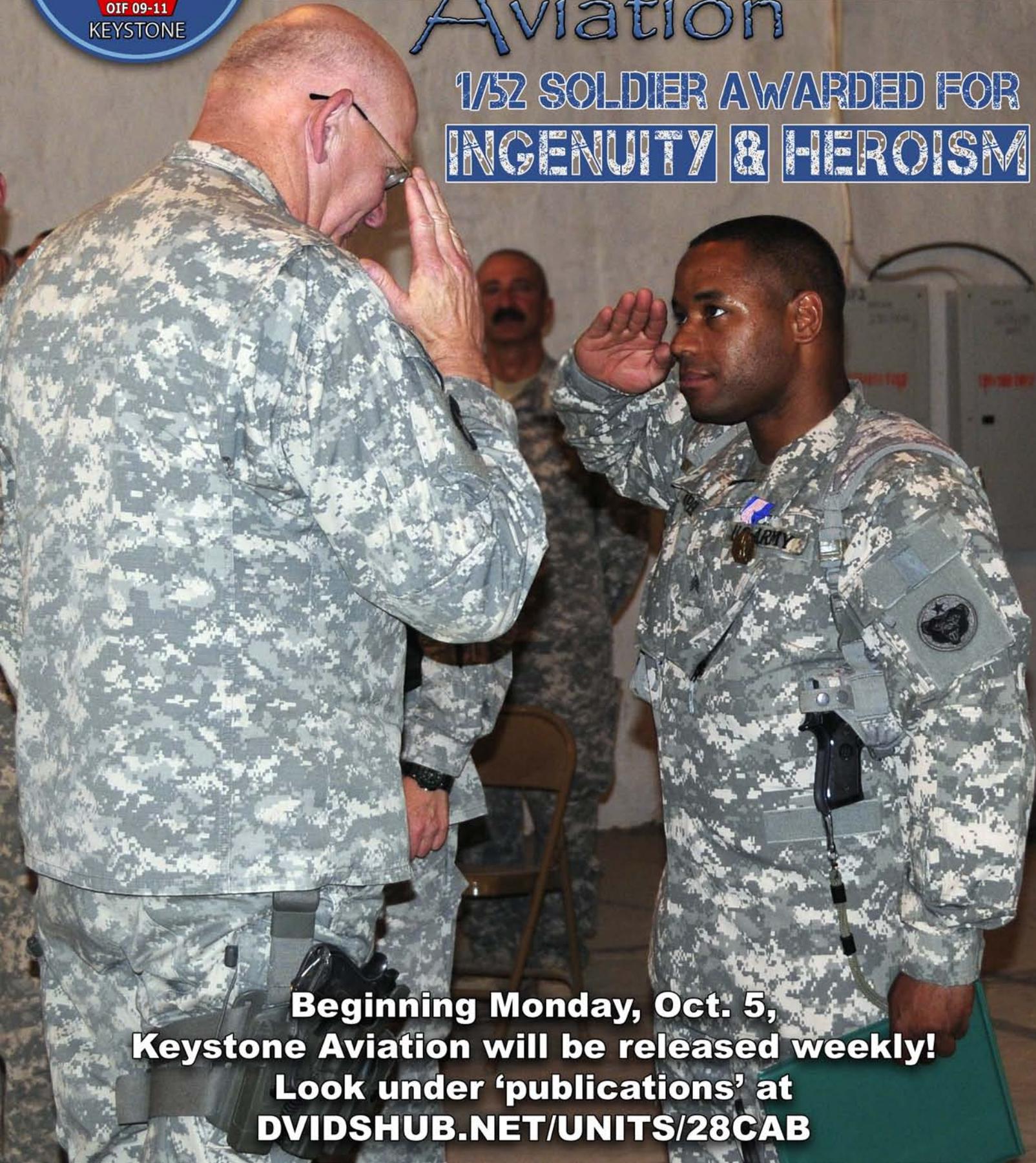




KEYSTONE

Aviation

**1/52 SOLDIER AWARDED FOR
INGENUITY & HEROISM**



**Beginning Monday, Oct. 5,
Keystone Aviation will be released weekly!
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KEYSTONE Aviation

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On the Cover:
Brig. Gen. Gerald E. Lang, Multi-National Division – South Deputy Commanding General of Support, congratulates Sgt. David A. Harper for earning the Soldier's Medal after presenting it to him in a ceremony at Camp Adder on Aug. 12.

(Photo by Sgt. 1st Class Jeffrey Mullett)

Keystone Aviation is the official monthly command information publication of the 28th Combat Aviation Brigade and Task Force Keystone. The contents are not necessarily the

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Deployment got you a little stressed?

Commentary by Lt. Col. Douglas Compton
28th CAB chaplain



ROUTINE

That's right, the life of a soldier is about getting the job done, staying focused on mission and leaning forward in our fighting position, but along with that "Groundhog Day" mentality comes boredom, frustration, anger and feelings of futility. The long, hot days and lack of creature comforts can make this deployment turn into a race for endurance with our Transfer of Authority. Sources of workplace stress can come from things such as role conflict, lack of job security, poor management, poor followership, overload, underload, minimal feedback and constant change.

COPING WITH STRESS

Negative coping can involve self blame, wishful thinking and avoidance.

Positive coping involves problem solving, the utilization of social support and finding the silver lining.

Since this will not be the only time that you must deal with stress in your life it would be a good idea to develop some coping skills that will guide you through any stressful situation that may cause some distress.

MANAGING YOUR BEHAVIOR

Our behavior often adds to our stress! Consider the following:

Don't dwell on the past, it can't be changed and keep a positive "Can Do" attitude.

Remember "The Golden Rule" and practice anger control.

MANAGING YOUR TIME

There are several ways to help manage your time. Learn to say NO to demands on your time. Make a daily list and prioritize task. Allow time for interruptions. Take reading materials when you know you have to wait. Delegate tasks when appropriate. Schedule periods of quiet time as well as permission to enjoy leisure time.

MANAGING YOUR SITUATION

Some things you simply can't control, therefore accept what you can't change! Secondly, use effective coping strategies. Lastly, don't wait to deal with your stress response.

DEVELOP A HEALTHY PERSPECTIVE TO STRESS

It is important to take time to exercise, participate in MWR activities, develop a good relationship with battle buddies, take a mini-vacation, use the proper diet, set boundaries and limits in your life, develop new skills, learn to relax when away from the job and improve your spiritual life. I have always said, "either we worry or we pray," so start talking to the Lord, he is up all night anyway so you don't have to be.

*"Cast all your anxiety on him, because he cares for you."
1 Peter 5:7 (NIV)*

Take this quiz and find out if your stress has become distress:

- | | |
|---|---|
| <input type="checkbox"/> I often have digestive upsets. | <input type="checkbox"/> I tend to lose my temper easily. |
| <input type="checkbox"/> I have trouble sleeping. | <input type="checkbox"/> People say I am a "worry wart." |
| <input type="checkbox"/> I have difficulty concentrating. | <input type="checkbox"/> I feel tired and drained all the time. |
| <input type="checkbox"/> I watch a lot of TV or Movies. | <input type="checkbox"/> I often get migraines or tension headaches. |
| <input type="checkbox"/> I feel 'blue' and have difficulty getting over it. | <input type="checkbox"/> I feel "burned out." |
| <input type="checkbox"/> I am really impatient with other people. | <input type="checkbox"/> I feel the harder I work, the more behind I get. |

KEYSTONE SOLDIERS RE-ENLIST AT HISTORIC LANDMARK

Photos by Sgt. 1st Class Dale Shade



INGENUITY & HEROISM

1/52 Medic Awarded Soldier's Medal

Story by Sgt. 1st Class Jeffrey S. Mullett

Sgt. David A. Harper, an air ambulance medic, wasn't expecting to be involved in major situation on Christmas Eve. He and his flight crew found themselves responding to a call none of them ever wanted to hear.

Harper and his crew were the second on call medical evacuation helicopter Dec. 24, 2008. His crew received a medevac call for three urgent litter patients involved in a rollover 15 miles north of the town of Diwaniyah, Iraq. What he didn't know was the vehicle and its occupants were in six feet of water.

Harper and his crew, from 1st Battalion 52nd Aviation Regiment, under Task Force 449, responded immediately. Despite a warning of possible enemy activity in an area historically known for ground to air attacks against helicopters, he and his crew flew into the area minutes after receiving the call.

They were the only ones to respond to the call. As they approached the site of the crash, Sgt. Harper kept the pilots informed of the ground conditions.

Once on the ground they were able to see the situation was far worse than they had expected. All three Soldiers involved were submerged in more than six feet of water along with the vehicle. Harper swam under the water and spent several minutes using some medical tubing as a hasty snorkel while he cut a Soldier free from his restraints. He was able to load the critically injured Soldier in minimal time.

Harper performed cardiopulmonary resuscitation in the Black hawk for 25 minutes as the helicopter raced to the hospital.

"I was just doing what I was told to do," Harper said.

Harper said he was only doing his duty, but he used his head and was able to improvise in order to accomplish his mission. For this, he received the Soldier's Medal, the highest award a Soldier can receive during a peaceful operation.

Harper, a native of Rosenberg, Texas, was awarded the medal in a ceremony on Contingency Operating Base Adder Aug. 12.

"I wasn't expecting that much for what I did, I was just doing my job, I was happy (to receive the award)," Harper said.

The Soldier's Medal is "awarded to any person of the Armed Forces of the United States or of a friendly foreign nation who, while serving in any capacity with the Army of the United States, distinguished himself or herself by heroism not involving actual conflict with an enemy," according to Army Regulation 600-8-22.

Harper was presented the award by Brig. Gen. Gerald E. Lang, Multi-National Division – South Deputy Commanding General of Support.

"I want to thank Sgt. Harper from the bottom of my heart for his actions and what he did for these Soldiers," Lang said during his speech, prior to pinning the Soldier's Medal on Harper's chest.

Left: Brig. Gen. Gerald E. Lang, Multi-National Division – South Deputy Commanding General of Support, congratulates Sgt. David A. Harper for earning the Soldier's Medal after presenting it to him in a ceremony on Contingency Operating Base Adder Aug. 12. Photo by Sgt. 1st Class Jeffrey S. Mullett

Right: Sgt. David Harper prepares to load litters onto a UH-60 Blackhawk during air assault and medevac training March 12. Photo by Senior Airman Eric Harris



A Life Full of Adventure

Story by Sgt. 1st Class Jeffrey S. Mullett

Some Soldiers join the U.S. Army for the adventure, some join for the college money. Newly-promoted Sgt. Sierra Harbison, a food service specialist with Company E, 1st Battalion, 150th Aviation Regiment, Assault Helicopter Battalion, listened to her brother and decided she wanted to add to the adventures she had already experienced.

Harbison, who was promoted

in a ceremony Aug. 15 at Forward Operating Base Delta, said her life has been filled with adventure and her promotion is another part of it.

“When I was 17 I had just finished my junior year in high school and I was selected through my church for a Rotary Club Exchange program to do missionary work in Chivilcoy, Argentina, a small city in Buenos Aires province,” said Harbison. “I

spent my senior year living with my exchange family and working with children at an orphanage. It was very hard to see so many kids suffering from abuse and neglect, but at the same time it felt really good to try your very best every day to help them.”

Harbison became very attached to her adopted family; she came to view their father as her stepfather, “He was my second father, you

Sgt. Sierra Harbison, a food service specialist with Echo Company, 1st Battalion, 150th Aviation Regiment, stands in front of a bunker at Forward Operating Base Delta, Iraq. She volunteered for the deployment. Photo by Sgt. Edward Smith.



Sgt. Sierra Harbison, a food service specialist with Echo Company, 1st Battalion, 150th Aviation Regiment, receives a copy of The Creed of the Noncommissioned Officer during her promotion from specialist to sergeant. Photo by Sgt. Edward Smith.

could say,” she said.

After the exchange program concluded, she returned to Argentina numerous times to visit her second family.

“I have gone back to Argentina intermittently over the last several years, staying for a few months or a few weeks each time,” she said. “I tried to visit as often as I could, which turned out to be five out of the last seven years.”

The area where her second family lives is a beautiful, rural area with lots of agriculture and horse farms just outside the city.

Since her initial visit to Chivilcoy, Harbison has completed some of her college education, but at 22 she wanted to do something to help make things a little easier. Her brother planned to become a member of the Montana Army National Guard and talked her into looking at what they had

to offer. When she spoke to the recruiter, she liked what he told her. Harbison joined the National Guard, but her brother has not.

Harbison, who hails from Missoula, Mont., said she came in as a private first class because she

“I have gone from Pfc. to sergeant in just over two years and I feel like I have so many great opportunities open to me now as a result of joining the National Guard,”

**-Sgt. Sierra Harbison
Food Service Specialist
1-150th Assault Helicopter Battalion**

has associate degrees in Spanish and Social Science from the University of Montana.

Harbison now serves as a food service specialist with Co. E. She has unique and interesting experiences, both in and outside the military.

“I was working Active Duty

for Special Work for the Montana State Honor Guard, doing funeral details and color guards when, due to some personal issues, I decided I needed to do something else,” she said.

She was told her “stepfather” was dying in October 2008 and unfortunately she was not going to be able to return to Argentina to attend the funeral. This event and her duties involving funeral details were the reasons she felt she needed to look in another direction.

“I found out the 28th (Combat Aviation Brigade) in Pennsylvania was mobilizing and headed to Iraq,” she said. “I volunteered to go with them on the deployment.”

“On February 7th I arrived at Fort Sill, Okla. and joined the Soldiers of my deploying unit, Co E, 1-150th AVN,” she said, “My home unit is Company E, or Echo Company, just like my company here, 145th Forward Support Company attached to the 163rd Infantry based in the (Montana) state capital of Helena.”

“I have gone from Pfc. to sergeant in just over two years and I feel like I have so many great opportunities open to me now as a result of joining the National Guard,” Harbison said.

“When this deployment is over, I’m not certain where I’m headed. I will almost

certainly go to visit my exchange family in Argentina for awhile,” said Harbison. “But my unit back in Montana is slated for a 2010 deployment and they want me to go with them. I don’t want to let them down but I’m not sure I want to go again so soon and I will have to think long and hard about it.”

Young Medic Thrives on Aiding Others

Story and Photos by
Sgt. James Waltz

Amanda Cleveland describes herself as “a simple girl who is not into drama.” As an Army medic, sometimes she can’t avoid being in dramatic situations, but it is the ability to consistently help and aid people, not the drama, that drives this native of Williamsport, Pa. to excel at her job.

Cleveland, who is serving as a member of the 628th Aviation Support Battalion, graduated from Williamsport High School in 2007 and, at age 17, immediately set off for

basic combat training and Combat Medical School.

“I really wanted to go into the medical field and wasn’t sure how I was going to do it,” said Cleveland. “A recruiter was able to get me into the health care field and give me a \$20,000 bonus on top of it.”

Cleveland was 18 years old when her six months of rigorous medical training began and she became very nervous. “It was the longest time I had ever been away from my family,” she said. “I don’t

know if I could have graduated if it had not been for a few older friends I had made who shared their previous experiences with me.”

While at training, Cleveland learned the ins and outs of emergency medicine and basic medical skills in general. She recalled one particular exercise, which she called “blood lanes.”

“We went through these blood lanes where we had to treat mock casualties in a stressful environment,” she said. “It was fast-paced

training and we had to deal with them screaming, among other things.”

She went through similar training at the regional medical training site at Fort Indiantown Gap, Pa. in preparation for deployment.

Cleveland is currently serving with Task Force Keystone during her unit’s nine-month deployment to Iraq. Leading up to the three-month pre-deployment mobilization, Cleveland was one of several medics tasked with training the Soldiers of the 28th Combat Aviation Brigade in basic combat medical skills. This allows each Soldier to act as a bridge during the time between an emergency and the arrival of a medic. This time is often the most critical in ensuring a patient’s survival.

Her supervisor, Sgt. 1st Class Collin Bowser of Indiana, Pa., said Cleveland is extremely proficient at medical training. “She has done an excellent job teaching several hundred Soldiers the basics of first aid,” said Bowser. “And these are mostly Soldiers who are novices at this stuff and have minimal medical experience.”

Cleveland is humble about her teaching ability, but is quick to acknowledge the importance of the subject matter. “I really enjoy teaching, but it’s not always easy keeping a student’s attention, because I’m not a dominating person,” said Cleveland. “I just keep reminding myself that what I am teaching these Soldiers will not only affect them, but also the people they may have to save. I may be helping my students save a life!”

Cleveland is the primary instructor of the 28th CAB’s First Aid Refresher Course at Contingency Operating Base Adder which is



Above: Spc. Amanda Cleveland, a medic in the 28th Combat Aviation Brigade, describes the importance of pressure in stopping blood loss during first aid training at Contingency Operating Base Adder, Iraq.

taught monthly to a rotation of Soldiers. When she is not training, she is receiving clinical experience in her unit’s medical clinic. She takes vital signs, screens patients, performs asthma treatments and even stitches sutures.

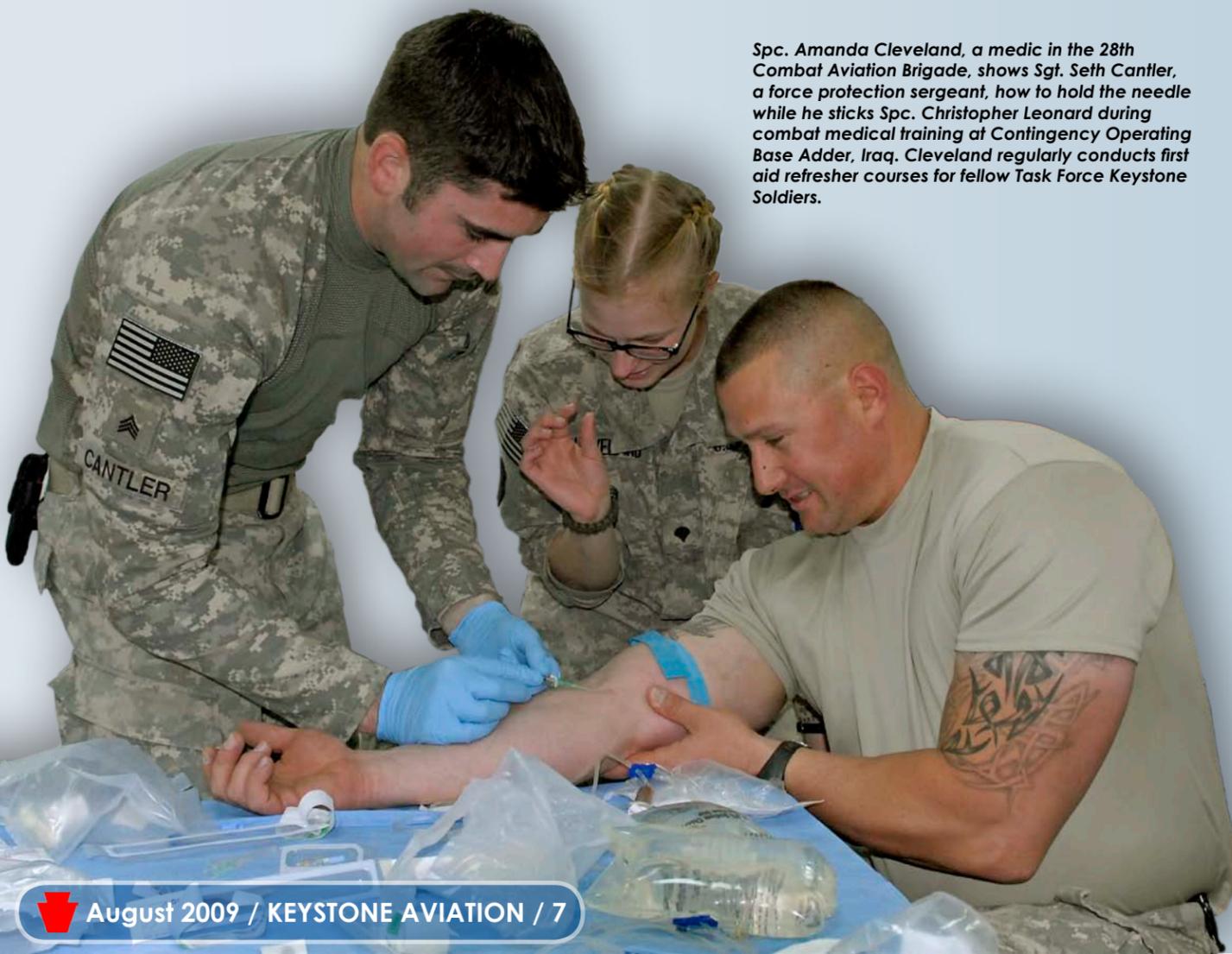
During her 12-hour shifts, she uses downtime to write home.

Many Soldiers here use e-mail, but Cleveland prefers to put pen to paper. “I like to physically write letters for two reasons. First, some of my family members are technologically impaired,” she joked. “But really it just feels more personal. It feels good to have that letter in your hand, knowing there was more time and energy put into it.”

This is certainly one Soldier who thrives on putting her time and her energy into aiding others.



Below: Spc. Amanda Cleveland, a medic in the 28th Combat Aviation Brigade, teaches Task Force Keystone Soldiers how to use various types of litters during a first aid refresher course at Contingency Operating Base Adder, Iraq.



Spc. Amanda Cleveland, a medic in the 28th Combat Aviation Brigade, shows Sgt. Seth Cantler, a force protection sergeant, how to hold the needle while he sticks Spc. Christopher Leonard during combat medical training at Contingency Operating Base Adder, Iraq. Cleveland regularly conducts first aid refresher courses for fellow Task Force Keystone Soldiers.

Keystone

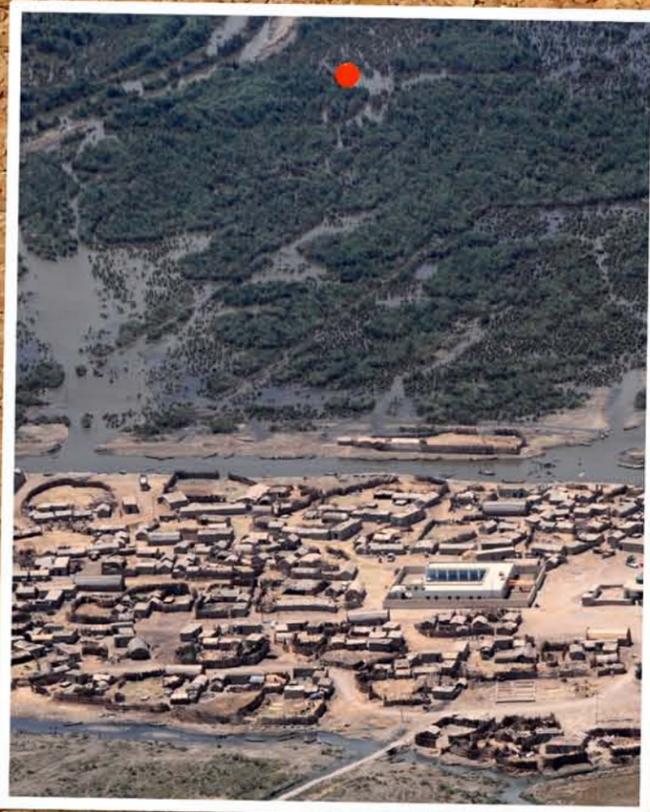
Scrapbook

Eyes

in the

Sky

*By Sgt. Matthew E. Jones
and
Sgt. 1st Class Dale E. Shade*



A Beacon of Hope

Story and Photos by Sgt. James Waltz



Spc. Juan Alizo takes and oath during a naturalization ceremony at Camp Arifjan, Kuwait, August 6. He was scheduled to attend a larger ceremony in Baghdad July 4, but was stuck at another base because of widespread sandstorms.

Spc. Juan Alizo became a citizen of the United States on August 6, 2009, in Camp Arifjan, Kuwait. Born in the city of Maracaibo, Alizo was a native of Venezuela.

“The city life of Maracaibo was too rough and violent for my mother, so she decided to raise me in Miami with her two sisters,” said Alizo. So at the impressionable age of 13, Juan and his mother moved to Miami, Florida in August of 1999.

In 2004, Alizo graduated from Felix Varela High School. During school he enjoyed wrestling and trying to fix muscle cars. After a few years of working for the family security business, Caribbean Secu-

rity, Alizo decided he wanted to go to school and become a mechanic. His cousin joined the Florida National Guard making Alizo curious of the military lifestyle, “I saw my cousin transform into a disciplined person and I really wanted that,” he said. On June 13, 2007, Alizo swore into the Guard.

Alizo went to basic training and then school to become a transportation specialist, explaining that “Not being a citizen made my options slim; I really wanted to be a 63B which is a mechanic.”

After a few months, Alizo began to attend school, but had to drop out because the city life of Miami was distracting, he said.

After a brief research on aviation units, Alizo transferred to the 1st Squadron 104th Cavalry Regiment and then packed up his possessions and moved to Pennsylvania in November 2007.

He enrolled in ROTC at Clarion University and was able to complete a semester before receiving his orders to deploy with the 628th Aviation Support Battalion.

“I actually volunteered to deploy with the 628th so I could serve the country that is providing my mother and I the freedom so many take for granted,” added Alizo.

After receiving his orders to deploy to Iraq with the 628th ASB, Alizo moved back home to Mi-

ami to spend quality time with his mother and girlfriend. He said, “I had to purchase my own air flights back and forth to drill until I deployed, but the money was well spent because my family knew the sacrifice I was making.”

After shipping out to Fort Sill, Okla., for a few months of preparing for deployment, Alizo went home to Miami during a break and married his girlfriend Francys. Shortly afterwards, he deployed to Iraq where he serves in Alpha

Company.

“Deployment sure makes you patient,” Alizo said. “After serving a few months in force protection, it’s hard not to get comfortable with your surroundings and not let your guard down. I have learned, through several experiences, you have to maintain control of the circumstances and situations.”

Force protection escorts local nationals while they work on the military base. He helps supervise more than 40 nationals at a time.

Spc. Juan Alizo of the 628th Aviation Support Battalion became an American citizen during a naturalization ceremony at Camp Arifjan, Kuwait, August 6. Alizo has been serving his country in the National Guard for more than two years.



They have been given jobs cleaning and maintaining public areas. They fill sandbags, pick up trash, dig ditches, as well as electrical and plumbing work.

“I have learned a lot about the Iraq culture. They are sharing people. They do whatever it takes to help one another out. If someone has a pack of cigarettes they share the pack with their friends. If someone has soup, tea, bread or beef, they all sit together and share what they have. It’s like having daily family picnics,” Alizo said. “It can be hard keeping a military bearing when you find some of the Iraqis bringing in weapons and then when we catch them having knives in their pocket they adamantly say they don’t know how it got there.”

Now, after several applications, fingerprints, background checks, interviews and a test, Alizo swore in during a Naturalization Ceremony, August 6, 2009 at Camp Arifjan in Kuwait and is now an American citizen. He missed a larger ceremony at Al Faw Palace in Baghdad July 4, 2009, because the weather wouldn’t cooperate. He was unable to fly there in time. Alizo joined 39 other candidates from 21 other countries. Twenty-four of the candidates are currently serving in Iraq and half of those candidates are married.

President Barack Obama gave a recorded speech thanking the candidates for their hard work and dedication to our country. President Obama also stated that “The fabric and strength of America is due to the diverse backgrounds,” and that each candidate now has “...unlimited opportunities through determination and faith.” He ended with the encouragement that “...no dream is impossible” and that “...each person is a beacon of hope.”

WOMEN'S EQUALITY MONTH

Photos by Sgt. James Waltz



Left: Col. Teresa Gallagher, commander of the 28th Combat Aviation Brigade, was an honored guest speaker at August's Equal Opportunity observance at Camp Adder, Iraq. August's event focused on women's equality.

Above: Maj. Louise Thompson of the 628th Aviation Support Battalion performed a dramatic rendition of Ain't I a Woman, a speech originally delivered by Sojourner Truth at the Women's Convention in 1851.

Below: The 628th Aviation Support Battalion sponsored a 5k run which began at 6 a.m. According to Sgt. Monique Usher, Camp Adder's sergeant in command of morale, welfare and recreation activities, it was the largest attendance for a run in the history of Camp Adder.



Keystone MWR events at Camp Adder

Financial Peace University

Financial Peace University is a life-changing program that teaches you how to make the right decisions with your money. You'll be empowered with the practical skill and confidence needed to achieve your financial goals and experience true financial peace!

When: Fridays, 4 Sept 09 @1900 Hrs (13 weeks)
Where: Post Chapel

Who: Anyone who desires to improve their financial situation with some time proven principles

Cost: Normally this will cost \$100 per person but you are receiving this course ABSOLUTELY FREE!

Guaranteed: To save you money and make you money if you follow these principles!

POC: Chaplain (LTC) Douglas Compton
28 CAB, Brigade Chaplain 833 - 5865

Submit your events to
TFKeystone@gmail.com

South Side Salsa
Organized by SFC JoAnn Tresco
with DJ WO1 Jesse Lonon

Saturdays at bldg. 713,
behind Warriors DFAC

Lessons from 2000-2100
Music starts at 1930

Volleyball with
SFC Dale Shade

Fridays at the
House of Pain
volleyball court

1900-2100

Beyond Narnia
with SGT Neil
Gussman

MWR Library
Mondays at 2000

[ngussman@
gmail.com](mailto:ngussman@gmail.com)

Tallil Dead Poets
Society with SGT Neil
Gussman

MWR Library
Tuesdays at 2000

[ngussman@
gmail.com](mailto:ngussman@gmail.com)

Power Yoga by Dave Kocian
Tuesday, Thursday
1800 at The House of Pain

Saturday
0900 at the South Gym

Sunday
1600 at the South Gym

Please bring a mat, blanket or towel
for floor exercises.
POC: david.e.kocian@us.army.mil

Salsa Night
EVERY
WEDNESDAY
FRIDAY
FEATURING
28TH CAB'S
DJ Garcia
DJ Almonte
PQEEI - 2000 - 2345

**Weight Watchers – Momentum Plan
NOW on COB Adder**

Mondays - 1900
Warrior Medical Training Site Classroom
Bldg 307, Across from the Post Office

Wednesdays - 1030 and 1900
Bldg 7449D, Rear Door

POC: SFC JoAnn Tresco, DSN 833-5840

**Tallil's 1st Latin Dance Competition
"SO YOU THINK YOU CAN SALSA?"**
Friday, October 16th
Memorial Hall
1930 hrs

POC: SGT MONICA BARNES
MONICA.BARNES@IRAQ.CENTCOM.MIL

**REGISTRATION DEADLINE
EXTENDED TO: 10 October
2009**