

4TH SUS BDE RECEIVES NEW CSM

By Spc. John Ortiz
PUBLIC AFFAIRS NCO



CAMP ARIFJAN, Kuwait -- For Army officers and enlisted alike, no one inspires more confidence and discipline than the standard set by a command sergeant major, the highest level an enlisted Soldier can reach.

The Soldiers of the 4th Sustainment Brigade received their newest senior enlisted advisor, Command Sgt. Maj. Erik Richard Ray Frey.

"Being one of the newest members of the 'Wrangler' team is certainly an honor and privilege," said Frey, the top non-commissioned officer in the unit. "It's great to be a part of the 'Wrangler' country."

Frey has served over 24 years in the Army and came to the 'Wrangler' brigade after a tour as the 29th Commandant of the 7th Army Non-commissioned Officer Academy in Europe. His duty position as the command sergeant major for the brigade is his first assignment to a non-divisional unit.

"My plan is to learn and understand what our mission is and what our Soldiers are doing in Kuwait and Iraq," said Frey. "I will try and be a useful member of the team and try to improve the quality of life. My main priority is to get all the Soldiers back healthy, wealthy, wise, safe, and in one piece after this long deployment."

As the senior enlisted advisor to the commander, Frey will carry out policies and set the standard for performance, training, appearance and the conduct of enlisted personnel in the unit.

"It's our job as non-commissioned officers and my job as the senior non-commissioned officer in this brigade to uphold those policies and enforce them," he said.

Frey brings to the 'Wrangler' table the value of the Army standard and a personal way of conducting business. He lives for not only his Soldiers but for the Army.

"What I'm big on and have always been, is the pride and esprit de corps, in what we feel as non-commissioned officers," he said. "It is not a job, it is not a profession, it is a way of life."

"There is nothing better, no higher calling than a Soldier's service to their country during a time of war," said Frey.

"It doesn't matter if you clean latrines, push up North into Iraq, or turn wrenches," he said. "It's all important and everyone has to do their part to make this war successful."

"I came into the Army as a food-service specialist, I volunteered to do the job, wanted to do the job, and stayed in the job my entire career," he said.

"In my 24 years, my time has been mixed with drill sergeant duty and first sergeant time; half of my career I spent in my job, the other half I spent in leadership positions," said Frey.

"I like to lead from the front and don't



LTF 10 Commander's Words



Logistics Task Force 10 continues to roll on as the task force crosses over the one year mark and drives into the harsh Summer months. For those that have newly arrived, we are a multi-mode task force comprised of both Heavy Equipment Transporters(HET), convoy escort platforms, and Army watercraft. LTF 10 supports operations and Soldiers at both Camp Arifjan and the Kuwaiti Naval Base. And of course, we provide continuous support to all the "Guardian" convoy logistics patrols which travel throughout Iraq delivering combat power to the warfighter.

It is an exciting time here in the desert. Not only is the weather changing, we are experiencing lots of positive change as a unit. Our motorpool is currently undergoing a \$1.7 million renovation which was much needed for

the mechanics and drivers. It includes indoor maintenance structures and new large office tents which will resource our Soldiers with the facilities to better accomplish our demanding mission. This large effort was mostly spearheaded by the LTF 10 staff sections, especially the supply, communications, and maintenance Soldiers. Great job by all!

We have welcomed a new unit to our team. The 257th Transportation Company (HET), from Las Vegas, arrived on ground and completed a successful RIP/TOA train up with the 1175th Transportation Company. They have quickly assimilated into the mission cycle and are aggressively conducting combat logistics patrols in Iraq.

Operations continue to be the pulse of the Battalion, and we are fully ready for a busy Summer. Since we first raised our flag here in Kuwait, LTF 10 has successfully completed over 400 combat logistics patrols which includes over 12,300,000 vehicle miles. As the only "heavy" lift transportation Battalion in theater, we continue to transport much needed equipment and supplies into and out of the Iraq theater of operation. These moves require a tremendous amount of coordination, planning, checking, and attention to detail every day. The Soldiers

executing our mission, either out on the road or in the motorpool, are the ones who are making this all possible with their hard work, discipline, and constant professionalism.

The task force's watercraft mission continues full steam ahead. The great mariners that we have in the formation continue to set the standard for all to follow. Due to leadership and their technical knowledge of their profession, the watercraft's operational rate has increased by over 20% with an increased work load from previous rotations. Our watercraft Soldiers, although not in the spotlight much of the time, continue to silently accomplish their mission of transporting vital equipment throughout the Arabian Gulf. WATERBORNE!

Of course, we couldn't do any of this without our Families' and friends' support from home. The mission here is truly a great and noble task and that honor is equally shared by all the Family members back home. Thanks for all you do for our nation. It is an honor to serve with you.

Guardians!

LTC Rob Ling

The WRANGLER

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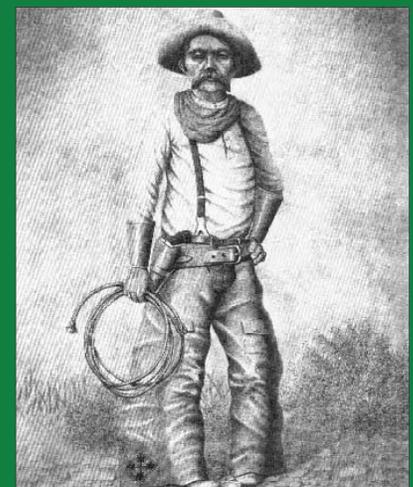
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LTF 10 CSM's Words



Logistics Task Force 10 is proud to serve with the 4th Sustainment Brigade. We have been here for 12 months and are rapidly approaching our redeployment date. However, the Guardians of Victory Battalion will continue to execute the mission until the final hour.

It has been a pleasure to watch the team transform under such great leadership from the Wrangler Brigade. Without a doubt, the 4th Sus Bde will make a huge impact on this rotation. Everyone in the entire brigade seems to be highly motivated and all take their job seriously. As we continue to move forward in the fight on terrorism, the Guardians will always keep their priorities up front.

Mission Accomplishment

We will accomplish the mission, thus enabling our higher headquarters to

accomplish their mission. We will not fail in this endeavor. At the same time we will absolutely take care of the Soldiers. They are our number one asset!

Maintenance

Upon arrival, LTF10 worked extremely hard to increase the OR rate. With lots of sweat, time in locating parts and time spent on training members on new vehicles, the OR rate immediately jumped to over 90% and has remained around 95% throughout the deployment. This is a key component in accomplishing the mission.

Leadership & Discipline

By far the leaders in this task force drive our first priority. Without them we would not be successful. We believe in empowering our convoy commanders to achieve mission accomplishment. At the same time, we challenge them to uphold discipline in every Soldier, in everything they do.

Training and Administrative Support

Although the task force has completed over 20 million miles in Iraq, we still continue to train. Ensuring every Soldier is able to stay in the fight by maintaining medical readiness and by ensuring they are physically fit. At the same time, we will not fail in providing administrative support. We

believe that Soldiers will do their job when they are taken care of. We will provide!

Safety

Without a doubt, this is one of our top priorities. We refuse to compromise safety. This is one area that should be a concern for everyone involved. Lives are way too valuable to avoid this critical area. As our redeployment approaches, we will not lose focus on safety.

The Global War on Terrorism has had a huge impact on everyone. However, I feel it has had the greatest impact on Families. Spouses, children, mothers, and fathers have no doubt been affected by their loved ones being sent thousands of miles away to fight a war with an enemy that doesn't show itself. Only time will tell how Families rejuvenate from such long deployments.

It is with great pride that I say thank you to all Soldiers. There is one thing that the enemy can never take away, and that is the resolve of the American Soldier! I am ever amazed at how Soldiers continue to push forward day in and day out, in spite of the hardships. I myself am forever grateful to have served with such fine people.

Guardians!

CSM Scarlett I. Stabel

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Equal Opportunity

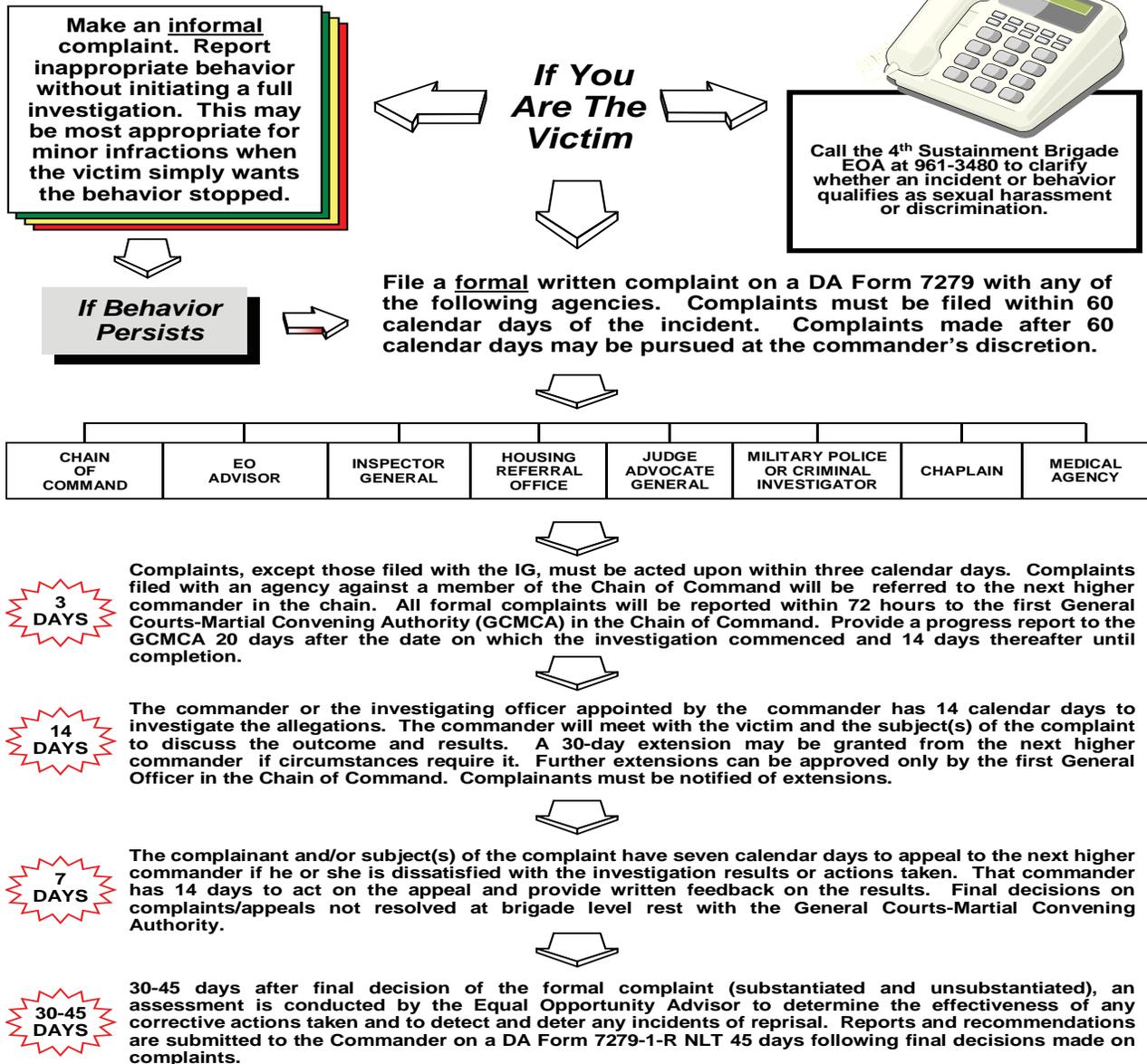
Hello to all, thanks for all the support from the Commander, Brigade CSM, and all the other Soldiers who attended the Asian Pacific Islander Month Observance. From the attached pictures you can see everyone enjoyed their time.



Soldiers show off their dancing skills during the festivities held for the Asian Pacific Islander Month Observance in Zone 6, Camo Arifjan

Equal Opportunity is based on the premise that Soldiers, Department of Army Civilians, and Family members have the right to excel unhindered by prejudice due to race, color, gender, ethnic group, religious preference, or national origin. Our goal is to ensure that all of us are treated with dignity and respect in everything we do, and that our environment is free of sexual harassment. If you have experienced any type of discrimination here are the procedures:

EQUAL OPPORTUNITY / SEXUAL HARASSMENT COMPLAINT PROCESS



New CSM Continued from Page 1

like to beat around the bush. I'll call it how I see it; a standard is a standard, taking care of Soldiers is priority one, mission is priority one, and we can do both at the same time," he said.

"My philosophy has always been that I need to be in the worst place where my Soldiers are living," he said. "I want to be fair to the entire brigade and make sure I'm covering all the ground in Kuwait and Iraq."

As the senior enlisted advisor, Frey

will not only be a trusted advisor to the commander, but will be his eyes and ears.

"It's important to have a good understanding, to have the pulse of the brigade, to give the commander a clear recommendation and course of action, so he can make a sound decision," said Frey.

"As a non-commissioned officer, we are trained as we go through the different ranks to take care of your Soldiers, Family, and

mission," said Frey.

"With each rank, the sphere of influence gets bigger. With the 4th Sustainment Brigade, my influence is huge, it's a lot of ground to cover, a lot of responsibility," he said. "It's an honor and privilege to be the command sergeant major of the 'Wrangler' Brigade."



Medic's Advice

How to Cope Better With Army Challenges

By Sgt. Frederick M. Waterhouse Jr.
MEDICAL LOGISTICAL NCOIC

"My bills are getting paid, therefore I'm broke. My wife left me for a NBA Player, therefore I'm lonely. My section is getting on my nerves, online courses are kicking my butt, and there is a strange smell in the PCB that I am living in. I think I am stressed out! I can't do this anymore!" – A Disgruntled Soldier.

Feelings of stress are caused by the body's instinct to defend it. This instinct is good in emergencies, such as getting out of the way of a speeding car. But stress can cause physical symptoms if it goes on for too long, such as in response to life's daily challenges and changes.

When this happens, it's as though your body gets ready to jump out of the way of the car, but you're sitting still. Your body is working overtime, with no place to put all the extra energy. This can make you feel anxious, afraid, worried and uptight.

Any sort of change can make you feel stressed, even good change. It's not just the change or event itself, but also how you react to it that matters. What's stressful is different for each person. For example, one

person may feel stressed by retiring from work, while someone else may not.

Other things that may be stressful include being deployed, your child leaving or returning home, the death of your spouse, divorce or marriage, an illness, an injury, a job promotion, money problems, moving, or having a baby.

Possible Signs of Stress

Anxiety
Depression
Fatigue
Headaches
High blood pressure
Insomnia
Weight gain or loss

The first step in coping with stress is to learn to recognize when you're feeling stressed. Early warning signs of stress include tension in your shoulders and neck, or clenching your hands into fists. Another obvious sign is coming into work with a bad attitude and seeming to be distant from everyone.

The next step is to choose a way to deal with your stress. One way is to avoid the event or thing that leads to your stress--but often this is not possible. A second way is to change how you react to stress. This is often the best way.

Tips for Dealing With Stress

Prepare to the best of your ability for events you know may be stressful, such as a convoy or an inventory.

Work to resolve conflicts with other people.

Try to look at change as a positive challenge, not as a threat.

Talk with a trusted friend, NCO or Chaplain.

Set realistic goals while on your deployment.

EXERCISE ON A REGULAR BASIS

Participate in something you don't find stressful, such as sports, social events or hobbies.

CAMP ARIFJAN, Kuwait --Twelve months into a fifteen month deployment, Pfc. Mario E. Rodriguez, an Eagle Pass, Texas native, is proud of his accomplishments, but can't wait to get home.

"Three more months," he said with a smile. "I'm counting down the days."

His work as an Army mechanic with the 2nd Transportation Company has afforded him the opportunity to travel throughout the theater of operations. Though he is stationed in Kuwait, he has made many trips up North to Iraq.

Rodriguez spends his days repairing Heavy Equipment Transport Semi-trailers, "the largest vehicle in the Army," he said. "I spend my nights taking college courses [at Camp Arifjan's education center] and staying out of the hundred-degree weather."



Cocoa, Fla. native, Army Pfc. Tony Grimes, operates a HEMTT 10 Ton wrecker crane to maneuver replacement parts onto a Hemmet transporter. His work as an Army mechanic with the 1st Transportation Company, Joint Logistics Task Force 10, 4th Sustainment Brigade has required him to travel throughout the theater of operations to include Iraq. Grimes will return to Fort Carson, Co. in a couple of months after serving a 15 month tour of duty at Camp Arifjan, Kuwait. "It's been a great experience and I've learned a lot," said Grimes. "I can't wait to get home and see all my friends and family." **Photo by Sgt. Tracy Ellingsen.**

MECHANIC LOOKS TOWARDS HOMECOMING

By Sgt. Tracy Ellingsen
31ST ESC PAO

"Any free time we get I go to school," said the 29-year old San Antonio resident. "I'm working on my degree in criminal justice."

On a recent afternoon, Rodriguez and his fellow Soldiers worked in 110-degree temperatures to put a cab back on one of their trucks. While the heavy metal sounds of the band Killswitch Engage pumped loudly in the background, which Rodriguez insists wasn't his choice, the trio of Soldiers expertly manipulated a crane and other heavy lifting equipment to get all the pieces of the vehicle back together again.

Along with the stresses of a hectic, and often dangerous, job; Rodriguez is also dealing with the stress of spending more than a year away from home.

Less than halfway through his deployment, Rodriguez's wife Adriana gave



Eagle Pass, Texas native Army Pfc. Mario Rodriguez places his weight on a HEMTT 10 Ton wrecker boom to remove the slack out of its pulley system. His work as an Army mechanic with the 2nd Transportation Company, Joint Logistics Task Force 10, 4th Sustainment Brigade has required him to travel throughout the theater of operations to include Iraq. Rodriguez will return to his duty station at Ft. Riley, Kan. after serving a 15 month tour of duty at Camp Arifjan, Kuwait. "Three more months," he said with a smile. "I'm counting down the days." **Photo by Sgt. Tracy Ellingsen.**

birth to the couple's first child.

Though he could not be there for the birth, Rodriguez took his two week "rest and recuperation" early to get acquainted with his daughter Camilla at the family's home in San Antonio.

Rodriguez joined the Army on Sep. 13, 2006. After completing his basic and advanced training he had only two weeks at home before shipping out to Kuwait. "In the last two years, I've spent only four weeks at home," he said.

Rodriguez not only left his wife and daughter back in San Antonio, but also his cherished San Antonio Spurs basketball team. And while he misses the team almost as much as he misses his family, lately he said it's been easier to handle the distance, "especially now that they are losing."



Albany, Ore. native, Army Spc. Zachary Lee directs a crane operator in securing replacement parts for the HEMTT 10 Ton transporter behind him. His work as an Army mechanic with Headquarters Company, Joint Logistics Task Force 10, 4th Sustainment Brigade has required him to travel throughout the theater of operations to include Iraq. Lee will return to his duty station at Ft. Irwin, Ca. in a couple of months after serving a 15 month tour of duty at Camp Arifjan, Kuwait. "I can't wait to see green grass and trees again," said Lee referring to the beauty of the Northwest. **Photo by Sgt. Tracy Ellingsen.**

Chaplain's Corner

WELCOME



We have three services at the Zone 6 Chapel
That may lift your spirit:

The General Protestant Service at 0900
The Contemporary Service at 1100
The Blended Protestant Worship Service at 1730
These are just a few of our services.

If you have any questions please call
Chaplain Pena at 786-4504 or Spc Henry at 964-1471



Staff Sergeant Patrick Weppler, a supply sergeant for the 1844th Transportation Company and wife Leila Weppler pose for a picture during a night out. Weppler is currently deployed overseas and is expecting his first child in September.

DEPLOYED SOLDIER EXPECTING FIRST CHILD

By Sgt. Amy Andrews
JOINT LOGISTICS TASK FORCE 28

CAMP ARIFJAN, Kuwait – Staff Sgt. Patrick Weppler and his wife Leila Weppler, from Ursa, Ill., are expecting their first child, due to arrive late September of this year.

Weppler, the supply sergeant for the 1844th Transportation Company from Quincy, Ill., found out his wife was pregnant at the beginning of his deployment to Kuwait.

“I was very excited to know that I was going to be a father, at the same time, I was also sad and disappointed that I wouldn’t be there to share the nine-month experience of watching my baby grow,” said Weppler.

Similar to many fathers deployed overseas, Weppler will spend his Father’s Day without the company of his family. Through advances in communications, deployed fathers will be able to keep in touch.

Some of the things that have kept Weppler in contact with the growing experiences of his baby have been baby books, phone conversations and emails from his wife.

Weppler stated how he would read the

books his wife gave him to know what she was experiencing and how the baby was growing each week.

At times during phone conversations, he said that Leila would place the phone next to her stomach for him to talk to his baby.

“Even though I’m far away, I would still like the baby to know what daddy sounds like,” he said.

Small things like this help Weppler feel connected to his wife’s pregnancy.

“On days that she has a doctor appointment and sonograms, I stay up until [midnight] so I can be on the phone with her during the appointments. This way I know what the doctor is saying, and ask questions, if I have any,” said Weppler.

As an expecting father, Weppler reveals his thoughts about Father’s day have changed.

“I view Father’s day in a completely different way. Before, I looked at it as another day that big corporations made money on a

meaningless holiday. But now, I look at it as a day for me to celebrate being a father. I know the holiday is designed to recognize fathers, but for me, it will be a day to reflect on how lucky I am to be a father,” said Weppler.

Weppler explained how he and his wife had complications due to a previous tubular pregnancy.

“I don’t take for granted the miracle that children are. Hopefully, I will do a good enough job for my child to think he or she is lucky to have a Dad like me,” he said.

Leaving his wife to serve his country has its own challenges, Weppler stated, “The biggest challenge for me is I can’t be there for Leila. Whether it’s helping with household chores, being there for emotional support when she has a bad day, or scratching that spot on her back she can never reach.”

“When you have the relationship that my wife and I have, you always want to be there for each other,” he said.

Weppler said their family and friends have been very helpful and supportive in his absence. They have been helping with yard work, plumbing issues and other household maintenance.

Also, they have been taking her to doctor’s appointments and even cooking nice meals for her to eat.

Weppler smiled and teased, “If it wasn’t for our friends and family I’m not sure how or what my wife would eat. She’s not a very good cook. The last time I was deployed she lived on canned vegetables and fast food.”

He feels like others are able to help her even though he is not there to do those types of things for her as he usually does.

Although he will not be able to permanently return home from duty until after their baby’s first Christmas he still has a positive mindset. Weppler stated, “Now I just worry like every other dad and hope that the baby will be healthy and Leila will be okay throughout the entire pregnancy.”

Soldiers in Action



Command Sgt. Major Erik Frey, the 4th Sustainment Brigade Command Sgt. Major and Sgt. 1st Class Chalon James, the brigade EOA/DSARC posed for pictures at the Asian Pacific Islander Month Observance.

Photo courtesy of the Equal Opportunity Office



Sgt. Sophia Murphy accepts the Army's Noncommissioned Officer Guide from Command Sgt. Maj. Charles Uhrich, Task Force Gateway Command Sgt. Maj. at a NCO induction ceremony on May 23, 2008 in Kuwait. Sgt. Murphy works for the 347th Personnel Services Detachment. She is from Savage, Minnesota, and she is on her second deployment. **Photo by Spc. John Ortiz**



Unit colors stand in front of their formations before the US Army Central Command Fun run on Camp Arifjan. Over 6000 Soldiers participated in the 2.2 mile run. **Photo by Staff Sgt. William Martin**



Dancers showed off their skills and entertained the crowd at the Asian Pacific Islander Month Observance. **Photo courtesy of the Equal Opportunity Office**



2nd Lt. Terez Little administered an IV on a fellow Soldier during a combat lifesaver refresher course conducted by the Wrangler Medics. **Photo by Spc. Richard Ortega**

Sgt. 1st Class Celeste Jarrell stands ready to bat during the first game of the Camp Arifjan softball playoffs against 160th Signal Brigade. The Wolfpack won the game 18-1 and advanced to the semi-finals only to lose to the Navy Chilli Dogs. **Photo by Spc. Richard Ortega**





Members of the Tactical Operation Center pose for a picture after a shift-change briefing. The Soldiers under the S3-operations work 24/7 and track all missions, personnel, and cargo deploying and redeploying into the Iraq theater of operations. **Photo by Spc. John Ortiz**



Sgt. Arthur Javier signs a certificate detailing the creed of the Noncommissioned Officer from Command Sgt. Maj. Charles Uhrich, Task Force Gateway Command Sgt. Maj. at a NCO induction ceremony on May 23, 2008 in Kuwait. Sgt. Javier works for the 12th Personnel Services Detachment. He is from Honolulu, Hawaii, and he is on his 1st deployment in support of Operation Iraqi Freedom. **Photo by Spc. John Ortiz**



CW2 Michael Nguyen, Sgt. 1st Class Donna Whitfield, Staff Sgt. Dawayne Harterson came out to support the Asian Pacific Islander Month Observance. **Photo courtesy of the Equal Opportunity Office**

Members of the Wolfpack softball team huddle around each other prior to the game against the Navy Chilli-Dogs during the Softball playoffs on Camp Arifjan. The Wolfpack went on to lose semi-final game. **Photo by Spc. Richard Ortega**



Maj. Yo Sup Lee, the 4th Sustainment Brigade Chaplain and Spc. Richard Ortega, the Battalions Public Affairs Representative smiled for the camera as the wait to depart on a unit MWR trip. **Photo by Sgt. Angiene Myers.**





Spc. Kareem A. House, 21, conducts a Quality Assurance and Quality Control inspection on a Heavy Equipment Transport truck after a mission. The Orlando native is a mechanic in the 546th Transportation Company from Fort Bragg, N.C. **Photo by Sgt. Tracy Ellingsen**



The dancers from the Asian Pacific Islander Month Observance posed for pictures at the end of the festivities. **Photo courtesy of the Equal Opportunity Office**



Spc. Teakell, with JLTF 28, wraps a bandage around the abdomen of a fellow Wrangler during a performance based examination during combat lifesaver refresher course conducted by the Wrangler Medics. **Photo by Spc. Richard Ortega**



Staff Sgt. Rosielani Coger and Sgt. Desiree Ortiz posed for the camera during the Wolfpack softball game against the Navy Chilli-Dogs. **Photo by Spc. Richard Ortega**

Newly inducted members of the corps of noncommissioned officers raise their right hand and recite the Charge of the Noncommissioned Officer. 26 Sergeants from Task Force Gateway took part in the memorable event. **Photo by Spc. John Ortiz**



Servicemembers deployed to Camp Arifjan, Kuwait race off to start the Army Birthday 5 K Fun Run sponsored by the MWR June 14. The run was held in conjunction with the 233rd Birthday of the United States Army. **Photo by Staff Sgt. William Martin**



WHY I SERVE

Camp Arijan, Kuwait -- Spc. Sara Fahl, a Springfield, Ohio native enlisted in the United States Army April 2004 and attended Basic Training and Advanced Individual Training at Fort Jackson, S.C..



Spc. Sara Fahl
Human Resource Specialist
4th Sus Bde

"I joined the Army as a way to get to an education and see the world," said Fahl.

Fahl is currently deployed with the 4th Sustainment Brigade, where she serves as a Human Resource Specialist in the S1, processing awards, promotions, and evaluations.

"I take care of anything that deals with personnel actions," said Fahl

Fahl is on her second deployment and has made no decision as to what the future holds for her in the military.

"I am undecided on if I'm going to make the military a career", said Fahl

Fahl had some simple advice to help a new recruit adjusting from civilian life to the military.

"Stay positive and give all you've got everyday. It will get better as you progress in ranks," said Fahl

SUDOKU

The rules are simple. All you have to do is fill in the grid so that every row, column, and 3x3 square contains the number 1 through 9 and the same goes for each column. In addition, each 3x3 square must also contain the numbers 1 through 9. **Remember**, each puzzle has only one solution.

**Puzzle # 2: Medium
Solution on Page 14**

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2			4	5			8	
1	4				8	9	2	
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	1	4				8	7	
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	8			9	4			7
		2	5			4	9	

Submissions

The Wrangler wants to hear from you

Do you want to highlight someone or something going on in your unit or section? Have a photo that you want posted? Please send all submissions via email to Sgt. Myers at angienne.l.myers@kuwait.swa.army.mil. In the body of the email, please include the following: Full Name, Rank, Unit and Duty Position. Attach your submission as a Word Document and limit to 300 words. Submissions subject to edit. For photo submission, please include a cutline describing the photo (Who, What, When, Where and Why).

Contact Sgt. Myers at 430-7734 for more information.

Father and son serve side by side

By Sgt. Tracy Ellingsen
311TH ESC PAO



Spc. Lylevalentine K. McMackin, right, won't have to call back to the states to talk to his father, Sgt. Frank C. McMackin, left, for Father's Day. 'Big Mack' and 'Little Mack,' as they are known to their platoon, are both assigned to the 257th Transportation Company (Heavy Equipment Transport) currently conducting operations in Kuwait and Iraq. "When we come back from a mission, I don't have to call home," said 'Little Mack.' "I can just go talk to my dad." The 257th is an Army Reserve unit from Nellis Air Force Base in Las Vegas, Nev. and is commanded by Capt. Valeria Anderson. **Photo by Sgt. Tracy Ellingsen.**

CAMP ARIFJAN, Kuwait -- Spc. Lylevalentine K. McMackin won't have to call back to the United States to talk to his father for Father's Day. He won't even have to drop a card in the mailbox or send off an e-mail. No, this Father's Day McMackin will be able to shoot hoops with his dad, Sgt. Frank C. McMackin, like they do almost every Sunday. Only this year, they'll be playing on a court in Kuwait while deployed supporting Operation Iraqi Freedom.

The McMackins are both assigned to the 257th Transportation Company (Heavy Equipment Transport), based out of Nellis Air Force Base in Las Vegas and currently conducting operations in Kuwait and Iraq.

"On the surface it seems like it would be a problem having father and son in the same platoon, but I've never had a problem," Sgt. 1st Class Cory L. Comeau, their platoon sergeant. "Which speaks a great volume on their character."

"Big Mack," as he is known to the Soldiers of the 257th, is currently on his second deployment in the Global War on Terrorism. He deployed in 2006 to Iraq where he ran gun trucks for a year. In his



Spc. Lylevalentine K. McMackin provides ground guide support to a truck in the motor pool area of Camp Arifjan, Kuwait. McMackin is deployed with the 257th Transportation Company (Heavy Equipment Transport) out of Nellis Air Force Base in Las Vegas. **Photo by Sgt. Tracy Ellingsen.**

civilian job, he works as a truck dispatcher for the Carl's Jr. company in Ontario, Calif.

He lives in Anaheim, Calif. with his wife and with his daughter Chayla. His son, known as "Little Mack," is the last of his three sons to be deployed to the Middle East.

"The others have all been here," said Sgt. McMackin, speaking of his sons Spc. Devinshaw and Sgt. Charles McMackin, both active duty infantrymen. "He is the last one."

The challenges of being homesick and missing family that affect many Soldiers are less prevalent among the McMackins.

"Once in a while we'll hang out, go to the PX, play volleyball, play basketball ...," said Spc. McMackin.

"When it's me and my two brothers and my dad at home we play basketball every Sunday."

But along with the benefits of being deployed together, this year is also proving to have some challenges. Unlike family



Sgt. Frank C. McMackin inspects his truck during evening hours at Camp Arifjan, Kuwait. Even though he is deployed, McMackin won't have to spend Father's Day without any family members because his son, Spc. Lyvalentine McMackin, is also deployed with him in the 257th Transportation Company (Heavy Equipment Transport). **Photo by Sgt. Tracy Ellingsen.**

members back home who don't know the day to day operations of their loved ones who are deployed, the McMackins know the dangers and the risks because they are both exposed to them.

"When we come back from a mission, I don't have to call home," he said. "I can just go talk to my dad."

The two are never sent out on convoys together and sometimes end up going days or weeks at a time with no contact.

"I don't ask questions when he's gone," said Sgt. McMackin. "I trust the guys he is with."

Because of their opposite schedules, finding the two on the same base at the same

time can be a challenge. But when Big Mack and Little Mack are together, they provide many humorous moments for the company.

When the unit's supply clerk ordered nametapes for the Soldiers of the 257th, all of the "McMackin" name tapes were issued to Big Mack. He thought about keeping them for himself, but eventually gave some to his son.

And just like any family members, the two have been known to fight on occasion.

"It's like father-son banter," said Comeau. "It's not really an argument; it's more like a loud disagreement."

Puzzle Solution
From Page 12

6	7	8	9	1	2	3	4	5
2	9	3	4	5	6	7	8	1
1	4	5	3	7	8	9	2	6
8	5	7	1	4	3	2	6	9
9	1	4	6	2	5	8	7	3
3	2	6	7	8	9	1	5	4
4	6	9	8	3	7	5	1	2
5	8	1	2	9	4	6	3	7
7	3	2	5	6	1	4	9	8



Retraction

In Issue 3 of the *Wrangler*, the winners of the Armed Forces Basketball Tournament was referred to as "No Limit". The name of the team is "Da Stunners"

The Wrangler apologizes for the misprint.

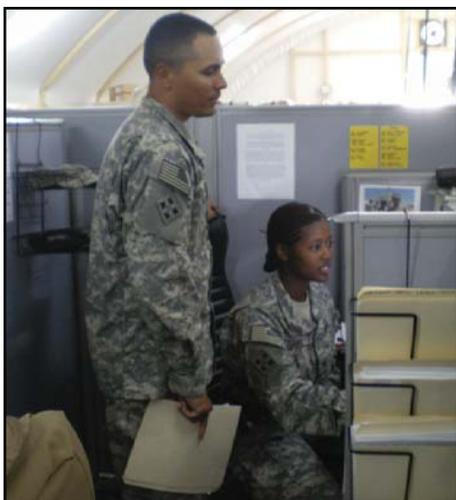
The members of the "Da Stunners" team strike a pose after taking 1st place in the Armed Forces basketball tournament. The team consists of Soldiers from the 4th Sustainment Brigade and Soldiers from various units on Camp Arifjan, Kuwait.
Photo by Sgt. Angiene Myers

Married In War

By SSG Reginald Wright and Spc. John Ortiz
4TH SUSTAINMENT BRIGADE PAO

CAMP ARIFJAN, Kuwait – Married couples who deploy together experience moments unlike single Soldiers; they experience the feeling of having a loved one next to them in a combat zone.

Through mortar attacks, mass casualty drills and warning alarms, married couples in the 4th Sustainment Brigade, that are together, are able to have face-to-face discussions, and support each other through joyful and traumatic events.



Sgt. Matthew Hogan visits his wife Sgt. Ebony Hogan, while running errands in the Company area. Both Soldiers are deployed with the 4th Sustainment Brigade. **Photo by Sgt. Angiene Myers**

“We were deployed within a year of marriage,” said Sgt. Ebony Hogan, a native of Dayton, Ohio, with the Brigade Troops Battalion, 4th Sus Bde from Fort Hood, Texas.

“The average couple is married, has a honeymoon, and enjoys life together,” said Ebony, an administrative sergeant with the Headquarters Headquarters Company. “There are many things society takes for granted. In the military, we learn not to depend on expensive gifts, dozens of roses and candy.”

“Having done a previous deployment, I was able to explain to Ebony the process when something happened,” said Sgt. Matthew Hogan, a native of Boston, Mass., and a logistics supply sergeant.

“I lean on him for support, especially through our first deployment together in Iraq,” said Ebony.

During their first tour in Iraq, mortar attacks and bombings were more than she expected.

“I was scared,” she said. “You see and hear stories on television and in the newspapers; you try to relate but until you experience it, you don’t know.”

“I was able to tell her what to expect and what to do when we heard warning alarms, mortars or had a mass casualty,” he said.

According to the National Healthy Marriage Resource Center, in 2003, nearly seven percent of married active-duty personnel were in dual military marriages.

When compared to single Soldiers, married soldiers, on average, were more likely to remain on active duty, tended to have a higher commitment to the Army, and had fewer job-related problems than single Soldiers and Soldiers married to civilians.

When 1st Lt. Adam Bradford, a native of Little Rock, Ark., with the Joint Logistic Task Force 28, from Mannheim, Germany, was in Ranger school, he remembered a great sense of loss when his wife deployed shortly after their marriage.

Plans to unite overseas did not work out for the Bradfords.

“The deployment left us separated for the first 13 months of our marriage,” said Adam, the battle captain for JLTF 28. “It was miserable.”

“Knowing how much I missed my wife when we were

separated, and having her here now makes all the difference in the world to me,” he said.

“I had a married couple in my platoon when I first deployed,” said 1st. Lt. Mina Nazarali-Bradford, a native of Elkins, Ark., and the JLTF 28’s supply officer. “Throughout the whole deployment and almost every day, they were more motivated than any of my other Soldiers.”

“The deployment was not as hard on the couple as it was on married Soldiers who left their significant other and children behind,” she said.

“Even though we are together, mission is priority,” she said. “Our time is limited to lunch, walks, and on good days a movie at the MWR.”

“If a couple was separated because of a deployment, it could hurt the relationship because it’s a very hard thing to go through,” said Adam.

“Even though I have my wife here, it’s not an easy task being married,” he said. “Each night feels like our first date as we leave each other and say ‘I will see you later,’ it’s like dating all over again.”



1st Lt. Mina Nazarali-Bradford and her husband 1st Lt. Adam Bradford take a break from work to pose for pictures. The couple is deployed with JLTF 28. **Photo by Spc. John Ortiz**

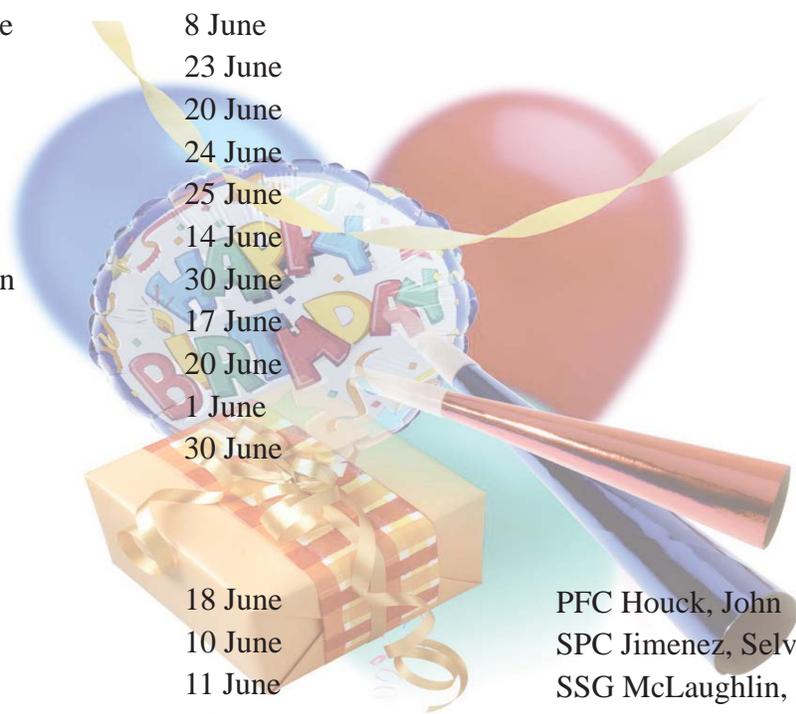
Happy Birthday!

4th Sus Bde

SGT Bailey, Delvin	18 June	SSG Storey, Keith	25 June
SFC Canava, Angelina	8 June	SPC Tuiasosopo, Mariota	21 June
CPT Colsia, Andrew	14 June	SFC Woods, Jeffrene	27 June
SGT Dennis, Robert	10 June	PFC Wright, Lucas	22 June
CPT Douglass, Andrew	2 June	SSG Wright, Reginald	1 June
SPC Fahl, Sara	14 June		
CPT Frost, Matthew	29 June		
CW4 Fuller, Gail	21 June		
SFC Haskins, Rhonique	8 June		
SFC Hendricks, Kevin	23 June		
PFC Lamor, Edisette	20 June		
SGT Lashua, David	24 June		
SPC Ledbetter, Jeffrey	25 June		
CPT Mauldin, Mark	14 June		
SPC McDowell, Nathan	30 June		
SGT Myers, Angiene	17 June		
SPC Quevedo, Delmi	20 June		
SGT Riggins, Carlos	1 June		
SFC Solis, Carlos	30 June		

JLTF 28

PFC Orak, BillyJean	18 June	PFC Houck, John	14 June
MAJ Zimmer, Justin	10 June	SPC Jimenez, Selvin	2 June
PFC Anspach, Jason	11 June	SSG McLaughlin, Darrick	17 June
PV2 Gowing, Scott	4 June	SGT Morrisette, Lepolean	1 June
PV2 Hadley, Michael	14 June	PFC Rouse, Jennifer	26 June
SGT Hill, Tommy	16 June	SPC Rupert, Fredrick	6 June
SPC Jedel, Abigail	19 June	SSG Sampson, Stephen	6 June
PFC Landers, Sherita	30 June	SPC Short, Brandon	27 June
PV2 Page, Anthony	21 June		
PFC Quinones, David	13 June		
SGT Sampson, Shata	20 June		
SSG Scrivens, Charles	19 June		
SFC Afuhaamago, Joseph	10 June		
SGT Burke, Brandi	10 June		
SGT Casteneda, Gonzalo	29 June		
PV2 Essary, Rocky	13 June		
SFC Gilbreath, Christopher	5 June		
PFC Grobeck, Kevin	15 June		



SPC Hughes, Aaron	16 June	SGT Garcia, Juan	9 June
SPC Laravilla, Juan	29 June	PFC Garrido, Richardson	7 June
1LT Lopez, Maria	12 June	SPC Gibson, Stephon	14 June
SPC Mejia, Juan	3 June	SPC Jacquez, Manuel	4 June
SGT Padgett, David	8 June	SPC Lawson, Jason	12 June
SPC Remesal, Brandon	25 June	SGT Moore, Wesley	12 June
SPC Richardson, Dax	13 June	SGT Muir, Matthew	14 June
MSG Witt, Scott	9 June	SPC Nadenbousch, Christopher	30 June
SPC Grate, Daniel	3 June	PFC Peters, Janne	30 June
SGT Gregorie, Beverly	23 June	SGT Roberson, Derrick	26 June
SPC Jones, Terry	30 June	SGT Valentine, Amanda	22 June
SSG Kren, John	29 June	PFC Worcester, William	8 June
PFC Langley, Nickolas	29 June	SSG Bebefield, Charles	8 June
SGT Martin, Michael	10 June	SRA Broadhead, Mark	2 June
1LT Murray, Jeffrey	15 June	SSG Cutteridge, Brandon	6 June
SGT Rawles, Harold	2 June	SRA Dawkins, Kyle	27 June
SPC Saucedo, Mario	7 June	SSG Diaz, Arturo	22 June
SGT Shoopman, Richard	7 June	A1C Erausquin, David	14 June
SPC Smail, Amber	10 June	A1C Kehl, Tiffany	4 June
SPC Smith, Gary	19 June	MSG Klebenow, Dean	30 June
SPC Washington, Oliver	23 June	SRA Mateo, Wilfredo	29 June
SPC White, Robert	1 June	SSG Moates, Chainey	17 June
SPC Wilson, Adam	26 June	SSG Noel, Sarah	23 June
SSG Woods, Belinda	23 June	SRA Peach, Derrall	14 June
SPC Woods, James	25 June	TSG Rincker, Wesley	19 June
SGT Champagne, Joshua	13 June	SSG Willis, Quentin	12 June
CPT Friedman, Jennifer	23 June	SSG Wright, David	23 June



Taskforce Gateway

PV2 Bellido, Allan	6 June	MSG Bacon, Mara	13 June
SSG Williams, James	6 June	PFC Rafter, Jessica	14 June
PFC Latimer, Christian	7 June	PFC Clark, Andrew	15 June
SGT Robinson, Will	7 June	1LT Hall, Judy	17 June
PV2 Bortner, Sidra	12 June	SGT Hernandez, Joyce	20 June
		SPC Pickett, Loretia	21 June
		SPC Forbes, Erin	22 June
		SGT Allums, Joshua	23 June
		SGT Walter, Aaron	23 June
		SPC Budreau	24 June
		PFC Drew, William	27 June
		SFC Kline, Karen	28 June
		PFC Kernell, Aaron	29 June
		PFC Orloff, Ryan	29 June

