

Wings of Destiny

101st Combat Aviation Brigade, 101st Airborne Division
Volume 2, Issue 8 August 2008



DOWN THE LINE

PATHFINDERS, SF, ANA CONDUCT FRIES TRAINING

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THE COVER:



A Pathfinder demonstrates the proper fast roping form during a tower training exercise at Jalalabad.

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to see
published in
Wings of Destiny?

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to WODeditor@hotmail.com

Wings of Destiny

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COMMANDER'S COMMENTS



Hello Soldiers and Families of the Destiny Brigade,

One hundred years ago this week, the Wright Brothers conducted the very first military aviation flight at Fort Myer, Virginia. Just as their historic efforts paved the way for outstanding achievements over the ensuing century, 101st Combat Aviation Brigade Soldiers stand point on the cusp of Freedom's Frontier here in Afghanistan. Only time will tell what the Afghanistan people, in concert with their Coalition partners, will achieve in the years to come. One thing is certain, however, you can be sure your Destiny Soldiers are actively doing their part in superb fashion.

Another month has passed with amazing speed. The brigade continues to demonstrate its professionalism and dedication to duty by completing all assigned missions in support of operations here in Afghanistan. Of note, TF Destiny has ramped up training activities with our counterparts from foreign forces. It has been an honor to work closely with pilots from the Polish Army, conducting aerial gunnery ranges and local area orientation flights. Moreover, pilots from the Afghanistan National Army Air Corps continue to increase operations by conducting escort missions for dignitaries and other VIPs.

This month we'll send a team back to Fort Rucker to participate in the 159th CAB Aviation Training Exercise. We continue to work together closely to ensure their team is prepared for the fight upon their assumption of the mission.

As always, I'd like to thank all the families and friends who keep the Soldiers of this Brigade in your thoughts and prayers. The sacrifices you make and your continued support makes all the difference to what we do here as part of our nation's global efforts.

Wings of Destiny, Air Assault!

Col. James Richardson

A MESSAGE FROM CSM HERNDON



Hello Wings of Destiny brigade.

Another month has passed and we continue to be busy here in Afghanistan. This summer has been hot and windy for the most part across Afghanistan. In a month or so the rains will come along with the onset of Fall and Winter. This is good sign whether we stay here for 12 or 15 months. Speaking of which, we are still officially on a 15 month deployment; though we are making preparations and plans to redeploy in 12 to 13. I will tell you, nothing is guaranteed. You all have seen the news. We will probably not receive official orders changing our deployment time line. We ask that all the family members back in the states hope for the best, but do not spend money or make reservations until we have something official. We are working toward a 12-13 month deployment, I assure you,

but nothing is guaranteed.

I would like to personally thank all of the family members out there who assisted 101st CAB in accomplishing its Fiscal Year Retention mission. We were number two in the division to accomplish our mission and we lead the division in all categories. We could not have accomplished this mission if not for your help and dedication.

The Command Sergeant Major / Sergeants Major list was released this month. The Brigade did very well. I would ask all of you to congratulate the following families. 1SG McGaha (1-101), 1SG Sickel (1-101) 1SG Yeagan (6-101) MSG Hendricks (HHC BDE) all of these Non Commissioned Officers made the Sergeants Major list. The following were selected to attend Sergeants Major Academy, Sergeants Major Course Class # 60, and will be considered promotable upon graduation. 1SG Baker (5-101), 1SG Morales (2-17), 1SG O'Leary (6-101), 1SG Sallila (2-17). The selection of these Non Commissioned Officers for the pinnacle in their military careers is a testa-

ment to their demonstrated potential and professionalism.

I would ask all of the family members out there to continue to support your Soldiers and all the Soldiers of the Brigade. We are almost nine months into this deployment, tempers wear thin, and the deployment starts getting to us as you are aware. We still need the support and understanding of those at home. Together we will complete this deployment, safely and in a successful manor. We must remain focused on mission success and accomplishment

Your continued support is felt each and every day. The dedication you provide supporting the brigade's Soldiers is irreplaceable. While we are focused on our mission here, our thoughts remain with all of our loved ones in the states.

Wings of Destiny, Air Assault!

CSM Mark Herndon

DOWN THE LINE



PATHFINDERS, SPECIAL FORCES AND AFGHAN COMMANDOS CONDUCT FRIES TRAINING

BY SPC. GEORGE WELCH
TF DESTINY PUBLIC AFFAIRS

nard Harrington, operations officer for Task Force Out Front. "Battle space in this area is very constrictive, so we thought it would be safer and easier for Soldiers to fast rope in, instead of having helicopters land."

Because of their specialized skills, the Pathfinders are occasionally asked by the Special Forces unit with help in various events.

"We were asked to help with the training due to some of our guys being qualified fast ropers and FRIES masters," said 1st Sgt. Brad Bonnell, of Pathfinder detachment. "Since they (Special Forces) were using our helicopters, the squadron wanted to incorporate us into the training."

The static training phase took place over the course of two days at Jalalabad. The commandos had to master fast roping techniques at three stations before they would be able to participate in the live event. Station one was fast roping from a 30 foot tower. The second station involved the troops practicing their decent down the ramp of a CH-47, grabbing the rope and rotating out in the proper direction. The third station consisted of exiting a UH-60.

"It's important that you grab the rope and not try to jump to it," one of the Special Forces Soldiers explained to the commandos with the help of an interpreter. "If you miss the rope, you'll fall and could possibly die. It's also important that you rotate in the proper direction when grabbing the rope. If you

FORWARD OPERATING BASE FENTY, Afghanistan—

Training to fight and win in combat, no matter the obstacle or challenge is the goal of all the training and field exercises Soldiers participate in year-round, on installations across the world.

Training to overcome obstacles is a concept Soldiers are teaching their counterparts in the Afghan National Army. Apart from the enemy, a major obstacle that fighting forces in Afghanistan must overcome is the rugged, mountainous terrain. While aviation assets provide freedom and ease of movement that land travel does not, there are still times when problems arise such as troop insertions and extractions.

The Pathfinders of Detachment 2 stationed at Forward Operating Base Fenty recently helped a Special Forces team instruct Afghan commandos in the use of the fast rope insertion and extraction system, or FRIES.

"The task force came up with this training plan with the help of the Special Forces," said Maj. Ber-



STORY CONTINUED ON PAGE 5

turn into your buddy, you could knock him off the rope, and he could fall and die.”

The training continued in this fashion until all the commandos were comfortable fast roping from the helicopter. The training not only was beneficial to the Afghan commandos, but it served as a refresher for the Pathfinders, who must always conduct fast rope training 24 hours prior to any live training event or operation.

“They are getting quality training that they will need,” said Bonnell of the commandos. “It’s a great event for them and for us.”

FRIES is an important asset in being able to accomplish missions here in Afghanistan. It makes troop insertion possible in areas that it would be nearly impossible for other forces to get to.

“The FRIES capability is very important,” explained Spc. Aaron Villareal, a Soldier with Pathfinder detachment. “It gives us a higher level of mobility. We can get in and out of places people can’t normally get to.”

For most of the Soldiers, the training event marks the first time that they will get to work with the Afghan forces.

“This is my first time getting to work with the Afghan soldiers,” said Villareal. “They seem like they know what they’re doing, they’re always training and on the range. They are always ready to go.” ♦



Task Force Shadow, Polish Aviators Conduct Local Area Orientation

Photos by Sgt. 1st Class Antony Joseph



AVIATORS WITH TASK FORCE SHADOW CONDUCT LOCAL AFGHAN AREA ORIENTATION FLIGHTS WITH THEIR COUNTERPARTS FROM THE POLISH ARMY



HOSPITAL DELIVERY BRINGS SMILES TO PATIENTS' FACES



A group of Soldiers, led by Capt. Matthew Landreth (Bde. Trial Counsel) recently delivered toys and clothing to patients at Craig Joint- Theater Hospital at Bagram Airfield.

The young patients were excited to receive new gifts .

SUBJECT: Sgt. Jason Arion
COMPANY: F Co. 5-101 Avn. Regt.
MOS: 11 B (Infantry)



The terrorist attacks of September 11, 2001 changed many things in America. Whether directly or indirectly, the lives of people across the country were impacted by the tragedy.

For Sgt. Jason Arion, an Infantryman with Co. F, 5th Battalion 101st Combat Aviation Brigade (Pathfinders), the event served as a call to action and a catalyst for his own personal metamorphosis.

"When I first decided to join the military I was in-between jobs and trying to make things work," explained Arion, a Miles City, Montana native. "As I came home for lunch one day, I had noticed my (then) wife was sitting and crying as she was rocking our daughter to sleep. She was looking at the television and watching the towers collapse on 9-11. That event weighed really heavy on my heart. A lot of things weren't going right for us financially; I knew that there was a lot of structure in the military and that our country needed help. So about three months later, I found myself signing up."

Upon shipping out to Basic Training in early 2002, Arion followed in the tradition of his grandfather, father and two uncles; all of whom served in the Army.

"My first duty station was Schweinfurt, Germany. While there I deployed to Iraq. When not on a deployment, I found myself traveling around Europe with my guitar in hand, playing wherever I could. My second duty station was in Korea; there I served with the 8th Army Honor Guard. We travelled to the Philippines and Thailand to conduct ceremonies. On my personal time, I had totaled 26 countries of personal travel between Europe and Asia. After I finished my time in Korea, I came down on orders to the Pathfinders."

The smaller teams and specialized nature of the Pathfinder Company was a bit of a departure from what Arion was used to in his previous units.

"This company is run a lot differently compared to some other units I've been in," he said. "It's a small group, but there are some similarities to my time in the Honor Guard, because that was small as well. As far as the training is concerned, it's a lot more in depth, a lot of attention to detail. It opens your mind and broadens the spectrum of what the military is and what Soldiers are capable of doing

when they are part of special units."

Just the act of surviving numerous missions while deployed is something that Arion does not take for granted.

"Going on missions, doing the right thing, completing the mission and coming home is one of the greatest things I think a Soldier can experience," said Arion. "When you are trained well enough, you know you can rely on everyone you are going out with. To come back and do an AAR (After Action Report) and realize that everything was done correctly, no lives were lost and the mission was completed is always good. Those are the times I always look back on, and remember the guys I served with on those teams."

As a multi-instrumentalist who sings, plays guitar, piano, bass and harmonica, Arion enjoys playing music during the times he is not busy working. He likes to use these talents to boost the morale of his fellow Soldiers.

"I'm a musician and I've been playing music all of my life," he stated. "I'm a session player and have played with several artists. One day I'd like to be an owner of a recording company and continue to play music. While we've been here, I was honored to open a show for Toby Keith, and perform some musical comedy for the Soldiers of the 101st and 173rd."

Of the many things he has learned and experienced during his time in the military, Arion credits the structure he has gained in the Army for helping make the biggest change in his life.

"Overall, the thing about the military that has bettered me as a man and a Soldier has been structure," explained Arion. "I've learned structure in my finances, I've learned structure in my family life, and how to keep everything organized and going back home while I'm doing the mission here. Overall, from 2002 until now I am a more successful person. I'm progressing in my job and I'm growing a closer relationship with my family as they are learning more about what we do as Soldiers. There are always rocky times, but as long as you keep that structure and take in everything you've learned throughout your military career you can definitely use that knowledge to your benefit. I thank my family and friends for all the support during these times." ♦

SUBJECT: Spc. Tamara Matas

COMPANY: HHC 6-101 Avn. Regt.

MOS: 42 A (Human Resources Specialist)



An old Army recruiting advertisement used to claim that, "There are over 250 ways to be a Soldier." With the country in its seventh year waging a global war on terror, each Soldier's contribution is vital to the continued freedom of the nation regardless of the jobs they do, or their reasons for choosing them.

One Soldier in the 101st Combat Aviation Brigade left her home in the beautiful island-state of Hawaii to see what she could achieve in the Army.

"I joined the army because I wished to travel around the world and have money for college. I didn't exactly want to travel all the way to Afghanistan, but that's why they say be careful what you wish for," joked Spc. Tamara Matas, of Headquarters Company, 6th Battalion, 101st Aviation Regiment.

Matas, a native of Pearl City, Hawaii, has been in the Army for two years and works as a 42 A, Human Resources Specialist with Task Force Shadow. Her job is to maintain Soldiers' personnel files, which includes maintaining promotion and awards files and dealing with pay issues.

"I picked this job because it seemed the most interesting," she said. "Plus being a 42, you can go anywhere. The best thing about this job is you get to know and meet a lot of people. I like to help Soldiers and being able to help make sure they (the Soldiers) are good, making sure their pay is straight, making sure they get their awards on time. It makes me feel better when I am able to fix an issue."

To the uninformed, Soldiers who work in the human resources cell may not look very busy, but they work diligently everyday to make sure Soldiers' personnel issues are taken care of. A Soldier who is having pay issues or discrepancies on their ERB (Enlisted Records Brief) probably isn't as effective as he or she could be at work. The 42s make sure that such problems don't arise, and fix them if they do.

"People think that we don't do much all day or just sit at the computer.

But we are so swamped with work," Matas explained, dispelling some misconceptions people may have about working in human resources. "The only kind of day off we have is Sunday, and even that is used to catch up on work. We have a lot going on, with all the awards and promotions we have to get done, so we're pretty busy all the time."

When she's not at work handling Soldier issues, Matas enjoys spending her free time dancing, an activity she has been involved in since she was a child.

"I love to dance," she exclaimed. "Every since I was little I've loved to dance. Growing up in Hawaii you are surrounded with Hula, and one day my mom got me into Hula dancing and I haven't stopped. I went back and forth between Hula and Hip Hop dancing. I've learned how to Salsa since being here, and I want to learn tap and swing dancing. I want to do a little of every kind of dance. I was part of the 'Praise and Worship' dance team, but I had to stop because my shift changed. Right now I am practicing for the upcoming dance talent show in October."

When her time here in Afghanistan is completed, Matas hopes to have watched her fellow Soldiers become successful, and to have become a better person herself.

"I just want to see everybody (Soldiers) succeed," she said of her time here in Afghanistan. "A lot of what we do involves people getting promoted and getting awards. Just as easy as it is for someone to get promoted, a person can lose it just as easily and I hate seeing that happen."

"One of my personal goals was to try and gain more patience. I'm still trying," she quipped. "That, and just trying to better myself. Being here makes me realize all the little things I miss, like spending more time with my little brothers and sister. At the time, you don't think about it, but you realize that those are the most important things." ♦

DEVELOPING THE WARRIOR WITHIN

BOXING PROGRAM TEACHES SOLDIERS TO STRIVE FOR THEIR BEST

BY SPC. GEORGE WELCOME
TF DESTINY PUBLIC AFFAIRS



Snipes, along with Staff Sgt. Robert Pugh, who is the course's second boxing coach, provide the Soldiers with one on one instruction in the sport's many techniques.

The hour-long class, which takes place in one of Task Force Shadow's clamshell hangars, has much of the equipment you would find in a real boxing gym. There are mats, a heavy bag, a speed bag and medicine balls. A full size ring will be added soon to add to the pugilistic experience.

"My whole goal with the program is to teach Soldiers young and old that no matter what, you can make it through anything if you have the drive and the heart," Snipes explained. "I don't let them quit and I also walk around and motivate them and let them know that they're better and tougher than they think. People can be eager to quit when things get rough, I just try to drive that laziness or lack of motivation out of them."

BAGRAM AIRFIELD, Afghanistan—As an organized sport, boxing has been in practice since the days of ancient Greece. In those early brutal contests, combatants would wrap their hands in hardened strips of leather to protect their hands, and inflict maximum damage on opponents. There were no weight classes or time limits; many times a match would only end after one of the fighters had been battered to death.

While modern boxing retains much of its ancient ancestor's intensity, it is far more refined. The sport is even known as the "The sweet science" amongst practitioners and fans.

Every Monday, Wednesday and Friday, Soldiers from across Bagram Airfield have a chance to experience the sheer intensity of boxing and mixed martial arts during a program sponsored by Company D, 6th Battalion 101st Aviation Regiment. Sgt 1st Class Bradley Snipes, the primary instructor started the program to share his knowledge of boxing with others.

"I have been boxing off and on for about 23 years and have competed for about 20 of those years," said Snipes. "For the last three or four years I have been more in the teaching mode. I like to share my knowledge and to see other Soldiers as they get better."

More than just learning how to fight, the program offers participants a top notch work out experience. The class begins with a brief shadow boxing session in which the participants are allowed to loosen up for the class. Then the instructor yells for everyone to get on station to begin the grueling circuit training.



STORY CONTINUED ON PAGE 11



There are several stations, which include; various punching bag exercises, rope jumping, push-ups, medicine bag crunches and a footwork exercise that resembles hopscotch. For the truly brave at heart, part of the bay is reserved for open sparring. The students are sure to get a serious workout.

"I tell people to just try it once," said Snipes of the exercise benefits of the class. "You'll get what you put into it. If you come here and workout once, you will definitely come back and do it again."

The students all agree that the class provides an outstanding workout.

"This program is great because it is keeping me in shape and I like doing it," said Pfc. James McConnell, of Company D, 6-101 Avn. Regt. "It relieves a lot of stress from work. You go back to your room in a better mood. This class is a wonderful opportunity; we have one of the best teachers in the world, it's free and it's motivating."

While some of the students have prior experience in combat sports, the boxing class still provides them with a chance to improve their skills and develop mentally and physically.

"When I got to the unit, I got connected with Coach Snipes, who's a great mentor," said Spc. Daniel Escolin, Co. D, 6-101 Avn. Regt. "I was 220 pounds when I got here, I've been doing this workout since it got started and now I'm down to 180. It's an intense workout. It's good cardio and a good way to release stress. If something is bothering you, you can let it out by hitting the bags."

Ultimately, the purpose of the program is to help Soldiers reach for the best in themselves.

"It lifts my spirits to see a Soldier make progress," says Snipes. "It lets me know that I'm doing the right thing. If a Soldier gets something out of this class, that's what matters. I work out on my own during my off time, but I do this because I love Soldiers and everything I know, they will know." ♦



Your Health +

INFLUENZA



Lt. Col. Brian Smalley
TF Destiny Surgeon

Flu season typically starts in September, peaks in January or February, and may last until May.

Influenza (the flu), is a contagious respiratory illness caused by influenza viruses. It can cause

mild to severe illness, and at times can lead to death.

The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications, and; about 36,000 people die from flu. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. Here are some answers to frequently asked questions regarding influenza.

Can the flu shot give you the flu?

No, the flu shot cannot cause flu illness. The three influenza viruses contained in the flu vaccine are each inactivated (killed), which means they cannot cause infection. Flu vaccine manufacturers kill the viruses used in the vaccine during the process of making vaccine, and batches of flu vaccine are tested to make sure they are safe. In randomized, blinded studies, where some people get flu shots and others get salt-water shots, the only differences in symptoms was increased soreness in the arm and redness at the injection site among people who got the flu shot. There were no differences in terms of body aches, fever, cough, runny nose or sore throat.

Can the nasal spray flu vaccine give you the flu?

Unlike the flu shot, the nasal spray flu vaccine does contain live viruses. However, the viruses are attenuated (weakened) and cannot cause flu illness. The weakened viruses are cold-adapted, which means they are designed to only cause infection at the cooler temperatures found within the nose. The viruses cannot infect the lungs or other areas where warmer temperatures exist. Some children and young adults 2-17 years of age have reported experiencing mild reactions after receiving nasal spray flu vaccine, including runny nose, nasal congestion or cough, chills, tiredness/weakness, sore throat and

headache. Some adults 18-49 years of age have reported runny nose or nasal congestion, cough, chills, tiredness/weakness, sore throat and headache. These side effects are mild and short-lasting, especially when compared to symptoms of influenza infection.

What about people who get a flu vaccine and still get sick with flu-like symptoms?

There are several reasons why someone might get flu-like symptoms even after they have been vaccinated against the flu.

1. People may be exposed to an influenza virus shortly before getting vaccinated or during the two-week period that it takes the body to gain protection after getting vaccinated. This exposure may result in a person becoming ill with flu before the vaccine begins to protect them.

2. People may become ill from other (non-flu) viruses that circulate during the flu season, which can also cause flu-like symptoms (such as rhinovirus).

3. A person may be exposed to an influenza virus that is not included in the vaccine. There are many different influenza viruses. Unfortunately, some people can remain unprotected from flu despite getting the vaccine. This is more likely to occur among people that have weakened immune systems. However, even among people with weakened immune systems, the flu vaccine can still help prevent influenza complications.

Influenza vaccine provides the best protection available from flu—even when the vaccine does not closely match circulating flu strains, and even when the person getting the vaccine has a weakened immune system. Vaccination can lessen illness severity and is particularly important for people at high risk for serious flu-related complications and close-contacts of high-risk people. Children under 6 months old are the pediatric group at highest risk of influenza complications, but they are too young to get a flu vaccine. The best way to protect young children is to make sure members of their household and their caregivers are vaccinated.

For Task Force Destiny flu vaccine is mandatory and will be administered as soon as it is available in theatre (Late October to early November). I would also encourage all family members to receive the vaccination to ensure their protection from influenza. Family members and dependents can contact their local primary care clinic at BACH or their primary care provider to receive the vaccination.



Legal Advice:



Pfc. Percy Morales
TF No Mercy Paralegal

THE DANGERS OF HUFFING

In a deployed environment it is common to find that almost every electronic device and weapon accumulates a lot of dust. Dust can ruin electronics because it quickly causes overheating. We, as Soldiers, are taught from our initial training that it is imperative to keep our weapons clean and free of dust and debris. A can of Perfect Duster is very useful for aiding us with the task of keeping our weapons and equipment clean and, because of these reasons, the Army feels it is necessary to provide us with cans of Perfect Duster. The increased accessibility to cans of Perfect Duster has also presented some concerns about Soldiers using it as an inhalant.

Many people think that duster is air in a can, which is a common misconception. Moreover, some users have the false impression that "canned air" is a safe alternative gas much like nitrous oxide; however, duster is actually a liquefied gas consisting of difluoroethane, trifluoroethane, or tetrafluoroethane. Huffing—the street term for inhaling chemicals—duster can cause death, paralysis, or other serious injury.

Huffing deprives the brain of oxygen when the user inhales vapors from aerosols, paint and other products, now including cleaning duster. The chemicals that are in "canned air" affect the central nervous system and create a brief sense of euphoria.

Recently, an Army Colonel with 22 years of service died in Iraq from huffing. He was found in his Combat Housing Unit with 14 empty cans of air and was slumped over another half-filled can. When CID conducted their investigation they found difluoroethane in his blood at the time of death.

According to the National Institute on Drug Abuse, the key danger of inhalant abuse is Sudden Sniffing Death Syndrome. The syndrome is the label given to cases, like the one provided, when a huffer dies within seconds of taking a hit, it is usually from heart failure.

Overall, 47 members of the Armed Forces have died of inhalant abuse since 1998. More than half of those cases (29) were Soldiers. Since Operation Iraqi Freedom and Operation Enduring Freedom, there have been eight confirmed deaths from inhalant abuse. A 2005 Defense Department report showed that three percent of Soldiers admitted using inhalants in the past year. The same survey cited that

military members were far less likely than civilians to have used marijuana or cocaine within the past 30 days, yet they were slightly more likely to have huffed. Huffing is now considered the third most commonly used drug in the military behind marijuana and cocaine.

Manufacturers have now introduced a "bitterant" chemical to its product. The chemical leaves a terrible taste in the mouth of anyone who inhales products such as Dust-Off. Several bases in Iraq have banned canned air being in Soldier's living quarters, but no such ban has been imposed in Afghanistan. The Army has recently made efforts to start a campaign to warn Soldiers of the affects of huffing canned air and other inhalants.

The warning signs of someone huffing are similar to those exhibited by users of other drugs, as well as persons at risk for suicide. We are encouraged as Soldiers to police up our battle buddies. If there is a certain Soldier who stays secluded in his/her room and is nonsocial, we need to work together to reach out to that Soldier. Inform your chain of command of potential dangers. All of us were briefed before we left Fort Campbell of the dangers of people showing these warning signs. We must not forget what we have been trained. We are our brother's keepers.

Remember the acronym **A.R.T.** I am **A**ccountable to myself and my Battle Buddy. Together, we form the cornerstone of our combat team. I am a warrior and **R**esponsible for my own actions. I **CAN** SAVE MY OWN LIFE! Our chain of command and Families over-watch Soldiers, to help preserve our fighting **T**eam. ♦



Chaplain's Corner

Simple Words



Nearly eight months ago I said goodbye to my son who is in college in Missouri. Deployments are tough, but we can make them easier by our exchange of kind and simple words over distance of time.

Some of the most important things we say in life are *simple words*. We speak them to those for whom we deeply care and trust.

Words such as, "I trust you God; I love you dear; I forgive you son; Will you forgive me? And Goodbye." We who serve in a military environment, should know these words well and we should use them. The constant transitions, continual relocations and short notice movements make these words incredibly important.

So, when your loved one, friend and colleague is about to head off into the sunset (or you) to a new challenge, be sure that you speak to him or her *simple and kind words*. It may be the last time, for a long time.

Goodbye...

Please note that AFN radio plays such radio spots on Freedom Radio 94.1 in Afghanistan or 91.5 in Manas. These Chaplain's spots usually air at 8:00 a.m.

D66'S AMBULANCE ADVENTURE

After a heroic weightlifting session at the gym, evil aches and pains attacked the mighty LTC Kline, Codename: D66. These are his adventures.....



Medical personnel were alerted, and rushed to the scene immediately.



Medical Guru SFC Shepherd applies a neck brace to stabilize D66's powerful neck. The device struggles to contain such muscularity.



Col. Richardson, Codename: D6, gets a parting shot before our hero is carried away to the ambulance.



We've got him now!!
Laughs CSM Herndon,
Codename: D7 along
with D6.



GGRRRAAAH!!!! No
mere
ambulance can withhold
the sheer power of
D66. His super-healing
powers allow him to live
to lift
another day! ♦

Visions of Destiny

