Dining Facility 4 opens Health Room
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LSA Anaconda hosts citizenship ceremony
Pg. 2

Tattoo
3rd COSCOM honors colonel’s departure
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Col. Susan Sowers, 3rd Corps Support Command’s chief of staff, commands a formation during a tattoo ceremony for Col. Steven Shapiro at Logistical Support Area Anaconda.
Freedom reborn through citizenship ceremony

By Sgt. Mitch Armbruster
Staff Writer

Sustainer Theater, located on Logistical Support Area Anaconda, near Balad, Iraq, was the setting for a citizenship ceremony early Saturday morning on July 1.

Seventy Soldiers and Marines took part in the Naturalization Oath of Allegiance for citizenship while deployed in support of Operation Iraqi Freedom.

The ceremony marked an important day for these Soldiers. While their hard work doesn’t go unnoticed, they sacrificed their free time to make their dream of becoming a citizen a reality.

“We’re a part of history. Not many people can say they did it [a naturalization ceremony] here,” said Spc. Wendy Giudino-Denney, a supply clerk with the 376th Personnel Services Battalion on LSA Anaconda. “Now I’m a citizen.”

For Denney the process was a long one but well worth the wait.

“I’m the last one to become a citizen in my family,” Denney explained.

Denney, and other servicemembers receiving citizenship, recited the oath given to them by John M. Bulger, the District Director for the Rome District with U.S. Citizenship and Immigration Services. Bulger spoke to the audience about the remarkable sacrifice they have made for the country.

“I’ve been doing this for over 30 years and every time I do it, it’s just a wonderful feeling,” Bulger said. “It renews your sense of American values, just the way each generation of American immigrants renews the United States.”

He expressed the honorable nature of an event like this in Iraq.

“These men and women, like thousands of other immigrants, are serving this country proudly and are making extraordinary sacrifices for America,” Bulger said. “They’re putting their lives on the line to defend freedoms they have only today secured for themselves.”

Denney’s service in the military made it possible for her to partake in the ceremony. She believes this is an amazing experience.

“I love to do this,” she said. “There is so much pride in this. How many people can say they are such a big part of history?”

Pfc. Sateesh Bhattacharai, a Soldier with the 506th Quartermaster Company stationed at Al Asad, Iraq, echoed the words of Denney about his service and citizenship.

“I’m really excited,” Bhattacharai said. “I can’t explain it in words.”

Servicemembers give up so much to defend the freedoms of the United States, but for these servicemembers, the sacrifice and hard work has culminated into a day of acceptance as an American citizen.

These ceremonies are not just for the Soldiers becoming citizens, Pfc. Garry Schwartzman, a Soldier with B Battery 2/5 Field Artillery Battalion stationed in Mosul, Iraq, explained. His commander was a key part in Schwartzman receiving his citizenship.

“My commander was very eager for me to come to this ceremony,” said Schwartzman. “He told me about this great opportunity to come to LSA Anaconda to fulfill this great accomplishment.”

His trip to LSA Anaconda was a life-changing event for him.

“I’ve waited a year and a half to fulfill this,” explained Schwartzman. “It’s an accomplishment of a lifetime.”

These servicemembers received an important reward, the citizenship they earned.

“You bring new blood, new ideas, new life to our country,” said Col. Mark W. Hampton, 35th Area Support Group Commander.

“Through this ceremony our freedom is reborn.”

Servicemembers bow their heads for the invocation given at a citizenship ceremony held at Logistical Support Area Anaconda on July 1.
DFAC creates health room for servicemembers

By Staff Sgt. Monika Comeaux
Staff Writer

Dining Facility No. 4 has come up with a new idea for servicemembers and civilians who would like to watch their weight. The DFAC has opened a Health Room, a side-room off of the main dining area, three months ago, to allow patrons to eat low-calorie diets. They serve chicken or fish, pasta, rice, steamed vegetables, salads, offer fat free salad dressings, juices, low fat milk and usually fruit for dessert.

“A couple of months ago at the DFAC Council meetings ideas were brought up for Soldiers who are on the overweight program or trying to lose weight,” said Sgt. 1st Class Teresa English, the senior food operations sergeant of the facility, who is in Forward Support Company, 4th Battalion, 101st Aviation Regiment, 159th Combat Aviation Brigade. “We came up with an idea for a separate place, where there are no temptations ... the only bad thing is that when they leave, they have to walk past the ice cream bar.”

The headcounts have been soaring ever since the Health Room opened. It only took a couple of days for the news to spread and the number of customers has continued to rise.

“First we started with one box of asparagus, now we do four to eight. We started off with one box of chicken, now we prepare eight. We really like that,” said David Ramos, a food service technician with Kellogg, Brown and Root.

The main dining area serves some items that are not recommended for patrons who are trying to watch their weight or simply trying to eat healthy. “We got almost a ‘Nintendo Generation,’ where Soldiers are used to the fast food, the short order, and it just has a lot of unhealthy stuff,” English explained.

Although the room is only open for lunch and dinner every day, patrons should be able to get a healthy selection of breakfast from the main serving area. They should choose egg whites, turkey sausage, fruit, low fat milk, yoghurt and cereal if they want to eat a healthy breakfast, recommended Chief Warrant Officer Sharon Simmons, who is the food program manager of the facility. She is in Headquarters and Headquarters Company, 159th CAB, based at Fort Campbell, Ky.

Simmons thinks that people who tend to overeat all have their reasons for it. “If the food is available, they have the tendency of wanting it when they see it...” she said.

“Portion control is also very important,” Simmons said. “If you want to have sweets, you can, you just have to know your limit, have to know your body.”

Soldiers help themselves to some healthy food in the Health Room of Dining Facility No. 4. The room opened a little over two months ago, to create a temptation-free environment for those who are trying to watch their weight.

Some Soldiers are stressed, and when you are under stress, you tend want to eat things that you are not supposed to be eating,” she said.

“Soldiers help themselves to some healthy food in the Health Room of Dining Facility No. 4. The room opened a little over two months ago, to create a temptation-free environment for those who are trying to watch their weight. The headcounts have been soaring ever since the Health Room opened. It only took a couple of days for the news to spread and the number of customers has continued to rise. “First we started with one box of asparagus, now we do four to eight. We started off with one box of chicken, now we prepare eight. We really like that,” said David Ramos, a food service technician with Kellogg, Brown and Root. The main dining area serves some items that are not recommended for patrons who are trying to watch their weight or simply trying to eat healthy. “We got almost a ‘Nintendo Generation,’ where Soldiers are used to the fast food, the short order, and it just has a lot of unhealthy stuff,” English explained.

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See Health Room on pg. 15
Humvee egress trainer unveiled in northern Iraq

By Sgt. Rachel Brune
Staff Writer

LSA DIAMONDBACK, Iraq – The Soldiers of the 142nd Corps Support Battalion no longer have to survive a deadly situation to describe what it is like to roll over in an up armored humvee.

With the unveiling of the Humvee Egress Assistance Trainer, or HEAT, in June, the Soldiers now have another weapon in the arsenal to combat Humvee rollovers, which have claimed 13 lives in 2006 alone.

“We want to make sure that we have no more memorial services and no more trips to the hospital,” said Lt. Col. Ronald Green, the 142nd battalion commander.

To bring the vehicle back from the brink of decapitation, Lt. Col. Green and the 142nd’s CSB moved to secure the money for the HEAT.

The lobby of the 142nd Command Post bustled with activity as a group of Soldiers, led by Chief Warrant Officer Jeffrey De Wijn, 298th Movement Control Team shop officer, acquired old parts for the machine.

A team of Soldiers from the 872nd and 298th Maintenance Companies built the machine, working from blueprints released by Coalition Forces Land Component Command at a safety conference March 20.

The construction team added several innovations to the original design. The battalion’s HEAT is the first to include a safety cage around the turret, which will enable gunners to practice slipping into the interior of the humvee.

Rather than utilize commercially-fabricated parts, the project officer decided to mobilize the Army’s vast supply system to provide the components for the HEAT.

Chief Warrant Officer Jeffrey De Wijn, 298th Movement Control Team shop officer, acquired old parts for the machine that had been relegated to the “bone yard” and stricken from the Army’s books, as well as parts that could easily be ordered through the system.

“I thought to myself, we have the largest supply inventory in the world,” said De Wijn.

The HEAT drive motor is the same motor used to power the turret on a Bradley Fighting Vehicle, and the turret gear is from an Avenger drive assembly.

“This is a triumph of ingenuity and innovation here,” said Jennings.

The entire construction took about seven weeks and $10,000 to complete, according to De Wijn.

Jennings attributes much of the innovation and efficiency to the additional sets of skills the Soldiers brought to the project.

The two maintenance companies are Army Reserve units, and the project manager, Staff Sgt. James Jett, 872nd Main. Co., is a maintenance manager for Infiltrator Systems.

Jett, a senior quartermaster and chemical repair sergeant, holds an Associates of Applied Science in electrical and mechanical engineering from Weber State University. He became involved in the project when his shop officer showed him a collection of parts.

“He said, ‘We want you to make a rollover machine out of this pile of junk,’” said Jett. Although both Jennings and De Wijn gave Jett the majority of credit for the successful completion of the project, he deferred the credit to his team of Soldiers from the two maintenance companies.

One of the advantages of this model of the HEAT, according to Jett, is that it is completely self-contained and self-powered, as well as being very portable.

The bottom line, from a safety viewpoint, is that with this training, the first time a Soldier is involved in a rollover will not be the first time he or she has gone through the experience, said Jennings.

The Soldier will have the necessary muscle memories to bring the gunner into the vehicle before the rollover and then exit in a safe manner.

Spc. Angel Ocegueda, 298th Maintenance Company, acts as a safety on the Humvee Egress Assistance Trainer, as Staff Sgt. James Jett, 872nd Maintenance Company, operates the simulator during unveiling ceremonies at Logistical Support Area Diamondback.
By Sgt. Judith DaCosta
3rd COSCOM PAO

Servicemembers sing of war in Iraq

Servicemembers at Logistical Support Area Anaconda participate in extracurricular music activities to pass the time, however, there are a few performing artists that devote large portions of their free time to creating a sound that is beyond the level of extracurricular in an attempt to reach a worldwide audience.

“We're just about to wrap up the making of our album,” said Sgt. Lee Gore, a 21st Cargo Transfer Company Soldier, and one of at least three servicemembers at LSA Anaconda who are actively attempting to push their musical vision out to a larger audience through completed albums on CD.

Gore used his self-taught audio engineering knowledge to create a compilation CD entitled “Soldiers in Iraq Compilation Album.”

Gore said he wants the world to know the Soldier’s story from a Soldier’s perspective, and he is not alone.

Airman Edward Grant, 322nd Expeditionary Security Forces Squadron, is another aspiring artist who plans to release his first independent album at the end of his deployment.

The second song on his album describes life overseas and is aptly entitled “The Sandbox.”

Lastly, Sgt. 1st Class Reginale Thomas, Company A, 32nd Signal Battalion, 22nd Signal Brigade, is also working on a CD, entitled “Dr. Jekyll & Mr. Hyde,” due for release in 2007.

These servicemembers have made significant progress in their efforts to share their experiences through the music medium, but they didn't accomplish their goals overnight. It took a significant amount of dedication and determination to get there.

Many recording musicians on the LSA agreed that noise from incoming mortars, generators and next door neighbors pose additional challenges during recording sessions.

The album took five months to complete, Gore said, who currently works 10-12 hour night shifts during the week. He said he brought professional equipment and ordered some online. He also purchased foam to rest against the wood paneled walls of his trailer to enhance the recording quality for his album and block ambient noise.

Gore held auditions for the CD to ensure that the vocalists were more than musicians but also Soldiers who had experienced life outside of the “wire.” Several Soldiers worked on the CD and are very proud of the finished product, he said.

“I am amazed that we can get equipment out here,” said Thomas. “It took three weeks to get my music equipment downrange.”

He said you can accomplish goals as a musician in theater, but it can be difficult to acquire all the right tools.

“Music is my passion,” said Thomas. “I enjoy the Army but there comes a time when we must move on.”

In each of these albums, servicemembers combine their passion for music with their experiences on the job.

Each song may provide a unique, historical account that may be compared to the pages of a deployed servicemember’s diary.

Though these songs have yet to receive recognition from major recording labels, there is definitely an audience that, if nothing more, is curious to know what servicemembers experienced in Iraq.
Support battalion honors lineage, uncases colors

By Staff Sgt. Kevin Doheny
159th Combat Aviation Brigade PAO

The 563rd Aviation Support Battalion finally has what has been missing from their formation since the unit redesignated from 9th Battalion, 101st Aviation Regiment (Support) – their colors.

During a ceremony held at Logistical Support Area Anaconda in June, the battalion commander, Lt. Col. Lorelei Coplen and her Command Sergeant Major, Command Sgt. Maj. Carolyn Johnson, uncased the battalion’s colors which have been cased for the last 38 years.

It was 62 years ago when the 563rd Quartermaster Service Battalion was divided into its separate companies and headquartered in several locations in preparation for support of the military actions that would be known as Operation Overlord.

Operation Overlord was the military action for the massive invasion of Normandy, initiated on June 6, 1944.

The 563rd battalion and its companies supported the military operations of a variety of American and Allied divisions, earning campaign credit from Normandy, Northern France, Rhineland, Ardennes-Alsace, to include the Battle of the Bulge, and Central Europe.

Coplen spoke to her troops and the Soldiers in attendance about what it meant to uncase her battalion’s colors on the anniversary that, 62 years ago, the Soldiers of the “Keep Them Fighting” battalion made history.

“Sixty-two years ago today, these colors first saw military action,” said Coplen. “It is likely that members of this battalion stood shoulder to shoulder on the cramped rocking decks of the landing crafts, navigating around the mines and the damaged hulls of other vessels.”

She went on to add that the members of the battalion hit the beaches just shortly after the initial invading forces and immediately established the long, difficult logistics support of a rapidly-moving and geographically-spread combat action.

“Somewhere in this time, the battalion members adopted a motto that we use today, ‘Keep Them Fighting,’” she said.

“We also know that these were the units and Soldiers charged with establishing the field hospitals and the morgues, and there were many combat losses on this day, June 6, and the day, after until victory in Europe was assured.”

It had been almost two years since any colors for this distinguished unit had flown above the headquarters of the “Fighting Battalion”, which directly supports the 159th Combat Aviation Brigade.

Coplen spoke of how her battalion, although one of the newest in the Army, has accomplished so much, from transformation to deploying.

“Together we climbed a short, steep path, moving from activation ceremony to deployment within a year,” she said.

“This ceremony marks another important step in our unit’s maturity, as we assume the lineage and history of this unit even while we are making history ourselves.”

Coplen concluded by saying this combat tour is coming to an end, and the colors will soon be shown proudly at the battalion headquarters building; her Soldiers will be adding a new piece of history to an already rich tradition.

She said this new addition symbolizes the difficulties her Soldiers will have gone through during their rendezvous with destiny.

“Sometime in the not too distant future, we will case these colors for the trip back home. When we uncase them proudly again, it will be to display them in our headquarters at Fort Campbell [Kentucky],” she added.

“Not long after that, we will be adding a new streamer to join the others. This will be a new streamer to represent a new generation of ‘Keep Them Fighting’ Soldiers, warriors in defense of our nation in the Global War on Terrorism.”
By Sgt. Marshall Thompson
Staff Writer

Wood, paint, spools of cable wire, electrical tape and a lawn mower are just some of the supplies that the Department of Public Works at Logistical Support Area Anaconda provides free of cost for Soldiers to improve their living conditions here and at nearby forward operating bases.

There are four different shops for the Soldier to peruse: carpentry, plumbing/electrical, tools/hardware and the paint shop.

The carpentry shop is a 50 square foot area where models of useful projects such as tables, bookshelves and Interceptor Body Armor racks are kept on hand for Soldiers to use as a format for building their own projects.

Everything in the shop is made by hand, said Sgt. 1st Class Joe Workman, the 35th Area Support Group DPW NCOIC, and Soldiers are welcome to come in and use the air-conditioned area to complete projects.

The plumbing and electrical supplies shop is located in an office straight across from the carpentry shop. Inside, local nationals keep track of supplies taken on a daily basis.

“Though the supplies are free to Soldiers, we track the supplies,” said Sgt. Brad Reed, a 35th ASG self help NCO, “so we can continue to make them available to the Soldier.”

Tools are available for Soldiers to check out from the tool shop, said Workman.

However, Soldiers from the surrounding FOBs must be authorized by their commander to do so, he said.

Finally, paint comes in several different colors and may be mixed in the paint shop to create any color in the rainbow, said Workman.

Soldiers, however, are limited to three gallons of latex paint or cans of spray paint per day. Brushes, rollers and paint trays are additional painting supplies available in the shop.

The Army purchases all supplies from the Iraqis in a nearby village to stock the DPW, said Capt. Ken Neubert, the 35th ASG self help OIC. “For this reason, a lot of the supplies aren’t the same quality as what you may find in the states,” he added. “For example,” said Workman, “the plywood on hand here is delivered in its raw form.” The wood is safe and functional, said Workman; still, those who wish to use the wood have to work a little harder to achieve the desired finished result.

“Mainly, troops from outlying FOBs rely heavily on us and they tend to be our biggest customers because many [self-help shops] aren’t as developed as LSA Anaconda,” said Workman.

However, all Soldiers are welcome to work on projects in the DPW area.

The DPW area is open seven days a week from 8 a.m. to 4:30 p.m.

The small staff remains available during those hours to help teach and assist Soldiers in their quest to improve their standards of living.

1st Lt. Joseph P. Rozycki, executive officer for Company A, 4th Battalion, 101st Airborne Division, saws wood in the Department of Public Works area at Logistical Support Area Anaconda. He said he plans to make a flag case that will accompany his Soldiers on a mission before they go home.
Colonel ends 3rd COSCOM tour with tattoo ceremony at LSA Anaconda

By Staff Sgt. Engels Tejeda
Staff Writer

Col. Steven Shapiro said goodbye to the 3rd Corps Support Command during a tattoo ceremony at Logistical Support Area Anaconda June 29.

"A lot of you have known me for the last couple of years and you know I think by now that I'm not a very modest person . . . but this is the most humbling experience I've had in 21 years . . . and I can't wait to go back and tell my family about it," Shapiro said.

During the last two years, Shapiro served as COSCOM's operations officer, a job he did with unparalleled dedication, said 3rd COSCOM's commanding general, Brig. Gen. Rebecca Halstead.

"This ceremony really marks the beginning of many soldiers back to the states for the 3rd COSCOM. We'll be changing out multiple battalion headquarters, multiple brigade headquarters, before the COSCOM goes," Halstead said.

"And it only seems kind of fitting that Col. Steve Shapiro is the first leader to leave, and I say that, not because we are anxious to get rid of him, because we sure are not anxious to get rid of him," Halstead continued.

"I say that because he's been a single combat multiplier. We talk about success being a team sport all the time. But in every team there is a most valuable player. There are a whole lot of titles you could put on different people . . . Steve, I consider you the most valuable player," Halstead said.

Halstead said that Shapiro made everyone think outside the box and made everyone in her command a better leader during his tenure.

"I am better; I am a better person; I am a better commander; I am a better leader; and I am a better warrior because of Steve Shapiro being in my life and being in this unit," Halstead said.

"I'm also a better person for Mary Shapiro and your two girls for being in my life. We know she's a phenomenon because she put up with you for so long," she added jokingly.

For his part, Shapiro said that while he is looking forward to his next assignment -- a year at the Army War College -- he is going to miss the 3rd COSCOM family.

"I keep on getting told, 'hey you know, you are going to go to the best year of your military life,'" Shapiro said. "And I said it last night and I mean it with all sincerity: I might be going to the second best year of my Army life. I don't know. The best year of my Army life I just lived, and I lived it with every single one of you . . . Soldiers of COSCOM, thank you so much, I salute you."

Shapiro did not want to have a farewell ceremony, but Halstead insisted, noting the historical importance of the tattoo.

"The tattoo has a lot of significance. It's when the lights go out, when the taps stop flowing," Halstead said.

Spc. Morgan Richard, a bugler with COSCOM, played the musical tattoo. The bugle call originated in the low-lands of Europe during the 16th Century.

Nightly, a detachment would parade through town crying "due dem taptou" or "turn off the tap," to which tavern owners would dutifully respond by shutting down and turning drunken Soldiers out into the streets.

The troops would then parade back to their barracks for lights out.

Over time, the call became the longest and most important announcement, said Col. Steven Shapiro.

"It's when the tattoo stops, the tattoo has a lot of historical importance of celebrating anniversaries, of titles you could put on different people . . . Steve, I consider you the most valuable player," Halstead said.

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"It's when the tattoo stops, the tattoo has a lot of historical importance of celebrating anniversaries, of
Sons will always be father’s little champions

By Sgt. Judith DaCosta
3rd COSCOM PAO

Lt. Col. Larry Cottle, who deployed to Iraq with the 3rd Corps Support Command in August 2005, was able to see his two sons Quintin and Zachary, students at Omaha Skutt Catholic High School, win the High School Nebraska State Wrestling Championship during his Rest and Recuperation leave in February.

Their determination and desire to succeed - values inherent to Cottle as a Soldier – earned them a special place in their father’s heart.

“My children are more than their weight in gold. It is their actions at home that have really made them my little champions,” he said.

“When I stepped away from my family for the last time and headed for Iraq, Zachary had many tears,” said Cottle. He told his sons then that the championship was there for them to have. They just had to work hard and believe they could win it, said Cottle.

“Only a handful of times in the State of Nebraska history have two brothers won high school state wrestling championship titles in the same year,” said Cottle.

Roughly seven months later both of his sons won state titles not only joining the ranks of the historical handful of brothers who have accomplished this feat but earning military coins to boast of their accomplishments with their father by their side.

Quintin and Zachary won 1st place titles in the Class B, Nebraska State Wrestling Championship ’06, according to www.wrestlingusa.com.

“When it was time for them to step on the awards stand to get their medals, I was down on the floor taking pictures as any proud father would do,” said Cottle. “Many people were asking, ‘Are you the dad that got to come home from the war to see his sons wrestle?’ I was humbled and responded with, ‘Yes I am,’” said Cottle.

“It meant so much, that 3rd COSCOM enabled me to take my Rest and Recuperation leave. I wouldn’t have traded it for the world,” said Cottle.

“Both boys were just thrilled to have their dad with them when they took the state finals,” said the Cottle’s grandmother Mary Lynne Redman according to a local news publication called the Tri-County News.

Everyone in Cottle’s immediate family received Brig. Gen. Rebecca Halstead’s, the 3rd COSCOM commanding general, coin on a chain and a personalized note in the mail to congratulate them on their victories and to thank them for Cottle’s service in the U.S. Army, said Cottle.

Cottle said he plans to frame the coins with his son’s championship bracket and state medals when he returns home.

“It will be a great way to capture the entire journey for all of us from start to end,” said Cottle.

Aside from sports related accomplishments, Cottle is proud because his children have “stepped up to the plate” to keep his family successfully united in his absence.

“I was proud of the fact that I was able to be home and enjoy the ride,” said Cottle.

“I asked them before I left, to try and fill the void for me while I was gone,” said Cottle. “Quentin and Zachary both stepped up to the plate and took on many additional duties that normally would not have been in their lane,” he said.

“They turned into my auto mechanics, fence repairers, plumbers and comforters when the little girls got hurt. They are doing just about anything else that gets thrown on their plate,” said Cottle.

“I basically asked them to grow up faster than what they should have had to,” said Cottle.

Cottle said he is very much a family man and this separation from his loved ones has clearly been the hardest part of this deployment,” said Cottle.

Though deployments can be difficult – witnessing his “little champions” win a state title has undoubtedly made the journey a little easier for Cottle.

Moreover, the support of a command that seeks to highlight the accomplishments of even those who are just Soldiers at heart speaks volumes of praise to the modern day Army that values the family as a whole as much as the serving Soldier.
Their motto is “That others may live” and if you’re on the ground in combat and in trouble, those four words mean that help is on the way.

Elite and unique, the airmen assigned to the 66th Expeditionary Rescue Squadron are the only combat search and rescue unit in country. They are part of a highly-specialized field, made up of an extremely small community of highly-trained professionals that save the people no one else can reach.

“The airmen are totally committed to the mission. Each takes their responsibility seriously and wants to be on the crew that brings our guys back safely,” said Lt. Col. Jim McElhenney, 66th ERQS commander. “These airmen are the reason why we’re the first ones tasked - we have the capabilities to respond immediately and effectively.”

Many of the saves the squadron has logged took place in Afghanistan, where coalition troops [resources] aren’t as robust, said McElhenney. There, crews (consisting of air crew, pararescue and combat rescue officers known as the “Guardian Angels”) are called out to respond to rescues that are outside their traditional “downed aviator” training.

The 66th participated in recovery efforts during Operation Anaconda in Afghanistan, for which rescue crews were awarded the Silver Star. More recently, the 66th was called on to extract troops from a humvee in an active minefield. Crews were able to save two wounded.

Crews are “ecstatic” when they were pivotal in a successful mission, said McElhenney.

Called in for only those facing extreme danger, the pararescuemen are the “9-1-1” call for military troops in combat behind enemy lines. However, a rescue is not always possible. Even though 22 Airmen from the squadron were among the first responders in the search for two Soldiers abducted June 16, no signs of them were discovered until three days later.

“We deployed a very-tailored package for this mission,” said McElhenney. “We wanted to take everyone we could.”

Three crews were dispatched on a dive operation to comb the murky waters of the Euphrates River. The Soldiers were reported as “duty status and whereabouts unknown” after the checkpoint they were manning at a canal crossing near the Euphrates was attacked.

“We were looking on the eastern bank, looking for clues – just any sign of the Soldiers,” said Maj. Matt Wente, 66th ERQS, who served as the mission flight leader.

Two of the three crews, armed with hydrographic maps of the current, searched the river by air between a power plant near the attack site and a refinery. The third crew served as a liaison between ground forces and the dive team, feeding the dive team information as it became available.

The pararescue team was tasked in the search for the missing Soldiers because of their capabilities: a short response time and the manning to support the search. The squadron is on high-alert status and is a 24-hours-a-day, seven-days a week operation.

Unfortunately, the aircrews and Guardian Angels had not turned up any clues when they were relieved by an Army dive team six hours later.

“It was frustrating,” said Senior Airman John Hatzitakis, a personnel recovery specialist deployed from Moody Air Force Base, Ga. “We just wanted to find something – anything to give their families hope.”

Crewmembers learned of the Soldiers’ deaths shortly before being interviewed and expressed their regret at not being able to do more.

“Our prayers are with their families,” said Capt. Jeff Marler, a pilot of one of the three HH-60s carrying the pararescue teams. “We did our best to bring their boys home.”

By Senior Airman Kerry Solan-Johnson
332d Air Expeditionary Wing PAO

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Tech Sgt. Raymond Mathews (left) and Staff Sgt. Jason Parker, assigned to 66th Expeditionary Rescue Squadron, cover the windshield to a HH-60G Pave Hawk helicopter at Balad Air Base. The squadron is the only combat search and rescue unit in Iraq and is trained to save the people no one else can reach.
**THIS WEEK IN MILITARY HISTORY**

**July 9**
- 1776 Declaration of Independence read aloud to Washington’s troops in NY
- 1918 U.S. Army’s Distinguished Service Cross authorized
- 1944 U.S. secures Saipan: 3,200 U.S., 27,000 Japanese KIA and many civilian suicides

**July 10**
- 1776 New Yorkers topple the statue of King George III at Bowling Green
- 1943 Operation Husky: U.S. and Commonwealth forces invade Sicily
- 1953 American troops withdraw from Pork Chop Hill, Korea

**July 11**
- 1798 Congress reestablishes the Marine Corps, disbanded in 1784
- 1812 U.S. invades Canada near Detroit
- 1919 Navy Pay Corps is renamed the Supply Corps
- 1934 FDR is the first sitting president to transit the Panama Canal
- 1955 U.S. Air Force Academy dedicated at Lowry AFB, Colo., with 300 cadets

**July 12**
- 1862 U.S. forces led by Gen. Hull invade Canada (War of 1812)
- 1864 Ashville, Georgia, captured by Union cavalry
- 1864 Jubal Early retreats from Washington, towards the Shenandoah Valley
- 1943 Australian 3rd Div clears the Japanese from the Mibo, New Guinea.

**July 13**
- 1863 USS Wyoming defeats Japanese warlord’s forces at Shimonoseki Straits
- 1864 Ashville, Georgia, captured by Union cavalry
- 1864 Jubal Early retreats from Washington, towards the Shenandoah Valley
- 1943 Australian 3rd Div clears the Japanese from the Mibo, New Guinea.

**July 14**
- 1789 Citizens of Paris storm the Bastille
- 1813 Lt. John M. Gamble, the only U.S. Marine to command a ship
- 1825 Lafayette reviews 2nd Bn./11th NY Arty (7th NY), “The National Guard”
- 1861 Bull Run Campaign: Gen. McDowell advances toward Fairfax Courthouse
- 1959 First nuclear powered cruiser commissioned, USS Long Beach

**July 15**
- 1815 Bonaparte surrenders to the British
- 1916 William Boeing founds an aircraft company in Seattle
- 1958 Marines in Lebanon, to support government against rebels (leave October).

**July 16**
- 1852 David G. Farragut is named the first rear admiral in the U.S. Navy
- 1912 Naval torpedo launched from an airplane patented by B.A. Fiske
- 1920 Gen. Amos Fries appointed first U.S. Chief of Chemical Warfare
- 1945 Trinity: the first Atomic Bomb is tested in New Mexico.

*Information provided by strategypage.com*

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**LSA Anaconda Fitness Center**

**Boxing:** The LSA Anaconda Fitness Center offers boxing on Monday, Wednesday and Saturday at 7 p.m.

**Aerobics:** There will be an aerobics class Monday, Wednesday and Friday at 5:15 p.m.

**Submission Grappling:** Submission Grappling on Wednesday, Friday and Sunday from 8:30 p.m. to 10:30 p.m.

**Tae Bo:** The LSA Anaconda Fitness Center offers Tae Bo classes Tuesday, Thursday and Saturday at 5:30 a.m.

**Hatha Yoga:** The LSA Anaconda Fitness Center offers Hatha Yoga classes on Sunday at 11 a.m. and 6 p.m. and Wednesday at 6 p.m.

**Open Court Volleyball:** The LSA Anaconda Fitness Center runs Open Court Volleyball Games on Saturday and Sunday evening. Check the monthly calendar for exact times!

*MWR and Fitness Center schedules are subject to change. Please check the monthly calendars published by the individual institutions for more details.*
Movie Schedule

**Sustainer Reel Time Theater**
(schedule is subject to change)

**July 9**
- 2 p.m.: Click
- 5 p.m.: American Dreamz
- 8 p.m.: Silent Hill

**July 10**
- 5 p.m.: Click
- 8 p.m.: Akeelah and the Bee

**July 11**
- 5 p.m.: Silent Hill
- 8 p.m.: Click

**July 12**
- 5 p.m.: Akeelah and the Bee
- 8 p.m.: Silent Hill

**July 13**
- 5 p.m.: Click
- 8 p.m.: American Dreamz

**July 14**
No movies scheduled

**July 15**
- 11 a.m.: Superman Returns
- 2 p.m.: United 93
- 5 p.m.: Superman Returns
- 8 p.m.: Hoot

**July 16**
- 2 p.m.: Superman Returns
- 5 p.m.: Hoot
- 8 p.m.: United 93

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**Religious Schedule**

**Roman Catholic Mass**
- Mon.-Fri. 7 p.m. Tuskegee Chapel
- Tue.-Fri. 12 p.m. Freedom Chapel
- Saturday 5 p.m. Tuskegee Chapel
- Saturday 8 p.m. Provider Chapel
- Sunday 8:30 a.m. Freedom Chapel
- Sunday 9 a.m. Tuskegee Chapel
- Sunday 11 a.m. Provider Chapel
  (sacrament of reconciliation 30 minutes prior to each Mass)

**Church of Christ**
- Sunday 2 p.m. Tuskegee Chapel

**Islamic Prayer**
- Friday 12:30 p.m. Provider Chapel

**Spanish-speaking Non-denominational**
- Sunday 2 p.m. Freedom Chapel

**Non-denominational**
- Sunday 9 a.m. Signal Chapel

**Jewish Prayer**
- Friday 6:30 p.m. Provider Chapel Annex

**Protestant-Gospel**
- Sunday 10 a.m. Sustainer Indoor Theater
- Sunday 11:30 a.m. Freedom Chapel

Religious schedule subject to change

**Movie Synopsis for July 9-16**

**Superman Returns**
PG-13, 153 min
Brandon Routh, Kate Bosworth

Following a mysterious absence of several years, the Man of Steel, Superman, comes back to Earth—but things have changed. While an old enemy plots to render him powerless once and for all, Superman faces the heartbreaking realization that the woman he loves, Lois Lane, has moved on with her life.

**Silent Hill**
R, 125 min
Radha Mitchell, Sean Bean

A disturbing threat to a local population of endangered owls, three middle-schoolers take on greedy land developers, corrupt politicians, and clueless cops.

**Akeelah and the Bee**
PG, 112 min
Lawrence Fishburne, Keke Palmer

Akeelah Anderson is an 11-year-old being raised by her mother, Tanya, who was left on her own after the death of her husband. However, Akeelah’s teacher sees genuine potential in her student and encourages her to enter the school’s spelling bee, convinced Akeelah has the brains and the talent to win. Akeelah applies herself and emerges victorious in the local competition, but discovers the going gets tougher when she goes to a statewide bee.

**United 93**
R, 111 min
Ben Sliney, Opal Alladin

A drama that tells the story of the passengers and crew, their families on the ground and the flight controllers who watched in dawning horror as United Airlines Flight 93 became the fourth hijacked plane on the day of the worst terrorist attacks on American soil: Sept. 11, 2001.

**Hoot**
PG, 90 min
Luke Wilson, Logan Leman

When a Montana boy moves to Florida and unearths a disturbing threat to a local population of endangered owls, three middle-schoolers take on greedy land developers, corrupt politicians, and clueless cops.

**American Dreamz**
PG-13, 107 min
Hugh Grant, Dennis Quaid

On the morning of his re-election, the President decides to read the newspaper for the first time in four years. This starts him down a slippery slope. Frightened by the President’s apparent nervous breakdown, his Chief of Staff pushes him back into the spotlight, booking him as a guest judge on the television ratings juggernaut.

**Click**
PG-13, 98 min
Adam Sandler, Christopher Walken

A workaholic architect, who has been overlooking his family in favor of his career, comes across a universal remote that allows him to perform TiVo-like functions on his life, such as pausing events or fast-forwarding over them. When the remote begins creating its own memory and choosing what to fast-forward over, the man sees how much of his personal life has passed him by and realizes the importance of spending more time with his family.
Transportation company clears last mission, hands over operations

By Sgt. Mitchell Armbruster
Staff Writer

Transportation companies drive familiar routes while deployed to Iraq. Their vehicles are their offices.

Soldiers with the 109th Transportation Company participated in one last mission from Q-West Base Complex observing the work of their replacements, the 423rd Transportation Company, before redeploying to Germany.

“For me, work helps the time go by,” said Sgt. Chris Anderson, a mechanic with the 109th Transportation Company. “We are helping out their gun trucks and mechanics, and make sure they know the routes.”

Staff Sgt. Jonathan Baldwin, an evaluator and combat logistics patrol commander from the 109th, said the time spent with the new unit was worth it.

“They are coming along pretty well,” said Baldwin. “I want them to understand what’s going on because it’s dangerous out here.”

Baldwin suggested the Soldiers working on CLPs have a long and thorough after action report at the end of their mission. He was passionate about each Soldier’s understanding of the improvements they needed to make.

“I want them to continue what they are doing and get the hang of it,” Baldwin said. “I can tell them how to do things, but it is up to them to take action.”

Baldwin made a point to emphasize discipline to the Soldiers. Simply having the discipline to wear all of the gear a Soldier was issued can make a difference in their survival on the road.

“I don’t take anything for granted,” Baldwin stated. “My first convoy was hit by an improvised explosive device.”

Baldwin’s idea was clear; having the discipline to do tasks correctly is the biggest thing to remember.

“You have to have discipline from day one to the end,” Baldwin said.

“We’ve been busy on the road with them,” said Sgt. Jonathan Howard, a team leader for the gun truck platoon with the 109th. “There were long hours and we kept busy and it made time go by.”

Teaching Soldiers can be a thankless job but it is necessary for preparing Soldiers for all aspects of their job.

“The job has been going good,” said Spc. Aaron Nienwenhuis, a truck driver with the 109th. “They have a lot to learn but they are learning fast. Most of what they have left to learn is situational; we can’t give them a certain situation on the road.”

Nienwenhuis said the Soldiers of the 423rd would encounter situations that will challenge them but they will make the right decisions because they’ve learned so much and have accepted all of the challenges the training offered them.

The 109th spent their deployment helping servicemembers in northern Iraq succeed at their missions by supporting them with transportation of cargo and passengers. However, one of their biggest accomplishments was instilling confidence in their Soldiers and helping others succeed.

“There are going to be growing pains for some of the younger Soldiers,” said Baldwin. “I emphasized discipline and made sure fellow leaders instill it their younger Soldiers.”

Going on Emergency Leave?

Don’t forget, you MUST have civilian clothes to be able to fly out!

Also make sure you have a copy of your orders on you at all times, even when you are at home!
consulting a nutritionist to get some help healthy. to begin with, he just wanted to stay has allowed him to lose five to six in the 'Health Room' and working out CAB. He is a regular customer. 7th Battalion, 101st Avn. Regt., 159th motor transport operator with the FSC, 'free' room,” said Staff Sgt. Ron Rossey, a should come over to this ‘temptation- feedback about the Health Room.

The dining facility went as far as who are trying to watch their weight. opened a little over two months ago, to create a ‘temptation-free’ environment for those Soldiers enjoy a healthy lunch in the ‘Health Room’ of Dining Facility No. 4. The room opened a little over two months ago, to create a ‘temptation-free’ environment for those who are trying to watch their weight.

Continued from pg. 3

The facility often receives positive feedback about the Health Room.

“I like it. I think more of the Soldiers should come over to this ‘temptation-free’ room,” said Staff Sgt. Ron Rossey, a motor transport operator with the FSC, 7th Battalion, 101st Avn. Regt., 159th CAB. He is a regular customer. He said that the combination of eating in the ‘Health Room’ and working out has allowed him to lose five to six pounds, although he wasn’t overweight to begin with, he just wanted to stay healthy.

The dining facility went as far as consulting a nutritionist to get some help in deciding what foods to put in the Health Room.

“They have a similar program to the weight watchers, where they assign bullets for every food item. You can only eat so many bullets a day. One bullet represents 100 calories,” said English. Soldiers can pick up fliers about the program, and the outline of the program is also posted on bulletin boards.

The walls of the room are also covered with displays of the newly improved food pyramid and explanations of the different food groups. If one is really determined to eat healthy and lose weight, the Health Room is an excellent asset. But one has to have the willpower, said English.

“Don’t blame the dining facility. Everyone is grown, is an adult, be responsible for what you eat. If you want to eat that ice cream, there are plenty of gyms around here. Just go to the gym for some extra time,” said English.
AROUND 3rd COSCOM

High diver

Spc. Monquelle Jordan, driver, 627th Field Artillery, 101st Airborne Division (Air Assault), from Fort Sill, Okla., hold his breath and puffs out his cheeks as he dives into the swimming pool at Logistical Support Area Anaconda near Balad, Iraq.

Fruitful creations

Cooks at the Wrangler Inn Dining Facility at Camp Taji are proud of their 'fruit art.' Displays like this are a daily occurrence in the dining hall, encouraging Soldiers to help themselves to some healthy fruits.

Combat Corn

Spc. Andrew Gaghagen, B Troop, 1-167th Reconnaissance, Surveillance and Target Acquisition Squadron, tends to a field of corn he and fellow Nebraska National Guard Soldiers are growing near the south entry control point at Logistical Support Area Anaconda.