



Anaconda Times

SEPTEMBER 12, 2007

PROUDLY SERVING LSA ANACONDA



Photo by Spc. Jay Venturini

Sherpas make it happen

Birds keep cargo, troops safe in sky, off the ground

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<http://911.navexpress.com>

We will never forget

United we stand as we remember the tragic events of Sept. 11, 2001

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Photo by Sgt. Dave Lankford

Mass Casualty

Soldiers, Airmen, Sailors work together during mass casualty training

Page 10



Photo by Sgt. Jasmine Chopra

At Convoy Support Center Scania, logisticians from the north swapped empty fuel tankers for full ones from the south mid August. This process results in getting fuel to consumers more quickly and reliably while reducing the amount of time personnel are at risk of road dangers like roadside bombs and small arms fire.

Looking to Old West for new solutions

by Sgt. Jasmine Chopra

Anaconda Times staff

LSA ANACONDA, Iraq — When Army transportation planners needed faster, more consistent delivery of fuel to consumers here, they looked to the old west.

From 1860-1861, riders on the Pony Express, raced over 1,800 miles of dangerous terrain in just 10 days to make sure mail got delivered to eager recipients quickly and reliably. Like the riders, Soldiers and civilians here travel over untold miles of deadly road, but with a different goal: delivering fuel, the lifeblood of operations here, to consumers everyday.

“We use a whole lot of juice,” said Capt. Keith McKeon, petroleum officer in charge with

“We wanted to find a way to make delivery of fuel more regular, more consistent.”

Capt. Keith McKeon
213th ASG

the 213th Area Support Group.

Consumers here burn on average 300,000 gallons of jet propellant (JP-8) alone.

To get fuel to people that need it, combat logistics patrols (CLPs) and fuel tankers they safeguard, travel great distances over several days from northern camps to fuel-rich sites in southern Iraq.

If empty fuel tankers trav-

eling Southward and full fuel tankers pushing northward, could meet at a midway point and swap trucks, customers would get fuel faster and convoy warriors would be less tired and less at risk of road dangers like roadside bombs and small arms fire.

“Given the (long) distances (convoys) have to travel, delivery of fuel can be haphazard at best,” said McKeon. “We wanted to find a way to make delivery of fuel more regular, more consistent. We also wanted to reduce Soldier fatigue and lessen the exposure of CLPs on the road.”

Convoy Support Center Scania (CSC Scania) was the answer.

Deep in the heart of nowhere, CSC Scania serves as a deluxe

truck stop and transfer point for convoys. Servicemembers can get maintenance on vehicles, rest in tents, grab a bite at the dining facility and even tend to illnesses or injuries at the health clinic. Its ample trucking lanes provide an apt place for drivers to swap trailers swiftly and safely, and continue on their missions with minimum delay.

Instead of traveling great distances for fuel, logisticians from the north started swapping empty fuel tankers for full ones from the south at CSC Scania in mid-August, similar to how Pony Express riders swapped horses at transfer point throughout the west. The process marks a revamped way of moving fuel throughout theater.

Lt. Col. Robert Harter, dis-

See *Pony*, Page 4

Understanding Ramadan: A lesson on local culture

by Maj. Joel Compeggie

316th ESC CMO

LSA ANACONDA, Iraq — Ramadan is a month long devotion to self discipline, self improvement and religious discovery gained through fasting. The dates for Ramadan are based on the lunar calendar.

The lunar calendar is about 11 days shorter than the solar calendar, so the dates of Islamic holidays change each year. This year Ramadan will take place between Sept. 13 and Oct. 13.

During the month of Ramadan, Muslims are required to observe a strict fast from dawn until dusk. A fast consists of a month of religious devotion and self denial to include no food, drink, sex, profanity, fighting or lying from first light to sundown.

The purpose is self denial and the mastering of ones body and mind. Every Muslim over the age of puberty who is both physically and mentally able must observe Ramadan. The reward for a successful Ramadan is forgiveness for all



Web Image

of your sins.

When the first new moon of Ramadan is sighted Muslims will gather and recite the traditional prayer, then quietly say a short supplication in which they dedicate themselves to a month of fasting.

The following morning begins long before first light with a small meal called Sa-

hoor. The meal is taken in silence and ends before first light. Muslims then pray the Morning Prayer and read a chapter or two from the Qur'an. Afterwards those observing Ramadan are expected to carry on with their normal day.

To fight off the urge to eat throughout the day

Muslims are encouraged to do good deeds. It is believed that during Ramadan your angels are watching and recording each good deed.

The last couple of hours before sunset are spent either alone or with family members reading the Qur'an. After the sun is completely set, Muslims thank God for mercifully

enabling them to complete the fast, then enjoy a small snack called an Iftar before completing the evening prayers. Iftar literally means to break the fast and usually consist of dates, water and/or milk. After the evening prayers, families will have a large dinner at home or in the mosque where it is hoped they will gain a new appreciation for food and drink.

After the last of the regularly scheduled evening prayers, some Muslims will go to the

mosque to participate in a special Ramadan prayer known as Salah al-Tarawih. Each night during these prayers the Imam, along with the other worshippers, will recite one thirtieth of the Qur'an aloud until the end of the month when the reading is complete.

During the last ten days of Ramadan, the odd number days hold a special significance. It was on one of these odd numbered days in 610 C.E. (Common Era) that Muhammad began to receive the



Web Image

See Ramadan, Page 3

Provost Marshal Office: Weekly police blotter



Courtesy photo

Members of the 332 ESFS, Provost Marshal Office (PMO).

Week of Aug. 24-31

PMO conducted: (143) security checks, (121) traffic stops, issued (113) DD Form 1408 Armed Forces Traffic Ticket, registered (101) vehicles on the installation, (29) Common Access Cards were turned in to PMO and (1) lost weapons were reported.

PMO is currently investigating: (1) assault case, (3) cases of larceny government property and (1) General Order-1 violation.

PMO Recommendations: Vehicle operators; maintain an increased awareness of your surroundings while operating vehicles.

Be mindful of pedestrian crossing and avoid accidents. Vehicles parked within 50 feet of "T-Barriers" will be ticketed; promote installation security and park in designated areas. Your government identification card is just as important as your weapon, always protect and secure it.

Crime Prevention: While away from your room ensure the door is locked, window is secure and exterior light is on. During the hours of darkness your exterior lights illuminate your surroundings, making you a harder target against assault and your property a harder target against theft.

ANACONDA TIMES

316th ESC Commanding General, Brig. Gen. Gregory E. Couch

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Ramadan, from Page 2

Qur'anic revelations. The exact night, called Laylat ul Qadr (the Night of Power) is not known, but is among the ten.

After the last day of Ramadan, Muslims take part in the Festival of Fast Breaking called Eid ul Fitr. The holiday starts the morning after Ramadan and begins with the "Eid prayer and sermon." The festival lasts for two days and is filled with dinner parties, family activities, fairs and carnivals. Prior to the last day of Ramadan Islamic centers receive small donations from their members called Sadaqat ul Fitr, or charity of the Fast Breaking. These donations allow meals to be provided to the poor so they can also take part in the celebrations. The proper greeting for all, Muslim or not, is Eid Mubarak which means "A Blessed 'Eid' to you."

Throughout the deployment the Civil Military Operations (CMO) section, G9, will be keeping the command informed on upcoming events and holidays. Feel free to stop by the CMO section anytime to ask questions.

President Bush visits Al Asad



Photo by Cpl. Zachary Dyer

U.S. President George W. Bush poses for a photo with service members deployed to Al Asad after giving a speech at the Morale, Welfare and Recreation Center, Sept. 3.

Worship services

PROTESTANT – TRADITIONAL

- Sunday 7:30 a.m. Air Force Hospital Chapel
- 9:30 a.m. Provider Chapel
- 10:30 a.m. Freedom Chapel (West Side)
- 5:30 p.m. Tuskegee Chapel (H-6)
- 7:30 p.m. Air Force Hospital Chapel

PROTESTANT-GOSPEL

- Sunday 11 a.m. MWR East Building
- Noon Freedom Chapel (West Side)
- 2 p.m. Air Force Hospital Chapel
- 3:30 p.m. Tuskegee Chapel (H-6)
- 7 p.m. Provider Chapel

PROTESTANT-CONTEMPORARY WORSHIP

- Sunday 9 a.m. MWR East Building
- 10 a.m. Town Hall(H-6)
- 6:30 p.m. Eden Chapel
- 7 p.m. Freedom Chapel (West Side)
- Wednesday 8 p.m. Tuskegee Chapel(H-6)

PROTESTANT –LITURGICAL

- Sunday 9 a.m. Episcopal (Freedom Chapel)
- 11 a.m. Lutheran (Provider Annex)
- 11 a.m. Episcopal (Tuskegee H-6)

PROTESTANT- MESSIANIC

- Friday 7 p.m. Freedom Chapel

PROTESTANT- SPANISH/ENGLISH

- Sunday 2 p.m. Freedom Chapel

PROTESTANT-PRAYER SERVICE

- Saturday 7 a.m. Signal Chapel

PROTESTANT-SEVENTH DAY ADVENTIST

- Saturday 9 a.m. Provider Annex

ROMAN CATHOLIC MASS

(Sacrament of Reconciliation 30 min prior to Mass)

- Saturday 5 p.m. Tuskegee Chapel (H-6)
- 8 p.m. Freedom Chapel (West side)
- 9:30 p.m. Air Force Hospital Chapel
- Sunday 9 a.m. Tuskegee Chapel (H-6)
- 11 a.m. Provider Chapel

- Mon-Sat 5 p.m. Tuskegee Chapel (H-6)

LATTER DAY SAINTS- (LDS)-(MORMON)

- Sunday 1 p.m. Provider Chapel
- 3:30 p.m. Freedom Chapel
- 7 p.m. Tuskegee Chapel (H-6)

JEWISH SHABBAT SERVICES

- Friday 7 p.m. Signal Chapel

ISLAMIC SERVICES

- Friday 12 p.m. Provider Chapel

PAGAN/WICCAN FELLOWSHIP

- Thursday 7 p.m. Eden Chapel



Photo by Sgt. Jasmine Chopra

Soldiers fuel up at Convoy Support Center Scania (CSC Scania), Aug. 29. In Iraq, fuel is the lifeblood of operations. CSC Scania serves as a truck stop for Soldiers safeguarding trucks loaded with everything from food to fuel, water to wood, and every other type of supply needed to survive at war.

Pony, from Cover

tribution management center chief and Maj. Joseph Dreksler, transportation support operations plans chief, both with the 316th Sustainment Command (Expeditionary) conceptualized the new logistics plan and called it "Pony Express."

"Our Soldiers are spending less time on the road risking their lives and the reduction in travel time allows for faster, more consistent delivery of fuel to customers," said Maj. Jose Garcia, transportation support operations officer, 106th Transportation Battalion. Soldiers in his subordinate units serve on CLPs everyday.

"Yes, people need their fuel, but anything you can do to spend less time on the road is best for everybody," said Staff Sgt. Joseph Noel, gunner and driver with Delta Company, 1st Battalion, 5th Field Artillery Regiment.

Noel has served on CLPs for 11 months.

He likes traveling to CSC Scania, but admits he is willing to travel all the way South to fuel sites if necessary.

"We are still exposed to

dangers, but shorter missions are better," he said.

The Pony Express is not without challenges. Convoys were delayed due to the recent explosion of a bridge in Taji, but other routes were used to get to CSC Scania and the bridge has since been repaired. Synchronization of all parties involved can be a hassle too.

"We work with the 82nd (Sustainment Brigade). If we (in the north) push out at a certain time, but the 82nd can't support the southern leg of the Pony Express, then our guys can end up waiting around for hours in Scania," said McKeon. "We do everything we can to avoid that scenario, but it can happen."

Enemy action, mechanical problems with vehicles, and issues with civilian counterparts can also contribute to delays.

While planners need more time to assess if the Pony Express will be a lasting success, fuel deliveries have been faster and more consistent since the start of the Pony Express, said McKeon.

"In the three weeks it's been up and running, it's been flawless."

M-2 headspace, timing



Photo by Sgt. Dave Lankford

LSA ANACONDA, Iraq - Spc Carey Rau, 875th Engineer Battalion, checks the headspace on his M2 .50 caliber machine gun. Over the past year Rau has served as gunner and driver on numerous missions. The Piggott, Ark. native recently received the Purple Heart after his vehicle was hit by an IED during a convoy in support of the logistic mission here. LSA Anacanda is a major U.S. logistics hub located 50 miles north of Baghdad.

Combat stress control in theater

by Spc. Benjamin Semlak

785th Medical Company

LSA ANACONDA, Iraq — Combat Stress Control (CSC) is an important part of today's Army. The main focus is to prevent and treat stress and stress related injuries. CSC units are deployed to support our current theaters of operation.

The 785th Medical Company (CSC) has been deployed to support Soldiers in theater. The 785th CSC team here includes mental health specialists, occupational therapy techs, a psychologist, two psychiatrists and an occupational therapist.

There are two parts within our mission to combat stress: a prevention team and a fitness team. We offer a wide spectrum of services, ranging from stress management classes to critical event debriefings, medication management and individual therapy.

The prevention team focuses on talking to units, providing them education on everything from stress and anger management, suicide awareness, home front issues and problem solving, to unit climate

surveys, command consultations and critical incident debriefings.

These services are offered to help servicemembers recognize their own signs and symptoms of stress, so they will be able to cope in a positive manner. Critical incident debriefings are offered to units (per their request) involved in an event such as an IED blast. The purpose is to help prevent them from developing into problems such as post traumatic stress disorder.

The fitness team focuses mainly on treating servicemembers that may already

be experiencing some issues. This program offers all of the classes prevention offers, plus more.

They go more in-depth with the individual and how he or she can cope with his or her own stressors. A regimented three-day restorative program is also offered.

Just as you would not let your vehicles go without PMCS, don't let your servicemembers go without the proper care to keep them functioning.

CSC is a force multiplier and is here to keep your servicemembers doing their job.



Web Image

Life: brought to you by convoy guardians

by Sgt. Jasmine Chopra

Anaconda Times staff

LSA ANACONDA, Iraq — Security teams here escort supply trucks on the deadliest roads in Iraq each day. Prayer before the journey is a welcomed tradition.

“Give them the wisdom to drive where they need to drive, counter the efforts of the enemy, and may they see the things that were meant to be hidden from them, so they may come home safe,” said the Chaplain.

So began another combat logistics patrol (CLP) for Delta Company, 1st Battalion, 5th Field Artillery Regiment Aug. 28.

“Enemy forces are going to use everything they can get their hands on to try to stop us from getting to our destination,” said Staff Sgt. Joseph Noel, noncommissioned officer in charge of the CLP with D Co., 1-5 FA. “They are going to use rocket propelled grenades, IEDs, small arms fire, but we have protective measures,” said Noel, originally a citizen of Grenada who immigrated to Maryland.

Safety brief completed, body armor and helmets donned, weapons test fired and good luck charms secured, the CLP moved out under the cover of darkness, leaving the security of LSA Anaconda behind.

The guardians of these trucks, they stand prepared to unleash fire on those bent on stopping them from getting supplies through.

“I am prepared to use deadly force if I must,” said Pfc. Jason Housely, cannon crewmember with D Co., 1-5 FA. “I have to protect everybody in my truck, other Soldiers and Coalition Forces.”

Housely, a Wausau, Wis. native, has served as a gunner and driver on hundreds of missions over the last 11 months.

“Last time I was here there was a cordon around Fallujah and without convoys, we were down to four or five days of food and fuel. It made me realize that life in Iraq would really suck for Soldiers without our convoys,” said Pfc. Dusty Kramer, a gunner and driver with D Co. 1-5 FA.

“I did knock and greets and presence patrols then. I



Photo by Sgt. Jasmine Chopra

Soldiers who provide security for trucks loaded with all classes of supplies needed to support the war, leave the security of Logistical Support Area Anaconda Aug. 28. Security teams here escort supply trucks on the deadliest roads in Iraq each day, ensuring Soldiers throughout Iraq get supplies they need.

“It’s boring compared to the knock and greets, but food and fuel don’t just magically appear. Santa and his reindeer don’t bring ‘em to you.”

Pfc. Dusty Kramer
D Co., 1-5 FA

was relying on other people to deliver supplies,” said the Union Grove, Wis. native. “Now I see that doing security for convoys is just as important as the knock and greets, because without your food, fuel and water, you’re not going to be doing anything.”

He said he hopes people who benefit from the supplies he protects realize the sacrifices Soldiers like him make each time they serve on a CLP.

“It’s boring compared to the knock and greets, but food and fuel don’t just magically appear,” said Kramer. “Santa and his reindeer don’t bring ‘em to

you.”

Travel on lethal main supply routes varies from congested choke points in Baghdad to long, dull stretches on rural open roads.

Pride drives Soldiers like Pfc. Michael James, a gunner and driver with D Co., 1-5 FA. Knowing Soldiers rely on him gives purpose to what some might consider a boring job, said the Darlington S.C. native.

“The enemy is out there. He wants nothing more than to kill me, to make it so that these supplies never make it to Soldiers who really need them ... I have satisfaction knowing that I am getting supplies to Soldiers who need them.”

It is doubtful without the protection of these guardians of supply trucks, rifleman would have ammunition to fire their weapons, aircraft would have fuel to fly to their missions or Soldiers, would have the provisions to nourish their bodies.

“Somebody had to risk their life, said Kramer. “Somebody may have lost their life getting those supplies to you.”



Photo by Sgt. Jasmine Chopra

Pfc. Jason Housely and Pfc. Dusty Kramer, both Wisconsin natives, gunners and drivers in Delta Company, 1st Battalion, 5th Field Artillery Regiment, load a crew served weapon to an up-armored humvee at Convoy Support Center Scania, Aug. 29. It’s a hefty duty for guardians of convoys who stand ready to use deadly force against those bent on thwarting their mission.

Sulaymania Cholera outbreak not epidemic

by Sgt. Abel Trevino

28th Public Affairs Detachment

BAGHDAD — Initial reports of an outbreak of Cholera the northern Iraqi province of Sulaymania may have been overstated.

Since Aug. 10, there have been 70 confirmed cases of the disease and more than 4,000 reports of severe diarrhea and vomiting, said Col. Glynda Lucas, Multi-National Corps-Iraq Clinical Operations Chief.

“Right now, this appears to be an outbreak,” she said. “It is not an epidemic. It is typical for these areas in Iraq to have Cholera at this time of year.” Cholera is a disease marked by vomiting, cramps, dehydration and diarrhea.

Lucas added that cases of severe vomiting and diarrhea are also common, but are not necessarily Cholera.

The Iraqi government has taken steps to contain the disease and prevent it from spreading to other areas.

“The Iraqi Ministry of Health has a handle on this,” Lucas said. “At every step of

the way, they (have) responded appropriately.”

Lucas added that the Ministry of Health and the Iraqi government has years of experience with Cholera outbreaks and asking for assistance is just one of the many proper steps in dealing with it.

The World Health Organization reports that Cholera is typically a waterborne bacteria transmitted from contaminated food and water between persons. This outbreak is different, as reported by the two-person MNC-I team working with the provincial government.

“This does not appear to be a waterborne outbreak,” Lucas said. “Initial reports from MNC-I personnel on the ground indicate that most of the hospital patients in Sulaymania do not have other people ill who are using the same water source -- friends, families and neighbors.”

“The risk of Cholera spreading to Baghdad is reasonably low,” Lucas said. “If it should, the government of Iraq and the Ministry of

Health have trained and experienced medical personnel who, working with the WHO and the International Medical Corps, would be able to respond, identify the source and correct the issues (spreading the disease).”

Sulaymania, one of the provinces completely run by the Iraqi Provincial Government, has no U.S. military personnel stationed inside its borders.

The risk of transmission to Soldiers is low.

If anyone experiences vomiting, dehydration and diarrhea, the hallmark symptoms of Cholera, they should continue to drink fluids and rest if possible, Lucas advised.

“Anyone who has severe symptoms where they cannot keep anything down and have severe, watery diarrhea, should seek medical attention immediately,” Lucas said.

She added that most cases of vomiting and diarrhea are viral and do not respond to antibacterial treatments. Cholera is caused by bacteria and antibiotics can shorten the



Web Image

The World Health Organization reports Cholera is typically a waterborne bacteria transmitted from contaminated food and water.

illness.

“The most effective and important treatment is replenishing lost fluids and salts,” she said. “Severe diarrhea can lead to dehydration and muscle cramps from a loss of salts. This is why oral rehydration solutions contain a small amount of sugar with the correct ratio of salts to replenish the body.”

Intravenous fluids are used for the most severe cases but

the body actually responds faster to oral rehydration.

Lucas advises that those with severe cases of dehydration avoid sports drinks and sodas, which have high sugar concentrations that can worsen severe diarrhea.

“When a rehydration solution is not available, a reasonable substitute is to drink water from a safe source and eat MRE crackers or saltine-type crackers,” she said.

12th CAB Soldiers play vital role in LSA Anaconda's security

by Sgt. 1st Class Chris Seaton

12th Combat Aviation Brigade

LSA ANACONDA, Iraq — As the unforgiving sun beats down on Logistics Support Area Anaconda during the day and others seek the refuge of an air conditioned building, they remain outside; watching, listening and waiting.

Even as the shadows grow long and darkness consumes the sky, someone is out there; watching... waiting in the darkness.

Positioned in various guard towers, Soldiers from Task Force XII do their part to help defend LSA Anaconda from an enemy attack.

These are not infantrymen. Most of them are administrative Soldiers or helicopter maintainers assigned to Aviation battalions. But each of them knows that they are Soldiers first.

“We are the most critical part of the security for LSA Anaconda,” said Sgt. 1st Class Shon Skinner, the Griffin Guard in charge of the 16 towers assigned to Task Force XII. “We are the eyes and ears, so it’s up to us to re-



Photo by Sgt. Brandon Little

Pfc. Mark Jones, a Task Force XII tower guard, scans the land outside of Logistics Support Area Anaconda, Iraq, for suspicious activity from his tower. Task Force XII is responsible for sending 40 Soldiers each day to man guard towers.

port what we see to Anaconda Main.”

Each of these 16 towers has two Soldiers keeping guard 24/7. The Soldiers work four-hour shifts in the towers three times a day.

“I feel like I’m keeping everyone here safe,” said Spec. Lee Usmaal, a tower guard from the 5th Battalion 158th Aviation Regiment. “With-

out us out there, the bad guys could do whatever they want.”

Listening and watching for something suspicious or threatening is the primary mission for the tower guards.

“We have specific intelligence given to us to let us know what things to look for,” said Sgt. Lewis Cunningham, a Commander of the Relief

from 412th Aviation Support Battalion. “They report to us what they see and we report to Anaconda Main.”

Once the Soldiers have positively identified a person’s actions as hostile or unusual, they must use the Rules of Engagement (ROE) and/or Escalation of Force (EOF) to handle the situation, said Skinner.

ROE lets Soldiers know what actions or activities a person must be performing to be considered a threat to themselves, other Soldiers and/or mission essential equipment. EOF lets Soldiers know what actions they must perform before firing their weapon as a last resort.

“Knowing ROE and EOF helps the Soldiers in these towers make the right decisions,” said Skinner.

“I don’t want to get shot at, but if we do... I qualified expert,” said Pfc. Mark Jones, a Task Force XII tower guard, while clutching his M249 and scanning the land below his tower.

The night presents its own challenges to the Soldiers in these towers. Limited visibility and fatigue sometimes

tries to distract the Soldier from watching their area.

There is too much terrain out there for one person to monitor, so both Soldiers have to stay awake, said Cunningham.

“To stay awake, I constantly scan my area and I try not to get too comfortable,” said Usmaal.

Getting too comfortable shouldn’t be a problem for these guards, since they have to wear more than 35 pounds of equipment while in the tower.

“This equipment is designed to keep them safe and to protect them in case they get shot during an attack,” said Skinner.

“It’s good stuff that you should wear while you are out there,” said Usmaal. “If something happens, and you’re not wearing it, you could really get hurt.”

Getting hurt is an everyday possibility for these Task Force XII Soldiers as they defend LSA Anaconda from an enemy attack. Each stifling day and every shadowy night, they remain outside; watching, listening ... waiting.

Task Force XII 'Sherpa' Soldiers carry load through Iraq skies

by Sgt. 1st Class Chris Seaton

12th Combat Aviation Brigade

LSA ANACONDA, Iraq

— The sun went down a few hours ago. Their workday just beginning, the Soldiers of Foxtrot 207th Theater Aviation Company are already sweating under 35 pounds of body armor and flight uniforms.

Day shift Soldiers on Logistics Support Area Anacanda, who regularly toil under temperatures in the 120's, would laugh at complaints about the heat at night; but for a bunch of guys from Alaska, 93 degrees at 10 at night is irritatingly balmy.

"When we left Anchorage in May, it was getting up to almost 50 degrees in the daytime," said Chief Warrant Officer 3 Steve Henslee. "So, yeah, the weather here is a little different."

"Different" is something they've become accustomed to. They are fixed wing pilots and flight engineers who fly the Army National Guard's C-23 Sherpa, a small utility plane that conducts the light cargo air mission for troops in Iraq.

"We're sort of the black sheep around here," said flight engineer Sgt. 1st Class Phillip Davis. Most people don't think about airplanes when they talk about Army aviation, he said.

The Alaska National Guardsmen of Foxtrot Company are assigned to the Operational Support Airlift Command (OSACOM)... the fixed wing aircraft command for the National Guard. Here in Iraq, OSACOM works with the 12th Combat Aviation Brigade as part of Task Force XII.

Though organized with the Army, they live and work on the opposite side of here... around mostly Air Force people and exponentially larger aircraft that dwarf the 30 foot long Sherpa.

"The Air Force doesn't pay much attention to us, and the active duty Army doesn't quite know what to make of us," said Davis.

It doesn't take long to realize the value of a cargo airplane for the Army though.

The Sherpa is named after a tribe of Nepalese people who live in the Solukhumbu region, just below Mount Everest. They are known for being strong, stout and faithful porters and load carriers who are the backbone to any



Photo by Sgt. 1st Class Chris Seaton

Crews of the Operational Support Airlift Command's (OSACOM) C-23 'Sherpas' make final preparations for late night missions to be flown over Iraq. The Sherpas are fixed wing cargo aircraft, currently working with Task Force XII.

"The Air Force doesn't pay much attention to us, and the active duty Army doesn't quite know what to make of us."

Sgt. 1st Class Phillip Davis
207th TAC

climber trying to reach the summit.

Like their namesake, the Army's version of the Sherpa has proven a reliable load carrier that flies higher, faster and further than a helicopter. And because it's a fixed wing aircraft, the cost of operation and maintenance is much lower.

"We can't carry the load of a Chinook, but we are very flexible, and ready to respond at a moment's notice, at a fraction of the cost," said Henslee.

"We're basically the FedEx of the Desert," said Davis. "Our main mission is hauling passengers and cargo,"

"The mission can change quickly though," he said. "We may think we're picking up one standard pallet load and a few passengers and, like tonight, we end up with boxes of life-saving blood. We hauled it quickly, and for about a tenth of the cost (of flying it in a helicopter)."

The pilots and crew on board the Sherpas are all experienced Army aviators. Each of them started in more traditional roles on helicopters. Most spent years flying in rotary wing aircraft before attending the fixed wing course at Fort Rucker, Alabama.

"It's a completely different style of flying," said Chief Warrant Officer 4 David Stettenbenz, a Sherpa pilot.

"The main difference is

that if a helicopter has mechanical problems, they can set it down in the desert... we don't have that option," said Davis.

And though, as with any mission in a combat zone, the dangers are present and very real, the crews say they don't think much about it while flying the night skies over Iraq.

"Because we fly at such a high level, we rarely get shot at," said Stettenbenz. "We

get to see some pretty cool stuff though. We have a really unique role out here."

Last month, the ten aircraft of the 207th TAC flew 1.1 million pounds of cargo and 2,478 passengers in 696 flight hours.

"We keep a lot of troops off the road," said Staff Sgt. George Koval, a C-23 flight engineer. "That means a lot less IEDs and a lot more Soldiers going home safe."



Photo by Sgt. 1st Class Chris Seaton

Staff Sgt. George Koval, a flight engineer from OSACOM's Foxtrot 207th TAC overseas a midnight pallet drop off through the back gate of a C-23 'Sherpa' at Al Asad Air Base, Iraq. Koval is an Alaska National Guardsman, and part of Task Force XII.

Reflections of

Americans in uniform remember the



<http://911.navexpress.com>

I was in class teaching technology education and construction with my students at Louisa County High School. I tuned in the radio to give them some music while they worked on their projects when the news came across. I told a colleague about it and he waited for the punch line. We were all in shock. I joined the Army three months later, at 31 years old.

1st Lt. Tom Bourne, 316th ESC, Louisa, VA



<http://911.navexpress.com>

I was watching the news and saw what was happening. I called my kids to watch. I knew after being out of the Army for 19 years that I would be going to war. I re-enlisted on my 40th birthday. This is now my 3rd tour of duty.

Staff Sgt. William H. Dawson, 316th ESC,
San Bernardino, Ca.

We lost our son defending freedom and fighting the war on terrorism along with many others. Sept. 11 has changed the way we live our lives. America will not rest, should not rest, until terrorism is defeated.

Chief Master Sgt. Stephen Bush,
316TH ESC, Tuscola, Texas

I was on active duty stationed at Fort Story, Va. Some soldiers started crying and others started to call home and other relatives to make sure that they were okay. As for myself, I held my tears back and started to ball up my fist.

Staff Sgt. Ernest Allen, 316th ESC, Virginia Beach, VA

SOMEWHERE

To the her

Somewhere

If you look wa

You'll hear the s

Which turns

You'll hear the

All around

They're stitching

And mending

All the pain and sadn

us apart, Is disappeari

brand ne

The poor are fr

The black are fri

And our candles

Through the thu

So look into your heart

wh

Listen very hard, and n

The angels will be sing

before, To bring back

whole ent

Sadie Marie Hoelsing, sister of

Chemical Compar

(used with p



September 11th

past...but stand strong for the future

IN MY HEART

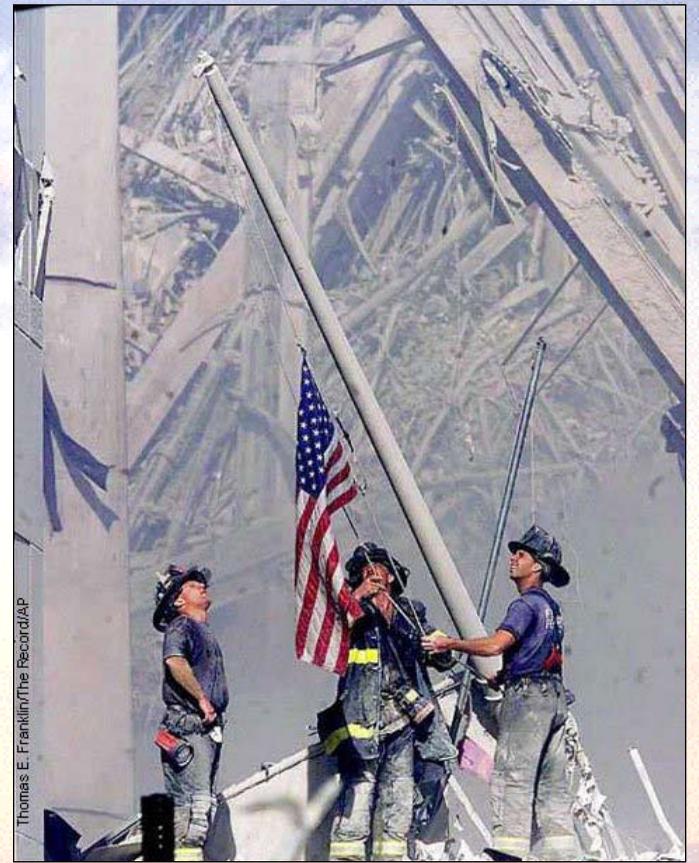
Voices of 9/11

In my heart,
 my deep down,
 the smallest whisper,
 turned into a sound.
 Angels singing
 to the world.
 Mending up the patches,
 mending up the sores.
 A mess that's been pulling
 us together quickly, giving us a
 new start.
 Friends with rich,
 friends with white,
 they are still shining,
 under the night.
 Let it guide you every-
 where.
 Maybe you might hear
 something much louder than
 joy and peace for the
 fire world.

by Spc. Nora J. Hoelsing, 755th
 Army, copyright 2006
 (with permission)

*Don't think this country should, or will, ever
 forget what 9/11 has done to the American
 people. It has become this generation's Pearl
 Harbor. I hope we never forget what happened
 to us that day, and we never let it happen again.*

Brig. Gen. Gregory E. Couch, 316th ESC Commander,
 Olathe, Kan.



Thomas E. Franklin/The Record/AP

<http://911.navexpress.com>

*As I serve here, it's my hope to become a part of a change in the
 world that ensures that the tragic events of those days never
 happen again on American soil and to help prevent those acts from
 ever happening again to innocent civilians worldwide."*

Air Force Capt. Charri R. Leonard, Shalimar, Florida

*After the attacks it became cliché to say 9/11
 changed everything, but it did. The nation
 once again had to respond to a different kind of
 tyranny...terrorism. Sept. 11 will also be re-
 membered for the countless acts of human kind-
 ness witnessed by the entire world. In the midst
 of its greatest tragedy, the world saw America's
 most significant growth in patriotism, pride and
 the call to duty. America at her best!*

Command Sgt. Maj. Stacey E. Davis, 316th ESC, Silver
 Spring, Md.



<http://911.navexpress.com>



<http://911.navexpress.com>

Emergency response teams prepare for possible violence

by Sgt. Dave Lankford

Anaconda Times staff

LSA ANACONDA, Iraq — Ramadan is traditionally a time of celebration, worship and increased violence in Iraq. Emergency personnel hope for the best but prepare for the worst as they executed mass-casualty response training here Aug. 31.

“The purpose was to exercise the JDOC (Joint Defense Operation Center) and Mayor Cell EOC (Emergency Operation Center) response to a multiple attack scenario due to the upcoming Ramadan holiday and possible insurgent attacks leading up to Gen. Petraeus’ report to Congress,” said Air Force Capt. Bruce Staufer, LSA Anaconda Mayor Cell operations officer.

Gen. David Petraeus’ upcoming report to congress is expected by many to be a determining factor in the future of U.S. troops in Iraq and may increase tension in the region, which is common during Ramadan. Some leaders in Washington are already predicting the report will accentuate the failures of the current strategy in Iraq rather than the successes. History has taught leaders here that this is just the type of situation upon which insurgents may attempt to capitalize.

The exercise began in the early morning hours. Volunteers donned tattered clothing and had prosthetic injuries applied to their arms, legs and heads. The props are some-



Photo by Sgt. Dave Lankford

Members of several emergency response groups worked together to stabilize a simulated casualty during training here Aug. 31.

thing one would expect to see on the set of a horror movie.

Some of the prosthetics come complete with pumps filled with fake blood. The pumps can be operated by the casualty to simulate arterial bleeding, alerting the medic to stop everything else and immediately apply a tourniquet.

Veracity in training is always important, which is why such graphic measures

are taken to insure authenticity, particularly with Ramadan fast approaching. First responders must be prepared for the possibility of increased violence.

“We had participation from some units for the first time,” said Staufer. “All first responders reacted appropriately to the scenario and in a timely manner. This was a great way to hone their com-

munication and emergency response skills.”

This type of training is not uncommon here, or anywhere else in the U.S. military. But with the instability that may accompany the coming week’s events, this training may be the difference between life and death for troops on the ground.

Tech. Sgt. Michael Wobser, 332nd Civil Engineer Squad-

ron fire department, describes the outcome as textbook even though some of the units involved in the training are new to Iraq.

“We’ve had at least three of these exercises, I believe, since we’ve been here. Each one is different,” said Wobser. “It’s a chance to use our skills and practice how we’d use them in the real world. We train like we fight.”

Chaplain’s Sept. 11 message

by Chaplain (Maj.) Mark S. Nuckols

316th ESC command chaplain

Unfortunately, in the aftermath of the deliberate attack upon the United States six years ago, some Christians used the infamous event to denounce the American people. In essence, they claimed all of that suffering, all of that horror, and all of that terror was God’s judgment upon us as a nation, because we had not exhibited a godliness befitting a ‘Christian’ nation; implying our nation was and is a ‘Christian’ nation. When, in reality, our nation is a united people with varying religious beliefs and ideologies, bound not by a common creed or even a common heritage, but rather, bound by a common belief in the basic principles expressed in our glorious Constitution. Such freedoms, insured and protected by our laws, are the unifying core of our country’s existence, and not, as some of our Christian brothers and sisters claim, the unified religious beliefs of her people. This is the crux of the argument for separa-

tion of church and state, and must be insured for the continuation of our homeland and her inhabitants.

Terrorism, against which we are fighting, is fostered in an environment that allows the blending of religion and politics. True respect for differing beliefs and opinions is best achieved in a society that allows them to exist, but exist separately. Like a garden, vigilance in maintaining such a separation is critical for the future of our well enjoyed and much desired freedoms.

Finally, it is the freedom provided and protected by our Constitution that allows a critical statement such as, “9/11 was God’s judgment upon us as a nation because of our ungodliness.” While I do NOT agree with this verdict rendered by some of my fellow Christians, I DO agree such opinions are guaranteed and upheld by our Constitution, which is still at the center of the greatness of our country and the future of freedom throughout the world.

Hispanic heritage month activities

Come out and celebrate Hispanic culture with us
Sept. 15 - Oct. 15.

Upcoming events:

Sept. 15
5K run – 6 a.m. – Holt Stadium

Sept. 22
Vigil and silent walk 8:30 p.m.
Start from 213TH Headquarters to Provider Chapel

Hispanic heritage month events are made possible by the 213th Area Support Group and 316th Sustainment Command (Expeditionary)



Inspector General of the Army visits Anaconda



Photo by Spc. Jay Venturini

LSA ANACONDA, Iraq — Lt. Gen. Stanley E. Green, Inspector General of the Army, talks to Brig. Gen. Gregory E. Couch, 316th Sustainment Command (Expeditionary) (ESC) commanding general, during an office call at the joint operations center here Aug. 26. Green was here to assess how effective the 316th ESC inspector general section is in theater and offer any aid or advice needed. Green visited many sites here including the causality collection point and the 316th inspector general office.



316th ESC OSJA Legal assistance for wounded servicemembers

Reaching out to wounded warriors- The LAWS program (Legal Assistance for Wounded Servicemembers) is dedicated to the injured servicemember in need of legal assistance.

Some of the services we provide to wounded warriors and family members:

- **Powers of Attorney** – both specific and general POA are available
- **Economic** - debts, credit problems, insurance, etc.
- **Wills/Estate Planning** – includes living wills and health care POA
- **Taxes** - property and income taxes
- **Domestic Relations** – marriage, divorce, separation and custody issues
- **Notarial Services** – military notary available

Wounded warriors are our first priority for legal assistance. Contact our office by telephone or stop in. If assistance is needed and you are unable to come in person, we will come to meet you. Our regular office hours are Monday through Saturday, 0900-1800. We are located in the ‘castle’ building near the intersection of Pennsylvania and Hawk.

Points of contact:

Capt. Adam Hill, Sgt. 1st Class Michael Powell and Pfc. William Estrada at DSN: 318.433.2836

by Sgt. Jasmine Chopra

America’s warrior

A snapshot of servicemembers in the Global War on Terrorism

Name: Spc. Jeremy Holden

Unit: Alpha Company, 3rd Battalion, 144th Infantry Regiment

Job title: cavalry scout/ gunner/ driver

Time in Service: 3 years

Age: 31

Hometown: Fort Worth, Texas

Family: daughter, Leah Holden, age 6

Pastimes: “Being a good father and going to school.”

Most embarrassing moment: “I don’t have one. I guess I’m not easily embarrassed.”

One life-changing event: “Becoming a father.”

The person I admire most: “My grandfather. He went from the farm to West Point, to World War II. Met his wife, an Army nurse, had three children he loved with all his heart. Now he’s almost 90, still works, and lives for his family. I want to be just like him.

What historical or celebrity figure would you want to be: “Maybe Albert Einstein, but really, I just like being me. I really have never wanted

to be anybody else.”

Why I joined the Army: “After Sep. 11th, I felt like it was everybody’s responsibility to serve, not just 18-year-olds going off to war. I didn’t think it was right for me to sit back and watch it all happen without me getting involved.”

If I wasn’t in the Army: “I’d be working on a PhD”

The one thing I would change about the Army: “The amount of rules. Leaders need flexibility.”

What makes a good leader: “Intelligence and charisma.”

What makes a good Soldier: “A sense of honor. Everything else flows from that.”

Best thing about being a Soldier: “The fact that we get to choose to serve.”

Values: “Being an honorable person.”

Motivations: “Fear. It motivates me to decide what is most important to me. It makes me fo-



Spc. Jeremy Holden

cus on what I want most in life. I want to be a good dad. I want to be remembered as an honorable person.”

Goals: “Get home safe, go on vacation with my daughter and finish school.”

Football on the FOB: Weekly NFL picks by Sgt. Rob Pinches

Here are my picks for the week.

Houston @ Carolina

I like Carolina in this one. Don't ask me why, but I do. Panthers 21, Texans 14

Indianapolis @ Tennessee

Indy rolls over the Titans. Colts 32, Titans 17

New Orleans @ Tampa Bay

Saints won't run into too much trouble from the Buc's. Saints 28, Buccaneers 13

San Francisco @ St. Louis

This is going to prove to be one of the more interesting games of the week. Mike Nolan motivates the 49ers to victory. 49ers 24, Rams 21

Buffalo @ Pittsburgh

Pittsburgh pulls out the 'W' d/t their running game (and because they're playing the Bills) Steelers 20, Bills 9

Green Bay @ NY Giants

The Giants edge out Farve and the Packers in what becomes a shoot out. Giants 28, Packers 24

Atlanta @ Jacksonville

Jacksonville's D holds Atlanta's running game in check; Harrington helps them out as well. Jaguars 17, Falcons 7

Cincinnati @ Cleveland

The Browns are at least trying this season, not that it helps against the Bengals this week. Bengals 31, Browns 13.

Dallas @ Miami

Cam's first home game will either bring cheers or jeers. Their may be some boo-birds in the crowd, but the Dolphins match up well against the 'Boys. Dolphins 20, Cowboys 14

Minnesota @ Detroit

Mike Martz's offense comes up big against the Vi-

kings. Look for a lot of passing by the Lions. Lions 27, Vikings 12

Seattle @ Arizona

Another good game this week in the NFC West. Leinart's going to be tested by the Seahawks front seven. In the end it comes down to Shaun Alexander, though. Seahawks 24, Cardinals 17

Kansas City @ Chicago

KC's weapons fire blanks against the Bears D. Bears 21, Chiefs 10

NY Jets @ Baltimore

The Ravens dominate this one on all levels. Ravens 24, Jets 6

Oakland @ Denver

Broncos get to rest their starters in the third quarter. Broncos 28, Raiders 3

San Diego @ New England

This game looks like the game of the week. Both



Sgt. Rob Pinches

teams get an early test in what some believe will be an AFC Championship preview. I like the talent on San Diego, but coaching wins games. Patriots 24, San Diego 21

Monday Sept. 17, 2007

Washington @ Philadelphia

Philly's offense comes alive against the Redskins. Eagles 27, Redskins 17.

Let us know what you think of Rob's picks of the week and you just might see them in an upcoming edition of the Anaconda Times.

Email us at:
anaconda.times@iraq.centcom.mil

Subject: Rob's Picks

AFC East, NFC East NFL Teams



Upcoming sports on AFN

Thursday 9/13/2007

PGA 2007 FedExCup Final-first round live 9:00 p.m. AFN/sports

Friday 9/14/07

West Virginia @ Maryland live 3:30 a.m. AFN/sports; replay 11:00 a.m. AFN/sports

Air Force @ TCU live 4:00 a.m. AFN/sports

LA Galaxy @ CD Chivas USA live 7:00 a.m. AFN/xtra

PGA 2007 FedExCup Final-second round live 9:00 p.m. AFN/sports

Saturday 9/15/07

New York Yankees @ Boston Red Sox live 3:00 a.m. AFN/sports

Oklahoma State @ Troy State replay 11:00 a.m. AFN/sports

College Football Teams TBD live 8:00 p.m. AFN/sports

College Football Teams TBD live 11:30 p.m. AFN/sports

Sunday 9/16/07

USC @ Nebraska live 4:00 a.m. AFN/sports

New York Yankees @ Boston Red Sox replay 11:00 a.m. AFN/xtra

PGA 2007 FedExCup Final-third round replay 11:00 a.m. AFN/sports

Florida State @ Colorado replay 2:00 p.m. AFN/xtra

Juan Manuel Marquez vs. Rocky Juarez replay 4:00 p.m. AFN/sports

Texas @ Central Florida replay 5:00 p.m. AFN/xtra

Buffalo Bills @ Pittsburgh Steelers live 9:00 p.m. AFN/sports

Indianapolis Colts @ Tennessee Titans live 9:00 p.m. AFN/sports

NASCAR Nextel Cup Series: Sylvania 300 live 10:00 p.m. AFN/xtra

Dallas Cowboys @ Miami Dolphins live 12:00 a.m. AFN/sports

New York Jets @ Baltimore Ravens live 12:00 a.m. AFN/sports

Monday 9/17/07

San Diego Chargers @ New England Patriots live 4:15 a.m. AFN/sports

New Orleans Saints @ Tampa Bay Buccaneers replay 8:00 a.m. AFN/sports

San Francisco @ St. Luis Rams replay 11:00 a.m. AFN/sports

PGA 2007 FedExCup Final-final round replay 11:30

Seattle Seahawks @ Arizona Cardinals replay 6:00 p.m. AFN/sports

Tuesday 9/18/07

Detroit Tigers @ Cleveland Indians live 3:00 a.m. AFN/xtra

Washington Redskins @ Philadelphia Eagles live 4:30 a.m. AFN/sports

Seattle Mariners @ Oakland Athletics live AFN/xtra

Wednesday 9/19/07

New York Mets @ Washington Nationals live 3:00 a.m. AFN/xtra

Pittsburgh Pirates @ San Diego Padres live 6:00 a.m. AFN/xtra

Happy late birthday **Ronnie Owens!** Thank you for all your support and hard work, continue the fight!
Scouts Out,
Jerrime Bishop

Brian Zimmerman,

I'm shouting at the top of my lungs, "WERE ALMOST DONE!" Baby, I love you more than anything. I can't wait to see you.
Love always forever your wife and best friend,
SARAH

Cody Vest,

You are not only a great brother-in-law but an encouragement to those of us who are Christians. I have learned much about the word of God from you. Your faith in Christ has been a challenge to my life and my families' lives. The way you have honored your Lord in serving his country and serving others has been a challenge to all of us. I count it a privilege to be your friend, brother-in-law and most importantly, brother-in-Christ. Thanks Cody for your hard work and love for others. We love and appreciate you very much.
Scott Bandy

Hi Brittany Mathias,

We love you and miss

Shout outs from home



Justin Kiker,

Hi from the land of the VOLS! It's football time in Tennessee! I can't wait for next year so we can get to a game together. Please stay safe and know you are missed and loved very much! I'll see you soon! Go Big Orange! Wish I were there tonight...Love- Your Sunshine

you. We are very proud of you and all the service men and women who serve out great country. Take care of yourself and when you get home come see us. We are praying for you.
Love,
Momma and Daddy G.

Craig Davies,

Happy Birthday to you! We all miss you and wish we could spend your birthday with you. Ellen misses you, Bob misses you, Kevin

does, Katie, Sara, Mike, Ryder, Ethan, (Wait, I have to stop and rest a minute...OK, now where was I?) Brynna, Reece, Tina and Adam. I miss you most of all.
Love,
"College Chick"

Kenneth Perkins,

Kenny I miss those kisses! Take care and come home soon.
Anja Perkins

Raymond Pettit,

We love you and are so proud of you! Be brave, Uncle Ray.
Love, The Pettit's

Brittany Mathias,

Hey Britt! Love the newspaper! We hope the heat improves soon for everyone there. We are proud of all of you! Cannot wait to have you home. Think about where you want to go on vacation. Be Safe!
Love,
Mom, Dad, and Alexis a.k.a. "Woo"
P.S. CHUCK NORRIS!

Brian Zimmerman,

Daddy hurry home we love and miss you can't wait to play ball and show you how big we are!! Muah Daddy, see you soon.
Love your boys,
Adam and Collin

Latina Isaacks,

Hey crazy face! We miss you out in VA! Just wanted to send a shout out and tell you how proud I am! Nice article! Way to represent us girls in SF out in the AOR. Bless you as always! Can't wait for you to come home.
xoxo,
Anna Castillo

Want to see your shout-outs here?

Your family can E-mail us and send pictures at:



anaconda.times@iraq.centcom.mil

Subject: Shout outs

(Schedule is subject to change)

SUSTAINER REEL TIME THEATER

Wednesday, September 12
5 p.m. Live Free/Die Hard (PG-13)
8 p.m. Evan Almighty (PG)

Thursday, September 13
MWR Presents: Dallas Cowboy Cheerleaders @ 7 p.m.

Friday, September 14
2 p.m. License To Wed (PG-13)
5 p.m. Dead or Alive (PG-13)
8:30 p.m. The Brothers Solomon (R)

Saturday, September 15
2 p.m. Live Free/Die Hard (PG-13)
5 p.m. The Brothers Solomon (R)
8 p.m. 1408 (PG-13)

Sunday, September 16
2 p.m. The Brothers Solomon (R)
5 p.m. Live Free/Die Hard (PG-13)
8 p.m. License To Wed (PG-13)

Monday, September 17
5 p.m. The Brothers Solomon (R)
8 p.m. Harry Potter: 5 (PG-13)

Tuesday, September 18
5 p.m. Dead or Alive (PG-13)
8 p.m. The Brothers Solomon (R)

Pvt. Murphy's Law

WHAT THE HECK IS THAT?!

IT'S THE "GOOD IDEA FAIRY" I JUST HOPE IT DIDN'T BONK ANYONE AROUND HERE ON THE HEAD.

Hummm...

pvtmurphy.com (c) M. Baker 2005

September 12

Spades & Ping Pong
2 a.m., 2p.m. and 8 p.m., H6
MWR

9-Ball Tourney
3 p.m. and 8 p.m.,
East MWR

Step Aerobics
5:30 p.m., East Fitness Center

Aerobics
7 p.m., West MWR

Green Bean Karaoke
8 p.m., West MWR

8-Ball Tourney
8 p.m., West MWR

Floor Hockey
8 to 10 p.m., MWR Circuit
Gym

R&B Music
8:30 p.m., H-6 MWR

Salsa Dance Class
8:30 p.m., West MWR

Brazilian Jiu-Jitsu
9 p.m., East Fitness Center

September 13

Tae Kwon Do
Midnight, East Fitness Center

9-Ball and Dominoes Tourney
2 a.m., 2 p.m. and 8 p.m., H6
MWR

Intermediate Swim Lessons
6 p.m., Indoor Pool

Soccer and Tennis
7 p.m., West Fitness Center

Country/Western Dance Class
7 p.m., East MWR

Pilates
7:30 p.m., West Fitness
Center

Water Aerobics
7:45 p.m., Indoor Pool

Console Game Tourney
8 p.m., West MWR

Dodgeball League
8 p.m., Circuit Gym

Combatives Training

ANACONDA ACTIVITIES

Your one-stop connection to activities around LSA Anaconda
to add your activity to the event calendar, email anaconda.times@iraq.centcom.mil

8:30 p.m., East Fitness Center

Karaoke Night
8:30 p.m., H6 MWR

Tejano Dance Class
8:30 p.m., West MWR

September 14

Texas Hold'em
2 a.m., 2 p.m. and 8 p.m.,
H-6 MWR

Aerobics
5:30 p.m., East Fitness
Center

Country Night
8:30 p.m., H-6 MWR

Open Volleyball
7 p.m., West Fitness Center

Friday Night Spikes
7 p.m., East Fitness Center

Hip-Hop Dance Class
7 p.m., East MWR

Gaston's Self Defense
7:30 p.m., West Fitness
Center

Hip-Hop Coffee Shop
8 p.m., West MWR

Scrabble Tourney
8 p.m., West MWR

Chess, Spades and
Dominoes
8 p.m., West MWR

Brazilian Jiu-Jitsu
9 p.m., East Fitness Center

R&B Music Night
9:30 p.m., H6 MWR

September 15

Pilates
11 a.m., West Fitness
Center

Boxing
3 to 4:30 p.m., West Fitness
Center

Basketball Tourney
7 p.m., MWR Circuit Gym

Aerobics
7 p.m., West MWR

Salsa Dance Class
7 p.m., East MWR

Tae Kwon Do
7 p.m., East Fitness Center

Screaming Eagle Poker
7:30 p.m., East MWR

Country/Western Dance Class
8 p.m., West MWR

Texas Hold'em
8 p.m., West MWR

September 16

Darts and Foosball
8:30 a.m. and 8:30 p.m., H-6
MWR

Capoiera
12 p.m., East Fitness Center

Ryu Ryu
2 p.m., East Fitness Center

Aerobics
7 p.m., West Fitness Center

Poker
7 p.m., East MWR

Poetry Night
7 p.m., East MWR

Gaston's Self Defense
7:30 p.m., West Fitness Center

Swing Dance (Advanced)
8 p.m., East Fitness Center
(Aerobics Room)

Green Bean Karaoke
8 p.m., West MWR

Spades, Dominoes & R&B
8 p.m., West MWR

Abs Salute
8 p.m., H6 Fitness Center

Salsa Dance Class
8:30 p.m., H6 Recreation

September 17

Texas Hold'em
2 a.m., 2 p.m. and 8:30 p.m.

H6 MWR

Tae Kwon Do
Midnight, East Fitness Center

Spin Class
3:30 p.m., H6 Fitness Center

Step Aerobics
5:30 p.m., East Fitness Center

Aerobics
7 p.m., West MWR

Boxing
7:30 to 9 p.m., East Fitness
Center

9-Ball Tourney
8 p.m., West MWR

Karaoke
8 p.m., East MWR

Poetry Jam
8 p.m., West MWR

Floor Hockey
8 p.m., MWR Circuit Gym

Brazilian Jiu-Jutsu
9 p.m., East Fitness Center

September 18

8-Ball Tourney
2 a.m., 2 p.m. and 8:30 p.m.
H6 MWR

Kung Fu
7 p.m., H6 Fitness Center

Tae Kwon Do
7p.m., East Fitness Center

Pilates
7:30 p.m., West Fitness Center

Swing Dance (Basic)
8 p.m., East Recreation Center

Foosball/Ping Pong
8 p.m., West MWR

Combative Training
8:30 p.m., East Fitness Center

Balad Idol
8:30 p.m., H-6 MWR

September 19

Spades & Ping Pong
2 a.m., 2 p.m. and 8 p.m., H6
MWR

Dance Aerobics
5:30 a.m., East Fitness Center

9-Ball Tourney
3 p.m. and 8 p.m.,
East MWR

Spin Class
3:30 p.m., H6 Fitness Center

Aikido
5-7 p.m., East Fitness Center

Step Aerobics
5:30 p.m., East Fitness Center

Open Volleyball
7 p.m., East Fitness Center

Aerobics
7 p.m., West MWR

Green Bean Karaoke
8 p.m., West MWR

Cardio Funk
8 p.m., H6 Fitness Center

8-Ball Tourney
8 p.m., West MWR

Floor Hockey
8 p.m., MWR Circuit Gym

Salsa Dance Class
8:30 p.m., West MWR

Brazilian Jiu-Jitsu
9 p.m., East Fitness Center

Did we forget a class?

If you don't see your
favorite MWR class
or activity here, let us
know.

E-mail us:

anaconda.times@iraq.
centcom.mil



Do you have a story idea?

Contact the Anaconda Times

anaconda.times@iraq.centcom.mil

Deployed Airmen load, help deliver new 'Buffalo' MRAPs to ground troops

by Senior Airman Olufemi A. Owolabi
332nd Air Expeditionary Wing PA

AL ASAD AIRFIELD, Iraq — Four new Mine Resistance Ambush Protected (MRAP) category III Buffalo vehicles were loaded into a C-17 Globemaster III by Airmen deployed to the 438th Air Expeditionary Group aerial port flight here, and transported to ground troops throughout Iraq Aug. 28.

The new MRAPs, which are to phase out the High Mobility Multipurpose Wheeled Vehicle (HMMWV), are designed with a V-shaped and raised bottoms more than three feet off the ground to reduce troop casualties by protecting them from improvised explosive devices, increase their mobility and to enhance mission success.

With the rattling of chains and faces dripping with sweat, seven Airmen teamed up with three Marines to strap down two MRAPs into one C-17, which transported the MRAPs throughout the area of responsibility.

"A C-17 could hold only two MRAP category III Buffalo models, which weigh about 50,000 pounds each," said Tech. Sgt. Shawn Tague, an aerial porter from Pope Air Force Base, N.C. "This is the first time here we are loading these MRAPs into a C-17, and we are very proud to be part of this."



Photo by Senior Airman Olufemi A. Owolabi

Staff Sgt. Edgar Perez, an aerial transportation specialist with 438th Aerial Port Flight, marshals a Mine Resistance Ambush Protected vehicle into a C-17 Globemaster III at Al Asad Air Base Aug. 25. The new MRAP category III Buffalo model, which weighs about 50,000 pounds, will phase out the High Mobility Multipurpose Wheeled Vehicles, also known as Humvees. MRAPs are designed to reduce troop casualties by protecting them from improvised explosive devices, increase their mobility and to enhance mission success throughout Iraq.

Lt. Col. Gerard Couvillion, 438th Expeditionary Support Squadron commander, who inspected the interior of the MRAP buffalo and had the

opportunity to test drive one before his team of aerial porters loaded them, said they drove so smooth that one would not know they are

50,000-pound vehicles.

The team of aerial porters primarily anticipated loading the MRAPs would take longer, but in less than one hour, they completed the process.

"It's a privilege for the 438th APF team to be part of this," Tague said, "knowing that when these 'monstrous-looking vehicles' are delivered to ground troops, they will help save lots of lives from IEDs."

The MRAP Buffalo ve-

hicles, which cost between \$600,000 and \$1 million each, can help deflect explosions.

"Our aerial porters know that they are saving lives every day because they execute their mission of loading and unloading MRAPs and other critical supplies and equipment with perfection," Couvillion said. "I dare say that you will have trouble finding another port in the AOR (area of operation) that does it better."



Photo by Senior Airman Olufemi A. Owolabi

(Above) Tech. Sgt. Shawn Tague shows Lt. Col. Gerard Couvillion, 438th Expeditionary Support Squadron commander, the Mine Resistance Ambush Protected vehicles before loading them into a C-17 Globemaster III here Aug. 25. The new MRAP category III Buffalo models, cost between \$600,000 and \$1 million each.

(Right) Staff Sgt. Edgar Perez and other aerial porters here teamed up with Marines to strap a MRAP vehicle into a C-17 Globemaster III Aug. 25.



Of a Revolution entertains Anaconda



Photo by Spc. Jay Venturini

The band O.A.R. performs at Sustainer Theater here Aug. 30 as part of a five stop, seven-day USO tour throughout Iraq and Kuwait. The band played their top songs from five different albums, including "Love and Memories," which made the Billboard Top 40 charts in 2005.



Photos by Spc. Jay Venturini

(Above) O.A.R. lead singer Marc Roberge performs at Sustainer Theater here Aug. 30.

(Below) Spc. Jonathon Kendrick, 875th Engineer Battalion, plays back-up guitar for a song at the O.A.R. concert here Aug. 30. Kendrick ran on stage after lead singer Marc Roberge asked the audience for a guitar player.



Photos by Spc. Jay Venturini

(Above) The crowd of 500 servicemembers applauds O.A.R. at the end of their concert at the Sustainer Theater here Aug. 30.

(Below) The crowd of servicemembers here cheers as O.A.R. begins to play the song "Hey Girl." The band, which started at Ohio State University, has been playing since 1996.



Photos by Spc. Jay Venturini

O.A.R. base player Benj Gershman signs a poster after their concert at Sustainer Theater here Aug. 30. The band signed autographs and took pictures with servicemembers after the show.