

ESC TODAY





ESC TODAY

Commander
143d Sustainment Command
(Expeditionary)
Brig. Gen. Bryan W. Wampler

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

Sgt. John L. Carkeet IV
"ESC Today" Layout & Graphic Designer

CONTRIBUTORS:

Lt. Col. Terence P. Murphy
143d ESC Staff Judge Advocate

Lt. Col. Brian Ray
143d ESC Chaplain

2nd Lt. Nicole Rossman
143d ESC Public Affairs Executive Officer

Sgt. 1st Class Tim Lawn
143d ESC Public Affairs NCOIC

Staff Sgt. Raul Tirado
204th Public Affairs Detachment

Sgt. Jacqueline Amos
375 Combat Sustainment Support Battalion

Sgt. Elisebet Freeburg
204th Public Affairs Detachment

Spc. Michael Davis
444th Mobile Public Affairs

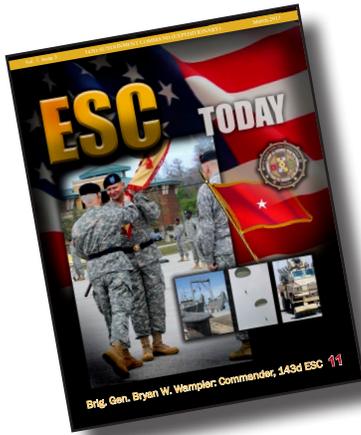
Spc. Aaron Ellerman
143d ESC Public Affairs

Jeffrey Blackman
143d ESC Family Programs

Mark Daly
143d ESC Safety Officer

Gilbert Rivera
143d ESC Alcohol and Drug Coordinator

Terri-Ann Tardif
Military Guardian Angelz



<< On the Front Cover

During an official ceremony held March 3 at the David R. Wilson Armed Forces Reserve Center in Orlando, Fla., Maj. Gen. Peter Lennon (left), commander of the 377th Theater Sustainment Command, passes the colors of the 143d Sustainment Command (Expeditionary) to its newest commander, Brig. Gen. Bryan W. Wampler. Brig. Gen. Wampler now oversees 97 units comprising more than 10,000 Soldiers sustaining victory throughout the world.

Photo illustration by Sgt. 1st Class Timothy Lawn, 143d ESC

11

Inside This Issue >>

Messages from the top.....3

Army Reserve Family Programs.....5

Florida motorcycle safety laws for the Reserve Soldier.....8

Introducing: Mama T's Angelz.....9

Genuine facts about synthetic drugs.....10

General discussion: Gen. Ann Dunwoody.....10

Brig. Gen. Wampler takes command.....11

Around the ESC.....12

Weapons of choice: M9 pistol.....15

Moving history forward: women in the U.S. Army.....16

ESC Today is the monthly command information magazine of the 143d Sustainment Command (Expeditionary) and is an authorized publication for members of the Department of Defense, according to provisions in Army Regulation 360-1. The opinions and views expressed in ESC Today are not necessarily official views of, or endorsed by, the U.S. Government, Defense Department, Department of the Army or the headquarters, 143d ESC.

The editorial content of this publication is the responsibility of the 143d Sustainment Command (Expeditionary) public affairs officer. This publication is written, edited and published by the public affairs office of the 143d ESC, 9500 Armed Forces Reserve Dr., Orlando, Fla. 32827. Submit comments to: john.j.adams7.mil@mail.mil or call 800-221-9401 ext. 1132. Send editorial and photographic submissions to: john.j.adams7.mil@mail.mil.

The Command Post



To say that I am excited to be a member of the 143d Sustainment Command (Expeditionary) would be a tremendous and monumental understatement.

It is truly an honor to be selected to Command this outstanding organization. The members of this organization have such an outstanding reputation and a proud history.

I feel compelled to pass on my deepest regards and thanks to the Chain of Command to include Lt. Gen. Jeffrey W. Talley, Chief of Army Reserve and Commanding General, United States Army Reserve Command, Maj. Gen. Luis R. Visot, Deputy Commanding General – Operations, United States Army Reserve Command, and especially to Maj. Gen. Peter S. Lennon, Commanding General, 377th Theater Sustainment Command. Thank you for this once in a career opportunity to lead this fine organization! I will do all in my power to maintain the reputation and capabilities of this organization.

Many thanks to Col. Jim and Laura Griffiths for providing outstanding leadership and direction that has allowed the 143d ESC to remain the premier Expeditionary Sustainment Command within the Army. My regards go also to Brig. Gen. Mark and Donna Palzer during Mark's deployment. Mark is a good friend, and I know how much he hated to leave the 143d team.

There is absolutely no doubt that this organization will continue to perform

magnificently in the coming years as we provide world class sustainment. You should be proud of what you have – and what you will accomplish.

The future of this great organization to include the 3rd Human Resources Sustainment Center, the 336th Financial Management Center, the 207th Regional Support Group, the 321st Sustainment Brigade, the 518th Sustainment Brigade, the 641st and the 642nd Regional Support Groups is so promising due to the talent of the Soldiers, civilians and family members that make up this great team.

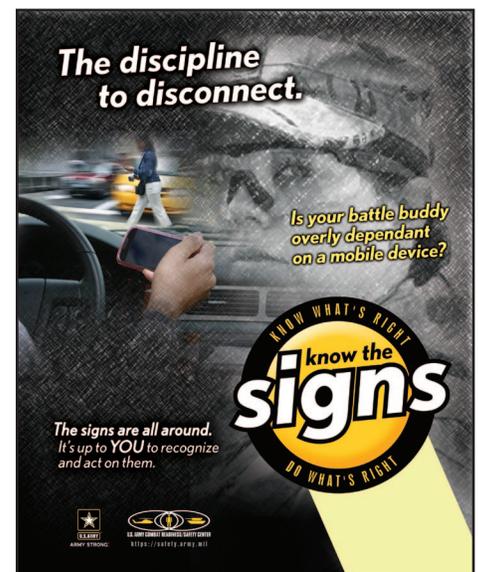
Never in its history has the 143d ESC been more indispensable to America's Army—an essential part of the Total Force. Like all great organizations, the 143d must continue to grow and adapt to meet the needs of the future. We will meet this need in our up-coming deployment in support of Operation Enduring Freedom-leading sustainment operations in that theater.

As our deployment approaches and as you prepare for the months ahead, be ever mindful of safety. Many of us will travel to visit friends and family during these times. I charge each of you to ensure that our Soldiers travel safely and without incident. Leaders must 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 tire pressure or texting while driving. We work too hard and sacrifice too much for a preventable

accident to occur. SAFETY FIRST!

The future of the Army and the Army Reserve will continue to be filled with challenges that will lead to emerging opportunities. There is no doubt in my mind that this team will maintain the highest levels of readiness to face both challenges and opportunities. I look forward to being a member of this fine organization and being a part of the continued success of the 143d ESC.

Sustaining Victory! 🇺🇸



DID YOU KNOW?

Fort Family is your gateway to responsive family crisis assistance, available 24/7, 365 days a year. It provides a unit and community based solution to connect people with people. By pinpointing families-in-need and local community resources, the Army Reserve can connect quickly with the Soldiers and their families, thus providing installation-commensurate services in the geographic location of the crisis. Learn more about Fort Family's services at <http://www.arfp.org/index.php/programs/fort-family-outreach-and-support>.

The Bottom Line

IT TAKES A TEAM

In February 1979 the National Hockey League's finest players joined forces at Madison Square Garden in New York City to play the Soviet Union's national team in the Challenge Cup. NHL Hall of Fame legends Guy Lafleur, Larry Robinson and Bobby Clarke filled the all-star roster. These men had gained international fame by literally skating through life, and together they would face off against a group of men who played not for glory or money, but for pride.

Despite the impressive lineup and "home field" advantage (all but three of the 1979 NHL All-Stars hailed from Canada, the rest of whom were Swedish), the NHL All Stars came up short in the three-game series. After a solid 4-2 victory in game #1, the NHL All Stars flickered after the USSR rallied in a 5-4 game #2 comeback. Disaster followed disappointment during game #3 when the "Red Tide" washed out their presumed superiors 6-0.

How could a league that attracts the world's greatest hockey players fail to defeat a team who could only recruit within its own borders? The answer lies in the previous sentence: "team."

The NHL All Stars practiced together for three days prior to the Challenge Cup. In contrast, the Soviet national team practiced for several

weeks, developing techniques and strategies designed to overcome the strengths and exploit the weaknesses of its NHL counterpart. Though far from perfect, Team USSR's planning and preparation brought the Challenge Cup to Soviet soil, thus proving that coordinated teamwork often trumps individual talent.

The Army Reserve continually encounters a major dilemma similar to what the NHL All Stars faced in 1979. America has the highest educated, most physically fit and best equipped Army in world history. However, a majority of its Reserve and National Guard components have less than 40 days a year to train the way we fight. NCOs must ensure that their Soldiers spend every one of those days to meet—or better yet, exceed—strict standards. As individuals, such expectations would rarely come to fruition. As teams, they transform into achievements that win wars.

Countless organizations have faltered and failed from their misconceptions about teamwork. I feel confident that the training you've received from Basic to the Sergeants Major Course has taught you that a team is more than a group of people with similar interests. It's a conglomeration of individuals who work interdependently toward a common goal while guided by a competent leader who keeps that goal in focus. It is up to you—the men and women who wear chevrons—to mold, maintain and motivate these units into a cohesive fighting force.

The Army expects its noncommissioned officers to lead teams with the knowledge and dedication as dictated by our Army Values and the NCO Creed. Most NCOs accomplish this task during battle assemblies, annual training exercises and deployments. However, what happens between these assignments?

I will find the answer when the 143d Sustainment Command (Expeditionary) hosts its annual Best Warrior Competition March 4-8 in Camp Blanding, Fla. There, dozens of Warrior Citizens throughout our command will push their Soldiering skills to the limit. From physical fitness tests and written exams to land navigation and



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

weapons qualification, these Soldiers must prove to my fellow command sergeants major and me that they have the physical, mental and emotional fortitude to represent the 143d ESC at the higher levels of this Army-wide competition.

Certainly, every one of our competitors practiced and studied on their own time. However, the ones who stand out often have an amazing mentor from a spectacular section at a distinguished unit. In other words, the best warriors have a team; a team that supports them, a team that maximizes their training days, a team that keeps their goals in focus.

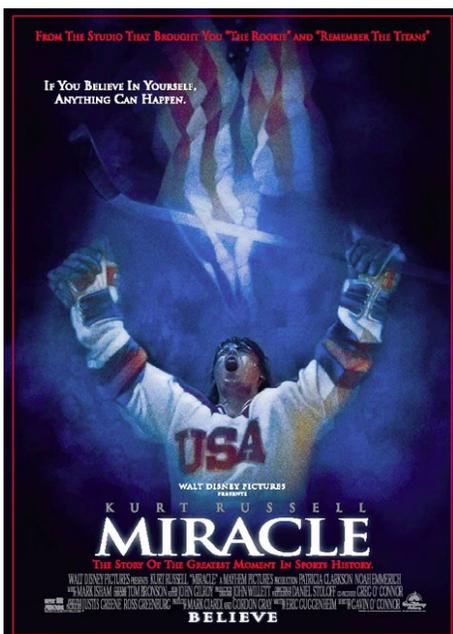
Henry Ford, an entrepreneur whose ambitions to mass produce the automobile revolutionized American industry and culture, explained the essence of teamwork in three short sentences:

"Coming together is a beginning. Keeping together is progress. Working together is success."

My fellow NCOs, I challenge you to take Ford's words to heart. Remember that forming and maintaining your sections, squads, platoons, companies and commands solves half of the teamwork equation. The second half comes from your ability to lead, train and inspire your troops to achieve the impossible. That's what the USSR national team did against the NHL All Stars in 1979, and that's what a band of collegiate ice hockey players from America did to that same Soviet team during the 1980 Winter Olympics.

Army Strong!

Sustaining Victory! 



ARMY RESERVE FAMILY PROGRAMS

1-866-345-8248



www.arfp.org

Fort Family Support & Outreach Center

Connects Soldiers and Families with the Right Service at the right time.

Provides Support 24/7

Serves as the Army Reserves Emergency Management Call Center during natural and man-made disasters.

Child, Youth & School Services

Offers support, services and resources to military Families, their children and the community.

Supporting readiness and quality of life by reducing conflict between the military requirements and parental responsibility.

Army Family Team Building

Educating Army Families, Soldiers, civilians, Retirees and others who wish to learn about military life.

Empowering members of the military community to develop skills and encourage behaviors that strengthen self-reliance and enhance readiness.

Army Family Action Plan

Communicating to leaders the issues of importance for Soldiers, Retirees, Families and civilians.

Addressing issues that affect the readiness and quality of life of our Soldiers and their Families.

Army Spouse Employment Partnership

Linking job seekers and brand name companies that want to hire spouses and support the military.

Supported by Army Senior Leadership as a national objective in order to improve the retention of Soldiers through the employment of their spouses.

Financial Readiness

Helping Soldiers and Families improve their financial well-being and quality of life.

Providing education and tools to encourage sound money management practices, consumer awareness, and preparation for life events.

Upcoming Family Programs Events

YLEAD comes to Orlando!

The Army Reserve Child, Youth and School Services will host a Youth, Leadership, Education & Development summit March 21-24 in Orlando, Fla. The YLEAD summit offers teens 14-17 years old with interactive activities and field trips that promote success at home, in school and throughout the community. The event is fully chaperoned, and teens will be engaged in positive youth development activities. Pre-register today at www.cyssevents.com.

Living in the New Normal

The Military Child Education Coalition encourages Family Readiness group leaders, first responders and concerned adults to attend "Living in the New Normal: Helping children thrive in good and challenging times," April 27 in Orlando, Fla. The event aims to develop strategies and test applications that increase the resilience of military connected children. For more information, contact Myriam Virella at 254-953-1927 ext. 1119 or myriam.virella@militarychild.org.

Free tutoring from Tutor.com

Tutor.com, a professional online tutoring resource that has hosted more than 9 million study sessions, offers free tutoring lessons for military families from all DOD branches and components. Students from kindergarten through 12th grade may work one-on-one with qualified tutors available online 24/7 who specialize in one of more than 20 subjects from English and social studies to chemistry and calculus. Visit www.tutor.com/military/ for eligibility, access, services, software and other pertinent information.

143d Family Programs Team

1-800-221-9401

FP Director - Mrs. Annamaria Doby

Email - annamaria.doby.civ@mail.mil Ext - 2410

CYS Coordinator (FL) - Mrs. Marta Feliciano

Email - marta.l.feliciano.ctr@mail.mil Ext - 1741

School Support Liaison (FL) - Mr. Saul Marrero

Email - saul.marrero.ctr@mail.mil

Survivor Outreach Services (FL) -

Mrs. Shinekqua Baines

shinekqua.l.baines.ctr@mail.mil Ext - 1743

Mrs. Gwendolyn Hannah

gwendolyn.c.hannah.ctr@mail.mil Ext - 1746



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

[Click here to watch Chaplain Ray's words of motivation](#)

Soldiers of the 143d,
 I pray that you and your loved ones are well!
 A Greek philosopher from the 5th century BC once said, "Nothing is permanent except change."
 Fellow Soldiers, truer words have never been spoken. Take these statements for example.
 Just 100 years ago . . .

- The average life expectancy was 47! (Many of our junior NCOs would be middle aged!)
- More people lived in Alabama than California.
- The population of Las Vegas was 30!
- Only 14 percent of homes had a bathtub.
- Only 8 percent of homes had a telephone.
- And a three-minute phone call from Denver to New York cost \$11.

For many of you, 100 years ago may be too long ago to fully comprehend, but consider the following. I completed my undergraduate degree

Reflections by the Chaplain



a little over 20 years ago, and guess what?
 No cell phone! No e-mail! No Internet!
 I know the very thought of living like that just made some of our younger Soldiers break out in a sweat.

I began this article by offering you an ancient quote that says, "Nothing is permanent except change." Let me share another quote with you as well. It is an ancient Chinese quote that reads, "Change will happen . . . growth is optional."

Brig. Gen Bryan Wampler, the 143d ESC's commander, recently quoted former Chief of Staff of the Army Gen. (retired) Eric Shinsheki, who said, "If you dislike change, you'll dislike irrelevance even more!"

Fellow Soldiers, what you choose to do with the personal and professional development that you've gained during your military experience is your decision and your decision alone. Each of you should look at your military experience as a responsibility . . . a responsibility to fulfill your potential. Each of you has such promise. You have the promise to be the key leaders that we need in our squads, platoons and companies . . . and more importantly your family and community.

Let me close with a few words of wisdom that I've picked up over the years. There is an anonymous quote that reads:

"Life can't give me joy, and it can't give me peace. Life can only give me time and space. It is up to me to decide how to fill it"

Soldiers of the 143d, I promise you that you are wise to have filled part of your life in service to your nation! By deciding to fill part of your life interacting with the kind of soldiers you serve with, you've made a choice that will pay tremendous dividends. A 19th century French writer wisely said, "One can acquire everything in solitude except character." Wow . . . the very thing that we should all seek to cultivate and strengthen . . . our character. As Soldiers, you have strengthened, and will continue to strengthen, your character as you interact with your brothers and sisters in arms!

And finally let me leave you with the words of Howard Thurman, a theologian and civil rights leader:

"Don't ask what the world needs; ask what makes you come alive and GO DO IT! What the world needs are people who have come alive."

Fellow Soldiers, these words of wisdom capture many of the traditions of excellence that have been forged by those who have come before us. I am confident that you, the Soldiers of the 143d ESC, will continue to build upon our great legacy by choosing to be the beacons of hope and freedom that we need so desperately in our world. Be the change that you want to see in the world.

Sustaining Victory!

Army Strong!

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

Age of Invention
 Technological optimism maintains that the impact of innovation on our lives is increasing, but the evidence goes the other way. The author's argument is that the adoption of electricity, phonographs, telephones, radio, television, antibiotics, vacuum tubes, transistors, and the automobile in 1916, like becoming one of the first in her neighborhood to own a car. The author contends that the inventions unveiled in his own lifetime have made a far smaller difference.

"Nothing is permanent except change."

PHOTO CREDITS: THE NATIONAL ARCHIVES; FEDERAL NATIONAL MUSEUM OF AMERICAN HISTORY; ARCADE FIRE; WASHINGTON, USA; NATIONAL INSTITUTES OF HEALTH; APPLE; ISTOCKPHOTO

The Legal Corner

Channeling your...

POWER OF ATTORNEY

for, collect, and

A Power of Attorney is a written instrument that allows you (the “principal”) to authorize your agent (your “attorney-in-fact”) to conduct certain business on your behalf. It is one of the strongest legal documents that you can give to another person.

There are two types of POA; “general” and “special” (or limited). A general POA gives your agent very broad powers to act on your behalf; and a special POA limits your agent’s authority to act only on certain matters. Every act performed by your agent within the authority of the POA is legally binding upon you.

Making a General Power of Attorney is an important action with serious consequences. Your GPOA gives someone else the legal

authority to act on your behalf—to do anything that you could do. With a GPOA, your agent can (for example) rent or buy a house with your money, borrow money that you must repay, sell your car, sue someone for you, or remove all funds from your bank account. Your agent can legally bind you.

While a GPOA can be very helpful, it can also be very dangerous. Regarding using a GPOA, consider:

- **Limit the power you give away to only that necessary.** If you need someone to perform only specific tasks for you, then you don’t need a GPOA. Get a Special Power of Attorney—one that will authorize your agent to perform only those specific tasks.
- **Limit the duration of your Power of**



Lt. Col. Terrence P. Murphy
Staff Judge Advocate
143d Sustainment Command
(Expeditionary)

Attorney to no longer than one year. Don’t set the expiration date longer than you will need your agent’s services, and don’t give the Power of Attorney before it will be needed.

• **Make sure your agent is someone you trust.** If you lose trust in your agent, talk with a legal assistance attorney about revoking your Power of Attorney.

Talk to a legal assistance attorney or a member of the judge advocate general if you have any questions. ☒

FLORIDA MOTORCYCLE SAFETY LAWS FOR THE RESERVE SOLDIER

■ BY MARK DALY
143d ESC SAFETY OFFICER

How many of you know where to find the laws that govern rider apparel, licenses and insurance requirements? Do you know what is required of you when you enter a military installation? What about in between battle assemblies; do you know what laws govern you, then? If you don’t know, feel free to contact Mark Daly, 143d ESC safety officer, at Mark.D.Daly.Civ@mail.mil.

My opinion is this: If you ride without insurance, you’re an idiot! You are setting up yourself and your family for EPIC FAILURE. If you can’t afford the insurance, don’t buy the bike. The negative ripple effect of your ignorance resonates long and far. One mistake can send your bike to the junkyard and you to the hospital. When that

happens, how will you get to work? Who will pay for the extensive medical bills?

Florida is a no helmet law state, so how does that rule apply to motorcycle insurance? The general consensus is this: if you own the bike out right, you don’t need insurance. Sounds legal, right? WRONG! If your ride without a helmet, you must have a \$10,000 insurance policy. That might cover your funeral. It will not cover any injuries you sustain or any property damage caused by your wreck.

You can meet the minimum requirements, or you can be financially smart and do what is necessary to protect yourself and your family and not become another burden on our society.

Rife Safe.

Arrive alive. ☒



Photo by SSG Joseph Rivera-Rebolledo | 113th MPAD

Take 5

for Motorcycle Safety

- Ride with a battle buddy – join a Motorcycle Mentorship Program!
- Let Motorcycle Safety Foundation training kick-start you for success.
- Ride quick, agile and safe with Military SportBike Course training.
- Suit up for safety – wear your personal protective equipment.
- Keep the “rubber side” down by riding responsibly.
- Don't speed. Life is not a sprint – it's a marathon.

Take 5 ... then take action.



U.S. ARMY

ARMY STRONG.



U.S. ARMY COMBAT READINESS/SAFETY CENTER
<https://safety.army.mil>

ARMY SAFE
IS ARMY STRONG



Introducing: Mama-T's Angelz

BY SGT. ELISEBET FREEBURG
204th PUBLIC AFFAIRS DETACHMENT

ORLANDO, Fla.— When Terri-Ann Tardif's deployed son, Cpl. Derek W. Jones, told her that not all Soldiers receive care packages from back home, Tardif's actions set off a chain of events that have led to the support of thousands of troops and their loved ones.

Known affectionately by service members and friends as "Mama-T," Tardif is the driving force behind the charity Military Guardian Angelz.

"I sent a few extra things, then a few more," said Tardif, describing her immediate actions after her son's disclosure. "People started seeing that and asked how they could help."

Four years later, Tardif's charity has progressed to a full-blown registered nonprofit organization.

The MGA's Crisis Team comprises a group of pastors, veterans, counseling staff and emergency room doctors who offer help to service members in need. The War 2 Work program helps veterans and recently returned troops find job training and placement. Tardif and MGA have also started a Hero Retreat Program, a weekend day camp for children of deployed service members.

Tardif's favorite MGA memories are the surprise airport welcomes she arranged for two wounded warriors returning home.

"Since the day after their horrific



Photo courtesy of Terri-Ann Tardif

From left to right: Cpl. Derek W. Jones; his daughter, Yelena; and his mother, Terri-Ann Tardif, stand on a Military Guardian Angelz float during the Orlando Veterans Day Parade 2011. Known as "Mama-T," Tardif founded MGA after her son told her many troops overseas never receive care packages from home.

attack, I was talking them through things via Facebook," said Tardif. "I'd built such a bond with them, but neither knew I'd been secretly planning individual homecomings for them."

The second of the wounded warriors to return was Spc. Sherine Jenkins. Her 16-year-old daughter, Shevaneil Lawrence, met Tardif the night before her mother returned, when Tardif opened her home to Jenkins' family and friends.

"She [Tardif] was an inspiration to me to go out in the world and make a difference, no matter how big or small," said Lawrence, now an honorary junior MGA Angel. "She has also been a second mother to me, being a strong woman, and she does so much for her community without being asked; just shows how caring, amazing, and dedicated she really is."

In the last four years, Tardif and her volunteers have sent more than 30,000 care packages overseas to hundreds of troops, and she's always searching for ways to send more,

even if it's through the Super Bowl.

"I wasn't a big fan of either team, because I'm a Patriots' girl all the way. I wanted to bring an element of fun and challenge and patriotism into it," said Tardif.

She picked the Ravens to cheer for since she likes the color purple. She then made a bet to all her 49ers rooting Facebook friends.

"They had to sign up by third quarter," said Tardif. "If the 49ers won, I would personally send a care package to any deployed hero of their choosing."

However, if the Ravens took the trophy, the participating 49ers fans would each send a care package to the name and address given to them by Tardif.

"Honestly, my Facebook started blowing up, and, boy, was I sweating," said Tardif. "Even though the Ravens won, I sat back laughing because only the Mama T could come up with a way to add 46 care packages to the equation!"

Besides her own organization, Tardif has worked with several other groups including Our Soldiers, Our Heroes and the Camaraderie Foundation. Together, Tardif and

other volunteers with her have helped more than 7,000 service members.

"I will only stop doing what I do when there is no longer a need," said Tardif. When a hero or loved one thanks me, I get angry. This is the least I can do for all they sacrifice for us."

Tardif is very adamant that people know she could never do what she has done alone. She credits the more than 1,000 volunteers (Angelz) that she's teamed with. Even so, when it comes down to it, Tardif is a formidable force for good all on her own.

"I never asked anyone to really send those [Super Bowl] boxes," she said. "I did it myself and put their name as the Angel who sent them. Shhhhhh."

Tardif's son, Jones, enlisted December 2007. Currently serving in Afghanistan with the 993d Transportation Company, this is his second voluntary deployment. ☒



Photo courtesy of Terri-Ann Tardif

Purple Heart Recipient Spc. Sherine Jenkins stands with Terri-Ann Tardif. Known as "Mama-T," Tardif and the group Military Guardian Angelz organized a surprise welcome for Jenkins' return to Florida after being wounded in Afghanistan 2010.



Care packages for deployed troops are piled high on the pool table and floor at Wiggle Inn, Orlando, Fla., during a 2011 Care Package Party hosted by Mama-T's Military Guardian Angelz.

Photo courtesy of Terri-Ann Tardif

Stay Drug Free 143d ESC

GENUINE FACTS ABOUT SYNTHETIC DRUGS

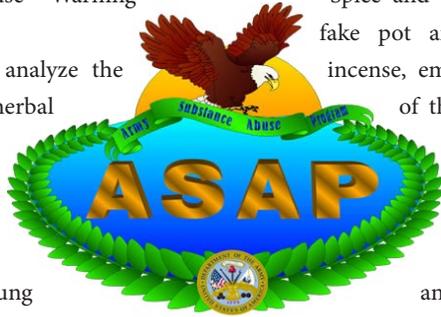
K2, Spice and other synthetic drugs that mimic a marijuana high sent 11,406 people — mostly teenagers and young adults — to the emergency room in 2010, according to the first report on the substances from the federal government's Drug Abuse Warning Network.

The report, the first to analyze the impact of the popular herbal incense, found that children and teenagers ages 12 to 17 accounted for 33 percent of the emergency room visits. Young adults ages 18 to 24 accounted for 35 percent. In 59 percent of the cases involving patients ages 12 to 29, doctors found no other substance differing from most emergency department visits involving illicit drugs and painkiller abuse.

Marijuana, the most popular illicit drug with 18 million regular users, sent 461,028 people to

the emergency room in 2010.

"This report confirms that synthetic drugs cause substantial damage to public health and safety," Office of National Drug Control Policy Director Gil Kerlikowske said.



Spice and K2, marketed as legal, fake pot and labeled as herbal incense, emerged in 2009 as one of the most popular drugs among teenagers and college students who could purchase the substances at websites and convenience stores.

Problems quickly emerged. Doctors reported teenagers arriving in the emergency room with high fevers and strange behavior.

Police in Nebraska in 2010 arrested a teen who had smoked Wicked X, a herbal incense coated with synthetic cannabinoids. The teen careened his truck into the side of a house and



Gilbert Rivera
Alcohol & Drug Coordinator
143d Sustainment Command
(Expeditionary)

then continued driving.

At least 18 states have outlawed the substances and the Drug Enforcement Administration instituted an emergency ban. In July 2012, Congress banned sales of K2, Spice and other synthetic drugs under the Food and Drug Administration Safety and Innovation Act. ☒

GENERAL DISCUSSION



Ann Dunwoody
1953 - Present

Years in service: 1975-2012
Highest rank: General (four stars)
Highest command: U.S. Army Materiel Command
Wars fought: Desert Storm, OEF
Famous quote: "There is no one more surprised than I — expect, of course, my husband. You know what they say, 'behind every successful woman there is an astonished man.'"

Ann Dunwoody was born in 1953 at Fort Belvoir, Va. Her father was a career Army officer, and her family lived in Germany and Belgium while she was growing up. Dunwoody graduated from Supreme Headquarters Allied Powers Europe American High School in 1971. Four years later she received a direct commission as a Quartermaster officer after graduating from the State University of New York at Cortland. In 1988 Dunwoody earned a Master of Science Degree in Logistics Management from the Florida Institute of Technology. She later earned a Master of Science Degree in National Resource Strategy from the Industrial College of the Armed Forces.

Dunwoody began her Army career in earnest as a platoon leader with the 226th Maintenance Company, Fort Sill, Okla. Her key staff assignments included 82nd

Division parachute officer, strategic planner for the chief of staff of the Army, executive officer to the Director of Defense Logistics Agency and the deputy chief of staff for logistics.

On Nov. 14, 2008, Dunwoody became the first woman in U.S. military history to achieve the rank of four-star general. Her promotion ceremony was held at the Pentagon, with introductory speeches by Secretary of Defense Robert Gates and Army Chief of Staff General George W. Casey.

Among her notable firsts, Dunwoody became the first woman to command a battalion in the 82nd Airborne Division in 1992. She became Fort Bragg's first female general officer as well as the first woman to command the Combined Arms Support Command at Fort Lee, Va. In 2005, Dunwoody became the first female Soldier to achieve a three-star rank since Lt. Gen. Claudia Kennedy, the former deputy chief of staff for

intelligence.

Dunwoody's awards and decorations include the Distinguished Service Medal with Oak Leaf Cluster, Defense Superior Service Medal, Legion of Merit with two Oak Leaf Clusters, Defense Meritorious Service Medal, Meritorious Service Medal with Silver Oak Leaf Cluster, Army Commendation Medal, Army Achievement Medal, National Defense Service Medal with Bronze Star, Southwest Asia Service Medal (two campaign stars) and the Kuwait Liberation Medal. Her badges include the Master Parachutist Badge and the Parachute Rigger Badge. Finally, in 2012 Dunwoody was inducted into the Quartermaster Hall of Fame.

After 37 years of service, Dunwoody retired to Florida. She has been married to Air Force Col. (retired) Craig Brotchie for 24 years. They have one dog, Barney. ☒

'THE RIGHT LEADER AT THE RIGHT TIME'



Brig. Gen. Wampler takes command of 143d ESC

■ BY STAFF SGT. RAUEL TIRADO
204th PUBLIC AFFAIRS DETACHMENT

ORLANDO, Fla.— In front of hundreds of Soldiers, special guests and family members, Brig. Gen. Bryan W. Wampler takes command of the 143d Sustainment Command (Expeditionary), in a change of command ceremony held at the David R. Wilson Armed Forces Reserve Center, Mar. 3.

As the commanding general of the 143d ESC, Wampler oversees 97 Army Reserve units located throughout seven southeastern states and more than 10,000 Soldiers assigned. He takes charge during a time period in which the the 143d ESC's Headquarters Company prepares for an overseas deployment in support of Operation Enduring Freedom, as well as other subordinate units throughout the command.

"The 143d's aptitude and reputation was built over the years by providing skilled and fearless warriors across the globe," said Maj. Gen. Peter S. Lennon, commanding general of the 377th Theater Sustainment Command, during in his message to the audience. "Those who wear the (143d ESC) patch have a tradition and legacy, which is respected throughout the Army and the Department of Defense."

During the past ten years, many of the 143d ESC's units have mobilized in support of Operation Iraqi Freedom, Operation New Dawn, Operation Enduring Freedom and

in response to the nation's natural disasters. Wampler will lead the HQ, 143d ESC overseas in support of the retrograde operations in Southwest Asia.

"I've known Brig. Gen. Wampler for many years," said Lennon. "He has the right skill sets, temperament and vision. His energy, patience

and ability to see the big picture, make him the right leader at the right time."

Wampler began his military career by enlisting in the Kansas Army National Guard as a Combat Engineer in 1983. He was commissioned in 1985 and has served 27 years as a commissioned officer in the Army. His most recent assignment was as th Commanding General of the 78th Training Division (Operations) at Joint Base McGuire-Dix-Lakehurst, N.J., one of the Army Reserve's Combat Training Centers.

"It's truly a honor to be selected to command this outstanding organization," said Wampler. "The members of this organization have such an outstanding reputation and proud history. There is absolutely no doubt that the 143d will continue to perform magnificently in the coming years as we provide world class sustainment."

The 143d ESC is one of eight general officer sustainment (logistics) commands in the Army Reserve.

"Never in our history has the 143d been more indispensable to our Army and an essential part of our total force," said Wampler in his closing remarks. "Like all great organizations, the 143d must continue to grow and adapt to meet the needs of the future. There's no doubt in my mind this team will maintain the highest level of readiness to face both challenges and opportunities." ❏



Photo by Staff Sgt. Rael Tirado 1204th PAD
Brig. Gen. Bryan W. Wampler (right) takes command of the 143d Sustainment Command (Expeditionary) by the taking the command's colors from Maj. Gen. Peter S. Lennon (left), commanding general of the 377th Theater Sustainment Command, in a change of command ceremony, Mar. 3 in Orlando, Fla.



AROUND THE ESC



Photo by 2nd Lt. Nicole Rossman | 143d ESC

Family members, loved ones, friends and supporters of America's veterans release balloons attached with love letters and poetry for their fallen heroes Feb. 16 at VFW #2093 in Orlando, Fla. The balloon release ceremony was part of "Operation Love Letter," a remembrance sponsored by the Army Survivor Outreach Services and American Gold Star Mothers.



Photo by Maj. John Adams | 143d ESC

From left to right: 143d ESC Soldiers Lt. Col. Edwin O. Hernandez (left), equal opportunity program manager; Chief Warrant Officer 2 Dennis Lindsey (center), signal systems management chief; and Master Sgt. Edith C. Correa (right), equal opportunity advisor, pose behind portraits of influential African Americans during a Black History celebration Feb. 3 at the David R. Wilson Armed Forces Reserve Center in Orlando, Fla. The event included several presentations about the nation's rich African American history and culture as well as a large sampling of traditional dishes.



Photo by Sgt. Jacqueline Amos | 375th CSSB

Spc. Jamarkeille James, a food service specialist with the 375th Combat Sustainment Support Battalion, looks through the scope of an M16A2 rifle July 19, 2011. Every Soldier in the U.S. Army must qualify with the M16A2 by shooting at least 23 out of 40 pop-up targets situated at various distances of 50 to 300 meters. Soldiers fire their weapons from a prone supported, prone unsupported and kneeling positions.



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

Brig. Gen. Bryan Wampler (second from right), commander of the 143d ESC, and Command Sgt. Maj. Jeffrey Uhlig, command sergeant major of the 143d ESC, present the Excellence in Safety Military Award to Col. Christopher P. Govekar (second from left), commander of the 641st Regional Sustainment Group, Command Sgt. Maj. Licea Jose Licea (left), command sergeant major for the 332nd Transportation Battalion, during a ceremony held Feb. 2 at the David R. Wilson Armed Forces Reserve Center in Orlando, Fla. The 641st RSG earned the award for its positive contributions to risk awareness and accident prevention.

AROUND THE ESC



Photo by Spc. Aaron Ellerman | 143d ESC

Soldiers within the 143d ESC exit the range after qualifying with their M-16 rifles during the best warrior competition March 06, 2013 at Camp Blanding, Fla. The competition is composed of many events which are designed to test the Soldiers mental, technical and physical abilities as well as their overall military knowledge.



Photo by Spc. Aaron Ellerman | 143d ESC

Soldiers from the 143d ESC color guard display the colors during a change of command ceremony held March 3 outside the David R. Wilson Armed Forces Reserve Center in Orlando, Fla. The ceremony officially transferred command of the 143d ESC from Col. James H. Griffiths to Brig. Gen. Bryan W. Walmer. Griffiths will remain with the 143d ESC as the unit's deputy commander.



Courtesy Photo | 377th TSC

Chairman of the Chicago Bears George McCaskey welcomes Soldiers to the Superdome in New Orleans Feb. 3 during Super Bowl XLVII. From left to right: Spc. Aaron Ellerman, 414th Transportation Company; George McCaskey; Master Sgt. Jason Tennison, 377th Theater Sustainment Command; Sgt. 1st Class David Green, 1st Cavalry Division; Spc. George Bryan, 143d ESC; and Spc. Justin Soto, 1st Cavalry Division.



AROUND THE ESC

UNIT PHOTOS WANTED

The "ESC Today" wants to show off photos of Soldiers from your unit performing operational duties and basic soldiering skills. Include a caption with names, ranks, place, date and a short description of what is happening in each photo, then send your images to: john.j.adams7.mil@mail.mil



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

The Central Florida Intelligence Exchange awarded Staff Sgt. Christopher M. Donaldson, force protection anti-terrorism noncommissioned officer in charge for the 143d ESC, the Intelligence Liaison Officer of the Year Award (Military Sector) during the fourth annual ILO conference held Feb. 22 at Valencia Community College's Criminal Justice Institute in Orlando, Fla. From left to right: Scott McAllister, deputy under secretary, State & Local Program Office, U.S. Department of Homeland Security; Capt. Robert Luzarraga, force protection anti-terrorism officer for the 143d ESC; Donaldson; and Dave Ogden, chief of the Windemere Police Department.



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

More than 60 active and retired Soldiers and their spouses attended the first annual 143d Transportation Command reunion held Feb. 9 at the Shades of Green resort in Orlando, Fla. Col. Edith Greene (second from left), commander of the 642nd Regional Sustainment Group, organized this event that included a cocktail hour, four course dinner, and a special speaking engagement by Lt. Gen. (retired) Jack Stultz (left), the former commander of the 143d TRANSCOM (later reorganized as the 143d ESC) and, later, the U.S. Army Reserve Command.



Photo by Sgt. 1st Class Tim Lawn | 143d ESC

Spc. Ruben C. Quinones, a wheeled vehicle mechanic for the 143d ESC, gets into position for ground guiding an M1151A1 Humvee up a hill as part of a Humvee Driver's Training course Feb. 27 in Orlando, Fla. A fully loaded M1151A1 (expanded capacity, enhanced) can climb road grades as steep as 40 percent (22 degrees).



Photo by Maj. John Adams | 143d ESC

Maj. Gen. Luis Visot, deputy commanding general-operations, United States Army Reserve, discusses readiness and operational capabilities of the Landing Craft Utility, an Army seafaring vessel, with Chief Warrant Officer 4 Kenneth Solomon, Chief Engineer, 824th Transportation Company Feb. 20 at Rattlesnake Point near Tampa, Fla.

WEAPONS OF CHOICE: M9 PISTOL

■ BY SPC. MICHAEL DAVIS
444th Mobile Public Affairs Detachment

From jungle terrains to sand filled streets, the M9 pistol has been the trusted sidearm for all five branches of the U.S. Military for more than two decades. Manufactured by Beretta USA, the M9 has seen action in three wars and multiple conflicts, and is used in special operation units such as the Army Rangers and Special Forces.

HISTORY

The M9's predecessor, John Browning's M1911 pistol, was the U.S. military's primary sidearm from 1911 until the Joint Services Small Arms Planning Commission was formed in the mid 1970s. The goal of this commission was to (1) unify the sidearm used for all branches of the military, (2) comply with newly imposed NATO standardizations, and (3) augment the firearm for modern scenarios including urban assault and Close Quarters Combat. Design submissions were received from all major weapon companies including Colt, Heckler & Koch and Smith & Wesson during the intense five-year long pistol selection process. The result: Beretta's innovative design with interchangeable parts, a modified trigger and corrosive resistant coating, was chosen

as the new sidearm for the entire U.S. military.

Trials resumed in 1984 and again in 1988 to overcome design limitations in the first model. However, Beretta retained the contract each time by continually improving upon the original design and keeping the enhancements cost effective. In its current form, the M9 remains the trusted and reliable secondary weapon for service members.

CAPABILITIES

The Beretta M9 is a semi-automatic, short recoil, single or double action pistol that fires a 9 mm round from a 15-round clip. It has a reversible release button that is customizable for right or left handed shooters. These crucial internal design enhancements have culminated into a weapon with a 35 mean rounds before failure scale of 35,000 rounds, which is the equivalent of five to six times the pistol's service life.

In the military, trust is not given; it's earned. This goes for our weapons as well. The M9's reputation for trust and reliability has not only been earned from its intelligent mechanical designs, but also in large part from the extreme testing to ensure the pistol performs when Soldiers need it most. The M9 has proven its resiliency to temperatures ranging from -40 to 140 degrees Fahrenheit (-40 to 60 degrees Celsius) while repeatedly dropped on concrete, soaked in salt water, and buried in snow, mud and sand. Service members are able to complete their missions knowing that if their primary weapon malfunctions, or if CQC calls for sidearm use, they can confidently draw their M9. ☒

Primary function:	Semiautomatic pistol
Builder:	Beretta and Beretta USA
Length:	8.54 inches (21.69 centimeters)
Width:	1.50 inches (3.81 centimeters)
Height:	5.51 inches (14 centimeters)
Barrel length:	4.92 inches (12.5 centimeters)
Weight fully loaded:	2.55 pounds (1.16 kilograms)
Bore diameter:	9mm (approximately .355 inches)
Max. effective range:	152.5 feet (50 meters)
Magazine capacity:	15 rounds
Muzzle velocity:	1200 feet (365 meters) per second

- 100 percent interchangeable parts to simplify maintenance for large government organizations.
- Modified the front of the trigger guard so that one could use finger support for easier aiming.
- Re-curved the forward base of the grip to aid aiming.
- Hard chromed the barrel bore to protect it from corrosion and to reduce wear.
- New surface coating on the slide for improved corrosion resistance

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

MOVING HISTORY FORWARD

From the American Revolutionary War to the present recent overseas contingency operations, women have served a vital role in the U.S. Army. Ever since Mary Ludwig Hays McCauley (“Molly Pitcher”) replaced her husband when he collapsed at his cannon, women have continually proven that the narrow stereotype, limiting their choice of occupation, was wrong. As women expanded into different roles in the U.S. Army, it was clear that the heart of a warrior was not limited to one gender.

Women have served in the United States Army since 1775. They nursed the ill and wounded, laundered and mended clothing, and cooked for the troops in camp on campaign; services that did not exist among the uniformed personnel within the Army until the 20th Century.

Prior to the 1994 DoD assignment rule, 67 percent of the positions in the Army were open to women. Today, 78 percent of the positions in the Army are open to women, and women serve in 95 percent of all Army occupation—active and Reserve components—as of September 2012.

The percentage of female officers in the active Army in grades O-4 (rank of major) and above increased from 11.5 percent in fiscal year 1995 to 14.2 percent in fiscal year 2012. The same is true for enlisted active-duty women in grades E-7 (rank of sergeant first class) through E-9 (rank of first sergeant), who went from 8.3 percent in 1995 to approximately 10.9 percent as of fiscal year 2012.

History continually shows that women play an increasingly influential part the Army. Their crucial role in current operations and their sacrifices in this noble effort underscore their dedication and willingness to share great sacrifices among their band of brothers and sisters. ☒



Photo by Spc. Nathan Goodall | 170th Infantry Brigade Combat Team

Sgt. Victoria A. Romero with a female engagement team, 40th Engineer Battalion, 170th Infantry Brigade Combat Team, talks with children during a mission to deliver medical supplies to a clinic in Deh Dadi, Afghanistan, June 1, 2011.



WHY I SERVE:

Name: Bianca M. Alicea

Rank: Specialist

Unit: 143d ESC

Title: Information Technology Spc.

Hometown: Cayey, Puerto Rico

My Dad was the driving force in my decision to join the military. He didn't boast about his experiences as a Soldier in the Vietnam War. Instead, he just showed us pictures of him during his time in the service, and those images ultimately persuaded me to visit an Army recruiter's office.

I joined the Army as a 25B (information technology specialist) in 2004. Three years earlier my family and I had moved from Puerto Rico to New York. I thought living in the Big Apple would prepare me for the Army's inherent hustle and bustle . . . It did not.

Basic training was a culture shock. I had yet to master English, and the language barrier only magnified as I interacted with countless people from countless places.

I met the man who would be my husband at AIT (Advanced Individual Training) in Fort Gordon, Ga. After graduation we

were assigned to the 3rd Infantry Division in Fort Benning, Ga. I performed the duties of a human resources specialist. Although disappointed that I had left the 25B career track, I was grateful to have my company's first sergeant as my mentor. I was there anytime she needed me, and in return she taught me how to get people to listen to your advice and concerns regardless of their rank or status.

My time as a active duty Soldier came to was cut short after I became pregnant with my first child. My husband was deployed to Iraq, and we agreed that it would best that I accept an honorable discharge.

Sadly, this selfless act could not save our marriage. I returned to Puerto Rico where my two children and me lived with my mother. I soon realized that this wasn't the life I wanted.

In 2010 my former husband signed a waiver that permitted me to join the Army Reserve

as a 92S (shower/laundry and clothing repair specialist). During my first AT (active training) in Fort McCoy, Wis., I learned that several Reserve units in Florida had openings for 25Bs. I wasted no filling one of those positions and moving my children to Orlando.

My current assignment at the 143d ESC allows me to do what I wanted to do during my active duty days. People have recognized my voice and personally thanked me for helping me resolve their trouble tickets over the phone. It's these acts of appreciation that motivate me to move up the ranks.

The Army has taught me that people can accomplish anything once they put their minds to it. They may not like certain tasks or duties, but they know that its successful completion will benefit them in the long run. A Soldier who understands that will go far in life.

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

DA PHOTO LAB

NOW



WHAT TO WEAR - OFFICIAL D.A. PHOTOGRAPH
SOLDIERS MAY WEAR EITHER THE CLASS A UNIFORM OR THE ARMY SERVICE UNIFORM UNTIL FY 2015

Class A Uniform

- NO INFANTRY CORDS
- WEAR **RED** IF AFFILIATED
- WEAR ONLY **ONE** FOREIGN AWARD
- WEAR ONLY UNIT CITATIONS THAT ARE **PERMANENT** AND IN YOUR RECORDS AS SUCH
- NO GREEN LEADERSHIP TABS
- YOU **MUST** WEAR UNIT CRESTS
- NO FLASH BEHIND PARACHUTIST BADGE
- NO FRENCH FOURRAGERES

Army Service Uniform

- NO INFANTRY DISCS
- WEAR **RED** IF AFFILIATED
- WEAR ONLY **ONE** FOREIGN AWARD
- WEAR ONLY UNIT CITATIONS THAT ARE **PERMANENT** AND LISTED IN YOUR RECORDS
- WEAR ONLY **ONE** COMBAT SKILL ID BADGE
- NO GREEN LEADERSHIP TABS
- YOU **MUST** WEAR UNIT CRESTS
- NO FLASH BEHIND PARACHUTIST BADGE
- NO FRENCH FOURRAGERES
- SOME** IDENTIFICATION BADGES MAY BE WORN ON THE LEFT SIDE
- NO INFANTRY CORDS

OPEN

THIS IS A 3/4 LENGTH PHOTO. SHOES WILL NOT SHOW IN PHOTOS HOWEVER YOU MUST HAVE SOMETHING ON YOUR FEET.

Where we're located

9500 Armed Forces Reserve Dr. (TAFT Bldg) Orlando, FL 32827

Dates & hours of operation

April 3-5 Thurs. & Sat. 0730 - 1530
May 2-4 Fri. 1000 - 1900
May 30-31
June 1

Scheduling and other info

Go to www.vios.army.mil Army, Army Reserve & Army National Guard only Call 757-878-4831 for more information