

Anaconda Times

SEPTEMBER 26, 2007

PROUDLY SERVING LSA ANACONDA



Web Image

Ziggurat of Ur

316th ESC Soldiers visit historic site in recent trip to LSA Adder

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Photo by Sgt. Jasmine Chopra

New citizen Soldiers

Soldiers become citizens in naturalization ceremony

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Photo by Sgt. 1st Class Nicholas Conner

Suicide prevention

15th SB Soldiers obtain suicide intervention skills to help save lives

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Photo by Spc. Jay Venturini

Staff Sgt. Amgel Arroyo, 105th Quartermaster Company, demonstrates how to evaluate a casualty to Capt. Robert Walls, CLP academy OIC, as part of the training at the LSA Adder CLP Academy. The course of instruction consists of escalation of force procedures, identifying IEDs, first aid and many other skills Soldiers need to know.

CLP Academy prepares Soldiers for Iraq roads

by Spc. Jay Venturini

Anaconda Times staff

LSA ADDER, Iraq— The one constant in the world is change. War is no different. The enemy is constantly changing his tactics and methods of attacks. To counteract this, Soldiers from the 82nd Sustainment Brigade here developed a combat logistics patrol (CLP) academy to provide up to date, realistic and relevant training to Soldiers traveling the roads of Iraq on a regular basis.

The academy is a one day course, which uses the classroom as well as practical exercises to cover the many factors

that go into a typical CLP. The training includes escalation of force (EOF) procedures, identifying improvised explosive devices (IEDs), first aid, towing a disabled vehicle and reacting to enemy contact.

The training is based on recent intelligence reports and the instructor's personal road experiences to make the training as real as possible, said Capt. Robert Walls, CLP academy officer in charge (OIC).

The course is flexible and can be catered to the needs of the unit.

"If a unit only does night missions we will do the training at night to make it as real for the

Soldiers as possible," said Sgt. 1st Class Chris Patterson, a Foxfire, N.C. native and CLP academy noncommissioned officer in charge (NCOIC). "The convoy commanders can also request extra training in a particular area. We train to standard, not to time."

The first class took place Jan. 21, 2007 under humble conditions.

"The class started out in a small tent using white panted plywood as a screen," said Patterson with a laugh. "We didn't care though; it's always been about making the Soldiers better than when they came in."

One of the ways the instruc-

tors help get their point across to the Soldiers is having them look at EOF in a different perspective.

"We were seeing a lot of Soldiers weren't using the EOF steps properly and causing a lot more damage than necessary. Less than one percent of the threat against CLPs are vehicle borne improvised explosive devices," said Patterson. "In the academy we show the Soldiers the local national's perspective."

The instructors have each gunner role play as a passenger in a civilian vehicle driving towards an American convoy to

See **ACADEMY**, Page 8

New technology increases badge security

by Maj. Christopher E. West

316th ESC PAO

LSA ANACONDA, Iraq—Force protection here prevents or mitigates hostile actions against servicemembers, civilian personnel, resources, facilities and critical information. For the 316th Sustainment Command (Expeditionary) (ESC) Force Protection cell, it also means verifying background checks on all assigned personnel to ensure they are legitimate as well as issuing badges for base access.

“Department of Defense employees, both civilian contract workers and military, receive a rigorous background screening which is initiated by the physical security manager at their home station. The physical security manager then forwards it to the Office of Personnel Management, who then determines whether or not a security clearance is granted,” said Maj. Ronnie Jennings, a force protection officer for the 316th ESC and a Birmingham,

Ala., native.

Third country nationals (TCN), local nationals (LN) and foreign contract civilian workers are not issued permanent badges. They are given temporary numbered access badges which are maintained by military personnel assigned to Entry Control Points.

To increase security even further, new technology is available to force protection personnel. Called the biometric identification scanning apparatus, it uses a verifiable identification method which is immune to forgery. By using a person’s fingerprint, iris, or face photo, it can detect whether or not that individual is authorized access to a base or facility. Even if a LN or a TCN loses their identification card, their identification can be found and verified by using their unique biometric information.

Unlike foreign contract workers, U.S. civilian contract workers who arrive here are



Photo by Sgt. 1st Class Neil K. Simmons

Mr. Ed Risinger, LSA Anaconda badging office site supervisor, fingerprints a contracted worker as part of the badging process here.

immediately escorted to the logistics support area processing center where background checks and screening are done

and they are issued an access badge.

Badging is just one way the 316th force protection cell

helps to sustain the victory as well as ensure the safety and well-being of everyone stationed here.

Provost Marshal Office: Weekly police blotter

Week of Sept. 8-14

The PMO conducted: (123) security checks, (31) traffic stops, issued (30) DD Form 1408 Armed Forces Traffic Tickets, registered (138) vehicles on the installation, (32) Common Access Cards were turned in to PMO and (3) Lost weapons were reported.

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

PMO Recommendations: All bicycle operators will obey the rules of the road; stop at posted stop signs, yield at traffic circles and wear ap-

propriate safety equipment i.e. helmet, reflective vest/belt. Vehicle operators; maintain an increased awareness of your surroundings while operating vehicles. Remain attentive while driving and as a passenger. Monitor and maintain posted speed limits.

Crime Prevention: Never leave your personal or government property unsecured. Treat your identifica-

tion card like your credit card and protect yourself from fraud. Continue to light your doors during hours of darkness. Use a battle buddy

when going to the showers or restrooms. Avoid parking 50 feet from T-barriers. Report any and all suspicious activity to the PMO.



Courtesy photo

ANACONDA TIMES

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

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82nd Sustainment Brigade
507th Corps Support Group
15th Sustainment Brigade
CJSOTF-AP

316th Soldiers visit the Ziggurat of Ur

by Sgt. Dave Lankford

Anaconda Times staff

LSA ADDER, Iraq— The environment in a war zone is often hectic, stressful and downright dangerous. Many servicemembers in Iraq spend alot of down time watching three-dollar movies, playing video games or just resting, but sometimes there are other ways to relax.

In preparation for the close-out of the fiscal year Maj. Preston Fahie, 316th Sustainment Command (Expeditionary) (ESC) comptroller, sat down with logistics services, the budget office, support operations, the inspector general and the deputy commanding officer of both the 82nd Sustainment Brigade and 1/82nd Brigade Combat Team here. He also met with the Regional Contracting Center Tallil to discuss open contract issues.

Including travel time from LSA Anaconda and you're looking at an 18-hour day. So, what would keep Fahie awake, even for an hour, after a day like that?

"I wanted to see the Ziggurat of Ur," said Fahie, "because of the historical and biblical importance of the

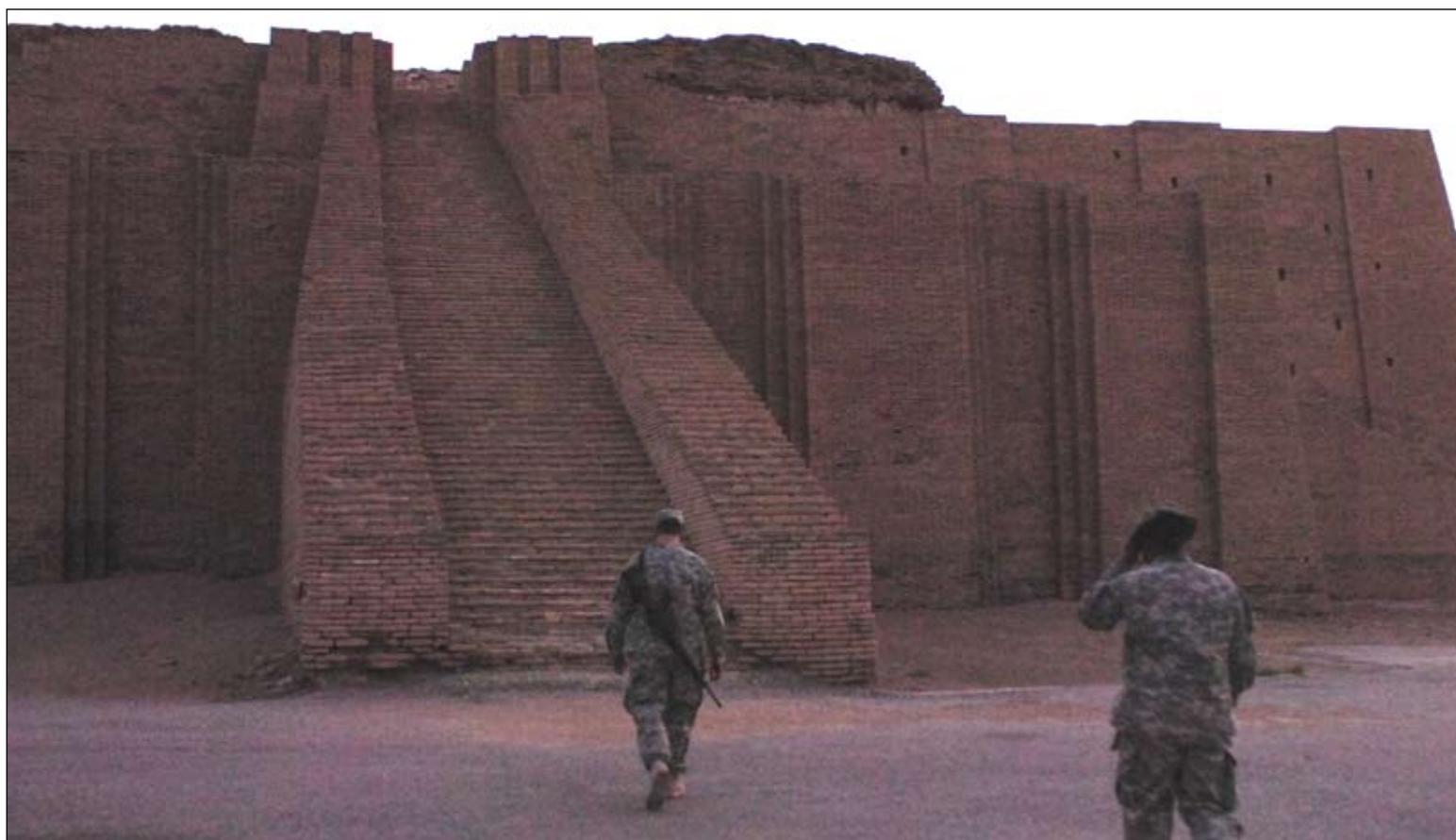


Photo by Sgt. Dave Lankford

On a recent trip to LSA Adder, Maj. Preston Fahie, 316th ESC Comptroller and Sgt. Clyde Ferguson, 316th ESC G8 budget noncommissioned officer in charge, took an hour just before sunset to explore this ancient wonder. The Ziggurat at Ur is among the most well-preserved monuments in existence from the Sumerian age.

site- being the birthplace of Abraham."

The ziggurat at Ur is among the most well-preserved monuments in ex-

istence from the Sumerian age. It's a colossal stepped pyramid that extends 210 feet by 150 feet and stands 64 feet high. It was constructed

with mud-brick covered by a layer of burnt-brick to protect it from the elements, and its corners are oriented to the compass points much like the

great pyramids of Egypt.

Ur is an ancient Sumerian city and the home of Abra-

See **ZIGGURAT**, Page 11

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)
 2 p.m. Freedom Chapel (West Side)
 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-PRAYER SERVICE

Saturday 7 a.m. Signal Chapel

PROTESTANT-SEVENTH DAY ADVENTIST

Saturday 9 a.m. Provider Annex

PROTESTANT-CHURCH OF CHRIST

Sunday 2 p.m. Tuskegee Chapel (H-6)

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

BUDDHIST FELLOWSHIP

Tuesday 7 p.m. Eden Chapel

Chief of Chaplains visits Anaconda

by Spc. Jay Venturini

Anaconda Times staff

LSA ANACONDA, Iraq—The head of the Army Chaplains' Corps made a visit here Sept. 14 to visit units and to encourage Soldiers and chaplains alike.

Maj. Gen. Douglas Carver, Chief of Chaplains, made a two-day stop during a tour of many of the military installations in Iraq.

The first item on his agenda was a prayer breakfast. Over 300 servicemembers, including Brig. Gen. Gregory E. Couch, 316th Sustainment Command (Expeditionary) (ESC) commanding general, were in attendance. Carver sang a worship song and gave a message about being optimistic and patient during a long and at times trying tour in Iraq.

"You're going to go through rough times on this deployment. During those times have faith and know that you are not alone," said Carver.

"It was a very inspiring message," said Sgt. 1st Class Michael Powell, 316th ESC law operations noncommissioned officer (NCO).

Following the breakfast, Carver visited the mortuary affairs' casualty collection point, the 332nd Air Wing, the field hospital, 213th Area Support Group and the 20th Engineer Brigade offering prayer and



Photo by Spc. Jay Venturini

Maj. Gen. Douglas Carver, chief of chaplains, prays over a 20th Engineer Brigade combat logistics patrol (CLP) that is about to depart. A chaplain prays over every CLP that goes out on a mission.

encouragement along the way.

Carver also had a luncheon with all the chaplains and chaplain's assistants from LSA Anaconda. The main points of discussion were recruiting and

being called to serve in Iraq.

This trip was Carver's first trip to Iraq as the chief of chaplains and one that left an indelible spiritual impression on all he came in contact with.



Photo by Spc. Jay Venturini

Maj. Gen. Douglas Carver, chief of chaplains, talks to Brig. Gen. Gregory E. Couch, 316th Sustainment Command (Expeditionary) commanding general, at the prayer breakfast here Sept. 14. This was Carver's first visit to Iraq as the chief of chaplains.

Command Chaplains: We're here to help

Being deployed isn't an easy situation for most servicemembers and many have trouble coping with the stresses of a combat environment. However, there are services out there that can help ease the tension of deployment.

Throughout LSA Anaconda there are unit ministry teams (UMTs) available for servicemembers who are having difficulty with being deployed.

"We are here any time a Soldier needs to talk to someone," said Master Sgt. Reino Lesada, 316th Sustainment Command (Expeditionary) (ESC) chaplain assistant noncommissioned officer in charge. "We will listen to what you have to say and try to steer you in the right direction."

There are also many different religious services that servicemembers can attend throughout the week. If a servicemember

is a member of a faith that does not have services, the chaplains and UMTs will provide accommodations to practice their religion.

UMTs are also responsible for memorial services when a servicemember dies and provide support for the surviving members of the unit.

Servicemembers shouldn't be afraid to talk to UMTs because everything will be held in the strictest confidence.

Through the tireless work of the UMTs many servicemembers deployments are much easier to deal with.

"The UMTs are doing an outstanding job. I know they are changing lives," said Maj. Mark Nuckols, 316th ESC command chaplain.



They lead from front: 316th ESC names NCO, Soldier of Quarter

by Sgt. Jasmine Chopra

Anaconda Times staff

LSA ANACONDA, Iraq—The 316th Sustainment Command (Expeditionary) named the Noncommissioned Officer (NCO) and Soldier of the Quarter Sept. 14 at the Distinguished Visitors Quarters here.

Staff Sgt. Shula M. Clarke, 25, a pharmacy specialist with the 82nd Sustainment Brigade (82nd SB,) beat out seven others to earn the NCO of the quarter title. Originally, from St. Anns, Jamaica, Clarke immigrated to Louisville, KY, and is the first person in her family to join the military.

"I am competent, confident, and agile," said Clarke. "I came here with a goal and my sponsor's faith in me, helped me accomplish that goal," said Clarke.

"Her technical knowledge and performance is way ahead of her peers. The way she performs is the same way she mentors other Soldiers," said Sgt. 1st Class Belmorys Matos, a medical supply sergeant with the 82nd SB.

"She leads from the front," said Matos, Clarke's sponsor, a Utuado, Puerto Rico native.

Spc. David A. Wheeler, 22, a petroleum supply specialist with 2nd Battalion, 82nd Field Artillery Regiment (2-82 FA,) surpassed seven other competitors to earn the Soldier of the Quarter title.

"I think my work ethic and my dedication sets me apart from other Soldiers," said the Douglasville, Georgia native.

"He's motivated and (has) a photographic memory too," said Sgt. Norris Jackson, a petroleum supply sergeant with the 2-82 FA, originally from Jacksonville, Fla.

"Having Sgt. Jackson here with me made me feel like I had backup. I had this positive feeling," said Wheeler.

Jackson served as Wheeler's sponsor for the competition.

Competitors answered questions spanning from how to conduct ranges, to land navigation specifics, to Multinational Corps Iraq policies such as General Order Number One.

"To even get the chance to compete (in the 316th's board) means you're a winner," said



Photo by Sgt. Jasmine Chopra

Spc. David A. Wheeler, 22, a petroleum supply specialist with 2nd Battalion, 82nd Field Artillery Regiment answers questions posed to him during the 316th Sustainment Command (Expeditionary) Soldier of the Quarter board, held here Sept. 14. Wheeler, a Douglasville, Ga. native, surpassed seven other competitors to earn the coveted title.

Command Sgt. Maj. Stacey E. Davis, 316th command sergeant major.

Davis served as president of the board.

Participants had to win NCO or Soldier of the Quarter at their own companies and brigades to be eligible to compete here.

Clarke's ability to give thorough, confident, and complete answers set her apart from the rest, said Davis. As for Wheeler, it was his cool, calm, and collected demeanor that earned high marks, he said.

Coincidentally, Clarke and Wheeler lined up right next to each other at the front and center of the formation when the time to announce the winners came, perhaps evidence of their, 'lead from the front,' attitude.

"Our board is hands-on and it's tough," said Davis. "It's knowledge and experience that is required to truly be a professional," he said.

Clarke and Wheeler were awarded Army Commendation Medals and given gift cards from AAFES. They

were also given coins, souvenir pens, and stadium chairs among other prizes for their blue ribbon Soldier performances.

Soldier of the Quarter

- Spc. Danielle Lange, 3rd SB
- Pfc. Jacob McCoy, 15th SB
- Spc. McKay Hale, 1/5 FA
- Spc. Ronald Rodriguez, 507th CSB
- Spc. Zane Waninger, 82nd Signal Co.
- Spc. David Wheeler, 2/82nd FA

NCO of the Quarter

- Staff Sgt. Shula Clarke, 82nd SB
- Sgt. Oablo Gonzalez, 213th ASG
- Sgt. Christina Minor, 15th FIN BN
- Sgt. Edwin Molo-Alvarado, 3rd SB
- Sgt. Amilicar Rodriguez, 507th CSB
- Sgt. Armando Vega, 2/82nd FA



Photo by Sgt. Jasmine Chopra

Staff Sgt. Shula M. Clarke, 25, a pharmacy specialist with the 82nd Sustainment Brigade, beat out seven others to earn the 316th Sustainment Command (Expeditionary) Noncommissioned Officer of the Quarter title Sept. 14 here.

Foreign-born Soldiers become Americans

by Sgt. Jasmine Chopra

Anaconda Times staff

LSA ANACONDA, Iraq— In thick Arabic, Spanish, and other foreign accents, the words, “I will support and defend the Constitution and laws of the United States of America against all enemies, foreign and domestic,” were declared here in naturalization ceremonies sponsored by the 316th Sustainment Command (Expeditionary) Sept. 8-12.

“So help me God,” said Spc. Mohamed Nabil Abdalla, closing his eyes to hold back tears. He let out a sigh of relief upon completing the last clause of the Oath of Allegiance, the declaration all candidates for naturalization must recite, marking their passage to U.S. citizenship.

A bright smile appeared on his face. “If I die in Iraq, I want to die an American,” said the Egyptian-born Soldier. Abdalla is a linguist with Headquarters and Headquarters Company, 2nd Brigade Combat Team, currently serving in Yusufiyah, Iraq.

Abdalla, along with 142 other foreign-born Soldiers, earned their American citizenship here.

It’s easy to assume all U.S. Soldiers are American, but in fact more than 30,000 Soldiers are not. These foreign-born men and women have pledged commitment to the U.S. Constitution and many are taking advantage of a July 2002 executive order making

“If I die in Iraq, I want to die an American.”

Spc. Mohamed Nabil Abdalla
HHC, 2nd BCT

members of the Armed Forces immediately eligible to apply for citizenship.

Abdalla, a graduate student of social work in Egypt, emigrated to the United States in 2004.

“I was working at restaurants and at gas stations. It was OK, but I wanted to do more with my life. I had come from so far, and thought to myself, ‘I didn’t go to graduate school to work at a gas station or deliver pizzas.’”

Abdalla’s father suggested the Army might be a good opportunity for his son to use his English and Arabic fluency while making a new life for himself in the United States and Abdalla readily agreed.

“America is my country now,” he said. “I am an Arab, I am Muslim, and I am a proud American too.”

Abdalla admits being an Arab Muslim in the Army has not always been easy.

“Sometimes (Soldiers) think I am a local national and I tell them, ‘I am a Soldier, just like you!’”

Other times, Soldiers are outright disrespectful.

“One guy told me, ‘Hey your Mom’s at the gate,’” he said, when an Iraqi woman



Photo by Staff Sgt. Chris A. Durney

Spc. Lamia Lahlou, linguist with 3rd Combat Aviation Brigade, received her American citizenship Sept. 11. 9/11 was a turning point in the then 15 year-old Moroccan girl’s life. She was on the subway platform directly below the Twin Towers awaiting an acquaintance who was in the Twin Towers when the devastating terrorist attack ripped through the buildings.

came to an entry control point at the camp Abdalla was working at. “I told him, I am from Egypt, not Iraq idiot, and my mom passed away.”

Abdalla tries to educate Soldiers about Arab and Muslim culture in hopes it will promote understanding between Soldiers and Iraqi citizens.

Despite challenges, Abdalla said he is happy to be an American.

“America is my home and I can’t wait to get back.”

For Spc. Lamia Lahlou, who received American citizenship Sept. 11, the terrorist attack on 9/11 was a turning point in the then 15 year-old

Moroccan girl’s life. She was on the subway platform directly below the Twin Towers awaiting an acquaintance who was in the Twin Towers when the planes ripped through the buildings.

“We all ran as fast as we could, covered in white dust, wondering if everyone was OK,” she said.

Like so many others, Lahlou’s friend was not OK.

“Jessica never made it out of the building,” she said.

9/11 compelled Lahlou to enlist.

“That experience made me want to join the Army,” she said.

Lahlou is a linguist with the

3rd Combat Aviation Brigade. She said she feels lucky to be fluent in English and Arabic because it’s a skill most Soldiers don’t have.

Although she just recently became an American, she said she has felt like an American since 9/11.

“It means a lot to me and my family to be (an American) citizen,” said Lahlou. “We are happy in America. It is home.”

Sgt. Katelyn Ventura, an intelligence analyst with the 22nd Personnel Services Battalion, volunteered much of her free time helping candidates with the naturalization process. Ventura’s knowledge of the naturalization process compelled her to volunteer, even if it meant staying up until 2 or 3a.m. She would check paperwork, email candidates, schedule appointments, travel and lodging for them and for U.S. Citizenship and Immigration Services officials, she said.

“It was so much work, and at times I thought, ‘oh my God, what did I get myself into,’ but to see them today and to finally put a face to the name, makes it all worth it,” she said. “They (candidates) are putting their lives on the line. That means a lot and they deserve to be citizens.”

For more information on how you can become a U.S. Citizen go to: <http://www.uscis.gov/portal/site/uscis> and contact your battalion S1.

Sgt. Audie Murphy Club’s newest members



Photo by Sgt. Jasmine Chopra

Five Soldiers with the 316th Sustainment Command (Expeditionary) were inducted into the Sgt. Audie Murphy Club Sep. 15. Named for the most decorated Soldier of World War II, induction into the Audie Murphy Club requires Soldiers to score high marks during a board selection process administered by several senior noncommissioned officers. From left to right, inductees are: Staff Sgt. Carlington Hewitt, Staff Sgt. Jermaine Mealy, Staff Sgt. Sommer Skeete, Staff Sgt. Luke Labonte and Staff Sgt. Irene Maurice.

History of Sgt. Audie Murphy Club

The original club was started at Fort Hood, Texas in early 1986. There were several key people at Fort Hood - officer, enlisted, civil service, and a Killeen civilian - who were instrumental in getting this club up and running.

Leading the effort was Lt. Gen. Crosbie Saint, then the III Corps commander; his Command Sgt. Maj. George L. Horvath; III Corps Awards Clerk Jean Crisp, and Don Moore, a Killeen artist who assisted with designing the logo and club awards.

In 1991, then III Corps Commander Lt. Gen. Pete Taylor and Command Sgt. Maj. Richard B. Cayton expanded the Fort Hood installation club to include all of III Corps. This included Fort

Riley, Kan.; Fort Sill, Okla.; Fort Bliss, Texas; Fort Polk, La.; and Fort Carson, Colo.

In 1993, Cayton was voted into the Sgt. Audie Murphy Club by the membership and then became the Forces command sergeant major. Soon thereafter, the club became Forces-Command (FORSCOM) wide, including the Army Reserve and Army National Guard.

In 1994 at a Sergeant Major of the Army conference, the Sgt. Audie Murphy Club spread Army-wide, to all commands with installations retaining the selection process for their own noncommissioned officers. In 1998, it was estimated that the club membership was over 3,000 Soldiers and continues to steadily increase.

875th setting replacements up for success

Massachusetts Soldiers get first look at mission, war zone hazards

by Staff Sgt. Chris A. Durney

875th Engineer Battalion

CAMP STRIKER, Iraq—Smiles among troops of the 875th Engineer Battalion have grown wider and more frequent since they began showing their replacements the ropes.

The Alabama Army National Guard's 1203rd Engineer Battalion arrived in Iraq the first week of September and promptly began the relief in place process with the Arkansas Army National Guard's 875th. The Jonesboro, Ark.-based battalion is wrapping up a yearlong deployment in support of Operation Iraqi Freedom, and is expected to return to their home station in late September or early October.

At Camp Striker, near Baghdad, the Vermont Army National Guard's 131st Engineer Company is handing their mission reins over to the Massachusetts Army National Guard's 182nd Sapper Company, which is attached to the 1203rd for this deployment. The 131st deployed as a unit of the 875th and will return to Vermont after the battalion redeploys through Fort McCoy, Wis.

The 1203rd is assuming the 875th's critical assured mobility mission in central Iraq, which is broken down into route clearance, route sanitation, rapid crater repair and culvert denial. Over the past year the 875th has found and cleared over 1,225 improvised explosive device emplacements along major supply routes.

Troops from the 182nd have taken to their new mission with typical New England tenacity and verve, champing at the bit to take over the "driver's seat." On a recent night patrol, one group of fresh troops got the chance to do just that, and one Soldier even got a first hand look at some of the hazards of the mission.

Staff Sgt. Jason Tierny, of Quincy, Mass., and his fellow third platoon Soldiers are getting war zone on-the-job training at the hands of the 131st's third platoon. Tierny, who has been in the Massachusetts Army National Guard for 11 years and is on his second deployment, got the chance to pilot a RG-31 gun truck on his



Photo by Staff Sgt. Chris A. Durney

Sgt. Cory Huckabe of the 131st Engineer Company, 875th Engineer Battalion, right, works with replacement troops from the 182nd Sapper Company, 1203rd Engineer Battalion prior to a recent nighttime route clearance patrol in central Iraq. The Alabama Army National Guard's 1203rd is taking over the Arkansas Army National Guard's 875th's critical assured mobility mission. The 875th is wrapping up a yearlong deployment in support of Operation Iraqi Freedom.

third patrol "outside the wire" in Iraq. It's a night that Tierny will never forget.

Troops from both companies arrived at the battalion motor pool on Camp Striker about two hours ahead of the mission, and quickly integrated into teams of teachers and students. Battle worn Soldiers went over every detail of preparing for the night's route clearance mission north of Baghdad with the new guys. According to Col. Patricia Anslow, the 875th battalion commander, "setting up the 1203rd for success is imperative." On this night, questions and answers are passed back and forth in a congenial atmosphere as incoming and outgoing troops discuss the ins and outs of the mission.

"They are good guys, and really happy to see us," says Tierny in a thick Boston accent. "They've been real welcoming and are giving us as much information as possible."

"For now, we're working to find out everybody's strengths

"They have some very strong leadership and bring a lot of experience to the table. From what I've seen they're already way ahead of where we were this time last year."

1st Lt. Seth Jacobs
875th EB

and weaknesses so we can place everyone where they can help the platoon the best," explains Tierny. "Right now they (the 131st leadership) want to see how we handle things."

"I think we're going to (be) okay because we have good leadership and good guys. Even the joes are pissahs," says Tierny, using a New England phrase that roughly translates into the southern 'good 'ole boy.'

After a thorough mission

briefing by patrol commander Sgt. 1st Class Tony Wyatt, the combined platoon mounted their armored vehicles and head out to clear a portion of a major supply route of IEDs. Tierny drives a truck that is commanded by Staff Sgt. David Angell of Batesville, Ark. Spc. Jimmy McLain of Russellville, Ark., mans the machine gun mounted on the roof of the vehicle.

Angell mentors and instructs Tierny all along the route, and provides the new troop with tricks and techniques honed over a year of combat patrols. Tierny seems to never tire from asking questions or from absorbing information. McLain keeps a sharp look out across the nighttime Iraqi countryside.

About two hours into the patrol, Tierny experiences an IED up close. A loud bang, accompanied by a bright flash, resonates against the side of the heavily armored truck. No one is anything more than a little shook up, but Tierny becomes the first

enlisted member of the 1203rd to experience a detonation. The vehicle is unaffected by the explosion, and the patrol continues on with the mission after thoroughly checking the area for further insurgent activity. Tierny is surprised, but otherwise alright.

Before the patrol returns to Camp Striker in the early hours of the next day, the combined team finds and clears another roadside bomb, ensuring that the route is safe for coalition supply trucks and the local populace. Friendly conversation, questions and instruction continue as the Soldiers clean weapons and put equipment away. The Iraqi sun is peaking above the camp's concrete barriers by the time the men walk toward their quarters for some well-deserved rest.

"They have some very strong leadership and bring a lot of experience to the table," says 1st Lt. Seth Jacobs through a large smile. "From what I've seen they're already way ahead of where we were at this time last year."

ACADEMY, from Cover

show how difficult it can be to see the gunner up in the gunner's turret.

After an exercise after action review, the training shifts to IED identification. During the classroom portion of the training, Sgt. Enrique Guzman, a Newark, N.J. native and CLP Academy medical NCO, placed IEDs along the road for the Soldiers to identify. The IEDs are meant to be challenging to locate but not impossible to find.

"We want them to find the IEDs," said Guzman. "We hide them pretty good to make it realistic but we don't want the Soldiers to lose confidence by finding nothing."

"The IED training is very useful to my Soldiers," said 2nd Lt. Spencer Muzdock, CLP commander for 600th Transportation Company from Omaha, Neb. "It helps reinforce their skills for when they are on the road."

After the Soldiers go through the lane, the instructors take them to each IED and explain why they placed it where they did and how effective it would have been had it detonated.

"It is important for the Soldiers to think like the enemy

"In the academy we show the Soldiers the local national's perspective."

Sgt. 1st Class Chris Patterson
82nd SB

and say 'where would I place the IED to cause the most damage,'" said Walls.

From there, the instructors give the Soldiers a scenario complete with sustained injuries prompting the Soldiers to extract the injured and perform buddy aid.

The final stage of the long day of training is reacting to contact. The instructors use pyrotechnics to simulate IEDs. The goal of the exercise is to get the CLP out of range of the attack and get casualties out of the area via ground or aerial medical evacuation.

As a result of the training, Soldiers will be more confident to travel the dangerous Iraq roads, which is vital, said Walls.

The goal of this academy is to have Soldiers be better prepared for anything that happens on the roads, said Patterson. This training is saving lives, both American and Iraqi.



Photos by Spc. Jay Venturini

(Above) Spc. Michael Sheaur, CLP academy motor NCO, hides an IED along a road where Soldiers going through the academy will try to identify it. The academy is a one day class that teaches essential skills Soldiers need on CLPs.

(Below) Spc. Michael Sheaur, shows a Soldier going through the academy how to properly show escalation of force procedures to local traffic.



Photos by Spc. Robert H. Baumgartner

(Above) Sgt. Enrique Guzman, a medic with HHC, 82nd SB, teaches soldiers how to treat a casualty after extraction from a crippled HMMWV.

(Right) A soldier from Bravo Co., 3-144 Infantry "engages" a vehicle with blank ammunition during the training exercise.



Tactical Support Unit graduates casualty treatment course

by Spc. Robert H. Baumgartner

82nd Sustainment Brigade

CAMP MITTICA, Iraq — Ten members of an elite Iraqi security team from An Nasiriyah graduated from a combat casualty treatment course conducted by the 82nd Sustainment Brigade here Sept. 11.

The graduates from the week-long course were taught to recognize and assess casualties then effectively treat the wounds under simulated battlefield stress conditions. To do so, the 82nd Sustainment Brigade medical team had to maximize the training value in the limited time provided.

According to Maj. Brian Krakover, deputy brigade surgeon for the 82nd Sustainment Brigade and one of the course instructors, that task couldn't have been easier due to the skill and knowledge of the Iraqis.

"These guys are great. I only have to tell them once. We instructed them one day on how to organize the medical bag so they could find what they were looking for in the dark, and so they could direct someone else to the necessary supply if they were unable to reach it. The next day when we handed out the bags again, they immediately arranged it like we instructed them the day before," Krakover said.

The fact the students were members of an elite police team, known as the Tactical Support Unit (TSU), may have made training them



Photo by Spc. Robert H. Baumgartner

Iraqi police officers from An Nasiriyah listen intently to training provided by American medics from the 82nd SB, 82nd Airborne Division during a course designed to teach the policemen how to assess and treat casualties in a simulated combat environment.

easier. Nevertheless, what the students accomplished during the week was nothing short of miraculous, Krakover said.

"The most important thing is that they improved dramatically from one iteration to the next. These guys learn so fast. In the last exercise, the leaders took control, keeping a sense of urgency, keeping things un-

der control, maintaining security. They moved the casualties to a safe location and properly treated them," he said.

What also impressed the instructors was the Iraqi's initiative and existing skills. The TSU members did not simply regurgitate what they had been taught, but exercised sound judgment and demon-

strated tactical proficiency in evacuating their wounded buddies. When they loaded the casualties on the truck, Krakover thought "wow, they are just throwing people in the vehicle." But as he watched, it became evident they knew what they were doing.

"They put the guy with the abdominal wound in the front seat then put the guy with the leg wound in the back so he could be splinted and keep his leg extended. All these moving pieces acted correctly, independent of each other, and I thought 'wow, we didn't teach them that,'" Krakover said.

This course made an already important and effective police unit even more formidable in defending the citizens of An Nasiriyah from the grip of terror networks and roving bands of illegitimate armed militias.

"These guys are serious combat multipliers. They fight Jaysh al Mahdi and other insurgent groups. And now they are even more effective," Krakover said.

With the last training exercise completed, the TSU officers formed up and received not only certificates of graduation from an intensive training course, but adulation and respect from the 82nd SB medical team.

"Every time these guys went through an exercise they got dramatically better. The combination of their effort and skills has presented a significant benefit to the TSU," said Maj. James Deak, medical operations planner with the 82nd SB, also one of the course instructors.

One by one, the Iraqi's were called up to receive their certificates from the Deputy Commanding Officer of the 82nd SB, Lt. Col. Lenny Kness. After shaking the graduates hand and wishing them well, Kness expressed his appreciation for the opportunity to work closely with the TSU.

"Thank you for allowing us to be part of your training. It was a terrific opportunity to train together and share experiences as the true team that we are. Thank you," Kness said.

After the applause and many thanks exchanged between instructors and students, Krakover had some final words of encouragement for the TSU.

"Keep learning, keep practicing and teach what you've learned to the rest of your men. Always look for new and creative ways to solve problems you come across. You are definitely up to the



Photo by Spc. Robert H. Baumgartner

Iraqi policemen of the elite Tactical Support Unit from An Nasiriyah conduct an after action review with U.S. Army Maj. Brian Krakover, 82nd Sustainment Brigade deputy surgeon following a training exercise at Camp Mittica.

12th CAB platoon leader uses art skill, inspires Soldiers

by Sgt. Brandon Little

12th Combat Aviation Brigade

LSA ANACONDA, Iraq—Some people may look at the concrete blast walls found throughout Logistics Support Area Anaconda and see slabs of concrete that help protect people during a mortar attack.

Others look at these walls and see a gigantic canvas with the potential to immortalize their unit and say “we were here, we kicked butt and we made a difference.”

So when it came time for the 3rd Battalion, 158th Aviation Regiment to put their stamp on LSA Anaconda, they chose 1st Lt. William Conners, a D Co. 3-158th platoon leader, to design and paint their mural.

Like most military officers, he received a degree from an accredited college.

Conners’ degree in art came from a little school in Massachusetts called Harvard University.

Some people are a little surprised about his decision to join the military after graduating from such a prestigious school, he said.

“No matter where I go I get hassled a little,” said Conners. “They’ll pretend they have a



Photo by Staff Sgt. Derrick L. Mims

1st Lt. William Conners, a UH-60 Black Hawk pilot from the 3rd Battalion, 158th Aviation Regiment, focuses each stroke of his brush as he paints a mural for his battalion on a concrete blast wall here.

Boston accent and say ‘you went to Haavard, you must be wicked smaagt.’”

Conners, a native of Wolcott, N.Y., is used to his artwork being viewed by thou-

sands of people. He won multiple Scholastic Art competitions and had some of his drawings published in Scholastic Arts Magazine.

“I didn’t exactly volunteer to paint the mural, but I’m happy to do it,” said Conners, a UH-60 Black Hawk pilot from the 12th Combat Aviation Brigade. “It also gives me a chance to do something different and that’s okay because it’s something I enjoy doing.”

Not only has he been chosen to paint the murals here but he was selected to paint the battalion mural in Camp Buehring, Kuwait.

“I’m very impressed with his first class work,” said 3-158th Command Sgt. Maj. Chad Cuomo. “His artwork has inspired the Soldiers of Task Force Storm to be nothing but the best at what they do.”

“I’ve always loved to draw ever since I can remember, and Harvard was just one of the many schools I applied to,” he said.

Not only is Harvard one of the most prestigious universities in the U.S., it is also one of the most expensive.

“My parents didn’t have a lot of money, but I was able to attend Harvard because their scholarships are based on financial need as much as merit or athletics,” said Conners. “I also had to work a summer job to pay the remainder of the tuition not covered by the

scholarship.”

After graduating from Harvard, his next move wasn’t really a difficult decision for him, he said.

Conners had taken the Reserve Officers’ Training Course (ROTC) his sophomore year of college and he liked it so much he decided to sign his contract during his junior year.

“I always wanted to join the Army because I feel that everyone should volunteer to protect and serve their country,” he said. “Plus my father was drafted during Vietnam, and he always had plenty of great stories to tell.”

When it came time for him to choose his Military Occupational Specialty, he chose to become a pilot.

“Art transfers to aviation when it comes to spatial perception,” said Conners. “The two are very much alike when it comes to judging distance and depth perception.”

Conners said he doesn’t plan to make a career out of the Army. Instead, he wants to return to school and get a degree in education so he can teach art.

Whether or not he is in the military five or ten years from now, his blast wall canvases on LSA Anaconda will remain to let those who come after the 12th CAB know: “we were here, we kicked butt and we made a difference.”



Photo by Staff Sgt. Derrick L. Mims

1st Lt. William Conners, 158th Aviation Regiment, works diligently to complete one of the many murals that he will paint for his battalion on Logistics Support Area Anaconda.

Combat Stress Control

785th Medical Company (CSC)

433-2402

- Individual counseling by appointment or walk-in
- Command referrals
- Services for combat and operationally stressed soldiers

RELAXATION TECHNIQUES

MONDAY TO SATURDAY
3:30 TO 4 P.M.

STRESS MANAGEMENT

MONDAY AND THURSDAY
10 TO 11 A.M.

HOME FRONT ISSUES

MONDAY AND THURSDAY
5 TO 6 P.M.

CONFLICT RESOLUTION

WEDNESDAY AND SATURDAY
11 A.M. TO NOON

ANGER MANAGEMENT

TUESDAY AND FRIDAY
11 A.M. TO NOON

ANXIETY AWARENESS

WEDNESDAY
3 TO 3:30 P.M.
SATURDAY
10:30 TO 11 A.M.

SLEEP HYGIENE

MONDAY AND THURSDAY
6 TO 6:30 P.M.

GOAL SETTING

MONDAY AND THURSDAY
11 A.M. TO NOON

DEPRESSION AWARENESS

WEDNESDAY
2 TO 3 P.M.
SATURDAY
10 TO 10:30 A.M.

COMMUNICATION SKILLS

TUESDAY AND FRIDAY
10 TO 11 A.M.

RELATIONSHIP SKILLS

WEDNESDAY
9 TO 11 A.M.

for more information,
email:
tammy.phipps@us.army.mil

433-2402

316th ESC CG visits FOB Q-West

ZIGGURAT, from Page 3



Photo by Pfc. Galen Lowers

Brig. Gen. Gregory E. Couch, commander of 316th Sustainment Command (Expeditionary), congratulates Spc. Chauncey D. Reed, 263rd Maintenance Company, 87th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, during his re-enlistment at Forward Operating Base Q-West Sept. 7.

ham, father of the Hebrews. Noted archeologist J. E. Taylor began excavation of the ziggurat in 1853 and the site was soon identified as Ur by the famous cuneiformist Henry Rawlinson. Several smaller excavations followed, but it wasn't until 1922 that Sir Leonard Woolley began a massive excavation with the backing of the University Museum of the University of Pennsylvania and the British Museum. The ruins are not far from the gates of LSA Adder.

"I thought it was very impressive. I have never seen anything that old except in books or magazines. To be able to see a structure that took more work than me or anyone I know will do in a lifetime was truly a sight to behold," said Sgt. Clyde Ferguson, 316th ESC G8 budget non-commissioned officer in charge.

Other forms of relaxation are just as valid as visiting a historic site, however, not many video

"I thought it was very impressive. I have never seen anything that old except in books or magazines. To be able to see a structure that took more work than me or anyone I know will do in a lifetime was truly a sight to behold."

Sgt. Clyde Ferguson
316th ESC

games give you the impetus to ponder the evolution of humanity the way a 4,000 year-old holy site does.

"There is a certain irony that a land that was a cradle of civilization and a holy site could be in so much turmoil," said Fahie. "[It] made me reflect on what, if anything, had changed in thousands of years since it was built...in terms of human nature."

America's warrior

by Sgt. Jasmine Chopra

A snapshot of servicemembers in the Global War on Terrorism



Master Sgt. Vincent Tarantella

Name: Master Sgt. Vincent Tarantella
Unit: 213th Area Support Group
Job title: Class III bulk fuel noncommissioned officer in charge
Time in Service: 12 years active duty U.S. Marine Corps. 15 years Pennsylvania Army National Guard
Age: 44
Hometown: Renovo, Penn.
Family: wife, Deborah Ann, son, Vincent Jr.
Pastimes: Recreational vehicle camping, jet skiing, all-terrain vehicle and motorcycle riding, powered parachuting, model railroad collecting, gardening, home improvement projects, civic organization volunteer and volunteer firefighting.

Life-changing event: The days my parents and older brother died
The person I admire most: My wife. I am still married to the same woman. My wife is the real trooper that is making all of this easy for me. Her headstrong abilities to keep our household operating normally and raise our son, even in my absence, are why I am so confident to serve today.
Why I joined the Army: Modern day patriot. A desire to do my duty for my country and fellow Americans, just as Ben Franklin and the other founding fathers intended.
If I wasn't in the Army: I'd complete a career with the federal prison system in a couple of years with the possibility of promotion into executive level management. Then start and operate a company putting people to work in my hometown.
The one thing I would change about the Army: Uniforms! I know you read in the papers and magazines that Army uniforms undergo extensive

testing and development for months costing millions, and hundreds of "higher-ups" approve it all, but I cannot believe this "Velcro uniform" was adopted into the Army system! It is not very durable. I would adopt a good uniform system of quality materials that is adaptable for all DoD services.
What makes a good leader: One who can adapt to changes, adversity and difficulties and still complete the mission with minimal loss of life and equipment.
Why do you continue to serve: This is my second Middle East tour, (fifth deployment overall.) The last time I was here I was a lot more mobile and was in three different countries: Iraq, Afghanistan, and Qatar. This time I am "stuck" in one area. I put my time in outside the wire you could say. I have plans to retire after I return from this deployment, not because of the war, not because of the deployments, not because of my civilian job or any of that. I've simply served my time, 30 years, and am eligible to retire.
Unusual fact about you: I work in a maximum security federal prison with convicted murderers, terrorists, rapists and international criminals on a daily basis when I'm not serving as a first sergeant with the National Guard.
Motivations in life: God, seeing my son completing college and getting a good job, helping America do the best job we can in the Iraq War and reunion with my family at the end of this mission.
Goals: Retire from government service, travel to Italy and see where my ancestors came from and help my local community grow and prosper.
Hardest part of my job here: Working in the stifling heat without any form of transportation, but the restriction to this base is one of the hardest parts of the job overall.
Best part of my job: Working alongside and interacting with unique civilian contractors and third country nationals on a daily basis and seeing to it that the frontline Soldiers and Marines downrange are getting the fuel supplies they need on a timely basis.

Anaconda stays in shape with back-to-back sporting events



Photos by Spc. Jennifer L. Sierra

(Above) Approximately 390 personnel participated in the Hispanic Heritage fun-run held here. Participants waited after the race to find out who the winners were and to receive t-shirts.
(Below) A Soldier carries a Puerto Rican flag during the five-kilometer fun run held in celebration of Hispanic Heritage Month. Hispanic Heritage month runs from Sept. 15 to Oct. 15.



5K winners

Males

- 1) Spc. Juan Hernandez - 15:16
- 2) Sgt. Mario Godinez - 16:14
- 3) 1st Lt. Pablo A. Cercenia JR
16:41

Females

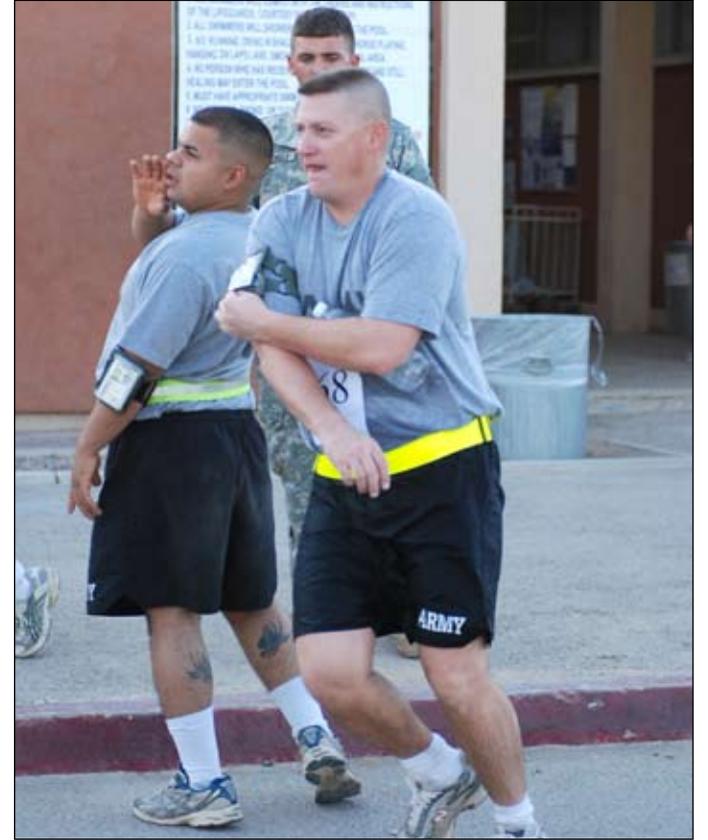
- 1) Capt. Shelley Raska- 20:28
- 2) Capt. Tish Bivins - 21:01
- 3) Stephanie Moreno - 21:15



Hispanic Heritage
Month sponsor:
213th ASG



"Hotter than hell"
biathlon sponsor:
13th CSSB



Photos by Spc. Jennifer L. Sierra

(Above) Spc. Steven Knous, command sergeant major's driver of the 13th Combat Sustainment Support Battalion, takes a breath during the 800-meter swim portion of a biathlon held here Sept. 16.
(Top) 1st Sgt. Bruce Acker, command sergeant major for the 13th Combat Sustainment Support Battalion, finishes getting in proper uniform as he begins the five-kilometer run portion of the "hotter than hell" biathlon sponsored by the 13th CSSB.

Upcoming sports on AFN

Wednesday 9/26/07

MLB Baseball: teams TBD live 3:00 a.m. AFN/xtra
MLB Baseball: teams TBD live 6:00 a.m. AFN/xtra

Thursday 9/27/07

MLB baseball: teams TBD live 3:00 a.m. AFN/xtra

Friday 9/28/07

MLB baseball: teams TBD live 3:00 a.m. AFN/xtra
MLB baseball: teams TBD live 6:00 a.m. AFN/xtra
Southern Mississippi @ Boise State replay 11:00 a.m. AFN/sports
2007 Presidents Cup live 8:00 p.m. AFN/sports

Saturday 9/29/07

West Virginia @ South Florida live 4:00 a.m. AFN/xtra
College Football: teams TBD live 8:00 p.m. AFN/sports

College Football: teams TBD live 11:30 p.m. AFN/xtra

Sunday 9/30/07

College Football: teams TBD live 4:00 a.m. AFN/xtra
NASCAR Bush Series: Yellow Transportation 300 replay 9:00 a.m. AFN/xtra
NFL Football: teams TBD live 9:00 p.m.
NASCAR Nextel Cup Series: LifeLock 400 live 10:00 p.m. AFN/xtra

Monday 10/1/07

Philadelphia Eagles @ N.Y. Giants live 4:15 a.m. AFN/sports
NFL football: teams TBD replay 11:00 a.m. AFN/xtra
NFL football: teams TBD replay 6:00 p.m. AFN/xtra

Tuesday 10/2/07

New England Patriots @ Cincinnati Bengals live 4:30 a.m. AFN/sports

Shout outs from home

Dana Howett

Mommy,
I love you and miss you and am really proud of all you are doing for daddy and me! You are my hero!!
Love Always,
Elizabeth

I am thankful to say you have made it a quarter of the way through your deployment **Marquita Thompson**. We love you to life and miss you just as much. God is good and He is able to see you through till the end. Keep the faith and stay focused. The word says now faith is the substance of things hoped for and the evidence of things not seen. I pray that all the troops continue to be protected in spite of the situation. Be encouraged and know that the world is sending up much prayer for each and every one of you in our own special way. May all of you have the peace of God within your soul. Thank you for looking out for us.
From a caring and proud parent, Janet

Bradley Dees

Hi Honey!! I just wanted to tell you that I'm proud of you and can't wait to see you... very soon!! The time is drawing near and I'm getting more and more anxious everyday. Hurry home! I hate you!! (wink, wink)



I am forwarding this photo in honor of, and to thank, our dear friend **Pam Arnold and all Soldiers** serving our great country in our fight for freedom. The photo was part of a local town's 200th year celebration and the theme was to honor all military, past and present. The float was designed by Pam's friends and family at the Gratz, Pa. VFW Post 2385. With this picture we are sending a belated birthday wish and a hearty thank you. ~ Cathy Ochenrider

ps- The kids are yours when you get back! XO Carlyn Dees

Jerel Clark

Just wanted to let you know how much we miss and love you. We are very proud of you. You are in our thoughts and prayers. We can't wait until the day when we are together again. Stay safe. Love always...Stephanie, Jazmine,

& Kiara.

Martin & Katelyn Foster

We are so proud of you two. Belated congratulations on your promotions and Martin's 21st birthday! Take care of yourselves and we're looking forward to seeing you in a few months. Much love from Mom and Dad Foster
We just want to send great big hugs to **John Irick** from all of

his family back in Oklahoma. We Love you and Miss You Much. Stay Safe.

Bradley Dees

Hi Ada!! Well, the last time you saw me, I was just a little baby. Now I'm practically a man- Almost two years old! Mommy says you really need to hurry home. I like to climb up on anything and scare Mommy when I try to jump off high places. I laugh when she scolds me so you better watch out, I can be such a little Kolohe (rascal)! I love you and can't wait to get to know you!
Logan "The Buddha Boy" Dees

Jeremy Detwiler

Thanks, son, for sending us the Anaconda Times. It is interesting and informative and gives us a terrific peek into your world. Know that all of us love you and are so very proud of you and the job you are doing. We hold you and your fellow soldiers close to our hearts and appreciate this forum to be able to tell you so. You all have our utmost respect for the sacrifices you are making for our wonderful United States of America. God Bless you all.
Lots of love,
Mom & Dad

Want to see your shoutouts here?

Your family can email us, send pictures at:



anaconda.times@iraq.centcom.mil

Subject: Shout outs

(Schedule is subject to change)

SUSTAINER REEL TIME THEATER	Wednesday, Sept. 26	
	5 p.m.	Transformers (PG-13)
	8 p.m.	I Know Who Killed Me (R)
	Thursday, Sept. 27	
	5 p.m.	Harry Potter: 5 (PG-13)
	8 p.m.	The Brave One (R)
	Friday, Sept. 28	
	2 p.m.	Hairspray (PG)
	5 p.m.	Resident Evil: Extinction (R)
	8:30 p.m.	The Game Plan (PG)
	Saturday, Sept. 29	
	2 p.m.	Who's Your Caddy (PG-13)
	5 p.m.	Resident Evil: Extinction (R)
	8 p.m.	I Know Who Killed Me (R)
Sunday, Sept. 30		
2 p.m.	Resident Evil: Extinction (R)	
5 p.m.	Who's Your Caddy (PG-13)	
8 p.m.	I Know Who Killed Me (R)	
Monday, Oct. 1		
5 p.m.	Resident Evil: Extinction (R)	
8 p.m.	War (R)	
Tuesday, Oct. 2		
5 p.m.	Illegal Tender (R)	
8 p.m.	Resident Evil: Extinction (R)	

Pvt. Murphy's Law
pvtmurphy.com

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ANACONDA ACTIVITIES

8-Ball Tournament

Tuesday 2 a.m., 2 p.m. and 8:30 p.m., H-6 MWR
 Wednesday 8 p.m., West MWR
 Monday 8 p.m., East Recreation

9-Ball Tournament

Wednesday 8 p.m., East MWR
 Monday 8 p.m., West MWR

Abs Salute

Sunday 8 p.m., H-6 Fitness Center

Aerobics

Wednesday and Monday 7p.m., West MWR
 Friday 5:30 p.m., East Fitness Center
 Saturday 7 p.m., West Fitness Center

Aikido

Wednesday 5 pm, East Fitness Center

Balad Idol

Tuesday 8:30 pm, H-6 MWR

Basketball Tournament

Every other Saturday 7 p.m., MWR Circuit Gym
 (Open Court) Thursday ALL DAY, West MWR

Brazilian Jiu-Jitsu

Wednesday, Friday, Monday 9 p.m., East Fitness Center

Capoiera

Sunday noon, East Fitness Center

Cardio Funk

Wednesday 8 p.m., H-6 Fitness Center

Carribean Nights

Wednesday 8 p.m., East MWR

Chess, Spades and Dominoes

Friday 8 p.m., West MWR
 Friday 8 p.m., East MWR (Chess only)

Combatives Training

Thursday and Tuesday 8 p.m., East Fitness Center

Console Game Tournament

Thursday 8 p.m., West MWR

Country Night

Friday 8:30 p.m., H-6 MWR

Country/Western Dance Class

Thursday 8 p.m., East MWR
 Saturday 8 p.m., West MWR

Dance Aerobics

Wednesday 5:30 a.m., East Fitness Center

Darts and Foosball

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

DJ Class

Wednesday 8 p.m., East MWR

Dodgeball League

Thursday 8 p.m., Circuit Gym

Dungeons and Dragons

Saturday 8 p.m., West MWR

Floor Hockey

Wednesday and Monday 8 p.m., MWR Circuit Gym

Foosball and Ping Pong

Tuesday 8 p.m., West MWR

Friday Night Spikes

Friday 7p.m., East Fitness

Gaston's Self Defense Class

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

Hip-hop Dance Class

Friday 8 p.m., East MWR
 Saturday 8 p.m., West MWR

Intermediate Swim Lessons

Thursday 6 p.m., Indoor Pool

Karaoke

Wednesday and Sunday 8 p.m., West Green Bean
 Monday 8 p.m., East MWR
 Thursday 8:30 p.m., H-6 MWR

Kung Fu

Tuesday 7 p.m., H-6 Fitness Center

Middle Eastern Dance Class

Thursday 10 p.m., West MWR

Pilates

Thursday and Tuesday 7:30 p.m., West Fitness Center

Saturday 11 a.m., West Fitness

Poetry Night

Sunday 7 p.m., East MWR
 Monday 8 p.m., West MWR

Poker

Saturday 8 p.m., East MWR
 Sunday 7 p.m., East MWR

R&B Music

Wednesday 8:30 p.m., H-6 MWR
 Friday 9:30 p.m., H-6 MWR

Ryu Ryu

Sunday 2 p.m., East Fitness Center

Salsa Dance Class

Wednesday 8:30 p.m., West MWR
 Saturday 8 p.m., East MWR
 Sunday 8:30 p.m., H-6 Recreation

Scrabble Tournament

Friday 8 p.m., West MWR

Soccer and Tennis

Wednesday, Monday and Tuesday 8 p.m., West Fitness Center

Spades and Ping Pong

Wednesday 2 a.m., 2 p.m. and 8 p.m., H-6 MWR
 Tuesday 8 p.m., East MWR (Ping Pong Only)

Spades, Dominoes and R&B

Sunday 8 p.m., West MWR

Spin Class

Monday and Wednesday 3:30 p.m., H-6 Fitness Center

Step Aerobics

Wednesday and Monday 5:30 p.m., East Fitness Center

Swing Dance

Sunday 8 p.m., East Fitness Center (Advanced)
 Tuesday 8 p.m., East Recreation Center (Basic)

Tejano Dance Class

Thursday 8:30 p.m., West MWR

Texas Hold 'em

Friday and Monday 2 a.m., 2 p.m. and 8 p.m., H-6 MWR
 Saturday 8 p.m., West MWR

Volleyball

Friday 7:30 p.m., West Fitness Center
 Wednesday 7 p.m., East Fitness Center

Water Aerobics

Thursday 7:45 p.m., Indoor Pool

Army 10 Miler Registration Form



Last Name: _____

First Name: _____

Rank: _____

Gender: Male Female (circle one)

Unit: _____

Phone (DSN): _____

Email: _____

Service: Army Air Force Navy Marine
 Coast Guard Contractor (circle one)

Running as: Individual Relay Team Group

AGE on Day of Race: _____

Average One Mile Time: _____:_____

Registration Info

The Army 10-miler will be held on October 7, 2007

Drop Boxes with paper forms are located at all DFACs and fitness centers.

Online, visit: <https://www.balad.iraq.centcom.mil>, go to Quick Links on the right side of pane, click on Army Ten Miler Registration, enter personal information, click save and close.

OR

<https://www.balad.iraq.centcom.mil> go to 316SC(E), G1 Events, Anaconda Ten Miler, New Item, log in your personal information, click save and close.

Task Force XII Soldiers receive combat patch

by Sgt. Brandon Little
12th Combat Aviation Brigade

LSA ANACONDA, Iraq — The Soldiers from Task Force XII honored the memory of those lost during the 9/11 terrorist attacks six years ago during a Combat Patch Ceremony held here Sept. 11.

“Today is the anniversary of the day terrorist hijacked four planes and murdered thousands of Americans in the World Trade Center, the Pentagon and passengers on Flight 93,” said Col. Timothy J. Edens, the Commander of Task Force XII. “And that’s the reason why we’re here.”

The ceremony allowed all Task Force XII Soldiers to officially wear the 12th Combat Aviation Brigade’s “Griffin” patch.

During the ceremony, Edens placed the patch on the right shoulder of the Task Force XII Command Sgt. Maj. H. Lee Kennedy and the commanders of each battalion. The battalion commanders in turn placed the patch on the right shoulder each Soldier in their formation.

The shoulder sleeve insignia, or combat patch, has been worn by Soldiers since World War II for their participation in combat operations.

“You answered the nation’s call, just as the Soldiers of WWII did, when you put on the uniform and prioritized the needs of the country above your own,” he said. “The only difference is that none of you were drafted.”

“We are part of a tradition of great honor,” he said. “We get to join the legion of Soldiers in our history who have earned the right to wear a patch on their right shoulder.”

This deployment is the first for many Soldiers throughout the task force.

“It’s exciting and scary at the same time,” said Spc. Nichole Twedt, a human resources clerk in 2nd Battalion, 147th Aviation Regiment. “It’s hard to be away from home, but it makes you appreciate the small things back home that you take for granted.”

Although Twedt and other Soldiers of Task Force XII have come from all around the world, a bond has been formed



Photo by Sgt. Brandon Little

Col. Timothy J. Edens, the commander of Task Force XII, places the “Griffin” patch on Maj. Warren Whitmire’s right shoulder during a Combat Patch Ceremony held on here Sept. 11.

between them that will last for many years to come.

“I feel proud about what I am doing and I feel that I am making a difference,” she said. “I would like the chance to do

it again.”

Even if some these Soldiers never deploy again, as long as they wear the uniform, others will know the role they played in defending freedom against

those who wished to destroy it, said Edens.

“This patch means more than just ‘I was here,’” he said. “So wear it proudly.”

‘Wagonmasters’, 82nd Airborne train suicide first aid

by Sgt. 1st Class Nicholas Conner
15th Sustainment Brigade

CAMP TAJI, Iraq — In a recent report, the Army announced relationship issues, coupled with the stresses of combat deployments, pushed the number of suicides among troops to their highest level since the Gulf War in 1991.

Ninety-nine Soldiers took their lives in 2006; an increase of 12 percent from 2005.

Soldiers and leaders currently undergo mandatory suicide prevention training annually. But, chaplains from the 15th Sustainment Brigade and 2/82nd Airborne Brigade Combat Team, 1st Cavalry Division, took training one step further.

Applied Suicide Intervention Skills Training (ASIST) is designed to improve a caregiver’s ability to intervene until the immediate dangers of suicide are reduced or additional assistance can be obtained.

For Chaplain (Maj.) Stanley Whitten, a quali-

fied ASIST master trainer with 15th SB, the ASIST workshop provides units with Soldiers who are able to identify factors that indicate and estimate the risk of suicide, discuss suicide with someone at risk in a direct manner and have the necessary skills to intervene if someone intends to harm themselves.

“(ASIST) teaches you how to do suicide ‘first aid,’” he said. “It is not self help, it’s not psychology, it’s not a referral to Army Emergency Relief. Hopefully it’s a skill you won’t have to use.”

ASIST workshops evolved from a mandate by the Canadian government in the 1980’s to develop an intervention program and is now the most widely used suicide intervention/prevention training in the world.

“(This training) offers a clear roadmap to help someone get out of the river,” said Chaplain (Maj.) Jeff Hawkins, an ASIST trainer from 2/82nd ABCT. “Soldiers are five times more likely to use emotional CPR skills than they would use physical CPR.”

Soldiers from the 15th SB



Photo by Sgt. 1st Class Nicholas Conner

Soldiers from the 15th SB and the 2/82nd ABCT take part in an ASIST workshop on Camp Taji. Taught by Chaplain (Maj.) Stanley Whitten, 15th SB and Chaplain (Maj.) Jeff Hawkins, 2/82nd ABCT, students learn effective ways to intervene in a suicide crisis.

and 2/82nd ABCT used a mixture of videos, role play and small group instruction to examine attitudes surrounding suicide and develop tools based on a suicide intervention model.

“This should be mandatory for all Soldiers,” said Sgt. Stephen Middleton, a medical logistics NCO with the 407th Base Support Battalion, 2/82nd ABCT. “If we can find just a couple of ways to help,

it’s worth it.”

Middleton, who will soon graduate from Park University with a Bachelor’s Degree in social psychology, said current Army prevention training is a stepping stone for providing assistance, but ASIST training gave him a more in-depth look at what steps to take when confronted with a suicidal person.

The mindset of suicide prevention/intervention is talked

about more openly in the Army than in civilian life. The fact that training is mandatory for all ranks in the Army goes to bolster that. For Whitten, the Army made a significant commitment to the ASIST program.

“The Army has made moves from a prevention mindset to an intervention model,” he said. “That’s a big shift.”

U.S., Iraqi special forces working together to better Iraq



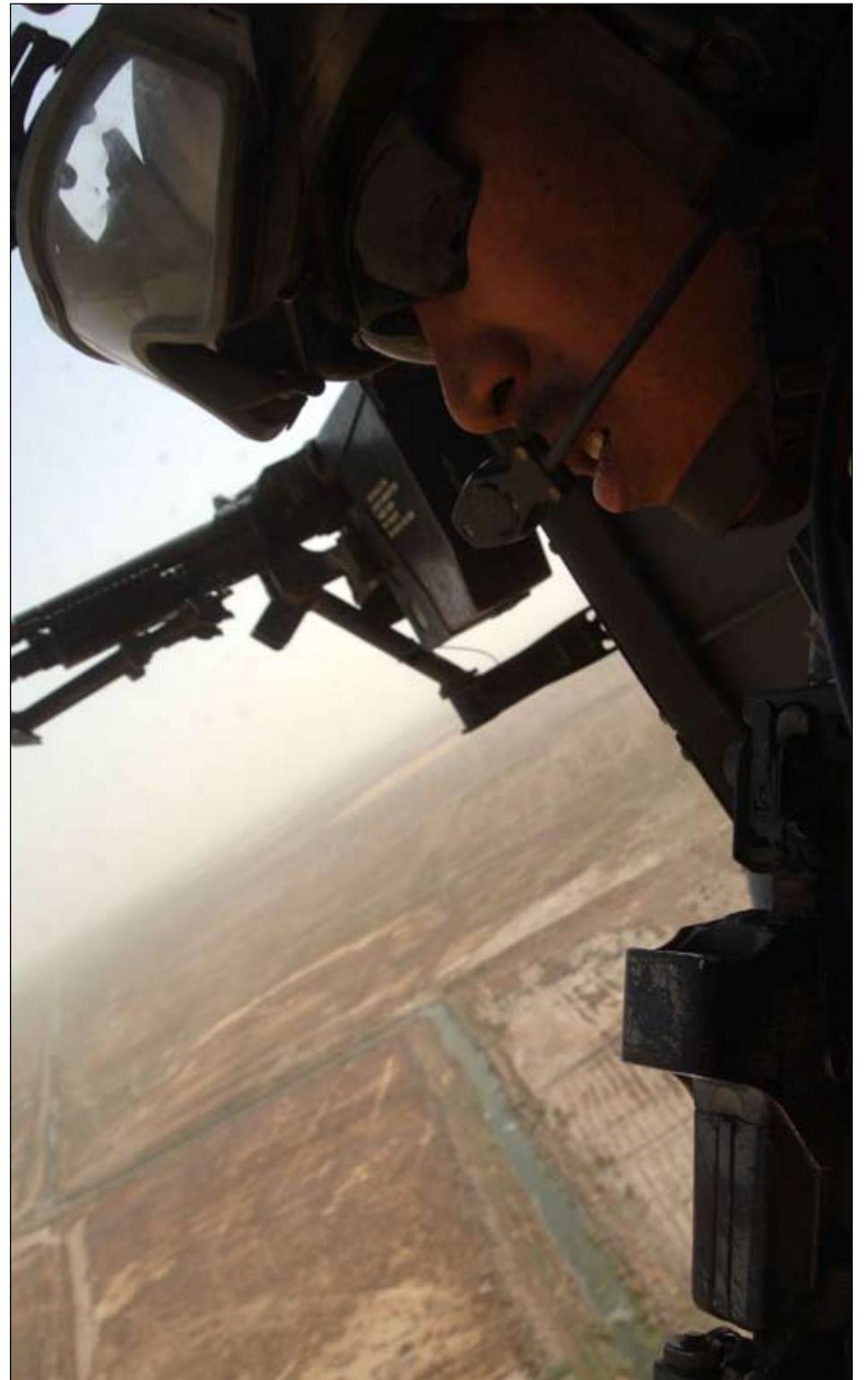
Navy photo by Mass Communication Specialist 2nd Class (DSW/SW) Christopher Perez

Suwayrah, Iraq — U.S. Special Forces along with Iraqi Army forces conduct an air assault en-route to their mission objective to capture terrorists of a known insurgent force.



Navy photo by Mass Communication Specialist 2nd Class (DSW/SW) Christopher Perez

Camp Sheejan/Courageous, Iraq — A U.S. Special Forces Soldier instructs Iraqi Army soldiers during a land navigation exercise - a part of their weekly training.



Navy photos by Mass Communication Specialist 2nd Class (DSW/SW) Christopher Perez

(Above) Suwayrah, Iraq — A U.S. Army Special Forces Soldier looks out of an aircraft as the Iraqi Army Soldiers conduct an air assault to capture terrorists of a known insurgent force.

(Below) Suwayrah, Iraq — U.S. Special Forces Soldiers along with Iraqi Army forces walk in file as they prepare for an air assault during a raid to capture terrorists of a known insurgent force.

