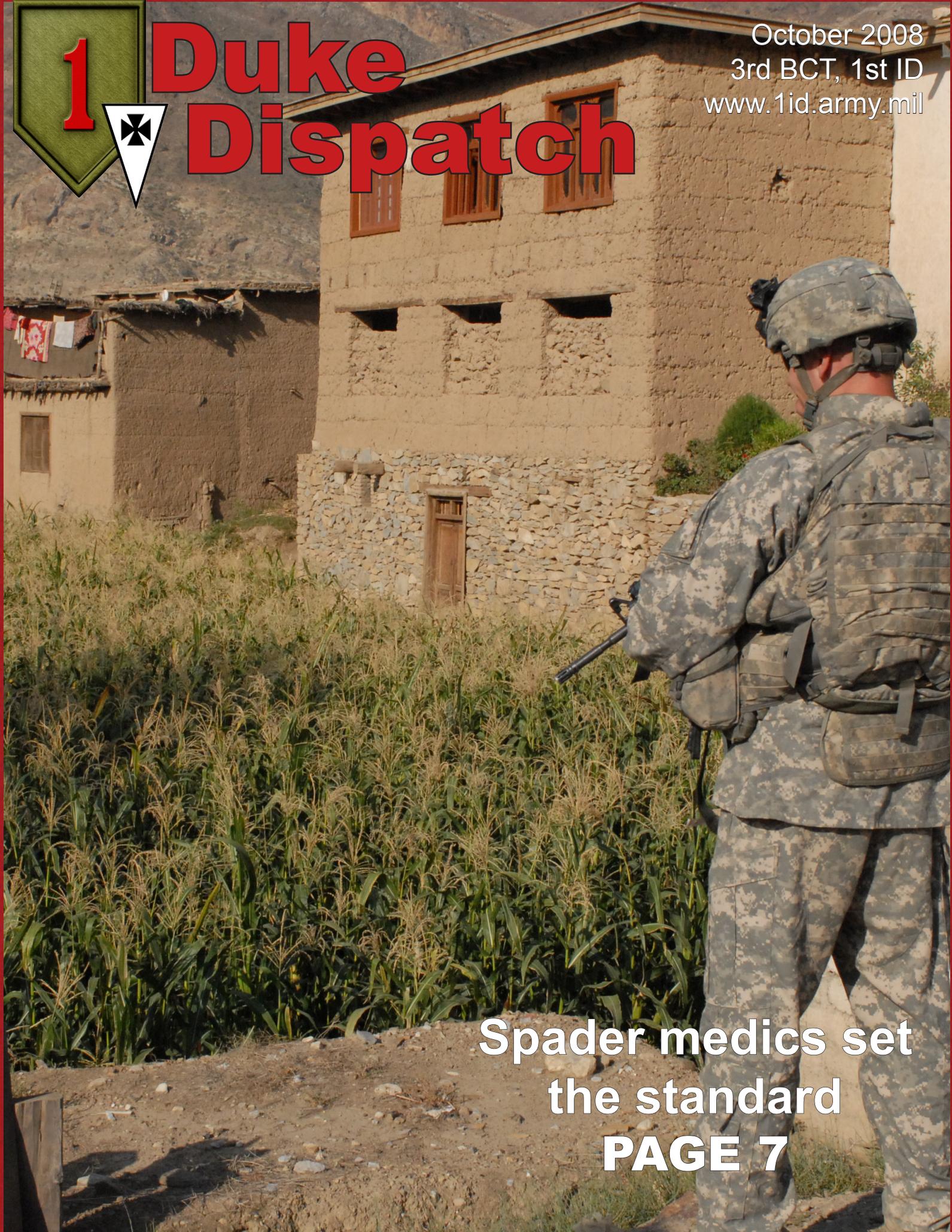




Duke Dispatch

October 2008
3rd BCT, 1st ID
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Spader medics set
the standard
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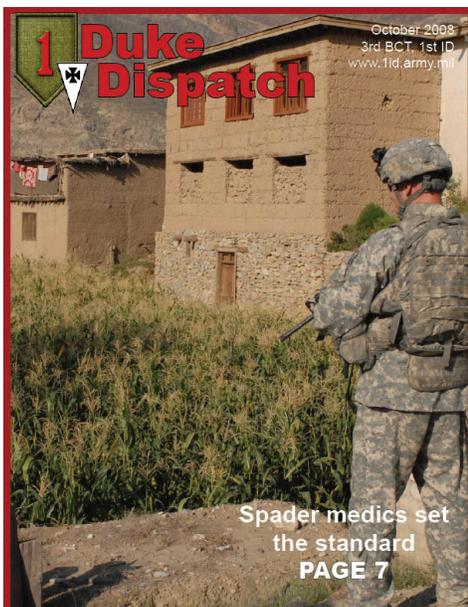
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A Soldier with 1-26, Charlie Company, pulls security during a dismounted patrol in the Konar province (Photo by Staff Sgt. Adora Medina)



3rd BCT, 1st ID Magazine

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Stories should be in Word format.

Army ten-miler : Across the globe

Members of Task Force Duke and 3rd BCT, 1st ID take off at the start line for the Fenty Army ten-miler shadow run in Jalalabad, Afghanistan on Oct. 5, 2008.



Story By Maj. Chevelle Thomas
3rd BCT, 1st ID, PAO

The 24th Army ten-miler took place in Washington D.C. today; however, 7,000 miles away in Jalalabad, Afghanistan at 1,400 feet elevation and 5,000-foot mountaintops, 121 members of Task Force Duke, 3rd Brigade Combat Team, 1st Infantry Division, participated in the Fenty Army ten-miler shadow run.

With the time difference between D.C. and Jalalabad, the runners were not running at the same time, but they were still joined by the spirit of the event.

The top three winners for each gender in Afghanistan were recognized with bronze, silver and gold medals, donated by the Morale, Welfare and Recreation

center along with free t-shirts for all participants.

For the men, first place went to Maj. Keith E. Matiskella, from Killeen, Texas, with a time of 58 minutes and 14 seconds; second place went to Richard Mangongo from Kisii, Kenya, with a time of 66, and third place went to David Claassen from Fredericksburg, Va., with a time of 66:5.

For the women, first place went to Sgt. Kristal Reszler from Roslyn, Wash., with a time of 79:36; second place went to 1st Lieutenant Jean Archer from Champaign, Ill., with a time of 86:6, and third place went to Staff Sgt. Karina Diaz from Pomona, Calif., with a time of 87:23.

The run, hosted by the 201st Base Support Battalion who planned the run as a tradition for their unit in order to build camaraderie among troops and civilians alike, consisted of a few laps

around the Nangarhar Terminal airfield, which is a mixture of paved and gravel surfaced roads.

The participants of all levels of fitness and ages ran, jogged and walked around the 3.5 mile loop 2.5 times with airplanes and helicopters taking off constantly. No one quit and the organizers stayed on hand until the last participant crossed the finish line.

The event kicked off with registration starting at 5 a.m., followed by opening remarks by the TF Duke Commander. Just before the kick off of the run at 6:30 a.m. he welcomed everyone and expressed his appreciation for their participation in the day's event.

"Thank you for coming out. Thank you for what you are doing for the Army. Take care of your buddy and good luck to everyone and have a good time," Col. John Spiszer, 3rd BCT, 1st ID commander, said.

Many of the participants trained up for the run in a variety of ways. Matiskella, an avid runner, whose wife, Maj. Paty Hinshaw is running in D.C. today emphasized the importance of preparation and

the Shadow run at Camp Liberty, Iraq, two years ago said, "My time was better here than at Liberty, because I ran 7 miles every other day, both outside and on the treadmill and I ran shorter speed

place to place to keep the international community informed of worldly events.

"I am always on the road from hotel to hotel. I try to do something no matter where I am. I sometimes will go for a swim, run on a treadmill or something like this. So running the ten-miler with the Soldiers was a special treat, which I have never done before. I didn't quite keep up with the Soldiers, but everyone was extremely nice and cheering me on and Maj Skip Masterson, 'the antagonist,' made sure I did not fall too far behind," Engel said.

"It's great to have events like this where you can see everyone from the full bird Colonels on the FOB, to the youngest privates, to the KBR workers out there running and sweating their tails off together," Capt. Gretchen Gardner, 201st Base Support Battalion Adjutant, said.

"It's great to have events like this where you can see everyone from the full bird Colonels on the FOB, to the youngest privates, to the KBR workers out there running and sweating their tails off together."

Capt. Gretchen Gardner, BSB Adjutant

setting a good pace for the run.

He spoke of the many late nights running on the treadmill while listening to audio books on his iPod.

"It is my way of relaxing after a days work. Running is more of a hobby than it is work for me. Over the years, I have experienced many runs and if you start off too hard, too slow or make a wrong turn it can be very challenging to complete the race," Maj. Keith Matiskella, 3rd BCT, 1st ID engineer officer said. "My biggest challenge was that the gravel was very hard to run on at times. So, I have to get the entire route paved," the engineer jokingly said.

He went on to talk about how he could relate life in Afghanistan to life at home in the states.

The journey is the excitement of getting there and learning more from the actual highlight of the event.

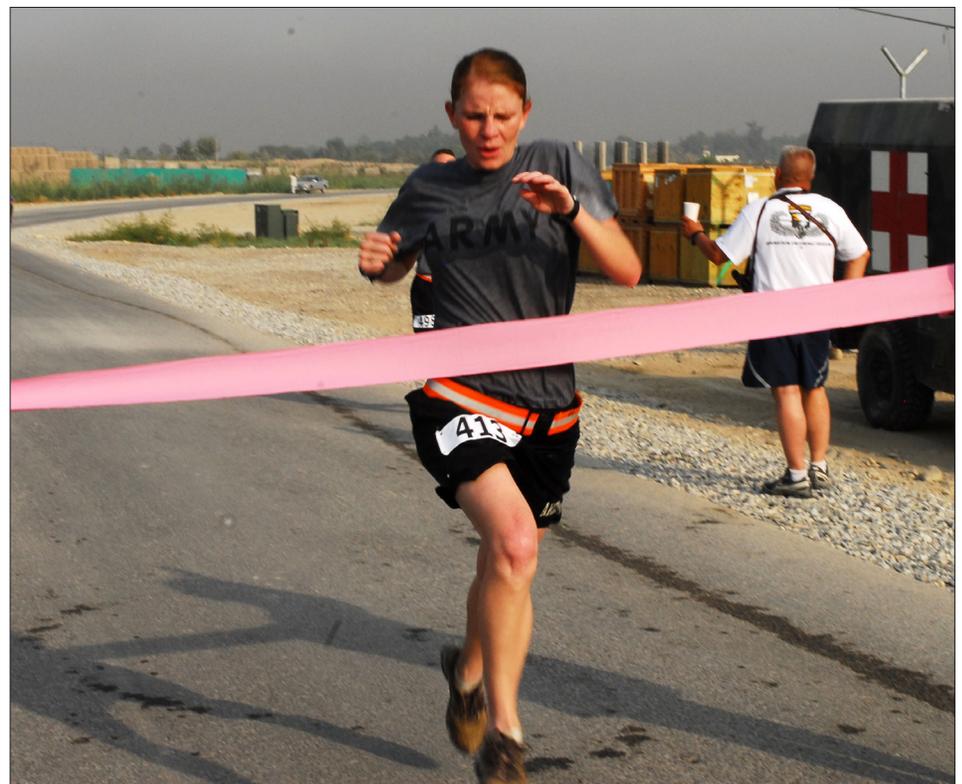
"Anything that adds a bit of normalcy to the everyday life while deployed is a benefit. It also gives people a goal to shoot for, which helps pass the time as you train up and work towards the goal,"

Matiskella who was on the Army 2007, Fort Hood team that won the Commanders Cup for 1st place said.

Reszler who participated in

workouts on the off days," C/62nd Engineer Battalion Tactical Operations Center nightshift noncommissioned officer in charge said.

Even the embedded NBC News Chief Foreign Correspondent, Richard Engel, who also ran the race made note of the benefits of all types of exercise and how it keeps him fit as he goes from



Photos by Maj. Chevelle Thomas

Sgt. Kristal Reszler, from Roslyn, Wash., crosses the finish line for the Fenty Army ten-miler shadow run in Jalalabad, Afghanistan on Oct. 5, 2008, with a time of 79 minutes and 36 seconds.

Maywand District welcomes 2-2 Soldiers

*Story By Staff Sgt. Adora Medina
3rd BCT, 1st ID, PAO*

A recent deployment of U.S. forces into southern Afghanistan has added 800 troops into the region. With the combined efforts of Canadian forces, the Afghan National Army and the Afghan National Police, the Maywand district is now at its highest level of fighting strength and the villagers are the first to see the transformation.

Afghan children watched in wonder as 1st Infantry Division Soldiers crossed the narrow alleyways leading into the heart of the local market, Aug. 29. While the troops intermingled with the community, the children's initial hesitation was apparent as they seemed to conceal themselves in the shadows of the merchant mud huts. Their apprehension was expected considering this was the first many had ever seen of the digitized Army combat uniform since U.S. forces arrived to the region, roughly two months ago.

"We went to the bazaar to show that there's a presence of U.S. Army in the area now; the more they see us, the more comfortable they feel," said Sgt. Raymond Diaz, a native of Queens, N.Y. "They've had so many people come in and out of this area and there was no stable presence."

Prior to the arrival of 2nd Battalion, 2nd Infantry Regiment, the Canadian military had been the district's only dedicated, long-term presence. Cpl. Matthew Hrycuik, a Canadian soldier with the North



Photos By Staff Sgt. Adora Medina

Sgt. Raymond Diaz, a 2-2 Inf. Reg. Soldier gives an Afghan boy a pen during a visit to a local bazaar in the Maywand District of Afghanistan, Aug. 29.

Saskatchewan Regiment, saw British and Portuguese forces come and go since his arrival to the Maywand District only six months ago. Hrycuik said the extra air and weapon assets the U.S. military brings to the table are needed and appreciated.

"It's going to take a lot of work though; so many small towns around here are so spread out," Hrycuik said. "Cruising around, we found tons of places where they've never seen [Coalition forces] period. They know nothing about the government and they know nothing about the district leader here in Maywand. They just go about their own thing."

Another challenge facing Coalition forces is communicating their goals and objectives to the Afghans. With relentless oppression from the Taliban and with the recent influx of troops into the district, the villagers are not sure how to react.

"The people are definitely affected by [the Taliban] and they're affected by us," Master Cpl. Tatyana Danylyshyn, psychological operations, Canadian Scottish Regiment, said. "It's the actions taken by the other party that decide who affects them more."

"We've been here a couple of times and repeat visits, like familiarity with the person, help us to develop relationships, and that's where we start to make progress," Danylyshyn said.

At the end of the day the same timid children whom originally hid from the Soldiers no longer kept their distance, trailing the light infantrymen up and down the busy merchant streets all the way back to the entrance of their camp. The "Big Red One" Soldiers departed with a new found purpose and it lied in the eyes of the innocent children whom seemed discontent to watch them go.



Two Afghan girls shade thier eyes from the sun to watch as troops with 2-2 Inf. Reg. patrol past in the Maywand District of Afghanistan.

Continuing the Counterinsurgency fight



*Col. John Spiszer
Task Force Duke Cdr.*

The focus for Task Force Duke this month has been to continue our Counterinsurgency fight, while executing Voter Registration for two of our provinces (Konar and Nuristan) and preparing for Voter Registration to begin in December in Nangarhar and Laghman: We are also executing relief in place and transfer of authority operations for our four Provincial Reconstruction Teams

(PRTs), the 3-103rd Armor Army National Guard out of Pennsylvania, and the Nangarhar Agri-business Development Team (ADT) and the timely completion of winterization for all of our FOBs and COPs.

This month we kicked off Voter Registration in Konar and Nuristan. It has been very rewarding providing support to the people of the Islamic Republic of Afghanistan as they prepare for their national elections next year. Our primary role in Voter Registration was to aid in materials such as wood, sandbags, concertina wire and security wands for security and to provide quick reaction forces, as needed. We also assisted in the movement of personnel and other supplies to remote locations. These resources allowed all 24 Voter Registration sites within these two provinces to fully function and in a secure manner. I am happy to say the majority of Phase I Voter Registration went very well in these provinces, registering more than 21,220 in Nuristan, approximately 17 percent of the population, and 90,000 in Konar, 23 percent of their population. In December, we will kick off Voter Registration in our other two provinces. We have spent a good portion of this past month ensuring each site in Nangarhar and Laghman had sufficient security to accomplish their mission.

Another focus this month has been the preparation for replacement and redeployment of our PRTs for all four provinces; 3-103 AR is responsible for Laghman province; and the ADT in Nangarhar. Each team has done a great job here and will be going back to their home stations after completing their tours. They have worked numerous projects to the sum of 160 million dollars toward the advancement

and development of Afghanistan. Nangarhar PRT has built numerous roads and bridges to establish ease of transportation in the most populated area within N2KL; Konar PRT has developed a trade school to teach Afghans necessary skills for carpentry, painting, road construction, welding and masonry skills; Nuristan PRT has started a forest conservation program; Laghman PRT has led the way in establishing closer ties with the government and the people within the area; 3-103 AR has set the example in the Task Force's Small Rewards Program, in an effort to get unsafe weapons and explosives off the streets of Afghanistan; and the ADT has set the stage for the safe packaging and production of meat with the building of a cattle slaughter facility and also emplacing windmill pumps for irrigation. We are planning a seamless transition between the outgoing and the incoming units to ensure we maintain mission effectiveness.

As the temperature gets much cooler here in Afghanistan with temperatures dropping below freezing during the course of the winter season we will ensure we are prepared for the cold temperatures. We are pushing out additional supplies and our engineers to ensure our Forward Operating Bases, Combat Outposts, and Observation Posts are set to handle the cold weather within the mountainous regions of Eastern Afghanistan. Buildings are being insulated; water, food, and ammunition supplies are being overstocked; and new heaters are being installed as old heaters are serviced.

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Task Force Raider troops await a supply drop from a Chinook at OP Mace in Konar. The supplies included water, roofing shingles, lumber and insulation for winterization of the post.

Blue Spader Medics set the standard



Photos By Staff Sgt. Adora Medina

Maj. Paresh Patel, a 1-26 physician, performs a routine check-up on an Afghan girl during a med cap at COP Michigan.

*Story By Staff Sgt. Adora Medina
3rd BCT, 1st ID, PAO*

The fight is continual in the Konar province of Afghanistan, so as 1st Battalion, 26th Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division, Soldiers fight in and around the Taliban infested terrain, Task Force Spader medics are busy fighting a completely different battle, one to help save lives.

"We have unfortunately received quite a few casualties and we've also had a few fallen heroes, but the fighting is daily," Lt. Timothy Anderson, 1-26 medical officer and Knoxville, TN native, said. "I don't remember a day being here that at least one of our companies within task force Spader hadn't had some type of enemy attack against them, so everyday it's a potential that we will be conducting some type of evacuation."

Due to the high kinetic activity in the region, the 1st ID medics must respond quickly when treating the wounded. To ensure they are ready for combat, new medics arriving to the Spader family, must pass a series of training events before being pushed out into the battle space.

"For each Soldier coming here we conduct trauma lanes and basically it just gives us as leaders an assessment of their medical reaction skills," Anderson said.

So far the medics have surpassed their leaders' expectations, going above and beyond to keep their fellow infantrymen in the fight.

"I only got to the unit two months before we deployed," Sgt. 1st Class Jamie Lane, 1-26 medic platoon sergeant, and El Paso native, said. "I was kind

of worried that I never really got to train with them and see what they can do, but they surprised me, especially our line medics that are out there in the [forward operating bases], they're out there alone and they do an outstanding job."

The line medics cover a lot of ground, as they are spread out amongst the 1-26 companies, and it seems they won't stop at anything to save the lives of their comrades.

"We had a Soldier up at the [Korengal Outpost] and the report I received was as he was injured he was still treating the six other casualties," Anderson said. "He still stayed with the philosophy of Soldiers first and treated his patients to make sure that they were squared away."

A similar incident occurred with Sgt. Reagan Stockman, another forward deployed medic. While conducting a mission with his company Stockman came under enemy contact and with no regard for his own safety he went out to administer aid to the injured. It wasn't until every casualty was properly treated that he received any type of care for himself.

"It's a pattern, we consistently get those same types of reports that that's how the forward combat medics conduct business," Anderson said.

Aside from saving Soldiers' lives, the medics also provide care to the local population, opening their gates to the sick and wounded during daily sick call hours.

"Within our first six weeks here we've seen [more than] 750 patients, mainly local nationals and we've seen through our aid station here alone probably around 20 or 30 trauma patients," Lane said.

In providing care to the infantrymen on the ground and the local nationals in the Konar province, the Blue Spader medics are winning the war one patient at a time



Spc. Danielle Lafoile hands out candy to orphans during a patrol with Company C. 1-26.

Preparing for upcoming weather



*CSM Ronald Orosz
3rd BCT, 1st ID, CSM*

It is starting to get cold in Afghanistan. Cold to my Florida blood is anything less than 70 degrees.

Are you ready for the winter? Last winter in Afghanistan it was cold, but didn't get too cold until January, which is when the bulk of the snow fell and made life in the mountains difficult. You could be in for a long winter

if you don't have the proper cold-weather gear, and if you don't you better tell someone quick.

Most of you should have the new seven layer cold weather system. If you packed your bags according to the brigade packing list you should have some if not all of your seven-layer cold weather system, and that will greatly help keep you warm.

It took the Army twenty-three years to figure out how to keep Soldiers warm and comfortable in the field. Everything issued now is lightweight and very use-

ful, and just like our Army Combat Uniform there is a correct way to wear the seven-layer cold-weather system. It is pretty simple to figure out without much instruction. The lighter the layer the closer it goes to your body. The cold weather system is designed to be worn without the ACU top and without your cotton t-shirt. Each layer of the seven-layer system allows your body to breathe and stay comfortable even while moving.

Caution: the pants are just as fragile as your current ACU trousers, so my recommendation to you is to wear the pants only in a static position. The cold weather pants should not be worn while you are sliding down mountains as many of you do on a daily basis.

The fleece jacket is not worn during mounted operations. It is primarily worn during long halts or on the FOB. Remember, during mounted operations you wear the

seven layer system is very flammable so watch the open fires. The billets you have will get cold and most have the Chigo temperature control system installed to keep you warm. For those of you with electric heaters or Yukon Stoves please be ultra careful and post guards during the hours of limited visibility. Fire guards are mandatory if you have either one of these devices warming your living areas. If you have Yukon Stoves you need someone qualified to use the device. I know of only one area with Yukon Stoves and was told by the platoon sergeant that no one was there qualified to use it. The remaining Chigos will get installed soon so they don't need the Yukon.

Lastly if you are like me and joined the brigade from the very beginning you may have two complete sleeping bags. Both are very nice and can provide protection in sub zero conditions. Some

people don't realize this, but if you use a sleeping pad or bed roll with the sleeping bag it increases the effectiveness immensely.

You may wonder why I am telling you all this stuff. Well, I need you to stay warm during the winter because we still have business to attend to. Use your gear correctly and you will stay warm this winter and, oh, yeah...I almost forgot....drink plenty of water during the winter months. We tend to lay off the water in the winter and if you're not careful you will become a heat casualty. Yes, a heat casualty in the winter, so watch your buddy and make sure he is hydrating. I'll see you on the battlefield. Duty First!

“You could be in for a long winter if you don't have the proper cold-weather gear, and if you don't you better tell someone quick.”

CSM Ronald Orosz

flame resistant uniform. The fleece top is not flame resistant.

What about special equipment? Do you need snow shoes to patrol the mountains? I think you will need snow shoes to support our winter initiatives. What about crampons? The mountains will get icy and without a good set of crampons you may take a nasty fall. Some of you can't afford to fall based on where you are stationed.

Fire safety is also a big deal during the winter months. Soldiers will want to stay warm, but you must be smart and safe. The

6-4 improves outpost in Nuristan



Photos By Spc. Brandon Sandefur

Soldiers with 6-4 Cav. fill hesco barriers with sand in order to improve their boundaries.

*Story By Spc. Brandon Sandefur
3rd BCT, 1st ID, PAO*

For the Soldiers in the dangerous terrain of the mountainous Nuristan province of Afghanistan, improving their outposts is important to security and relations in the area. The Pakistan border is a common entrance into Afghanistan for terrorists. Building relationships with local residents helps deny the terrorists sanctuary along the Pakistan border, said Sgt. 1st Class Donald Couch, an outpost platoon sergeant from Smithville, Texas.

But, where the locations of the outposts are good for interaction with villagers, they are also targets for insurgent attacks. The Soldiers who live and fight in these outposts have to constantly improve their boundaries to stay safe so they can continue to help the locals in the area. Soldiers from the 6th Squadron, 4th Cavalry Regiment, Brigade Combat Team, 1st Infantry Division, make any improvements that can be made to their positions, and when necessary the Soldiers improvise with building supplies.

Improvising includes using whatever construction materi-

als are available. Ammo cans are used for steps and nearby timber is used to build walls and improve fighting positions. The Soldiers are not only improving their situation, but are getting a sense of satisfaction from their work.

“The best thing about being on the OP is seeing the improvements and the satisfaction of knowing you made the OP better,” said Sgt. Brian Creed, squad leader from Siloam, N.C.

“Improving Soldiers’ morale is really important, too, especially up here, because we’re kind of away from everything,” Couch said. “We now have Internet and phones up here so the Soldiers have contact with home when they have time.”

The Soldiers have also made changes to assist the Afghan national security forces who fight by their side. This helps develop the OP and builds relationships.

“We’ve done several things for the [Afghan national army] and [Afghan security guards] as well as the locals. We’ve built new fighting positions for the ANA and ASG and we’re currently in the process of building barracks for them as well,” Couch said. “We have a good working relationship with the Afghan national security forces and we want to keep improving that.”

The Soldiers are constantly working to improve the OP to make sure they have everything necessary to complete their mission. Improving the OP, routine patrols and fire missions are just some of the tasks Soldiers do as part of their daily routine.

(Continued from page 6)

We have also transitioned from our Soldiers going on leave for 18 days to 15 days in order to ensure everyone has an opportunity to get time with their families and friends over the course of what we now expect to be a 12 month deployment.

Last but not least, I would like to take this time to acknowledge the great bravery and professionalism of four of our fallen comrades who have paid the ultimate sacrifice this past month.

Please pray for them and their loved ones including: SPC Cory Bertrand, D/1-26 IN; SPC Stephen Fortunato, D/1-26 IN; SGT Preston Medley, D/1-26 IN and SGT John Penich, B/1-26 IN. These American heroes paid the price to keep our country and their comrades safe while trying to help the people of Afghanistan.

We honor the following troops who received awards for their heroism: SSG Alexander Pascual, SGT James Sowers and SGT John Penich (also recommended for the Silver Star) from TF Spader received the Bronze Star Medal for Valor.

The following TF Spader Soldiers received Army Commendation Medals (ARCOMs) for Valor— 1LT Thomas Gearhart, SSG Donald Mullins, SPC Kieth Jeter, SPC Ricardo Flemate, SPC Adam Rawson, SPC Jesus San Doval, PVT Evan Donoho, PVT Raymond Evans.

The following TF Raider Soldiers received ARCOMs for Valor – SGT Daniel Ward, PV2 Paris Hugle, PV2 Kirk Goff, SPC Brian Engel, PFC Rene Ugalde, PFC Christopher Roblescano and TF Thor Soldier SGT Mason Mullins. Finally, thanks to all the Families for their support of us here in Afghanistan.

No mission too difficult, no sacrifice too great. Duty First!

“Learning to speak the language of love”



*Maj. Steve George
Task Force Duke Chaplain*

In his excellent 1992 book, “The Five Love Languages,” author Gary Chapman provides a great resource for those interested in strengthening their relationships and understanding more about how to care for another person.

Chapman suggests that there are basically 5 ways in which people receive and give love to others – not all are the same, but all are

communicated in what Chapman refers to as “love languages” – discernable preferences, which when offered, speak the fullest expression of love to another person.

The first “love language” Chapman talks about is WORDS OF AFFIRMATION. Mark Twain once said, “I can live for two months on a good compliment.” Verbal appreciation speaks powerfully to persons whose primary Love Language is “Words of Affirmation.” Simple statements are sometimes all a person needs to hear to feel loved. Aside from verbal compliments, another way to communicate through “Words of Affirmation” is to offer encouragement, which will help your loved ones overcome insecurities and develop greater confidence.

A second “love language” to which Chapman refers is QUALITY TIME which is more than mere proximity. It’s about focusing our energies on our loved ones. Unless all our attention is focused on our partner, even an intimate dinner for two can come and go without a minute of quality time being shared.

Quality conversation is very important in a healthy relationship. It involves sharing experiences, thoughts, feelings and desires in a friendly, uninterrupted context. A good mate will not only listen, but offer input and respond to assure their partner that they’re truly listening. Admittedly, it’s tough to “speak” the Love Language of quality time while on deployment. Still, whether it be time set aside for a good phone call or time spent constructing a caring email to our loved ones back home, this Love Language can be very helpful in strengthening a relationship.

A third “love language” described by Chapman is RECEIVING GIFTS. Some of our loved ones respond well to visual symbols of love. If we speak this love language, we’re more likely to treasure gifts as an expression of love and devotion. People who speak this love language often feel that a lack of gifts represents a lack of love from their partner. Luckily, this love language is one of the easiest to learn.

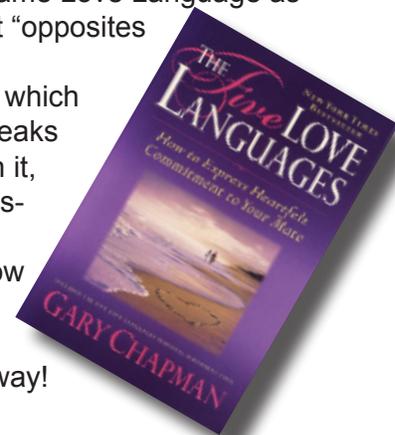
If we want to become an effective gift giver, many of us may have to learn to change our attitudes about money. If we’re naturally a spender, we’ll have no trouble buying gifts for our loved ones. However, a person who likes to invest and save money may have a tough time adjusting to the concept of spending money as an expression of love. Those who don’t “speak” the Love Language of gift giving must understand that it is an investment – an investment in deepening our relationship with our loved one!

The fourth “love language” about which Chapman speaks is ACTS OF SERVICE. Sometimes simple chores around the house can be undeniable expressions of love. Again, while we’re on deployment this can be challenging given the geographic distance from our loved ones. Still, we can demonstrate the “acts of service” language as we communicate our plans when we get back home and most importantly – follow through on those plans when the time comes!

A final “love language” described by Chapman is PHYSICAL TOUCH. On deployment, this poses one of the most daunting challenges as [obviously] we’re in very different parts of the world. Still, a “work around” can be a favorite article of clothing or a special pillow, which we can send to our loved one as a tangible reminder of our love for them. so that a sense of physical touch can be accomplished until we return home to enjoy the real thing!

Dr. Chapman suggests that frequently, our loved ones don’t “speak” the same Love Language as we do – the familiar notion that “opposites really DO attract.”

Our best bet is to learn which Love Language our partner speaks and, if we’re not ‘conversant’ in it, begin practicing as soon as possible! As we head toward the holidays, may we continue know the amazing goodness of the Almighty who inspires ALL of the Love Languages in every way! Stay blessed!



STB Soldiers keep brigade connected

*Story by Spc. Brandon Sandefur
3rd BCT, 1st ID, PAO*

Communication is key to success on the battlefield. Without being able to convey messages to the appropriate commanders many essential missions would be difficult to complete. Soldiers from the Special Troops Battalion, 3rd Brigade Combat Team, 1st Infantry Division, make sure Task Force Duke has all the appropriate lines of communication up and running.

One of the main Military Occupational Specialties of Soldiers in STB is the 25 series, which is "commo" for communication. Installing, repairing and maintaining

communications equipment is what 25 series Soldiers constantly do. Sgt. Alexander Englehart, a native of Temecula, Calif., explains some of his duties as a Joint Network Operator/Maintainer for STB.

"We maintain the phone and internet connections for Jalalabad Airfield, which is the central hub for the brigade," Englehart said. "We control all of the phones

through the S-6 Helpdesk."

Phones and internet are not the only things the Soldiers work with; maintaining satellites and radios are also an essential mission. Soldiers have the responsibility of making sure the satellite systems are installed, repaired and maintained correctly. They also make sure the satellite link is strong while constantly monitoring

their "distant end," Kuwait, to make sure they both are on the same settings. Sgt. Jocelyn Veratio, a native of Manifee, Calif., explains the importance of STB and their mission as it

"Radios are limited to their use here in Afghanistan because of the high mountains, so phones and satellites are a better way to effectively communicate."

Sgt. Jocelyn Veratio, Communications Specialist

here in Jalalabad as far as programming them, making sure the phonebook is up-to-date and things like that. We pretty much do everything related to the phones, other than cables. That is done

relates to the brigade.

"CPOF [Command Post of the Future] of the brigade relies on phones and satellites to relay messages and get information so they rely on us to communicate to the HHC [Higher Headquarters and Command]," Veratio said. Radios are limited in their use here in Afghanistan because of the high mountains so phones and satellites are a better way to effectively communicate."

Soldiers of STB are also pushed out to the line units to work with them. For example, the Line of Sight radio installers and maintainers whom maintain traffic terminals at the company level. That means company level commanders now have a satellite dish with internet and phone capabilities so they have link-ups with HHC which they did not have before. Soldiers in STB keep the brigade connected by providing channels to communicate so information gets to the Soldiers who need it.

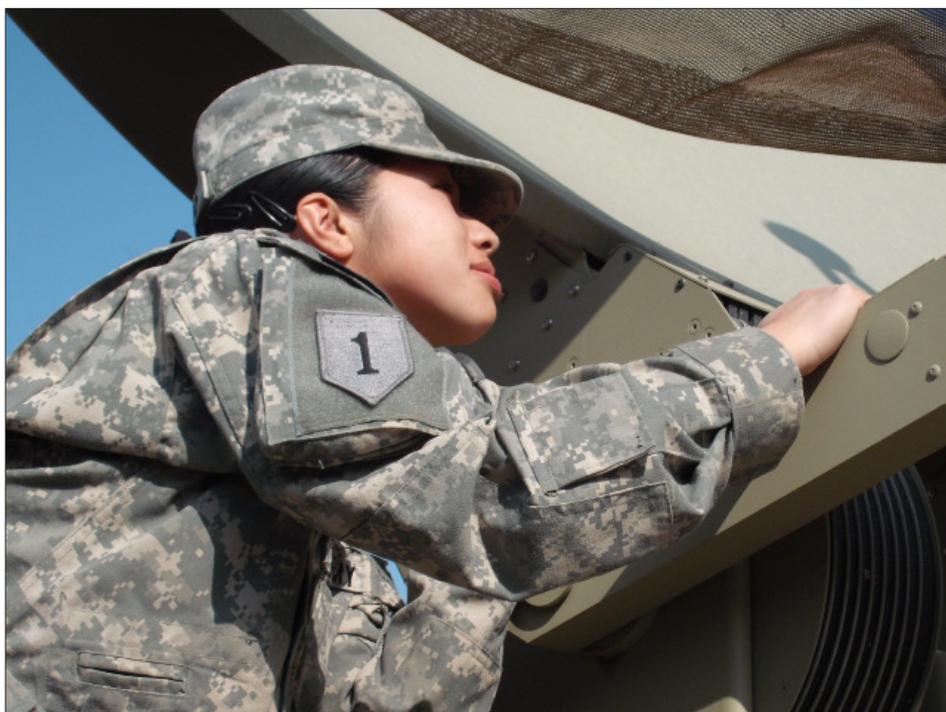


Photo By Spc. Brandon Sandefur

Sgt. Joelyn Veratio, 3-1 STB Soldier, checks to make sure a high powered amplifier is working properly at Forward Operating Base Fenty, Afghanistan.

201st BSB Soldier joined the Army for a challenge

*Story By Spc. Brandon Sandefur
3rd BCT, 1st ID, PAO*

Spc. Emily Mix a combat medic with 201st Brigade Support Battalion from Athens, Ohio, joined the Army because she needed a challenge. Coming from a home with 10 children and being home-schooled her entire life, she felt the need to get out into the world and do something with a purpose.

Mix does something that has a very significant purpose, not just in the Army, but in general. She saves lives.

Mix is a Combat Medic (68W) whose main job consists of treating minor injuries, fractures and shrapnel wounds on a daily basis. The violent territory of northeastern Afghanistan no doubt keeps the young Soldier very busy and has given her a lot of on-the-job training. She is also presented with a difficult challenge, keeping



Photo By Spc. Brandon Sandefur

Spc. Emily Mix, A medic with 201st Brigade Support Battalion checks a Soldier's heart beat during sick call hours at Foward Operating Base Fenty., Afghanistan.

Our main goal, though, is keeping healthy Soldiers on the battlefield."

Combat medics have a de-

and treat patients, Americans and Afghans, alike.

Mix says they perform two sick call periods daily in addition to the many responsibilities they have throughout the day. After working such long hours, it is no surprise the medics take full advantage of their off time.

"We don't get a lot of free time, but when we do we usually just catch up on sleep," Mix said. "Sometimes we'll watch a movie or take care of personal stuff, but usually we catch up on sleep."

Whether or not she'll make a career out of the Army isn't for sure yet, but wherever she goes she certainly has a much needed skill. Ideally Mix wants to pursue a career in physical therapy, either through the Army's physical therapy school, also called the "N9" school or in physical therapy at a hospital or clinic in the civilian world.

"Our main purpose as a combat medic is to sustain a fighting force. Everything we do is centered on that."

Spc. Emily Mix, BSB Medic

our fighting Soldiers in the battle to keep the unit combat effective so they can complete the mission.

"Our main purpose as a combat medic is to sustain a fighting force," Mix said. "Everything we do is centered on that. Additionally, we take care of sick people with health issues. Generally the minor injuries we see are people that are sick, having coughs and things like that. We also treat minor cuts, rolled ankles, problems like that.

manding schedule, then add in the stress and nature of the work and you have a difficult deployment for even the most experienced Soldiers.

Mix explains that a typical day working is in twelve-hour shifts with breaks only to eat and use the restroom. Work starts at 7a.m. and continues until 7p.m. Throughout the day, combat medics have to pick up medically evacuated Soldiers from the flight line, assist the other medics if they need help

1-6 Centaurs build rapport with locals



Photos By Spc. Brandon Sandefur

A 1-6 Field Artillery medic shows a local national how to remove an Intravenous (IV) after receiving medical care for dehydration.



A dehydrated local national is administered an Intravenous by 1-6 Field Artillery Soldiers during a dismounted patrol in the Kala Gush area of Afghanistan.

*Story by Pfc. Charles Wolfe
3rd BCT, 1st ID, PAO*

Locals throughout the Kala Gush area are getting a chance to welcome their newest set of neighbors, the Soldiers of the 1st Battalion, 6th Field Artillery Regiment.

While patrolling in local villages, the artillerymen often administer aide and meet with local leaders.

“Generally, we go in with the purpose of trying to find out if everything is going alright, to see the quality of life,” 1st Lt. Dash Ballarta, maneuver platoon leader, said.

Dismounted patrols present the best chance for interaction with nearby residents. During a recent visit to a Nuristan village, the Soldiers demonstrated their concern for their provincial natives when a local national was found lying near the side of a road. He appeared physically stressed, exhausted, and in need of first aid. On a day when the sun beat down hard across the

landscape, his health was at risk.

The Soldiers quickly tended to the local.

“We helped out a villager on the side of the road who was dehydrated. We were able to give him some first aid and get him on his way,” Ballarta said.

A positive rapport with local villagers is a prime mission objective for the battalion.

“By building those relationships with the local populace, we’re hoping the villagers will come forward with information we need to be successful,” Ballarta said.

Though 1-6 touched down in Nuristan only a short while ago, they’ve made notable progress in their relations with locals.

“I think we’ve been making a lot of headway by building confidence in the people, making ourselves available and open to them.” Ballarta said.

The 1-6 Soldiers know each interaction with the surrounding Afghans is important and provides an opportunity to bolster their relations with U.S. forces. As communication increases and trusting, working relationships are formed, the battalion

“We care about helping them to help themselves.”

*1st Lt. Dash Ballarta
Maneuver Platoon Leader*

hopes enemy forces will be less effective in the area.

“Our mission goals are to increase the security and confidence in Coalition forces as well as to reduce the impact of anti-Afghanistan forces,” Ballarta said.

The 1-6 Soldiers care about more than just their mission, they’re here to help support Afghanistan.

“We care about helping them to help themselves,” Ballarta said.



October Reenlistments

3-1 HHC Brigade

BELASCO AUDREY M
BOURNE CHRISTOPHER ALLEN
CRIGGER RANDY LEE
FLETCHER LOYD DONAVAN
MOODY JOSHUA MICHAEL
RYAN THOMAS LAWRENCE
WEBBER DAVID JUDD
WILKES FRANK ALEXANDER
WOODSIDE WOODY LEE

201st Brigade Support Battalion

ANDERSON TRACY LYNN (HHC)
BAILEY GARNETTE STVINCENT (B. Co.)
BANTON TERENCE GALE (A. Co.)
BLEDSOE MARIO DESHON (A. Co.)
BOGOLIA ANGELA MARIA (B. Co.)
CARPENTER SCOTT MILES (A. Co.)
COBURN CHRISTOPHER DENNY (B. Co.)
DRINKARD DANIELLE KRISTINE (A. Co.)
EDMONSON ANASTASIA DAWN (A. Co.)
FREEMAN SHARON DENISE (C. Co.)
GERONIMO GILBERTO ESTEBAN (HHC)
HARRIS BENJAMIN BROOK (A. Co.)
KENNEDY DEVON LEE (A. Co.)
MARTINEZ JESUS RUEDA (A. Co.)
MINOR DEMETRIES J (B. Co.)
MIRACLE JEAN DAVID (HHC)
RIDEAUX JUQUITA ANTIONETTE (HHC)
SANCHEZRIOS JORGE A A (HHC)
SCHEPPER LEANNE MARIE (A. Co.)
SEAL TASHA CLAI (C. Co.)
WELLS STACEY PILKENTON (B. Co.)
WHITE JENNY REBECCA (A. Co.)
WRIGHT VINCENT DESHAWN (C. Co.)

1st Battalion, 6th Field Artillery

ALEXANDER DENVER KISER IV (HHB)
ANDERSON JEREMY RYAN (A. Co.)
GAINES MICHAEL LEE (FSC)
GARCIA JESUS PINEDA (HHB)
GRAYSON JEREMY HEATH (A. Co.)
GREEN MATTHEW ALLEN (HHB)
HILL KAREEM RASHAD (B. Co.)
JOHNSON COREY (A. Co.)
LAROCHELLE GARLY (HHB)
PATRUNO JASON ANDREW (B. Co.)
RIVERA JUAN ANTONIO JR (HHB)
SLOVAK EDDIE THOMAS (HHB)
SORGATZ JEFFREY SCOTT (HHB)

1st Battalion, 26th Infantry Reg.

BLACKWELL WILLIAM HENRY IV (C.Co)
BRYANT JERRY WAYNE II (HHC)
BUNCE TROY ANTHONY (HHC)
CAMPOS RANDEL DANIEL (FSC)
FERGUSON ERIC T (FSC)
GRADICK JACOB ALAN (B. Co.)
JAMES KENNETH ROMELL DESHAW (FSC)
MAULDIN BRANDON LEE (FSC)
MONTGOMERY CECIL LYNDEL (B. Co)
SMITH CHRISTOPHER DANIEL (FSC)
SWIGERT TIMOTHY EDWARD (D. Co)
TEER BRADLEY GARRETT (FSC)
WINDLEY THOMAS MONTES (FSC)

2nd Battalion, 2nd Infantry Reg.

AKINES JOSHUA CLAY (D. Co.)
AMOAKO FRANCIS (FSC)
ARNOLD MAURICE ANTRON (FSC)
BOGGS WILLIAM FRANCIS (FSC)
BOOTH ROBERT ALLEN II (B. Co.)
CARTER BERNARD SHERMAINE (FSC)
CATES CHRISTOPHER BRYAN (FSC)
CHAPMAN JAMES AUDIE (C. Co.)
CORTESPEREZ JOSE J J (FSC)
CRAWFORD MICHAEL JAY (A. Co.)
CROWDER GEORGE ANTHONY (HHC)
ELFITURI TARIQ RAMADAN (D. Co.)
ERICKSON JARED DAVID (C. Co.)
ESPINOSARUIZ PAUL ANDREW AN (FSC)
GARCIA RUBEN JR (HHC)
HENDERSON BRANDON LEE (FSC)
KELLEY BRAYDEN ROBERT (HHC)
LOZANO ISAAC (D. Co)
LUGIBIHL DYLAN HARRISON (D. Co.)
MCAULEY TAVON JAMAR (HHC)
MCLELLAN JOEL RYAN (D. Co.)
OLIVER RICHARD CARROLL (FSC)
PATTERSON RANDY LYNELL (FSC)
PESSINK TIMOTHY EDWARD (HHC)
POWELL FREDERICK HENRY JR (C. Co.)
RODRIGUEZ JOSHUA JAMES (C. Co.)
VAZQUEZ LUIS DANIEL (C. Co.)
WATSON LAURIE DEAN (A. Co.)

6th Squadron, 4th Cavalry Reg.

ALLEN JEREMIAH NATHANIEL (D. Co.)
CRAIG TRAVEN GARETH (A. Co.)
CUSIMANO JEFFREY MICHAEL (B. Co)
DELMASTRO TRAVIS JOHN (A. Co.)
FILIP ZACKARY TAYLOR (HHT)
FOSTER GREGORY ALLEN (C. Co.)
GUNDRAN JEROME (D. Co.)
HALEY NICHOLAS JOHN (C. Co.)
HERSCHLER ROBERT OWEN III (B. Co)
ICE OLEN BURL (C. Co)
JEFFERSON BRIAN LEDEL (A. Co.)
KELLUM CHRISTOPHER G (C. Co.)
KREZMAN MICHAEL JEROME II (HHT)
LOVEJOY JESSE (HHT)
METCALFE MICHAEL LEWIS (A. Co.)
NALLEY CRAIG LEON (B. Co.)
OBERMIER EUGENE WALTER III (A. Co.)
RIBORDY DAVID PETER (HHT)
RODRIGUEZ NATHAN ANTHONY (A. Co)
RUIZ MIGUEL ANGEL (A. Co.)
SIM VANNAK RICKY (A. Co.)
STRICKLAND JOHN THOMAS (A. Co.)
WILLIAMS RICCARDO UNDRELL (HHT)

Special Troops Battalion

ALLEN RICHARD ERIC (A. Co.)
ANDREWS AMBER DEE (B. Co.)
BENDER MICHAEL ALAN JR (A. Co.)
BOBBITT KENYON TREMAYNE (A. Co.)
BROWN SHAWN MICHAEL (HHC)
DELEON RICARDO B JR (A. Co.)
ESSWEIN WILLIAM CORDARO (A. Co.)
FULLER MICHAEL GARY (HHC)
GRISHAM KENNETH EDGAR (A. Co.)
HALL JOSHUA ANDREW (A. Co.)
HENDERSON BRYAN CHARLES JR (HHC)
JONES BRADLEY JUSTIN (A. Co.)
LATKA GREGORY JOSEPH (B. Co.)
LORENZANO OSCAR NMN (HHC)
MCDONALD ANDREW WILLIAM (A. Co.)
MONTYABAILEY KATARINA (HHC)
NETTESTAD OLE CHARLES (HHC)
ROBERTS GREGORY WAYNE (HHC)
SCUDDER DONALD D (HHC)
SIDEBOTTOM STEPHANIE NICOLE (HHC)
TAYLOR DAVID WILLIAM (HHC)
VASQUEZBECERRIL RICARDO PAB (A. Co.)

Interested in Reenlisting?

**Contact your Battalion Career Counselor for
information on reenlistment opportunities.**