



Having a senior moment

Video teleconferencing helps father spend time with family for graduation

By Sgt. Joshua Salmons
4TH SUSTAINMENT BRIGADE

They are the sounds of accomplishment, confidence and pride—notes that denote the pomp and splendor of the evening. And through the video-teleconferencing (VTC) technology that connected Staff Sgt. Nicholas Jimenez to his daughter's high school graduation in Killeen, Texas; Edward Elgar's notes came through loud and clear...well, clear and with a six second delay.

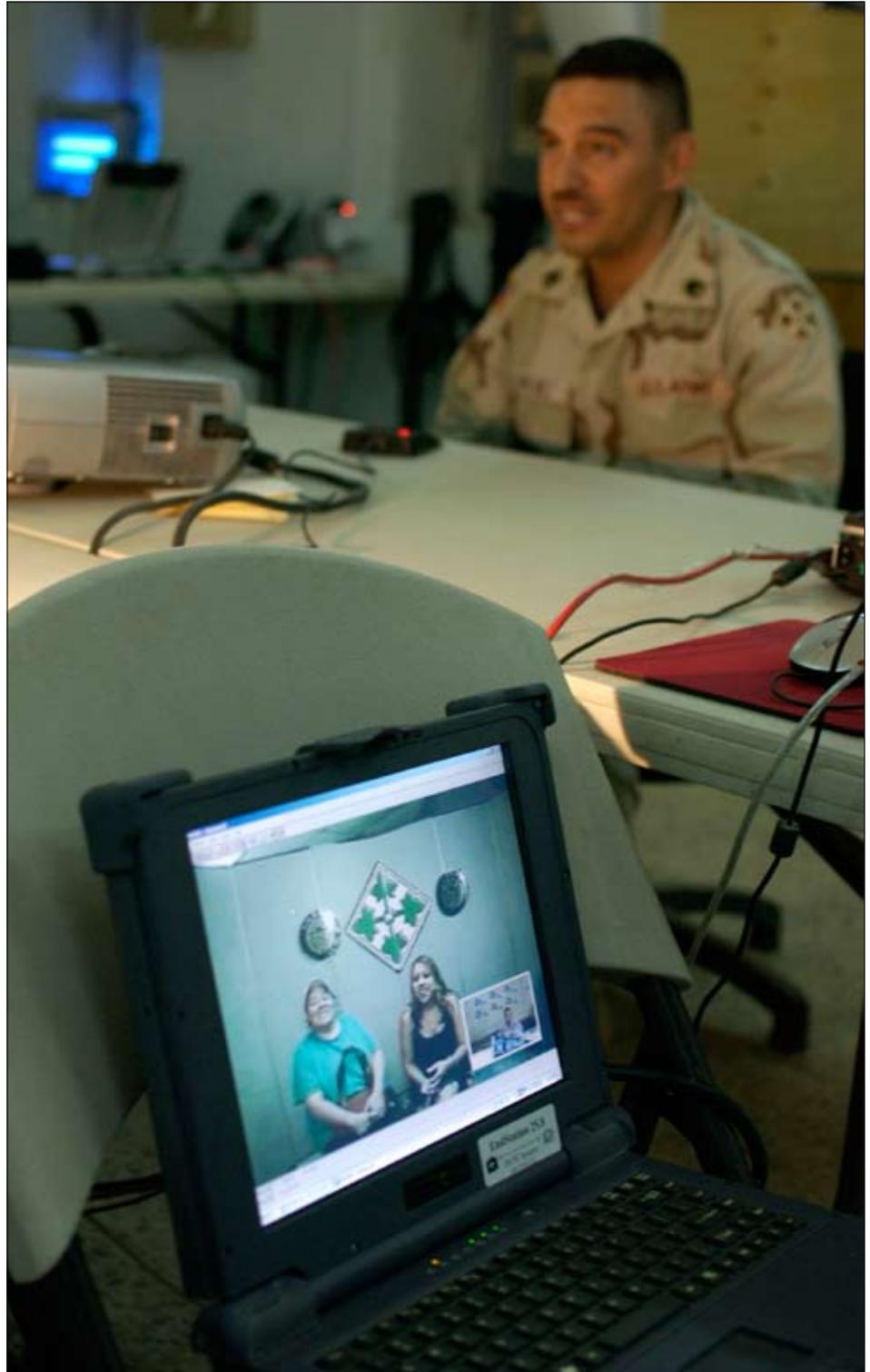
"The few second delay does make talking sort of funny, but it's cool," Jimenez said, remarking on how the pause made speaking with his daughter in an earlier session a little clumsy, but still great. "The one-on-one added a personal touch."

Once the graduation ceremony began and those familiar notes started, Jimenez stood at attention out of respect for the graduating seniors. His eyes darted from face to face in the gowned crowd, looking for his daughter.

"Is that her? Is that my baby? Baah! Nope," he said to himself as the procession passed by the camera.

His video feed beamed his image to a screen set up at the ceremony, so the Texan

SEE **VTC** • Page 7



Staff Sgt. Nicholas Jimenez (background) talks with his wife, Lorraine, and daughter, Jessica, via Video Teleconference (VTC) before his daughter's graduation ceremony at Shoemaker High School in Killeen, Texas, May 27. Jimenez is a network operations NCO with Company A, Special Troops Battalion, 4th Sustainment Brigade. **Photo by Sgt. Joshua Salmons**

A Chaplain's Prayer

Perform your duties for a higher audience

Even if no one is watching, Soldiers should make effort to put their best forward

"We have done our duty, only when we have done that which completes the service, when we have put the best into the task, our hearts."

(President Woodrow Wilson)

The ancient Greeks highlighted the importance of doing our best with the tale of an aged sculptor. The sculptor was carefully carving the capital to set it high atop a temple column. A passerby asked why he exerted such care for something that would be set so far from scrutiny: "No eye will see the detail of your work!" "But God will see it," the sculptor is said to reply. And he turned back to his tools to finish his task.

In our lives, it is important to remember that all of our choices and actions are being observed and remembered by more than our fellow humankind. We work and complete our responsibilities knowing that ultimately we are responsible to God for our actions. That is the kind of standard we fix our gaze upon. We prepare our work, make choices, and perform actions for inspection even if it seems unlikely that it will be

checked by human eyes. We remember, God is always watching. The scriptures teach that every individual must give account for his or her own choices, actions, and works.

In times of personal sacrifice and difficulty, it is vital that we remain faithful to do our best.



Capt. Loren Hutsell
BRIGADE OPERATIONS CHAPLAIN

Consequently, we can go about our lives with peace of mind—not because we haven't made mistakes, but because we can be trusted to put our hearts and good effort into our work. We can be trusted by others to do our best, even if unexpected factors, pressures, or costs are encountered.

Reward for being faithful is sometimes not recognized in the immediate. And that is OK. Jesus taught that we should go about our work humbly and in a spirit of service, that he would reward us. We work with the goal of someday hearing God say, "Well done, good and faithful servant!" (Matt 25.21).



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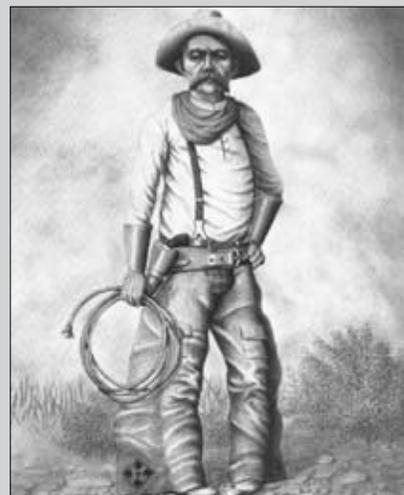
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After the rubber meets the road

Taji shop keeps trucks rolling with new tires

By Staff Sgt. Monika Comeaux
207TH MOBILE PUBLIC AFFAIRS DETACHMENT

Who is the 'Michelin Man' of Camp Taji?

That would be Battery C, 6th Battalion of the 32nd Field Artillery Regiment, and not because they have big, pudgy mascots for Soldiers, but because they run the one and only tire shop on the base.

"We provide a local tire service here on Camp Taji," said Capt. Brad Lowery, the executive officer of Battery C. "The employees are hired local nationals... Anyone passing through



(Above) Spc. Corey Bailey rolls a used tire at the Camp Taji tire shop of Battery C, 6th Battalion, 32nd Field Artillery Regiment May 22. Bailey is a motor transport operator with the 432nd Transportation Company. Some units choose to do a one-for-one exchange and install the new tires themselves. (Left) Iraqi workers download a new shipment of tires at the tire shop May 22.

Photos by Staff Sgt. Monika Comeaux

Camp Taji or located on Camp Taji can pull up and have any of their tires changed, basically with free labor."

The shop services anything from humvee tires to Heavy Equipment Transporter tires. "I would say our guys change 200 tires a week," said Capt. Thomas Krenz, the maintenance platoon leader of Battery C. "We go through close to 300, because some people come and do a one-for-one swap and actually take the tire, go to their motor pool and do it themselves."

Customers line up long before the shop opens, awaiting the arrival of the local nationals who work in the shop. Business runs from

9:30 a.m. to 2 p.m. from Monday to Friday. The hours may seem short, but the Iraqi workers have to go through multiple checks and searches coming on post, and have to be off post by a certain time of the day, which limits the amount of time they are able to spend at the shop.

Ironically the tire shop's biggest customers are Battery C's own HET-trailers. "It is the smallest tire we stock," said Krenz. "Each trailer has 40 tires, and we have 60 trailers. If you do the math, we are changing quite a few tires on those every week."

Occasionally customers do come in with



Quarterly earnings

Staff Sgt. Christopher Prescott and Spc. Isaac Chambers stand with their new medals in a ceremony at Camp Taji announcing them as the Brigade NCO and Soldier of the Quarter May 25. Prescott is assigned with Battery C, 2nd Battalion, 5th Field Artillery Regiment with the 18th Corps Support Battalion. Chambers is with 155th Cargo Transfer Company with the 189th Corps Support Battalion. Both Soldiers will represent the Brigade at the 3rd Corps Support Command's NCO and Soldier of the Quarter in late June. **Photo by Sgt. 1st Class Guadalupe Stratman**

Some Medical Advice

Catching Zs: *Soldiers with trouble sleeping during deployment urged to try several steps to improve sleep hygiene, overall health*

By Maj. Roger Duda
STB MENTAL HEALTH PSYCHIATRIST

During deployments, everyone endures sleep problems from time to time. This is to be expected. Causes range from the operational tempo, general stress, to a loud neighbor or roommate.

The behaviors known as sleep hygiene can have positive effects on sleep before, during, and after time spent in bed. For the most part, these simple suggestions will improve your quality of sleep:

Caffeine

Caffeine stimulates the brain and interferes with sleep. Coffee, tea, colas, cocoa, chocolate, and prescription and nonprescription drugs that contain caffeine should not be taken within three to four hours of bedtime.

Although moderate day-time use of caffeine usually does not interfere with sleep at night, heavy or regular use during the day can lead to withdrawal symptoms and to sleep problems at night.

Nicotine

Nicotine is another stimulating drug that interferes with sleep. Nicot-

tine withdrawal can also disrupt sleep throughout the night.

Cigarettes and some drugs contain substantial quantities of nicotine. Smokers who break the habit, once they overcome the withdrawal effects of the drug, can expect to fall asleep faster and wake up less during the night.

Exercise

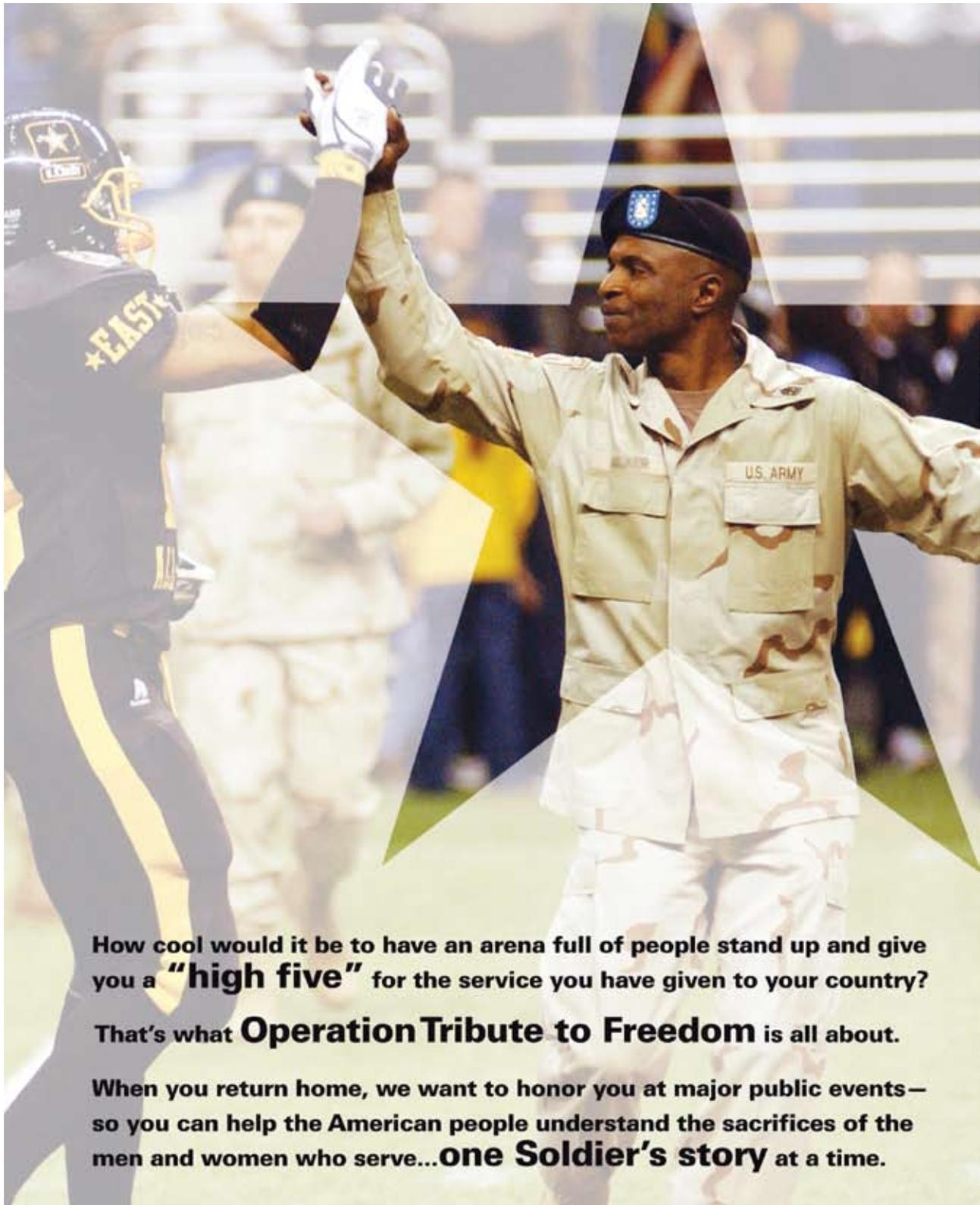
Regular exercise helps people sleep better; the benefits of exercise on sleep, however, depend on the time of day it is undertaken and on your overall fitness level. People who are physically fit should avoid exercising within two hours of bedtime.

Exercise in the morning is not likely to affect sleep at night, but the same amount of exercise—if done too close to bedtime—can disrupt sleep. On the other hand, too little exercise and limited activity during the day can also lead to sleeplessness at night.

Environment

A bed in a dark, quiet room is the setting for a good night's sleep. Some people seem to adjust easily to changes in sleep environment, but

SEE **SLEEP** • Page 12



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Personal Finance Planning

Troops should learn about vehicle financing

Some vehicle buyers use what's called "direct lending," getting a loan directly from a finance company, bank or credit union. Once you and a vehicle dealership enter into a contract and you agree to a vehicle price, you use the loan proceeds from the direct lender to pay the dealership for the vehicle.

The most common type of vehicle financing, however, is "dealership financing." You and a dealership enter into a contract where you agree to pay the amount financed, plus an agreed-upon finance charge, over a period of time. The dealership usually sells the contract to an assignee (such as a bank, finance company or credit union), which services the account and collects the payments.

What Happens When You Apply for Financing

Most dealerships have a Finance and Insurance (F&I) Department, which provides one-stop shopping for financing. The F&I Department manager will ask you to complete a credit application. Information on this application may include:

- Your name, Social Security number and date of birth
- Current and previous addresses and length of stay
- Current and previous employers and length of employment
- Sources of income
- Total gross monthly income

Financial information on existing credit accounts

The dealership will get a copy of your credit report. Dealers typically sell your contract to a bank, finance company or credit union.

Since the bank, finance company or credit union doesn't deal directly with you, it bases its evaluation upon what appears on your credit report and score, the completed credit application,

and the terms of the sale, such as the amount of the down payment.

Your dealer may be able to offer manufacturer incentives, such as reduced finance rates or cash back on certain models. Make sure you ask your dealer if the model you are interested in has any special financing offers or rebates. Generally, these discounted rates aren't negotiable, may be limited by a consumer's credit history, and are available only for certain models, makes or model-year vehicles.



Master Sgt. Robin Krieger
BRIGADE FINANCE NCOIC

When there are no special financing offers available, you can negotiate the annual percentage rate (APR) and the terms for payment with the dealership, just as you negotiate the price of the vehicle. This negotiation can occur before or after the dealership accepts and processes your credit application.

Annual Percentage Rate (APR) is an expression of the effective interest rate that will be paid on a loan, taking into account one-time fees and standardizing the way this rate is expressed. The APR is likely to differ from the "note rate" or "headline rate" advertised by the lender. The aim of using APR is to calculate a total cost of

borrowing which allows easy comparison between loans and lenders.

While there are several acceptable ways to calculate the exact APR, the general process is:

Total the included one-time costs and add them to the face amount on the loan

Calculate a monthly payment for that

amount at the loan's "note rate"

Calculate what interest rate would have to be applied to just the face amount of the loan in order to equal the calculated monthly payment in step two.

Other costs

In a simplified example, if you borrow \$100 for one year at 5% interest (so that you will owe \$105 at the end of the year) and you pay the lender a \$5 origination fee, your total cost to borrow the money will be \$10 (\$5 in a year for interest plus \$5 now for the origination fee). Your APR will come out at just less than 10%.

Your credit history, current finance rates, competition, market conditions and special offers are among the factors that influence your APR.

Federal Laws

The Truth in Lending Act requires that, before you sign a financing agreement, creditors give you written disclosure of important terms of the credit agreement such as APR, total finance charges, monthly payment amount, payment due dates, total amount being financed, length of the credit agreement and any charges for late payment.

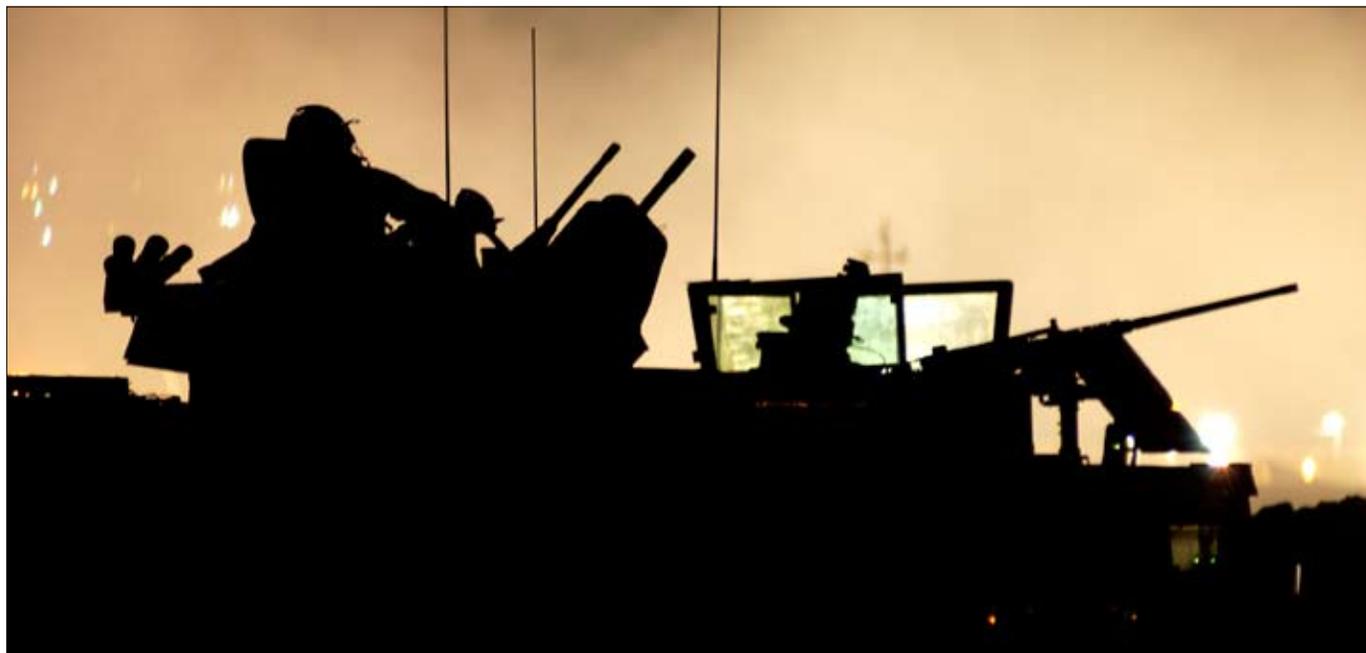
State Laws

Some state laws may provide you with ad-

Vehicle financing is complicated, so it's important to take your time and be sure you understand everything...

ditional rights. For information on these laws, contact your state's consumer protection agency or Attorney General's Office .

Vehicle financing is complicated, so it's important to take your time and be sure you understand everything before you make a decision.



Shady characters

Soldiers keep watch from an armored security vehicle and humvee during a mission to Abu Ghraib June 1. The personnel from Battery B, 1st Battalion, 377th Field Artillery Regiment provided security to civilian trucks assisting with the moving of cargo from the prison.

Photo by Sgt. Joshua Salmons

VTC FROM Page 1

crowd could see him along with several other Soldiers from similar teleconferencing setups throughout Iraq.

"I think it's wonderful," said Capt. Francisco Rivas, an automations officer who oversaw the VTC operation. "It felt great when he was standing there...you could see the joy in him."

Ensuring that Soldiers don't miss out on moments like this is a great part of the job, he said. "It's great about technology that we can do this."

The ceremony continued, speakers stood, spoke and sat; but the highlight was as the seniors started walking across the stage.

TIRES FROM Page 3

unusual requests, like trying to get tires for non-tactical vehicles, said Lowery.

"We have people that drop off tires and we don't see them for a month. We got people that want 40 humvee tires, but they don't have one to give us," said Krenz. Receiving a used tire for the new one is key, because that is how the shop gets credit for the work they do and their budget is also based on the number of used tires turned in, Krenz explained.

Both officers are all for employing the locals. "The main reason why we do it is to put money back into the local economy," Lowery

said. "It also establishes a rapport between us and the locals."

Rapport is actually established by both parties. Pfc. James Walder, a petroleum supply specialist with Battery C, has worked with the tire shop and the Iraqis for the past six months. He used to think that the U.S. should completely take over Iraq, and that all Iraqis hate the Americans. "Now working hand in hand with them every day I see that they are a lot like us. Poor, but a lot like us. They have the same needs and wants as us."

The locals appreciate the opportunity to work in the shop. "The work here is nice for me," said one of the Iraqis, who has been nicknamed

"Be sure you tell me when her name is coming up," Jimenez said to the network operations staff manning the equipment. He was supposed to stand as his daughter walked across the stage, but didn't want to "lose his military bearing" as his image sat towering above the ceremony's on-lookers.

All that changed when the name "Jessica Jimenez" was called out, turning the deployed staff sergeant into a beaming, excited father back in Texas.

"[My wife and I] are so proud of her, she's been through a lot," Jimenez said after the ceremony. "It was bittersweet, you know? I would have rather been there; but I'm grateful for the chance to see it, for sure."

'Tim' by the Soldiers. He speaks broken English, but the smile on his face speaks for itself. "I like this job, it is good money," he added.

Tim is only 17, but he has greater plans for his future. He wants to go to college one day, and become a teacher, he explained. For now he is happy that he has a well-paying job that he likes, although he risks his life every day as he comes on post and works for the Americans.

The Soldiers and Iraqis running the tire shop are eager to help customers. All they ask is that customers bring in the old tires so they can do a one-for-one exchange, and if they need a tire with a rim, they turn in a tire with a rim in return.

Devotion to family, faith marks for 393rd captain

Trans officer a model Soldier for troops; not unnoticed by colleagues, subordinates

By Staff Sgt. Monika Comeaux
207TH MOBILE PUBLIC AFFAIRS DETACHMENT

SEITZ ANNEX, Iraq – The Support Operations Transportation Officer of the 393rd Corps Support Battalion is well-known by his favorite slogan: “Nothing moves until I move it!”

Capt. Wendell Albert is pretty much right on the spot with that statement; in his position he oversees all cargo coming into or leaving the Central Receiving and Shipping Point located next to Seitz Annex. He also keeps track of the movement of all Soldiers falling under the 393rd when they go on combat logistics patrols.

Although he is a transportation officer, he had to relearn his job since he arrived to theater in March. He is an Active, Guard and Reserve (AGR) Soldier, who was cross-leveled into the 393rd from a transportation company in Mobile, Ala.

“On the AGR side of the house, I was the operations and intelligence officer,” Albert explained. “If you haven’t done transportation for a while, you still have to learn it all over again.”

Albert did just that. When his section was training with the unit they replaced, he wanted to jump in and take control almost immediately, instead of going through the customary ten-day battle handover. “I am kind of aggressive,” Albert said. “I catch on quick. I told those guys, ‘Let me get in. I rather make a mistake while you are still here so you can correct me, so I won’t make a mistake when you are gone.’”

Capt. Luis Vega, the 393rd adjutant described Albert as “outgoing, honest and very religious.” The plus that Albert brings to the table in the unit is his professionalism, passion and good sense of humor, Vega added.

Other Soldiers around him know Albert as a hard charger. He attributes his success not only to his work ethic, but also the great support he receives from his section. “I have the best supporting staff right now here in country. They don’t complain, they work 24/7. They do anything I ask them to do,” Albert said.

Although he only joined the Army Reserve unit from Puerto Rico as they were training up



Capt. Wendell Albert, the Support Operations Transportation Officer of the 393rd Combat Support Battalion poses for a picture in an office. His displayed family photos represent one of the greatest inspirations for his drive, he said. **Photo by Staff Sgt. Monika Comeaux**

for the deployment in Indiana, he said he fit in very quickly and was well-received, thanks to his outgoing personality.

“I got in, I introduced myself,” he said. “I just made myself feel at home.... The guys in the unit took me in as one of their own, like I have been there forever.”

Vega agrees. “Considering the fact that he had never worked with his current crew, he fits very well,” he said.

Albert thinks that Soldiers like and respect him partly because he used to be enlisted and he knows and understands both the enlisted and officer side of the house. “I tell everybody in the world, to me, that is the best officer, and I don’t say it because I am an officer.”

Albert says that officers are taught to be leaders, whereas noncommissioned officers are doers. “I am a doer, a listener and a leader. I combine those together. I don’t mind going out getting dirty. That is what the enlisted side has

given me; the will and the drive to go out there and help that fellow Soldier if he needs help.”

Vega thinks that the fact that Albert was enlisted before allows him to visualize the execution portion of a plan from the point of view of the NCOs.

Albert contributes his drive to three factors in his life. “The most important reason is God. I have a loving wife and family, they are the second reason for my drive.” The third one is his wanting to take all the Soldiers he deployed with safely home, he said.

His ageless, brown face lit up as he spoke. He went on explaining that although he has been in the Army for 21 years and five months, he is planning to stay in another 14 years before he retires, sharing his experiences and extraordinary drive with Soldiers around him.

“This is a Soldier that is totally committed to the mission, his Soldiers and his family,” Vega said.

After rainy season, Seitz still all wet

Warmer weather spawns command interest in repairing pool from prior OIF

By Spc. Payten Redfearn
18TH CORPS SUPPORT BATTALION

LOGITSTICAL BASE SEITZ, Iraq – Situated between Sather Air Base and Camp Liberty on the Victory Base Complex, Log Base Seitz has offered an ample amount of “morale boosters” to the Soldiers of the 18th Corps Support Battalion.

While the post might not have the extensive facilities or numerous recreational choices that nearby Camp Liberty, Camp Victory, and BIAP have; it provides for a Soldier’s basic needs.

With the approaching summer bringing three-digit temperatures, Lt. Col. David Luders, the 18th’s battalion commander, and Command Sgt. Maj. Corbin Skerrit, battalion command sergeant major, thought it would be a good idea to add one more morale booster to Log Base Seitz’s list: a swimming pool.

The idea already had a good start; considering that back in 2003, Soldiers from the 515th Corps Support Battalion built the original Seitz pool.

In fact Sgt. Joshua Daily, one of the Soldiers that was there, is currently serving his second tour at Log Base Seitz, this time with the 18th Corps Support Battalion with the 1011th Quarter Master Company, a Reserve unit from Missouri.

“Its started off as a joke,” Daly explained, “One day a couple of the Soldiers from the 308th Quartermaster Company were joking around with the 515th Corps Support battalion commander, telling him that we could build anything—even a pool.”

When the battalion commander heard this, he decided to challenge the 308th to do just that: build the Soldiers of Log Base Seitz a swimming pool.

It takes a lot to build a swimming pool in the middle of the desert, but that’s what Daly and his battle buddies did.

“The concrete was donated by a concrete factory just outside of our gate, the heavy equipment was donated by engineers on Camp Liberty, and the time it took to build the pool was donated by the Soldier’s after-work hours,” Daily explained.

Fast-forward three years to Operation Iraqi Freedom IV with the 18th Corps Support Battalion. When they arrived, the pool hadn’t been used in over two years and was in dire need of repairs. It had large cracks in the bottom, needed repainting and the pool’s pump was inoperative. The job to fix those problems fell to the battalion S4, Capt. Jerome Barnard and Sgt. 1st Class Mark Gautier.

“It took over \$2,000 to get the pool back up to standard, but when looking at the positive aspects of having a pool, that isn’t a lot of money,” Gautier said.

Then there was the problem of maintaining the pool. The battalion formed a contract with Baghdad Pools, an Iraqi owned and operated company.

“They come by and check the chlorine levels in the water, add more chemicals, and service the water pump, which keeps everything running smoothly and the Soldier’s swimming,” explained Sgt. Tara Hoxie, volunteer lifeguard and NCOIC with the battalion’s 503rd Maintenance Company from Fort Bragg, N.C.

The combined efforts of Soldier’s past and present and a local-national pool company have come together to take some of the sizzle out of the 2006 summer at Log Base Seitz.



Lt. Col. David Luders and Command Sgt. Maj. Corbin Skerrit cut the “ribbon” that officially re-opened the Seitz swimming pool in a ceremony May 6. Luders and Skerrit are the 18th CSB commander and sergeant major, respectively. The 18th CSB worked to fix an old pool that had fallen into disrepair. **Photo by Capt. Evelyn Kempe**



Sgt. Larry Sines examines the differential on a broken humvee while at the Special Troops Battalion motor pool on Camp Taji, Iraq, Mar. 23. The humvee was one of dozens that was repaired, refitted and uparmored for the Polish army. Sines is a mechanic assigned to the STB, 4th Sustainment Brigade.

Photo by Sgt. Joshua Salmons

STB mechanics armor humvees for Polish allies

By Maj. Heather Davidson
SPECIAL TROOPS BATTALION

Contained inside the perimeter of tornado fence is a veritable machine of initiative and skill; of can-do attitudes and connections.

The Headquarters and Headquarters Company Motor Pool, Special Troops Battalion, 4th Sustainment Brigade, is where the heavy lifting is accomplished.

The mechanics, clerks, and leadership of the maintenance section rolled up their sleeves and took on the task of transforming 35 excess humvee gun-trucks (M1025) into level II armored gun-trucks to be transferred to the Polish Army.

It was a high-priority mission that would benefit Coalition partners, ensuring they had proper equipment. It could not, under any circumstances, fail.

Mechanics accomplished the task in eight days, working 24-hour shifts.

This mission was given to the Soldiers and leadership of the motor pool early on a Sunday morning in mid-March. Less than 24 hours later, the first available batch of humvees had been moved to the motor pool, inspected, and the progress began.

"This was a unique job for the motor pool," said Staff Sgt. Darrell Grinnell, shop foreman. During this deployment the hardest tasks have been 12 engines and five transmissions.

Grinnell added, "The humvees had a variety of problems. We replaced steer and gear boxes (compartment used when steering the vehicle), tie rods (part where wheels connect to the steering), and breaks (pads and rotors)."

A popular saying among U.S. Marines is "every Marine is a rifleman." In the HHC motor pool, every Soldier became a mechanic. The HHC quickly built its teams for technical inspections, service, and repair, transitioning quickly to day and night shifts.

Less than two weeks later, the maintenance

section accomplished the impossible. They finished 30 of the 35 vehicles, outfitted them with basic issue items (BII), and readied them for shipping.

But the mechanics, prescribed load list (PLL) clerks, and generator mechanics worked constantly under the glare of the sun during day and in the company of bats at night, all to the throb of sub-woofers on top of the PLL shelter.

Round-the-clock work hours did not melt mechanics' spirit, instead they enjoyed the challenge.

"It was challenging. That's what made it fun," said Spc. Ryan Price, light wheeled mechanic. "I learned a lot. During AIT (advanced individual training) we received an overview. We went more in depth here in a short period of time."

Eight days later, the "mission accomplished" call came over the net. HHC had done it, using every resource they had; including the most important one of all: attitude.

A Few Legal Pointers

Even if separated, Soldiers must provide

Financial obligations don't stop when troops live apart from families

Soldiers who are deployed or geographically separated from their families are obligated to provide financial support to their family members. This obligation is set forth in Army Regulation (AR) 608-99: Family Support, Child Custody, and Paternity.

Soldiers are responsible for taking care of their families while deployed or stationed at a different location than where their family is residing. Soldiers are expected to keep reasonable contact with their family and to create a plan to send and receive financial support. Commanders are required to get involved if the parties are unable to agree on a proper method of payment or Soldiers are not adequately taking care of their families. The regulation does not distinguish between geographical and legal separation. The regulation applies to all Soldiers regardless of whether they plan to divorce their spouse.

How much does a Soldier have to send home a month? The amount depends on the Soldier's personal situation and the Soldier should consult with their chain of command or local legal office to make sure they are in compliance with the regulation. Most Soldiers must send an amount called BAH II at the with-dependent rate. This amount is completely unrelated to whether a Soldier actually receives BAH and does not depend on the location the Soldier or family is living. This amount is set forth by DFAS and is based on rank alone - the amount is same for all Soldiers of the same rank. The amounts can be found on the DFAS website and are updated each year by DFAS. Soldiers with dependents living in government housing are not required to make any support payments under the regulation. That's not to say sending money is not the right thing to do, but just that AR 608-99 does not mandate it.

If there is a written financial support agreement between the Soldier and spouse, the regulation may not apply. If there is a court order, whether divorce decree or child support decree, such court order outlining specific amounts of financial support will govern and the BAH II with-dependent amounts will not apply. However, a Soldier's command will get involved to make sure the Soldier is complying with the written agreement, court order, or divorce decree. AR 608-99 simply fills the gap if no written agreement or court order exists.

What if the family members are residing at different locations? There are different rules for providing support to family members at various locations as well as family members of different family units. Soldiers and commanders should consult with their servicing Judge Advocate to determine what payments are required for different family units. For example, if a Soldier has children from a prior relationship, and is also pro-

viding support to a current spouse and/or children, there is formula in the regulation that helps the Soldier understand which family members are entitled to what percentage of the BAH with-dependent rate payment.

What if the Soldier is married to another person on active duty?



Capt. Eric Lee
JUDGE ADVOCATE

In the absence of a written financial support agreement or court order, a Soldier is not required to provide financial support to a spouse on active duty. When two Soldiers are married to each other, neither is considered to be the dependent of the other and therefore there are no support requirements under AR 608-99. If the Soldiers have a child and there is no court ordered child support or written financial support agreement, the Soldier the child does not reside with will have to pay an amount to the other service member spouse. This amount varies depending on the situation. If the Soldier does not have custody and the child does not reside in government quarters with the other service member spouse, the Soldier will provide BAH-DIFF

to the service member spouse the child lives with. But if the child lives in government quarters with the other service member, the Soldier is not required to provide financial support to the service member's spouse.

Failure to comply with AR 608-99 is punishable under the Uniform Code of Military Justice under Article 92, Failure to Obey an Order or Regulation. There is no notice requirement for this regulation meaning that Soldiers do not have to be counseled on their responsibilities before being punished for failure to comply with the regulation.

The burden is on the Soldier to demonstrate payment to their dependents and therefore Soldiers are encouraged to set up allotments or make

Soldiers are responsible for taking care
of their families while deployed or stationed
at a different location...

payments in the form of money order or check. Some payments such as rent may substitute for payments under the regulation, and some Soldier may be exempt from the requirements under the regulation. Again, Soldiers and commanders should consult their servicing Judge Advocate to determine what amount the Soldier is required to pay based on his/her personal situation.

For further questions regarding financial support obligations of Soldiers under AR 608-99 contact your servicing Legal Office for details.

SLEEP FROM Page 4

others can be easily disturbed by small changes in sleep surroundings.

When excessive light is a problem, consider covering the source. Noise problems can be alleviated with the use of background sound "white noise" (like a fan) or earplugs.

Diet

Eating a full meal shortly before bedtime can interfere with the ability to fall asleep and stay asleep, as can heavy meals eaten at any time of day or foods that cause indigestion.

A light snack at bedtime, however, can promote sleep. Milk and other dairy products, which contain the natural sleep-promoting substance tryptophan, are especially good as bedtime snacks.

Decreasing Time Awake in Bed

Stress contributes to many sleep problems. People who have trouble sleeping sometimes begin to rely on certain strategies—such as regular napping, excessive use of caffeine, and sleeping at irregular times—to help adapt to a disturbed sleep schedule.

After the source of stress that led to the sleep problem is eliminated, these behaviors can sometimes cause sleep problems to continue. A

cycle of repeated difficulty in falling asleep develops, and tension and a fear of sleeplessness can result.

The bedroom itself can come to be associated with unsuccessful attempts to sleep and with tension and anxiety.

Clock-watching should be avoided by people experiencing sleep problems, especially those with insomnia. It can be helpful to set the alarm for the desired morning arise time, and then hide the clock and watches in a dresser drawer across the room. Most people experiencing sleep problems sleep best when time pressures are relieved.

Managing Stress

As mentioned earlier, the stress that stems from common life situations often contributes

to sleep problems.

A relaxing activity around bedtime can help relieve tension and encourage sleep.

Consciously attempting to clarify problems and formulate solutions can have a positive effect on sleep quality. Talking with a trusted friend or colleague to "air out" troubling issues can be helpful.

Relaxation exercises, meditation, biofeedback, and hypnosis are sometimes beneficial in

controlling sleep problems. These techniques should be learned from a psychologist, physician, or other health care professional.

Designating "worry time"

Another technique that can be helpful is to designate a particular time for worry. This time is dedicated to sorting out problems and coming up with possible solutions.

Set aside 30 minutes in the evening to sit alone undisturbed. On 3x5 cards, write down each of your worries as it comes to mind (one worry per card).

These worries can range from the mundane (needing to call someone in the morning or remembering an anniversary) to the serious (financial concerns or problems with a relationship).

When all worries have been written down, sort the cards into three to five piles according to the priority of the worry.

Next, look at each card and formulate a possible solution to that worry. While not all worries will have easy solutions, even small progress in remedying a worry can yield helpful results.

The morning after recording your worries, review the worry cards and begin to work on resolving the worries you've identified.

Instructions for Stimulus Control Management

Try to sleep only when you are drowsy.

If you are unable to fall asleep or stay asleep, leave your bedroom and engage in a quiet activity elsewhere. Do not permit yourself to fall asleep outside the bedroom. Return to bed when and only when you are sleepy. Repeat this process as often as necessary throughout the night.

Tips for a good night sleep

- Maintain a regular arise time, even on days off work.
- Use your bedroom only for sleep.
- Avoid napping during the daytime.
- Avoid caffeine within four to six hours of bedtime.
- Avoid the use of nicotine close to bedtime or during the night.
- While a light snack before bedtime can help promote sound sleep, avoid large meals.
- Avoid strenuous exercise within 2 hours of bedtime.
- Minimize light, noise, and extremes in temperature in the bedroom.

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