

# SIGNAL STRONG



Two hundred and thirty-six years ago, the United States Army was established to defend our Nation. From the Revolutionary War to the current operations taking place around the world, our Soldiers remain Army Strong with a deep commitment to our core values and beliefs.

Throughout our history, our mission has remained constant- to preserve America's peace and security, and to provide for the defense of the United States. Today we continue to do this at home and abroad by fielding the most disciplined, competent and fit force in the world and maintaining the bonds of trust that unite us both as Soldiers and as Americans.

As we look to the future and recognize the challenges of this dynamic international security environment and the threats it may pose, we know that America's Army will confront each with the same unsurpassed courage, selflessness and dedication that has characterized our history for 236 years.

This 236th birthday commemorates American's Army- Soldiers, Families and Civilians who are achieving a level of excellence that is truly Army Strong. Being Army Strong goes beyond physical endurance and mental preparedness. It encompasses an indomitable spirit, and high ethical and moral value. These are not only desirable traits in a person, but in a Nation that wishes to live up to the ideas and vision of its founders. We are "America's Army: The Strength of the Nation."

"Let us also remember that for generations, we have done the hard work of protecting our own people, as well as millions around the globe. We have done so because we know that our own future is safer, our own future is brighter, if more of mankind can live with the bright light of freedom and dignity."

~President Obama, Washington, March 28, 2011

# Chaplain's Corner

**"Separation does not hurt healthy relationships, HOWEVER... it doesn't help troubled relationships"**

**As Soldiers prepare for their two week R&R return trip to the U.S. and elsewhere, I'd like to encourage everyone to reflect upon not only the great sacrifices you have made as an individual but of the sacrifices your loved ones have made for you during your deployment.**

**In an effort to please everyone around us and those who have given up so much so that you can serve, it is easy to become overwhelmed and feel pressured to be everything to everyone.**

**When you return home, remember the below tips:**

- **Try to balance your time with everyone**
- **Plan one event and invite everyone instead of trying to visit everyone individually.**
- **Try not to solve big problems in two weeks.**
- **Most importantly do not forget to get plenty of rest while at home.**

**~Chaplain (LTC) Eric Turner**



## R&R Question & Answers

*The USCENTCOM R&R Leave Program was implemented to provide eligible members of all Services and DoD civilians who are serving within the USCENTCOM Area of Responsibility (AOR) an opportunity for rest and recuperation as well as aid with temporary family reintegration.*

**Q:** Are there any restrictions while traveling in the Army Combat Uniform (ACU) for R&R?

**A:** Yes. All service members must wear the uniform properly during while traveling on R&R chartered aircraft, and consumption of alcohol is prohibited while in R&R travel status and wearing the ACU.

**Q:** Is R&R leave chargeable? How are days of departure and return calculated with travel time to and from the area of operations?

**A:** Yes, R&R leave is charged to the normal leave account; however, the Government pays for transportation to and from the leave destination. Leave does not start until the day after arrival at leave destination. Leave ends the 15th day and return travel begins the day after.

**Q:** How long will the R&R Leave Program be in effect?

**A:** The program will remain in effect until terminated by the Undersecretary of Defense for Personnel and Readiness. At that time, regular leave procedures will govern.

**Q:** Are there baggage weight limits when traveling home for R&R?

**A:** Soldiers are authorized one 50-pound checked bag and one 15-pound carry-on bag

**Q:** Who is eligible for R&R Leave Program and where can they take leave?

**A:** All service members and Department of Defense civilians who meet the following conditions are eligible.

Members who are deployed to a 12-month tour of duty in the Central Command area in one of the 17 designated countries are eligible. Reservists must be on a 1-year mobilization and serve at least 270 days of continuous duty within theater.

Members must also currently be serving in and area specifically designated by Department as an area authorized Imminent Danger and Hazardous Duty Pay.

Additional questions concerning R&R should be directed to HHC

# Rest and Recuperation: One Soldier's Experience

Interviewed by  
Capt. Karena Hill

**Staff Sgt. Barry Allen**  
Procurement NCOIC

*What was your experience traveling out of Afghanistan?*

“Things went much the way it was explained in the briefings. The only thing I did not anticipate was a one day flight delay which of course pushed back the time I was supposed to arrive stateside.”

*Do you have any tips for Soldiers when they reach Kuwait?*

“Yes. Take along a book or something to occupy your time (I waited in Kuwait for 32 hours before leaving). Also, you may want to take a lock to secure valuables while staying in the sleep tents there.”

*What made you decide to take R&R so early into your deployment?*

“My daughter was graduating from medical school and my nephew was graduating and being commissioned as a 2nd LT. from the Citadel around the first of May. I felt it important to be there to see first hand both of those mile stones in their lives”

*How did you deal with feelings of being overwhelmed while home for R&R ?*

“This is my wife's 3 deployment and she has been become very resourceful at making sure I have a very peaceful R&R experience. She made sure to plan small activities together like outside picnics; outside of the two graduations we



**Above-Staff Sgt. Barry Allen poses with his daughter at her graduation from medical school.**



**Below-Staff Sgt. Barry Allen proudly salutes his newly commissioned 2nd Lt. nephew.**

pretty much stayed around the house. Staying around the house was great...except for the ever growing list of honey do chores that needed to get done!”

*How important is family to you?*

“Words cannot describe how valuable their support, encouragement, dedication to and love of me have been to me. Without their sacrifices, my three deployments would have been unimaginable.”

# Safety Tips:

## *Heat Injuries, Protect Yourself*

During the warmer months in Afghanistan, it can get pretty warm. For those of us that remember the heat in Iraq and Kuwait, “Drink Water” was the favorite order of the day. It still applies here. As the temperature rises, so does the occurrence of heat injuries. Heat injuries are one of the most common forms of injuries to effect soldiers or service members, and they are totally preventable.

Heat injuries occur when your body temperature rises above normal, or when your body is no longer able to regulate heat loss. There are several forms of heat injury which are usually caused by exercise participation in extreme heat or a lack of fluid intake (dehydration). Each type of heat condition becomes progressively more serious. Heat injuries are generally defined in three stages.

The three main forms of heat injury are:

- **Heat cramps:** This is the first stage of a heat injury. It's the mildest form of heat injury in which your body simply suffers from a lack of fluid.
- **Heat exhaustion:** (exercise-associated collapse) This is the next step beyond dehydration. If not treated immediately, serious injury and even death can result.
- **Heat stroke:** This is the worst stage of a heat injury. Without proper medical attention a victim can die within minutes.

The human body is well adapted to cope with the

strains of exercise. Our methods of cooling the body, mainly through sweating, are far superior to most other mammals.

When exercising in conditions where the environmental temperature exceeds the body temperature, sweating is the primary method for cooling the body. This works through the evaporation of sweat, from the skins surface.

In dry heat conditions of Afghanistan, this method works well, however as humidity (the amount of moisture in the air) increases, the rate of evaporation is much lower as the air is already saturated with water vapor. This greatly decreases the beneficial effects of sweat production. Physical activity and exercise in these warm and humid conditions should be avoided if possible.

The environmental temperatures are only part of the equation; heat is produced by the body while exercising is the other. This is due to an increase in the body's metabolic rate and muscle activity. Soldiers and Service Members can acclimatize their bodies to perform in hot conditions over time; this is due to adaptations within the respiratory, circulatory and musculoskeletal systems. Once soldiers are acclimatized to training in hot weather, the body initiates the sweating response earlier, increases the amount of sweat and dilutes the sweat produced so that it contains less sodium.

## *Prevent Heat Injuries*

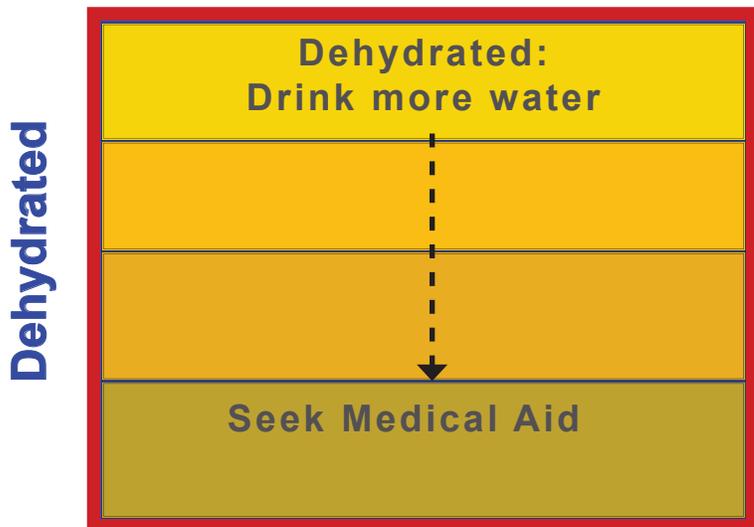
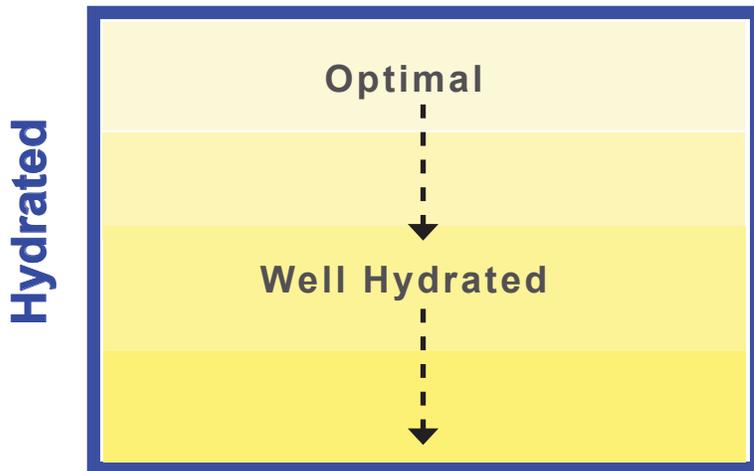
- Conduct physical training or exercise in the morning or evenings if possible. Avoid exercising outside in the middle of the day when the sun is at its strongest. Go to the gym if you can.
- Drink water regularly when you exercise and afterwards to avoid dehydration. Waiting until you feel thirsty may be too late.
- Do not begin a serious physical training program until your body has a chance to acclimatize to the environment. The amount of time this takes is dependent on the individual, so there is no set time line.
- Dress appropriately for the activity. Only wear what is

needed for the weather conditions. Don't try to sweat yourself thinner by wearing extra clothing for the after APFT weigh in. This is a very dangerous situation.

- Give your body more time to recover between activities in hot weather.
- Use the buddy system, if you or someone else starts to recognize the symptoms of a heat injury stop the activity and find a place to cool off and drink water. If available consume a sports drink containing electrolytes.
- Avoid caffeine, alcohol and sugary drinks like soda, cola and energy drinks.
- Use common sense and don't ignore the warning signs.

# Are you hydrated? Take the Urine **Color** Test

## Urine Color Chart



### Dehydration:

A lack of fluid intake is a key factor in many heat injuries. Inadequate hydration, before, during or after activity in high temperatures can be the major contributory factor towards heat injury.

There is one other sign that is often overlooked, and I feel it's one of the best indicators of dehydration. It's simple to check and very reliable as an indicator of possible heat injury.

The color of your urine will tell you a great deal about your body's level of hydration.

When your body is depleted of fluid and dehydrated, your urine becomes very dark in color. In severe cases it can be a dark brown color. However, when your body is fully hydrated, your urine is a very light color, even clear.

However, the reverse can be true and it is possible to take on too much liquid. This occurs occasionally during ultra-endurance events or physical activities, when large amounts of plain water are consumed. It does occur although it is rare.

# JNCC-A Spotlight Soldier:

## *Soldier's Personal Pride in Mission Success*

*By SGT Bethany Witherington*

Spc. Matthew Hayes has earned the “Technical Spotlight” for the month for JNCC-A. Hayes earned the spotlight for this month because of his outstanding work. Hayes has been described using many glowing words like detail oriented, positive and hard worker and technical excellence.

Hayes attended 25S (Satellite Communications) AIT for the military and possesses a large amount of on the job training that has afforded him success on the job, said Sgt. First Class Michael Goforth, JNCC-A Engineering NCOIC. Goforth has worked with Hayes for 8 months; 3 months of that time has been right beside Hayes every day. “He consistently works above and beyond his current rank at work. He is vital to the SATCOM section in JNCC-A Engineering,” said Goforth.

“Hayes’s attention to detail and satellite and computer background make him the Soldier we know that can and will fix anything within SATCOM. Hayes is always ready and willing to help any way that he can. With his military bearing and technical expertise I feel that Hayes is more than deserving of the Technical Spotlight for JNCC-A for May,” said Master Sgt. Joseph Miller, JNCC-A NCOIC.

As a Network Engineer/ IT Consultant one would think that school would not be something that Hayes would be looking forward to; but he is. When asked about schooling, Hayes said, “I enjoyed Sierra school; it was a very good extension to the skills that I brought into the Guard. However, I would love to have the opportunity for additional schooling within the entire signal genre.”

“I am lucky enough to work within a team that is very supportive. Every member of the SATCOM Engineering team brings professional skills that allow our entire department to function at a very efficient and productive level. We have great leadership, which is willing to ask the tough questions to finish the mission, and get us the necessary



Photo taken by Army Capt. Karena Hill

resources to be productive. Any award in our department would be a team effort.” If given the opportunity to nominate someone, it would be Spc. Vassallo who, according to Hayes, manages difficult ASI’s and troublesome RC’s.

When Spc. Hayes name is mentioned, only good comments about him follow. As Maj. Chris Brown, JNCC-A Engineering OIC stated when asked if he had any good comments about Spc. Hayes, Brown said he could fill a newspaper. “When given the opportunity to shine, he has”, mentioned Master Sgt. Keith Alumbaugh. “He went downrange to fix a satellite outage that engineers had been working for over two weeks. In about 15 minutes, he had diagnosed, and fixed the problem.”

# Congratulations and Celebrations!



Sgt. Eric Bamberg gets promoted to SSG effective 1 June



Senior Airman Patrick Boudreau get promoted to Staff Sgt.



270 and above APFT Club

From Left to Right: COL Wallace Hall, Maj. Lisa Maly, 1st Lt. Alton Styron, Sgt. David Middleton, Spc. Anthony Vassallo, Capt. Will Pope, Capt. Dwight Deloach and Maj. Michelle Story  
(Not all Soldiers who scored 270 and above are pictured )

# June Happy Birthday Wishes



SGT. Matthew Muth- 2 June



Spc. Krause- 23 June



2nd Lt. Gary Holloway- 30 June



CPT John Edwards- 3 June



Senior Master Sgt. William Bevans- 30 June



Sgt. 1st Class Samuel High- 24 June



Capt. Benjamin Rich- 1 June



SGT. Romualdo Santana- 29 June

Sgt. Corey Vickers- 10 June (not pictured above)

# Memorial Day



# Cookout

