

ANATOMY OF AN ESC TODAY



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ESC TODAY

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(Expeditionary)
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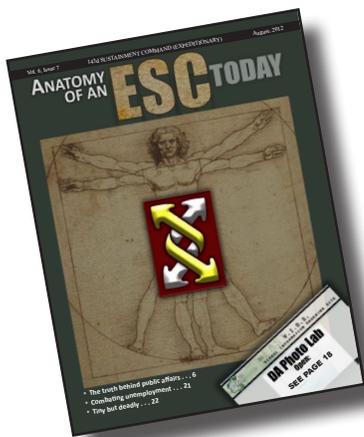
Gilbert Rivera
143d ESC Alcohol and Drug Coordinator

<< On the Front Cover

Like the human body, the 143d ESC possesses a myriad of moving parts. Though each part has its unique set of vital functions, it cannot operate effectively without the constant influx of information and support from the entire system. Through in-depth interviews and acute observations, "ESC Today" staff writer Sgt. Elisebet Freeburg-Lalisan dissects the key sections and personnel who ensure that the 143d ESC sustains victory at home and abroad.

Cover art by Sgt. 1st Class Timothy Lawn, 143d ESC "Vitruvian Man" by Leonardo da Vinci (1487)

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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, 143d ESC.

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The Command Post

The U.S. military has accomplished so many critical objectives in combating terror. While accomplishing these objectives is a direct reflection on the professional force in the field today, that same force faces other challenges and missions across a spectrum of complex fronts. We must not become complacent. We must remain vigilant because there are people out there, more now than before, that want to make a statement by harming a U.S. military unit or individual. Remain wary and be a master of your profession. We must continue to deliver our nation's capabilities by driving readiness at all levels.

Providing ready Soldiers and units is our business. Do not allow yourselves to be overwhelmed by tasks, mainly administrative and bureaucratic. Become a master of your craft through hard work and dedication to being the best at what you do. To meet both administrative and training requirements, you must multitask and do it well! It is very easy to get bogged down with administrative requirements and lose sight of our Soldiers and families. The duty lies with each and every one of us in the 143d ESC to remain focused on preparing our Soldiers, Families and units to deploy whenever and wherever they are needed. It is our obligation.

We are the premier force provider of America's

Citizen Soldiers who execute missions on a global scale. We must think differently. Our knowledge and lessons learned from the last decade of war will shape our future. Treat others with dignity and respect recognizing that each person has value. Focus on developing that value which our Soldiers possess to care for themselves, their families, their careers and the mission at hand. In addition, empower junior leaders to enforce discipline, fitness and standards. We must get back to basics across the board. The 143d ESC's training practices and processes generate professional Soldiers and Families while ensuring careers are managed successfully.

As we continue to work to meet the new CAR's guidance to train and maintain an operational force, we must never lose sight that our force is made up of individuals. These individuals have families and employers that expect much from them. The 143d ESC will continue to give them the necessary capabilities to succeed and win whether at home or deployed.

Last but far from least in my concerns this month is Safety. In recent weeks, we have lost Soldiers due to senseless and avoidable vehicle accidents. We cannot afford to lose sight of the most basic Safety practices ranging from seat belt usage to sufficient rest. Prepare your risk assessments and



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

then communicate them to your troops. Remind your Soldiers to be safe.

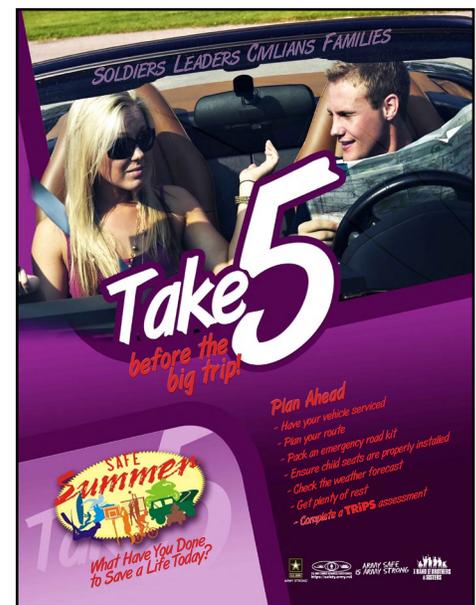
Summer is underway and we cannot afford to become lax in our Safety awareness. The Leaders and Soldiers of the 143d ESC must and will do everything in their power to keep these accidents from occurring in order to remain the best organization in the Army Reserve!

Sustaining Victory!

Army Strong!



Photo by Staff Sgt. Brendan Mackie | 117th MPAD



DID YOU KNOW?

The Veterans Tickets Foundation has donated more than 418,000 event tickets to American service members, veterans and their families. This non-profit organization has inspired major organizations such as the MLB, NFL, NBA, NHL and NCAA to give back to those who gave so much. Help the Veterans Tickets Foundation and its partners reach out to our military community by donating cash or tickets to local and national sports, music and cultural events. Visit <http://vettix.com/> for more information on how to make a tax deductible contribution to the cause.

The Bottom Line

Your unit's next battle assembly starts in two weeks. Do you know what your section's Soldiers are doing to prepare for it?

Many noncommissioned officers in the Army Reserve cannot answer this question. They see most Soldiers two days every month and two weeks every summer. Communication between battle assemblies is usually negligible, at times nonexistent. Months may go by before an NCO meets another Soldier due to schools, leave, emergencies or just plain apathy.

Regardless one's rank, status or location, mission accomplishment and the welfare of our Soldiers stand as the greatest responsibilities of a leader. The fact that most of our Warrior Citizens made a "part time" commitment to defend our nation does not exempt NCOs from their full time commitment to these responsibilities.

Training and discipline are keys to the success of every mission. NCOs hold these keys. Your commander expects you to unlock the doors of greater opportunity and responsibility to deserving Soldiers, and they in turn expect you

to give them the knowledge and experience to earn the rite of passage from follower to leader. Therefore, you must invest your time and energy between battle assemblies.

Counsel, coach and mentor your Soldiers. Help them instill confidence in their capabilities by giving them short- and long-term goals. They can be as simple as earning a perfect score on the Army Physical Fitness Test, or elaborate as organizing a unit-sponsored fundraiser. By challenging them to conduct missions beyond the next battle assembly, you will earn their respect while they bring out the very best in themselves.

Encourage your troops to attend schools, conferences and workshops, then follow up with them. A 15-minute phone call or meeting can spell the difference between a counseling statement and an honor graduate award. Similarly, ensure that your Soldiers remain on track to complete their Structured Self Development coursework. Their promotions will soon depend on it!*

As NCOs we must enhance our Soldiers' strengths and aspirations. You cannot accomplish



Command Sgt. Maj. Jeffrey E. Uhlig

*Command Sergeant Major
143d Sustainment Command
(Expeditionary)*

this by setting aside only one weekend per month. You committed to your Soldiers when you recited the Creed of the Noncommissioned Officer. Lead them the way your best NCOs led you.

Army Strong!

*Click [here](#) to read my column about SSD.

The Legal Corner

Having just successfully concluded Combat Sustainment Training Exercise 91 12-01, a few words regarding the mission are warranted. We heard regularly from Col. James Griffiths, the 143d Sustainment Command's (Expeditionary) chief of staff, and Lt. Col. Brian Ray, the 143d ESC's command chaplain. Griffiths provided insightful questions and slogans to assist us in performing our mission professionally, competently and successfully. Although the Office of the Staff Judge Advocate did not have the opportunity to offer such guidance during the course of the mission, now is a good time to do so as we continue our preparation for our real world mission.

Do what's right: morally, professionally, legally!

Deployment is a stressful time. We work long hours, weeks and months on end. We are away from our families and friends. We are in harm's

way. These stressors can wear down a Soldier and make him or her lose focus. We, as Soldiers, need to learn how to grasp onto pillars that provide us support and strength to perform to the best of our ability. Words and slogans can be those pillars. If we heed the words, our actions will follow them.

If Soldiers "Do what's right: morally, professionally, legally," the success of the mission can remain in the forefront. Distractors such as personnel or administrative matters like military justice, line of duty and Financial Liability Investigations and Property Loss won't take away from mission responsibilities. To be sure, these issues are an everyday fact in military life. The OSJA spends an inordinate amount of time assisting investigating officers and advising the command regarding these matters. If, however, each Soldier adheres to the philosophy of doing what's right, they will lessen the chances that



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

such issues will arise. Increase the efficiencies of effort, and know that they did everything in their power to ensure success of the mission.



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

The title of this article challenges each of us with an extremely important question. It is wise for us to ponder this question weekly as we strive to faithfully fulfill our many important obligations (e.g., family, military, civilian).

I recently came across the following story which I believe effectively answers this critical question.

A man in his late thirties received a call from his mother. "Mr. Belser died last night," she said. The funeral is Wednesday."

Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days.

"Jack, did you hear me?" his Mom asked.

"Oh, sorry, Mom," Jack said. "Yes, I heard you. I haven't thought of Mr. Belser for a long time. I'm sorry, but I honestly thought he had died years ago."

"Well, he didn't forget about you, Jack. Every time I saw Mr. Belser he'd ask how you were doing. He'd reminisce about the many days you spent on 'his side of the fence,' as he put it."

"I loved that old house he lived in," Jack said.

"You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said.

"He's the one who taught me carpentry," Jack replied. "I wouldn't be in this business if it weren't for Mr. Belser. He spent a lot of time teaching me things he thought were important. Mom, I'll make a point to be there for the funeral."

Even though he was extremely busy, Jack kept

Reflections by the Chaplain:

What is the most important thing in life?

his word. He caught the next cross-country flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away. The night before he returned home, Jack and his mom stopped by to see Mr. Belser's old house one last time. Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through time and space. The house was exactly as he remembered. Every step he took through the house held memories. Every picture . . . every piece of furniture. Then Jack suddenly stopped!

"What's wrong, Jack?" his Mom asked.

"The box is gone," he said.

"What box?"

"There was a small gold box that Mr. Belser kept locked on top of his desk," he explained. "I must have asked him a thousand times what was inside. All he would ever say was, 'The thing I value most, Jack . . . the thing I value most.'"

Everything about the house was exactly how Jack remembered it, except for that box. He figured someone from Mr. Belser's family must have taken it.

"Now I'll never know what was so valuable to him," Jack said. "Well, I better get some sleep, Mom. I have an early flight home tomorrow."

It had been about two weeks since Mr. Belser's funeral. Returning home from work one day, Jack discovered a note in his mailbox. It read, "Signature required on a package. No one at home. Please stop by the main post office within the next three days."

Early the next day Jack retrieved the package. The small box was old and looked like it had been mailed years ago. The handwriting was difficult to read, but the return address caught his eye: "Mr. Harold Belser!" Jack took the box to his car and ripped open the package. Inside was the gold box and an envelope. Jack's hands shook as he read the note inside. "Upon my death, please forward this box and its contents to Mr. Jack Bennett. It's the thing I told him I valued

most in my life." A small key was taped to the letter. His heart racing, as tears filled his eyes, Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch. Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found these words engraved: "Jack, thanks for your time! -Harold Belser."

"The thing Mr. Belser valued most was my time," Jack thought to himself.

Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days.

"Why?" Janet, his assistant asked.

"I need to spend some time with my son," Jack said. "Oh, by the way Janet, thanks for your time!"

Soldiers of the 143d ESC, as Warrior Citizens we must commit ourselves to be good stewards of our time. Think about this. You may not realize it, but it's 100% true. Time is the most scarce and valuable thing that we can give someone. Even though our OPTEMPO is high and our days often long, those whom we love deserve the most precious thing we have . . . the gift of our time.

Sustaining Victory! Army Strong!

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



GETTING THE SCOOP: THE TRUTH BEHIND PUBLIC AFFAIRS

■ BY SPC. JACQUELINE GUERRERO
302nd Mobile Public Affairs Detachment

FORT HUNTER LIGGETT, Calif. - On every battlefield, a different kind of Soldier can be found. That Soldier can be seen moving with a fire team not only with a rifle slung at his or her side, but also with a camera at the ready. Despite the fact that they, like any Soldier, are highly-trained and proficient at marksmanship, they have an additional arsenal of equipment enabling them to bring the battlefield to life through images and words. They are Army Public Affairs specialists, and their job is to tell the Soldier's story from a perspective only they can provide.

According to the History of the Defense Information School, the Army implemented public affairs training in January of 1946 due to the need of having a professional corps trained in communication skills.

Due to conditions following World War II and the Cold War coming quickly around the corner, the military became aware of the need to keep the civilian population and uniformed Soldiers informed on military affairs.

Following several years of training small groups of military personnel and fighting off the threat of dismissal of the public affairs courses, the Department of Defense issued DoD Directive Number 5160.48 in February 1964. This directive tasked the Army to establish and



operate DINFOS to conduct common training in information techniques on a DoD-wide basis.

Public affairs specialists are divided into two separate groups: print and broadcast. Print journalists shoot photographs as well as

write stories, while broadcast journalists film interviews and produce broadcast news stories.

"We are the journalists for the military, for the Army," said Spc. Charlotte Martinez, a photojournalist with the 345th Public Affairs Detachment from San Antonio, Texas. "Our job is to go out and tell the Soldier's story. We cover a variety of missions and exercises. As journalists for the Army, we strive to present the military with a realistic face."

Spc. Lindsey A. Schulte, a photojournalist with the 364th Public Affairs Operations Center from Fort Snelling, Minn., agrees with her counterpart Martinez, a San Antonio native.

"We are the ones who write the stories," said Schulte, a Fridley, Minn. Native. "Public affairs shows Soldiers and units from a very personal aspect; we are not this foreign and cold entity. The Army is a life force. It is a community and we help the civilians who may not be directly involved with a Soldier, feel like a part of that community."

As public affairs, their Military Occupational Specialty is to push out the Soldiers' story and

See "SCOOP," pg. 7 >>>

Hardy, Ark., native, Spc. Jeff Shackelford, a photojournalist assigned to the 343rd Mobile Public Affairs Detachment in North Little Rock, Ark., photographs Soldiers conducting medical evacuation training during Combat Support Training Exercise-91, July 11.

Photo by 1st Sgt. Larry Mears | 343rd MPAD

<<< "SCOOP," cont.

command information, said Staff Sgt. Addie Zinone, a broadcast journalist with the 222nd Broadcast Operations Detachment from Bell, Calif.

"We basically tell the other side of the story," she said. "The mainstream media focus on kinetic military action, the actual fight, the war and the dead. We, in public affairs, communicate to the military audience and Americans what the Soldiers do while they are deployed and serving all over the world."

Presenting Soldiers in a real life aspect helps the majority of the military understand those Soldiers' purpose, said Schulte.

"A picture is worth a thousand words," she said. "The emotion a civilian feels or even other Soldiers feel from seeing Soldiers do wonderful and heroic things is morale-building. It shows Soldiers what they can attain and shows civilians how important we as Soldiers are to their daily lives."

In addition to providing stories for internal and external use, public affairs can be used to send out command messages.

"We also push out command information,"



Courtesy Photo

Spc. Jacqueline Guerrero, 302nd Mobile Public Affairs Det., captures photographs of U.S. Army Soldiers and Marines training with Filipino soldiers during Exercise Balikatan 2011, an annual joint military exercise between the armed forces of the U.S. and the Republic of the Philippines.

said Zinone, an Irvine, Calif. native. "Which means we are a tool our command can use to communicate what ever they need to communicate to any community they need to reach."

"Stateside or overseas, from annual trainings to combat exercises, we put an active face to the military. We present the average civilian with a small window into our world," said Martinez.

The Soldiers are reaching out to people around the world offering help, said Zinone.

"We show that there is another side to the story and these Soldiers are not just bombing cities, they are rebuilding cities," she said.

As public affairs specialists they get to experience every Soldier's world, from the officer to the private, said Martinez.

"We have the opportunity to experience every aspect of the military from the infantrymen to the cooks," she said. "The average Soldier has to stay in their lane and do their job, which is great, and every Soldier is vital to this Army. However, our job is to go out and experience all these different MOSs and show the world what these Soldiers do."

Public Affairs gets to experience every job in the military instead of doing that one job, said Zinone.

"That is what I think is so important, special and amazing about being a military journalist," she said.

The journalists and broadcasters don't just do one job--they have access to every MOS, said Zinone.

"One day you could be covering military operations and convoy security and the next day you are in a hospital, seeing how medics and other Soldiers are rebuilding this hospital to make life better for the natives," she said.

As public affairs we can reveal to the general public what their hard working tax dollars are funding, said Schulte.

"Civilians can get a better understanding of what we do as an Army from viewing our products," she said. "They will be able to realize where their money is going to and how to adequately support the Soldiers."

"The important thing is American tax dollars are being put to good use," said Zinone. "Ultimately, Soldiers are serving on their behalf to make the world a better place and Americans



need to see that."

The easiest way for Soldiers' friends and family members to see the Army's hard work is through the Digital Video Imagery Distribution System. Anyone can sign up to see the public affairs products the military produces.

"DVIDS is a giant hub where all military service members that write stories and take pictures can upload their information and civilians and civilian media can pull those stories for their use," said Martinez. "Again, this is their window into our world."

DVIDS is important because now families have the opportunity to see what their son or daughter is doing, said Zinone.

"It is a useful tool for us to send our product out. Before, civilians couldn't see our products unless it was on American Forces Network," she said. "When we upload our stories or footage to DVIDS, the local news can download it and use it as part of their newscast. Then they have that perspective and that story that they would otherwise only be able to get if they sent a reporter here."

This hub is one of the public affairs specialists' media tools which assists them in marketing their final work, said Schulte.

"It's an easy way for civilians, media and Soldiers to access our products," she said.

"DVIDS is an essential tool for these writers, photographers and broadcasters," said Martinez. "We could sit here and write stories for the Soldiers and just do things internally, but it is important for the world to know what the Army is doing," she said.

Despite the avenues they take to market themselves, many people, Soldiers and civilians alike, do not realize public affairs exists.

See "SCOOP," pg. 8 >>>

<<< **“SCOOP,” cont.**

“The perception a lot of Soldiers have about public affairs is we are very similar to civilian media,” said Martinez. “They think we are outsiders, and we are not. We have gone through the training like all Soldiers have. We are Soldiers first and we will maintain our military bearing while participating in different roles with different units.”

“Normally civilians don’t know many people in the military,” said Zinone. “They don’t know how it functions or what it does. I think it is because the only information they typically get is from the mainstream media and it’s always the bad stuff. Most people don’t realize the whole

of the military is in support of the frontline Soldiers.”

Public affairs is an enjoyable job; however, it requires focus and determination to succeed within your field.

“I love my job,” said Zinone. “It is hard as hell sometimes. I don’t think people understand how hard it is. We have to carry an M16 and a camera and we have to be able to shoot both. When stuff goes down you have to make the decision of whether or not you’re going to fall in line or you’re going to keep shooting to get that story.”

Soldiers can learn a lot from covering events as a public affairs specialist, said Martinez.

“I love this job; it has taught me so much in

the last seven years,” she said. “I have gotten to work with CNN, PBS, ABC [and] NBC . . . I’ve seen first-hand the difference we made in Iraq. I was there for the majority of the handover to the Iraqi government, and the difference we made was phenomenal.”

Public affairs plays a vital role in the military and the families whose son, daughter, mother, father, aunt, uncle serve in the armed forces.

“Our job is really important,” said Zinone. “I love it so much because we are able to show mom [and] dad what their son or daughter is doing, and that is really important for overall morale.” ☒



WHY I SERVE:

Name: Paul O. Witherspoon
Rank: Chief Warrant Officer 2
Unit: 143d ESC
Title: Logistics Automation Tech.
Hometown: St. Louis, Mo.

I was working as a bus boy when my first daughter was born in 1995. Having a child made me realize that I wanted a profession that would make my daughter say, “That’s my Dad.”

I enlisted in the Army in 1997 as an E-1 (private). My first goal as a Soldier was to get through Basic Military Training. It was the first time being away from my kids for an extended period of time. After finishing BMT at Ft. Jackson, S.C., I completed Advanced Individual Training at Fort Gordon, Ga. There, I mastered a “jack of all trades” military occupation specialty: signal support system specialist.

After four years of active duty service at Ft. Stewart, Ga., I made the transition to the Army Reserve because

I felt like it better suited my personal career goals. My unit was reactivated shortly afterwards and sent to Ft. Riley, Ks., where I applied for and was assigned to an Active Guard Reserve position in Atlanta, Ga.

Becoming a warrant officer was always a goal. They were technical experts who came in and cleaned up; a trait I admire. However, I also felt it was important to mature as a Soldier by becoming a senior noncommissioned officer first. After attaining the rank of sergeant 1st class in 2007, I submitted my warrant officer packet in 2009.

As a leader, I encourage my Soldiers to enroll in schools both military and civilian. I urge them to take advantage of the physical and personal benefits offered to those in

uniform. As a father, I teach my children the same lessons of discipline, determination and dedication I learned as I moved up the ranks. They see me get up at 4:30 a.m. almost every day so that I can balance time with them, work and completing my Master’s degree in Technology Management.

The military is the greatest organization on the planet. Visiting Civil War historical sites like Petersburg, Va., and Andersonville, Ga., revealed to me the link that binds all Soldiers together – that you are part of something greater than yourself. The Army taught me to get over myself and find direction. The Army Reserve gives me the opportunity to achieve my goals and serve the country I love.

SOLDIER ON THE STREET

Soldiers from the 143d ESC's Support Operations section were asked:
"What's the most valuable lesson you learned from CSTX 91 12-01?"



Pfc. Pierre

Human Resources Specialist
Boston, Mass.

"I learned the responsibilities of a human resources specialist while gaining an understanding for actual operations down range. This practical experience also gave me a feel of the field conditions that I might encounter overseas."



Spc. Joanna Prokop

Information Systems Analyst
Bolton, Conn.

"Label and organize everything! The setup at CSTX was complex, demands were high and timing was crucial . . . We wouldn't have overcome these challenges without acquiring the proper tools and preparation."



Sgt. Louis A. Ramos

Movement NCO
Manhattan, N. Y.

" . . . understanding how to answer the question, 'Who needs to know?' This CSTX offered insight on how the 143d ESC coordinates logistics at the theater level. Knowing this I could better disseminate information to Soldiers throughout the command."



Capt. Nitzaira Rodriguez

SPO Supply & Services Officer
Orlando, Fla.

"I gained a better understanding of who is who on the battlefield and the sustainment functions at the different levels of war. In addition, I was able to get an idea on the various dynamics of how the staff and different sections work together."

Stay Drug Free 143d ESC

Beware of Alcoholic Energy Drinks; they are deceptively dangerous. The exploding popularity of energy drinks like *Red Bull* and *5-Hour ENERGY* has prompted alcohol brewers to jump into the lucrative \$6 billion dollar business. Beverages like *Torque*, *Tilt* or *Sparks* may look and sound like energy drinks, but they are not.

These drinks contain between 5 to 9 percent alcohol; higher than most malt liquors or full beers. They advertise that you can "party all night" with their products, but the truth is that you are putting a dangerous combination of substances in your body that contradict one another. Energy drinks are loaded with sugars and caffeine. The caffeine is a stimulus that speeds the effects of the other substances through your body. Alcohol is a depressant. The result of this combination is that you get intoxicated faster without realizing how much alcohol you're consuming, and you do not feel the depressant effects until after the stimulants wear off. Once the stimulants wear off, then the alcohol intoxication takes full effect.

Sparks is an example of a caffeinated alcohol beverage. Its active ingredients—caffeine, taurine, and ginseng—are common to energy drinks; however, its additional focus on alcohol is not. Its packaging states a 6 percent alcoholic content by volume. *Sparks* currently is available in 16-ounce, silver cans with bright orange tops and include a "+" printed near the top and a "-" printed near the bottom to give the can a battery-like appearance. A diet version, *Sparks Light*, is also produced. A higher alcohol version (7 percent) called *Sparks Plus* is available in both 16- and 24-ounce cans and has a black top.

Joose is an alcoholic energy drink that is growing in popularity due to its relatively high alcohol content (9 to 9.9 percent) compared to most domestic beer products (typically 5 to 6 percent). *Joose* comprises malt beverage, caffeine, taurine, and ginseng. It is currently available in huge, 23.5-ounce orange, red, or blue cans on a black background, making it look like the popular Monster drinks.



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

Think twice about the explosive effects of alcohol and stimulant substances. Don't be fooled by the misleading marketing strategies of alcoholic beverage producers. Always drink responsibly and in moderation.

ARMY



Antiterrorism Awareness Month



AUGUST

TERRORISTS NEED INFORMATION

Observation and surveillance help terrorists plan attacks. Have you seen anyone taking pictures of security arrangements



TERRORISTS NEED TRANSPORT

If you work in commercial vehicle hire or sales, has a sale or rental made you suspicious?

TERRORISTS USE COMPUTERS

Do you know someone who visits terrorist-related websites?



TERRORISTS NEED COMMUNICATION

Anonymous, pay-as-you-go and stolen mobiles are typical. Have you seen someone with large quantities of mobiles? Has it made you suspicious?



TERRORISTS NEED TO TRAVEL

Meetings, training and planning can take place anywhere. Do you know someone who travels but is vague about where they are going?

Awareness & Vigilance

CALL 1.800.
143d ESC Hotline



ANATOMY OF AN ESC



Lt. Col. Foster E. Hudson
chief, G-4
*"There are always
challenges in the
logistics arena."*



Capt. Tiki Woods
chief, G-1
*"The key thing is the
accountability for all the
personnel."*



Sgt. Maj. Monte Waller
senior NCO, SPO
*"We know everything on
the roads, what it is, and
how it's getting there."*



Lt. Col. Jorge Riera
chief, G-6
*"All the media helpdesk
issues will be solved by
my staff."*



Master Sgt. Eugene D.
Shiner, Jr.
NCOIC, SPO Mobility
*"We make sure everyone
is working together to
move what is needed to
support the Soldiers."*



Breaking down the sections that sustain victory

■ BY SGT. ELISEBET FREEBURG
143d ESC Public Affairs



Capt. Daniella Fitzhugh
chief, G-8
*"Our goal is to ensure
proper execution of
funds and ensure the
efficiency and effective-
ness of our funding."*



Lt. Col. Brian Ray
command chaplain
*"The chaplain has a lot
of resources at his or her
disposal."*



Lt. Col. Abraham Garcia
chief, G-9
*"[The G-9] can make
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Maj. Chuck Waryk
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*"It's making sure that the
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Lt. Col. Ernie Hernandez
chief, DMC
*"DMC is that leadership
within the SPO that
brings everything
together."*



Capt. Jonathan S.
Pippkens-Smith
chief, S&S
*"S&S is important
because it's the lifeline
for the Soldier in the
field."*

DID YOU KNOW?

The United States Army Reserve Pay Management Division is now on Facebook via this [link](#). The page provides Army Reserve Troop Program Unit Soldiers with the most current information and resources regarding military pay and other compensation news. Soldiers must use their proper chain-of-command to resolve pay issues. If their unit cannot resolve the issue, they may contact the RSC Command Pay Managers in their region. Email Ericka Tew at ericka.m.tew@us.army.mil for questions concerning the USAR Pay Management Division or its Facebook page.

As U.S. Soldiers continue on supporting Operation Enduring Freedom, the media is filled with news and images of American combat troops in Afghanistan. But behind the scenes of these forces are the men and women who ensure the front-line troops have what is needed to fight.

In 2009, the 143d Sustainment Command (Expeditionary) became the first ESC to conduct command-level sustainment operations in Afghanistan. The unit is scheduled to return there in early 2013 under the leadership of Brig. Gen. Mark W. Palzer to continue the work it began.

The support operations section, or SPO for short, comprises nearly half the approximately 250 Soldiers in the command.

“The SPO is important because the entire theater [Afghanistan] depends on the SPO,” said Sgt. Maj. Monte M. Waller, the senior enlisted Soldier for the section and a native of Dodge City, Ks. “We know everything on the roads, what it is, and how it’s getting there.”

The SPO is divided into many cells, each with its own function: the distribution integration branch; human resource operations; mobility; operations contract support; financial operations; logistics automation; supply and services; munitions; and the material readiness branch. Together, these branches handle the logistics of nearly all supplies and equipment for U.S. troops in Afghanistan. Everything that service members need to fight and survive, the SPO sustains the levels required by tracking and distributing what is needed. This includes water, food, building supplies, ammunition, fuel, vehicles, and much more.

The mobility section of the SPO gathers information from subordinate transportation units and ensures those movements are executed within mission priorities.

“We make sure everyone below us is working together to effectively move what’s needed to support the Soldiers,” said Master Sgt. Eugene D.



Photo by 2nd Lt. Nicole Rossman | 143d ESC

Soldiers in the 143d Sustainment Command (Expeditionary) conduct a commanding general’s update July 25 during Combat Sustainment Training Exercise 91 12-01 in Fort Lee, Va. During these meetings, a Soldier from each section briefs the commander on what his or her section has done, is doing and will do to support the mission at hand.

Shiner Jr., the SPO mobility noncommissioned officer in charge and native of Moncks Corner, S.C.

For example, a particular operating base may need fuel, but the convoy planning to head their way may be carrying water. In which case, personnel from mobility will contact transportation units, making sure the need for fuel is satisfied first.

The distribution integration branch is the internal information center through which all the SPO cells funnel their information.

“It’s making sure that the right people are there at the right time, including subordinate units,” said Maj. Chuck Waryk, the DIB chief and Central Florida resident.

Since each SPO cell has a specific responsibility, the DIB is important since it collects information and then passes it on to the party for which it is intended.

The S&S (supply and services) cell of the SPO manages supply class 1, 2, 3 and 4. Class 1 includes rations like bottled water and food. Items like tents comprise class 2 supplies. Class 3 is composed of supplies like bulk fuel, oils, and petroleum. Finally, construction materials are labeled class 4.

“S&S is important because it’s the lifeline for the Soldier in the field,” said Capt. Jonathan S. Pippken-Smith, chief of S&S and a native of Avon Park, Fla.

Together these supply classes of the basic necessities of life contribute to the sustainability of U.S. forces in Afghanistan. Anything from

laundry services to showers, the S&S section of the SPO manages.

The distribution management center, or DMC, works simultaneously with SPO.

“SPO is the most critical piece of the ESC,” said Lt. Col. Ernie Hernandez, the DMC chief and a native of Orlando, Fla. “DMC is that leadership within the SPO that brings everything together.”

When the SPO and SPO sergeant major are away traveling to meet with “customers,” the DMC chief steps in to act as the leader of the SPO. The DMC supervises daily operations within the area of responsibility and provides sustainment operations advice to the commander.

Besides the SPO and DMC, members of the other general staff sections support the ESC itself as well as U.S. forces in Afghanistan. These sections are personnel (G-1); intelligence (G-2); operations (G-3/5/7); logistics (G-4); signal/information technology (G-6); finance (G-8); civil affairs (G-9); inspector general (IG); equal opportunity (EO); staff judge advocate (JAG); public affairs (PAO); command surgeon and safety

Soldiers of the G-1 section compile human resources information daily for the ESC and its subordinate units.

“The key thing is the accountability for all the personnel,” said Capt. Tiki Woods, acting G-1 chief and native of Tallahassee, Fla.

The G-1 section is responsible for replacing non-battle losses of personnel in the ESC and its subordinates. This means if someone redeploys

See “ANATOMY,” pg. 13 >>>



<<< "ANATOMY," cont.

due to illness, injury, etc., the section fills that now-empty position. Awards of specific levels also come through the G-1 section. For example, if a subordinate unit wishes to award one of its Soldiers a meritorious service medal, the medal must be approved by a general officer. The unit will send paperwork to the G-1 to be processed and reviewed for approval.

In G-4, troops are responsible for monitoring and managing internal logistics.

"There are always challenges in the logistics arena," said Lt. Col. Foster E. Hudson, the G-4 chief and native of Mackenzie, Tenn.

Hudson and his team coordinate lodging and food support for the ESC before they even arrive in theater. They ensure supplies for the ESC itself get where they are supposed to go. Hudson also advises the commander of the current sustainment status of the ESC.

The G-4 also inspects the accountability of subordinate units regarding their transportation and maintenance programs. This includes ensuring the units are keeping the proper records and receipts.

The G-6 section works with signal units in Afghanistan to get computer systems up and running and then maintained for the ESC.

"All the media helpdesk issues will be solved by my staff," said Lt. Col. Jorge Riera, chief of G-6 and native of Ponce, P.R.

The daily number of help tickets often reaches 30. Problems range anywhere from a Soldier being unable to print to needing a new account on a particular system. This means Riera's staff installs

network drops and runs wires. They also solve issues Soldiers may have with their computers or software. Video calls and teleconferences are also facilitated by G-6 Soldiers.

With only about 3 personnel, the G-8 section is small but accomplishes a great deal. They track and control the money for travel within theater, equipment, food, and uniforms for ESC troops, along with the payroll.

"Our goal is to ensure proper execution of funds and ensure the efficiency and effectiveness of our funding," said Capt. Daniella Fitzhugh, comptroller for G-8 and native of Guntersville, Ala.

Besides overseeing funding of subordinate units, they also monitor Soldiers who travel around the country to validate contractors.

"We make sure the best job possible gets done," said Fitzhugh.

Lt. Col. Abraham Garcia, chief of G-9, advises the commander in all civilian operations.

"[The G-9] can make your operation or break it," said Garcia, a native of Orlando, Fla. "Wherever you go, there are people."

The Soldiers in G-9 practice diplomatic relations with those people – the local populace. Currently, G-9 will oversee a humanitarian assistance yard. The yard has more than 20 containers filled with different items like rugs, coal, oil and Qurans. Units can request these items and then distribute them on missions, creating goodwill in the area.

The G-9 also provides coalition loan support and strengthens relations with coalition forces. For example, Romanian troops may request the loan of a mine-resistant, ambush-protected vehicle.



The Soldiers in G-9 will help the Romanian forces with paperwork and certification, and coordinate the process.

In addition to these logistic and staff sections of the ESC, are those known as special staff and the Headquarters and Headquarters Company (HHC). These vital sections include the chaplain, public affairs, inspector general, equal opportunity, safety, judge advocate and the command surgeon.

The chaplains accomplish several necessary duties, including facilitating the free exercise of religion and promoting and living the Army values.

"The chaplain has a lot of resources at his or her disposal," said Lt. Col. Brian Ray, the command chaplain and a native of Gainesville, Fla.

Not only can chaplains serve as confidants for Soldiers struggling with personal issues or stress, but chaplains can also refer Soldiers to combat stress teams, psychologists who are available to listen and help Soldiers.

The chaplains also directly advise the commander on how religion affects military operations. For example, perhaps a popular religious pilgrimage to a specific city means military convoys traveling through that area should seek an alternate route. Chaplains also accompany military leaders on visits to the local populace since many Afghans also view chaplains as leaders.

The upcoming deployment may prove different from the typical ESC mission. According to Waller, this time the 143d ESC will participate in retrograde operations due to Obama's planned withdrawal of forces from Afghanistan by the end of 2014. Afghan forces will then have full control of the country's security and sustainment. ☒



Photo by Sgt. Clifford Coy | 1364th PAOC

Trucks from the 647th Transportation Company out of Laurel, Miss., prepare to leave for a joint operation mission with the 31st Seabees Readiness Group (SRG) located at Port Hueneme, Calif., July 20 during CSTX 91 12-01.



AROUND THE ESC



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

Soldiers from the 143d Sustainment Command (Expeditionary)'s G-6 Section pose for a group photo July 20 during Combat Sustainment Training Exercise 91 12-01 in Fort Lee, Va. G-6 arrived at Fort Lee several days before the main party to install all communication equipment essential to the exercise. From Left to Right: Chief Warrant Officer 3 Roberto Amoroso, Chief Warrant Officer 2 Dennis Lindsey, Capt. Maritza Garriga, Staff Sgt. Eric Cintron, Spc. Jeremy Linkkila, Staff Sgt. Joselito Reyes, Sgt. Orlando Mercado, Sgt. 1st Class Kelly Comstock, Sgt. 1st Class Soklay Kong and Lt. Col. Jorge Riera.



Photo by Sgt. Clifford Coy | 364th PAOC

Staff Sgt. Douglas Evans of Newton, Miss., assigned to the 647th Transportation Company out of Laurel Miss., refuels his truck after a six hour convoy to the port from Camp Roberts, Calif., July 20.



Photo by Sgt. Clifford Coy | 364th PAOC

Soldiers assigned to the 647th Transportation Company out of Laurel, Miss., guide their trucks out of a motor pool after members of the 31st Seabees Readiness Group loaded climate control units onto their trailers July 20. The climate control units will be taken to Fort Hunter Liggett, Calif., to be used during the Combat Support Training Exercise 91.

AROUND THE ESC



Photo by Spc. Joanna Prokop | 143d ESC

Sgt. 1st Class Shane A. Sadr surveys an American Civil War cannon and its field of fire at the Malvern Hill battlefield July 23 near Richmond, Va. Sadr and scores of Soldiers from the 143d Sustainment Command (Expeditionary) visited this and similar sites as part of a unit staff ride that visualized the logistical lessons learned by the Union Army during the 1862 Peninsula Campaign.



Photo by Spc. Aaron Ellerman | 414th TC UPAR

Cpl. Salem Dimes leads a group of Soldiers from the 414th Transportation Company, out of Orangeburg S.C., in a mine resistant ambush protected vehicle pull. The event was part of many challenges and activities during the 375th CSSB's organizational day June 29, 2012 at Camp Leatherneck, Afghanistan.



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

Sgt. Maj. Monte Waller (middle), support operations sergeant major for the 143d Sustainment Command (Expeditionary), mentally prepares for his on camera interview while Maj. John Adams (left), public affairs officer for the 143d ESC, gives ground rules to an "embedded journalist" played by Spc. John Carkeet (right). This role playing scenario that acted out July 23 during Combat Sustainment Training Exercise 91 12-01 in Fort Lee, Va., gave the 143d ESC's senior staff practical experience in media relations and interview etiquette.



Photo by Staff Sgt. Christine Rogers | 207th RSG

Master Sgt. Pedro Ruiz with the 207th Regional Sustainment Group sets up a generator July 17 during his unit's annual training in Fort Hunter Liggett, Calif.



AROUND THE ESC



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

1st Lt. Miguel A. Faria (right), a joint network node platoon leader in the 392nd Expeditionary Signal Battalion, shows the control panel to a Satellite Transportable Terminal to Brig. Gen. Mark W. Palzer, commander of the 143d Sustainment Command (Expeditionary) July 20 during Combat Sustainment Training Exercise 91 12-01 in Fort Lee, Va.



Courtesy Photo 143d ESC

A child from the 143d ESC Family takes a handful of seeds from Josh Gross, a representative from the Garden Program, during a Mommy, Daddy and Me Weekend Camp held July 14 at the Shades of Green Resort in Lake Buena Vista, Fla. Hosted by the Army Reserve Child, Youth & School Services, the camp encouraged parents to actively engage with their children in developmentally appropriate activities.



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

From left to right: 143d Sustainment Command (Expeditionary) Soldiers Capt. Maritza Garriga, Capt. Daniella Fitzhugh, Maj. Nelsa Agosto and 2nd Lt. Nicole Rossman pose in front of an American Civil War era cannon at the Malvern Hill battlefield near Richmond, Va., July 24. The tour was part of a staff ride that highlighted the logistical lessons learned from the 1862 Peninsula Campaign and how they applied to today's operations in Iraq and Afghanistan.

AROUND THE ESC



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

Col. James H. Griffiths, chief of staff for the 143d Sustainment Command (Expeditionary), attaches captain's bars to Capt. Rey A. Munoz's uniform during a promotion ceremony held July 16 at Combat Sustainment Training Exercise 91 12-01 in Fort Lee, Va. A native of Miami, Fla., Munoz serves as a human resources officer with the 143d and attends the police academy at Brevard Community College in Melbourne Fla.



Photo by Leigh A. Coulter | 360th CA BDE

Spc. Joshua Medina, a parachute rigger for the 824th Quartermaster Company, inspects a Soldier's parachute pack during an exercise held July 21 in Fort Jackson, S.C.



Photo by Sgt. Clifford Coy | 364th PAOC

Spc. James Brunson of Cuba, Ala., who is assigned to the 647th Transportation Company out of Laurel Miss., writes convoy numbers in chalk on the sides of the trucks that will be used in a joint operation mission with the 31st Seabees Readiness Group located at Port Hueneme, Calif., July 20. The convoy numbers help soldiers identify individual trucks in the convoy.

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

DA PHOTO LAB

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WHAT TO WEAR - OFFICIAL D.A. PHOTOGRAPH

SOLDIERS MAY WEAR EITHER THE CLASS A UNIFORM OR THE ARMY SERVICE UNIFORM UNTIL FY 2015

Class A Uniform

- NO INFANTRY CORDS
- WEAR **RED** IF AFFILIATED
- WEAR ONLY **ONE** FOREIGN AWARD
- WEAR ONLY UNIT CITATIONS THAT ARE **PERMANENT** AND IN YOUR RECORDS AS SUCH
- NO GREEN LEADERSHIP TABS
- YOU **MUST** WEAR UNIT CRESTS
- NO FLASH BEHIND PARACHUTIST BADGE
- NO FRENCH FOURRAGERES

Army Service Uniform

- NO INFANTRY DISCS
- WEAR **RED** IF AFFILIATED
- WEAR ONLY **ONE** FOREIGN AWARD
- WEAR ONLY UNIT CITATIONS THAT ARE **PERMANENT** AND LISTED IN YOUR RECORDS
- WEAR ONLY **ONE** COMBAT SKILL ID BADGE
- NO GREEN LEADERSHIP TABS
- YOU **MUST** WEAR UNIT CRESTS
- NO FLASH BEHIND PARACHUTIST BADGE
- NO FRENCH FOURRAGERES
- SOME** IDENTIFICATION BADGES MAY BE WORN ON THE LEFT SIDE
- NO INFANTRY CORDS

THIS IS A 3/4 LENGTH PHOTO. SHOES WILL NOT SHOW IN PHOTOS HOWEVER YOU MUST HAVE SOMETHING ON YOUR FEET.

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HORSEPOWER HEROES

HEMTT

■ BY SPC. JOHN L. CARKEET IV
143d ESC

Time in service: 1992 to present
Missions: Provide heavy transport capabilities
Resupply vehicles and weapons
Length: 33.4 feet (10.2 meters)*
Width: 8 feet (2.4 meters)*
Height (operational): 9.3 feet (2.8 meters)*
Weight (w/o winch and crane): 37,000 pounds
Crew: 2
Engine: MTU Detroit Diesel, 12.1 liter, 445 hp
Max cruising speed: 62 mph (100 kph)*
Max range: 400 miles (644 kilometers)*
Max payload: 130,000 pounds (58,967 kg)*



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

Background

The first generation of Heavy Expanded Mobility Tactical Trucks rolled off the Oshkosh Corporation's assembly line in 1982. The Army originally classified these eight-wheel beasts as "Truck, Cargo: 10-Ton, 8x8." The branch rebranded the machines as HEMTTs, but the Soldiers who sat behind the driver's wheel had already coined the name that stuck: Dragon Wagons.

Regardless its designation, the HEMTT's primary mission remains steadfast: Provide heavy transport capabilities for resupply of combat vehicles and weapon systems. Secondary missions include recovering vehicles, towing artillery pieces, positioning missile launcher platforms, and fighting fires.

Military forces from nine nations have adopted at least one of the HEMTT's diverse configurations. Today more than 13,000 Dragon Wagons transport the tools for battle in an era where troops move with lightning fast precision as the front lines shift rapidly from one hot spot to another.

Capabilities

The HEMTT series includes five major configurations: M977, M978, M983, M984 and M985. The M977 and M985 have a Material Handling Crane to efficiently load and unload the 11 tons of cargo that each truck can carry during a single trip. The M978 quenches the Army's thirst for fuel by hauling 2,500 gallons of gasoline throughout its vast network of motor pools, airfields and seaports.

The M983 tractor tows a variety of trailers from standard flatbeds to patriot missile systems, while the M984 recovery vehicle lives up to its name by securing its disabled brethren with a crane or winch in less than three minutes.

Every model in the HEMTT family can operate in nearly any climatic condition thanks to its standard features such as turbo charged engines, large tires and all wheel drive. They can also ford across streams and rivers up to 48 inches deep.

All HEMTTs can fit inside a C-130 or C-17 transport plane, thus assuring their rapid deployment anywhere in the world.

**The data listed above are based on the HEMTT series M977 cargo truck.*

Take 5

for Sports and Fitness Preparation

- *Minimize injuries with proper planning before physical activities.*
- *Sports and physical training produce the most injuries.*
- *Proper gear and equipment play a role in injury prevention.*
- *Clothing should be light, loose and comfortable.*
- *Don't go out in extreme heat; stay indoors for activities.*

Take 5 ... then take action.



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Unemployment in the 143d ESC today



right path by making sure they have awareness and access to all the transition and employment assistance programs available to them,” said Allen.

Among those programs available to 143d ESC troops is one managed by Rachel Foster, the local program manager for the Employer Partnership of the Armed Forces. Foster’s area of responsibility comprises service members residing throughout Florida, though she handles assistance requests from all DoD components. Her job is to place service members at the doorstep of potential employers by giving one-on-one assistance with resumes. She also counsels troops on how to get around ambiguous application procedures.

In the last year, Foster has averaged five to nine job placements per month. She believes this range may increase if she can overcome one of the greatest obstacles to gainful employment: the service members themselves.

“If they come to me I can get them in the door, but sometimes they just don’t follow up with me,” said Foster.

The size of Foster’s area of responsibility means that she must travel frequently, but she emphasizes her willingness to help any service member who needs assistance.

“It doesn’t matter if I’m on vacation or if I’m on the road,” said Foster. “If they call me, I will call them back. It may be a day or two later, but I always call back.”

More often than not Foster is traveling across the state giving briefings on how to find employment, and at a minimum she conducts these presentations to at least four Army Reserve units each month. This represents a great opportunity for Soldiers. Foster, a retired Army veteran, understands the needs of the average job seeker but said despite the availability of these programs, individuals must ultimately seek out the opportunities wherever they may be. ☒

■ BY STAFF SGT. LUIS DELGADILLO

143d ESC

Soldiers of the 143d Sustainment Command (Expeditionary) face a myriad of challenges when they return from deployment. Among the most daunting is finding employment. Though many young Soldiers may be considering forgoing the pursuit of a career because of pending deployments, it is common knowledge that it is best to start looking for a job while you are fully employed. Career advisors will say most potential employers look favorably on candidates who already have jobs. Luckily for the Soldiers of the 143d ESC, the Department of Defense has been hard at work for the past four years getting Soldiers, Sailors, Marines and Airmen into the civilian job market.

According to Dan Allen, director of Employer Partnership of the Armed Forces at U.S. Army Network Enterprise Technology Command, the DoD began its latest initiative in 2011.

“The Hero 2 Hired program, better known as H2H, is a comprehensive, multi-faceted program which utilizes an electronic job and career web platform,” said Allen. “In addition, the program uses mobile applications, Facebook integration and virtual and live career fairs to address the unique employment challenges facing members of the Guard and Reserve,” he said.

In an economy where the unemployment rate is 13 percent for all Reserve component troops,

excluding the U.S. Coast Guard, no help should go unnoticed. This rings truer for Soldiers from E-1 to E-4, which record an unemployment rate of more than 23 percent according to the DoD’s 2011 Status of Forces Survey of Reserve component members.

“In spite of strong employer support, the economic downturn brought unprecedented levels of unemployment and underemployment among service members, directly impacting our forces’ readiness,” said Allen.

Despite full-time employment being linked to Soldier readiness, in some cases, vital employment information falls on deaf ears. While there are many Soldiers who seek out job opportunities through the myriad of local and state veteran employment programs, some Soldiers seem reluctant or at times they even lack requisite job skills for a labor market that favors the employer. A larger pool of prospective candidates means service members’ resumes and applications for employment are scrutinized more closely.

As major focal point for commanders, Soldier readiness is inextricably linked to family readiness. When a family’s primary wage earner is without employment economic pressure mounts and begins to have deleterious effects on relationships. If the family suffers, the Army ultimately begins to suffer.

“Commanders and senior NCOs are in a good position to steer the service members to the

DID YOU KNOW?

The Military Spouse Career Advancement Account Program, implemented by the Department of Defense, provides resources and assistance to spouses of active duty services members, Guard and Reserve with a spouse on orders for one year, supporting their pursuit of a successful, long-term, portable career. This centralized, virtual program, accessed through Military OneSource, provides counseling and funding, to assist with licensing, certification or education opportunities leading to portable employment opportunities. Visit <https://aiportal.acc.af.mil/mycaa/> and get started today!

Tiny but **DEADLY**

Dangers of the fresh water amoeba *Naegleria*

If you're not familiar with the local terrain and the dangers it hides, you could be infiltrated and terminated by a very efficient, microscopic assassin commonly known as "Amoeba" or *Naegleria fowleri*. By utilizing Composite Risk Management for all of your off duty activities, we can reduce or avoid mishaps. Use FM 5-19 CRM, METT-TC* or ADTPTL** Assessment factors to I.D and mitigate you risks.

Mission/Activity: Swimming

Enemy/Disrupters:

- *Naegleria fowleri* is a microscopic amoeba (single-celled living organism) .
- It infiltrates through the nose, targets the brain, causing a fatal infection called primary amebic meningoencephalitis (PAM).

Most commonly found:

- In the upper layer of sediment in the bottom of lakes and ponds with mud floors.
- Bodies of warm freshwater, such as lakes, ponds, pools and rivers
- Infections occur during hot prolonged periods of time, causing higher water temperatures and lower water levels.
- Infections increase during heat wave years.
- Not found in salt water, like the ocean.
- Since 1962 *Naegleria fowleri* has claimed 118 victims; only one survived.
- 32 swimmers in the U.S. succumbed to *Naegleria fowleri* from 2000 to 2010; none survived.

Protective Measures to decrease the possibility of infection

Don't swim in:

- warm standing water
- poorly maintained swimming pools
- storm water holding areas, ditches or retention ponds
- Avoid warm water during periods of high temperature and low water levels.
- Keep your head out of the water,
- Hold your nose shut or use nose clips.

- Avoid digging in or stirring up the sediment.

Signs of Infection:

- Symptoms include headache, fever, nausea, vomiting, loss of smell or taste and stiff neck.
- The infection's rapid dispersal rate results in death within three to seven days.

- The infection is not contagious.

Terrain Weather and Environment:

- *Naegleria fowleri* are often found in lakes, ponds, pools and rivers
- These amoebas are found commonly in the southern U.S.
- The threat of infection increases during the summer months when the water temperature exceeds 80 degrees Fahrenheit.

Troops/People (Most commonly affected):

- Children are more likely to disturb/disrupt the amoeba's "Base of Operations" (i.e. soil under the water).

Time:

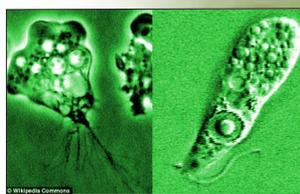
- Research the area where you plan to swim, then check with the local or state health department for any warning advisories or with your local safety specialist.

Civilian/Legal: N/A

Although amoebic infections are rare, it has a 99% kill rate. Use CRM and ADTPTL to identify and mitigate the risks and avoid serious injury.

***METT-TC:** *Mission, enemy, terrain and weather, troops and support available, time available, civil considerations*

**** ADTP-TL:** *Activity, disrupters, terrain/weather, people, time, and legal*





WANTED:



Nominations for Inspector General Staff



143d Inspector General



Seeking Exceptional Soldiers:

- ▶ SFC/E7 00G4B
- ▶ SFC/E7 42A40
- ▶ SFC/E7 92Y4B

- Must meet accession requirements stated in AR 20-1, B-1
- Must be able to obtain and maintain a Secret Security Clearance
- Must be MOSQ or have diverse career background
- Must have written and verbal communication skills
- Must be able to develop relationships through all ranks
- Must be able to maintain confidentiality and unbiased objectivity

Contact:
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