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ways to
be a soldier

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The Signal



Friday, April 25, 2003

Published for the Department of Defense and the Fort Gordon community

Vol. 23, No. 16

News UPDATE

Springfest

The May Day Picnic will be held **May 2** from 11:30 a.m. to 3:30 p.m. at Freedom Park and Barton Field.

The picnic is open to all military, civilians, contractors and family members of the Fort Gordon community. There will be musical entertainment by the band "Heavy Dose" and a DJ.

Food can be obtained from the Directorate of Community Activities-sponsored vendors. Sports equipment will be available for "pick-up" games in soccer, flag football, volleyball and frisbee.

DCA will establish an equipment sign-out tent. The Directorate of Plans, Training and Mobilization points of contact for the May Day Picnic are Master Sgt. John Boutte, 791-9841 and Staff Sgt. Gary McKnight, 791-9533.

Flea market

The Officers' Wives' Club and the Directorate of Community Activities host the Spring Flea Market, **May 3**, from 9 a.m. to 3 p.m. on Engineer Field.

For more information, call 706-481-8065 and leave a message.

Resident Graduate School Opportunity

The Signal Regiment Graduate Education Program has entered into a partnership with the University of Maryland University College to provide resident graduate courses at Fort Gordon. The courses are offered in an executive seminar format, consisting of Saturday resident classes for 10 weeks and online work during the week. Completion of the program results in 6 graduate credits toward several Information Technology master's degree programs offered by UMUC.

The next iteration of this Information Technology Graduate Seminar is **June 14 - Aug. 16**.

There will be another seminar held at Fort Gordon in September, enabling permanent party personnel to earn a total of 12 graduate credits (out of 36 needed for a degree). The remaining credits towards a master's degree can be taken online through UMUC and are accessible worldwide. This program is open to all Fort Gordon personnel (military permanent party and students, civilians, and family members) and is supported by tuition assistance for military members.

Registration is currently ongoing through June 6. The 35 class seats will fill quickly. For more information or to register, contact the Fort Gordon ITGS Program Manager, Maj. Alan Makowsky at 791-2267 or alan.makowsky@us.army.mil or visit www.gordon.army.mil/edu.



Photo by Spc. Ryan Matson

Masters 2003

Spring is here and the memory of the Masters lingers on...

See Page 14A for more photo memories.

Suicide prevention

Taking an active role

Master Sgt. Pleasant Lindsey III

Public Affairs Office

According to a Training and Doctrine Command report 19 soldiers and two ROTC cadets committed suicide in the command in 2002 compared to seven soldiers in 2001. Thoughts of combat can raise stress levels higher than normal and give rise to suicidal thoughts.

The community can intervene and take an active role in suicide prevention.

The installation chaplains teach Applied Suicide Intervention Skills Training for all cadre and healthcare professionals on Fort Gordon. The ASIST program explains how to recognize the signs of suicidal tendencies and how to intervene on the person's behalf.

Intervention is the first aid used to prevent suicidal behavior. Chaplain (Maj.) Rich

Bendorf, director, Family Life Center, Fort Gordon, said the ASIST program explains how to intervene and where to go from there. The post chaplains present the two-day ASIST workshop once every six weeks. These workshops are open to the Fort Gordon community.

"Anyone who deals with people should attend," Bendorf said.

Those who attempt suicide usually show signs of suicidal tendencies before they make the attempt.

"If something seems different [about the person], go with your gut," Bendorf said. The ability to recognize the signs of suicidal gestures could save someone's life.

What signs should a person recognize?

Something that obviously shows someone has changed the way they do things. Examples

See *Prevention*, Page 2



Photos by Spc. Ryan Matson



Congressman Jim Marshall visits post

(Above) Sgt. 1st Class Daniel J. Munch, Company A, 447th Signal Battalion, shows Congressman Jim Marshall of Georgia's Third Congressional District and a member of the House Committee on Armed Services, an AN/FSC-78C heavy strategic satellite terminal. Marshall, himself an Army Vietnam veteran who attended advanced individual training at Fort Gordon in 1969, came back to the post to learn more about the post's mission and meet with some of its soldiers.

(Left) Marshall views an AN/GSC52 AV satellite terminal outside of Vincent Hall during his trip to post April 18.

See *Marshall*, Page 2

Red Cross suspends military gift packages

The American Red Cross has received an overwhelming response from the public and those wishing to support U.S. service men and women by donating items to the Quality of Life Program.

However, the Department of Defense has advised the American Red Cross of heightening security concerns and transportation restrictions, and has further cautioned the Red Cross against collecting a large amount of goods. The DoD has suspended its own "Any Service Member" and "Operation Dear Abby" services due to security and logistical concerns. In addition, because the public has been so generous with quality of life items, there

are more than enough goods in the distribution pipeline to last an estimated four months. The American Red Cross is, therefore, immediately suspending the Quality of Life Program.

How to show appreciation
Because we are uncertain about the duration of *Operation Iraqi Freedom*, we cannot predict when the Quality of Life Program will resume. Here are some suggestions outside of the Quality of Life Program:

- A financial donation to help offset the costs of inspecting, packing and mailing the items we already have, and to help with the increase in Armed Forces Emergency Services communication requests from

families of service personnel. With nearly 300,000 forces in the region and climbing, the volume of Red Cross emergency communications has jumped 20 percent, greatly adding to our costs. The best way to help is to donate online at www.redcross.org where you can designate where and how you want your donation to help.

- Give blood during the weeks ahead by calling on post 787 3234/1014 or in Augusta 868 8800.

- Become a volunteer as many military service members who normally perform this volunteer work are now deployed. Volunteers are needed to assist families and



Courtesy photo

patients, provide leadership and direction or other community outreach programs.

- The DoD has established a Web site for updated referral information on sources for greeting cards, virtual thank you messages and calling

Red Cross workers stationed in the Persian Gulf region are working hard to keep the troops connected with their families by delivering messages.

card donations: www.defenselink.mil/news/Mar2003/b03222003_bt139-03.html.

We will continue to look for appropriate avenues to offer our community and encourage you to share your ideas with us. Thank you for all your efforts in supporting this program.

For more information contact Sandy Chambers 787-6311.



Law Day Proclamation

Whereas, Law Day is a celebration of America and the rule of law; and

Whereas, an essential component to the American ideal of the rule of law is a fair and impartial judiciary; and

Whereas, a fair and impartial judiciary protects Americans' rights and liberties under state and federal constitutions; and

Whereas, military judges, magistrates, counsel, court-martial convening authorities, commanders and other personnel faithfully and impartially perform their duties under the Uniform Code of Military Justice, free from unlawful command influence;

Now, therefore, as we celebrate Law Day 2003, we restate our commitment to judicial and command independence as an essential component of the rule of law.

NOW, THEREFORE, I, Brigadier General Janet A. Hicks, Commanding General, United States Army Signal Center and Fort Gordon, Fort Gordon, Georgia, do hereby proclaim, Thursday, May 1, 2003, as Law Day. I urge all Fort Gordon personnel to use this occasion to dedicate themselves to preserve and strengthen the rule of law.

BY WITNESS WHEREOF, I have hereunto set my hand this 22nd day of April, in the year of our Lord two thousand and three, and of the Independence of the United States of America, the two hundred and twenty-seventh.

JANET A. HICKS
Brigadier General,
USA
Commanding



Marshall visits post

(Above) Georgia's Third Congressional District Congressman Jim Marshall chats with Lt. Col. Christopher Robertson, 447th Signal Battalion commander, as Robertson shows him a computer-based satellite learning system for 31S students at Vincent Hall. (Left) Marshall shares a laugh with U.S. Army Signal Center and Fort Gordon Commanding General, Brig. Gen. Jan Hicks during his visit to post April 18.



Photos by Spc. Ryan Matson

Prevention

From Page 1

of suicidal gestures include:

Performance standards drop; the person talks about suicide; the soldier is giving things away, particularly important things; the soldier displays feelings of anger, desperation, guilt or sadness.

Another indicator is spoken negative statements such as "it just doesn't matter anymore," "I can't take it any more," "they'll be better off without me." These statements are often made because of loss, Bendorf said. The signs for suicidal thoughts are there, they just have to be recognized.

Soldiers who recognize signs of suicidal tendencies should be willing to intervene and refer the soldier to the unit chaplains or to mental healthcare profes-



Illustration by Dennis Garman

sionals on Post. A soldier who has actually made a suicide attempt should be kept under surveillance and escorted to mental healthcare professionals. Seeking help is preferable to si-

lence.

The TRADOC suicide prevention policy states that seeking help is a sign of strength. Commanders and leaders should tell soldiers that seeking

help from mental health professionals is not a career stopper.

Bendorf said seeking help should not negatively affect a soldier's career, but help it. Counseling should help stabilize the soldier, and let the soldier know that the Army has a number of people available to help with a wide variety of problems.

"Whether the thoughts of suicide stem from issues with relationships, money or drugs and alcohol, we have a great deal of help for these situations," Bendorf said.

Resources for help include Army Community Services, your unit chaplain, the Red Cross, ACS Counselors, family, friends and cowork-

ers. Help can be found anytime, anyway, anywhere.

One way to help is to be sensitive to other soldiers and be willing to intervene on their behalf. If a soldier notices suicidal tendencies in another soldier he should take that information to the chain of command, Bendorf said. "There are always signs," Bendorf said.

The chaplains also host suicide prevention training for unit classes and noncommissioned officer professional development classes.

"The worst thing is to turn our backs," Bendorf said.

For more information about the ASIST program contact the Fort Gordon Family Life Center, Building 38804 Academic Drive, at 791-7421.

Communications from the Front

Col. Dan Gerstein
Special to The Signal

Shortly after midnight on March 26, the Battalion Commander of the 63rd Signal Battalion, Lt. Col. John Rutt, called to my quarters from deep inside Iraq to provide an operational update.

The call was remarkable for a number of reasons, not the least of which is the tremendous feeling it is to be able to hear first hand how well 93rd Signal Brigade soldiers are doing and status of system installation.

The call began with an overview of movements and dispositions of the battalion's soldiers.

Three of the companies have moved forward into Iraq, and two of the three have arrived at their planned installation sites and established communications.

In discussing the events of the previous week, John made the point that prior to

moving out, the 63rd had linked up with several tri-band satellite teams for extended range communications and had received some new equipment including Promina multiplexing devices.

The battalion's leadership quickly assessed the situation and determined that mission success depended on ensuring that all of the capabilities were tested "in system" prior to deploying from their assembly areas. The result was an in stride data exercise and switch exercise patterned after the brigade level DATEXs and SWITCHEXs.

In the two weeks between when the battalion drew their equipment and crossed the line of departure, the combination data-switch exercise was held and all systems configured, tested and then stowed for movement. The soldiers and teams were confident in their equipment and their

training, as they had already gone through a static installation.

The next step for the 63rd was to move out and do what they had been training so long and hard for over the past year and a half – in garrison, the next step is the Situational Training Exercise during which all of the teams are certified based on ARTEP standards.

During Operation Iraqi Freedom, the next step was to deploy forward to establish communications at forward logistical bases supporting the Army's V Corps commander and staff.

The 63rd would indeed prove their mettle under some of the most demanding and austere conditions.

Bravo Company, commanded by Capt. Jerry Jette, installed the first cross border systems.

As expected based on the data-switch exercise conducted prior to moving out, the initial installation

went very quickly with a full suite of service including voice, data and video capability.

Shortly after installation, the operational commander changed the location of his command post and Jette was forced to jump the site approximately 40 kilometers west.

The second install went even faster and all services came in very quickly.

Alpha Company, commanded by Capt. Michael Mitchell, had a similar experience with being able to rapidly install their communications at the next support site. At this time, Charlie Company remains enroute to their planned installation site.

Rutt provided an update on the soldiers and their current living and working conditions. The soldiers are very optimistic about the mission and how well they have done. Morale remains very high, despite

some extraordinarily austere conditions and some of the worst sandstorms to hit the region in over a decade. John told story after story about soldiers running cable to users, convoys into the desert to recon the new site for Bravo Company and soldiers working around the clock to "get the message through" as we say in the Signal Corps.

As we talked, several key themes emerged. First, our training plan works.

The brigade battle rhythm including quarterly data, switch and team certification exercises is a powerful tool to ensure combat readiness and operational success.

Even with limited time and under tough conditions, John credits the work done in theater prior to crossing the LD using the brigade's training methodology with

much of the success. That's a significant statement.

Secondly, the morale and esprit of the soldiers has been another important factor in the unit's success. That is not to say that there have not been obstacles, but rather that the obstacles have been overcome through teamwork and a keen sense of purpose.

The soldiers and leaders trust each other. They are confident in their systems. They are not full of a false bravado, but rather have a quiet confidence and professionalism that comes with knowing that you, your buddy, your equipment and your unit are ready.

The mighty 63rd is demonstrating great Lightning Warrior skill and courage in this newest challenge, and clearly are living up to their motto, "Proud and Ready."



Courtesy photos

(Above) 63rd Signal Battalion soldiers discuss their plan of action. These discussions are the same as if they were in a data exercise or switch exercise.

(Left) Lt. Col John Rutt, 63rd Signal Battalion commander, emphasizes the importance of the mission to his soldiers.



Photo by Spc. Ryan Matson

So long, but not goodbye

Janet McElmurray recaps her highs and lows during her decade as editor of *The Signal* at her farewell luncheon April 16. McElmurray joined the paper in 1993. Recently she accepted a position to work on *The Army Communicator*. "I'm still in the building," McElmurray said referring to only moving up a few floors in Signal Towers, "so I'm really not leaving." Congratulations, Jan, and thank you for 10 years of dedicated service in Public Affairs.

Commissary gift certificates help support military families

Special to The Signal

"Commissaries save shoppers an average of 30 percent or more, and that's a valuable benefit for members of our armed forces, their families and retirees," said Defense Commissary Agency director, Air Force Maj. Gen. Michael P. Wiedemer.

"The gift certificate program started out as a customer service, but it seems to have evolved into much more," he said.

"Our priority is to get these gift certificates to the families of service members wounded in Operation Iraqi Freedom and Operation Enduring Freedom," said Jim Weiskopf of Fisher House Foundation.

"Families staying in Fisher Houses at Walter Reed (Washington, D.C.) and Bethesda (Md.) military hos-

pitals are already benefiting from the program."

Fisher House Foundation is best known for building family comfort homes near military medical centers.

The program began in the fall of 2002 as a way for family and friends to buy gift certificates for loved ones in the military, but chaplains' funds and other military installation charities started using it as a convenient way to help local military families during the holidays.

Now, civilian organizations are jumping on board as well. Mission Valley Christian Fellowship near San Diego recently donated \$25,000 in certificates through Operation Homefront, a regional effort to support military families.

Just a week later, Mission Valley Christian Fellowship donated an additional \$25,000.

The gift certificate program has also resulted in significant increases in traffic at the commissary Web site, reflecting the tremendous interest from the general public in donating gift certificates to military families.

Average daily visits increased by more than 20 percent at the end of March, according to DeCA Web master Corintha Russell.

"In fact, March 28 was the most visited day ever at the Web site," she said.

The gift certificates page has vaulted from No. 36 in visits to become the top-ranked specialty page.

The gift certificate program is made possible through a business agreement with CertifiChecks Inc. at no cost to DeCA or the federal government.

A standard charge of \$4.95 covers the costs of handling, printing and mailing of gift certificates.

Additional charges may apply for bulk orders or special delivery.

When a purchaser selects to donate through the Air

Force Aid Society, Fisher House Foundation or the USO, CertifiChecks forwards the donated certificates to the designated charity.

The Defense Commissary Agency operates a worldwide chain of nearly 280 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$2,400 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

Retiree Notes: Personnel issues

Richard T. Lechnir
Retirement Services Officer

Veteran Resource has an easy link to SF 180. Veterans use the SF 180 to request information in their personnel file at the National Personnel Records Center in St. Louis.

The "links" on Vetsresource.com have recently been updated.

Vetsresource.com is a useful site with U.S. Veteran's Resources on the web, it's all on one page and currently Vetsresource.com is completely non-profit. If you need to find something veteran related, "book mark" www.vetsresource.com/ or add it to your favorites.

VA handbook:

The 2003 edition of "Federal Benefits for Veterans and Dependents" is now available on the VA web site at: www.va.gov/pubaff/fedben/Fedben.pdf.

This booklet lists the variety of federal benefits available to military veterans and their dependents. Topics covered include health care enrollment, VA claim filing, burial and survivor benefits, and workplace benefits. The booklet is being printed now and distribution began April 4.

HIPAA privacy standards:

DoD announced that all military medical facilities have implemented the privacy rule of the Health Insurance Portability and Accountability Act of 1996.

The new rule, which began April 14, creates standard safeguards to protect the privacy and confidentiality of personal health care information.

As required by the new rule, DoD has mailed approximately five million military health system notices of privacy practices. The notices have gone to every beneficiary enrolled in the Defense

Enrollment Eligibility Reporting System.

If you do not receive a notice it is an indication that you are either no longer enrolled in DEERS or your mailing address needs to be updated. Retirees are enrolled for life but dependent's enrollment expires every four years.

Enrollment can be accomplished by renewing the military dependent ID card. To submit a change of address on yourself or any of your dependents there are a number of ways it can be accomplished.

This is necessary because the address you have on file determines who will have to pay your claim and where you must submit it. It can be done by:

1. On line web site at www.tricare.osd.mil/

DEERS Address

2. Email to "DEERS COA" mail to: addrinfo@osd.pentagon.mil

3. Mail to DEERS Support Office, Attn: COA, 400 Giggling Rd., Seaside, CA 93955-6671

4. Telephone to 800-538-9552 between 6 a.m.-3:30 p.m. (PST) M-F (excluding federal holidays)

5. FAX to 1-831-655-8317.

6. Automatically with the acquisition of a new ID card.

Your COA transmittal should include the following:

1. Sponsor's name and Social Security Number;

2. The address change you want to make (old and new address)

3. Names of other family members affected by the address change

4. Effective date of the address information

5. Telephone number and area code including country code if overseas.

Other information, such as the address or address change for geographically separated family members will be processed if you provide it.

Public Notice

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of Eisenhower Army Medical Center on May 20-23, 2003.

The purpose of the survey will be to evaluate the organization's compliance with nationally established Joint Commission standards. The survey results will be used to determine whether, and the conditions under which accreditation should be awarded the organization.

Joint Commission standards deal with organizational quality of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representatives at the time of survey.

Information presented at the interview will be carefully evaluated for relevance to the accreditation process. Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins.

The requests must also indicate the nature of the information to be provided at the interview. Such requests should be addressed to:

Division of Accreditation Operations Office of Quality Monitoring Joint Commission on Accreditation of Healthcare Organizations One Renaissance Boulevard Oakbrook Terrace, IL 60181 or Faxed to 630-792-5636 or E-mailed to complaint@jcaho.org

The Joint Commission will acknowledge such request in writing or by telephone and will inform the organization of the request for any interview. The organization will, in turn, notify the interviewee of the date, time, and place of the meeting.

Give the gift of life - Be a blood donor

551st Signal Battalion is sponsoring a Memorial Day blood drive May 22, from 9 a.m. to 6 p.m. in Gordon Lanes, Bowling Center.

All members of the Fort Gordon community are invited, including military members (all services), their families, retirees and Department of Defense civilians.

Special thanks to the Morale, Welfare and Recreation office as well as Kendrick Memorial Blood Center for assisting in the drive.

For more information, call Spc. Ryan Matson at 791-8512.

Viewpoint

Information, Opinions, and Commentary

“While I am waiting...”

While I am waiting... it seems like it has been a while, but not really. Time takes on a new element when you are waiting.

It doesn't matter what you are waiting for. Babies come when they want to, not always when you want them to. Other good things can't seem to come fast enough.

But when you are waiting in an uncertain way, and you are without your spouse, time seems to take a rather weaving and wandering course. And this deployment is in an uncertain way.

Lots of things are unsure. I don't really know when my husband will come home, and that fact alone makes this a most difficult situation. You just do not know. When you just do not know, you have to find comfort in new places.

The past few days, lately I have found that soothing moment in my children, in a way, that doesn't surprise me, it just sort of snuck up on me.

When they are not fussing with each other, and actually getting along, I see my husband in my children in ways I never noticed before. I mean, I am glad they look like him, he is their father! And that is a good thing.

But now, when he isn't here, I see my son has a way of standing that is in miniature of his father. The way he holds his entire body, with his knees slightly bent back, and his hips swung to one side. Sometimes he has his hands on his hips just so.

My son has some of the same facial expressions, when he is playing a practical joke on his sister or me. And the sparkle in his eyes, which I have recently noticed have changed from blue to hazel, looks hauntingly familiar.

My son has just gone through a new growth spurt, he will be a lot taller when his father returns home. And now that my son is growing into his legs, they look a lot like his dad's.

My daughter, well when you are a girl it is hard to look like your dad. Someone once told me I looked like my father and I broke out in tears thinking they meant I looked like a boy.

She has the same look when she is determined to do something, as my husband has when he set out to accomplish a task. If I could line them up side by side, it would be eerie.

She is growing too, and will have changed a lot before her father returns home. The line of her jaw has always been like his, but now that he is gone, it is just a nice reminder he is her dad. And as the new comparisons come clearer to me, well they bring some comfort.

There is a part of my husband that is here with me even though he is not. Occasionally it causes me to smile, and that helps pass the time in a good way, *while I am waiting.*

Editor's note: “While I am waiting” is a series of comments and events from the spouse of a deployed soldier who wishes to remain anonymous.

Ahh, summer safety

Water Safety

Awareness Quiz

Please circle all that apply.

- The best way to stay safe in and around the water is to?
 - Learn to fly
 - Learn to swim
 - Learn to fly
 - Don't go near the water
- If in trouble in the water, how should you signal for help?
 - By shouting “HELP” or waving your hands
 - By calling on the phone
 - Blowing on a whistle
- The operator of a boat involved in an accident must file a report if?
 - A person dies
 - A person is injured
 - Property damage \$500 or more
 - Any of the above
- According to the US Coast Guard what is the cause of most boating fatalities?
 - Rough weather conditions
 - Capsizing and falling overboard
 - Collisions with other boats
 - Equipment failure
- Which of the following saves the most lives in a boating accident?
 - Knowing CPR
 - Having a first aid kit handy
 - Skilled divers
 - Life jackets
- It's Ok to drink alcohol while boating or swimming?
 - True
 - False
- A personal floatation device is a substitute for parental supervision?
 - True
 - False

Prepare for a safe summer

- Summer is almost here - water, sun, and fun.
- On a scorching summer day nothing is quite as refreshing as jumping into the nearest body of water. However, as cool and inviting as it may look, water can be a killer.
- According to the National Safety Council drownings claim 4,600 lives each year and are the fourth leading cause of accidental death in the US.
- Most drownings occur in natural water environments and swimming pools found in apartments, hotels, and resorts. The majority of water-related accidents are preventable. By following these simple safety rules you can avoid a tragedy:
- Seek swimming instructions from a qualified instructor for you and your children. Many water related accidents occur when people are mistakenly confident about their swimming and diving skills.
 - Never swim alone. Confine water activities to areas supervised by lifeguards.
 - Children must be constantly

supervised around water.

- Obey all posted safety rules.
- Stay out of and off the water during thunderstorms.
- Know your ability to rescue. Only properly trained swimmers should attempt a rescue.
- Learn and practice lifesaving techniques, including first aid. Know how to throw a line or ring buoy to a swimmer in trouble. Poor swimmers should not rely on inner tubes or other inflatable objects for protection. Use a personal protection device, life vest or jacket.
- Always check water depth before diving and NEVER dive into an above ground pool.
- Protect yourself from the sun. Use UV protection to minimize exposure during the hottest periods of the day.
- Always avoid the use of alcohol while in or on the water.
- Get an early start towards a safe and fun summer in and on the water. DO NOT make the list of next year's statistics!!

Principles of safe boating

- Wearing life jackets saves lives
- Boater education saves lives
- Safe boats save lives
- SOBER boating saves lives
- Signaling devices saves lives

Summer driving tip

When driving long distances, avoid driving alone and driving at night. Take a break every two hours. Get sufficient rest the day before. Ensure your vehicle is in safe operational condition. Stay Alert!

Lightning strikes

Summer is the most dangerous season for lightning strikes and injuries. Nearly 100 people die from lightning strikes each year, and hundreds are injured. If you see lightning or hear thunder, you are a potential target for a lightning strike. Lightning fatalities or injuries occur most often when you are:

- Near or in water—indoor and outdoor pools, and showers.
- Near or under trees and tall objects—diving boards, towers, lifeguard stands, poles, etc.
- Near vehicles or buildings, instead of in them—under awnings or unenclosed buildings.
- At recreational facilities and open areas—pools, ball fields, golf courses, and parks.
- Near the storm—especially before the storm arrives and after it has passed.

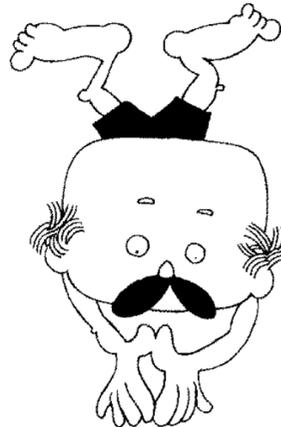
Remember the Lightning 30/30 rule—if time is less than 30 seconds from “flash to bang”, take cover and do not resume outdoor activities for 30 minutes after the storm has passed.

Running safety

The Installation Safety Office would like to reiterate the importance of drivers and runners obeying the signs posted along the major

installation roadways. Adhering to the rules will prevent tickets and eliminate the possibility of an accident.

- Here are a few safety precautions for runners on and off the Post:
- Run facing traffic, use crosswalks whenever possible. Make eye contact with drivers.
 - Tell someone where you are running and how long.
 - Don't run the same route everyday.
 - Run with a friend.
 - Carry identification.
 - Never run on roads with headphones or earphones. Stay alert!



- Stretch and warm up prior to running.
- Avoid dehydration!!! You can lose 10 to 12 oz. of fluid for every 20 minutes of running.
- USASC&FG Reg 210-3 lists off-limits-for-running areas in paragraph 24, page 19.

Report all heat related injuries

With the heat season upon us, the requirement for reporting heat injuries is as follows:

- Heat injuries resulting in one day lost time will be reported on DA Form 285-AB-R.
- Submit accident report to Russ Blandin, 791-7233, Installation Safety Office, Rm 155, Darling Hall.

Answers to the Quiz

- Q1. B. Learn to swim.
- Q2. A. By shouting for help and waving your hands.
- Q3. D. All apply a report must be filed.
- Q4. B. Capsizing and falling overboard. Always ensure the appropriate life jackets are available prior to going out on the boat.
- Q5. D. Life jackets, US Coast Guard approved. Ensure each person on the boat has a life jacket that fits.
- Q6. B. False, drinking alcohol impairs judgment, coordination, balance, and your ability to stay warm.
- Q7. B. False, in the water or on the boat children must be supervised. Do not take chances!

Editor's note: The above information was provided by the Fort Gordon Installation Safety Office.

Feedback

What is your biggest summer safety concern?



To be mindful of heat injuries. A lot of people aren't used to this area and might not be ready for the heat and humidity.
Sgt. 1st Class Tara Bryan, RNCOA, ANCO



“The new technology in vehicles that distracts drivers, such as cell phones and TV sets.”
Staff Sgt. Sharita Clayton, BNCO



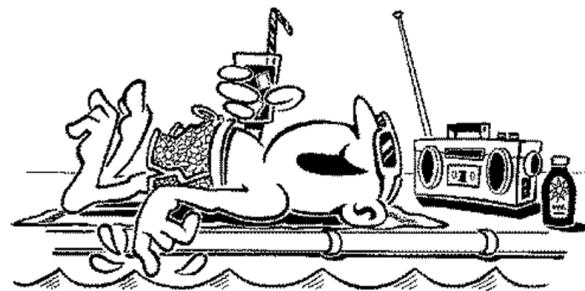
Water safety, whether it's fishing, skiing, or just taking children to the pool.
Staff Sgt. Steven Dobbs, BNCO



To ensure soldiers and trainees can identify signs of heat injury and how to treat/prevent them.
Sgt. Jared Dowland, Company A, 447th Signal Battalion



Safe traveling, since I'll do a lot of that this summer.
Sgt. 1st Class Jeffrey Noel, Headquarters and Company A, 442nd Signal Battalion



The Signal

Signal Towers Room 134, Fax 791-5463
www.gordon.army.mil/pao

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212 ways to be a Soldier

A day in the life of a 91V ...(respiratory therapist)

Note: This is the 29th MOS featured in the series describing all of the 212 Army careers.

Spc. Ryan Matson
Staff writer

Sgt. 1st Class Voitek Novakovski, Company A, Eisenhower Army Medical Center, gives his patients a breath of fresh air, literally.

Novakovski is a 91V, or respiratory therapist, which means he takes care of people who are having problems breathing for whatever reason.

He said his biggest role as a respiratory therapist is treating people with asthma or other respiratory trauma.

"Occasionally we have people who come in with real bad pneumonia or people who come in with septic, which is when an infection spreads through the blood stream and throughout the body," he said. "Some soldiers in basic training might inhale some dust or something and end up with a lung infection, usually a fungus infection if their resistance is down at the time."

These are the common issues among active duty soldiers, Novakovski said. He said different ailments are common among the many retirees who receive care at EAMC.

"We have a big retiree population here, so we deal with a lot of patients who have asthma, bronchitis or emphysema, or what are known as the group of chronic obstructive pulmonary diseases," he

said. "These are a whole group of lung disorders that cause a blockage in the air movement."

He said he usually doesn't deal with pediatrics unless it's on an emergency basis, since the hospital has an agreement with the Children's Medical Center at the Medical College of Georgia to take care of such matters.

"We certainly don't turn anyone down who needs any type of care," Novakovski said.

There are three primary methods a 91V uses to treat respiratory ailments, Novakovski said.

"One is we administer oxygen in a variety of methods based on the needs of the patient," he said.

The second method of treatment, Novakovski said, is treatment using inhaled medications.

"This would include anything from an antibiotic, to a drug that will release mucus in the lungs or otherwise open up the lungs," he said. "We deliver these medications directly to the lung tissue."

"The third thing that we do is operate life support systems," Novakovski said. "These are systems that actually breathe for the patients when they're not able to do so."

Closing in on 18 years in the Army as a 91V, Novakovski has been involved with respiratory therapy since 1974.

"I was a civilian-trained respiratory therapist," he said. "I came in on active duty, initially as just a four-year stint. They

kept offering me money to stay, so I couldn't turn them down! I got to use my skills and learn others, so here I am 17 and a half years later!"

Novakovski said he had always had an interest in medicine since childhood. He said he had worked as a machinist making aircraft parts when he got injured and needed to be re-schooled in a different area of study.

"The guidance counselor sat with me and mentioned respiratory therapy," Novakovski recalled. "I said 'What's that?' He said you work with complex pieces of equipment and apply that equipment to treating patients. As it turned out I loved it!"

Novakovski went on to speak about some of this equipment that he uses as a 91V.

"The big piece is the life support system," he said. "That's the most difficult to learn, it takes 130 hours in our program just learning about this equipment, not counting the clinical application phase, which can take an additional 300 hours, just to learn how to apply life support systems."

He said 91Vs learn about various oxygen systems which deliver different amounts of oxygen to a patient's bloodstream depending on their needs. He said to determine how much oxygen is needed in a patient's bloodstream, samples are drawn from a patient's artery. He said 91Vs also learn about the various pieces of equipment a respiratory therapist uses to deliver medication directly into the lungs. This equipment takes liquid medication and transforms it into a fine mist patients can inhale, he said.

Though he was trained as a respiratory therapist prior to entering the military, Novakovski explained how a soldier enlisting in the 91V field is trained to be a respiratory therapist.

The first step of the training is at Fort Sam Houston in Texas, where almost all 91 series MOSs start out to receive 20 weeks of basic medical training following basic training, Novakovski explained.

The second phase of a 91V advanced individual training lasts 16 weeks and is conducted at Brooke Army Medical Center in San Antonio, Texas, Novakovski explained. He said students in AIT learn the mechanics of all the various respiratory machines and how to use them as well as gas physics.

"Gas physics is very important because it is the process of how air gets from one place to another," he said. "If I'm going to artificially breathe for another person, I need to know what makes the air go into that person's lungs effectively. So in AIT, you learn gas physics, cardio-pulmonary and renal physiology, because the heart, lungs and kidneys work very closely together to maintain balance in the body. Every time we do something that affects the lungs, we also find those same things affect either the heart, or the kidneys, or sometimes both."

A student in AIT will also learn pharmacology (the study of various drugs and their effect on the body) as well as about various diseases, Novakovski said.

Following the 36 week AIT course, Novakovski said the 91V students go on-line to take

classes from Thomas Edison University in New Jersey, where they receive an associate degree in respiratory therapy.

Since Novakovski was already a nationally-registered respiratory therapist, he was able to forego the AIT process. Still, he said the Army training is excellent.

"I've had the fortunate experience of dealing with many new graduates, and I've lectured down in San Antonio several times. The Army does a very good job of teaching respiratory therapists," he said. "The Army has decided respiratory therapy is an essential MOS to the battlefield mission, but in order to make it competitive with the outside world, about three years ago they updated the program to include Thomas Edison University to nationally certify therapists."

Novakovski said with the national certification, a soldier could prosper as a respiratory therapist in the civilian sector should that soldier chose to leave the military in the future.

Some training for Reservists and skills verification training for soldiers entering the Army as respiratory therapists may come to EAMC to ensure the skills they have received in the civilian sector are up to Army standards, he said.

In the event an enlisting soldier may be considering enlisting into the respiratory therapist field, Novakovski explained the type of person it takes to make a good 91V.

"You have to have good mechanical and scientific aptitude," Novakovski said. "You also have to be a little anal retentive, or compulsive, too, because you have to system-

atically evaluate your patient, and if you miss one little step, you can make things bad for the patient. Good medical practitioners tend to be very specific about the way they do things, because once they develop a pattern that works, if they always follow that same pattern, they'll be able to pick up anything that's dysfunctional along the way."

He also said algebra and math skills are critical in order to determine how much medicine to administer to a patient.

Novakovski may enjoy the math, science and mechanics surrounding his job, but he said the number one area he enjoys most about being a 91V is truly making a difference in another person's life.

"I really get a charge out of going into the emergency room or an intensive care unit where someone is dying and being a part of a team that if we do the right thing, that person walks and talks and becomes a living person again."

"I get the same kind of thrill when seeing a student I'm teaching learn something and know they can save somebody's life."

"If you've ever been in a situation like I have where you walk into the emergency room being the only therapist on the shift and had your mother on the bedside, or get a phone call where your wife is comatose on a ventilator unable to respond, you take a very personal approach to health care."

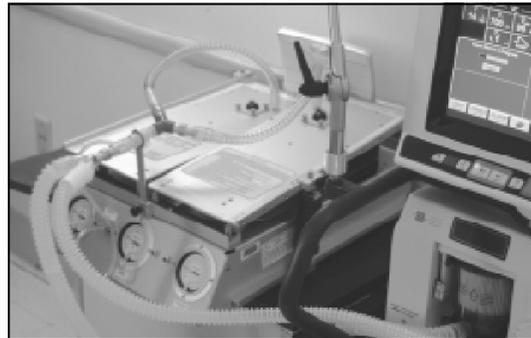
"I don't like working with people who look at health care as just an eight hour job."

"Everybody we take care of is somebody's mother, sister, brother, father. One of these days it might be yours."



Photos by Spc. Ryan Matson

(Above) Sgt. 1st Class Voitek A. Novakovski, Company A, Eisenhower Army Medical center, stands beside a PB 840 ventilator, a life support system he uses as part of his work as a 91V (respiratory therapist.) Novakovski has worked in respiratory therapy since 1974. (Above right) A close-up of part of the machine, which mimics the actions of a patient's lungs.



Sgt. 1st Class Voitek Novakovski, Company A, Eisenhower Army Medical Center, displays a coin he got in Kuwait while demonstrating respiratory therapy equipment to medical personnel there.

Guardian angel

Supposedly everyone has one - Vielka Walters knows who hers is



photo by Spc. Ryan Matson

Vielka Walters (right) was experiencing some rough times, and said her future was a bit uncertain until she met Sadies Davis (left) who employed her at Ronlyn Food Services. Here, Walters is shown embracing an overjoyed Davis at the Christmas Day dinner at Dining Facility Four.

Spc. Ryan Matson
Staff writer

Vielka Walters was down on her luck and thought she might not get a second chance. Then came Sadies Davis, the person in charge of hiring for Ronlyn Food Services, the woman who Walters now refers to as her "guardian angel."

Walters met Davis May 14, 2002. She said it was a day that changed her life.

At the time when she met Davis, Walters said she was in dire straits. She had been homeless and had lived in her car with her children.

So how did Walters end up in this situation? She said it all started when she left Montana. She had just gotten divorced, and moved out of her home there. She said she was looking for a fresh start for herself and her children in Augusta, where she had family in the area.

When Walters arrived in Augusta,

things started out on a positive note. She said she was able to gain employment at the post exchange, where she worked for a few months, but even with this job she said she was struggling to support her two children.

She said she had sold all but her essential belongings, and it was becoming difficult for her and her children to stay with her family members in the area. It was clear she needed a place of her own for herself and her children, she said, but she needed the funds to make it happen.

An ex-in-law in Montana sent Walters some money for a hotel, but it was running out.

"We became homeless," she said. "We ended up staying in the car for about three days until we got the money for the hotel."

Walters said she heard about jobs available at Ronlyn Food Services.

"I knew I had to give it a try, because I was getting close to moving

back to Montana," she said. "So I went in and basically begged for the job."

Davis remembered the day she was first contacted by Walters. Walters had told her of her misfortune, and Davis made up her mind to help her.

"I was determined I was going to hire this young lady," Davis said. "I was not going to put that in file 13!"

The problem was, Davis explained, that she had limited time to fill the position, and Walters had no phone or address or way of being contacted.

"When she called for an application, I had three days to get (hire) her," Davis said. She explained she had three days to hire Walters because after that, she needed to fill the position.

"Before her third day was over, who came in the door to apply for the job, but her mother?" Davis said. "Her mom came to fill out an appli-

cation, and I saw the last name on the application, and I asked her if Vielka was her daughter."

Walters said her mother, who now works at the hospital, was aware of her daughter's difficulties, but was also living with a family member in the area, and was not really in a position to help.

Her mother was able to contact Walters, and Walters got the job.

She now credits Davis with changing her life.

"The message is she's my guardian angel," Walters said of Davis. "If it wasn't for her, I probably would still be homeless or maybe back in Montana."

Walters said she has worked with Ronlyn Food Services at Dining Facilities Four and Six since May 17, 2002. She works breakfast, lunch and dinner as a head count/cashier.

She had been a cook for a retirement home for four years in Montana and was started as a kitchen

assistant for Ronlyn, where she cleaned the kitchen area and helped the cooks prepare food. She worked in this job for a few months, until being promoted to her current position.

"Since I got this job, because of Miss Davis, I've got a brand new home, I've got a car, and I'm established now," she said.

"It feels great to be back on my feet again. To have the kids be happy, be in their own bedrooms, everything just feels very good. Not a day goes by now that I take things for granted, and not thank God for this."

"I'm so proud of her, as if she's my own kid," Davis said.

"If you can't help another person out, what good are you on this earth?"

Walters said now she has plans to attend school in child development, and eventually would like to open a day care. With what she has overcome, no one will doubt she can do it.

ROTC leader recognized as best in brigade, region

Special to The Signal

Augusta, GA – Maj. Keith Cantrell, leadership enrollment and executive officer for the Augusta State University ROTC Battalion, was recently named Instructor of the Year and Recruiting Op-

erations Officer of the Year for the 6th Brigade.

At this level, Cantrell competed against more than 50 other instructors and 21 other recruiting operations officers throughout Georgia, Florida and Puerto Rico.

He then went on to com-

pete at the regional level where he again won the Instructor of the Year Award, a distinction that recognizes him as the best instructor in the 1st ROTC Region, comprising more than 120 schools from 14 states and Puerto Rico.

"I'm doing what I love,

which is teaching students and cadets," Cantrell said. "What makes me feel really good about the award is that I can help get ASU recognized at a national level."

Cantrell is responsible for recruiting and screening cadets for the battalion. He has been in the Army

for 15 years and at ASU for two years.

The battalion currently has nearly 70 cadets enrolled. The battalion anticipates commissioning 10 new Army officers for the year.

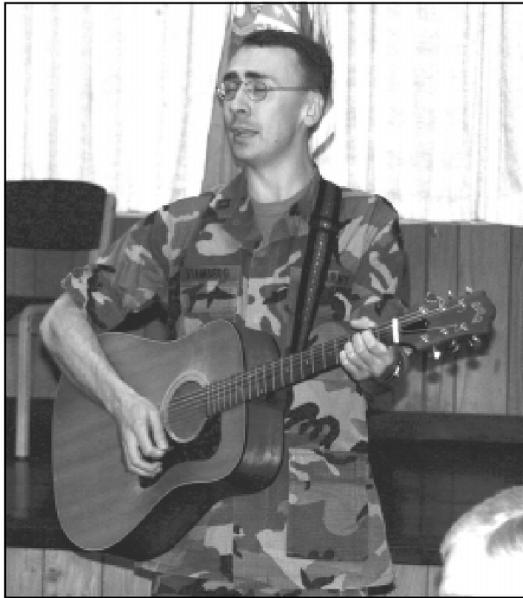
Cantrell is from Thomasville, Ga., and specializes in artillery and human

resources in the military.

He now advances to national competition at Cadet Command in San Antonio May 20-22. At that level, he will compete against finalists from the two other regions, which includes more than 270 universities across the United States.

Singing his praises

(Right) Capt. Johnathon D. Stamberg (left), 15th Signal Brigade, sings a song of praise during a prayer breakfast held April 22 in the 551st Signal Battalion classroom. The well-attended function, which was organized by Chaplain (Capt.) Michael T. Zell, Company A, 551st Signal Battalion, featured guest speaker Chaplain (Col.) Richard M. Goellen, Company A, 551st Signal Battalion, Catholic pastor and priest for Fort Gordon, as well as an abundance of food and fellowship.



Photos by Spc. Ryan Matson

(Left) Guest speaker Chaplain (Col.) Richard M. Goellen, Company A, 551st Signal Battalion, spoke on the topic of "The Ragman to Christ." It is a story of the ragman who went around trading new rags for old (old rags are symbols of sins and life's baggage). He remarked how we tend to carry too much baggage through life. Christ, the ragman, wants to serve us in taking burdens away so we can focus on what God's will for our lives is. After 30 years of service Goellen had retired before he was called back to active duty to serve as Catholic pastor and priest.

The gift

Chaplain (Capt.) Doug Lax
369th Signal Battalion

I celebrated my birthday in February. One of the gifts that my family gave me was a silver pocket-watch that I had requested. The watch has a black leather lanyard with a silver belt keeper on the end. Engraved on the face of the watch are two cowboys working together to rope a calf. The two positions of the cowboys are called a "roper" and a "heeler." They both have to work together in coordination with each other to use cowboy skills to rope this calf.

At this time my intention for such a gift is to use it as a timepiece and a suit accessory. Usually men do not have as much variety in jewelry, in comparison to women. Men can get a dressy watch, ring or necklace, and that is about it.

But the most important reason I wanted such a timepiece is to use it as part of family tradition. I want to

pass this down to my grandchild, that this is part of what his grandfather stood for.

I have my own piece of my grandfather when, after he died, I was given one of his "Schrade" pocket-knives. It reminds me of his life and the issues and challenges that his generation faced. There are stories to tell about their lives, about being a believer in Christ and facing the "Great Depression" or going off to war in WWI or WWII or even the Korean Conflict.

Jesus Christ, in the Gospel of Luke 22:14-23, gives us a family heirloom to remember him by, called "The Lord's Supper."

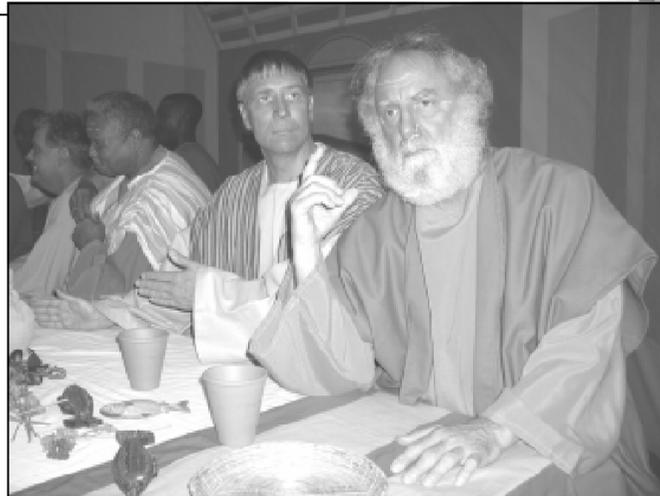
This simple ceremony reminds us of Christ's own commitment to us. It reminds us of our commitment to him; and it reminds us of what he stood for ... the right thing to do ... the God-thing to do. Live sacrificially.

Give the gift that keeps on giving. Give Jesus Christ by telling your story.



Living Last Supper presented

A dramatization written by Rev. Ernest Emurian and produced by the Protestant Women of the Chapel was held at Bicentennial Chapel, April 16 and 17. In the presentation April 17 Chaplain Larry Lawrence portrayed Jesus (above center) along with John Bigelow (right) as Thaddeus and Jim Schroeder as Matthew (shown to left of Thaddeus). Many members of the cast and behind the scenes workers have dedicated their time to the presentation for as many as 17 years.



Photos by Janet A. McElmurray

Spotlight on:

Name: Staff Sgt. W. Wesley Stollings

Unit: Company C, 447th Signal Battalion

Hometown: Logan, W.Va.

What do you enjoy most about being a DS?

The amount of influence that I have on America's sons and daughters on a day-to-day basis. It makes you feel good when you see these young men and women emulating you and your peers on anything military related.

How long at Fort Gordon?

I have been at Fort Gordon since January 2002.

What do you want to accomplish in the military?

As of right now the military is the only life I know. All anyone wants out of life is happiness. I am willing to give the military all I can as long as going to work is still enjoyable, whether it lasts for another week or for another 25 years.



Staff Sgt. W. Wesley Stollings

Veterinary Clinic is hosting a microchip clinic April 29

Fort Gordon Veterinary Clinic

A microchip can be implanted into an animal and increase the pet's chances of returning home if ever lost. Our clinic uses microchips made by Home Again, which are registered with the American Kennel Club. It works like this:

The microchip, which is about the size of a grain of rice, is implanted into the scruff of the animal the same way an injection is given for a vaccination. The microchip is then tested to ensure it is functioning correctly by waving a scanner over the pet. A unique alpha-numeric number specific to that chip appears on the scanner. Next, the animal's microchip number



and the owner's contact information is sent off to be entered into the American Kennel Club's database. Your pet will also receive a tag tattooed with a "1-800" number which allows others to call and help recover your pet. If your pet is ever impounded by animal control, they will use either the tattooed tag or a scanner to obtain the microchip's number. They will then call the American Kennel Club and be able to access the necessary information to return Fluffy or Fido back to your residence. Last year, in Richmond County

alone, over 9,000 pets were euthanized because their owners did not claim them. Fort Gordon had over 200 stray pets in-process the base facility, two of which had microchips and were returned home within 24 hours.

It takes less than 30 seconds to implant a microchip and doing so could save a frightened pet from the stress of impoundment or worse, euthanasia. Additionally, members of the military community should be aware that many federal installations require microchipping for animals residing on base. Fort Gordon is also reviewing regulations to make microchipping mandatory in the near future.

For more information or

to schedule an appointment, call the Fort Gordon Veterinary Treatment Facility: 787-7375/3815. Additional information on Home Again Microchips can be obtained at www.akccar.org



Microchip Clinic \$5 off regular price! The Fort Gordon Veterinary Clinic is hosting a microchip clinic April 29 from 8 a.m. - noon. Call 787-7375/3815 for an appointment.

Support our troops Be a blood donor

For information on becoming a blood donor call 787-3234.

Excellence honored in ceremony

Service Member of the Quarter

The Service Member of the Quarter for the second quarter of fiscal year 2003 is Spc. Pamela R. Burke, who is assigned to Headquarters and Company A, 551st Signal Battalion.

Burke works as an administrative clerk for the deputy commander of the Signal Center, setting up his laptop for travel, updating the software, running anti-virus checks and performing maintenance.

She prepares PowerPoint presentations, creating tables, forms, flyers and organizational charts for various meetings.

In the absence of his secretary, she prepares itineraries and agendas and sets up briefings, meetings and video teleconferences.

Additionally, Burke was the membership clerk for the Association of the United States Army, tracking and logging memberships.

Burke is currently attending the Primary Leadership Development Course before being reassigned to Korea.

Noncommissioned Officer of the Quarter

Sgt. Cornelius D. Boyd is the Noncommissioned Officer of the Quarter for the second quarter of fiscal year 2003.

Assigned to Company B, Eisenhower Army Medical Center, Boyd is a licensed practical nurse on the ambulatory surgical floor.

Her duties include assisting patients with their recovery from surgery and minor procedures. She administers medications, collects lab specimens, starts intravenous fluids, and transports patients to clinics for procedures.

Boyd also makes out work schedules for the licensed practical nurses, ensures the unit maintains accreditation standards, and assists with updating competency documentation files.

During soldier readiness processing, she reviews the service members' files to make sure all medical requirements are up-to-date and nothing stands in the way of their deployment.

Instructor of the Quarter

Staff Sgt. Kimbriel L. Odell of Company A, 369th Signal Battalion is the Instructor of the Quarter for the second quarter of fiscal year 2003.

Odell is a master instructor/writer in the System Integration Branch, the Tactical Communications Branch and the Radio Branch of the 31U10 Course.

Being one of few master instructors on the installation, he trains approximately 1,500 students annually on the proper installation and operation of control modules and tactical antennas.

He also instructs on the installation of computer software and routers and the operation of the local area network.

Odell teaches service members the single channel ground airborne radio system, the tactical satellite radio and the mobile subscriber radiotelephone.

When he isn't on the platform teaching, he writes lesson plans, prepares for future classes and mentors to other instructors.

Civilian of the Quarter for the second quarter

The Civilian of the Quarter for the second quarter of 2003 is Princella Washington. Washington is an investigative technician with the Inspector General Office.

Besides handling numerous requests for assistance, Washington conducts investigative inquiries through personal interviews to determine the issues and allegations of an IG complaint.

She researches Army regulations and policies to determine if violations have occurred and concludes the case by prepar-

ing a Report of Inquiry. As the inspection coordinator, she conducts briefings and prepares reports. She helps to coordinate visits from other inspector generals by providing technical and logistical support.

Additionally, she is the information assurance security officer for the directorate, ensuring all computer automation problems are resolved, and that their website is kept current.

Volunteer for the Month of January

The Volunteer for the Month of January 2003 is Carrie Little. Little has volunteered on Fort Gordon since 1979. She currently volunteers with the Enlisted Wives' Club and serves as chairperson of the Ways and Means Committee.

As part of her work with the Enlisted Wives' Club, she visits the Georgia War Veterans Nursing Home each month and sets up bingo parties for the veterans, providing refreshments and prizes for the participants.

She also organizes monthly birthday parties for residents of Blair House, providing cake, ice cream and birthday presents.

In addition to organizing bingo games and birthday parties, Little ensures many of the residents of Blair House are not forgotten at Christmas, by providing each resident with Christmas gifts.

Volunteer of the Month for February

Kari E. Abbott is the Volunteer of the Month for February 2003.

Abbott is involved in a wide variety of volunteer activities, including serving as the leader for the 202nd Military Intelligence Battalion's Unit Readiness Group.

She works as a master trainer for Army Family Team Building, teaching classes to family members, as well as students in the Signal Officer Basic Course and Signal Captains Career Course.



Spc. Pamela R. Burke



Sgt. Cornelius D. Boyd



Staff Sgt. Kimbriel L. Odell

She is a member of the Army Family Action Plan Advisory Committee.

Abbott also volunteers with Freedom Park Elementary, tutoring the students in reading and math, helping with the math team and working on other projects, such as book fairs.

She serves as parliamentarian with the Officers' Wives' Club and volunteers with several facets of Christmas House, including fundraisers and toy distribution.

Volunteer for the Month of March

The Volunteer for the Month of March 2003 is Rosemary A. Marshall. Marshall is the president of the Enlisted Wives' Club, past president and current secretary for Blacks in Government and vice president for the Membership Committee for the Federal Employed Women.

With each of these organizations, Marshall helps to organize and coordinate fundraisers, such as gift-wrapping, bake sales, auctions and raffles to support numerous projects on the installation and in the Augusta community.

Through her efforts and those of other members of these organizations, scholar-



Princella Washington



Carrie Little



Kari E. Abbott



Rosemary A. Marshall

ships are presented annually to area high school students; Thanksgiving dinner, as well as newspapers and other incidentals, are provided to families staying at Fisher House; child care is paid for volunteers giving their time on

the installation; contributions are made to Safe Homes of Augusta; and bingo and birthday parties held for residents of Blair House and the Georgia War Veterans Nursing Home, just to mention a few of her initiatives.

National Volunteer Week April 27 – May 3

'Celebrate the American spirit - volunteer!'

Lynn Harshman
Special to The Signal

Volunteering has become an essential part of American life. Through volunteer service, people can strengthen and improve the quality of life within their communities, and help themselves and others to live happier, healthier and more productive lives.

Each year the Points of Light Foundation announces its theme for the observance of National Volunteer Week. This year's theme is "Celebrate the American Spirit-Volunteer!" Evidence that the American spirit is thriving during this heightened period of patriotism is the growing support of our military community.

Fort Gordon's volunteer corps is

Fort Gordon's volunteer corps is comprised of more than 3,000 men, women and teens determined to make a difference in the quality of life of our service members and their families.

comprised of more than 3,000 men, women and teens determined to make a difference in the quality of life of our service members and their families. American Red Cross volunteers support the mission of Eisenhower Army Medical Center,

the dental clinics on post, and veterinary services.

Army Community Service volunteers staff the Swap and Assist Shop, work in the lending closet and reception areas, teach Army Family Team Building and financial readiness

classes, and serve as advocates for victims of domestic violence.

Those volunteers committed to chapel programs teach Sunday School and Vacation Bible School classes, sing in the choir, serve as ushers, support the flower ministry, lead Bible study and youth programs, and express themselves in holiday reenactments.

Family Readiness Groups support the morale of each military unit by establishing a communication connection between members of the unit through special activities and are a vital link for the families of deployed service members.

Volunteer coaches support a myriad of recreational activities for post youth and adults. Behind the scenes volunteers at the Dinner The-

atre make sure that the curtain always "goes up!"

Volunteers of private organizations such as the Enlisted Wives' Club, the Officers' Wives' Club, Sergeants Major Association, Boy and Girl Scouts of America, Blacks In Government, Federally Employed Women and Federal Managers' Association play an active and important role in our military community.

You may join the ranks of Fort Gordon's corps of volunteers by contacting the Installation Volunteer Coordinator located within Army Community Service at 791-3579.

By scheduling a quick 30-minute interview with the IVC, you will open the door to a new world of opportunities for sharing your talents, interests and time.

Military kids take part in American tradition at White House

Kathleen T. Rhem
American Forces Press Service

WASHINGTON – Thousands of military "brats" took part in a 125-year-old American tradition April 21 – the White House Easter Egg Roll.

President Bush closed the

event to the public this year and designated it a special day for military families. White House officials estimated 12,000 people – all active-duty and reserve-component service members and their families – would attend.

Lynne Cheney, wife of

Vice President Richard Cheney, delivered a well-received message to the children at the event: "We think your moms and dads are terrific," Cheney said in opening the festivities.

"We are proud of all of you – the men and women who serve our country, who

keep our country safe," she said.

Navy Petty Officer 2nd Class James Taylor, who works at the Washington Navy Yard, was there with his three children and wife, Cindy. "I just feel honored to be here," he said. Cindy said the couple's children

were enjoying all the costumed storybook and television characters roaming the grounds.

Clifford, the Berenstain Bears, Winnie-the-Pooh, Madeline, and Strawberry Shortcake were just a few of the more than three dozen characters posing for pictures and being quick to offer a handshake or a hug.

Navy Chief Petty Officer Wayne Harders and his 12-year-old daughter Samantha drove up from Norfolk, Va.,

for the day. Samantha said the best part of the day was "just being on the lawn of the White House."

Her dad agreed. "You never think you're going to be here," he said. "It's awesome."

"It's a wonderful opportunity," Navy Petty Officer 2nd Class Joseph Hartel, a sailor assigned to Patuxent River Naval Air Station, said as he posed for a photo with his 14-month-old daughter Victoria Ann. "It feels good to be recognized."



(Above) Children prepare to roll their eggs down the White House lawn. The American Egg Board colored 5,400 boiled eggs for the event. (Right) Five-year-old Hannah Walker gets an egg up in the air as she "rolls" it down the White House lawn April 21. The Easter Egg Roll was closed to the public this year and designated as a special day for military families.



Photos by Kathleen T. Rhem

Community Events

'Law Day' Volksmarch

Every May 1 is Law Day in the United States. On that day, we reflect on and celebrate the rule of law in our great nation. This year's theme is "Celebrate Your Freedom: Independent Courts Protect our Liberties."

To create a fun opportunity to reflect on this theme, the Office of the Staff Judge Advocate is sponsoring a Law Day Volksmarch on **May 2** using the Freedom Park Trails (5K route) during the "May Day" or "Springfest" that the post will be holding that afternoon.

\$10 Registration gets you a T-shirt, Bratwurst, Soft Drink, and Chips

\$5 Registration gets you just the food, no T-shirt.

The shirts are navy blue and tastefully appointed with an emblem and "Law Day 2003, Fort Gordon" on the left side of the front of the shirt. This is NOT a fundraiser — the registration fee is just to cover our costs.

For T-shirts, register by noon, **today**.

For Food Only: We can take registrations up to the day of the event.. Registration is in Winship Hall in the Legal Assistance Office Call 791-3148 for more information.

Change of command

Capt. Tressa C. Beauford will relinquish command of Company E, 447th Signal Battalion to Capt. Shawanta D. Smart. The change of command is **Tuesday** at 10 a.m. on 447th's Centurions Field.

RSVP by **today**. For more information call 1st Lt. Derek Robinson or Sgt. Brett Deamore at 791-3198.

Flea market

The Officers' Wives' Club and the Directorate of Community Activities host the Spring Flea Market, **May 3**, from 9 a.m. to 3 p.m. on Engineer Field.

Spaces to sell items are available for \$25, \$35 and \$45. Single spaces for E-4 and below and/or residents of on-post housing are \$15 with a limit of 2 per family.

For more information, call 706-481-8065 and leave a message.

Military Child Month

The Directorate of Community Activities will sponsor a celebration for "Month of the Military Child." Activities will take place on the Youth Services Football Field **Saturday**, from 10 a.m. to 2 p.m.

The event will have clowns, games, displays, pony rides and free popcorn.

For more information, call Michelle Linder at 791-6500/7575.

National Volunteer Week

The annual observance of National Volunteer Week is scheduled for **April 27 - May 3**.

While all volunteer program managers on the installation have been encouraged to sponsor an event to express their appreciation to their volunteer corps during this week, the Command Group is hosting its Top 100 Volunteer Luncheon on **Tuesday**. The luncheon will be held in the North Grand Ballroom of the Gordon Club from 11:30 a.m. - 1 p.m.

Each program will receive complimentary luncheon tickets based on the number of volunteers registered with their program.

Additional tickets are available for \$12. Reservations may be made by calling 791-3579.

Army Community Service

Surviving Military Separation, Support Group, meets the **first Wednesday** of each month, from 1 - 2:30 p.m. in Darling Hall, Suite 367.

Surviving Military Separation is a support group for spouses awaiting spouses during a deployment or unaccompanied tour. This is an opportunity for spouses to share ideas and strategies on how to cope with stress and anxiety associated with the service member's absence.

For more information, call 791-3579.

Adolphous Greely Chapter meeting

Adolphous Greely Chapter of

the Signal Corps Regimental Association is having a General Membership Meeting and Social on **June 4** at 4:30 p.m. in the Gordon Club North Wing.

Nominations will be taken and the meeting will also have board member elections for the upcoming year. Free food is available.

For more information, call Sgt. 1st Class Christopher Dempsey at 791-1761.

Asian Pacific Heritage month

The Asian Pacific Heritage Month Command Program will be **May 15** at 1:30 p.m. in Alexander Hall. The theme for the program is "Salute to Liberty". The guest speaker is Evelyn Dacalos Gay, a Director for the Georgia Legal Services office out of Gainesville, Ga.

For more information, call Sgt. 1st Class Garcia B.

Patterson at 791-2014/6644.

Days of Remembrance

Days of Remembrance command program is **May 5** at 1:30 p.m. in Alexander Hall. The guest speaker is Charlene Schiff. The United States Army Signal Center and Fort Gordon will recognize and honor the fallen and surviving members of the Jewish Holocaust.

There will also be a Days of Remembrance workshop **May 6**, from noon until 1 p.m. also in Alexander Hall. Schiff will be telling her story and answering questions. The workshop is open to the public, but is specifically addressing the Family Readiness Groups.

For more information, call 791-2014.

Family classes

The Army Community Service Family Advocacy Program will offer a two-part class on **April**

28 and May 5 entitled "Helping You and Your Children Cope With Divorce." The seminar is designed to help parents establish a co-parenting relationship that will help them associate with the pain of divorce. The class will also help participants learn how to talk with their children and give them guidelines as well.

The class is free but registration is required. The classes are held from 4:30 - 6:30 p.m.

For additional information and to register, call 791-3579.

Farewell luncheon

A farewell/retirement luncheon for Lt. Col. Mary A. Altman is **May 29**, in the North Ballroom of the Gordon Club, from 11:30 a.m. to 1 p.m.

Meal choices include oven-roasted chicken, schnitzel or pasta primavera. Meals cost \$10.

RSVP with payment by **May 16** to Stephanie Reamey at 791-2634.

FEW 'Get-Acquainted' reception

The Garden City/Fort Gordon Chapter of Federally Employed Women (FEW) will host their Annual Membership Drive **May 7**, from 11:30 a.m. - 12:15 p.m.,

in Room 229-B, Darling Hall.

We invite you to have lunch with us (sandwiches, drinks & dessert) and see what we can do for you and how we, together, can make FEW better for all of us here at Fort Gordon.

We support activities on post and in the Augusta community. So come out and see what we're all about and have a free lunch. Hope to see you there! Contractors and men are welcome to join, too.

For more information call Rosemary Marshall 791-2675 or Judith Creer, 791-4683.

Blood drive

551st Signal Battalion is sponsoring a Memorial Day blood drive May 22, from 9 a.m. to 6 p.m. in Gordon Lanes, Bowling Center.

All members of the Fort Gordon community are invited, including military members (all services), their families, retirees and Department of Defense civilians.

Special thanks to the Morale, Welfare and Recreation office as well as Kendrick Memorial Blood Center for assisting in the drive. For more information, call Spc. Ryan Matson at 791-8512.

NAACP Roy Wilkins Renown Service Award nominations

The National Association for the Advancement of Colored People will hold its 94th annual convention July 12-17, 2003, at the Miami Beach Convention Center, located at 1901 Convention Center Drive, Miami Beach, Florida. NAACP is an international organization committed to improving civil rights. Throughout the week, there will be a variety of training workshops and plenary sessions. For reservations, go to www.naacp.org. Mail housing form to: NAACP Housing Bureau, 701 Brickell Ave. Suite 2700, Miami, Fla. 33131, or fax 305-539-3106. If you require additional information, please contact the NAACP Housing Bureau at 305-539-2928, or 800-476-9969.

As a part of the convention, NAACP will hold the 28th Annual Armed Services and Veterans Affairs awards dinner, July 16, at the Fountainebleau Hilton, 4441 Collins Ave., Miami Beach, Fla., 33140.

The NAACP Roy Wilkins Renown Service Award will be awarded to a military member or department of defense civilian employee who has distinguished himself or herself by making significant contributions to his/her country in the area of equal opportunity and civil rights

Nominations should be based on the following criteria:

1. Distinguished himself or herself by making a significant contribution to his/her country in the area of civil/human rights, race relations, equal opportunity, affirmative action, human resources, and/or public service.
2. Has supported the full integration and promotion of minorities and women within the armed services.
3. Has fostered innovative and creative involvement within a community (civilian or military) that resulted in positive action on behalf of the residents.

Nominations should be endorsed/approved by the major command (MACOM) commanding officer, or agency head, to include:

1. An 8x10 black and white, or color (head and shoulders) photograph of the nominee.
2. A typewritten, single spaced narrative (not to exceed two pages) describing the nominee's accomplishments.
3. A typewritten, single-spaced biography (not to exceed one page).
4. A typewritten, single spaced citation (not to exceed eighteen lines of narrative, 12-pitch, arial font, with 1 inch left and right margins) summarizing the nominee's accomplishments.

Nominations for military personnel must be forwarded through their respective MACOM equal opportunity office (one military nomination per MACOM).

Nominations for civilians (employed by a defense agency) must be forwarded through their MACOM equal employment opportunity office (one civilian nomination per MACOM). For more information please contact the equal employment opportunity agency, Ms. Mae M. Bullock, at (703) 607-2339, email, mae.bullock@hqda.army.mil.

Nomination format:

Name of the nominee:

Position title:

Rank/grade level:

Department/agency:

Mailing address:

Work phone number:

*Please provide a detailed narrative description of the nominee's contribution and significant accomplishments based on the criteria. Name of individual preparing this nomination:

Position title and rank/grade:

MACOM or agency:

Work phone number:

Work fax number:

Mailing address:

Commands should be prepared to pay the award winner's travel, and per diem costs associated with attending the banquet.

The widest dissemination of this message is required and participation throughout the Army is encouraged. Request MACOMs acknowledge receipt of this message. MACOMs with a negative reply should do so in writing or via e-mail to the HQDA point of contact listed below. Electronic packets with the proper MACOM endorsements will be accepted.

Express mail or FEDEX the MACOM nomination packets to:

Department of the Army

Deputy Chief of Staff, Army G-1

Human Factors and Leadership Dir (HF&L)

Attn: Theresa A. Matthews, HQDA U.S. Army, EO Program Manager

300 Army Pentagon, Room 2C655

Washington, D.C. 20310

Telephone: 703-693-8810, DSN 223-8810, e-mail theresa.matthews@hqda.army.mil.

The suspense for nomination packets to HQDA is June 6.

A selection committee will convene on June 17, to select the Army's Roy Wilkins Award winner for 2003.

Follow the instructions above and submit your packets to EOO Mary Jones by **May 23**.

Fort Gordon Report

C The newest edition of "Army Newswatch" premieres **April 28** and includes the following stories:

- American POW Rescued
- CENTCOM War Update
- 101st MOUT Training

O The "Fort Gordon Report" and "Army Newswatch" alternate weeks on *Charter Cable Channel 13*: Mondays and Thursdays at 7:30 a.m., 12:30 p.m., 5:30 p.m., 8 p.m. and 10:30 p.m., Tuesdays and Fridays at 7 a.m., 12 p.m., 5 p.m., 8 p.m. and 10:30 p.m., Wednesdays at 6:30 a.m., 11:30 a.m., 4:30 p.m., 8 p.m. and 10:30 p.m., and Saturdays and Sundays at 8 a.m. and 4:30 p.m.

M You can catch the latest "Fort Gordon Report" on *Comcast Cable Channel 66* on: Mondays, Tuesdays, Saturdays and Sundays at 9 p.m., Tuesdays, Wednesdays and Fridays at 8:30 a.m.

I The next "Fort Gordon Report" premieres **May 2** on both Comcast 66 and Charter 13.

N The "Fort Gordon Report" is the Signal Center's official television news program and is produced on post by the Fort Gordon Public Affairs Office and the Training and Support Center.

The School Yard

Congratulations to the following Freedom Park Elementary School students for winning the Army Community Service coloring and essay contest. This contest was part of a series of activities in honor of Child Abuse Awareness month.



Kindergarten

- 1st Anthony O'Neil
- 2nd Lauren Downing
- 3rd Taniamarcina Smith

1st Grade

- 1st Kayla Landrum
- 2nd Zora-Maya Keith
- 3rd Kara Mangler

3rd Grade

- 1st Jayla Scott
- 2nd Tyneshea Sewell
- 3rd Lauren Ward

4th Grade

- 1st Shakira Simmons
- 2nd Ta'Kia Wallace
- 3rd Osheana Jenkins

Sports & Leisure

Sports

UPDATE

Golf tournament to support deployed troops

The 297th Military Intelligence Battalion Family Readiness Group will hold a golf tournament **May 9** at Gordon Lakes golf course to support deployed soldiers and their families. Lunch will be held at 11 a.m. prior to the tournament, which starts at noon.

The cost of entering the tournament is \$35 for soldiers E-5 and below, and \$40 for other entrants. Mulligans may be purchased for \$5 each, with a limit of two per person.

The tournament will be played under a Lauderdale format with a Peoria scoring system.

The deadline for entry is **April 30**. Sign up by calling 791-4200/9444 or by faxing 791-8383, or stop in at the course to submit an entry form.

Springfest

The May Day Picnic will be held **May 2, 2003** from 11:30 a.m. to 3:30 p.m. at Freedom Park and Barton Field. The picnic is open to all military, civilians, contractors, and family members of the Fort Gordon community.

There will be musical entertainment by the band "Heavy Dose" and a DJ. Food can be obtained from the Directorate of Community Activities-sponsored vendors. Sports equipment will be available for "pick-up" games in soccer, flag football, volleyball and Frisbee.

DCA will establish an equipment sign-out tent. The Directorate of Plans, Training and Mobilization points of contact for the May Day Picnic are Master Sgt. John Boutte, 791-9841 and Staff Sgt. Gary McKnight, 791-9533.

USA Express

The U. S. Army Community and Family Support Center in cooperation with the Armed Forces Professional Entertainment Office, presents the musical talents of USA Express.

The concert is **Saturday**, with performances at 6 and 8 p.m. in Alexander Hall. The event is free and open to the public.

For more information, call 791-4389 or go to the following website: www.fortgordon.com.

This week at the movies

The following features will be shown this week at the post Signal Theatre:

April 26: "The Hunted" (R)

April 27 (early show): "Daredevil" (PG-13)

April 27 (late show): Willard (PG-13)

April 28: "Old School" (R)

The Signal Theater is open Thursday to Sunday. The late show on Saturday begins at 9:30 p.m.

Admission for children 12 and over and all adults is \$3. Admission for children age 6 to 11 is \$1.50. Admission for children under 5 years old is free.

Attendance at Fort Gordon's movie theater is strictly limited to authorized Post Exchange patrons.

For movie listings and times, call 791-3982.

Military can enter Georgia Sports Hall of Fame free on Armed Forces Day

Robbie Burns
Public Relations Director

MACON, GA - To salute the troops of the United States military, the Georgia Sports Hall of Fame will offer free admission to all active and reserve troops on Armed Forces Day, Saturday, May 17.

The men and women of the U.S. military can enter the GSHF at no price by showing military identification. Any family member or friends with military personnel can get in for \$1 off the regular admission price.

"We would not be working and enjoying the life we lead without the sacrifice of these men and women," said GSHF Interim Executive Director Jacquelyn Decell.

"The Georgia Sports Hall of Fame would not be here if not for them.

This is our way of saying thanks for their service to our country. It would be an honor to have them visit us."

The Georgia Sports Hall of Fame has a proud legacy of its members serving in the U.S. Army. "We have researched those inductees who served in the United States Army," said Decell. "Right now, we have found eight members, but I'm sure there are many more."

This heritage dates back to World War I. George Everett Stupper, who starred on Georgia Tech's 1917 undefeated national championship football team, entered the Army after graduating college as class

president in 1918 and fought two years. Charles Cranford Morgan also served in the 16th Artillery.

James Karl Luck, Jr., Graham Batchelor, Arnold Blum, and Sterling Agnew Dupree served during WWII. Batchelor fought under General Joseph Stillwell in the China-Burma-India theater while Luck suffered wounds as an infantry officer in the European campaign. Dupree was an officer in George Patton's famed 3rd Army.

The Georgia Sports Hall of Fame is the largest state sports hall of fame in America at 43,000 square-feet. Its 316 inductees include the likes of Herschel Walker, Gwen Torrence, Hank Aaron, Bobby Jones,

Jackie Robinson, Norm Nixon, Nancy Lopez, Evander Holyfield, Teresa Edwards, Josh Gibson, and Ty Cobb.

It boasts 15,000 square-feet of exhibit space with areas focusing on the history of high school, college, Olympic and professional sports in Georgia.

The interactive area contains basketball goals, scaled-down football field to kick field goals, the Riverside Ford NASCAR Simulator and a computer section with sports-based education programs.

The facility also houses the largest Paralympic display in the country chronicling the 1996 Games in Atlanta. The Hall of Fame Corridor, located downstairs,

is dedicated to the Hall of Fame members. Visitors can start their tour of the GSHF in the 205-seat theater by watching the feature movie - "The Pursuit of Excellence."

The Georgia Sports Hall of Fame is open Monday-Saturday, 9 a.m. to 5 p.m.

Regular admission prices are \$6 adults, \$5 for military and senior citizens, \$3.50 for ages 6-16 and free for kids five and under.

Families, parents and dependent children only, can enter for \$15.

For more information on the Georgia Sports Hall of Fame's Armed Forces Day, Saturday, May 17th, please call 478-752-1585, ext. 101 or visit www.georgiasportsHalloffame.com.

Army wrestlers dominate 2003 Armed Forces Championships

Tim Hips
Army News Service

MOUNTAIN HOME, Idaho (Army News Service, April 21, 2003) — The All-Army freestyle team won six of seven gold medals April 13 to punctuate soldiers' domination of the 2003 Armed Forces Wrestling Championships.

Members of the Army World Class Athlete Program also won three gold medals April 12 in Greco-Roman competition en route to grappling team titles in both wrestling disciplines from the U.S. Marine Corps, Navy and host Air Force.

Spc. Oscar Wood, who won the 66-kilogram freestyle division and finished runner-up to Air Force Staff Sgt. Steve Woods in Greco-Roman at the same weight, was the only soldier to compete in both categories.

"I like wrestling both days, I always have," said Wood, pressed into double duty by Spc. Glenn Garrison's injury. "Greco-Roman is my favorite, but just to have the chance to wrestle freestyle is fun and exciting."

Almost all the freestyle fun and excitement came from Army's side of the mat as 1st Lt. Eric Albarracin, Sgt. Jason Kutz, Spc. Max Shingara, Sgt.

Charles Daniels, Spc. Franklin Lashley and 2nd Lt. Dominic Black won their weight classes.

Marine Lance Cpl. Jacob Clark prevented Army's freestyle sweep by winning the 84-kilogram title as Army Sgt. Charles Daniels settled for silver.

"I'm pretty biased; I love the Army," said Wood, 27, of Gresham, Ore. "But I think what happened today in the freestyle finals is what's going to happen for a long time in both categories."

With the exception of the Marines' conquest in 2001, the All-Army team has won the Armed Forces Championships every year since 1989, and this was their strongest freestyle tournament that anyone could remember.

"In freestyle, this is by far the best team we've ever had since I've been here," said Sgt. Keith Sieracki, 31, of Richland Center, Wisc., who won the 74-kilo Greco-Roman crown. "And I've been around for a long, long time."

Sieracki, a U.S. alternate for both the 1996 and 2000 Summer Olympics, is ranked No. 2 in the nation by USA Wrestling behind New York Athletic Club's T.C. Dantzer, who upset Sieracki at the World Team

Trials last June at Minneapolis.

His younger brother, Air Force Senior Airman Aaron Sieracki, celebrated his 28th birthday by winning his sixth Armed Forces Greco title at 84 kilos on the strength of convincing victories over Army Sgt. Kenny Owens, a former Marine, and Marine Jacob Clark.

"He's beaten everybody in the U.S. that he can beat to be on the World Team or the Olympic team, but he hasn't done it on the day that he was supposed to do it," Keith said of Aaron. "If he keeps going like this, I think he'll do it."

"If you're a betting man, with me and Aaron both going to the Olympic Trials, if you just bet on the last name alone, one of us will make the Olympic team. That's a sure bet. I don't know if it's me or it's him - maybe both - but you're guaranteed that one of us will make it."

Heavyweight world champion Sgt. Dremiel Byers, 28, of Kings Mountain, N.C., won one of three gold medals for the Army in Greco-Roman competition. And two-time national champion Glenn Nieradka won his sixth Armed Forces title at 60 kilos.

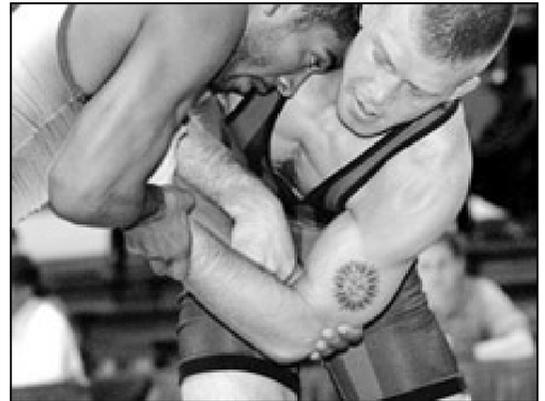


photo by Tim Hips

Staff Sgt. Glenn Nieradka (right), a member of the Army World Class Athlete Program, grapples for a 5-0 decision over Navy IT2 Mark Gaskill in the 60-kilogram Greco-Roman division of the 2003 Armed Forces Wrestling Championships at Mountain Home, Idaho. Nieradka, 31, of Tigard, Ore., has won six Armed Forces championships.

He and Kutz kept the Army unbeaten and unscored upon in six 60-kilogram matches of the two-day, round-robin, dual-match format.

"At 60 kilos, we gave up zero points in six matches," said Kutz, a two-time Armed Forces champ. "That makes us the most dominant weight class on

the All-Army team."

Staff Sgt. Duaine Martin and Sgt. Deon Hicks won Greco gold medals for the second-place Marines. Air Force's Woods, 27, of Gary, Ind., defeated Army's Wood, 3-2, in the best Greco-Roman bout of the tourney en route to winning the 66-kilo crown.

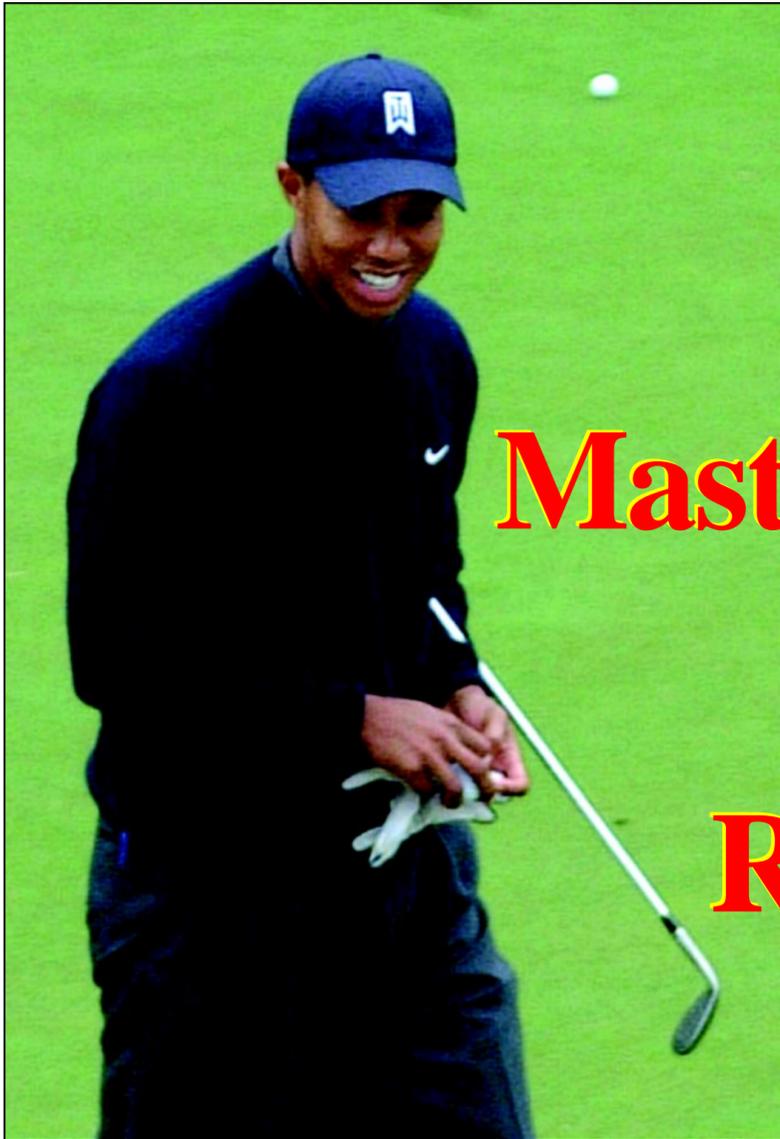
"Operation Salute"

Free admission to Busch Gardens, SeaWorld, and Sesame Place for all active duty and active reservists and up to 4 dependents.

Valid Military ID holders get tickets directly at park or call parks for more information.

<p>Busch Gardens Tampa and Adventure Island Tampa, Florida (813) 987-5400</p> <p>Busch Gardens Williamsburg and Water Country USA Williamsburg, Virginia 23187 (757) 253-3020</p> <p>Sesame Place Langhorne, Pennsylvania (215) 752-7070 ext. 231</p>	<p>SeaWorld of Florida and Discovery Cove Orlando, Florida (407) 370-1562</p> <p>SeaWorld of California San Diego, California (619) 226-3842</p> <p>SeaWorld of Texas San Antonio, Texas (210) 523-3198</p>
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Spectrum



Masters Revisited

photos by Spc. Ryan Matson

Arnold Palmer (right) watches as Gary Player (left) strokes in a putt during the Par 3 Tournament April 9. The two have won seven Masters tournaments between them.



One more for the road...

We couldn't resist taking one last glimpse back at the most widely-viewed event in Augusta, the Masters golf tournament, which was held from April 11 to 14. Fans from throughout the world got the chance to see their favorite golfers compete in the sport's premier event.



A view of the azaleas and other flowers surrounding the course in full bloom.



Jack Nicklaus, winner of a record six Masters titles, selects a club.



Scott Verplank gets advice from his Par 3 course caddy, his son.