

WARRIOR MEDIC

MONTHLY

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Defense Department Opens Psychological Health Center

By Samantha L. Quigley
American Forces Press Service



WASHINGTON - Defense Department officials today announced the opening of a new outreach center that will provide servicemembers, veterans and their families a new resource for psychological health problems and traumatic brain injuries.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury is operating the 24-hour center, which will be open 365 days a year and is staffed by behavioral health consultants and nurses, including some former military psychologists.

"We're providing 24/7 support to assist callers with questions regarding psychological health and traumatic brain injury," said Army Brig. Gen. (Dr.) Loree K. Sutton, director of the Centers of Excellence. "Getting the best possible information and tools, hassle-free, will empower and strengthen warriors and their families to successfully manage what can be confusing and disturbing circumstances."

The center promotes resilience, recovery, and reintegration of servicemembers facing psychological health and traumatic brain injury issues while working to advance

research, education, diagnosis, and treatment of these conditions, Sutton said.

Its staff is equipped to handle not only routine requests for information, but also questions about symptoms a caller may be experiencing. Its staff also can help a caller find appropriate health care resources within the Defense Department or with other federal agencies, she added.

"What we want to make sure is ... that we provide the accurate information to allow folks to understand what's really true," Sutton said. "If we need to research a question, we'll do the legwork and quickly reconnect with the caller."

The outreach center will always be there for members, leaders, and health care providers of the Army, Navy, Air Force, Marines, Coast Guard, the reserve components and veterans, Sutton said. Family members of servicemembers and veterans can call or e-mail the outreach center staff with questions pertaining to psychological health or traumatic brain injury. **The center can be reached by calling 866-966-1020 toll-free, or by sending an e-mail to resources@dcoeoutreach.org.**

"This outreach center will be a way where, even at 2 in the morning [and] whether you're on the home front or down-range, ... you'll have someone at the other end of that line who cares," Sutton said.

Related Sites:

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury: www.dcoe.health.mil.

Army Reserve Chief Describes Employer Partnership Initiative

By Navy Lt. Jennifer Cragg
Special to American Forces Press Service



WASHINGTON - An Army Reserve human capital strategy called the Employer Partnership Initiative is delivering staffing solutions and tangible incentives to businesses that employ Army Reserve soldiers while sustaining the operational nature of today's force.

"What employers are telling us is when they hire a Reserve soldier, they don't just get an employee, they get somebody that has a great work ethic, that has integrity, that has loyalty, that has dedication, and that productivity goes up," Lt. Gen. Jack C. Stultz, chief of the Army Reserve, said to online journalists and bloggers Jan. 28.

Stultz came to his job with years of experience in the Army Reserve that has included several deployments.

"I have a good perspective, I think, in terms of how you go back and forth between a civilian to military, back to civilian -- some of the challenges it presents for both employers and the soldier, as well as for the family," he said.

The Employer Partnership Initiative was launched in spring 2008, and complements the Employer Support to the Guard and Reserve program by finding career

STAFF

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Command Sgt. Maj. Roger B. Schulz
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Do you have a story to tell? The goal of the Army Reserve Medical Command's Public Affairs Officer is to feature stories in this publication that represent units from all over our command's region of responsibility. We are always seeking stories that would be of interest to our readers. Contributions are welcome. **Story ideas as well as written articles and photos for consideration should be submitted to ARMEDCOMPAO@usar.army.mil, or call 1-877-891-3281, extension 3730.**



employment opportunities for soldiers with employers who understand the demands of today's operational military climate and proactively seek to hire them.

"This truly is an operational force, and if you join the Army Reserve today, you are going to deploy," Stultz said. "What we owe you is predictability. What we owe you is to take care of your family. What we owe you is to help you with your employer to make sure that you can maintain a civilian job while you're serving your country. And, what we ask of you is your service."

Stultz added that the Army Reserve's retention is good, running at about 120 percent of its retention goal.

The EPI program benefits both the Army Reserve and potential employers, the general said.

"Rather than coming out and asking [employers] to give up [their] employees to be soldiers," he explained, "[we ask them], 'Why don't you let me go recruit for you, because we share the same skill sets?'"

He added that one of the first organizations that Army Reserve officials talked with was the American Trucking Associations. "I'm recruiting truck drivers, and I'm training truck drivers, and I'm putting them into Iraq and Afghanistan to prove their capability," he said.

Stultz added that after tapping into the trucking fields, officials sought future recruits from the medical community. Employers in other fields now are lining up to find the best candidates. "I've got 150 employers already signed up, [and] I've got 200 waiting," Stultz said.

An estimated 25,000 to 30,000 Army Reserve soldiers are mobilized on active duty, and about 20,000 of them are deployed in Iraq, Afghanistan and the Horn of Africa. The other mobilized reservists are serving in the United States in support and administration roles.

"Even in the current economic situation, we still have a lot of employers out there that are calling us every day," Stultz said.

Gates to Take Comprehensive Approach to End 'Stop-Loss'

By Jim Garamone
American Forces Press Service



WASHINGTON - Ending the military's so-called "stop-loss" program is a priority for Defense Secretary Robert M. Gates, a senior official said here today.

The stop-loss program is the involuntary extension of active duty beyond a servicemember's expiration of term of service, or ETS.

The program is in place to make sure units deploy with all positions filled. Servicemembers with an ETS or retirement date that would occur while a unit is deployed can be "stop-loss" or extended until the end of the deployment.

This is an issue that the services have had to deal with since the beginning of the conflicts in Afghanistan and Iraq, Pentagon spokesman Bryan Whitman said today. Currently, only the Army is using the provision, with about 13,200 soldiers involuntarily extended.

"The goal here ... is to move as rapidly as possible to end stop-loss altogether," Whitman said. "It is the secretary's desire to take a comprehensive approach to ending this, which includes using the additional authorization Congress has given the department to be able to grant a special pay to those soldiers that are affected by stop-loss."

The congressional initiative funds a special pay of \$500 per month to stop-lossed servicemembers. "The department appreciates the authority as well as the flexibility to compensate servicemembers that are affected by stop-loss," Whitman said. "But the goal here is to end stop-loss altogether as rapidly as possible." Army officials will brief Gates on the program later this week, he said.

More Troops, Families Likely to Qualify for New GI Bill Benefits

By Donna Miles
American Forces Press Service



WASHINGTON - Troops nearing retirement eligibility may be able to tap into the transferability benefits provided in the new Post-9/11 GI Bill, even if they're unable to serve four more years of duty due to service policies, a senior defense official said.

The Post-9/11 Veterans Education Bill that takes effect in August and will offer more benefits and the ability to transfer benefits to a spouse or child has proven to be a hit with the troops, Bill Carr, deputy undersecretary of defense for military personnel policy, told the Pentagon Channel and American Forces Press Service.

Of servicemembers surveyed in August, 97 percent said they plan to take advantage of the Post-9/11 GI Bill, particu-

larly its transferability provision, Carr said.

"Enormous interest has been expressed in the transferability provision and how it would work, because so many in the force have families," Carr said. He noted that half of the military force is married. By the time troops have served six years of duty, about two-thirds have families.

To qualify for transferability under the Post-9/11 GI Bill, servicemembers must have served six years on active duty or in the Selected Reserve and must commit to another four years. But Carr said the rules could be tweaked soon to allow mid- or late-career troops to qualify, even if they can't sign on for another four years of duty due to service restrictions.

Rules expected to be published in the months ahead will clarify exactly who is or isn't eligible to transfer their Post 9/11 GI Bill benefits. Carr said he expects those rules to be "very flexible" to allow servicemembers with 15 or even 20 years of service to qualify. What's definite now is that only those in the active or reserve components on Aug. 1 will be eligible for transferability under the Post-9/11 GI Bill.

"The law doesn't allow it to be retroactive" to cover those who already have left the military, Carr said.

The new bill represents the most comprehensive education package since the original World War II-era GI Bill, he said. Unlike the current GI Bill, it covers 100 percent rather than 80 percent of the cost of tuition, fees and books. Servicemembers no longer will have to pay \$1,200 out of pocket, at the rate of \$100 a month for their first year of service, to qualify.

In addition, most troops will receive a "living stipend" while drawing GI Bill benefits. That benefit will equate to the basic allowance for housing that an E-5 with dependents serving on active duty receives, Carr said. And for the first time, servicemembers will be able to transfer any benefits they don't use themselves to their immediate family members.

Of those surveyed in August, 73 percent said they would transfer benefits to their spouse, while 94 percent said they would transfer them to their children.

This is a particularly attractive option for servicemembers who have earned degrees before entering the military or while on duty through the military's tuition assistance programs, Carr said. These programs will continue when the Post-9/11 GI Bill takes effect.

Troops automatically are eligible to transfer to the Post-9/11 GI Bill program when it takes effect, but must elect to do so, officials said.

The Department of Veterans Affairs, which administers the program, has more

details about the basic program on its Web site. The Defense Department will oversee the transferability program and set up a Web-based application servicemembers can use to request transfer of their Post-9/11 GI Bill benefits, Carr said.

Carr expressed hope that servicemembers will take advantage of the new benefits.

"The new GI Bill provides some wonderful opportunities for the military," he said. "These are benefits that we had hoped for for a number of years, and finally have received."

Related Sites: Veterans Affairs GI Bill
Web Site: www.gibill.va.gov

New GI Bill Carries Different Eligibility, Benefits

By **Samantha L. Quigley**
American Forces Press Service



WASHINGTON - A series of educational assistance programs administered by the Veterans Affairs Department, commonly called the GI Bill, have helped servicemembers pursue post-secondary learning for decades.

Soon, another program will be added to the mix: The Post-9/11 Veterans Education Bill will be available to qualified individuals Aug. 1.

"We previously administered four major education programs before this bill came along," Keith M. Wilson, VA's education service director, said. "The new Post-9/11 GI Bill has different eligibility criteria [and] pays for different types of training."

The new GI Bill provides three separate types of benefit payments to those who entered the military on or after Sept. 10, 2001, and have at least 90 days of active service.

The first type of payment covers tuition and fees equal to what each state's most expensive state-run school charges for in-state, undergraduate study.

In addition, an allowance based on the Defense Department's basic housing allowance for an E-5 with dependents is available as a benefit paid monthly, Wilson said. The housing allowance's dollar amount depends on the location of the school the servicemember or veteran is attending, he added.

The third benefit is a stipend of up to \$1,000 a year for books and supplies.

"Now, each of those payments is subject to the amount of active duty an individual has," Wilson said. Eligible people with

36 or more months of active duty will receive 100 percent of the three payments, he said. Those with less than 36 months of active service will receive a prorated amount.

For example, Wilson said, someone with 90 days to six months of active service qualifies for 40 percent of each of the three types of payments. The benefits increase with an individual's amount of active service, and extend to National Guardsmen and reservists who have at least 90 days of active service.

"Previously the Guard and reserve members didn't really have a stake in the GI Bill purse," he said. "Now, we have one program that covers both the active duty and the Guard and reserves."

For those who incur out-of-state tuition, attend a private school, or want to pursue graduate studies but find their tuition and fees above the cap set by the VA, there's the Yellow Ribbon program.

"The Yellow Ribbon program is a sub-element of the Post-9/11 GI Bill," Wilson said. "The ... program allows schools to enter into an agreement with VA by which the school will waive up to half of the difference of their tuition and fees charges and what the cap is for that state, and VA will match the amount that the school waives.

"It's basically a supplemental amount of tuition and fees that would be payable to the school," he added.

Wilson said he thinks the voluntary supplemental program has been well received by schools. He cautioned, however, that the VA still has steps to take before any formal agreements between any institution of higher learning and the VA can take place, including finalizing regulations and setting tuition caps.

"So no school, public or private, that would be interested in the Yellow Ribbon program really has enough information yet to make [the decision to participate]," he said.

It remains to be seen, Wilson said, what effect the country's current economic situation may have on the Yellow Ribbon program.

"The important thing to remember is that the Yellow Ribbon program is available to all schools," he said. "[Speculation about] whether or not schools' financial situations are going to impact their participation or not is a little bit premature. They don't have all the information they need from us yet."

More information on the Post-9/11 GI Bill, eligibility, and how this new bill could affect those with service prior to Sept. 10, 2001, is available on the **Veterans Affairs GI Bill site** or by calling **1-888-GIBILL-1 toll-free**. Along with answers to frequently asked questions, visitors to the site will find

a link that will allow them to receive updates on the new GI Bill via e-mail as they become available.

Related Sites: Veterans Affairs GI Bill
Web Site: www.gibill.va.gov

'Adopt a U.S. Soldier' Links Volunteers With Deployed Troops

By **Sharon Foster**
American Forces Press Service



WASHINGTON - A Colorado-based group is connecting deployed troops with volunteers eager to "adopt" them.

Since its inception four years ago, "Adopt a U.S. Soldier" has connected more than 100,000 servicemembers to 265,000 supportive Americans who have sent them regular care packages, wrote letters and, on occasion, run errands for family members.

"It's been such a privilege to work with this organization and see it grow to what it is today," Ann Johnson, the group's founder and chief executive officer, said. "We are committed to our soldiers. We love them. We will continue to do this work for them and their families."

Johnson started the group when her son, Paul, was stationed in Iraq. She asked her friends if they would help to support his unit. They agreed and sent nearly \$3,000 of care-package items. Johnson extended her support to other deployed troops, and the program began.

Jacob Poehls, 8, and his mother, Nora Hall -- both group volunteers -- were featured recently on the NBC Today Show, along with their adopted servicemember, Marine Corps Sgt. Balthazar Pineda.

Hall said it was a privilege for her son, who has a learning disability, to have a Marine pen pal. The experience has given him confidence as well as a reason to work on his reading and writing skills, she said.

Beth Ann Alitt, of Encinitas, Calif., who also has adopted several soldiers over the years, said she feels as if she is now an official "Army mom."

"Since I've started, I've met so many soldiers and their families," she said. "You adopt one. He returns home. Then you adopt another and another. You send care packages. You e-mail. You do things with their kids; you just instantly become a part of their family."

Satin Modesitt of Vero Beach, Fla., said the program establishes a lasting connection to the soldier.

"It is so rewarding when your soldier comes home," Modesitt said. "You are just so relieved. You just feel like it is your son, brother, daughter or sister. This has just been an amazing thing for my family. We have grown, along with the military families we've touched."

To join the group, volunteers can register online at the Adopt a U.S. Soldier Web site.

"We try to make the process as easy as possible," Johnson said. "The great thing about this is you can adopt more than one soldier, and many soldiers are adopted by others so you can share in your commitment."

Related Sites: Adopt a U.S. Soldier, www.adoptaussoldier.org

Suicide Prevention Hotline Saves Veterans' Lives

By Army Staff Sgt. Michael J. Carden
American Forces Press Service



WASHINGTON - Help is only a phone call away for military veterans considering suicide.

Nearly 100,000 veterans, family members or friends of veterans have reached out for help by calling the **Department of Veterans Affairs suicide prevention hotline at 1-800-273-TALK**. The hotline was launched July 2007.

The VA initiative is part of a collaborative effort with the National Suicide Prevention Lifeline, a nationwide network of 133 crisis centers. Calls automatically are routed to the nearest center based on the caller's area code.

The hotline operates 24 hours a day, seven days a week, and is staffed by trained mental health professionals prepared to deal with immediate crisis. Although the lifeline isn't restricted to military veterans only, callers are prompted to "please press 1 now" if they are a U.S. military veteran or are calling about a veteran. Callers who press 1 are transferred to the nearest VA call center.

More than 2,600 veterans have been "rescued" through the hotline, according to a recent VA statement.

"I urge veterans and their loved ones to take advantage of our suicide-prevention program," VA Secretary Eric K. Shinseki said in the statement. "Help for these heroes is a phone call away."

An estimated 5,000 veterans commit suicide annually, with Iraq and Afghanistan

war veterans 35 percent more likely to commit suicide than the general population. VA statistics show that between 2002 and 2006, more than 250 veterans who left the military after Sept. 11, 2001, committed suicide.

The trend has grown within the active-duty military ranks too. A steady increase in suicides among veterans and active-duty members has been persistent in recent years. The Army recently announced 2008 as its highest suicide year since 1980, with at least 128 soldiers confirmed to have taken their own lives, while 15 other cases are pending investigations.

VA, the Defense Department and local communities are making it a point to understand suicide and determine better prevention methods. Defense leaders, including Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, have voiced concerns for short- and long-term solutions.

"We have got to be able to support those individuals in ways that, in some cases, we haven't quite figured out yet," Mullen said during a lecture at Grove City College, Pa., earlier this month.

Mullen routinely advocates for solutions to increase the amount of rest and time at home troops have in between deployments. Officials recognize the high tempo of deployment rotations as being a likely factor for the increased suicide rates.

VA and active-duty military officials are working with outside research organizations to improve their programs and lower the numbers. The Army and National Institute of Mental Health recently launched a five-year research initiative to gain a better understanding in the hope of preventing suicides in the military and nation.

To identify and treat at-risk patients, prevention efforts and initiatives are in place in each of VA's 153 medical centers and more than 750 outpatient clinics across the nation. Also, suicide prevention coordinators are on hand at each facility.

Troubled veterans, whether they call the suicide prevention hotline or walk in, receive follow-up care almost immediately. Preliminary evaluations occur within 24 hours of requests, and referrals are given for mental health appointments. Comprehensive evaluations are conducted within 14 days, with emergency cases handled immediately.

Related Sites: Department of Veterans Affairs, www.va.gov; Military OneSource, www.militaryonesource.com; Warrior Care Web Portal, www.warrior-care.mil; National Resource Directory for Wounded Warriors, www.nationalresourcesdirectory.org.

The Transition Assistance Program



The U. S. Department of Labor, Veterans' Employment and Training Service (US DOL VETS), provides following video link to all National Guard and Reserve troops. The six-minute video highlights the importance of the Transition Assistance Program (TAP).

http://www.hirevetsfirst.gov/media/hirevets_tap_wmv.aspx

The Transition Assistance Program (TAP) was established to meet the needs of separating service members during their period of transition into civilian life by offering job-search assistance and related services. TAP helps service members and their spouses make the initial transition from military service to the civilian workplace. An independent national evaluation of the program found that, on average, service members who participated in TAP found their first post-military job three weeks sooner than those who did not participate in TAP.

For more information, visit www.hirevetsfirst.gov.

Army Expands Military Funeral Honors for Soldiers

By Sara Moore
American Forces Press Service



WASHINGTON - Starting early next year, the Army will allow full military funeral honors at Arlington National Cemetery in Virginia for all soldiers killed in action.

Full military honors include a caisson, band, colors team and an escort platoon in addition to the standard honors of a firing party, bugler and chaplain. In the past, the caisson was available only for officers killed in action because of limited availability, Paul Boyce, an Army spokesman, said.

The cemetery has two caissons, or horse-drawn vehicles, which now will be available for officers and enlisted soldiers killed in action on a first-come, first-served basis, Boyce said. The limited availability may delay the funerals, he said, so families of deceased soldiers may decide to go forward with the funeral earlier without a caisson.

In response to requests from families of deceased servicemembers, soldiers and

veterans, Army officials have been looking at changing the policy for military honors at Arlington since April, Boyce said. Having the change in place now means the policy will take effect early next year.

"This brings a much more common standard to anyone who is killed in action or the family of anyone killed in action who want to use Arlington National Cemetery," he said.

The policy change affects only funerals at Arlington, Boyce said, because Arlington is the only military cemetery controlled by the Department of the Army and has unique assets. It also only applies to soldiers killed as a result of:

- Any action against an enemy of the United States;
- Any action with an opposing armed force of a foreign country in which U.S. armed forces are or have been engaged;
- Serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party;
- An act of any such enemy of opposing armed forces;
- An act of any hostile foreign force;
- An international terrorist attack against the United States or a foreign nation friendly to the United States, recognized as such an attack by the secretary of the Army;
- An act of any hostile foreign force during military operations while serving outside the territory of the United States as part of a peacekeeping force; or
- Action by friendly fire, defined as weapon fire while directly engaged in armed conflict, other than as the result of an act of an enemy of the United States, unless the soldier's death was the result of the soldier's willful misconduct.

"Arlington National Cemetery is an expression of our nation's reverence for those who served her in uniform, many making the ultimate sacrifice," Army Secretary Pete Geren said in an Army news release. "Arlington and those honored there are part of our national heritage. This new policy provides a common standard for honoring all soldiers killed in action."

More than 300,000 people, including veterans from all the nation's wars, are buried at Arlington National Cemetery. The cemetery conducts about 6,400 burials each year.

The new policy applies only to soldiers, though officials are awaiting word from the

other services on whether they wish to adopt a similar policy.

Related Sites: Arlington National Cemetery, www.arlingtoncemetery.org

Departments Launch Safe-Driving Initiative for Veterans

By Army Staff Sgt. Michael J. Carden
American Forces Press Service



WASHINGTON - A new research and awareness program geared toward preventing motor vehicle fatalities among veterans who return from deployments was formally launched today

during a news conference at the Veterans Affairs Department here.

Veterans Affairs Secretary James B. Peake teamed up with the Defense and Transportation departments and NASCAR legend Richard Petty to announce the creation of the "Home Safe, Drive Safe, Stay Safe" initiative, which he told reporters is designed with one objective: to save the lives of veterans on the highways.

"We've all come together to address something that is a recurring problem," Peake said. "Young men and women in our armed forces return home safely from combat operations, yet they face a life-threatening risk at home on our highways."

VA and Transportation Department research on Vietnam and Gulf War veterans shows the risk of death from a motor-vehicle accident was much higher during the first five years after redeployment, regardless of gender. For present-day Iraq and Afghanistan war veterans, the risk is 75 percent greater than the general U.S. population, Peake said.

Regardless of the conflict, gender or age, "there's an elevated risk to our returning heroes of dying on our roadways from traffic accidents," he added.

"Today, nearly 2 million men and women have served in combat zones since 2003, and there are more that will serve in the current conflicts," Peake said. "And as important, future generations will undoubtedly be called upon to serve the cause of freedom abroad, and we must do our part now to ensure that they will drive safe and stay safe when they return home."

The first aspect of the initiative is a public health information campaign on safe driving to raise awareness and educate veterans about risks and to remind them of proven safety measures such as using seat belts, not drinking and driving, wearing a

helmet on motorcycles and knowing the dangers of speeding, he said.

Individual units throughout the military have programs and reintegration measures for accident prevention among active-duty servicemembers. As part of this initiative, a national education program through VA medical centers, community clinics, counseling centers and benefits offices seeks to raise awareness for veterans who've left the service, Peake said.

The second aspect of the program is continuing research to provide a strategic safety plan. Participants include scientists and policy officials from the VA, Defense, Transportation and Health and Human Services departments, as well as nongovernmental experts, he said.

Peake said experts in transportation safety, veterans' health and medical care, and public health are identifying gaps in current knowledge and developing a strategic plan for addressing key research questions in fields ranging from epidemiology to psychology to biomechanics.

"Our returning combat veterans have already put themselves in harm's way to protect our lives," Dave Kelly, acting administrator of the National Highway Transportation Safety Administration, said. "Their increased risks on our roadways are too high of a price for us to be paying. We gladly offer up our expertise and resources to help our veterans make a safe transition home."

Petty also has offered his partnership. According to the Richard Petty Driving Experience Web site, Petty's program was launched in 2007 to promote and teach advanced safe driving skills. It's designed to raise situational awareness through compromising situations in driving simulators.

The site's staff can tailor it to provide whatever officials think they need to help the effort, Petty said during the news conference.

"[Deployed servicemembers] have been in a different environment, and it's up to us to say, 'OK guys, slow down. This is where you are, and this is what we've got to do to be safe. We didn't lose you overseas; we sure don't want to lose you once you get home,'" he said.

Related Sites: Safe Driving, www.safedriving.va.gov; Department of Veterans Affairs, www.va.gov; Department of Transportation, www.dot.gov; Richard Petty Driving Experience, www.1800bepetty.com

Reading Program Connects Deployed Soldiers With Their Children

By Army Sgt. Frank Vaughn
Special to American Forces Press Service



CAMP VICTORY, Iraq - A program in Iraq is helping deployed soldiers bond with their children back home through books.

United Through Reading, a nonprofit organization, gives deployed soldiers an opportunity to record themselves reading stories on a DVD that is shipped home for their children to watch.

The program, available worldwide for deployed units, is coordinated here by Army Capt. (Chaplain) Mike Jones, chaplain for the 10th Mountain Division Special Troop Battalion, and his assistant, Army Spc. Annamarie Greenfield.

To participate, soldiers first choose a book from the collection, along with a miniature stuffed animal to help them tell their story. Soldiers may send the book and the furry friend home with the DVD as a keepsake.

"That's one of the neat things about this program," Greenfield said. "The book and the animal make a good heirloom for kids, grandkids and so on."

More than 80 soldiers have participated in the program since its inception here in June.

"We have handed out around 140 DVDs so far," Greenfield said. "Some soldiers come back to do it again and again."

Army Sgt. 1st Class James Morton, noncommissioned officer in charge of the battalion's security section, is one of the program's repeat customers. He said he enjoys reading books via DVD to his 4-year-old daughter, Emily.

"I first discovered this program when I was deployed to Qatar in 2005," Morton said. "Since coming to Camp Victory, I've done it at least seven or eight times."

While the United Through Reading program helps soldiers like Morton stay connected with their children and loved ones, the benefit to their families is apparent as well.

"One of the major reasons I do this over and over again is because of the stress relief it gives my wife," Morton said. "She pops in a DVD of me when my little girl is sad."

Morton said his daughter is glued to the television when he's on the screen. "She likes having daddy around," he said. "She's definitely a daddy's girl."

While the program benefits deployed soldiers with children, it is not limited to parents.

"People can read stories to nieces, nephews, cousins or whomever they choose to do this for," Greenfield said. "We can even set them up to read to school children they don't even know if they so desire."

Related Sites: [United Through Reading, www.unitedthroughreading.org/about/](http://www.unitedthroughreading.org/about/)

Defense Department Offers Tax Preparation Help

By Samantha L. Quigley
American Forces Press Service



WASHINGTON - With April 15 looming, the Defense Department is on call to take the sting out of tax return preparation for servicemembers.

"Each of the legal offices provides some form of tax preparation assistance," Air Force Lt. Col. Don Svendsen, executive director for the Armed Forces Tax Council, said. "People that are doing the return preparation have been trained [and] certified by the [Internal Revenue Service]."

"Usually we can prepare the return right there on the spot," he added.

To make sure that a return can be finished in one visit to a tax center, Svendsen suggests making sure to bring certain documents to the appointment.

"For starters, we need them to bring their Social Security cards," he said, adding that all family members' cards need to be present to ensure accuracy. "They need their W-2s, and they need any other documents that are going to be tax related that they may have gotten in the mail."

"There is nothing more frustrating to the member than to visit the tax center and then realize he or she forgot a document," he said.

To keep those occurrences to a minimum, the tax centers on military installations have packets to help servicemembers get organized and think through what they need to bring with them, Svendsen said.

As fast and easy as the tax centers aim to make the process, situations arise that can make filing a tax return difficult. Deployments, for instance, don't always happen conveniently with the normal tax-filing season, Svendsen said.

Congress, however, has authorized a fil-

ing extension for troops serving in a combat zone. It also has granted troops a certain amount of time after leaving the combat zone in which to square away any tax issues.

"Fortunately, Congress has given us an extension. When you go ... into that combat zone, the clock stops for tax purposes," Svendsen said. "Let's say a member enters a combat zone on the 14th of April, one day before the tax-filing deadline. They're down there for an entire year [and] ... come back out the following April 14."

"They get a minimum of 180 days to file the earlier tax return, plus they get 180 days, probably more, for the current tax return," he added.

The stop on the tax clock also can apply to IRA contributions for servicemembers and spouses, Svendsen said.

And, all pay for noncommissioned officers and much of the pay for officers -- while serving in a combat zone in 2008 is tax-free, he said.

"If the member is an enlisted member, all pay is going to be tax-free," Svendsen said. "In this case, all really does mean all. If a member is in the combat zone, and they re-enlist and receive a re-enlistment bonus, the entire amount of the bonus is going to be tax-free."

For officers serving in a combat zone, pay up to the maximum enlisted amount will be tax-free, he added.

However, service in a combat zone can affect a servicemembers' ability to claim the Earned Income Credit. The tax credit is for low- to moderate-income working people and families. Recent changes continue to make this credit a possibility for servicemembers who have served in a combat zone, Svendsen said.

Those tax changes and others of interest to military members may be found in IRS Publication 3, "Armed Forces' Tax Guide," available on the IRS Web site, www.irs.gov.

Military tax center volunteers can help answer any questions about those changes, including a first-time homebuyer credit and economic stimulus checks, Svendsen said.

For those servicemembers who want to prepare their own tax returns, MilitaryOneSource.com provides online tax return software.

Related Sites: [MilitaryOneSource, www.militaryonesource.com](http://www.militaryonesource.com); [Publication 3, Armed Forces' Tax Guide, www.irs.gov/pub/irs-pdf/p3.pdf](http://www.irs.gov/pub/irs-pdf/p3.pdf)

Increased Demand Drives Renewal of U.S. Army Contract with Rosetta Stone®

The Army Distributed Learning System will Continue to Support the Need for Web-based, On-demand Foreign Language Training via Army e-Learning

From the Press Release by Meggan Kring, Distributed Learning System (DLS) Marketing/Communications



NEWPORT NEWS, Va. - The U.S. Army announced it will continue offering on-demand foreign language training at no cost to all Army, National Guard, Reservist and Depart of

Army Civilian personnel worldwide, through Army e-Learning. Army e-Learning is the latest component of the Army's Distributed Learning System, a product under the Program Executive Office Enterprise Information Systems.

"I am pleased to continue the Army's successful program with Rosetta Stone®. It provides an effective, quality training tool that allows Soldiers, leaders and Army civilians to learn critical foreign languages necessary in today's complex operational environment said Colonel Lawrence B. Smith, Chief, Institutional Training, Headquarters Department of the Army G-3/5/7.

In the past, critical operations, limited resident school capacity, and scarcity of contracted language training opportunities have worked against the Army's goal of fielding a force capable of engaging in basic communications with the local population in deployed areas. With the help of Rosetta Stone Ltd., a subsidiary of Rosetta Stone Inc. and the creator of the computer-based language immersion program Rosetta Stone, the Army has been able to significantly increase basic foreign language skill-level across the force.

The Army has realized success integrating Rosetta Stone into Army e-Learning. Since the contract began in September 2005, Army personnel have logged over 500,000 hours of online Rosetta Stone language training.

"I have been using the Rosetta Stone program to teach myself Arabic for the last month. I have studied Arabic off and on for the last year, but it has been very difficult to make much progress with no teacher and no real guidance. The Rosetta Stone program provided me with both," says Private First Class James L. Tollefson. "I believe every platoon in the Global War on Terror needs at least one individual with the

language skills to communicate with local allies and the indigenous populations. I intend to be that person by the time my company deploys to Iraq."

Providing Fast, Critical Access to Foreign-Language Instruction

Units preparing to deploy across the globe, especially in support of Operation Iraqi Freedom (OIF), are using Army e-Learning for pre-deployment training, including foreign-language instruction. Courses in Arabic, Farsi and Pashto are not only making measurable differences in basic communication skills, but may also aid in intelligence gathering capabilities related to the Global War on Terror.

"The extension of this partnership reflects the Army's commitment to provide the latest technologies to its soldiers and personnel, as well as the importance of language-learning to the Army's mission in today's world," says Tom Adams, Rosetta Stone Chief Executive Officer. "We are excited to continue to provide language learning solutions to the U.S. Army, as the need to communicate in foreign environments grows."

Limited foreign-language learning opportunities and time constraints have created barriers that worked against the goals of fielding forces capable of engaging in basic communications with local populations in deployed areas. Army e-Learning has effectively eliminated these constraints and provided a valuable solution that helps Command language program managers meet the goals and requirements contained in the Defense Language Transformation Roadmap. The roadmap is a comprehensive plan for the Department of Defense's development of the full range of language capabilities needed for current and future missions.

Army e-Learning

Army e-Learning is the U.S. Army Chief Information Officer/G6's solution to information technology training requirements, and provides access to commercial, information technology, business and self-development training courses. It now also serves as the Web-based language training platform the Army has determined it urgently needs to strengthen its language capabilities. Courses offered through Army e-Learning are available via the Web 24 hours a day from anywhere in the world – at no cost to Army organizations. To date more than 501,000 users have accessed Army e-Learning, with 5,000-7,000 new users being added each month.

Rosetta Stone provides 30 state-of-the-art language courses through Army e-Learning, including Arabic, Chinese (Mandarin), Danish, Dutch, English (UK), English (US), French, Farsi (Persian), German, Greek, Hebrew, Hindi, Indonesian, Italian, Japanese, Korean, Latin, Pashto, Polish, Portuguese (Brazil), Russian, Spanish (Latin America), Spanish (Spain), Swahili, Swedish, Tagalog, Thai, Turkish, Vietnamese and Welsh. These Web-based foreign language training courses teach reading, writing, speaking, and listening through immersion – completely without translation.

Access to Rosetta Stone® is available via Army e-Learning on the Army Knowledge Online Web site at <http://www.us.army.mil>; Self Service; My Education; Army e-Learning portal page. (Note: an AKO account is required to access the system.)

For more information: Meggan Kring at 757-369-2886; meggan.kring@us.army.mil

For additional information on how to access Army e-Learning, log onto <http://www.us.army.mil>; Self Service; My Education; Army e-Learning portal page. You must have an AKO account to access the system.

Web Site Helps Troops, Families Adjust After Deployments

By Navy Lt. Jennifer Cragg
Special to American Forces Press Service



WASHINGTON - A Military Health System Web site continues to help returning servicemembers and families adjust after a deployment ends, the site's program manager said

Jan. 29.

About 20 percent of servicemembers returning from Iraq and Afghanistan experience adjustment difficulties such as stress, irritability and sleep problems, Dr. Robert Ciulla, program manager for afterdeployment.org, said on the "Dot Mil Docs" program on BlogTalkRadio.com.

The afterdeployment.org project is one of several core projects within the National Center for Telehealth and Technology, known as "T2," located at Fort Lewis, Wash., under the direction of Dr. Greg Gahm. T2 is a directorate of the Defense Department's Center for Excellence for Psychological Health and Traumatic Brain Injury.

Ciulla noted that possible barriers to obtaining services, including a perceived

stigma, stop many servicemembers from seeking out care. Ciulla emphasized that online resources have many advantages.

"Users can log on to afterdeployment.org in the privacy and comfort of their own homes and work with the site's resources anonymously. This should help with concerns about stigma," he said.

Ciulla said that logging on to afterdeployment.org "means that users don't have to worry about transportation, or scheduling appointments, or arranging a sitter for the kids." He added that online tools have other advantages, including 24/7 access anywhere an Internet connection is available.

Afterdeployment.org was officially launched in August, and is designed to provide behavioral health tools to servicemembers, their families and veterans in all the service branches, Ciulla said. It includes exercises and tools that the entire family can use.

"All of the materials on the site have value to families ... the main exercises and tools on the site -- such as stress and anger management, sleep hygiene, getting balance in one's life -- all of these tools are as relevant for a spouse or other family member as they are for someone on active duty just returning from deployment," he said. "We consider the self-help workshops, modeled after actual therapy sessions and which include exercises and vignettes and self-assessments, to be the site's signature elements."

Ciulla said the self-care tools available on afterdeployment.org provide the entire military community with vital service-delivery options. He noted that the site has particular advantages for National Guard and reserve units, who may be distant from a military treatment facility or otherwise located in areas lacking providers who are knowledgeable about military-related adjustment concerns.

Ciulla added that officials are working on future workshops on topics such as traumatic brain injury and resilience training. He also said he and others in the project office have "listened to the feedback we have received over the past months."

"In addition to TBI and resilience training," he said, "we'll be targeting content in a number of areas, including domestic and partner issues, and veterans' issues and women's issues, to name a few."

Additionally, Ciulla said, military leaders and health care providers can tap the site's materials to learn about common problems and change strategies, and to obtain useful contact information concerning local resources.

Currently, afterdeployment.org offers 12 programs:

- Adjusting to War Memories,
- Dealing with Depression,
- Handling Stress,
- Improving Relationships,
- Succeeding at Work,
- Overcoming Anger,
- Sleeping Better,
- Controlling Alcohol and Drugs,
- Helping Kids Deal with Deployment,
- Seeking Spiritual Fitness,
- Living with Physical Injuries
- Balancing Your Life.

Related Sites: www.afterdeployment.org

Entertainers Join Elmo to Help Military Families Find 'New Normal'

By **Samantha L. Quigley**
American Forces Press Service



WASHINGTON - Sesame Workshop will air a **PBS special April 1** aimed at helping military families cope with changes.

Actor/singer Queen Latifah and singer John Mayer will join Elmo to present, "Coming Home: Military Families Cope with Change." The special carries a message for children whose parents suffered a physical or psychological wound in combat.

"Rosita's father is in a wheelchair and [she] talks to Elmo about her feelings," Barbara Thompson, director of the Defense Department's Office of Family Policy/Children and Youth, said. "Elmo very graciously says, 'You need to talk to your dad about that.'"

Rosita does talk with her dad and learns that even though they can't do all the things they used to, they can do other things.

"It gives this sense of relief that I can talk about the change. That my dad is still my dad [and] my parent is still my parent," Thompson said. "It's very powerful for ... parents to see ... what it's like from a child's perspective, what they're feeling and experiencing."

Having celebrities participate also adds value, beyond the "cool" factor, Thompson said.

"I think it ... draws a larger [portion] of the population to the issues that military families [face]," she said. "It shows, I think,

people's interest."

The half-hour special, which will air at the beginning of the "Month of the Military Child," is a part of Sesame Workshop's "Talk, Listen, Connect" initiative, which began two years ago.

The first phase of the TLC program addressed the issues of multiple deployments and their impact on young children. It included the half-hour TV special, "When Parents Are Deployed," hosted by Cuba Gooding Jr.

The second phase, which includes the upcoming TV special, addresses the issues of changes, both physical and psychological, and the impact those changes can have on a family. It does this, in part, by telling the stories of servicemembers with challenges like post-traumatic stress disorder, and the struggles these families face in finding the "new normal," Thompson said.

To help parents communicate better with their children on these topics, the Sesame Workshop has created an informative kit in both English and Spanish. Defense Department employees served as subject matter experts for the Sesame Workshop kit, which contains two DVDs and printed materials.

"Of course [the Sesame Workshop is] the creative force behind it," Thompson said. "They know how to craft those messages so that children really benefit from the comfort of the Sesame characters."

More than 1.3 million kits are being distributed through Military OneSource, an online resource available to families 24 hours a day, seven days a week. The materials also are available through various military organizations. The Sesame Workshop Web site also offers a variety of resources, including printed material, and videos and music to help military families communicate about issues affecting them.

"The range of media tools available through 'Talk, Listen, Connect' truly provides fundamental ways for each family member to support each other through all stages," Gary E. Knell, president and chief executive officer of Sesame Workshop, said. "The deep impact of this project continues to inspire us, which is why we are excited to create [this] new special that will further champion the needs of the military community and will help these families ... find ways to be there for each other."

Sesame Workshop produced the special in association with Lookalike Productions and David Letterman's production company, Worldwide Pants Incorporated.

"The men and women of our military have made indescribable sacrifices," Letterman said. "The very least we can do is tell their stories, and to honor the bravery

and strength of both the soldiers and their families."

The special is scheduled to air April 1, at 8 p.m. EST.

Related Sites: Military Community and Family Policy, www.defenselink.mil/prhome/mcftp.html; Military OneSource, www.militaryonesource.com; Sesame Workshop, <http://archive.sesameworkshop.org/tlc/>

'Helping A Hero' Donates Homes to Wounded Soldiers

By Sharon Foster
American Forces Press Service



WASHINGTON - Army Spc. Sergio Trejo always dreamed of owning his own home.

But after he was injured by a homemade bomb during his second tour of duty in Iraq, he said he felt his dream was out of reach. The explosion left him with a broken back, traumatic brain injury and post-traumatic stress disorder.

"My [Veterans Affairs] counselor was helping me look for a home," Trejo said. "It was, at times, overwhelming. She told me to look into the 'Helping A Hero' program and fill out the application. After several weeks I finally did, and today, my family and I are enjoying our new home."

Helping A Hero is a troop-support group dedicated to providing an array of support, including financial and emotional, to severely injured military personnel and their families, according to the group's Web site. Its 'Wounded Hero Home' program provides specially adapted homes to wounded warriors, with 11 homes donated to wounded servicemembers and veterans last year, officials said.

Trejo, his wife, Jessica, and children, Trinity and David, received the keys to their new home last month in the Delany Cove community of Houston.

Working in partnership with Helping a Hero, Friendswood Development Company donated the home site.

"We were honored to present the keys to this new home to a deserving American hero and say thank you in a tangible way for his valiant service to our great nation," Meredith Iler, national chairman of the Helping a Hero home program, said. "This beautiful new home will enable this wounded hero to build a new life."

The new home offered Trejo a fresh start since the long-term effects of TBI and PTSD, accompanied by his short-term memory problems, left Trejo unable to work.

"If it wasn't for Helping Hero, we would probably still be in an apartment," Trejo said. "This has allowed me to focus more on getting better."

By providing specially adapted homes to qualifying wounded military members and veterans, Helping Hero leaders hope to equip them with the foundation they need to transition successfully into their local communities.

"I am so proud of Sergio Trejo for his bravery in combat and his courage in the rehabilitation process," Iler said. "He is a leader and an encourager to other wounded heroes who have just begun their journey of recovery."

The average value of each home donated by Helping a Hero is about \$250,000. Iler said the current housing crisis has not affected the groups' ability to secure donations and volunteers.

"We have been blessed to bring together patriotic Americans who are builders, developers, individual and foundation donors who are committed to saying 'thank you' to our wounded heroes in a tangible way," Iler said.

Trejo said he is thankful for the program.

"I feel extremely blessed," Trejo said. "Just the other night, my wife and I were sitting, looking around the house, still not believing it is ours. We could have never purchased a house like this on our own. It's just a dream come true."

Related Sites: Helping a Hero
<<http://www.defenselink.mil/news/www.helpingahero.org>>

Documentary Depicts Commitment, Sacrifice of Soldiers, Families

By John J. Kruzal
American Forces Press Service



WASHINGTON - On location in the Middle of Nowhere, Iraq, filmmaker Jake Rademacher focuses his lens on a unit of young reconnaissance troops with whom he's embedded.

For five days they wait in the desert near Syria, watching idly for smugglers bringing weapons, cash or foreign fighters across the border. Conversation is the only

thing that colors the monotony of the blank horizon.

One soldier says he joined the ranks to make his father proud. Another is confident his duty will benefit posterity. And a crew-cut junior enlisted troop says through a wad of chewing tobacco he's not sure why wears the uniform.

"If you find out, let me know," he tells Rademacher.

At the heart of Rademacher's documentary "Brothers at War" are the kind of open-ended questions many civilians have about what U.S. servicemembers do and why. Using his own family as a microcosm, Rademacher paints an intimate portrait that seeks to understand the commitment and sacrifice attendant to military service.

The Rademacher clan represents a compelling cross-section, with two of Jake's brothers, Isaac and Joe, serving as active-duty soldiers.

The film follows Jake to Iraq, where he shadows Isaac, a captain in the Army's 82nd Airborne Division, on his second deployment in Mosul. Jake also walks a mile in the shoes of Joe -- a 23-year-old staff sergeant sniper and Army Ranger also in the 82nd Airborne -- when he joins snipers at "hide sites" in the Sunni Triangle.

The culmination of Rademacher's multiple journeys to Iraq amounted to 35 interviews, 25 missions and 400 hours of tape, which he distilled into a feature-length film. **Brothers at War releases nationally on March 13.**

"I wanted to dive right into the front lines," Rademacher said at the National Press Club here last week after an advance screening of the film. "And I learned about my brothers through their brothers in arms."

On the home front, the documentary illustrates the effects that repeated deployments have on spouses and children. But the film is far from a social commentary, and there is a distinct absence of a political or moral agenda.

After the Feb. 20 screening, Isaac revealed that Jake's motivation for making the film was two-fold. He wanted to document Isaac's life as a memento for his young daughter, Hunter, in case Isaac didn't return from duty.

Jake also wanted to open the eyes of the American public to the reality of the front lines, Isaac said.

"I've never seen anything that shows so much truth and then steps away," he added.

Gary Sinese, one of the film's executive producers, attended the screening along with a group of soldiers recovering at the Walter Reed Army Medical Center here. Sinese was eager to sign onto the project

after it was screened for him last year, he said.

"Brothers at War presents such a positive depiction of military families," he said. "It's a great American documentary that speaks my language."

Army Sgt. 1st Class Jorge Pineiro, a liaison for wounded troops recovering at Walter Reed, said he could see the emotion worn on the faces of the 10th Mountain Division soldiers with him at the screening.

"Rademacher did an excellent job representing what the soldiers go through while stationed in Iraq," Pineiro said. "And you could see it on the faces of the soldiers over here."

"Some of them you could see some emotion, some of them were reliving what they went through over there," he said. "It was pretty emotional."

Related sites: www.WarriorCare.mil to learn more.

- Get the help you, your family, and fellow servicemembers need, when you need it.
- Check out the National Resource Directory at www.nationalresourcedirectory.org, a new web-based resource for wounded, ill and injured service members, veterans, their families, families of the fallen and those who support them from the Departments of Defense, Labor, and Veterans Affairs.

eKnowledge Corporation & NFL Players Tackle SAT & ACT Test Prep



Group Extends \$20 Million Donation to America's Military Families For a Fourth Year.

In alliance with the Department of Defense and a group of patriotic NFL football players, eKnowledge Corporation is extending its donation of SAT & ACT Test Prep Software to military families and veterans for a fourth consecutive year.

Over the past three years, eKnowledge has delivered more than 100,000 SAT/ACT test prep programs normally priced at \$200.00, FREE to military families worldwide. The total value of the donation is now over \$20 million.

Some of the NFL players who are supporting the eKnowledge SAT/ACT donation for 2009 include: Mark Anderson (Chicago Bears), John Bradley (Tampa Bay Buccaneers), Scott Young (Philadelphia

Eagles), Garrick Jones (Atlanta Falcons), Corey Williams (Green Bay Packers), Jason Radar (Miami Dolphins) and Ahmaad Galloway (San Diego Chargers).

The donated eKnowledge SAT/ACT Power Prep programs come in a single DVD or two CD-ROM set that includes more than 11 hours of high quality classroom video instruction with up to 40 hours of student interactive learning participation. The test prep programs can be used as a stand-alone instruction tool to prepare thoroughly for the SAT/ACT or as a supplement to other SAT/ACT preparation materials. Each student can select the areas where they need additional or special instruction and then study at their own pace using the 120 classroom video lessons.

Members of Military families or Veterans interested in receiving the FREE SAT/ACT Power Prep software should visit the following website for details: www.eknowledge.com/military

For additional information, contact: Lori Caputo, Vice President, Military Donation Programs, 770-992-0900 LoriCaputo@eknowledge.com

Universal Orlando Resort Honors Military Personnel With Free Admission



Brand New Military Salute Program Offers Service Members Free, Seven-Day-Unlimited Admission To Both Theme Parks; Discounts For Family and Friends

WHAT/WHO: Universal Orlando Resort's new Military Salute program offers one free 2-park, seven day unlimited admission ticket to all United States Active Duty (includes Army, Navy, Air Force, Marines, Coast Guard, National Guard or Reservists) and Retired military service members with a valid military photo I.D.

Active Duty and Retired military personnel and their immediately family members can also purchase additional 2-park, seven day unlimited admission tickets with a valid military photo I.D. for up to \$35 off the retail price.

These tickets, being sold primarily at military bases, are also valid for admission to select Universal CityWalk clubs and venues during the time period that the ticket is being used.

Universal Orlando Resort is the home of Universal Studios Florida and Islands of Adventure theme parks, Universal CityWalk, a restaurant, shopping and nighttime enter-

tainment complex, and three on-site Loews hotels. Flagship experiences featured in the theme parks include The Simpsons Ride, Revenge of the Mummy – The Ride, The Amazing Adventures of Spider-Man and coming this Spring, Hollywood Rip Ride Rockit, the most individually customizable roller coaster ever created.

SALES: Tickets are available at participating Military Base ITT/ITR offices

LOCATIONS: Nationwide (177 locations) and the Shades of Green Resort in Orlando

WHEN: Offer available now through June 28, 2009. Free and companion tickets are valid for use through December 18, 2009

For more information, visit: <http://media.universalorlando.com/newsreleases/detail.aspx?id=209>

2009 Deemed "Year of Non Commissioned Officer" by DA.

From the Desk of the CSM:

Leaders,

DA has opened the door for us to tell our story. Energize your folks to get some articles, photos, etc. put together and submitted for publication. This would be a great project for one (or more) of your junior / mid grade NCOs. 2009: The Year of The NCO; Lets show them we have some Great NCOs!

ROGER B. SCHULZ, CSM

From the Desk of the PAO:

Leaders,

We want to market at least two stories a month in 2009 about our outstanding NCOs, but we need your help.

If you have an outstanding NCO who truly stands out in your unit or within the community, contact us at

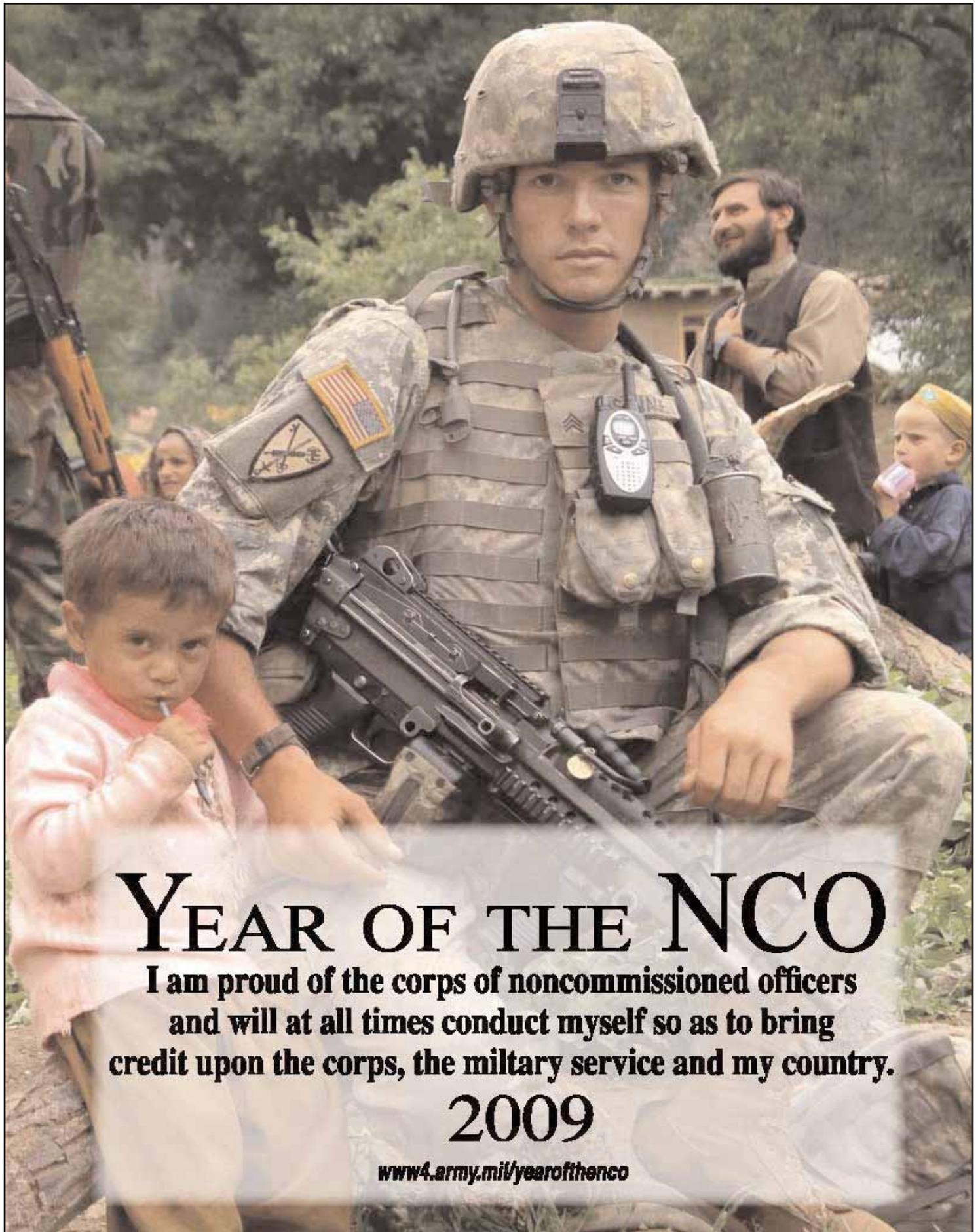
ARMEDCOMPAO@usar.army.mil

We will need their name, unit, contact information (phones, address and email) as well as a short paragraph explaining why you feel they deserve some publicity for the work they are doing at home, school, work, in the community or as an outstanding NCO.

PAO will contact the NCO, draft an article and or news release about them and market their story in their hometown news outlets as well as other media avenues.

Please ensure the NCO is aware that you are recommending them for a feature story and that they are not "camera shy".

**MAJ. WILLIAM RITTER
CHIEF, PUBLIC AFFAIRS**



YEAR OF THE NCO

**I am proud of the corps of noncommissioned officers
and will at all times conduct myself so as to bring
credit upon the corps, the military service and my country.**

2009

www4.army.mil/yearofthenco



US Army Medical Research Institute of Chemical Defense US Army Medical Research Institute of Infectious Diseases

USAMRIID Chemical Casualty Care Division
3100 Ricketts Point Road, Aberdeen Proving Ground, MD 21010-5400
Commercial Phone: 410-436-2230 Fax: 410-436-3086 DSN: 584-2230
<https://ccc.apgea.army.mil>

Medical Management of Chemical and Biological Casualties Course (MCBC)

- *Medical Corps*
- *Nurse Corps*
- *Physician Assistants*
- *Medical Service Corps (67B,C,E)*
- *Medical Professionals*
- Graduate Level Classroom Instruction
- Unique Laboratory Activities
- Medical Procedures In Protective Gear
- Interactive Patient Triage & Interviews
- Field Exercises I & II
- BSL-4 & Deployable Lab tours
- Aeromedical Isolation "Slammer"

15-20 March 2009

3-8 May 2009

23-28 August 2009

Field Management of Chemical & Biological Casualties Course (FCBC)

- *Medical Service Corps (67A)*
- *Chemical Corps Officers*
- *Medical / Chemical NCOs*
- *Fire / EMS / Paramedics*
- *Medical Professionals of all kinds desiring more in-depth field training*
- Classroom Instruction
- Unique Laboratory Activities
- Medical Procedures In Protective Gear
- Field Exercises I, II & III
- Team-based Triage & Decon Activities
- Simulation Center "Mega Codes"
- First Echelon Patient Management

23-27 February 2009

6-10 April 2009

8-12 June 2009

Hospital Management of Chemical, Biological, Radiological, Nuclear and Explosive Incidents Course (HM-CBRNE)

- *Hospital Management*
- *Emergency Planners*
- *Emergency Responders*
- *Public Health Officials*
- *Physicians*
- *Nurses*
- Expert Classroom Instruction
- NIMS, NRF, HICS
- Group Activities & Discussions
- Multi-Hospital Mass Casualty Tabletop
- Equipment Demonstrations
- Hands On Training Exercises

Summer 2009

CME/CEU credits are available!

FOR INFORMATION ONLY: See your training officer, NCO for the availability of funds and training days if you interested in attending these courses. Contact the schools directly, at the number above, for more information.

UPDATE: Seats are still available for the 15-20 March 2009 MCBC course. Other course dates are 3-8 May 2009 and 23-28 August 2009. This 6-day course is offered four times each year at Fort Detrick and Aberdeen Proving Ground, Maryland. Application for this course is via the Army Training Requirements and Resources System (ATTRS). Make sure you are registered for both Phase I & Phase II. Requests for attendance should be made through your training branch. If you have questions or need more information, feel free to contact the USAMRIID course administrator, by e-mail at: rick.stevens1@us.army.mil. Additional registration information can be found at: <http://ccc.apgea.army.mil/courses/registration/registration.htm>



Army Reserve Medical Command Public Affairs

❖ Telling the Army Story ❖

- ❖ Do you have a unique mission? ❖ Do you have an outstanding Citizen-Soldier in your ranks? ❖
- ❖ Are you training on new equipment? ❖ Do you have an upcoming training event or deployment? ❖
- ❖ Are you training in a Joint or International environment? ❖

Help Us Cover Our Soldiers & Events!

Submissions are welcome. Story ideas, as well as written articles and photos for consideration, should be emailed to ARMEDCOMPAO@usar.army.mil, or call 1-877-891-3281, extensions 3730 or 3962.

The next "Warrior Medic" Magazine is being held up while GPO works out the new contract. Hopefully we will have the next edition in the mail by April.

Meanwhile, send us your story ideas!



See Stories about Army Reserve Medical Command Soldiers, Families & Events at:
<http://www.youtube.com/user/ARMEDCOM> <http://www.dvidshub.net/units/AR-MEDCOM>

The Army Makes You Strong, We Make It Known!

❖ What's Your Army Story? ❖

**Get the tools and information
necessary to be an engaged leader**

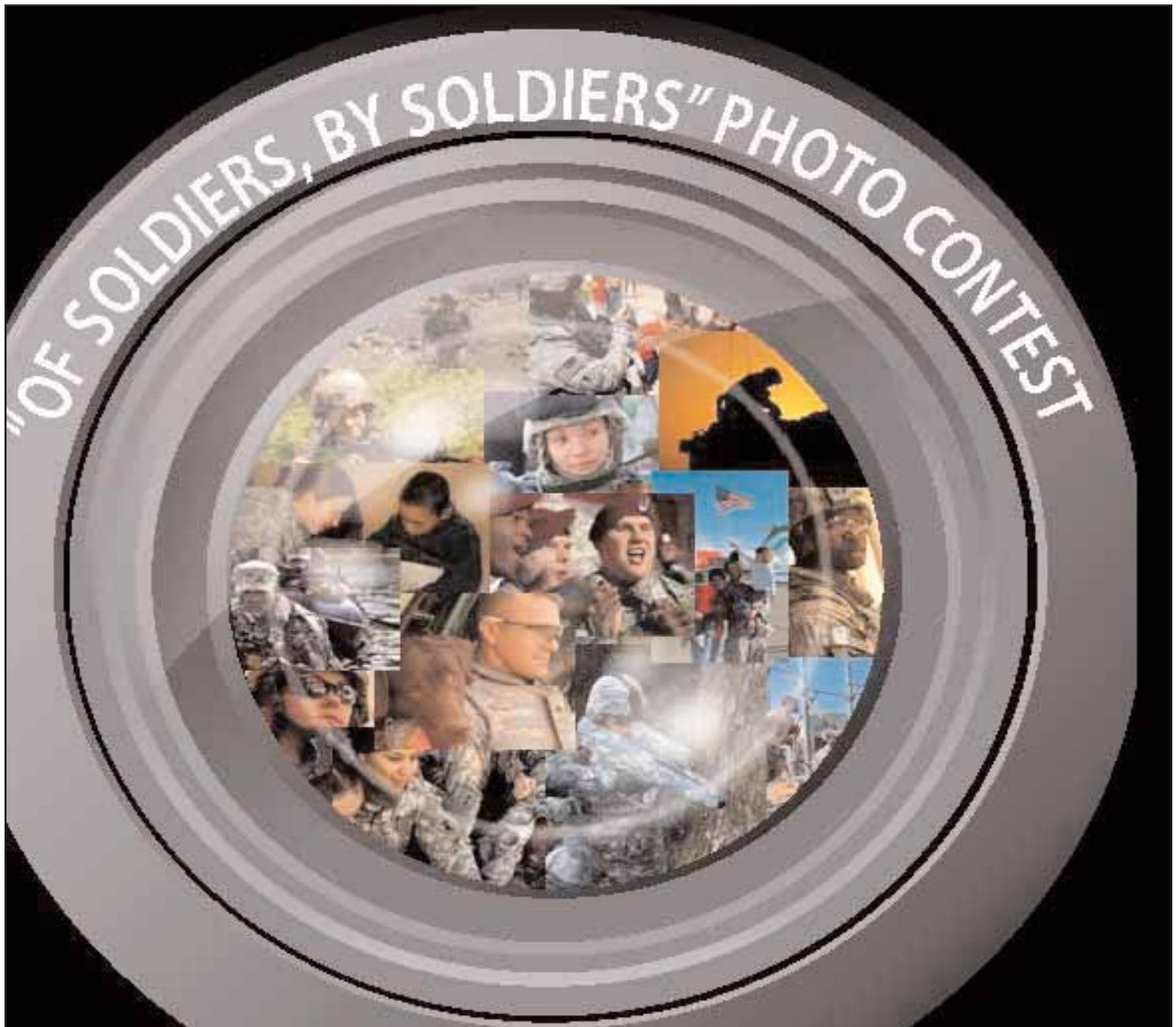
Leader's CORNER

<https://safety.army.mil>

**Keep your Soldiers safe
on and off duty. Log on TODAY!**



**ARMY SAFE
IS ARMY STRONG**



Send us your best photo and it could be on THE COVER OF SOLDIERS MAGAZINE

- Must be taken OF a Soldier and BY a Soldier
- Submission deadline: April 21, 2009
- Only one photo submission per Soldier
- Photograph must be high resolution (Three megapixels or greater in size)
- Need photographers' full contact information, including unit address, supervisor's telephone number and personal telephone
- Images should be composed vertically, and action should be directed to the right
- A detailed caption must accompany the photo; full names; ranks and units of Soldiers in the photo (if children are depicted, no names required); and nomenclature of any vehicles or equipment pictured

Email your photos (and any questions) to: carrie.mcleroy@us.army.mil

Hasbargen's Hit List

To all Commander, CSMs, FTUS,
First Line Leaders...

*We must do a better job taking care of
our "Warrior Medics"*



G-1 Personnel

- ★ Foster a climate of taking care of soldiers. This includes....
- ★ Timely submission of deserved awards.
- ★ Completing evaluations on time plan ahead be proactive.
- ★ Ensuring Line of Duties are completed for soldiers.
- ★ Take care of soldiers issues before they become Congressional. If they do, answer the Congressional in a timely and accurate/factual manner.
- ★ Get away from the inflexibility, think outside the box, preventing non participants is easier than recovery.
- ★ All Soldiers should attempt to recover non participant soldiers.

G-4 Logistics

- ★ Commanders need to schedule equipment inventories and put them on a training schedule.
- ★ Serviceability of Equipment - While conducting inventory check if the piece of equipment can perform the mission.
- ★ Recon Supply Transactions - Have the supply sergeant tell you what they have ordered.
- ★ Reporting - There are regulatory reporting times that are mandated by DA. Have your supply and maintenance brief you on your readiness.
- ★ ARMY Food Management Information System (AFMIS) - Input your units requirements 90 days in advance and close the transactions monthly.
- ★ Bulk Fuel Credit Card - Submit your report and only use the type of fuel authorized.
- ★ Lodging In Kind - Talk to the soldier about the program so they can use it.
- ★ Logistic Planning - Start planning your needs ahead of the event NOT the day before.
- ★ Government Purchase Cards - You can be held liable for illegal procurements. Learn the do's and do not's or if you have a question call the Program Manager.
- ★ Kentucky Logistics Operations Center (KYLOC) - Is a clothing program that supports the soldiers. Abuse it and we will loose it.
- ★ Mission Success is Dependent Upon Logistics.

G-7 Training

- ★ Maximize training opportunities and resources.
- ★ Mentor Junior Officers and Enlisted Soldiers.

G-8 Finance

- ★ Timely submission of orders for pay for TPU Soldiers. If the orders are not submitted and certified for pay in the system by the UA, then no other orders can be paid for other Soldiers. This means that one Soldier not submitting for pay can hold up pay for 50 other Soldiers.
- ★ Timely submission of travel vouchers in DTS. Soldiers need to submit their voucher NLT 7 days from end of duty. This is not happening and it leads into delinquencies in the government travel card.
- ★ Soldiers need to ensure that split disbursement is utilized to ensure that the government travel card is paid on time.

- ★ Maximize training during Battle Training Assemblies.
- ★ Schedule necessary MOS/ASI schools for your Soldiers.

Safety Office

- ★ Complete mandatory online safety training.

Staff Judge Advocate (SJA)

- ★ Investigate allegations of misconduct early. Appoint smart people to conduct them. Make the investigation a priority.
- ★ Prepare notifications of administrative separations expeditiously. Notify the Soldier and process the action through the chain of command for disposition as quickly as the regulations allow.
- ★ Report high profile incidents of misconduct through the chain of command to the AR-MEDCOM SJA Office immediately. Don't let your commanders be blind sided.

Surgeon's Office

- ★ Physical Health Assessments (PHA) MUST BE 100% in 2009. All Soldiers are required to have a PHA annually.
- ★ Improve Dental Readiness. Command Statistics currently are at only 65%.
- ★ Improve Post Deployment Health Re-Assessment (PDHRA). USARC goal is 100% of all Soldiers mobilized and deployed. WE ARE NOT THERE!

Deputy Commander Readiness (DCR)

- ★ Commanders and leaders must develop an Individual Training Plan (ITP) on every Soldier who is not DMOSQ. The ITP provides the roadmap for each Soldier to fit into the structure for mobilization readiness.
- ★ Commanders and leaders must become directly involved in effective recruiting to build their "Go-to-War" team. Direct involvement means that you know recruiting leaders within your 50 mile radius and are engaging them for your readiness needs.
- ★ Readiness metrics are important indicators or leaders doing their job. Identify your high priority readiness measures and hold subordinate leaders to the same standard. This is called "power-down" "measure-down". Accountability is a key enabler to improving readiness.

Inspector General (IG)

- ★ The solution to your problem starts with your Chain of Command.
- ★ Take care of your family issues before you deploy.

Public Affairs Office (PAO)

- ★ Help promote Command Information - Keep you Soldiers informed as to what is going on in the Army Reserve that effects them.
- ★ Help promote Community Relations - Get your Soldiers and units involved with community events. It promotes understanding and support amongst the community.
- ★ Help promote Media Relations - Get your Soldiers and units coverage in the local media. Get your story out there! Tell the public about the great things your Soldiers are doing.



**These are all essential for retention and morale. It's all about
talking care of our Soldiers and Readiness. Get it done!**

Maj. Gen. James A. Hasbargen, Commanding General, AR-MEDCOM

LEAD THE WAY



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HOME / CONTACT US

If you would like to contact a Military OneSource consultant for assistance with a particular issue, please use the phone numbers or online tools below, anytime 24/7.

PHONE NUMBERS:

- Statewide: CONUS: 1-800-342-9647
- Overseas: *OCORUS Universal Free Phone: 800-342-6477
- Collect from Overseas: OCORUS Collect: 484-530-5908
- En español llame al: 1-877-888-0737
- TTY/VO: 1-800-342-9188
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*Use applicable access code before dialing toll free number.

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Use these online tools to E-mail your question to a consultant, schedule a phone consultation, or request customized research for child care or elder care providers. As always, we welcome your

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