

FREEDOM WATCH AFGHANISTAN

OCTOBER 2009



Climb to Glory Sgt. 1st Class Monti's Story

pg. 10



To our great CJTF-82 family, friends and fellow non-commissioned officers:

As we come to the end of 2009, the Year of the Noncommissioned Officer, I felt it important to offer some thoughts on what this year has signified to me as a senior non-commissioned officer and proud command sergeant major of the finest Service Members in the military.

As a very young Soldier, I was like most, eager to learn my new craft but also very impressionable. Those early days were as critical for me as they are for all young citizens who answer the call and make the transition to Soldier, Airman, Marine, or Sailor. Like many Service Members, it was a drill sergeant who set me on the right path early in my career. Drill Sergeant Clayton not only taught me the basics about standards and discipline; the example he set for my basic training platoon shaped us all as Soldiers and helped us understand the importance of the role of the NCO.

As we all know, learning doesn't stop after basic training. Over the years squad leaders, platoon sergeants, first sergeants and sergeants major pushed me to do my absolute best, whether it was on an airborne operation or a rotation at the Joint Readiness Training Center. They oriented me to my moral compass and taught me that there is no greater duty or honor than taking care of Soldiers. All of those lessons were critical in preparing me for the rigorous pace of these last eight years during the Global War on Terror.

This Year of the Noncommissioned Officer isn't merely about looking back at our history though. While we should certainly reflect on those who wore the stripes before us, we have to also look forward as our role as NCOs continues to change. Where our NCO corps used to focus on training, standards and discipline, we now have a much greater role to play in today's army and the army of the future.

The change is no more evident than in Iraq and Afghanistan where you see these young men and women assuming responsibilities that once solely belonged to officers. NCOs are patrolling remote villages and conducting key leader engagements with village elders and clerics. They are bringing in the beans and bullets, directing fires and close air-support, and they are planning and shaping operations at echelons above the platoon. Despite being tested every day, our NCOs are motivated to make a difference and stand committed to protect the freedoms our citizens enjoy.

To know how far we have come it is important to remember the past and those great NCOs who influenced and shaped our NCOs today. We owe them all a great debt of gratitude for their sacrifices to the Corps and for providing the foundation upon which we continue to build. When you truly understand our past it becomes clear that we must continue to prepare our future leaders within the NCO corps. The lessons we teach them today will carry on through the services for generations, much like Drill Sgt. Clayton's lessons have stayed with me these many years.

Finally, I would personally like to thank each and every one of you for your service and support to our Nation, the Combined Joint Task Force – 82, and the Corps of Non Commissioned Officers. Continue to strive for excellence, be vigilant and enforce the standard. Your efforts will continue to shape our military for years to come.

Airborne, All the Way!!

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Freedom Watch magazine is a monthly publication of the 40th PAD and Combined Joint Task Force 82.

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Freedom Watch, a U.S. Department of Defense publication, is published the first Monday of every month by the 40th PAD located at building 815-F Dragon Village at Bagram Air Field, Afghanistan. Printed circulation is 15,000 copies per month. In accordance with DoD Instruction 5120.4, this DoD magazine is an authorized publication for members of the U.S. military overseas. Contents of the Freedom Watch are not necessarily the official view of, or endorsed by, the U.S. government or the Department of Defense.

All submissions are subject to editing by the 40th PAD, which can be reached at DSN 318-481-6367 or via email at freedomwatch@swa.army.mil.

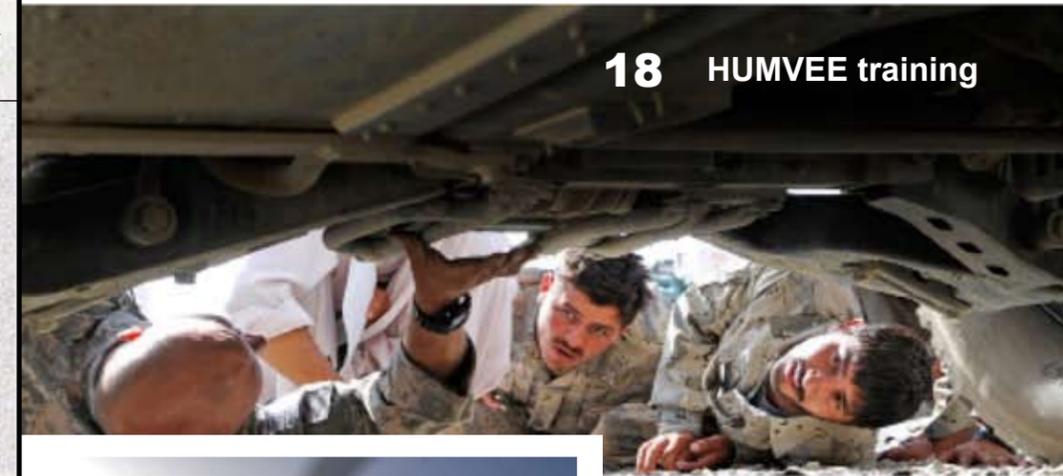
Cover Photo Illustration by Spc. Derek L. Kuhn, 40th PAD

Sgt. 1st Class Jared Monti was remembered on Sept. 17, at a ceremony in the East Room of the White House. During the ceremony, Monti's parents were presented their son's Medal of Honor.

Check out the Freedom Watch online at:

www.CJTF82.com

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2 Delivering humanitarian aid

Flawless Delivery



Courtesy photo

Lt. Col. Tommy Atkinson (right) pilots a C-130H Hercules on a humanitarian airdrop mission. The Airmen of the 774th Expeditionary Airlift Squadron have been dropping an average of five to eight tons of supplies and equipment per mission to Coalition forces and Afghan civilians in support of Operation Enduring Freedom.

C-130 'Herks' deliver humanitarian supplies

Story by Air Force Tech. Sgt. John Jung, 455th Air Expeditionary Wing PAO

The Airmen of the 774th Expeditionary Airlift Squadron performed a high-altitude airdrop mission, supporting Coalition and civilian Afghans in a remote village in northern Afghanistan.

The Georgia Air National Guard crew that flew the mission, deployed from the 158th Airlift Squadron, Savannah, Ga., successfully delivered eight bundles of humanitarian aid from a C-130H Hercules, Aug. 26.

The eight bundles, weighing approximately 4.1 tons, were packaged in a container delivery system, which assured the bundles and their cargo of food, water, clothes and blankets arrived intact.

Waiting on the ground were Coalition forces who helped distribute the humanitarian aid to the villagers.

"The CDS uses the aircraft's deck angle to assist its aft movement across the roller conveyors on its way out the cargo ramp and door," said Tech. Sgt. Ricky Córdova, loadmaster on the mission, and resident of Charlotte, N.C. "When the bundles are out of the aircraft, parachutes inflate and lower them to the ground. As each bundle clears the cargo ramp, the rigged high velocity low cost aerial delivery system parachutes deploy and quickly deliver the load to the

people waiting on the ground. The CDS also has corrugated paper cushion pads, known as honeycombs on the bottom of each bundle that are designed to absorb the shock and impact when the bundles land on the ground."

"Also aiding in the safe delivery of the humanitarian supplies is an advanced aircraft computer system aboard the C-130H, operated by the navigator," said Lt. Col. Tommy Atkinson, aircraft commander and a 19-year veteran pilot.

"Once the aircraft is over the drop zone, the copilot activates the jump signal switch on command of the navigator and a green light ignites, signalling the loadmaster to manually assist the CDS gate cut. The aircraft computer program accounts for the unique drift of different parachutes, the weight of the load, wind velocity and other variables, which ensures the airdrop gets to the intended spot."

"These airdrop missions are challenging, and we enjoy that challenge," the Merritt Island, Fla., resident continued.

"What may be lost on some people is how complicated these missions really are, because we've been doing them flawlessly for so long."

Capt. John Mims, navigator on the mission, said even though the squadron members make airdrops look easy, a tremendous amount of work goes into every detail of the mission.

"The squadron is made up of a multitude of career fields, including intelligence personnel, loadmasters, crew chiefs, navigators and pilots from all over the United States, all of which are absolutely crucial to the airdrop missions being completed," Mims said.

The 774th EAS has been dropping an average of five to eight tons of supplies and equipment per mission and will continue to do so as long as necessary.

Airdrops are a safe and reliable method for shipping vital supplies into locations where there are no roads, the terrain is too mountainous, the loads are too heavy for helicopters or where the insurgent threat is too great.

Air Force secretary visits, thanks Airmen for service

Story by Air Force Tech. Sgt. John Jung
455th Air Expeditionary Wing PAO

Secretary of the Air Force, Michael Donley, visited with Airmen of the 455th Air Expeditionary Wing, Aug. 29, during his second visit to Afghanistan in 10 months.

Mr. Donley spoke to approximately 300 Airmen on the steps of an old Russian air-traffic control tower known as the 'Crow's Nest' at Bagram Air Field.

He used the opportunity to thank the Airmen on BAF and relay a message from Air Force Chief of Staff, Gen. Norton Schwartz.

"I can hardly express the pride General Schwartz and I feel in the work that you do here and the contributions that Airmen make in the joint fight," Donley said.

Donley went on to list the many missions Airmen are carrying out on a daily basis in support of the joint fight.

"From providing airlift from the continental United States into the area of responsibility and back; providing armed overwatch for Coalition forces; intelligence, surveillance and reconnaissance missions; Special Operations Forces; combat search and rescue; providing electronic warfare capability; all of this and more, demonstrate Airmen are 'all in,'" said Donley. "We're doing it with the total force of Active Duty, Guard and Reserve Airmen, civilians and contractors."

Just days before his visit, Air Force airlift crews flew 149 airlift missions, delivered 595 tons of cargo and transported approximately 4,000 passengers.

This included about 110,000 pounds of aerial resupply cargo dropped over Afghanistan.

Donley continued to praise the Airmen for their dedication to the preservation of human life, highlighting the efforts of the Air Force and joint aeromedical evacuation teams.

"We're providing aero-medical evacuation of wounded (including coalition forces and civilians) from the battlefield back to theater hospitals so effectively that it has reduced casualties in this conflict to the lowest rate that it has been in any previous conflict," he said.

"The scope of mission you are undertaking in the joint fight is truly breathtaking. Without our Air Force, the joint fight would simply grind to a halt," said Mr. Donley.



Speaking beneath the U.S. and Afghan flags, Secretary of the Air Force Michael Donley addressed more than 300 members of the 455th Air Expeditionary Wing during an Airmen's Call on Bagram Air Field, Aug. 29. Donley thanked the Airmen for their support and urged them to continue supporting all joint and coalition efforts.

Photo by Senior Airman Felicia Juenke

PRT, TF Korrigan conduct medical operation in Kapisa

Story and Photos by Air Force Senior Airman Jason A. Troup, Kapisa and Parwan PRT PAO

Kapisa and Parwan Provincial Reconstruction Team members joined French service members from Task Force Korrigan to conduct a joint medical operation supporting local children, Aug. 29, in the Afghanistan valley of Kapisa province, Afghanistan.

During the operation, the group, which consisted of medical professionals from both forces, focused largely on preventative medicine, and vaccinated several children for Typhoid fever.

Senior Airman Ashley Jackson, a medic for the PRT, administered Typhoid vaccinations to 50 of the 200 children who received them.

Jackson said she enjoyed helping the local children.

“Any vaccination that we can get out to the people will be beneficial. Disease spreads fast here, and the percentage is one in four children die from disease before the age of five,” Jackson said.

“The area is not as permissive for us, and it’s an outreach saying that we are here to help. The French doctors work

with an Afghan doctor in the area and he expressed interest in the French coming out and giving the typhoid vaccination. We were glad to be able to come along, Jackson added”

Kapisa and Parwan PRT works with the Afghan government to increase infrastructure and necessary services including schools, roads and medical facilities.

The PRT, which is comprised of members of the Department of Defense, Department of State, United States Agency for International Development and the Department of Agriculture, aims to connect Afghans to their government and separate them from insurgent influence. The program enables Afghans to develop, create, and sustain projects within their communities.



Left: Senior Airman Ashley Jackson a medic with the Kapisa Provincial Reconstruction Team, assists a French soldier from Task Force Korrigan while administering Typhoid vaccinations during a joint medical operation in the Afghanistan Valley of Kapisa province, Aug. 29. PRTs work with the Afghan government to increase infrastructure and necessary services including schools, roads and medical facilities. The team aims to connect Afghans to their government and separate them from insurgent influence.



Right: Air Force Maj. Lori Adams, a Kapisa Provincial Reconstruction Team member assists a French soldier from Task Force Korrigan while administering Typhoid vaccinations during a joint medical operation in the Afghanistan valley of Kapisa province, Aug. 29. The team aims to connect Afghans to their government and separate them from insurgent influence.

Building peace, prosperity in Panjshir Massoud Foundation honors fallen hero

Story and Photo by Air Force Capt. John T. Stamm, Panjshir PRT PAO

In a society where vast amounts of infrastructure have been lost to war, social upheaval and government instability, a non-government organization is assisting Afghan citizens through various social and economic programs designed to rebuild infrastructure.

The Kabul-based Massoud Foundation, established in 2003, is committed to addressing poverty, illiteracy and malnutrition. The foundation pledges to promote and strengthen the concepts of justice, gender equality, equitable governance and human rights.

“Our aim is to work for the benefit of the people,” said Amin Sadiqi, director of the Massoud Foundation office in Panjshir province. “The best solution to ending this war is through education, development and employment.”

One of the foundation’s premier programs is a micro-finance loan designed for business development. Under this program, citizens of Panjshir can receive \$500 in loans to start a small business or to assist a successful one. The loans are paid back,

without interest, and lent out again to another citizen.

To date, the foundation has helped 76 families start businesses, ranging from retail shop-keeping to beekeeping, with 50 more loans currently being processed. The catalyst to this program was a \$25,000 grant initiated through the Commander’s Emergency Response Program.

CERP is a program designed as a tool for military commanders to inject immediate funds into their local area of operations. These funds are primarily used to spur reconstruction, assist local governance and build infrastructure. The \$25,000 grant to the Massoud Foundation has enabled business development and helped the Panjshir economy.

“We have an excellent working relationship with the Massoud Foundation,” said Air Force Lt. Col. Eric W. Hommel, commander of Panjshir PRT. “We are proud to support them in their endeavours to improve the quality of life

here through health, education, cultural and business development, and sustainable projects for the reconstruction and rehabilitation of Afghanistan. An educated and productive society is less likely to engage in destructive activities.”

The Panjshir branch of the foundation also offers language, literature, vocational and computer education classes with other programs still in the planning stages.

“We are trying to expand the classes we offer to enhance future opportunities for students,” Sadiqi said.

The foundation was named for Ahmed Shah Massoud, also known as the “Lion of Panjshir,” who was assassinated on September 9, 2001. Massoud is an Afghan national hero who led the efforts to drive the Soviet army out of Afghanistan and to defeat the Taliban.

“The people of Panjshir supported Massoud in the war against the Soviets and the Taliban,” Sadiqi said. “That is why it is so important for us to establish services here in his name.”



Panjshir Provincial Reconstruction Team leaders speak with Mr. Amin Sadiqi, the Director of The Massoud Foundation’s Panjshir branch, Aug. 29, to discuss the foundation’s projects and PRT support. The Massoud Foundation is a non-government owned organization assisting Afghans through various programs designed to rebuild infrastructure. From left to right: Sadiqi; U.S Air Force Lt. Col. Eric W. Hommel, PRT commander; Sami, PRT interpreter; Army Capt. Bryce Ostler, PRT Civil Affairs education lead; Mr. Jim DeHart, PRT director.

Strike Eagles surpass 8,000 combat hours

Story by Air Force Capt. David Faggard, 455th Air Expeditionary Wing PAO



Photo by Senior Airman Felicia Juenke, 455th Air Expeditionary Wing PAO

Senior Airman Matthew Jones (front seat), a native of Warfield, Va., and Air Force Staff Sgt. Robert Burton (back seat), a native of Louisville, Ky., communicate with Senior Airman Daniel Scerri (on the ground), a native of Apex, N.C., during an inspection. The inspection, also called an "M-BIT," ensures the flight controls are working properly. The Airmen are from the 336th Expeditionary Fighter Squadron and are deployed from Seymour Johnson Air Force Base, N.C.



Photo by Senior Airman Felicia Juenke, 455th Air Expeditionary Wing PAO

Senior Airman Adam Greene, a crew chief with the 336th Aircraft Maintenance Squadron, inspects the F-15E aircraft. Greene is deployed from Seymour Johnson Air Force Base, N.C., and hails from Mooresboro, N.C.

Airmen from the 336th Expeditionary Fighter Squadron achieved a major combat milestone at Bagram Air Field, Afghanistan, when they surpassed 8,000 combat hours in the F-15E Strike Eagle while providing security to Coalition forces, Aug. 29.

The aircrew for the mission included Air Force Capt. Jaina Donberg, F-15E pilot and a native of Arlington, Va., as

well as Air Force Capt. Nick Foster, an F-15E weapons system officer and a native of Martinsburg, W.V. Launching the mission was F-15E crew chief, Senior Airman John Yates, a native of Pawtucket, R.I., and six-year-veteran of the F-15 C and E family.

The crews provided security that night for a helicopter re-supply point and even coordinated communications between

the helicopters and Coalition forces on the ground due to the area's harsh terrain, according to Foster.

"This resupply was important because the only way to resupply was via air, because the roads were too hostile and rugged to move a convoy," Foster said.

"Everything went smooth," said Yates, who is just three years older than the airplane. He said he just wanted to launch the mission and help save lives. "We try to give them [aircrew] a jet they don't have to worry about; they need to focus on the mission and save the lives of our people on the ground."

"This really is their [the Maintenance Squadron's] record," said Foster. "They have done an outstanding job producing the jets for us in a less than ideal environment. All the credit is due to them for the great work... [which] allows us to support the ground commander and perform our mission. For every hour flown there are countless hours of work done by our maintainers to get the jets back in the air."

Other F-15E missions include anything from providing close air-support for Coalition ground forces in contact with the enemy, to supporting the recent Afghan elections.

The work done by the F-15E squadron in the sky is noticed by the ground forces. There have been many occasions where maintainers and aircrew were thanked by Soldiers on base for their work keeping the jets in the sky, according to Yates.

"There have been times when they [Soldiers] come up and say 'you guys saved our lives.' That's a great feeling," Yates said.

"336th pilots and WSOs never doubt that these jets are ready for prime time," said Lt. Col. Neil Allen, 336th EFS commander. "They are safe, tactical, and ready for the mission, each and every day, no matter what. More importantly, the American and Coalition heroes on the ground who count on the air component, know that the F-15Es and other Air Force assets are ready for the fight. This truth is a testament to the men and women who keep these assets flying."

The 336th EFS is deployed from Seymour Johnson Air Force Base, N.C.

High-Speed Duty:

Spartan Sling loaders enjoy rush of selfless-service

Story and Photos by Army Spc. Derek L. Kuhn, 40th PAD



Spc. Christopher Hickey and Spc. Xavier De Leon await a CH-47 Chinook Helicopter to attach their sling loads, at Forward Operating Base Altimur in Logar province, Sep. 9. Supplies are sling loaded onto helicopters so more remote FOBs and Combat Outposts can receive needed.

The CH-47 Chinook Helicopter circles the landing zone at Forward Operating Base Altimur like a hawk searching for a mouse. With each pass, the helicopter draws closer and the ground becomes a miniature vortex of pebbles and dust.

After changing his angle of approach, the pilot skilfully guides the Chinook toward the loads awaiting hook-up to the helicopter

Barely audible over the roar of the rotator blades, Sgt. Alexander Correa, an infantryman with Company B, 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, yells, "Get Ready. He's coming in low!"

The sling load team leader is not exaggerating. The Chinook is only a foot or two above the sling loads. Forcing the three-man team to crouch as they quickly secure the sling loads to the helicopter.

The team attaches three pallets via hooks to the underside of the helicopter. The pallets are filled with much needed supplies for remote FOBs and Combat Outposts.

Correa, who is currently attached to 3rd Squadron, 71st Cavalry Regiment, and his team said they enjoy the rush of excitement and appreciate the effect they have on mission success and Soldiers' morale in the more rugged and remote areas of Afghanistan

"Sling loads go to troops in areas where it is too impractical or impossible to deliver the supplies by other means," said Spc. Christopher Hickey, a Bayonne, N.J., native and a supply representative for Troop C, 3-71 CAV.

Sling loads are often filled with essentials like water, food, fuel and ammunition, but loads can also be anything from construction equipment to care packages.

Spc. Xavier De Leon, a fire support specialist with Co. B, 1-32 INF., takes pride in performing sling load operations.

"We definitely try to push out as many sling loads as we can," said the Los Angeles native. "Those guys really need them, because they probably haven't gotten mail or a real meal in a long time."

Correa agrees that sling loads are important for Soldiers on the front lines.

"It is very important to resupply our guys," Correa said.

"When they need food, water, mail, ammo or whatever else, we do our best to get it to them."

Making sure Soldiers get needed professional and personal supplies is a serious endeavor requiring most work to be completed before the helicopters arrive.

"We have to rig the load according to regulations," said Correa, a Boston native. "We have to maintain proper weight and weight distribution, which can be tricky."

Though the sling loaders work hard to ensure the loads are safe to carry, there are some elements affecting safety they cannot control.

If the weather is bad or if the pilots can't see us or the cargo, then it is too dangerous to attempt a sling load, Correa said.

In fact, elevation and air temperature affect how much a helicopter can ferry.

According to Correa, under optimal conditions a Chinook is able to carry about 45,000 pounds, but at FOB Altimur the maximum carrying capacity is around 12,000 pounds because the FOB is approximately 7,000 feet above sea level.

Correa elaborated on the effect air temperature has on the Chinook's sling load capabilities.

"If it is too hot, (the helicopter) can't carry as much weight," he said. "If it is too cold, (the helicopter) can't carry as much because of the varying (air) densities. The air has to be just right."

With the gravity of such a duty, the team knows how to appreciate the thrill of a Chinook hovering a few feet above



Spc. Christopher Hickey and Spc. Xavier De Leon prepare to hook up sling loads to a Chinook at Forward Operating Base Altimur, Sep. 9..

them.

"It's a rush," Correa said. "You have a 50,000 pound aircraft hovering over you. It can be dangerous especially at night, but it's fun."

De Leon shares his teammate's sentiments.

"It is a mixture of fear and excitement," said De Leon. "Most of the adrenaline is coming from the fear, but it's not bad."

Even though he is mindful of his situation, De Leon's favorite part of the job is dealing with the helicopter.

"When the bird is right over head," he said, "after you finish hooking up the sling loads, you run out from under it. Getting that extra push from the bird is my favorite part."

Even with the excitement sling load duty offers, these Soldiers never forget how important it is to help provide the supplies their battle buddies need to win the fight.



Army Sgt. Alexander Correa, a Boston native, watches for a second Chinook to land as he waits to hook up sling loads to the Chinook in the background at Forward Operating Base Altimur, Sep. 9. Sling loaded supplies are often taken by helicopter to remote outposts.

Sgt. 1st Class Monti's Legacy

10th Mtn. Div. remembers comrade

Story by Army Sgt. Rob Frazier, 5th MPAD

Thursday morning, Sept. 17, 3rd Brigade Combat Team, 10th Mountain Division Soldiers gathered to remember the life, sacrifice, and selfless service of Sgt. 1st Class Jared Monti at the Combat Outpost that bears his name.

"President John F. Kennedy once said, 'a nation reveals itself not only by the men it produces but by the men it honors,'" said 1st Battalion, 32nd Infantry Regiment Chaplain Kevin Mucher of Ft. Drum, N.Y., at the beginning of the ceremony.

As a show of support and unity, Soldiers from Company C, 1st Battalion, 32nd Infantry Regiment and Troop B, 3rd Squadron, 71st Cavalry Regiment, sat in their red chairs, filling the gaps between the walkways, at the center of the compound, to rededicate the COP nestled in the mountains of eastern Kunar province.

According to Command Sgt. Maj. James Carabella, 1st Bn., 32nd Inf. Reg., and a Boston native, the ceremony was "only fitting...and the right thing to do" for the Raynham, Mass., Soldier.

At the White House, Monti's family, along with Service Members, past and present from 3rd Sqd., 71st Cav. Reg., were on-hand for another assembly as President Barack Obama posthumously bestowed the highest award for military valor to Monti's family, the Medal of Honor.

"We honor him by continuing the fight and believing in the same things he believed in," said the executive officer of 1st Bn., 32nd Inf. Reg., Maj. Pete Granger, who served as the Master of Ceremony for the tribute at COP Monti.

Those things, according to the Canandaigua, N.Y., Soldier, were, "his Soldiers, his friends, his family and his country."

Monti's name will forever be linked with the bravest of America's Service Members including: Pfc. Jacob Parrot, the initial recipient in 1863, Dr. Mary Walker, the only woman to receive this honor; 1st Lt. Audie Murphy, the most decorated Soldier of WWII and Spc. Ross McGuinness, who was enshrined last year by President George W. Bush.

Monti is the sixth Soldier since 2001 to receive the Medal

President Barack Obama stands with Paul and Janet Monti as he posthumously awards their son, Sgt. 1st Class Jared C. Monti from Raynham, Mass., the Medal of Honor for his service in Afghanistan, during a ceremony in the East Room of the White House in Washington D.C., Thursday, Sept. 17.



Courtesy Photo

of Honor as a result of actions displayed in support of the wars in Iraq and Afghanistan.

"June 21, 2006, Sergeant 1st Class Monti, other forward observers and snipers were engaged in a firefight in the mountains near Gowardesh," stated Staff Sgt. Matthew Wolfhanger, as he recounted the events of that evening. "We listened as Chaos 3-5 (Monti's call sign) called round after round on a seemingly endless enemy."

According to several Soldiers who served with Monti, they stated that in between calling for fire and directing his troops, Monti made the decision to retrieve Pfc. Brian Bradbury, who had been hit. After several attempts, Monti was mortally wounded when a rocket propelled grenade landed near him.

"When the team returned, they gave us the rest of the details of what had happened that night," continued the Branchville, N.J. Soldier. "Sergeant First Class Monti had not only devastated the enemy with a mix of coolness and precision, but he

had also made the ultimate sacrifice. He had given his life to save one of his own."

1st Sgt. James Reese, who served as a Battle NCO with Headquarters, Headquarters Troop, 3-71 CAV, the night Monti died, said after three years the feeling of losing a Soldier never gets any easier. He is, however, comforted by the personal and professional memories he has of Monti.

"He was a Soldier's Soldier," added the Monroe, Wis. Soldier. "He epitomized what a noncommissioned officer should be, and he took great pride in training his troops and commanded respect from others."

Granger implored his troops to remember that the actions of Monti went far beyond one firefight mission on June 21, 2006, and his enshrinement as a Medal of Honor recipient serves as a final tribute to a person who was always held in the highest regard by the men and women he served with.

"Please remember him as a hero for everyday he served his country and for how he lived his life," added Granger. "There can be no higher recognition bestowed on any of us than to be remembered as a person of honor, a selfless leader, devoted son and dedicated friend."



Photo by Army Sgt. Brandon Selver, TF Chosin

3rd BCT, 10th Mtn. Div., Soldiers with 1st Battalion, 32nd Inf. Regt. and 3rd Squadron, 71st Cavalry Regiment stand at attention during the rededication of Combat Outpost Monti, Sept. 17, in Kunar province. Soldiers remembered the life and times of Sgt. 1st Class Jared Monti as his family received the Medal of Honor posthumously in Washington, D.C.



Photo by Army Sgt. Brandon Selver, TF Chosin

Staff Sgt. Matthew Wolfhanger, far left, and 1st Sgt. James Reese, far right, both with Troop B, 3rd Squadron, 71st Cavalry Regiment, unveil the new sign that will be posted at the Combat Outpost recognizing Sgt. 1st Class Jared Monti as a Medal of Honor recipient, Sept. 17, in Kunar province. According to Capt. Albert Bryant, commander of Co. C at COP Monti, two signs will be placed on the COP, one at the helicopter landing zone and the other at the main gate.

“Extreme Makeover”

project brings initiative to locals of Logar province

Story and Photo by Army Pfc. Melissa Stewart
3rd BCT, 10th Mtn. Div., PAO

The term “Extreme Makeover” has become recognizable because of reality television shows, where one’s dream home or dream self can be realized on television, while millions view the transformation. Now, thanks to Soldiers in Logar Province, Afghanistan, the term has taken on a much more valuable meaning.

Soldiers operating in Charkh district recently began working with local nationals to improve their communities’ one project at a time through the “Extreme Makeover” program.

The goal of the program is to communicate with local village leaders and encourage them to develop their communities on their own. After the projects are completed, International Security Assistance Forces will reimburse the money that was

spent on each project up to \$5000.

“We are trying to just talk to the locals and see what they need because they are turning towards the enemy just looking for simple handouts,” said Spc. Justin Morris, 3rd Platoon, Company B, 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division.

“We are just trying to give them jobs and help them out where we need to,” Morris added.

By providing the locals with jobs in their own community, people may stop turning to the Taliban for financial assistance and become more self-sustaining.

In the past, when locals have turned to the Taliban for financial assistance, they were given money to attack ISAF Forces, said locals and military officials.

Although the locals may have had no

malicious intent toward ISAF Forces, their financial needs at times make it easy to do what they see as necessary to provide for their families.

“Some of the reasons they fight right now is because they don’t have enough water to grow their crops,” said Capt. Jason Wingart, commander, Co. B. “Therefore it lowers the amount of money they are going to earn and if they don’t have money they can’t put food on their table.”

Hopefully, the projects will not only help decrease Taliban influence in local communities, but will also encourage locals to take responsibility for the development of their own communities.

“What we want to do is tell you to start work on that project,” said 1st Lt. Ryan Adams, 3rd Platoon, Co. B executive officer, to a village elder who expressed concern about building a footbridge. “Once you are finished with that project you are going to call us and we are going to come down here and look at the project and then we can give you the money for it.”

While Extreme Makeover projects have been well received, it will still take time for marked progress to be seen in villages.

“There is a change in the people,” said Wingart. “It’s sometimes hard to see, but they are starting to come on board.”

The Extreme Makeover project is a very new concept and has only begun to be introduced to the populace by Task Force Spartan Troops with 3rd Squadron, 71st Cavalry Regiment. If the project catches on effectively in Logar province, ISAF officials hope to implement throughout Regional Command East.



A Soldier with Co. B, 1st Battalion, 32nd Infantry Regiment crosses a small river on a piece of metal. Bridges are some of the projects that the “Extreme Makeover” initiative will cover.

Night Light:

Able troop 3-71 empowers rural Afghans with generators

Story and Photos by Army Spc. Derek L. Kuhn, 40th PAD



Spc. Jacob Beynon, a medic with 2nd Platoon, Troop A, 3rd Squadron, 71st Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, and a Spring, Texas, native, pulls security as platoon members speak with Bakhshabad elders about electrical power generators, in Logar Province, Sept. 4. The Soldiers and their Afghan National Army counterparts are providing some villages with electrical power generators as part of ‘Extreme Make Over: Afghan Edition.’

What would it be like to go without computers, MP3 players and video games systems? How about upping the ante and adding air conditioning and light bulbs to the ‘off-limits list?’ To most Americans, the thought of not having such modern day luxuries could be considered “cruel and unusual” punishment.

However, for Afghans living in rural, rugged mountainous areas, such modern amenities are few and far between.



Army 1st Lt. Sean Mahard, platoon leader, 2nd Platoon, Troop A, 3rd Squadron, 71st Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, speaks with an Afghan about giving the Bakhshabad village an electrical power generator, in Logar Province, Sept. 4. The Rocky Hill, Conn., native believes the generators will greatly enhance the quality of life for those receiving them.

Soldiers of Able Troop, 3rd Squadron, 71st Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, based out of Ft. Drum, N.Y., and their Afghan National Army partners are not standing idly by as many Afghans in the Baraki-Barak district of Logar province do without some ‘modern day essentials.’ They are providing some remote villages with electrical power generators in a project affectionately known as ‘Ex-

treme Make Over: Afghan Edition.’ The intent is to help increase the quality of life for the Afghans--one small village at a time.

Recently, they visited the villages of Ahmadak and Bakhshabad to offer the local Shuras the generators and to arrange a day for pick-up at Joint Combat Outpost Baraki-Barak.

“We came out here to show the Afghan people that their government and

the U.S. are trying to make their lives better,” said 1st Lt. Sean Mahard, platoon leader, 2nd Platoon, Trp. A, 3-71 CAV. “We want to empower them to see the good we are doing,” the Rocky Hill, Conn., native continued, “and that we are here to help.”

The day began as any normal patrol with Soldiers readying their gear, checking their vehicles and taking care of other tasks. But, unlike normal pa-



An Afghan backs up his truck after receiving a free generator at Joint Combat Outpost Baraki-Barak, in Logar Province, Sept. 5.

trols, they weren’t looking for insurgents. The Soldiers were looking for someone to talk to about the generators.

As the convoy rolled into each village--first Bakhshabad, then Ahmadak, the locals were stand-offish; few wanted to speak to the Soldiers or the accompanying ANA. However, their demeanor quickly changed.

“They were skeptical at first, but they warmed up to us,” said Spc. Jacob Beynon, a medic with 2nd Platoon. “They really liked the idea of having light at night.”

The villagers became very eager to get the generators as they spoke with the Soldiers.

“They were excited and grateful,” said Mahard. “A Bakhshabad elder said, ‘We have 100 families without power’ and the generators we are providing will give these families electricity.”

As the mission wound down and the Soldiers began to leave Ahmadak, Beynon reflected on the mission.

“It is always good to do missions like this,” said the Spring, Texas native. “It gives



you a ‘warm and fuzzy’ feeling.”

Mahard, happy about how the mission turned out, echoed Beynon’s sentiment.

“It is an honor to be part of a military that wants to help others,” said Mahard. “I’ll be proud to tell my friends and family about this when I go home.”

Prior to leaving at the end of the day, arrangements for the local villagers to pick-up the generators were made, and most came away feeling a little more human.

A Bakhshabad village elder speaks with 1st Lt. Sean Mahard, platoon leader, 2nd Platoon, Troop A, 3rd Squadron, 71st Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, about getting the village an electrical power generator, in Logar province, Sept. 4. The Rocky Hill, Conn., native believes the generators will greatly enhance the quality of life for those receiving them.

An Afghan National Army soldier pulls security while Soldiers from 2nd Platoon, Troop A, 3-71, 10 Mtn. Div., discuss electrical power generators with local elders, Logar province, Sept. 4. The villagers were very receptive to learn about the generators from the Ft. Drum, N.Y., unit.



Fire in the Sky!

3-71 mortarmen have a blast

Story and Photos by Army Spc. Derek L. Kuhn, 40th PAD

It's two a.m.; the night is calm and the sky is clear. If it weren't for the occasional wild camel walking by the encampment, one could believe this was an overnight field exercise. But, it is not.



Breaking the early morning serenity, a radio crackles and comes to life.

Shaking off the chill of the night, Sgt. Roger Clark answers the call.

Within seconds the Brownstown, Mich., native rouses his Soldiers — the mortarmen of Headquarter and Headquarters Troop, with Able Troop, 3rd Regiment, 71st Squadron, 3rd Brigade Combat Team, 10th Mountain Division--by bellowing, "Fire mission!"

The Ft. Drum, N.Y., based Soldiers work quickly, readying the blitzkrieg of 120mm mortar rounds that will fly in less than two minutes.

Pfc. Jonathan Dickson and Pv2. Ryan Beach prepare the rounds as Spc. Robert Mangini confirms and executes the proper sighting.

After confirming the coordinates with Mangini one last time, Clark yells, "Fire when ready!"

Mangini looks over to Dickson, checking to see if the mortar round is ready.

"Hang it," Mangini yells as Dickson positions himself to drop the round down the tube.

Shouting at the top of his lungs, Mangini commands, "Fire!"

Dickson promptly loses the round and ducks down to ensure he is clear of the projectile's path. After a slight delay, the round rockets out, followed by an ear-numbing ear-numbing boom. About 30 seconds later, the round lands with lethal precision and a resounding blast.

Smiling, Mangini says, "Right on target."

The fire mission was completed in a matter of seconds.

Mortarmen Spc. Robert Mangini a Cinnaminson, N.J., native and Pv2. Ryan Beach an Atlantic, Iowa native, fire a 120mm mortar round, Logar Province, Aug. 29. The mortar round is fired in under two minutes from the time the mortarmen receive a call for fire.

"From the time we get the initial call for fire, we have about two minutes to complete the mission," said Clark. But in that short amount of time, "We are

"It is very lethal. If one were to blow up on the 50 yard-line of a football field, everyone on that field would have a very bad day."

--Pv2. Ryan Beach, Able Troop, 3rd Squadron, 71st Regiment, 3rd Brigade Combat Team, 10th Mountain Division

very precise, very lethal," the squad leader said.

Beach, who is a Cavalry Scout attached to the mortars elaborates on the

effectiveness of the 120mm mortar system.

"It is very lethal," the Atlantic, Iowa native, said. "If one were to blow up on the 50 yard-line of a football field, everyone on that field would have a very bad day."

Such power and effectiveness enables the mortar system to act as a deterrent to enemies.

Insurgents don't like mortars because of how quickly rounds are put out, said Mangini. "We shoot faster than anyone on the battlefield," the Cinnaminson, N.J., native added.

The lightning-fast striking capabilities and powerful precision of the mortar system provides a safety net for forward maneuvering units.

"When air-support isn't available, we step in and support the Soldiers on the front-lines," Dickson said. "Helping forward maneuvering units makes me feel good," the Buckeye Lake, Ohio native, continued. "Not only do we have the ability to take lives; we

save them too."

With the capabilities to neutralize threats and save lives, the mortarmen take pride in a job they consider fun.

"I feel like I am doing good for Afghanistan here," said Beach "and I am having fun doing it."

Beach likes the initial rush of the fire missions, but Dickson prefers riding the base-plate for the first few fires.

"Riding the base-plate is my favorite part of firing," said Dickson. It's like being on a trampoline with a larger person jumping from a higher point onto it, he continued. "But, it's very important because it makes it settle evenly. If the system is lopsided the rounds could be off target."

But, these mortarmen are professionals and very good at what they do, and what they do is strike with lethal accuracy.

"Our job as mortarmen is to obscure, suppress, neutralize and destroy the enemy for forward operating units," Dickson said. Which is precisely what the mortarmen of Troop A, 3rd Sqd., 71st Cav. Reg., 10th Mtn. Div., aim to continue doing.



Spc. Robert Mangini watches for the impact of a mortar round on the mountain side as the barrel on the mortar system smokes, Aug. 29. The 120mm mortar system has a range of 7,200 meters and an impact zone of 75 meters, according to Mangini.



ANA Soldiers discuss the functions of the 1151 Humvee engine with Staff Sgt. Wolfgang McLachlan, an infantryman and team leader for the Embedded Training Team at Forward Operating Base Curry in the Paktika Province of eastern Afghanistan, during a training course, Sept. 18.

Afghan National Army Soldiers and Afghan Border Police received an introduction, familiarization and driving class on the 1151 Humvee at Forward Operating Base Curry in Paktika province eastern Afghanistan, Sept. 18 and 19. Training was provided by the Embedded Training Team attached to 1st Platoon, Company C, 3rd Battalion, 509th Parachute Infantry Regiment, 4th Brigade Combat Team, 25th Infantry Division.

The class, designed by Spc. Nathan Snyder, an infantryman, closely resembles the basic driver's course that Soldiers take to earn a Humvee license.

The majority of Afghan forces currently use HiLux pick-up trucks for transport.

The 3-509th PIR is lending the Humvees to the Afghans for missions to assist with operational security.

"The Humvees are safer," said Snyder. "They have more armor, which means more protection."

The Afghan soldiers and Police are very aware of the impact the vehicles will have on their operations.

"From the armor, they save our bodies from (Improvised Explosive Devices) and from mines. Having these, they will save us and will get us from one place to another place safely, so it is very much benefit for us," said one of the policemen

attending the course.

The Humvees are kept on FOB Curry, and will aide in further education throughout the year.

The students were attentive, and participated despite fasting in observance of

"THE SOLDIERS (ANA AND ABP) ARE GOING TO COME OVER AND HELP US WITH UPKEEP AND REPAIR. INSTEAD OF JUST DOING IT FOR THEM WHERE THEY LEARN NOTHING, IF THEY WORK WITH US THEY BECOME MORE SELF-SUFFICIENT."

--STAFF SGT. WOLFGANG MCLACHLAN, A TEAM LEADER FOR THE ETT WHO ASSISTED WITH THE CLASS.

Ramadan.

"They seemed to respond pretty positively to the class," said Snyder. "With the driving, we only had one little scare, but that is typical for rookie drivers. With more practice, they'll do great."

Enthusiastic about their teacher, the course, and their new skills, the ABP said they were grateful for the opportunity not only to use the Humvees, but to learn about them as well.

"He (Snyder) is very good, a very good teacher. We want to know about everything for our operations, how to use these," the policemen said. "We like to come to these classes and learn much, and we are appreciative."

The ANA Soldiers participating had been through a similar course prior to their arrival at FOB Curry. The ABP however, had not dealt with Humvees previously, and Snyder and his teammates spent extra time ensuring thorough training.

"For the ANA it was definitely a refresher. For the ABP it was something new. They had a lot of questions, and I think they learned a lot," said Snyder.

Courses of this nature will continue at FOB Curry, enabling progress and self-sufficiency for the Afghan soldiers and police.

"I am really looking forward to training more guys," said Snyder.

Spc. Nathan Snyder, an infantryman working on the Embedded Training Team at Forward Operating Base Curry in the Paktika Province of eastern Afghanistan, explains the functions of the 1151 Humvee to Afghan Border Policemen during a training course, Sept. 18. Afghan National Army soldiers also attended the training.



HUMVEE 101:

Training provides education, safety for Afghan Forces

Story and Photos by Army Pfc. Andrya Hill, 4th BCT, 25th Inf. Div. PAO



GOT STRESS?

GET ACTIVE!

Story by Army Lt. Col. Jeffrey V. Hill, Behavioral Health Consultant, Task Force 30th MEDCOM

It seems that everywhere I look, especially on AFN or in the Stars and Stripes, I see messages about mental symptoms and problems. As a military psychiatrist I've treated and evaluated hundreds of Soldiers in Kosovo, Iraq, Afghanistan, and Germany, and I would like to share some observations.

First of all, not all deployments are identical. Some are fairly easy, both physically and emotionally. Others reach extremes of physical and emotional hardship. Regardless of the situation, being deployed is also an opportunity for change and growth. In Behavioral Health, the term "Resilience" is how we refer to the ability to cope with stress and hardship. Resilience helps a service member return from a deployment at least as well off as when they left. Most people return from deployment feeling they are a better person because of the experience. I would like to describe some factors that are proven to improve our resilience.

(1) Surprisingly, when talking about mental health we start with physical health. Some basic rules to stay mentally fit include:

A. Train Hard. Studies show that physical training and fitness improve symptoms of anxiety and depression. Daily exercise can improve sleep.

B. Get plenty of sleep. Most people need around eight hours per night. Sleep problems are the most common symptom in deployed persons. Poor sleep may lead to irritability and can worsen most mental symptoms. Some hints for better sleep include:

- Don't substitute video games or movies for sleep. Video games and movies can increase your mental stimulation and make it harder to fall asleep.

- Use your bed for sleeping and go there the same time every night or day (for night shift workers).
- Make your bed a comfortable place. Use a fan to keep cool and provide ambient noise.
- Relax and allow your mind to calm down before sleep time. Some people read a book or learn relaxation and visualization exercises to help fall asleep.
- If you still have problems falling and staying asleep, talk to your medical provider, chaplain, or Behavioral Health team.

(2) Eat right. Too many people gain weight in the deployment. Choose your food wisely. There are plenty of healthy choices in the DFAC. Avoid caffeine, especially in the hours before sleep. Energy drinks, coffee, tea, and soft drinks may contain caffeine.

(3) Use your free time wisely. Aim to learn, grow and return a better person than when you first deployed. You can become more considerate, kind, and gentle. Consider attending school. Take correspondence courses. Read and exercise. Additionally, if you are doing the following things, you are probably putting yourself more at risk for mental problems:

- A. Staying up too late
- B. Playing too many video games or watching too much TV (more than three hours a day)
- C. Staying too much to yourself.

(4) Maintaining a positive attitude is one of the most important rules during deployment. Once a negative attitude is allowed, pessimism creeps in, motivation fails, and just about everything gets worse, including mental and emotional symptoms. Monitor your thoughts and things you say. Angry talk can lead to even more anger and pessimism.

(5) Just about everyone has some negative mental symp-

toms from time to time. Anger, irritability, sadness, and boredom are common when deployed. When negative symptoms occur there are some things we can do. For example, talking about the things bothering you to someone you trust is often all that is needed to feel better.

(6) Most of us need some time alone, so try to find some privacy. Balance it with social activities, however. If you are a loner, make a conscious effort to spend time with others. You don't have to steal the show. Just go sit where they are sitting, do the activities others in your team are doing and build relationships with your team members. If you are going to spend time playing video games, play multiple player games with people in the same room. Enjoy each others' company!

(7) Look out for each other. One of the best things you can do for your own mood is to help someone else out. Keep an eye out for team members who may be going through difficult times.

(8) Be a good listener. If someone is telling you something important, it means they trust you. Don't give advice unless asked, make sure they know that you value them, and unless they are talking about hurting themselves or someone else, keep it to yourself.

Bad deployment memories may persist and intrude in the lives of service members. The memories may be so painful that service members try to avoid thinking about them and feel constantly on edge. The memories may intrude in daydreams or sleep. Usually with time the memories take on a different charac-

ter and the pain lessens. Seek help if these intrusive recollections disrupt your life. Talking treatments or medications may help.

Finally, if you are thinking about hurting yourself, please let someone know. Remember that life has ups and downs, and at some point your life will get better. Talk to a professional about it. Most major bases have a mental health team. There is usually a chaplain available, and primary care medicine clinics can also help. The Real Warriors website, www.Realwarriors.net, also has good resources.



Photo by Spc. Derek L. Kuhn, 40th PAD

Photos

from the Field

Staff Sgt. Brian Dykes, a squad leader with the Kapisa Provincial Reconstruction Team, shares his pens with local children during a mission to inspect a road project in the Tag Ab district of Kapisa province, Aug. 24. The PRT works with the Afghan government to increase infrastructure and necessary services, including schools, roads and medical facilities. By working to connect Afghans to their government, the team aims to separate them from insurgent influence.



Photo by Air Force Capt. Darrick B. Lee, Kapisa PRT

Staff Sgt. Wayne Gray, Combined Joint Task Force-82, provides security during a firefight with Taliban in Logar province, in August.



Photo by Pfc. Richard W. Jones Jr., 55th Signal Company



An Afghan National Policeman pulls security during a firefight in Logar Province, Afghanistan in August.

Photo by Army Pfc. Richard W. Jones Jr., 55th Signal Company



Photo by Army Sgt. Matthew Moeller, 5th MPAD

Soldiers patrol a tiny village in the notorious Korengal valley, Aug. 17. The Soldiers, from Baker Company, 2nd Battalion, 12th Infantry Regiment, 4th Infantry Division, have been battling insurgents in the Kunar province of Afghanistan since arriving in June.

Photos *from the Field*



Photo by Army Staff Sgt. Andrew Smith, 55th Signal Company

Paratroopers from Troop B, 1st Squadron, 40th Cavalry Regiment, 4th Brigade Combat Team, 25th Infantry Division carry vital supplies through muddy streams flowing down from the mountains of West Paktika, Afghanistan, Sept. 2, during a three-day dismounted patrol. The patrol was in support of Operation Champion Spear, which was a combined Afghan National Security Forces and International Security Assistance Forces operation in the western half of Paktika that targeted specific individuals and locations, with the goal of securing the area for innocent civilians.



Photo by Army Sgt. Matthew Moeller, 5th MPAD

Spc. Jesus Sanchez, a native of Mesa, Ariz., patrols the Korengal valley floor in Kunar province, Afghanistan, Aug. 17. Sanchez is a combat medic with Baker Company, 2nd Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division.



Photo by Staff Sgt. Andrew Smith, 55th Signal Company

Sgt. Miguel Rodriguez a Paratrooper with Troop B, 1st Squadron, 40th Cavalry Regiment, 4th BCT (Airborne), 25th Infantry Division, scans the terrain from a hilltop through the scope of his M4 Rifle in the mountains near the village of Sar Hawza in Paktika province, Sep. 5. Rodriguez was in the last day of a three day dismounted patrol in support of Operation Champion Spear, which was a combined Afghan National Security Forces and International Security Assistance Forces operation in the western half of Paktika that targeted specific individuals and locations, with the goal of securing the area for innocent civilians.



Photo by Spc. Christopher Nicholas, 55th Signal Company

A Sapper Platoon with 1st Battalion, 501st Parachute Infantry Regiment, 4th Brigade Combat Team, 25th Infantry Division awaits the landing of a CH-47 Chinook for extraction near the Village of Marsac, Paktika province during Operation Champion Spear, Sept. 7. Operation Champion Spear was a combined Afghan National Security Forces and International Security Assistance Forces operation in the western half of Paktika that targeted specific individuals and locations, with the goal of securing the area for innocent civilians.

Burning down the house?

With planning, Winter doesn't have to be deadly

Story by Donald Rice, CJTF-82 Safety Office



As winter approaches, Service Members might choose to “kill the chill” with space heaters and stoves. For Soldiers, Sailors, Airmen, and Marines, working outdoors is just part of the job. While heaters may do a good job warming tents, workplaces, and B-Huts on cold winter days and nights, they significantly increase one’s exposure to fires and carbon monoxide hazards.

Did you know that fire can engulf a tent in just 10 seconds and destroy it in 60 seconds? The smoke in a B-Hut could incapacitate a person in less than a minute, and the B-Hut can be totally engulfed in less than three minutes. That’s little time to react.

Carbon Monoxide is a poisonous, colorless, odorless and tasteless gas. It is produced as a result of the incomplete burning of natural gas and other carbon-containing materials such as kerosene, oil, propane, coal, gasoline and wood. When inhaled, CO enters the blood and deprives the heart, brain, and other vital organs of oxygen.

Low levels of CO can result in shortness of breath, mild headaches and nausea. These symptoms are often confused with food poisoning, influenza and other illnesses. At moderate levels, individuals exposed to CO may experience tight-

ness across the chest, severe headaches, dizziness, drowsiness and nausea. Prolonged or high exposures may result in vomiting, confusion, muscle weakness, collapse and even death. Leaders must ensure everybody is trained to recognize potential sources of CO and the symptoms of CO poisoning.

If living or working in a B-Hut, the only approved space heater is the electric oil-filled radiator style. Place heaters a safe distance away from objects such as bedding and clothes. Never use heaters to dry uniforms or shoes. Do not place heaters where towels or other objects could fall on the heater and start a fire.

To heat tents or small buildings (guard shacks, small wood working areas) some of the approved and tested Army personnel heaters include:



•H-45 space heater: The H-45 replaces the old potbelly M-1941. The H-45 will heat general purpose and TEMPER tents and burns liquid and solid fuels.

•Arctic space heater: The Arctic heater replaces the gas-line-burning M-1950 Yukon heater and is a lightweight, portable heater for five- and 10-man Arctic tents. The Arctic heater burns liquid and solid fuels.

•Small space heater: The small space heater is ideal for use in smaller tents such as the four-man Soldier/crew tent. It burns liquid fuel and has a built-in tank, precluding the need for an external fuel can and stand.

•Convective space heater: The convective space heater provides forced hot air for tents and shelters. This heater generates its own power and recharges its battery.

•Thermoelectric fan: The thermoelectric fan is a compact, self-powered unit that fits on top of any military tent heater. The fan uses some of the heat to turn the fan blades, which

circulates heated air, improves comfort and saves fuel.

Additionally, before using a space heater or stove in a tent or working area, please remember the following tips:

- All heaters and stoves should be operated according to the applicable technical manual.

- Have a fire guard when heating shelters at night.

- Place stoves in sandboxes when heating tents with wooden floors.

- Even in extreme cold, do not operate heaters at full capacity.

- In the event of a tent fire or suspected presence of CO, evacuate the tent immediately!

Winter is rapidly approaching, and freezing temperatures in Afghanistan can make sleeping in a tent a miserable experience. By following the proper precautions when using space heaters or stoves, you can ensure that you'll stay warm and safe on even the coldest of nights.



Warrant Officer Michal Vaqa

Hometown: Tabor, Czech Republic

Current Assignment: 77th Mechanized Battalion

Title: Squad Leader

Number of Times Deployed: 2, First to Kosovo; Second to Afghanistan

Best Part of Deployment: Enjoys working with the U.S. and other Coalition Force armies

How He Spends his Free Time: Playing soccer and reading books

Plans Upon Return: Become an officer in the Czech army and study Military Economics



Czech Army

WARRIOR PROFILE

**Staff Sgt.
Lakeisha Grayson**

U.S. Air Force



Hometown: Chesapeake, Va.

Current Assignment: Bagram Air Field

Title: Desk Sergeant and Patrolman

MOS: 3P071 Security Forces

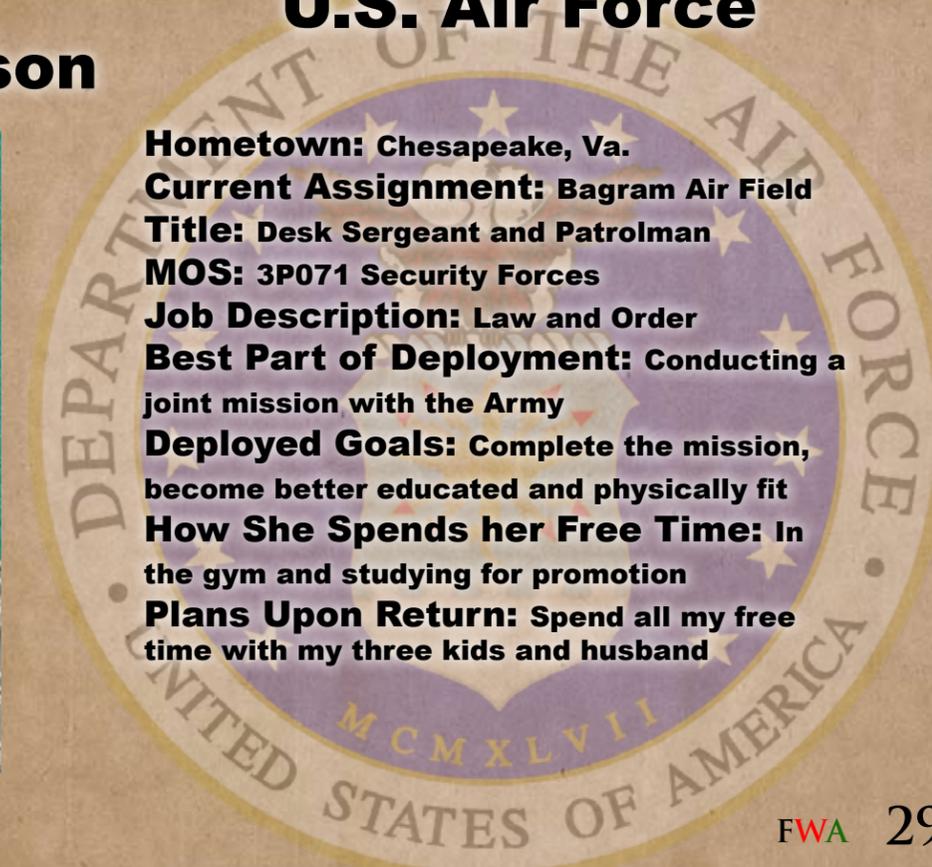
Job Description: Law and Order

Best Part of Deployment: Conducting a joint mission with the Army

Deployed Goals: Complete the mission, become better educated and physically fit

How She Spends her Free Time: In the gym and studying for promotion

Plans Upon Return: Spend all my free time with my three kids and husband





Unit Spotlight

Task Force 30th Medical Command

Branch of Service: Army

Unit History: Started off as the 30th Medical Regiment in 1933 in Texas, became a brigade in 1992, and finally designated a medical command in 2008.

Interesting Unit Facts: It is the first unit of its kind to ever be deployed in support of OEF. It has

been deployed in support of World War II, Operations Desert Shield/Storm, OIF, and OEF. It is based out of Heidelberg, Germany, and is about to celebrate its 76th Anniversary on October 1.

Commanded by: Col. Dennis D. Doyle and Command Sgt. Maj. Christopher A. Walls

Would you like to have your unit in the spotlight? If so, email the 40th PAD at freedomwatch@swa.army.mil. Please include your unit's name, mission, history and any interesting facts.