

THE OFFICIAL MAGAZINE OF THE U.S. ARMY RESERVE

# WARRIOR CITIZEN

FALL 2010

## BEST WARRIOR

### SPECIAL ISSUE

After a long and grueling journey that tested mind, strength and endurance, only two were left standing.

# Calling All Photographers!

**YOUR PHOTO** could appear in  
**WARRIOR-CITIZEN** Magazine!

Photo By Sgt. 1st Class David Zerbe, 412th Engineer Command PAO



**DEADLINE: JANUARY 13, 2011**

- Only one photo submission per Soldier or Army Reserve Civilian
- Photo resolution must be three megapixels or greater in size
- Photographer's full contact information is required: name, rank, unit, telephone number and e-mail address
- Detailed caption of the photo: full names, ranks and units of Soldiers in the photo
- Vertical images ONLY with strong action

Send your images to Warrior-Citizen Magazine, Subject Line:  
Photo Call for Entries, [warrrior-citizen@usar.army.mil](mailto:warrrior-citizen@usar.army.mil)

EPY 6928

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See **SPECIAL FOCUS: Inside the National Training Center.**

FALL 2010 ★ VOL.55 NO.04

**PAGE 32**



Photo By Staff Sgt. Mark Burrell, 326th Mobile Public Affairs Detachment

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## » EDITOR'S NOTE

I would like to first thank Paul Adams for allowing me to share his column. As Editor-in-Chief of Warrior-Citizen, he plays a big part in bringing the Army Reserve's flagship magazine to where it is today. I hope to expand on this success and help pave the way ahead.

You will continue to see compelling stories from Soldiers and units proudly serving across our great nation and around the world during a time of war. In this issue, a special section is dedicated to the Army Reserve Best Warrior Competition at Fort McCoy, pages 13-23. Congratulations to Best Warriors Sgt. David Rider and Spc. Josh McDowell. We wish them luck in the Department of the Army's Best Warrior Competition held at Fort Lee, Va., Oct. 18-22.

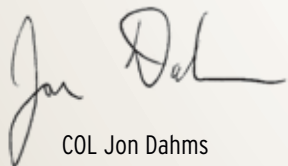
Staff Sgt. Marla Keown takes a look at the Innovative Readiness Training program on page 8. And be sure to check out this issue's special focus: Inside the National Training Center, highlighting training of the operational Army Reserve.

We will continue to share with you our leader's mission, vision and key messages. And moving forward, I intend to also highlight key programs that are being implemented to support and strengthen the Army Reserve team—Soldiers, civilians and Family members. Synchronizing what the Army Reserve is saying (messaging) and what the Army Reserve is doing (strategy) is commonly referred to as strategic communication.

In the From the Top section on page 4, our new Deputy Chief, Army Reserve (IMA), Maj. Gen. Keith L. Thurgood, outlines Army Reserve strategy and key imperatives designated by Lt. Gen. Jack C. Stultz. These imperatives help us focus, not only on our efforts to implement campaign strategies (i.e. shaping the force, operationalizing the Army Reserve, re-stationing to comply with BRAC law, etc.) but also on our efforts to communicate those strategies and progress toward stated goals to our key audiences.

But you'll also begin to see how these stories fit into a bigger picture called Army Reserve strategy, and you will begin to understand what the Army Reserve is doing to take care of Soldiers and Family members, to transition to an Operational Reserve and implement ARFORGEN, and to shape and rebalance the force.

I look forward to sharing the story of our great Army Reserve Soldiers and their dedicated service to a nation at war. I hope you enjoy this issue and I look forward to your continued feedback.



COL Jon Dahms  
Chief, Public Affairs Division

### ARMY RESERVE COMMAND TEAM

**Lt. Gen. Jack C. Stultz**  
Chief, Army Reserve

**Chief Warrant Officer 5 James E. Thompson**  
Command Chief Warrant Officer of the Army Reserve

**Command Sgt. Maj. Michael D. Schultz**  
Command Sergeant Major of the Army Reserve

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Public Affairs Specialist

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Public Affairs Specialist

### ON THE COVER

Sgt. David W. Rider, a healthcare specialist assigned to Company B, 256th Combat Support Hospital in Twinsburg, Ohio, tries to hang on to an arm bar as Sgt. 1st Class Martin Rodriguez, a military policeman with 1st Battalion, 104th Regiment in Aurora, Colo., lifts Rider off the ground in an attempt to get him to release it. Photo by Sgt. 1st Class Ron Burke, Army Reserve Public Affairs.

### ON THE BACK COVER

What would you do with \$2,000? Learn how you can make \$2,000 for each future Soldier you assist through enlistment into the Army Reserve.

# Dental Ready = Mission Ready

Maintain your readiness by getting a **FREE** annual exam. See your Unit Administrator today, or call **1-800-666-2833** for an appointment.



## How is dental readiness determined and why is it important?

The dental readiness classification is the primary measure of a Soldier's dental readiness.\* The commander can use the dental readiness classification of unit personnel as an index of dental preparedness and to identify individuals who will require treatment during mobilization. The Army Selected Reserve Dental Readiness System (ASDRS) provides dental treatment for Class 3 AR Soldiers, and annual exams for ALL AR Soldiers outside of mobilization.

## How do I get my FREE dental care?

Pick up your phone and call your Unit Administrator (UA), or call **1-800-666-2833, Option #3**, to get the ball rolling. Go to the U.S. Army Reserve Command Surgeon web page at [www.us.army.mil/suite/page/51950](http://www.us.army.mil/suite/page/51950), for more information.

**Deployable** 

**Deployable** 

### **CLASS 1** **FREE EXAM**

if 10 months since last

Worldwide Deployment with no further treatment required.

### **CLASS 2** **FREE EXAM**

if 10 months since last

Worldwide Deployment with need for non-urgent routine treatment.

### **CLASS 3** **FREE DENTAL TREATMENT**

Nondeployable without treatment for urgent conditions that likely will cause a dental emergency within 12 months.

### **CLASS 4** **FREE DENTAL EXAM**

Nondeployable with no examination documented within the past 12 months.

\*A Synopsis of Reference: DoD Health Affairs: Policy O2-011 on the Standardization of Oral Health and Readiness Classifications, 4 June 2004

**SUBMISSIONS** • Warrior-Citizen invites articles, story ideas, photographs and other material of interest to members of the U.S. Army Reserve. Manuscripts and other correspondence for the editor should be addressed to Commander, U.S. Army Reserve Command, Attn: Public Affairs (Warrior-Citizen), 1401 Deshler Street, SW, Fort McPherson, GA 30330-2000, telephone 404-464-8500 or DSN 367-8500. All e-mail submissions should go to [warrior-citizen@usar.army.mil](mailto:warrior-citizen@usar.army.mil). All articles must be submitted electronically or on disk or CD. Unsolicited manuscripts and photographs will not be returned. Query by letter.

**CHANGE OF ADDRESS** • Do not write the magazine. TPU Soldiers should notify their Unit Administrator or Unit Clerk. Members of the IRR and IMA should contact their Personnel Management Team at HRC-STL, 1 Reserve Way, St. Louis, MO 63132-5200. AGRs should contact their PMO/PMNCO. Paid subscribers should forward their address change to the Superintendent of Documents, Attn: Mail List Branch SSOM, U.S. Government Printing Office, Washington, DC 20402. Special military distribution recipients may write the editor directly.

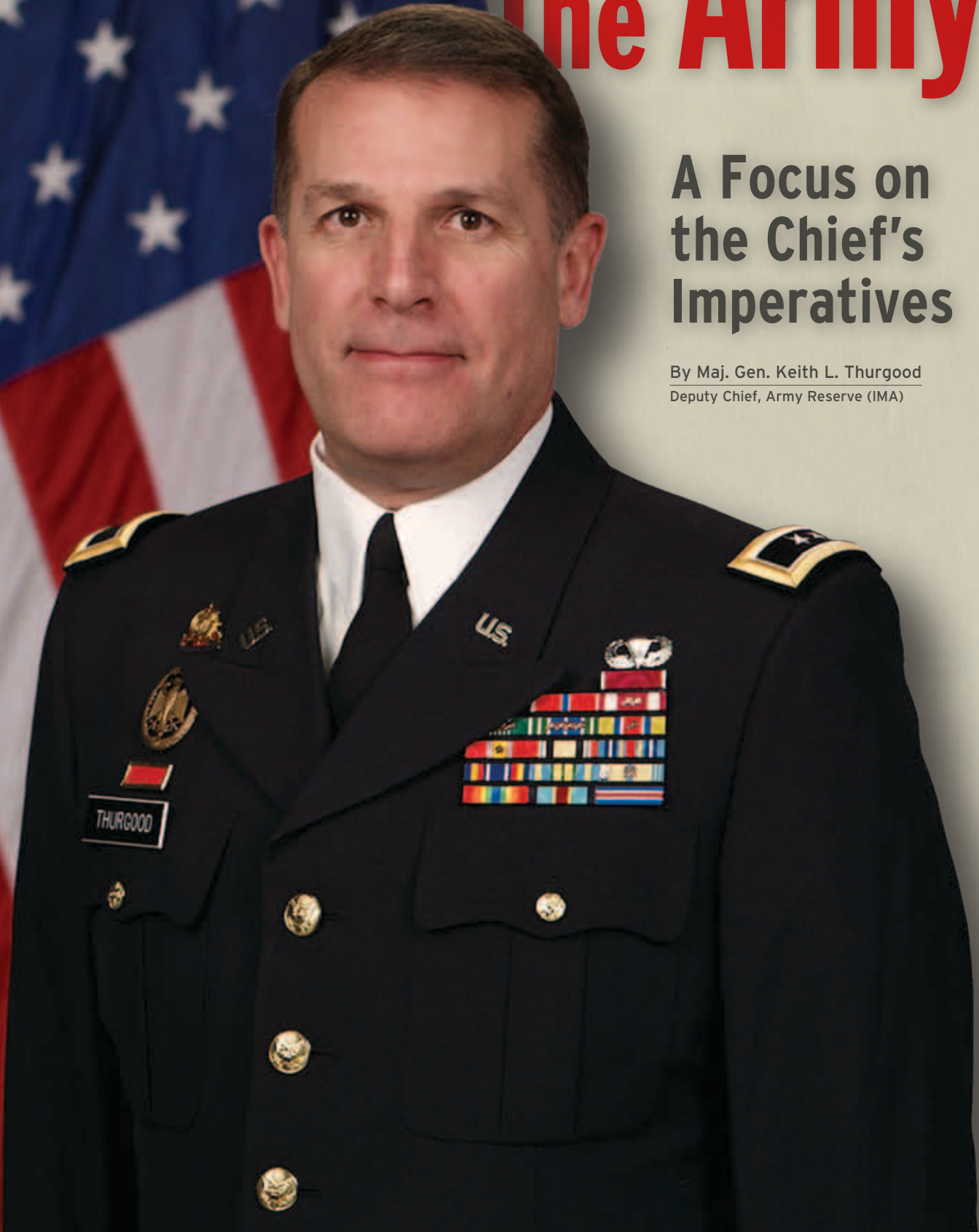
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» FROM THE TOP

# The Army

## A Focus on the Chief's Imperatives

By Maj. Gen. Keith L. Thurgood  
Deputy Chief, Army Reserve (IMA)



DA Photo

# Reserve Strategy

It is truly an honor and pleasure to be part of the great Army Reserve Family. I look forward to helping you all take care of our Soldiers, civilians and Family members and share the story of their dedicated service with the world. After nearly ten years at war, with the accompanying stress and strain it puts upon our force, it continues to amaze me how resilient and capable our operational force is in providing ready Soldiers and units in support of Army operations worldwide. For this I salute the whole Army Reserve team!

Among the many duties I have been assigned as the new Deputy Chief, Army Reserve, Lt. Gen. Stultz has directed me to oversee Army Reserve's Strategic Communication (StratComm) efforts and analyze how we can better reach our key audiences with the right information at the right time. To be effective with StratComm efforts, we must first have an effective strategy. The core of Army Reserve strategy is the Army Reserve Campaign Plan. It defines the long term actions that will sustain the Army Reserve for the long haul and nests within the Army Campaign Plan, DoD and National Military strategy.

One of the key goals I intend to achieve during my tenure is to integrate communication planning into the overall planning process. A collaborative and coordinated planning process that includes how we plan to communicate our strategy will help synchronize what we say about issues with what the Army Reserve is *doing* to meet the Chief's objectives.

Strategies and programs are being implemented across the Army Reserve from national, to regional, to local level. It is important at every level to communicate how we are measuring our success and progress. We communicate through command channels, through

Operations Orders and Fragmentary Orders; through policies and regulations; through Congressional engagements and media outreach. All of these efforts need to be synchronized and coordinated.

The Army Reserve is implementing the Army Reserve Campaign Plan, which defines cross-functional efforts to keep our organization "Army Strong" well into the future. This campaign enables Lt. Gen. Stultz and future chiefs to create a long term vision for the Army Reserve. This vision is developed through our key "lines of effort" by providing trained and ready Soldiers/units, transforming to an operational Reserve, taking care of Soldiers and Families, leveraging Soldier and civilian skills while developing the next generation of Army Reserve leaders.

To further focus our efforts, Lt. Gen. Stultz has identified five imperatives from the campaign plan that are essential to the success of the Army Reserve in the coming years:

**SHAPING THE FORCE** — The Army Reserve has undertaken efforts to better shape the force by restructuring (force structure), rebalancing (i.e. moving personnel from overstrength to under strength MOSs), and targeted recruiting efforts. This will ensure we have the right people, with the right skills, in the right units at the right place and time (think ARFORGEN).

**CONTINUE TRANSITION TO OPERATIONAL RESERVE** — The Army Reserve will continue to actively pursue full funding and changing outdated laws and policies that hinder our efforts to transition to an Operational Army Reserve. The Army Reserve must be prepared to respond to the full spectrum of military operations now and well into the future as part of the Army Force Generation Cycle.

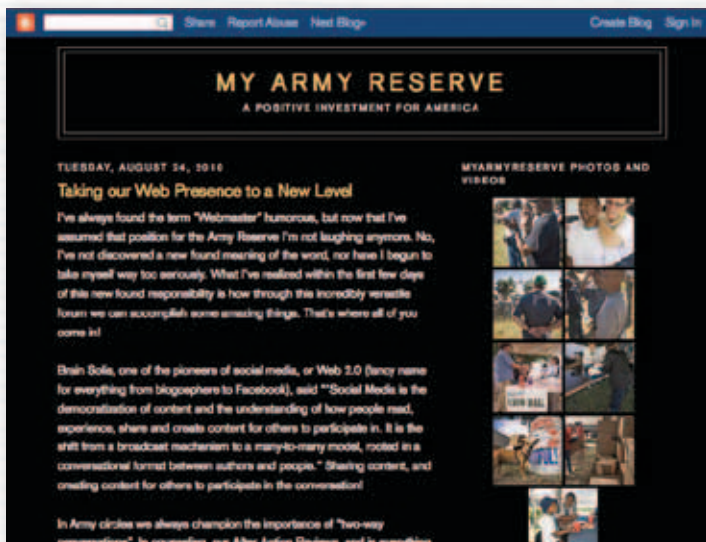
**BASE REALIGNMENT AND CLOSURE (STATIONING)** — The Army Reserve is continuing to comply with BRAC law and using it to better position our forces to support current full spectrum operations. Moving our units to facilities with better training areas and quality of life will improve overall readiness and morale of the Army Reserve.

**ENTERPRISE APPROACH** — The Army Reserve is continuing to implement an "enterprise approach" to how it conducts its daily business. The Army Reserve Executive Board was established to synchronize and integrate input from the Core Enterprises to ensure the planning, organizing, directing, and controlling implementation of strategy so that the Army Reserve's objectives can be achieved effectively and efficiently.


**SUSTAINING THE FORCE** — The Army Reserve is continuing to implement Family programs, comprehensive Soldier fitness, suicide prevention, and employer partnership programs that will help ensure the best quality of life for our Soldiers, civilians and Family members, enabling the Army Reserve to fulfill all its operational requirements.

In the coming issues of the Warrior Citizen magazine, on the Army Reserve website and in our social media platforms (Facebook, Twitter), you will see more stories, themes and messages that will connect us all to what the Army Reserve is *doing* to implement its strategy and vision. You will see the same in our operational and administrative communications. The intent is to put a framework around how we tell the Army Reserve story to better connect it to what the Army Reserve is *doing* to help sustain our all-volunteer, operational Army Reserve, well into the future. ❏

# » BLOGS AND WEBSITES



## MYARMYRESERVE.BLOGSPOT.COM

 **PLEASE VISIT THE ARMY RESERVE BLOG.** This is a great site to share your Army Reserve story, comment on other Soldiers' articles and check out their photos. It is an opportunity to comment on and share your opinion with people all across the Army Reserve. Please sign in; share your story, photos, and comments.



# Employer Partnership Launches New Job Search Tool

By Lt. Col. Matt Leonard  
Employer Partnership of the Armed Forces

The Employer Partnership of the Armed Forces launched its new web portal in November 2010. This new portal offers Army Reserve Soldiers, their Family members, Wounded Warriors and veterans vastly increased capabilities when seeking employment opportunities.

## WWW.EMPLOYERPARTNERSHIP.ORG

No longer does a job seeker have to re-enter basic personal information every time a search is launched. Instead, the user simply logs in and the system can continue any previous activity. A user may now set up a personal profile so that he or she is able to save searches, search parameters and individual job announcements within their own “dashboard”. By activating the alert option, seekers will be provided with a notification whenever a desired position is posted.

The portal offers other useful features as well. The Resume Builder allows users to create and keep their resume available within the system. Soldiers have an additional feature available to them: access to the Program Support Manager network for career counseling and resume assistance. The new portal’s functionality improvements

make the search and application process much more efficient, saving Soldiers and other job seekers time.

But the improvements don’t stop there. Employers will find the new portal more useful as well. They are now able to enter position vacancies directly into the system and track those jobs, applications and views through their company dashboard. Employers may also reach in to the system and locate the resumes of qualified candidates who may not have had the chance to apply themselves. So just by posting your resume you may be contacted by an employer who wants your skills.

If you had previously searched for jobs in the old job search tool, you should definitely explore the new portal. Although the web link, [www.employerpartnership.org](http://www.employerpartnership.org) is the same, you are now in the driver’s seat and this definitely is not your father’s Oldsmobile. ✘



## WWW.ARMY.MIL/CSF

**THE ARMY HAS EXTENDED ITS CONCERN ABOUT THE MENTAL FITNESS OF SOLDIERS AND THEIR FAMILIES** to the civilians that serve stateside, abroad, and in combat zones. Department of the Army civilians are now encouraged to have their psychological resilience evaluated by the civilian version of the “Global Assessment Tool” (GAT), which is part of the Army’s “Comprehensive Soldier Fitness” program. Three versions of the GAT are available now, through Army Knowledge Online: one version for Soldiers, one for their Families, and now one for civilians.

## » NEWS YOU CAN USE

Story and Photos By Staff Sgt. Marla R. Keown  
207th Public Affairs Detachment

# East Bay Stand

## Eradicate Homelessness, Enable New Opportunities

**PLEASANTON, Calif.** — The rising sun burns off the cool Bay Area fog while bringing the August heat with each passing minute. A line forms inside the Alameda County Fairgrounds, where a beat of hearty laughs and generous gabble can be heard. Before John Morgan, a homeless veteran, can join the group, he is intercepted by Soldiers armed with clipboards and boxes.

**I**n order for him to gain access and join the more than 400 East Bay Stand Down participants, he is told he must turn over his worldly possessions. In Morgan's case, he needed some extra assurance that his one worldly possession, a Chihuahua named Lady, would be well cared for.

Once inside, Morgan, along with all of the participants, was given access

to showers, clothing, and a haircut. A hot meal, legal counsel, and medical care were also part of this four-day event designed to bring homeless veterans and resources together in one place.

Part of the support provided was made possible by the Innovative Readiness Training program, which allows Reserve Soldiers to maintain their military job

specialties while serving communities that need their particular skill.

In this instance, the Army Reserve Medical Command's Western Medical Area Readiness Support Group (WE-MARSG) provided care that would otherwise have been virtually inaccessible. The Army Reserve Soldiers served the homeless veterans through the IRT program in many ways. Medics



Spc. Yuka Dewitz, an Army medic for the Western Medical Area Readiness Support Group (WE-MARSG), takes veteran Sampson Payne's temperature during the East Bay Stand Down. Army Reserve Soldiers participated at the East Bay Stand Down as part of the Army Reserve's Innovative Readiness Training program. IRT is real-world training that provides the Army Reserve with a connection to the communities in which projects are conducted.



John Morgan and his dog, Lady, wait to be admitted to East Bay Stand Down at Alameda County Fairgrounds in Pleasanton, Calif., Aug. 5, 2010. The four-day Stand Down is part of a plan to eradicate homelessness among veterans. Attendees from surrounding counties of the San Francisco Bay Area were given social, medical and legal assistance.

# Down for Vets

from WE-MARSG assembled 45 tents in three days prior to the Stand Down before they began taking the veterans' vital information and providing them with dental, mental, and general health care as well as physical therapy.

"We take a brief history, we review their vital signs, their medications they have with them, and we make sure the information is channeled back to the medical provider," said Capt. Charlene Richardson, an Army Reserve Soldier with the WE-MARSG. She believes the training will leave a lasting impression on the Soldiers as well as the participants. "I think a lot of the time we forget that we do have veterans out there who don't have a place to stay," she said. "I am very pleased and I am proud to be in this uniform and proud to be here."

The military presence "makes it feel like a real military operation that is the positive part of a lot of these peoples' lives," said Bart Buechner, executive board member of East Bay Stand Down. "That is the same spirit that you can feel in this camp."

The event has already made a difference for some of the veterans. Charles Boykins, a tent leader coordinator, was once an East Bay Stand Down participant. "It was a very pivotal time," he said. "It was what people call the crossroads in your life." He credits the East Bay Stand Down for enabling him to choose the right path. "I was able to turn my life around because I was able to keep my job and get back on track."

Help and understanding comes from people qualified to address the many

things that stand between these veterans and their hope for a different future. Chaplains, mental health specialists, and social workers were readily available. More than 2,000 volunteers, both military and civilian, assisted.

The aim of East Bay Stand Down is "to set up a pathway for [veterans] to break free from the problems that they have found themselves in," said founder Denver Mills.

That's what Morgan hopes is in store for him and Lady, who was cared for by the local Humane Society for the duration of their stay. After surviving on the streets of San Francisco for the past 10 years, he hopes the East Bay Stand Down can give him a new chance in life and an opportunity to be better than what he was. ❏

**TOP REGIONAL  
RECRUITING  
ASSISTANTS**  
JUL-SEP 2010
**REGION 1**

Spc. Megan Henry  
Roxbury, Conn.

**REGION 2**

Pfc. Robert Hecknauer  
Montgomery, Pa.

**REGION 3**

Master Sgt. Robert Buckman  
Glen Burnie, Md.

**REGION 4**

1st Lt. Linda Kropik  
Fayetteville, N.C.

**REGION 5**

Pvt. Joshua Betancourt  
Hialeah, Fla.

**REGION 6**

Pfc. Dustin Monroe  
Lawrenceville, Ga.

**REGION 7**

Spc. Matthew Cammar  
Lacey, Wis.

**REGION 8**

Pfc. Matthew Hauge  
Mason City, Iowa

**REGION 9**

Retired Jeffrey Johansen  
Peoria, Ill.

**REGION 10**

Capt. Richard Kiessling  
Fort Wayne, Ind.

**REGION 11**

Pfc. Daniel Kwon  
La Crescenta, Calif.

**REGION 12**

Spc. Pedro Padilla  
El Paso, Texas

**REGION 13**

Sgt. James Decker  
Sun City, Ariz.

# AR-RAP helps the Army Grow 10K Stronger

**JOHNSTOWN, Pa.** — When Recruiter Assistant 2nd Lt. Ashley Beam tried to locate a qualified candidate to refer for enlistment in the Army Reserve, she didn't have to look far—husband Patrick Beam was more than happy to oblige.

By Bill Irwin  
Army  
Recruiting  
Battalion—  
Harrisburg,  
Public Affairs

The couple met while they were still in high school. Beam, assigned to the 458th Engineer Battalion in Johnstown, had served in the Army Reserve for more than four years when she and her husband decided to place his name in the AR-RAP program. Patrick was looking forward to taking his “next step” in life, and when he decided to pursue a career in the Army Reserve, she was more than excited to share her experiences with her husband.

What neither realized, and what Johnstown Reserve Recruiter Sgt. 1st.

Class Andrew Folmar would find out after following up on the lead posted to his referral system, was that they would all be sharing a milestone with the Army Reserve Recruiting

Assistance Program—the enlistment of the program's 10,000th Soldier.

Recently married, the couple thought the Army Reserve had the potential to improve their future and their quality of life. It wasn't a hard sell, “I've been thinking about it since high school,” said Patrick, “however at the time I wasn't ready, nor mature enough. I had some growing up to do. Now is the right time for me.”

AR-RAP started in 2007 and has added to the Army Reserve's end-strength goals. Recruiting Assistants can earn \$2,000 for each new recruit who reports to Basic

Training, or Basic Officer Leadership Course, and for each prior service member who affiliates with a unit for four months and attends a Battle Assembly in the last 60 days.



# Reserve

The \$2,000 bonus his wife received did not influence his decision. "As I said, it (enlisting) is something I was considering doing anyway. Besides that, I am also getting a bonus of more than \$10,000 for my Reserve job. I will tell you this though; I plan on finishing college and apply for my officer's rank. I am ready to start my service, and intend to serve with honor," Patrick said.

AR-RAP's success relies on its use of Recruiting Assistants. RAs are encouraged to locate and mentor qualified men and women toward enlistment in the Army Reserve, including Family members and friends. AR-RAP would like to thank all of the RAs that have helped the program reach this achievement. The program remains fully funded and committed in helping the Army Reserve meet its recruiting goals. 📧

Be sure to login at  
AR-RAP.com and  
nominate your Future  
Soldier today!

go



## EDITOR'S NOTE

Megan Kincaid contributed to this article.

## LT. GEN. JACK STULTZ FIELDS QUESTIONS AT SOLDIERS TOWN HALL



### Why is it so difficult to go AC if the AR is overstrength?

The Army Reserve is primarily overstrength at the senior grade level. The majority of conditional releases come from our junior Soldiers, many of whom have not even completed their initial enlistment contract. The Army Reserve has invested significant training dollars and paid incentives to those Soldiers to fill specific Army Reserve requirements. Each request is reviewed on a case-by-case basis and are approved/disapproved based on the justification the Soldier provides. The Army Reserve seeks to mitigate the Soldier's situation, for example if it is financial, by providing active duty (mobilization) opportunities to the Soldier which in turn meet our operational missions as well. We do consider the Soldier's skill and if it is overstrength as a part of our review process. Even when requests are approved, which are valid for 3-6 months, there is no guarantee that the AC will accept the Soldier prior to the expiration of the release.

### We had a unit disbanded and cross leveled to an Eng unit. I am MI and I'm trying to figure out my future, but need job security as well. What are my options?

Soldiers who are affected by transformation are afforded the time, typically 1 year from the date of inactivation or reorganization, to find another vacant position to which they qualify. If they are eligible (meet the qualifications), they can be reclassified to another MOS if a position with their MOS is not available within the Soldier's commuting distance or a distance the Soldier is willing to voluntarily travel. The Soldier's chain of command and the local career counselor should assist the Soldier in finding a position.

### I joined the AR as a weekend warrior, and things have changed. Will the AR retirement plan change too?

It has already. Effective 29 Jan 08, Soldiers who are ordered to active duty under selected authorities (e.g., mobilization, COADOS, etc) are eligible for a reduction in their retirement age: 3 months for each aggregate 90 days of active duty performed within a FY (doesn't have to be consecutive), from age 60, but no lower than age 50. There is also pending legislation to remove the FY restriction and to expand eligibility for duty performed since 9/11.

For the full Q&A from the  
Soldiers Town Hall, visit  
the Army Reserve site at  
[www.usar.army.mil/arweb/  
soldiers/Pages/townhall.aspx](http://www.usar.army.mil/arweb/soldiers/Pages/townhall.aspx).

go

# Father + Daughter Deployed Together

By Rebecca Murga

63rd Regional Support Command Public Affairs

Chief Warrant Officer 2 Paul C. Williams stands next to his daughter Spc. Kristin Elizabeth Lozano. Both are with the 344th Tactical Psychological Operations Co. (Airborne), Austin, Texas, that deployed to Afghanistan in March 2010.

**FORT BRAGG, N.C.** — Father's Day was a little bittersweet for the Williams Family this year, but Angie Williams will begin the day as she does every morning. The mother of six gets out of bed and makes breakfast for her children. She then prays for her husband and daughter to both come home safely from Afghanistan.

A few months ago Angie's husband, Chief Warrant Officer 2 Paul C. Williams, told his Family he would be deploying to Afghanistan. Not only would he be deploying a second time, but he would be taking his daughter, Spc. Kristin Elizabeth Lozano, with him. Lozano is a communications specialist in his unit.

"It was kind of a shock when I first heard about it, but I've gotten used to the deployments by now," said Angie Williams. The father and daughter team belong to the 344th Tactical Psychological Operations Company based in Austin, Texas, that deployed to Afghanistan in March 2010.

"I work in headquarters so I don't see my dad often," said Lozano. "We stay in contact and I talk to him daily. This is a really neat experience being deployed with my dad, but also a difficult one.

I am fortunate to have him close, and I am proud to be here with him."

Williams on the other hand was a little more torn about having his 20-year-old daughter deploy with him.

"Having her here is a Catch-22," said Williams, "I'm very proud of her for her decision to enlist, but as a father I also worry about her safety. She is a smart young lady and Soldier, and I know she will do great things for her company and the Army."

Williams is the first warrant officer to attend the PSYOP Officer Qualification Course and deploy to a combat zone in charge of a detachment of PSYOP Soldiers.

Following the terrorist attacks on New York and the Pentagon, PSYOP Soldiers like Williams deployed almost

immediately to begin their role in the hunt for international terrorists linked to the Al Qaeda network.

Despite his accomplishments in the PSYOP community, Williams is first and foremost a father and husband who worries about his daughter and wife.

"My wife, Angie, is a wonderful woman," he said. "I am a teacher and coach in my civilian job. This, with my military career, keeps me away from home quite a bit.

"We have six children, and I can honestly say there are times that she is a single parent. She does a great job, and I'm fortunate to have her as my wife," he said.

Lozano worried more for her mother who is not only responsible for taking care of her other siblings and the household but also cares for her three-year-old son. "My father is a wonderful leader both here and back at home, so I don't worry about him.

"Being away from my mother and son is far more difficult," said Lozano.

As for the father-daughter duo, when asked what they did for Father's Day this year, both replied with the exact same answer: "Carry on with the mission." ❏

**NCO Winner:  
Sgt. David Rider**

Hometown: Strongsville, Ohio

Unit: Company B, 256th Combat Support Hospital, Twinsburg, Ohio; healthcare specialist, practical nurse

"To me, being Army Strong means being the sergeant the Army and my Soldiers need me to be; rising up to meet and overcome challenges in a proud military manner."

2010 **BEST  
WARRIOR  
COMPETITION**

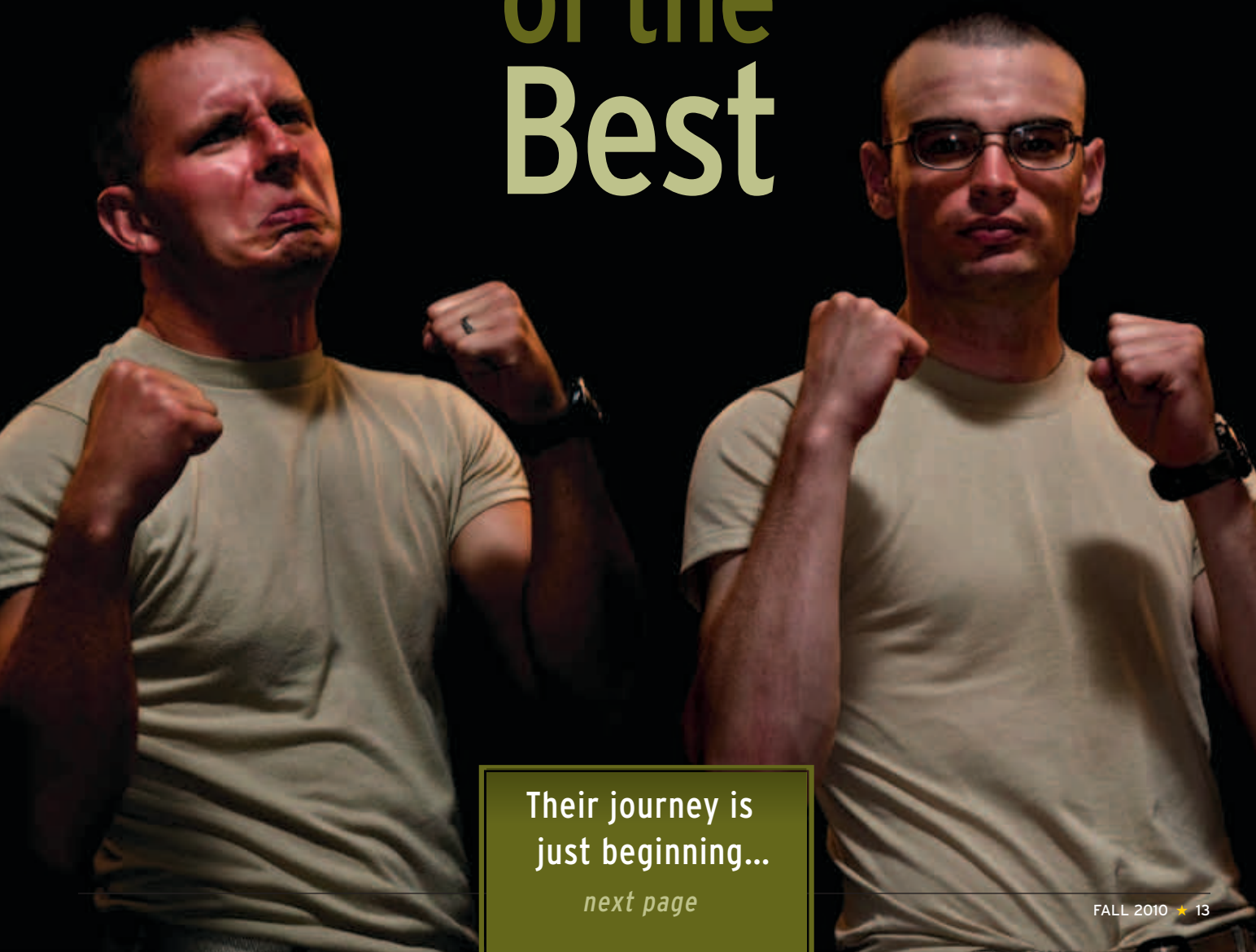
**Best  
of the  
Best**

**Junior Enlisted Winner:  
Spc. Joshua McDowell**

Hometown: Omaha, Neb.

Unit: 7246th Installation Medical Support Unit, Omaha, Neb.; health care specialist

"I answered the Call to Duty to increase the scope that I could help and lead through new skills, education and opportunities."



Their journey is just beginning...  
*next page*

Photos By Staff Sgt. Mark Burrell, 326th Mobile Public Affairs Detachment

# 2010 BEST WARRIOR COMPETITION



Photo By Sgt. Shiloh Becher, 416th Theater Engineer Command



Photo By Timothy L. Hale, Army Reserve Public Affairs

# THE JOURNEY

MCDOWELL, RIDER SET THEIR SIGHTS

**FORT McCOY, Wis.** — A pair of healthcare specialists swept the field of 30 candidates to claim top honors at the 2010 Army Reserve Best Warrior competition held here July 26-30.

Spc. Joshua McDowell and Sgt. David Rider were named the Best Warriors from among the field comprised of military occupations ranging from career counselor, carpenter, combat medic, engineer, infantry, illustrator, journalist, vehicle mechanic and watercraft operator.

By Timothy L. Hale  
Army Reserve Public Affairs



Spc. Joshua McDowell nears the finish line at the 10-kilometer Road March at the 2010 Army Reserve Best Warrior Competition at Fort McCoy, Wis.





## FROM LEFT TO RIGHT:

Staff Sgt. Eric White, a combat engineer from the 340th Engineer Command, attacks the Confidence Course as he crawls under one of the obstacles. White is also a track coach from Pennsylvania.

Spc. Derek Michael, representing the 200th Military Police Command, exits a UH-60 Blackhawk during a helicopter insertion.

An official starts the timer and calls the finish line to synch their watches as competitors sprint out to start the 10-kilometer ruck march before dawn.

Photo By Staff Sgt. Mark Burrell, 326th Mobile Public Affairs Detachment

# BEGINS

## FOR ARMY BEST WARRIOR

**T**he announcement was made at an awards banquet at the American Legion in Sparta, Wis.

“The journey only begins for them,” said Command Sgt. Major Michael D. Schultz, the Army Reserve’s top NCO.

“[Next is] training, training and more training to get them prepped. Our goal now is to get them ready for the Department of the Army Best Warrior competition (BWC) in October.”

Although both McDowell, 7246th Installation Medical Support Unit, and Rider, Co. B, 256th Combat Support Hospital, wear the uniform as healthcare specialists, their civilian careers are very much different from each other.

“I’ve been working as a gas station attendant in Omaha, Neb.,” said McDowell. “I want to do everything by the Army values, that includes my civilian life too. You can’t be a good Soldier without doing that all the time.”

“I work as a licensed practical nurse specializing in home care for ventilator-dependant patients in the Akron, Ohio, area,” said Rider.

The win may have been even sweeter for Rider as not only was his sponsor there to share the spotlight, but his sponsor is also his wife of just two months.

Sgt. Alicia Rider, also an Army Reserve Soldier, is currently studying nursing at Kent State University and also works at a hospital as a nurse technician. (See “Perfect Team” on page 22).

Sgt. David Rider nears the finish line at the 10-kilometer Road March at the 2010 Army Reserve Best Warrior Competition at Fort McCoy, Wis. Rider represented the 807th Medical Deployment Support Command.



Photo By Timothy L. Hale, Army Reserve Public Affairs

# 2010 BEST WARRIOR COMPETITION



Photo By Joshua Risner, 372nd Mobile Public Affairs Detachment



Photo By Staff Sgt. Mark Burrell, 326th Mobile Public Affairs Detachment

“I see the future of the Army in Best Warriors and I want every Soldier to be motivated by their experiences.” — 1st Sgt. Blaine Huston, event NCOIC

Photo By Timothy L. Hale, Army Reserve Public Affairs





FROM LEFT TO RIGHT:  
Sgt. 1st Class Jacqueline Craig, a career counselor assigned to the Army Reserve Careers Division, negotiates an obstacle during the confidence course event.

Using the moon and a red lens light, Spc. Joshua McDowell, a health care specialist assigned to the 7246th Installation Medical Support Unit, checks his grids during the land navigation course.

After finishing the land navigation course, Sgt. 1st Class Martin J. Rodriguez, a military policeman from Pueblo, Colo., assigned to 1st Battalion, 104th Regiment, tries to cool down his feet.

Photo By Staff Sgt. Mark Burrell, 326th Mobile Public Affairs Detachment

“We not only have to be technically and tactically proficient in the military but turn around and go back to our civilian job and be proficient,” Schultz said. “The double eagle for us is wearing two hats—being a Citizen-Soldier, a Warrior-Citizen.”

### Ten Months in the Making

While candidates from across the Army Reserve were competing in preliminary competitions, the BWC planning staff at the U.S. Army Reserve Command in Atlanta worked with Fort McCoy staff to make this year’s event even better than previous ones. Nearly 200 Army Reserve training cadre made this year’s event possible.

“The training every competitor receives here and brings back to his or her unit or on a deployment is potentially life-saving,” said 1st Sgt. Blaine Huston, event NCOIC.

“The planning team, each the best at what they do, brings something new and

exciting to every year’s competition. I see the future of the Army in Best Warriors and I want every Soldier to be motivated by their experiences,” he said.

The week started with a no-host social at McCoy’s where Best Warrior candidates were able to meet each other as well as the cadre that had been planning the event for ten months.

On Monday morning, the competition began with the Army Physical Fitness Test followed by candidates appearing before a command sergeants major board and a written essay.

By Tuesday, the competition was well on its way as the candidates were bused from the comforts of their barracks on the main post out to a tactical training base where they would spend the remainder of the week.

A night-into-day land navigation faced the candidates followed by a mystery event and a series of Warrior tasks. The evening ended with a written exam.



Staff Sgt. Matthew Fries pulls security at a helicopter landing zone at the 2010 Army Reserve Best Warrior Competition at Fort McCoy, Wis. Fries, representing the 88th Regional Support Command, is a native of Belleville, Ill.

RIGHT: Competitors for the 2010 Army Reserve Best Warrior Competition exit a UH-60 Blackhawk helicopter to start an obstacle course.



Photo By Staff Sgt. Mark Burrell, 326th Mobile Public Affairs Detachment

# 2010 BEST WARRIOR COMPETITION



Photo By Staff Sgt. Mark Burrell, 326th Mobile Public Affairs Detachment



Photo By Joshua Risner, 372nd Mobile Public Affairs Detachment

“The training every competitor receives here and brings back to his or her unit or on a deployment is potentially life-saving.”

— 1st Sgt. Blaine Huston, event NCOIC



As if an overnight thunderstorm wasn't enough, the candidates were rattled out of their bunks in the early morning darkness by a series of mortar simulators serving as their alarm clock.

In the pre-dawn hours, the candidates set out on the hill-covered McCoy training area on a 10km foot march weighed down with full rucksacks, weapons, helmets and protective body armor.

But before they stepped off, Schultz, who was also geared up and ready to participate in the foot march, greeted them. (See “Hooah!” on page 21).

After a shakedown of their rucks and medical checks for any blistered feet, the candidates spent the remainder of the day and evening qualifying with their M-4 rifles and also participating in a reflexive/stress fire event.

On the fourth and final day, the candidates were airlifted from the tactical training base on UH-60 Blackhawk helicopters to their final mystery event—



LEFT TOP: Staff Sgt. Matthew Fries engages a target during the Reflexive Fire event at the 2010 Army Reserve Best Warrior Competition at Fort McCoy, Wis. on Wednesday, July 28, 2010. Fries, representing the 88th Regional Support Command, is a native of Belleville, Ill.

LEFT: Sgt. Adam C. Kourelis, from the 422nd Civil Affairs Battalion in Greensboro, North Carolina, studies as he waits his turn for the first mystery event, July 27.



Photo By Timothy L. Hale, Army Reserve Public Affairs

FROM LEFT TO RIGHT:  
Staff Sgt. Jason E. Searcy, assigned to the 75th Division, grits his teeth while getting an intravenous injection to replenish vital fluid after completing a 10-kilometer ruck march.

Sgt. 1st Class Marc Facunla (left), assigned to the 861st Quartermaster Company, and Spc. Walter Smith, assigned to Detachment 1, 824th Transportation Company, negotiate an obstacle during the confidence course.

Spc. Joshua McDowell (135) and Spc. Christopher Ruoizzi (123) compete in the 2-mile run during Army Physical Fitness Test.

a 19-station obstacle course located on the main post.

The evening ended with a Modern Army Combatives tournament. More than 18,000 viewers tuned in to live streaming video through the Digital Video and Imagery Distribution Service (DVIDS)—a first in the history of the Army Reserve Best Warrior competition.

## Continuing to Improve

It was no accident that this year's competition included some new twists and turns compared to previous competitions.

That mentality of continuous improvement was the cornerstone of Schultz's expectations. He told competitors and event planners alike that the event is designed to underscore the Army Reserve's transition from a force in reserve to an operational force. As he visited with this year's competitors, he emphasized the link between the war fight and the combat readiness of today's Army Reserve.

"We're not the strategic Reserve we were prior to 9-11. We're moving forward," said Schultz, who has traveled to five continents visiting with forward deployed Army Reserve Soldiers since taking over as the Command Sergeant Major in March 2010. He emphasized that Soldiers want to maintain a high level of training readiness they gain from deployments and take what they've learned from this experience back to their units.

"They're going back to their units and training their Soldiers up, training the whole organization up, and then be ready for combat," he said.



Sgt. Adam Kourelis rushes to the finish line at the conclusion of the 10km Road March. Kourelis is representing the U.S. Army Reserve Civil Affairs and Psychological Operations Command (Airborne).

Photo By Timothy L. Hale, Army Reserve Public Affairs

# 2010 BEST WARRIOR COMPETITION



Photo By Joshua Risner, 372nd Mobile Public Affairs Detachment



Photo By Staff Sgt. Mark Burrell, 326th Mobile Public Affairs Detachment

“They’re trying to keep us tired.  
It’s starting to work.”

— Staff Sgt. Jason E. Searcy, 3rd Battle Command Training Group

## The Next Step

McDowell and Rider don’t have much time to rest on their laurels as they prepare for the Army Best Warrior competition.

“I hear [Army Best Warrior] is a grand scale,” Rider said. “This was greater than anything I could have expected. I hear that everything at the DA level blows your mind as far as preparation and execution of that competition.”

McDowell said he doesn’t know exactly what’s in store for him, but he knows it will involve lots of training.

“No matter how much of it is structured ... I will be taking an active role [in the training] myself,” he concluded.

The Department of the Army Best Warrior Competition will be held Oct. 18-22 at Fort Lee, Va. This will be the eighth year of the competition, which was started in 2002 by the 12th Sergeant Major of the Army, Jack Tilley. ❏

TOP LEFT: Sgt. 1st Class Jacqueline Craig, a career counselor assigned to the Army Reserve Careers Division, crosses the finish line of the ruck march event.

TOP RIGHT: Staff Sgt. Christopher L. Bender, an infantryman from Wendell, N.C., assigned to the 70th Division, wipes the sweat from his brow during the land navigation course.

BELOW: Competitors rest after an early, rough and challenging land navigation course event, on July 27, 2010 at Fort McCoy, Wis.



### EDITOR'S NOTE:

To view more stories, photos and videos from this year's Army Reserve Best Warrior competition visit: Facebook at [www.facebook.com/myarmyreserve](http://www.facebook.com/myarmyreserve), WordPress at [www.bestwarrior.wordpress.com](http://www.bestwarrior.wordpress.com), and Flickr at [www.flickr.com/photos/myarmyreserve](http://www.flickr.com/photos/myarmyreserve).



# HOOAH!

## Army Reserve Senior Enlisted Advisor Motivates, Rucks with the "Best Warriors"

By Staff Sgt. Mark Burrell  
326th Mobile Public Affairs Detachment



Photo By Timothy L. Hale, Army Reserve Public Affairs

**FORT MCCOY, Wis.** — In the dense woods of Fort McCoy, Wis., long before the sun rises, a high-pitched whistle screeches in the distance and breaks the calm silence. Boom! A rocket simulator explodes echoing off the green Army tents nestled between dense foliage.

This is how 25 of the Army Reserve's "Best Warriors" woke up for a 10-kilometer ruck march during the 2010 Best Warrior Competition, July 28.

"I liked the flash bangs. That's a good alarm clock," said Staff Sgt. Jason R. Fiedler, a construction operator and competitor from Valparaiso, Ind. "I'm not much of a morning person usually."

Although the ruck march was a scheduled event, there was a surprise for the competitors because the Army Reserve's senior enlisted advisor, Command Sgt. Maj. Michael Schultz, was up early wearing body armor and carrying a full rucksack.

"I figured just get out here this morning, be up early, lead from the front and just walk in their same shoes," explained Schultz. "As the senior non-commissioned officer of the Army Reserve, it's my charge to be responsible for training, but it's also to motivate from the front. That's why I'm here. It's an honor to be out here with these guys."

As the Soldiers ran from the starting line with more than 50 pounds of gear on their bodies, Schultz also took off toward the finish.

"Just like going into combat, you're going to have to wear all your gear," said Schultz. "All these Soldiers are winners because they'll take this training back to their units."

Throughout the competition, both NCOs and junior enlisted Soldiers frequently

remarked that they will bring the tasks and training back to their units to help build a stronger Army Reserve.

"It's not just physical or how smart you are, it's how good you are as an all-round Soldier," said Spc. Robert A. Busch, a combat medic and competitor from Lexington, Ky., assigned to the 979th Engineer Company. "It's great training that shows how physically demanding and mentally stressing it could be over there in Afghanistan or Iraq."

Although some contestants like Busch have not yet been called for deployment, the competition focused on real-life situations that Soldiers face daily in the war on terrorism. Events for the weeklong competition included a physical training test, day and night weapons qualification and land navigation, an obstacle course and sleeping in a forward operating base with minimal comforts.

At about the halfway point in the ruck march, Soldiers were limping and sweating, but pushing on at a constant pace.

"Just finish. One foot in front of another," said Busch. "You gotta be motivated and want to do it. The command sergeant major actually pushed me and it was great to see him out there."

During the march as Schultz passed different Soldiers, he said, "Hooah," as encouragement to help push each competitor on.

"As Soldiers, we need to focus on fitness 365 days a year," added Schultz as sweat began to soak his uniform. "We really need to kick that up a level and the only way you're going to do that as a Soldier is get outside and hit the pavement. That's what

Command Sgt. Maj. Michael D. Schultz participates in the 10-kilometer road march at the 2010 Army Reserve Best Warrior Competition at Fort McCoy, Wis., July 28, 2010. Schultz, the senior enlisted Soldier for the entire Army Reserve, completed the event and then went back and walked with other Best Warrior candidates who were still on the course.

we're doing this morning and that's why it's motivating."

For some Soldiers, motivation can be the key between quitting and pushing on with blister-covered feet.

"You never really know quite how your feet are going to be when you start a road march until you get that first 10 minutes in," said Fiedler, assigned to the 310th Expeditionary Sustainment Command representing the 416th Theater Engineer Command. "Then you know what you failed to do or prepared well to do."

One of the biggest factors for Fiedler was the weight of the gear, but he said it didn't stop him from finishing the march with a positive attitude.

When the competitors turned the final bend, the fog cleared enough to reveal the blue finish tent in the distance. But before the cheering crowds and ticking red clock could be reached, they were greeted by a roaring Schultz.

"Let's go! Almost there," he exclaimed from the side of the road after finishing and going back for the rest of the competitors.

Though Schultz didn't have the same effect as a simulated rocket, he did prod a few Soldiers to pick up the pace and cross the finish line with smiles on their tired and dirty faces, yet ready for the next event. ❏

# 2010 BEST WARRIOR COMPETITION

Ohio Couple Teams Up to Conquer the Best Warrior Competition and discovers they're the...

# PERFECT



Sgts. Alicia and David Rider, assigned to the 371st Minimal Care Detachment and Company B, 256th Combat Support Hospital, respectively, in Twinsburg, Ohio, a husband and wife (competitor and sponsor) team take a quiet moment to pray before eating chow.

By Sgt. 1st Class Ronald Burke  
211th Mobile Public Affairs Detachment

**FORT MCCOY, Wis.** — The Army Reserve named Sgt. David W. Rider, a healthcare specialist assigned to Company B, 256th Combat Support Hospital in Twinsburg, Ohio, as the Best Warrior Noncommissioned Officer of the Year here, July 30, after he endured grueling challenges throughout the weeklong competition.

During the past week, the best Soldiers from commands across the Army Reserve have fought pain, injury and each other for the title of Best Warrior. Rider will now move on to the Department of the Army Best Warrior Competition to be held in October.

This year was the first time since the Army Reserve started this competition four years ago that a husband and wife have teamed up as competitor and sponsor. Four days ago, Rider and his wife were sitting outside a boardroom studying.

"On what day did the Civil War end?" asked Sgt. Alicia Rider. He took a minute and answered, "April 9, 1865."

"Correct," Alicia replied.

Down the hall in the auditorium, several other pairs of Soldiers and sponsors huddled together, reviewing current events, military history, tactical knowledge and spot-checking uniforms. The husband and wife were next in line for his board appearance.

Sponsors assist and encourage competitors prior to the event. During the week, they motivate competitors and handle administrative matters that could distract them from winning. It is only when the competitors begin graded tasks that the sponsors fade into the background to see if their assistance has paid off.

Seated together in a long hallway just outside the entrance to the boardroom, Alicia and David, natives of Strongsville, Ohio, practiced several more questions before he was called and told to knock and enter. Command Sgt. Maj. Michael D. Schultz, the senior enlisted advisor

for the Army Reserve, and several other command sergeants major waited to grill him with questions and inspect his uniform.

As David stood up and entered the boardroom, his wife moved down the hall to a lone chair to wait out his board appearance.

"Preparing for this was harder than preparing for our wedding because when he goes out to compete I can only support him. I can't ruck march for him and I can't help him run two seconds faster," said Alicia, a healthcare specialist assigned to the 371st Minimal Care Detachment in Twinsburg, Ohio.

David met his wife during a stateside mobilization for Operation Enduring Freedom at Fort Gordon, Ga. As a practical nurse for Maxim Healthcare, he provides home care for ventilator-dependant patients.

After changing their wedding date three times due to training, the two Soldiers were married on June 3, which is also the same day they began dating years earlier. They enjoyed a nice bed and breakfast honeymoon, and three days later, he left for Air Assault School.

Alicia said, "Over time I realized what it [Best Warrior Competition] was and it was pretty impressive to find out that he was competing at his unit's Soldier of the Month boards and winning. I wanted to be a part of it."

Both Soldiers are attending college to earn a Bachelor of Science in nursing. She is studying at Kent State University and he is studying at the University of Akron, both in Ohio. He currently has a 4.0 grade point average despite the amount of training and preparation for this year's competition.

"We have study sessions and we go over flashcards," he said. "We also do physical training together and here she's been running all over the post taking care of things for me."

Sponsors for the competition must be ready to assist at a moment's notice to ensure the success of their Soldier.



BEST WARRIOR COMPETITION  
2010

# TEAM

"I knew it [the competition] was important to him," said Alicia. "I like seeing the things going on behind the scenes and not just getting the phone calls telling me what's happening. Now that I'm here I can appreciate the competition that he has and see what he's up against."

The pairing between husband and wife during the competition was fruitful. David explained that having his wife as his sponsor allows for a more relaxed setting compared to a first sergeant and competitor pairing.

The door to the boardroom opened and as David came into view Alicia stood up expectantly. The couple left the boardroom waiting area and settled into the comfortable chairs in the building's auditorium.

"I have a lot of respect and admiration for her," he said after leaving the boardroom. "It makes me very happy to have her as my sponsor."

"This experience is strengthening our relationship because we've had more time together and we have the common bond that is the Army," she said. "If it wasn't for the Army, we never would have met."

“It was pretty impressive to find out that he was competing at his unit's Soldier of the Month boards and winning. I wanted to be a part of it.”

— Sgt. Alicia Rider,  
371st Minimal Care Detachment

And the board appearance? According to David, it went well. "The best board I've been to," he said.

At the awards banquet, a shocked Sgt. Rider accepted his award and title of 2010 Army Reserve Best Warrior NCO of the Year, and his teammate, sponsor and proud wife stood by his side.

After successfully overcoming physical and mental challenges, the couple now must set their sights on Fort Lee, Va., as they represent the Army Reserve Command at the Department of the Army Best Warrior Competition. ✦

Sgt. David Rider competes in the 2-mile run during the Army Physical Fitness Test at the 2010 Army Reserve Best Warrior Competition at Fort McCoy, Wis.

The Army Reserve Shooting Team has been historically successful during its many decades of marksmanship competition. This year, the USAR teams continued their winning ways.

# HOT SHOTS

By Staff Sgt. John M. Buol, Jr.  
Career Counselor, Army Reserve Careers Division

## 2010 Interservice Pistol Championship

Shot at Fort Benning, Ga., the Interservice Pistol Championship is open to shooting teams from all military services. For 2010 the main Reserve team, USAR Black, took first place in two of the overall team championships. In conventional pistol shooting, team events take the aggregate of four shooters firing against the challenging pistol National Match Course. This course consists of 30 rounds worth 300 points fired at 25 and 50 yards. All shooting is unsupported and with one hand only.

USAR Black won both the Center Fire and .45 Caliber Team Championships.

Team members were Sgt. 1st Class Keith Sanderson, Master Sgt. Robert Mango, Staff Sgt. Jonathan Rosene, Lt. Col. Alan Toler, Sgt. 1st Class Stephen Spencer and Capt. Patrick Sleem. Of particular note was the near perfect score posted by Sanderson, firing a 298–19.

## 2010 Interservice Rifle Championship

Just as with pistol competition, all military services send teams for a rifle championship as well. Shot at Marine Corps Base Quantico in Virginia, the Interservice Rifle represents the best conventional rifle shooters in the U.S. military. The rifle

National Match Course consists of four stages fired from 200 to 600 yards.

The U.S. Army Reserve team managed impressive finishes. Sgt. Krist Friend posted a perfect 200–10 for the win during the Prone Slow Fire match.

During team competition, Army Reserve shooters took a respectable third place overall. The USAR Gold rifle team consisted of Team Captains Lt. Col. Jon Casillas and Sgt. Maj. Neal Dickey, Team Coaches Sgt. 1st Class Norman Anderson and 1st Sgt. Mark “Bear” Bearnson, and firing members Sgt. Christopher Atkins, Sgt. 1st Class Dan Dorosheff, Sgt. Eric Smith, Sgt. Elliott Farro, Master Sgt. Doug Withus, Sgt. 1st Class Adam

RIGHT: Sgt. 1st Class Norman L. Anderson, a career counselor with the 10th Battalion, Army Reserve Career Division instructs Soldiers on the safety and operation of the M-9 pistol.



Photo Courtesy 20th Mobile Public Affairs Detachment

RIGHT: Sgt. 1st Class Norman Anderson receives the Rattlesnake Trophy from Lt. Gen. Joe Inge, Ret., with the Civilian Marksmanship Board of Directors. Anderson was the top Army shooter during the National Trophy Rifle Matches hosted by CMP at Camp Perry, Ohio.



Photo Courtesy Civilian Marksmanship Program

Stauffer, Staff Sgt. Chris Gervasio, 1st Sgt. Gary Valasek and Sgt. Krist Friend.

## USAR Pistol Team at the Nationals

The Nationals held at Camp Perry, Ohio, are open to all shooters, including law enforcement and civilians. This is the World Series of marksmanship.

Starting with individual events, the star of the USAR pistol team was Master Sgt. Robert Mango, who took the U.S. Reserve Memorial Trophy, which is awarded during the National Trophy Individual Pistol Match for the first place Reserve

competitor. Out of 580 competitors, Mango also finished fourth overall in the Individual Service Pistol Aggregate and fifth in the Individual National Trophy Pistol Aggregate. Team side, USAR Black posted a respectable fourth overall finish in the National Trophy Pistol Team match.

## USAR Rifle Team at the Nationals

Among the most amazing wins at the National Trophy Rifle Matches were the individual championships garnered by Anderson, an Army Reserve Career Counselor, who shined during team events

and was recognized multiple times for his efforts. The Pershing Trophy is awarded to the top member of all teams, and the Rattlesnake Trophy recognizes the top Army shooter during this event. Anderson won both. He also was the top Army Reserve shooter of the National Trophy Individual and was the overall aggregate winner of the National Trophy Individual Service Rifle Championship, a compilation of four separate matches.

The rest of a very solid team had an equally impressive finish. USAR Gold took the Celtic Chieftain Trophy, which is awarded to the Reserve Component teams in the National Trophy Infantry Team Match. 🏆



LEFT: Spc. Patrick Hartley, a combat medic and University of Central Florida student, applies a training tourniquet on his patient while practicing the skills he learned during the Combat Lifesaver Course. Hartley is a member of the Army Reserve's 7222nd Medical Support Unit.




# The Life

Story and Photos By Lt. Col. William D. Ritter  
Army Reserve Medical Command Public Affairs

**PINELLAS PARK, Fla.** — The 7222nd Medical Support Unit has taken the Army Reserve mantra of being a positive investment for America to heart with each member of the unit becoming combat-lifesaver qualified. While the Combat Lifesaver Course is required training for deploying Soldiers, members of the 7222nd—which isn't scheduled to deploy in the near term—are ready just in case.

**T**he 7222nd, Tampa, Fla., held a mass casualty training exercise as the grand finale for the unit's CLC, which each Soldier took. While the benefits of the May 23rd exercise are immediate for the skills of the Soldiers, the long-term positive effect for the Tampa Bay region will be immense as thousands of residents will come in contact with the unit members as they perform their civilian jobs throughout the community.

The CLC is designed by the Army to train Soldiers in basic medical skills to provide immediate life-saving aid to a casualty. Individuals train how to stop



Sgt. 1st Class Sergio Cortez, left, and Spc. Patrick Hartley work to immobilize their patient, Spc. Lyndsey McConnell, during the 7222nd Medical Support Unit's recent mass casualty exercise.

# Savers

severe bleeding, perform a needle chest decompression for a chest injury, and other procedures.

"It was a goal for me to get as many in the unit CLC trained as possible," said 7222nd Commander Lt. Col Murray Kramer. "This training makes them more valuable to the Army as well as making them better Soldiers and individuals. These [Soldiers] can now provide basic first aid and first-responder aid during hurricanes and day-to-day life events."

According to Kramer, who deployed to Iraq and has several members of his unit deployed now, the number of people who may benefit from this training will

go far beyond the 40 unit members who completed the CLC.

"That is a lot of people interacting with a lot of others in public places. This training will help at home with their Family, at the office or school or even if they come upon an accident," Kramer said.

The CLC training was aided by the unit's addition of a SimMan (simulator mannequin) training device. Though not part of the unit's equipment when Kramer took command, he sought one to improve his unit's training.

The SimMan is a sophisticated training simulator that supplies responses to the Soldiers that they would expect from human patients. Soldiers are able to

improve their medical trauma skills without the fear of accidentally harming or killing their patient.

"We have been using the SimMan for about two years now," said Kramer. "It has helped us train on many of the tasks for the CLC certification, and the Soldiers used it during the mass casualty exercise."

The 7222nd will continue using the SimMan for future training and CLC certification, and according to Kramer, the Reserve Soldiers like this type of training.

"The Soldiers are doing real-world training that helps people," he said. "Both fellow Soldiers and their neighbors will benefit from what we are doing this weekend, and they like that." ❏



# Soldiers Bring Hope and

Story and Photos By Capt. Christopher Larsen  
364th Expeditionary Sustainment Command Public Affairs

**CAMP MERTARVIK, Alaska** — The village of Newtok, along the Ninglick River, is disappearing under the feet of the native Yup'ik people who live here. The soil, a mixture of loose dirt and sand on top of permafrost, washes away easily in the rapid current of the river.

In this remote camp almost 450 air miles from Anchorage, a multi-service force of fewer than 100 is building a new home for the more than 300 indigenous Native Americans in immediate danger of losing their current home. In order to begin building in a location remote enough for them to preserve their current

lifestyle and traditions, Soldiers of the 709th Transportation Company, an Army Reserve unit from Tacoma, Wash., were tasked with maneuvering more than 100 tons of equipment through treacherous waters along the Bering Sea off the coast of Alaska.

The Soldiers are taking part in Exercise Alaska Move, a five-year plan to move Newtok and its inhabitants to the new village of Mertarvik. The Exercise is in its second year. Alaska Move, which falls under Innovative Readiness Training, will gradually create and build infrastructure around Mertarvik, currently uninhabited

USAV Palo Alto beaches at Punxsutawney Pier, Camp Mertarvik, Alaska. The boat is crewed by members of the 709th Transportation Company, a U.S. Army Reserve unit from Tacoma, Wash. The pier is named in honor of Pennsylvania's famous Punxsutawney Phil and the movie 'Groundhog Day,' because, according to one Soldier, "it's the same here every day."



LEFT: Although the USAV Palo Alto moves slowly, it would have been impossible to mount this exercise without it. "By the end of September," said Chief Warrant Officer Brett Radford, "the Army Reserve Boat Crew would have transported more than 600 tons of equipment to and from Metarvik."

and without electricity, telephones, Internet, or roads.

The rivers they are navigating are uncharted. A sonar buoy was used to measure the depth, which fluctuates with two tide cycles per day. "It takes a while when you only move at 10 knots," said Chief Warrant Officer 5 Brett Radford, skipper of the USAV Palo Alto, a 174-foot-long Army landing craft.

The Palo Alto—fully loaded with equipment including diesel-powered generators, forklifts, and a full-size dump truck—ran into 70-knot winds with gusts over 100 knots and 15-foot waves on the sail northward and had to anchor in Dutch Harbor until they passed. With its flat bottom, Palo Alto rolls in heavy seas, and it made sense to wait a while, Radford said.

If Palo Alto had a hard time dealing



Houses built by the U.S. Department of Housing and Urban Development wait for their new occupants in Mertarvik, Alaska. The native Yup'ik village of Newtok, 10 miles away, is being relocated due to erosion caused by the expanding Ninglick River.

Much of the 18-member crew was hand-picked for the mission based on their level of experience. Avoiding the sandbars and mudflats takes precise navigation, and course corrections of as little as two degrees are common. Steering the 174-foot-long craft takes planning.

"You learn to anticipate the turns," said Staff Sgt. David Kartchner, first mate on Palo Alto for this mission. "Instead of making one big correction, you do it gradually.

crew can use the ship's winch to literally pull it off the shore, especially in shallow water where it may be difficult to use the engines.

On one recent trip to Metarvik, Palo Alto had difficulty beaching due to the river current; water was flowing at almost five knots, enough to pull the Palo Alto away from its intended landing target. The rapidly-flowing water made it hard for the anchor to get a foothold, and it kept slipping away from the riverbed.

After five or six attempts, Radford decided

# New Life to Alaskans

with the ocean waves, navigating the rivers brought another challenge: the tides. As the water recedes, broad mudflats dominate the river, and the boat often has to anchor for hours before the tide comes back in.

Taped near a window on the bridge was a note reminding the crew to leave for and depart from Bethel several hours before the tide came in or went out.

"We have to time going up and down the rivers with the tides," Radford said. "There are a lot of shallow spots in the rivers, and sometimes the water under us is only five feet deep. We have to stop or we'll be grounded."

To make sure Palo Alto stays on course through the shallow water, it uses the latest in GPS technology. With the help of a computer program that stores and tracks Palo Alto's path, the crew uses previous trips up and down the rivers to avoid grounding.

It's something that comes with time and experience."

The trip from Bethel to Mertarvik often takes close to 36 hours, depending on tides, weather conditions, and the amount of equipment the boat is carrying. One voyage took 41 hours. The same trip took less than an hour by helicopter.

Unloading Palo Alto takes skill and time. Again, the ship—and the troops on shore waiting to assist—is at the mercy of the tides.

Palo Alto beaches to unload; the skipper basically drives the bow onto land, drops the ramp, and cargo is offloaded. With anchors at the front and rear of the ship, it can remain fairly stable. By dropping the stern anchor some distance from the beach, Palo Alto's

to give up until the next day, as the tide was going out and Palo Alto wouldn't be able to reach the beach. At low tide, the shoreline is several hundred yards away, across a wide expanse of deep, sticky mud.

The next day, with the tide in and slightly better weather, Palo Alto beached without difficulty, and the activity began. Marines, Sailors and Soldiers had come down to the beaching area, bringing with them several heavy-capacity forklifts.

In all, Army Reserve Soldiers will sail thousands of miles and work thousands of man-hours in a harsh environment, all without the creature comforts they'd enjoy at home—to bring hope and a new life to some people in Alaska they'd never met. ❏

To view more photos from this mission visit [www.army.mil/news/2010/08/13/43718-army-reserve-sailors-joint-forces-bring-hope-to-remote-alaskan-people](http://www.army.mil/news/2010/08/13/43718-army-reserve-sailors-joint-forces-bring-hope-to-remote-alaskan-people).

go



Master Sgt. Anthony Pamplin helps workers at My Sister's House shelter in Atlanta, unpack toiletry items collected by USARC employees.

# A Spirit of Hope

Story and Photos by Timothy L. Hale  
Army Reserve Public Affairs

**ATLANTA** — It is an unfortunate commentary on today's society that many individuals go through each day without some of the basic necessities that most of us take for granted. But thanks to the efforts of the Headquarters, U.S. Army Reserve Command Chaplain's Office, those who previously may have gone without, now have a new chance at some normalcy.

The chaplain's office teamed up with the Atlanta Union Mission over a year ago with one goal in mind—to donate small toiletry items to the clients the Mission serves.

Since that time, USARC military, civilian, and contract employees have donated over 500 pounds of personal toiletry items. Most of the items are collected by USARC Soldiers and civilians during temporary duty trips around the country when they stay at hotels and military lodging facilities. The items are then dropped off in front of the chaplain's office.

"Frankly, it's so simple to do," said Chaplain (Col.) Kenneth Beale, command chaplain for the Army Reserve.

"It is just too easy for any unit to receive and gather these goods and then be responsive to those local communities where our Army Reserve units are located. I would



Sgt. 1st Class Steven Burns, left, and Sgt. Carina Rodriguez play with children at My Sister's House shelter in Atlanta, on July 15, 2010.

like to see our chaplains [across the Army Reserve] become involved."

For those on the receiving end, these simple items can make all the difference in their outlook on life.

"It gives our clients a spirit of hope," said Jennifer Lawrence, public relations director for Atlanta Union Mission.

"Any time the community can get involved, identify a need and make an investment it gives our clients a glimmer of hope that someone really cares."

On this day, four Soldiers from USARC delivered shampoo, soap, hand cream, body lotion, and other items to a women and children's shelter in downtown Atlanta.

"Some of our clients just want a chance to smell fresh and clean," Lawrence said. "It may seem small to us but for them, that could be the start they need to rebuild."

While none of the clients could be interviewed or photographed, the looks on many of the faces of the women and children when they saw the Soldiers in uniform said plenty. ★



From Private First Class to Ambassador for the Army Reserve, Army Reserve Ambassador Ashley Hall has come...

# Full Circle

By Rebecca Murga

63rd Regional Support Command Public Affairs

**Las Vegas** — Army Reserve Ambassador Ashley Hall entered the U.S. Army in 1965 as a private and spent more than 35 years serving the young men and women in his care before retiring as a brigadier general. He has now come “full circle” to serve Soldiers through the Army Reserve Ambassador Program.

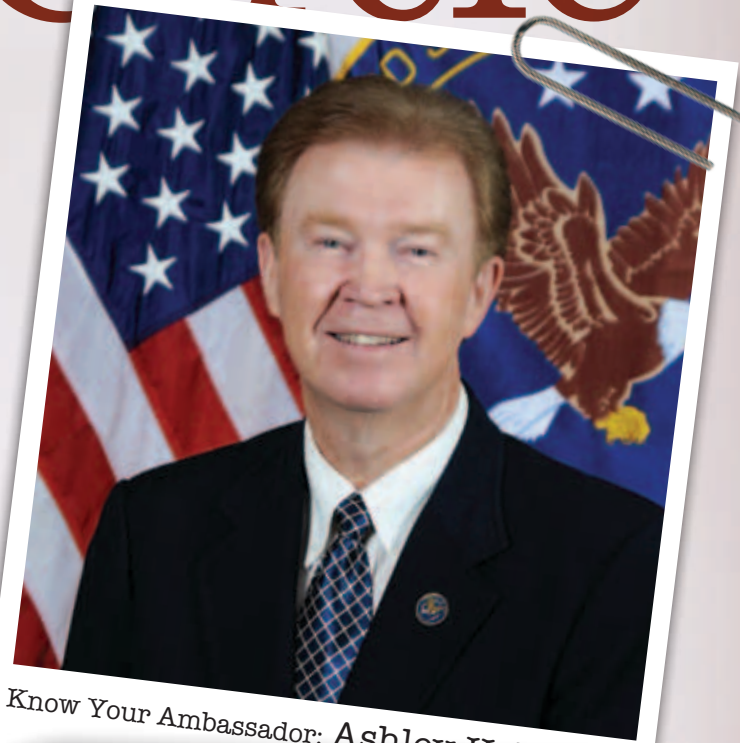
“Being an AR Ambassador provides me the opportunity to help Soldiers and their Families,” said Hall. “It also provides the opportunity to allow people throughout Nevada to give of themselves by becoming an Employer Supporter and providing financial assistance and related assistance to help meet the needs and concerns of our AR Soldiers and their Families.”

A typical day in the life of an Ambassador differs from day to day, but he enjoys every second of it. Whether he is researching Ambassador-related information on the web; or making phone calls to Nevada opinion leaders to discuss the AR Ambassador Program; or even responding to phone calls from Soldiers who are seeking direction or help; being an AR Ambassador is a lot of work, but very rewarding.

Some of the projects Hall is working on as an AR Ambassador for the 63rd Regional Support Command are Employer Support, construction and expansion of the Las Vegas USO and Ambassador Education for Nevada Opinion Leaders. Hall also volunteers his time being a member of more than 16 volunteer organizations.

Hall is very appreciative of the opportunity to serve his country again. He retired in 2000 as a brigadier general serving as the Nevada Army National Guard State Chaplain for more than 29 years.

Giving back to the Army after all they have given to him is an important part of why he enjoys being an AR Ambassador. “It provides me with the opportunity to continue to serve the needs and concerns of our wonderful Soldiers and their Families,” Hall said. 🇺🇸



Know Your Ambassador: Ashley Hall

AshleyHall1@cox.net • [www.generalthall.com](http://www.generalthall.com)

#### **Business Position**

President of Ashley Hall & Associates, Inc. (AHA), a highly respected regional, national and international business, management and strategic planning and marketing consulting firm.

#### **Civilian Education**

Graduated from Harvard University’s “Senior Executive Program” at the Kennedy School of Government. Graduate Teaching Fellow at the University of Nevada—Reno. Graduated from Brigham Young University, where he completed a four-year academic program in less than three years as a student in the Honors Program.

#### **Military Experience**

Hall retired in 2000 as a brigadier general from the Nevada Army National Guard after 35 years of recognized service with many awards and decorations.

#### **Organizations Clubs Philanthropies**

Hall serves at the appointment of the Governor of Nevada as a Senior Nevada Commissioner for the Southwest Defense Alliance. Hall serves on the Executive Committee of the SWDA. He is a board member of the Las Vegas Rotary Club, Natural History Museum, Nature Conservancy, March of Dimes, Boy Scouts of America, and many others.

**SPECIAL FOCUS:**

Inside the National  
Training Center

-- Fort Irwin, Calif.

# Tactical and

Winds whipped a small encampment on the high-desert mountains somewhere in the Mojave Desert just after nightfall. More than 300 Soldiers from the 322nd Engineer Company, a vertical construction unit from Decorah, Iowa, huddled in tents trying to protect themselves from the elements. Suddenly, an enormous explosion echoed down the craggy valley deep within the National Training Center, May 28, 2010.

Story and Photo By Staff Sgt. Mark Burrell  
326th Mobile Public Affairs Detachment

"I had one boot on and one boot off, but as soon as I heard it I was just worried about getting my helmet and my armor on," said Sgt. Robert J. Theobald, a carpenter masonry specialist from Woodbury, Minn. "I was in Iraq with 1st Armored Division during 2003-2004 and the rocket attack sound was pretty spot on."

"My heartbeat shot right up, but with this training I'll be prepared when we head to Afghanistan," said Pfc. Steven M. Forsythe, a native of Glenwood, Iowa, and another carpenter masonry specialist assigned to the 322nd.

With instructors like Sgt. 1st Class Edward L. Hurtado, Jr., the 322nd being prepared shouldn't be a problem.

"You name it and we've hit them with it," said Hurtado, an NTC observer controller from Merced, Calif. "They're constantly learning and bettering themselves."

Hurtado also said the 322nd has a different but tough mission compared to other units that train at NTC. These



# Technical Talent Tested

Soldiers will rebuild a combat outpost for future troops who will train here.

"Vertical construction engineers usually focus mainly on technical skills and not tactical, but they are going to get dropped into a combat environment to set up a forward operating base or a combat outpost. They will have to provide their own security," said Hurtado. "Training for ambushes is going to protect them and save lives over there."

"Since we're scheduled to deploy to Afghanistan, this is perfect training because it replicates the conditions over there," said 1st Lt. Michael N. Dyr Dahl, a platoon leader from Decorah, Iowa. "It helps us hone our tactical skills because as a Reserve unit, we're better with the technical side, and this shows Soldiers real threats."

The engineers have been providing security 24 hours a day as well as reconstructing an outpost on top of rocky

terrain that overlooks two desolate valleys. Because of the difficult terrain, the only way to reach the outpost is by helicopter.

"This project enables units to come up here and train in more weather-tight structures," Dyr Dahl said. "It feels good to build these for follow-on units."

In addition to Soldier skills, Army Reserve engineers bring something extra to the table. Many of them work as construction or mechanical engineers for their civilian career, oftentimes going to trade schools or otherwise improving their technical skills outside the Army.

"My father owns a construction company, and I'm a mechanical engineer in the civilian world," said Forsythe. "It helps my organization skills because when I get ready, I take everything step by step."

So far, their approach hasn't led them astray, and they are ahead of schedule to complete their project.

"They've impressed me a lot," said Hurtado. "It's not that you're Reserve, National Guard, or Active; we're all Soldiers. We want them to go down range and accomplish their mission, and we hope that's because the training contributed."

Realistic training is hard to find, yet providing a "real-world" mission for these engineers while still keeping them on their tactical toes can only be found in one of the best training centers in the world. Deep within the Mojave Desert, Soldiers find out what it means to be transplanted to a combat environment while providing deploying Soldiers a better place to train. ✦

Sgt. Dan L. Torkelson (left), from Farmerburg, Iowa, and Spc. Jesse C. Brennan (right), a native of Fort Dodge, Iowa, both carpenter masonry specialists assigned to the 322nd Engineer Company, attached to the 368th Engineer Battalion, work on a building at Combat Outpost 28 at the National Training Center, Fort Irwin, Calif., May 29, 2010.



## SPECIAL FOCUS:

Inside the National Training Center

-- Fort Irwin, Calif.

As the hazy orange sun of late May 2010 crested the mountains deep within the Mojave Desert, Brad A. Howard, Samantha Y. Nash, and Sean P. Brown stood chatting outside of their vehicles. After a shift briefing, they entered their vehicles and prepared for work, yet they weren't doing their civilian law enforcement jobs this day. Instead they were carrying M-4 rifles and M-9 pistols, and wearing body armor and Kevlar helmets in armored Humvees. They were preparing to ride into a simulated combat zone as military police officers assigned to the Army Reserve's 303rd Military Police Company from Jackson, Mich.

# Welcome to "The Box"

By Staff Sgt. Mark Burrell

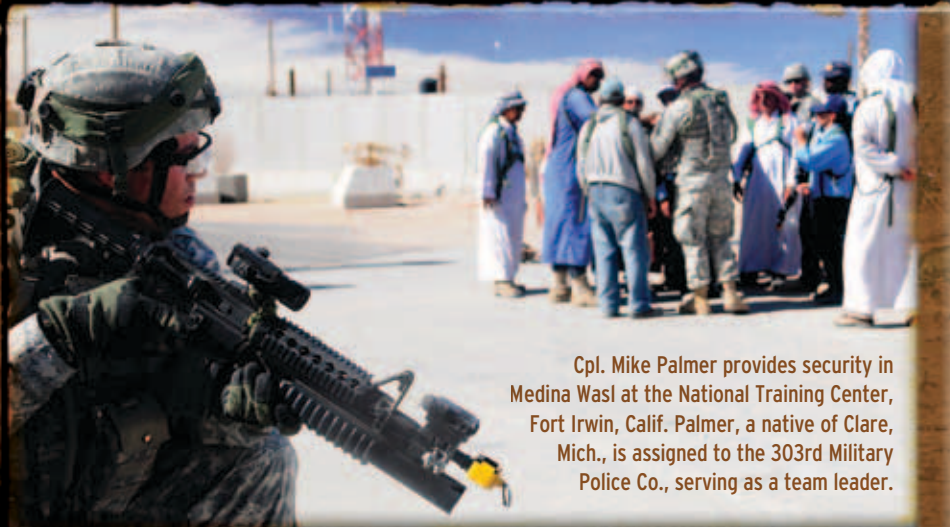
326th Mobile Public Affairs Detachment

Howard is a security supervisor from Muskegon, Mich. Nash, a native of Jackson, Mich., is a corrections officer, and Brown, from Traverse City, Mich., is a deputy sheriff.

At the National Training Center here, affectionately known by legions of Soldiers as "The Box," the 303rd Soldiers link up with role players at the "Iraqi police station" (IP) in the training town of "Medina Wasl."

"Our mission here is to be a police transition team" (PTT), said Brown, a corporal. "As MPs, we are teaching the police in Iraq and Afghanistan to do

Cpl. Mike Palmer provides security in Medina Wasl at the National Training Center, Fort Irwin, Calif. Palmer, a native of Clare, Mich., is assigned to the 303rd Military Police Co., serving as a team leader.



Photos By Timothy L. Hale, Army Reserve Public Affairs



what we do well so we can pull out of those places.”

The 303rd MPs are part of PTTs that work closely with local national police.

They teach proper police work and accompany the local police on combat patrols through neighborhoods.

After a quick but bumpy ride through the desert where the MPs continually scan the road for danger, they arrive at the IP station ready to instruct the Iraqis.

“I’m teaching this class this

morning because it’s right up my lane,” said Brown. “As a deputy sheriff, I do police work [for] everything [from] traffic violations to criminal investigations to domestic disputes. The stuff that I’m teaching the IPs is what I use in my civilian job.”

Outside of the classroom where Brown is having his lesson interpreted into Arabic, team leader Sgt. Nash peers around a corner gripping her M-4 rifle while providing security.

“This is a very good replication. It’s scary real. It’s not exact but it’s as close as you’re going to get here and that’s good for my younger troops.”

— Staff Sgt. Brad Howard, 303rd Military Police Company

“At my job as a corrections officer I deal with a lot of liars and manipulators, so when I come here as an MP I’m able to put my foot down and have a commanding presence,” Nash said from under enough armor to make her look like an indestructible Soldier.

“All the inmates where I work have been convicted of a felony,” said Nash. “It helps a lot with confidence and working with the IPs as a female in my job.”

Later, Nash and other 303rd Soldiers start a walking patrol with their IP counterparts into the city.

People dressed in native clothing hawk their wares or ask for money in Arabic trying to distract and confuse the Soldiers as they progress down the trash-littered street.

Staff Sgts. David Route (left) and Brad Howard watch as an Iraqi Police officer searches a local vendor at the Medina Wasl police station at the National Training Center, Fort Irwin, Calif. Route and Howard are assigned to the 303rd Military Police Co., which was assigned to the 3rd Armored Cavalry Regt. during the NTC rotation.

## SPECIAL FOCUS:

### Inside the National Training Center

-- Fort Irwin, Calif.

Army Reserve Staff Sgt. Brad Howard receives further instructions from higher headquarters during a training session with Iraqi Police at the National Training Center, Fort Irwin, Calif., May 30, 2010. Howard, a native of Muskegon, Mich., is assigned to the 303rd Military Police Co. serving as a squad leader.



"You have to be able to read body language when talking to people," said Staff Sgt. Howard, a platoon sergeant from Muskegon, Mich. "We teach the IPs a lot of the tricks I've learned on my job."

Though these aren't really Iraqi policemen and this village isn't in Iraq, the Soldiers from the 303rd MP Co. don't make that distinction in their training.

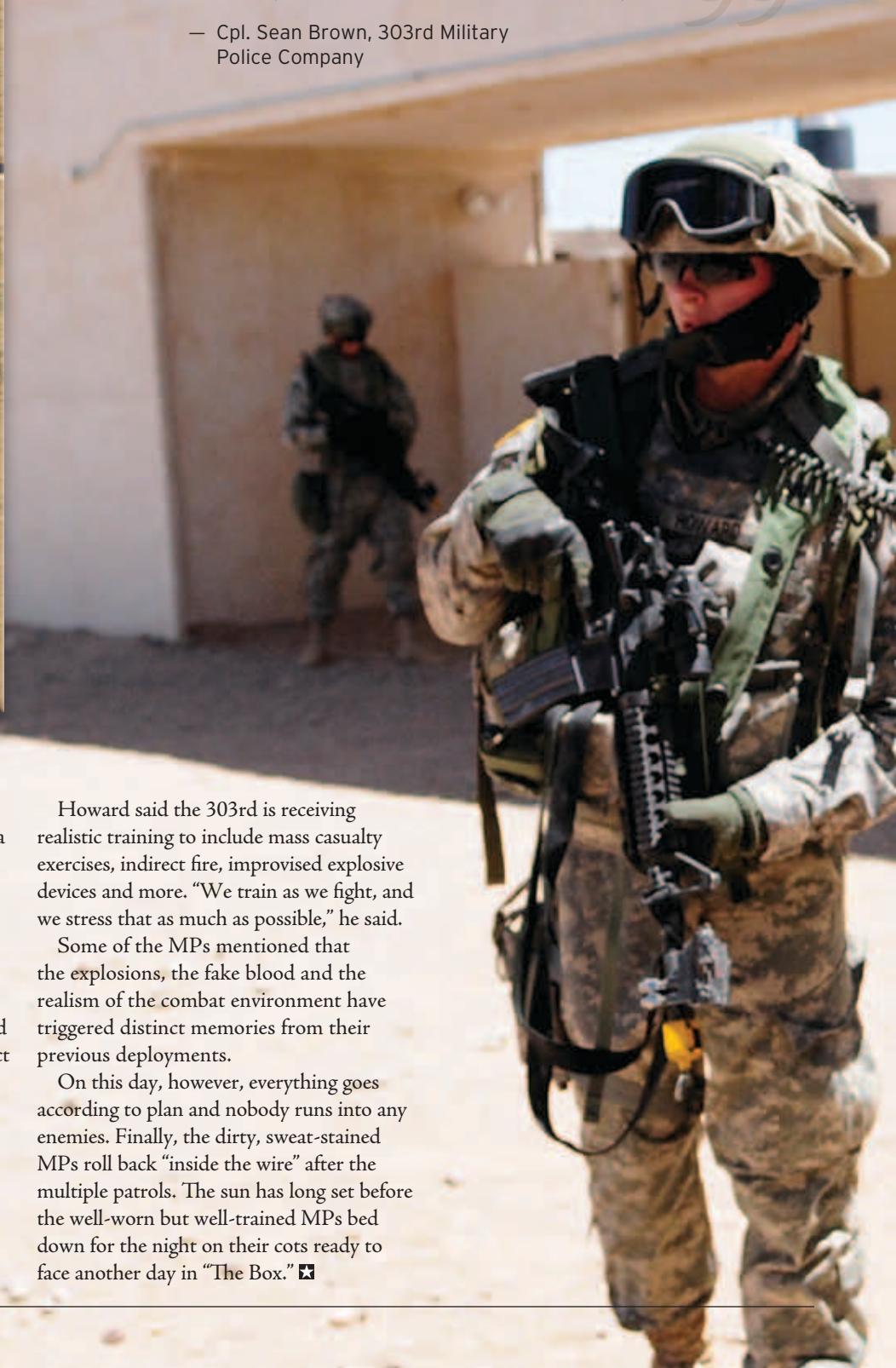
"This is a very good replication," said Howard who has been deployed to Iraq and Cuba as an MP. "It's scary real. It's not exact but it's as close as you're going to get here and that's good for my younger troops."

Nash, who has also been deployed to Iraq, agreed.

"The other day one of my Soldiers said he couldn't believe how much he's learned," she said. "I definitely feel more comfortable going over there with them now."

As MPs, we are teaching the police in Iraq and Afghanistan to do what we do well so we can pull out of those places.

— Cpl. Sean Brown, 303rd Military Police Company



Howard said the 303rd is receiving realistic training to include mass casualty exercises, indirect fire, improvised explosive devices and more. "We train as we fight, and we stress that as much as possible," he said.

Some of the MPs mentioned that the explosions, the fake blood and the realism of the combat environment have triggered distinct memories from their previous deployments.

On this day, however, everything goes according to plan and nobody runs into any enemies. Finally, the dirty, sweat-stained MPs roll back "inside the wire" after the multiple patrols. The sun has long set before the well-worn but well-trained MPs bed down for the night on their cots ready to face another day in "The Box." ❏



Military Policemen Pvt. Joshua Howard and Cpl. Sean Brown, pull security at the government complex at Medina Wasl at the National Training Center, Fort Irwin, Calif. The 303rd MP Co. supported the 3rd Armored Cavalry Regt. during the rotation.

## SPECIAL FOCUS:

### Inside the National Training Center

-- Fort Irwin, Calif.

Medina Jabal mayor Muhammad Azim makes a point as Army Reserve Spc. Jason Driscoll listens at the National Training Center, Fort Irwin, Calif. Driscoll is assigned to the 401st Civil Affairs Battalion in Webster, N.Y.



# Under Watchful

The minutes ticked away as Staff Sgt. Alan Laville, a 16-year Army Reserve Civil Affairs veteran waited inside the Joint Security Station adjacent to the fictional town of Medina Jabal, located inside the 1,200 square mile area simply known here as "The Box." Laville, a Civil Affairs specialist with the 401st Civil Affairs Battalion in Webster, N.Y., had an important meeting with the mayor of Medina Jabal. However, due to a logistical tangle, the patrol arrived late and the window of opportunity seemed as if it had passed.

Story and Photos By Timothy L. Hale  
Army Reserve Public Affairs

**A**lthough it was a training event, situations inside the National Training Center, also known as "The Box," often replicate what happens in either Iraq or Afghanistan.

Laville's persistence and apologies to the Iraqi Police paid off and the team was eventually escorted to the mayor's house, under the watchful eye of Soldiers from the 3rd Armored Cavalry Regiment from Fort Hood, Texas.

"Often, we have to overcome adversity to do our jobs," said Laville, a native of the

Dominican Republic who has deployed to Iraq and Ethiopia. "Unfortunately, we were delayed due to a logistics issue with our security force."

"We persisted with the IPs and a mayoral liaison to get the appointment with the mayor," he continued. "It is a very fluid business and you have to be able to adapt to situations beyond your control."

Inside the small, rectangular office adorned with paintings of Iraq from local artists, Laville and his team sat down with the mayor to discuss issues about the town's hospital and school.

Through an interpreter, Laville and Mayor Muhammad Azim outlined the steps to correct issues with shortages in medicine

as well as doctors, nurses, school supplies, and the supporting infrastructure such as buildings, electricity, and clean water.

At the conclusion of the 30-minute meeting, the mayor summed up his feelings.

"The reason all of us are sitting here is to make things better for the citizens," Muhammad said. "The people want to see something. They want to feel it."

"We are in agreement on that," Laville replied.

The meeting ended with smiles and handshakes. Both sides agreed to schedule a site visit to the hospital and the school so a Civil Affairs team could make the proper assessments in order for work to get underway.



Civil Affairs units help military leaders by working with civil authorities and local civilians in the commander's area of responsibility. The four-person teams work to lessen the impact of military operations on civilians during peace, contingency operations, and declared war.

The Civil Affairs specialists, working with the support of active Army units, can do this in a number of ways.

Staff Sgt. Ryan Collson, from Buffalo, N.Y., and also with the 401st CA Battalion, worked with city leaders in the town of Medina Wasl on many of the same issues.

Additionally, Collson and his team also set up a job fair at Medina Wasl's Town Hall.

There, citizens lined up to fill out

For the Civil Affairs Soldiers, this type of training is a valuable tool.

"The benefit for these Soldiers is the way they interact with the people," Muhammad said. "Whether they are tribal leaders, mayors, police or regular people from the towns."

"This particular training is to give the Soldiers what they expect to have for reality in Iraq," he continued. "So if the same situation happens in Iraq,

they have already trained on it and have no mistakes."

"He (a Soldier) can make a mistake here, but not make the same mistake in Iraq," Muhammad concluded.

There are plenty of opportunities for Civil Affairs Soldiers to make mistakes and learn from them at NTC. Working alongside their active component brethren, Army Reserve Civil Affairs Soldiers routinely visit 13 towns and villages across the training area.

While each Full Spectrum Operation rotation is only two weeks long, projects are continued through each of the ten annual rotations. The next Civil Affairs team will pick up where the last team left off and continue to make progress for the betterment of the citizens who live and work in "The Box." ❏

Army Reserve Spc. Kevin Beam, a Civil Affairs specialist with the 401st Civil Affairs Battalion, Webster, N.Y., scans the area after a meeting with the mayor of Medina Jabal.

# Eyes

applications as the elements of the 3rd ACR and a squad of Army Reserve Military Police from the 303rd MP Co. provided security in the streets.

"There is a road project from Medina Wasl to Medina Jabal. We can actually hire locals to do the work," Collson said.

"One, it occupies the road to keep insurgent and black market activity down," he said. "And two, it supplies jobs to the local people."

Collson added that nearly 30 townspeople from Medina Wasl turned in applications.

"I was expecting between 20 and 40. It was a pretty good turnout," he said.

In addition to the job fair, they also accepted micro-grant applications from current or prospective business owners to help boost the economy and bring stability to the region.

Training scenarios like this at NTC give Active, Reserve and National Guard Soldiers realism and authenticity so when they deploy, they understand the full scope and intent of their mission.



**SPECIAL FOCUS:**

Inside the National Training Center

-- Fort Irwin, Calif.



Borrowing the line from a famous movie — "If you build it, they will come" — one group of Army Reserve surveyors is helping to improve training areas in "The Box" at the National Training Center.

# Surveyors Set their Sights

By Timothy L. Hale  
Army Reserve Public Affairs

The 650th Engineer Detachment (Survey and Design), based in Oklahoma City, conducted a number of survey missions in support of the 368th Engineer Battalion during NTC rotation 10-07 in May and June 2010.

"A survey and design team is a combat multiplier for any construction operation," said Sgt. Trevor Cheramie, detachment NCO-in-charge. "The quality of the product the 368th can produce is elevated because of us being out there [in The Box]."

Cheramie said the 650th surveyed and designed a number of projects at various forward operating bases to include a tactical helicopter pad, an ammunition holding area, and a combat outpost that would replicate those used in Afghanistan. The 650th also performed quality control on a road grading project. The 368th Soldiers, Londonderry, N.H., then took over the construction phase of the projects and built them.

In addition to the surveys, the design process involves working with the engineer

Spc. Jeremy Deramus, a surveyor from Midland, Texas, and assigned to the 650th Engineer Det., conducts a grade survey at the National Training Center, Fort Irwin, Calif. on Saturday, May 29, 2010.

staff to meet their operational needs. This includes drawing the actual design plans for the engineers who then build the facilities and roadways.

Command Sgt. Maj. Karen Speckman, the 368th Eng. Bn. senior enlisted advisor from Gardner, Mass., said the work that survey and design teams do is vital to their own mission accomplishment.

"It ensures that you are building in the right place," Speckman said. "Without the survey and design team you could conceivably lay your road in an area that ultimately is not going to support the construction of that road."

Cheramie, whose civilian occupation is a surveyor in Spring, Texas, said that he brings what he learns from his civilian job to his Soldiers so "we can be the best surveyors in the military."

He was also quick to praise his team, stating that surveying requires a different type of Soldier.

"You get a smarter and better quality of Soldier who is more adaptable to different situations," he said. "My Soldiers are always top notch; it's too easy being in charge."

One of those Soldiers is new not only to the Army Reserve but to surveying as well.

Pfc. Jeffrey Hauser graduated from Advanced Individual Training at Fort Leonard Wood, Mo., in December 2009. Hauser, from Uncasville, Conn., said his first trip to NTC has been a good one and that it will help him when it is time to deploy.

"I didn't really have any expectations [of NTC]," he said. "All I've done is drill for five months, practicing what you've learned. Here, we're actually putting it to work."

"What we do matters. We have to be correct here. There is no room for error," Hauser said.

Whether it's in the Mojave Desert at NTC, the sands of Iraq or the rugged mountains of Afghanistan, these surveyors and engineers know that when they build it, Soldiers will definitely come. ❏

Photo By Pfc. Jeffrey Hauser, 650th Engineer Detachment

# KEEP ON TRUCKIN'

## Commo Specialists Keep Headquarters and Trucks Talking

Story and Photo By Spc. Jacqueline Guerrero  
302nd Mobile Public Affairs Detachment



Spc. Tyler Johnson, an information systems operator-analyst with the 152nd Combat Sustainment Support Battalion of Pierre, S.D., performs a polarization change on a Very Small Aperture Terminal, or a satellite dish, at Blue Grass Army Depot during Operation Golden Cargo 2010. The VSAT polarization is set based on its location north or south of the equator.

**BLUE GRASS ARMY DEPOT, Ky.** — The 152nd Combat Sustainment Support Battalion of Pierre, S.D., illustrates the importance of communication within the military on their Extended Combat Training, Operation Golden Cargo 2010.

Operation Golden Cargo 2010 is the latest in a series of annual training operations sponsored by Joint Munitions Command and executed by Reserve Component units. The 310th Expeditionary Sustainment Command, an Army Reserve unit from Indianapolis, led the operation. The 152nd CSSB falls under the 109th Regional Support Group from Rapid City, S.D.

“If you can’t communicate trucks don’t roll,” said Sgt. 1st Class Daren Sandal, a signal support system specialist in the 152nd CSSB.

In order to communicate with the ammunition trucks traveling from here to Crane Army Ammunition Activity, Ind., transportation units use the Single Channel Ground and Airborne Radio System, a radio that is installed in the Humvees for the purpose of keeping contact with the Forward Operating Base. In addition, they can track the trucks live through the Movement Tracking System, which broadcasts the current location of a convoy.

Communication within the battalion headquarters is just as vital as the communication between the trucks in the ammunition convoys.

“My job here is to keep the computers up and running and make sure everyone has Internet connectivity,” said Spc. Rachael Whales, a signal support system specialist with the 152nd. “I set up the computers, issue them out and check to make sure operators can get into the systems when they need to,” she said.

Spc. Tyler Johnson, an information systems operator-analyst with the 152nd, said he and his fellow Soldiers can quickly fix communications issues. If the Internet goes down, for example, he checks to make sure Internet Protocol addresses are accurate and that cable connections between the computers and the Very Small Aperture Terminal, or satellite dish, are viable. Johnson added that the VSAT receives the Internet connection from an orbiting satellite.

“Our mission here is to maintain setup of the operations from phone, Internet, and wireless service,” Sandal said. ★

# TAKING THE FIGHT



**MCALESTER ARMY AMMUNITION PLANT (MCAAP), Okla.** — Visualize yourself entering a burning building that easily reaches 700 degrees while carrying an extra 65 pounds of equipment on your back. It takes a physically and mentally strong person to carry out a mission under these circumstances. These exceptional individuals are U.S. Army Reserve firefighters.

Story and Photos By Spc. Felicya Adams  
350th Public Affairs Detachment

**F**or the duration of 2010 Operation Golden Cargo, two Army Reserve firefighters trained with the fire department here. For two weeks, they had the opportunity to participate in a fuel burn and a semi-controlled structure burn.

"I love the training here because you get to think on your feet, and it's hands-on training," said Pfc. Brenden R. Mertz, a firefighter with the 826th Ordnance Company in Madison, Wis.

As part of the training, these Soldiers were educated on a piece of equipment called a thermal imager that allows firefighters to see through smoke and locate people in a burning structure. Following that lesson, a live burn was ignited as part of a supervised fire-training exercise called "ventilation."

"I went in as the back-up man, locating the fire and checking for victims using the heat thermal gun," said Pfc. Tyler J. Wood, a firefighter with the 826th.

With Wood as the "nozzle man," Mertz entered the live-burn structure and focused on hauling the hose and locating victims.

Considering this was both Mertz's and Wood's first hands-on exercise with an actual fire department, they gained a tremendous amount of knowledge.

"Today, I learned that you can never let your crew fall behind, and it's all about teamwork and communication," said Mertz.

"I love the training; it's high-speed," said Wood.

With their adrenaline still pumping after exiting the burning building, the Soldiers continued their training with the fuel-burn exercise. The MCAAP firefighters poured

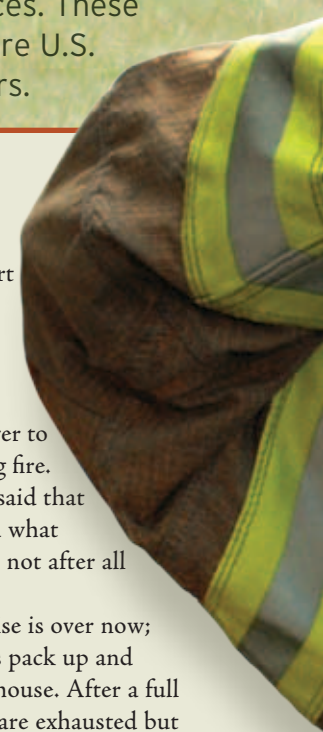
10 gallons of diesel fuel and five gallons of unleaded gasoline into flash pans to start a flammable-liquid fire-training exercise.

Mertz and Wood performed a hose advancement maneuver to extinguish the blazing fire.

Mertz and Wood said that they now understand what works and what does not after all of this experience.

The training exercise is over now; all that is left to do is pack up and head back to the firehouse. After a full day of training, they are exhausted but nevertheless more proficient at saving lives and property.

"I could never see myself doing anything else," said Mertz. ❏



# TO THE FIRES



ABOVE:  
Pfc. Brenden  
R. Mertz, and  
Pfc. Tyler J. Wood,  
Army firefighters,  
put out a controlled  
fuel burn. Mertz and Wood  
are with the 826th Ordnance  
Company in Madison, Wis.

LEFT: Pfc. Brenden R. Mertz, slips  
on his oxygen mask in preparation  
for a live burn training exercise.

# IN MEMORIAM

AS OF SEPTEMBER 3, 2010

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SGT Kevin D. Akins	SPC Kendell K. Frederick	SSG Charles A. Kiser	SPC Brandon M. Read
SPC Omar M. Albrak	CPT Brian S. Freeman	SGT Charles B. Kitowski, II	SGT Regina C. Reali
SPC Paul E. Andersen	SGT Bryan L. Freeman	SPC Adam L. Knox	SPC Ramon Reyes-Torres
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