

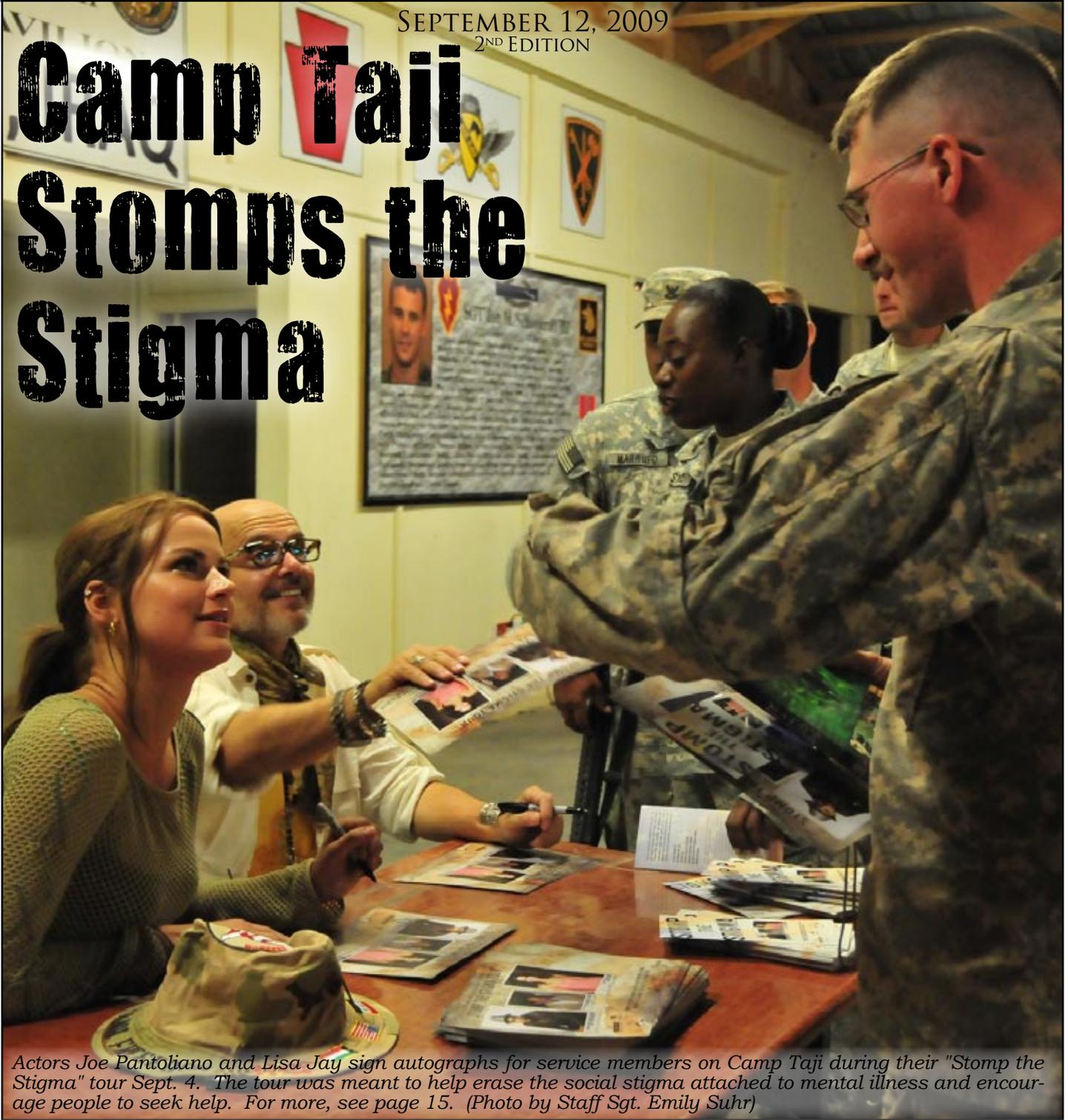


# Taji Times

CAMP TAJI, IRAQ INFORMATION NEWSLETTER

SEPTEMBER 12, 2009  
2<sup>ND</sup> EDITION

## Camp Taji Stomps the Stigma



Actors Joe Pantoliano and Lisa Jay sign autographs for service members on Camp Taji during their "Stomp the Stigma" tour Sept. 4. The tour was meant to help erase the social stigma attached to mental illness and encourage people to seek help. For more, see page 15. (Photo by Staff Sgt. Emily Suhr)

# September Contents

- U** **5** 1-82nd FA Solider returns to Camp Taji
- N** **6** Camp Taji Garrison Command celebrates Elvis Presley
- I**
- T** **11** 3-227th AHB Aviation Maintenance does it right
- S** **18** 4-227th ARB gets educated
- T** **20** 155th BCT Soldiers keep watch on Camp Taji
- O** **22** Find out what the Post Office has been doing
- R** **26** 3-227th AHB makes history
- I** **29** 1-227th ARB and Iraqi soldiers strike a partnership
- E**
- S** **30** 56th SBCT Strykers earn their spurs

- B** **6** New shops open on Camp Taji
- A** **7** Camp Taji celebrates Women's Equality
- S** **8** North Taji opens a new MWR facility
- E** **9** Operation: Back to School gains steam
- V** **12** Camp Taji Runs from Rabies
- E** **10** Camp Taji Combatives Tournament - find out who won
- N** **15** Camp Taji 'Stomps the Stigma' to promote mental illness awareness
- T**
- S**

## Every Month

- 3** Safety information 3
- 14** Provost Marshall comments 14
- 14** Sudoku Puzzle 14
- 16 & 24** Camp Taji at a Glance photos
- 25** Chaplain's Corner and Religious Info
- 27** Fire Dept. Info
- 28** This Month in History
- 31** Camp Taji Hours and Phone Numbers
- 32** Combat Stress Info

## Also This Month

- 4** Remembering 9/11
- 13** Celebrate Hispanic-American Heritage month
- 17** Supplement the situp with these core workouts
- 19** Find out what superfoods you're missing out on
- 21** MWR FAQs and events
- 23** Ever thought of becoming a teacher? Find out how you can
- 26** Camp Taji's new Education Center
- 27** Celebrate the Air Force's Birthday

# SAFETY NOTES

By Sgt. Matthew Russell  
Camp Taji Safety NCO

**H**ello all. Thank you for another safe month. I want to remind everyone of something that is very important when conducting any type of digging. It is the unit's responsibility to ensure that all dig permits are in place. If a contractor is conducting the digging, the unit's contracting officer is to visually check the appropriate documentation and ensure that the area has been checked by RMS for underground wires.

Also, each unit's safety personnel should do a walkthrough of the living quarters and work areas to check for electrical hazards. The Garrison Command has found numerous discrepancies in several areas. If you need new power strips or European adaptors, please contact Base Support and request these items. It is imperative that everyone is aware of the proper procedure for using power strips, transformers and plug adaptors. Please do not splice wires or use broken or damaged power strips. There was an incident last week where a Soldier received a shock from doing this. Fortunately, the Soldier was not severely injured. This is a growing problem and needs to be addressed before it is too late.

There is a monthly safety meeting on the first Tuesday of every month at 10 a.m. This meeting takes place in the large conference room in the MWR building 103. A safety representative from each unit and/

or contractor is asked to attend. The monthly safety meetings are a great way to ensure that everyone is informed of what safety hazards other personnel are facing. If you know what others are having problems with, you can avoid such hazards and ultimately save lives and delays in the progress of your mission. I will send out an e-mail reminder to those personnel that I have contact information on. If you would like to be on this distribution list, e-mail myself or Capt. Lindley.

Again, I would like to congratulate everyone on a safe month here at Camp Taji. We are approaching the winter months and temperatures will be dropping soon. Please remember to stay hydrated and watch out for each other. Take frequent breaks while working outside and dress appropriately. If you need any assistance from the Garrison Command, please contact myself or Capt. Lindley at the below phone number or e-mail address/addresses.

Taji Mayor Cell Safety POC:

Capt. Brent Lindley

NIPR: [brent.lindley@iraq.centcom.mil](mailto:brent.lindley@iraq.centcom.mil)

SIPR: [brent.lindley@s-iraq.centcom.smil](mailto:brent.lindley@s-iraq.centcom.smil)

NVOIP: 834-3148

SVOIP: 242-6233

Sgt. Matthew Russell

NIPR: [matthew.j.russell@iraq.centcom.mil](mailto:matthew.j.russell@iraq.centcom.mil)

SIPR: [matthew.j.russell@s-iraq.centcom.smil](mailto:matthew.j.russell@s-iraq.centcom.smil)

NVOIP: 834-3148

SVOIP: 242-6233



## Buy and Sell on Camp Taji

Just arrived on Camp Taji and your room is looking bare? Getting ready to leave and need to unload



some stuff? Visit [www.FOBexchange.com](http://www.FOBexchange.com)

to buy and sell anything from refrigerators

to bikes to video games.

Register for an account, choose "Iraq" and "Camp

Taji", then either post an ad to sell,

or browse for something you

need. It's that easy!



# Remembering 9/11. Celebrating a nation that came together in the face of tragedy

By Staff Sgt. Emily Suhr  
155th BCT

Photos courtesy of NYmag.com

On Sept. 11, 2001, four U.S. airplanes were hijacked by terrorists and used as weapons to commit the worst act of terrorism on U.S. soil. 2,974 innocent people were killed.

Facing such hate and devastation, Americans united and reached out to one another. Organizations and neighbors opened their doors offering food, shelter, medical assistance and a shoulder to cry on to everyone in need. Thousands lined up to donate blood, money and time. Firefighters and police officers from around the country flew to New York to replace the more than 400 emergency responders who were lost to

the burning towers.

Across the world, nations offered their support, many caring for the American passengers of hundreds of stranded planes unable to enter the U.S.

"An attack on one is an attack on all," NATO Secretary-General Lord Robertson said Sept. 12, 2001.

In the days following the attacks, memorials and vigils were held around the world. Monuments, scholarship funds and charities were established proclaiming to the world that the names of those who died would not be forgotten.

On the day of the attacks, New York City mayor Rudy Giuliani proclaimed, "We will rebuild. We're going to come out of this stronger than before, politically stronger, economically stronger. The skyline will be made whole again."

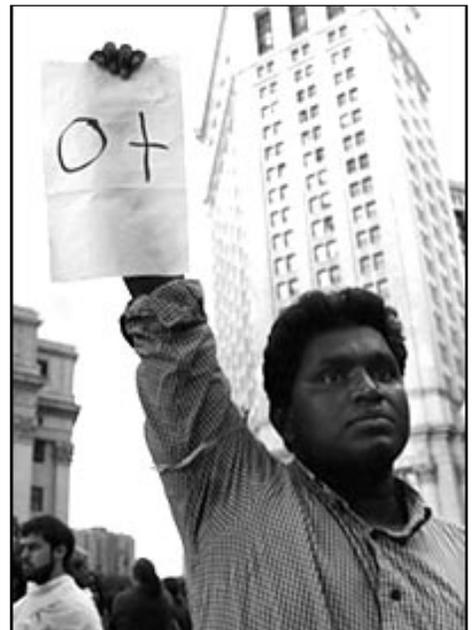
This Sept. 11, remember not only those who lost their lives, but those left behind. Remember their strength, courage and compassion. Remember that in the face of such tragedy, unity was found. And remember the promise we all made, to never forget. 🇺🇸



One thousand motorcycle enthusiasts rode from Ground Zero to Woodstock, N.Y., in July 2002 in an initiative to raise money for Tuesday's Children, a non-profit group established to help victims' families



Nino's, on Canal Street, closed up shop as an Italian restaurant to become a non-profit organization dedicated to feeding -- for free -- police officers, firemen and other workers at the World Trade Center site. It continued the project throughout the year.



Thousands lined up in New York to donate blood Sept. 11, 2001.



More than 9,000 mourners showed up at the site of the World Trade Center October 28, 2009 to pay tribute to the victims of the September 11 disaster.



The Concert for New York City on October 20, 2001 raised \$14 million in ticket sales alone for the Robin Hood Relief Fund to aid the families of victims of the World Trade Center attack. Additional funds poured in by phone during the six-hour telethon. Paul McCartney spearheaded the project.

# FAMILIARITY GIVES SOLDIER AN EDGE

By Pfc. Adam Halleck  
1st BCT, 1st Cav.

“I like being a forward observer, don’t get me wrong, but there is nothing like having your boots on the ground and patrolling,” said 22-year-old Spc. Christopher Burrows. “It’s great to be working back in Taji, where we worked during OIF 06-08. We built a trust with the people here, and I’m glad we can continue it.”

Burrows’ familiarity to Taji gives him an extra tool in his arsenal. Currently on his second tour of duty in Iraq with the 1st “Dragons” Battalion, 82nd Field Artillery Regiment, 1st Brigade Combat Team, 1st Cavalry Division, Burrows has no regrets about his decision to join the military.

“My brother told me that when he joined the Army it was the best decision he had ever made,” explained Burrows, who has an older brother currently deployed in support of Operation Enduring

Freedom. After receiving his brother’s guidance, Burrows enrolled in the delayed entry program in 2005 and joined the Army after his high school graduation.

“When I joined, I felt that even though I was young I definitely needed to be straightened out,” said Pennsboro, W.Va. native Burrows, a forward observer assigned to Headquarters and Headquarters Battery, attached to Battery B, 1-82nd FA. “My brother told me that the Army instilled discipline in him, which is something I definitely needed.”

Now in his fourth year in the Army, Burrows is married with a stepdaughter and is expecting the birth of his second child soon. He feels the people of Iraq deserve the same rights that he and his family have back home in the United States.

“I think the Iraqi people have the right to live in a free country, but they first need to embrace the Iraqi Security Forces and the Government of Iraq,” said Burrows, who interacts with Iraqis daily.

Burrows deployed with the “Dragons” Battalion during Operation Iraqi Freedom 2006 to 2008 upon completion of One-Station Unit Training conducted at Fort Sill, Okla. Burrows and his comrades work in the same battle space today that he patrolled during the bulk of their 15-month rotation here. Returning to the Taji area is something Burrows definitely looked forward to when he found out the “Dragons” were moving to Camp Taji midway through their current deployment.

“It’s a great asset to be patrolling the same area that we did last tour,” said Burrows. “It amazes me to see the amount of growth this area has gone through since we first came here in 2006.”

Having the experience of one complete deployment and four years of military service does not go unnoticed with Burrows’ superiors.

“I trust Spc. Burrows with any mission I give him, he always executes anything I ask of him to the standard,” explained Crestview, Fla., native Staff Sgt. Roree Anderson, a platoon sergeant assigned to the “Dragons” Battalion. “He is one of the best Soldiers I have ever worked with.”

Burrows’ combat experience in his current area of operations is a vital asset for himself, his battle buddies, and his platoon, added Anderson. The familiarity and comfort that Burrows has with the people of Taji, as well as his ability and diligence, will provide himself and the “Dragons” many opportunities to succeed as the unit begins its final months of their rotation. 



*Spc. Christopher Burrows provides dismounted security with local Federal Police officers in Taji, Iraq, Aug. 23. (Photo by Pfc. Adam Halleck)*

# GARRISON COMMAND PARTIES LIKE A KING

By Staff Sgt. Emily Suhr  
155th BCT

As helicopters hummed overhead and military vehicles rumbled down the dusty streets, a familiar sound echoed in the darkness – Elvis Presley had arrived in Iraq.

Commemorating the day Elvis died, Soldiers from the 155th Brigade



Capt. Christopher Clark, the assistant operations officer of the Camp Taji Garrison Command, shakes a leg during the 155th BCT Elvis tribute party. (Photo by Staff Sgt. Emily Suhr)

Combat Team, Mississippi Army National Guard paid tribute to “The King” during a rooftop party on Camp Taji, Iraq, Aug. 16.

Stationed out of Tupelo, Miss., the 155th BCT’s headquarters is only a stone’s throw away from the place Elvis was born.

Celebrating in their unique “Dixie Thunder” style, the 155th Soldiers sang karaoke, played “Elvis Trivia” and dined on some of Elvis’ favorite foods, to include peanut butter and banana sandwiches and cheeseburgers.

Col. John M. Rhodes, the 155th BCT deputy commander and the Camp Taji garrison commander, kicked off the event with an introduction worthy of “The King.” Lt. Col. Steve Floyd wowed the crowd with a number of Elvis’ popular tunes and Capt. Brent Lindley stumped even the most die-hard Elvis fans with his trivia questions.

As the night wound down, karaoke made way for a movie screen where Elvis’ 1973 “Aloha from Hawaii” was



Command Sgt. Maj. Sylvester Bolton, the command sergeant major of the Camp Taji Garrison Command, serves barbecue beans to his troops during the Elvis tribute party. (Photo by Staff Sgt. Emily Suhr)

shown. The original concert aired to more than a billion viewers across the world, but on a quiet night in Iraq, the Soldiers from Mississippi showed what it really means to be a fan.

Set atop the Garrison Command building, the “155th BCT Tribute to Elvis” was a party that would make “The King” himself proud. 🇺🇸

## NEW SHOPS OPEN ON CAMP TAJI

Three new shops have opened on Camp Taji thanks to the Iraqi-Based Industrial Zone. I-BIZ helps local Iraqi businesses establish themselves by providing them the opportunity to set up shops on Coalition bases. It also allows Coalition Forces to support the local Iraqi economy.



The Al Khalid Sew Shop, which opened Aug. 15, sells clothing items, perfumes, jewelry, watches, make-up, Sunglasses and more.



Taji Home Depot, which opened July 15, sells hardware and lumber, and has a contractor yard



The Tejas Lounge, which opened Aug. 10, sells drinks, cigars and games, and also has a lounge with TV and tables for hanging out.



Nearly 300 runners from across Camp Taji participated in the Women's Equality Day 5K run Aug. 22. Petty Officer 2nd Class John Marotta won the men's category with a time of 18:45 and Capt. Traci Yamada of HHC, 4-227th ARB took first in the women's category with a time of 19:53. (Photo by Staff Sgt. Emily Suhr)

# Taji Celebrates Women's Equality

By Sgt. 1st Class Sheletha D. Quillin  
155 BCT EOA

Soldiers from multiple Camp Taji commands gathered to observe Women's Equality Aug. 22. The events were sponsored by 10th Sustainment Brigade and 56th Stryker Brigade Combat Team.

Close to 300 runners and walkers lined up at 6 a.m. to begin the 5K. Prizes were handed out to the 1st, 2nd and 3rd place winners in the men's and women's categories courtesy of AAFES New Car Sales.

The evening kicked off with a gathering at the Taji Theater. Guests enjoyed finger foods and a delicious cake provided by the team at DFAC II. An invocation was provided by Chaplain (Capt.) Terry Leininger from



Chaplain (Maj.) Avrohom Horovitz from MNC-I shares an essay he wrote honoring women during the event Aug. 22. (Photo by Staff Sgt. Emily Suhr)

HHC, 328th BSB. This was followed by a lovely performance of the National Anthem from Spc. Sara Mancuso, also from C Co., 328th BSB.

The guest speaker, Master Sgt. Julie Killinger, is an active duty maintenance scheduling technician who grew up in Graham, Wash., and is serving with 821st ETS. She shared her outlook on women in the military from a personal and light-hearted perspective.

Guests were treated to a video presentation featuring the Adjutant General for Pennsylvania, Brig. Gen. Jessica L. Write. She was the first female to be appointed to such a position. The video highlighted military women performing in multiple operations in various environments as a testament to how diverse and integral their skills have become.

The evening included Soldiers performing original works of music and poetry too. 1st Lt. Adam Bell of HHC, 56th SBCT sang a song dedicated to the celebration as he played guitar. Sgt. 1st Class Vernon Williams, a U.S. Army Reserves NCO from Miami, Fla., serving with MNSTC-I as a senior combat advisor, recited his poem with a fierce conviction that captivated many in the audience. Spc. Christopher Bishop of HHC, 328th BSB performed his poem, which was awarded the first ever Taji Poetry Excellence Award. Sgt. Lizbeth Sanchez of HHC, 328th BSB read her heartfelt poem dedicated to her children. Spc. Djouslynn Labranche, an IRR Soldier attached to B Co., 328th BSB and proud mother of a 2-year-old son, delivered her poem with a



Sgt. 1st Class Vernon Williams, who read an original poem during the event, enjoys other's presentations Aug. 22. (Photo by Staff Sgt. Emily Suhr)

contagious enthusiasm that anyone could appreciate. Last but not least, Chaplain (Maj.) Avrohom Horovitz, who was visiting from VBC (MNC-I) shared a thoughtful and inspiring essay honoring women. The audience applauded all of the performers for their creativity, inspiration and participation in the celebration. All performers were also given gift certificates courtesy of AAFES New Car Sales.

Special thanks are extended to Capt. Sheri Patton of 328th BSB who volunteered to organize the evening celebration, our sponsors at AAFES, personnel at DFAC II, Sgt. Misty Ott for technical support, Spc. Christopher Quigley for his artwork and Sgt. 1st Class Toth and Staff Sgt. Frenkel for preparing the personal protection demonstration. 🇺🇸

# THE BURN PIT

## Bringing the MWR to North Taji

By 1st Lt. Christina Gilreath  
Photos by 1st Lt. Christina Gilreath  
508th MP

It is a long hike, or at least a cramped, stuffy bus ride, from North Taji to the main part of the Camp, where most MWR facilities and activities are located. There have been few opportunities for the Soldiers, Sailors and Airmen working at the Theater Internment Facility Reconciliation Center to interact on a social basis with other service members, due mostly to the lack of facilities within a reasonable distance.

A facility nearby would greatly

increase morale for members of the 508th Military Police Battalion, so they, in conjunction with the Mayor's Cell and RMS, met and worked out a plan to convert one of the unused warehouses to a brand new MWR facility, appropriately named "The Burn Pit" after the clouds of smoke wafting through the area every night. The facility opened with a ribbon cutting ceremony at 7 p.m. on Aug. 14, 2009. The ribbon was cut by the main facilitators of the new MWR, the 508th MP Bn. Chaplain, Chaplain (Capt.) Thomas Reeves, and by the 258th MP Co.'s 1st Lt. Daniel Jimenez.

Soldiers were already inside, making espresso, setting up a karaoke machine, playing video games and trying out the newly opened SPAWAR facilities in the building. As the evening went on, more Soldiers and Sailors came in to check out the new facility. They were uniformly pleased with what the facility had to offer in the way of activities and opportunities for socialization.

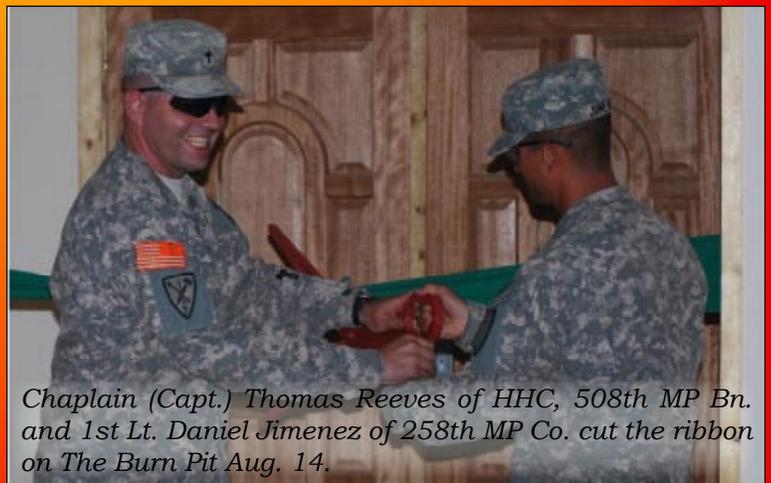
The new MWR is open daily 24 hours, and has board games, dominoes and books, as well as three plasma TVs, video games, and an espresso bar.



Staff Sgt. John Kendrick, 1st Lt. Christopher Brewer and Spc. Trevor Schneider, all with the 258th Military Police Company, play a video game Aug. 14 at The Burn Pit.



MMCM Timothy Armstrong of NPDB RIII shuffles cards Aug. 14 at The Burn Pit.



Chaplain (Capt.) Thomas Reeves of HHC, 508th MP Bn. and 1st Lt. Daniel Jimenez of 258th MP Co. cut the ribbon on The Burn Pit Aug. 14.



# Operation: Back to School

Camp Taji launches the "mother of all" school supply drives

By Staff Sgt. Emily Suhr  
155th BCT

When Air Force Lt. Col. E. Kent Wong's friends and family asked him what they could send him in Iraq, he wasn't really sure. There wasn't really anything the Salt Lake City, Utah resident could foresee needing. Possibly something for the Iraqi children he thought. He ended up launching a massive school supply drive designed to enhance the lives of hundreds of Iraqi children.

After arriving in late May, Wong, assigned to 821st Expeditionary Training Squadron, became inspired by an outgoing unit who had organized a school supply drive. Moved to action by the fact that summer was giving way to fall and the kids would soon be starting school, Wong contacted Chaplain Peter Stone and Chaplain Chris Weinrich, both with the 1st Air Cavalry Brigade, one Sunday after church.

"It's sounded like a great idea, a great thing to do," said Weinrich, a native of St. Louis, Mo., and a chaplain with 1-227th Attack Reconnaissance Battalion, 1st ACB. "(It was) a good opportunity to reach out to the kids of Iraq."

The three formed a small committee and began meeting each week to discuss the project. As time went on, the committee grew and the project gained momentum. They began reaching out to service members around base and to friends back home.

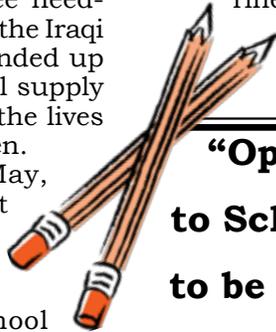
"Every person was like, 'yes, we want to do this. This is a great idea, how can we be a part? How can we help?'" said Weinrich, who arrived at Camp Taji for his first deployment in April.

Soon, the project spun into a Camp-wide school supply drive called "Operation: Back to School," combining the efforts of not just one unit, but of all service members and civilians on Camp Taji.

"It kept growing and here we are

today. We have a lot of people wanting to help out with this... They want to give supplies and also give their time," said Weinrich.

Along with bonding everyone on Camp Taji into a single project, Wong said, "We also thought that if every Airmen, Soldier, Sailor, Marine or contractor at Camp Taji could just donate one 'back to school' kit, we could probably fill



**"Operation: Back to School, it's going to be a great thing."**

**Chaplain Chris Weinrich**

an entire warehouse (with) school supplies that we could distribute to the kids."

Working with the Iraqi army, the committee hopes to distribute 10,000 "Back to School" kits to 200 local schools, making the drive the largest in Operation Iraqi Freedom history.

"The committee also decided, if we (are) going to do this community service project, we're going all out," said Wong.

There are several ways Camp Taji residents can get involved. The committee has put together a list of items that make up the "back to school" kits. Kit items should not have any political or religious messages imprinted on them, and should not be used. Friends and family members back home can pick up all the items in a kit for around \$8, place them in a large 2.5 gallon Ziploc bag, and then send the kits to individuals on Camp Taji. Units with designated "Back to School" representatives will collect the kits and drop them off at a still-to-be-

designated warehouse. People can also send the kits directly to Weinrich by e-mailing him for his mailing address ([Christopher.weinrich@iraq.centcom.mil](mailto:Christopher.weinrich@iraq.centcom.mil)). The committee is also collecting soccer balls, as soccer is a favorite pastime for Iraqi children. The balls should be deflated and sent with a small pump.

"The bottom line goal is we want to impact the lives of the local school kids. We want to show them that Camp Taji and the families and relatives back home also care for them," said Wong. "It is my hope that this humanitarian mission will also enhance our relationship with the Iraqi people for generations to come."

The project has already grabbed a lot of attention, with e-mails pouring in from people wanting to help and boxes of school supplies starting to stack up.

"It's been overwhelming," said Weinrich. "The response has been great."

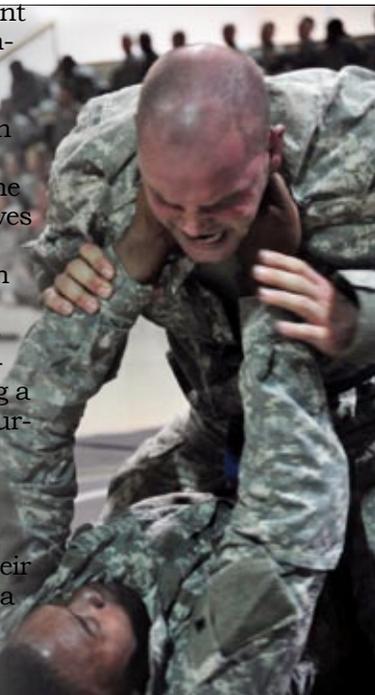
The project is scheduled to the end of the year. For any further information, contact Chaplain Chris Weinrich [Christopher.weinrich@iraq.centcom.mil](mailto:Christopher.weinrich@iraq.centcom.mil) 

## "Back to School" Kit contents

- 1 composition notebook
- 1 small box of colored pencils (not crayons)
- 3 plain folders with pockets
- 1 package of paper (wide rule)
- 1 blunt tip scissor
- 1 ruler
- 1 small pencil sharpener
- 1 large eraser
- 1 zipper pencil pouch
- 1 dozen pencils

# Camp Taji Combatives Competition

During a day-long tournament hosted by the 10th Sustainment Brigade, 93 competitors from across Camp Taji, Iraq, held each other down, flipped each other over and choked each other out Aug. 29 in an effort to claim the title of Camp Taji's 2009 Combatives Champion. Fighters used techniques taught through the Modern Army Combatives Program, a program that teaches Soldiers how to quickly take down an enemy combatant and keep him down. Using a double-elimination system, the tournament lasted about seven hours and in the end six winners were named. The combatives training program on Camp Taji has ended, but tenants wishing to improve their grappling skills can participate in a Jiu Jitsu class every Tuesday and Saturday at 8 p.m. in Bldg 621T. (Photos by Staff Sgt. Emily Suhr)



## The Results

### Lightweight (135 lbs & under)

- 1st: Spc. Jacob Rascon, 620th CSSB
- 2nd: Spc. Ryan Cannon, 1-111 Inf.
- 3rd: Pfc. Nathan Hickey

### Welterweight (136 lbs to 155 lbs)

- 1st: Spc. Jerrett Lacure
- 2nd: Spc. Anthony Flaminio, 2-127 Inf.
- 3rd: Sgt. Dundee Harris

### Middleweight (156 lbs to 170 lbs)

- 1st: 1st Lt. Errigardo Garcia, 620th CSSB
- 2nd: Pvt. Michael Scott
- 3rd: Spc. Eric Petrusky

### Cruiser weight (171 lbs to 185 lbs)

- 1st: Spc. Lionel Sierra, 3-227th AHB
- 2nd: Spc. Wayne Bogard, 115th BSB
- 3rd: Spc. Erick Nickel

### Light Heavyweight (186 lbs to 205 lbs)

- 1st: Sgt. Jonathan Herbst, 2-127th Inf.
- 2nd: Spc. David McHone, B 615th ASB
- 3rd: Spc. Douglas Adkins, 10th SB

### Heavyweight (206 lbs & up)

- 1st: Sgt. Corey Idrogo, 1-112 Inf.
- 2nd: Spc. Corey May
- 3rd: Sgt. 1st Class Jason Hunt, 1161 TF

# AVIATION MAINTENANCE

By Capt. Megan Hartley  
HHC 3-227th AHB

Cavalry men riding into battle on the backs of horses, fighting for what they believe in. Then in 1946, the U.S. Army retired the use of the horse. But what did they trade it in for? The UH-60L Black Hawk, the new horse of the Cavalry and the workhorse of Army Aviation.

Flying 80 hours a day, 560 hours a week, 16,800 hours a month, the 3-227th Assault Helicopter Battalion, 1st Air Cavalry Brigade, 1st Cavalry Division cranks out mission after mission, pushing these aircrafts to their limit every day. You might be asking yourself, by pushing these aircraft so hard every day, how is it that they keep flying? The answer is simple, often overlooked, and the workers are in a thankless job - maintenance.

Aviation maintenance is what allows the aircraft to fly every day. They work 24 hours a day to keep the missions going and to keep the aircraft fully mission capable. It is often the flight company crew chiefs have so much going



Spc. Durmiserich, Sgt. Tarazona and Spc. Sapia, all with 3-227th AHB, replace a tail wheel yoke. (Photo by Capt. Megan Hartley)

on they cannot handle the maintenance that arises, that is when Delta Company steps in.

Capt. Alexmi Lugo, the Delta Company commander, ensures his company takes care of the scheduled and unscheduled maintenance for all 30 of the UH-60 Black Hawks that are in 3-227th AHB. From simple tasks like a inoperative light to replacing a main rotor blade, they get the job done.

When Sgt. Roman, one of the maintenance squad leaders, was asked what his job was, he replied: "No matter how many different task they throw at us, we get it done... our main objective is to complete the task given to us without errors and as safe as possible."

In aviation, as pilots and crew chiefs, we depend on the Soldiers who do the maintenance; we put our lives in their hands. Because if the maintenance is done incorrectly and that aircraft goes out to fly and something breaks, it could be something simple or it could be something that could put you on the ground. In aviation maintenance there is no room for error.

Maybe I am just being bias, but I would put 3-227th AHB maintenance against all others any day of the week and be confident that they would come out on top. 🇺🇸



Spc. Scharq of 3-227th AHB works on a Black Hawk nose compartment. (Photo by Capt. Megan Hartley)



## Help us make the Taji Times better!

What type of things is your unit doing? We want to know! Send your stories, story ideas and/or photographs to [brent.lindley@iraq.centcom.mil](mailto:brent.lindley@iraq.centcom.mil) and/or [jonathan.white@iraq.centcom.mil](mailto:jonathan.white@iraq.centcom.mil) by the 1st of each month.

Photographs need to be in a JPEG or TIFF format. Please include a Microsoft Word document identifying who is in the photo (Identification = full name, rank, unit, duty position and hometown), what they are doing, when and where.

Don't forget to tell us who took the photos and/or who wrote the story!

# Camp Taji runs from Rabies

During a 5K run hosted by the 64th Medical Detachment (Veterinary Services), runners took to the streets of Camp Taji, Iraq, to further awareness about rabies. The disease can be found in many of the stray dogs in Iraq and can be deadly for humans. The first 60 males and 60 females who crossed the finish line received a T-shirt. (Photos by Staff Sgt. Emily Suhr)



### Males

- 1st Place : Sgt. Ryan Aston (MNSTC-I)
- 2nd Place : 1st Sgt. Matthew Vanausdoll (615th ASB)
- 3rd Place : Eric Shue (148th ASOS)

### Females

- 1st Place : Capt. Traci Yamada (4-227th ARB)
- 2nd Place : Anna Vanderploeg (294th ASMC)
- 3rd Place : Sgt. Kami Carpenter (294th ASMC)

**TAJI 10 MILER SHADOW RUN**  
**October 4, 2009**

Show Time: 0600Hrs.      Race Begins: 0700Hrs.

**Start and Finish:**  
**Schoolcraft Memorial Stage & Pavilion**

**T-shirts will be given to:**  
**400 registrants**

**Trophies will be awarded to:**  
**top 2 female and male runners**

POC: lee.davis@kbr.com & damir.haracic@kbr.com

# Celebrate Hispanic-American Heritage Month Sept. 15 - Oct. 15

By Sgt. 1st Class Sheletha D. Quillin  
155 BCT EOA

According to DoD, a Hispanic is a person having origins in any of the original peoples of Mexico, Puerto Rico, Cuba, or Central or South America, or of other Spanish cultures, regardless of race.

As author Thomas Weyr noted, "Hispanics are unlike any previous groups of immigrants, perhaps because so many do not consider themselves immigrants at all."

The term Hispanic refers to approximately 30 different nationalities. Many that the term is intended to refer to do not relate to the term Hispanic. They prefer to relate to the area where they or their ancestors originated. Some examples are Puerto Rican, Mexican, Cuban or other titles of Spanish/Hispanic origin; and they may be classified into any race category from white to black.

Even within the ethnic group, different terms exist. For example, when speaking of persons of Mexican ancestry, one might use the term "Mexican-American" to mean any person of Mexican origin living in the U.S., whether or not holding citizenship. That same person, if living in Texas, might prefer to be described as a Tejano or Texan and might consider being called Mexican-American derogatory.

Hispanics have been members of American society for over 450 years. Census publications readily admit, exact data on the Hispanic population in the U.S. is an estimate rather than precise. They may number 18 million or 20 million or even 30 million. Regardless of their num-

ber, they have established Spanish as a second language in the United States. They have built a new and vibrant Hispanic Catholic Church (approximately 80 percent are Roman Catholic) and encourage Protestant sects to compete for their souls. They are constructing a new culture and a new consciousness. They are making significant contributions in every aspect of American culture to include politics, entertainment, sports, military participation, science, art and music to name a few. They are

changing the



country.

More than 92 percent of all Hispanics live in cities. As of 2000 the following cities have the highest concentrations of Hispanics: Los Angeles - currently has the largest concentration of Hispanics at 9.6 million. New York - approximately 3.6 million, accounting for one-fifth of the city's population. Miami - representing almost half the city's population with 2 million. Houston - Hispanics number 1.6 million, approximately one-fifth of this city's population. Chicago - about 1.5 million, representing about 10 percent of the total population. San Francisco, Dallas and San Diego also account for approximately 900,000 to 1.5 million Hispanic citizens each.

At least four state names are of

Hispanic origin: Texas (from Tejas, land of tile roofs), Nevada (land of snow), Colorado (red land), and California (an imaginary island in Spanish folklore, an earthly state of flowers).

Hispanics can be classified as family and religiously oriented people. Many feel traditions are more important than accomplishments. Traditional families tend to be patriarchal (male dominated). Roles within the family are assigned based on gender and position. Older family members carry a great deal of authority, so grandparents or elders are highly re-

spected. One of the significant contributions

Hispanics have made in American culture is in our language. Did you know that these words in the English language originated as Hispanic words: cabana, macho, bonanza, mosquito, chocolate, tobacco, adobe, patio, plaza, poncho, vigilante, cafeteria, canoe, hurricane, cannibal, manatee, tomato, canyon, bronco and barbecue?

I'll surely be reminded of the Hispanic contribution to American culture when I no longer have to go to the "cafeteria" and sit next to someone who smells like "tobacco" and eats like a "cannibal." I'd rather be sitting on my "patio" biting into a juicy "barbecue" burger with a slice of "tomato," and sipping on a "Hurricane." "Mosquitoes" are not invited. Sound good to anyone besides me?

For more information on the Hispanic-American Culture, ask someone of Hispanic decent, or visit [www.deomi.org](http://www.deomi.org) and click on the poster for Hispanic American Heritage Month. 🇺🇸



# CAMP TAJI PROVOST MARSHAL

By Maj. Rob Edwards  
Camp Taji Deputy Provost Marshal

**W**hen moving about Camp Taji, I am quite frankly disturbed to see all the waste from our fellow Soldiers as they fill up our garbage cans around post. It is not the sheer amount of garbage, but what is IN the garbage that bothers me. Not that I blame Soldiers for chunking what they can't fit in their boxes and bags that they are bringing home. During a year of deployment we accumulate a lot of junk that we no longer want or can't sell. But what is especially disturbing are the blatant safety, OPSEC and common sense violations that I and others have found sitting in these piles of trash.

Concerning safety, I have found used batteries - I don't mean AAA or D-sizes - being carelessly and illegally thrown away. I am talking about the large caustic types that are clearly marked "properly dispose" or "do not throw away." I have also seen cans of paint and other hazmat being carelessly dumped. You can't do this at home, so don't try to do this here while we are guests in a foreign country.

As a matter of OPSEC, I have

found many uniforms - including T-shirts and boots - piled in the trash. To the Soldier they are unusable, but to the enemy they are valuable. The local national garbage collector goes through each pile of garbage before he dumps the load. It won't take a garbage can or two before he could have a full set of uniforms. A quick trip to the sew shop and now he has a full uniform either to wear or sell on the black market. Even better, if he found one of the many lost ID's that we get here at Taji (that is an article for another time), he now has full access to our post.

Also, your note pads and green books that you have used to write down your sensitive information and sketches must be burned and not thrown away. I have found books with sketches, grid coordinates, names of Soldiers and interpreters as well as friendly TTPs.

Now for the common sense part. I have found many Soldiers throw-

ing away their personal letters and packages from home with their home addresses still on them. Do you really want someone you don't know to have your personal letters, CDs of you and your family and home addresses?

What we consider trash the enemy considers a gold mine. While the enemy situation in the field has improved, I still read reports that state they are continually looking for a way to get onto our posts and kill us. If you are planning to leave, don't put the rest of our lives at risk by filling up the garbage cans with potentially deadly material. Don't aid the enemy - use your head for something other than to put your boonie hat on.

Supervisors do your job by not allowing your subordinates to violate Camp policy, OPSEC rules and basic common sense by policing up your Soldiers' garbage. We have to get it right all of the time... the enemy only has to get it right once. 

## Useful Suggestions

- HAZMAT: take items to Bldg 417
- OPSEC and personal items: burn or shred
- Uniforms, boots, T-shirts: take to your Supply Sergeant



The Gunny was slow to grasp the concept of "touch screen."

## SUDOKU PUZZLE

To Solve the Puzzle you must figure out how to place the numbers 1 to 9 exactly once each in every row, column and 3x3 box.

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

Answers on page 32

# 'Stomp the Stigma' comes to Camp Taji

By Staff Sgt. Emily Suhr  
 Photos by Staff Sgt. Emily Suhr  
 155th BCT

Led by actors Joe Pantoliano and Lisa Jay, and Psychiatrist Dr. Robert Irvin, service members from across Camp Taji, Iraq, gathered together Sept. 4 to stomp out the stigma attached to mental illness.

The trio came to Camp Taji as part of "Stomp the Stigma," a 12-day tour of American bases in Iraq designed to erase the social stigma attached to mental illnesses such as depression and PTSD by discussing them openly, thus making it easier for service members to seek help.

Pantoliano, an acclaimed actor best known for such roles as Ralphie Cifaretto in "The Sopranos" and Captain Howard in "Bad Boys" I and II, is the founder of the mental illness awareness organization "No Kidding, Me Too" and creator of a documentary with the same name, which he showed during the event. The film offered a very personal



Service members from across Camp Taji gathered at the John Schoolcraft Pavilion to see Joe Pantoliano's documentary "No Kidding, Me Too" and discuss mental illness.

look into the lives of several people suffering from mental illness, including Pantoliano, who has battled depression and ADHD for many years. The film detailed the struggles and feelings of isolation many people go through trying to understand and overcome their illness.

"I just wanted to kill myself because the pain was so excruciating that something had to give," said Pantoliano discussing his battle with depression after the film. "Either I had to get better or I had to die."

Discovering he had a diagnosable illness was one of the best things that ever happened to him, he said. It allowed him to realize and address many of his self-destructive remedies, such as alcoholism and drug abuse, and focus on healing himself.

"Today I have a light inside of me," he said.

Jay, a model and actress who has appeared on TV shows like "CSI: New York" and "Two and a Half Men," shared her own experience of growing up with a bipolar mother to the service members of Camp Taji and how it deeply affected her life.

"Whether you have a mental illness, or a friend does or a family member, it effects every single one of us. There's



Actor Joe Pantoliano discusses mental illness with service members on Camp Taji, Iraq, Sept. 4.

not a single person who doesn't know someone or knows someone who knows someone who this is affecting," she said.

Her feelings of isolation and fear of what others might think led her to lash out in harmful ways, rather than seek help.

"Once I got involved with 'No Kidding, Me Too,' it taught me to educate myself, and as I started being able to talk about it with other people, it's kind of been this big release," she said.

She encouraged the troops to do the same thing she has and talk about the things they've been through.

"You guys out here are so brave and you guys see things that none of us at home can even imagine... you guys need to have an outlet... even if you anonymously talk about what you're feeling (online). The thing is, you can't bottle this up," she said.

The trio reminded the troops they weren't alone and that a lot of people were rooting for them back in the States. They also praised the military for making services available to troops and urged the service members to be brave and come forward with their problems.

"If anybody is having desperate thoughts, if they're feeling like there are no options, if they feel like their situation is permanent, I'm here to tell you with a lot of years of experience... there is always another choice, there is always something that can be done," said Irvin, the medical director of McLean Hospital's residential program

See STIGMA page 22



Actor Joe Pantoliano signs autographs for fans on Camp Taji, Iraq, Sept. 4.

# CAMP TAJI AT A GLANCE



*Pfc. Gabriel Mason of B Co., 115th BSB, 1st BCT, 1st Cav., originally from Ventura, Calif., field tests his new headgear design at the Camp Taji, Iraq, pool for "Bronco Day," a day meant to give the Soldiers of B Co. an opportunity to unwind and refresh themselves. (Photo by Capt. Tiffany Morman)*



*Sgt. 1st Class Mike "Smoke" Hughes, a platoon sergeant from Danville, Pa., assigned to Btry B, 1-109th FA Regt., 56th SBCT, uses cleaning solution to clean the M777A2 Howitzer gun at Camp Taji, Iraq, Aug. 23, before U.S. customs officials inspect the weapon. (Photo by Staff Sgt. Mark Burrell)*



*Capt. Christopher Clark, the assistant operations officer for the Camp Taji Garrison Command, slices a piece of lamb during a dinner on the Iraqi side of Camp Taji, Iraq, Aug. 24. (Photo by Staff Sgt. Emily Suhr)*



*Spc. Kevin Hood, a Black Hawk crew chief in Co. B, 3-227th AHB, 1st ACB, 1st Cav., mans a 240B machine as he scans the terrain for possible hazards to his Black Hawk while heading to a training area near Baghdad, Iraq, Aug. 18. (Photo by Sgt. Travis Zielinski)*



*Discussing safety during sling load operations, Chief Warrant Officer 2 Stephen Wells (right), from University Place, Wash., a CH-47F Chinook pilot in B Co., 2-227th Avn. Regt., 1st ACB, 1st Cav., and 1st Lt. Michael Siddall (left), from Dallas, a quartermaster executive officer in 1st BCT, 1st Cav., look over the rigging and lines attached to equipment being lifted for training purposes Aug. 15. (Photo by Sgt. Travis Zielinski)*

# Supplementing the Sit-Up

## The Importance of Core Stability

Original by Lt. Col. Danny McMillian  
Adapted by Capt. Leigh Anne Swafford  
1st BCT

It's the middle event on the Army Physical Fitness Test. The two minutes of, literally, gut-wrenching effort known as the sit-up has been a part of physical readiness testing for generations of Soldiers. For a moment, let us take a critical look at the event, with an eye toward a more complete program of training the body's core muscles.

FM 3-22.20, Physical Fitness

Training, states that: "the sit-up event measures the endurance of the abdominal and hip flexors muscles." This is read before every APFT and is indeed true, to a point. It is a potentially misleading statement because, while it is a very good measure of the endurance of some of the abdominal muscles, it is a very poor test of some others that are probably even more important for human performance optimization and injury prevention.

To explain further the limitation

of the sit-up, we must first discuss the function of the muscles that support the spine and pelvis, also known as the "core." Skeletal muscles work either to move or prevent movement at joints around which they live. Most often we focus on the movement that muscles create because that is what is most apparent. Less obvious though is the "braking" force that muscles apply to joint movement. Without this braking effect, nearly all movement would be extremely sloppy

See CORE page 30

## Four for the Core: Basic core exercises to keep you strong

The lower spine and pelvis are the "core" of the body. This area must be stable so that the limbs have a fixed base from which to create powerful movements. The abdominal and back muscles form a supportive ring around the spine. You are only as strong as your

weakest link. So, we must train all these muscles, and in a manner that mimics their function. The following are basic exercises. These will require you to contract your abdomen upwards and inward toward your spine in order to maintain a slow and controlled motion.



**The Horizontal Side-Support (left and right):** Move to the side-lying position, supported by the elbow, forearm and fist. Make sure your shoulders, hips and knees make a straight line. Place your forearm underneath your shoulder and press into the ground with the supporting arm, then raise the trunk and pelvis straight upward. Hold this position for up to one minute.

**The Supine Bridge:** Lying on the back with knees bent to 90 degrees and feet on the floor, raise the buttock off of the ground until the trunk and thighs form a generally straight line. The spine must not arch to achieve this position.

**Progression:** With the buttocks still up, straighten the left leg until it comes in line with the trunk and thigh. Don't let the trunk and pelvic sag on the unsupported side. Hold this position for one minute. If the spine begins to sag, arch or tilt, lower to the start position, return to supported bridge position.



**Heel Taps:** Lying on your back with both feet off the ground and knees bent to 90 degrees, contract your abdominal muscles. Slowly lower the right leg until the heel touches the ground. Do not arch the back. If this causes pain, bend the knee as you reach out.

**The Swimmer:** The starting position is on the hands and knees with the back flat. Contract the abdominal muscles. Without rotating the trunk or arching the spine, straighten the left leg to the rear and the right arm to the front. Hold five seconds. Alternate arm/leg on subsequent repetitions for two minutes. The key to this exercise is controlled lowering and raising of the opposite arm/leg while keeping the rest of the body still.

**Progression:** starting position is prone. Contract the abdominal muscles. Without rotating the trunk, lift the left leg and the right arm. Hold five seconds. Alternate arm/leg on subsequent repetitions, repeating for two minutes.



*Sgt. Bismark Miolin, from Edison, N.J., an armament specialist on AH-64D Apache attack helicopters in Company D, 4-227th ARB, 1st ACB, 1st Cav., attends online classes Aug. 17, as he works toward getting a degree in engineering. (Photo by Sgt. Travis Zielinski)*



## Air Cavalry Leadership Provides Education Opportunities

By Sgt. Travis Zielinski  
1st ACB

Many things are less accessible to Soldiers deployed in Iraq, but getting a better education is not one of them.

At least that is the goal of the leadership of Company D, 4th Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division.

They had an opportunity to provide computer access for college and correspondence courses for their Soldiers on the hanger floor and took it.

Before the 1st ACB deployed, the pieces were already coming into place to provide the tools for a better education.

"We came up with the idea back at Fort Hood, we got some new computers in, which gave us some excess computers," said 1st Sgt. Lloyd Ankurm, from Salmon, Idaho, Co. D, 4-227th ARB, 1st ACB. "Having the excess computers allowed us to set this whole project up."

"The switches for internet access that we were given had extra lines available, so two lines were ran into each shop – armament, maintenance and the airframe shop," said Ankurm.

Everything is working out well for the education-at-work idea according to Sgt. Bismark Miolin, from Edison, N.J., an armament specialist on AH-64D Apache attack helicopters, in Co. D.

"It is pretty cool that the chain of command is helping us like

this," said Miolin. "I can prepare for my future outside of the military while I am in Iraq doing my job as a Soldier."

"Even before we left Kuwait the commander wanted the Soldiers to start enrolling in college, he signed off on anyone that wanted to take part of it," said Miolin.

Deployed Soldiers have a variety of places they can go to further their education, but most of these facilities are away from their primary place of duty. With a mission-first mind

set, having access to computers at the airfield gives Soldiers a greater opportunity to get school work done without trailing far from where the mission is.

"Having the computers down at the area where we work makes it really convenient, when we have down time between tasks I am able to go to the computers and work on my schooling," said Miolin. "I don't have to make arrangements with my supervisor to leave and go do a college class, having that accessibility makes it easy for all of us."

The chain of command is not forcing Soldiers to participate, but it strongly encourages that they do not waste a good opportunity.

"The response from the Soldiers is awesome, there are 15 Soldiers actively in college and four or five others working on correspondence courses for military education," said Ankurm.

"One of my things was, I wanted all of our junior Soldiers to knock out as much of their military education as they could for promotions," said Ankurm.

The program is not only helping those Soldiers who choose to take advantage of it, but also those who put it all together.

"It is good to have the ability to provide for the Soldiers, it is a good feeling knowing that we can do this," said Ankurm. 

**"I can prepare for my future outside of the military while I am in Iraq doing my job as a Soldier."  
Sgt. Bismark Miolin**

*Working on a computer provided by his chain of command, Spc. John Harmon, from Clayton, Ga., an aircraft structural repair specialist in Company D, 4-227th ARB, 1st ACB, 1st Cav., works on military education courses Aug. 17. (Photo by Sgt. Travis Zielinski)*





## Top SUPERFOODS for all-star heart health

By Shari Lopatin  
TriWest Healthcare Alliance

These top five “superfoods” from The American Dietetic Association (ADA) and the “Nutrition Action Health Letter” will not only make you feel good, but will help protect you against heart disease, the top killer of adults in the U.S.

1. **Beans.** The ADA says beans are truly a superfood because each tiny bean has a powerful combination of protein, fiber, vitamins and minerals. Researchers have also found that diets including beans may

reduce the risk of heart disease and certain cancers.

2. **Wild salmon.** The omega-3 fats in salmon can help reduce the risk of sudden-death heart attacks. Plus, salmon caught in the wild has less PCB contaminants than salmon raised on a farm.

3. **Mushrooms.** Stocked full of antioxidants that help protect cells from free radicals, which can lead to cancer and sometimes heart disease, mushrooms are a great source of potassium, copper and certain B-vitamins.

4. **Garlic and onions.** For greatest benefit, use the whole vegetable and stay away from onion and garlic powders. The ADA reports that research shows these two foods may help lower LDL (bad) cholesterol, control blood pressure, prevent life-threatening blood clotting, act as antioxidants to reduce cancer risk, and even promote immunity. You may need to eat one garlic clove daily to make a difference.

5. **Blueberries.** These fun little berries are bursting with antioxidants, more so than many larger berries. In addition to fighting off heart disease and cancer, blueberries can also fight aging. They’re loaded with dietary fiber and vitamins A and C.

**Surprise superfood: dark chocolate** - Eating heart-healthy can be a special treat, too. The ADA reports that recent research shows components of the cocoa bean and dark chocolate could positively impact the cardiovascular system, kidney function, brain health, immune system, diabetes and blood pressure. In fact, dark chocolate may help limit the build-up of plaque in arteries by lowering LDL (bad) cholesterol, raising levels of HDL (good) cholesterol and reducing blood pressure.

For more healthy tips and TRI-CARE-related information, visit TriWest’s Healthy Living Portal at [www.triwest.com/beneficiary/healthy\\_living](http://www.triwest.com/beneficiary/healthy_living).

## Nutritional Services Available on Camp Taji

Group classes and individual counseling available for Soldiers on topics to include, but not limited to: weight loss/weight gain, sports/performance nutrition, supplements, general nutrition and healthy eating, eating healthy at the Camp Taji DFACs, etc.

For more information please contact Capt. Julie Hess, Registered Dietitian at the TIFRC Clinic.

DSN 834-4330

[julie.hess@iraq.centcom.mil](mailto:julie.hess@iraq.centcom.mil)

## Camp Taji Hapkido/ Personal Protection Class

Learn how to use your hands and feet to defend and protect yourself from harm, pressure point compliance, joint manipulation, breakaways and disengagements, ground survival, and weapon disarms every Monday, Wednesday and Friday at Guardian Gym (Bldg 1132) at 7:30 p.m.

Classes are taught by one of the International Combat Hapkido Federation's Senior Instructors Petty Officer 1st Class Michael Rowe, a 6th Degree Black Belt who has been teaching more than 25 years

Everyone is welcome!

For more information e-mail [michael.rowe@iraq.centcom.mil](mailto:michael.rowe@iraq.centcom.mil)

# BDOC: KEEPING CAMP TAJI SAFE

By Staff Sgt. Emily Suhr  
155th BCT

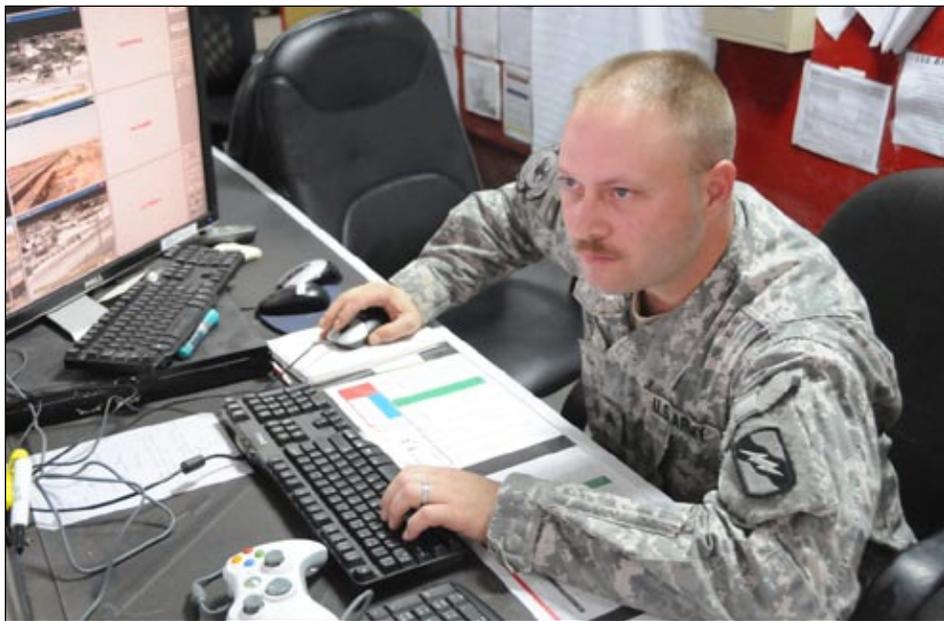
No matter the day of the week or special holiday, through sand storms and rain, illness and exhaustion, a small group of Soldiers from Mississippi faithfully stand their post, ensuring the tenants of Camp Taji, Iraq, always have a safe place to call "home."

Tasked with force protection, the 155th Brigade Special Troops Battalion, 155th Brigade Combat Team, based out of Meridian, Miss., tirelessly runs the Base Defense Operations Center.

The BDOC is made up of many moving parts. Two groups of six Soldiers work 12-hour shifts seven days a week to manage the security of Camp Taji, Iraq, in what Sgt. John Ford of Ethel, Miss., the second shift Battle NCO, calls "managing chaos."

BDOC Soldiers spend their days watching security cameras, monitoring radios and phones and tracking significant acts that take place within Multi-National Division-Baghdad. The BDOC also supervises the two firing ranges on Camp Taji and monitors the status of convoy routes around the base. On a good day that is all the BDOC Soldiers will have to do; most days though, the BDOC must deal with issues ranging from problems at the gate to a possible incoming round. That is when all the working parts come together.

In the few months the Missis-



Sgt. John Ford, a BDOC battle NCO, keeps a vigilant watch while on duty at the Camp Taji BDOC Aug. 27. (Photo by Staff Sgt. Emily Suhr)

sippi National Guard Soldiers have been at Camp Taji they have dealt with suspicious vehicles and bags, fires, missing weapons and more. Each situation is different and requires different action. The BDOC Soldiers must quickly assess the situation and direct all the necessary components, such as EOD, ambulances or the fire department, throughout the course of the situation. Everything is carefully logged so new information is readily available to everyone involved.

The BDOC works as a team and each position is as important as the next, from monitoring the Blue

Force Tracker to communicating over the radio to watching the cameras. The Battle Captain runs the BDOC. He is the one who will receive all the information and guide his team. His quick decision-making can mean the difference between an undisruptive day and a disaster.

The BDOC also monitors the

Command Post of the Future, an innovative system that allows the BDOC to have situational awareness throughout MND-B in real time. Through the CPOF, the BDOC can monitor unexploded ordnance findings, arrests and other incidents that could be dangerous to convoys and Camp Taji.

"It gives us real time information with updates and no delay," said Ford. "It allows us to make a faster decision."

Faster decisions mean getting the medevacs out faster and avoiding casualties on the road, he added.

The BDOC team is only part of the equation. 155th BSTB force protection companies man the gates that lead in and out of Camp Taji as well as various observation towers. Besides keeping a vigilant watch over Camp Taji day and night, the 155th Soldiers check IDs and run local nationals through retina scans and other security measures in order to allow them to work on base, easing relations between our two nations.

On the Iraqi side of Camp, the partnership continues as two 155th BSTB Soldiers diligently work with and train the Iraqi BDOC Soldiers so they can maintain their

See BDOC page 23



Capt. Adam Harris of Yazoo, Miss., a BDOC battle captain, receives a phone call while on duty at the Camp Taji BDOC Aug. 27. (Photo by Staff Sgt. Emily Suhr)

# MWR FREQUENTLY ASKED QUESTIONS

**1. Can our Unit get some equipment to support OFF the FOB camps (JSS, etc.)?**

The MWR staff is only able to support the facilities on Camp Taji as directed by the government

**2. Can you order new equipment (or a specific piece of equipment) for one of the Fitness Centers here?**

Currently the contract does not allow the purchase of new fitness equipment. We are allowed to replace a piece of equipment that has broken and cannot be fixed. (Keep in mind it takes a minimum of four months for new equipment to arrive).

**3. Can you move a piece of equipment from one facility to another?**

We understand not all facilities are equipped with the same equipment. Some facilities have newer equipment as well as different types of equipment; however, all the facilities contain comparable equipment. We do not move equipment from one facility to another as it ends up taking it away from more than those that benefit from it.

**4. Our unit would like to reserve the Pool for a unit function.**

The pool cannot be reserved exclusively for a unit; however, you are more than welcome to have a unit function at the pool with the understanding that the general public will still be able to use the facility.

**5. What is the dress code policy at the Pool, Fitness centers and other MWR facilities?**

Dress code policies are set by the Base Camp Commander. Signs may be posted at the facilities. Dress codes are enforced by the chain of commands

**6. We would like to reserve one of the MWR facilities for an event, who do we contact?**

Each facility controls the reservations for that facility; please contact the workers at the facility. If there is not a KBR direct hire available you can contact the Manager at [christoper.kalaher@kbr.com](mailto:christoper.kalaher@kbr.com). Reservations for the Jon Schoolcraft Pavilion can be made at building 103 or 93. Please provide a minimum of 48 hours advanced notice.

**7. My Unit is having a function and we require tables and chairs, can we sign them out?**

The MWR department does have chairs which units may check out for short time periods. The unit must provide the transportation of the chairs. There are only a limited number of tables in the MWR, so it is best to utilize other sources for tables. Please provide a minimum of 48 hours advanced notice.

**8. Why doesn't MWR provide officials for sports activities?**

The MWR doesn't provide officials for sports events as it is against contractual obligation. The MWR does provide the upkeep of the field/court for the contests. Also, MWR staff will provide an officiating clinic prior to all leagues and tournaments.

**9. Can I reserve the Pool for training?**

On a case by case basis some training

may be done at the swimming pool. The pool cannot be closed to the public for this training. Please obtain all the appropriate signatures to complete the Facility Request Form. Have your S-3 conduct a risk assessment and attach that to the Facility Request Form before submission to KBR MWR department.

**10. Can we get your old equipment for our unit to put in our MWR building?**

No, all government property equipment has to be turned into Materials Department Fair Wear and Tear section if it is no longer operable. There are strict guidelines to the disposal of the equipment and accountability must be maintained at all times.

**11. Can we reserve the top of the Mayor Cell building for events?**

Yes, contact Capt. Brent Lindley and send Facility Request Form to [brent.lindley@iraq.centcom.mil](mailto:brent.lindley@iraq.centcom.mil). 

## September MWR Events



**SPINNING CLASS EVERY TUESDAY AND THURSDAY FROM 1000 - 1100 AT GUARDIAN GYM (BLDG 1132)**

**COMBAT HAPKIDO CLASS EVERY MONDAY, WEDNESDAY AND FRIDAY FROM 1930 - 2045 AT GUARDIAN GYM (BLDG 1132)**

**STEP AEROBICS CLASS EVERY MONDAY, WEDNESDAY AND FRIDAY FROM 0630 - 0730 AT GUARDIAN GYM (BLDG 1132)**

**CO-ED COMPETITIVE INDOOR VOLLEYBALL EVERY MONDAY AND FRIDAY FROM 1900 - 2200 AT BLDG 621T**

**KARAOKE EVERY MONDAY AND FRIDAY FROM 1900 - 2300 AT BLDG 93**



**GUITAR LESSONS EVERY TUESDAY AND THURSDAY AT 1930 AT BLDG 680**

**BRAZILIAN JUJUTSU CLASS EVERY TUESDAY AND SATURDAY AT 2000 AT BLDG 621T**



**FOR A FULL MWR CALENDAR AND MORE MWR EVENT UPDATES, CHECK OUT [HTTPS://MNFI.INTRANET.IRAQ.CENTCOM.MIL/SITES/CAMP\\_TAJI/MAYORCELL/MWR%20EVENTS/FORMS/ALLITEMS.ASPX](https://mnfi.intranet.iraq.centcom.mil/sites/camp_taji/mayorcell/mwr%20events/forms/allitems.aspx)**

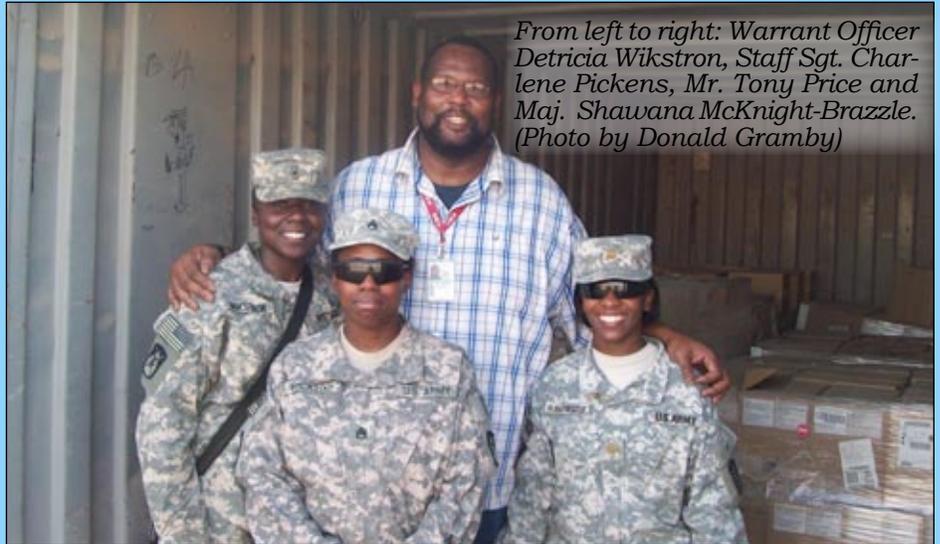
# The Tale of Two Tons of Tape

By Sgt. 1st Class Benjamin Nebroski  
4/38th HR Co.

**T**hrough a lengthy coordination effort by the 10th Sustainment Brigade HROB, 14,400 rolls of much needed packaging tape, weighing in excess of two tons, was finally delivered to the Camp Taji Postal Warehouse on Aug. 19.

A distribution plan for the tape has been developed and implemented to supply the APOs at Camp Taji, Camp Victory, FOB Hammer, FOB Falcon, FOB Prosperity and Mobile Postal Missions (MPS) for routine and upcoming holiday mailing efforts. The 10th SB HROB identified the tape requirement in early July when they realized the Automated Military Postal System (AMPS) was severely backlogged and they were required to procure the tape through standard supply channels. Tape is a necessity for the KBR postal employees and military postal clerks to package parcels and tuff boxes to be mailed through USPS and MPS systems.

This effort was made possible by the coordination and hard work of Maj. Shawana McKnight-Brazzle, Warrant Officer Detricia Wikstrom, Sgt. 1st Class Sonya Jones, Staff Sgt. Charlene Pickens, Spc. Raymond Burke, Spc. Jeremiah Peed and Spc. Jonathan Cabrera from the 10th SB and Mr. Donald Gramby, Mr. Tony Price, Ms. Serena Gibson and Lanchester Dardar from Mail Services, LOGCAP III, KBR Inc.



From left to right: Warrant Officer Detricia Wikstrom, Staff Sgt. Charlene Pickens, Mr. Tony Price and Maj. Shawana McKnight-Brazzle. (Photo by Donald Gramby)



Lanchester Dardar operates a fork-lift with boxes of tape Aug. 19 on Camp Taji, Iraq. (Photo by Donald Gramby)

## STIGMA continued from page 15

designed to meet the needs of those suffering with Bipolar and Psychotic Disorders.

"Mental health, and the difficulties people have with it, is not a character flaw. It is an illness. It is not a choice," he added.

Following the event, Pantoliano and Jay signed autographs and posed for photos with excited fans. Though they stayed late into the night, they still woke up early the next morning to participate in the "Run from Rabies" 5K. After the run, they spent the day learning about helicopters and medevacs with the 1st Air Cavalry Brigade



Actress Lisa Jay had service members sign her "Run from Rabies" T-shirt throughout her visit around Camp Taji, Iraq, Sept. 5. (Photo by Staff Sgt. Emily Suhr)

and MRAPs with the 2-107th Cavalry attached to the 155th Brigade Combat Team. They signed more autographs, posed for photos and continued to spread their message and hope for a stigma-free society. As the stars prepared to move north to continue their tour, they expressed their gratitude and awe for all the service members in Iraq.

"My life has already been changed, just being here a few days," said Jay. "This is such an honor and a privilege to be here with you guys; I can't even express that enough. Coming out here means a lot to us and everyone at home, because everyone at home really, really cares about you." 🇺🇸



# Troops to Teachers

## PROUD TO SERVE AGAIN

The Troops-to-Teachers program was established by the Department of Defense in 1994 to help improve public school education by providing funds to recruit, prepare, and support former members of the military services as teachers in high-poverty schools.

Under this program, the Secretary of Education transfers funds to the Department of Defense for the Defense Activity for Non-Traditional Education Support (DANTES) to provide assistance, including stipends of up to \$5,000, to eligible members of

the armed forces so that they can obtain certification or licensing as elementary school teachers, secondary school teachers, or vocational/technical teachers and become highly qualified teachers by demonstrating competency in each of the subjects they teach.

In addition, the program helps these individuals find employment in high-need local educational agencies (LEA's) or charter schools. A "high need LEA" is defined as an LEA that has a poverty rate of at least 20 percent or at least 10,000 poor children and has a high percentage of teachers teaching out of field or with

emergency credentials. In lieu of the \$5,000 stipends, DANTES may pay \$10,000 bonuses to participants who agree to teach in high-poverty schools.

A "high-poverty school" is defined as a school where at least 50 percent of the students are from low-income families or the school has a large percentage of student who qualify for assistance under the Individuals with Disabilities Education Act.

Members of the armed forces who wish to receive the program's assistance for placement as an elementary or secondary school teacher must have a baccalaureate or advance degree, and their last period of service in the armed forces must have been honorable. In selecting members of the armed forces to participate in the program, the Department of Defense must give priority to those members who have educational or military experience in science, mathematics, special education, or vocational/technical subjects and who agree to seek employment as teachers in a subject area compatible with their backgrounds.

For more information, [visit www.ed.gov/programs/troops/index.html](http://www.ed.gov/programs/troops/index.html) 



## BDOC continued from page 20

own base security.

Though now quite proficient in base defense operations, the 155th BSTB Soldiers are still fairly new to the job. As a brigade special troop battalion, their primary function has always been to support the brigade headquarters, said Maj. Glenn Adams of Amory, Miss., the 155th BSTB Operations Officer. The Soldiers have military occupational specialties ranging from combat engineers to signal positions. For most of the Soldiers, this is their first time dealing with security.

Adams credits First Army with helping them prepare for the mission during mobilization training at Camp Shelby, Miss., in the weeks before their deployment through various battle drills and mobilization readiness exercises.

The BDOC Soldiers also continue to train while deployed. They keep a playbook of battle drills and rehearse scenarios over and over again to ensure they will be ready for anything.

The regular training also helps keep the BDOC Soldiers interested in an often monotonous duty.

"We try to (keep the Soldiers interested) by rotating folks out," said Adams. "Like in a force protection company, we try and rotate them between cameras and gate guard, just cross train. Also getting everyone certified in different jobs, that way the monotony doesn't set in."

Soldiers also cross train with other units, learning new security systems, like Unmanned Aerial Vehicle-mounted cameras and the speaker systems on post.

"I love gaining knowledge and learning new things," said Ford. "I dig it. I love it. The more challenging the better."

As Soldiers come in off convoy or pack up their gear after a hard day's work, they can always know they are safe thanks to the efforts of the 155th BSTB BDOC Soldiers. 

# CAMP TAJI AT A GLANCE



Spc. Jose Capofont (left) and Master Sgt. George Morgan, both assigned to the 56th SBCT, 28th ID, Pennsylvania National Guard, size two-by-fours to cap off movable storage containers, on Camp Taji, Iraq, Aug. 22. (Photo by Pfc. Ali Hargis)



Before pulling the pins that hold a main rotor blade in position, Sgt. Russell Neal (right), from Lexington, Ky., an AH-64D Apache attack helicopter crew chief in Co. A, 4-227th ARB, 1st ACB, 1st Cav., and Cpl. Calvin Tran (left), from Garden Grove, Calif., also a crew chief in Co. A, position a blade sling so it can be lifted off for a 125-hour inspection on Camp Taji, Iraq, Aug. 22. (Photo by Sgt. Travis Zielinski)



Killeen, Texas, native Spc. Kenneth Melton (left), an artillery cannon crew member assigned to Btry B, 1-82nd FA, 1st BCT, 1st Cav., explains the different types of artillery rounds and charges to Kenton, Ohio, native Brig. Gen. John Murray, deputy commanding general for maneuver of the 1st Cavalry Division, during Murray's Sept. 1 visit to Firebase Mayhem. (Photo by Pfc. Adam Halleck)



Fairfax, Va., native Maj. Robert Hensley, the battalion executive officer assigned to 1-82nd FA, 1st BCT, 1st Cav., officially promotes 1st Lt. Ryan Feuge, a platoon leader assigned to Forward Support Company G, 1-82nd FA, 1st BCT, by removing his boonie cap and replacing it with a new one on Camp Taji, Iraq, Aug. 26. (Photo by Pfc. Adam Halleck)



Cannon crew member Pfc. Justin Torres from Naples, Fla., assigned to Btry B, 1-82nd FA, 1st BCT, 1st Cav., gets ready to load a Paladin M109A2 to fire illumination rounds from Firebase Mayhem, Camp Taji, Iraq, Aug. 23. (Photo by Pfc. Bailey Anne Jester)

# Chaplain's Corner

By Chaplain (Capt.) Chris Weinrich  
1-227th ARB



## Strengthening Your Deployment Time

*"Every post is honorable in which a man can serve his country."  
-George Washington, letter to Benedict Arnold, September 14, 1775*

The workout had been kicking my butt for the last hour. Will the pain and agony ever stop? I had the opportunity to PT with a group of awesome Soldiers hitting the P90X work out. The time spent sweating, hurting and wishing someone would have rescued me from this session made me appreciate the mission to strengthen my deployment time on Camp Taji.

What activities have benefitted your life spent on this deployment? Have you strengthened your time with excellent training missions, the gym, an MWR, chapel and/or the DFAC? YOU have the ability to make this deployment a memorable moment in your personal and professional growth. Let us take this time to evaluate our attitudes while we continue to serve our country in an honorable place like Camp Taji.

# ALCOHOLICS ANONYMOUS MEETINGS

Every Monday and Friday at 8 p.m.  
at the Tigris River Chapel (Bldg 119)



Alcoholic's Anonymous is a fellowship of men and women who share their experience, strength and hope with each other to overcome their addiction to alcohol.

*Ready to be baptized?*  
*Contact the Spirit and Truth*  
*Worship Chapel (Bldg 639) at*  
*834-1195 for more information*

# Chapel Service Times

### Tigris River Chapel (Bldg 119)

- Sunday
  - 0830 Catholic Mass
  - 0930 Traditional Protestant
  - 1000 Gospel (Ministry Center Bldg 130)
  - 1100 Contemporary Protestant
  - 1800 Liturgical Protestant
- Tuesday
  - 1900 Bible Study
- Thursday
  - 1900 Women's Bible Study
- Friday
  - 1200 Catholic Mass
- Saturday
  - 1800 Catholic Mass

### Spirit and Truth Worship Chapel (Bldg 639)

- Sunday
  - 1000 Gospel
  - 1800 Contemporary Protestant
- Tuesday
  - 2000 Dedicated Prayer Hour
- Wednesday
  - 1830 Bible Study
  - 1945 Praise/Choir Practice
- Thursday

- 1600 Ugandan Service
- Friday
  - 1800 Men's Bible Study
  - 1900 Pagan/Wiccan Open Circle
- Saturday
  - 1830 Women's Bible Study
  - 1945 Praise/Choir Practice

### Stryker Village Chapel (Bldg 1285)

- Sunday
  - 1000 Protestant
  - 1130 Lutheran Worship
- Tuesday
  - 1900 Revelation Bible Study
- Wednesday
  - 1200 Cawfee Tawk with Chaplain J
- Thursday
  - 1900 Porn Bible Study

### Guardian Chapel (Bldg 1132)

- Sunday
  - 0900 Contemporary Protestant
  - 1330 Ugandan Service
  - 1500 Contemporary Protestant
  - 1630 Christian Training/Education
- Monday

- 1900 Catholic Mass
- Friday
  - 1900 Catholic Mass

### Hope Chapel (Bldg 97)

- Sunday
  - 1100 Traditional Protestant
  - 1300 Church of Christ
  - 2200 Protestant
- Friday
  - 1900 Wicca/Open Circle
- Saturday
  - 1300 Catholic Mass

### Warrior Chapel (Bldg 510)

- Sunday
  - 1000 Protestant
  - 1400 LDS Service
  - 1830 Contemporary Protestant
- Saturday
  - 1000 Catholic Mass

### Surge Chapel (Bldg 1116)

- Sunday
  - 1000 Worship



Capt. De La Fuente, the OIC of the training mission, briefs the Iraqi Army Aug. 20. (Photo by Pfc. Ashley Reyes)

## Spearhead Battalion Makes History

By Pfc. Ashley Reyes  
3-227th AHB

On an Early Wednesday morning, reported as the deadliest day since the Iraqi government took over due to a recent vehicle-borne IED attack that claimed the lives of hundreds of Iraqi civilians, Soldiers from 3-227th Assault Helicopter Battalion, 1st Air Cavalry Brigade, 1st Cavalry Division exercised a training event with the Iraqi Army at LZ-QaQa. This training served as one step forward in furthering the United States military's efforts in strengthening their Iraqi partnership and was another moment in history detailing how Spearhead lead and taught the Iraqi Army some very valuable and useful training. Training that the Iraqi Army will use to increase their knowledge of military capabilities, in hopes that when the United States Military leaves Iraq, the Iraqi Army will be the ones who will uphold the discipline needed in order to capture enemy organizations, and establish solid security while backing up the Iraqi government.

"Go, Go, Go!" are the shouts from the Spearhead Battalion Soldiers giving the training. They are making sure the Iraqi Soldier can still function under pressure and still perform the cold-load training motions correctly.

"...Teaching the Iraqis was very exciting. Not everyone can say that they did something remotely similar to this," said Pfc. Christian B. Blankenship, from Reno, Nev., a fellow Joker door-gunner, expressing appreciation for his job.

During the training Blankenship, alongside Spc. Sarah E. Beauchamp, Spc. Ryan W. Frushour and Spc. Timothy J. Postemski, a small handful of the Bravo Company door-gunners, assisted in the learning process for the Iraqi Army to load and unload their Black Hawks.

"...By all the training the [Iraqi Army] attempted, they did well, just made minor problems that we were able to fix. I hope that one day they will be able to use and do well on all future missions. That the training we did teach them are applied and used, not just motions for the time being," said Spc. Joe C. Marquez from California. 

## Camp Taji Education Center



Get started on your education right now on Camp Taji at the new base education center!

Camp Taji will be opening a newly renovated Education Center in mid September. This will move the Education Center currently located in building 613A to building 509.

Shortly after the move, University of Maryland and Central Texas College will have field representatives on ground to start classroom based programs. University of Maryland will offer many Associate and Bachelorette programs. Central Texas College will offer several vocational programs such as EMT and Criminal Justice.

Soon to follow, the field representatives will be a test examiner, counselor aide and learning lab operator. This additional staff will increase the educational options to the community of Camp Taji by providing: on-site counseling services, on-site college classes, on-site assistance from field representatives, on-site GoArmyEd resolutions, increased testing availability and much, much more!

Please watch out for updates on the Taji All e-mail service and come visit us at our new location.

Call 834-3336 or e-mail [randolph.phelan@iraq.centcom.mil](mailto:randolph.phelan@iraq.centcom.mil) to find out more about the Post 9/11 G.I. Bill, financial aid, ROTC, unit education briefing opportunities, future college classes available on base and much more. 

## GI Bill Transferability Begins

The Post-9/11 GI Bill's option to transfer unused educational benefits to eligible family members became effective Aug. 1, and more than 25,000 service members pre-applied. The Defense Department's website for requesting the benefit at <https://www.dmdc.osd.mil/TEB/>, is accessible using a common access card, DoD self-service user identification or a Defense Finance and Accounting Service personal identification number. Spouses and family members must be enrolled under their service member sponsor in the Defense Eligibility Enrollment Reporting System (DEERS) to be eligible for the transfer benefit.

# Happy Birthday Air Force

## Celebrate 62 years of Air Force heritage this month

By Staff Sgt Emily Suhr  
155th BCT

The U.S. Air Force will be celebrating its 62nd birthday Sept. 18. Established as a separate branch by The National Security Act of 1947, the Air Force is charged with "prompt and sustained offensive and defensive air operations" for the United States in a time of war and peace.

Though a fairly new branch, the Air Force is the largest Air Force in the world with almost 550,000 members serving on active duty and in the Reserves and National Guard. It is also the most technically advanced Air Force in the world, piloting some of the most sophisticated manned and unmanned aerial vehicles in existence, including bombers, cargo transport aircrafts, observation aircrafts and fighters.

Though not an official branch until 1947, the Air Force boasts a rich history dating back more than 100 years. In 1907, two years after the Wright Brothers flew their first fully controllable aircraft, the U.S. Army established the Aeronautical Division of the U.S. Army Signal Corps. It would be another two years before they purchased their first plane. In those early years the future airmen were charged with overseeing all matters related to "military ballooning" and "air machines."

Through World War I, the aeronautical division began to grow, changing its name and mission a number of times before landing on Army Air Force at the start

of World War II. In 1939, the future Air Force consisted of 26,000 airmen and nearly 2,000 planes. By the end of World War II they peaked with more than 80,000 aircraft and 2.4 million people.

While the Air Force was downsized considerably after that, they continued to prove to the world their incredible value. In October 1947, Air Force Capt. Charles Yeager became the first man to break the sound barrier and in 1949 the newly created Air Force completed the first nonstop around-the-world flight. Air Force men served valiantly in the Korean and Vietnam wars, earning 17 Medals of Honor and 180 Air Force Crosses. The U.S. Air Force led the coalition air campaign during Desert Storm, which flew more than 100,000 sorties and dropped 88,500 tons of bombs, effectively devastating Iraqi brigades and preventing the resupply of Iraqi units.

Today Airmen are serving at bases around the world, including Iraq and Afghanistan. They perform many different jobs ranging from combat operations to hospitality duties. They continue to excel technologically and live their mission, "to fly, fight and win...in air, space and cyberspace." Happy birthday Air Force!



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prove to the  
October 1947,  
came the first  
in 1949 the  
the first  
men served  
wars, earn-  
Force Crosses.  
tion air cam-  
flew more  
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continue to  
mission, "to  
cyberspace."

## Camp Taji Fire Department

The Camp Taji Fire Department gives Fire Warden classes every Wednesday at 9 a.m. at Fire Station 1 (across from the Pax Terminal). The class is designed to teach assigned fire wardens their responsibilities, as well as proper use of a fire extinguisher, how to identify fire hazards and fire safety.

Malfunctioning fire extinguishers can be brought to Fire Station 2 (Bldg 507) during normal working hours for repair.

If you have general questions about fire safety, extinguishers, smoke alarms or fire warden training, call: DSN: 834-3372 / KBR: 713-970-5131



## *This month in history*

**September 2, 1945** - President Harry Truman declared V-J Day (Victory over Japan Day) commemorating the formal Japanese surrender to the Allies aboard the USS *Missouri* in Tokyo Bay.

**September 3, 1783** - The Treaty of Paris was signed by John Adams, Ben Franklin and John Jay, formally ending the American Revolutionary War between Britain and the United States.

**September 4, 1886** - The last major U.S.-Indian war came to an end as Geronimo was captured.

**September 5, 1774** - The First Continental Congress assembled in Philadelphia with 56 delegates, representing every colony, except Georgia.

**September 5-6, 1972** - Eleven members of the Israeli Olympic Team were killed during an attack on the Olympic Village in Munich by members of the Black September faction of the Palestinian Liberation Army. Israeli jets then bombed Palestinian positions in Lebanon and Syria in retaliation on September 8, 1972.

**September 5, 1975** - The first of two September assassination attempts on President Gerald Ford occurred as a woman pointed a gun at the president in Sacramento, California. Two weeks later, a second attempt occurred as another woman fired a shot at Ford in San Francisco. Ford was not harmed in either incident.

**September 5, 1997** - Mother Teresa died in Calcutta at age 87, after a life of good works.

**September 8, 1883** - The Northern Pacific Railroad across the U.S. was completed.

**September 11, 2001** - The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked then crashed into the twin towers of the World Trade Center in New York, the Pentagon in Washington, D.C., and a field in Pennsylvania, killing nearly 3,000 persons.

**September 13, 1814** - The Battle of Ft Henry in Baltimore Harbor occurred, observed by Francis Scott Key. He watched the British attack overnight and at dawn saw the American flag still flying over the fort, inspiring him to write the verses which were later coupled with the tune of a popular drinking song and became the U.S. national anthem.

**September 14, 1901** - Eight days after being shot, President William McKinley died from wounds suffered during an assassination attempt in Buffalo, New York. He was succeeded by Theodore Roosevelt.

**September 14, 1975** - Elizabeth Ann Seton became the first American saint.

**September 15, 1916** - Tanks were first used in combat, during the Allied offensive at the Battle of the Somme, in WW I.

**September 15, 1944** - The first entry of American troops into Hitler's Germany occurred as elements of the U.S. 7th and 5th Corps reached the southwestern frontier of Germany.

**September 16, 1620** - The *Mayflower* departed from England, bound for America with 102 passengers and a small crew.

**September 17, 1862** - The bloodiest day in U.S. military history occurred as the Confederate armies were stopped at Antietam in Maryland by the numerically superior Union forces. By nightfall 26,000 men were dead, wounded, or missing.

**September 20, 1873** - The New York Stock Exchange was forced to close for the first time in its history as a result of a banking crisis during the financial panic of 1873.

**September 22, 1776** - During the American Revolution, Nathan Hale was executed without a trial after he was caught spying on British troops on Long Island, his last words, "I only regret that I have but one life to lose for my country."

**September 24, 1957** - President Dwight Eisenhower ordered the National Guard to enforce racial integration of schools in Little Rock, Arkansas.

**September 25, 1690** - The first American newspaper was published. A single edition of *Publick Occurrences Both Foreign and Domestick* appeared in Boston, however, British authorities considered the newspaper offensive and ordered its immediate suppression.

**September 26, 1960** - The first-ever televised presidential debate occurred between presidential candidates John F. Kennedy and Richard M. Nixon.

**September 27, 1964** - After a 10-month investigation, the Warren Commission Report was issued stating a lone gunman had been responsible for the assassination of President John F. Kennedy in Dallas on November 23, 1963.

# 1st Air Cavalry Brigade, Iraqi Air Force Strengthen Partnership

*Photo by Sgt. Travis Zielinski*

*By Sgt. Seandale Jackson  
1st ACB*

Getting to know the Iraqi soldiers on a personal level is crucial to fostering a more professional relationship.

Soldiers of 1st Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Air Cavalry Division, have done just that.

Members of 2nd Squadron, Iraqi Air Force, who fly the UH-1H, better known as the Huey II, recently spent time with American pilots and maintenance technicians, to better understand how "First Attack" maintainers keep their aircraft aloft.

As the partnership between the 1st ACB and the fledgling Iraqi aviators grows, Soldiers on both sides help each other to cross language barriers and increase the flow of information.

As the U.S. and IAF aviators meet weekly, they now greet each other with hugs instead of handshakes.

During the 1st ACB's last deployment to Iraq in 2006, Lt. Col. Charles Dalcourt, the battalion's current commander from Baton Rouge, La., served as the deputy brigade commander.

It was then he began the relationship with the IAF and can recall their solo flight over Baghdad in August 2007.

"After the first visit, and surely after the second visit, they knew that we were both humble and sincere in our efforts to reunite and get together," said Dalcourt. "So that really enables us to get in and get going; to move the relationship past the professional perspective."

The purpose of the visit was three-fold – to foster a closer partnership, to celebrate the second anniversary of the 2nd Squadron's first solo flight and to focus on maintenance practices.

Now a plan is in place to share with them the importance of a consistent maintenance regiment.

"I want them to get out of it the sense of pride that we have in our aircraft ... we are just trying to show them how it can help them in their maintenance, using their team to facilitate making their maintenance better and a way to make them more successful on their missions," said Haas.

The 2nd Squadron was invited to a production control meeting and shown the intricacies of what

is required to maintain a group of aircraft.

The end result will be for them implement similar practices and achieve a higher number of fully-mission-capable helicopters, but Cavalry aviators say that cannot happen until the personal relationships develop.

"You don't exactly trust somebody that shows you a way to work, but if you know them as a person and what they stand for, and the camaraderie that goes with social events, I think it carries over better and (provides) a better base for (the) relationship," said Haas.

In the near future, both the Iraqis and U.S. pilots hope to fly Huey's and Apaches in formation over Baghdad, demonstrating the relationship between air assets of the Iraqi and U. S. Military, said Dalcourt.

"I would like to see the Iraqi air force grow to the extent that they're doing missions and conducting operations in support of Iraqi ground forces," said Dalcourt. "Be it air assaults, air movements or other missions that may entail greater coordination and greater synchronization between the two." 

**CORE continued from page 17**

and potentially dangerous.

Around the body's core, this braking action of the trunk muscles becomes extremely important for a couple of reasons. First, the spine and pelvis are the base of attachment for many muscles that power the arms and legs. Without a strong, stable base of support, using these muscles is like pushing an object while on skates. Secondly, the body's center of gravity is within the core area. Keeping it there leads to balanced, skillful movement. This is the job of the core muscles and they do it primarily by putting on the brakes.

But, back to the sit-up, it doesn't take electrodes and high-speed cameras to see that the sit-up is primarily about movement and not the braking of movement. From the word "Go," Soldiers are pulling their trunk off of the ground and flopping back to it as rapidly as possible. If this is the only training Soldiers do for their core muscles, they are most likely ill-prepared to safely manage the forces acting on their spine each day. In fact, the Australian army found that their Soldiers who scored best on a timed sit-up test were poor performers on a more functional test that measured their ability to hold the spine in stable positions.

So, what are Soldiers to do? First, PT leaders should add exercises that work the trunk muscles not challenged by the sit-up ("Four for the Core" exercises on page 17). Perform these exercises in a slow, controlled manner with emphasis on precision of movement and hold time. Don't worry about repetitions. Instead, stop and change exercises when proper form cannot be held due to muscular fatigue.

Second, compensate for the ill effects of doing too many sit-ups, too rapidly. This means "unloading" the spine through back stretches and preventing muscle tightness in the hip flexors by also stretching those muscles. Though it is a limited tool with which to assess function of the core, sit-ups will be a part of the APFT for at least the next few years and, thus, PT should involve some sit-up training. Soldiers can overcome the limitations of the sit-up through the following simple additions to their PT program.

If the "Four for the Core" exercises don't help, you might need to see your health care provider. Physical therapy can help reduce pain, promote healing and restore strength, function and movements so you can return to normal activity as quickly as possible. Your physical therapist will use the best available evidence-based practice techniques to treat your musculoskeletal conditions and can help you recover the use of joints and muscles through manual physical therapy (mobilization/manipulation), active supervised exercise and education.

Educational Materials Provided by your Army Physical Therapist, Army Medical Specialist Corps. 



*Lt. Col. Sean Reger (right), of Palmyra, Pa., commander of 2nd Squadron, 104th Cavalry, knights Maj. Lane Marshall, of Lebanon, Pa., the squadron's executive officer, Aug. 12. (Photo by Sgt. Doug Roles)*

## **Stryker Troopers Earn Combat Spurs**

*By Sgt. Doug Roles  
56th SBCT*

**T**roopers with the 2nd Squadron, 104th Cavalry Regiment, 56th Stryker Brigade Combat Team, are leaving Iraq with new spurs jangling from their combat boots.

In keeping with cavalry tradition, troop commanders conducted award ceremonies at the "Fiddler's Green" rest area of the squadron's footprint. The area is the namesake of a poem about the final resting place of all cavalry Soldiers.

"When a Cav. Soldier dies, he goes to a place called Fiddler's Green," 1st Lt. Duncan MacQueen, unit public affairs representative for the 2-104th said. "It's a place for the spirits of Cav. Soldiers."

Maj. Guy Smith, information officer for the 2-104th, explained that in peacetime, troopers can earn their silver spurs through a challenging process known as a spur ride. It tests physical endurance and Soldier skills, including land navigation, rifle marksmanship and a road march.

"The spur ride is what's done in peace time to earn them," Smith said. "It's usually pretty physically demanding."

Troopers of the 2-104th have earned their gold combat spurs with months of sweat and courage.

Presiding over spur ceremonies, troop commanders "knight" Soldiers with cavalry sabers, granting them the right to wear the spurs. Overall, commanders presented spurs to almost 800 troopers.

"All who are assigned to cavalry [unit] for a combat tour receive gilded spurs," Smith explained. "It's our entire squadron and then those who served with us." 



## Secretary of the Air Force visits Camp Taji

Tech. Sgt. Onnez Rodriguez-Massas of Ligonier, Pa., the Director of the 721 Aerospace Expeditionary Advisor Squadron, shows Secretary of the Air Force Michael B. Donley the cockpit instrumentation of an MI-17 helicopter during the secretary's visit to Camp Taji, Iraq, Aug. 27. The instrumentation, which is calibrated in meters and kilometers per second, differs from helicopters in the U.S., which are calibrated in feet and nautical miles per hour. The MI-17 helicopter is used for transportation and counter terrorism missions. (Photo courtesy of Tech. Sgt. Onnez Rodriguez-Massas)

# Camp Taji Hours of Operations

### PX

0700-2300 Daily

### Green Beans Coffee

24 Hours / 7 Days

### Subway

0900-2200 Daily

### Burger King

0700-0000 Daily

### Pizza Hut

1000-0000 Daily

### Cinnabon

0600-0000 Daily

### Taco Bell

0900-0000 Daily

### Popeye's

1000-2200 Daily

### New Car Sales

0900-2100 Daily

### Beauty Shop

0900-2100 Daily

### Barber Shops (3)

0900-1900 Daily

### Alteration Shop

0900-2100 Daily

### Photo Processing

0900-2100 Daily

### AT&T Calling Center

24 Hours / 7 Days

### Laundry Facilities (11)

0700-1900 Daily

### Post Office

0800-1800 Daily

### Finance Office

0900-1600 Mon - Sat

### Swimming Pool

0600 - 1900 (seasonal)

### Level II Medical Sick Call

0800-1100 & 1930-2200 Mon - Fri

0800-1000 & 1930-2130 Sat - Sun

Emergencies 24 Hours / 7 Days

(Patients must have a sick call slip signed by their 1SG or CMDR to be seen, unless an emergency)

## Camp Taji Phone Numbers

### Support

Mayor Cell work orders: 834-1351

Billeting: 834-1334

Base Support Operations: 834-3084

Dept. of Public Works: 834-3180

Chaplain's Office: 834-1049

Safety Office 834-3148

### Medical

Sick Call: 834-1358

Combat Stress: 834-1050

### Emergency Services

**Emergency 911**

Fire Department: 834-1000

Military Police: 834-3000

BDOC: 834-3417

## Dining Facility Hours

DFAC 1 - CSM Cooke

Breakfast: 0600 - 0900

Lunch: 1100 - 1400

Dinner: 1630 - 2000

Midnight: 2300 - 0030

DFAC 2 - Cantigny

Breakfast: 0630 - 0930

Lunch: 1130 - 1430

Dinner: 1700 - 2030

Midnight: 2330 - 0100

DFAC 3 - SGT Timothy H. Walker

Breakfast: 0600 - 0900

Lunch: 1100 - 1400

Dinner: 1700 - 2030

Midnight: 2300 - 0030



# CAMP TAJI COMBAT STRESS

## Clinic Classes:

~ Monday	1000	Anger Management
~ Tuesday	1000	Stress Management
~ Wednesday	1000	Relaxation
~ Thursday	1000	Conflict Resolution
	1500	Sleep
~ Friday	1500	Tobacco Cessation

All classes are held on a walk-in basis at the Combat Stress Clinic (Bldg 632). No appointment necessary

ADAPT (Alcohol Drug Abuse Prevention and Treatment) class will be held during the 3rd week of the month from Tuesday – Thursday 0830-1130. Service members must sign up the Monday prior.

## Clinic Services:

- ~ Individual confidential counseling
- ~ Suicide Awareness Briefings
- ~ Sexual Assault Briefings
- ~ R & R Briefings
- ~ Tobacco Cessation
- ~ Redeployment Briefings
- ~ Stress Management
- ~ Combat Stress Awareness

## Clinic Hours:

Mon – Fri 0800-1700 Closed from 1200-1300 for Lunch  
 Sat – Sun 0800-1200  
 For after-hour emergencies report to the TMC



Call the Combat Stress Team at DSN: 834-1050 or SIPR: 242-6950, e-mail [taji.55thMedicalCoCS@iraq.centcom.mil](mailto:taji.55thMedicalCoCS@iraq.centcom.mil), or stop by building 632 (at the corner of Sooner & 37th) to set up an appointment, get more information or just to visit

## SUDOKU SOLUTION

*Puzzle on page 14*

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

## TAJI TIMES INFORMATION



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TO SUBMIT ARTICLES, PHOTOS, OR STORY IDEAS,  
 E-MAIL EMILY.SUHR@IRAQ.CENTCOM.MIL  
 PHOTOS NEED TO BE IN A JPEG OR TIFF  
 FORMAT. PLEASE INCLUDE IN THE E-MAIL OR IN A  
 SEPARATE DOCUMENT: WHO IS IN THE PHOTO,  
 WHAT IS GOING ON WHEN AND WHERE IT WAS  
 TAKEN, AND WHO TOOK THE PHOTO.