

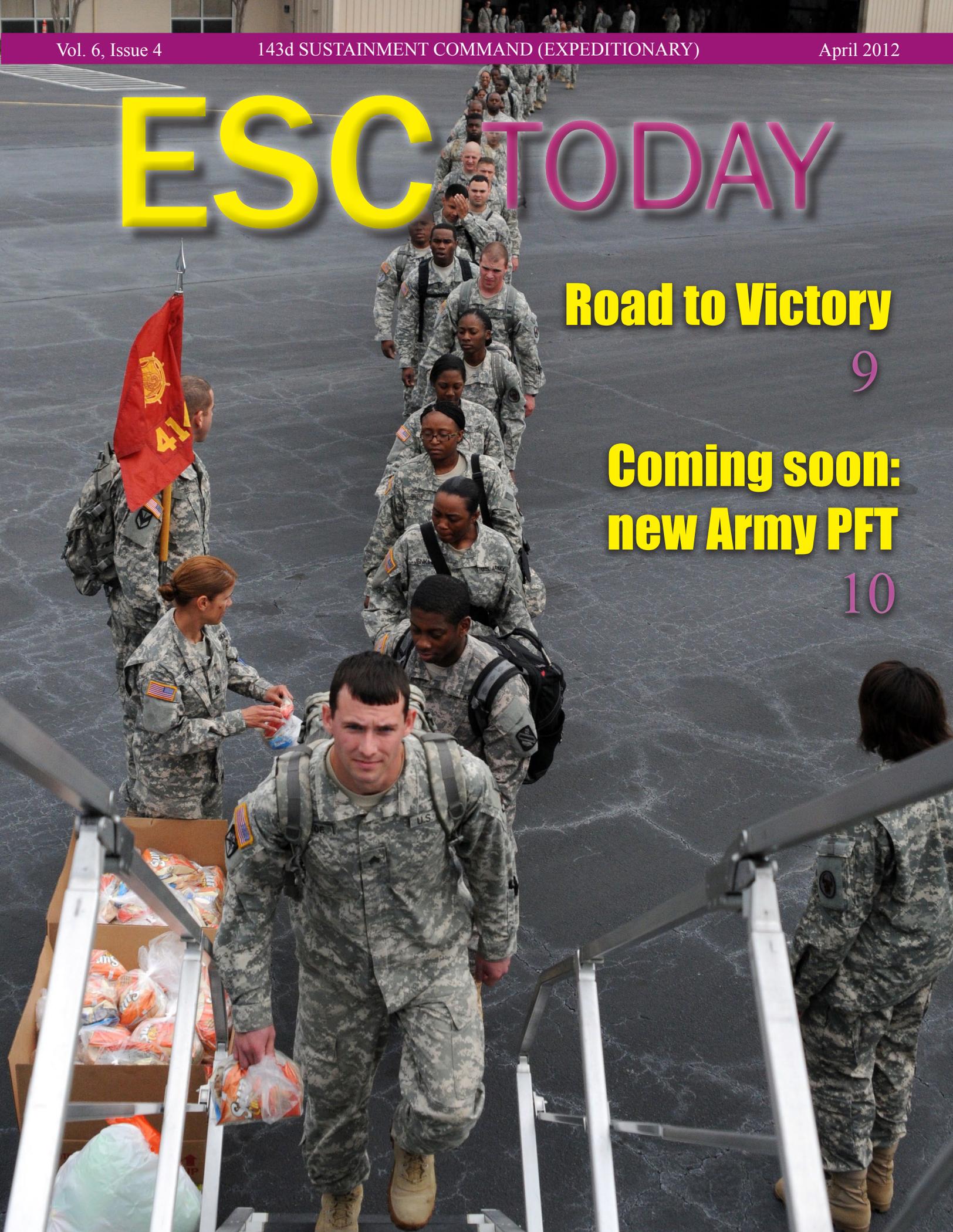
ESC TODAY

Road to Victory

9

**Coming soon:
new Army PFT**

10



April 2012

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ESC TODAY

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(Expeditionary)
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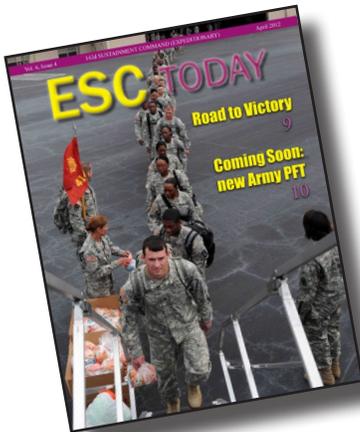
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<< On the Front Cover

Soldiers from the 414th Transportation Company, 812th Transportation Battalion, 518th Sustainment Brigade, 143d Sustainment Command (Expeditionary) board a plane bound for Fort Bliss, Texas, to commence pre-mobilization training. The 414th TC flew out from Orangeburg, S.C., March 12 shortly after saying farewell to friends and relatives at the the unit's Reserve center.

Photo by Maj. John Adams, 143d ESC

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ESC Today is the monthly command information magazine of the 143d Sustainment Command (Expeditionary) and is an authorized publication for members of the Department of Defense, according to provisions in Army Regulation 360-1. The opinions and views expressed in ESC Today are not necessarily official views of, or endorsed by, the U.S. Government, Defense Department, Department of the Army or the headquarters, 143rd ESC. The editorial

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The Command Post

April is here already and as the season begins to change, the 143d ESC continues to focus on its most valuable assets, the Soldiers and their families. Let me explain. I would like to highlight that April is the Month of the Military Child, and many events and programs across the Command are gearing up to make April an outstanding month for our kids. In addition, the Employer Partnership Program offers our Soldiers opportunities, when not in uniform, to enhance their civilian careers. April is the month that we need you to take notice of information to start a new career or programs and events to celebrate our children. I encourage all of you to take full advantage of these programs and make your “foxhole” a little stronger. As we in the profession at arms work to meet the challenges of the 21st century, we need you and your families to be ready to meet these challenges by making yourselves physically, mentally, morally, emotionally, and financially ready. Then we can confidently meet the challenge of operationalizing the Army Reserve head on.

As an operational force, the Army Reserve is one of the best returns on investment for American taxpayers. The values and talents that are part of our skills-rich organization benefit this nation beyond the traditional role of defense. This is the legacy of Warrior-Citizens. We have created an agile, flexible organizational structure that provides cohesive functional-force packages to the

combatant commander when and where they need them to achieve mission success. We are building a rotational-based force to provide predictability for Army Reserve Soldiers, their families and their employers. Operational and functional Army Reserve units are available and ready and expected to deploy one in five years in the Army Force Generation (ARFORGEN) model, ensuring a consistent source of significant capabilities of the Army. The 143d ESC has and will continue to meet all requirements to make this happen!

Employer Partnership establishes a strong relationship between the corporate and military communities. The bond that ties them together is the Soldier/professional that walks in both worlds. Since the Employer Partnership Program began several years ago, it has become a human capital strategy for many companies where they manage their work needs using Reserve Soldiers, former Soldiers, or spouses of Soldiers as the source of a highly trained, reliable and resourceful workforce. There are 676,000 jobs available online on the EPO website (employerpartnership.org). I encourage you to find more information and share it with our formation.

The military child is our other focus this month. There are 1.7 million American children and youth under 18 with a parent serving in the military, and about 900,000 have had one or both parents deploy more than once. April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. The Month of the Military Child is an opportunity to recognize military children and youth for their heroism, character, courage, sacrifices and



Brig. Gen. Mark W. Palzer
Commander
143d Sustainment Command
(Expeditionary)

continued resilience. To find out more, please follow this [link](#).

It’s also time for the weapons ranges, and with that comes the added emphasis on training safety. Our profession at arms demands our vigilance every time we enter a training environment. Many of you are on the way to annual training and ranges this Spring. Safe operations will not only enhance our Soldiers’ experience but build confidence among junior leaders. Learn how to do it correctly. Remember to teach your subordinates the right way to train, so that they will continue to serve effectively.

Go forward and lead our formations with professionalism and pride. We are America’s premier Reserve force, and the responsibility to keep it that way rests on our shoulders.

Army Strong!

Sustaining Victory!

APRIL IS MONTH OF THE MILITARY CHILD

Celebrate Military Children

The Strength of Our Future
The Army is committed to Military Youth. **ARMY FAMILY GOVERNANCE** Keeping the Promise

www.ARMYSoldiers.com

THINK WEAPONS RANGE SAFETY

- T**reat every weapon as if it is loaded.
- H**andle every weapon with care.
- I**dentify the target before you fire.
- N**ever point the muzzle at anything you don't intend to shoot.
- K**eep the weapon on safe, and your finger off the trigger, until you intend to fire.

The Bottom Line

How do we expect to dominate the battlefield abroad, if we do not deliver quality training at home? The Army manages scores of schools, programs and courses that mold thousands of civilians into Citizen-Soldiers. Maintaining this critical state of readiness begins with individual companies and platoons, and the responsibility of developing high quality training belongs to noncommissioned officers.

Last month I watched nine of the 143d ESC's finest Soldiers participate in the command's Best Warrior Competition. For three days I witnessed many intense and inspiring moments. Whether I saw a competitor exerting every ounce of his energy to finish a 10-kilometer ruck march, or a specialist keep her cool in front of a board of six sergeants major, the same question came to mind: "Why not apply these Warrior tasks during Battle Assemblies?"

The answer does not lie with a lack of time or resources but rather the abundance of complacency among the ranks. Our Soldiers should not succumb to an endless stream of lectures and slideshows. They deserve better, and NCOs can do better by ensuring

every training schedule consists of combat-oriented activities that take place outside the classroom. Don't have the money and manpower? What and who do you need to execute a PRT session? An obstacle course? A combatives session? A first aid exercise?

Regardless of what you do, remember to tap into your most valuable resource: your Soldiers. Their input and feedback will invigorate unit morale and retention.

Even the most interesting and interactive monthly training schedules would prove little value to a Soldier's overall performance without continuous study. Fortunately, NCOs need only to promote the Structured Self Development program. Designed for Soldiers grades E-1 to E-9, SSD creates an enduring learning environment through interactive multimedia instruction. Soldiers may access SSD through the Army Learning Management System. Its online format and self-paced structure permits Soldiers to study on their own time. Nevertheless, NCOs must encourage Soldiers to take advantage of SSD by demonstrating the program's learning tools, setting individual goals and monitoring every Soldier's progress.



Command Sgt. Maj. Jeffrey E. Uhlig
*Command Sergeant Major
143d Sustainment Command
(Expeditionary)*

The Army Reserve has evolved beyond the "Weekend Warrior" mentality. Its strategic value and operational capabilities will define the outcome of America's current and future conflicts. Now more than ever we must train the way we fight to stay strong . . .

ARMY STRONG!

The ASAP Corner

Army policy now prohibits the use, possession, production, distribution and transportation of synthetic cannabinoids such as "K2" or "Spice." These synthetic cannabinoids have no application other than to mimic the effects of marijuana on the human brain and body.

This substance abuse policy will be included in the next revision of AR 600-85. ALARACT 296/2011 directs commanders at all levels to ensure that their personnel are briefed regarding the new policy. Allegations of use or possession of synthetic cannabinoids will be handled in a manner consistent with allegations of use or possession of other controlled substances such as cocaine.

Since 2009 "legally" smokable herbal blends providing a marijuana-like high have become increasingly popular, particularly among teens and young adults. These products have plant material coated with chemicals that mimic THC, the active ingredient in marijuana, and are sold at a variety of retail outlets, smoke shops and online stores. The FDA has not approved these chemicals for human consumption, and there is no oversight of the manufacturing process. Brands such as "Spice," "K2,"

"Blaze" and "Red X Dawn" are labeled as incense to mask their intended purpose: to alter an individual's state of mind or as a means to produce intoxication and/or stupefaction of the central nervous system.

In 2010 the Drug Enforcement Administration extended its emergency scheduling authority to control five chemicals used to produce synthetic marijuana, declaring that these products can be abused and are harmful to public health. Since 2009 the DEA has received an increasing number of alarming reports from poison centers, hospitals and law enforcement agencies regarding these products. At least 15 states have already taken action to control these synthetic drug compounds, and several companies such as Exxon Mobil prohibit the sales of the drugs in their stores.

These substitutes are so closely related to marijuana as to make it obvious that synthetic they will have the same potential for abuse as marijuana. Synthetic cannabis and THC substitutes have substantial capabilities of creating hazards to the mission of the Army and the health and welfare of its Soldiers, families and communities.

Should a commander receive information about



Gilbert Rivera
*Alcohol & Drug Coordinator
143d Sustainment Command
(Expeditionary)*

the use, possession, production, distribution or transportation of synthetic cannabinoids, they should contact the Staff Judge Advocate, the ADCO and local police authorities to request an investigation and receive guidance. Additional information on Spice testing is located at <http://www.ACSAP.Army.mil>.

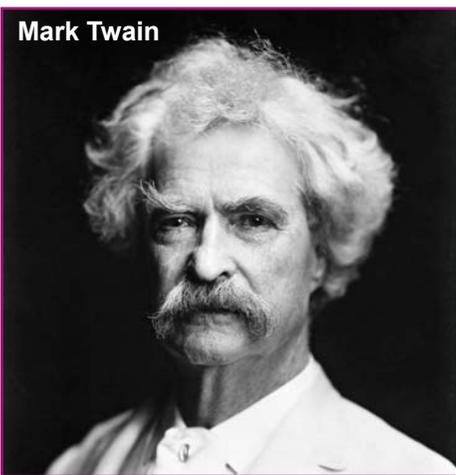


Lt. Col. Brian Ray
Command Chaplain
143d Sustainment Command
(Expeditionary)

Click here to watch Chaplain Ray's words of motivation for this month.

Dear Soldiers and families of the 143d ESC,

During this time of year, I often think about my grandparents. All four of them passed away during the spring season. Most of my reflections on these four special people in my life revolve around the advice they gave me. It is interesting how their words of advice seem to "get better" as I get older. This interesting phenomenon (i.e., words of advice getting better as we get older) reminds me of two very funny (and educational) quotes.



Mark Twain

Reflections by the Chaplain: Good advice is timeless!

"I am not young enough to know everything."

~ Oscar Wilde (1854 – 1900)

"When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But by the time I got to be 21, I was astonished by how much my father had learned in seven years."

~ Mark Twain (1835 – 1910)

The lessons from these two quotes are timeless. Each of us has heard the following many times: with age comes wisdom! I learned a great deal from my grandparents about life as well as love for your fellow man. However, the lessons I learned from them have nothing to do with fancy college degrees or extensive formal training. Quite the contrary! Three of my four grandparents never finished high school. But we all know that having knowledge and having wisdom are two very different things.

When thinking about the timeless quality of good advice, I came across the following quotes. I found them under the title, "Reflections from the seat of an old tractor." I know you'll enjoy these words of wisdom. And even though they are plain and simple, they are beneficial for every one of us regardless of age or profession.

"If you find yourself in a hole, the first thing to do is stop diggin'."

"Life is simpler when you plow around the stump."

"The best sermons are lived, not preached."

"Words that soak into your ears are whispered . . . not yelled."

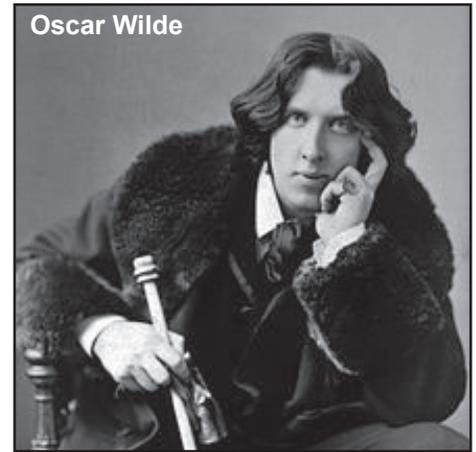
"Meanness don't just happen overnight."

"It don't take a very big person to carry a grudge."

"You cannot unsay a cruel word."

"Remember that silence is sometimes the best answer."

"Lettin' the cat outta the bag is a whole lot



Oscar Wilde

easier than puttin' it back in."

"Every path has a few puddles."

"When you wallow with pigs, expect to get dirty."

"The biggest troublemaker you'll probably ever have to deal with watches you from the mirror every mornin'."

"Good judgment comes from experience, and a lotta that comes from bad judgment."

"Live a good and honorable life. When you get older and think back, you'll be able to enjoy it a second time."

"Live simply, love generously, care deeply, speak kindly, and leave the rest to God."

"Most of the stuff people worry about, ain't never gonna happen anyway."

I'm sure each of you recalls words of wisdom that have served you well through the years. During the month of April I encourage you to share special words of encouragement with someone who needs direction and support. Great words of advice are like the buds on a rose bush. It may take a while for the buds to bloom. But when they do, their beauty and aroma are enjoyed by all.

Sustaining Victory. . .Army Strong!

Pro Deo et Patria. . .For God and Country!

DID YOU KNOW?

The Military & Family Life Consultant program provides non-medical, short-term, situational problem-solving counseling to service members and their families so they may better understand the stresses of military life. The MFLC program maximizes the support available to Guard and Reserve service members by conducting presentations and briefings on a variety of topics including deployment, communication and grief. It also provides consultant services tailored to children, teens and married couples. Learn more about how the MFLC program can serve you through this [link!](#)

The Legal Corner

A BRIEF BIOGRAPHY OF LT. COL. TERENCE P. MURPHY, 143D ESC STAFF JUDGE ADVOCATE

Lt. Col. Terence P. Murphy is the incoming Staff Judge Advocate for the 143d Sustainment Command (Expeditionary). Murphy comes from the 3rd Brigade, 100th Division in Fort Totten, N.Y., where he served as the brigade judge advocate for almost two years. Prior to serving with the 3rd BDE, Murphy was assigned to the 4th Legal Support Organization in Bronx, N.Y., where he served in a number of staff positions.

In civilian life, Murphy serves as a Nassau County (Long Island) District Court Judge. He was elected to the position in 2009 for a term of six years. Presently, Judge Murphy sits in a civil part where he handles many different types of civil actions where the claim is \$15,000 or less.

Murphy also presides over the Nassau County Veterans' Treatment Court. This court offers veterans who find themselves involved in the criminal justice system an opportunity to deal with alcohol, substance and other types of abuse issues with the support of subject matter experts including a representative from the Veterans Administration.

If the veteran successfully completes a recommended course of treatment, he or she can have the criminal charges disposed of in a more favorable manner than if the individual went through a plea disposition in a regular part of the court.

Murphy brings a wealth of legal and judicial experience to his new position at the 143d ESC and looks forward to working with the command by providing essential legal services and advice to enable it to successfully accomplish its mission.



Lt. Col. Terence P. Murphy
Staff Judge Advocate
143d Sustainment Command
(Expeditionary)



Veteran, family happy to say, 'Home at Last'

BY SGT. ELISEBET FREEBURG
143d Sustainment Command (Expeditionary)

OAKLAND, Fla.—On a bright, warm and windy Saturday morning here in Oakland, Fla., dozens of friends, family and supporters of Staff Sgt. (Ret.) Jeffrey Kelly attended a ground-breaking ceremony for the Kelly's new home.

"It's hard to believe," said Kelly. "It [the new home] gives us a new start."

The Kelly family was chosen in 2011 to receive the 4th house built by Home at Last. A special project of the nonprofit organization West Orange Habitat for Humanity, Home at Last builds homes to suit the needs of disabled veterans wounded in Iraq or Afghanistan.

Previously assigned to the 310th Human Resources Sustainment



Photo by Sgt. Elisebet Freeburg | 143d ESC

Staff Sgt. (Ret.) Jeffrey Kelly (seated) along with his wife, children and local dignitaries commence digging during a ground-breaking ceremony for the Kelly family's new home held March 3 in Oakland, Fla. The family was selected by Home at Last, a special project managed by the West Orange Habitat for Humanity that designs and builds homes tailored to the needs of wounded warriors from the Iraq and Afghanistan campaigns.

Center out of Fort Jackson, S.C., August 2008 south of Scania, Iraq, Kelly was medically retired in February 2011, after being wounded while deployed with the 846th Transportation Company, out of

Salisbury, N.C.

Also present during the March 3 event were Soldiers from the U.S. Army Reserve's 143d Sustainment Command (Expeditionary). Several of the reservists served as a color guard during the ceremony.

The Patriot Guard Riders, a well-known sight at military events in Florida, rode by to welcome the wounded warrior and his family. In addition to local community leaders, central Florida Congressman Daniel Webster was present for the event.

Kelly, his wife, Michelle, and their two daughters currently live with his parents. The house is not handicapped-accessible.

The 846th TC reports to the 812th Transportation Battalion, the 518th Sustainment Brigade, and the 143d ESC. ☒

Take 5

for Water Safety

- Learn to swim and use a personal flotation device when necessary.
- Alcohol and water do not mix!
- Read and obey all rules and posted signs.
- Never dive into lakes and rivers – hidden dangers may lurk beneath the surface.
- Watch for the dangerous “too” – too tired, too cold, too far from safety, too much sun and too much strenuous activity.
- Know how to prevent, recognize and respond to emergencies.

Take 5 ... then take action.



U.S. ARMY

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<https://safety.army.mil>

ARMY SAFE IS ARMY STRONG



A BAND OF BROTHERS & SISTERS



Purple Up!

April is the Month of the Military Child, a time to honor youth impacted by deployment. From now until April 30, Operation: Military Kids encourages everyone across the country to wear purple to show their support while thanking military children for their strength and sacrifices.

Purple symbolizes all branches of the military as this color combines Air Force blue, Army green, Coast Guard blue, Marine red and Navy blue.

Dedicate yourself to helping at least one of the 1.7 million children with a parent in the military by recognizing their heroism, character, courage and continued resilience.

Operation: Military Kids is a national program designed to support military youth impacted by the deployment cycle. Learn more about OMK in your state by visiting <http://www.operationmilitarykids.org>.

The Army Reserve Family Programs - Child, Youth & School Services Invite Military Children of All Branches to the

Month of the Military Child

Kick-Off Celebration

Saturday, April 7
10:00 am - 3:00 pm

Orange County Public Library
Downtown Orlando
101 East Central Blvd
407-835-7323

Parking is available on East Central Blvd, directly across from the main entrance to the Library, at a reduced, flat rate of \$6.
For more information, please contact the Army Reserve Family Programs - CYSS Office at 1-800-221-9401 ext 1741
Illustration by Jeffrey Blackman | 143d ESC



WHY I SERVE:

Name: Daniella Fitzhugh

Rank: Captain

Unit: 143d ESC

Job Title: Comptroller

Hometown: Guntersville, Ala.

When I was 23 my boyfriend (now husband) told me, "If there's anything you want to do before we marry, you'd better do it now." The next day I enlisted in the Army Reserve.

I joined the Army to prove that I was strong enough to do it. My grandfather served as a Soldier during World War II, and my father wore a green beret during Vietnam. Their influence on me was too strong to consider joining another branch.

At first my expectations about Army life did not venture beyond what awaited me at Basic Military Training. Although I enjoyed most of BMT, working with mostly younger recruits from cities much larger than my rural hometown opened my eyes to some of life's grim realities.

After completing BMT and AIT in Fort Jackson, S.C., I returned to my

Reserve unit in Utah as a financial management technician. Two years later my unit held its two-week AT in Oahu, HI., where I met then Brig. Gen. David R. Irvine. He invited my detachment to dinner and said to me, "You would make a great officer, and I expect you to be one in a few years." I didn't disappoint him.

I enrolled in Army ROTC at Weaver State University in Ogden, Utah, and earned my commission. I'll forever remember the day when my husband pinned my second lieutenant's bar on my shoulder, while my infant son played with the other gold bar.

I returned to Fort Jackson to complete Officer Basic Course and later the Captains Career Course. Though the curriculum differed, one lesson remained constant: The NCO corps must support its officers,

and the officer corps must support its NCOs. I have held this to heart before and after my commission.

As a mother I know firsthand the challenges families face when one of their own wears the uniform. Despite the hardships of TDYs and PCSs, my husband and children are proud of what I do. My seven-year-old daughter wants to join the Army when she grows up, while my youngest son boasts that he will "shoot guns just like his mom."

I plan to embark on my first deployment, then earn my Master's Degree in the Defense Comptrollership Program. In the interim I would like to stay at the ESC level as it allows me to mentor individual Soldiers and still work with senior officers and NCOs who have helped shape me into the Soldier and officer I am today.

Photo by Spc. John L. Carkeet IV | 143d ESC

196th TC drives down the “Road to Victory”

■ BY SPC. JOHN L. CARKEET IV
143d Sustainment Command (Expeditionary)

The German soldier looked out of place as he walked alongside the military vehicle. His walnut stock rifle, gray cotton tunic and black polished boots stood in stark contrast to the green wheeled behemoth parked beside him. As a member of the 1st SS Panzer Division, one of the most elite units in the Third Reich, he was no stranger to machines that possessed extraordinary power. However, the engineering marvel on display would put anything in Germany’s arsenal to shame, for it belonged to another Army half a world and three-quarters of a century away from Fortress Europe.

Soldiers from the 196th Transportation Company, 332nd Transportation Battalion, 641st Regional Support Group, 143d Sustainment Command (Expeditionary), arrived at the Orlando Scottish Rite Center in Winter Park, Fla., March 24 to participate in the fourth annual “Road to Victory,” a military history event that brought the Second World War to life. The five-man team claimed some space in the center’s parking lot with its two-vehicle convoy: an up-armored Humvee and a Palletized Load System. These modern day machines and warriors were soon surrounded by World War II reenactors driving vintage vehicles, wielding replica weapons and wearing authentic attire from one of the most defining eras in human history.

“We’re happy that the 143d ESC and the 196th TC have again participated in ‘Road to Victory,’” said Aldis Grauds, public relations chairman for the Orlando Scottish



Photo by Spc. John L. Carkeet IV | 143d ESC

Cpl. Jonathan Jones, a motor transport operator for the 196th Transportation Company, helps a boy adjust “his” Army Combat Helmet during the “Road to Victory” living history event in Winter Park, Fla.

Rite of Freemasonry. “Their presence helps us honor veterans from the past and present, and reminds America’s youth of the sacrifices their elders made in Europe and Pacific, and how their contemporaries continue to fight for freedom in Iraq and Afghanistan.”

Cpl. Jonathan Jones, a motor transport operator for the 196th TC and former active duty infantryman and Civil War reenactor, complimented the event’s emphasis on “living history.”

“These people are more than amateurs dressed as Soldiers; they’re historians,” said Jones. “They can tell you the significance of what they’re wearing. They know where that pin’s been . . . What that badge means.”

Amid the melody of a live band playing popular songs from the ‘40s and the cacophony of rifles and machine guns firing blanks during a mock World War II battle, the Soldiers interacted with hundreds of people clamoring for a closer look at the Humvee and PLS.

“This [event] is a morale booster for the public and the Soldiers,” said Sgt. Richard Serrano, a motor

transport operator for the 196th TC. “The public can look, feel and smell the very vehicles the Army uses at home and abroad, while the Soldiers can take pride knowing that people are interested in how they maintain and operate them.”

“This is a rare chance for people to relate to what they see in movies and on TV,” Jones added as he helped a boy climb into the driver’s seat of the Humvee.

Throughout the day the visitors bombarded the Soldiers with a wide array of questions about the Humvee and PLS, asking

everything from the most elementary (“Why is your Army truck painted with weird colors?”) to the most technical (“How does the Humvee’s four wheel drive system handle at higher speeds and steeper inclines?”).

“I was able to field most of the questions,” said Jones. “If I didn’t know something I could just go to any of the NCOs [noncommissioned officers] here today. These guys have so much knowledge about these vehicles, that I go to them first rather than the operator’s manual.”

Although visitors were impressed with the PLS’s 33,000 pound load capacity and the Humvee’s ability to automatically detect and extinguish fires inside its cabin, they expressed more interest with the men in uniform.

“For many people this was their first time seeing a Soldier in person,” said Jones, who, like his comrades, had cleaned the vehicles and prepped his uniform before the event. “I hope our presence helped them understand that we’re not robots in uniform . . . we’re professionals with unique names, faces and families.”



Photo by Spc. John L. Carkeet IV | 143d ESC

American World War II soldiers retake a German stronghold during a mock battle held March 24 at the Orlando Scottish Rite Center in Winter Park, Fla. Authentic vehicles and weapons were used during the reenactment.

COMING SOON: NEW ARMY PFT

BY LANCE M. BACON
Army Times

More than 10,000 tests were conducted, mountains of data were compiled, and a few dialogues even devolved into debates — and now your new fitness test is ready for final approval.

The plan retains the same five events first considered more than a year ago, but each had significant changes and challenges along the way. The recommendation will be presented this month to Gen. Robert Cone, head of Training and Doctrine Command, and includes:

- **Two-mile run.** The initial plan was to cut the run to a mile and a half, which is considered the best measure of cardiovascular fitness. But the rank and file sounded off and said the extra half-mile measures the heart.

Maj. Gen. Richard Longo, who as deputy commanding general of Initial Military Training was responsible for designing the new test, said leaders may toughen the scoring scale to ensure better fitness.

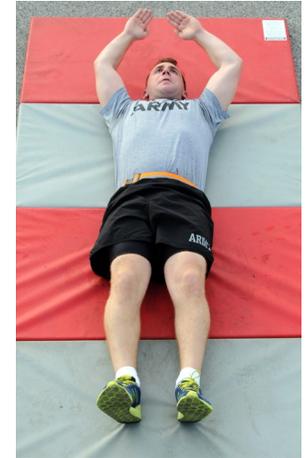
- **Pushups for one minute.** This event was nearly replaced with dead-hang pullups, which are a better measure of functional upper body strength. Pullups were included in more than 1,000 pilot tests conducted at Fort Bliss, Texas. The scoring discrepancy between men and women was so great that different events would have been required to keep it fair. For example, Marines test men with dead-hangs and women with a flex-arm hang.

Army officials are adamant that the new test remain gender-neutral. That means identical events with different scoring standards for men and women.

“If we did the pullups, it would disadvantage the female Soldiers, and I’m just not comfortable with that,” Longo said.

- **Rower for one minute.** Officials looked hard at doubling the rower from one to two minutes. Evaluations showed that the shorter version had a steep bell curve with little variation. But the Fort Bliss evaluation showed the two-minute rower brought little change to the results.

- **60-yard shuttle run.** The big change is that this event will be pass/fail, for now. The same is



Photos by Spc. John L. Carkeet IV | 143d ESC

The new Army Physical Fitness Test includes five events: the two-mile run, pushups (one minute), shuttle run (60 yards), rowers (one minute) and the standing long jump. Here Spc. Eduard Cantu, a public affairs broadcast specialist with the 204th Public Affairs Detachment, demonstrates proper technique of the rower. The Soldier starts lying on his back with arms extended overhead, palms facing inward, legs straight and feet touching the ground. In one motion, he brings his feet toward his body while sitting up and swinging his arms forward. In the final position, he extends his arms next to his knees parallel to the ground with hands slightly past his feet. The exercise repeats for one minute.

true for the fifth and final event.

- **Standing long jump.** Soldiers have been less than enthusiastic about this event and the shuttle run. Officials opted for the pass/fail scoring to allow sufficient time for both events to settle into the ranks.

But the Army may apply a scoring scale in the future, Longo said.

Sergeant Major of the Army Raymond Chandler has questioned whether the new shuttle run and long jump should remain as part of the new fitness test. The long jump is a “great measurement of leg strength but not necessarily what we want to measure,” Chandler said during a January visit to Fort Jackson, S.C.

He said the shuttle run is far more difficult for older Soldiers, who may not be as agile as they once were.

LEADERS’ INPUT CONSIDERED

Chandler, not willing to accept the status quo of an overweight Army, also said he wanted to up the run to four miles with a 36-minute limit and add a 12-mile ruck march, to be done in four hours or less.

Longo said he welcomes any guidance from senior leaders, “especially someone as informed as Sgt. Maj. Chandler,” but added that many commanders and leaders have expressed concern about the test’s length.

In addition, a four-mile run and 12-mile ruck march are tools commanders can already use to assess fitness.

“And we certainly can discuss whether those two should be included in the test,” Longo said.

WHEN IT STARTS

Longo reiterated the Army’s commitment to allow adequate time for the force to transition to the new test. The long-standing plan has anticipated a decision by Army Chief of Staff Gen. Ray Odierno by April. The chief could sit on the proposal or make his own changes.

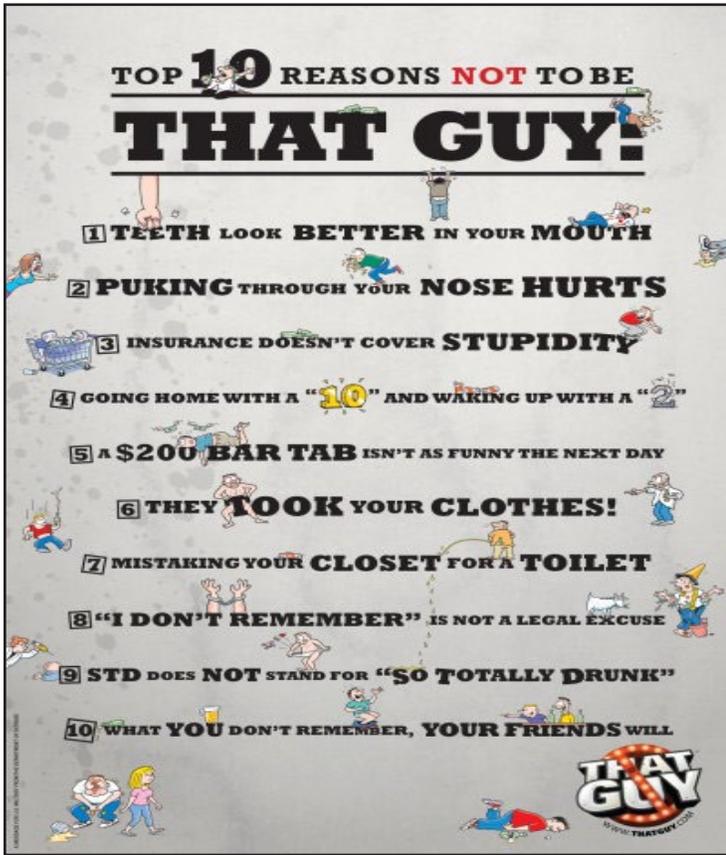
But the new test was not designed in a vacuum. Sources tell Army Times that Odierno has full confidence in his TRADOC commander, and will likely follow his recommendation. If so, Soldiers will likely see full implementation as early as Oct. 1.

In the meantime, officials are trying to find money to resurrect the master fitness training course. The plan is to send Soldiers to the course or send mobile training teams to the Soldiers to ensure every commander has one or two master fitness trainers who can develop a fitness program appropriate for the unit and mission, Longo said.

These master fitness trainers will also get the physical training doctrine fully anchored throughout the force and prepare troops for the new test. ☒

Don't be That Guy (or Girl)

For more information or to get help, visit www.thatguy.com



The truth about hangovers

- A hangover is the body's reaction to being poisoned with too much alcohol. Heavy drinking tinkers with brain chemicals -- leading to headache, dizziness, and nausea. The morning-after price of this imbalance can include headaches, fatigue and a queasy stomach.
- Depending on your body composition, just a couple of drinks can trigger hangover symptoms. Having water or a nonalcoholic drink between each beer or hard drink can help keep you hydrated and reduce the overall amount of alcohol you consume.
- Food has to be in your stomach before happy hour to have any impact. While any food can slow the body's absorption of alcohol, fat does it best. You might escape a hangover if you have steak or pizza before your first martini. Before bedtime drink water to fight dehydration.
- Over-the-counter painkillers peak in about four hours, so the effect of a bedtime dose will be gone by morning. A better plan is to take the pills when you first wake up. Avoid taking acetaminophen after a night of drinking. Alcohol disrupts how the liver processes acetaminophen, possibly leading to liver inflammation and permanent damage.



WHY I SERVE:

Name: Thomas E. Cooper II
Rank: Sergeant
Unit: 321st Sustainment Brigade
Job Title: Ammunition Specialist
Hometown: Baton Rouge, La.

At first I was dead set against joining the military even though my father served with distinction in the Army. Ironically, I earned high scores when I took the ASVAB, though it wasn't until my senior year in high school that a military career became an appealing option. That's when my mother forced me out of the house and signed a waiver that permitted me to enlist at the age of 17. Respecting her wishes, I boarded a bus that would not take me to a place with the word "Fort" in front of it but rather Lackland Air Force Base in San Antonio, Texas.

I spent seven and a half years in the Air Force as an aerospace ground equipment technician, a fancy name for a diesel engine mechanic. I enjoyed my duty stations that took me to points across the planet from Japan to Bahrain.

I left the Air Force in 2007 after several unsuccessful attempts to transfer to a more satisfying specialty. Months later my frustration with the system gave way to a longing to reenlist. In 2010 I again swore an oath to defend America, but this time as a Soldier in the Army Reserve.

I had an exciting time at Basic Military Training in Fort Jackson, S.C. I was surprised that, unlike Air Force boot camp, the Army integrated men and women. I saw firsthand how this practice reinforces the "one team, one fight" mentality.

The Army allows me to get my hands dirty. All my adult life I wanted to shoot things and blow stuff up. That's why I chose ammunition specialist as my military occupation specialty and later volunteered to go toe-to-toe with some of the Army's most elite Soldiers in the Best

Warrior Competition.

I plan to stay in the Reserve and pursue an AGR (Active Guard Reserve) position. Meanwhile, I will learn as much as I can about the Army even if it means changing my MOS.

Regardless of where I am and what I do, I will always remember to uphold the values of both branches, particularly integrity. The military has made me a better person by having to admit to and learn from my mistakes. It also taught me that outstanding leadership requires setting personal ambitions aside for the sake of supporting Soldiers.

Do your research! Find an MOS that aligns with what you enjoy doing, then speak to Soldiers who work in that field. Doing so will help avoid wasting precious time in an unfulfilling career track.

Photo by Spc. John L. Carkeet IV | 143d ESC

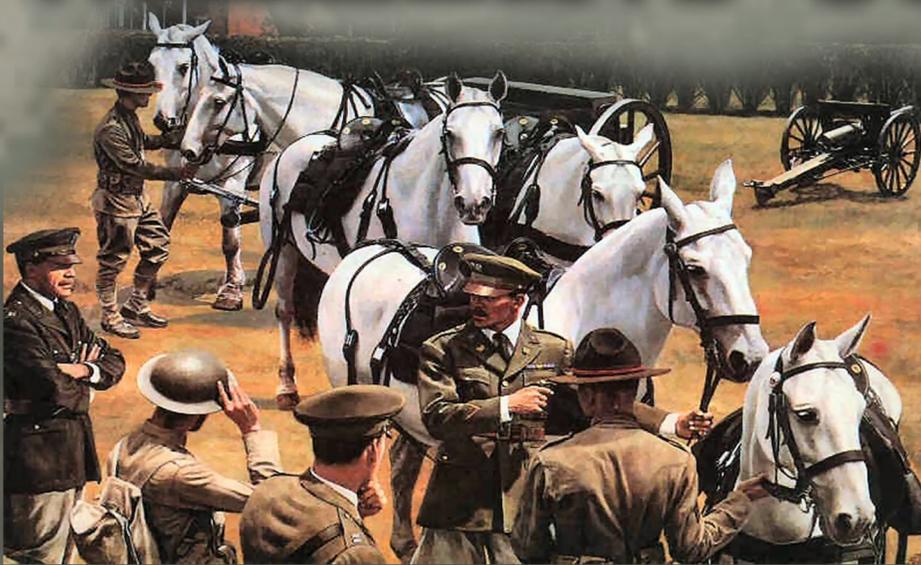


WANTED

Army Reserve



WARRANT OFFICERS



W.O.C.

Minimum WO Qualifications

Must be a US Citizen

General Technical (GT) score of 110 or Higher

High School graduate or GED

Secret Security Clearance (Interim secret is acceptable to apply)

Pass 3 event APFT and meet Height and Weight Standards

Pass the Chapter 2 Appointment Physical

Between ages 18 – 46 (waiverable)

Be a Specialist or above

Have Relevant Civilian Experience or hold a Feeder MOS

Additional criteria based on Warrant Officer MOS applying for:

Visit: www.usarec.army.mil/hq/warrant/

CONTACT INFO:

SFC Lionel Spooner@ 321.695.6189

lionel.spooner@usar.army.mil

MSG Angelina Craigen@ 386.916.5632

angelina.craigen@usar.army.mil

CW5 David N. Conrad@ 407.421.7097

David.N.Conrad@usar.army.mil

Call or Email TODAY for more information!

ELECTRICAL SAFETY HAZARDS DURING DEPLOYMENT

■ BY MARK DALY AND MASTER SGT. DANIEL LOPEZ
143d Sustainment Command (Expeditionary)

Electrical safety is a major concern for us while deployed. In the past Soldiers have shocked themselves, burned down their living quarters, or had similar close calls with volatile electrical setups. We continue to encounter the same mistakes from improper wiring, removing grounding plugs, overloading circuits with daisy chains, using unapproved surge protectors and other practices that do not meet the basic U.S. electrical standards.

The sense of urgency changes while being deployed. We are so focused on completing the mission at all costs that we forget that safety is a major part of the mission. Eliminating electrical hazards is a very real possibility, but it takes all of us to do it.

In 2008 the U.S. House of Representatives Committee on Oversight and Government Reform reported 19 confirmed or suspected deaths from electrocution and faulty wiring in Iraq since 2003. How can we prevent further deaths and injuries? We can start by adhering to the lessons learned from previous deployments.

The most common hazards that have plagued units

while deployed are:

⚡ Non-grounded equipment, daisy chains and faulty electrical work.

⚡ Units ordering or purchasing surge protectors in the local market that are not certified by UL, a global safety science company.

⚡ Soldiers purchasing electronic or computer equipment from bazaars. The equipment is typically faulty, not in compliance and at times a breach of Operational Security (OPSEC).

⚡ Failing to install enough fire extinguishers, glowing "EXIT" signs, chemical lights and other illumination equipment needed in specific areas of operations.

⚡ Not understanding the power needs of basic IT equipment such as desktops and monitors, let alone complex networks such as the Command Post of the Future (CPOF).

See SAFETY, pg. 14 >>

<<SAFETY, cont.

MNF-1
TF SAFE

Power Strip Work Sheet

PROTECT YOUR INVESTMENT

MNF-1
TF SAFE

Your television, stereo/radio, game-boy, and other electrical products that you have purchased can be seriously damaged or destroyed from overloaded circuits and electrical devices. This worksheet is designed to help you protect your investments by doing some simple calculations to determine the electrical load on your power strip. Take a few minutes to complete the worksheet below. Remember, do not include your refrigerator or microwave in this equation because they cannot be plugged into a power strip; they must be plugged directly into the wall outlet. Also, you cannot daisy-chain power strips to increase your capabilities. In fact, this will have the opposite effect and increase your chances of an electrical overload... and loss of your equipment!

INSTRUCTIONS:

- Look for the UL or CE certification or label mark on your power strip.
- Look for AMP rating on your power strip and write that value in the last line.
- Look for the rated AC input on each appliance to be plugged into the power strip, and write those values in the last column. (NOTE: if it does not say 220V do not plug it in without a converter.)
- If no AMPS are shown, look for the WATTS and write that number in the WATTS column. Divide WATTS by 220V and write the result in AMPS column.
- Total ALL the AMPS. Your total CANNOT exceed the AMPS of your power strip.

Appliance	WATTS		AMPS
VCR	250	/220 =	1.1
Coffee Maker	800	/220 =	3.6
Computer	N/A	/220 =	2.3
Microwave	1,100	/220 =	5.0
TV	250	/220 =	1.1
Hair Dryer	1,000	/220 =	4.5
Stereo Radio	500	/220 =	2.5
THIS TOTAL → CANNOT EXCEED the Power Strip Rating below			20.1
POWER STRIP RATED AMPS:			(10.0)

The illustrates how to use this worksheet and reflects the items she had plugged into the strip. Note that she had the microwave which is a no go.

← **DO THIS** to **PREVENT THIS:** ↓



In this case she **EXCEEDED** the Power Strip by **10.1** Amps

⚡ Assisting commanders with appointing Additional Duty Safety Officers (ADSOs) who understand their position's duties and responsibilities.

⚡ Completing the Composite Risk Management (CRM) process as printed in these manuals: FM-19 and AR 385-10.

Safety is part of mission success. Remember to report all electrical safety hazards to your safety specialist and always purchase Army-approved equipment. Never overload circuits and use the precautions above to make sure no one gets electrocuted or burns down buildings.

For more electrical safety information and training, go to the Army Combat Readiness/Safety Center's website at this [link](#).

Soldiers may enhance their units' electrical safety readiness by adhering to the following guidelines:

⚡ Plugging approved electrical appliances such as refrigerators, microwaves and coffee makers directly into an outlet. These and similar devices should never share the same outlet.

⚡ Confirming that the light sets on Deployable Rapid Assembly Shelters (DRASH) have connectors every three feet. This setup accommodates the plug-ins and wattage necessary to run equipment.

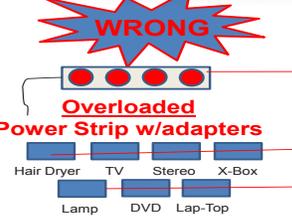
⚡ Ensuring that Re-Locating Buildings and similar structures have sufficient outlets and amperage.



Protect Your Investment



WRONG



Overloaded Power Strip w/adapters

Hair Dryer TV Stereo X-Box
Lamp DVD Lap-Top

Unapproved Power Strip
No CE or UL Mark



Daisy-Chain Power Strips

RIGHT



PROPERLY loaded Power Strip

Basic Rule of Thumb is (2) items at a time - unplug all items that are not in use - NO Multi-Purpose Adapters

CE or UL (embedded) APPROVED Power Strip With CE or UL Mark



Wall Outlet ONE Power Strip Per Outlet

Did you pay good money for your TV, Stereo, Game-Box, Microwave, and Refrigerator? Then protect them, yourself, your roommate, and your quarters - BE SMART - BE SAFE

2012 NATIONAL *Volunteer*

WEEK

APRIL 15-21



The Force
BEHIND
The Force



Around the ESC



Photo by Spc. John L. Carkeet IV | 143d ESC

While touring a replica Axis field hospital, Sgt. Mihaly Ramirez, a motor transport operator for the 196th Transportation Company, takes a photo of a World War II reenactor dressed as a German nurse and Staff Sgt. Richard Sanchez, a motor transport operator assigned to the same unit. Soldiers from the 196th TC put a Humvee and PLS on display during the "Road to Victory," a military living history event held March 24-25 at the Orlando Scottish Rite Center in Winter Park, Fla.



Photo by Sgt. Elisebet Freeburg | 143d ESC

Staff Sgt. Richard J. Vicenty (front), a petroleum supply specialist with the 143d Sustainment Command (Expeditionary), leads his color guard during a groundbreaking ceremony March 3 in Oakland, Fla., for the home of Staff Sgt. (retired) Jeffrey Kelly and his family. The West Orange Habitat for Humanity selected Kelly to build his family's new house as part of "Home at Last," a nonprofit program that constructs homes designed specifically for disabled veterans from Iraq and Afghanistan.



Photo by Spc. Aaron Ellerman | 414th TC

Cpl. Salem Dimes, a motor transport operator assigned to the 414th Transportation Company out of Orangeburg, S.C., demonstrates how to set up a litter March 20 at Fort Bliss, Texas. Soldiers from the 414th participated in the 40-hour combat lifesaver course in preparation for their upcoming deployment overseas. The course taught Soldiers how to give tactical care under fire, tactical field care, and how to properly evacuate casualties.



Photo by Staff Sgt. Eric Wade | 145th TTOE

Soldiers from the 145th Theater Transportation Open Element lay out tents for an inspection during the unit's March battle assembly in Baton Rouge, La. The inspection was part of the unit's upcoming change of inventory and command in May.

Around the ESC



Photo by Spc. John L. Carkeet IV | 143d ESC

Officers from the Orlando Police Department “arrest” a suicidal suspect played by Sgt. 1st Class Shane A. Sadr, security manager for the 143d Sustainment Command (Expeditionary). This joint training exercise conducted March 22 in Orlando, Fla., introduced non-lethal weapons and tactics to OPD officers and the 143d ESC’s force protection Soldiers.



Photo by Jeffrey Blackman | 143d ESC

Spc. Lisann Maresco of the 399th Transportation Detachment prepares for her upcoming M16A2 rifle qualification by performing a “dime drill,” an exercise that requires shooters to keep a coin steady on their muzzles while pulling the trigger. Maresco and her fellow comrades in the 399th TC Det participated in this and other warrior tasks during the unit’s battle assembly March 18 in Gainesville, Fla.



Photo by Sgt. Elisebet Freeburg | 143d ESC

Employers of Army reservists pose for a group photo with their awards during the U.S. Army Reserve’s Central Florida Employer Recognition Luncheon March 13 at the University Club in Orlando, Fla. The employers, who ranged from international corporations to local law enforcement agencies, were nominated and recognized for their outstanding support of citizen Soldiers. The Army Reserve recognizes the critical role employers play in the defense of the nation and promotes cooperation and understanding between reservists and their civilian career fields.

Around the ESC



Courtesy Photo

Soldiers and their families from the 143d Sustainment Command (Expeditionary) relax on park benches after participating in a 5-kilometer run/walk/roll hosted by the Central Florida Navy League March 17 in Winter Park, Fla. The event raised funds and awareness for the Building Homes for Heroes and The Lone Sailor Memorial Project. From left to right: Maj. John Adams, Trish Adams, Apaula (Adams' daughter), Taylor (Harmon's daughter), Taylor (Dunbar's daughter), Sgt. Dawn P. Dunbar, Master Sgt. Cheryl B. Harmon and Calvin (Harmon's son).



Photo by Maj. John Adams | 143d ESC

A Soldier from the 414th Transportation Company holds her infant daughter as she and her comrades bid farewell to their friends and loved ones during the unit's pre-deployment ceremony held March 12 in Orangeburg, S.C. The Soldiers from the 414th TC boarded a plane bound for Fort Bliss, Texas later that day. Once there they will conduct further training for several months before embarking on its mission across the Atlantic Ocean.



Photo by Sgt. 1st Class Timothy Lawn | 143d ESC

Soldiers from the 143d Sustainment Command (Expeditionary) push and pull a mobile generator to power a Deployable Rapid Assembly Shelter. The Soldiers constructed the DRASH March 4 outside the David R. Wilson Armed Forces Reserve Center in Orlando, Fla.

Around the ESC



Photo by Sgt. Philip Valentine | 26th Military History Team

Fleeing a simulated gas attack, Spc. Angel Perez, assigned to the 565th Transportation Company, 362nd Quartermaster Battalion, looks to rejoin his fellow Soldiers Feb. 10 in Fort Bragg, N.C. The chemical exercise was a joint unit operation intended to give the Soldiers a feel for a possible chemical attack.

UNIT PHOTOS WANTED

The "ESC Today" wants to show off photos of Soldiers from your unit performing operational duties and basic soldiering skills. Include a caption with names, ranks, place, date and a short description of what is happening in each photo, then send your images to:
john.adams16@usar.army.mil



Photo by Jeffrey Blackman | 143d ESC

Sgt. Gerald Swayze high-crawls under an improvised obstacle during the 399th Transportation Detachment's battle assembly held March 18 in Gainesville, Fla. The obstacle course was one of several activities designed to help Soldiers sharpen their Warrior tasks.



Photo by Sgt. Elisebet Freeburg | 143d ESC

Master Sgt. Angelina H. Craigen, Army Reserve Careers Division, instructs warrant officer recruiters from the 143d Sustainment Command (Expeditionary) March 31 in Orlando, Fla., on the prerequisites to be an Army Reserve warrant officer. The three-day workshop covered a variety of topics ranging from leader development to education and promotions.

HORSEPOWER HEROES

M1078 LMTV

■ BY SGT. ANDRES SU
332nd Transportation Battalion

Time in service: 1991-present
Missions: Local and long haul transport, unit mobility and combat support
Length: 6.43 meters (21.08 feet)
Width: 2.44 meters (8 feet)
Height: 2.85 meters (9.33 feet)
Weight: 5,484 kilograms (16,499 pounds)*
Crew: 1-3 (in cab)
Engine type: Caterpillar
Engine size: 6-cylinder, 6.6L turbocharged
Engine power: 225 horsepower
Max speed: 94 kph (58 mph)



Photo by Sgt. Andres Su | 332nd TC BN

Background

In 1991 the Army awarded a five-year contract valued at \$1.2 billion to Stewart and Stevenson Services, Inc., for the production of 10,843 vehicles that would replace the branch's maintenance-intensive and accident-prone fleet of M35 and M939 series of trucks. The Army dubbed its new transports the Family of Medium Tactical Vehicles. This group soon branched off to Light Medium Tactical Vehicles series based on one common chassis.

The proceeding years revealed that the first generation of the FMTVs required many but minor improvements, particularly among their exposed components such as bumpers and headlights. Feedback from drivers and maintenance crews helped launch the FMTV A1 series that upgraded

the trucks' engine, transmission and brakes.

In 2010 Oshkosh Corporation emerged as the soul producer of the FMTVs, though trucks rolled off the assembly lines of other companies through June, 2011.

Capabilities

Defying the letter, "L," in its acronym, the LMTV can carry up to 5,000 pounds and tow more than double that weight in people, supplies and equipment. Most models boast bedside rails to better facilitate loading and unloading procedures, while a few versions have cranes to further expedite the process. Crews may furnish the bed with bench seats for troop transport or install special kits that bolster the LMTV's ability to dump material, recover stalled or stuck

vehicles, and even permit planes to airdrop them.

Many LMTVs offer passive and active defense measures such as armor and machine gun mounts. Their durable chassis and large tires allow them to traverse through some of the world's most menacing roads, climates and inclines.

In addition to its enhanced protection and all terrain features, the LMTV provides passengers a relatively comfortable ride thanks to its power steering, automatic transmission and air conditioning. ☒

** The weight listed above does not include cargo, crew, kits and fuel. It also varies among the LMTV's family of 23 variants and 17 models.*

**YOU AND YOUR WEAPON
NEVER HAVE BOTH LOADED
AT THE SAME TIME**

**Never handle a weapon
under the influence.**

Alcohol was identified as a factor in many fatal off-duty privately owned weapons handling accidents.



**RANGE & WEAPONS
SAFETY TOOLBOX**

**CHECK IT
OUT TODAY!**

<https://safety.army.mil/rangeweaponssafety>



ARMY STRONG.



U.S. ARMY COMBAT READINESS/SAFETY CENTER

**ARMY SAFE
IS ARMY STRONG**



**A BAND OF BROTHERS
& SISTERS**

THANK YOU VETERANS CRUISE



For our Veteran friends making their own cruise reservation:

We thank you for deciding to join us in a memorable event for all veterans and especially our soldiers returning from their recent tours of duty in the Middle East. Young and old, we're all brothers and sisters who have shared the military experience. See you on board!

The Cpl. Larry E. Smedley National War Museum has chosen USAA's travel alliance partner, Explore Cruise and Travel, to handle bookings. They have assured us we are getting the best prices available. The stateroom prices found on the attached form include all taxes, port charges, onboard ship gratuities as well as a \$50.00 stateroom onboard credit. You are strongly encouraged to reserve with a deposit now in order to hold these room prices. Cancellation with a full refund is allowed prior to October 8, 2012. Low cost USAA travel insurance is also available through the Travel Agent.

The cruise will take place aboard the Royal Caribbean Cruise Lines ship Monarch of the Seas, sailing from Port Canaveral on Friday Dec. 7 returning Monday Dec. 10, 2012, with ports of call in Nassau and Coco Cay.

What you need to do -

Please refer to and complete the accompanying form.
Fax the completed form to: (602)896-4720 or
e-mail carol.lee@ourvacationcenter.com
For more information, please call Carol Lee, our Cruise
Coordinator at 800-571-4208, ext. 5078
Please Reference Our Group Code PV1207
A \$50.00 Per Person Deposit Is Required

