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The Signal



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News UPDATE

Town Hall meeting

There is a Town Hall meeting for Gordon Terrace residents from 6-8 p.m. **Thursday** in Alexander Hall. Military police, Department of Public Works, and Fort Gordon housing representatives will also be available. Call Capt. Russ Hernandez at 791-8313 for information.

Supply workshop

The Directorate of Public Works Supply Support Activity is holding a workshop from 8:30-11:30 a.m. **Thursday** in the U-DO-IT Classroom, Building 2222. All supply personnel who receive supply support from the SSA are encouraged to attend. PBO's are also encouraged to attend. For information call Mavis Cupis at 791-3720.

School dress code

The Richmond County Board of Education recently announced a revised mandatory dress code for the 2003-04 school year.

Tops must be solid red, white or blue, while bottoms must be blue, black or khaki; denim is acceptable. All pants must be of a traditional style, and fit at the waist.

There is no "opt out" provision this year. Classes begin **Tuesday** in Richmond County. For information, call 737-7200.

Back to school jamboree

Morale, Welfare and Recreation is having a Back to School Jamboree from 10 a.m.-4 p.m. **Saturday** at Engineer Field. There will be a DJ, rock wall, magician, clowns, door prizes and more. Admission is free and open to the public. Call 791-6500 for information.

FEW meeting

The next meeting of Federally Employed Women Garden City Chapter, is 11:30 a.m. **Wednesday** in the Courtyard conference room (the old Officers Club). Topics include plans and programs for the coming year, including the FEW Regional Training Program at the Radisson Riverfront Augusta in February. For information, call Judith Creer at 791-5653.

Financial management class

Army Community Service offers a financial management class 8:30 a.m.- 3 p.m. **Wednesday**. The class offers financial education with information about auto and life insurance, credit, budgeting, and basic investments. Strongly recommended for soldiers assigned to Fort Gordon as their first permanent duty station. For information call 791-3579.

New Army chief of staff named

Staff Sgt. Marcia Triggs
Army News Service

WASHINGTON – In a small, inconspicuous Pentagon ceremony Gen. Pete Schoomaker came out of retirement Friday, and swore to uphold the duties as the Army's 35th chief of staff. Secretary of Defense Donald Rumsfeld was the first to make remarks during the ceremony, which was held in the office of Les Brownlee, the acting Army secretary. More than once Rumsfeld thanked Schoomaker and his wife, Cindy, for returning to duty.

"I'm absolutely delighted that Gen. Schoomaker is going to undertake this responsibility," Rumsfeld said. "It's an enormously important one — not just for the Army but for the country."

Before retiring in August 2000, Schoomaker served 31 years in the military. He said that he knows this Army is very different from the one he entered.

"I truly feel blessed to be part of the Army's future," Schoomaker said. "I have the opportunity to contend and help the Army as it becomes more relevant and ready." Schoomaker will lead the Army on the heels of retired Gen. Eric Shinseki, the former chief of

staff of the Army. Shinseki started the move toward Transformation and later oversaw an Army transforming while at war.

The War on Terror is not a new war, according to a statement Schoomaker released shortly after his swearing-in ceremony. Twenty-three years ago in the Iranian desert during Operation Desert One, Schoomaker said he lost eight of his comrades.

Schoomaker said he knew grief, but he didn't know that he was in the opening engagements of this country's long struggle against terrorism.

"Our enemies have been waging [this war] for some time, and it will continue for the foreseeable future," according to the statement. "As the president has stated, 'This is a different kind of enemy, against a different kind of enemy.' It is a war we must win, a war for our very way of life."

Schoomaker's experience in conventional and special operations, along with his genuine care and concern for soldiers and their families qualifies him to lead the Army at a very critical time in history, Brownlee said.

The Army's newest chief of staff is the first retired four-star officer ever to be called back to serve as the U.S. Army chief of staff. He and his father are also



Photo by Jerome Howard

New Army Chief of Staff Gen. Peter J. Schoomaker is sworn in as the 35th Chief of Staff by Les Brownlee, acting Army Secretary, in the Pentagon Friday. Schoomaker's wife, Cindy, is holding the Bible.

one of the few father-and-son teams to serve in the Office of the Chief of Staff of the Army.

His father, Fred Schoomaker, who also had a long-standing military career, was the assistant to Army Chief of Staff Gen. Harold Keith Johnson from 1964-1968.

Schoomaker comes from a

household of career military men. His younger brother, Brig. Gen. Eric Schoomaker, is the chief of the Southeast Regional Medical Command at Fort Gordon.

Before hanging up his uniform in 2000, Schoomaker spent three years as commander-in-chief of the U.S.

Special Operations Command at MacDill Air Force Base, Fla. Prior to that he commanded the Joint Special Operations Command, U.S. Special Operations Command, Fort Bragg, N.C. Then he became commanding general of the U.S. Army Special Operations Command at Fort Bragg until October 1997.

Engineers refine skills at Gordon training area

Spc. LaTorry Sidney
300th Mobile Public Affairs Detachment

Reservists from the 391st Engineer Battalion participated in an intense, three-day training operation here Friday.

The exercise was geared toward overcoming the numerous obstacles and hazards faced in a deployment.

Part of the mission of the Greenville, S.C., Reservists is to allow troops to overcome and avoid these hazards.

During the 36-hour operation, soldiers underwent training in squad assault weapon qualification, road repair, and

the deployment of the mine clearing line charge.

"The chance of deployment is likely," said 1st Sgt. Russell Robinson, C Company, 391st Engineer Battalion. "The 391st was last alerted as a unit during the first part of Desert Storm, and about 41 individual personnel recently redeployed after supporting Operation Iraqi Freedom."

The combat engineers must execute their mission with precision in order to contribute to success on the battlefield, said Robinson.

"One function of the combat engineer is to clear an avenue for a maneuver element

to navigate through," he said. "This must be done quickly, without wasted energy and it must be done correctly."

One method of providing this maneuvering capability is to clear mines through the use of the MICLIC. The system launches a 350-foot line charge laced with C-4 explosive to detonate land mines or other ordnance, and provides an eight-by-100-meter clear lane.

"The MICLIC is usually operated by an eight-person crew," said Robinson. "There is normally one MICLIC crew per platoon of engineers."

See MICLIC, Page 3A



Photo by Spc. LaTorry Sidney

Sgt. Brian Pianella and Pfc. Christopher Peeler, both combat engineers with the 391st Engineer Battalion, Greenville, S.C., conduct continuity checks prior to the launching of the mine clearing line charge.

Back to school safety tips

Spc. Zoe Morris
Signal staff

As a new year of class begins, a variety of thoughts fill students', teachers' and parents' minds. Students wonder if they'll like their classmates. Parents wonder if their child is getting a good education. Teachers wonder what challenges they will face.

One common theme is safety. "One of our big concerns last year was the students who went back and forth to school by themselves," said Rita Bradley, Freedom Park Elementary School principal. "The children need to stay on the sidewalk and obey the crossing guard."

"Other concerns we had were students who arrived late and didn't have a parent with them to sign them in. All late students need to be signed in by a parent, because we don't know what might have happened between home and school, especially if the child walks," said Bradley.

"Parents also need to sign in at the main office when they come to the school," she said. Unauthorized people being around the children is a safety concern Bradley said. Everyone needs to have school visitor identification, so if there is an unauthorized visitor he can be spotted easier.

"We take very, very seriously the safety of the children of this school," Bradley said.

The Signal Branch Safety Office offers these safety tips for parents and students to keep children safe:

- Always walk to the bus stop. Never run.
- At the bus stop wait quietly in a safe place away from the road.
- When it is necessary to cross the street, wait for the bus to arrive, watch for the red flashing lights and stop sign to be extended. Cross only when all traffic has stopped. Look left, right and left again before crossing.
- When entering the bus, go directly to a seat. Remain seated and face forward for the entire ride.
- Always remain 10 steps away from the bus where the driver can see you.
- Remind your children to follow the driver's directions.
- Walking and biking to school**
 - Obey all traffic signals and/or the crossing guard — never cross the street against a light, even if you don't see any traffic coming.
 - Walk your bike through intersections.
 - Wear reflective material.
 - Walk to school with a buddy.
- Drivers**
 - Do not pass a stopped school bus while its warning lights are flashing.
 - Watch for students crossing the street to catch the bus.

New chief of staff offers thoughts

Gen. Peter J. Schoomaker
Chief of Staff of the Army

This afternoon (Aug. 1) I stood in the office of the Secretary of the Army and was sworn in as the 35th Chief of Staff of the Army. Thirty-four other distinguished leaders have preceded me – well-known stewards of our Army. It is a great honor to walk in their footsteps.

Twenty-three years ago I stood in another place – in the Iranian desert on a moonlit night at a place called Desert One. I keep a photo of the carnage that night to remind me that we should never confuse enthusiasm with capability. Eight of my comrades lost their lives.

Those of us who survived knew grief... we knew failure – but we committed ourselves to a different future.

There were some important things we did not know about the future that night. We did not recognize that this was a watershed event – that the military services would begin a great period of renewal that continues to this day.

We did not know that we were at the start of an unprecedented movement to jointness in every aspect of our military culture, structure, and operations – a movement that must continue. We also did not realize that we were in one of the opening engagements of this country's long struggle against terrorism – a struggle that would reach our homeland and become known as the Global War on Terror.

Today, our Nation is at war and we are a critical part of the joint team – an Army at war. This is not a new war. Our enemies have been waging it for some time, and it will continue for the foreseeable future.

As the President has stated, "This is a different kind of war against a different kind of enemy." It is a war we must win, a war for our very way of life.

War is both a physical reality and a state of mind. War is ambiguous, uncertain and unfair. When we are at war, we must think and act differently. We become more flexible and more adaptable. We must anticipate the ultimate reality check – combat. We must win both the war and the peace. We must be prepared to question everything. What is best for the nation? What must endure? What must change?

This war has demonstrated that our soldiers, civilians, and families are up to the task. It has also provided new insights into the current operating environment. Can we sustain our high performance with our current methods of preparation? Can our combat training centers better reflect the joint context in which we will fight? Are we organized for the long haul? We must answer these questions and more.

We need to be mindful that the world has changed and it will never return to what we knew before. As my great friend, Dick Meadows, always said, "The Army ain't like it used to be" – and it never was.

Sustained engagement of our Army will be the norm, not

the exception. How do we man the Army in a way that provides cohesive, high performing units in this reality of continuous engagement?

Our recent combat operations reinforce the requirements for units and echelons that are flexible and tailorable. Can we balance our force structure and develop increased modularity so as to enhance our critical role in effective joint contingency operations while maintaining our campaign qualities?

We have already shown that we have innovative and adaptive leaders. But our enemies are adapting as well. Will our development programs continue to produce leaders who can meet this challenge?

Leadership and courage are easily recognized as prerequisites at the tactical level, but they are essential at the operational and strategic levels as well. Are we developing the George C. Marshalls for the new era?

The National Guard and Army Reserve are indispensable, full members of the team. Do we have the proper mix of both active and reserve units? Are we properly balanced? Is all of our structure readily accessible to meet the requirements of this and future wars?

As we transform the Army from the current force to the future force we must ask these questions and more. While some things will change, others will not.

The American soldier remains indispensable. Our soldiers are paramount and will re-

main the centerpiece of our thinking, our systems, and our combat formations. As Gen. Creighton Abrams taught us, "People are not in the Army, they are the Army."

We are, have been, and will remain a values based institution. Our values will not change and they are non-negotiable. Our soldiers are warriors of character. They exemplify these values every day and are the epitome of our American spirit. They are the heart of the Army.

As long as the U.S. Army has existed we have transformed – and we always will. For four years under Gen. Shinseki, our Army has asked hard questions and made tough choices. We will continue to go where the answers to those questions take us. Our azimuth to the future is good. The Army must remain relevant and ready.

Our Army has much to be proud of. It is the preeminent land force in the world – and continues to be respected by our friends... and feared by our enemies. We set the standard.

We were part of the joint

team that defeated the Taliban in Afghanistan and took down a brutal regime in Iraq. Today we are deployed and conducting contingency operations at an unprecedented pace. Our soldiers, civilians, and their families set the standard every day for selfless service.

The Army continues to serve our great nation well and faithfully as it has in the past. For more than 228 years, the Army has never failed the American people, and it never will.

As an American soldier, I have never left your ranks; but it is a great privilege to wear our uniform once again.



Outstanding

Sgt. Christina Carter, a personnel actions clerk with the 201st Military Intelligence Battalion, receives the Army Achievement Medal for her efforts in support of Operation Enduring Freedom. Lt. Col. Ronald Seldon, the battalion commander, presented more than 150 awards during a ceremony at Freedom Park Friday which kicked off the battalion's Organization Day. The 201st was deployed to Iraq for nearly nine months.

212 ways to be a Soldier



Photo by Sgt. Ryan Matson

An Airborne Ranger relaxes after making a jump at Fort Benning. Airborne Rangers are soldiers in the 11B MOS with specialized skills. They are all trained at Fort Benning.

A day in the life of...

An 11B (infantry soldier)

Sgt. Ryan Matson
Staff writer

"I'm a grown-up guy who gets to play in the dirt and shoot guns," Sgt. Grant Shanaman, Company A, 3rd Ranger Battalion, Fort Benning, Ga., said with a grin as he described his job.

Shanaman is an 11B, or infantryman, the oldest job or MOS in the Army. But he is more than that. Every day when he puts on his uniform, Shanaman dons a tan beret. He is an Airborne Ranger, an 11B with special skills.

"This is what I always wanted to do," Shanaman said. "I always knew I wanted to be a Ranger."

Shanaman, a Philadelphia native, is the son of a Ranger officer. His father did a three-year tour of duty in Vietnam during the war.

"He was a company commander and Special Forces A-Team leader in 'Nam, so I heard stories about it," Shanaman said. "He never

pushed me into going into the military or anything, but I knew it was what I wanted to do."

Before he began his journey towards becoming an Airborne Ranger, Shanaman attended Bloomsburg University for two years. He had been a star wrestler at Malvern Prep School, capturing two prep school state championships in the sport and earning a scholarship to Bloomsburg, where he met his wife, Rachel.

"That was the best thing to come out of my college experience," Shanaman, the proud father of a son, Noah, 3, and daughter Madison, six months, recalled.

During the Christmas break from college in 1997, Shanaman decided to chase his childhood dream. He enlisted in the Delayed Entry Program as an 11B and underwent 17 weeks of basic training at Fort Benning. Unlike many MOSS, which have a separate Advanced Individual Training school where

soldiers learn their military trade, the 11B basic and AIT courses are combined. This is called OSUT, or One Station Unit Training.

The road to achieving his dream has not been an easy one. Following the 17 weeks of OSUT, Shanaman completed an additional three weeks of Airborne school and then three more weeks of the Ranger Indocination Program, or RIP school, both also at Fort Benning. Though his primary MOS is 11B, Shanaman is now Airborne, Ranger and sniper qualified.

The RIP school was particularly challenging, due to its non-stop pace, Shanaman said.

When Shanaman had completed the treacherous RIP training, he was assigned to the 3rd Ranger Battalion where the physical challenges and rigors continue. Shanaman explained it takes a special type of person to be able to stay in the Ranger battalion.

"It can be hard on your body physically because we're always doing something and sometimes you might not have too much time to recover," Shanaman said. "We'll do crazy stuff like take a 10-mile road march and then go on a 500-meter swim to an all-out obstacle course and maybe a firing exercise afterwards."

While he said he enjoys pushing his body to its limits and the challenge of demanding training, Shanaman said sometimes the only thing he can do is "suck it up."

"We'll be jumping with 100 pounds of junk on our back and humping miles and miles in extreme heat or cold conditions," he said. "I don't care who you are, there's nothing you can do to make a 30-mile road march fun."

Despite the demands of the training, he said the pride and honor he feels as an 11B and Ranger, as well as the experiences he has had, make it all worthwhile.

"We get to do some really cool stuff, like going into shoothouses, live-fire drops

and raids, night drops and raids, and obviously real-world deployments as well," he said.

For training purposes, Shanaman has traveled to Africa and Germany. He has also seen combat time in Afghanistan, and more recently, Iraq, in support of Operation Iraqi Freedom, where he had a combat jump.

With five years in the military, Shanaman is also responsible for training a group of soldiers in between deployments and training missions.

"My main job is to train people to be ready for combat," he said. "I haven't lost anybody yet, and I hope I never do."

He said his day-to-day training might include such activities as performing live-fire drills, practicing clearing rooms and giving classes on various weapons and Ranger tasks.

"It's just basically taking care of my guys," he said.

If someone is interested in taking up the challenge of being an 11B, Shanaman said having an "A" type personality is beneficial, if not essential.

"Usually someone who likes football, a wrestler, or an aggressive type of personality is good, but you also have to be a smart person, one who is capable of think-

ing quickly on your feet," he said.

"You need to be able to make quick decisions in stressful situations."

The career of a Ranger can be likened to the career of a professional athlete, Shanaman said.

"There are guys who stay in the Ranger battalion for 20 years, but it's hard on your body and takes a lot of will power," he said.

When an 11B or Ranger has completed their time in the military, Shanaman said there are options available to them in the civilian world using the training they received in the Army.

"You can be a SWAT team member, a U.S. Marshall, DEA agent, or another type of federal policeman, for example," he said.

Shanaman said his future plan, now that he has become a Ranger, is to stay there for a while.

"We might not make as much money as a lot of guys who work a nine-to-five job, but for a lot of those guys, their idea of excitement is going out golfing, or maybe fishing, with their buddies," Shanaman said. "I get to jump out of planes and do stuff like that."

He also got to live his dream and join his father in the elite club of an Airborne Ranger.



Photo by Sgt. Ryan Matson

Ranger Rendezvous

The soldier featured in this week's 212 Ways To Be A Soldier story, Sgt. Grant Shanaman, was one of the more than 1,300 Airborne Rangers participating in the Ranger Rendezvous celebration, some pictured above. The soldiers jumped from C-5, C-17 and C-130 aircraft as part of the celebration held at Fort Benning last week. The event brought together thousands of Rangers, from the World War II era to those serving today. Besides the Airborne jump Sunday, the week-long Rendezvous included food, sporting events such as boxing, combatives, football and softball, and a host of Rangers swapping war stories.

Recycling pays off for unit funds

Spc. Zoe Morris
Signal staff

When 369th Signal Battalion was awarded a \$500 check for winning the Commander's Award of Excellence in Recycling, Maj. Rodney Lightfoot said he was surprised.

"The unit wasn't looking to get a reward," said Lightfoot, the 369th Sig. Bn. executive officer. "We were just doing something to help the community, and work on unit cohesion. We were all shocked that we won money."

The Commander's Award of Excellence in Recycling is awarded every six months to the unit that recycles the most pounds. First place gets \$500, second gets \$300 and third \$200. For January - June 2003, 369th Sig. Bn. recycled 3,416 lbs., Military Police Activity recycled 3,324 lbs., and U.S. Army Garrison 1,319.

The money these units won is in addition to the money they received when turning in the recyclables through the Unit Funds Buy-Back Program, according to Gene Trevathan, business manager of the Fort Gordon Recycling Center. Trevathan said the program gives most units money for bringing in certain recyclable items. The money goes into the unit's Morale, Welfare and Recreation fund.

"Each company in 369th will get about \$100 to do what they want for their soldiers," said Lt. Col. Dwayne Williams, commander, 369th Sig. Bn. "We will absolutely continue with this program. It's the easiest \$500 we've ever made."

Williams said his unit has been recycling for a long time,

but not together as a unit. When 369th's Command Sgt. Maj. Johnny Dorsey began asking around and put Sgt. 1st Class Hardy Anderson on the job of looking into the recycling program, the two of them brought the unit together as one to recycle, Williams said.

Trevathan has been trying to find a way to get units more interested in recycling. He said the buy-back program and the commander's award are making people more aware of how recycling not only helps the community and environment, but the soldiers as well.

"I think it's starting to pick up well," Trevathan said. "Especially when we were in the (commanding general's) weekly briefing and we handed out \$1,000 to top participants. Quite a few eyebrows raised."

Trevathan said about 40 percent of units on post participate in the program, a far cry from the 100 percent the garrison commander, Col. Robert Henderson, wants to participate. Henderson helped set up the program so units received 50 percent of the profit from what they turned in.

The recycling center, located at the corner of Chamberlain Avenue and 19th Street, has a special section for each of the units to drop off the items. Each bundle must be secured and clearly marked with the unit who gets credit. Bringing in items from home and donating them in the unit's name also earns units money.

A complete list of the rules for participating in the program can be found at the center or online at www.fortgordon.com/recycle.htm. The hours of

manned operations for turn-in are Monday through Friday from 7:30 a.m. - 3 p.m.

After-duty hours drop off of recyclables must be bagged and tagged. Each tag must contain unit ID, name of person dropping off recyclables and unit telephone for verification of material and to obtain credit for turn-in. Bags without tags become the property of the Recycling

Center and the no unit will get credit.

The following items are accepted for the Buy-Back Program:

Cardboard, newspaper, white bond paper, color/mixed paper and aluminum cans.

Everything must be sorted and separated prior to turn-in.

For information, call Trevathan at 791-7832 or e-mail Trevathm@gordon.army.mil.



Photo by Spc. Zoe Morris
Pvts. Zjon Davis and Alexander Dillworth, Company C, 369th Signal Battalion, crush cans for recycling in the company dayroom. The 369th recently received \$500 for its recycling efforts.

MICLIC

From Page 1A

"Deployment of the MICLIC is dependent upon the tactical and geographical factors of the area," said Staff Sgt. Eric Snow, training and operations noncommissioned officer for the 391st.

According to Snow, some of its advantages include maneuverability, the ease of setup and deployment, and the fact that it offers a lower level of risk for the soldiers employing it.

"It's not very effective in a wood line or a congested environment," said Snow. "It's better for desert environments or clear, open areas."

"One major purpose of this training was to enhance and sustain the squad's ability to deploy the MICLIC," said Robinson.

Supporting the training were elements of the 1/354th Training Support Battalion, Fort Jackson, S.C.

"We spend a lot of time training on this equipment," said Sgt 1st Class Howard Jemerson, a combat engineer with the 1/345th.

"They're a welcomed squad of trained people," Robinson said of the TSB. "They see a lot more of this and they assess our training and ensure we're on track as far as training and doctrine are concerned."

Soldiers said the training was very beneficial. "It's fun and very educational," said Pfc. Christopher Peeler, a combat engineer with the 391st Engineer Battalion. "This is my first time doing (MICLIC training), and one challenging part was learning the details of the equipment."

"We're here training for the future," said Peeler, "and we're always ready and willing."



Photos by Spc. LaTorry Sidney

Staff Sgt. William Boyd, a construction equipment repair specialist with the 391st Engineer Battalion, demonstrates unloading an M249 Squad Assault Weapon.

Shipping your personal computer

Allan Downen
Staff Judge Advocate office

Personal computers are delicate items. Quite often, without showing any external damage, they will malfunction after shipment. Unless internal damage to a computer is shown to be due to rough handling in shipment rather than due to some other cause, such as a mechanical defect, neither the government nor a private insurer will pay for repairs.

The only protection against this type of loss would be under a service contract or manufacturer's warranty. Be advised of the risks involved in shipping your personal computer.

Claims Tip

Be aware of the maximum allowable payments for items that are lost in household goods shipments. The maximum payments per type of property is listed in the back of *It's Your Move*, DA PAM 55-2 (Rev. 1987). In the event the value of an



item exceeds the maximum allowable payment, you can purchase private insurance to protect yourself from loss.

For instance, the maximum allowable payment for computers and all accessory equipment is \$4,000 per claim. The claims office suggests that if your computer and accessories are greater than \$4,000 in value, you purchase private insurance.

Report Damage within 70 Days of Delivery

Fort Gordon personnel who have household goods or hold baggage shipped at government

expense are reminded of the requirement that all loss and/or damage must be recorded in detail on DD Form 1840 (on day of delivery) or DD Form 1840R (later discovered damage).

Failure to complete this form and present it to the claims office within 70 days from the date of delivery may result in the claim being denied.

For information, call the claims office at 791-6523/6542.

(Downen is chief of the claims division for SJA.)

Firefighters rehearse aircraft rescues

Joseph Hamm
Directorate of Public Safety

The Fort Gordon Fire Department continuously trains in a broad arena of fire and rescue. This training keeps the firefighters proficient for a variety of rescue missions.

Recently, fire department personnel received hands-on training for Aircraft Rescue and Fire Fighting.

Although Fort Gordon does not have an airfield, the post does have aircraft missions that involve helicopter landings.

During an aircraft stand-by, a situation where the department has an engine company stand by during aircraft take-offs and landings, the firefighters received a thorough briefing of an AH-60 Blackhawk helicopter from the pilots and aircrew.

"This training was beneficial to the firefighters," said David Edmiston, a firefighter and emergency medical technician. "It gave us an opportunity to examine, for rescue purposes, one of the many types of aircraft that operate in and out of Fort Gordon."

Aircraft familiarization briefs involve learning aircrew egress

positions; aircraft controls, specifically shutting down the aircraft; danger areas around the aircraft, such as around the turning rotors, armament and electronics; type and amount of fuel used; cutting points; and amount of passengers the aircraft can carry.

Aircraft firefighting presents many facets of dangers unique in the firefighting field. This type of training is valuable to the firefighters effectively res-

cuing and providing life saving abilities in an emergency situation.

For more information in fire prevention for Fort Gordon, call 791-1206 or 791-1203.

Remember, in case of fire, sound the alarm, close windows and doors, evacuate to a designated area, and call 911.

(Hamm is a fire inspector with the Fire and Emergency Services Division.)



(Above) Capt. Paul Tyson (right) and firefighter David Edmiston learn how the pilots would escape the craft in an emergency.

(Below) Firefighters examine the crew compartment.



Photos by Joseph Hamm



Photo by Steve Brady

Yard winners

The Directorate of Public Works awarded the July Yard of the Month winners Tuesday. Winners included: Gordon Terrace - Staff Sgt. Dennis Parker, 442nd Signal Battalion; Staff Sgt. Michael Sytsma, 35th Military Police Detachment; and Staff Sgt. Alex Phillips, 324th Signal Battalion; Olive Terrace - Sgt. 1st Class Anthony McGaha, 73rd Ordnance Battalion; Maglin Terrace - Maj. Ken McCormick, Provost Marshal Office; and McNair Terrace - 1st Lt. Patrick Hairston, 369th Signal Battalion. Winners received a certificate of appreciation, commander's coin, and certificates for AAFES and Morale, Welfare and Recreation activities.

Strykers conduct first overseas live-fire

Sgt. Lisa Jendry
8th U.S. Army Public Affairs

YONGSAN, Republic of Korea – A platoon from the Army's first Stryker Brigade traveled to Korea this week for training and to demonstrate its capabilities to the international community.

The platoon conducted a capabilities demonstration Monday for the Korean and international news media and a live-fire exercise Tuesday for U.S. and Republic of Korea senior military at the Rodriguez Range Complex in North Kyungki Province.

The training was part of the first overseas movement of a Stryker unit.

A total of six Stryker vehicles were involved in the exercise conducted by members of 3rd platoon, Company C, 5th Battalion, 20th Infantry Regiment, 3rd Brigade, 2nd Infantry Division (Stryker Brigade Combat Team) from Fort Lewis, Wash.

The exercise demonstrated an infantry platoon's assault onto a simulated enemy command site.

"It's a great honor for the Army to be bringing an element of the Stryker Brigade Combat Team to Korea," said Lt. Col. Joseph Piek, the I Corps and Fort Lewis Transformation and Stryker Public Affairs officer.

Three years ago, the U.S. Army identified a capabilities



Photo by Sgt. Lisa Jendry

Stryker infantry carrier vehicles speed out of the woodline toward their firing positions at the Rodriguez Range Complex in Korea to begin a capabilities demonstration Aug. 4.

gap between its heavy and its light forces. So, the Army built the Stryker Brigade Combat Team, which is centered on the Stryker vehicles.

The entire Stryker Brigade has about 300 Stryker vehicles and about 1,200 total vehicles. "The Stryker vehicle is designed to be a very fast, very agile, and adaptive infantry carrier vehicle," said Piek. "It is not a tank and is not designed to be a tank — it is an infantry vehicle for moving infantry soldiers."

Capt. Eric Beaty, Co. C commander, said the training objectives during their visit to the Republic of Korea include movement training via airplane

from the United States to the ROK, training in the restrictive terrain that the ROK offers, as well as demonstrating the Stryker Brigade's capabilities to ROK officials and 8th U.S. Army.

The Army plans to field six SBCT's. Currently, one Stryker brigade has been completely fielded and completed its certification training in July. Ten different variations of the Stryker vehicle will be constructed, eight of which have already been built.

Brig. Gen. Jack Gardner, I Corps and Fort Lewis' deputy commanding general for Transformation, said that the primary reasons for the trip

were to practice strategic movement, and to give the platoon the opportunity to see a different type of training.

"We've trained in the desert at the National Training Center in Fort Irwin, Calif., and we've trained inside an urban area at the Joint Readiness Training Center in Louisiana," said Gardner. "This gives us the chance to take the platoon into a different kind of terrain."

In addition to the SBCT's training in Korea, it was announced that the first Stryker Brigade will be a part of the Army's rotation plan going to Iraq and will deploy this fall.

Sgt. 1st Class Scott Davis,



Photo by Sgt. Lisa Jendry

Following a successful platoon assault onto the objective at the Rodriguez Range Complex, a Stryker infantry carrier vehicle speeds to an assembly point to pick up its squad before continuing on with the mission.

platoon sergeant for 3rd platoon, said that he is proud of his Stryker soldiers: "They've worked hard and this is the culmination of all their training and what the concept is all about."

Davis also lauded the Stryker vehicles: "They're an awesome vehicle. We can be anywhere in the world by air, if need be, and that's something that you just can't do with a heavy force."

Staff Sgt. Aron Alexander, squad leader, said Korea provides a great opportunity to train in restrictive terrain.

"It's a little more humidity than we're used to, but things look pretty good," he said. "We're just focused on training right now but we're ready for whatever the Army wants to hand to us."

Pvt. Robert Curtis, M-249 squad automatic weapon gunner, became a part of the

Stryker Brigade Combat Team right out of basic training.

"It just feels awesome to be a part of all this new technology," Curtis said. "It's excellent training."

Staff Sgt. Daniel Allemani, a squad leader, referred to the Strykers as a "different part of a different force."

"We're not mechanized, yet. We're not light infantry," he said. "We're more like light infantry with a cool vehicle."

Allemani said he's been in units where you had to march 25 miles before taking out an objective.

"With the Stryker, you get taken to the closest terrain feature at a thousand meters and you move a thousand meters into it, so you've got fresh soldiers that are ready to rock right when they get off the vehicle."

Events and briefs

Farmers market

Main Street Augusta holds a Farmers Market from 8 a.m.-1 p.m. **Saturdays** at the Augusta Common on 8th and Broad streets. The markets will be held Saturdays through Oct. 25. For information, call Mary Killen at 722-8000.

Free concert

The Fort Gordon Freedom Jam military appreciation concert is **Aug. 16** from 3-8:30 p.m. at Barton Field. The concert, featuring CSRA musicians including 420 Outback, Jemani and Shinebox, is free. Call 791-6234 for information.

Tech Show

The annual Fort Gordon Tech Show is 10 a.m.-2 p.m. **Aug. 19** at the Gordon Club. Hosted by the Directorate of Information Management, admission is free. For information, call (888) 282-2262 or go to www.atc-expo.com/shows.

Art tour

The Morris Museum of Art offers *The Black Aesthetic in American Art History: A Walking Tour*, at 2 p.m. **Sunday**. The tour includes the ways black artists inspire — and are inspired by — mainstream American art movements. Admission is free. Call 724-7501 for information.

Parenting workshops

Army Community Services is having Parenting Workshops from 11:30 a.m.-12:30 p.m. **Fridays** at the Community Life Building 33512. Upcoming topics include:

Today – Fun Family Time Activities/Easy Crafts for Toddlers

Friday – Couples Communication

Aug. 22 – Appropriate Discipline for Toddlers and Adolescents

For information call 791-0794/7557.

Air Force Ball

The 31st Intelligence Squadron (U.S. Air Force) will hold the 2003 Air Force Ball **Sept. 26** at the Sacred Heart Cultural Center in Augusta. The theme is the *Centennial of Flight*. Call

791-9662 or 791-3578 for more information or to purchase tickets.

School screenings

School screenings will be held at the Primary Care Clinic from 8 a.m. - 4 p.m. **Saturday**. This is a one-time screening required for all students entering Georgia public schools for the first time.

Parents should bring their ID card, medical records (if not kept at Eisenhower), shot records, eye glasses, hearing aids, medical stamp card and medical power of attorney (if applicable).

To make an appointment or for information, call the Family Practice Clinic at 787-7300. For sports physicals, contact your primary care physician.

ACS classes

Army Community Services offers a workshop titled *Helping You and Your Children Cope with Divorce*, the second **Tuesday** of every month at Community Life Center, Building 33512, from 1-5 p.m.

ACS also offers classes for the blended family each **Thursday** from 2-4 p.m. at Community Life Center, Building 33512.

For information call 791-0794/7557.

Women's Equality Day

The Women's Equality Day command program is 1:30 p.m. **Aug. 28** at Alexander Hall. The guest speaker will be Georgia Representative Sue Burmeister.

For information, call 791-2014.

Art show

The Morris Museum of Art is featuring *A Century of Progress: Twentieth Century Painting in Tennessee* from **Aug. 23 through Nov. 9**. Opening events include a lecture by Celia Walker, chief curator of the Cheekwood Museum of Art, at 6 p.m. **Sept. 4**.

For more information, call 724-7501 or go to www.themorris.org.

Help wanted

The Greater Augusta Arts Council is looking for enthusiastic, energetic volunteers to help at this year's Arts in the Heart of Augusta festival. The festival is **Sept. 19 - 21** at the Augusta Common & Riverwalk in Augusta.

More than 300 volunteers are needed for the festival. Changes this year include a new location and expanded Friday activities.

All volunteers will receive a volunteer T-shirt and free admission to the festival for the entire weekend. To volunteer call Mary Jones, Equal Opportunity Office, at 791-2014 or 791-6082.

Teen council applications sought

The Morris Museum of Art is accepting applications for the 2003-04 Teen Advisory Council. Council members learn more about art and museums, and plan museum events for their peers. Application deadline is **Sept. 1**. For information, call 724-7501; for an application, call 828-3865.

TB testing

As part of an enhanced post-deployment health assessment program, all soldiers and civilians returning from a deployment are required to undergo a tuberculosis screening between three and six months after returning.

Unit commanders or representatives should contact Lt. Col. Kevin Michaels or Maj. David Marana, preventive medicine, to plan or coordinate testing. Call 787-3547 for information.

Fitness course offered

The Health and Wellness Center offers an eight-week fitness and health education program open to Department of Army civilian employees.

The class meets **Aug. 19 - Oct. 10** from 3-4 p.m. Tuesdays and Thursdays for fitness sessions, and 3-4 p.m. Wednesdays for health education classes.

The class is limited to the first 25 people to complete and turn in paperwork. For information, contact the Health and Wellness Center at 787-6756.

Obedience lessons

The Augusta Humane

Society offers a dog obedience and puppy socialization workshop beginning 6:30-7:30 p.m. **Aug. 27** at the Julian Smith Casino on Broad and Milledge streets.

Cost is \$50 for 12 weeks, \$40 for eight weeks. Bring proof of vaccinations to first meeting, but do not bring the dog. Call 736-0186 for information.

Lake activities

Fort Gordon Recreation Area and Strom Thurmond Lake offers lodging, campsites, pavilion, picnic area, boat/RV storage, camping equipment and more.

For more information on the recreation area or reserving part of the area go to www.fortgordon.com or call 541-1057.

Orientation course

The Fort Gordon company and detachment commanders and first sergeants orientation course is 9 a.m.-5 p.m. **Sept. 15** in Darling Hall Room 229-B. Send an e-mail to ison@gordon.army.mil to register for the class, or call Sgt. 1st Class Darron Ison at 791-9536 for details.

Business help

The Service Corps of Retired Executives provides counseling and mentoring to business people starting or expanding a business. SCORE is a non-profit, public service organization affiliated with the Small Business Administration. Call 793-9998 9 a.m.-noon Mondays through Thursdays for information.

EFMP event

The Exceptional Family Member Program meets for bowling at Gordon Lanes Bowling Center the third **Monday** of each month from 5-6:30 p.m. Come out and join the fun including door prizes and free shoe rentals. For information call 791-4872/7557.

PIE meetings set

Parent Information Exchange meetings are the fourth **Thursday** of every month in the ACS conference room from 11:30 a.m.-12:30 p.m. A different agency is highlighted from the community to share information with parents about various medical conditions and educational issues. Call 791-

At the Movies

The Signal Theater is open Thursday-Sunday. Shows begin at 6:30 p.m. The late show on Saturday begins at 9:30 p.m.

Children 12 and over and all adults are \$3. Children 6-11 are \$1.50. Children under 5 are free.

For movie listings and times, call 791-

Aug. 8-14

Today - The Hulk (PG-13)

Saturday - The Hulk (PG-13)

Saturday late show - Charlie's Angels (PG-13)

Sunday - 28 Days Later (R)

Thursday - Legally Blond 2 (PG-13)

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

4872/3579 for information about EFMP.

Surviving military separation

Army Community Service offers a support group for deployed soldiers'. This is an opportunity for spouses to share ideas and strategies on how to cope with stress associated with the service member's absence.

The class is held from 1-

2:30 p.m. the first **Wednesday** of each month in Darling Hall, Room 367. For information call 791-3579/7557.

Mosquito spraying

Pest Control will be fogging **weekdays** for mosquitoes as needed prior to 7:30 a.m. from now through October. The regular scheduled days are Tuesdays and Thursdays. Days may be added as needed for mosquito control. For information, call 791-4206.

Fort Gordon Report

COMING UP

The newest edition of the **Army Newswatch** premieres Monday and includes the following stories:

- Baghdad cleanup
- Reserve MPs at Fort Stewart
- USMA Reception Day

The **Fort Gordon Report** and **Army Newswatch** alternate weeks on Charter Cable Channel 13 on:

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.

The next edition of the *Fort Gordon Report* premieres Aug. 18.

Catch the newest "Fort Gordon Report" on Comcast Cable Channel 66 on: **Mondays, Tuesdays, Saturdays and Sundays** at 9:00 p.m., **Tuesdays, Wednesdays and Fridays** at 8:30 a.m. 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 Support Center.

Viewpoint

Information, Opinions, and Commentary

The importance of education

Spc. Zoe Morris

Signal staff

The roots of education are bitter, but the fruit is sweet.
—Aristotle

I hated school growing up. I dreaded every Monday. I dreaded every day, period. Well, except field trip days.

I graduated high school and joined the Army so I wouldn't have to go to college to sit through more school.

Staff Sgt. Pam Lyons, a Public Affairs Office colleague, and I were arguing just before I wrote this. I said public school was terrible and I didn't learn anything except Morgan Morgan was the first white settler in my home state of West Virginia. He lived in a hollow tree. But how does that relate to life.

Lyons said that it wasn't that the school was terrible and had failed in giving me an education, but my complete lack of interest and motivation that made me hate school.

Then she made the point that I had learned math, grammar, and plenty of other things in school.

Unfortunately those were both good points and I didn't completely win my argument.

But, as Aristotle said, while the education may be bitter, the results are wonderful.

Without the education I received in school, I wouldn't have all the advantages I have today. I wouldn't be a journalist, and I wouldn't be going to college now, working on my degree.

Education is important for many reasons, no matter how you get it. Without education, a person may be doomed to repeat past mistakes and not move forward in life. Lack of education can prevent people from getting a good job, and even prevent them from doing what they want to do in life.

The work can be hard and boring. Some teachers gave me trouble, and I'm sure, others had trouble teachers, too. The school days were too long near the end of school and sometimes I had so much homework I couldn't do anything else that day. But without all that work, without getting past all those "mean" teachers, I wouldn't have graduated. I wouldn't have a high school education.

There are many different ways to get an education. For people who don't want to or can't complete high school, a General Educational Development (GED) is available. There are also programs like Youth Challenge Academy, here on post, which allows youth to get an education when they might not have.

There are trade school classes in auto mechanics, masonry and other skills. These are for students who want to get an education in a skill they can use right away.

Even the military is an education in how to be a soldier — a career that is perfect for some people.

Whatever kind of education a person gets is vital to help them achieve their goals.

I, oddly enough, am working on a degree in education. I want to go back to class and get an education about the best way to help others get educated.

Because education is sweet.

The Army Community Service Family Advocacy Program and School Liaison Services presents *Preparing for School Success, a Workshop for Parents*

9 a.m. – 3 p.m. Sept. 23

Freedom Park Elementary

Lunch will be provided

Reservations required –

call 791-0794 or 791-7270

Excessive PT may have negative side

Maj. Steven Bullock

U.S. Army Medical Command

Overcoming rigorous physical challenges helps develop the essential qualities of character and mental toughness in our soldiers.

However, blind pursuit of these goals may jeopardize other important combat readiness requirements, such as physical performance and health.

According to data from the Defense Medical Surveillance System (<http://amsa.army.mil>) musculoskeletal injury was the single leading cause of hospitalizations and outpatient visits during 2001, resulting in more than 900,000 clinic visits (representing more than one third of all visits).

Many of these visits were for serious injuries—29,000 visits for upper extremity fractures, 28,000 for lower extremity fractures, and another 29,000 for ruptured knee ligaments and torn cartilage. These and other injuries result in more than 400,000 medical profiles annually that reduce force readiness.

Some say that the Army's mission naturally produces injuries and assume that we must accept high injury rates as "the cost of doing business." It is unlikely that we will eradicate all musculoskeletal injuries,

but much can be done to prevent them, especially PT-related injuries such as stress fractures, overuse knee pain, and tendonitis.

Overtraining of soldiers who are at the highest risk (those of average and below average fitness) is the primary cause of high injury rates. Units with high injury rates and declining Army Physical Fitness Test scores are exhibiting two key signs of overtraining.

Paradoxically, for trainees who are overtrained, running fewer miles will not only reduce their injury risk and lead to reduced attrition risk, but also will increase their physical performance.

In a study published in 1994, Army researchers showed that a battalion of infantry basic trainees who ran 56 miles during a 12-week training period had 24 percent fewer injuries and improved their two-mile run time, compared to a battalion that ran 130 miles during the same period. Since then, more studies have reinforced this finding.

So why does the Army continue to run long distances when it could realize better gains in aerobic physical fitness with fewer injuries by running less?

The answer seems to be a mis-

placed trust in the "more is better" approach to training. Army PT has evolved into something far different from the battle-focused intent of FM 21-20 Physical Fitness Training. Today the most common training error is overtraining resulting from excessive distance running.

Top military fitness professionals and researchers (as well as civilian strength and conditioning experts) advocate fitness programs based on gradual progression of volume and intensity, precise movement skills, varied musculoskeletal stresses, and adequate recovery time.

Running should still be an important part of some Army PT sessions but should be done in lower volume—balancing longer runs with shorter, faster interval training and more adequate recovery between runs. Units would do well to replace much of their long-slow distance runs with weekly interval training sessions and ability group running.

Biochemical stress is reduced and training effect is enhanced when sustained short-fast type running (traditional AGRs), fartleks, and last-man-up are performed in ability groups.

Constantly pushing soldiers to run farther in training is counter-pro-

ductive. Such excessive running negatively impacts combat readiness by increasing injuries, without any appreciable gain in physical fitness or performance.

Unit competition for the highest average APFT scores should be discouraged because it promotes achievement of high scores without regard to the health of the unit.

Since physical readiness is a function of both injury and performance, units should instead be encouraged to compete for the highest pass rate with the fewest number of injuries, and leaders rated as such on Non-commissioned Officer Evaluation Reports and Officer Evaluation Reports.

By following the principles of smarter physical training, individuals and units can achieve greater physical fitness faster while losing fewer soldiers to attrition, thereby improving readiness and reducing the burden of injury to the healthcare system.

Distance running must be de-emphasized and valuable PT time maximized to achieve an optimal balance of strength, speed, coordination, agility, power, and stamina in the Army's greatest asset—the soldier.

Feedback

Spc. Leslie Pearson

How did you spend your summer vacation?



"I like to swim so we went to the beach. I can swim all the way down and touch the bottom."

Aidan McIntyre, 6



"I went swimming with my friends in the backyard. I'm looking forward to going back to school because I like learning stuff, especially maps and the capitals of states."

Megan Burks, 9



"I went swimming a lot and played with my little dog."

Sarah Gorman, 8



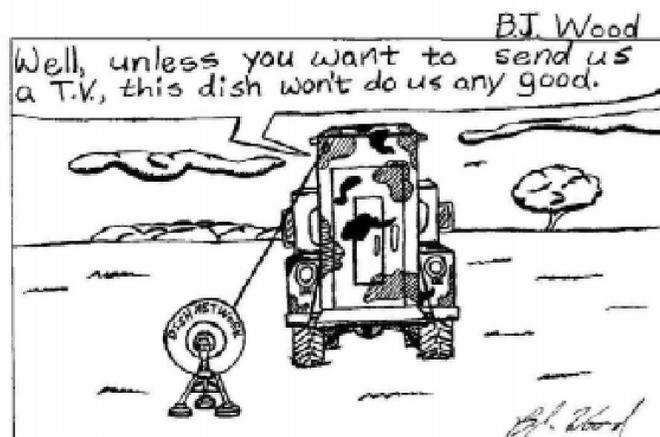
"We went to Disney World and went to visit my grandma and papa Max in Omaha."

Tamara Riggs, 9



"I played outside with my friends. I've also been doing a lot of drawing of things like castles and dragons."

William Forsman, 7



The Signal

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Wait ends for one spouse

The day started fairly typically. I was having a discussion with a girlfriend of how clean a child's room should be, and between numerous phones from her friends and our family relations, we were not getting far.

As the discussion progressed to how neat dresser drawers should be kept, I started helping my child



organize by dumping out the contents of her dresser, and then starting to put it back together again.

Suddenly the phone rang again and I couldn't find the cordless phone I had been carrying, so my daughter ran and caught the call in the kitchen.

I was still searching under all the clothes we had dumped when I found the phone and clicked it on — it

was his voice.

I was surprised and shocked. I walked out to the kitchen as he was saying, "Write this down." All he told me was a date, a time, and a flight. I said wait let me put it on my calendar, and then I realized it was soon. It dawned on me. He was coming home.

The line cut off then, and then it took a split second to sink in, he was coming home.

I was stunned, it was not what I had expected, or even thought would happen. I had to pinch myself to convince myself it was real. The kids came running into the kitchen, and asked why I looked so funny and what was wrong. I told them that I thought their dad was coming home and that it would be sooner than we thought. They both jumped for joy and started all around the room, when suddenly my daughter realized her room was trashed.

I told her to calm down we would have plenty of time to get ready. But the excitement was rising, and it was sinking in, he was coming home.

Later in the day we got official notification from the unit, which I am not sure I would have believed if I hadn't heard it from my husband first. The unit gave us more information, like

where to meet him and what time to be there. We started into a real pre-redeployment moment.

We cleaned the house and planned his meals for the first few days. We bought the food we thought he would have missed the most. We kept occupied with busy work until the big day.

Because we had been so busy getting ready for him to return, everyone slept the night before he came home, except me. I kept ticking off the flight in my mind, which country was he over, had he stopped somewhere, my imagination was having a field day.

In the morning we went to the unit to wait. The time of return changed first by minutes, then a bit more. It was a bit frustrating, prolonging our reunion. Everyone there was giddy with excitement. Someone said "Let's go outside," and a few minutes later the bus came around a corner.

We start to cry tears of joy. As the bus rumbled down the street, my kids and I were clinging to each other. It was so exciting. The build-up of being separated for so long was coming to an end.

It was all being condensed into these few moments as we waited. It was heavy.

The bus stopped, our hearts paused too. We were looking in all the windows, searching for his form. People started getting off, we

waited, then we saw him, and it was like time stood still.

It was him. He was home. And the tears blurred everything else. As we hugged, my son said we were a family again at last, and my daughter and I crying tears of joy, were hardly able to talk.

It felt so good to have that hug, to be together. It was over. He had to do some paperwork at the unit and then was released. We went to the car; I nervously tucked my littlest into his car seat and drove us home.

Though that was probably not the safest thing to do, since I was crying tears of joy, we made it. I was glad the Georgia Highway Patrol was not around.

We got home. It is real. He is home.

This is my final column. To my friends and fellow waiting spouses, I am truly sorry if your spouse has not yet returned. I feel it would be wrong to keep writing this column as if mine were still gone. I will keep you in my prayers and thoughts, and hope one day soon your loved one returns, safe and unharmed. You will always have my admiration for handling the wait so well.

It was over and now...I am done waiting.

("While I am waiting..." is a series of comments and events from the spouse of a deployed soldier who wishes to remain anonymous.)

Being a blessing

Chaplain (Capt.) Michael T. Zell

551st Signal Battalion

spouse when you are at odds?

Fortunately the scriptures provide a little help and encouragement. 1 Peter 3:8-9 states, "Finally, all of you should be of one mind, full of sympathy toward each other, loving one another with tender hearts and humble minds. Don't repay evil for evil. Don't retaliate when people say unkind things about you. Instead, pay them back with a blessing. That is what God wants you to do, and he will bless you for it."

You see, when we take the time to turn away from criticism and hurt and in turn pronounce a blessing on the person and situation, God will pour out a blessing on us. We are literally inviting the power of God to help them and us. It's a win-win situation.

We are all witnesses to the struggles of life. We see the failings of our friends, and we can't deny our own faults. God is at work within each one of us. Take some time and look for the work of God in the lives of those around you.

When we speak the purpose of God, our words have power, purpose and meaning and can bring peace to a difficult situation. Next time you feel tempted to be critical of someone, seek the purpose of God, and you will be a blessing.

Proverbs 15:3-4 says: The Lord is watching everywhere, keeping his eye on both the evil and the good. Gentle words bring life and health; a deceitful tongue crushes the spirit.

The other day I came across a couple who spoke of their marital concerns. I listened to their story about hardships and difficulties of life in the Army, being newly married and adjusting to the rapid changes that life had brought them.

As I focused on what they were saying, the thought occurred to me, "These folks need to be blessed and not just any blessing will do."

Often we end a conversation with the phrase, "Have a blessed day," or "God bless and take care." Do these words have any power? What does it take to be blessed? Do I qualify? Fortunately the principles of blessing are very simple and open to everyone.

To bless is to agree with the purpose of God in someone's life. Literally you are asking for the will of God for that person to take shape.

Here's the hard part. You have to have a keen eye to see what God is doing in the lives of those around you. Anyone who has played the board game Clue knows that the villain was the butler in the kitchen with a candlestick.

We are great at finding deception and dishonesty, but we need to be seekers of truth and grace. For example, what is the purpose of God in the middle of a hard day when nothing seems to be going well? How do you bless someone when they continue to struggle to accomplish the mission? How do you bless your family, friend or

Chairman's wife gets firsthand look at Afghan hospital, orphanage

Sgt. Stephanie Hall

Special to American Forces Press Service

BAGRAM AIR BASE, Afghanistan — While her husband addressed military affairs, Mary Jo Myers toured Afghanistan July 30 to get a feel for the shape the country and its people are in.

Myers, wife of Joint Chiefs chairman Air Force Gen. Richard Myers, visited Afghanistan along with her husband, who met with Combined Joint Task Force 180 leaders and other officials as part a six-day trip to the Middle East and Central Asia. She toured the U.S. hospital at Bagram; Gardez, an outpost in northern Afghanistan; and Kabul, where she visited a women's hospital and an orphanage.

It was the daily life at the hospital and orphanage in Kabul that drew a picture of Afghanistan's need for rebuilding.

Rabia Balkhi, of the women's hospital, impressed on Myers the need for humanity, she said. At the hospital compound's entrance, dozens of Afghan women and young girls awaited entrance for medical treatment. In the hospital, a handful of doctors and nurses struggled to keep up with the demands of injuries, sicknesses and pregnancies.

"There are about 120 babies born at the hospital every day, and about 120 beds allotted for the entire maternity ward," said Habiba Sarabi, Afghanistan's minister of women's affairs, through an interpreter. That means that the babies have to be moved out the day they are born in order to make room for incoming pregnancies.

The quiet corridors of the hospital disguised the fact that each room was filled

beyond any hope of patient privacy.

The hospital itself "is what one would expect of a third-world country," said Myers. "It's just that we get a totally different mind set from anything we've seen before, so you have to be very touched and impressed by the staff there that seem very capable, and well educated, and trying to the best they can with all so little."

At the hospital, Myers presented a donation of basic medical supplies from MediSend. The organization recycles medical supplies from wealthy countries to supply countries like Afghanistan, said Myers.

After the hospital, Myers toured the Alla Uddin Orphanage. Children from ages 4 to 14 lined up to greet Myers when she arrived. As she walked up to the entrance of the hospital, two young Afghan girls showered her with sunflower petals. Myers then toured the orphanage that serves as a school as well. She walked the hallways of the dorm and in one bunk in a bed-filled room, a young Afghan boy pleaded in Dari, one of the two official languages of Afghanistan. "Please help us, please help us, please help us," he said.

Through a translator, Myers responded, "You have a lot of people here who care for you and a lot of people in the U.S. who want to help, so don't you worry."

Myers said the Afghanistan trip will remain with her, and she hopes to keep some sort of journal of her visit. "I want to retain some of these memories that are so poignant, so touching, and to be able to share them with friends and family," she said. "I'm also asked to speak from time to time, and so they may become a part of a speech I'm making to a women's con-

ference."

For Myers, "these stories are just too incredible — too wonderful not to share." (Hall is assigned to the 4th Public Affairs Detachment in Afghanistan.)



Photo by Sgt. Stephanie Hall

An Afghan girl presents flowers to Mary Jo Myers, spouse of Joint Chiefs chairman Air Force Gen. Richard Myers, during her tour of a women's hospital and orphanage in Kabul, Afghanistan, July 30.

Drill sergeant spotlight

Name: Sgt. 1st Class Doug Foster

Unit: Company B, 551st Signal Battalion

Hometown: Houston, Texas

Time at Fort Gordon: Five years

What do you enjoy about being a DS? Knowing that I am providing the best training available to tomorrow's leaders..

What do you want to accomplish in the Army? I want to graduate from college and achieve the rank of command sergeant major.



Sgt. 1st Class Foster

Sports & Leisure

Sports UPDATE

Lacrosse meeting

The Aiken-Augusta Lacrosse Club practices **Aug. 24 and Sept. 7** in both Aiken and Augusta. The club is open to players of all abilities.

Call 733-4271 or 854-1908 for information.

Free concert

The Fort Gordon Freedom Jam military appreciation concert is **Aug. 16** from 3-8:30 p.m. at Barton Field. The concert, featuring CSRA musicians including 420 Outback, Jemani and Shinebox, is free. Call 791-6234 for information.

Ladies golf schedule

Thursdays are ladies golf days at Gordon Lakes Golf Course. Tee time is 8 a.m. For information, call Pauline Blandeburgo at 863-3747.

Riding lessons

Horse riding lessons are available at Hilltop Riding Stables for ages six and older. Group lessons for three or more people are \$15 per person, per lesson on **Thursdays**.

Private lessons are \$25 per person, per lesson, and semi-private lessons for two people are \$20 per person, per lesson on Monday, Tuesday, Thursday and Friday. Call 791-4864 for details.

Ski club meets

The Augusta Ski and Outing Club, for people who enjoy camping, cycling, and other outdoor recreation, meets the first **Tuesday** of each month. Call 651-1556 for details.

Referees wanted

The Augusta Ice Hockey Association is accepting applications for ice hockey officials. Applicants must have a working knowledge of ice hockey rules and be able to skate; the association will train and certify.

For information call 556-3091 or 863-0061.

Hockey players sought

The Augusta Hockey Association is looking for ice hockey players for the upcoming fall season starting in **September**. Open hockey for all ages available now. Call 556-9957 for information.

Dinner Theatre

The Fort Gordon Dinner Theatre presents Neil Simon's all-time classic comedy *The Odd Couple*.

Show times are **Sept., 12, 13, 19, 20, 25, 26 and 27**. Dinner begins at 7 p.m. and the show at 8 p.m. Tickets range from \$12-\$30. For information, call 793-8552.

Hunter's education

There is a hunter's education course from 6-10 p.m. **Wednesday and Thursday** at the Eisenhower Army Medical Center first floor auditorium. Hunters wishing to hunt on Fort Gordon must complete both nights. The course is free of charge and open to the public. Preregistration is recommended at www.georgiawildlife.com.

For information call the game warden's office at 791-5033.

Anti takes rifle champion trophy

Army News Service

CAMP PERRY, Ohio – The festive atmosphere of tents, vendors and even a roving ice cream truck hid the intense competitive environment the U.S. Army Marksmanship Unit faced at the National Rifle and Pistol Matches on the Ohio shores of Lake Erie July 26-27.

The U.S. Army Marksmanship Unit, out of Fort Benning, Ga., took nine total championship positions from fourth to first place throughout the Smallbore Rifle Competition, Three-Position phase of the National Matches this weekend, but the blustery weather proved a challenge for Army participants and support as well.

Maj. Michael Anti, the U.S. Army's senior military participant, and his team faced strong side winds, a change in range location and stiff competition, but he singularly rode victorious to the top to become national champion, with a personal overall score of 2,297 points with 100 Xs by late in the competition. Anti still holds the National Championship record set in 1994 with a score of 2,303-91.

Anti secured the "Any Sight National Champion" and the "Service Champion" for the event as well.

Twenty-five-year USAMU team veteran and coach Richard Hawkins expressed confidence in AMU's pending victories early on but found some frustration by late in the competition with consistently strong winds blowing perpendicular across the firing line all day.

"It got windy, real windy, and it came right in on our shooters' positions in an open area," said Hawkins, "plus we were relocated."

Hawkins' observations were well founded; the AMU team was moved earlier in the day to the west side of the range where unsheltered shooters faced 85 degrees and a stiff-flying field flag most of the day.

In smallbore Three-Position, athletes fired .22-caliber smallbore rifles, firing 20 shots each from the prone, standing and kneeling positions at targets 50 meters downrange. Maximum score is 600 and the 10.4-millimeter 10-ring, worth 10 points, is smaller than a dime. Three position team matches are fired using metallic sights and any sights. The course of fire in smallbore varies with 20 to 40 rounds in varying time frames and shot records depending upon the category.

As the wind blew across the range the 88th Regional Reserve Command's Support Group's Signal and Range teams scrambled to replace commo-wire sandbags being commandeered by shooters looking for something to tie down equipment. The Sunday blow was in contrast to a bluebird-sky shooting venue on Friday and Saturday.

"If the weather's not changing, it's not Camp Perry," said 88th RSG's 1st

Sgt. Alvin Evans. "We have a challenge on our hands when the weather's changing quickly."

AMU's Hawkins' athlete-soldiers knew what they were up against, and fought hard for the winner's circle on the range. Right on lead target in three categories but not nosing past second place was Spc. Karyn Manges.

Manges expressed enjoyment in placing but said with closed fists and a bright smile, "I was so close!"

Manges shot competitively, winning four slots as second-place woman in Metallic Sights, with a score of 1,138-47 in addition to a second-place overall woman, score of 2,278-95; third place woman in "Any Sights" at 1,140-48; and a third-place overall Service score of 2,278-95.

Another enlisted AMU team member, Spc. Trevor Gathman, fought the good fight with high scores in two second-place positions. Gathman scored 2,292-93 in the Service category, and as an Individual with Any Sight score of 1,147-43.

The civilian champion was Jamie Beyerle, who took the event by a storm with numerous single scores topping the scorecard. Beyerle currently stands second in the amateur world championships and walked away with the Winchester trophy and the gold. Beyerle also received honors for the Metallic Sight National Champion as well.

Anti, the national champion, received the Frank Parsons Memorial trophy plaque, a gold-plated national champion Medalion and a donated Knight Muzzelloading rifle, which he held over his head in a triumphant

pose, standing on the winner's podium at the awards ceremony.

"We had an additional layer of challenge with many of our good shooters taking off for the Pan-American games," said Anti. Anti is attached to the USAMU and is part of the Army's World Class Athlete Program. Anti explained that the AMU team sent a portion of their smallbore competitors to participate in the Pan-American games beginning the first week of August.

Late Sunday afternoon after the team competitions as range personnel mopped up, the weary AMU team sauntered around in hot leather and rubber shooting coats and pants. They disciplined themselves to be positive for a team portrait, even though they knew this year they didn't take the team trophy.

Topping the score were the Pennsylvania Rifle and Pistol Club in third, the U.S. Army team in second, and the Optimist-Acorn Junior Rifle Club in the first place Any Sight Champion spot.

"We knew what we were up against, and did our Army best," said Hawkins.

Other team members nodded in agreement. The team moves on to the Prone competitions at Camp Perry through Friday. The final awards ceremony for Prone competitions takes place Friday evening.

Camp Perry is a training site for the Ohio National Guard and is located five miles west of Port Clinton on the southern shores of Lake Erie. More than 4,000 competitors will stream in from all parts of the globe throughout July and August to participate in the four-week event. The matches cover a wide range of

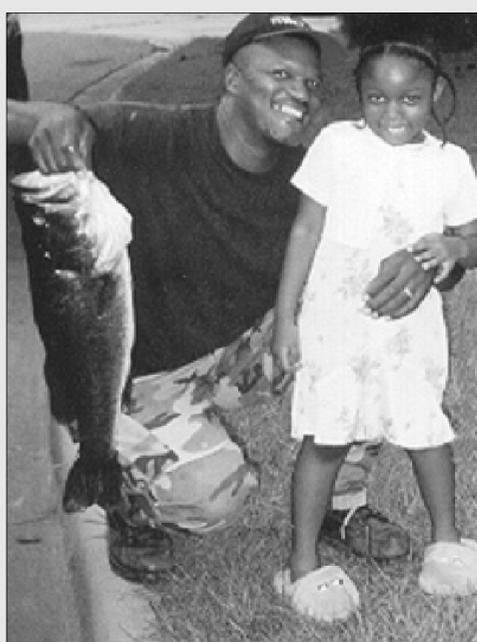
both rifle and pistol competitions, with professional class athletes from both civilian and armed services sectors.

In addition to the 88th RSG, the Ohio Army National Guard supports the National Matches, and competitions on the range are regulated and sanctioned by the Civilian Marksmanship Program and the National Rifle Association.

The CMP is housed at Camp Perry, and along with the NRA the two organizations sanction and organize all the events that take place at the National Matches. The CMP is a nonprofit educational organization, and provides an outlet for training and competition for all qualified U.S. citizens. The CMP emphasizes nationwide programs in firearms safety and training of youth and junior league shooters.

The U.S. Congress authorized the National Rifle and Pistol Matches in 1903 within a war appropriations bill set forth by President Theodore Roosevelt's administration and the governing Congress. This year marks the centennial of the matches, which have become an American tradition for all skill levels of both service and civilian amateur competitors.

The 88th Army Reserve Readiness Command has supported the government-mandated National Matches since 1998. Reserve soldiers from 11 states come for two-to six-week annual training tours to assist with range control, supply, transportation, medical and public affairs sections.



Courtesy photo

A big fish story

Jimmie Brown and his daughter Janaya of McNair Terrace show off a largemouth bass they caught July 13 while fishing on post. The fish was caught in Rachel Lakes and weighed 8 1/4 pounds.

Battalion-level softball season begins



Photos by Spc. Zoe Morris

Battalion level softball began Tuesday. Headquarters and Headquarters Company, U.S. Army Garrison, defeated 206th Military Intelligence Battalion 15-5 in the opening game of the post's battalion level softball season Tuesday.



Courtesy photo

Charlie Company repeats as post softball champs

Company C, 369th Signal Battalion won the post company-level softball championship for the second year in a row Monday night by defeating the military police team 3-2. The Advanced Individual Training company has a different team than last year, but the same determination to win.

Team members are (left - right) first row: Jerome Jones, James Quick, Raymond Heard, Michael Larson, and Jeffrey Tinsley; second row: Jeffrey Young, Charles Walton, Albert Fink, Thomas Horten, Phillip Brennen, and Bennie Pokrmire; third row: Ronald Bartley and Marlon McBride. Not pictured: George Reilly and Jason Moulton.

Spectrum

Getting ready for

school

Graphic by Spc. Zoe Morris

