



# ESC Today

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### 143rd Sustainment

#### Command (Expeditionary)

##### **Commander**

Brig. Gen. Daniel I. Schultz

##### **Command Sgt. Maj.**

Thomas H. LeGare

##### **Public Affairs Officer**

Capt. Steven J. Alvarez

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Sgt. Yvonne C. Vairma

## 143rd hosts Strong Bonds Soldier retreat



*Chaplain (Col.) Stanley E. Puckett (center) of the 143rd Sustainment Command (Expeditionary) conducts a ceremony at the Strong Bonds Single Soldier and Couples Retreat in Ponte Vedra Florida, where Marissa Thompson (left) and Staff Sgt. Edwin R. Thompson of the 598th Transportation Co. Detachment renew their vows alongside Master Sgt. Timothy L. Howell, of the 145th Theatre Opening Element and his wife, Brenda Howell (right).*

Story and photos by  
Staff Sgt. Christine L. Andreu-Wilson  
204th Public Affairs Detachment

PONTE VEDRA, Fla. - The 143rd Sustainment Command (Expeditionary) hosted its first Single Soldier and Couples Retreat at the Saw Grass Marriott's Ponte Vedra Resort Sept. 14-16. Approximately 75 Soldiers and their spouses participated in the retreat.

Soldiers traveled from various 143rd ESC units across the southeastern U.S., even as far as Alabama and South

Carolina, to attend the event in Florida.

Chaplain (Col.) Stanley E. Puckett of the 143rd ESC explained that the 143rd created the retreat in response to the needs of its Soldiers.

"Talking to Soldiers, they explained that it was difficult to get involved in retreats at other commands," Chaplain Puckett said. "Many of our Soldiers have had multiple deployments. Many of them have never been to a retreat. We wanted to do something about that.

*(See Strong Bonds p. 3)*

# The Full Spectrum



By Brig. Gen. Daniel I. Schultz  
Commander, 143rd Sustainment Command (Expeditionary)

Welcome to those Soldiers in units that as of Oct. 1 are now part of the 143rd Sustainment Command (Expeditionary). This command and control change completes the movement of units assigned to the 143rd ESC as outlined in the transformation transition. The last step in this transition is when the 377th Sustainment Command (Theater) assumes command and control of the 143rd ESC and subordinate units Nov. 1.

On Sept. 22 I had the opportunity to meet with some of the commanders of these units joining the command. I quoted for them a statement from Joseph Alsop, "All rules of history can be put in one sentence: nothing endures, because there is always change and there is always war."

This statement applies to the transformation we are completing and will undoubtedly apply to us all. My point is; accept the fact that nothing endures and that we will always have change. Embrace the change and do what you can to make it work!

As we welcome Soldiers into the 143rd I want to restate the command's commitment to help you succeed. We will provide the support and resources needed for units to perform meaningful

training and we need your individual commitment to help reach unit objectives.

Unit success goes hand in hand with individual Soldier success. That means as an objective unit leaders ensure Soldiers attend schools and receive the necessary training to do their jobs; that they perform well on the APFT and other individual tasks so they are competitive for promotion and excel in all required tasks. Your individual commitment as a Soldier is to attend schools as required and strive to excel.

In recent weeks there has been a lot of public speculation concerning the Army's mission in Iraq that was spawned from the Congressional testimony of Gen. David H. Petraeus. As Soldiers, don't get caught up in speculation. Our role in the global war on terror and our mission within the Army Reserve has not changed and nothing in the immediate future is changing from the sustainment perspective. We must continue to perform pre-mob readiness training, train as we fight, provide strong leadership at all levels, build cohesion, and do the things that we deem critical for this training year.

As units have transitioned to the 143rd ESC I've been im-

pressed by the many operational initiatives that have been implemented to improve the way business is conducted. The relationship between these units and the 143rd ESC is solid and improves daily, and many units have commented that their Soldiers' satisfaction with the Army Reserve has increased since joining the 143rd command. We will continue to foster good communications and a strong relationship with our units and strive to build a cohesive command.

Since assuming command in August, I have traveled to many states and visited several units that have joined the 143rd this year. I am extraordinarily proud to be a part of your team. The Army is a team of teams, and ours is Army Strong.

Thank you all for a productive 2007. I want to personally thank you, the Soldiers of the 143rd ESC for your dedication to duty and for remaining a part of the best Army in the world. To our Army Reserve Families, thank you for the great support at home.

I look forward to meeting you in the coming months, serving alongside of you to achieve great things and serving this great nation in the new training year.

Sustaining Victory - Army Strong!

ESC Today is the monthly command information newsletter of the 143rd Sustainment Command (Expeditionary) and is an authorized publication for members of the Department of Defense, as provided by Army Regulation 360-1.

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# Soldiers participate in relationship-building retreat

*(From Strong Bonds p. 1)*

“We want to help Soldiers feel confident that if they have to be deployed, they know we’re here to help them and their families,” he said. “For single Soldiers, it gives them a sense that someone cares.”

Brig. Gen. Daniel I. Schultz, 143d ESC commander and participant in the event, explained that the retreat is a part of the Army’s Strong Bonds program which originated in 1997. Since then, more than 1,300 retreats have been held and more than 30,000 couples have attended.

Strong bonds is a unit-based, chaplain-led program that helps Soldiers and their families build strong relationships. The program’s mission is to build Soldier readiness by providing skills the Soldier can use to strengthen his or her marriage and other relationships. Each Strong Bonds program is targeted to meet Soldiers



*Sgt. Heriberto Velez of the 143rd ESC and his wife, Ramona Velez, renew their vows at the Strong Bonds retreat.*

where they are in their relationship cycle and is administered through a training process that culminates in an off-site retreat.



*Sgt. Charity E. Albritton, of the 145th Theatre Opening Element, and Daniel Albritton practice speaker and listener techniques at the 143rd ESC’s Strong Bonds Retreat.*

According to Chaplain Puckett, the Strong Bonds program aims to reach all members of the military family, even those who may not wear boots for duty.

“For many spouses, this is the first time that they are actually involved in a military event. We want them to know that the Army cares,” Puckett said.

“The Strong Bonds program is important because relationships are the foundation of our society,” Brig. Gen. Schultz said. “It’s important that as members of society and as Soldiers, we are doing what we can to help our Soldiers maintain that strong relationship with family,” he added.

Elliot Leitenberg attended the retreat with his wife Staff Sgt. Irma Medina-Leitenberg of the 143rd ESC. He stated his appreciation for the Army’s program, saying it showed that the Army cares and that it enabled them to focus on one another.

“Sometimes we take our marriage for granted; we spend so much time on our careers,” Staff Sgt. Medina-Leitenberg said.

“The marriage retreat sets a focus time for you and your spouse,” she explained. “It shows that the Army values keeping families together.”

Staff Sgt. Medina-Leitenberg said knowing the Army is there for her in many ways was one reason she chose to reenlist.

“The reality of the situation is that the Army pays attention to our needs,” she said. “It realizes that the Soldier is a whole person, not just a Soldier. Even though we have a great marriage, this retreat brings us closer.”

*(See Strong Bonds p. 4)*

# PERSCOM earns Kerwin Award

By Capt. Steve Alvarez  
143rd Sustainment Command (Expeditionary)

ORLANDO, Fla. - The Association of the U.S. Army recently selected the 3rd Personnel Command (PERSCOM) as the recipient of the Walter T. Kerwin, Jr. Award. The award is presented for readiness and training to an outstanding Army Reserve or National Guard unit. The 3rd PERSCOM was also recently recognized by the Reserve Officers Association as the U.S. Army Reserve Large Unit of the Year.

"It's quite an honor," 3rd PERSCOM Commander, Col. Cheryl Ludwa said.

The 3rd PERSCOM served as the enduring personnel command in Southwest Asia during Operations Enduring and Iraqi Freedom since November 2001, with a detachment recently redeploying from its role as the theater PERSCOM. The command received

and accounted for all Army, Marine, Air Force, and Navy personnel as well as all Defense Department personnel deploying through their reception sites.

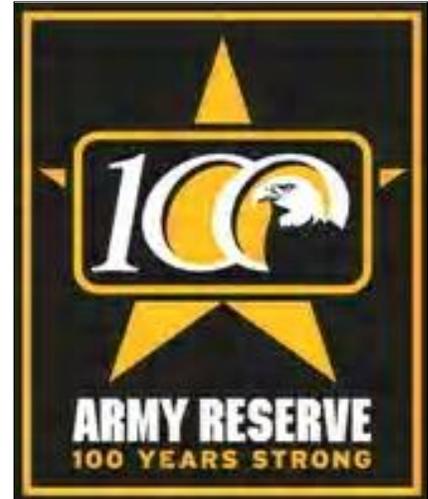
The command provided personnel strength accounting, detailed casualty reporting operations, postal operations in support for all combined forces, developed a plan that identified Soldiers at risk from stress related conditions upon redeployment, and provided command and control of dozens of Army human resources units deployed to theater, in addition to other accomplishments.

The 3rd PERSCOM served as the lead organization for identifying and reporting the status of more than 30,000 casualties, experienced daily mail shipments often exceeding 750,000 pounds, and processed mail in excess of 500,000,000 pounds during the course of the deployment.

*(See Kerwin Award p. 8)*



3rd PERSCOM Soldiers load mail onto a truck at an Army post office in April 2003. Photo courtesy of Col. Cheryl Ludwa, 3rd PERSCOM



*(From Strong Bonds p. 3)*

Capt. Tony Torres, who took part with his wife, Nancy J. Torres, said he appreciated the practicality of the program.

"They give us tools that you can use for your everyday life; like communication tools," he said.

Spc. Lindsay A. Canterbury said that the Single Soldier retreat was helpful "because it's important to have insight into being single and finding positive ways to deal with that. The classes were extremely helpful, they touched on our finances, relationships and values."

According to Chaplain Puckett, 143rd ESC chaplains hope to host three retreats per year. All expenses to attend the event, including travel, the hotel, and transportation were paid by the Army as a temporary duty mission. Spouses were placed on invitational travel orders and received per diem. There was no cost to the Soldier or the family member. Every Soldier that volunteered to attend the event at Ponte Vedra was funded.

More information on the Strong Bonds Program can be found at [www.strongbonds.org](http://www.strongbonds.org) or any unit chaplain's office.

# Unit receives heroes' welcome

Story and photos by Staff Sgt. W. Watson Martin  
319th Mobile Public Affairs Detachment

FORT JACKSON, S.C. – Redeployed Soldiers of the 310th Personnel Group, 207th Regional Support Group, 143rd Sustainment Command (Expeditionary) received a heroes' welcome home



Chaplain (Col.) Curtis Wells of the 310th Personnel Group is hugged by his granddaughter Amber upon return from Kuwait.

from families and fellow Soldiers Sept. 9.

The Welcome Home Warrior Citizen Award Ceremony gave recognition not only to the Soldiers in support of Operation Iraqi Freedom, but also to the Soldiers' Families.

"The 310th Personnel Group members were cross-leveled to the 3rd [Personnel Command] PERSCOM and now we are back with the 310th," exclaimed Master Sgt. Cleveland Palmer, the 310th's acting first sergeant.

In 2006, 44 Soldiers transferred from the 310th Personnel Group to augment the 3rd PERSCOM on a deployment to Kuwait.

Upon arrival in Kuwait, the 3rd PERSCOM integrated and synchronized personnel services between service branches, coalition forces, and the host-nation according to its mission statement. It also planned, coordinated, and directed personnel operations in support of the theater Army.

Specifically, Soldiers from the 310th provided

*(See Welcome p. 6)*

# Transportation company inactivates

By ESC Today Staff  
143rd Sustainment Command (Expeditionary)

LAKELAND, Fla. - The 495th Transportation Co. (Medium Truck Petroleum) retired its colors in an inactivation ceremony held Sept. 9. The Army Reserve unit was originally constituted in 1936 as Company B, 472nd Quartermaster Regiment and became the 495th in 1947.

The 495th guidon flew three battle streamers, two from World War II and one from Operation Desert Storm. The 495th was also one of the first units activated for Operation Iraqi Freedom, serving from February to September 2003. After returning from Iraq in 2003, the Soldiers of the 495th continued to serve the war effort in Iraq and Afghanistan. Many were deployed again, and some served

three tours in Iraq.

"It's been my pleasure to serve beside you," Capt. K.C. Morrison said during his remarks, "It's been my privilege to be your commander."

Many of the soldiers of the 495th will serve in Detachment 1, 993rd Transportation Co. (Palletized Loading System), to be activated at the same reserve center in Lakeland.

The 495th has been activated and inactivated several times in its history. Capt. Morrison predicted that the unit will be activated again someday. "This lineage is long, and distinguished, and I don't think it will stay on the shelf for long," Morrison said.

(Article material contributed by Capt. Kenneth Morrison.)



Capt. Kenneth Morrison and 1st Sgt. Terence Gilyard case the colors of the 495th Transportation Co. Photo courtesy of the 459th Transportation Co.

*(From Welcome p. 5)*

brigade theater oversight for postal operations, casualty operations, human resource planning, replacement operations, and strength accounting as well as running all Army Post Offices in Kuwait, Qatar & Djibouti, three Joint Military Mail Terminals (one in Kuwait and two in Iraq), executing the Rest and Relaxation pass program in Qatar, operating Theater Gateway operations in Kuwait, handling deploying and redeploying units through Kuwait, and providing essential personnel services at all camps in Kuwait.

"The toughest part of the tour was the separation from family," said Col. Roberta Flath, commander of the 310th Personnel Group. She said the services provided by Morale, Welfare and Recreation in Kuwait helped the troops tremendously.

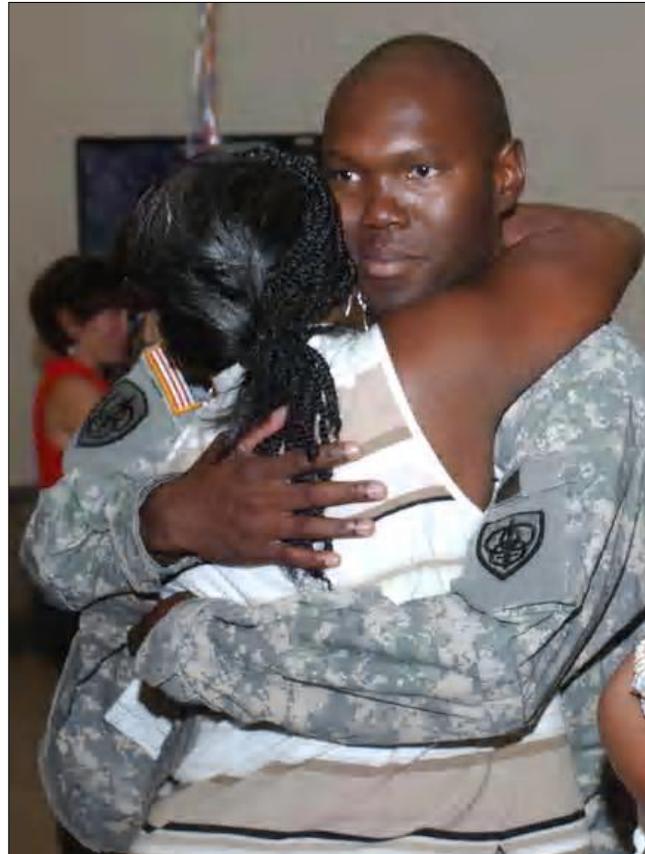
"I was able to e-mail [fiancé Sgt. Zuri Colter] or speak to him on the phone every day," Kendra Worthy said. "His family and my family were able to help me out with [daughter] Kalei." Although Colter was not able to attend the birth of his first child he came home for a two-week leave soon after.

The grandchildren of Col. Curtis Wells, the 310th Personnel Group chaplain, swarmed him with screams, hugs and tears. Col. Wells, who served in Operation Desert Storm with the Air Force as an enlisted airman, took this deployment to Kuwait to support the troops of the 310th as their chaplain, according to Linda Wells, his wife.

"Curtis is a good man who I missed dearly," she added.

"It's marvelous to see Soldiers welcomed back because of the fact they served in [Kuwait in support of Operation Iraqi Freedom]," said Brig. Gen. James H. Schwitters, Fort Jackson commanding general. He also expressed gratitude on behalf of the United States to the reservists' Families, who sacrificed a lot throughout the 16 month separation.

"I am very pleased all the Soldiers deployed, per-



*Sgt. Zuri Colter hugs his mother Patricia at the Welcome Home Warrior Citizen Award ceremony.*

formed well and returned home safely," said Brig. Gen. Daniel Schultz, commander of the 143rd Sustainment Command (Expeditionary).

"The Soldiers of the 310th Personnel Group have gained skills and knowledge during their deployment that brings in a great deal of talent to the Army as a whole and to the 143rd ESC specifically," said Col. Edwin R. Marrero, 143rd ESC training officer who was at the ceremony to welcome the unit home. "It now becomes their opportunity to teach and train others ... while staying strong - mentally, physically and emotionally," Marrero said.

## Loggerhead

### Test your U.S. Army knowledge

1. On what date did the Revolutionary War end?

2. What is the maximum effective range of the M-4 Carbine?

3. What is the maximum effective range of the M-16 rifle?

4. How much horsepower does a PLS truck produce?

5. When wearing the Army Combat Uniform, when does a male Soldier require a haircut?

*(See Loggerhead Answers p. 15)*

## Command Sergeant Major's Corner

# Physical fitness is a Soldier's duty

By Command Sgt. Maj. Thomas H. LeGare  
143rd Sustainment Command (Expeditionary)

As fall Army Physical Fitness Tests near for Soldiers of the 143rd Sustainment Command (Expeditionary) let us be reminded of the year-round importance of physical fitness.

The APFT is an important assessment of Soldier readiness by measuring muscular strength, muscular endurance, and cardiovascular endurance.

Maintaining our physical fitness, however, means more than

passing a test. It brings the personal benefits of overall well-being, and increased longevity.

As Soldiers, it reveals either our fulfillment of or failure in our responsibility to maintain our arms, our equipment, and ourselves, as outlined in the Soldier's Creed. By adhering to height, weight and body fat standards, we reflect our commitment to excellence. Because fitness cannot happen overnight, it requires dedication and self-discipline.

Demonstrating this commitment to excellence is an integral

part of leadership. Leaders set an example through personal performance. They also empower Soldiers by providing support and guidance in the reaching of fitness goals. Guidance on Army physical fitness standards and exercises can be found in FM 21-20.

The Army is a team. By maintaining our fitness, we commit ourselves to being ready and capable of contributing our best performance in every situation.

The strength of the Army begins with each individual Soldier. Expect no less than Army Strong!

## NCO first 143rd Soldier to recruit in AR-RAP

By Capt. Steve Alvarez  
143rd Sustainment Command (Expeditionary)

ORLANDO, Fla. - Sgt. Robert Lamb of the 824th Transportation Detachment in Tampa became the first 143rd Sustainment Command (Expeditionary) Soldier to ascend a recruit into the Army Reserve using the Army Reserve's Recruiting Assistance Program (AR-RAP) Sept. 15, according to 143rd retention records and personnel.

Sgt. Lamb recruited Alan Carr, a co-worker at his civilian employer. Sgt. Lamb, an information technology manager in his civilian occupation, said that Carr's curiosity led to his enlistment.

"I had missed work due to drill," Lamb said. While at the firing range and fulfilling reserve responsibilities he was noticeably absent at work. "[Carr] wanted to know why I was gone," Lamb said.

Lamb explained to Carr that he was performing Army Reserve duty and Carr revealed that he had always been interested in the Army Reserve.

"It was just timing," Lamb said. "He kept asking questions and I helped him get the information he needed," he said. Carr enlisted as a supply specialist.

AR-RAP recognizes and rewards those who help

the Army Reserve achieve its recruiting goals. Recruiting assistants (RAs) can earn \$2,000 for each new recruit who reports to Basic Training or Basic Officer Leadership Course and for each prior service member who affiliates with a unit for four months and attends a Battle Assembly in a 60-day period.

Upon a validated contract, the RA receives an initial payment of \$1,000, and a second \$1,000 payment upon the candidate's shipment to Basic Training or Basic Officer Leadership Course. For a prior service recruit, the RA will receive the initial payment of \$1,000 when the candidate contracts with the Army Reserve and the second \$1,000 payment when the candidate successfully drills 120 days and attends a Battle Assembly in a 60-day period.

While this is the first AR-RAP recruitment for Lamb, prior to AR-RAP he recruited two other Soldiers into the Army Reserve.

"I'll still look for people," Lamb said. "It's not difficult at all," Lamb said of AR-RAP. "It's all online and it's very straightforward."

Cadet Passha Burns with the 207th Regional Support Group in Fort Jackson, S.C. had the second referral one day later. She referred Edra Murdock who joined the Army Reserve Sept. 16.

For more information visit <https://ar-rap.com>.

# New Army Combat Shirt debuts

By Debi Dawson

Program Executive Officer Soldier  
Strategic Communications Office

WASHINGTON - In response to Soldier feedback, Program Executive Officer Soldier has designed the new Army Combat Shirt to be even more breathable.

The flame-resistant ACS is in development for use under body armor. It is designed to replace two layers: the Army Combat Uniform jacket and T-shirt, reducing bulk and heat stress.

"As providers of the world's best equipment to the world's best Soldiers, we collect and rely on Soldiers' input and ideas to constantly improve all of our products," said Brig. Gen. R. Mark Brown, Program Executive Officer Soldier. "All of our clothing and equipment is battle-proven and live-fire tested. Those labels can't be earned in a laboratory."

The ACS features a mock-turtleneck, long sleeves in the



The new Army Combat Shirt is in development for use under body armor. Photo courtesy of Army News Service.

universal camouflage pattern, flat seams that reduce bulk and chafing and built-in elbow pads. The shirt is moisture-wicking, antimicrobial and odor-resistant.

The latest version of the shirt includes upgrades based on Soldier feedback collected since the shirt's first distribution for limited-user evaluations last spring.

"Even though we developed the Army Combat Shirt to be lighter, more comfortable and breathable, we listened to Soldiers who tested it and said they wanted it to be even more breathable and comfortable," said Maj. Clay Williamson, assistant product manager for clothing and individual equipment. "The fabric that made up the torso of the ACS was replaced with a fabric that provides breathability that is off the charts."

However, to retain modesty, the original fabric was maintained in the mid-chest area.

The elastic cuffs designed to keep out sand were replaced with adjustable cuffs similar to ACU jacket cuffs. The cuffs can be loosened for ventilation or tightened to keep out sand and other debris.

Test participants noted that short breaks between patrols made it impractical to change into the ACU jacket. They wanted changes to the ACS that would identify them and their unit. In response, hook and loop tape was added to the right sleeve to accommodate a name tape, rank and infrared flag. The left sleeve also sports hook and loop tape for a unit patch.

The newest ACS will be available in late September for user evaluations. The shirt is still a developmental garment, and further fielding will be determined by the Department of the Army.

*(From Kerwin Award p. 4)*

Soldiers of the 3rd PERSCOM created the Joint Theater Personnel Roster system. It was a point of entry gateway accounting system that captured Soldier data by scanning military identification cards upon arrival or departure from theater at points of entry into the area of responsibility.

The command implemented a detailed casualty reporting operation throughout the theater. Casualty liaison teams were assigned, trained and placed at select hospitals and performed accurate and timely processing of casualty reports within 24-hour windows. The 3rd PERSCOM also initiated the Patient Tracking System that monitored all casualties admitted to treatment facilities within theater, Europe and the United States.

The 3rd PERSCOM developed new routing schemes that reduced redirected mail flow in Iraq by 30 percent. The command delivered more than two pounds of mail per Soldier per day on average, with a peak of four pounds per Soldier per day. The 3rd PERSCOM also reduced the average mail receipt time for Soldiers, decreasing it from 20 days to 13 days or less.

3rd PERSCOM Soldiers conducted more than 1,350 postal convoys to camps throughout Iraq and Kuwait, often under difficult circumstances, including hostile fire. At various times the 3rd PERSCOM exercised command and control over 52 postal platoons, 15 postal headquarters and 200 civilian contractors - servicing Army post offices in Iraq, Kuwait, Qatar, Djibouti, and Afghanistan.

In all, the 3rd PERSCOM deployed almost 500 Soldiers in 10 separate detachments in support of OEF/OIF from 2001 until 2007. In June 2007, the Department of the Army presented the Meritorious Unit Commendation to the 3rd PERSCOM.

# 143rd Heritage

## The Borinqueneers Puerto Rico's 65th Infantry Regiment

By Army Freedom Team Salute Public Affairs

In advance of National Hispanic Heritage Month - observed from Sept. 15 to Oct. 15 - a new film remembers and honors Hispanics in the U.S. Army. *The Borinqueneers* presents the never-before-told story of the 65th Puerto Rican Regiment, the only all-Hispanic unit in the history of the U.S. Army.

The feature includes rare archival footage and interviews with the regiment's veterans, vividly portraying their experiences and considering their significant contributions. PBS stations nationwide began broadcasting the 60-minute program in August.

Borinquen - which means "the land of the brave lord" - was the name given to Puerto Rico by its original Taino Indian inhabitants. The Borinqueneers adopted the name for themselves, and formed a tight-knit unit bound by a common language and a strong cultural heritage.

Originally organized in 1899, the 65th Puerto Rican Regiment fought in the Korean War, earning praise from Gen. Douglas MacArthur. The regiment also received the Presidential and Meritorious Unit Commendations, two Korean Presidential Unit Citations and the Greek Gold Medal for Bravery.

First-time director and producer Noemí Figueroa Soulet spent eight years researching the story and locating veterans of the regiment.

"The men of the 65th will finally get the recognition they deserve," she said. Seven 65th Infantry Regiment veterans received Freedom Team Salute Commendations during the premiere of *The Borinqueneers* July 13 at the Newark Museum in New



*Borinqueneers serving in South Korea in the early 1950s. Photo courtesy of U.S. Army.*

Jersey. The event was held in conjunction with the New Jersey Hispanic Research and Information Center of the Newark Public Library.

The honorees included Pfc. Abdon Acevedo, Pfc. Wendell Vega, Pfc. Eugenio Quevedo, Cpl. Jaime Lopez, Sgt. 1st Class Angel Arroyo (Ret.), Cpl. Guillermo Alamo and Sgt. Jose Perez Soto. Col. Gilberto Villahermosa, the Massachusetts National Guard Inspector General, presided over the ceremony.

For more information about the Army's Freedom Team Salute program visit [www.freedomteamsalute.com](http://www.freedomteamsalute.com). For PBS programming of *The Borinqueneers*, check local listings.

## TRICARE now available to all USAR Soldiers

By Sgt. Yvonne C. Vairma  
143rd Sustainment Command (Expeditionary)

All Army Reserve Soldiers will now be eligible to receive TRICARE health coverage. Beginning Oct. 1, TRICARE Reserve Select (TRS) will be available to Soldiers and their Families regardless of any active duty time served.

All current TRICARE Reserve

select members are required to re-enroll before Oct. 1 in order to maintain coverage.

Soldiers may purchase the premium-based Restructured TRICARE Reserve Select plan at a cost of \$81 per month for single Soldiers and \$253 a month for Soldiers with dependents.

The program offers comprehensive health care coverage with

a prescription drug benefit. It is also available to most Selected Reserve members and their dependents worldwide. TRICARE does not assign a Primary Care Manager and requires no referrals.

To learn more about the Restructured TRICARE Reserve Select, visit [www.tricare.mil/mybenefit/home/overview/Plans/RestructuredTRS](http://www.tricare.mil/mybenefit/home/overview/Plans/RestructuredTRS).

# 1182nd Transportation BN Trains for Iraq Mission

By Spc. Scott D. Matheson and  
Pfc. Luisito J. Brooks  
319th Mobile Public Affairs Detachment

CAMP ATTERBURY, Ind. - The Central Command (CENTCOM) area of logistic responsibility will soon be managed by the Soldiers of the 1182nd Transportation Terminal Battalion, commanded by Lt. Col. Becky Upton. They will oversee the more than 140,000 containers which move in and out of Iraq and Afghanistan each month.

The Soldiers of the 1182nd recently left their home station at the Naval Weapons Station in Charleston, S.C. and are currently undergoing mobilization training at Camp Atterbury in preparation for this task. The Soldiers will be dispersed throughout Kuwait, Iraq and Afghanistan in small teams to track the movement of essential equipment.

Lt. Col. Upton described her



An insurgent on a simulated battlefield raises an RPG-7 against a convoy of the 1182nd Transportation BN on the Improvised Explosive Device lane at Camp Atterbury, Indiana. Photo by Spc. Scott D. Matheson.



Four Soldiers of the 1182nd Transportation BN execute a dynamic entry into a simulated room during theater immersion training at Camp Atterbury, Ind. Photo by Spc. Scott D. Matheson, 319th Mobile Public Affairs Detachment.

unit's mission as twofold. It entails the efficient and effective delivery of essential equipment to the war-fighters, as well as ensuring that containers are returned to their owners in order to reduce late charges to the Department of Defense. These charges can run in the millions of dollars, according to Upton.

This is not the normal function of the battalion, which typically loads and unloads cargo ships at a port. However, at the beginning of Operation Iraqi Freedom, several units were tracking smaller numbers of containers individually.

These units experienced decreased efficiency due to a lack of centralized command and control, causing mission delays and skyrocketing costs, Lt. Col. Upton explained. This led to a streamlining of efforts, and a smaller number of units in use.

The deployment of the 1182nd will mark the third generation of the theater container manage-

ment function, and with the help of newly-adopted automated systems, the final slimming of management responsibility to a single unit, Lt. Col. Upton said.

"It's our responsibility to track where those containers are, and ensure that they really do make it up to Forward Operating Base 'XYZ' and back to Maersk in the time that the United States government agreed that it will have the container back," Lt. Col. Upton said.

The mobilization process itself is similarly being streamlined for efficiency. Under the guidance of observer controllers/trainers (OCTs) from the First Army's 205th Infantry Brigade, most of whom have recently redeployed from combat theaters, the 1182nd is receiving a 68-day readiness regimen in only 39 days.

"Even though the training is shorter, it is still very good training," Sgt. 1st Class William Grant, said. "I know a lot of the training

has to be at a fast pace, but if you pay attention to the instructors and ask questions then everything will fall in place.” Sgt. 1st Class Grant is facing his third deployment and is a truck driver.

This compressed schedule of events has presented some challenges to the unit, as it allows little rescheduling opportunity should a Soldier miss any training due to medical or family emergency. In such cases, it is the responsibility of the unit’s own non-commissioned officer support channel to inform those Soldiers.

The battalion currently is undergoing the first phase of theater-immersion training at Forward Operating Base Bayonet.

Soldiers receive training in cultural awareness and language basics, self defense tactics, crew-served and individual weapons, urban combat tasks, traffic control point operations, search techniques, threat identification, and improvised explosive devices.

“I had half of the Soldiers trained as combat lifesavers, and half of them train on driver’s

training and Blue Force Tracker,” Lt. Col. Upton said. “We also had every person familiarized on crew-served weapons, which is not a normal First Army requirement. But these Soldiers are deploying to remote areas, sometimes in teams as few as two people, so you really want these people to be as trained as possible.”

FOB Bayonet is dotted with the wrecked hulls of vehicles, and sporadic rifle fire from a nearby range shatters the silence. Soldiers slowly become accustomed to the sights and sounds of a combat zone. Furthermore, the requirement to wear full combat gear along with an individual weapon is another tool to adapt the Citizen Warriors to combat.

Spc. Remondia Frierson, a cache assessment team member, who is preparing for her third deployment to Iraq, said she appreciates the training she and her fellow Soldiers are receiving. She said that during her second deployment she experienced hands-on training.

“The truck in front of me and



An under-vehicle search mirror reveals 1182nd Transportation BN Soldiers detaining an illegally-armed civilian at a simulated traffic control point. Photo by Spc. Scott D. Matheson.

the truck behind got hit by mortars,” she explained. “[This training] will get people not to panic, they’ll know what’s coming, and that’s a good thing.”

In phase two, the Soldiers will move to FOB Warrior, a more permanently-constructed forward operating base with guard towers and a protective wall, to gain increased confidence in their combat capability.

Phase three brings the training full circle. “We will move our operations to FOB Night Hawk and begin to reach full combat speed,” said Lt. Col. Upton.

“Though the weather is hot, the gear is heavy, and the training realistic and often nerve-racking, the morale of the 1182nd remains high,” said Sgt. Juanita Section, human resources NCO. “The Soldiers know they are getting the most current information possible about conditions in theater from their OCTs. They are getting used to the heat and the weight of their equipment. They are gaining full confidence of their ability to complete their mission and return home safely.”



Spc. Jose Guerrero of the 1182nd Transportation BN conducts a checkpoint stop of a civilian vehicle. He is assisted by Arabic translator Tony Bazzi, a civilian role-player at Camp Atterbury, Indiana. Photo by Spc. Scott D. Matheson.

# 145th TOE supports Ulchi Focus Lens 2007

Story and photo by Sgt. Claudia K. Bullard  
145th Mobile Public Affairs Detachment

CAMP HENRY, South Korea - On opening day of Ulchi Focus Lens (UFL) 2007, Staff Sgt. Virginia Moody and Sgt. 1st Class Joann Hunter sat in the 501st Support Brigade's command post monitoring an influx of notional equipment, personnel and supplies into South Korea.

Both Staff Sgt. Moody and Sgt. 1st Class Hunter were transportation management coordinators participating in a computer simulated exercise of an invasion of South Korea by North Korean forces. Their unit, the 145th Theater Opening Element (TOE), U.S. Army Reserve, spent two weeks of August in South Korea for annual training where they monitored everything needed to fight a war arriving by land, sea and air.

Warrant Officer Bridgette Conway, 501st Support Brigade mobility officer, said 145th TOE personnel were integrated into the command post as soon as they arrived. Once they were trained, they began receiving information from the 498th Command Supply and Services BN, which operated a port-based personnel holding area. The 145th TOE then became a key point in the information flow, sending troop and equipment numbers to the support operations cell of the 501st Support Brigade.

Both Staff Sgt. Moody and Sgt. 1st Class Hunter said the opportunity to train with The 501st Support Brigade provided the chance to hone skills not normally put into practice.

"There are lots of different parts involved in coordinating transportation," said Sgt. 1st Class Hunter. "Unless your unit can put up a tactical operations center like this and a computer simulated exercise, you may never use some of your skills."

Staff Sgt. Moody, who monitored equipment and personnel coming in by air, agreed. "Unless you cross train, your focus is only on a part of the big picture," she said. "Others around you are taking care of other portions like monitoring land, sea or air movement."

Staff Sgt. Moody and Sgt. 1st Class Hunter were in Korea along with 10 additional personnel from the 145th TOE. Master Sgt. David Harmon, 145th TOE transportation supervisor, saw Ulchi Focus lens as an opportunity for stretching their legs.

"It's good we can get this experience. We are



Staff Sgt. Virginia Moody (left), Master Sgt. David Harmon (center) and Sgt. 1st Class Joann Hunter, all of the 145th Theater Opening Unit, learn how to read information coming into the 501st Sustainment Brigade's command post.

learning how the 501st functions and how we fit in," Master Sgt. Harmon said. "We can't get this kind of training unless we tag along with the active-duty. I think we'll take a lot back with us to the other troops."

Warrant Officer Conway praised the presence of augmentees like Staff Sgt. Moody, Sgt. 1st Class Hunter, and Master Sgt. Harmon.

"When we have augmentees, we become fully staffed," she said. "We went from four personnel to 19 personnel for this exercise. It eases the load off of us and helps us to work the air, sea and land nodes."

Warrant Officer Conway, who said she has learned some pointers from 145th TOE personnel, was very pleased with the 145th TOE's performance.

"This group is more experienced than any I have seen so far. It was a very easy integration," she said.

# The Fine Print

## ARMs shouldn't cost an arm and a leg

By Staff Sgt. Everett McKeown  
143rd Sustainment Command  
(Expeditionary) Staff Judge Advocate Team

One of the biggest decisions to make when buying a home or property is the type of mortgage to choose. It is necessary to select either a fixed rate mortgage or an adjustable rate mortgage (ARM). Both of these mortgages have pros and cons, and personal circumstances combined with personal preferences will help to determine which type of mortgage is best.

ARMs are significantly more complicated than fixed-rate loans, so exploring the advantages and disadvantages requires an understanding of some basic terminology. Here are some terms and concepts collected from real estate and financial Web sites a borrower needs to know before selecting an ARM.

- **Adjustment Frequency** - This refers to the amount of time between interest-rate adjustments (e.g. monthly, yearly, etc.).
- **Adjustment Indexes** - Interest-rate adjustments are tied to a specific index, or benchmark, such as the interest rate on certificates of deposit or treasury bills, or the LIBOR rate.
- **Caps** - This refers to the limit on the amount the interest rate can increase each adjustment period. Some ARMs also offer caps on the total monthly payment. These loans, known as negative amortization loans, keep payments low, but these payments may cover only a portion of the interest due. Unpaid interest then becomes part of the principal. After years of paying the mortgage,

principal owed may exceed the amount initially borrowed.

- **Ceiling** - This is the highest interest rate that the adjustable rate is permitted to become during the life of the loan.

An ARM normally offers a lower initial interest rate, which means that property purchasers can start on low monthly repayments. This type of mortgage generally is based on some type of index (or starting point), that means that you can benefit from falls in the index, as your payments are not fixed, although it also means that the borrower is subject to rises in repayments as the index goes up.

In a typical standard ARM the rate is adjusted or moves up or down on an annual basis. Another advantage of a lower repayment rate is that lenders can use the lower payment when qualifying borrowers, and borrowers can then purchase larger homes than they otherwise could buy. When the index is on a decreasing trend, this allows borrowers to take advantage of falling rates without refinancing. Without paying a whole new set of closing costs and fees, ARM borrowers just sit back and watch their rates fall.

Just as your repayment may fall if the interest rate decreases, these mortgages are also subject to repayment increases as interest rates rise. This can make budgeting difficult due to unpredictable repayments based on a rising interest rate. Rates and payments can rise significantly over the life of the home or property loan. A six percent ARM can end up at 11

(See *ARMs* p. 15)

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# Reserve-Component Families face universal challenges

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By Capt. Steve Alvarez  
143rd Sustainment Command  
(Expeditionary)

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MACDILL AIR FORCE BASE, Fla. - Problems facing reserve-component service members are universal, despite which country they come from, international officials here learned this month.

Representatives from the United States, Britain, Canada, Australia, and New Zealand met here to discuss reserve personnel issues. All agreed that the biggest challenges facing reserve-component family programs are communication and overcoming the stigma of receiving support.

The group, known as the ABCA Information Team - for America, Britain, Canada and Australia; New Zealand joined only recently - has met for the past eight years to ensure member armies have necessary capabilities to conduct operations in a joint environment.

"Getting (reservists and their families) to admit they need help and then plugging them into the help is the challenge," British Brigadier Greg Smith, deputy inspector general for the territorial army of the United Kingdom, said.

Spouses who may need support from family programs sometimes incorrectly assume that receiving assistance will hurt their spouse's military career. But beyond that the majority of reserve families do not live on military installations and aren't traditional Army families, Brigadier Smith explained.

"Where they are living, their neighbors aren't having these types of problems," Brig. Gen. David N. Blackledge, commander

of the U.S. Army Reserve's 352nd Civil Affairs Command, said.

Not only are Army Reserve families isolated in the uniqueness of their problems in their communities, but they also feel disconnected from the Army, Paula Savage, director of Army Reserve family programs, said.

"Any avenue we can [use to] communicate we try to take advantage of," she said.

The communication and isolation obstacles facing Army Reserve family-program personnel caused Army Reserve officials to rethink their approach to family support and deliver solutions that would lessen feelings of isolation and expand access to benefits.

Enter the Army Reserve's "Virtual Installation" Program. The concept came into fruition after Laura Stultz, wife of Army Reserve chief Lt. Gen. Jack C. Stultz, realized how scattered personnel from a single unit can be.

"A few years ago my husband had a unit in Florida and we decided to mail Christmas cards to children in the command," Mrs. Stultz said.

She then realized the unit's families were spread out in many different communities by themselves and likely felt isolated. The Virtual Installation program will help virtually unite these families in the same spirit of civilian social Web sites, but it also will inform Army Reserve Families about available benefits and services.

"Virtual Installation is an important project to me," Stultz said. "Everything you can get on a regular installation, we want to

offer to our Soldiers."

The goal of Virtual Installations is to be a one-stop shop that Army Reserve Families can access and receive information on benefits and services. Many Army Reserve Families do not have access to military posts and cannot take advantage of the many on-post services available to active-duty families. Stultz said the site also someday may include chat rooms for children of Army reservists, an idea from the Stultzes' daughter.

The Virtual Installation Web site is just one piece of a two-pronged approach to reach out to Army Reserve Families. The other piece is a community-based effort.

Stultz recounted to the panel an anecdote where a boy was elated to hear that his father, a deployed Army Reserve Soldier, was coming home. His family and others assumed the boy knew that someday his father would return from the war. But the child had learned that other Soldiers had been killed in the war and presumed his father would meet the same fate. He carried that angst around for months.

The child, Stultz said, didn't have commonality with his peers. Other kids in his community didn't have a deployed father, so he was not only misinformed, but also couldn't share his emotions with anyone like him - a child from an Army Reserve Family.

To fill that void, the Army is involved in multiple programs for children of Army families that occur regularly and are held regionally. The Army Reserve hosts enrichment camps, conferences

*(See Reserve Families p. 16)*

# Lodging in kind offered to Soldiers

By Capt. Steve Alvarez  
143rd Sustainment Command (Expeditionary)

ORLANDO, Fla. - Soldiers of the 143rd Sustainment Command (Expeditionary) who reside more than 50 miles from their reserve centers are now entitled to receive lodging in kind. The program starts Oct. 1.

The Lodging in Kind (LIK) program is intended to help commanders recruit and retain Soldiers from a larger geographical area. This program allows Soldiers outside commuting distance to attend battle assemblies and incur no cost for lodging.

The LIK program is available to officers up through major, warrant officers up through the rank of chief warrant officer 3, and enlisted soldiers up through the rank of sergeant first class.

Soldiers must notify their unit administrators of their intent to participate in the LIK program by submitting a Soldier's Request for Lodging. The unit will provide the Soldier with a Soldier's Statement of Understanding, which validates the individual Soldier understands he or she must stay in a contracted LIK program facility and that they will not receive any reimbursement for other lodging.

Soldiers also certify by signing the statement that they travel outside a reasonable commuting distance, which is defined in Army Regulation 140-10 as within a 50 mile radius of the Inactive Duty Training site

*(From ARMs p. 13)*

percent in just three years if an index rises. Over time a borrower's initial low rate will adjust to a level higher than the going fixed-rate level in almost every case even if rates in the economy as a whole don't change. That's because ARMs have initial fixed rates that are set artificially low.

If one wants to enjoy lower initial repayments or is planning to stay in a property for a shorter period, they could benefit from an ARM. It is important to look at the whole picture and also to take financial circumstances into consideration before making a firm decision. The JAG office can assist in making that decision.

and not exceeding one and a half hours of travel time by car under average road conditions.

Units can not accept statements of non-availability as authorization to stay in lodging not contracted under the LIK program and units are not permitted to reimburse Soldiers who stay in lodging not under the LIK contract even if the Soldier considers the LIK lodging inadequate.

LIK is extended to Soldiers participating in Rescheduled Training (RST). Soldiers must complete the online Travel Risk Planning System (TRIPS) prior to receiving approval for LIK.

Roundtrip travel costs remain at the Soldier's expense. Units have no responsibility for transportation or reimbursement of transportation costs to Soldiers attending regularly scheduled unit battle assemblies or RST.

Use of telephones, pay channels, room service and other services at the LIK facility will not be paid under the LIK program. Two Soldiers of the same gender will be billeted per room. Male and female Soldiers will be billeted in separate rooms.

The LIK program does not apply to personnel on active duty for training (ADT), active duty special work (ADSW), annual training (AT), temporary duty (TDY) or permanent change of station orders.

Contact unit administrators for more information

## Dates to Remember

Sept. 15-Oct. 15 - National Hispanic Heritage Month

Oct. 6 - National Boss's Day

Oct. 13 - Eid al-Fitr (Muslim Ramadan ends)

Nov. 4 - Daylight Savings Time Ends

Nov. 6 - Election Day

Nov. 11 - Veterans' Day

Nov. 22 - Thanksgiving

## Loggerhead Answers

*(From Loggerhead Questions p.6)*

1.Oct. 19, 1781 2.600 meters (area target) and 500 meters (point target)  
3.800 meters (area target) and 550 meters (point target) 4.500 horsepower via a Detroit Diesel 5.If wearing any Army uniform a Soldier should never require a haircut. He should be within grooming standards.

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(From *Reserve Families* p. 14)

and retreats that bring together children and allow them to find the missing commonality by interacting with kids living through similar experiences. The events are not only cathartic for many of the children, but they help kids establish contact with those in similar situations, the panel said.

Stultz admitted that while the Web site and community programs are effective, more needs to be done. She said Army Reserve family-programs personnel are trying to get more doctors to accept Tricare.

She noted that soldiers are offered counseling to help them cope with experiences during deployment. "We want to be able to tell these families how and where to get counseling," she added.

"These families deserve everything we can do for them," she said, adding that Army Reserve families don't want new services, just access to those that already exist for active-duty families.

Australian and New Zealand officers said they had similar issues in their forces, but that theirs paled in comparison to what U.S. reserve forces face because of the duration and magnitude of U.S. deployments.

"We have to get smarter about all this, and this has helped me," Canadian Brig. Gen. J.P. O'Brien said at the conclusion of the panel discussion.

Got News? It's not news unless others know about it! Submit your articles, photographs, opinions, editorials, and ideas to the public affairs office, or contact us for public affairs support, and we'll make sure your unit news makes it onto these pages.

Write: [steven.alvarez@usar.army.mil](mailto:steven.alvarez@usar.army.mil)

## Classified Section

### Excellence in AR-RAP needed!

Commanders and First Sergeants are asked to identify Soldiers and Recruiter Assistants who have excelled in the AR-RAP program. The Army Reserve is looking to highlight top-performers on the AR-RAP Web site as well as in other national marketing campaigns.

Please contact Capt. Steve Alvarez, 143rd PAO for more information.

### Do you need a Government Travel Card?

Service Members who travel on official orders at least twice a year may apply for a Bank of America Travel Card.

To apply service members must first complete an online Travel Card Holder training course. Also, service members must complete a Statement of Understanding and a Bank of America Government Travel Card Application. For more information contact the 143rd ESC G-8 at 1-800-221-9401 ext. 1131.

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