

# AnacondaTimes

OCTOBER 17, 2007

PROUDLY SERVING LSA ANACONDA



Photo by Sgt. Jasmine Chopra

## Dental clinic opens here

State-of-the-art clinic makes taking care of your teeth easier

Page 7



Photo by Spc. Jennifer L. Sierra

## Army 10-Miler in Iraq

Servicemembers in Iraq run shadow races of the Army 10-Miler

Page 8



Photo by Spc. Robert H. Baumgartner

## Soldier reassurance

82nd SB optometry team travels to help Soldiers maintain vision readiness

Page 15



Photo by Spc. Jay Venturini

Cpl. Kevin Prato, 53rd Mobile History Detachment looks through binoculars while Sgt. Debra Gipson, 316th ESC administrative assistant, Deputy G3, stands ready with her M-16 during their guard tower shift here. The 316th ESC is responsible for manning the guard tower 24 hours a day, seven days a week.

# Guard tower duty: securing Anaconda

## 316th ESC Soldiers get out of office, into towers

by Spc. Jay Venturini

Anaconda Times staff

**LSA ANACONDA, Iraq** — Most servicemembers stationed here would agree that LSA Anaconda is one of the nicer military installations in the Iraq theater, and at times can be taken for granted.

However, the 316th Sustainment Command (Expeditionary) (ESC) avoids falling into such a feeling of complacency by manning guard towers.

“We are the eyes and ears of things outside the LSA Anaconda perimeter,” said Sgt. 1st

Class Ronald Davis, a 316th training operations noncommissioned officer (NCO). “We report and warn any threat that might face us.”

The 316th assumed the sentry mission after some of the redeploying units weren’t replaced which left vacancies on the guard tower roster.

Sergeants (E-5) and below, regardless of section or military occupational specialty are required to perform the duty and are responsible for tower duty 24 hours a day with Soldiers working in shifts.

“We are the eyes and ears of things outside the LSA Anaconda perimeter.”

Sgt. 1st Class Ronald Davis  
316th ESC

News of the new duty brought with it a mixed reaction from the Soldiers; however, the majority of the Soldiers were motivated and even eager to perform these duties.

“I am proud to defend LSA

Anaconda by pulling guard duty,” said Sgt. Debra Gipson, 316th ESC administrative assistant for the deputy G3. “I am providing essential security for my fellow servicemembers.”

Being in the towers here presents unique challenges because towns are so close to the perimeter.

“Farmers will grow crops right up to the fence,” said Cpl. Kevin Prato, an NCO from the 53rd Mobile History Detach-

See DUTY, Page 6

# ID fraud: learn these tips, tidbits of information

by Sgt. 1st Class Michael Powell

316th ESC Legal Assistance Office

Companies and ill-intentioned individuals who try to fraudulently separate consumers from their money readily adapt to technologies that attempt to catch them. Internet scams are a growing problem for law enforcement organizations. As a result, traditional crimes such as identity theft and fraud continue to remain problems. Scam artists focus their effort on targeting distinct groups of consumers, including military families. However, with increased awareness, this vulnerability can be reduced. Consumers need to be aware of the circumstances that lead to these crimes.

If the consumer is aware of deceptive circumstances that abound, they can usually avoid the pitfalls of identity theft and fraud. For example, if you are notified by an individual claiming to be a "credit card" company or bank and is asked to provide information over the phone or internet, red flags should spring up. Your answer should be "no," because an

educated consumer KNOWS better. Remember, when you first applied for a credit card, the information was provided directly by you to the company. A legitimate company or bank should not be contacting you to solicit information.

Without question, the internet has made it easy, and in many cases cheaper, to shop. But, it has also made it easy for many culprits to gain access to social security numbers or personal account numbers. Considerable financial losses and cost to restore one's credit can result from stolen identities. In one such case of ID theft, the thug, a convicted felon, racked up more than \$100,000 of credit card debt. He got a federal home loan, then bought several homes and vehicles. He ridiculed the victim, boasting that there was nothing that could be done. To top it off, the crook then filed bankruptcy in the victim's name. Once caught, he served time for his crime, but made no amends to pay the victim for what he had done. Avoid being this person by using secure websites and not giving personal information in response to "spam" emails. Don't save passwords

on computers or transmit personal information over unsecured networks.

Many buyers wonder how these lowlifes obtain such information even if they never venture onto the internet. Sometimes it can be as simple as eavesdropping on phone conversations or shoulder surfing. It can be something as filthy as dumpster diving, where the criminal actually sifts through garbage for any type of personal data, phone numbers, or bank invoices. Even junk mail with pre-approved credit card applications can be salvaged without the consumer's knowledge. Be aware of these pitfalls and you will reduce your risk of becoming a victim.

In another case, a woman was astonished to find that someone had purchased a cell phone in her name, using her debit card. When the victim tried to find out the identity of the perpetrator, she was told that the information was private by the cell phone company. Even after she cancelled that account with the bank, she was still charged for a number of fees. Ironically, both the bank and the phone company protected the identity of the culprit from

the victim. Be vigilant with your personal information and where you keep your debit/credit cards. Shred old cards before getting rid of them. Check your credit annually. It is free. It is good to check with all three major credit reporting agencies (Experian, Equifax and Trans Union) to find out your credit report and check for suspicious activity.

This also applies to your military ID. A thief can try to buy vehicles, open credit, checking and bank accounts with your personal information. A victim who otherwise had an unblemished credit history can have significant damage done by ill-intentioned individuals. Be aware of who you share your personal information with. Dealing with the damage after the fact takes far more time than using prudence in the beginning. Remember, "an ounce of prevention is worth a pound of cure."

If you think you have been the victim of identity theft or consumer fraud, report it immediately, and make an appointment with your legal assistance office. For more information contact SJA at DSN 433-22836.

## Provost Marshal Office: Weekly police blotter

### Week of Sept. 30- Oct. 6

**The PMO conducted:** (144) security checks, (46) traffic stops, issued (51) DD Form 1408 Armed Forces Traffic Ticket, registered (92) vehicles on the installation, (24) Common Access Cards were turned in to PMO and (2) Lost weapons were reported.

**The PMO is currently investigating:** (5) cases of larceny Government/Personal Property and (1) General Order #1 violation.

**PMO Recommendations:** All personnel should continue to take reasonable precautions to protect themselves; lock doors at all

times, don't open the door for strangers, ensure exterior quarters lighting is illuminated during hours of darkness, etc...

Emergency Responder vehicles i.e. MP, Fire Dept and Medical are equipped with lights and sirens. Yield to all emergency responders when lights and/or sirens are used (pull vehicle to shoulder of road).

If you are stopped for a traffic violation, stay in your vehicle for your safety and the safety of the on-scene officer(s).

**Crime Prevention:** Report all suspicious activity to the Provost Marshal Office Law Enforcement Desk at 443-8602.



Photo by Sgt. Jasmine Chopra

Provost Marshal Office provided stage security for Bret Micheals of the band Poison. Over 750 spectators attended the USO sponsored musical event.

## ANACONDA TIMES

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

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12th Combat Aviation Brigade  
402nd Army Field Support Brigade  
20th Engineer Brigade  
213th Area Support Group  
1/82nd Brigade Combat Team  
3rd Sustainment Brigade  
82nd Sustainment Brigade  
507th Corps Support Group  
15th Sustainment Brigade  
CJSOTF-AP

# COP closure shows improvement in Southern Iraq

by Spc. Jaime Avila

1/82nd Brigade Combat Team

**LSA ADDER, Iraq** — With the mission accomplished and new friendships formed the 1st Brigade Special Troops Battalion (BSTB), 1st Brigade Combat Team (BCT), 82nd Airborne Division closed down Combat Out Post 10, or COP 10, as it's known to the Paratroopers who occupied it for three months. To most of them it was called home.

Paratroopers accomplished the task of making the area around COP 10 a secure and safe environment for the Iraqis who live there along with Coalition Forces who travel throughout the vicinity on a daily basis. Due to the hard work of the BSTB Paratroopers and Iraqi Security Forces, the area of responsibility is now being handed over to Iraqi forces.

"We were able to turn it over because it is a low threat area. It is a low threat area because of the help we received from the Iraqi Army and the IHP (Iraqi Highway Patrol)," said Capt. Charles Roosa, a Gorton, N.Y. native and the 1st BSTB assistant operations officer.

In the three months there, the Paratroopers were able to form a strong relationship with many of the locals in the area. They formed friendships that were hard to break once it was time to leave.

"We actually got to know the locals on a first name basis. They liked us and we got along with them. We would play soccer with them and they would help us clean up around the outside of the COP," said Pfc. Curtis A. Briles, a Palmedo, Fl. native and a military policeman with the route



Photo by Spc. Jaime Avila

Paratroopers work to bring down a guard tower during the closure of COP 10. With the help of civilian contractors and fellow units, 1st BSTB was able to close COP 10.

security team with 1st BSTB.

"I would much rather have stayed here, it was a lot of fun," said Briles.

The Paratroopers of the 1st BSTB were able to close down COP 10 with the help of civilian con-

tractors and fellow units.

"We particularly want to thank those (who) have been a part of the team, here to shut down

See COP, Page 5

## 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)

### CHRISTIAN SCIENCE MEETING

Sunday 2 p.m. MWR West

### 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

# Servicemembers celebrate faith together

by Sgt. Jasmine Chopra

Anaconda Times staff

**LSA ANACONDA, Iraq** — One of the greatest strengths of the American military is its commitment to unity despite differences. As servicemembers of various faiths demonstrated here recently, regardless of religious affiliation, all servicemembers can benefit from celebrating faith together.

Servicemembers here recently built a Sukkah, a wooden shelter, on the grounds of Provider Chapel and both Jewish servicemembers and those of other religious denominations helped to celebrate the Jewish holiday of Sukkot.

Sukkot commemorates the forty-year period during which the children of Israel wandered in the desert and lived in temporary shelters. It is also a celebration of the harvest in which a fast is broken by eating traditional foods at a feast. According to the Torah, the word Sukkot refers to the temporary dwellings Jews are directed to live in during the holiday in memory of the period of wandering. At the core of Sukkot is the understanding that supreme safety and security is found not within the walls of shelters, but in the presence of God and one another.



Courtesy Photo by 1st Lt. Avi Kaufman

**Chaplain (Lt. Col.) Nosson Sachs with 99th Regional Readiness Command, a rabbi, came to LSA Anaconda to tend to the religious needs of Jewish servicemembers during Sukkot, a Jewish holiday. Building a Sukkah, a wooden shelter is a traditional part of the holiday.**

Army Chaplain Lt. Col. Nosson Sachs, a rabbi with the 99th Regional Readiness

Command, came to Iraq to tend to the religious needs of Jewish servicemembers during Sukkot.

Whenever possible, the military dispatches servicemembers who are rabbis to men and women in uniform around the world during holidays of great importance to Jews. Sachs has also traveled to Afghanistan to meet the spiritual needs of Jewish servicemembers.

"I try to help Soldiers connect with their Jewish selves," said Sachs, but the Rabbi is also available to all Soldiers who seek him. Often times non-Jewish Soldiers seek guidance and even Christian chaplains will consult with Sachs regarding scripture.

He encourages Jewish Soldiers to connect with one another and serve as lay leaders.

"Building the Sukkah was a lot of fun," said 1st Lt. Avi Kaufman, an operations officer with the 719th Movement Control Team. "The chaplains' assistants were so helpful in getting us the supplies and tools and in the actual construction too," he said.

Kaufman serves as a Jewish lay religious leader for residents here.

"A big part of Judaism is community. This is reflected in

the communal feasts on a lot of our holidays and some of our prayers which require a minimum of ten people, known as a minyan," said Kaufman. Celebrating with others can make the experience more meaningful," he said.

Practicing Jewish traditions on the battlefield is not always easy. One challenge is limited access to Kosher meals. A more terrifying concern is identifying oneself as Jewish on identification tags in the event of capture by the enemy since the region is largely anti-Semitic, said Sachs. Isolation, due to the fact that many non-Jewish Soldiers misunderstand Judaism, can be another concern, he said.

And yet, on camps large and small, people are coming together to embrace their faith and in doing so fulfilling their spiritual and community needs at war, he said.

"It's about spiritual peace and a few moments of tranquility from life in the war zone," said Air Force Maj. Deborah Zimmerman, deployed sexual assault response coordinator, 332nd Air Expeditionary Wing, on celebrating her faith in community. "The kosher humus, soup, gefelta fish, matzo crackers, and the

beautiful challah (bread) that Avi's (Kaufman) mother sent for us on Rosh Hashanah! It was great to taste the traditional foods from home," she said. "Being in the company of fellow Jews makes me feel at home and evokes emotional memories of the holidays with family."

For non-Jews, celebrating Jewish holidays is a unique and educational experience.

Seventh-day Adventist and chaplain's assistant with the 719th Movement Control Battalion, Spc. Daniel Thomas, himself a chaplain in civilian life, helped build the Sukkah.

"I volunteered to help build it because the more you understand, the better. I saw helping out as an educational opportunity," said Thomas. "I think there is a lack of understanding (in terms of religion) and as a biblical scholar I want to promote understanding," he said. "Whether it's going over text, talking to a rabbi, building a Sukkah, breaking bread, there is affirmation in celebrating and something powerful begins to happen when you get together to celebrate."

For more information about Jewish celebrations here, please contact 1st Lt. Avi Kaufman (318) 433-2163.



Courtesy Photo by 1st Lt. Avi Kaufman

**Seventh-day Adventist and chaplain's assistant with the 719th Movement Control Battalion, Spc. Daniel Thomas, himself a chaplain in civilian life, helps build a Sukkah, a wooden shelter for the Jewish holiday of Sukkot at LSA Anaconda.**

# Observing National Disability awareness month

by Tech Sgt. Gwendolyn D. Ford  
*Det 1, 332d EMSG, Mayor's Cell*

**LSA ANACONDA, Iraq** — The month of October is a time for us to recognize and learn about the different types of disabilities that people have to face on a daily basis. Some disabilities have been brought about by tragic accidents and heroic combat actions, while others were caused through genetics. Regardless of what caused these disabilities, they have had a profound affect on the individual, their friends and most of all their families.

In an effort to recognize the struggles and successes of persons with disabilities, the Mayor's Cell is sponsoring several events throughout the month of October. On Oct. 7, a 24-hour volunteer marathon was held at the Air Force Theater Hospital. Two person teams volunteered for two hours at a time assisting hospital personnel with various duties. In conjunction with the volunteer marathon, Air Force Col. Ralph Romine, garrison commander, donated numerous DVD players and DVD movies to the hospital. The items were donated by Airmen, their families and friends for the benefit of patients recuperating at the Theater Hospital. Romine initiated the project by asking families and friends stateside to donate items so recovering at the hospital could be a little bit easier for patients.

Other scheduled events are



Photo by Sgt. Jasmine Chopra

**Air Force Col. Ralph Romine, garrison commander here, gives Army Sgt. 1st Class Eric Horton with 2nd Battalion, 82nd Field Artillery Regiment, 1st Cavalry Division, a DVD player and DVDs to watch while at the Air Force Theater Hospital. Horton was injured when an IED detonated near the vehicle he was traveling in. Romine and other Airmen have donated several DVD players and hundreds of DVDs to the Air Force Theater Hospital over the last few months.**

the "Our Living Heroes Run/Walk" to be held Oct. 27 at 7 a.m. at Holt Stadium track and a luncheon on Oct. 30 at noon in the Audie Murphy Room of dining facility one. To heighten awareness of persons with disabilities, the movies "Men of Honor," "Radio," and "Rain Man" will be shown at both East and West Morale, Welfare and Recreation centers each Thursday at 6 p.m.

In addition, the committee is looking for one volunteer from each branch of service to tell a

story, personal or researched, about a servicemember who has suffered a war related disability and how that servicemember overcame his/her disability. The Mayor's Cell is also inviting those who have personal experience with family members or close friends with disabilities to share their testimonials. These stories and experiences will be shared during the luncheon Oct. 30.

Please come out and support these very important events as we pay tribute to the courage of

our military heroes and the strength of family members who have disabilities. If you are interested in being a speaker for this event, please contact Master Sgt. Eugene Struzik at VOIP 483-2858 or send an e-mail to [eugene.struzik@iraq.centcom.mil](mailto:eugene.struzik@iraq.centcom.mil). For information regarding any of the other events, please contact Master Sgt. Stacie Parker at VOIP 433-2717 or send an e-mail to [stacie.parker@iraq.centcom.mil](mailto:stacie.parker@iraq.centcom.mil).

## COP, from Page 3

this facility..., the 1st Brigade SPO (support operations) has been of tremendous help to us, KBR has been a great help here and finally thank you to Alpha 1-116 and we appreciate the great help from all the team that made the tear down of COP 10 a safe and successful operation," said Maj. Todd A. Plotner, a Santa Maria, Calif. native and executive officer for the 1st BSTB.

The tear-down took about two days to complete and was accomplished with no major set backs.

"Nothing major went wrong, the stuff that did go wrong we were expecting and planning for, so everything went on as scheduled and planned," said Roosa.



Photo by Spc. Jaime Avila

**Sgt. Steven Jacobs of New Port, Va. tears down the barriers that surrounded COP 10.**

## 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](mailto:tammy.phipps@us.army.mil)

# 433-2402

## Q-West celebrates Hispanic Heritage

by Pfc. Gaelen Lowers

3rd Sustainment Brigade

**FOB Q-West, Iraq** — “Buenas tardes, damas y caballeros (Good evening ladies and gentleman),” said Capt. Rhea Hutchins, commander of Headquarters and Headquarters Company, Special Troops Battalion (STB), 3rd Sustainment Brigade (SB), at the beginning of Forward Operating Base Q-West’s ceremony celebrating Hispanic Heritage Month Sept. 29.

This year’s celebration honored the significant contribution Hispanics have made to the nation said Lt. Col. Douglas McBride Jr., commander of the STB and host of the Hispanic celebration.

McBride spoke of how Hispanic Heritage Month came to be and also of his upbringing in the Caribbean and of his Hispanic heritage.

“Formally celebrating the Hispanic culture started in 1968, when Congress authorized President Lyndon Johnson to proclaim National Hispanic Heritage Week, and this observance was expanded in 1988 to a month-long celebration to honor our nation’s Hispanic heritage,” said McBride.

“In 2002, to honor the achievements of Hispanic Americans, Congress authorized and requested the President to issue annually a proclamation designating Sept. 15 through Oct. 15, as ‘National Hispanic Heritage Month.’”

Great Hispanic writers, musicians, athletes and actors were mentioned and celebrated on this day including poet Julia Alvarez, singer Jennifer Lopez, actress Selma Hayek and baseball legend, Roberto Clemente.

“In 1955, Roberto Clemente was drafted by the Pittsburgh Pirates and started as their right fielder,” said Sgt. 1st Class Luis Medina of the STB, 3rd SB. By 1960, Clemente was a dominant player in professional baseball, helping lead the Pirates to win both the National League Pennant and the World Series.”

“Tragically, Roberto Clemente’s life ended on December 31, 1972 in a plane crash while en route to Nicaragua with relief supplies for earthquake victims,” said Medina. “For his ‘outstanding athletic, civic, charitable and humanitarian contributions,’ Roberto Clemente was awarded the Congressional Gold Medal by the United States Congress in 1973.”



Photo by Pfc. Gaelen Lowers

**Soldier dancers demonstrate the Salsa during the Hispanic Heritage Celebration Sept. 29 here. The celebration was held to honor all Hispanics, especially those serving in the military.**

“...we are not here celebrating them just because they are of great Hispanic heritage. It is because they are of great American heritage.”

Lt. Cmdr. George E. Segredo  
EWO

Traditional Hispanic dances were performed by some of the Soldiers. After the dances were performed, the dancers went into the audience and picked out a few lucky audience members to come try their skill at dances such as the Merengue, Salsa and Bachata.

The honorary guest speaker for the night was Lt. Commander George E. Segredo, a Navy officer assigned as the Brigade Electronic Warfare Officer for the 3rd SB here.

Segredo spoke of Hispanic heritage and the accomplishments and contributions Hispanics have made to U.S. culture, politics and our general way of life.

“The first confirmed European landing in the continental U.S. was by Juan Ponce de Leon, who landed in 1513 at a lush shore, so covered with plants and flowers, he christened it La Florida,” said Segredo.

redo. “Within three decades of his landing, the Spanish became the first Europeans to reach the Appalachian Mountains, the Mississippi River, the Grand Canyon and the Great Plains.”

“There have been 21 U.S. Representatives, five (U.S.) senators, three city mayors, three governors, four cabinet members and two Surgeon Generals (of hispanic origin),” said Segredo. “In the Army, there have been two Hispanic generals.”

Segredo told of how Hispanic culture is embedded in everything from our language, to our cityscapes, from what we eat, to what music we listen to.

Taco Bell, Cameron Diaz, Sammy Davis, Jr., Gloria Estefan, Alex Rodriguez, Oscar de la Hoya are just some of the great Hispanic men and women that have helped shape our country and the world said Segredo.

“With all this, we are not here celebrating them just because they are of great Hispanic heritage. It is because they are of great American heritage,” said Segredo. “Whether Irish or Italian, Chinese or Czechoslovakian, German or Japanese, or Hispanic, all these cultures add spice to the great melting pot that makes the United States of America the greatest nation in the world,” he added.

**DUTY**, from Cover  
ment which falls under the 316th. “You got to keep a close eye on them because you don’t know if they are planting crops or IEDs (improvised explosive devices).”

In the short time the unit has been responsible for the guard tower, there have been Soldiers engaged by enemy elements.

“The Soldiers have to take this duty seriously,” said Davis. “Being complacent up there could cost you your life. The incidents were a reality check for the Soldiers.”

A staff sergeant or higher serves as the commander

of the relief for the tower. His or her responsibilities include briefing all Soldiers before they go on shift and providing necessary items such as water or fresh batteries for equipment in the tower.

Defending this compound amid the Islamic holiday season of Ramadan becomes that more dangerous and challenging, but the 316th is well prepared for it.

“Everyone can rest assured, we will keep them safe,” said Gipson.



Photo by Spc. Jay Venturini

**Cpl. Kevin Prato and Sgt. Debra Gipson stand ready for anything during their guard duty shift here.**

## Celebrating Hispanic heritage through traditional dances



Photo by Sgt. Jasmine Chopra

**LSA Anaconda- Air Force Tech Sgt. Aldomar Genao, non-commissioned officer-in-charge of technical controls and communication operations, 727th Expeditionary Air Control Squadron dances the Bachata with Senior Airman Christian Rodriguez, personnel services specialist with the 332nd Expeditionary Mission Support Group. The Bachata is a traditional dance from the Dominican Republic. Their dance performance was part of several activities held during Hispanic Heritage Month.**

# State-of-the-art Dental Clinic, first of its kind in theater

by Sgt. Jasmine Chopra

Anaconda Times staff

**LSA ANACONDA, Iraq** — A state-of-the-art dental facility opened here recently providing an unprecedented level of care for patients in Iraq.

Just a few months ago this was just a patch of dirt, now it's a world class dental clinic that rivals anything stateside," said Sgt. 1st Class Fitzroy Foster, the 561st Dental Company (Dental Co.) noncommissioned officer in charge of the dental clinic here.

Working side-by-side with engineers, Foster helped transform what was a mere empty building into a fully-functional dental facility.

The Anaconda Dental Clinic provides first-rate emergency, sustaining, maintaining and comprehensive care. The new facility replaced a dilapidated building that was in continuous need of repair.

Dental treatment is clas-



Photo by Sgt. Jasmine Chopra

**Capt. Brett Wilson, a dentist with 561st Dental Company, probes a patient's tooth Oct. 1 here.**

sified into four categories: emergency, sustaining, maintaining and comprehensive. Most forward operating clin-

ics are equipped for emergency care which includes relief of oral pain, elimination of acute infection and control of life-threatening oral conditions. Never before in Iraq has a forward operating clinic been able to provide this level of comprehensive care. The clinic provides procedures normally accomplished in sophisticated facilities, procedures such as prosthodontics and dental restoration.

"This clinic represents a quantum leap in what we can offer our patients," said Lt. Col. Shan Bagby, commander, 561st Medical Co. "This (facility) actually allows greater capacity for care with a smaller team."

The clinic contains eight treatment chairs, digital X-ray and top-of-the-line sterilization equipment as well as the dental logistics backbone to support a large population.

Providing care to foreign nationals, learning other lan-

guages, and helping people get healthy are among Spc. Ashley Edmondson's favorite aspects of her job. Edmondson is a dental specialist with the 561st Dental Co.

Dental professionals at the clinic treat between 100-130 patients weekly. They serve servicemembers, contractors and civilians, including third country nationals, contractors, and local Iraqis.

Poor oral health is an all too common problem, said Foster. It can cause impaired duty performance, loss of time at work, further health problems and excruciating pain.

Soldiers who don't take care of their mouth could be putting themselves and their fellow Soldiers in the line of fire, according to the U.S. Army Center for Health Promotion and Preventive Medicine Directorate of Health Promotion and Wellness (USACHPPM.) During deployment, Soldiers with dental problems usually re-

quire Dental evacuation for treatment. Dental evacuation in theater can be delayed for long periods of time due to sand storms or transportation problems. Every time a Soldier has to be transported out of the area of operations for dental treatment, they expose themselves and their fellow Soldiers to enemy attacks, according to USACHPPM.

During a recent mission, Spc. Robert Mark Stephens, a personal security detail member, 1203rd Engineer Battalion, was in a vehicle that drove over a massive bump in the road which resulted in the Soldier's crown falling out. He returned from his mission at 4a.m. and by 10a.m. the same day he was being treated by Capt. Thungong Dang, a dentist with the 561st Dental Co.

"I only had to wait 20 minutes," said Stephens. "It was quick, easy, and painless," he said, words not often used to describe a visit to the dentist. "I definitely won't hesitate to come back if I need to," said Stephens.

The clinic is able to quickly provide prosthodontics and other items because it is equipped with an advanced lab on site staffed by dental lab technicians. Spc. Richard Steven Enriquez, a dental specialist and lab technician with the 561st spends much of his time expertly crafting artificial teeth and other dental appliances.

"For someone who is missing teeth, they can feel self-conscious, so giving them back their smile is a great feeling," said Enriquez. The new lab he works in is a huge improvement over the old facility too, he said.

"We still worked hard for our patients, but the old building needed lots of repairs. It was frustrating. Water would seep in, power was an issue and we spent a lot of energy on maintenance," he said.

The new clinic is equipped to continue operations during power outages. Waiting times have been reduced, eight additional treatment chairs are expected and patients will have better access to care.

The clinic is open Mondays- Fridays from 8:30a.m. - 4:30p.m. and Saturdays from 8:30a.m. to 11:30a.m. The clinic is closed on Sundays and from noon- 1:30p.m. Mondays- Fridays. For more information call (318) 443-3016.



Photos by Sgt. Jasmine Chopra

(Above) Capt. Brett Wilson, a dentist, and Spc. Edward Kautz, a dental specialist provide care to a patient Oct. 1 at LSA Anaconda. Both Soldiers are with the 561st Dental Company.

(Right) The on-site lab at the Anaconda Dental Clinic is able to quickly provide prosthodontics and other appliances. Spc. Richard Steven Enriquez, a dental specialist and lab technician with the 561st Dental Company crafts an artificial tooth for a patient Oct. 1.



# Servicemembers participate in Army 10-Miler

## CAMP TAJI



Photo by Staff Sgt. Bryant Maude

Andrea Gallegos, a Morale, Welfare and Recreation technician, hands out Taji Army Ten-Miler Shadow Run t-shirts to participating Soldiers at Camp Taji prior to the start of the run. Each year 30,000 runners and spectators descend upon Washington, DC to join in this prestigious event and the Taji run allows the troops that are deployed an opportunity to participate in the event.



Air Force 1st Lt. Dominique Boivin with the 332nd Expeditionary Mission is handing out water to thirsty runners including 316th Sustainment Command (Expeditionary) Sgt. Major Stacie E. Davis, Oct. 7 during the Army 10-Miler.

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Photo by Sgt. 1st Class Gary Qualls

Soldiers, Paratroopers, Airmen and civilians participate in the Adler 10-Miler Oct. 7.



Above) 2nd Lt. Nathan Flores, 213th Area Support Group liaison officer, is the man in the white t-shirt. Below is Flores (center) with the 316th Sustainment Command (Expeditionary) Sgt. Major, Command Sgt. Maj. Stacie E. Davis (right.)

# Army 10-Miler

# 10-Miler while serving country at war

by Sgt. Jasmine Chopra

Anaconda Times staff

**LSA ANACONDA, Iraq** — Hundreds of runners hit the pavement here to participate in the Army's most popular and notable running event, The Army 10-Miler.

While the event has its roots in Washington D.C., it is held worldwide evoking thousands of participants. The run draws more than just Army personnel. Servicemembers from all branches and civilians from several different organizations and countries joined in the fun.

This year's run here marks the 5th year the event has been held at Anaconda.

Many runners trained diligently while others just "winged-it" race day.

The first to finish was 2nd Lt. Nathan Flores, a 213th Area Support Group liaison officer. Flores ran in just under 56 minutes.

Approximately 800 people ran the race while dozens more volunteered to help distribute water, direct runners, provide medical care and handout refreshments.



Photo by Sgt. Jasmine Chopra

213th Area Support Group, hands (Expeditionary) Command



Photo by Spc. Jennifer L. Sierra

Servicemembers participating in the shadow Army 10-Miler cross the finish line at LSA Anaconda's Holt Stadium. Runners received t-shirts commemorating the race once they completed the event. Hundreds of runners participated in the 5th annual 10-mile run.

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Photo by Sgt. Jasmine Chopra

fastest man on LSA Anaconda. Flores ran the Army 10-miler in just under 56 minutes. Pictured with commanding general, Brig. Gen. Gregory E. Couch (left) and the 316th ESC command sergeant



Photo by Pfc. Gaelen Lowers

Sgt. Taylor and 1st Lt. Matthew McCarthy, both of 3rd Sustainment Brigade, receive their trophies from Col. Darrell K. Williams, commander for 3rd Sustainment Bde. and Forward Operating Base Q-West, for being the overall winners of FOB Q-West's first ever Army 10-miler Oct. 6.

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## 10-Miler, Iraq

# AF's first active associate unit deploying to Balad

by Staff Sgt. LuCelia Ball

332nd Air Expeditionary Wing

**BALAD AIR BASE, Iraq** — Shortly after its first birthday, the Air Force's first active associate unit is preparing to deploy here this month to support the Global War on Terrorism.

Activated in July 2006, the 30th Airlift Squadron (AC) is the first active duty Air Mobility Command (AMC) squadron to operationally report to an Air National Guard unit, the 153rd Airlift Wing, based out of Cheyenne, Wyo.

The unit will deploy with two C-130 Hercules aircraft, three aircrews and maintainers to support the 332nd Air Expeditionary Wing's intra- and intertheater airlift missions.

"We are fully airland and airdrop capable," said Lt. Col. Steven Hopkins, 30th AS commander, currently deployed as the 777th Expeditionary Airlift Squadron commander here. "We will do exactly what the active duty does here. We will be the hub and spoke of airland delivery and anything else that's required."

The unit faced several challenges during its preparation for the deployment, namely the fact that upon activation, its active-duty aircrews were not qualified to fly the Guard's C-130 H3 airframe, having flown other design series of the C-130 in their careers.

"I've been flying as much as possible," said Capt. Christopher Schultz, the 30th AS navigator. "I've been deployed four times before, but never to Balad and I know the location is closer to everything, so I'm excited. I just want to be as proficient as possible before I head out."

A second challenge was to establish a new mobility process for the unit.

"Because this unit had never existed before, we were a thousand miles away from our administrative control, and we didn't have a process in place for actually deploying members out of our unit," Hopkins said. "The entire process had to be developed, and it was extensive."

Though this is the first time the 30th AS has been tasked to deploy, the unit has combat experience.

"We've already been deploying," he said. "When I took command in July, AMC told me the first time I would deploy would be October 2007, which is this current de-



Web Image

**The 30th Airlift Squadron is due in theater with two C-130 Hercules Aircrafts in October. The unit was set up to embody the total force concept and places active-duty Airmen with a Guard unit to share aircraft, supplies and infrastructure.**

ployment. But this past March, I had eight aircrews ready to deploy. That's seven months ahead of schedule. In April, we were out the door and fighting in Operation Enduring Freedom, supporting the Guard."

When the Air Mobility Command unit activated, the active duty members were moved to the Air National Guard base at Cheyenne, which provided aircraft, equipment and infrastructure to share with the active-duty personnel.

"I supply the manpower," said Hopkins. "We share everything - the guard sponsors everything. We provide the flying hours and the operations and management money to support what we need. But the infrastructure and equipment is supplied by the Guard."

The reason for the activation was to embody the idea of the total force concept.

"Future total force was developed as early as 2005," he said. "That's when we were developing a way, with all the C-130 issues, to access more of the Air National Guard and Reserve C-130s. They had flyable, reliable airplanes, and the active duty planes were getting old and needed to be replaced. This concept was conceived because of the need

to have the additional capability."

One of the organization's senior enlisted members said the advantages of the Total Force package has already been realized.

"It's been a great learning experience on the maintenance side because the cultures are so different," said Master Sgt. Rick Johnson, the 30th AS maintenance production superintendent. "The Guard maintainers have so much knowledge and experience to share. Most of these guys have been with their aircraft since it rolled off the assembly line, and they have so much pride and ownership in their work. Our active duty Airmen have embraced this concept."

The general feeling for the deployment is one of excitement, said Hopkins, which will ensure mission success in the combat zone.

"I've got guys here who are from everywhere in the world. All of the C-130 bases contributed to the manpower in my unit. Almost every single one of these guys has deployed to either OEF or OIF in their past. A lot of them have already been out here and performed this mission. And I would give my unit an 'A plus' so far."



Air Force photo by Lt. Col. Steven Hopkins

**A 30th Airlift Squadron co-pilot trains as a member of the Air Force's first active associate unit. The unit activated July 1, 2006 at the Cheyenne Air National Guard Base.**

# Army extends Basic Combat Training to ten weeks

by John Harlow

Army News Service

**FORT MONROE, Va.** — In early November, Basic Combat Training (BCT) will expand from nine to 10 weeks at all five Army BCT sites: Fort Jackson, S.C., Fort Sill, Okla., Fort Leonard Wood, Mo., Fort Knox, Ky., and Fort Benning, Ga.

“We’re going to do 10 weeks of basic training, starting on Nov. 2,” said Gen. William S. Wallace, the commanding general of the U.S. Army Training and Doctrine Command. “It will be a pilot during this fiscal year. We’re going to do it for the first third of the year. The last 10-week course will be complete somewhere around the twenty-first of March, and then we’ll go back to our normal nine-week basic training for the rest of the fiscal year.”

A reason for conducting a pilot program is to see what effect expanding BCT by a week has on Advanced Individual Training, known as AIT.

“We’re doing it as a pilot to make sure we understand



Photo by Tech. Sgt. Denise Rayder

Army recruits negotiate an obstacle during the confidence course portion of basic combat training at Fort Jackson, S.C. (This photo appeared on [www.army.mil](http://www.army.mil).)

the second and third-order of effects of doing 10 weeks of basic training,” Wallace said. “We anticipate a surge in our training population during the second half of the fiscal year which we couldn’t get around

in terms of scheduling,” he added.

The expansion doesn’t add more tasks to be trained during BCT.

“We are not going to add tasks and I have been very spe-

cific -- we are not going to add any tasks,” said Wallace. “What we’re going to add is time, and give that time to the drill sergeant so that he can ensure that the individuals have mastered those tasks that they need to master, before they go on to AIT. That is the sole purpose.”

As in all of BCT, drill sergeants will play a key role in the tenth week.

“We want to make sure we have enough time to review and retrain the things that are required of the Soldiers by the units in the field,” said TRADOC Command Sgt. Maj. John Sparks.

“For instance, a Soldier might learn one of the warrior tasks and battle drills in week two or three. By extending BCT, it gives us the opportuni-

“What we’re going to add is time, and give that time to the drill sergeant...”

Gen. William S. Wallace  
U.S. TRADOC

ty to review those type of skills and retrain and retest them to ensure that the Soldier ... has the kinds of skills necessary to assimilate into his unit.”

In the nine-week BCT the Army currently conducts, Soldiers learn 40 warrior tasks and go through 11 battle drills. With a 10-week BCT, Soldiers will be able to refresh on what they learned and also get an extra week of physical fitness training.

“We do need to add a little bit of extra time and give it to the drill sergeant,” said Wallace. “In my judgment, it will provide to the AIT commander a better physically fit, more mature, more disciplined Soldier who understands the tasks to master better than he does right now.”

by Spc. Jennifer L. Sierra

## America’s warrior

### A snapshot of servicemembers in the Global War on Terrorism



Photo by Spc. Jennifer L. Sierra

**Full name and rank:** Sgt. 1st Class Andrew B. Shelton

**Unit:** 118th Maintenance Company

**Job Title:** Supervisor for Local National Escorts and Guards.

**Time in service:** 38 years.

**Age:** 58

**Hometown:** Pinson, Ala.

**Family:** Wife Lynn and daughter

Andrea.

**Pastimes:** Gardening, fishing.

**Life-changing event/moment:** A better question for me might be “what makes you what you are?” and my answer is: just below the conscious level of my mind is the knowledge that our planet has many serious problems. Among them are too many wars, slavery, the buying and selling of humans still goes on, 40,000 people die each day mainly due to malnutrition and consuming dirty water. And the amount of money spent on arms worldwide versus the amount spent on humanitarian projects is about 400 to 1. These facts keep me humble, compassionate and appreciative that I live in a free and prosperous society.

**Lesson Learned:** Not only don’t drink and drive, but don’t drink and walk in the French Quarter without two body guards.

**The person admire the most:** Mother Teresa, she gave it all for other people rather than being a seeker of fame and money.

**Why I joined the Army:** In 1967, I was attending college. Two years later, our government thought I might need to enter the Army and fight a war halfway around the world. This, I was led to believe, would be a vic-

torious fight against Communism. My thinking was: I could make the world a better place by staying in college and somehow finding my great mission in life. So, I didn’t join the active Army. I joined the National Guard to stay out of the regular Army and out of Vietnam. (At age 58, I volunteered for this deployment hoping that, since I have never been on a tour, this would be the culmination of nearly 40 years of service for all the right reasons.) It was a great play on my part because I am a disability specialist. I helped the poor, and those who cannot work due to mental or physical deficiencies, receive payments from social security. This money is based on what they paid in over a lifetime of employment. I helped give them the dignity they deserved after working for years.

**If I wasn’t in the Army I would be:** Home and working as a disability specialist, my life’s mission.

**The one thing I would change about the Army:** Get rid of the dead beats and the ones who hide in an office stateside.

**The one thing I think the Army got right:** Regimentation

**What makes a good Soldier:** A good sense of morals, ethics and concern

for others first rather than self.

**What makes a good leader:** A positive person who has an extensive knowledge of Soldering and his/her job as well as one who inspires others to emulate him/her.

**Unusual fact about you:** I am a ham radio operator.

**Motivations in life:** If you are speaking of now, 40 years after high school, just the excitement of being a part of our mission here and hopefully to have some positive effects on these young Soldiers.

**Goals:** To gain wisdom regarding the meaning of life and to do more fly fishing.

**Hardest part of my job here:** Learning some of the administrative procedures way down at the company level.

**Best part of my life:** Right now, without a doubt, the privilege of being a part of the 118th Maintenance Co. from Stockton, California and working with some of the best Soldiers I have ever met in my 38 years of service. These Soldiers came from all over California and the United States to fulfill one mission and one common goal: that providing first-class maintenance and other assigned duties. Their legacy is assured. Go 118th!!

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



Sgt. Rob "on the FOB" Pinches

## Rob's Picks Week 7

Before I get to the picks I just want to point out that Tom Brady may be the best quarterback of all-time (apologies to Dan Marino).

In addition to the three Super Bowl rings and two Super Bowl MVP's, he's currently fifth on the list for career passer rating (90.2) and fourth in career completion percentage (62.5). Now, here are his stats after week five (which is when we go to print):

Five games played, 117

completions on 158 attempts, 74.1 completion percentage, 1383 yards (an 8.8 average per pass), 16/2 touchdown to interception ratio and a 128.8 QB rating.

I know he has one of the best receiving corps in the league to work with this year, but it's also the first time in his career that he can say that. Personally, I can't find a reason why he won't continue to produce at this level for the season, meaning he might just take the season records for completion percentage (70.55% held by Ken Anderson from the '82 campaign) and QB rating (held by Brady's arch-nemesis Peyton Manning at 121.1).

Add in that we have Manning in his prime now as well, and you might be watching two of the best all-time QB's. Now to the games:

### Sunday Oct. 21

#### Buffalo @ Baltimore

The Ravens haven't exactly been the best of the best so far, fortunately for them, the Bills have been one of

the worst due to a string of season-ending injuries to starters. Let's go with the Ravens. Bills 10, Ravens 20.

#### Arizona @ Washington

I like the way the Redskins have been playing, especially QB Jason Campbell. The Cardinals have Kurt Warner playing like it's 1999, so expect a good game by two good offenses. Cardinals 24, Redskins 21.

#### Atlanta @ New Orleans

Here's a game the Saints could win; the Falcons have been sub-par under Petrino in his rookie season. Falcons 13, Saints 27.

#### San Francisco @ NY Giants

This is the year Eli Manning's finally living up to first-round billing. Having Plaxico Burress helps. I expect the numbers to continue to go his way against a good 49ers team. 49ers 17, Giants 21.

#### New England @ Miami

The Patriots are the best team in the league; the Dolphins may be the worst (oh how that breaks my heart), you do the math. Patriots 38, Dolphins 20.

#### Tennessee @ Houston

Two words: Vince Young. You think the Texans are regretting not drafting him? All due respect to Mario Williams, I'd rather have Young. Titans 17, Texans 9.

#### Tampa Bay @ Detroit

These two teams are both in better position than most expected going into this season. I'm a believer of the Mike Martz offense and the talent the Lions have at the skill positions. Buccaneers 14, Lions 31.

#### Kansas City @ Oakland

The Chiefs are struggling with their offense due to the (non-existent) running game. The Raiders are putting the pieces together to form a decent team. Chiefs 6, Raiders 13.

#### NY Jets @ Cincinnati

With the Jets playing like they are, I'm thinking the Bengals play like they should. Jets 7, Bengals 30.

#### St. Louis @ Seattle

The Rams are challenging the Dolphins for worst-in-the-NFL. Lets assume the Seahawks can handle that. Rams 13, Seahawks 24.

#### Chicago @ Philadelphia

This is a tough one to call: I'm not sure which team will show up for the Eagles. At least you know where you stand with the Bears; good D, horrible O. I'll have to go with the home team. Bears 17, Eagles 23.

#### Minnesota @ Dallas

Talk about feast-or-famine with Tony Romo; he'll give you a bunch of TDs or a bunch of INTs. I'm thinking the the Vike's get a bunch of TO (that's Terrell Owens to the uninitiated). Vikings 16, Cowboys 33.

#### Pittsburgh @ Denver

The Broncos and Jay Cutler are still a year away from being ready for the playoff. The Steelers are playing like they're already there. Steelers 27, Broncos 21.

### Monday, Oct .22

#### Indianapolis @ Jacksonville

My upset of the week. Even though Peyton's playing as good as ever, the AFC South always give the Colts trouble and the Jags D is solid. Colts 17, Jags 20.

## Upcoming sports on AFN

### Wednesday 10/17/07

Atlanta Thrashers @ Philadelphia Fliers live 2:00 a.m. AFN/xtra  
American League Championship Series: Game 4 live 3:00 a.m. AFN/sports; replay 3:00 p.m. AFN/sports; replay 8:00 p.m. AFN/sports  
Minnesota Wild @ Los Angeles Kings live 5:30 a.m. AFN/xtra

### Thursday 10/18/07

New Jersey Devils @ Pittsburgh Penguins live 2:30 a.m. AFN/xtra  
National League Championship Series: Game 5 (if necessary) live 3:00 a.m. AFN/sports; replay 3:00 p.m. AFN/sports  
Cleveland Cavaliers @ Orlando Magic replay 5:00 a.m. AFN/xtra

### Friday 10/19/07

Tampa Bay Lightning @ Boston Bruins live 2:00 a.m. AFN/xtra  
South Florida @ Rutgers live 2:30 a.m. AFN/xtra; replay 10:00 a.m. AFN/sports  
American League Championship Series: Game 5 (if necessary) live 3:00 a.m. AFN/sports; replay 3:00 p.m. AFN/sports  
New York Red Bulls @ LA Galaxy live 6:00 a.m. AFN/xtra

### Saturday 10/20/07

Northwestern @ Eastern Michigan live 2:00 a.m. AFN/xtra  
National League Championship Series: Game 6 (if necessary) live 3:00 a.m. AFN/sports;

replay 2:00 p.m. AFN/sports  
Los Angeles Kings @ Vancouver Canucks live 5:00 a.m. AFN/xtra  
Cleveland Cavaliers @ Orlando Magic live 7:30 a.m. AFN/xtra  
College Football: Teams TBD live 7:00 p.m. AFN/sports  
College Football: Teams TBD live 7:00 p.m. AFN/xtra  
College Football: Teams TBD live 10:30 p.m. AFN/xtra  
American League Championship Series: Game 6 (if necessary) live 11:00 p.m. AFN/sports

### Sunday 10/21/07

National League Championship Series: Game 7 (if necessary) live 3:00 a.m. AFN/sports  
NASCAR Nextel Cup Series: Subway 500 live 8:30 live AFN/xtra

### Monday 10/22/07

Southern Mississippi @ Marshall live 3:00 a.m. AFN/xtra  
American League Championship Series: Game 7 (if necessary) live 3:00 a.m. AFN/sports

### Tuesday 10/23/07

Boston Bruins @ Montreal Canadiens 2:30 a.m. AFN/xtra  
Indianapolis Colts @ Jacksonville Jaguars live 3:30 a.m. AFN/sports

## Anaconda shadow race: Army 10-Miler Winners

### Male Category

**First Place:** 2nd Lt. Nathan Flores - 55:10 (first 10-Miler)

**Second Place:** Master Sgt. Kenneth Riley

**Third Place:** 1st Lt. Michael Fazio

### Female Category

**First Place:** 2nd Lt. Myra Markee - 1:10:44 (first 10-Miler)

**Second Place:** Capt. Michelle Elliott

**Third Place:** Lt. Col. Karen Neeley

### Relay Team

**The Spartans:**

**Sgt. 1st Class Travis Nargang**

**Spc. Matthew Hite**

**Maj. Jose Garcia**

**Command Sgt. Maj. Thomas Rouse**

# Happy Columbus Day...Oh, what is Columbus Day?

by Maj. Christopher E. West

316th ESC PAO

Columbus Day is a federal holiday celebrating the anniversary of the October 12, 1492 arrival of Christopher Columbus to the Americas. It commemorates the discovery of his famed expedition to the West, in which he hoped to find a naval route to India. Instead, he found an entire continent that was mostly unknown to Europe, Africa, and Asia at the time.

While other Europeans had sporadically visited the Americas earlier, Columbus' expedition triggered the great wave of European interest in the New World. Unlike the earlier visitors, he aggressively popularized his discoveries and arranged for return voyages.

The first Columbus Day celebration was held in 1792, when New York City celebrated the 300th anniversary of his landing. In 1937, at the behest of the Knights of Columbus, a Catholic fraternal service organization named for the voyager, President Franklin D. Roosevelt set aside Columbus Day as a federal holiday. Since



Web Image

First Landing of Columbus on the Shores of the New World

1971, this holiday has been commemorated in the U.S. on the second Monday in October.

Similar holidays, celebrated throughout North and South America, honor the same event but with a different name and cultural perspective.

With this new-found understanding you are now ready to have a happy and enjoyable Columbus Day.

### Columbus Day around the country

- \*Berkley, Calif. celebrates Indigenous People's Day instead of Columbus Day.
- \*Denver, has the longest running parade in the United States.
- \*Hawaii does not officially honor Columbus day and instead celebrates Discoverer's Day on the same day. Some people interpret the holiday as a celebration of all discoveries relative to the ancient and modern societies of Hawaii.
- \*In Nevada, Columbus Day is not a legal holiday, but it is a day of observance. However, public schools and state, city and county government offices are open for business.
- \*In the state of South Dakota, the day is officially a state holiday known as "Native American Day," not Columbus Day.

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**

<b>Wednesday, Oct. 17</b>	
5 p.m.	Mr. Bean's Holiday (G)
8 p.m.	Balls of Fury (PG-13)
<b>Thursday, Oct. 18</b>	
5 p.m.	Balls of Fury (PG-13)
8 p.m.	The Heartbreak Kid (R)
<b>Friday, Oct. 19</b>	
2 p.m.	The Brave One (R)
5 p.m.	Shoot'Em Up (PG-13)
8 p.m.	We Own the Night (R)
<b>Saturday, Oct. 20</b>	
2 p.m.	3:10 to Yuma (R)
5 p.m.	We Own the Night (R)
8 p.m.	Shoot'Em Up (PG-13)
<b>Sunday, Oct. 21</b>	
2 p.m.	We Own the Night (R)
5 p.m.	The Brave One (R)
8 p.m.	3:10 to Yuma (R)
<b>Monday, Oct. 22</b>	
5 p.m.	The Brave One (R)
8 p.m.	We Own the Night (R)
<b>Tuesday, Oct. 23</b>	
5 p.m.	We Own the Night (R)
8 p.m.	Shoot'Em Up (PG-13)

**Pvt. Murphy's Law**

MURPHY, SORRY TO CALL YOU BACK IN HERE, BUT YOUR ORDERS TO HAWAII WERE REVOKED.

WHAT'S THAT MEAN?

IT MEANS THE ARMY NEEDS YOU ELSEWHERE, SOLDIER: FORT RILEY, KANSAS!

WHAT?! THIS IS B.S! NO WAY, JOSE!

WHY ARE YOU SO UPSET? YOU SHOULD BE GLAD. WHAT A GREAT UNIT! 1ST INFANTRY! YOU'RE GETTING THE BIG RED ONE!

INDEED.

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# ANACONDA ACTIVITIES

## INDOOR POOL

**800-meter swim:** Saturday- 10 a.m. and 7:30 p.m.  
**aqua training:** Thursday- 7:45 p.m.  
**swim lessons:**  
 - *beginners:* Tuesday- 6 p.m.  
 - *intermediate:* Thursday- 6 p.m.  
 - *advanced:* Saturday- 6 p.m.

## EAST FITNESS CENTER

**basketball tournament:** all week- 7 p.m.  
**Brazilian Jiu-Jitsu:** Monday, Wednesday and Friday- 8 p.m.  
**Kyu Kyu Kempo:** Sunday- 2 p.m.  
**modern army combatives:** Tuesday and Thursday- 8:30 p.m.  
**open court volleyball:** Sunday- 6 p.m.  
**Shotokan Karate Do:** Thursday- 6:45 p.m., Saturday- 8:30 p.m. and Sunday- 5:30 p.m.  
**step aerobics:** Monday, Wednesday and Friday- 5:30 p.m.  
**swing dance:** Sunday- 7:30 p.m.  
**wrestling & physical fitness class:** Tuesday- 6 p.m. and Saturday- 7 p.m.

## EAST RECREATION CENTER

**8-ball tourney:** Monday- 3 p.m. and 8 p.m.  
**9-ball tournament:** Wednesday- 3 p.m. and 8 p.m.  
**Battle Field 2:** Thursday- 8 p.m.  
**Country Dance Class:** Thursday- 7 p.m.  
**Dominoes:** Friday- 8 p.m.  
**Hip Hop Dance Class:** Friday- 7 p.m.  
**karaoke:** Monday- 8 p.m.  
**model building:** Sunday- 1 p.m.  
**poetry/ open mic:** Sunday- 7:30 p.m.  
**poker tourney:** Sunday- 6 p.m.  
**salsa dance class:** Saturday- 7 p.m.  
**swing dance:** Tuesday- 7p.m.  
**salsa dance class:** Wednesday- 8:30 p.m.  
**ping pong tourney:** Tuesday- 3 p.m. and 8 p.m.

## WEST RECREATION CENTER

**412th ASB talent show:** Saturday- 9 p.m.  
**8-ball tourney:** Wednesday- 1 p.m. and 8 p.m.  
**9-ball tournament:** Monday- 1 p.m. and 8 p.m.  
**All-star dominoes tourney:** Friday- 8 p.m.  
**Dungeons & Dragons:** Saturday- 8 p.m.  
**Friday nights in Balad:** Fri-

day- 8 p.m.  
**foosball:** Tuesday- 1 p.m. and 8 p.m.  
**Green Bean karaoke:** Wednesday and Sunday- 8 p.m.  
**Hip Hop dance lessons:** Saturday- 9 p.m.  
**Magic: The Gathering:** Sunday- 8 p.m.  
**Command & Conquer Tourney:** Thursday- 1 p.m. and 8 p.m.  
**Middle Eastern dance class:** Thursday- 10 p.m.  
**ping pong tourney:** Tuesday- 1 p.m. and 8 p.m.  
**salsa dance class:** Wednesday- 8:30 p.m.  
**Texas hold 'em:** Saturday- 1 p.m. and 8 p.m.

## WEST FITNESS CENTER

**3-on-3 basketball tourney:** Saturday- 7:30 p.m.  
**3 point shoot out:** Thursday- 7:30 p.m.  
**6-on-6 volleyball tourney:** Friday- 7 p.m.  
**aerobics:** Monday, Wednesday and Friday- 7 p.m.  
**open court basketball:** Thursday- 7 p.m.  
**open court soccer:** Monday- 7 p.m.  
**soccer tennis tourney:** Wednesday- 7 p.m.  
**whiffle ball game:** Tuesday- 7:30 p.m.

8 p.m. West MWR

Spartan



Friday Nights

Bones



## Bret Michaels visits, performs for fans deployed to Anaconda



Photo by Spc. Jay Venturini

(Above) Bret Michaels, the lead singer of the band Poison, signs a laser guided missile on an Apache Helicopter here Oct. 5. Michaels toured the installation and performed at the Sustainer Theater. (Right) Michaels of 80's glam-rock band "Poison," performs to a standing-room-only crowd at Sustainer Theater here Oct. 5.



Photo by Sgt. Jasmine Chopra

# 82nd SB brings clear vision to forward troops

by Spc. Robert H. Baumgartner

82nd Sustainment Brigade

**FOB HAMMER, Iraq—** The 82nd Sustainment Brigade directly impacts the individual war fighter by dispatching its optometry team from LSA Adder to numerous remote forward operating bases. This allows commanders to maintain vision readiness without sending their Soldiers away to one of the larger bases.

The optometry team's mission satisfies another function of combat readiness: Soldier reassurance.

Operating in an environment where the difference between living and dying is measured in seconds, Soldiers need to be confident in their ability to spot a threat before it materializes.

"A lot of times Soldiers come to see us because they want to make sure nothing changed, that they are still seeing well. When these guys are on the road, accurate visual acuity can mean spotting an improvised explosive device before it's too late," said Staff Sgt. Mark Maczuga, the noncommissioned officer in charge of the 82nd SB optometry team.

Maj. James Q. Truong, chief of the optometry team, describes how Soldiers will come to see him with a new found appreciation for clear vision.

Now that the stakes have



Photo by Spc. Robert H. Baumgartner

**Maj. James Q. Truong, optometrist with the 82nd Sustainment Brigade, checks the eyes of a 3rd Infantry Division Soldier.**

been raised, having clear vision is no longer a matter of convenience.

"Soldiers will come to me and tell me that they haven't worn glasses for years. When asked why, they say that they see clear enough for life back

in the U.S., but out here, they want to see perfect," Truong said.

Even though all American Soldiers go through a screening process before entering theater, some will inevitably experience changes in vision,

and otherwise find themselves with less than perfect eyesight in the combat zone.

"Despite the rigors of the Army's pre-deployment Soldier Readiness Program, a Soldier's prescription can change during the course of the deployment...glasses are lost or scratched...not to mention the dust storms and dry eyes that can affect a Soldier's vision once in theater," Truong said.

In addition to examining fellow American Soldiers, the optometry team also sees our coalition allies, such as El Salvadoran troops at Camp Delta and Polish soldiers at Camp Echo.

Some of our coalition allies may not have the same vision standards in place, and a visit by the 82nd SB optometry team may be the first time they have ever been seen by an eye specialist.

"One particular soldier from El Salvador was told by his commander to come and see us while we had a clinic set up at (Camp) Delta. He was a 38-year old tower guard, and had never been to an optometrist. We tested his vision and it was pretty bad, so when he got his glasses he was amazed. He didn't even

"Soldiers will come to me and tell me that they haven't worn glasses for years. When asked why, they say that they see clear enough for life back in the U.S., but out here, they want to see perfect."

Maj. James Q. Truong  
82nd SB

know what he was missing," Truong said.

"The number one cause of visual deficiency, by statistics, is refractive error. This is just a fancy way of saying someone needs glasses. Most people do not see well simply because they do not have glasses, not because of some exotic eye disease," Truong continued.

According to Truong, this example exemplifies the mission of the optometry team.

"That is what we do. We bring clear, comfortable, single vision to Soldiers. That is mostly what optometry is all about," Truong said.



Photo by Spc. Robert H. Baumgartner

**(Above) Staff Sgt. Mark Maczuga (foreground) and Maj. James Q. Truong of the 82nd SB optometry team dismount a Blackhawk helicopter. The optometry team was at FOB Hammer to set up a 3-day clinic and provide clear, comfortable, single vision to Soldiers of the 3rd Infantry Division.**

# Anaconda sports: Summer softball championship



Photos by Spc. Jay Venturini

(Above) A player with the 163rd MI Battalion prepares to throw the ball to first base during the summer softball championship game Sept. 30 at Provider Field here. The game was between the 163rd and the No Mo Betz, with the Betz taking the crown.

(Below) A player from the team No Mo Betz throws the ball in after a base hit during the summer softball championship game at Provider Field.



Photo by Spc. Jay Venturini

The runner is called safe after a close play at third base during the summer softball championship game. The game was the conclusion of the 16 team league that played since the beginning of August.



Photos by Spc. Jay Venturini

(Above) A runner is thrown out as he runs to first base during play between the No Mo Betz and the 163rd Military Intelligence Battalion at Provider Field here. The No Mo Betz took the game 29 to 10.

(Below) A No Mo Betz player is greeted by his teammates as he rounds the bases after hitting a three run homerun.

