

Rakkasan Review

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Rakkasan Review

Col. Dominic J. Caraccilo
3rd BCT commander

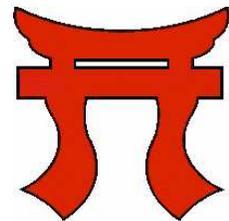
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We welcome the submission of news items, articles and photographs. Submissions should be made to the 3rd BCT Public Affairs Office via e-mail at: rakkasanspao@yahoo.com.



Sgt 1st Class Kerensa Hardy

New wheels

Zeanib Saad Al Amary, 6, reacts to the new wheelchair he received Dec. 13 at Radwaniyah Palace Complex. Zeanib is one of 15 children who received brand-new wheelchairs through Wheelchairs for Iraqi Kids. See complete story on page 7.

On the cover:

Santa Claus, a.k.a. Maj. Harold Riggins, made his rounds on Christmas Eve and Christmas Day in a Blackhawk instead of the traditional sleigh.

CSM Patton: NCOs, enforce standards

**By Command Sgt. Maj.
Gregory Patton**
3rd BCT Command Sergeant Major

My number one concern is discipline. I need the noncommissioned officers to enforce the standards at all times, in every situation - safety, pre-combat checks and pre-combat inspections, operational security and keeping our Soldiers focused.

We cannot afford to lose a single Rakkasan to a preventable accident. We have had several issues with negligent discharges. This is a lack of leadership checking on Soldiers to ensure they have properly cleared their

weapons. This failure on the part of leaders can cost us a Soldier's life.

I want to let all our Family readiness groups know that we appreciate your hard work and dedicated support. Your efforts have been a key factor in the Rakkasans' success so far. The same goes for the Golden Rakkasans and everything they do for the Rakkasan team.

Finally I want to let every Rakkasan Soldier know how



**Command Sgt. Maj.
Gregory Patton**

proud I am to be given the opportunity to serve with you and to witness first-hand the incredible job you do every day.

Your commitment to our mission accomplishment is the same commitment that has made the 187th Infantry Regiment one of the best-known and most-respected in the

Army's history. Rakkasan!

Leader cultivates 'trickle-down economics'

**By Staff Sgt.
Tony M. Lindback**
3rd BCT PAO

Taking control of their battle space has been an easy task for the Leader Rakkasans of 1st Battalion, 187th Infantry Regiment, who have had boots on the ground since October, said Lt. Col. R. J. Lillibridge, battalion commander.

Part of the 3rd Brigade Combat Team, 101st Airborne Division (Air Assault), 1-187th Inf. took control of the battle space previously overseen by the 2nd Battalion, 14th Infantry Regiment when the 2nd Brigade Combat Team, 10th Mountain Division (Light Infantry) was here.

"The 2-14th conducted a lot of kinetic missions in the first nine to 12 months they were here," Lillibridge said. "By the time we got here, they had started up the con-

cerned local citizens groups - security has pretty much been handled by the CLCs since. That gives us the opportunity to focus on the non-kinetic side of the house."

With the CLCs taking control of the security of the area, the Rakkasans have been able to focus on the other concerns of the local population.

"We have been helping to rebuild the current infrastructure - i.e. water, electricity, schools, medical clinics, and paving of roads," said 1st Lt. Jonathan Gerson of Savannah, Ga. "This has, in turn, led to many new ideas about how to proceed in the future. We are currently planning several projects that will impact the economy through essential services. Some of these include micro-grants to facilitate the rebirth of small

business in the area."

More than 2,000 micro-grant applications have been received for \$2,500 or less, and approximately \$6 million disbursed for CLC salaries. Lillibridge explained that putting money into the populace is an investment into the security and future of the area.

"All the economics trickles down," Lillibridge said. "One of the biggest issues we have in this AO, as well as the rest of Iraq, is the unemployment issue. If we can give someone a \$2,500 grant to expand their auto garage they're going to take two apprentices on. That's people who are now going to work, vice stand on the side of the road and not work."

The battalion commander said this process propagates the economy. "It's Reagan's trickle-down

economics at its best."

Lillibridge said he sees the improvement in the area by the growth of businesses. All the markets in the area were closed when he came in April for his pre-deployment site survey, he said. The markets are open now, and there are one or two new shops opening per week.

The battalion's AO is predominately Sunni, with only five percent of the population Shia. Lillibridge said there have been no incidents of sectarian violence since the battalion has been in country. "The Shia here work well with the Sunni. They're surrounded by Sunni," he said. "Other than just self-preservation, it's really in their best interest to make things work."

Lillibridge said he is looking forward to seeing more growth of the area.

Chaplain's Corner

Deployments take toll on family relationships, continue to make deposits in 'love bank'

By Staff Sgt. Tony M. Lindback
3rd BCT PAO

Long, 15-month deployments leave some Soldiers in a situation of having between seven and 12 months without being home.

Long periods of time between seeing friends, family and spouses can take its toll on those relationships.

"When walking around our battalion I can show you, and you can see for yourself, marriages are being (affected by the long deployments)," said Chaplain (Capt.) Brian Murphy, 3rd Battalion, 320th Field Artillery. "Even just one deployment of over a year is going to have an effect on the family. That means you're going to have to, almost, become re-married.

"I have friends who have been deployed several times and are going home with issues," Murphy said. He said that while his friends should be happy to be home, they are having issues and either feel like they're not married or like they don't know the person they're married to anymore.

"Then compound that with issues you had before you (deployed) that are still there for you to return to," the chaplain said. "You have 12 or 15 months, or more, and you still have issues you left at home that are still hanging out there. Yeah you can communicate. I understand we have the internet and everything else. We have communications galore at some points, but it's still not being at home. It's still not handling the issues.

"To continually expect that from

our Soldiers without giving them more time home, without giving them the abilities to resolve issues, it's not going to work," Murphy said.

Murphy was quick to point out ways married Soldiers can prevent the problems in their marriages from long deployments. Gestures of love such as cards, letters, flowers, e-mails, phone calls, and small gifts can help fill what Murphy refers to as, "the love bank."

The Army has acknowledged the stress deployments put on marriages and has implemented prevention and relationship enhancement program training, which is communication training for married couples. It's a program that is meant to help all married couples, not just those experiencing difficulties.

"You can have a great marriage and still receive blessings from PREP because it teaches communication," he said.

Another way Murphy said Soldiers can keep themselves from having marital problems is to let expectations of spouses and family be known.

"The most important thing is to give your expectations to your wife and your family to make them understand how you feel," Murphy said. "People are not mind readers. We've got to stop thinking that way, and as Soldiers, this is how we can fix things. Our spouses are not going to read our minds. Unless we tell them how we feel, and then hold back and let them tell us how they feel, (the relationship) is not going to get fixed."

Murphy said people need to get past barriers such as thinking, "My spouse has been with me for years, if they love me they'll know what I want."

"Wrong," Murphy said. "Yeah ... when you marry a person, or you've been with someone a long time, you know what their favorite ice cream is, you know what their favorite color is, you know what their dislikes and what their favorite movies are but you don't know what they're thinking or what's going through their mind at any particular time. You have to communicate.

"As chaplains, we try to teach that communication is going to be the major part in deployments. Not just getting on the phone and saying 'Yeah the weather's nice here,' and not talking about the mission," Murphy said. Soldiers should tell their spouses how they're doing, in general terms, and talk to them about seemingly mundane things, like reading a new book.

"Say any of that stuff, and you keep that friendship going with your spouse, that's going to count for points," he said. "The love bank is going to keep getting filled up. But if you keep taking away from the love bank without filling it up you've got nothing to go back on and it's empty. These guys are finding out after two and three deployments, they haven't filled up the love bank at all and it's empty now. So you see adultery and all these things happening because people are looking out for themselves and not their relationships."

Got news?

Send your story ideas to rakkasanspao@yahoo.com

Be on the lookout for post-holiday blues

Contrary to popular belief, depression sets in after holidays pass

By Staff Sgt.
Tony M. Lindback
3rd BCT PAO

The holiday season is winding down and Soldiers of 3rd Brigade Combat Team, 101st Airborne Division (Air Assault), have reached a milestone but still have a long road ahead of them.

Rakkasan Soldiers are now entering the time of year there are the most suicides – right after the holidays and into early spring. Chaplain (Capt.) Brian Murphy, 3rd Battalion, 320th Field Artillery, is doing what he can to prevent Soldiers from using a very permanent solution to temporary problems.

Murphy, from Syracuse, N.Y., gave the Army's required suicide-prevention training to Red Knight Soldiers at the beginning of the deployment, and continues to reinforce that training for all Soldiers at Forward Operating Base Mahmudiyah before they go on environmental morale leave and before re-deploying to their home stations.

"During pre-deployment (Army chaplains) always give suicide prevention briefings, and we go pretty in-depth with

it," Murphy said. "Before Soldiers go on mid-tour leave we also like to give a refresher on suicide prevention... Army-wide, this has been a real issue and we have had people trying to take their own lives."

There are many thoughts and misconceptions regarding what causes people to feel so hopeless that they try to harm themselves.

One of the more common misconceptions is that winter holidays are the peak time for suicides.

"That's a myth," Murphy said. "People tend to believe it's around Christmas when people try to commit suicide. It's actually January to early Spring when it's actually a high time for people to attempt suicide."

"Building up to the holidays a lot of people put their issues away. After that, though, that's when the bills come in. Finances cause major problems in marriages. You have issues of depression brought on by climate changes – like here, the colder it gets the less people want to do because it just makes your life harder – and not staying active can make people fall that much deeper into depression."

Depression and feelings of hope-

lessness can be caused by many things, especially for deployed Soldiers who are faced with being away from loved ones for long periods of time. Finances, marital issues, deaths of family or friends and other compounding stressors are reasons Murphy said Soldiers can slip into depression.

"When you're in an environment like this you're focused on your mission and you're focused on what you're doing so time goes pretty fast," he explained. When Soldiers go home, they slow down and relax.

"So, when stressors come at you while you're at home, those stressors are compounded," Murphy said. "Then, coming back here, those stressors are compounded even more because you know you won't be back home for another 12 months, possibly."

"People get to the point where they start feeling like they don't want to deal with things anymore and that's when they start thinking about hurting themselves," he said.

Murphy said he hopes all leaders, battle buddies and people at home really pay attention to each other

during the season with the highest suicide rates.

Keying in on changes in behavior, work performance, and comments about suicide can get help to Soldiers before it's too late.

"One of the things leaders can do is continually check the morale of the Soldiers," he said. "We've had a few USO events come through and the guys really like that stuff."

Allowing Soldiers to have down time is also a good thing. But Murphy said it has to be given in moderation so that Soldiers don't have too much time to dwell on things like being away from home.

"Keep them focused on what they need to do," he said. "If you give Soldiers downtime to rest, but keep them focused on what needs to be done, they tend not to think about things at home."

"We have to continually keep looking at morale," Murphy said. "Soldiers have to have positive feedback. "We do a lot of tearing down in the Army, but we don't always build back up as much as we should. Positive feedback can do wonders for Soldiers' morale."



50 IA soldiers graduate Commando Course

By Maj. Jason Waggoner
Former 3rd BCT PAO

The Iraqi Army has 50 new Commandos to add to its rolls in the Rakkasan operational area.

The 50 soldiers graduated Dec. 13 from the Iraqi Army's Commando Course in a ceremony held at the Iraqi Army compound in the vicinity of Mahmudiyah, approximately 13 kilometers south of Baghdad.

The ceremony was attended by 4th Brigade, 6 Iraqi Army Division Commander Brig. Gen. Ali, Commanding General of the Iraq Assistance Group Brig. Gen. James Yarbrough, Col. Dominic Caraccilo commander of 3rd Brigade Combat Team, 101st Airborne Division (Air Assault), and Lt. Col. William Zemp commander of 3rd Battalion, 320th Field Artillery, 3rd BCT, 101st Abn. Div. (AASLT).

First Sgt. Edward Tushar from Cleveland, Ohio, said of the graduates, "I equate them to kind of like our Rangers. They are a little above the regular Iraqi Army soldier. They are trained a little more in depth as far as actions they have to do on the battlefield."

The ceremony consisted of a presentation of graduation certificates and the awarding of the coveted Commando tab. Following this indoor ceremony, the students conducted a skills demonstration similar to the Rangers in Action demonstration following the U.S.



Maj. Jason Waggoner

An Iraqi army soldiers rappels during the Commando Course graduation Dec. 13 in Mahmudiyah.

Army Ranger School graduation.

The 23-day course focuses on small-unit infantry fundamentals. It includes land navigation, marksmanship fundamentals and close-quarters marksmanship, close-quarters combat, fundamentals of patrolling, combat lifesaver skills, rappelling and fast-rope training, as well as the basics of air assault operations.

The course started with 156 soldiers with most washing out during the physical fitness testing and the obstacle course.

The training is facilitated by HHB, 3-320th FA, 3rd BCT, 101st Abn. Div. (AASLT). The Red Knight Rakkasans use three non-commissioned officers to

assist the seven Iraqi Army NCOs. The IA instructors provide a majority of the instruction with the American NCOs in an overwatch mode. The plan is to transition all of the instruction to the IA with the next class.

"A lot of these guys are going to go back to their units, take the training that they learned here and help their fellow soldiers out to make better soldiers in the battalions," said Sgt. 1st Class James Jorgensen, Chicago, Ill, senior instructor.

Graduates are either returned to their original units or are

assigned to the Commando Company currently assisting the Red Knights with operations in the Mahmudiyah area.

"The Commando Company will be able to do a lot more patrols on their own, enter and clear houses on their own and help keep AQI out of our area," Jorgensen said. "They are able to support themselves."

This was the fifth Commando class and the first one facilitated by the Red Knights.



Iraqi children get new wheels

By Sgt. 1st Class Kerensa Hardy
3rd BCT PAO NCOIC

Fifteen Iraqi children can now get around a little easier thanks to the new wheels they received at the Radwaniyah Palace Complex Civil-Military Operations Center Dec. 13.

Rakkasan medics from 1st Squadron, 33rd Cavalry, 3rd Brigade Combat Team, 101st Airborne Division (Air Assault) assembled the chairs that were donated to an organization called Wheelchairs for Iraqi Kids.

The wheelchairs were given to disabled children who 1-33rd Cav. Soldiers encountered while conducting patrols in their operational environment. Company A, 478th Civil Affairs Company, 3rd Civil Affairs Battalion, attached to 1-33rd Cav., coordinated transportation and helped fit the children with the chairs at the RPC C-MOC.

"I can't imagine what it must be like having to carry your child around from place to place," said Capt. James Phillips, 1-33rd Cav. battalion surgeon. "I'm just glad we were able to do something to help."

Some of the children's conditions have yet to be officially diagnosed, but they all require assistance getting around. Without sufficient medical care and no means to get the necessary help, the wheelchair donations were a blessing to the families of these handicapped children.

Phillips said it was a little heartbreaking to see children who, in some cases, were teenagers and just getting their first wheelchairs, but he was glad to see their quality of life improve on some level.

"This is a great feeling that you help our kids," said Ihsaa Hadi, whose 13-year-old son received a wheelchair. Hadi had a hard time expressing his gratitude and said he didn't realize the U.S. Army could help him like this.

Noor Mustafa, 7, has limited use of

her legs. She was orphaned when her parents passed away and is now in the care of her aunt. "It's a wonderful feeling to have the wheelchair," said Madoor, Noor's aunt. "I always have to carry her from place to place now I have this wheelchair."

While giving handicapped children a means to get around may seem like a reward in itself, the founder of Wheelchairs for Iraqi Kids Brad Blausner said it's also a means of supporting the troops on the ground. "I can't provide a wheelchair for every child in Iraq but I encourage the Army to use these for their strategic advantage ... to win the hearts and minds of the people who will help (them) the most."

In 2005, he helped get wheelchairs sent to the Mosul area and said it resulted in less attacks on U.S. Soldiers operating in the area.

"If you help an adult, their family really appreciates it," said Blausner of Dallas-Fort Worth, Texas. "If you help a small child it touches the heart of the whole community."

Two years ago Blausner had people



Sgt. 1st Class Kerensa Hardy

A line of Iraqi parents stand in line Dec. 13 to get into the Radwaniyah Palace Complex Civil-Military Operations Center to get new wheelchairs for their children through Wheelchairs for Iraqi Kids.

sending care packages and study Bibles for deployed troops, but they wanted to do more. So he went to a friend and asked what more people could do. "Wheelchairs for children, we see a lot of children ... who drag themselves on the ground," was his friend's reply.

The friend, then Maj. David Brown, had watched an Iraqi boy struggle with a wheelchair that was too big and therefore useless to him.

See Wheelchairs, Page 11

Army to tap troops not yet deployed

By Fred W. Baker III
American Forces Press Service

WASHINGTON - The Army's assignments branch is reaching out to Soldiers who have not deployed to combat in an effort to take some of the strain off of those who have deployed more than once.

More than half of the current 522,000-plus active-duty Army force has deployed to combat, said Army Maj. Gen. Sean J. Byrne, commander of U.S. Army Human Resources Command, in Alexandria, Va. Nearly a third are pending deployment, are in a deployable unit or still going through their initial training, he said.

Only 7 percent, or about 37,000 Soldiers, have not deployed and are not scheduled to deploy, Byrne said during a teleconference with Internet journalists and "bloggers." Those soldiers hold "institutional" slots in the Army at training posts, such as drill sergeants, or in recruiting commands, he said.

Now, the assignments branch is tracking and monitoring those Soldiers and, when it is practical, will swap them out with other

soldiers due for second or third deployments.

"We are working to identify those Soldiers who have not deployed and deploy them when it makes sense," Byrne said. "As we move these soldiers into deploying units, those who have deployed can subsequently move out. They can take a break."

Byrne emphasized that managers will not slot Soldiers for combat simply because the Soldier has not deployed, but that assignments managers will match skills, experience and training with deploying positions.

"Deploying a Soldier is much more complex than simply deciding that he or she is to deploy. So we're reaching out to those who have not deployed, but we're trying to do it as smartly as possible," Byrne said. "We don't place people in jobs they're not trained for. It does the Soldier no good, and it clearly does the Army no good."

Rank plays a factor in assignments, as there is a greater need for lower-ranking officers and enlisted Soldiers.

As soldiers are promoted, fewer slots are avail-

able. Soldiers' military specialty also makes a difference. Some specialties are needed stateside more than overseas.

Others are in higher demand in combat than in the United States.

"This is a tough issue. We're doing everything we can to have equity throughout the force. We're doing everything we can to move people out of formations that have deployed more than once, give them a chance to take and break and move the folks into the formations," Byrne said. "We just want to do it right."

He said there is no specific percentage that Army officials want to get down to as far as those who have not deployed. It's more an effort to make combat deployments equitable across the force.

In fact, some Soldiers may never deploy simply because their job is more critical in the United States rather than overseas, he said, citing specifically intelligence and some medical assignments.

He said those Soldiers still are supporting the global war on terror, but are "doing it where their skills

and experiences are needed the most."

"Quite often the impact on the battlefield is not always commensurate to the proximity of the battlefield," Byrne said.

The HRC commander said he didn't believe those who have not deployed are avoiding the assignments. Instead, he said many times it is a matter of timing training, assignments and deployments.

"I hear far many more stories about those Soldiers who want to go back a second time or a third time and be part of the team. And I hear very little about those who don't want to deploy," he said. "There are a lot of Soldiers who have deployed and they are fighting to get back into the fight. We try to do the right thing for the individual and the institution."

Infantry, aviation, engineer, transportation and field artillery jobs are the most frequently deployed to combat, Byrne said.

Soldiers wanting combat tours should contact their assignments branch, he said. They also can state their preference on the Army's Web-based assignments program.

**OPSEC:
IT'S EVERYONE'S RESPONSIBILITY.
DO YOUR PART.**



Capt. Allison Flannigan

Soldiers from Company B, 626th Brigade Support Battalion test their recently unveiled combat-capable fire truck during a demonstration Dec. 28 at Camp Striker.

Assurgam troops build combat fire truck

Modified HEMMT transformed into more capable recovery asset

By 2nd Lt. Johnathan Thompson
626th Brigade Support Battalion

Company B, 626th Brigade Support Battalion, 3rd Brigade Combat Team, 101st Airborne Division (Air Assault) unveiled the Rakkasan's first combat-capable fire truck during a demonstration with the Camp Striker Fire Department Dec. 28.

Company B's service and recovery section was asked to build a fire truck capable of rolling out with a combat logistical patrol in order to provide an additional measure of survivability should the need arise.

It took more than a month of planning, designing, gathering and constructing parts before Company B officially revealed its new rescue/recovery vehicle, a modified M984A1 Heavy Expanded Mobility Tactical Truck wrecker.

The modification to the M984 took less than two days to construct once the plans were finalized and the parts were collected. The fire suppression system is welded to the top of the truck and is about the size of an aver-

age office desk. It produces about 600 gallons of foam and propels the foam nearly 75 feet under normal conditions.

The Assurgam Soldiers did not have a system like this in place until now. Several models were reviewed before the final design was selected and construction began.

Staff Sgt. James Hartleib from Minot, N.D., the S&R noncommissioned officer in charge, oversaw an expert team of welders to accomplish the task. Using pieces that were readily available, the S&R section took parts from the Defense Reutilization and Marketing Office on Camp Liberty and combined them with a scrap turret to create the sophisticated top of the truck. "We just took what we could get and made what you see out of it," Hartleib said.

By using a vehicle that is already part of the recovery team, Co. B is able to keep additional Soldiers off the road while still utilizing the recovery aspects of the wrecker vehicle.

The mission of the fire truck is to

suppress a fire on a convoy vehicle to aid in the extraction of personnel. This adds a whole new level of protection to the Soldiers going outside the wire on CLPs.

"If a truck catches on fire from an IED, we can knock the flames down enough to get in there and get our guys out," said Spc. Jacob Fountain from Woodbury, Tenn., the driver of the modified M984 and a mechanic in Co. B.

This doesn't make the Bushmaster wrecker crew firefighters, but it does make Co. B a more capable recovery asset. The Soldiers have developed a training plan and are currently cycling Soldiers through training to produce the best-trained recovery team possible. The unit is already planning to build three more fire suppression vehicles to make this asset available for the CLPs.

The fire truck demonstration proved it is a tremendous asset for Soldiers on the road and that Co. B's S&R team is trained and ready for any recovery mission.



VIP visit

Colonel Dominic J. Caraccilo talks to retired Gen. Barry R. McCaffrey during a visit to Parol Base Kemple Dec. 8. The general got a tour of the recently completed patrol base and a briefing by Lt. Col. Andrew Rohling, commander of 3rd Battalion, 187th Infantry, and Capt. Terry Hilderbrand, commander of Company A, 3-187th Inf. The group also walked to one of the checkpoints manned by concerned local citizens in Owasat.

Sgt. 1st Class Kerensa Hardy



Staff Sgt. Tony M. Lindback

This might sting...

Steelville, Penn., native Capt. David Howald, officer in charge of government projects for 3rd Battalion, 320th Field Artillery, celebrates the new year with an anthrax vaccination courtesy of Pvt. Alex Craig, a combat medic with the 3-320th FA, originally from Whibdey Island, Wash. Make sure all your immunizations stay current by reviewing your immunization records or talking to unit medical personnel.

Wheelchairs

From Page 7

“He wanted to be able to help the boy but he didn’t know how,” Blauser said. “I put an e-mail out and within 30 days we had 31 kids’ wheelchairs on the ground.”

And with that, Wheelchairs for Iraqi Kids was born. Wheels for the World, Wheels of Love and Reach Out and Care Wheels, along with individual contributors, are responsible for the success of Blauser’s brainchild.

The chairs handed out Dec. 13 were sent by www.ROCwheels.org, an organization that makes specialty high-quality pediatric wheelchairs designed for use in developing nations.

Blauser, who is the Kellog, Brown & Root theater safety manager for Leir Seigler, Inc., has been in Iraq for three years and says his work here is not done. To date, he has been the impetus for 250 wheelchairs, 4,500 study Bibles and 1,500 care packages that have been sent to Iraq.

Realizing that he won’t be in Iraq forever, Blauser said he wants to continue supporting the troops any way he can – the wheelchairs are just one av-



Ihsaa Hadi holds his son Du'aa, 13, who has cerebral palsy, as they wait for a new wheelchair Dec. 13 at the Radwaniyah Palace Complex Civil-Military Operations Center to get new wheelchairs for their children through Wheelchairs for Iraqi Kids.

Sgt. 1st Class Kerensa Hardy

enue. “There is so much good that could be done here, I honestly don’t know how I can go home,” he said.

To learn more about Blauser’s efforts go to the following website: supportingtroops.blogspot.com.

My New Year's resolution is...



“... to do my job and relax a bit, but mostly to go home alive.”

Sgt. Jun Lee
Headquarters and Headquarters Battery,
3rd Battalion, 320th Field Artillery

“... to work diligently at being as cool as my S1, Capt. Palmer.”

Master Sgt. A.M. Johnson
Headquarters and Headquarters Battery,
1st Squadron 33rd Cavalry



“... to be more patient with my co-workers.”

Capt. Ronan Kennedy
Headquarters and Headquarters Company,
1st Battalion, 187th Infantry



“... to quit smoking.”

Spc. Jessica A. Foreman
Headquarters and Headquarters Company,
626th Brigade Support Battalion

