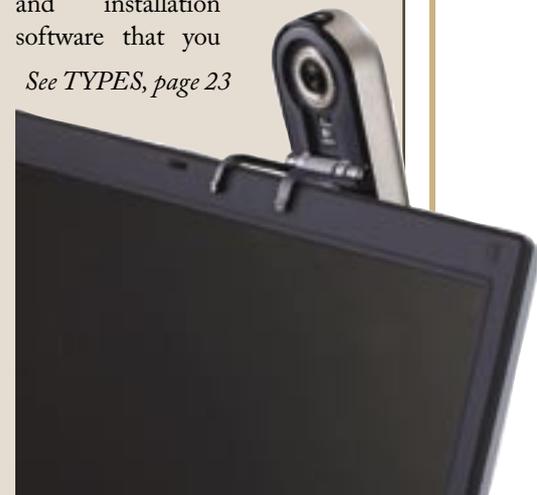




PHOTO BY SPC. ADAM DIELSCHNEIDER

Caffeine: The Good, The Bad

Caffeine has a good and bad side. How it helps depends on if you use it or abuse it.

Your coffee affects you in more ways than you think.

Everyone knows what happens when you quickly chug down three espressos.

After about 15 minutes, your hands start to shake, your heart beats faster, and you no longer feel like taking that cat nap you thought you needed.

These are just some of the effects that caffeine has on the body. But do you know all of them? Including caffeine in your daily diet can be helpful, but it can also bring considerable risks along with it. Knowing how your body reacts both positively and negatively can help you determine how much caffeine is safe for you.

Caffeine is a stimulant that occurs naturally in things such as coffee, tea and chocolate, and it's added to some beverages like soft drinks. To give you an idea of the amounts we are talking about here, a cup of coffee has about 100 milligrams of caffeine, soft drinks between 50 and 80 mg per cup, tea about 40 mg, and hot cocoa about four mg. Most people won't notice the effects of caffeine until they've consumed about 200 mg, or roughly two cups of coffee.

Once consumed, caffeine is absorbed by the digestive tract and enters the blood stream. There it starts to produce the desired effects of alertness and a so-called "energy boost." Though the actual effects of caffeine are too numerous to mention here, there are some important positive and negative effects that you should know about.

One positive trait of caffeine is that it mobilizes fat reserves on the body during exercise. During a long-term workout, muscles get their energy from two different sources—glycogen and body fat. Glycogen is essentially pure energy for your muscles that your body has stored for immediate use. When your glycogen reserve is depleted, fatigue sets in and your body starts burning fat, which is much more abundant. Caffeine can actually improve your endurance by making your body burn more fat during exercise so that your glycogen reserves last longer. However, caffeine does not have any positive effect on short-term workouts, such as sprinting.

Caffeine can also temporarily improve your mental clarity and keep you from feeling sleepy while the effects last. This doesn't mean you can get away with sleeping less—your body still requires the same amount of sleep. But it can be useful when you need to stay awake, such as when driving or during guard duty.

Caffeine consumption does have many negative side effects though. Among the more serious effects, mostly from consuming higher amounts, are rapid heartbeat, higher blood pressure, insomnia, and anxiety. It can also cause heartburn and indigestion in people who have stomach problems or ulcers.

Some other negative effects that Soldiers need to be aware of are dehydration, dependence and withdrawal.

Caffeine is a diuretic, which means that it makes your body lose more water than usual through your urine. The result is that you will need to drink more fluids during exercise to make up for this extra loss and avoid dehydration.

Most people who consume caffeine are aware that it is habit-forming, though the medical community has decided that it's not dangerous enough to be considered addictive. Be aware that choosing to break away from caffeine can result in some nasty withdrawal symptoms, like headaches and fatigue. The severity will depend on how much caffeine your body has become dependent upon.

Finally, some people are more sensitive to the effects of caffeine than others. Some people can't drink caffeine if they expect to pass their PT test anytime soon—the caffeine can cause severe nausea during exercise if the body can't handle it right. The dehydrating effects can be more than your body can handle, which will contribute to lower physical performance. Keep in mind that if you are having a hard time keeping your lunch down after you exercise, or you just plain feel like dropping dead after running the two-mile, you may want to consider cutting all caffeine out of your diet. It can help more than you think.★



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Helping hands



Story and photos by Staff Sgt. Tomas Rofkahr

The road to Samakovo is old and rough, a narrow, winding affair that has all the bone-jarring charm of trying to drive up a dry creek bed.

Early on Sunday, Sept. 19, a mixed convoy of tactical vehicles and white civilian vans crawls its way up the road despite the challenging terrain.

The convoy pulls through the tiny rural village opposed only by a lack of parking and the wooded walls of the valley rising up on both sides of the town.

Immediately, Soldiers start getting out of vehicles and begin unloading gear. They pull down tents, crates of medical supplies, tables, chairs and first-aid bags. In moments they have transformed the clearing into a modern medical clinic. As the Soldiers work, local residents begin trickling in from up and down the road, arriving on foot, sharing rides with neighbors, and riding in on pony-back.

The day is long, full of crying children in dentist chairs, and spent overcoming unique challenges like trying to conduct eye exams through an interpreter. Despite the pace and the seriousness of the work involved, the health care specialists and combat medical personnel of KFOR go about their work with smiles and positive attitudes.

The Soldiers are members of Task Forces Lancer, Medical Falcon, Phoenix and Protector. All are health care specialists, and their mission is to conduct a Medical Civil Assistance Program (MEDCAP) for the residents of Samakovo and the nearby town of Korbulic.

"The MEDCAP's are focused on areas that don't have easily accessible clinics," said Capt. Thomas C. Hawes, medical operations officer for Task Force Lancer.

The MEDCAP mission is to not only provide care to the residents, but also assist in building trust between local health care providers and the people of Samakovo.

For patients, the nationality of the provider seemed to mean less than the care itself. The MEDCAP provided service to 143 people that came from as far away as Vitina and Bosovik. According to Hawes, the ages of those seen ranged from as young as six-months-old to 88 years of age.

"Our first MEDCAP – we had zero local involvement," said Hawes, "now we have six (health professionals). That's a wonderful improvement."

(Top Right) Lt. Col. Monica J. Stafford, a dentist with Task Force Medical Falcon, works with a young patient during MEDCAP operations in Samakovo. (Right) Medical personnel from Task Forces Lancer, Medical Falcon, Phoenix and Protector unload gear and prepare to provide medical, dental and other preventive medicine services to the people of Samakovo. (Far Right) Col. Joseph F. Maranto, an optometrist from Task Force Medical Falcon, examines the eyes of a patient. (Top Left) Who's got your back? No Soldier should be without a battle buddy.









Evacuation Practice

More than two years ago, an earthquake shook Gnjilane, both physically and mentally. It destroyed homes throughout the Gnjilane area and claimed several lives. Now, the KPC, KPS and some other Gnjilane civil services are working together to ensure that if a similar incident were to occur, they would be prepared to react.

"The training here is to see how our members will react in emergency situations. The other reason is so that the students have an idea on how to react to emergency situations and to have a plan in place," said Maj. E. Uruqi, KPC Brigade 364.

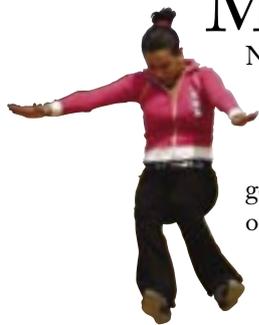
The goal of the training was for members of KPC, KPS, U.S. KFOR, and Gnjilane firefighters and ambulance response teams to work together to perform an emergency evacuation drill at Gnjilane high school. The evacuation drill is just one of many things the people of Kosovo must do to show the world that they are prepared for self-governance. Army personnel were there to lend any advice necessary they may have in completing the mission.

The drill began with the KPC setting up a headquarters tent and a triage tent at the school. Then, the KPC sounded the alarm for the students to evacuate the school. Lines of students streamed from the school as teachers took accountability of their classes. The number of students left in the school was reported to the KPC so they could supervise the rescue efforts for the students that remained in the building.

The KPS was doing crowd control, keeping the students already safely removed from the building from getting too close to the building. While the KPS was doing the crowd control, the firefighters arrived at the school with a cherry picker and an inflatable landing mat. The cherry-picker truck went to one side of the building, while the landing mat crew remained in the front of the building to blow up the mat

See *EVACUATION*, page 23

Story and photos by
Sgt. Ben Hokkanen



(Right) A Gnjilane firefighter rides up in a cherry picker to assist children out of a third story window. (Top) A student is checked for "injuries" by KPC members outside the high school. (Above) A firefighter helps set up an inflatable mat for the students to jump on to evacuate the high school.

Running the 'cage'

Story and
photos by
Spc. Ian
Blake

A light haze hangs in the morning air as a vehicle is let through the barbed wire barrier. A translator asks the driver of the car to have everyone exit the vehicle and wait to be searched. The passengers, acting as if this was part of their daily routine, comply as the Soldiers begin to examine the car from top to bottom, checking every conceivable hiding place. On the other side of the barbed wire gate, the line of vehicles stretches across the cement airfield on a hilltop in the Kosovo countryside.

The mix of delivery vans, cars, and vans turned into makeshift buses, wait to be screened by the personnel in charge of this operation.

Kosovo Police Service (KPS) personnel, Task Force Lancer Soldiers, and German soldiers search the vehicles and their occupants for contraband. After being respectfully checked, the drivers and passengers are allowed to take their vehicle and continue on their way. This process is repeated more than 50 times throughout the course of the day. It's another operation for Troop B, 2-107th Cavalry, Task Force Lancer.

"We're integrating with the different countries here to ensure that we can integrate our forces with theirs," said Sgt. 1st Class Mark Fine of Troop B. "We both have an understanding about what we need to accomplish here." He added that this kind of joint exercise sends the right message to the people of Kosovo about the operations carried out here.

"The MNB borders aren't necessarily conducive to the operations. The exercise has been set up so we can work with multinational forces," said Capt. Richard Davis, Troop B commander.

"This provides three different things: it provides experience and friendships gained through working together, it demonstrates to the people of Kosovo a show of force and that we can either limit or provide freedom of movement, and it presents a multinational picture to the people of Kosovo," said Davis, "It is

imperative that all of these multinational forces are able to work together and demonstrate to the people of Kosovo that we are one unified, allied force."

This exercise helped to reinforce the message that this was a unified force working to protect Kosovo, said the German liaison officer.

The mission for Troop B, as part of Operation Combined Sweep, was to conduct a joint KFOR operation. One part of their mission was to coordinate a cage search of vehicles.

A cage is where Soldiers block off a portion of road, requiring vehicles to enter an area where they are searched before letting them go on their way.

When asked to get out of their vehicles, the drivers and passengers would politely allow themselves to be searched and their vehicles inspected. The Soldiers did their best to be respectful to the vehicles and their owners, while trying to get them back on their way as soon as possible.

This cage was a joint effort with KPS personnel, German and U.S. KFOR Soldiers. During the first two days of performing the cage, Troop B was able to search up to 60 cars in less than two hours each day.

The cooperation given by the locals to the Soldiers helped in operating the cage.

Troop B, as a courtesy, issued notes explaining to employers that KFOR personnel had stopped them.

After three days of operation, Troop B packed up and returned to Camp Bondsteel. Another day over, another mission completed. Just another day for the cavalry.



(Top Right) A German soldier looks on during the cage conducted by Troop B, 2-107th Cavalry. The operation was a joint operation conducted by American, German, and Kosovo Police Service personnel. (Above) Checking under the hood of a civilian van, Spc. Eric Acuff, Troop B 2-107th Cavalry looks for suspicious objects. This van was one of 120 vehicles searched over a period of two days.

A Soldier from Troop B, 2-107th Cavalry uses a metal detector to search a local citizen as a translator stands by during operation of the cage. As each vehicle is stopped in the cage, every person in the vehicle is searched.



Mini-Olympics come to Kosovo



It was a new experience for many of the Soldiers who volunteered to help out—many of them had never seen blind, deaf, or wheelchair-equipped people play sports of any kind. It was also a relatively new event for Kosovo: the Mini Olympics, created specifically for local people with disabilities.

Participants gathered at a sports complex in Pristina/Prishtina, a massive brick structure that had once contained both a basketball court and a larger indoor arena. But now, only the basketball court remains, and the larger half of the complex remains an empty shell, having been burned several years ago.

Residents from all over Kosovo participated in this multi-ethnic event, said Lt. Col. Katheryne Leedham, civil military cooperation, KFOR headquarters. Leedham acted as one of the military coordinators for the day's events. She said the event was intended to give disabled people a chance to participate in competitive games, and give the rest of Kosovo a chance to appreciate the participants' skills and talents.

*Story and
photos by
Spc. Adam
Dielschneider*



United States Soldiers, as well as Greek, French, German, and Norwegian Soldiers, volunteered to unload truckloads of food, hand out medals to event winners, and provide general encouragement to the players.

Four major events were organized for the participants: an outdoor wheelchair race, a handball tournament for deaf people, wheelchair basketball, and a ringball tournament for blind people. Ringball is played using a rubber ball that is filled with a jingling noise-maker, allowing the blind participants to locate the ball using their hearing.

Between events, speeches were given by people such as Lt. Gen. Yves de Kermabon, KFOR commanding general. The speeches centered on equality of ethnic groups and genders, disability awareness, and the overall unity of Kosovo.

At the end of the day, once the officials had awarded all the medals, they treated the crowd to free snacks and water in the entryway. Kids loaded their arms with crackers, cookies, and bottled water, and they smiled as they left the building. Their mothers thanked the Soldiers wholeheartedly before waving goodbye.



Kosovo citizens with disabilities play ringball (Top), handball (Left), and wheelchair basket (Above)

Soldiers hand out medals to wheelchair race winners.



Kosovo a Crossroads of Cultures

Peoples from variety of ethnic groups call Kosovo home. Ethnicity is a form of kinship, group solidarity, and common culture where often language is a key identifier of a particular ethnic group.

This map illustrates the locations of various ethnic groups within the province of Kosovo.



Kosovo is home to a number of different ethnic groups. Many of you are more familiar with the primary conflicted parties, or the Serbs and Albanians, both of which are emotionally, historically, and politically linked to Kosovo. Those two ethnic groups may maintain numerical predominance as compared to the others, but bear in mind that you may encounter other ethnicities while deployed in Kosovo.

The last official Yugoslav census was taken in 1991. The Albanians boycotted that census in Kosovo where they made up the majority. The last population counts that included the Albanians

took place a decade earlier in 1981.

Statistics remain a controversial topic for those studying population trends in what was Yugoslavia due to numerous claims that these statistics have been grossly manipulated over the years by various groups in support of various political agendas. The intent of this article is neither to support nor argue against the use of statistics when attempting to describe the various ethnic groups located in Kosovo.

These statistics do, however, identify for us who does call Kosovo home.

Kosovo measures roughly 10,887 square kilometers, or 12.3% of the ter-

ritory of the Republic of Serbia.¹ It is slightly smaller than the state of Connecticut. Population estimates vary between 1.9 million to a little over 2 million.² The 1981 census identified the following ethnic groups: Albanians, Serbs, Bosnian and Montenegrin Muslims, Roma, Montenegrin, Turks, and Others.

What are ethnic groups? Recently the term "Ethnicity" has been associated with conflict as a way of describing the conflicted parties. This is probably a result of the last century, and most notably following the end of the cold war where more and more conflicts

were intra-state as opposed to inter-state in nature.

Ethnicity is a form of kinship, group solidarity, and common culture where often language is a key identifier of a particular ethnic group.³ Ethnicity, or an 'ethnic community' can be described as: 'a named human population with myths of common ancestry, shared historical memories, one or more elements of common culture, a link with a homeland and a sense of solidarity among at least some of its members.'⁴

In Serbia and Montenegro the primary factors that distinguish ethnic groups are language and religion. Within these ethnic groups there can be additional classifications within religious affiliations. Such is the case amongst the Kosovo Albanians who are generally either Roman Catholic or Muslim. Muslim Albanians belong to a number of sects ranging from the more traditional to Dervish and Bektashi orders.⁵ Their fellow Albanians in Albania proper also belong to the Orthodox Christian religion, and there are even some continue to follow the Jewish faith followers. So let's get familiar with the different ethnic groups that call Kosovo home.

Albanians - The Albanians are the largest ethnic group in Kosovo. They believe themselves to be the modern day descendents of the ancient Illyrians who arrived to the peninsula centuries before the Slavs.

The Albanians can be found in Albania proper, modern-day Serbia and Montenegro, the Former Yugoslav Republic of Macedonia, and in some regions in both Greece and Italy. The Albanians speak Albanian and speak a number of languages to include Serbian, German, Italian and English. The Albanians can belong to the Islamic, Roman Catholic, Orthodox Christian and Jewish faiths among others.

Serbs - The Serbs arrived in the region in the sixth and seventh centuries as part of Slav migrations from the Northeast. Modern-day Serbia, Montenegro, FYROM, Croatia and Bosnia and Herzegovina have significant Serb

populations. In the 800's Serbian Saints Cyril and Methodius converted them to Orthodox Christianity. The Serbian Orthodox church is a national church and central to the collective identity of the Serbian people. In fact, it is through the Serbian Orthodox Church that the Serbs were able to preserve their sense of identity during 500 years of Ottoman control over the region. The Serbs speak Serbian and use the Cyrillic script; some speak English, and there are also some Serbs that can speak Albanian.

Kosovo Turks - Kosovo Turks use Turkish as their primary language. Most can speak Albanian and Serbian. From 1974 - 1989 Turkish was

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and respect in a fair and
impartial manner.**

- Drita Perezic

recognized as Kosovo's third official language. Kosovo Turks are Muslim by religion. They have traditionally been neutral between Serb and Albanian.

Kosovo Croats - They can also be called Janjevci, a name derived from the village of Janjevo/Janjeve in the Lipljan municipality, where they made up a significant majority. In MNB(E) they are found in the Vitina municipality. Most Croats left Kosovo during the Croatian conflict in the early 1990's fearing reprisal attacks by Kosovo Serbs. Croats speak Serbo-Croatian, which uses the Latin script. Croats are Roman Catholic.

Gorani - These are Slavs of the Muslim faith from the Gora/Dragash Municipality in MNB(SW). They are

not the same as Muslim Slavs or Bosniacs in that "Muslim" was a Nationality designation within the Former Socialist Federal Republic of Yugoslavia, while the Gorani are a distinct ethnic group. The term "Goran" can be translated into "highlander". These people are typically associated with a mountainous region. They speak Serbian, and are of the Islamic faith.

Muslim Slavs - These Serbian-speaking Slavs are associated with the "Muslim Nationality" who are found primarily in Bosnia, hence they are sometimes referred to as Bosniacs. They are Muslim and speak Serbian. Most are found in MNB(SW). They also can speak Serbian and Albanian.

Montenegrins - Serbs and Montenegrins are Orthodox Christians, and both speak Serbian. Montenegrins may speak a different variant of Serbian. They use the Cyrillic alphabet. Most regard themselves as Serbs whose regional identity is "Montenegrin", while others in this group see "Montenegrin" as a separate ethnic identity altogether.

Roma⁶ - Often referred to as "Gypsies", the Roma are comprised of various groups with different linguistic and religious traditions. The Roma include Ashkaelia and Egyptians. The acronym RAE refers to these three groups. Those that identify themselves as Roma use the Romani language and also speak Serbian and Albanian depending on what community they interact with most. Using the Romani language allows them to communicate with Roma living in many other countries. The Ashkaelia are Roma that speak Albanian and tend to identify with the Albanian community. They are typically Muslim. The Egyptians are typically considered to be Ashkaelia. They speak Albanian yet claim to originate from Egypt. They are also Muslim.

Both Serbs and Albanians see the Roma as second-class citizens. Both Serbs and Albanians have terms for

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ride, we had just stopped to begin setting up a vehicle checkpoint, and before we were set up we had a car pull in. The person got out and waited for us to begin the check.

Does that kind of cooperation make your job easier?

For the most part it does. For example, in another area people might get frustrated because they have a timeline that they are trying to meet, and then we stop to pull them over to check out their vehicle. The person might get frustrated because they are going to be late. Here though, nobody seems to have a problem with it, they are very cooperative.

What is your favorite part of your job here?

Interacting with the kids. The kids will run up to us and show us that they know how to speak a little English. It's fun to have them ask what my name is, how am I doing, and other questions like that.

What is your biggest challenge here?

My biggest challenge is working with people that have never been in this type of environment before. I knew what to expect coming over here because we were doing the same job basically over in Bosnia. Over here though, with the bigger group, it's challenging getting everyone on the same page with all the different groups we have here.

Has your previous deployment experience allowed you to help out your fellow Soldiers?

Yes, it's helped a lot. My goal coming over here was to be able to share as much knowledge as I have with the Soldiers who work under me, because you never know when they might find themselves in some situations I have been in. Hopefully by doing that, I can help them get through another deployment and get home safely to see their families.

Have you ever been deployed anywhere else?

In Kansas we were deployed over Christmas as part of a small security deployment as part of Homeland Security.

What are you looking forward to accomplishing here?

To learn more about how people live here and their culture. I'm also looking forward to going home and knowing that I've accomplished something that not many people can say that they have

done. What can I say, I'm here, still kicking, doing my job as best I can day in and day out.

What has been the biggest challenge in the three years you've been in the military?

Getting moved around a lot. Right after I got home from AIT, I was told we were going to Bosnia in three months, then when I got home from Bosnia, we were activated for the security detail for two and a half months, and then a few months after we were done with the security detail, we were called up to do the Kosovo mission. Ever since I finished AIT, the place that I have actually been the longest has been Bosnia. That's the hardest part, not being able to get settled down because we've had to just pick back up and move again.

What has been your favorite thing that you've accomplished since you've been in the Army?

It would have to have been either receiving an ARCOM while I was in Bosnia, or being awarded Soldier of the Month while I was in Bosnia. I never thought I would receive an ARCOM while I was in Bosnia, and I definitely wasn't worried about it. I was more concerned with just getting the job done. When I was awarded Soldier of the Month it was the first time I had ever gone in front of a board like that.

What did you receive the ARCOM for?

Some of the reasons that they gave were that I had earned the Soldier of the Month honors, coming directly from AIT to the deployment, and for having a good appearance for my Access Control duty at the TOC.

What are your future military plans?

I've thought about going active duty because I enjoy doing what I'm doing. I joined the National Guard because I figured I'd like it and I'd be able to get some schooling done. With the deployments, I've been too busy to get any school in, so I figure by going active duty I might have a better chance to complete some more classes here and there. ★



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them – the Serbs call the Roma “Cigani” and the Albanians call them “Maxhup.” Since the end of the war this community continues to be marginalized.

As you can see, Kosovo's population is a full mosaic of languages, religions, and distinct groups. Sometimes these different groups call each other enemies, other times neighbor.

Regardless of origin, language, politics, or other characteristics, all of the people of Kosovo deserve to be treated with dignity and respect in a fair and impartial manner. ★

¹For Serbia and Montenegro, the successor state of the Federal Republic of Yugoslavia, and more specifically the Republic of Serbia Kosovo represents an integral part of what is considered sovereign territory. The majority population of Kosovo Albanians today seeks full independence and claim that Milosevic regime policies and practices illegally abolished Kosovo's constitutional autonomy. Kosovo's final status is yet to be determined. The Province is currently administered the United Nations Interim Administration in Kosovo (UNMIK) under the mandate of United Nations Security Council Resolution 1244 which also authorizes the deployment of a NATO led Kosovo Force (KFOR). Provisional Institutions of Self Government (PISG) have been elected and currently efforts are underway for the second such central level elections.

²In 2002 the United Nations Development Program (UNDP) released the “Kosovo Human Development Report”. The goal of this report was not to provide accurate statistics to replace contested statistics and thus should not be viewed in that context. The report is correct in its reminder that the lack of accurate statistics impedes proper long term policy planning.

³A basic introduction to ethnicity and ethnic conflict can be found in the Oxford Reader Series: Ed. John Hutchinson and Anthony D. Smith, *Ethnicity*, Oxford University Press, New York, 1996.

⁴Ibid. p.6.

⁵The most extensive English language study available for those interested in reading more on this subject is a work published by Cultural Anthropologist Ger Duijzings. See Duijzings, Ger.: *Religion and the Politics of Identity in Kosovo*. Columbia University Press, New York. 2000.

⁶See: Organization for Security and Co-Operation in Europe (OSCE), 1999, “Human Rights in Kosovo, As Seen, As Told”.

U.S. Committee for Refugees (USCR), April 2000, “Reversal of Fortune: Yugoslavia's Refugees Crisis Since the Ethnic Albanian Return to Kosovo” United Nations High Commissioner for Refugees/World Food Programme (UNHCR/WFP), 5 February 2000, “Joint WFP/UNHCR Food Needs Assessment of Minorities in Kosovo, November” - December 1999



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need to get started. Here are a few examples of what's on the market:

The Webcam PC Internet Video Camera by Labtec is a typical low-end model with features like 352x288 resolution, still image capture, and adjustable focus. This cam sells for about \$30.

Creative Labs' Webcam Pro is a mid-range model that adds a microphone, automatic focusing, and 640x480 resolution. The price for this one is about \$50.

Logitech's compact Quick-Cam for Notebooks Pro is one option for those who use laptops for internet chatting and want a clip-on camera.

It has all the features of the previous two models, plus higher still-image resolution and up to 30 frames per second for video. Its price tag is \$100.

Apple sells the high-end iSight for Apple computers for those who want the most features possible in a webcam.

It sports a noise-suppressing microphone, image-enhancement processing, and three different stands for more mounting options.

The iSight, compatible with both PCs and Macintosh computers, is priced at \$150.

Editors Note: This article is for informational purposes only. We do not endorse one brand or product over another. We hope this will speed your research but we leave the decision-making up to you.



use with it.

Any instant messaging program will work, like those provided by Yahoo!, AOL, or MSN. These programs are free, and they allow users to view each other directly while typing messages.

When buying a webcam, let your family and friends know that it doesn't take an expensive model to get the job done. While the prices range from \$30 to \$150 or more, even the lowest-priced model will do fine. However, you get what you pay for. Higher-priced models can add features that some people might like to have, such as a built-in microphone, and the ability to zoom in and out and capture still images.

They may also boast better frame rates and color accuracy. Some models are specifically designed to clip onto the screen of a laptop computer, making them more user-friendly for people on the go.

Whatever model your family decides to go with, remember that the MWR webcams do not support sound, so don't spend extra cash buying one with a built-in microphone unless you plan on using it when you get home.

Those who are more technically inclined might like to know that most webcams have a resolution of about 640x480 (that's the dimension of the video image measured in pixels).

Webcams can be used to record videos that can be saved for later viewing or emailing. Some models shoot low-resolution digital photos as well.

Whichever model your friends and family choose to buy, I recommend taking advantage of the webcam service here. It's a great way to keep up with family back home, especially if you have young children and you don't want to be surprised at how much they've grown up while you've been away.

And even if you don't, it breaks up the monotony of the otherwise blind telephone conversations you've been having. ★



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EVACUATION (Continued from Page 15)

and help the students on the second story jump down to safety. The cherry picker truck was there to reach students who couldn't reach the roof to jump.

The KPC search and rescue teams also helped in the evacuation efforts by entering into the school and looking for any students that remained inside the building. Once they searched the school for students still within, the soldiers helped evacuate students by repelling down the side of the school with students harnessed and strapped onto them.

Once evacuated, KPC soldiers examined students' injuries and treated them. If necessary, the soldiers then loaded them onto the ambulance to be either brought to the hospital, or to be flown out by a U.S. KFOR helicopter.

"Today we saw lots of students participate, and the training we had was very good," said Uruqi. "Now I think the students

know that every earthquake is a catastrophe, but now they know how to react. Together with the director and the staff, we were able to make a plan, which proved to be very effective."

"What was demonstrated by brigade 364, together with other units, a search and rescue unit and communication unit, and was very impressive to me," said General Ijlazi, KPC PG6 commander. "It demonstrated in this school the skills they have, and I think they gave very good education to this school on how to react and how to be evacuated in an emergency kind of situation, including the situation we had today, which was the earthquake.

"The other thing that was good for this training was that it was done together, with the municipality, hospital, and other organizations that were working together with our organization. The support we had from U.S. KFOR was very important for this training, too."

Parting Shots



PHOTO BY SGT. 1ST CLASS BILL BROCKBERG