

Guardian East

Volume 9, Issue 10

October 22, 2003



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Message to the troops



**By Command Sgt. Maj.
Kenneth Jacoby**

Multi-National Brigade (East) Standards for Excellence are ten items soldiers are expected to meet. The first of these standards of excellence is Discipline: The foundation of military success. Do the right thing even when no one is watching. Fight complacency.

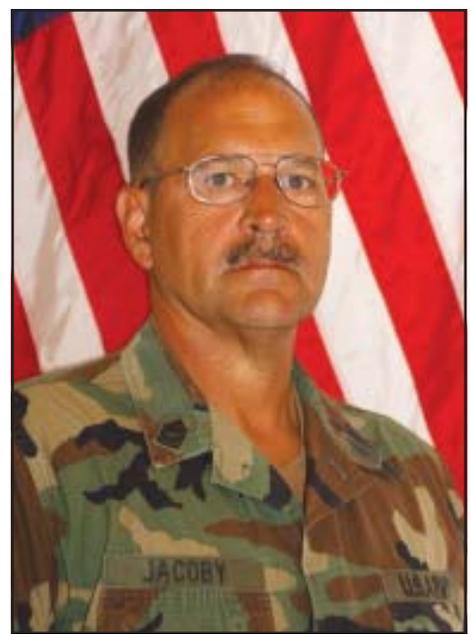
Are you meeting this standard? If you are a leader, do your soldiers meet this standard?

A key to success as an organization is soldier discipline at all times. Many people are watching us throughout Kosovo. The citizens of Kosovo view us as providers of a safe and secure environment. Their evaluations of our ability to safe guard them, their property, and their means of life is

influenced by the discipline we exhibit each day. This is our mission and the reason we have deployed to this part of the world. Discipline begins with our military appearance and carries through in the methods we use in talking and interacting with citizens. Do you measure up?

Visitors to MNB(E) also view and evaluate our discipline. Each week distinguished visitors come here to learn of our mission, determine how well we are doing, and to provide assistance. At the same time they use their views of our discipline to evaluate our performance. Personal appearance and military courtesies are the easiest and most notable yardsticks to their evaluation. People are watching you. Do you measure up?

Wear your uniform with pride, render military courtesies with enthusi-



**Command Sgt. Maj.
Kenneth Jacoby**

asm, and perform your duties with honor and integrity. This is what a disciplined MNB(E) soldier does and this is how you meet the Standard for Excellence.

SEE THE PHOTO OF THE DAY

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Submissions or story ideas related to the MNB(E) mission are encouraged. Send regular mail to MNB(E) PAO, Attn: Editor, Camp Bondsteel, APO AE 09340; send e-mail to guardianeast@bondsteel2.areur.army.mil.

COVER: Staff Sgt. David A. Catchings, 175th Military Police Battalion kennel master, and his dog, Sonja, search for planted explosives near the ruins of an abandoned Kosovo home Sept. 5. Photo by Spc. Christina E. Witten.

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Guardian East

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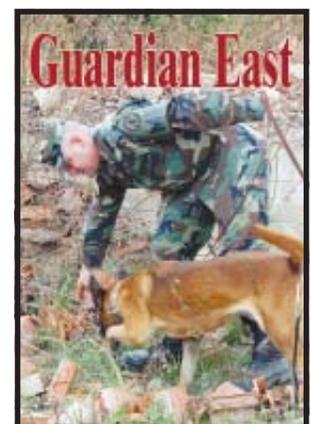
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About Guardian East

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Above: Spc. Lenn Walker leads his dog Dux, a patrol and explosives search dog, through a search in an abandoned Kosovo home Sept. 5. Photo by Spc. Christina E. Witten.

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Adifete Januzi, Camp Bondsteel theater supervisor, hands Brig. Gen. Jerry G. Beck a complimentary hotdog prior to the ribbon-cutting ceremony held for Camp Bondsteel's new theater facility Oct. 11. Photo by Spc. Christina E. Witten.

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Above: Odin, a Norwegian explosives search dog, demonstrates walking up and down a ladder Sept. 5.



Norwegian dog handlers and their dogs, from left to right, Sgt. Kim Thyrum and Ossie, Cpl. Knut Stenbak and Billy, and Cpl. Kristian Saeterhaug and Cheena, line up to practice drill and ceremony exercises Sept. 5.

Training *at its Best*

Story and photos by Spc. Christina E. Witten

CAMP LEBANE, Kosovo – Coffee-charged Camp Bondsteel dog handlers of the 175th Military Police Battalion set out early Sept. 5 to conduct their second joint training exercise with the Norwegian Dog Section.

As the sun peaked over the horizon, Norwegian dog handlers welcomed the Americans' arrival at Camp Lebane. The handlers were given a quick tour of the area and the dogs were acquainted with the kennels. Quickly thereafter, the busy day kicked off with obedience training.

American dog handlers, Staff Sgt. David A. Catchings and Spc. Lenn Walker, had the opportunity to observe and learn from Norwegian training techniques while their dogs, Sonja and Dux, took on the Norwegian obstacle course, which differs somewhat from the course on Camp Bondsteel.

"The Norwegians have training techniques that we can benefit from," stated Catchings. "Their OB course is different from ours. It makes the dogs think more because they can't just run through it."

One particular event in the obstacle course that was most helpful to Catchings' dog, Sonja, was a tunnel, approximately eight inches tall, one foot wide and ten feet long. Sonja, to say the least, was not eager to take on the challenge, but it was necessary for Sonja to overcome her fear.

Catchings explained, "[Sonja] did not want to do it, but we trained her into it. It's good for her to do that because there may be a day when she has to go into that tunnel, whether she's looking for a suspect that crawled in there or if someone hides bombs way deep in a tunnel like that."

Following obedience training, both Norwegian and American dog handlers searched Camp Lebane's theater and recreational club for planted weapons and explosives. Afterwards, a trip was taken outside the wire to the ruins of two abandoned homes. The environment rendered yet another opportunity for American dog handlers.

"We don't search on base unless there's a bomb threat or we're doing Force Protection searches," said Catchings. "When we get a call it's almost always in a place just like that. If [the dogs] don't know how to walk on the trash and on the broken bricks and everything, they're more concerned about their own safety than about searching. But if you walk them around on it, they learn that they have to walk slowly, and then they'll start searching again."

Training with the Norwegians provided American dogs the opportunity to search for explosives that had been sitting for days, even weeks at a time. This isn't a standard



Left: Spc. Lenn Walker assists his dog Dux, a patrol and explosives search dog, Sept. 5 in conquering the teeter totter, one of a string of obstacles in the Norwegian obstacle course.

difference gave American dogs the chance to search for different types and quantities of explosives than what they were used to detecting.

Catchings elaborated, "The explosives that are made in the United States are not exactly the same as the explosives that are made in other places, so every time we get to train with different odors, it's better for our dogs. Out of everything, the best part of the day was being able to do training all day in an environment that wasn't so controlled. The advantage is definitely there. You have to train as you fight."

For the grand finale, dog handlers practiced detain and apprehension techniques, and both Norwegian and American dog handlers were satisfied with the day's events.

"I think we got a step further," stated Sgt. Kim Thyrum, a dog handler with the Norwegian Dog Section. "We learned some new things that the American dog handlers have to train on and some things that we have to train on. I think that's positive. We can see that the dogs have some faults and then we can move on and get on a higher level of working with the dogs."

The day was also a morale lifter for both nationalities.

Thyrum explained, "I liked the whole day, spending time with nice people, talking about dogs that we all love and just being together. I like that."

Catchings confirmed Thyrum's thoughts by saying, "Today's training was awesome. We definitely plan on making it a regular thing."

experience for most American military dogs, but it is one that is of great use.

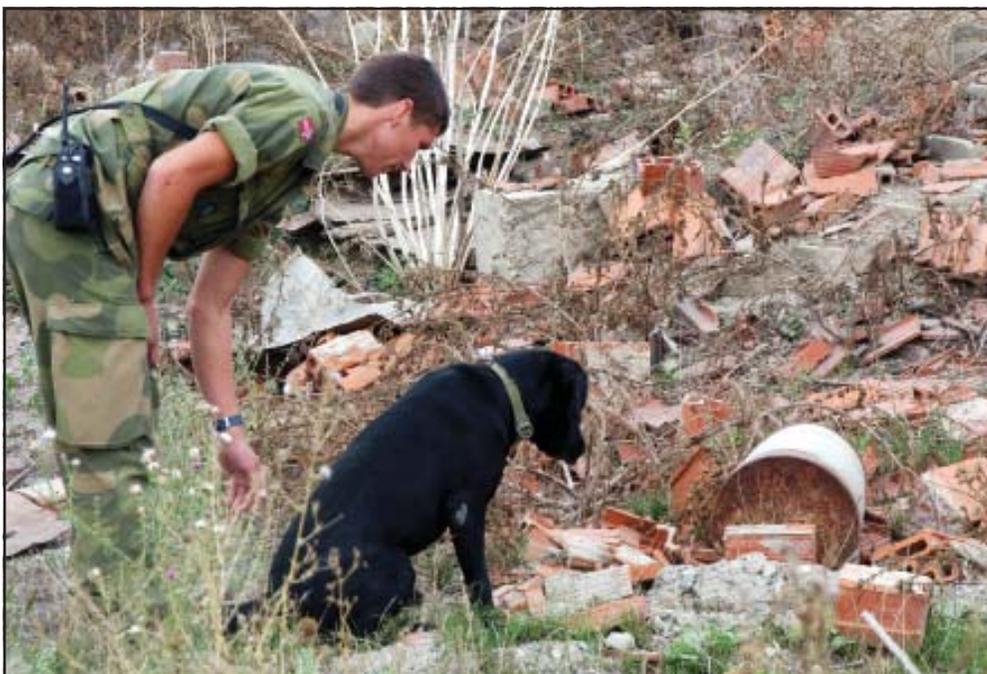
Catchings stated, "The longer an odor has been there, the bigger the area of saturation is, so the dog can hit in an area that's saturated with odor, but the bomb might be ten or fifteen feet away."

Sgt. Tom Vollen, a dog handler with the Norwegian Dog Section, added, "We search on aids that have been out for a long time, and that's important so that the dog will be sure what he is searching for."

Norwegian training aids differ from American training aids. This



Above: 1st Lt. Per-Ivar Marthinsen, a dog handler with the Norwegian Dog Section, gives his dog Oscar, a Norwegian patrol and explosives search dog, the command to search a room in an abandoned Kosovo home Sept. 5.



Left: Balder, a Norwegian explosives search dog, stares down a planted explosive he detected during a search outside an abandoned Kosovo home as his dog handler, Sgt. Tom Vollen prepares to reward him Sept. 5.



M

In Honor of...



Story and photos by Pfc. Anaidy Claudio

During Hispanic Heritage month, September 15 to October 15, the United States takes time to learn more about its Hispanic Americans and their contributions to this nation.

Hispanic Heritage month was initiated in 1968 as National Hispanic Heritage Week but was expanded in 1988 to include the entire 31-day period. Hispanic Americans are identified according to where they or their ancestors came from. Many Hispanic Americans trace their roots to the cultures of the indigenous peoples of the Americas: the Arawaks in Puerto Rico, the Aztecs in Mexico, the Incas in South America, the Mayans in Central America, and the Tainos in Cuba, Puerto Rico, and other places. Some trace their roots back to the Spanish explorers. Other Latinos trace their roots to the Africans who were brought as slaves to the New World.

According to the US Census Bureau, there are more than 37 million people in the United States of Hispanic origin. In fact, it is the largest minority group in the country.

At Camp Bondsteel there are a variety of Hispanic American soldiers from the US, Puerto Rico, and Mexico, giving Kosovo a good handful of service women and men of Hispanic heritage.

1: Spc. Jon Hallinan, Task Force Paxton, 1-111th Infantry Battalion, combat medic.

2: Sgt. Claudia Colin, Task Force Med Falcon postal non-commissioned officer in charge.

3: Sgt. John Guzman, Task Force Med Falcon S-4 non-commissioned officer in charge.

4: Sgt. 1st Class Margaret Ruiz, Task Force Med Falcon Patient Administration Division non-commissioned officer in charge.

5: Staff Sgt. Luis Torres, Headquarters, Headquarters Company, 56th Brigade, Billeting non-commissioned officer.

6: Sgt. John W. Lugo, Company E, 728th Medical Support Battalion combat medic.

Learning about Hispanic heritage is a good way to understand America, its culture and the people that comprise it. Some of the finest Hispanics serving their country are on Camp Bondsteel.

Spc. PedroJuan Parilla Soto, HHC, 56th Brigade, driver for Chief of Staff Col. Timothy Bartholomew, was born in Carolina, Puerto Rico. Soto moved to north Philadelphia with his mother and sister from Puerto Rico at the age of ten. His mother decided the move would be good for them because they had more family in Philadelphia.

"I've been blessed to where people don't look at color," Soto said. He joined the military right after graduating high school. His mother inspired him to work hard and never depend on handouts to live. Soto has a daughter, Priscilla, who is of Puerto Rican and Irish decent. He thinks it is important for her to know both backgrounds and doesn't want her to miss out on anything. Priscilla is learning Spanish from Soto's mother and sister and he plans to take Priscilla to Puerto Rico to give

her a culture shock and teach her that not everything revolves around north Philadelphia. He believes teaching her about her Hispanic heritage and Irish heritage will strengthen her understanding of what it is to be an American.

1st Lt. Rachel Lee Ramos, a Tactical Human Intelligence Officer with the 415th Military Intelligence Battalion



B

Heritage...



N

Hispanic...



out of Baton Rouge, Louisiana, was a little girl when she discovered her love for the “green.”

“My father was in the service for 26 years. I can remember when I was a young little girl and I’d see him go to drills in his uniform,” Ramos said. “I was envious that he got to wear the combat boots and the uniform. I always remembered how he exuded pride by wearing the uniform.”

Ramos was born in Sherman, Texas. She is of Mexican heritage. Her children, Ashley and Alex Quarterman are a mix of Mexican, French, Italian, English, and many other cultures.

“Their father comes from New Orleans, that’s where I’ve lived for the past 14 years,” Ramos explained. “They have so many different heritages, but we were able to integrate both Cajun customs as well as the Hispanic customs.”

Teaching her children about their heritage she felt was important, especially learning the value of knowing a foreign language. America does not have an established official language because of its diversity.

Hispanic Americans also include Puerto Ricans who, in the early 1900s were nationalized as citizens of the United States and allowed to join the army. Hispanics have contributed greatly in the US military. Some of the more famous include Gen. Richard E. Cavazos, the first Hispanic four-star general in the Army, and Brig. Gen. Luis R. Esteves, the first Puerto Rican graduate of West Point and founder of the Puerto Rican National Guard.

Hispanics served in World War I, II, and the Korean War where nine Hispanics received the Medal of Honor. The Puerto Rican 65th Infantry Division was the only all-Hispanic Division to serve during the Korean War. During the Vietnam era, Sgt. 1st Class Isaac Camacho was taken prisoner. After 20 months of capture he made his way to freedom and was awarded the Silver and Bronze Stars in September 1965 and was later promoted to Captain in the U.S. Army. Approximately 80,000 Hispanics served in Vietnam and 13 won the Medal of Honor. In Desert Shield/Storm approximately 20,000 Hispanic servicemen and women participated.

At Camp Bondsteel there are many Hispanic Americans, including those with the 313th AG Postal Co, Det. 1, out of Ponce, Puerto Rico.

“I feel proud to be in the army. I love it. It gives me the opportunity to travel and learn a lot.” said Spc. Carlos Melendez, 313th clerk.

313th Clerk Spc. Damian Vera added, “I feel, being bilingual, that I can use both english and spanish to help me communicate with different people when traveling with the army.”

As our nation takes time this month to honor Hispanic heritage as part of its great diversity of culture, take part in some dancing at MWR’s Latin music Friday nights. Those who know how to dance are always willing to teach and those willing to learn will gain a better understanding of this beautiful and vibrant culture.

- 7: Spc. Cristina Munoz, Task Force Med Falcon operating room scrub technician.**
- 8: 1st Lt. Rachel Lee Ramos Photo submitted by Ramos.**
- 9: Spc. PedroJuan Soto**
- 10: Lt. Col. Diego J. Gonzalez, 2-104th Task Force Aviation flight surgeon.**
- 11: Sgt. Francisco Alvarado, Task Force Med Falcon Radiographer.**
- 12: Spc. Jose E. Rodriguez, Task Force Med Falcon Radiographer.**



(E)

Month...

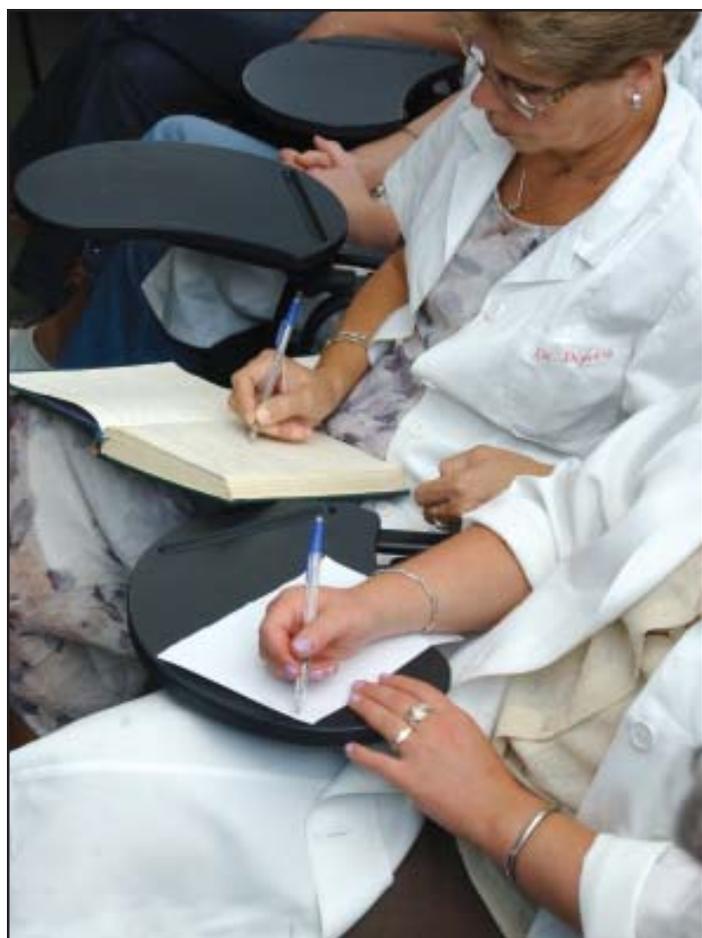
The Best is yet to Come

Story and photos by Staff Sgt. Ken Petzold

FERIZAJ, Kosovo — Is the grass greener on the other side? Does every cloud have a silver lining? Is it always darkest before the dawn? People often look to the future as a place of hope. The whole mission in Kosovo is hung on the hope of a new and brighter future for all its citizens.

Sgt. Claire Zink, respiratory therapist and coordinator for smoking cessation classes at Camp Bondsteel Army Hospital, is helping bring this realization to fruition. She does this by conducting smoking cessation and stress management classes for the local citizens of the Multi-National Brigade (East) area at the Ferizaj Health House. These classes have shown to be lifesaving.

“U.S. KFOR has literally saved our lives. I do not have the words to express the thanks the people of Kosovo have,” Dr. Shyqeri H. Hyseni, director of the Ferizaj Health House earnestly said. “The people of Kosovo pray to God



Medical professionals of the Ferizaj Health House take careful notes from Sgt Claire Zink's instruction on smoking cessation Aug. 29.



Sgt Claire Zink, respiratory therapist for TFMF and smoking cessation instructor, tells 30 health professionals at the Ferizaj Health House Aug. 29 about the benefits of not smoking.

every day to protect U.S. soldiers wherever they are in the world.”

Zink spoke from her heart and 15 years of personal smoking experience as she presented the better things that will come to people who quit the smoking habit.

With a firm and sincere voice, Zink spoke passionately to the 30 Health House employees about what won't enter their lungs if they are tobacco free. There were many small conversations among the group as they were astonished at the list of ingredients inhaled through cigarette smoke.

She listed some of the more well known ingredients: Nicotine, which keeps one addicted; Arsenic= rat poison, acetone= fingernail polish remover; carbon monoxide=car fumes; ammonia=toilet bowl cleaner; formaldehyde=preserves dead bodies; hydrogen cyanide= lethal gas chamber; and methanol=rocket fuel.

As Zink listed these ingredients she did not speak judgmentally but spoke with a sincere desire to help improve the health of the Kosovo people. She encouraged the attentive listeners that, while more than 400,000 Americans die each year due to tobacco use, they could increase their chances for a longer and healthier life by eliminating tobacco from their life.

Zink continued as she carefully laid out the many aids available for renewing one's lungs and life. One of those is medication that helps defeat the tobacco addiction. While

the two main prescriptions accomplish the same goal, they do so in different ways.

The first, a Nicoderm patch, keeps a person's nicotine level high enough to avoid withdrawal symptoms during cessation. While on the patch, one does not experience nicotine withdrawal but deals with behavioral withdrawals. The smoker has to break the physical action of putting a cigarette to their mouth. Over time, the physical habit can be replaced by more beneficial actions, while the body's nicotine level is gradually decreased.

Next, Zink covered how and why the medication Zyban would be used. It is a non-nicotine aid to smoking cessation. It helps by lessening the effects of anxiety and depression, which can often accompany smoking cessation. A person would use this to help counteract the behavioral difficulties one may encounter.

Assistance from medicines has shown to be effective to many who are trying to quit the smoking habit. Yet there are other aids that may be even more important and effective than the pharmaceutical help.

The health professionals listened as Zink explained to them that the individual has to want to change. "There is no magic pill," Zink emphasized. "If the person is not totally committed to changing their life, nothing can help them."

She emphasized some of the ways that have been shown to help cope with ending the nicotine addiction. "You should avoid high risk areas. These are places where you are used to smoking or where others smoke. Review your reasons for quitting. Increase your physical activity and break old habits that could lead to smoking."

As Zink summarized the main points, she also emphasized the positive changes one could expect from smoking cessation.

"It will be easier to cope with your urges. You will have less coughing, an improved sense of taste and smell, not to mention your hair and clothes will smell better," Zink emphasized.

This MNB (E) soldier didn't pull any punches while addressing this life or death issue. She spoke with authority yet with obvious concern for the people attending the class and the future citizens of Kosovo.

Dr. Hyseni ended the session by saying, "I hope in the future KFOR will continue to help. We are especially grateful in that we Kosovars can't find anything that will match your mission to us."

A mission of MNB(E) is to provide a safe and secure environment for those living in the sector. And it is through classes such as Zink's, that the health of this and future generations will be safe from death and disease due to tobacco use. The best is truly yet to come for those who are wise enough to follow Zink's instruction.

A Breath of Life



Staff Sgt. Rodney Childers and his family pose for a picture. He hopes not smoking will ensure many more annual pictures with his family.

Story by Staff Sgt. Ken Petzold

The Code of Conduct gives U.S. military personnel the courage to keep from surrendering. And, if taken prisoner, it inspires one to live through capture and escape from the enemy.

While Staff Sgt. Rodney Childers, non-commissioned officer-in-charge of 427th Medical Logistics Company medical maintenance section for Task Force Medical Falcon, has not been an enemy prisoner of war, he has recently escaped a powerful and deadly enemy.

"On July 5, my youngest son's birthday, I quit smoking," explained Childers. "After starting (smoking) in basic training 20 years ago, I could really feel it when running. Besides that, my youngest son started to imitate my smoking habits. I knew it was time to quit."

Childers shared more of his incentives for escaping from the tobacco's chains. The money he will save from not smoking will be enough to take his family on vacation. He expressed the sincere desire to be able to play with his children and eventually grandchildren without having to deal with the effects of smoking.

It seems somewhat ironic that while he started smoking when he began his military career, his being deployed to Kosovo, near the end of his Army career, was an impetus for quitting this 20-year-old addiction.

"This (deployment) is a most opportune time to quit. When I have mood swings my family won't have to deal with them. If I gain weight, I have lots of ways to work it off. The medications are free. There are just too many good reasons to quit," Childers emphasized.

The hardest part of quitting for Childers is fighting the urge and desire to smoke again. While Childers still faces a tough challenge ahead, he expressed how disappointed he would be with himself if he started smoking again.

Childers doesn't face his joyous battle alone. All his co-workers and friends at TFMF support him.

His support comes in varied forms. One of the most helpful ways is through Sgt. Claire Zink, TFMF respiratory therapist and smoking cessation counselor.

"She (Zink) is lots of help. She told me what to expect, worst case scenarios, and options available," Childers explained.

Even though Childers faces the battle every morning, he sees his daily victory every night as he lays his head on his pillow. With every moment of being tobacco free, Childers is breathing the breath of life; his and his family's.

A Healing Hand:

TFMF Soldiers Share and Care at Gjilan Hospital

Story and photos by
Sgt. Heidi Schaap

GJILAN, Kosovo – The Gjilan Regional Hospital is a bustle of activity every Wednesday, when a small group of Task Force Medical Falcon soldiers from Camp Bondsteel travel there to teach, learn, operate and even love the tiniest patients.

A TFMF group has been visiting the hospital weekly since they arrived at Bondsteel last April, primarily to teach continuing education classes to local staff.

The group also visits a hospital in Ferizaj twice a month to perform the same tasks there.

“Our main goal is to train the trainers,” said Capt. Wendy Linderborg, intensive care unit head nurse at Camp Bondsteel’s Army Hospital, and teacher to the Gjilan hospital staff. “Eventually, (KFOR)’s going to be leaving, so we



Capt. Wendy Linderborg, intensive care unit head nurse at Camp Bondsteel’s Army Hospital, visits with an ill baby’s mother in the pediatric intensive care unit of Gjilan Hospital Sept. 10.



Maj. Stephen Stewart, team chief with the 415th Civil Affairs Battalion at Camp Monteith, interacts with a 14-month old baby through the glass wall of the Pediatric Intensive Care Unit at Gjilane Hospital Sept. 10. Stewart’s unit was delivering toys, candy and comic books to the sick children there.

want them to be able to teach among themselves – to be able to pass on information to others.”

The topics of the weekly classes have included cardiopulmonary resuscitation, shock, and hypothermia.

“The staff seems really, really open to it, and happy to receive the training,” Linderborg added.

“I think that these trips are very helpful to the local medical population,” said 1st Lt. Robert Miller, a TFMF critical care nurse. “The medical community in Kosovo is rebuilding from after the war and does not have the same number of trained, experienced individuals as before the conflict started.”

Fatime Musmurati, who has served at the hospital as an emergency room nurse for 22 years, agreed that the classes were helpful to the staff there.

“Although we have many years of practice, there is always something new to learn, new ways of treating cases,” Musmurati said. “We are very pleased with the classes.”

When the hospital staff is unable

to attend the classes because of incoming trauma cases, Bondsteel's doctors and nurses remain flexible and go to help out where they can.

"We can learn a lot just by seeing them evaluate their patients," Linderborg added.

While class is being taught downstairs, a TFMF surgeon will work with the local doctors in another wing of the hospital.

"Our surgeons teach the doctors here how we do procedures, but they teach ours some as well," Linderborg explained.

Miller agreed.

"The inexperienced hospital workers get new knowledge to build upon their training. The more experienced staff get a good review of the presented topic. The medical officers that present the topics get the ability to interact with a different view of medicine and learn another way to treat soldiers," he said.

But certainly, the highlight of the weekly trip is visiting the pediatric ward, where Army nurses not only learn about local methods of pediatric care, but soldiers also have the opportunity to hold and love the sick children and abandoned newborn babies.

"It's so important that we come," Linderborg explained, "because they really need human touch. It's an important part of getting better."

Maj. Stephen Stewart, a team chief with the 415th Civil Affairs Battalion at Camp Monteith, and his team also visit the children's wing and bring books, toys and candy.

"My heart goes out to all of the poor children of Kosovo, and I wanted to help in whatever way I could," Stewart explained. "This is in addition to "OPERATION CLOTHESOVO," whereby my team has been distributing clothing donated by generous folks in the states, to destitute families throughout the Gnjilan (and) Novo Brdo municipalities."

The TFMF group agreed that it was not just one of these small activities that helped people at the Gjilan Regional Hospital, but the trips were meaningful because the soldiers were able to participate in many facets of patient care.

"All of these combine to help the local medical population to provide a higher level of care to the population of Kosovo," Miller explained.

"Visiting the pediatric (wing) is a major interest to us because we are able to interact with the caregivers there, and either learn or teach each other in different aspects of pediatric care," added Jose Vargas, an operating room technician with TFMF. "Children are definitely our future and we must work together to help them reach their full potential."

Bondsteel's New Theater



Brig. Gen. Jerry G. Beck Jr., Col. McKinley Collins Jr., and Larry Winchester, Brown and Root director of engineering, cut the ribbon so moviegoers could enter Camp Bondsteel's new theater facility Oct. 11.

Story and photo by Spc. Christina E. Witten

Multi-National Brigade (East) soldiers and civilians gathered outside Camp Bondsteel's latest attraction, awaiting the grand opening of the new Camp Bondsteel movie theater Oct. 11.

Morale, Welfare and Recreation, the Army and Air Force Exchange Service, Brown and Root Services, and Area Support Group Falcon joined in an effort to build and open the new theater. The above-mentioned also provided free hotdogs and sodas to moviegoers preceding the ribbon-cutting ceremony.

"The theater started being built almost 75 [to] 80 days ago," Col. McKinley Collins, ASG Falcon commander explained, "but the process of trying to get the funding started almost four months ago. We're very proud

of it. We think it's going to be a great theater."

The new theater offers a number of amenities the old facility couldn't offer such as better seating and lighting.

One MNB(E) soldier, Spc. Matthew Soule, Joint Visitors Bureau driver and radio tactical operator, was especially pleased with the new seating design.

Soule explained, "The seats are fabulous. The chairs are set up so I don't have to see some big guy's head in front of me. I can actually see the screen. I'm very happy about that."

MNB(E) Commanding General, Brig. Gen. Jerry G. Beck Jr., spoke during the ribbon-cutting ceremony and commended Brown and Root Services, ASG, AAFES and MWR for their efforts in making the opening of the new theater possible.

Soldiers Secure Peace

Story and photos by
Sgt. Nathaniel L. Nelson

RANGE FALCON FOUR, Kosovo — Charlie Company, 1-110th Infantry (Mech), once again shook the ground of Falcon Four during gunnery tables six and seven the week of Sept. 15.

Training such as this, in a theatre where the main mission is peacekeeping, may prompt one to ponder the question “Why is training for combat necessary in Kosovo?” It is always necessary for soldiers to maintain their proficiency in tactical operations.

Prussian general and military strategist Karl von Clausewitz, author of “On War” said simply, “To secure peace is to prepare for war.”

Bradley Commander Staff Sgt. Patrick D. Braunlich said gunnery not only sharpens the skills of the crews involved, but also reminds the local populace of the presence of these highly effective weapons systems.

“To secure peace is to prepare for war.”

Karl von Clausewitz

“Just the size of the Bradley is a threat and a deterrent,” said Braunlich.

Braunlich pointed out the exercise is also being used to allow some of the company’s soldiers to cross train in different positions.

In addition to firing rounds down range, troops were also trained at Camp Monteith in preparation for their live fire. Bradley commanders attended a Bradley Crew Evaluator Course while crews spent hours training in a Mobile Conduct of Fire Trainer. The MCOFT simulates the turret environment and operation of the Bradley Fighting Vehicle.

The MCOFT is “directly applicable to what you do at the range,” said Gunner Sgt. Thomas Korman.

On the surface, all of this training may not seem to directly fall into the safe and secure mission in Kosovo. However, when one factors some military philosophy and good old-fashioned common sense, one can easily see the importance of maintaining proficiency with our equipment and perishable soldiering skills.



Upper left: A Bradley Fighting Vehicle sector for targets on Falcon Four Sep

Middle left: Gunner, Spc. Jason Roh company, 1-110th Infantry feeds 25 mill rounds up the feed shoot as part of r ley for fire Sept. 16 on Falcon Four.

Lower left: A Charlie Company, 1-110 Fighting Vehicle shatters the mounta engages a target on Falcon Four Sep



nce, Prepare for War

Vehicle crew scans it's
Sept. 16.

rohm of Charlie Com-
millimeter training
of readying the Brad-
ur.

110th Infantry Bradley
maintain silence as it
Sept. 16.



Above: Bradley Commander Sgt. Benjamin T. Vorpahc teaches Bradley Gunner Spc. Christopher W. Spitznogle how to index ranges on the Bradley Fighting Vehicle in the Mobile Conduct of Fire Trainer on Camp Monteith as part of pre-gunnery trainup Sept. 16 on Falcon Four.

Below: Bradley Commander Staff Sgt. Patrick D. Braunlich observes the impact of a 25 millimeter training round to help his gunner adjust his bore sight prior to qualification on Falcon Four Sept. 16.



Military Service A Plus

Story and photos by
Sgt. Nathaniel L. Nelson

CAMP MONTEITH, Kosovo — As members of Task Force Falcon, many Reserve and National Guard soldiers have the unique opportunity to use the experience gained in Kosovo to aid them in their civilian careers. However as a citizen-soldier serves his or her community, they may have the added benefit of both their careers working together.

One such soldier works in the Camp Monteith Troop Medical Clinic. Physician's Assistant 1st Lt. Matt Bernstein, for Headquarters and Headquarters Company, 1-111th Infantry Battalion, has aspirations of attending medical school upon his return home. Bernstein is a PA in the military and his local community. He says his service in the military will be helpful when applying to the highly competitive Medical University of South Carolina.

According to Bernstein, the experience he is gaining in Kosovo will "show the institution that I bring something new to the class; something different than the average medical student."

1-111th Infantry Task Force



Physician's Assistant, 1st Lt. Matthew Bernstein examines the eyes of 78 year old patient Dragina Arsich during one of many Medical Civilian Assistance Program operations he has participated in during his deployment to Kosovo.

"I think that (Bernstein's) commitment to this level of service can only add to his attractiveness because he shows a commitment to service that many other students will not have been able to demonstrate."

Lt. Col. John Bertolino

Surgeon Lt. Col. John Bertolino, said the experience Bernstein is gaining on this deployment should make him a stronger candidate in the eyes of the school's admissions committee. He cited the immediacy of decision-making skills, demonstrated abilities, and dedication shown in service as factors.

"I think that (Bernstein's) commitment to this level of service

can only add to his attractiveness because he shows a commitment to

service that many other students will not have been able to demonstrate," said Bertolino.

"In my experience as a clinician, as a teacher, occupational medicine physician, family physician, and a practitioner of public health in my community, I would recommend him without reservation," Bertolino said.

Cpl. Scott Nye, a combat medic with HHC, 1-111th, said Bernstein displays leadership in the TMC by teaching and allowing medics to deal with patients autonomously.

"He treats us like one of the guys," said Nye. "He tries to make everybody feel comfortable."

The service, which soldiers give here, can transfer directly to their civilian life. When a soldier serves selflessly, this is an attribute that many civilian employers and educators seek. All soldiers can take their experience in Kosovo with them to use in civilian life.

A Final Cheerio: *British Say Goodbye to Bondsteel*

Story and photo by Sgt. Heidi Schaap

The British contingent of Task Force Medical Falcon ended their mission in Kosovo at a final transition of authority ceremony Oct. 3 at Camp Bondsteel's theater.

The British, from the Royal Navy, Royal Air Force, and British Army, have been an integral part of the Multi-National Brigade (East) medical community since before the Army Hospital was built on Bondsteel in 2001.

The Oct. 3 ceremony was different, however, because the British are not being replaced – there are fewer medical personnel needed in Kosovo as a result of the troop rationalization.

Col. Casey Jones, deputy U.S. Army Europe surgeon, was a guest speaker at the ceremony and also performed the British National Honors on the bagpipe.

"Thank you, not only for what you've done, but also the spirit in which you've done it," Jones said.

"It's important to see what these two nations have demonstrated," he added. "That peoples of two different nations can work together successfully."

Jones said because the two groups had worked together so well, they had surely been a symbol to Kosovo that multi-national cooperation is possible.

After the presentation of awards, Maj. Bibek Banerjee, British TFMF contingent commander, agreed with Jones' sentiment.

"Our two nations have recognized that when we stand together we form an unbreakable bond...defending each of our nations and the world against tyranny and terrorism," he said.

Banerjee also spoke of the seamless blending of professionalism and friendship the two groups shared as



Deputy Commander for Maneuver Col. Phillip Carlin presents a plaque to British TFMF Contingent Commander Maj. Bibek Banerjee at the British farewell ceremony Oct. 3 at the Camp Bondsteel theater.

the only bilaterally integrated hospital in the U.S. and U.K. military systems.

Banerjee concluded the ceremony with famous words from Winston Churchill.

"This is not the end. This is not even the beginning of the end. But it is, perhaps, the end of the beginning."

Assistant Secretary of the Army Visits Camp Bondsteel



Reginald J. Brown, assistant secretary of the Army for manpower and Reserve affairs, answers soldier's questions at the Camp Bondsteel south dining facility Sept. 25.

Story and photo by Sgt. Neil K. Simmons

Reginald J. Brown, assistant secretary of the Army for manpower and Reserve affairs, visited Camp Bondsteel Sept. 25 and 26. While here, he met with soldiers and toured the camp to determine the level of morale amongst the Army Reserve and National Guard troops.

"They seem to be doing very well and morale seems very high," Brown said.

"Their welfare is of great concern to us. We could not fight this global war on terrorism without them."

Brown met Bondsteel soldiers at the south dining facility V.I.P. room to visit with them over dinner. After the meal, he listened to their concerns and answered questions about the Army. Brown also spoke about the global war on terrorism.

"The fight against terrorists now is happening (in Iraq) and we have to see it through," said Brown. "The Army is an important contribution to the defense of the United States."

The following morning, Brown continued his tour of Army units in Europe, heading to Bosnia and later to CENTCOM.

Doing Their Part: *the*



Cpl. Sotirios Tsentos, 506th soldier, offloads supplies to Ferizaj Hospital Oct. 8.



Sgt. 1st Class Georgios Makris (left) and Cpl. Sotirios Tsentos (right), 506th soldiers, carry furniture to Ferizaj Hospital Oct. 8.

Story and photos by Spc. Christina E. Witten

FERIZAJ/UROSEVAC, Kosovo – Children's faces, beaming with glee, greeted 506th Mechanized Battalion (Greece) soldiers as they arrived at Ferizaj Hospital to



Sgt. Georgios Panagiotidis, 506th soldier, brings furniture to Ferizaj Hospital Oct. 8.

deliver food, furniture and supplies Oct. 8.

The 415th Civil Affairs Battalion and the 506th organized the delivery in a joint effort to help Kosovars in the Ferizaj/Urosevac area.

Sgt. Maj. Haralampos Zografos, 506th training and planning officer's assistant, explained, "With the help of civil affairs, we delivered some humanitarian aid to the hospital in Ferizaj. We coordinated this event with the U.S. to help the local population."

Capt. William Lawson, 415th civil affairs team two chief, stated, "We brought them a lot of office supplies to help them with administrative work, tables that they can use for examinations, medical cabinets to put supplies in, and food for their patients."

Zografos hopes the delivery will bring relief to the people of Ferizaj/Urosevac.

"We want them to know that we are always next to them, helping them with their problems," Zografos explained.

Sgt. Vasilios Stamatopoulos, 506th public relations sergeant, finds great satisfaction in humanitarian aid missions such as this.

Stamatopoulos explained, "We brought supplies in order to make the patients' lives better and more comfort

506th Delivers Aid to Ferizaj Hospital



Sgt. Evaggelos Barounis, 506th soldier, delivers food to Ferizaj Hospital Oct. 8.



Staff Sgt. Lampros Nikoy (back left), Spc. Nikolaos Vamvakousis (front left), and Sgt. Evaggelos Barounis (front right), 506th soldiers, transport supplies and food to Ferizaj Hospital Oct. 8.

able. I want to do my best to become their friend and to help them as much as I can. I am very happy I'm here today."

For 506th physician 1st Lt. Charalampos Koumaras, the experience was also rewarding, but he believes KFOR still have much more help to offer Kosovo in the field of medicine.

Koumaras stated, "It's filling. You feel like you're doing something good for your fellow person who does not have the same opportunities we get back home. I think that it's going to be a long process before things get smooth around here, but every step we make is an important advance."

The hospital staff was very appreciative of the aid delivered by MNB(E) soldiers.

Lawson explained, "What we brought today is definitely going to help them. They need a lot of equipment and a lot of supplies. They're very happy with the supplies they got."

The 506th was essential in the success of the delivery.

"I'm very grateful for the 506th for their help," stated Lawson. "They've been very supportive of us since they've come on ground. They show a lot of motivation, a lot of drive. They really want to get the job done, and I think they're going to do a very good job here."

Tops in Blue Dazzles Soldiers

Story and photos by Sgt. Neil K. Simmons

The Air Force's Tops in Blue gave a dazzling performance to soldiers at the Camp Bondsteel movie theater Oct. 6. The sound of their live band and vocalists could be heard around camp as they sang and danced on stage for hundreds of Multi-National Brigade (East) personnel. The



group of talented airmen visited Kosovo as part of their annual world tour of U.S. military bases, bringing a touch of home to soldiers deployed overseas. This year's tour also marked 50 years since Tops in Blue was originally founded by Air Force Maj. Alvin E. Reilly as a talent contest to recognize the entertainment capabilities of airmen in any career field.



25 Millionth Customer



From left to right: John Cowing, Brown and Root Services project general manager; Brig. Gen. Jerry G. Beck Jr., MNB(E) Commanding General; McKinley Collins Jr., Area Support Group Falcon commander; Spc. Adam Simcox, Headquarters, Headquarters Company, 2-112th Infantry Battalion, radio and telephone operator; Col. Timothy L. Bartholomew, MNB(E) Headquarters Chief of Staff; and David Capouya, Brown and Root Services southern Balkans regional project manager. Simcox of Clearfield, Pa. is presented a plaque by Brown and Root Services Sept. 10 at Camp Bondsteel's South Dining Facility. He was the 25 millionth customer served in Kosovo by B&RS since the start of U.S. Army operations in April 1999. Photo by Sgt. Neil K. Simmons.

Did You Know? or Should You Care . . .

Right-Handed Buttons

The origin of right-handed buttons on men's shirts stems from battles where they wore armor. With most men being right handed the armor needed to overlap so that a sword could not enter through the gap during a right-handed blow from an adversary.

Killer Fleas

Fleas have killed more people (due to Bubonic plague and such) than all wars throughout history combined.

Dueling Donors

You may legally participate in a duel in Paraguay if both participants are registered blood donors.

How to panic an Elephant

The Romans defeated Hannibal's elephants after they found that the elephants were afraid of the smell of horse blood. On the battlefield they slit the throats of their own horses in order to cause the enemy's mounts to panic.

Source: History Channel

BOOM

There's enough water pressure in one onion cell to cause a steam engine to explode.

PVT. MURPHY BY SGT. 1ST CLASS MARK BAKER



www.pvtmurphy.com

A lot of SPAM

On this planet there is a can of SPAM opened every four seconds.

YELLING a long time

If you yelled for 8 years, 7 months and 6 days, you will have produced enough sound energy to heat one cup of coffee.

Chaffanue

The name for the middle part of the nose (the part that separates the nostrils) is called a chaffanue.

Fishy Lipstick

Most lipstick contains fish scales.

Jiffy Time

A 'Jiffy' is an actual unit of time equal to 1/100 of a second.

SOURCE: www.worthlessfacts.com

Your Family Might Be Too Hooah IF . . .

Your minivan is equipped with blackout lights.

Your house has sector sketches posted by every window.

You give the command "Fix Bayonets" at Thanksgiving Dinner.

Your 3rd grader calls recess "smoke break."

Your kids get an LES with their allowance.

Your kids recite the ABC's phonetically.

You butter your toast with a bayonet.

Your POV has your name stenciled on the windshield.

Your daughter's dolls wear starched uniforms.

Your kids take a monthly UA test.

Soul Food: *A message from the Chapla*



Spc. Ryan B. Tyrrell
MNB(E) Deputy Chaplain's Assistant

By Spc. Ryan B. Tyrrell
MNB(E) Deputy Chaplain's Assistant

As I sit here writing this today, I vividly remember that cold February day in Johnstown, Pa., when I got the call. It was the call that makes significant others' hearts skip beats, employers wince and soldiers check the caller I.D. to make sure a comrade isn't playing a cruel joke on them. The division Chaplain's Assistant called just as I had laid down to rest before a hockey game. I was being mobilized to a foreign land I had studied only weeks prior in economic geography: Kosovo.

As diverse as the soldiers on this mission, are their own personal accounts of selection. Whether it be part of a unit mobilization or being assigned to another unit, as in my case, one fact is universal for us all: We are here, and for the majority of us, will be here until February of 2004.

That is a powerful and sobering statement for some. It means a year away from the lives to which we were accustomed, our families, our careers, our plans for the moment and for many of us, either Pittsburgh's own Primani Brother's sandwiches or Philly cheese steaks.

Many people, myself included, initially found this to be a difficult reality to accept. How could I swallow the fact that I was to set aside my aspirations to pursue a degree in secondary education? Could I really handle assuming the role of full-time soldier deployed to a hostile fire/imminent danger zone while my friends from school went to the Caribbean for spring break, advanced in school, and enjoyed what one might call "the good life?"

You can insert your own personal sacrifices to the aforementioned scenario, but inevitably, it may bring us to

feelings of frustration, bitterness, hopelessness, and disorientation. Often, finding enough motivation to crawl out of bed can be a challenge if one feels they have nothing to look forward to. Left to their own devices, these feelings can make an already challenging deployment downright miserable. By grasping a positive outlook on the situation, and living in "day-tight compartments", however, one can approach the rest of this deployment with enough vigor to successfully complete this rotation.

There are very few things I can promise you beyond any doubt, but this is one of them: the sun will come up in the morning and go down again in the evening. The bottom line is this: This deployment, like the rise and fall of the sun, will come and go. The question is, what are you doing, right here, right now, today, to better yourself, your family, the land of Kosovo and your nation? Will you take this time to further your spiritual walk, to lose that last ten pounds, to enhance your career development, to mature emotionally and mentally or will you return to home station no better a

man or woman than when you left? The choice is yours and yours alone; once one accepts that small yet empowering fact, the keys to a relatively bright remainder of this deployment fall within your grasp.

As football season rolls along, I cannot help but to think of the true dedication required at the premier levels of the sport. These men do not just don helmets come fall and soak up the accolades that go along with being a professional athlete. It takes year-round commitment to improving themselves physically, mentally, emotionally and spiritually to make themselves the best and be privileged enough to play professionally. The hard work that goes along with being a soldier in the world's most powerful military force is no different.

Our business is a tough, demanding, dirty, sweaty job, which very few people have the raw courage to do. It is because of this that we are the most respected and admired lot in the United States. Through our basic courses, we have earned the privilege to be called soldiers. Moreover, through our blood,

sweat, toil and tears we are earning our way to becoming part of an elite corps of veterans. A corps that has put their lives on the line to uphold and defend the Constitution of the United States, and that is something of which to be proud.

"It means a year away from the lives to which we were accustomed, our families, our careers, our plans for the moment and for many of us, either Pittsburgh's own Primani Brother's sandwiches or Philly cheese steaks."

Spc. Ryan B. Tyrrell

Chapel Services

Camp Bondsteel North

Sunday

0800 Liturgical Protestant
0930 Roman Catholic Mass
1100 Contemp. Protestant
1400 Gospel

Tuesday

1200 Roman Catholic Mass

Wednesday

1900 Bible Study
2030 Gospel Choir Practice

Thursday

1900 Roman Catholic Mass

Friday

1900 Prayer and Bible Studies

Saturday

1200 Praise Team Practice
1900 Gospel choir

Camp Bondsteel South

Sunday

0800 Roman Catholic Mass
0930 Non-denominational
Christian
1300 Latter Day Saints
1930 Non-denominational
Christian

Monday

1200 Roman Catholic Mass

Saturday

1930 Roman Catholic Mass

Camp Monteith

Sunday

0900 Bible Study
1000 Collective Protestant
1200 Latter Day Saints
1700 Contemporary Praise
and Worship
1900 Roman Catholic Mass

Tuesday

1900 "Building a Relationship
Foundation" study

Friday

1300 Muslim Service



Left: Task Force Associator S-4 Non-Commisioned Officer in Charge Sgt. 1st Class Donald E. Frantz (Left) and Spc. Angel A. Rosado, unit supply specialist, move a pallet of water at Camp Monteith. It is their duty to keep the task force equipped with whatever they need. Photo by Sgt. Nathaniel L. Nelson.



Above: Sgt. Royce Schleeter, a senior desk sergeant with the 1137th Military Police Company, works at the Camp Bondsteel Provost Marshall Office. The Mexico, Mo. native says his main tasks are to complete paperwork, review reports for accuracy and answer questions. Photo by Sgt. Heidi Schaap.



Above: Camp Monteith Finance Non-Commisioned Officer in Charge Sgt. 1st Class Ray F. Archer of 628th Finance Detachment checks the World Wide Web for guidance on finance regulations. Photo by Sgt. Nathaniel L. Nelson.

“Sixteen Candles” 16 Years Later

By Sarah Hall
E! Online, October 14, 2003

Pull out the yearbooks, throw on the varsity letter jackets—it's high school reunion time for the gang from the 1984 John Hughes comedy.

32 Candles will update the lives of Sam Baker, Farmer Ted, Long Duk Dong and the rest of the gang.

“Our goal is to pay homage to as many of the original characters as possible,” David A. Newman, one of the writers chosen to pen the update, tells *Variety*. “Who wouldn't want to write this?”

The original film was based around Samantha Baker's (Molly Ringwald) 16th birthday, a day that went unobserved by her family. The made-for-television special will pick up the story around Sam's 32nd birthday.

Keith Merryman, the other writer on the project, called *Sixteen Candles* “a film that anyone who's Gen X on down has seen a hundred times. It's like a comfort film.”

So far, no word on whether the original cast will be approached for the sequel. Ringwald's manager had no comment on the project.

The special lies in the hands of USA Network. Anthony Michael Hall, Sam's nerdy admirer, Ted, in the first flick, has current ties with the network—he stars in their series *The Dead Zone*.

The original film also featured John Cusack (news), Joan Cusack (news) and Edward Andrews.

Buffy Shutt and Kathy Jones, producers of the 2002 surf-pop flick *Blue Crush*, will shoulder the responsibility of producing *32 Candles*, along with Ken Holdren.

It's not a task they take lightly. “We're all so concerned about getting it right, because it's such a beloved property,” Jones tells *Variety*.

Simon and Garfunkel Open ‘Old Friends’ Tour First in Two Decades

By Jason Straziuso
The Associated Press, October 17, 2003

WILKES-BARRE, Pa. (AP) — First was the guitar, then a roar, and “The Sound of Silence” was no more.

Breaking a two-decade drought without a concert tour, Paul Simon and Art Garfunkel took the stage Thursday night before an enthusiastic older audience that seemed happy to relive the popular songs of their youth.

When the 1960s folk-rock duo began to play “The Sound of Silence” midway through the concert, the crowd crescendoed to such a clamor that the two stopped singing after a couple words. The singers shared a sheepish smile as Simon vamped on guitar until the din died down.

It wasn't just the crowd that was in a good mood. Simon and Garfunkel seemed happy too, often exchanging warm smiles and pats on the back.

Before the concert, a video montage showed scenes of Simon and Garfunkel and news events from years past — the duo in their youth with full heads of hair, a shot of the first moon landing, a peace sign made of airplane contrails.

When the lights came up, Simon, with guitar in hand, and Garfunkel, wearing his signature black vest, took the stage to a standing ovation to kick off their 40-date tour — their first since 1982-83.

The two opened the show with the song “Old Friends” — also the title of the tour — whose lyrics could serve as a reminder that their friendship, strained at times, dates back to childhood.

The audience of 9,000 was more balding heads and graying hair than 20-something rockers, but there were lots of smiles, bobbing heads and clapping hands all around.

The duo, which has sold more than 40 million albums in the United States, played crowd favorites “Scarborough Fair,” “America” and “Mrs. Robinson.” Simon belted out a portion of “Bridge over Troubled Water” and Garfunkel easily hit the high notes on “The Boxer.”

“They sound as good now as they did back then. Unbelievable,” said Tony Stringent, 43, of Hazleton. “I'm going to see them again in 20 more years.”

Until a performance at the Grammy Awards in February, the pair hadn't played together since 1993. That their friendship has been rocky is no secret.

“We met when we were 11, we started to sing when we were 13, and we started to argue when we were 14,” Simon joked to the crowd.

Garfunkel said the two met in the sixth grade in 1953. “And it occurs to me that it's been 50 years of this thing we do,” he said.

“The Sound of Silence” was released in 1966. Simon turned 62 on Monday and Garfunkel turns on 62 Nov. 5. In a line from “Old Friends,” the singers ask: “Can you imagine us years from today, sharing a park bench quietly? How terribly strange to be 70.”

Before the end of their final song, officially “The 59th Street Bridge Song” but better known as “Feelin' Groovy,” the duo shadowboxed before holding each other's hands above their heads.

The concert was punctuated with mini-standing ovations, both when familiar tunes began and when they ended.

Concertgoers said they were happy with the duo's sound.

“I thought Art was absolutely fabulous. Paul was good too, but Art was wonderful,” said Fran Pantuso, 42, of Moscow, Pa.

Soldier on the Street

What is the best Halloween costume you've ever had?



Justin Beard

Rank: Spc.
Unit: 1137th MP Company
Job: Military Policeman
Hometown: Hornersville, Mo.
Quote: "Smurf."



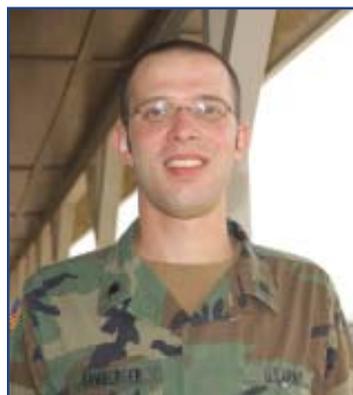
Daryl Brooks

Rank: Spc.
Unit: Headquarters, Headquarters Company, 1-111
Job: Mail Clerk
Hometown: Philadelphia, Pa.
Quote: "A ghost costume when I was 14 years old."



Elizabetta Yokopenic

Rank: Spc.
Unit: 448th Civil Affairs Battalion
Job: Economic Team Member
Hometown: Arlington, Wa.
Quote: "A devil costume when I was little that my mom picked out."



Eric Hamberger

Rank: Spc.
Unit: Task Force Falcon Judge Advocate General
Job: Legal Assistant
Hometown: Hanover, Pa.
Quote: "Pirate."



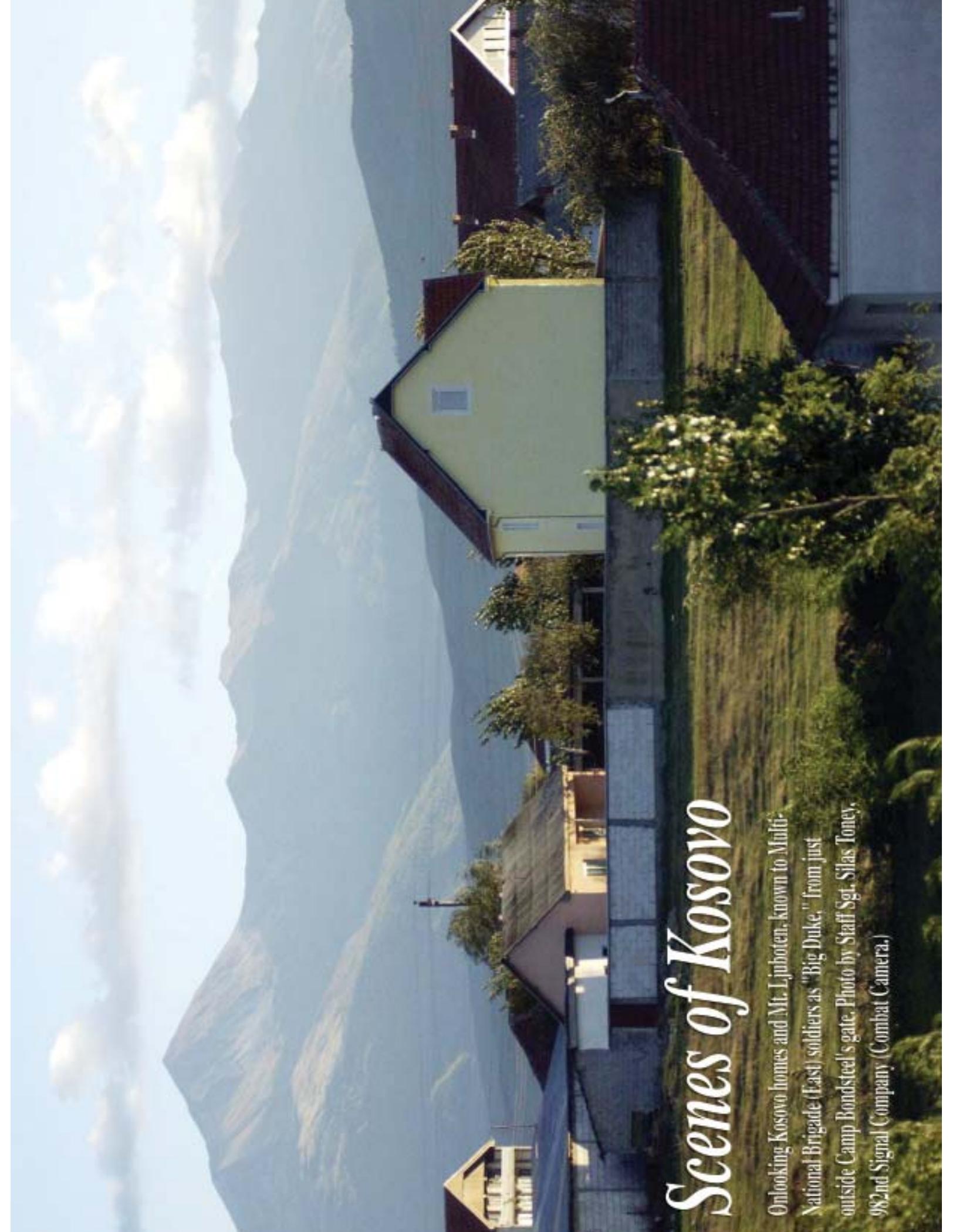
Chas Johnson

Rank: Spc.
Unit: Task Force Falcon Safety Office
Job: Safety Assistant
Hometown: Harrisburg, Pa.
Quote: "Dalmation."



Chris Kelso

Rank: Staff Sgt.
Unit: Area Support Group Falcon
Job: Area Support Group Base Defense Operation Center NCOIC
Hometown: Smyrna, Tenn.
Quote: "Daffy Duck."



Scenes of Kosovo

Onlooking Kosovo homes and Mt. Ljuboten, known to Multi-National Brigade (East) soldiers as "Big Duke," from just outside Camp Bondsteel's gate. Photo by Staff Sgt. Silas Toney, 982nd Signal Company (Combat Camera.)