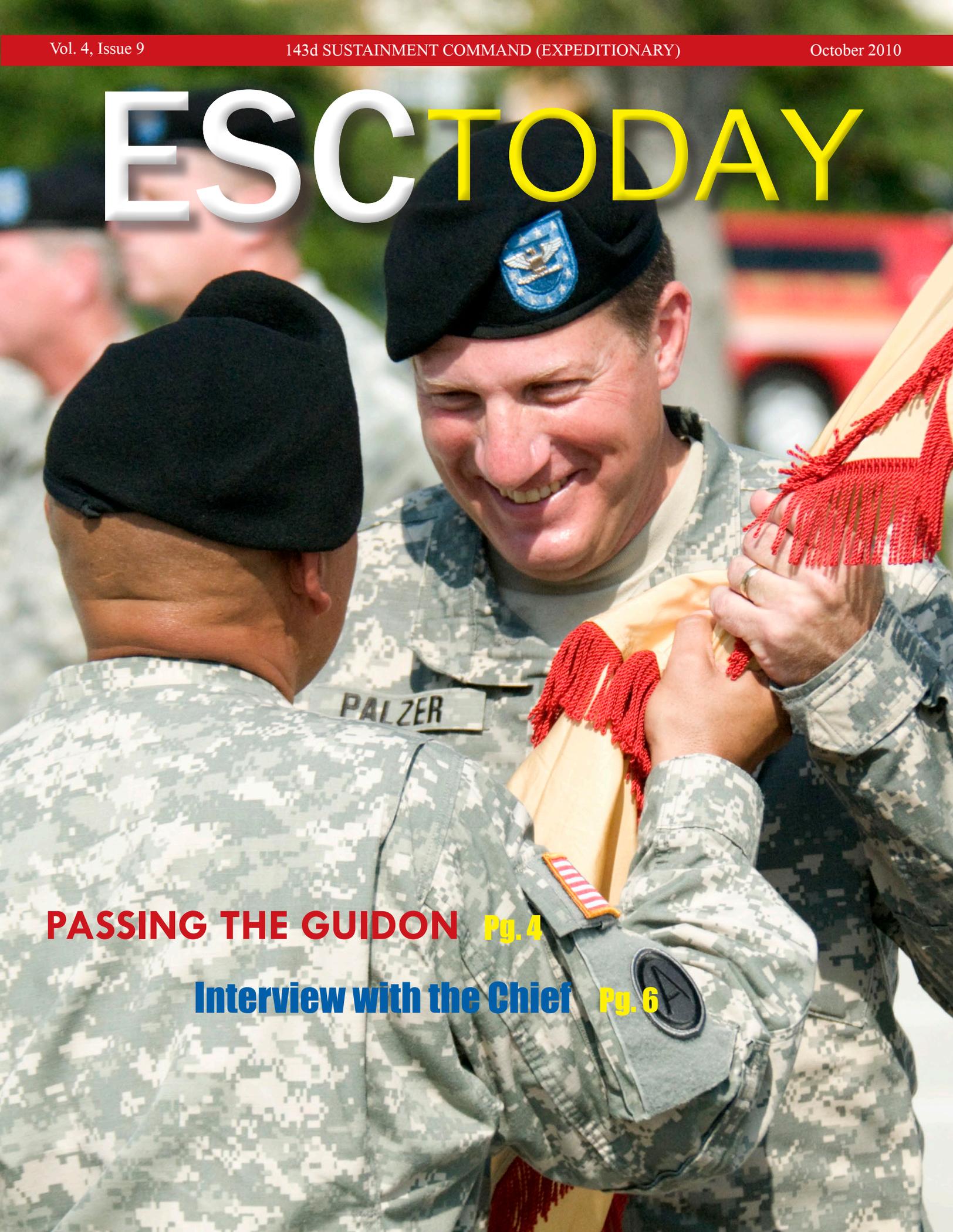
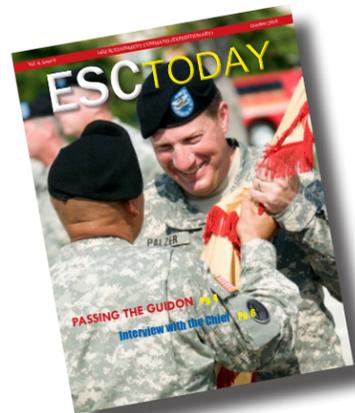


ESC TODAY



PASSING THE GUIDON Pg. 4

Interview with the Chief Pg. 6



<< On the Front Cover

Maj. Gen. Luis R. Visot, commanding general of the 377th Theater Sustainment Command, hands off the colors of the 143d Sustainment Command (Expeditionary) to new commander Col. Mark W. Palzer during a change of command ceremony Sept. 12 at the 1st Lt. David R. Wilson Armed Forces Reserve Center, Orlando, Fla.

4 Photo by Sgt. Luis Delgadillo, 204th Public Affairs Detachment

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ESC TODAY



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<http://www.dvidshub.net/publication/101/esc-today>

The Command Post

It is truly an honor to be selected to command this great organization. My thanks to Brig. Gen. Schultz for providing the leadership and direction that has made the 143d ESC what it is today. We all wish him and his family our best as he begins his tour at Combined Arms Support Command where he will use his recent Combat Command experience to shape how the United States Army uses Logistics power to fight on the modern battlefield. My family and I are especially grateful for the warm reception from the Schultz family and this Command. Like all great organizations, the 143d ESC must continue to grow and improve in order to meet the needs of today's Army Reserve. Together we must work to strengthen our weaknesses and build upon our successes. I ask each of you to continue to embrace this approach as we strive to ensure that all of our Soldiers are ever ready to fight and win on the battlefield.

As I told the staff and leaders, Priorities (Yourself, Family, Job and Army), Train and Develop our Junior Leaders, and provide Exciting and Challenging Training are the basis

of my Command Philosophy. We must maintain our readiness in all areas. The Army Reserve and the 143d ESC remain an operational force focused on the War on Terror, humanitarian missions, joint exercises and homeland defense. Our Soldiers and their families must be physically, mentally, morally, spiritually, and financially ready in order to perform these duties and ensure family, Soldier, and mission success.

Summer is over; as fall approaches and you prepare for the months ahead, be ever mindful of safety. Many of us will travel to visit friends and family during the holidays. I charge each of you to ensure that our Soldiers travel safely and without incident. Remain involved at all levels. Check and double check travel plans and the means in which they will be executed. There are no excuses for loss of life as a result of poor



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

tire pressure or texting while driving. We work too hard and sacrifice too much for a preventable accident to occur. SAFETY FIRST! Continue the outstanding performance that has made the 143d ESC what it is today. I look forward to working with all of you as the 143d ESC continues to be the best ESC in the Army Reserve. Army Strong! Sustaining Victory!

DID YOU KNOW?

Secretary of Veterans Affairs Eric K. Shinseki announced Sept. 28 the publication of a final regulation in the Federal Register that makes it easier for Veterans to obtain Department of Veterans Affairs health care and disability compensation for certain diseases associated with service in Southwest Asia (including Iraq) or Afghanistan. For more information, visit <http://www.va.gov>



Photo by Spc. Jon H. Arguello | 204th PAD

The color guard stands at attention during the 143d change of command ceremony Sept. 12. Command of the 143d Sustainment Command (Expeditionary) was passed onto Col. Mark W. Palzer, who comes from the 642nd Regional Support Group in Georgia. Outgoing commander, Brig. Gen. Daniel I. Schultz is moving to the Combined Arms Support Command in Virginia.



Photo by Spc. Elisebet Freeburg | 204th PAD

Lt. Gen. Jack C. Stultz, Chief of the Army Reserve, poses with Reserve Soldiers of the 143d Sustainment Command (Expeditionary) prior to the change of command ceremony September 12. Col. Mark W. Palzer, coming from the 642nd Regional Support Group in Georgia, took over command from Brig. Gen. Daniel I. Schultz who is on his way to the Combined Arms Support Command in Virginia.



Photo by Spc. Jon H. Arguello | 204th PAD

Col. Mark W. Palzer, coming from the 642nd Regional Support Group in Georgia, holds the 143d colors after taking command from Brig. Gen. Daniel I. Schultz who is on his way to the Combined Arms Support Command in Virginia.



END OF AN ERA: A new beginning

BY SGT. LUIS DELGADILLO
204th Public Affairs Detachment

ORLANDO, Fla. - The Chief of the Army Reserve, Lt. Gen. Jack C. Stultz, welcomed the newest commander of the 143d Sustainment Command (Expeditionary), Col. Mark W. Palzer, during a change of command ceremony in Orlando, Fla., Sept. 12.

Maj. Gen. Luis R. Visot, commanding general, 377th Theater Sustainment Command, from Bell Chase, La., presided over the ceremony in line with his duty as the commander of the next higher echelon of command.

Palzer takes responsibility of command from Brig. Gen. Daniel I. Schultz who during his three and a half year tenure, maintained command and control of more than 10,000 Soldiers assigned to 108 units located throughout several states in the Southeastern United States. Schultz's leadership of

the command culminated in a successful deployment to Operation Enduring Freedom in Afghanistan in January of 2009 where, it deployed for the first time as an ESC and operated as the Joint Sustainment Command-Afghanistan.

The Commanding General of the Army Reserve, Stultz, was on hand to speak briefly to the Soldiers of the 143d ESC and thank them for their dedication to service. He had been in Clearwater, Fla., to see the activation of another unit but took the time to stop in Orlando, Fla., and gave them words of encouragement in their future endeavors.

Visot said Schultz and his team of leaders had, "a place in the illustrious history of the first-class top quality commands." Schultz had successfully overseen the transition of the 143d ESC from its previous embodiment as a transportation command.

He also went on to thank Schultz's wife Iam and his son Teague for the service they provided to the nation through family support.

Schultz's next assignment will take him and his family to the Combined Arms Support Command at Fort Lee, Va. Originally from Dundee, Mich., Schultz is employed by the School District of Hillsborough County, Tampa, Fla., where he is the applications manager of Information Services.

Though the 143d ESC bids farewell to its commander, Visot said Palzer's experience and logistics knowledge makes him the ideal candidate to succeed Schultz.

Palzer said he was honored to be chosen to lead the 143d ESC and looked forward to working with Soldiers to continue "sustaining victory."

Palzer previously commanded the 642nd Regional Support Group in Decatur, Ga., from September 2008 until his selec-

tion to command the 143d ESC.

As a career Warrior Citizen, Palzer balances his pressing military responsibilities with those of his thriving civilian career as a national accounts manager for the Pactiv Corporation, the maker of popular packaging and storage brands such as Hefty.

Palzer and his wife the former Donna Palmieri of Huntington Station, N.Y., have three children -Stephanie, Daniel, and William.

Before the day was over Visot took time thank the local community for the contributions they had made to the achievements of the 143d ESC.

"The key there is the legacy of the 143d transportation brigade, through the transformation to a transportation command, to now the expeditionary sustainment command ... all have been extremely supported by the community of Orlando," Visot said. ☐



Photo by Spc. Jon H. Arguello | 204th PAD

Brig. Gen. Daniel I. Schultz addresses the Soldiers of the 143d Sustainment Command (Expeditionary), which he led during the unit's deployment to Afghanistan. Schultz handed command of the 143d ESC to Col. Mark Palzer, who came from the 642nd Regional Support Group in Georgia. Schultz is on his way to the Combined Arms Support Command in Virginia.

A MORNING WITH THE CAR

■ BY SPC. ELISEBET FREEBURG
204th Public Affairs Detachment

ORLANDO, Fla.— Lt. Gen. Jack Stultz, Chief, Army Reserve, answered questions raised by junior enlisted Reserve Soldiers during a visit Sept. 12 to the headquarters of the 143d Sustainment Command (Expeditionary) at the 1st Lt. David R. Wilson Armed Forces Reserve Center.

The interview gave Stultz the opportunity to address concerns from Soldiers further away from the Reserve command.

As the war draws down, will the Army Reserve remain an operational force, or return to a strategic force?

“It will remain operational,” said Stultz. “We cannot return to the past.”

The extended conflict of the current post-9/11 war highlights the importance of a force that must be available at a moment’s notice. The Army Reserve is needed to enable the active duty force, especially in such areas as civil affairs, engineer, transportation and medical units, said Stultz.

At the beginning of the war, the Reserve was over strength, but a number of Soldiers had quit participating in regular training and subsequently were not prepared for mobilization. After “cleaning up the ranks,” the Reserve had decreased

from roughly 215,000 to 185,000 troops. After rebuilding the ranks with trained, mission-ready soldiers, the Reserve stands 207,000 strong today. Every soldier today has either enlisted or reenlisted since the war began.



Photo by Sgt. Luis Delgadillo | 204th PAD

Lt. Gen. Jack Stultz, Chief, Army Reserve, answers questions raised by Reserve Soldiers during an exclusive interview Sept. 12 while visiting the headquarters of the 143d Sustainment Command (Expeditionary) at the 1st Lt. David R. Wilson Armed Forces Reserve Center in Orlando.

“Retention rates are exceeding goals,” said Stultz. “Soldiers in our ranks today want to be an operational force. We can’t go back.”

As leadership focuses on increasing the noncommissioned officer corps, how will you ensure that NCOs become and remain quality NCOs?

Thanks to great recruiting, the Army Reserve is currently over strength at 207,000 soldiers, said Stultz.

“The bad news is it’s not the right 207,000,” he added. “We’re out of balance in grade structure, MOS [military occupational specialties], and geographically.”

Brig. Gen. Leslie A. Purser, Deputy Chief, Army Reserve, is

developing a plan to restructure the Army Reserve, said Stultz. Purser is working with the recruiting command to recruit troops for MOS positions in high demand, while retention forces accelerate the separation of troops not meeting standards.

“What we want filling those ranks are our best and brightest,” said Stultz.

While attending a senior leadership conference next month, Stultz plans to direct unit commanders

and senior noncommissioned officers to focus on the career management of

their troops.

“Soldiers need career plans,” explained Stultz. Someone needs to look at their performance, military schooling and education. “We haven’t been doing a good job of that,” he said.

Leaders should help Soldiers who perform well to transfer into open positions and tours. Some Soldiers may reach the pinnacle of their careers, and leaders may have to tell them, “It’s time to go.”

“We’re going to have to make these tough calls,” said Stultz.

“The young Soldiers coming up are awesome, and we have to create a position for them,” he continued.

Are there any Reserve programs to help small business owners and entrepreneurs who deploy?

Currently, the Reserve is working with Congress and the Department of Labor, seeking congressional authority and appropriation to help small business owners, said Stultz. “It’s tough to keep your business going when you’re not there or key employees aren’t there,” he said.

Stultz noted that the United Kingdom and Australia have programs to subsidize employers, when their workers deploy.

He said the Reserve would continue to improve legislation, but eventual deployment predictability in the force will help alleviate stress upon small businesses. For example, if troops have two years to prepare for a deployment, they have time to plan how they will keep their business running.

See CAR, pg. 15

Combatives Instructors ready for next level



Photo by Staff Sgt. Ryan C. Matson | 210th MPAD

Sgt. John Aventuna, left, Company A, 533rd Battalion Support Battalion, fights for inside control with Pvt. David Pena, Company A, 533rd Brigade Support Battalion, during level one combatives certification training Sept. 24 at Fort Dix, N.J.

■ BY STAFF SGT. RYAN MATSON
210th Mobile Public Affairs Detachment

FORT DIX, N.J. – Sang Truong pointed to a wall lined with rubber weapons, boxing gloves and helmets.

“When we came here, this building was empty,” he said. “We didn’t have any of this stuff, just an old, over-used wrestling mat and no gear. It wasn’t conducive to training.”

Staff Sgt. Truong, drill sergeant, a combatives instructor with Company B, Regional Training Center – East, Fort Dix, N.J., was referring to the Modern Army Combatives Building. In this building, Soldiers are taught to use tactical flexibility – using offensives and defensive tactics to combat the enemy in close quarters.

Where there was once a dusty mat, a new mat, striking bags and new equipment now stand.

Murals adorn the walls of a clean building that is always full of activity.

“Everything here was created by us [the instructors] and driven by the Soldiers,” Truong said.

He shifted his focus to a group of 21 Soldiers, vigorously attacking one another. The Soldiers were practicing various Army combatives moves and techniques they had learned throughout the week, in preparation for their level one certification exam later that day.

“See this?” He asked as a rare smile crossed his face. “This is what I love about being an instructor. They are teaching themselves. Four days ago, when they got on this mat, there was mass confusion. No one knew what to do.”

He continued, “Look at that group over there. That Soldier is sitting like a fighter, in the proper manner. The two Soldiers he’s helping are practicing the side mount. The group over there is practicing a rear mount; he’s got an arm bar going on. The first day, there is no way they would have had the confidence to fight one another. Now I have 21 trainers in this building who can take this back to their unit.”

The group of Soldiers, from local towns in New Jersey, volunteered for the training after Truong and his instructors traveled to their Reserve Center for a day of combatives instruction.

They’re here for forty hours of instruction to attain a skill level one certification.

Training Soldiers to receive their level one certification is one of two of the instructor’s main duties, Truong said. The other is conducting an eight-hour combatives familiarization class for mobilizing units. More than 10,000 Soldiers have received familiarization training and more than 900 have earned their level one certification since 2008. Truong said interest and emphasis in the instruction has skyrocketed. From 2008 to 2009, for example, the number of Soldiers who received familiarization training and level one certification more than tripled.

Sgt. Scott Taylor, drill sergeant, another combatives instructor assigned to Company B, RTC-East, said the training is important, especially for Reserve Soldiers, because it is good, battle-focused training.

“We train Reserve Soldiers who leave here and go to Iraq or Afghanistan and this training is extremely important,” Taylor said. “All these Soldiers interact with foreign nationals on a day-to-day basis. You never know when the situation may escalate. Soldiers need to know how to react to these situations.”

Taylor, a level-two-certified instructor who hails from Chatsworth, Ga., said he became involved in combatives when he attained his mandatory level one certification in Drill Sergeant School. From that point on, he said he was instantly hooked.

See Combatives, pg. 11

USAR Best Warrior ready to showcase tools next month

■ BY STAFF SGT. MARK BURRELL
210th Mobile Public Affairs Detachment

FORT DIX, N.J. – Sgt. David Rider quickly ducked into a dense thicket of thorns and bushes. Moving deceptively fast while wearing body armor and a helmet, he stopped for a moment to shout back to his trainer.

“I’m going to poke my head in

here real quick,” he said. “That other point is a little too far off to be confident about it.”

Rider, a combat medic practical nurse and 2010 Army Reserve Best Warrior Competition winner, quickly disappeared back into the dense forest of Fort Dix, N.J., to continue searching for his points during a land navigation course.

The 2010 Army Reserve Best Warriors, enlisted and noncommissioned officer, are spending a week at Fort Dix training for the Department of the Army Best Warrior Competition. There they will be pitted against their National Guard and Active Duty counterparts in Fort Lee, Va.

The four-day competition is

slated for Oct. 17 to 22 and will consist of multiple events to determine the enlisted and NCO 2010 Best Warrior. The events cover a variety of warrior tasks such as rifle marksmanship, combatives, ruck marches and any other physical and mental tests of endurance.

See Best Warrior, pg. 13

DID YOU KNOW?

The Department of Veterans Affairs has published new regulations expanding the list of health problems the VA will presume to be related to Agent Orange and other herbicide exposures for veterans who served in Vietnam. For more information visit <http://www.vba.va.gov/bln/21/AO/claimherbicide.htm>



Photo by Spc. Elisebet Freeburg | 204th PAD

Col. Fred Guzman, command executive officer, 143d Sustainment Command (Expeditionary), recognizes Pfc. Aaron Ellerman, unit public affairs representative, 282nd Quartermaster Battalion, during the 143d ESC's UPAR conference Sept. 29 in Orlando for Ellerman's initiative as a UPAR.

UNIT PHOTOS WANTED

Seeking photos of Soldiers from your unit performing operational duties and/or basic soldiering skills. Include a basic caption with names, ranks, place, date and a short description of what is happening in the photo. Send photos and/or any questions you may have to john.adams16@usar.army.mil



Photo by Spc. Elisebet Freeburg | 204th PAD

Spc. Jordan Maltezo, public affairs specialist, 204th Public Affairs Detachment, interviews Spc. Nicholas Sturdivat, unit public affairs representative, 282nd Quartermaster Company, Sept. 30 at the 143d Sustainment Command (Expeditionary) UPAR conference held in Orlando at the 1st Lt. David R. Wilson Armed Forces Reserve Center. The two demonstrated how to properly respond to and be interviewed by news organizations. The mock interview was broadcasted live onto a large projection screen in the center's conference room where conference instructors critiqued the scenario and instructed conference attendees.



Photo by Spc. Lajuana Jordan | 321st SB

About 100 Soldiers of the 321st Sustainment Brigade visited the New Orleans WWII Museum Sept. 11 during their battle assembly to learn about military history.



Courtesy Photo

Sergeant Maj. Karium A. Edwards, 143d Sustainment Command (Expeditionary), stands with the Miami Dolphins cheerleaders Sept. 26 during a Dolphins' home game against the New York Jets. Along with his family, Edwards was recognized through Operation Tribute to Freedom, a Department of the Army Community Relations program.



Photo by Spc. Elisebet Freeburg | 204th PAD

Maj. Gen. Luis R. Visot, commanding general, 377th Theater Sustainment Command, answers a Soldier's question while addressing troops of the 196th Transportation Company and 912th Human Resources Company Sept. 11 at the 1st Lt. David R. Wilson Armed Forces Reserve Center in Orlando as they prepare for deployment to Afghanistan.

Around the ESC



Photo by Pfc. Aaron Ellerman | 282nd QM BN

Soldiers' family and friends enjoy food and festivities at the 1st Platoon, 282nd Quartermaster Company's 4th annual family day Sept. 12 in Jasper, Ala.



Courtesy Photo

Soldiers of the 352nd Combat Support Sustainment Battalion conducted weapons qualification September 11 to 12 at Fort Gordon, Ga.



Courtesy Photo

Soldiers from the G1 Personnel section, 143d Sustainment Command (Expeditionary), met together Sept. 24 in Orlando for a night of bowling and fun.



Photo by Spc. Charlotte Martinez | 210th MPAD

Soldiers from the 210th Mobile Public Affairs Detachment, based out of Cary, N.C., train with the Air Force during the confidence portion of the combat lifesaver course, at Fort Dix, N.J., Oct. 1. The troops graduated later that day from the 40-hour course after having to complete the wet and muddy medical obstacle course.



Photo by Maj. John Adams | 143d ESC

The 143d Sustainment Command (Expeditionary) deputy commanding officer, Col. Michael A. Mann, passes the 143d ESC Headquarters and Headquarters Company guidon to incoming HHC commander, 1st Lt. Michael D. Roberge, from outgoing HHC commander, Capt. Sharif Faruque, Oct. 2 during a change of command ceremony at the 1st Lt. David R. Wilson Armed Forces Reserve Center in Orlando.

Combatives, cont. >>

"I love the fact that we're not training Soldiers to go into a battlefield and drop their weapons systems and try to fight like ninjas; that's not what it's about," he said. "It's about reacting to going into a building and something happens – your weapons malfunctions, or the fight becomes too close and you can't use your primary or secondary weapons system – you have the tools through combatives to react to those situations."

Taylor continued, "It's not one of those monotonous schools. It instills character building. I became more confident as an instructor and as a Soldier through this training. I wanted to go out and deploy, and to train other Soldiers in my unit immediately, because I was so motivated from the training."

The instructors became involved in the program through various means, such as Staff Sgt. Matthew Roth, drill sergeant, who works as a civilian police officer in Jackson, N.J., and has been training both police officers and Reserve Soldiers for the last five years.

The instructors say that while the program at Fort Dix has grown, they see greater training opportunities in the future. The instructors said the possibility of implementing an official, full-scale combatives academy for Reserve Soldiers has been discussed by higher headquarters.

"I think a main combatives school for the Army Reserve would be amazing," Taylor said. "We have acquired about \$150,000 worth of gear – gloves, headgear, groin protectors, mitts, pads, dummy weapons, blower suits, you name it. We could start fielding an official Reserve academy almost immediately."

Taylor also said they have changed the curriculum taught at the school based on feedback gained from the battlefield.

"Level one used to be primarily

ground grappling," Taylor explained. "Now, based on downrange feedback from Soldiers overseas, we restructured the program. There is more stand-up fighting and some situational based training as well that has been implemented."

The importance of the training is evident in the Soldiers receiving it. Pvt. David Pena, a truck driver from Company A, 533rd Brigade Support Battalion, served as the class leader for his unit while they received their level one certification.

He said he feels confident he can defend himself should he become disarmed in a combat situation. He added he gained confidence during a clinch drill earlier in the week where Soldiers needed to take punches from the instructors to simulate gaining a hold on the enemy.

"Not everyone had hand-to-hand experience with taking punches to the face," Pena said. "That showed the confidence of everyone here; that we were willing to take a couple punches to the face without returning them to get that clinch. Everyone, including myself, was nervous, but we knew we had to keep going. Before this week, I wouldn't have volunteered to do that."

Pena said after going through the training, he now has an appreciation of why combatives is important to any Soldier.

"Troops rely on their weapons, and the enemy may be right there, and if your weapon were to jam on you, what would you do?" Pena said. "If an unarmed enemy jumps out on you and grabs you, you need to know how to take him out with your hands."

It appeared the instructors had accomplished their mission – to make Reserve Soldiers a better fighting force through combatives training. ☒

FROM THE FRONT

Postal platoon supports 25,000 troops, civilians in Iraq

■ BY 1ST LT. MISTY M. SUTTON
678th Human Resources Company
2nd Platoon Leader

CONTINGENCY OPERATING BASE ADDER-TALLIL, Iraq - The 21 Soldiers of Tennessee-based 2nd Platoon, 678th Human Resources Company, 640th Regional Support Group, 143d Sustainment Command (Expeditionary), deployed November 2009 in support of Operation Iraqi Freedom and Operation New Dawn by covering the gamut of postal



ADDER-TALLIL

and human resources operations while separated between four locations in Southern Iraq.

The platoon performs duties as a Postal Plans and Operations for United States Division-South, Iraq; provides official mail services on Contingency Operating Base Adder-Tallil, Iraq; manifests more than 2,000 Soldiers for Rest and Recuperation leave and pass; performs multiple mobile postal missions to remote locations; serves as Contractor Officer Representatives for two Army Post Offices; and facilitates the operating and closing of two Soldier-operated APOs.

The Postal Plans and Operations team is responsible for three APOs, five Soldier-operated APOs and 63 Soldiers providing postal support to more than 25,000 U.S. military and contractors throughout the USD-S region of Iraq. The team ensures the efficient movement and distribution of 6.9 million pounds of incoming mail and 4.8 million pounds of outgoing mail. As official mail clerks, they are responsible for providing official mail services to a population of more than 9,000 U.S. military on COB Adder-Tallil. The platoon assists 680 customers with processing 1,374 pieces of official military mail and documents, managing over \$40,000 in official mail funds and successfully maintaining a monthly budget of \$5,000. The R&R leave and pass team serves as liaison officers for the Air Force Central Command, arriving at the passenger terminal daily for R&R flights and providing a direct representative for Army Soldiers. The R&R team manifests more than 2,000 Soldiers going on emergency leave and R&R from USD-S. The 678th HR Co 2nd Platoon plans, coordinates and executes more than 50 mobile postal missions providing postal support and increased morale to those without the luxury of a permanent post office. They service 1,331 customers and generating over \$60,000 in postal revenue from mobile postal missions alone.

The platoon performs duties as Contract Officer Representatives for two APOs and provides daily oversight to more than 35 contracted postal employees. As CORs they are responsible for ensuring that all employees are adhering to postal policies and regulations and operating in accordance with prescribed contracts.

ensured the continued postal support to those locations, coordinating to transition the APOs from permanent operations to mobile postal missions and redistributing more than \$20,000 in postal equipment and supplies throughout the battlefield. The platoon spent months planning for the establishment of an APO from the ground up at Contingency Operating Station Garry Owen supporting more than 1,400 Soldiers and U.S. civilians on Garry Owen

and eight surrounding Joint Satellite Stations. The 2nd Pl., 678th HR Co. makes a significant and lasting impact within the postal arena and the Southern region of Iraq by supporting the responsible drawdown of forces.

The 678th troops are also responsible for operating and closing two Soldier-run APOs. They



GARRY OWEN

ensured the continued postal support to those locations, coordinating to transition the APOs from permanent operations to mobile postal missions and redistributing more than \$20,000 in postal equipment and supplies throughout the battlefield. The platoon spent months planning for the establishment of an APO from the ground up at Contingency Operating Station Garry Owen supporting more than 1,400 Soldiers and U.S. civilians on Garry Owen



BASRA

and eight surrounding Joint Satellite Stations. The 2nd Pl., 678th HR Co. makes a significant and lasting impact within the postal arena and the Southern region of Iraq by supporting the responsible drawdown of forces.

Calling OIF/OEF veterans...



The Army All-American Bowl is looking for 25 Army Reserve Soldier Heroes needed as mentors for elite high school football players in the 2011 Army All-American Bowl in San Antonio.

If you served in OIF or OEF, and received an ARCOM with V device, a Bronze Star, a Purple Heart, or Silver Star, you likely qualify to represent the Army Reserve as a Soldier Hero at the 2011 U.S. Army All-American Bowl in San Antonio, Texas, 4-9 Jan. 2011. Nomination forms are now being accepted until Nov. 1. **To be considered for selection, nominees must:**

- Have deployed to OIF or OEF and have not participated as a Soldier Hero the past two All-American Bowls.
- Be TPU or AGR assigned to an Army Reserve unit.
- Currently be stationed in the United States.
- Be enlisted (SFC or below), officer (MAJ or below) or warrant officer (WO1), with special emphasis given to lower-ranking Soldiers.
- Have received an ARCOM with V device, a Bronze Star, a Purple Heart, or Silver Star.
- Be available for TDY 4-9 Jan 2011, in San Antonio, Texas.
- Be willing to participate in ALL Soldier Hero events during the week, take part in media interviews upon request, and share your "Call to Duty" (a statement about why you serve in the Army Reserve).
- Wear designated Army uniforms for all events (ACU w/beret and Army Service Uniform/Class A uniform as required).
- Submit a quality digital, color, full body photo in military uniform (official DA photo not required).
- Before submitting nominations form, nominee must

have endorsement of first line leadership and confirm that their unit will fund pay and allowances (U.S. Army Accessions Command will fund all travel and per diem costs, lodging, transportation, meals, etc. for selected Soldiers).

For more information on the Army All-American Bowl, visit <http://www.usarmyal-americanbowl.com>

For nomination forms, contact the 143d PAO at John.Adams16@usar.army.mil

Best Warrior, cont. >>

"At the Department of the Army competition we don't know what they're going to be throwing at us," said Rider, a native of Strongsville, Ohio, assigned to the 256th Combat Support Hospital. "It could be anything, so you have to be well-rehearsed and confident. That's what we've been doing and that's our mission here, just to get more experience and build confidence at every aspect of being a Soldier."

The Soldiers mostly receive instruction from Army Reserve drill sergeants attached to Regional Training Center - East. These drill sergeants are experts at warrior tasks and train deploying troops at Fort Dix year-round, instilling confidence in their basic Soldier skills.

"Confidence is really important at that level [Department of the Army]," continued Rider. "When you're wandering through the woods, you don't want to be questioning if that's your point or

this is your point. You want to be confident."

Rider emerged from the thicket with sweat on his face and a penetrating glare.

"This is the right point over here," he stated. "I just wanted to make absolute sure before we headed back."

After finishing the course, Rider said that there are a lot of people supporting him and that he wants to prove to them that he's up for any task the judges might throw at him.

"A lot of people associate the Reserves as weekend warriors," said Rider. "They show up one weekend a month, two weeks a year and play Army. But that's not the case. We're as tactical and technical as active duty Soldiers and can be called up at anytime."

Spc. Joshua McDowell, a health care specialist from Omaha, Neb., assigned to the 7246th Installation Medical Support Unit and the enlisted USAR winner, agreed with Rider.

"I hope to portray the Army

Reserve as having Soldiers with integrity, a good work ethic and a high level of competence and confidence," McDowell said after completing the land navigation course shortly after Rider.

"There's a mix of excitement that can be palpable sometimes, because everybody's watching you, and your mistakes are really highlighted in an event like this," explained McDowell. "In order to survive in a situation like this, you really have to take it minutes at a time."

Since the results of the USAR competition last month, these warriors have been using each minute to prepare their minds and bodies for the upcoming challenges. So far, they have been training on weapons, combatives, prepping each other with general military knowledge questions and this day's land navigation course.

"As far as today's course, it went well," said McDowell. "There were definitely some obstacles, and it was definitely a little thick in there. I think the course at-

tacked me more than I attacked it. You just stick with the training and you use all the tools you have."

Though their roads to the 2010 Best Warrior Competition have been filled with similar obstacles, these Soldiers have lowered their shoulders, pushed through the bramble to continually surprise their competition.

"I wonder sometimes. I don't know if they know what's coming to them," said Rider with a crooked smile on his face. "I think they're going to have a bunch of outstanding NCOs coming to compete. I don't know if they realize they got the best of the Army Reserve still training super hard to come kick some butt out there."

After completing the land navigation course with hours to spare, these Soldiers' hard training will be evident next month. They're getting ready for the Department of the Army competition, but is the competition going to be ready for these Army Reserve Soldiers? The world will find out Oct. 22 at Fort Lee. ☒

DID YOU KNOW?

The qualifying factors for claiming Post Traumatic Stress Disorder syndrome have expanded. For more information, visit <http://www.vba.va.gov>



Photo by Spc. Darryl L. Montgomery | 319th MPAD



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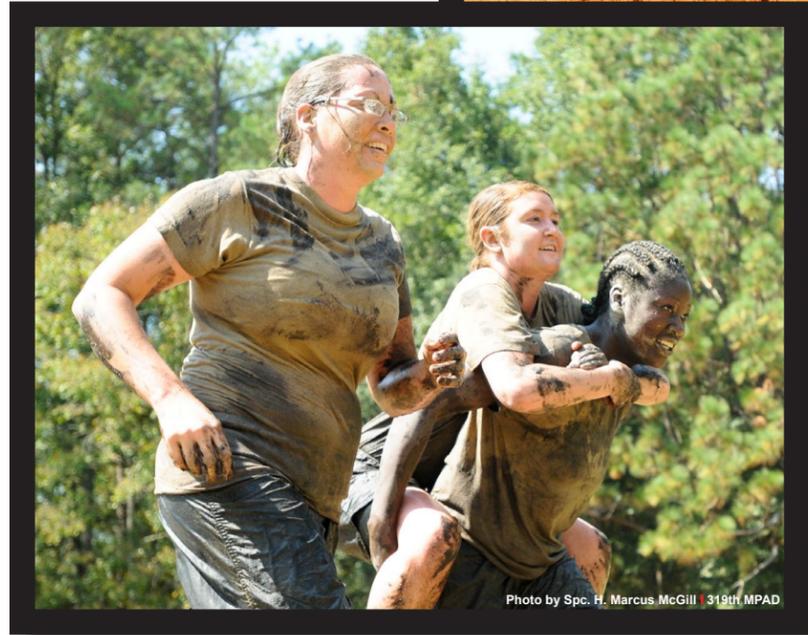


Photo by Spc. H. Marcus McGill | 319th MPAD

MUD run

BY SPC. DARRYL L. MONTGOMERY and SPC. H. MARCUS MCGILL
319th Mobile Public Affairs Detachment

SANDY RUN, S.C. – More than 14,000 people came together here Saturday, Sept. 25, to participate in the largest single-day mud run in North America.

The 17th Annual United States Marine Corps Ultimate Challenge Mud Run, organized by the Greater Columbia Marine Foundation, welcomed more than 3,600 teams to participate and help raise money for wounded military members and their families who are in need of financial support during their times of difficulty.

Organizers expected Calhoun County's normal population of 13,000 to grow to almost 50,000 on Saturday.

Of the 14,400 participants, nine of them were members of the 207th Regional Support Group, 143d Sustainment Command (Expeditionary), based out of Fort Jackson, S.C.

Staff Sgt. Sara Harris, human resources noncommissioned officer, 207th RSG, was one of those Soldiers.

Harris said she enjoyed participating in the mud run and that

it meant a lot to her to be able to participate with two of her Soldiers and see them having fun. "They loved every bit of it," she added.

Another Soldier that participated was Christopher Judge, a cadet training with the 207th RSG.

Judge also enjoyed participating and building cohesion with his fellow Soldiers during the five-mile event.

To prepare for the grueling run, Harris said she trained four days a week for two months with cardio training taking up three of those days.

"Cardio was the deciding factor in finishing the event," said Judge. "Although it required upper body strength as well, without cardio, you wouldn't be able finish."

In addition to having good cardio, Judge said having a good attitude was just as important.

"Attitude is 90% of the event, and our team had a positive attitude throughout," he said.

"The most memorable part was going through the course together," Harris said. "We went in as a team, and came out as a team." ☒

Top Left: A Soldier lands in muddy water during the 17th Annual USMC Ultimate Challenge Mud Run Sept. 25 in Sandy Run, S.C.

Top Right: A muddy Soldier slides down an embankment during the 17th Annual United States Marine Corps Ultimate Challenge Mud Run Sept. 25 held here in Sandy Run, S.C.

Bottom: Staff Sgt. Sara Harris, human resources noncommissioned officer, 207th RSG, moves through the final of the 32 obstacles the participants faced during the Sept. 15 USMC Ultimate Challenge Mud Run.

CAR, cont. >>

What should junior Soldiers know about their future in the Army Reserve?

"There has never been a better time to be an Army Reserve Soldier," said Stultz.

When Stultz entered the Reserve in 1979 after five years of active duty, the Reserve was a strategic force, under-sourced and lacking equipment.

"The Army Reserve was your force of last resort ... It wasn't an exciting time to be in the Army Reserve," he said.

Now, the Reserve is operational around the world, in countries like Kenya, Uganda, Djibouti, Italy, Germany and Haiti. Approximately 65 Reserve Soldiers on the Navy hospital ship, USNS Mercy, recently provided medical care to about 12,000 Vietnamese and 29,000 Cambodian civilians.

There are great and fulfilling opportunities to experience that you would never otherwise have, said Stultz.

Stultz continued by discussing the Army Reserve Employer Partnership program. Many companies have partnered with the Reserve to hire employees with integrity and values. They recognize the American Soldier has ethics, a warrior ethos, said Stultz.

Case in point, Deutsche Bank—a global investment bank in 72 countries and known for its Women on Wall Street® Network—recently expressed to Stultz the bank's desire to develop a Veterans on Wall Street Network.

"The opportunities for career growth are there, and we're going to make sure you get those opportunities," said Stultz. "You'll see the world, help civilians, and become a well-rounded warrior citizen."

Along with Maj. Gen. Luis R. Visot, commanding general, 377th Theater Sustainment Command; and Command Sgt. Maj. Michael D. Schultz, command sergeant major, Army Reserve; Stultz concluded his visit to the 143d ESC by attending the change of command ceremony for outgoing commander, Brig. Gen. Daniel I. Schultz; and incoming commander, Col. Mark W. Palzer. ☒

GEAR UP!

DON'T USE THAT CELL PHONE

- Using a cell phone while driving, both handheld and hands-free, produces a delay in driver reaction equivalent to a blood alcohol concentration at the legal limit of .08 percent*.

- At any given moment of the day, 812,000 drivers of passenger vehicles are using a handheld cell phone*. Cell phone use is the number one source of driver inattention.

- Texting while driving increases your risk of a crash by 23 percent.

- Drivers who use handheld devices are four times as likely to get into crashes serious enough to injure themselves.

* According to the National Highway Traffic Safety Administration and U.S. Department of Transportation

ARMY SAFE

FALLWINTER

NO TIME TO CHILL



ARMY SAFE
IS ARMY STRONG

