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121 Family Times

121 Signal Battalion Task Force Lightning

...Letter From the Editor....

"A careless word may kindle strife. A cruel word may wreck a life. A timely word may level stress. A loving word may heal and bless."

There is enough stress caused by the deployment, and rumors are an unnecessary stressor. Be mindful of what you say to others. The negative energy you place in the universe will eventually come back around to you. On that same note, if your actions are questionable, police yourself. Perception is everything, whether you agree with it or not.

Michele Carter...Family Readiness Assistant

Developing the "Right Attitude" with Michelle Batiste

Some things in life are beyond our control. All we can do is accept, adapt, and cope. Examples are things like physical handicaps, deployments, troubled family background, bad eyesight, and a propensity to gain weight easily. These are beyond our control, and the list goes on.

Then, there are other things in life, which can be changed, controlled, and overcome. One of them is your attitude.

An attitude is an outlook on life or a particular situation; it is a way of thinking and reacting. Attitudes express themselves in our behavior.

Your mental attitude can cause you to persist when things go bad or become hard...or it can cause you to simply give up and quit.

It can make you tense...or put you at ease.

It can draw people to you...or drive them away.

It can make you a success...or a failure.

It can heal you...or hurt you.

It can help you see the best in people...or only the negative.

It can make you a cheerful giver...or a scrooge.

It can make you a complainer...or help you see the bright side of every situation.

You can choose how you think. Moreover, and this is crucial, because in large part, we are what we think. We all act from the hidden seeds of our thoughts; our actions are just the blossoms of those seeds. As the saying goes, "Sow a thought and reap a character." Therefore, it is important that we all carefully guard our thought life.

We all have negative events and negative people that touch our lives. We all have challenges. What we do not want is for the negatives to be our primary focus. I want to see past the unpleasantness around me and experience the positive. I do not want to give power to my unpleasant circumstances. If I do, they will surely overcome me.

How many times do you end your day stewing about things and people over which you have no control? The heavy traffic. Someone that did not return your call.

Projects that are dragging on. The computer that is not working correctly. That nasty neighbor in the stairwell. And on, and on, and on! I am not suggesting that you ignore the challenges in your life. I AM suggesting that you not become stuck there. Attitude makes all the difference. Do not allow your circumstances to define who you are.

Think of your mind as a computer and you are the programmer. You get to determine what you put in and what you remove. Remember: garbage in, garbage out! However, if you program your mind with positive, healthy thoughts, your choices and behavior will reflect that. **(continued on page 2)**

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I would like to suggest a few "programs" to load into your mind, programs that have made a difference for me and will make a difference in your life.

1. Program your mind to **accept what you cannot change.**

Do not run from things you cannot change or deny that those limitations exist. Stand up and face them. Acceptance means you stop fighting the inevitable. Do not worry about things outside your power to change. When you accept what you cannot change, you will stop a lot of hurt, anger, and frustration.

2. Program your mind to **practice the principle of replacement.**

Organ transplants have become common medical procedures. When a person's heart, kidney, or liver goes bad, they do not simply remove the bad organ. Rather, they replace it with a good, functioning organ. You not only need to get rid of harmful thoughts and attitudes, you. You also need to replace them with healthy thoughts and attitudes. Replace anger with love. Fear with faith. Despair with hope. Greed with generosity. Sorrow with joy. Complaining with gratitude. Worry with trust.

3. Program your mind to **see the positive in others.**

Some people take an aura of negativism wherever they go. They infect the atmosphere like a farmer emptying his manure pit on a windy day. Nobody likes being around them. Every time you talk negatively about circumstances or people, you pollute the air with a critical spirit. A positive attitude will win you friends and will influence the attitudes of people around you. When you change your attitude toward other people, other people will change their attitude toward you. Getting people to like you is merely the other side of liking them.

4. Program your mind to **express appreciation and affirmation to others.** Smile more.

Look for creative ways to express appreciation and affirmation. Try to catch someone doing something right, and mention it to him or her. People will love you for it. Don't you like being with people who freely dish out encouragements and compliments to you?

In short, program your mind with what is positive. I do not like being around negative people, and I hope you do not either. Negative attitudes can squelch inspiration, enthusiasm, damage relationships, and can kill forward momentum. It is so much more fun to be around positive, enthusiastic people.

It really is possible to put the best construction on anything that happens to us. Do that, and see what a difference it makes in how you view life, and on how other people view and treat you. You will likely gain a new perspective, a sustaining spirit, a higher energy level, and increased creativity. It is a win-win proposition!

For the poor in spirit, every day brings trouble; for the happy heart, life is a continual feast! Proverbs 15:15
 ---Michelle Batiste



**Walk to Iraq
(and Back)
Standings**

1. A Co.: 1268.2
2. C Co.: 1240.4
3. B Co.: 413
4. HHC: 384

Welcome the newest members of the 121 family....

SPC Eleanor & John Yarley
a baby boy, Ashton
on 1 June 2004

SPC Ross & Kristen Vogel
a baby boy, Ross IV
on 5 June 2004



SGT Chris & Sophie Harris
a baby girl, Skyler Ann
on 5 June 2004



PV2 Thomas & Rosalinda Clark
a baby girl, Sharaya
on 11 June 2004



(kneeling) Beverly Hobbs & 1LT Lamborn (standing from L-R) 1LT Cushing, CPT Poston, Mindy Long, Gen Schoomaker (Army Chief of Staff), Michele Carter & Sarita Garrison



C Co. Stateside Walk to Iraq Participants



Sarita and Whitney Garrison w/Tobey Keith

Community Corner

July Events

- 1: Independence Day Celebration at 5 p.m. (Dickman Field on Leighton)
- 7: Kitzingen & Wurzburg Townhall Meetings at 6 p.m.
- 9: Youth Cheerleading Clinic in Kitzingen (Contact Youth Services at 09321-702-8373)
- 9: Trip to the Frankfurt Zoo (Contact Leisure Travel at 09321-305-8629)
- 12-16: Giebelstadt Vacation Bible School at 5-8 p.m. (Giebelstadt Chapel)
- 13: Trip to Nurnberg (Contact Leisure Travel)
- 14: Wellness Seminar at the Hospital Room 109 (Contact Anna Courie at 0931-804-2202)
- 17: 417th BSB Commander's Cup Golf Tournament (Larson Golf Platz)
- 17-18: Trip to EuroDisney (Contact Leisure Travel)
- 20: Red Cross Volunteer Orientation from 1100-1 p.m. (Contact the Red Cross Office)
- 24: Billy Blanks Taebo (Leighton Fitness Center from 1000-1230; Larson Fitness Center from 2-4 p.m.)
- 25-29: Leighton Vacation Bible Study at 5:30-8:30 p.m. (Wurzburg American Middle School)

Battalion Corner

Upcoming Events in the Battalion:

- 15th of Jul BN Nuernberg Zoo Trip (contact Michele Carter if you are interested)
- 20th of Jul 121 SIG will be on the Victory Radio Show (11:00 am)
- 24th of Jul We will be having a car wash at the TMP on Leighton Barracks in order to raise funds for a BN Christmas party and a homecoming for our battalion.

R&R: If you have questions about your spouse coming back for R&R on a certain date contact SFC Bozkir at Laurie.Bozkir@1id.army.mil or 09321-702-2529. For the month of July, we were given 133 slots for the entire Signal Task Force.

VTC: If your spouse is on FOB Danger and you would like to do a VTC with him or her, contact Michele Carter at Michele.Carter@1id.army.mil or 09321-702-2748. The next available dates are 17&18 Jul and every other weekend thereafter. Efforts are being made to expand this technical capability to the other sites at this time. We will let you know once it is open to the other sites.

----1LT Lamborn

Bravo Company



Introducing
 a new edition to the Bravo
 Company family:
 Ashton Cole Yarley
 born 1 June 2004
 weighing in at 6 pounds, 10
 ounces
 and 20 inches long



FRG Meetings: Our FRG meetings will be on the **first Wednesdays** of each month. If there are any changes, you will be notified by e-mail. Locations of the meetings will be announced as they become available. This month's meeting will be on July 7th in BLDG 53 (Larson Barracks) at 6:30 p.m.

Single Soldiers: Donations are greatly needed for our Single Soldier care packages. If you would like to donate, you can either drop your donations in the box located in SGT(P) Versie's office, or bring it to the next FRG meeting.

Attention all Spouses: If you have any pictures of your spouse down-range and you would like to share them your Bravo Company family, please email them to weefeeness@yahoo.com or contact Daniela Hess at 09321-389-350 or Monique Thompson at 0160-9236-3694. Also, if you have ideas or concerns you would like addressed, please contact us. ---Monique Thompson & Daniela Hess

B. Co. FRL: The deployed Soldiers are strongly needing our support. Please take the time to write a letter or a small appreciation note so that we can show our support to those who continue to put their lives on the line for our freedom. Donations such as toothbrushes, toothpaste, foot powder, snacks, and other food items are most welcome. In order for the Rear Detachment to help our families, we also need your full support (which includes volunteering to visit with those families with needs). Help us to help you!!! Stay strong, stay safe, and thank-you for your support. ---SGT(P) Suzanne Versie