

Guardian East

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By Col. Michael E. Hoffpauir
Key points to moving toward civil authority

Transition to civilian authority.” You’ve heard your commanders talk about it. They’ve probably said, “it’s our ticket home.” What, exactly, does transition to civilian authority mean? How is it done? Are they ready? Tough questions ...

As you have all learned during your time here in Kosovo, transitioning the tasks we do, as a military into the hands of civilian authority is much easier said than done. Let’s examine this subject in more detail, using what I will call “the 4-Ps:”

- Possibilities
- Preconditions
- Pace
- Patience

First we have to recognize the *possibilities*—tasks that might be ripe for transition. A simple question that can help guide us through the maze of choices is: “What tasks are we doing now that, in our own countries, are routinely performed by civilian authorities or are tasks that are not performed at all?”

Some of those possibilities we can look to transition include temporary and fixed checkpoints, security and reconnaissance patrols, patrimonial site guards, minority convoy escorts, and joint security meetings. These responsibilities outline the menu of options from which we can select specific tasks on which to focus our transition effort.

Were it only as simple as picking and choosing. Depending upon the security situation, not every task can be transitioned. For instance, some ethnic Serb patrimonial sites are, for the time being, in the box labeled “too sensitive.”

Fortunately, many other tasks are in the box labeled “ready for ac-

tion”—several fixed check points and convoy escorts fall into this category. In fact, as many of you know, we do not conduct as many fixed checkpoints, nor do we have nearly as many dedicated convoy escorts as we did at the beginning of the summer. Let’s look a bit closer at how we turn possibilities into realities.

After selecting specific tasks to transition, each one must be analyzed in detail. Why? So we can determine the *preconditions* necessary for us to fully transition the task. Consider, for instance, the fixed checkpoint near Gate 5. What are the reasons we have been doing that mission? Are those reasons still valid? Does the task need to be transitioned to civil authority such as the police, or can we drop it altogether? After talking with the police, the civil authorities to whom we wish to transition the task, we came to the shared conclusion that the checkpoint was unnecessary. It could be dismantled. One task down. Unfortunately, ridding ourselves of other tasks is not so simple.

Earlier this year, we were providing a dedicated security escort for the convoy of buses and cars that traveled every Monday and Friday from Strpce to the university in Mitrovica, and back. In this case the preconditions necessary for us to transition the task were far more complex.

Students, their parents, the bus company, bus drivers, and school officials all had a vested interest in our potential decision. Clearly we could not decide this issue in a vacuum—there were lots of people to convince, and many perceptions to change. This is where some of you have played a key role in the process. Through face-to-face engagements and focused conversations, people in Strpce were gradually swayed from feeling that their lives would be in danger without escorts, to the reality that the environment is much more safe and secure than they were willing to believe. That’s progress!

This brings me to my third point—*pace*. Every task we intend to transition cannot be handed-over at the same speed. How fast depends to a great degree on the sensitivity of the issue with the people that have a stake in it. From our previous example, the parents of the children riding the buses from Strpce to Mitrovica were the most difficult to win over. It took us more than two months—most of the summer—to convince them that we could provide better all-around security by conducting area reconnaissance than by escorting buses to and fro.

Finally, there’s *patience*. It’s one of the Commanding General’s FARs. If we believe a task can be transitioned, then we have to be patient about handing it over to civil authority. Being patient does not mean that we refuse to listen to people’s concerns; rather it’s just the opposite. By our listening intently to what people have to say we gain their trust and confidence in what we are doing. They learn and appreciate that we have thought the matter through in great detail.

As I write this article, I note that this “4P-process” has enabled us to make some significant headway. In fact, you and your fellow soldiers are now performing 60% fewer “security tasks” than you were in MAY. This is a significant step forward ... a major achievement. In many ways it means that we are 60% closer to the end of our mission. Transitioning our tasks to civilian authority really is our ticket home!

DutyFirst!

On the cover:

Spc. Michael Nolan, of Headquarters and Headquarters Battery, 1st Battalion, 7th Field Artillery, bounds off a cliff near Kosovo’s border with the Former Yugoslav Republic of Macedonia in southern Kosovo, Sept. 19. Soldiers from HHB 1-7 FA conducted rappelling and MEDEVAC training with soldiers from the 36th Engineer Battalion in the Kosovo Protection Corps, known by the Albanian-language abbreviation TMK. The training is a part an ongoing mission to help make the TMK the premier response team during emergencies.

SEE THE PHOTO OF THE DAY
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Guardian East

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|-----------------------------------|---------------------------|----------------------------------|-------------------------------|
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| | | Staff Sgt. Keith Robinson | Spc. Lisa Forbes |
| | | | Spc. Jasmine Chopra |
| | | | Spc. Rebecca M. Grzyb |
| | | | Tony Velkov |



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Armed with knowledge

737TH EOD SOLDIERS TRAIN KPS OFFICERS ON HANDLING UNEXPLODED ORDNANCE

The 737th Explosive Ordnance Disposal Company, part of Multi-National Brigade (East), armed Kosovo Police Service members with knowledge.

The classes soldiers teach at local police stations are both “useful and important,” said Jorica Boskocevic, a KPS member who recently attended a class at the Strpce police station.

Staff Sgt. Robert E. Hood and Spc. Scott A. Walker, both explosive ordnance disposal specialists in the 737th EOD Co., teach explosive and mine awareness classes to soldiers, KPS officers and United Nations Civilian Police.

“Mine awareness is extremely important,” said Hood, an EOD team leader. Women, children and men in Kosovo have been killed by mines and unexploded ordnance that failed to go off initially.

“The more information they know and the more training they get, the better prepared they’ll be. We (KFOR) won’t be here forever. We are training them (civil authorities) to take over.”

Since KFOR has military police substations in many local police stations, military police specialists who work at the substations attend these classes too.

This helps to reinforce their previous knowledge and training, said 2nd Lt. Justin Sisak, a platoon leader in the 630th Military Police Company.

The instructors use photos and replicas of mines and ordnance during their classes. Students are encouraged to ask questions and touch and familiarize themselves with the replicas.

Hood and Walker said that the single most important bit of advice they can offer regarding UXO is “Don’t touch it!”

Walker explained that unexploded ordnance could be thought of as “sleeping,” but still lethal.

“You don’t want to wake it up,” he said.

Hood and Walker showed students images of casualties who “woke up” UXO. Some students cringed as they viewed them. The images are graphic and are used to emphasize the dangers of mines and UXO. One KPS member, Dejan Dordevic, grimaced and said, “I knew the family,” as he viewed a photo of a deceased little boy.

No official, updated statistics exist on numbers of mines and UXO in Kosovo. What is known is there are an estimated 257 mine fields, 134 areas listed as dangerous, and 67 cluster bomb sites in Kosovo.

Within the last year, there have been 20 mine explosions involving NATO personnel. Nineteen separate, cluster bomb explosions caused the deaths of 18 people and injuries to 37. UXO are found everywhere in Kosovo — on land and in water and in rural and urban areas.

Only trained EOD specialists should touch or remove UXO or mines, Hood said.

Hood also told students that personnel should evacuate the area within 300 meters of a suspicious object. He also said to not use radios within 35 meters of a suspicious object and notify supervisors and EOD.

KPS members may be called upon to be first on the scene. Hood cautioned those who respond to UXO that secondary devices may be near the first object they find.

“First responders can be targets,” Hood said.

Terrorists may try to distract rescue teams with one explosive device, while another explosive device meant to kill or injure the first responders is concealed nearby, he said.

“When EOD shows up, be available,” Hood said. “We’re going to have many questions for you - what you saw, what you heard, what you smelled. ...Take as many mental notes as possible.”



Staff Sgt. Robert E. Hood of the 737th Explosive Ordnance Disposal Company instructs members of the Kosovo Police Service on explosive awareness Aug. 27 at the Strpce police station.



Spc. Scott A. Walker, an explosive ordnance disposal specialist in the 737th Explosive Ordnance Disposal Company, teaches Kosovo Police Service members explosives awareness.

Greek, U.S. soldiers assist IDPs

This property all belongs to us. I used to live here,” said Slatan Ristic, referring to an empty space where two houses once stood. He and his father, Stevan, both internally displaced persons, used to live there.

“I used to feed the cattle there,” Ristic said. “I had four cows, two calves, 11 pigs, and 50 chickens. It was beautiful here; there were trees, there were flowers. How it used to be – there is nothing left.”

In and around the mostly Albanian city of Urosevac, the 501st Mechanized Battalion (Greece) sponsors go-and-see visits on Sundays for Serbs such as Ristic who are now living in Strpce. The visits are for Serbs who are classified as internally displaced persons, the name given to persons forced from their homes but still residing in the same country.

Col. Michael Hoffpauir, Multi-National Brigade (East) deputy commander for civil-military operations, said, “These people are coming back to see the places where they used to live — to try to help make a personal decision as to whether to come back here someday or just sell and make the best of what they can get for their house.”

Hoffpauir explained why physically visiting the property is necessary. “Part of the philosophy of the return process is that you have to give people factual information about what are the real conditions of the places where their homes are,” he said. “The only way to do that is to show them. You can’t go and tell them. You have to bring them to see the homes.”

An estimated 200,000 Serbs were displaced from homes in Kosovo in 1999. More than 1,000 Serbs now live in Strpce in temporary shelters until they can get their property situation resolved, Hoffpauir said, basing the number of Serb IDPs on population figures before the war.

Tens of thousands of ethnic Albanians also were displaced during the war, though most of them went to other European countries and are technically classified as refugees, Hoffpauir said.

Momcilo Ilic, who formally represents IDPs, said, “We are called IDPs, but we don’t consider ourselves like that. We were cast off from our houses. I would call myself a ‘cast off.’” Ilic is a Serb who lives in a temporary shelter with his

wife, Duska, in Strpce. He owns property in Prizren where he worked for 33 years as a math teacher and 11 years as principal of a school.

“We don’t have food; we don’t have heating,” Ilic said. “We are receiving food, which is labeled ‘Vietnam — 1968.’ In this shelter, 12 people have died since I have been here. The deaths were because of living conditions such as food, hygiene and heating.”

Ilic explained how he manages to survive since he was forced to leave his home in Prizren: “I know that I am in big debt to my friends. I don’t know how I will give back these loans, because it is a lot of money and the loans sometimes come from Albanians that I was living with before the war.”

“I think most of the members of this shelter are surviving from borrowing from their friends and relatives. This is in hope that someday they will sell their houses and repay their debts. They live day by day in hope, but that hope in reality does not exist.”

Ilic said there are three main reasons Serbs have stayed in Kosovo: to make it easier to find out what happened to missing family members, to better protect older relatives who stayed among the villages, and to reclaim their property and salvage their belongings.

“We will try in a democratic way to solve every issue that we have and the bad luck that is upon us,” he said. “We have to solve this for the next generation.”



Above: Stevan Ristic, an internally displaced person, mourns after seeing what is left of his home and belongings outside the town of Urosevac on a recent go-and-see visit with Greek and U.S. Multi-National Brigade (East) personnel. Below: Sevdalinka Vtjrovic, an internally displaced person, points out what remains of her home in Urosevac to Col. Michael Hoffpauir, Multi-National Brigade (East) deputy commander for civil-military operations, during a go-and-see visit.



Capt. David Fouch of the 415th Civil Affairs Battalion has participated in go-and-see visits with the Greek battalion and is tasked to resolve the concerns faced by IDPs in Kosovo.

Fouch explained during a recent go-and-see visit that most of the IDPs haven’t been back to their home in three years. “This is the first opportunity for the Serbs that were displaced in 1999 to return to homes and make negotiations with the people that are in their homes now to either collect rent or sell the home — basically, find some resolution to their current situation,” he said.

“We’ve seen the full spectrum, from an absolute decision to sell and a price negotiated right on the spot to not making a decision at all and hoping to collect phone numbers and make contact with the people some more. It’s a very emotional event for these people to be back in

their own home.”

Hoffpauir shed light on some of the reasons former and current occupants negotiate.

“If there is any kind of negotiation going on, it’s because the person who lives in the house is also displaced from wherever they used to live,” he said. “Their home was destroyed wherever they’re from. Local Albanians are not in these houses.”

Maj. Michael Pope, commanding officer of the 415th Civil Affairs Battalion said returns work better when whole communities come back. “We feel that if we bring people back to homes that are isolated, those people probably don’t have a very good chance at re-integrating,” he said. “But if we can bring back entire communities, perhaps 15, 20 families at a time, we can be successful.”

By Spc. Rebecca M. Grzyb

Coming together through competition



Staff Sgt. Jeffery Clark, supply and logistics noncommissioned officer in charge for Task Force 1-18 Infantry, greets the teams before an ethnic Albanian and Serb soccer game Sept. 15 in Klokot. Ten towns participated, and mayors from participating communities had lunch and discussed future multi-ethnic events.

Children from 10 towns competed in a soccer tournament Sept. 15 to help bridge ethnic gaps in Kosovo.

"We actually planned to do it (the soccer tournament) in August, but with the (Klokot) bombings, we didn't have time to really think about the soccer tournament, so we pushed it off until September," said 1st Sgt. Michael Allen of Company B, 54th Engineers Battalion, part of Task Force 1-18 Infantry.

Two soldiers from TF 1-18 were injured and five buildings damaged by five explosions that rocked the rural village of Klokot, Kosovo, in the early morning of July 31.

Since the beginning of the rotation, soldiers in the company worked hard to make the tournament possible. Efforts began with talking to the children's parents and

continued with gathering donations from the U.S.

"I had enough shin guards, soccer balls, gloves, shirts and shorts to give to about three or four of the teams," Allen said. "We were able to outfit the children so they felt like a team."

The tournament began on Sept. 7 and ended Sept. 15 with the championship game. The grass playing field was cut for the first time in five years. Local farmers supplied the tractors while the soldiers painted lines on the field.

"We're doing it for the kids," said Staff Sgt. Jeffery Clark, supply and logistics non-commissioned officer in charge for TF 1-18 who served as a referee. "The kids out here are great, and I wouldn't do it any other way."

The championship began with a luncheon where officials from towns met to plan future multi-ethnic sporting events. Indoor basketball, ping pong in the winter, future chess tournaments and another soccer tournament next summer were among the discussed events.

"Events like this help us a lot because this is a first step," said Zoran Kromarevic, a public official from Vitina. "We start with the integration of the children. I believe that in the future, this will become a kind of tradition."

Stankovic Radomir, captain of Team Klokot, said, "I think playing together is wonderful because we can be friends again and play games together like before."

In the championship game, Team Klokot defeated Team Gmcar 5-0. Cheers rose from the crowd while officials and soldiers handed out medals and trophies to the first-, second- and third-place teams.

"We decided that there should be some extra things that we do on this deployment because anybody can come to Kosovo and do their job," Allen said. "The end result is to provide a safe and secure environment, and that includes people getting along. You don't see any fighting out here or any problems based on ethnicity, but I'm not going to say it wasn't always that easy."

"This is what makes us American soldiers — I think we go the extra mile to do something because we feel like it's our responsibility to go the extra mile."

Peacekeeper profile



Angel Vasica

age: 22

rank: Spc.

specialty: 91X - mental health specialist

unit: 701st Field Support Battalion

What is your role in MNB(E)? My role is to be here for support. Not only for the soldiers but for the mission. I'm a soldier with 210 rounds and in the end, if it comes down to it, I'll be of use.

What item do you wish the PX offered? Beer. Being that I'm in the field of building the morale of soldiers, I think the Army should consider selling beer. Vending machines even - it helps.

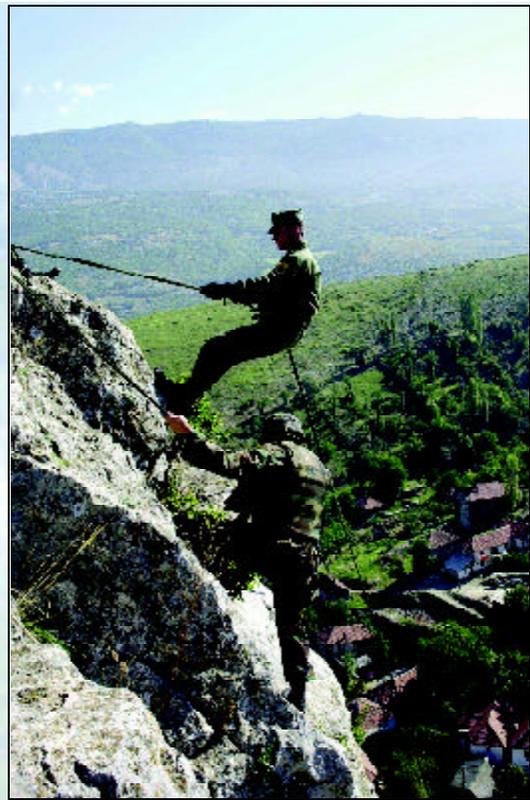
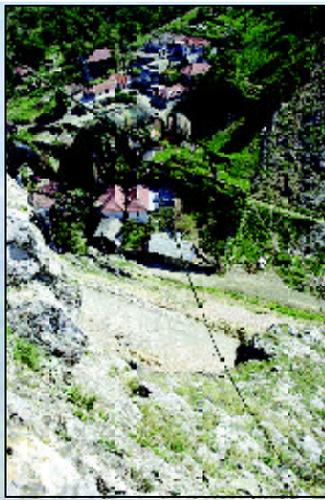
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Story and Photos by
Spc. Kate Mclsaac

means of communication.
Enos said. "And I think TMK

they came with a most unusual
guides, survey team chief for
1 of reenlistment while on the
guides lowered themselves
the perpendicular, they raised
them committed to three more

aid. "I got a little shaky, but it

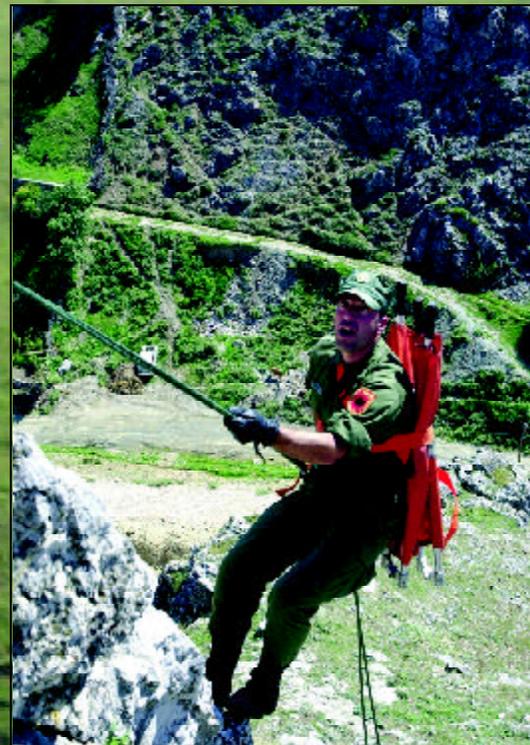
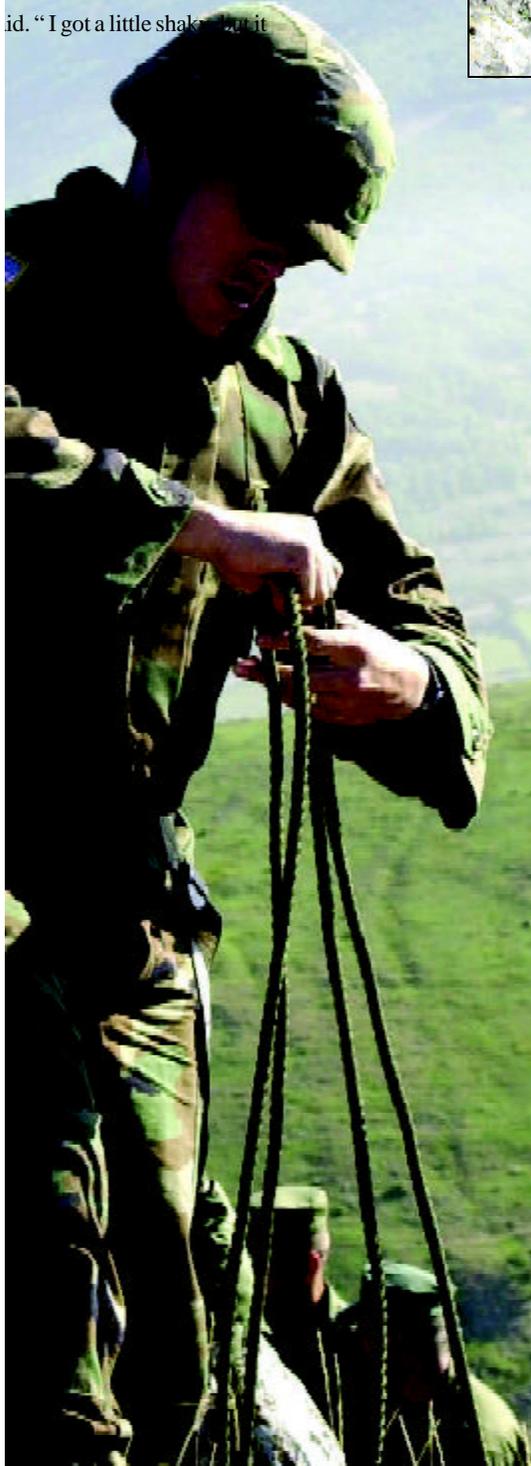


Main photo: Spc. Peter Enos, a medic in HHB 1-7 FA, prepares the seat harness as soldiers from TMK look on.

Top middle: Spc. Peter Enos, a medic in HHB 1-7 FA, goes down the mountain head-first.

Top right: A TMK soldier begins his first rappel off a cliff in southern Kosovo with the aid of a medic from HHB 1-7 FA.

Bottom right: A surgeon from TMK descends the cliff on his first rappel with a collapsed stretcher.



World

Iraq rejects possible resolutions

Iraq on Saturday rejected U.S. efforts to secure a U.N. resolution threatening war, with Iraqi state-run radio announcing Baghdad will not abide by unfavorable new resolutions adopted by the U.N. Security Council.

Meantime, The New York Times reported in its Saturday editions that Pentagon planners have given President Bush detailed options for war.

— Washington Post

Russian avalanche buries rural village

A collapsing glacier triggered an avalanche of ice and mud in southern Russia, burying an entire village and killing as many as 150 people, officials said Saturday. Emergency workers said the avalanche began Friday when part of a glacier in the Caucasus Mountains broke off above the village of Nizhny Karmadon in the southern republic of North Ossetia.

Emergency workers had pulled out the remains of just five people from the mass of ice, mud and debris that the avalanche left, said Ivan Teterin, commander of the Emergency Situations Ministry's rescue effort.

— ITAR-Tass agency

Peacekeeper profile



Sergey Sazonov

age: 29

rank: Pvt.

mos: Infantry Medic

unit: 1st Company, 13th Tactical Group, (Russia)

What is your role in MNB(E)? Patrolling and escorting missions such as school buses.

Why did you join the Army? I like the order and discipline. It's a real man's job.

Military

U.S. military will leave none behind

It is a matter of honor to the U.S. military that it will leave no one behind.

Today was the National POW/MIA Recognition Day, and this sentiment was clearly front and center at the Pentagon observance.

"Throughout the history of our nation, we have been blessed by heroes willing to sacrifice their freedom to protect and defend our own," Defense Secretary Donald Rumsfeld said.

— American Forces Press Service

Bush: From now on, U.S. strikes first

President Bush declared a new military doctrine Sept. 20 that shifts the focus of national security from Cold War-era strategies of deterrence to an aggressive pre-emptive stance that seeks to strike against "emerging threats before they are fully formed."

"Given the goals of rogue states and terrorists, the United States can no longer solely rely on a reactive posture as we have in the past. ... We cannot let our enemies strike first," Bush wrote.

— NBC News Service

United States

Hurricane Isidore nears Lower Keys

The lower Florida Keys west of the Seven-Mile Bridge and the Dry Tortugas are under a Tropical Storm Watch, as signs point to the possibility of tropical storm conditions developing in the area over a period of 36 hours.

Although Thursday's 5 p.m. forecast model did not place the Keys in the radius of 34-knot winds — the minimum for a tropical storm — forecasters are taking into account the likelihood that Isidore's growing outreach will continue to expand.

— CNN News

Quarterback Johnny Unitas dies

Johnny U. is regarded by veteran NFLers as the greatest quarterback ever. When he retired in 1973, the Baltimore Colts legend had won three championships, played in 10 Pro Bowls and held 22 NFL passing records.

One record, tossing a touchdown in 47 straight games, has never been approached. Unitas will be remembered best for the 1958 NFL Championship. He marched the Colts to a last-second, game-tying field goal, then orchestrated an 80-yard overtime drive for a 23-17 victory.

— Newsweek



Legendary quarterback Johnny Unitas dies at 69.

KFOR

Milosevic ally enters election

Retired general Nebojsa Pavkovic is running for president. Pavkovic was Milosevic's army chief in command of the Yugoslav Third Army during a crackdown on Kosovo Albanians in 1999, which prompted NATO airstrikes against Yugoslavia.

Pavkovic was initially banned from standing for the Serbian presidency by the electoral commission but the Supreme Court has overruled the decision.

— CNN News.com

EU to cut out Kosovo funding

The European Union's external commissioner, Chris Patten, announced last week that the EU's aid budget to Kosovo would be slashed dramatically.

This year the EU gave £90m (\$140m) to Kosovo; next year it will be only £30m (\$50m), the year after £25m.

"Kosovo has been a terrific success story, but the story isn't over," insisted Patten

— Scotsman.com

NATO to extend stay in Macedonia

NATO's peacekeeping force in Macedonia is likely to stay on for two or three months after its mandate ends on October 26 because the EU will not be ready to take over, a senior alliance diplomat said on Wednesday. NATO's Operation Amber Fox, made up of 700 lightly armed soldiers, was set up a year ago to protect international monitors observing the return of government forces and displaced people to areas formerly controlled by ethnic Albanian rebels.

— Reuters

www.mnbe.hqsareur.army.mil

Surgeon counsels soldiers on supplements

“THE MAJORITY OF THE STUFF PEOPLE TAKE YOU CAN’T EVEN GET IN THE PX.”

After a healthy, well-hydrated soldier in Task Force 1-26 Infantry suffered a serious heat injury while doing a road march, task force surgeon Capt. Scott Henning decided to take a closer look at stimulant-based dietary supplements.

“We had a soldier, one of our own soldiers here on Monteith, that had heatstroke and had been taking some stimulant-containing supplements prior to that,” Henning said. “We felt like that probably contributed greatly to his actual heatstroke. I got to wondering about how many more of my soldiers were actually doing this stuff – partly so I could be prepared and partly ... just because I was very curious.”

After the incident, Task Force 1-26 Infantry commander Lt. Col. Wayne Grigsby tasked Henning to brief all the soldiers in the task force on the risks of using stimulant-based supplements. During the briefings, Henning surveyed about 300 soldiers, asking whether they used stimulant-based supplements, why they used them and how often they used them.

“What we found out was that right around 50 percent of infantry soldiers (in TF 1-26) use these kind of supplements at least three to four times a month,” Henning said.

“Of those people that use these for performance enhancement, about half of those people are using more than one, which increases the risk of side effects.”

Henning’s research addressed more than a dozen stimulant-based products. The most common supplements used were ephedra, yohimbe, ma huang and guarana.

“Most of the reasons given – to increase their muscle mass, to make them stronger, bigger and faster – that’s not what these supplements are designed to do at all,” Henning said.

Stimulant-based supplements are especially dangerous when multiple kinds are used together, he said.

For example, the soldier who suffered heatstroke during the road march had taken xenadrine, ma huang and guarana – all stimulant-based products. “He took this stuff to try to get him up and give him more power to get through it,” Henning said, but the soldier collapsed about a quarter-mile from the finish line.

“He was well hydrated,” Henning said. “He drank three liters of water out of a Camelbak during the road march.”

The soldier was taken to the Camp Monteith troop medical clinic, where Henning and Capt. Robert Oh, the physician in charge of the clinic, began working to bring down the soldier’s temperature.

“His body core temperature was 106 degrees,” Henning said, “which is very dangerous. It took us a little over 40 minutes or so to



Capt. Scott Henning, a surgeon in 1st Battalion, 26th Infantry Regiment, sits in front of dietary supplements used by some KFOR soldiers of Multi-National Brigade (East). Products containing ephedra (like the bottle on the far left) are no longer sold at AAFES stores.

get him stable enough and cool enough ... to put him on a helicopter to get him to Camp Bondsteel.”

The soldier is in good condition, Henning said, but is prohibited from doing physical exercise for three months because his body can’t regulate heat very well.

“There’s no way to know for sure that the stimulants caused it (the heat injury), but it’s definitely related,” Henning said, “and there’s more and more stuff coming out in the literature that says these things are related.”

Henning’s survey did not address how soldiers obtain supplements, but he said he is aware that some soldiers order the products on the Internet or have them shipped by friends and family. “The majority of the stuff people take is stuff you can’t even get in the PX,” he said.

The Army and Air Force Exchange Service does not sell products that contain ephedra – a temporary measure in response to the Food and Drug Administration’s position that such products may be dangerous.

“MOST OF THE REASONS GIVEN – TO INCREASE THEIR MUSCLE MASS, TO MAKE THEM STRONGER, BIGGER AND FASTER – THAT’S NOT WHAT THESE SUPPLEMENTS ARE DESIGNED TO DO AT ALL.”



Top: AUH-1NHuey prepares to land at Camp Bondsteel as part of Dynamic Response, an annual operational rehearsal of NATO's strategic reserve forces. Middle left: Sgt. Joseph Gates, a medic, and Sgt. Michael York, an information management officer, both in Headquarters and Headquarters Company, 1st Battalion, 26th Infantry Regiment, complete a ruck march at Camp Monteith as part of the V Corps Distinguished Leadership Course. Middle right: Spc. Sean Junkins, a team leader, in Company A, 9th Engineer Battalion, performs perimeter security during engineer qualification training. Bottom left: Members of TF 1-26 Inf. conduct a leaders meeting, following a cordon and search near the FYROM border in July.

Photos by Cpl. Isaac A. Graham



Meeting the standard at home

We are all trained to meet Army standards of appearance, physical fitness, and in our Military Occupational Specialty. We strive to meet these standards every single day, and we consider ourselves successful if we do so.

Likewise, we must not neglect our family, but also strive to meet and surpass the standards at home! You can be a good soldier, spouse and parent all at the same time. You need not sacrifice one for the other!

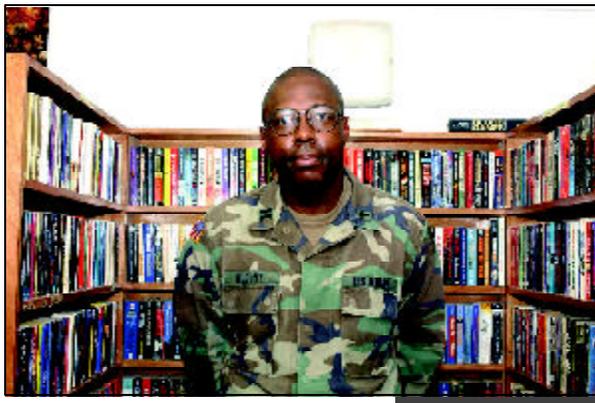
We must understand this as we prepare to redeploy home. Reunion and reintegration training will help us all prioritize correctly and put things into perspective. We must take advantage of the tools provided to us to work on our families and to fight for our marriages.

Any chaplain or chaplain assistant can point you in the right direction to find these tools. However, the most important tool you will ever need comes from God, and that tool is PRAYER! Prayer is the honor and privilege of humbly coming into God's presence, as one of his children, to tell him of our joys and concerns and most importantly, to listen to what he has to say to us.

I truly believe the couple or family who prays together stays together. I believe the shortest distance between your problem and a solution is the distance between your knees and the floor.

I have often found God has to knock us to our knees with the troubles of life so we will look up to him and pray. That is my personal experience, and maybe it is yours also. I pray this does not have to happen to you for you to get your act together concerning your marriage and family.

God stands at the door and knocks. Will you let him in? Will you let him come into your marriage? Will you let God come into your family? The Bible says, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened." (Matthew 7:7,8)



Capt. James W. Blount, chaplain of Task Force 9th Engineer, takes a quick break at the Red Cross.

God will most assuredly answer your prayers if you pray in faith! This I know from experience.

From the world's perspective, things seem out of control, with little or no hope. We who have faith, however, know God is still on the throne and in total control. Why not put our marriages and families in his hands? God will help you meet and surpass the standards at home. Then you will be an even better soldier.

May God bless you and your family with a long, healthy, happy life and a desire to grow closer to him each day. May God bless you and your family and enlarge your territory. Let his hand be with you, and keep you from harm so you will be free from pain, AMEN!

However, AAFES generally does not limit the sale of supplements, unless there is a scientific basis for the restriction, because supplements are considered food, not drugs.

An AAFES information paper states: "The AAFES preferred approach is to educate customers in the proper use of legal and otherwise publicly available dietary supplements. Toward this end, a precautionary notice has been drafted for placement near the associated products at all AAFES stores and concessions."

Jimmy Bagwell, deputy command judge advocate for KFOR Multi-National Brigade (East), clarified that commanders are not allowed to flatly prohibit the use of legal supplements.

"Over-the-counter dietary supplements are legal," Bagwell wrote in an information paper soon to be published. "Commanders should exercise caution in restricting soldiers' access to or use of legal, readily available dietary supplements. Placing blanket prohibitions on the use

of all supplements or otherwise seizing these legal products from soldiers is legally problematic.

"The recommended forums for addressing command concerns regarding use of supplements are education and counseling.

"At a minimum, commanders seeking to implement restrictions on supplement use should seek legal guidance before acting."

Henning said many soldiers get information about supplements from biased sources.

"A lot of guys get their information from non-medical sources," he said. "They get mainstream media, Muscle & Fitness magazine – I'm not bagging on just them – and a lot of that stuff is paid for by the manufacturers."

Henning said soldiers should make sure they know what the supplements they use are designed to do, and use the products according to the makers' instructions.

He also said soldiers should learn as much about the products as possible, including potential side effects.

"Just because it's legal to take it doesn't mean it's safe," Henning said. "It's kind of like smoking. And it's probably not going to make you bigger, faster and stronger. The way you do that is by working out in the gym and doing it naturally."

Army doctors and unit master fitness trainers can help educate soldiers on supplement use and other nutrition and fitness matters. Soldiers also can get guidance from the Multi-National Brigade (East) nutrition counselor, Sgt. Roy Mass of Task Force Medical Falcon; his office is on Camp Bondsteel in building 1330D. He can be reached at DSN 781-4267.

Peacekeeper profile



Anthony Lopez

age: 30

rank: Sgt. 1st Class

mos: 13F - fire support specialist

unit: Headquarters Headquarters Company, 1st Battalion, 26th Infantry Regiment

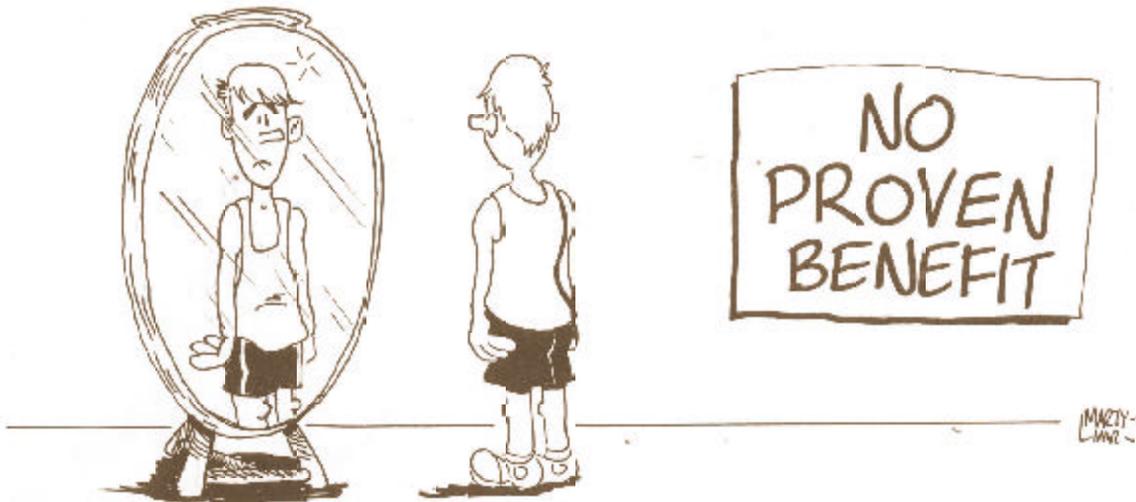
What is your role in MNB(E)? To provide timely and accurate indirect fires using field artillery and mortar weapon systems.

What item do you wish the PX offered?

Size 13 jungle boots.

Why did you join the Army? I initially joined the Army to go and fight in Desert Storm.

DIETARY SUPPLEMENTS



FOR MORE INFO: CALL MNB(E) NUTRITIONAL CARE
(DSN) 781-4267