



# 10-milers compete, do Fort Polk proud



The race starts and JRTC and Fort Polk soldier Joseph Porter, number 399 in the far left, starts off strong. *Photos by Sgt. Cullen James*

## Sgt. Cullen James 11th PAD

Nearly 18,500 runners braved the chilly Washington, DC weather to participate in the 18<sup>th</sup> Annual Army 10-miler race

Oct. 20 at the Pentagon. The Joint Readiness Training Center and Fort Polk was well represented by two teams who took home honors.

The JRTC and Fort Polk Coed Team finished second in the Military Open Mixed division with a team time of 4:02:55.

In the newly formed Military Sergeants Major division, the Fort Polk Sergeants Major Team also proved

themselves with a combined time of 4:51:41.

"It was a tough race," said Anneke Davis, JRTC and Fort Polk Coed Team captain.

"It was pretty hilly and kind of windy," she added.

This was Davis' first time running the 10-miler and she was pretty happy with her time.

"I told myself I would be happy with anything between 68-70 (minutes). I ran a 69-something, so I'm pleased," she said.

For Philip Johndrow, captain of the Fort Polk Sergeants Major Team, running the race fulfilled an old desire.

"This is my first time running the race. I've been in (the Army) for 23 years and I've always wanted to run. This was the first year they had a

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**Go Warriors!**



JRTC and Fort Polk Coed Team captain Anneke Davis approaches the finish line under 1 hour 10 minutes.

sergeants major category, so I decided to put together a team," he said.

Johndrow explained that he was told that there wouldn't be enough interest at Fort Polk to put together a sergeants major team, but he said, "I got all kinds of responses. They came from all different directions, all of us are different kinds of



Left to right: Walter Jenks (1118), Chris Prior (1003), Patrick Worley and Philip Johndrow get ready for the race to begin.

**See Miler, Page 7**

## From Warrior 6:

# WB welcomes new supporting units

The military is often a tidal wave of unexpected change. This by itself is a neutral factor being neither a bad thing nor a good thing. What we do with this changing situation however, determines whether or not we benefit our environment or create an atmosphere of chaos that hurts ourselves, our families and our units. We are faced with just this condition right now. Are we going to go to war with Iraq or not? Right now, this is a question that has no answer. The principle players involved have not reached a consensus, and until they do, any messages put out regarding this operation are speculative at best.

Historically this state of uncertainty is normal. During Desert Shield, I was the brigade surgeon for the 197th Infantry Brigade. Initially we were not slotted to go, but after the round out brigade for the 24th Infantry Division was unable to certify at the National Training Center at Fort Irwin, Calif., we became the brigade of choice.

Speculation and rumor were rampant at that point. Despite all that, the 197th performed well in the desert and accomplished mission with a minimum of casualties. I medically treated more Iraqi's than I did Americans. There is no intent by anyone to confuse or frustrate soldiers or their families. It is as Clausewitz described "The fog of war."

What can we do as individuals and as a unit to minimize this frustration, fear and anxiety for all? There are many things that can be done.

First off, leaders at all levels need to stop the rumor mill every time they hear it. Be aggressive in the implementation of programs that are designed to assist family members in times of deployment. Emphasize the need to participate in the Family Readiness Groups and the Army Family Team Building program. These groups are designed to assist the family in times of deployment through instruction and familiarization with post organizations that are structured to help the family.

I will tell you with every fiber of my being that the support that I am seeing now is much better than what was available to families during Desert Shield and Desert Storm.

Finally, we can relax and enjoy life. About 150 years ago, the Latter Day Saints were exiled from Missouri and settled in Utah. Many of the members of that church



*Col. Donn R. Richards*

were not going to plan for the long term because they were convinced the second coming was only months away and therefore what was the point? One of their leaders was concerned about this and told his congregation that they should behave as if the second coming was going to be next week, but yet make plans as if they were going to

live forever. He for one was going to plant his cherry tree seedlings. That advice is particularly applicable for now. Soldiers, take care of yourselves, each other and your families. Date your wife or significant other, take trips and make the most out of today. If you have to deploy, then you will have good memories and something to look forward to upon redeployment. If you don't deploy, then you have enjoyed time with each other, your families and friends.

*Warriors*

*Col. Donn R. Richards*

*Acting BDE Commander*



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The editorial content of this publication is the responsibility of the Warrior Brigade S3 and Public Affairs Officer.

All submissions are subject to editing for space, content and security reviews.

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# Surviving stress during Thanksgiving

By Chap (Cpt.) Charles Paul  
46th Engineer Battalion

There's a well known stress scale called the Holmes Stress Scale which lists the 100 most stressful events you can have in life. After much study they have discovered that the single most stressful time of the year is the period between Thanksgiving and New Years.

You start to worry about presents, parties, gifts, and finances. Some even worry about the relatives you're going to have to see.

As we are about to celebrate Thanksgiving. How do you be thankful in tough times? When the economy is not good. When things aren't going your way. Is it possible to be thankful, no matter what the circumstance? Yes it is.

Philippians 4:6 says, "*Don't be anxious about anything but in everything by prayer and petition with thanksgiving, present your requests to God and the peace of God which transcends all understanding will guard your hearts and minds in Christ Jesus.*" Then it says, "*Finally whatever is true and noble and right and pure and lovely and admirable, think about such things and the God of peace will be with you.*" In this very short passage we have the four keys to surviving stress:

- Step One: Worry about nothing
- Step Two: Pray about everything
- Step Three: Thank God in all things
- Step Four: Think about the right things

**Step One: Worry about nothing.**

*"Don't be anxious about anything. Do not fret or have any anxiety."*

That's easier said than done. *The Smithsonian Institute* magazine tells us, we are in the golden age of anxiety. We not only have our personal worries, but now you're confronted with worries of the world.

It's no wonder people are uptight. They get up in the morning to an alarm clock. That sets you off in a negative mood in the first place. It's not a comfort clock — it's an alarm clock. Then the first thing you do is turn on "Bad Morning, America." You listen to the situation around the world

like Iraq, N. Korea, Somalia, Bosnia, and half a dozen other things happening too. You set down to breakfast to eat your cereal and you read the newspaper which is full of great news?

You get in the car and on the way to work you listen to all-talk radio and that's really bad news. It's no wonder you're stressed out by the time you get to work. You need to "worry about nothing."

Facts about worry: Dr. Walter Calvert did a study and discovered that 40 percent of your worries that will never happen, and that 30 percent of your worries concern the past.

You can worry about the past all you want to but it's not going to change it.

The past is past. It's over. So, 70 percent of your worries are worthless. 12 percent of your worries are needless health concerns.

Only eight percent of your worries are actual, legitimate concerns.

Worrying doesn't change anything. It's stewing without doing.

The key to reducing stress in your life is live one day at a time. Don't worry about tomorrow. Just focus on today. Focus on today's issues and problems. Worry about nothing.

**Step Two: Pray about everything.**

*"In everything by prayer and petition with thanksgiving, present your requests to God."*

Paul says "in everything." Not just some things but everything you can pray about it. Some people think God only cares about religious things: Is God interested in car payments? Yes. He's interested in every detail of your life.

God is concerned about the big things and the small things. He knows every detail of your life.

There is nothing you can not pray about. If it's worth worrying about, it's worth praying about.

There is nothing insignificant to God. You can pray about anything and everything.

1 Peter 5:7 "*Unload all your worries on Him since He is looking after you.*" We have to learn to unload our problems instead of worrying.

Prayer is a tremendous release valve.

People ask me, "How do you handle the stress?"

I just turn it over to the Lord. I release it to God. I love the word in Greek "unload." It literally means, "just let it drop."

Give God every detail of

your life. Peter says unload all your worries since He's looking after you.

**Step three: Thank God in all things.**

He says, "*When you pray, pray with thanksgiving.*" Good News: "*Always asking Him with a thankful heart.*"

The healthiest human emotion is not love but the healthiest human emotion is gratitude.

It actually increases your immunities. It makes you more resistant to stress and less susceptible to illness. It's the healthiest emotion.

The attitude of gratitude. People who are grateful are happy.

But people who are ungrateful are miserable because nothing makes them happy. They're never satisfied. It's never good enough.

So if you cultivate the attitude of gratitude, of being thankful in everything, it reduces stress in your life.

A lot of people ask me, "How can I be grateful when I've lost so much? I've lost my job, I've lost my health, I've lost my husband or wife. How can I be thankful in that situation?" You look not at what you've lost. You look at what you have left. And you have an awful lot left. You're still alive.



go-

# National Guard company activates

*Pfc. Debralee P. Crankshaw  
11th Public Affairs*

The 46<sup>th</sup> Engineer Battalion welcomed C Co. – a U.S. Army National Guard slice element of the battalion – to Fort Polk Friday at 11:00 p.m. to train and prepare the company for deployment.

More than 100 soldiers of C Co. will train with the 46<sup>th</sup> and other Warrior Brigade units for about a month. The 46<sup>th</sup> will train the company on engineering and basic soldier skills.

The 83<sup>rd</sup> Chemical Battalion will train the company on nuclear, biological and chemical hazards, while the 142<sup>nd</sup> Corps Support Battalion, Warrior Brigade will train them on convoy operations, and the 115<sup>th</sup> Field Hospital, Warrior Brigade will re-certify their combat lifesavers.

“This is definitely our main effort and we’ve put a lot of resources toward it and everyone has a really good attitude about

doing what we need to do to get Charlie ready to go,” said Maj. Sam Ligo, Operations Officer, 46<sup>th</sup> Engineer Battalion.

“We are very happy, as a battalion, that we are training them, because normally when a National Guard unit is activated they go to a mobilization station. They would be put through the training by a unit that doesn’t own them or really care about them as much as we do,” said Ligo.

“I feel fortunate that we get to train them as opposed to some other unit or battalion,” he added.

The battalion almost did not have the opportunity to train C Co.

“Since this is not their mobilization station, if they did not belong to us like they do, we would not be training them. During initial planning we weren’t sure if they were going to come to Fort Polk or go to Fort Benning, but we were glad they ended up coming to Fort Polk,” he added.

While the 46<sup>th</sup> trains C Co., they are

increasing their other unit’s readiness.

“One of the biggest benefits in training C Co. is that we are increasing our own readiness by doing so, in terms of learning and honing our skills so we can teach it properly,” said Ligo.

“You never know a task better than when you have to teach it. We’ve gone through the entire thought process of what a unit needs to deploy, so with us doing that introspection and work we’ve increased our readiness,” Ligo added. “Next time we need to deploy an Engineer company a lot of the work will already be done.” “Between Active Duty, Reserve and National Guard there is an ‘I’m better than you’ attitude and this is breaking down a lot of those barriers.

“We’re multi-component and work closely with each other. We are definitely different, and we have our different strengths and weaknesses, but we compliment each other very well,” said Ligo.

## 46th Engineer Battalion supports slice unit

*Special to the Warrior Spirit  
46th Engineer Battalion*

This past month has been an extremely busy one for the 46<sup>th</sup> Engineer Battalion. The Headquarters and Support Company, A Company and the 814<sup>th</sup> Engineer Company worked long hours to ensure C Company, 46<sup>th</sup> Engineers transitioned smoothly from a into a combat ready force.

Since that time, the battalion has continued to pick up the pace as they prepare to deploy C/46<sup>th</sup>, complete the required annual SRP and Joint Task Force-6 construction missions in Pineville, La. and West Memphis, Tenn.

They must also continue their own internal readiness training. HSC made use of the opportunity to train C/46<sup>th</sup> for mobilization. As HSC conducted nuclear biological and chemical hazard team training

for C company, they also trained 40 of their own soldiers.

The noncommissioned officers of HSC also conducted common task training, weapons qualification and lane training. The company gained experience through establishing the battalion’s tactical operations center during C/46<sup>th</sup>’s field training exercise.

In addition, HSC is preparing for a change of command.

Finally, congratulations are in order for the HSC’s basketball team, which successfully won the summer post-wide championship in a match-up with the NCO Academy. C Company arrived late on October 4th. After a brief welcome reception hosted by the family readiness group and a good night’s rest, training began the immediately the next morning. During the course of



*Photo courtesy of 46th Engineer Battalion*

*Companies of the 46th Engineer Battalion Stand in formation.*

training, some soldiers had the opportunity to travel with the battalion chaplain to New Orleans.

The 814<sup>th</sup> Multi-Role Bridge Company has not only supported the battalion in training the C/46<sup>th</sup> for deployment, but they also sent two platoons to Simmsport to train on platoon level tasks. A Company 46<sup>th</sup> Engineers, continued to put the finishing

touches on two JTF-6 construction missions in West Memphis and Pineville, as well as assist in training C Company.

While they assisted in mobilizing C Company they also learned how to prepare and deploy soldiers. Overall, the battalion continues to achieve its mission, ready to serve and eagerly looking forward to its next challenge.

# 46th first phase training for deployment

**Sgt. John Neville**  
11th Public Affairs Detachment

Shielded from the threatening weather, Co. C, 46<sup>th</sup> Engineer Battalion, Warrior Brigade, blew bursts of air into a rubber mannequin and donned their chemical suits and protective masks Friday in the Warrior Brigade Gym.

The Common Task Training marks the first phase of Co. C's pre-deployment training series that will culminate in a field training exercise. Co. C is a U.S. Army National Guard unit from Paris, Tenn. with its headquarters here with the 46th.

Co. C's sister units, Co. A, the 814<sup>th</sup> Multi-Role Bridge Company and Headquarters Support Co., have been instrumental in ensuring Co. C's stay here and deployment preparation go smoothly, according to 1<sup>st</sup> Lt. Thomas Dowling, 2<sup>nd</sup> Plt., Co. C, 46<sup>th</sup> Eng. Bn.

"They've given us barracks, an orderly room, and just about everything else we've needed," said Dowling. "They're coordinating advanced training measures as well as time at the shooting ranges."

Noncommissioned officers from Co. C's sister units obtained the necessary resources for the day's training and lent their expertise as assistant instructors. Co. C's noncommissioned officers led the training.

Co. C soldiers brushed up on first aid, nuclear, biological and chemical protection procedures, weapon maintenance and safety, land navigation and a few other basic skills.

Common Task Training is essential for any unit deploying overseas, said 46<sup>th</sup> Eng. Bn. Command Sgt. Maj. Hubert Green, who



*Photo by Sgt. John Neville*

*Pictured from left to right are Spc. Mike Sweeney, C Co., Horizontal Plt., heavy equip operator, Spc.(P) James Hudson, 1st Plt, Co. A, Squad leader/carpenter, 46th Eng. Bn. and Jeff Baker C Co., Horizontal Plt., heavy equip operator. These soldiers are training with map and compass during a land navigation class at Warrior Brigade Gym Friday Oct. 11.*

was on hand for the day's training.

"They must be able to defend themselves and others before they can accomplish their engineer specific tasks," said Green.

Like other engineer units, Co. C supports the larger Army mission by enhancing survivability, sustainment, counter mobility and mobility by constructing roads, buildings and building improvements, protective structures, counter-mobility structures and quality of life assets, added Dowling.

Although they're away from their families, Co. C's concentration impressed their active-duty brethren.

"These guys are very motivated and are

close to solid unit cohesion," said assistant instructor Sgt. Brendan Curran, Co. A, 46<sup>th</sup> Eng. Bn. I haven't seen any griping, despite the intensity of the training. If they don't put on their protective suit or mask in the proper time, they are retrained on the spot until they get it right. They appear ready to do their part for Operation Enduring Freedom."

Spc. Antonio Irby, Co C., who left his parents and two brothers back in Tennessee says he's proud to be down here training with his other family, the 46<sup>th</sup> Eng. Bn.

"This is great training and a great organization, said Irby. "I'm all gung-ho about it."

**Got a story? To submit information to *The Warrior Spirit* newsletter contact your battalion media representative, S3 shop or the 11th PAD at 531-1345/1347, or email: [william.james@polk.army.mil](mailto:william.james@polk.army.mil)**

# 603rd holds rodeo, improves soldiers' skills

**Capt. Ryan Werling**  
603rd Transportation Co.

The 603rd Transportation Company, 142nd Corps Support Battalion, Warrior Brigade conducted their Fort Polk Truck Rodeo September 20-27. The rodeo tested soldiers' skills on driving, knowledge of Preventive Maintenance Checks and

Services, vehicle maintenance, and other skills.

The events of the rodeo took place in the 603rd Company orderly room, company motor pool, and the parking lot across from Alligator Lake.

The overall platoon winner for the competition was 2nd Platoon, 603rd Transportation Company.

The winners of the Medium, Light, and Humvee categories were Sgt. Wesley Wilcox, Pvt. 2 Dean Sparks, and Spc. Bryant Lucas.

In the no-fuel rally competition, 2nd platoon placed first.

Congratulations to all Road Warriors that participated in the competition.

Road Warriors!

# Red Dogs recommended for Cook of the Quarter

**2nd Lt. Christa Mingo**  
546th Maintenance Co.

The 546th Maintenance Company (Red Dogs), 142nd Corps Support Battalion, Warrior Brigade is cooking things up. Sgt. Armond Alexander and Spc. Narilyn Riley are food service specialist who have surpassed their peers.

These soldiers were recommended for the Cook of the Quarter board by Sgt. 1st Class Robert Williams, the Warrior Brigade

Dining facility manager.

In food service, the Cook of the Quarter board gives soldiers in culinary arts the chance to display their skills in competition with their fellow soldiers.

The board is similar to the Soldier of the Quarter board with the same qualifications; current physical training card, weapons card, and additionally focuses on their military occupation specialty.

Alexander is a native of the Virgin Islands. He came to 142nd from

Babenhause, Germany and has been assigned to 546th Maint. Co. for three months.

He was selected as the Non-commissioned Officer Cook of the Quarter for both brigade and installation.

Riley is a native of New Orleans. She joins 142nd from Ft. Stewart, Ga. and has been assigned to 546th for four months. Riley was selected as the Enlisted Cook of the Quarter for the installation.

Great job Red Dogs!

## Chaplain from Page 3

So the question is: What are you taking for granted? Your health? Your freedom? Your relationships? In everything give thanks.

Gratitude is a stress reliever because it gets your eyes off the problem and puts it on the positive things in your life.

We're going to celebrating Thanksgiving.

Why do we do that? Because thanks and giving go together. The way we express thanks is by giving.

And the most giving people are the most thankful people. It's an expression of gratitude.

**Step Four: Think about the right things.**

*"Finally brothers, whatever is true, noble, right, pure, lovely, admirable, if anything is excellent or praiseworthy, think about such things."*

If you want to reduce the level of stress in your life, you must change the way you think.

Whatever you put in your brain is what's going to come out. It's like a computer. Garbage in, garbage out.

Whatever you feed into your mind, whatever you think about is going to come out in your life.

Proverbs 23:7 says, *"As a man thinks in his heart, so is he."*

What do you think about most? What dominates your mind? Whatever you think about the most is what you're becoming. We always move toward what we're focusing on.

The Bible says that God's peace is a gift to us.

How do I get that kind of peace of mind that keeps my heart at peace when I'm under pressure? That keeps me calm in the crisis? That gives me strength in the storm? That helps me be thankful in the tough times? How do I get that kind of peace?

The key is the last phrase of that verse.

*"As you trust in Christ Jesus." It's a relationship. "His peace will keep your thoughts."*

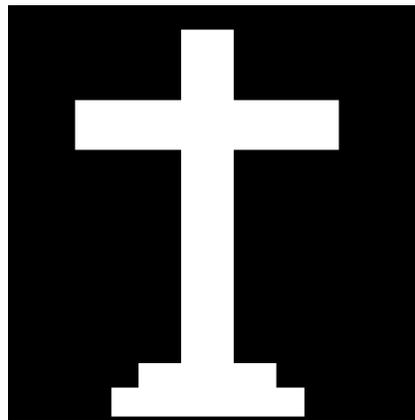
The word "keep" is a great military term. It means sentry guard, a garrison of troops of soldiers.

When Paul was writing to these people in Philippi it was a Roman city, a colony protected by the Roman legion. The Roman legion, the sentry guards, kept the peace of the city. God says when I trust Christ,

He puts a sentry guard on my mind. He keeps me at peace when everything else wants to make me stressed out.

What's got you worried. Is it Your health? Your finances? Your relationships? Marriage problems? Your kids? Your career?

If you'll take these steps and let Jesus Christ become the sentry guard of your mind and the center of your life, you will find a peace you could not imagine.



## Miler from Page 1

runners and none of us have done the race before.”

According to Fort Polk Coed team member Patrick Worley, the race went better than expected.

“I probably trained hard for the race for about two months. It went better than I thought. The weather was great and the course was good,” he said.



Gabriel Gomez, Daniel Lopez and Joseph Porter stand ready at the start line.



Photos by Sgt. Cullen James

Gene Lucas, JRTC and Fort Polk garrison sergeant major's office, affixes a banner to the Fort Polk "hooah" tent. Units from around the Army set up the tents to give runners a place to relax and to show their stuff to the multitude of visitors.

This was Worley's first time running the 10-miler, but not his first time in Washington DC. "I've been to DC before, but now – after running by all the monuments and everything – it means a little more to me."

All three runners said they plan to run the race again, and Worley added that the only thing he'd do different is "Train up better."

Overall, the race was dominated by the Army's World Class Athlete Program runners from Boulder, Colo. The first four

finishing slots all went to WCAP athletes and the WCAP team took the top team spot.

Runners from the JRTC and Fort Polk Team were: Evelyn Bragg, Joseph Bundy, Anneke Davis, Lorenzo Garbiso, Gabriel Gomez, Daniel Lopez, Chris Prior, Joseph Porter, Richard Russell, Trisha Stavinoha, Samuel Volkman, Patrick Worley.

Runners from the Fort Polk Sergeants Major Team were: Robert Bankhead, Walter Hardy, Walter Jenks, Philip Johnrow, Mark Matera.

## Rum in the rations, coffee substituted

*Special to the Warrior Spirit*  
142nd Corps Support Bn.

"[Black coffee] . . . strong enough to float an iron wedge, and innocent of lacteal adulteration, it gave strength to the weary and heavy laden, and courage to the despondent and sick at heart."

Wiley, *Life of Billy Yank*, p. 241

From the time of the Revolutionary War through the Civil War, the basis of all Army troop feeding, whether in camp or on the march, was the garrison ration. It consisted of an allotment of bread, meat, occasionally vegetables and a

beverage. Initially, the beverage was alcohol and the patriot soldiers under Gen. George Washington welcomed their allowance of rum, whiskey, and other assorted "spirits." A colonel could receive as much as a half-gallon of spirits a week.

Noting the "deleterious effects" of including all that alcohol in the military diet, the Surgeon General, and later Secretary of War John C. Calhoun began to lobby against its inclusion in the ration.

The struggle over this issue continued throughout the 1820s – just as a full-

scale Temperance Movement was gaining momentum on the national scene, but no actions were taken.

President Andrew Jackson, impatient with Congress, took matters into his own hands on Oct. 25, 1832, and signed an Executive Order dictating that *coffee and sugar* were to be substituted for the allowance of rum, whiskey or brandy. From that day, until this, coffee has remained a vital component of the U.S. Army soldier's field ration.

For more information on Army rations [http://www.qmfound.com/army\\_subsistence\\_history.htm](http://www.qmfound.com/army_subsistence_history.htm)

# People can prevent, prepare for terrorism

*Sgt. William A. Graves*  
*Army News Service*

WASHINGTON – Many national and senior Army leaders have said it's not a question if terrorists will strike again; it's a matter of when and where.

"We want to be a nation that serves goals larger than self," said President George W. Bush during the State of the Union Address. "We have been offered a unique opportunity, and we must not let this moment pass."

"We are all combatants," Maj. Gen. Paul Eaton recently said.

Given that, residents of Army posts across the country, along with civilians, can benefit from learning what to do to help prevent and prepare for terrorist attacks, according to the Citizencorps Web site, located at [www.citizencorps.gov](http://www.citizencorps.gov).

Alice Bass, directorate of Intelligence and Security, offered advice on preventing terrorist attacks:

- o Be alert to strangers on government property for no apparent reason.
- o Write down license numbers of suspicious vehicles, noting the description of the occupants.
- o Report anything unusual to your chain of command; report unusual or suspicious behavior.
- o Avoid using your name and rank on answering machines.
- o Don't open your door to strangers; use a peephole viewer.
- o Ask for identification for contractors assigned to work on your home and quarters.
- o Brief family members on residential security and safety procedures.
- o Instruct family not to provide strangers with information about you or your family. According to the Weprevent Web site, located at [www.weprevent.org](http://www.weprevent.org), people should do the following to do their part in the prevention of terrorist attacks:

- o Know your routines. Be alert as you go about your daily business. This will help you learn the normal routines of your neighborhood, community and work place. Understanding these routines will help you to spot anything out of place.

- o Be aware. Get to know your neighbors at home and while traveling. Be on the lookout for activities such as unusual conduct in your neighborhood or in your workplace.

Learn to spot suspicious packages, luggage or mail abandoned in a crowded place like an office building, an airport, a school or a shopping center.

- o Take what you hear seriously. If you hear or know of someone who has bragged or talked about plans to harm citizens in violent attacks or who claims membership in a terrorist organization, take it seriously and report it to law enforcement immediately.

People can do much more to help with the war on terrorism, Eaton said. People should lose weight if necessary, know how to fire a weapon accurately and be able to administer first aid, he advised.

According to the Citizencorps Web site, the Citizen Corps has many opportunities for people who want to volunteer their time or be proactive in the fight against terrorism.

Volunteer opportunities include:

- o Citizen Corps Councils, which help drive local citizen participation by coordinating Citizen Corps programs, developing community action plans, assessing possible threats and identifying local resources.

- o The Community Emergency Response Team, which is a training program that prepares people in neighborhoods, the workplace, and schools to take a more active role in emergency management planning, and to prepare themselves and others for disasters.

- o An expanded Neighborhood Watch Program, which incorporates terrorism prevention and education into its existing crime prevention mission.

- o Volunteers in Police Service, who provide support for resource-constrained police departments by using civilian volunteers to free up more law enforcement professionals for frontline duty.

- o The Medical Reserve Corps, which coordinates volunteer health professionals during large-scale emergencies to assist emergency response teams, provide care to victims with less serious injuries, and remove other burdens that inhibit the effectiveness of physicians and nurses in a major crisis.

- o Operation TIPS, Terrorism Information and Prevention System, which is a nationwide program providing millions of workers who, by the nature of their jobs, are well-positioned to recognize unusual events with a formalized way to report suspicious activity to the nearest FBI field office.

What can people do to prepare for a possible attack? According to the Red Cross Web site, located at

[www.redcross.org](http://www.redcross.org), you should:

- o Create an emergency communications plan. Choose an out-of-town contact your family or household will call or e-mail to check on each other should a disaster occur.

- o Establish a meeting place.

- o Having a predetermined meeting place away from your home will save time and minimize confusion should your home be affected or the area evacuated. Be sure to include any pets in these plans, since pets are not permitted in shelters, and some hotels will not accept them.

- o Assemble a disaster supplies kit. If you need to evacuate your home or are asked to shelter "in place," having some essential supplies on hand will make you and your family more comfortable.

- o Check on the school emergency plan of any school-age children you have. Administrators may keep children at school until a parent or designated adult can pick them up or send them home on their own. The schools should have updated information about how to reach parents and responsible caregivers to arrange for pickup. If people are unable to pick up their child, schools require proper identification to release a child to someone you designate.

