

ESC TODAY

Lights! Cameras! Action!

**143d joins Fox & Friends for
15th anniversary celebration**

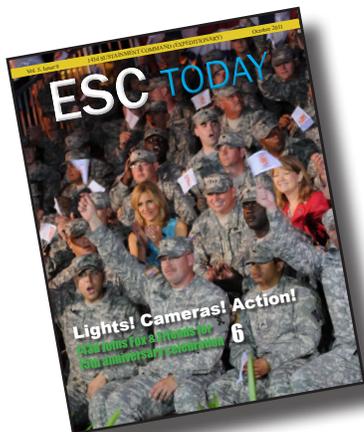
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<< On the Front Cover

Lt. Gen. Jack Stultz, chief of the Army Reserve, and his wife, Laura, sit with Alisyn Camerota, co-host of Fox & Friends, and Soldiers of the 993d Transportation Company Sept. 19 at The Villages, Fla. Fox News invited the Army Reserve to participate in the show's 15th anniversary celebration.

6 Photo by Spc. Aaron Ellerman, 143d ESC

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143d Sustainment Command
(Expeditionary)
Brig. Gen. Mark W. Palzer

Command Executive Officer
143d ESC
Mr. Fred Guzman

Command Sergeant Major
143d ESC
Command Sgt. Maj. Jeffrey E. Uhlig

Public Affairs Officer/Editor
143d ESC
Maj. John Adams

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The Command Post

Our country is one of the most diverse nations in the world, and America's diversity is a source of strength. Hispanics have played a vital role in the moments and movements that have shaped our country. Since before the Revolutionary War these men and women have shaped and strengthened our country, and during Hispanic American Heritage Month, we celebrate and recognize the achievements and contributions of these individuals. Hispanic sons and daughters have not hesitated to show their allegiance to this nation in many ways, but especially through military service. The Army is a national leader in embracing the strengths of diverse people, and we are continually investing in and managing talent, valuing individuals and developing Soldiers and Civilians who value our cultural differences that enhance our global capabilities and contribute to an adaptive Army. I encourage all of you to celebrate with your Soldiers and families during this special month.

The 143d ESC is changing the way we meet the new needs of Soldiers and Families brought on by an era of persistent conflict, with emphasis on their physical, emotional, behavioral and spiritual health needs. We listen and respond to Soldiers and Families, and want them to talk openly about their experiences under Army care.

The command always has been in the lead and we're going to keep it there, giving our Soldiers the quality full spectrum care they deserve. We have a duty to our Soldiers and Families to ensure we make available to them the best possible care, support and services, recognizing the quality of our Soldiers and Families is a direct result of the quality of life we help provide them. We owe our Soldiers and their Families a quality of life equal to the quality of their service, but we must recognize our limits - we may match their service, but never their sacrifice.

Lastly, I strongly encourage you to work and partner with your local communities whenever and wherever possible. As Citizen Warriors, we must never forget that we are interwoven within our communities. Our children attend the same schools, we shop in the same stores, our civilian jobs frequently interact and much more. We must show our communities that serving in the Army Reserve is a proud and honored tradition of which they are a part. Developing a strong community relations program, especially as Veterans Day approaches, will allow your Soldiers to spread our message. Get out there and communicate to our communities the messages surrounding what it means to serve and how much we've sacrificed for this great nation. I know each and



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

every one of you has a story to tell, so let's start telling the rest of the world.

Let's enjoy the months ahead and always remember to play it safe. Halloween is around the corner, so start thinking about our little ones and what precautions to take to keep them safe and happy!

Sustaining Victory!

Army Strong!

The Bottom Line

"By failing to prepare you are preparing to fail."

Benjamin Franklin's words pertain to all facets of life, especially for those who serve our country. Failure to heed this warning often leads to disasters that include the permanent loss of money, resources and lives. For this reason the Army takes great measures to implement and enforce pre-combat checks and inspections.

All Soldiers are responsible for identifying, acquiring and maintaining every item they need to achieve their missions. PCCs and PCIs assist soldiers with these tasks by providing clear instructions as to what they must have before embarking on their objectives.

Anyone who has served our country was exposed to PCCs and PCIs soon after they joined the military. Do you remember the day your "friendly" drill sergeants gave you a list with you needed to buy during your first visit to the troop store? How many times did you and your fellow recruits inspect one another's uniforms and gear before leaving the barracks?

Proper preparation for missions goes beyond the convoys, patrols and reconstruction projects conducted overseas. PCCs and PCIs also apply to training exercises, special schools and even social events. For example, sending a single Soldier to a school requires precise attention to detail from many people as they ensure every form is completed in a timely manner.

Though every Soldier should inspect his or her possessions prior to every mission, NCOs and commanding officers are ultimately responsible for organizing PCCs and PCIs.

Take our command's recent debut on "Fox & Friends." The senior leadership of the 993d Transportation Company understood that more than 2 million people would see its Soldiers in uniform. To prevent the possibility of the cameras singling out Soldiers with dirty, torn or wrinkled attire, the company conducted numerous uniform inspections in-quarters and in-ranks.

PCCs and PCIs are more than just mandatory checks



Command Sgt. Maj. Jeffrey E. Uhlig
Command Sergeant Major
143d Sustainment Command
(Expeditionary)

to minimize mistakes. They promote unit cohesiveness and build camaraderie by maximizing a unit's ability to achieve and sustain victory.

Army Strong!

REFLECTIONS BY THE CHAPLAIN:

Drawing Inspiration from those who have come before us

Click here to watch Chaplain Ray's words of motivation for the month

Dear Soldiers and families of the 143d ESC,
Quite often, the fast-pace of everyday life can seem overwhelming. Fulfilling the many obligations that we have at our civilian and military jobs, along with our family commitments, can at times seem daunting. During times when I'm feeling a bit overwhelmed and need stories of encouragement and inspiration, in addition to turning to sacred scripture, I have found that recounting the bravery of those who have served before us can be a great catalyst to help us persevere in times of difficulty. I encourage you to take a moment to visit the Congressional Medal of Honor Society website (www.cmohs.org). Therein you will find amazing accounts of bravery, courage, and selfless service that are truly inspirational.



Courtesy Photo

Pfc. Hector Cafferata, Medal of Honor Recipient, Korean War, United States Marine Corps

A few years ago I had the privilege of meeting Mr. Hector Cafferata, a Medal of Honor recipient from the Korean War. The occasion was his grandson's commissioning ceremony, and I had

the opportunity to share a meal with Mr. Cafferata. I was aware that he would be attending the ceremony so I reviewed his Medal of Honor citation. The citation reads as follows:

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while serving as a rifleman with Company F, in action against enemy aggressor forces. When all the other members of his fire team became casualties, creating a gap in the lines, during the initial phase of a vicious attack launched by a fanatical enemy of regimental strength against his company's hill position, Pvt. Cafferata waged a lone battle with grenades and rifle fire as the attack gained momentum and the enemy threatened penetration through the gap and endangered the integrity of the entire defensive perimeter. Making a target of himself under the devastating fire from automatic weapons, rifles, grenades, and mortars, he maneuvered up and down the line and delivered accurate and effective fire against the onrushing force, killing 15, wounding many more, and forcing the others to withdraw so that reinforcements could move up and consolidate the position. Again fighting desperately against a renewed onslaught later that same morning when a hostile grenade landed in a shallow entrenchment occupied by wounded marines, Pvt. Cafferata rushed into the gully under heavy fire, seized the deadly missile in his right hand and hurled it free of his comrades before it detonated, severing part of 1 finger and seriously wounding him in the right hand and arm. Courageously ignoring the intense pain, he staunchly fought on until he was struck by a sniper's bullet and forced to submit to evacuation for medical treatment. Stouthearted and indomitable, Pvt. Cafferata, by his fortitude, great personal valor, and dauntless perseverance in the face of almost certain death, saved the lives of several of his fellow Marines and contributed essentially to the success achieved



Lt. Col. Brian Ray
Command Chaplain
143d Sustainment Command
(Expeditionary)

by his company in maintaining its defensive position against tremendous odds. His extraordinary heroism throughout was in keeping with the highest traditions of the U.S. Naval Service.

Private Cafferata's actions on that cold November day in Korea are truly amazing. There are many other citations you can review at the website I mentioned earlier. Reflecting on such acts of heroism can serve as a source of strength for you and many others in your life (e.g., spouse, children, co-workers, etc.). These great Americans, our Medal of Honor recipients, are a national treasure! Their actions inspire us today....and will inspire Americans for generations to come. May God's blessings be upon those of us in uniform as we carry on the tradition of courage and selfless service shown by our Medal of Honor recipients.

"Pro Deo et Patria...For God and Country!"



Photo by Cpl. Christopher A. Green | USMC

Retired U.S. Marine Corps Pfc. Hector Cafferata, a Medal of Honor recipient, stands for a photo after the Evening Parade reception at Marine Barracks Washington in Washington, D.C., July 23, 2010.

The Legal Corner

READINESS

The commanding general's initiative to remove substandard Soldiers from the command continues. In September 86 more Other Than Honorable (OTH) discharges were issued for drug abuse and non-participation. In October 30 more Soldiers will face involuntary separation boards. And, many Soldiers are currently being processed for involuntary separation due to: failure to maintain height/weight standards; failure to pass the APFT; and failure to maintain a valid security clearance.

DON'T ASK DON'T TELL REPEALED

As of September 20, 2011, DADT is repealed. Existing standards of personal conduct, such as those pertaining to public displays of affection, will continue regardless of sexual orientation.

The Army leadership is currently examining "gray areas" that might allow some benefits to be extended to same-sex married couples.

However, under current law the Army is prohibited from giving benefits to those couples (ex. base housing, health insurance, certain death benefits, legal counseling and access to base commissaries and other facilities).

Servicemembers previously discharged under DADT law may now re-enlist; however, their applications will not be given priority over others.

Questions regarding the repeal of DADT should be directed to your servicing JAG office.

SECURITY CLEARANCE ISSUES

Finally, as our nation's economy worsens many of our Soldiers are falling behind on their debts. This is perhaps the number one cause of revoked security clearances. If one of your Soldiers has received a notice from the Central Clearance Facility (CCF) regarding his security clearance, he can get the assistance of a lawyer in preparing a response.



Maj. Kenneth Biskner
Deputy Staff Judge Advocate
143d Sustainment Command
(Expeditionary)

Unfortunately, many of our Soldiers are choosing to "ignore the problem" and losing their clearance as a result. Please contact the 143d ESC, OSJA for assistance at: 800-221-9401 x1110.



Lt. Col. Mark M. Stewart
Command Inspector General
143d Sustainment Command
(Expeditionary)

Lt. Col. Mark M. Stewart was recently accessed into the U.S. Army Reserve and assigned as the 143d Sustainment Command's command inspector general. Stewart has more

143d ESC welcomes new inspector general

than 22 years of service spanning the Army National Guard and Army Reserve; and crossing traditional, military technician, and active guard reserve (AGR) statuses.

Stewart attributes his capabilities to the many educational opportunities and assignments that the Army has presented him over the years. His last assignment was as a deputy J-1 in support of the U.S. Forces-Iraq J-1 and mentor to the Iraqi Ground Force Command G-1 in 2010.

Prior to that he was the Army National Guard liaison officer (and program manager and instructor) to the Defense Equal Opportunity Management Institute at Patrick Air Force Base, Fla.

Stewart's branch qualifications and education are expansive, which he states, "...enables

me to reach across the functional stovepipes and communicate to leaders and Soldiers in virtually any field."

Stewart is active with the Boy Scouts of America and serves as an assistant scout master.

"I want to ensure that the leaders of tomorrow have a strong foundation," he explained.

He lives in Viera, Fla. with his wife and two sons and is employed by EHS Technologies as a contractor in the simulations, modeling and training field.

"I greatly appreciate the opportunity and confidence that Brig. Gen. Palzer has entrusted me with," he said. "Soldiers create the organization, and I will serve at the discretion of the commander to ensure the calibration of the 143rd remains true."

Lights, Camera, Action!

Fox & Friends honors Army Reserve during show's 15th anniversary celebration

■ BY SPC. JOHN L. CARKEET IV
143d Sustainment Command (Expeditionary)

THE VILLAGES, Fla. – “Brian!” “Gretchen!” “Steve!”

The names of the celebrated hosts of “Fox & Friends” resonated throughout the plaza as thousands of onlookers crammed along a perimeter lined with queue posts, fences and barricades.

Dozens of crew members

bustled along the illuminated set as they guided guests, applied makeup, tested cameras, adjusted lights and typed scripts. The proficient team briefed the show’s musicians, cheerleaders, chefs and animal trainers awaiting anxiously for their national debut. With only minutes remaining before America’s most watched morning program broadcasted live to more than 2 million viewers, the cast

and crew had little choice but to ignore the chants, camera flashes and handcrafted signs from the swelling crowds clamoring for a handshake or an autograph.

However, a soft yet audible applause from afar gave pause to those gathered in the town square. As heads swiveled from the stage to the streets, the polite applause gave way to fist-pumping cheers. Soon spectator and participant

alike could see the awe-inspiring spectacle of a company of Soldiers marching in unison toward the floodlit plaza.

These Soldiers – most of whom belonged to the 993d Transportation Company out of Palatka, Fla.– took their seats in synchronized fashion on a grandstand placed directly behind the co-hosts.

See Fox & Friends, pg. 7



Photo by Spc. Aaron Ellerman | 143d ESC

Lt. Gen. Jack C. Stultz, chief, Army Reserve, debriefs Soldiers from the 993d Transportation Company regarding their outstanding debut on “Fox & Friends,” the country’s most watched morning show. Stultz and more than 120 Soldiers under his command, including the 143d Sustainment Command (Expeditionary) appeared on the program’s 15th anniversary celebration that broadcasted live Sept. 19 from The Villages, Fla.

Fox & Friends, cont.>>

“I did not expect we would be the main backdrop for the show,” said Capt. Jamal Wilburg, company commander for the 993d TC.

Moreover, no one in the Army Reserve anticipated such positive national exposure until the producers of “Fox & Friends” invited America’s military to participate in its 15th anniversary celebration at The Villages, Fla. Sept. 19.

“When the Army Reserve command coordinated with the 143d ESC to represent the armed forces on the Fox News Channel, we gladly accepted the honor,” said Maj. John Adams, public affairs officer for the 143d Sustainment Command (Expeditionary).

The show opened with co-hosts Steve Doocy, Gretchen Carlson and Brian Kilmeade driving to the set in customized golf carts, the preferred mode of transportation for the residents of The Villages, a thriving retirement community with 37 golf courses.

When the co-hosts stepped out of their vehicles and took their seats, the crew blasted them with confetti while every Soldier from the 993d TC waved small flags displaying the 143d ESC’s crest and motto.

The three-hour morning variety show lived up to its name with a myriad of special guests that included Florida Gov. Rick Scott, political analyst Oliver L. North, the rock band Foreigner, and the Tampa Bay Buccaneers cheerleaders.

See Fox & Friends, pg. 8



Photo by Spc. John Carkeet | 143d ESC

Staff Sgt. Jamal Hafiz of the 993d Transportation Company proposes to his girlfriend on live television during the 15th anniversary show of Fox & Friends Sept. 19 at The Villages, Fla. Hafiz’s girlfriend said, “Yes.” Based out of Palatka, the 993 TC reports to the 257th Transportation Battalion, 641st Regional Support Group, 143d Sustainment Command (Expeditionary).

Photo by Spc. Aaron Ellerman | 143d ESC

Soldiers of the 993d Transportation Company, based out of Palatka, Fla., enjoy the show as Michelle Malkin, Steve Doocy, Gretchen Carlson and Brian Kilmeade discuss politics Sept. 19 during the 15th anniversary of Fox & Friends at The Villages, Fla.

Fox & Friends, cont.>>

The company was briefed that these celebrities would appear on the show, but the fact didn't sink in until the Soldiers saw them up close and in quick succession, said Sgt. 1st Class Bernard Dasher, First Sergeant for the 993d TC.

Perhaps the most well known celebrity among those who wore Army Combat Uniforms that day was Lt. Gen. Jack C. Stultz, chief of the Army Reserve. He and his wife, Laura, sat in the bleachers surrounded by the

men and women under the general's command. Fox News Channel co-anchor Alisyn Camerota joined the couple with microphone in hand.

"This is a national treasure," Stultz said to Camerota as he gestured to his fellow Soldiers. "These are the men and women who volunteer to put on a uniform (and) defend our country."

Laura Stultz reminded the audience that every citizen is responsible for the preservation of this national treasure.

"The strength of our nation is our Soldiers," she said. "The strength of our Soldiers is our families, and our families need the community support behind them."

The general elaborated later that the nation must recognize the Army Reserve's transition from a strategic to an operational force.

"The Army is so dependent on us," said Stultz. "Almost 85 percent of its transportation capability comes from the Reserve and National Guard."

See Fox & Friends, pg. 9



Photo by Spc. Aaron Ellerman | 143d ESC

Alisyn Camerota, co-host of Fox & Friends, interviews Maj. Gen. Luis Visot, commanding general of the 377th Theater Sustainment Command, Sept. 19 at The Villages, Fla. Fox News invited more than 100 Soldiers of the Army Reserve, including the 993d Transportation Company and 143d Sustainment Command (Expeditionary) to participate in the show's 15th anniversary celebration.

Fox & Friends, cont.>>

They can't go to war without us, so we must ensure our functional commands maintain a train-mobilize-deploy mindset, he added.

"Fox & Friends" also dedicated a segment to Maj. Gen. Luis R. Visot, commander of the 377th Theater Sustainment Command.

"I think this a proud day for all us," said Visot. "These are great Americans who want to serve our nation ... and we're just very grateful that America is grateful for what we're doing."

Visot also emphasized that

success on the battlefield remains a collaborative effort among all American citizens.

"The community at large needs to continue to support, assist and encourage family members so their Soldiers can stay focused on the mission while they're deployed," he stated.

In typical morning show fashion, "Fox & Friends" peppered the program with dance routines by the University of Central Florida cheerleading squad, a cookout catered by Hurricane Grill & Wings, and a Florida wildlife exhibition

by Gatorland. A majority of the participants and spectators anticipated that Kilmeade's introductory lesson to gator wrestling would stand as the day's most memorable segment. However, the show's uniformed guests had an unexpected surprise of its own.

A last minute request from Staff Sgt. Jamal Hafiz, a motor transport operator for the 993d TC, persuaded the "Fox & Friends" producers to turn their cameras on him. With a smartphone in his hand and Carlson sitting by his side with a microphone in her hand, Hafiz

proposed to his girlfriend in front of hundreds of Soldiers, thousands of live spectators, and millions of television viewers.

Hafiz's girlfriend said, "yes."

As the Soldiers of the 993d boarded the bus back to Camp Blanding, Fla., Wilburg summarized his company's claim to fame.

"Before we left Camp Blanding, I told my Soldiers, 'you're going to be rock stars for a day.' "The cheers, smiles and free food prove that we wear the jersey of the greatest team in the world: The United States Army." ☒

“ Before we left Camp Blanding, I told my Soldiers, ‘You’re going to be rock stars for a day.’ The cheers, smiles and free food prove that we wear the jersey of the greatest team in the world: ”
The United States Army.



Photo by Spc. John Carkeet | 143d ESC



Photo by Spc. John Carkeet | 143d ESC

Soldiers of the 993d Transportation Company fill the bleachers Sept. 19 during the 15th anniversary show of Fox & Friends in The Villages, Fla. Fox News invited more than 100 Soldiers of the Army Reserve to attend.

Alisyn Camerota, co-host of Fox & Friends, interviews Sgt. Elisebeth Freeburg, a public affairs specialist for the 143d Sustainment Command (Expeditionary) Sept. 19 at The Villages, Fla. Fox News invited more than 100 Soldiers of the Army Reserve, including the 993d Transportation Company and 143d Sustainment Command (Expeditionary) to participate in the show's 15th anniversary celebration.

LAYING DOWN THE LAW:

8th Army invites 143d legal experts to South Korea

■ BY SPC. JOHN L. CARKEET IV
143d Sustainment Command (Expeditionary)

ORLANDO, Fla. – Three Soldiers from the 143d Sustainment Command (Expeditionary) put their legal expertise to practice when the Eighth Army invited them to participate in Ulchi-Freedom Guardian, a semi-annual joint exercise between American and South Korean armed forces.

Spc. Reinaldo Corredor, a paralegal specialist, and Capt. Jarrett Brown and Capt. Everett McKeown, assistant staff judge advocates, traveled from Orlando, Fla. to Army Garrison Yongsan, South Korea Aug. 13 and spent two weeks managing the post's client legal services office.

The permanent staff at client legal services were temporarily re-assigned to the field as part of Ulchi-Freedom Guardian, said McKeown. The Army flew in 13 reservists and two National Guardsmen from the States to conduct the office's day-to-day operations.

While thousands of American and Korean servicemembers conceived strategies and implemented tactics during the world's largest command and control simulation, Brown, Corredor and McKeown fulfilled a plethora of paralegal inquiries from hundreds of clients.

The team handled essential services such as wills, divorces, pre-marriage counseling and power of attorneys, said Corredor.

Although a majority of the daily activities conducted at the Yongsang client legal services office

were identical to those undertaken at most military installations, the diverse clientele offered unique opportunities for the team to enhance their capabilities. Instead of servicing strictly Soldiers, the men assisted all servicemembers and their families.

The three Soldiers on loan from the 143d ESC also extended their knowledge of military and civil law to benefit their Korean allies.

"Our efforts were not restricted to Americans," said Brown. "We also served KATUSA soldiers and their families."

Brown, Corredor and McKeown explained that KATUSA – short for Korean Augmentation to the United States Army – comprises qualified South Korean nationals serving in the Eighth Army. Though conscripted initially by

the Korean government, these soldiers are eligible to the American ranks provided they pass one of several English proficiency exams.

This screening process broke down the language barrier, said Brown. The only time the team needed a translator was with a client who spoke only Spanish.

The three men agreed that their exposure to a wide array of services and clientele enhanced their knowledge for future deployments.

"This is very similar to what we would do if we were deployed to Afghanistan," said McKeown.

"... When you're immersed in an active duty environment, it's just people constantly coming in and out."

The immersion allowed the men to join the active duty ranks

outside the office.

"They integrated us into their unit," said McKeown. "We did PT everyday with them."

Though the team lacked the luxury of leave, their daily duties did not prohibit the Soldiers from savoring South Korea's culture. The men paid nightly visits to Seoul's fine dining restaurants and shopping centers and also spent a day touring the DMZ (demilitarized zone).

"I even went golfing," added Brown.

Col. Jefferey C. Mckitrick, judge advocate for United States Forces Korea, recognized the reservists' performance with certificates of achievement. Though the certificates and the ceremony exhibited their host's gratitude, the most sincere token of appreciation came in the form of personal confessions from the full-time staff returning from their field training exercises.

The active duty personnel at client legal services had low expectations of Reservists and National Guardsmen, said Corredor. Later they admitted that our work was so impressive that it was if they never left the office in the first place.

Eighth Army has invited the three Soldiers to return to South Korea for the 2012 Ulchi-Freedom Guardian. ☒



Courtesy Photo

Assistant staff judge advocates Capt. Everett Brown (left) and Capt. Everett McKeown (right) stand between Spc. Reinaldo Corredor (center). The Eighth Army's Judge Advocate staff invited these three Soldiers from the 143d Sustainment Command (Expeditionary) to Army Garrison Yongsan, Korea to support its client legal services office Aug. 13-27 during Ulchi-Freedom Guardian, the world's largest computerized command and control system that simulates North Korean forces invading South Korea.



Old Glory



■ BY SPC. AARON ELLERMAN
143d Sustainment Command (Expeditionary)

“I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.”

As a servicemember in our country it is important to recognize and uphold the proper etiquette and traditions for our country’s greatest symbol, the flag of the United States of America.

According to the United States Flag Code it is the universal custom to display the flag during daylight hours; however it may be displayed during nighttime if properly lighted.

The flag should be hoisted briskly and lowered ceremoniously and

should not be displayed on days when the weather is inclement, except when an all-weather flag is displayed.

When flags of two or more nations are displayed, they are to be flown from separate staffs of the same height. The flags should be of approximately equal size. International usage forbids the display of the flag of one nation above that of another nation in time of peace.

On June 14, 1777 the Continental Congress passed the first flag act, which established an official flag for our nation.

“Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars,

white in a blue field, representing a new Constellation.”

Since that day our flag has stood strong for over two centuries and now contains 50 stars.

The flag, when flown at half-staff, should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day.

When a flag is torn, ripped, or otherwise unfit for use it should be properly disposed of. The flag should always be handled in a dignified manner especially when it is being destroyed. There are several ways to dispose of a flag, but the most common is to burn it

ceremoniously.

All laws pertaining to the proper display of the U.S. flag can be found in the United States Flag Code.

As we embark on our journey into the next year let us recognize the values we pledge to uphold and the land we swore to protect.

The greatest symbol of freedom in our country is our glorious flag, a representation of all we stand for and all we have been through. Our flag flies true through times of triumph and despair, on our homeland and lands afar. ❧



WHY I SERVE:

Name: James Hager II
Rank: Captain
Unit: 207th Regional Support Group
Job Title: Brigade Chaplain
Hometown: Columbia, S.C.

I was reared up as an “Army Brat” and early on developed a deep love for Soldiers. I entered the U.S. Army Reserve in 1976. My father, who retired a master sergeant, is my “hero”.

As a chaplain, I believe I have one of the best jobs in the Army because I am able to be an advocate for Soldiers and their families to

God and the commander. I also get to mentor battalion chaplains, chaplain assistants and chaplain candidates. Together we are able to set up Soldiers and commanders for success.

Where Soldiers are, whatever they are doing, I want to be with them to bring hope, strength and encouragement.

I share my birthday with the U.S. Army Chaplain Corp, July 29. I have been married to Jeanne, 18 years. I have one son, James III, a staff sergeant in the U.S. Air Force. He is in his tenth year and on his fifth deployment.

Photo by Staff Sgt. Christine K. Rogers | 207th RSG (UPAR)

DID YOU KNOW?

The Department of Defense Morale, Welfare and Recreation Activity has partnered with more than 30 online library collections, offering servicemembers free access to thousands of titles covering hundreds of topics. From novels, magazines and children books to instructional videos, academic journals and online tutoring, the DOD MWR Library boasts vast volumes of knowledge that rivals most public library systems. Visit <https://www.militaryonesource.com/MOS/Tools/LibraryResources/OnlineLibraries.aspx> and create your free account today! For more veterans and Reserve benefits and news, visit <http://www.facebook.com/143dESC>.

Women, Infants and Children



“The Army Reserve Child Youth and School Services (CYSS) collaborates with the WIC program to serve AR Families. Visit your local Health Department for more details.”—Marta Feliciano, AR CYSS Florida

WIC is a federally funded nutrition program for Women, Infants, and Children. WIC provides the following at no cost: healthy foods, nutrition education and counseling, breastfeeding support, and referrals for health care.

Eligibility Information

WIC is a nutrition program for women who are pregnant or breastfeeding or who have recently been pregnant, infants & children under age 5.

WIC provides the following at no cost:

- healthy foods
- nutrition education and counseling
- breastfeeding support
- referrals to health care, immunizations, and community services

To be income-eligible for WIC:

You must have a total household income equal to or less than the amounts shown in the WIC Income Guidelines OR you are income-eli-

gible if you are currently receiving Medicaid, Temporary Cash Assistance (TCA), or Food Assistance. However, you do not have to be on a public assistance program to qualify for WIC.

To apply for WIC:

- To obtain your local WIC office telephone number click here or call toll free 1-800-342-3556 and say you want to apply for WIC.

- The local WIC office will give you a date and time for a WIC certification visit. At this visit, the household income and the medical/nutrition status of each applicant will be reviewed. On that day, you will find out if you and your children are eligible for WIC.

What to bring to the WIC certification visit:

- Bring EACH family member who is applying to receive WIC services.

- Bring proof of ALL income for everyone in the household (before taxes and deductions are taken out). Income includes such things as: salaries, child support and alimony, foster care payments, interest withdrawn, unemployment compensation, and military earnings; OR, if you receive Medicaid,

Temporary Cash Assistance (TCA), or Food Assistance, you are income eligible for WIC. (If you do not receive Medicaid or TCA, but other members of your household receive these benefits, you may be income-eligible for WIC.) WIC staff can verify your enrollment in these programs. However, it is helpful to bring the current “Notice of Case Action” letter, which is proof of eligibility for one or more of these programs.

- Bring ONE proof of where you live (no P.O. boxes). The document must be current and show your name and address. Items that are allowed include a utility bill, bank/insurance statement, or driver’s license. You must be currently living in Florida, but you don’t have to be a U.S. citizen.

- Bring ONE proof of identification for you and ONE proof of identification for any infant or child applying for WIC, such as a birth certificate, driver’s license, crib card, military ID, photo ID, Social Security Card, or hospital record.

- For EACH woman, infant, and child applying for WIC, you will need: °A recent height and weight measurement (no older than 60

days), and

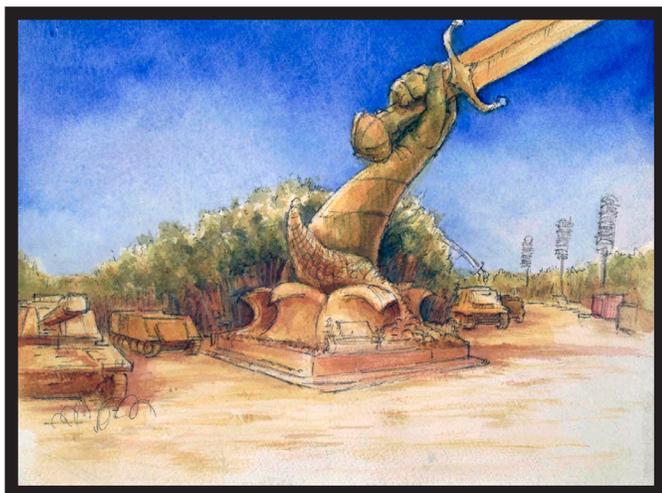
- °hemoglobin or hematocrit blood test results (not required for infants under 9 months).

- °Ask your doctor or health clinic to fill out this health information on a WIC Medical Referral Form. Or, the WIC office will help you get this health information.

- Bring the Social Security Number for each person applying for WIC, if available.

- Bring the immunization (shot) record for each child.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer. ☒



Saddam's Sword

2004-2005

By Sgt. 1st Class Timothy Lawn

- Lawn deployed 2004-2005 as a photographer, print journalist and combat illustrator in support of Operation Iraqi Freedom.
- Employed as a civilian by Special Operations Command, Lawn is the noncommissioned officer in charge for the 143d Sustainment Command (Expeditionary) public affairs office.

- From the collection “Army Artists Look at the War on Terrorism 2001 to the Present: Afghanistan, Iraq, Kuwait and the United States”
- Courtesy of the Army Art Collection, U.S. Army Center of Military History (USACMH) http://www.history.army.mil/books/wot_artwork/index.html

It's Tee Time




WINDERMERE COUNTRY CLUB AND THE VETERANS OUTREACH FOUNDATION

Inaugural Charity Golf Tournament

A BENEFIT IN SUPPORT OF THE HALEY HOUSE



All proceeds raised from this event will benefit the Haley House. The Haley House provides temporary nearby housing and local transportation to the families of Current-Duty Injured and Veterans being treated for life threatening illnesses and trauma at James A. Haley VA Medical Center in Tampa. This allows the families of our Current-Duty Injured and Veterans to stay close to their loved ones, to provide comfort to them in their time of need, and to be able to work with them in their rehabilitation.



On Veterans Day...

"Join us as we give back to those who gave so much for each of us!"

When: Friday, November 11, 2011
Where: Windermere Country Club
 2710 Butler Bay Drive North
 Windermere, FL 34786

Time: 7:00 AM Registration and Driving Range
 8:00 AM Shotgun Start
 1:30 PM Lunch, Silent Auction, Drawings, Awards

Format: Four-man Scramble

Other: Gold Level Sponsor: \$800 (includes foursome, higher level of signage, & recognition at tournament)
 Silver Level Sponsor: \$600 (includes foursome, signage, & recognition at tournament)
 Foursome: \$400
 Hole Sponsor: \$200
 Individual Player: \$100

Optional: Mulligans: 4 for \$20
 Tickets for Drawings – Suggested Donation: 2 tickets for \$5, 5 tickets for \$10

On-Course Events include Longest Drive, Closest to the Hole on select Par 3 with special Hole-in-One Prizes on all Par 3's.

For information, please contact Rob Maender at (407) 274-8188
 For Online Registration and Payment, go to: <http://www.golfdigestplanner.com/19679-VOF/>

Nov. 11

For more events, opportunities and benefits for veterans and reservists, visit the 143d ESC's Facebook page: <http://www.facebook.com/143dESC>.

Nov. 12

ATTENTION

The 7th annual 495th Legends Veterans Day BBQ and Golf Tournament will be held Nov. 12 at the Silverado Golf and Country Club, Zephyrhills, Fla.

Registration begins at 11:00. Play begins 12:30 (SHOTGUN START). There will be a \$50.00 per player registration fee. This will be a best ball scramble event.

Awards presentation and social will be from 16:30-17:30. Dinner will be served at 17:30. Entry fee includes: dinner, prizes for the longest drive, closest to the pin and winning team. Family and friends eat free!

Guest speakers will be Maj. Gen. Luis Visot, 377th TSC, and a Treats for Troops Representative.

Please RSVP no later than Oct. 31 for all who will attend the dinner and golf. If you are bringing a foursome for golf please let

us know who they are by name so we can adjust the pairings.

You can sponsor a hole for \$100.00, provide gifts for prizes or just donate. All proceeds will benefit Treats for Troops. For more info., please contact us. Please RSVP 727-515 6489/321-501-4233/352-303-0124 OR EMAIL ronnieguy@debrondistribution.com kregloeb@joimail.com Randy.knox@usar.army.mil

Army Medicine seeks to ID, treat Soldiers potentially exposed to rabies virus

A Fort Drum, N.Y. Soldier, who recently returned from Afghanistan, died from rabies after contracting the disease from a feral dog while deployed.

The Army has initiated an investigation to ensure that other servicemembers who may have been exposed to rabies are identified and receive preventive treatment, if needed.

The Army Medical Department along with the Department of Defense (DOD), other uniformed services and the national Centers for Disease Control and Prevention are working together to expeditiously identify, evaluate and treat any service members, DOD civilians and contractors who may have been exposed to rabies while deployed. Individuals who have already been identified as being exposed to the disease while deployed are currently receiving appropriate evaluation and treatment.

The importance of receiving appropriate medical evaluation following contact with a feral/stray animal cannot be overstated. Rabies may not show any signs or symptoms in the infected animal until late in the disease, often just days before its death. The animal can, however, still spread the deadly virus while appearing completely normal.

The rabies virus is transmitted to humans by the saliva of infected animals through bite wounds, contact with mucous membranes or broken skin. Humans can become infected and harbor the virus for weeks to months, and in extremely rare cases, years before becoming ill. During this incubation period, which averages between one and three months, rabies can be prevented with appropriate treatment, including a series of vaccinations. Once symptoms occur, however, death is almost always certain.

--- DURING DEPLOYMENT ---

Cute,
aren't they?



BUT THEY COULD BE
DEADLY!

ABOUT RABIES

<p>HOW CAN YOU TELL? You cannot always tell if an animal has RABIES.</p> <p>Not all animals with rabies look sick or act strange.</p>	<p>BE SAFE! Do not approach, feed or handle wild or stray animals.</p> <p>Do not keep pets or mascots when deployed.</p>
--	---

If you are **BITTEN** or if an **ANIMAL'S SALIVA** contacts your broken skin, eyes or mouth, immediately wash the area with soap and water and seek medical attention.

Scan for more information on rabies <http://phc.amedd.army.mil/rabies>

CP-101-0911
USAPHC
U.S. ARMY PUBLIC HEALTH COMMAND

deployed should be immediately evaluated by medical personnel. Army Medicine and the DOD are committed to ensuring that anyone who believes they may have been exposed while deployed is provided with appropriate medical evaluation and care.

The Army Medical Department and the DOD is dedicated to ensuring the health and well-being of all Service Members, DOD civilians and contractors.

We ask the friends and families of those returning from a deployment after March 2010 to encourage anyone that may have been exposed to seek medical attention, even if no symptoms are readily apparent.

Call the Wounded Warrior & Family Hotline at 1-800-984-8523 (State-side DSN: 421-3700 or Overseas DSN: 312-421-3700) for information on obtaining a medical evaluation and, if necessary, treatment.

All previously deployed servicemembers, since March 2010 (Active or Reserve Component, as well as those recently discharged from military service); DOD civilians and contractors who have had contact with a feral/stray animal while

For information call Jaime Cavazos, MEDCOM Public Affairs, 210-221-7105. Get more rabies information by visiting these Web sites: www.cdc.gov/rabies or <http://phc.amedd.army.mil/topics/discond/aid/Pages/Rabies.aspx>



WHY I SERVE:

Name: Angela Madrigal

Rank: Specialist

Unit: 143d Sustainment Command (Expeditionary)

Job Title: Food Specialist

Hometown: Sandusky, Ohio

"I'm proud to serve my country. My family and I knew little about the Army when I joined in 2003, but I felt that it would offer a better future and mold me into a leader. Today I'm honored to fight for the freedom of all Americans, especially those who are unable to to serve their country."

Photo by Spc. John Carkeet | 143d ESC

SHOOTING FOR GOLD

■ BY STAFF SGT. ERIC WADE
145th Transportation Theater Open Element

CAMP MARMAL, Afghanistan—Capt. James Chinelo, Sgt. 1st Class Flenardo Taylor, and Staff Sgt. Eric Wade from the 145th Transportation Theater Open Element qualified as experts Aug. 26 with the German military’s Heckler and Koch G36 assault rifle. German Lt. Col. Garde of the CJ4 Chief Movement Operations presented Chinelo, Taylor and Wade with the German “Schutzenschnur in Gold” Sept. 9 for outstanding

marksmanship and training with the Germans Operation Mentor and Liaison Team Forces at Camp Marmal, Afghanistan.

The Schutzenschnur is one of the few pre-approved foreign awards that the United States military can wear without approval request though the servicemember’s chain of command to the United States Senate for acceptance. Both officers and enlisted can be awarded the award, but only the enlisted can wear the award on their uniforms. ☒



Photo by Staff Sgt. Eric Wade | 145th TTOE
Capt. James Chinelo, Sgt. 1st Class Flenardo Taylor, and Staff Sgt. Eric Wade from the 145th Transportation Theater Open Element qualify expert on the German military’s Heckler and Koch G36 assault rifle Aug. 26 at Camp Marmal, Afghanistan. The three received the German “Schutzenschnur in Gold” Sept. 9 for outstanding marksmanship and training with the Germans Operation Mentor and Liaison Team Forces.



Courtesy Photo
Capt. James Chinelo, Sgt. 1st Class Flenardo Taylor, and Staff Sgt. Eric Wade from the 145th Transportation Theater Open Element display their certificates after qualifying expert on the German military’s Heckler and Koch G36 assault rifle Aug. 26 at Camp Marmal, Afghanistan. The three received the German “Schutzenschnur in Gold” Sept. 9 for outstanding marksmanship and training with the Germans Operation Mentor and Liaison Team Forces.

Don't be That Girl (or Guy)

FOR MORE INFORMATION, RESOURCES, OR TO GET HELP:
www.thatguy.com



ALCOHOL POSES UNIQUE HEALTH RISKS FOR WOMEN:

- Research shows that women are more vulnerable to alcohol-related diseases because when men and women drink the same amount of alcohol, women develop higher blood alcohol levels than men do. In other words, women get more intoxicated and get intoxicated faster than men do.
- Women have a higher propensity to develop liver disease than men do. The amount of alcohol necessary to produce cirrhosis in the liver in women is two to three times less than in men.
- Drinking can affect your skin because dehydration deprives skin of vital nutrients.
- For many reasons including hormonal changes and social pressures, women are 50% more likely to suffer from depression. Depression and stress are leading factors for drinking in women. Additionally, after drinking heavily many women feel depressed.



S

Swords, knives, and similar costume accessories should be short, soft, and flexible.

A

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.



H

Hold a flashlight while trick-or-treating to help you see and other see you.

A

Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.

L

Look both ways before crossing the street. Use established crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses.

O

Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.

E

Enter homes only if you're with a trusted adult. Otherwise, stay outside.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

GOING TRICK-OR-TREATING?



DID YOU KNOW?

The Army Reserve Child, Youth and School Services helps bridge the gap between military mission requirements and parental responsibilities by providing childcare solutions, youth development opportunities and educational services to Soldiers and their families. Find out how to participate in the CYSS' national and local programs by visiting www.arfp.org/cyss. For more news, programs, tools and events to benefit you, visit the 143d ESC on Facebook -My143dESC- at <http://www.facebook.com/143dESC>.

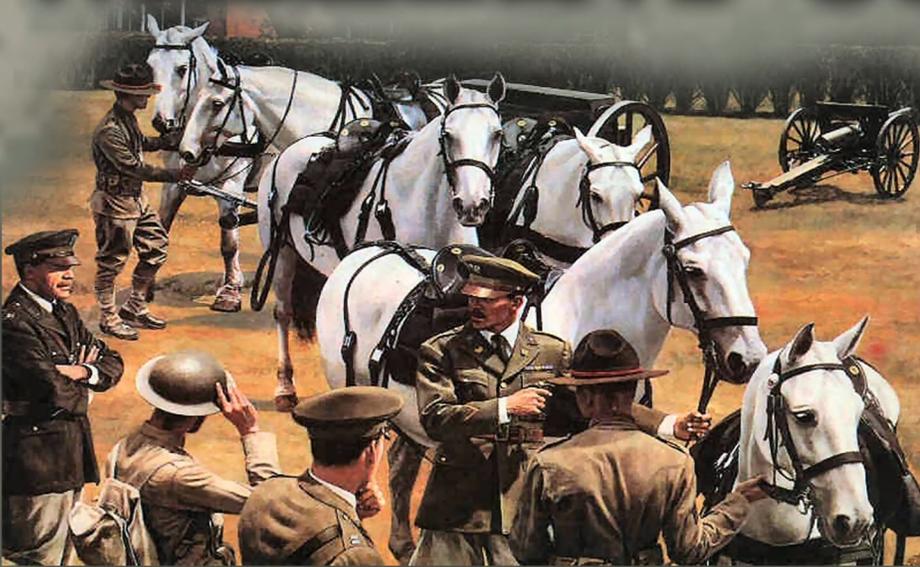


WANTED

Army Reserve



WARRANT OFFICERS



W.O.C.

Minimum WO Qualifications

Must be a US Citizen

General Technical (GT) score of 110 or Higher

High School graduate or GED

Secret Security Clearance (Interim secret is acceptable to apply)

Pass 3 event APFT and meet Height and Weight Standards

Pass the Chapter 2 Appointment Physical

Between ages 18 – 46 (waiverable)

Be a Specialist or above

Have Relevant Civilian Experience or hold a Feeder MOS

Additional criteria based on Warrant Officer MOS applying for:

Visit: www.usarec.army.mil/hq/warrant/

CONTACT INFO:

SFC Lionel Spooner@ 321.695.6189

lionel.spooner@usar.army.mil

MSG Angelina Craigen@ 386.916.5632

angelina.craigen@usar.army.mil

CW5 David N. Conrad@ 407.421.7097

David.N.Conrad@usar.army.mil

Call or Email TODAY for more information!

Around the ESC



Photo by Sgt. Elisebet Freeburg | 143d ESC

Spc. John Carkeet IV (right) and Sgt. 1st Class Tim Lawn (left), public affairs specialists for the 143d Sustainment Command (Expeditionary) practice CPR techniques during a course held at the 1st Lt. David R. Wilson Armed Forces Reserve Center in Orlando, Fla. More than 80 service members took advantage of the complimentary course taught by Petty Officer 2nd Class Chris Riga, a CPR/First Aid instructor certified by the American Heart Association.



Courtesy Photo

It wasn't all work for Capt. Jarrett Brown (left), Spc. Reinaldo Corredor (center) and Capt. Everett McKeown (right). The three Soldiers took advantage of some downtime from their temporary assignment at the client legal services office at Army Garrison Yangson, Korea Aug. 13-27. Here, the three Soldiers -- all of whom hail from the office of the Judge Advocate General for the 143d Sustainment Command (Expeditionary) -- pose in front of the Demilitarized Zone that borders North and South Korea.



Photo by Sgt. Elisebet Freeburg | 143d ESC

The 143d Sustainment Command (Expeditionary) held its 40 hour 2011 Equal Opportunity Leadership Course from Sept. 7 to Sept. 12 in Orlando, Fla. with 18 total students. During the course, students learned Army policy on discrimination and how to view situations from someone else's perspective.



Photo by Sgt. Minnie Richardson | 576th MCT

Sgt. Kenneth Sweedberg (left) points at bullet holes in his range card to Sgt. Terrence Fettig (right) Sept. 9 at Fort Rucker, Ala. The two Soldiers, both from the 576th Transportation Detachment, were at the weapons range to qualify with their rifles.

Around the ESC



Photo by Spc. John L. Carkeet IV | 143d ESC

Sgt. 1st Class Bernard Dasher, first sergeant for the 993d Transportation Company, inspects his troops' Army Combat Uniforms Sept. 18 at Camp Blanding, Fla. The company's leadership conducted several uniform inspections that day to prepare for the 993d TC's debut on Fox & Friends, America's most-watched weekday morning show. Fox & Friends invited the Army Reserve to participate in its 15th anniversary celebration that aired live Sept. 19 from The Villages, Fla.



Photo by 1st Lt. Michael Embrey | 655th TC

1st Lt. Breedia Henderson (left) administers the reenlistment oath to Sgt. Daniel Whitlow (right), both of the 655th Transportation Company, Sept. 19 at Kandahar Airfield, Afghanistan.

UNIT PHOTOS WANTED

Seeking photos of Soldiers from your unit performing operational duties and 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 requests you may have to:

john.adams16@usar.army.mil



Photo by Spc. John L. Carkeet IV | 143d ESC

Lt. Gen. Jack C. Stultz, chief, Army Reserve, writes a message of encouragement on a handcrafted poster from a grateful mother who awaits her son's safe return from Afghanistan. Stultz and more than 120 Soldiers under his command, including the 143d Sustainment Command (Expeditionary) had appeared recently on Fox & Friends, a national morning variety show, that broadcasted live Sept. 19 from The Villages, Fla.

HISPANIC AMERICAN HERITAGE MONTH

MANY
Backgrounds
MANY
Stories

ONE

AMERICAN

Spirit

--- DURING DEPLOYMENT ---

Aren't you
cute?

Yes, but
I may have
RABIES!

HOW CAN YOU TELL?

You cannot
always tell if
an animal
has **RABIES**.

Not all animals
with rabies
look sick or
act strange.

BE SAFE!

Do not
approach, feed
or handle
wild or stray
animals.

Do not keep
pets or mascots
when deployed.

RABIES KILLS!

If you are **BITTEN** or if an **ANIMAL'S SALIVA** contacts
your broken skin, eyes or mouth, immediately wash the area
with soap and water and seek medical attention.



Scan for more
information on
rabies

<http://phc.amedd.army.mil/rabies>

CP-100-0911





Take 5

Deep Fried,
Safety Style

- Keep the fryer in full view while the burner is on
- Place the fryer in an open area away from all walls, fences or other structures
- Never use the fryer in, on or under a garage, breezeway, carport, porch or any structure that can catch fire
- Raise and lower the food slowly to reduce splatter and avoid burns
- Cover bare skin when adding or removing food
- Check the oil temperature frequently
- If the oil begins to smoke, immediately turn off the gas supply
- If a fire occurs, immediately call 911 or your local fire department; never attempt to extinguish the fire with water

Source: Consumer Product Safety Commission



ARMY STRONG.



<https://safety.army.mil>

ARMY SAFE
IS ARMY STRONG

