Day of honor

Camp Atterbury personnel participate in area ceremonies.

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Holiday for all

Military strives to honor all religions and traditions for holidays.

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THE CRIER

CAMP ATTERBURY & MUSCATATUCK URBAN TRAINING CENTER

DECEMBER 2009

FREE

VIBRANT RESPONSE

Exercise prepares military responders for emergency

By T.D. Jackson
CRIER STAFF WRITER

With an exercise the magnitude of Vibrant Response comes the need for interagency communication, team/unit cohesion and quick reaction time.

Vibrant Response, an exercise that simulates a terrorist nuclear attack in the United States, implements those three tenets in order to accomplish the mission at hand — working together to help save lives.

More than 4,000 military and civilian participants converged on Camp Atterbury Joint Maneuver Training Center, Muscatatuck Urban Training Center and its surrounding communities Nov. 5-12 to participate in the training exercise that would put their capabilities to the test.

Air Force Gen. Victor E. "Gene" Renuart Jr., the commander of North American Aerospace Defense Command and U.S. Northern Command, explained that when attacks of this nature surpass the capability of first responders, there are people in place who are trained specifically for such an occasion.

"When an event like this occurs," he said, "absolutely the first people on the scene are going to be the local first responders ... But as you could imagine, an event like a nuclear detonation will rapidly grow beyond the capacity of certainly the local first responders and maybe state and potentially national responders," he said. "And so what we've tried to approximate in this scenario is that those first responders have arrived, they have conducted those initial searches and we've asked for the civil support teams from within the state to come and assess for chemical, biological and nuclear conditions and help us understand what would be required to respond to this."

Early in the exercise, that assessment team was the Ohio Chemical Enhanced Force Protection Package, or Ohio CERFP, chemical and engineering Soldiers and Air Force medics pulled together from the Ohio Army and Air National Guard.

Army Maj. David Mason, Ohio CERFP commander, said the benefit of having the team is that it is set up to be on stand-by alert.

"When looking at a major incident, your initial first responders can only do so much in a certain time frame," he said. "When the FEMA assistance comes in (there can be) a lapse in that response. We're here to fill in the gap. We have the ability to arrive on site within 12 hours of call-up."

The team got its trial by fire during the second simulated nuclear attack on a city. The peaceful neighborhood soon erupted like a volcano: smoke spewed from building windows, fire engulfed wrecked cars and trucks and dazed citizens — bloodied and battered — poured into the streets shouting for medical attention. Some could not be consoled.

"Where is my daughter?" a woman cried. "I'm not leaving without my daughter!"

Bloodcurdling screams and thunderous pounding erupted from the city jail as "prisoners" were determined to not be left behind. Feeling angry and forgotten, they rattled and shook their jail cell bars yelling for someone to help them.

(SEE **EXERCISE**, PAGE 8)

CRIER PHOTOS BY T.D. JACKSON

Left: During the Vibrant Response training exercise, a distraught "citizen" weeps after losing her daughter in a nuclear attack. More than 4,000 military and civilian participants converged on Camp Atterbury Joint Maneuver Training Center, Muscatatuck Urban Training Center and its surrounding communities to participate in Vibrant Response, an exercise that simulates an incident of national significance in order to validate the readiness of the National Consequence Management Response Force. **Above:** Members of the Ohio Chemical Enhanced Force Protection Package slide an injured woman onto a stretcher. After a simulated nuclear attack, the decontamination team was tasked with extracting people from a building within the contaminated area.

The Crier

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Continuing the growth at MUTC

Lt. Col. Chris Kelsey
Commander's Message

The recent U.S. ARNORTH exercise, Vibrant Response, was a huge success at Muscatatuck Urban Training Center! Four thousand participants came to Muscatatuck for the federal emergency response exercise, and this is just the first of many.

We're already gearing up for a bigger and better one in July of 2010 that will help America's Soldiers, Marines, Sailors, Airmen and emergency responders become first-rate at working together for the safety and security of our friends and neighbors.

The facility continues to grow in capabilities and physical structures, with the completion of a new forward operating base near the North Vernon airport that allows us to give much more realistic training scenarios than ever before.

Of course, the construction of new training facilities on Muscatatuck proper continues on schedule with underground tunnels, a subway station, a collapsed parking garage and a seven-story collapsed building structure adding to the realism.

Muscatatuck has also become the home of the State Department's Civilian-Military Training, which prepares civilians from several government agencies for deployment to Afghanistan. The civilians live on a FOB, conduct meetings with Afghan role players and learn to work with the military during everyday overseas operations. That first round being fired from on top of the vehicle they're riding in is always an eye-opener.

Growth will continue at MUTC at an increased rate over the coming year.

With more and more training areas coming online that are unlike anything else in the Army inventory, more units want to train at Muscatatuck than ever. Civilian emergency responders are standing in line to train their people at the facility, as well.

Muscatatuck has truly become the place for realistic urban training, whether it be kinetic or non-kinetic and it just gets better. As we say, Muscatatuck Urban Training Center ... training as real as it gets.

Hooah!

Lt. Col Chris Kelsey is the commander of Muscatatuck Urban Training Center.

Inspirational moment

Contact the chaplain's office for spiritual or counseling needs at 526-1499 ext. 2327 or 526-1151

Nine different faith groups celebrate one or more aspects of their faith during the month of December. The most prominent for the average American is Christmas. Do cultures define their faith or does faith define the culture? What does your life define? What is your faith and does it help you? For the Christian, God was in Christ Jesus reconciling the world to Himself and did that by becoming a man. Does your faith reconcile you to God and does your faith define who you are and that for the good of your culture?

— CH (Maj.) Douglas E. Brown, assistant chaplain

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Lunch date: Troops prepare for Afghan mission by learning local customs

By T.D. Jackson
CRIER STAFF WRITER

Remember what Mom used to say at the dinner table? Sit up straight in the chair! Use your fork! Elbows off the table! As troops at Camp Atterbury prepare to deploy to Afghanistan they were served up some new manners for meal time.

In the traditional Middle Eastern custom, the troops sat on the floor to eat their meal using their hands. As some seemed uncomfortable with making a "mess," others dug right in.

"I have learned that I need to grab more bread," said Maj. Jocelyn Leventhal who is assigned to Provincial Reconstruction Team Nangahar. "Since they took our utensils away and bread becomes your utensil, I should have grabbed another piece," she said, laughing.

This particular group of Provincial Reconstruction Team members, or PRTs, is made up of Soldiers, Sailors and Airmen and upon completion of their training at Camp Atterbury, they will deploy to Afghanistan and work to improve security, economic development and stronger local governance throughout the nation's multiple provinces.

In addition to the usual pre-deployment training — weapons familiarization, land navigation and vehicle maneuvers, to name a few — the PRTs also undergo cultural awareness training. From learning and speaking the Pashto and Dari dialects to understanding customary male and female roles in society, the servicemembers are immersed in the customs of their new home.

Air Force Capt. Tanya Manning, shown at the head of the "table," eats her meal in the customary way of the Middle Eastern culture. Women take their meals in a separate room from men during this traditional Afghan luncheon coordinated by the 189th Infantry Brigade at Camp Atterbury through Indiana University.

CRIER PHOTO BY T.D. JACKSON

"It gives you a snapshot into the situation, things you may not have picked up on through books and other materials," Leventhal said of the training. "You get an understanding not just of what occurs within the borders but international relations, like with Pakistan and neighboring countries."

The Afghan language and culture seminars are coordinated through the PRT trainers, which is the 189th Infantry Brigade, and presented by Indiana University students and instructors.

Afghanistan native Rahman Arman, the lead instructor for the seminars, beamed like a proud papa as his children — his students — spoke in his native tongue.

"Assalamu alaikum," said Navy Lt. Andy Jones, practicing the standard greeting. Arman stood off to the side grinning and encouraging Jones.

"Zema num … Andy Jones day," Jones said, saying his name and rank.

Earlier, Arman had explained the significance of teaching the servicemembers the Afghan customs, specifically how to dine.

"In Afghanistan, maybe the governor of the village invite them to his house," he explained. "In America, we have chair and table. In Afghanistan we don't have this stuff," he said. "They have to go inside of a room and sit down and eat with their hands."

The troops, courtesy of MAC Mediterranean Cuisine in Indianapolis, were treated to "palau," a traditional rice dish, meatballs, chicken kebabs and even "firnee," an Afghan custard.

Air Force Capt. Tanya Manning said the luncheon gave reality to something she previously had only heard about.

"I've seen in pictures the families sitting down (to eat)," she said. "But actually sitting down and going through the ritual with everybody, it's an eye opener. I love it," she said. "I just think it's awesome and I can't wait to go. I think it's a great program and I hope it continues."

Capt. Carla Frederickson of the 189th Infantry Brigade, along with her staff of non-commissioned officers, was responsible for coordinating all of the seminars and the luncheon. The 189th is in charge of instructing all of the PRTs deploying to Afghanistan.

Frederickson said she hoped the luncheon participants walked away with a better acceptance of things that are different than their "normal" habits.

"As ambassadors for the U.S., we want to set a good example and go into a village and have the villagers understand that we are trying to understand them," she said. "So part of doing that is having these servicemembers learn everything from how they eat to how they talk. It's just showing respect."

The PRT members are wrapping up their training at Camp Atterbury and are scheduled to deploy to Afghanistan in 12 to 13 teams this month.

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Command Sgt. Maj. Rodney Spade and 1st Sgt. Daniel Jensen from Camp Atterbury Joint Maneuver Training Center run in Halloween costumes during a 5K Fun Run for breast cancer awareness in late October. The run helped raise money for breast cancer.

CRIER PHOTO BY SGT. WILL HILL

Soldiers run to combat cancer

By Sgt. Will Hill
CRIER STAFF WRITER

Soldiers dressed up in costumes and participated in a 5K Fun Run to support breast cancer awareness and celebrate Halloween at Camp Atterbury Joint Maneuver Training Center. More than 300 Solders participated.

Sgt. 1st Class Lucas Gunter, with the Observe Control Training Team, was the first to cross the finish line with a time of 20 minutes and 10 seconds.

"I am here to help show my support and make people aware of the importance of getting screened for cancer. This disease does not discriminate, it will kill you," Gunter said.

Staff Sgt. Edward Candelario, a mechanic from the 205th Infantry Brigade, said he ran in the memory of a good friend, Michelle, who died of breast cancer last year.

"I am out here today because of two kids that lost their mother to breast cancer. She was a good friend of mine and I am trying to increase awareness of this fatal disease," Candelario said.

Also among the runners, dressed in a giant penguin suit was Lt. Col. Craig Johnson, with the 205th Infantry Brigade who said he was running to help heighten awareness of cancer because his mother-in-law had cancer.

"I am out here to show support in the fight against cancer. My mother-in-law is a cancer survivor so this event means a little bit more to me than other events," Johnson said.

Capt. Andrew Miller, Installation Support Unit commander said: "This was a great turnout, over 300 people came to support breast cancer awareness. Many Soldiers here know someone who has been affected by breast cancer. We have lost a couple of Soldiers recently from different types of cancer and to get this much support is a great thing."

Post hosts community toy and food drive

By Sgt. Will Hill
CRIER STAFF WRITER

To help support the local community, the leadership at Camp Atterbury Joint Maneuver Training Center hosted a toy and food drive so citizens can provide for their families in time for the holidays.

The goal was to collect 2,000 pounds of food and 1,000 toys to be given out to the local community.

Command Sgt. Maj. Rodney Spade, the post command sergeant major, asked every Soldier to contribute by donating non-perishable food items and toys with a price range of $5 to $15.

Toys will still be accepted until mid-December.

"If we do things as a collective body, then we could help more people rather than a few individuals," Spade said.

Spade said with the upcoming holidays, the families that cannot afford food may not be able to buy gifts for their children.

"Could you imagine being a child waking up on Christmas Day and having nothing to open because your family has nothing to give? My heart would break if I was that mother or father," Spade said.

"I believe the Soldiers on this installation are blessed," he added.

"We have jobs and we get paid good money for what we do and we should be giving back to our

(SEE **TOYS**, PAGE 9)

CRIER PHOTO BY SGT. WILL HILL

CRIER PHOTO BY T.D. JACKSON

Above: Donated food awaits delivery at Camp Atterbury. The food drive is done, but toys can be dropped off at Building 1 and Trailer P11 through mid-December.
Left: Sgt. Maj. Jodie Newby puts her non-perishable food items in the collection container for Camp Atterbury's toy and food drive. Leaders at Camp Atterbury Joint Maneuver Training Center said their goal was to collect 2,000 pounds of food and 1,000 toys to give to the local community.

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Overlooked and underused: Hand washing simplest way to stop germs

By Sgt. Will Hill
CRIER STAFF WRITER

The U.S. Centers for Disease Control and Prevention estimates that about 36,000 people die of seasonal flu-related causes each year. The World Health Organization reports H1N1, the pandemic flu that is sweeping the nation, has claimed 4,735 lives in 74 countries.

Pandemic flu is a global outbreak that affects a large portion of the population. To prepare for a pandemic, the U.S. Army Center for Health Promotion and Preventive Medicine advises, among other things, storing at least a two-week supply of water and having extra prescription and non-prescription drugs and health supplies on hand. And of course, the Center suggests getting the flu vaccine.

Sgt. Lenell Applewhite, the assistant non-commissioned officer-in-charge of immunizations at Camp Atterbury, said while getting the flu vaccine helps to prevent one from getting the flu, there is an even simpler way to avoid getting sick if you're unable to get the vaccine right away.

"The No. 1 way not to contract the flu prior to getting the vaccine is proper hand washing," Applewhite said.

Germs are often passed through physical contact and 15 seconds of vigorous hand washing with soap and water washes away cold viruses and bacteria, as well as many other disease-causing microbes.

Too often, Applewhite said, people mistake the common cold with the flu and try to treat them the same.

"They both have similar symptoms, like sore throat, runny nose and coughing, but chicken noodle soup will not stop the flu assault, only medication," Applewhite said.

"Some other home remedies or wives' tales include drinking onion juice, taking a hot shower and — in the Army — doing physical activity. Soldiers think they can sweat the flu out of them, but (prescribed) medication along with proper hand washing is the only way," Applewhite said.

While soup and sweat are not cures for the flu virus, they do have some benefits.

"Exercise will build your immune system and will speed up your metabolism, making more white blood cells to fight off the flu," Applewhite said. "And a healthy body will defend off the flu better than an unhealthy body, so proper diet and nutrition will help," he added.

Sgt. Richard Murrietta, a health care provider at Camp Atterbury, agreed that there are advantages to eating chicken noodle soup when infected with the flu or a cold.

"Chicken noodle soup will break up mucus, keep your body hydrated, and will give your immune system energy to help fight off the flu," he said. "But without seeking medical help, you will only get sicker."

(SEE **FLU**, PAGE 7)

CRIER PHOTO BY SGT. DAVID BRUCE

Staff Sgt. Chris J. Carpenter and Sgt. 1st Class Brian D. Frater, both from Company A, 1st Battalion, 335th Infantry Regiment, pause to use the hand sanitizer station prior to entering King Hall for lunch at Camp Atterbury.

NCOs of the month

CRIER PHOTO BY SGT. WILL HILL

From left: Sgt. 1st Class Michael Barnett, Sgt. 1st Class Timothy Strange and Staff Sgt. David Hawkins were named November's Non-Commissioned Officers of the Month for the Year of the NCO program at Camp Atterbury Joint Maneuver Training Center in a ceremony at the memorial. Staff Sgt. Jody Wilson also received the award, but was not present for the ceremony.

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CRIER PHOTOS BY SPC. JOSEPH RIVERA REBOLLEDO

Above: An American flag decorates a wreath donated by the Columbus chapter of the Elks Club on Veterans Day. The Elks Club members held a brief wreath-laying ceremony next to the Veterans Memorial Parkway sign located at U.S. 31 in Columbus. **Right**: Bill Pumphreys, a member of the Elks Club, salutes a wreath placed at the sign. **Bottom right:** Steven Merkel, 205th Infantry Brigade commander, Camp Atterbury, receives a hug from one of the attendees after the wreath-laying ceremony held by the Elks Club. He was the guest speaker of the ceremony where he thanked the club members for their efforts in honoring the troops.

Atterbury Sol

By Sgt. Will Hill
CRIER STAFF WRITER

Soldiers celebrated Veterans D
different ways: some took pa
reflected on past events and s
Soldiers gave speeches honoring an
those who gave the ultimate sacrific
Soldier witnessed it all.

For Lt. Col. Eric Ebb, a chaplain
Atterbury Joint Maneuver Training
day started off at East Side Elemen
in Edinburgh. The school gymnasiu
in cheers and applause from more t
students and staff members as they
give thanks to veterans and servicem

"Wow, to walk in and have the en
standing and cheering, now that wa
awesome feeling," Ebb said.

The students laughed and asked q
Ebb as he showed them a slide show
helping children in the Middle East

"I love speaking to children at sch
church groups and I tell them about
positive things coming out of the cu
tell them about the children that are
helped by our military," Ebb said.

Rebecca Morrison, a kindergarten
the school, said for the past five yea
have had veterans and Soldiers spea

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dier observes Veterans Day at local events

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CRIER PHOTO BY SGT. WILL HILL

Lt. Col Eric Ebb, far right, a chaplain at Camp Atterbury Joint Maneuver Training Center, sings the National Anthem with the Camp Atterbury Quartet during a Veterans Day ceremony.

school on Veterans Day.

"It is so important for our school kids to interact with Soldiers and learn what they do because Camp Atterbury is so close to the community, and being a military wife, it gives me pride to honor our veterans," Morrison said.

After the kids said their goodbyes, Ebb rushed over to the Prisoner of War Chapel across from Camp Atterbury to perform a wedding for two Soldiers.

Sgt. 1st Class John Piper and Staff Sgt. Kerri Piper, who both work at Camp Atterbury, got married on Veterans Day. After the two said their vows, Ebb hosted a Veterans Day ceremony at the Post Chapel.

"Each year, the 11th hour of the 11th day in the 11th month is set aside to pay tribute to all the veterans who have answered their country's call to protect freedom. We are gathered here today to continue that time-honored tradition," Ebb said during the ceremony.

Before he dashed off to another event, Ebb shared his thoughts on the importance of Veterans Day: "Veterans Day began to recognize the war to end all wars — World War I. Sadly, it did not end all wars and now is a day to recognize the sacrifice of the men and women who have fought in all wars."

Ebb said one of his goals as the post chaplain is to create an environment that helps the Soldiers understand the deeper reason why they are here.

"It is easy to get caught up in your day-to-day training events and lose sight of the bigger picture," he said. "Every Soldier is a part of a global effort to make this world a better place. One of the ways religious support programs help is to conduct ceremonies like we did today… ceremonies that allow the Soldier time for pause to reflect on the legacy that they are inheriting."

✦Flu

(FROM PAGE 5)

If you are sick, the U.S. Army Center for Health Promotion and Preventive Medicine strongly encourages servicemembers to stay home and away from others.

Combat the infection by sanitizing your surrounding environment and practicing good personal hygiene like covering your mouth when you sneeze or cough, and then, of course, washing your hands.

✦Exercise

(FROM PAGE 1)

"Why isn't anyone coming?" they cried to one another.

But someone was coming. Outside, the Ohio CERFP members were performing land surveys to identify the damage, erecting triage centers and setting up decontamination sites. The "decon team" then moved out to rescue the people in need.

Army Cpl. Jaime Ramirez, a chemical, biological, radiological, nuclear explosives specialist with the 379th Chemical Company headquartered in Chicago, said the scenario was as real as it gets.

"It was exciting the second we got in the gate," he said. "The simulated town and wreckage everywhere, role players with simulated injuries. It seems really well thought out."

Every burning car, every trash heap and rubble pile was put in place so people who come to train at Muscatatuck are immersed in the most realistic scenario possible.

Lt. Gen. Tom Turner, commander of U.S. Army North and the Vibrant Response director, describes Camp Atterbury and Muscatatuck as second to none.

"This should be a national treasure," Turner said. "I really think it is a perfect place to do the integration of interagency training. It is an incredible piece of terrain," he said.

Turner said training in an exercise such as Vibrant Response helps the participants work through any kinks that would otherwise manifest at an inopportune time.

"When you show up at an incident of this magnitude, that is not the time to start meeting the players that are going to be involved in this kind of effort," Turner said. "Everyone will get training in their own task that they perform but they'll also go away with a much better understanding of how the pieces fit together, how federal, local and state folks get integrated to conduct this mission."

The nuclear attack was also conducted for the Marine Corps responders from the Chemical-Biological Incident Response Force, or CBIRF, out of Indian Head, Md.

Brig. Gen. Clif Tooley, commander of the Camp Atterbury-Muscatatuck Center for Complex Operations, said that he was honored to support U.S. Northern Command and U.S. Army North in their execution of this year's exercise.

"The size and scope of this event will showcase our unique capability to support large-scale live training of Department of Defense forces missioned to provide support to civil authorities in consequence management," Tooley said. "The Joint-Interagency-intergovernmental team participating in this experience will undoubtedly leave better prepared to perform their mission should they be called upon to do so."

Commentary

Are you covering the pain with a mask?

By Sgt. Maj. Jodie Newby
INDIANA STATE CHAPLAIN ASSISTANT

Last month, a Soldier opened fire on his co-workers — brothers and sisters in arms — and killed 13 people and wounded another 30 at Fort Hood, Texas. I stood in the office watching the news unfold with my own co-workers and recall saying out loud the one thought I couldn't shake: "How do we let a Soldier get that bad?"

The answer to that question is simpler than it should be: Our forces are stressed and our priorities shift with stress. We've put ourselves in a position of being too busy to be healthy; Soldiers work no matter what. We are heroes, we tell ourselves, and therefore stronger than the average man.

In November, we celebrated Veterans Day and a school speaking engagement found me overwhelmed with gratitude and appreciation. This month, D-Day is remembered and another group of appreciated veterans is recognized.

Thinking about those WWII vets, I wonder why their suicide and PTSD rates weren't higher. Can you imagine seeing and going through what they did and coming home healthy and happy? But many of them did just that.

Even the suicide rate for the disregarded veterans of Vietnam is lower than that of our current Iraq vets by 11 percent. Could it be that they came home to a life where Sunday meant church and fellowship instead of football and beer? Or maybe it was the lifestyle of a daily 5 p.m. dinner with the love of a wife and kids at home?

All I really know is that things are not the same for us and we have to find a way to truly become the Army Strong of the commercials. Suicide and homicide are not the traits of strength.

So, the Army is working on it with a Comprehensive Fitness Program focused on training Soldiers to be resilient and how to problem solve effectively. It focuses a lot on optimism, coping skills and mental fitness.

These days, our Soldiers run through the pain, work when sick, and take care of their duties on Sunday mornings instead of spending time in chapel. Soldiers work. Soldiers lead. Soldiers hold their heads high and march on.

Is it our pride that gets in our own way or is it that we've forgotten what it means to be truly healthy? I think it's both.

I think most of us have a Soldier mask we put on with our uniform. We put it on like our socks, never even considering showing up in uniform without it. But behind that mask, who knows what each of us hides?

Me, I hide pain still in place years after a deployment and a two-month period in which I lost everything I held dear — from the hope of having children to the home I loved. Even in the first days, my mask was in place. I hid the tears that were shed at night, and was smiling and professional during my duty day.

The mask hid the anger that resulted with thrown and broken objects throughout my house. It even hid my thoughts of killing

(SEE **MASK**, PAGE 10)

Message from JAG

Remember the ethical rules for gifts during the holiday season

By Maj. Gary Levine
CAMP ATTERBURY JAG OFFICE

The holiday season is upon us. This time of year often involves gift giving between friends and family. But what about gifts in the workplace? To answer that question, we need to brush up on the ethical rules for gifts.

Government employees, including Soldiers, must be careful to follow the rules for gifts in the workplace. The general rule is no gift giving or receiving in the government workplace.

If you follow this general rule, you should never be in violation of ethics regulations relating to gifts. If in doubt, always fall back on the general rule.

Government employees are generally prohibited from receiving gifts from contractors (companies doing business with the government) or their employees. There are some limited exceptions to this rule.

For example, if a Soldier's brother works for a contractor, the brothers can exchange gifts based on their personal family relationship. Also, a gift of perishable food given to an office usually may be consumed by the personnel in that office.

Keep in mind, however, that gifts may never be solicited from a contractor or their employees.

There are also ethical prohibitions on gifts between co-workers. Generally speaking, you cannot give gifts to someone who outranks you or who is superior in your chain of command. As a superior ranking person, you cannot accept a gift from a subordinate. There are some limited exceptions to this rule.

Again, if one sister is a colonel and the other sister is a captain, the Soldiers may exchange gifts based upon their family relationship. Also, office members may voluntarily pool a nominal amount of money from each member to purchase food for an office holiday party. Keep in mind, there are also some other non-holiday exceptions to this rule (i.e., retirement gifts).

If you have any questions regarding gifts, please contact the installation Staff Judge Advocate's office for a legal opinion on whether you may give or accept a gift.

A quick call to the JAG will help keep you out of trouble and in compliance with your ethical obligations.

Maj. Gary Levine is the chief of Administrative Law in the Office of the Staff Judge Advocate at Camp Atterbury Joint Maneuver Training Center. If you have questions involving the application of the Joint Ethics Regulation or other questions related to Government Ethics, please call and make an appointment with your servicing Judge Advocate Office. The Camp Atterbury JAG Office can be reached at (812) 526-1758 to schedule an appointment. It is located in Bldg. 341.

✦Toys

(FROM PAGE 4)

community.

"There are people out there that are hurting and people out there in need so do the right thing and donate," Spade said.

Maj. Douglas Brown, a chaplain at Camp Atterbury, reminisced about hardships his family faced when he was a child and how hard his parents struggled to support their five children.

One morning, Brown said, he walked out onto his front porch and found five bags of groceries sitting there.

"To this day, I still do not know who put those groceries out there, but here it is some 40 years later and I still remember it," Brown said.

"(You can) take the time and effort to make a memory of love for someone, too," he said.

"We as a nation have deeply entrenched values: love, respect, dignity, self worth and hope. When those kinds of values are upheld over generations such as at Christmas and Thanksgiving, they become enforced by emotional connection and association with this time of year.

"Donating helps to not only continue to uphold such values but they also prove the capability we as humans have in showing each other some of the various forms of love," Brown said.

The food drive ended Nov. 15 and food was delivered to local pantries Nov. 20.

The toy drive is scheduled to end mid-December. Toys can be dropped off at Building 1, Trailer P11.

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✦Mask

(FROM PAGE 8)

myself and taking others with me. Yes, I had these thoughts, but they were behind the mask.

I think about how important that mask has been to me, a true priority in my life for more than 22 years now, and how I put my own health and welfare aside to maintain the Soldier appearance and be strong for my troops.

That mask is not the truth of me and it is not healthy. I no longer even think of it as strong.

What is strong is knowing you have a problem and doing something about it.

This year, I found myself at a point where I had to ask for help. If I hadn't, I know I would have done something stupid to get myself killed. I was that bad off and carrying around that much anger. Didn't know? I had the mask.

Now, I am getting help and moving my life in the right direction one step at a time. I see a counselor, I work out more and do yoga to ease the stress. I exercise my soul with meditation and my brain with books. I laugh every day and never fail to take time to thank God for the gifts in my life: love of family, job security and faith in the future. I do my best to make time for my family and ensure they come first when a break in the schedule is available.

No longer am I always the first one in the office or the last one out. I'm not the fastest on the Army Physical Fitness Test and I'm not present at every single event on post. I am no longer the "super trooper" I thought I had to be.

I am, however, always available to my Soldiers, always putting the mission above all else and always taking little breaks for big tasks such as thanking God, talking to my friends and reading something that will make me a better person or at least relaxed and happy for a while.

Asking for help was the hardest thing I've ever done; watching the tragedy at Fort Hood was a close second. How could we let a Soldier get that bad? We let them wear the mask. In fact, we encourage them to put it on.

Suicide rates are incredibly high, divorce in the force is the new norm. It's time to effect change.

Take off your mask and look around. See and be seen. Who's hurting on your team? Get them help, take a step to relieve the stresses on our force. It is one thing to wear the mask — as sometimes it's a necessary evil — but it's another to let the mask wear you down. Perhaps you, like I in the past, have taken it too far.

But it stops right here and I think I'll set a new standard: I can be human and a Soldier — a good one. I'm not just working toward being physically fit but also emotionally and spiritually fit, as well. That's "Army Strong."

Morale, Welfare and Recreation

Local Happenings
Go to www.campatterbury.in.ng.mil

Alcoholics Anonymous
Contact Kevin A. at (317) 604-9217

All Ranks Club/ The Coffee House
Building 300, between Fairbanks and Eggleston streets
Breakfast: All day; Lunch: Daily, 11 a.m.-1 p.m.; Evening: Daily, 4 p.m.-11 p.m.
Phone: 526-1143

ATMs
Building 613 – (Laundry)
Building 300 – (All Ranks Club)

Atterbury Museum
Building 427, Eggleston Street, near entrance to post
Hours: Wednesday, Saturday and Sunday, 1 p.m.-4 p.m. Phone: 526-1744

Barber
Building 613
Hours: Monday, Wednesday, Friday, 9 a.m.-5 p.m.; Tuesday, Thursday, 9 a.m. -8 p.m.; Saturday, 9 a.m.-3 p.m.; Sunday, 3-8 p.m. Phone: 526-1499 ext. 1163

Chapel
Building 327
Hours: Monday-Friday, 7:30 a.m.-6 p.m.
Sunday services: Collective Protestant, 8 a.m. at post chapel. Call 24 hours prior to arrange transportation for all other faith groups. Phone: 526-1151

Concessions Stands
Located on Fairbanks Street and other locations; hours posted

Distance Learning Classroom
Building 332
Hours: Monday-Friday, 8 a.m.-10 p.m.; Saturday-Sunday, 8 a.m.-4 p.m.
Phone: 526-1715

Emergencies
On Post: ext. 1109
Off Post: 526-1109

Housing
526-1411

Laundry/Arcade
Building 613, Gatling Street
Hours: Open 24 hours

Library/Internet Services
Trailer behind concession stand; Parking lot of NCO Club Hours: Monday-Friday, 8 a.m.-8 p.m. Saturday-Sunday, 10 a.m.-6 p.m.
Phone: 526-1499, ext. 2461

Military OneSource
(800) 342-9647

Military and Family Life Consultants
Need to talk? 526-1368
Cell: (317) 370-1747

MWR Outdoor Recreation Center
Building 328, Fifth Street
Hours: Monday-Friday, 8 a.m.-4 p.m.
Phone: 526-1263
Athletic equipment for golf, basketball, baseball, softball, volleyball, football, racquetball, tennis and horseshoes can be checked out. Boats, canoes, barbeque grills and tents available. Use of recreation areas should be scheduled through MWR center.

Outdoor Veterans Memorial
West of main entrance at front of post
Hours: Open to public and Soldiers during daylight hours.

Phone Center
Gatling Street, next to PX
Hours: Open 24 hours, daily

Physical Fitness Center
Building 329, 7th and Eggleston streets
Hours: Daily, 5:30 a.m.-10 p.m.
Phone: 526-1499 ext. 2309
Free weights, mechanical weights and cardiovascular equipment available.
CASPA (spa): Monday, Wednesday, Friday, 9 a.m.-5 p.m.; Tuesday, Thursday, 8 a.m.-8 p.m. (912) 374-7187 (Call by appointment only)

Post Exchange
Building 611, Gatling Street.
Hours: Daily, 10 a.m.-8 p.m.
Phone: 526-1140

Subway
Hours: Daily, 9 a.m.-9 p.m.

Suicide Prevention: Ask, Care, Escort
(800) 273-TALK (Veterans, press 1)

Swimming pool
Building 231
Closed for season
Use of pool for military training or special events should be scheduled through Sgt. Purvis at 526-1149

Troop Medical Clinic
Sick Call Hours: 7-9 a.m. Regular Hours: 7 a.m.-4 p.m. Phone: 526-1120

USO Day Room
Building 230
Hours: Monday-Friday, 8 a.m.-10 p.m.; Saturday-Sunday, 11 a.m.-10 p.m.
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Sunday Morning Worship 10:30 a.m.
Sunday Evening Worship 6:30 p.m.
Wednesday Prayer and Bible Study 7:00 p.m.
Bryan Ries, Pastor
We are located just south of the BP station on west side of US 31.
Email: blueriverbaptist@yahoo.com

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Deputy secretary of state visits MUTC, sits in on Afghan cultural training

By T.D. Jackson
CRIER STAFF WRITER

While in America, a land dispute might be settled in court over months or years of litigation, in Afghanistan it might be talked about over tea. Deputy Secretary of State Jacob Lew witnessed such a conversation Nov. 19 during a training scenario at Muscatatuck Urban Training Center near Butlerville.

Over steaming cups of "chai," civilians with one of the Provincial Reconstruction Teams participating in the Civilian-Military Training program met with Afghan "leaders" who were concerned about the team's impending construction of a dam and a reservoir on their land. The role players, who are actually from Afghanistan, admonished the team for not seeking permission to carry out such a project.

"The issues were laid out in a very credible and authentic way," Lew said, adding that he was glad to see the scenario taught the PRT members how to converse and negotiate with the Afghan leaders.

CRIER PHOTO BY T.D. JACKSON

The United States Deputy Secretary of State Jacob Lew, center, is greeted by a role player portraying an Afghan governor during a training scenario involving a Provincial Reconstruction Team at Muscatatuck Center for Complex Operations.

"It's very important that the lessons learned for this session be something that they can generalize from and understand how to conduct themselves over a course of what would undoubtedly be a series of meetings over an extended period of time," he said.

Lew, along with other key leaders from the U.S. Agency for International Development, the departments of State, Defense and Agriculture and Special Representatives Afghanistan and Pakistan visited Muscatatuck to see first-hand the process of civilian-military training.

"I've been wanting to come to Atterbury and Muscatatuck for some time because we talk about the training here almost every day," Lew said.

As part of a broader focus of operations in Afghanistan designed to include both military and civilian assets, deploying civilians undergo a week-long intensive training regiment at Muscatatuck to include combat lifesaving, cultural awareness, weapons and equipment familiarization and tactics training. Muscatatuck is the only training center for civilians deploying to Afghanistan.

For Kathy Gunderman, a deploying civilian with the U.S. Department of Agriculture, the training has been eventful.

"It's been a heck of a week!" she said, during a question-and-answer session between Lew and the PRTs. "I've got mud in places that I don't even want to discuss," she said, laughing. "I cannot say enough about the military and the Afghan role players. The skills that they have given us this week and the opportunity to fail or do good in a safe setting I feel is setting us up for success to help the Afghans."

Lt. Col. Chester Guyer, commander of the Observer Controller Battalion at Muscatatuck, said the Civilian-Military Training participants are always appreciative when what they're doing is recognized by visits from key leaders.

"I believe the civ-mil participants appreciate whenever senior leadership is interested in what they're doing," he said.

The deputy secretary of state said he found the visit useful and it served as a reminder that there is no substitute for direct contact with the people who are doing the "tough work in the field."

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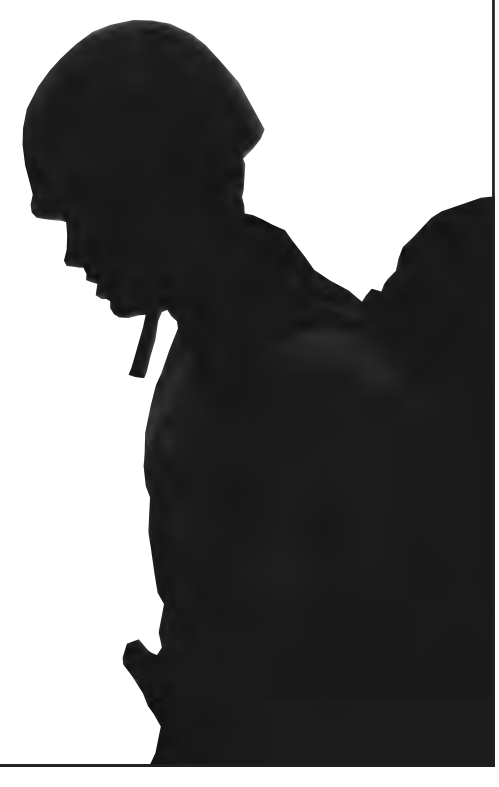

INDIANA TECH | College of Professional Studies

Holiday celebrations must respect military's diverse religious backgrounds

By Sgt. Maj. Jodie Newby
CRIER STAFF WRITER

The face of America and our military is changing. The different races, cultures and religions are rapidly growing throughout the forces and with increased diversity comes an increased need for awareness and workplace "political correctness." The holiday season is not exempt.

More than 2,800 people work at Camp Atterbury and Muscatatuck Centers for Complex Operations and not all consider themselves Christians or celebrate Christmas. The subject has become a hot topic for many as they plan their celebrations at work, making it important to remember that there are policies and guidelines that must be kept in mind to respect the diversity of the workplace.

Indiana Adjutant General Maj. Gen. R. Martin Umbarger signed a policy letter in September 2007 that states: "It is the policy of the Indiana National Guard to capitalize on our diverse organizational climate; a climate that recognizes the diverse qualities of each member and values their individuality in a manner that is free from prejudice or intimidation; an environment where equity and mutual respect are paramount."

There are several holidays one could celebrate during December, including the religious celebrations of Hanukkah, First of Muharram, Yule, Christmas and Kwanzaa. Then there is the "Hi Neighbor Month" and "Read a New Book Month," as well as a time for Pearl Harbor Remembrance Day on Dec. 7. According to one December Special Days Web site, there is even "Wear a Plunger on Your Head Day" on Dec. 18.

CRIER PHOTO BY SGT. MAJ. JODIE NEWBY

Wreaths displaying team spirit or patterned in ACU (Army Combat Uniform) would be respectful of diversity in the workplace, while a star symbolic of the bright star that guided the biblical wise men, would be inappropriate in government offices.

Perhaps most importantly, it's also Universal Human Rights Month. Human rights are what celebrating with diversity is all about.

Lt. Col. Eric Ebb, post chaplain, said the chapel staff will decorate the chapel using lights and evergreens and whatever they have on hand donated by personnel throughout the years.

"The chapel section conducts surveys to find out which faith groups are represented in the mobilizing units," Ebb said. "Then we determine what special needs and services to plan for."

Ebb explained that evergreens, whether wreath or tree, have a role in several different faiths and festivals.

"Evergreens symbolize life in a time of year when there is no other plant growth," he said.

Lights, too, are present in many religious celebrations from Hanukkah, with the candles symbolizing the miracle of the oil that burned for eight days, to the yule log lit by the Anglo-Saxons and Wiccans in celebration of the solstice.

Ebb explained that there are many connections among the various religions that we can celebrate.

"The 27th is Ashura," he said. "It commemorates the martyrdom of Muhammand's grandson and the landing of Noah's Ark on Mount Ararat. So there's a connection that ties Christians, Jewish and Muslim faiths."

Kwanza, Dec. 26 to Jan. 1, is also celebrated with the lighting of candles. According to the Multifaith Action Society, the time is celebrated by many North Americans of West African descent in recognition of their African heritage. Candles are lit for the seven-day festival of Kwanza to commemorate unity, self-determination, responsibility, cooperative economics, purpose, creativity and faith.

Celebrations come in all forms and faiths making it easy to celebrate diversity when you decorate. Lights are festive and fair or take the advice of Camp Atterbury's equal opportunity expert, Vincent Harrington:

"Put up (Army Combat Uniform) stuff!"