

# Guardian East

Volume 7, Issue 8

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# Commentary



## BEHIND THE LINES

# Remote living

The pros and cons of outpost life

By Lt. Col. David Hubner

Life at an outpost in Multi-National Brigade (East) has its charms, as well as its drawbacks. I know because many of my soldiers – “Steel Tigers” in Task Force 1-77 Armor – live at Camp Power outside Cernica and at other remote camps.

Certainly soldiers appreciate living at a comfortable-size camp and not having to compete with large groups of people for telephones, gym equipment or computers.

The bathrooms and showers in some of the camps are very nice. A soldier in Company A, 1-18 Infantry – “Wolfpack” – who

has lived at Camp Power for three months remarked that the facilities are much better than those found on the ranges at Grafenwohr, Germany, even though the Army has been going to Graf for many years.

At Camp Power, there are TV’s that pick up AFN. One of the workout rooms has a TV with a DVD player so soldiers can watch movies while running on the treadmills. The camp also has its own small arms range right behind it, so it is very easy for the soldiers at Power to stay qualified on their weapons.

Soldiers at remote camps should appreciate that they usually get fair warning when visitors are en route from the main camps.

Of course, there are disadvantages to life at an outpost. Generally, all the amenities are lumped into one big building or tent.

At Power, there is no chapel, PX or dedicated dining facility, so the first sergeant runs chow from Camp Monteith every day. There is no real place to go running, so the treadmills see a lot of action. Camp Power is located near one of the most “challenging” towns in sector, Cernica, so the soldiers at Power get a lot of visits from the chain of command and KFOR who want to see for themselves what is going on in sector, and how the soldiers are faring.

Commanders recognize the hardships soldiers endure at the outposts and the contributions they make. That’s why soldiers who live at Camp Power rotate regularly to Camp Monteith to attend events and visit the PX.

Soldiers have grown to understand that an outpost is a great place to really feel a part of the mission in Kosovo.

Duty First!

*Hubner is commander of Task Force 1-77 Armor, based at Camp Monteith.*



Photo by Staff Sgt. Robinson

## Transfer of authority

Col. Bruno Dran, commander of BIMECA Battalion, part of KFOR Multi-National Brigade (North), leads Capt. Barrett Bernard, commander of Company C, 1-26 Infantry, and Belgian Capt. Bart Haccuria, commander of Company C, Belurokos, in a transfer-of-authority ceremony Friday at Camp Belvedere in Kosovska Mitrovica. The U.S. company, based at Camp Monteith, will be in the MNB(N) area of responsibility for about a month to train and patrol with French peacekeepers.

### On the cover:

Photo by Spc. Patrick Rodriguez

A squad from Company C, 1st Battalion, 18th Infantry Regiment leaves Camp Rock on a dismounted patrol to search for any smuggling or illegal activity in the mountains that separate Kosovo from the Former Yugoslav Republic of Macedonia.

### Clarification

In the Aug. 1 “Guardian East”, an article entitled “Much to do about water” referred to water at small base camps and remote sites as having not being ruled safe for human consumption. Please note that all water delivered to smaller base camps and remote sites, serviced by Brown & Root, is trucked in from the Camp Bondsteel or Camp Monteith facility. It is consumable and has been ruled safe. The chlorine level is just slightly higher to meet preventive medicine requirements. While this may have a minimal effect on the taste of the water, it does not compromise the safety of the water.

## Guardian East

**Brig. Gen. Douglas E. Lute**  
COMMANDING GENERAL, MNB(E)

**Maj. Gordon Cooper**  
COMMANDER, 302ND MPAD

**1st Lt. Dave Williams**  
CAMP MONTEITH TEAM OIC

**Spc. Kate McIsaac**  
EDITORS

**Maj. Mark Ballesteros**  
PUBLIC AFFAIRS OFFICER,  
MNB(E)

**Capt. Dave Domingo**  
EXECUTIVE OFFICER,  
302ND MPAD

**Master Sgt. Mark Van Leer**  
DETACHMENT SERGEANT

**Spc. Patrick Rodriguez**  
ASSISTANT EDITOR

**Staff Sgt. Keith Robinson**  
SENIOR PRINT JOURNALIST

**Pfc. Lisa Forbes**  
WEBMASTER

**Spc. Jasmine Chopra**  
**Spc. Rebecca M. Grzyb**  
PRINT JOURNALISTS



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By Spc. Rebecca M. Grzyb

# BRT reconns new territory

## SOLDIERS LIVE, WORK WITH GERMANS AT CAMP PHOENIX

From mid-July to mid-August, American soldiers in the Brigade Reconnaissance Troop experienced life at a German camp – and enjoyed a departure from their traditional mission.

E Troop 4<sup>th</sup> Cavalry, which constitutes the BRT for Multi-National Brigade (East), lived at Camp Phoenix, home to a German battalion task force, as the troop attached to Multi-National Brigade (South) for Operational Rehearsal Rapid Guardian 02-03.

The BRT, made up of two scout platoons and a headquarters platoon, normally is used to give commanders in the brigade “eyes on the battlefield.”

“We work directly for the brigade commander,” said Capt. Brian L. Williams, commander of the BRT. “We’re his reconnaissance unit to identify any intelligence that he needs to gather to formulate his mission plans.”

The troop also trains and works with infantry snipers, air defense artillery sections, ground surveillance radar teams and combat observation laser teams.

However, while working with the Germans, the unit did the kinds of peace support missions conducted by regular maneuver units.

“It’s different when we’re at Bondsteel,” Williams said. “We do solely reconnaissance when we’re in MNB(E). When we came to MNB(S), we (did) more of peace support type-operations, presence patrols, and TCPs (traffic control points).”

Soldiers in the troop sometimes met up with Italian soldiers from Multi-National Brigade (West). The BRT’s patrol area included a recently rebuilt bridge that crosses a river separating the MNB(S) and MNB(W) areas of responsibility.

Even in its non-traditional role, the BRT provided extra eyes and ears for the local command.



Photo by Maj. Gordon Cooper

From left: Sgt. Jason Jackson, Pfc. Alex Burdette and Pfc. Casey Lewis of the Brigade Reconnaissance Troops clean weapons at while working for Multi-National Brigade(South).

“When we do go into the town, they (local residents) may ask us to come back more frequently or they may tell us about certain issues or problems,” Williams said. “We try not to disrupt, but bring back information that will be useful to the German military affairs officer here, so that he can go try to help out the local populace.”

Williams talked about living conditions at Camp Phoenix.

“They (the Germans) have established a tent city for us, so we’re not necessarily living in the SEAhuts that are air-conditioned,” he said.

The soldiers adapted well to their home away from home. Although not as large as Camp Bondsteel, Camp Phoenix still offered many ameni-

ties for the soldiers, including a German dining facility, a small gym and a post exchange.

U.S. soldiers were able to kick back, listen to music and play foosball and pinball in the camp’s Balkan Bar (General Order No. 1, which prohibits alcohol consumption, is always in full effect for U.S. servicemembers assigned to MNB(E)).

Staff Sgt. Richard K. Werschlin, a section sergeant in the BRT, talked about living and working with MNB(S) soldiers.

“I think our relationship with the Germans is a positive one,” Werschlin said.

“We’ve taken over some of their duties, gone on some of their patrols, and worked together with them.”

By Gerry J. Gilmore

American Forces Press Service

## Medical alert

### THE TRUTH ABOUT SUPPLEMENTS

People thinking about taking dietary supplements to pep up, bulk up or slim down ought to ask their doctor or other health provider first.

Dietary supplements can affect different people differently and may also interact adversely with prescription drugs, said Army Col. Mike Heath, the pharmacy consultant with the Office of the Army Surgeon General.

“It is in your best interest to talk to your health care provider before you take a dietary supplement,” Heath said, “particularly if you know that you have a family history of heart disease, high blood pressure, diabetes (or) asthma.”

Dietary supplements, which include so-called energy



Photo by Spc. Patrick Rodriguez

Pvt. Daniel Cariker, a loader for Company B, 1st Battalion, 77th Armor Regiment, takes a look at one of the supplements on sale at the Camp Monteith PX.

[CONTINUED ON PAGE 12]

By Spc. Kate Mclsaac

# Days at Thunder

## FIELD ARTILLERY SOLDIERS ENJOY QUIET TIME AT REMOTE CAMP

It's bigger than a breadbasket – but not by much. “It depends on what you consider small,” Spc. Tarence Debque said. “We have everything we need, and it's much more relaxing than Camp Bondsteel.”

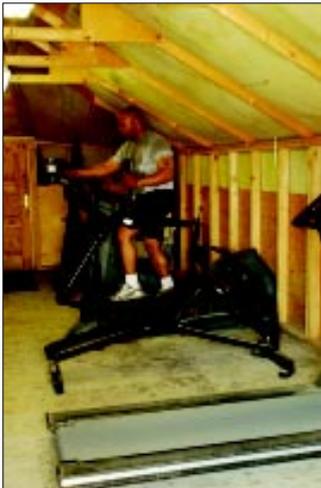
Debque and the rest of Battery C, 1st Battalion, 7th Field Artillery Regiment seemed to agree that the quiet life at Camp Thunder is hard to beat.

“Out here we are able to really focus on our mission,” Pvt. John Donahue said. “When we are up at Bondsteel, there are too many distractions.”

With a 360-degree panoramic view of the Kosovo countryside, the distractions at Thunder are a bit more subtle.

“The biggest excitement we see on guard duty are kids and sheep,” Debque said, “but you can never get complacent.”

The main mission for the outpost is to conduct joint patrols with soldiers from the neighboring Russian camp. Four times a week, U.S. patrols meet up with Russian soldiers to conduct presence patrols through-



Photos by Spc. Kate Mclsaac

**ABOVE**, from left: Sgt. 1st Class Jose Monegro, noncommissioned officer in charge of a recent patrol in the Russian sector, gives a briefing to soldiers before leaving Camp Thunder. Soldiers from C/1-7 FA, from left, include, Staff Sgt. Peter Taylor, Pfc. Antonio Gonzales, Pfc. Nathan Alsup and Pvt. John Donahue. **LEFT**: Spc. Shawn Thomas, a fire direction specialist in C/1-7 FA, exercises in Camp Thunder's gym.

out the sector. Thunder residents also maintain a presence at a checkpoint on the Administrative Boundary Line dividing Kosovo and Serbia.

The base itself has all the amenities of a large camp – with some differences. For example, it has a morale, welfare and recreation site, a chow hall and a computer room. But the activities are all in the same tent. Also, the maintenance tent doubles as the basketball court.

“Charlie calls this place home,” said Sgt. James Bishop, a fire direction noncommissioned officer in charge. “We have spent more time here than at Bondsteel or anywhere else.”

### Making friends



Spc. Matthew Perkins of the 101st Military Intelligence Battalion chats with curious children in Kacanik.

Photo by Spc. Jasmine Chopra

## Peacekeeper profile

**name:** Derrick Bradford  
**age:** 39  
**rank:** Specialist  
**mos:** 63T — Bradley Fighting Vehicle systems mechanic  
**unit:** HHC, 1-26 Inf.  
**hometown:** Columbus, Ga.

**What do you like to do in your free time?** I like to read, work out and relax.

**Why did you join the Army?** I wanted to get more education and to help maintain freedom.

## Pass the Popcorn

By Sgt. Lovedy Ann Zie

### KLOKOT KIDS TREATED TO ‘MOVIE NIGHT’

A little blond-haired girl on a banana seat bike called to a soldier in a passing Humvee. “Mo-vie?” she said in broken English and pointed, “At the school?” With the nod from the soldier, her face broke into a wide smile and she turned around to cry out to her family “Movie!”

Children are treated to “movie night” bi-monthly in Klokot. “It’s a town event. It’s a big deal... like a drive-in,” said 1st Lt. Corey Genevicz, executive officer of Company B, 54th Engineer Bn., part of Task Force 1-18 Infantry.

The movie that night was “Dumb and Dumber,” which drew an audience of approximately 75 people, only two weeks after the Klokot bombings. Genevicz said movie nights have drawn more than 120 people.

“We focus on films for children – comedies,” Genevicz said. Those films have included “Shrek,” “Harry Potter,” “Snow Dogs,” and “Max Keebler’s Big Movie.”

“The children in this area don’t get to see American movies,” said Genevicz, who thought up the movie night concept with Cpt. Braden LeMaster, Company B commander, when they began their rotation in May. “The bigger reason is to bring children of both ethnicities (Albanian and Serb) together.”

The location is changed to different parts of the village to help children get to know each other.

“I believe we are making some progress here slowly but surely,” Pfc. Gary Yates said. “It’s not going to happen overnight.”

“We’re trying to increase the stability and security in the region. How do we do that? Get the people to get along,” said Capt. Hans Kurth, Task Force 1-18 civil-military operations officer. “Integration is one way to help do that. Pit Bull (Company B) planted a seed and it has taken root. Now it’s battalion-wide.”

While the program helps to integrate the community, the main focus is

**[CONTINUED ON PAGE 9]**

By Spc. Jasmine Chopra

# Signals secure

## 121ST SIGNAL SOLDIERS COMPLETE MISSION IN KOSOVO

For soldiers of Company A, 121st Signal Battalion, the mission in Kosovo is complete.

Since 1999, U.S. soldiers have provided the bulk of telephone service, secure and nonsecure Internet, e-mail, satellite and visual communication functions, and other signal services to various U.S. Multi-National Brigade (East) camps. Major communication technologies and services for MNB(E) will now be provided exclusively by commercial providers.

"In the past, it's been a requirement to have mobile, contin-

gency-type communication systems," said Capt. Neil Khatod, commander of Co. A, 121st Sig. Bn. "That's what I provide. Everything is on the back of a Humvee. My soldiers can pick up and move at a moment's notice, but as Kosovo has become more safe and secure, we can utilize commercial assets that aren't so mobile and have a much smaller contingency.

"As sad as it is for our company to leave, it speaks to the effectiveness of MNB(E). It's a signal that we are successful at our mission."

At its busiest, the battalion provided communication services to eight camps. In June 2002, the 121<sup>st</sup> Sig. Bn. redeployed half of its soldiers back to Germany as reliance shifted from military to civilian communication service providers. The last outpost the 121<sup>st</sup> serviced was Camp Klokot. Soldiers removed communication equipment from



Photos by Spc. Jasmine Chopra

Removing antennas, pulling out cables and packing equipment for rail transport back to Germany is bittersweet for Pfc. Hector Cruz, left, a multichannel transmission systems operator-maintainer, with the 121st Signal Battalion. Right: Spc. Adam Tristan, also a transmission systems operator in Company A, 121st Sig. Bn., begins removing the communication systems from Klokot Base Camp Aug. 16. Communication systems and services will now be provided by civilian commercial services.

Camp Klokot Aug. 18, as civilian providers moved in. Camp Klokot is scheduled to close in early September.

"My soldiers accomplished the mission, and they're leaving here with better knowledge about how to do their job," said Staff Sgt. James King, a small extension node team chief from Co. A, 121<sup>st</sup> Sig. Bn., stationed at Camp Klokot. "We trained hard, and we got to play our game. Now it's over."

King and his team of three soldiers lived and worked at several small base camps, including Zegra, Vrbovac and Klokot.

For King and his team, disassembling antennas, pulling out cables and repacking equipment for rail transport back to Germany was bittersweet.

"It's good to go back home to family," King said. "But it's been good working in Kosovo too. The support we got from the company commanders and first sergeants has been outstanding."

Spc. Adam Tristan and Pfc. Hector Cruz, both multi-channel systems operator-maintainers in Co. A, 121<sup>st</sup> Sig. Bn. said they were excited to return home after completing the mission in Kosovo.

"The service we provided was extremely important and soldiers relied on us," Tristan said. "Just think about it- how could you get a message from Klokot to Camp Bondsteel? Would you walk it there? No. You relied on us."

Cruz said his team performed excellently. "They saved the best for last, and we did a damn good job."

The last group of soldiers with Co. A 121<sup>st</sup> Sig. Bn., departed Kosovo Aug. 26.



## Peacekeeper profile

**name:** Jose Monegro

**age:** 33

**rank:** Sgt. 1st Class

**mos:** 13B — Cannon crewmember

**unit:** Battery C, 1-7 Field Artillery

**hometown:** New York, N.Y.

**What do you like to do in your free time?** Play dominoes with my friends at the cappuccino bar.

**Why did you join the Army?** I joined the Army in 1989. During that time in New York most of my friends were selling drugs and driving nice cars and I didn't want to be hooked on that ring. I joined the Army to get out of New York.

# Snapshots of MNB(E) outposts



**RIGHT:** Spc. Charity Silva and Spc. Nikki Bartlett, both medical specialists in Company E, 701st Medical Service Battalion, said they pass time on Camp Power by talking with soldiers, watching movies, reading and working out.

**LEFT:** The dining facility and MWR facility are combined at Camp Power.



**LEFT:** Soldiers at Camp Rock enjoy a TV show in the combination MWR facility, dining facility and gym.

**RIGHT:** A member of Battery C, 1st Battalion, 7th Field Artillery Regiment, works in the tactical operations center at Camp Thunder.

**BELOW LEFT:** Staff Sgt. \_\_\_\_\_ Vasquez of \_\_\_\_\_ sits in the dining facility, MWR site, laundry point and mail room at Zegra Base.  
**BELOW RIGHT:** All of Zegra Base is visible from the door of the front guard





**RIGHT:** A soldier of Company A, 1st Battalion, 18th Infantry Regiment, mans a tower at Camp Power, which sits atop a hill overlooking Cernica.



**BELOW:** Soldiers of Company B, 1st Battalion, 18th Infantry Regiment sit in a building that serves as dining facility, MWR site, post office and laundry facility point at Camp Vrbovac.



**LEFT:** Camp Power's dining facility and MWR facility features a foosball table.

**BELOW LEFT:** Soldiers eat, use computers and read the newspaper in the combination dining facility and MWR site at Camp Thunder.



## AROUND THE WORLD

## headlines

## World

## Floods in Europe kill more than 100

Heavy rains across central and eastern Europe have created flooding conditions not seen for centuries, killing more than 100 people, forcing the evacuation of hundreds of thousands of others, and devastating historic city centers in Germany and the Czech Republic. Flooding also has hit communities in Austria, Slovakia, Russia and Romania.

— CNN.COM

## Blair rethinks war with Iraq

Prime Minister Tony Blair, who was among the first European leaders to back the bombing of Afghanistan and was key to forming the coalition that supported the action, has expressed second thoughts about a war against Iraq, a campaign that he previously signaled he would be willing to join.

"The prime minister has said Saddam is a menace," Blair's spokesman, Martin Sheehan, said in an interview this week. "He did not say that, yes, we are definitely going to war."

—Todd Richissin  
Sun Foreign Staff

## Peacekeeper profile

**name:** Thomas Crockett  
**age:** 23  
**rank:** Sgt.  
**mos:** 63H — tracked vehicle mechanic.  
**unit:** Company B, 299TH LTF  
**hometown:** Gainesville, Fla.

**What do you like to do in your free time?** Play sports or play pool.

**Why did you join the Army?** To keep up the family tradition.

## United States

## West Nile spreads west across U.S.

Steadily spreading westward across the United States, the mosquito-borne West Nile virus has already claimed at least 14 lives, infected almost 300 people and has been detected in all but seven of the lower 48 states.

—Associated Press

## Fans remember Elvis with vigil

To the strains of Elvis Presley's "Memories," thousands of fans walked through rain to his gravesite at Graceland for a candlelight vigil marking the 25th anniversary of his death on Friday.

—Associated Press

## Baseball union mulls owners' offer

With one week to go, negotiators for players and owners are optimistic that they have enough time to reach a deal and avoid another baseball strike. Whether they will compromise, though, is still unclear.

—Associated Press

## Military

## Soldiers return from SFOR-11, Bosnia

The first wave of soldiers from the 25th Infantry Division (Light) and U.S. Army, Hawaii returned home Aug. 16 from their peacekeeping mission in Bosnia. Other soldiers from the 25th ID will be redeploying next month officials said.

—Army News Service

## USAREUR aids flood relief effort

U.S. Army, Europe provided 155,000 sandbags to the German government Aug. 21 to support the German flood relief effort.

—USAREUR News Release

## Army halts bonuses for reelistments

The Army today suspended its re-enlistment bonus programs for active-duty soldiers until Oct. 1. The suspension became necessary with a retention success that exhausted the fiscal year 2002 re-enlistment budget.

—Army News Service

## KFOR

## MNB(C) increases security level

British-led peacekeepers serving have tightened security after receiving a threat targeting them, a senior military official said Friday. Brig. Simon Mayall, the British commander in the central part of the province, ordered some 5,000 troops under his command to wear helmets and armored vests when guarding the static posts, military bases and at checkpoints. Soldiers patrolling the area were not obliged to wear protective gear, but were told to have quick access to it.

—Associated Press

## KFOR detains five Algerians

During the last two weeks KFOR has detained five individuals of Algerian origin. They were arrested in two separate intelligence-led operations and are presently held at the Camp Bondsteel Detention Facility.

—KFOR Press Release

## Big Red One gets new commander



**LEFT:** Maj. Gen. John Batiste, commander of the 1st Infantry Division, receives the IID colors from outgoing commander Maj. Gen. John Craddock through V Corps commander Lt. Gen. William Wallace in a ceremony Aug. 20 at Leighton Barracks in Wuerzburg, Germany.



Maj. Gen. John Batiste

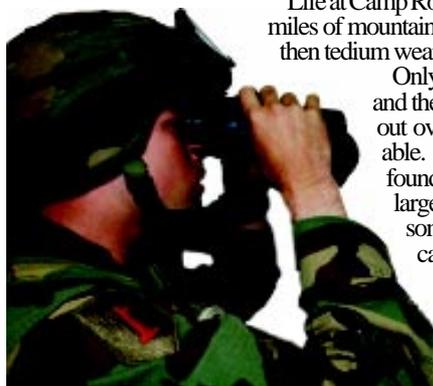
By Spc. Patrick Rodriguez

# Camp Rock

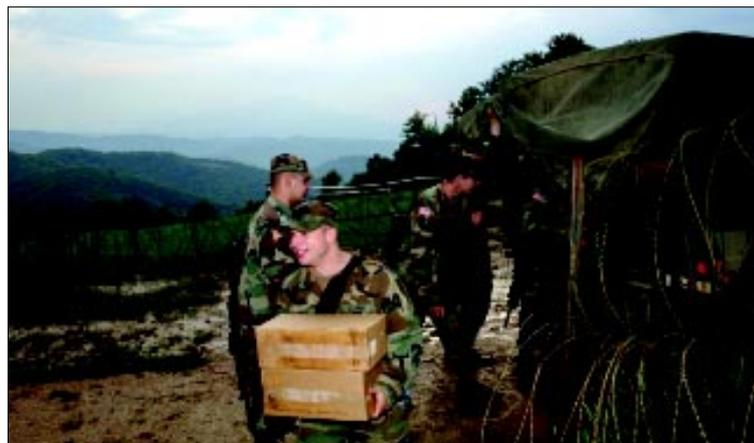
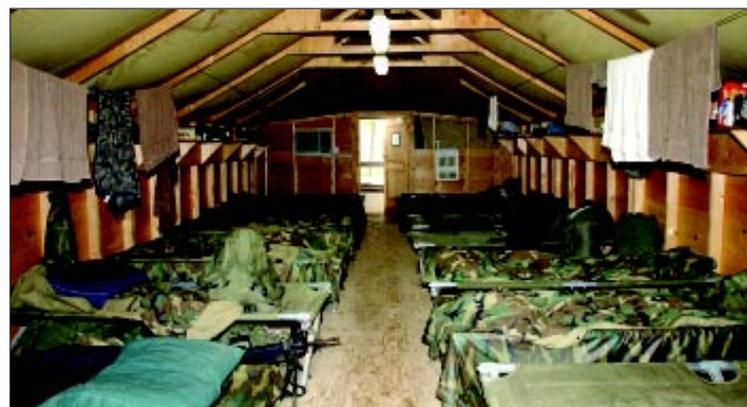
## SOLDIERS FIND SOLITUDE, PEACE AT REMOTE SITE IN MOUNTAINS

Life at Camp Rock is not an easy life. If the endless miles of mountain trails do not wear a soldier down, then tedium wears on a soldier just as much.

Only the camaraderie of fellow soldiers and the routine chores and patrols spread out over the day make life almost bearable. But in place of the conveniences found at Multi-National Brigade (East)'s larger base camps, Camp Rock offers something none of the larger camps can offer - solitude.



The trip up to Camp Rock is an adventure in itself. To get there, head off the beaten path toward the small village of Vrbovac, and there the trail begins to climb slowly up the mountain to the border between Kosovo and the Former Yugoslav Republic of Macedonia. The narrow switchback road traces the mountain's slopes like a topographic line up to the very top where an American flag proudly waves over Camp Rock and the entire



Photos by Spc. Patrick Rodriguez

Soldiers from Company C Task Force 1st Battalion, 18th Infantry Regiment unload food from a log pack at Camp Rock twice a day for breakfast and dinner.

countryside. "Big Duke" is faintly visible through the clouds and over the grassy ridgelines that form the border between Kosovo and FYROM.

Two of the daily rituals that govern Camp Rock are the patrols that leave the camp and two log pack helicopter flights that arrive from Camp Magrath bringing the soldiers' daily supplies of food in the morning and evening.

Camp Rock's function (other than to isolate one of three platoons from Company C, 1st Battalion, 18th Infantry Regiment for up to three weeks at a time), is to provide a U.S. presence near the FYROM/Kosovo border. Their main objective is to prevent smuggling and illegal logging in the forests. Company C does this by performing dismounted interdiction patrols and manning observation posts in the mountains for up to 48 hours at a time. They also set up random checkpoints in the two small border towns of Binac and Buzovik to check vehicle traffic for illegal weaponry.

But smugglers use alternate means besides vehicles to get goods across the border. Pfc. Jeremy Stewart, infantryman, C/1-18 Inf. said, "The mule is the main source of trafficking for smugglers into Kosovo and FYROM. They use them because they are easy to get along the trails and they are really durable."

When not on patrol or performing force protection duties, soldiers crowd around a small television in one of the two rooms of the cabin that is the base of Camp Rock. Soldiers have a choice of lifting weights, watching movies, playing the X Box, surveying maps of the area or studying in the tactical operations center, which is in the other room. But outside the cabin, a vast view of miles of solitude surrounds you. From the west guard tower one can see in one glance Big Duke, the FYROM border and a shepherd tending sheep.

The soldiers of Company C, 1st Battalion, 18th Infantry Regiment have an enviable job of protecting one of the most remote places in Kosovo.

## Movie night in Klokot

[CONTINUED FROM PAGE 4]

the kids. "This is the best fun and recreation for the kids," said Negoca Stogovich, a Klokot resident.

"When you see the children's faces, laughing and having a good time and they're all together ... it's pretty amazing," said Genevicz.

The soldiers are responsible for the equipment setup and security of the showing and they also mingle with the children. "We can build a relationship," Spc. Jonathan Silva said.

"We've got to start somewhere, and this is a start." The movies benefit not only the children but also the soldiers.

"It's good for the soldiers' morale; it gets their minds off duties for a while," Genevicz said. "Results they can see with their own eyes."

As "Dumb and Dumber" played on, goofy faces and bodily-function humor drew confused laughs from the crowd.

When asked his opinion of the movies that are shown, little 5-year old Nikola yelled "Dobro (good)!"

check us out online  
[www.mnbe.hqusareur.army.mil](http://www.mnbe.hqusareur.army.mil)



## Peacekeeper profile

name: Georgios Tsoymaais  
 age: 26  
 rank: Sgt.  
 mos: A/T Milan Fagot  
 unit: 501st Mechanized Bn.  
 hometown: Nea Ionia, Volos, Greece



**What do you do in your free time?** I like to listen to music and use the Internet.

**Why did you join the Army?** I joined because of economic problems and to serve my country.

# essay contest winner

Pfc. Tiffany Mendoza

**Today is Women's Equality Day** — a day to celebrate the passing of the 19th Amendment to the Constitution, which granted women the right to vote. In observance of this day, the Equal Opportunity office and Morale, Welfare and Recreation recently sponsored an essay contest. Pfc. Tiffany Mendoza of the 630th Military Police Company was the top winner out of 28 entries for the themed contest. The following is the winning piece on "Contributions women have made to the military." Other winners include:

- 2nd place - 1st Lt. Aristotle Rivera, HHD, ASG (P) Falcon
- 3rd place - Spc. Ahmed Fatima, 230th MP Co.
- 4th place - Spc. Roshea Bost, HHC, MNB(E)
- 5th place - Sgt. Robert Heflin, HHC, 22nd Sig. Bn.
- 6th place - Command Sgt. Maj. Craig Layton, TFMF

Great Contributions have been made to protect our country and freedoms, yet speaking with gratitude, males are not the only soldiers on the battlefield. Females have long since served proudly within the ranks of the military. During my short enlistment in the Army, there have been many strong female influences on my career. I am confident that there will be many more I will witness.

We all carry with us memories of Basic Training that changed our lives forever. The memories that I have of my initial training are filled with such examples of great female leadership. Contributions that females have made to this nation's defense have been substantial and long-lasting. My observations are but one example of that long history of military excellence.

Quietly, all of the females of Delta Company 787<sup>th</sup> Military Police Company waited on the first floor in the day room. One female who was still shaken from the early events of our surprise welcoming, was still crying uncontrollably. Our eyes widen and our throats tighten with fear, as she appeared, moving as one elite force into the room. "I am Drill Sergeant Stevens." I was too much in awe to hear everything she said after that; at that moment she was the Army to me. Her boots were like glass and her uniform was pressed so sharply you could have received a paper cut from the creases if you brushed up against them. She was small in stature; however, there was no question as to who was in charge. As I focused back in on her, she was explaining how to fill out the tags for our personal bags.

As Basic Training proceeded I conquered my fears and achieved my goals as each day passed. Drill Sergeant Stevens' image was always present even though I wasn't in her platoon. During our Phase III Physical Fitness Test, I was close to muscle failure at thirty-five push-ups and was ready to quit. Drill Sergeant Stevens told me not to stop, to keep going. I just looked her in the eyes as she counted forty, forty-one, forty two, stop. "Good job private!" I sprang to my feet drunken with my accomplishment. While all of my Drill Sergeants exemplified the Seven Army Core Values, Drill Sergeant Stevens had my attention for the duration of our training. She had a way of exuding discipline and motherly characteristics with confidence and support. When I arrived at my first duty station I came to learn that Drill Sergeant Stevens had also been a "Maverick" in the 630<sup>th</sup> MP Company. Drill Sergeant Stevens taught me that you don't have to be six

feet tall, strong as an ox, and be overly aggressive to lead. Through her example I learned that being cool, calm, and competent is the measure of a true leader. The lesson she taught me would be a lasting part of a life defining experience, my gratitude to her is boundless.

Not knowing the standards of a NCO until after Basic Training, it was unbeknown to me that I was in the presence of another strong leader, my mother; Brenda Mendoza. She has always been the strongest female model in my life. She overcame the death of her two sons, was a single mother, and still managed to raise my sister and me. My mother served in the Air Force for a period of eight years. I was always astounded with her stories of being chosen by her Drill Instructors to fill leadership positions in basic training, and how she became a NCO within her first three years in the Air Force. She also served in the Marine Corps for two years. Marines are renowned for their discipline and loyalty to their service and peers. It is evident that she installed the lessons learned while serving our nation. My mother was very supportive of my decision to join the military and was pleased with my involvement in the JROTC program during high school. I hope that I have made her proud as I am proud of her. To this day she still exemplifies the discipline of a soldier; becoming a civilian did not taint those characteristics. I know the military will not become a

vague memory to me and will remain a vibrant part of my life.

Fortunately, I have been blessed with great female role models to mentor me. While in my current assignment I have found another great female leader to pattern my actions after. Command Sergeant Major (CSM) Geraldine Rimpley, whom I admire and greatly respect, is such a person that I will emulate. I remember my roommate and I were grounding our gear and preparing for the Company EXEVAL; rushing to the company to meet suspense time we ran right by her. "Good morning soldiers." "Good morning," we replied to render respect abruptly because in our haste we had missed her. She quickly corrected us with a, "Good morning Sergeant Major, would be more appropriate".

I had seen her picture on the wall and heard the new CSM was a woman, but I had not seen her until then. It was a pleasant surprise to see a female hold the senior NCO position in such a large and vitally important organization. I know that she must have faced great odds to reach her current position. It is evident that she is strong, smart, and has the inner strength to never say, "I can't." Sergeant Majors' influence will never be forgotten, her story will be the story I will tell my daughter when she says, "I can't."

Women have played important roles in the military since the beginning. As the military moves forward, female roles in the military have become less restricted. We are Pilots, Military Police, Officers, and NonCommissioned Officers. The double standards still exist but are not as commonplace as they once were. I personally commend all the women that came before me. They have endured and overcame adversity, so that today females can serve the military with pride and honor.



Photo by Staff Sgt. Keith Robinson

From left: Lilian Quehl the entertainment programmer for Morale, Welfare and Recreation, and equal opportunity adviser for MNB(E) Sgt. 1st Class Dale Veneklasen stand with contest winner Pfc. Tiffany Mendoza, an MP in the 630th MP Co.

By Pfc. Brandon Guevara

# A great service

## Non-chaplain ministers appreciated by servicemembers at Camp Bondsteel



Photo by Pfc. Brandon Guevara

First Sgt. Frank Thomas of HHC, 9th Engineer Bn., leads a Bible study in the Northtown chapel on Camp Bondsteel

With a “Thank you Lord” and an “Amen,” the Wednesday night Bible study began. In the dimly lit Northtown chapel, about 30 soldiers, sailors and Marines opened their Bibles and began to read.

The study didn’t have a chaplain to lead it, but it did have a minister: 1st Sgt. Frank K. Thomas of Headquarters and Headquarters Company, 9th Engineer Battalion.

Thomas is one of about 30 soldiers in Multi-National Brigade (East) who do ministerial duties even though they are not chaplains.

These soldiers fall into two categories: designated faith group leaders and extraordinary ministers of the Eucharist according to Capt. James W. Blount, chaplain for Task Force 9th Engineer.

“There are a large group of people who are not only licensed but licensed and ordained ministers here on Camp Bondsteel, at Camp Magrath, at Camp Montieth,” Blount said, referring to the DFGLs, who serve in Protestant, Baptist, Methodist, Episcopalian, Lutheran, Latter-Day Saint, Jewish and Islamic activities.

Extraordinary ministers of the Eucharist, are personnel of the Catholic Church serve in place of a priest when a priest is not available. (“Extraordinary” means outside the priestly order.) “That’s

why it’s so important to have the EME’s,” said Blount. “They’re endorsed by the Catholic church through the Catholic priest to be able to do the mass.”

Thomas, a DFGL, is pastor of the gospel service in the Northtown chapel. When not deployed, he serves in Schweinfurt, Germany, as an associate minister for the gospel service and as music coordinator and Bible study leader.

Thomas seemed happy to dedicate time outside his normal duties in order to minister to soldiers.

“God called me to do work for him,” he said, “and who am I to say that I don’t have time? I’m exited about being able to do God’s work.”

First Sgt. Lorenzo F. Wallace of Battery D, 1st Battalion, 33rd Field Artillery Regiment, was in attendance at the Wednesday service. He talked about Thomas’ contribution.

“He was sent by God to do God’s work,” Wallace said. “Coming to know God has made me a lot better person.”

Multi-National Brigade (East) has about 30 non-chaplain ministers who support soldiers in roles not staffed by military chaplains. Designated faith group leaders serve in gospel, Jewish and Latter-Day Saint activities at Camp Bondsteel; Islamic and LDS activities at Camp Monteith; and LDS activities at Camp Magrath.

Extraordinary ministers of the Eucharist serve in Catholic activities throughout the MNB(E) area of responsibility. Units with EMEs include MNB(E) Headquarters, Task Force 1-18 Infantry, Task Force Eagle, 1-7 Field Artillery, TF 1-26 Infantry, TF 1-77 Infantry, TF 9th Engineer, TF 709th Military Police and 1-33 Field Artillery.

## Somber ceremony

### SERVICEMEMBER DIES AT CAS

**CAMP ABLE SENTRY** — Spc. Christopher Heath, 40, a member of Battery C, 1st Battalion, 33rd Field Artillery Regiment, died of an apparent heart attack after a physical fitness test at Camp Able Sentry on Aug. 15.

He collapsed while running a cool-down lap. CPR was performed on Heath and continued en route to the aid station, where higher-level care was provided. Aid station staff members attempted to revive him for 40 minutes but were unable to do so.

Heath was pronounced dead at 7:51 a.m.

Heath, from Boulder, Colo., was based in Bamberg, Germany. he was previously assigned as battalion ammunition driver, unit mail clerk, unit armorer and unit first sergeant’s driver.

Heath was a key asset to the battalion immediately after the Sept. 11 attacks, developing procedures for the transfer and withdrawal of ammunition according to regulations. His presence was vital in the mission security at Bamberg.

“Spc. Christopher Heath served his country, the Army, the 1st Infantry Division and this brigade honorably,” said Col. Albert Johnson, chief of staff of KFOR’s Multi-National Brigade (East).

“The Army extends its sympathies to his family for their tragic loss, as we, his fellow soldiers, also grieve.”

Heath is survived by his wife and a step-son.



Photo by Tony Velkov, Public Affairs Assistant

Major Steven Jerles, chaplain of the base support battalion and soldiers of B Battery, 1st Battalion, 33rd Regiment, Field Artillery carry Spc. Christopher Heath’s casket during his ramp ceremony at Camp Able Sentry in the Former Republic of Macedonia August 17th. He died of an apparent heart attack on August 15th. Heath is survived by his wife and step-son.

## Doctor's caution supplement users

CONTINUED FROM PAGE 2

boosters, over-the-counter diet pills and body-building drinks or mixes, can also pose risks for people not taking prescription drugs.

"Anytime you put a chemical in your body, your body metabolizes or digests it, and there can be potential side effects," he noted, to include allergic reactions.

Heath said energy-enhancing dietary supplements provide a caffeine-like boost, similar to how strong coffee affects the central nervous system.

"It is a stimulant - it gives you a 'buzz' and affects the heart and cardiovascular system in terms of raising your blood pressure and increasing the heart rate," he explained.

Heath recommends that military members not take dietary supplements, such as products containing the chemical compound ephedra, before engaging in strenuous physical activity.

"I'd caution them not to take these performance enhancing drugs or energy boosters and then go out and perform the PT test, particularly in hot weather," he said. "If you had some underlying problems, you could be setting yourself up for potentially serious side effects."

People should also be aware that, with the ex-

ception of vitamins, the Food and Drug Administration doesn't regulate dietary supplements the same way as it does prescription and other over-the-counter products, Heath said.

Under the Dietary Supplement Health and Education Act of 1994, the dietary supplement manufacturer is responsible for ensuring that a dietary supplement is safe before it is marketed, according to the FDA.

The FDA is responsible for taking action against any unsafe dietary supplement product after it reaches the market, according to the website. Generally, manufacturers do not need to register with FDA nor get FDA approval before producing or selling dietary supplements.

"There is no [FDA] standardization of quality control in terms of what is in" dietary supplements, Heath noted, adding that

the potency of doses and other inert additives can vary from batch to batch.

The bottom line, Heath said, is that dietary supplements are "chemicals you are putting into your body."

"How do you know, unless you ask someone qualified, whether or not these products can interfere with other drugs, to include any other over-the-counter products that you are taking?" he concluded.

### Dietary Supplement:

“Any product intended for ingestion as a supplement to the diet. This includes vitamins; minerals; herbs; botanicals and other plant-derived substances, amino acids and concentrates, metabolites, constituents and extracts of these substances.”

— Dietary Supplement Health Education Act, 1994

### Herbs listed as dangerous by the U.S. Food and Drug Administration

**Ephedra**

**Comfrey:** ingestion is toxic

**Yohimbe:** paralysis

**Lobelia:** possible death

**Willow Bark:** Reye syndrome

**Chaparral:** liver disease

**GBL:** (gammabutyrolactone)

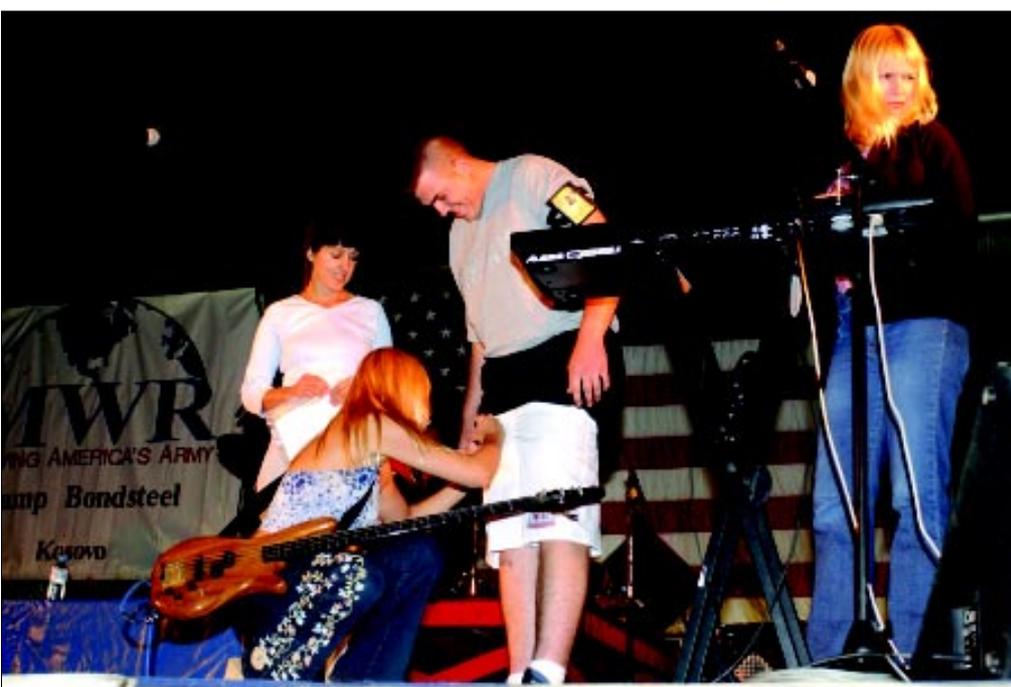
**Kava:** liver toxicity

**L- tryptophan**

**Dieter's tea**

**TRIAC (triiodothyroacetic, or tiratricol)**

## Sidenotes



Barbara Leoni of the band California Girls signs a pair of boxer shorts given as a birthday gift to Spc. Dewey Doak of Co. A, 9th Engineer Bn. The gift became more entertaining as Doak discovered the shorts were too small for him. Also pictured are (rear) Sgt. Shirley Mathorin, a U.K. Nurse from Task Force Medical Falcon, and (right) Michelle Olson, the band's keyboard player. California Girls played an outdoor concert Aug. 17 at Camp Bondsteel. The band also played a show at Camp Monteith on Aug. 19.

Photos by Staff Sgt. Keith Robinson