

1ST EDITION

MARCH 2010

# TAJI TIMES



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## TAJI TIMES INFORMATION

EDITOR

SGT. 1ST CLASS ADDIE CICCARELLI

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# EDITOR'S NOTE

**T**he Chinook lands... Despite the heat and wind blowing my IOTV clad body, I look around the tarmac to see the monotonous hues of brown to a place I will call home: **Camp Taji, Iraq.**

“No photos on the tarmac, Cicc.” I remind myself.

My desire to capture the bird on film is thwarted. Instead, my hands are led by my black leather gloves to the handles of my alicé pack and OD green duffle. I head for the people who came to meet us: The 278th Regimental Support Squadron and the 106th Brigade Support Battalion. I greet my extended family and our counterparts that accompany them. I have a job to do and like my predecessors, I intend to do it well -- which brings me to this point:

## KUMUSTA CAMP TAJI!

That's Tagalog for “Howdy Camp Taji!” Let me introduce myself: Sgt. 1st Class Addie Ciccarelli, new editor of the Taji Times. My other home is in a town called Murfreesboro, Tennessee (just 20 minutes South of Nashville).

I will be replacing Sgt. Roy Freeman and Capt. Brent Lindley as the Taji Times Editor and the Public Affairs and Morale Welfare Recreation point of contact at the Mayor's Cell. I look forward to assisting and coordinating future events as well as writing and editing the Taji Times.



# HOOAH!

**Sgt 1st Class Addie Ciccarelli  
Editor**

An age old tradition, The TOA Ceremony: A ceremony that formally marks the passing of one command to another representing the continuity of the predecessors to the successors. In this Transfer of Authority, the time has come for the 106th Brigade Support Battalion to hand over its responsibilities as Camp Taji's Garrison Command Mayor's Cell to the Regimental Support Squadron, 278th Armored Cavalry Regiment.

As the flag of the great state of Mississippi is cased and the flag of the great state of Tennessee is unfurled, Camp Taji bids farewell to the members of the 106th and welcomes the members of the 278th who will continue to work diligently and honorably in the face of adversity.



ABOVE: Lieutenant Colonel Scott Hubbard (L), outgoing Deputy Garrison Commander rolls the colors to be cased with outgoing Command Sgt. Major Sylvester Bolton (R). (US Army photo by Sgt 1st Class Addie Ciccarelli, 278th Regimental Support Squadron).

## THE 106TH TRANSFERS AUTHORITY TO THE 278TH

By Sgt. First Class Addie Ciccarelli  
278th Regimental Support Squadron



The two units stood together united in mission and understanding -- Commander to Commander, Command Sergeant Major to Command Sergeant Major, and all the counterparts involved. The 106th has prepared the 278th well and the 278th is ready for the transition.

**MAH-AH SALAMA TO THE  
"GHOST CHASERS!"  
GOD SPEED!**

**SALAM ALE-KUM TO THE  
"THUNDERBOLTS!"  
PEACE AND BLESSINGS  
BE UPON YOU!**

LEFT: Lieutenant Colonel Scott Suchomski (L) unrolls the colors of the Regimental Support Squadron, 278th Armored Cavalry Regiment with Command Sgt. Major Dennis Peck (R). (US Army photo by Sgt 1st Class Addie Ciccarelli, 278th Regimental Support Squadron).



TOP: 106th (L) and 278th (R) Soldiers in formation. MIDDLE LEFT: Colonel Jeffrey Holmes (L), Commander of the 278th Armored Cavalry Regiment, and Colonel Franklin McCauley (R), Camp Taji Garrison Commander, unveil the cast of the 278th Armored Cavalry Regiment Patch (ABOVE). (US Army photos by Sgt. 1st Class Addie Ciccarelli, 278th Regimental Support Squadron).

MIDDLE RIGHT: Command Sgt. Major Dennis Peck (L) and Lieutenant Colonel Scott Suchomski (R) raise the Tennessee State Flag.



LEFT: Distinguished guests (from left to right) Colonel Franklin McCauley, Camp Taji Garrison Commander; Colonel William Glasgow, Commander of the 155th Heavy Brigade Combat Team; Colonel Jeffrey Holmes, Commander of the 278th Armored Cavalry Regiment; and Brigadier General Kevin Mangum, Deputy Commanding General for the 1st Armored Division, US Division-Center. (US Army photos by Sgt 1st Class Addie Ciccarelli, 278th Regimental Support Squadron).



TOP LEFT: The Colors march by both units. TOP RIGHT: The Colors face the Garrison Command Mayor's Cell and guests. MIDDLE: Soldiers of the 278th Regimental Support Squadron stand at attention. (US Army photos by Sgt. 1st Class Addie Ciccarelli, 278th Regimental Support Squadron).



BOTTOM LEFT: 106th Soldiers stand at formation during the ceremony. (US Army photos by Sgt. 1st Class Addie Ciccarelli, 278th Regimental Support Squadron).

BOTTOM RIGHT: 278th Armored Cavalry Regimental Crest.



# RELIGIOUS NEWS:

## INNER PEACE FOR SOLDIERS

By Sgt. 1st Class Addie Ciccarelli  
278th Regimental Support Squadron

Camp Taji -- At first glance, 43 year old, Chaplain Thomas Dyer looks like any Army Soldier. But, when a person in need comes to him, his personality is revealed: an active listener, an advisor, and an internal healer. Aside from the Buddhist symbol he wears (somewhat similar to a transportation wheel), there are no striking features that stand out. It is his call and his dedication to his duty that is evident.

Chaplain Thomas Dyer received his commission as an officer and was sessioned as an Army Chaplain in May of 2008. He is the first Buddhist Chaplain in Army History and the second Buddhist Chaplain in the entire military. Educated by his teacher, Kempo Gawang, Chaplain Dyer is willing and able to hold Buddhist services and meditation sessions. He is also trained in the art of Tai Chi.

Currently, he is assigned to the Regimental Support Squadron, 278th Armored Cavalry Regiment. Although Chaplain Dyer is the only Buddhist Chaplain currently in theater, he focuses on the issue of each individual soldier regardless of what religion. He works to resolve the problem and diffuse the negative emotions associated with the issue. In conversation, there is no reason to feel uncomfortable or uneasy. In fact, his expertise in meditation, assist him in reducing the stress a Soldier may feel and helps give a sense of peace. In a previous interview with Fox News, he was quoted: "All Army chaplains wear the same uniform, and all of them answer to the same calling: to provide comfort and to relieve the suffering of American soldiers."

Chaplain Thomas Dyer will be performing Buddhist Services on a weekly basis at various locations at Taji and can be reached via email at [thomas.dyer@iraq.centcom.mil](mailto:thomas.dyer@iraq.centcom.mil). Future schedules will be posted in the Taji Times. He is usually accompanied by his chaplain assistant, SPC Jonathan Holt. If there are Buddhists in other areas that would also like services, please inform the unit chaplain and they can submit a request via email.

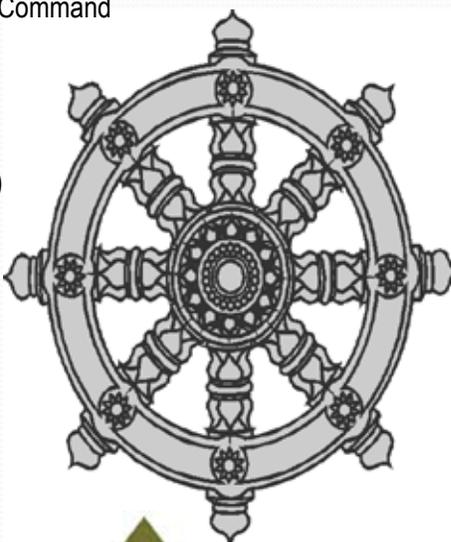
### Introducing Chaplain Thomas Dyer

278<sup>th</sup> Regimental Support Squadron Garrison Command

Sundays at 1945 hours  
Patriot Chapel (Stryker Village)

Buddhist meditation  
and service

Point of Contact:  
[thomas.dyer@iraq.centcomil](mailto:thomas.dyer@iraq.centcomil)



# HALF-MARATHON HONORS FALLEN WARRIORS

By Sgt. Alun Thomas  
1st ACB, 1st Cav. Div., USD-C



CAMP TAJI – One after another they ran through the wet and slippery streets, their bodies caked in dried mud, foraging ahead to the finish line at their own speed. It might have been easier to stay clean and dry, but this run was

for their fallen comrades who gave their lives defending their country—a little mud would not stop them. Service members from all military branches joined together for the Fallen Soldier Half-Marathon here, Feb. 27, paying tribute to

she exited Iraq.

“It’s a good way to honor and remember the fallen Soldiers that became heroes here since 2003 ... who gave their lives and made the ultimate sacrifice,” Meyer said. The idea first came to her while on rear detachment during the 1st ACB’s last deployment, which lasted from 2006 to 2008, said Meyer. “When I was rear (detachment) for 15 months at Fort Hood I ended up being the casualty assistance officer for three widows and casualty notification officer for two others,” Meyer said. “I know what the



CAMP TAJI, Iraq – The Fallen Soldier Half Marathon, organized by 4th Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, U.S. Division – Center, was held to honor the memory of those who gave the ultimate sacrifice in support of Operation Iraqi Freedom, Feb. 28. As each participant of the race crossed the finish line they were presented with a medal made especially for the event. (U.S. Army photo by Sgt. Travis Zielinski, 1st Air Cavalry Brigade, 1st Cavalry Division, USD-C)

those who died in support of Operation Iraqi Freedom, despite difficult conditions due to constant rain.

The marathon was the idea of Master Sgt. Jovana Meyer, from Belton, Texas, S-3 noncommissioned officer in charge, 4th Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, U.S. Division–Center, who said she wanted to commemorate those lives lost before

widows, the parents and their kids go through.” The run is Meyer’s way of letting the bereaved families know that their fallen Soldiers aren’t forgotten.

“The families in the back tend to think we forget and move on—but we never forget,” she said. “By coordinating this event for the fallen Soldiers it allows them to remember ‘hey, they haven’t forgotten about my son or



CAMP TAJI, Iraq – As guest of honor for the Fallen Soldier Half-Marathon, Feb. 27, Brig. Gen. Kevin Mangum, from Newport News, Va., deputy commanding general for 1st Armored Division, U.S. Division–Center, talks to the participants about what it means to remember those who gave the ultimate sacrifice. The memorial run was organized by 4th Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, USD–C. (U.S. Army photo by Sgt. Travis Zielinski, 1st Air Cavalry Brigade, 1st Cavalry Division, USD-C)

daughter or my husband and wife.’” Meyer said she has lost friends in Iraq, which makes it personal for her, making the run a good way to exit Iraq as the campaign continues to draw down.

“It’s a way for all the services to unite as one, Marines, Navy, Army, Air Force and civilians. Let’s all unite to remember, reflect and honor the fallen Soldier ... the fallen hero,” Meyer added.

The maximum amount of 400 registered participants took part, Meyer said, with the weather issues not affecting the holding of the marathon.

During his speech before the run, Brig. Gen. Kevin Mangum, from Newport News, Va., deputy commander, 1st Armored Division, USD-C, said the run means something to all those who have lost a friend in combat. “This is personal for so many of us ... it’s personal to me because on October 19, 2001 during the first combat action of the war on terror in Northern Pakistan, two Army Rangers died in one of my aircraft,” Mangum said. “The thousands who have given their lives since is certainly something we will never, ever forget.”



CAMP TAJI, Iraq – Due to heavy rain, runners had to navigate slippery and muddy roads during the Fallen Soldier Half-Marathon, Feb. 28. The run was organized by 4th Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, U.S. Division–Center, to honor Soldiers who gave their lives as part of Operation Iraqi Freedom. (U.S. Army photo by Sgt. Travis Zielinski, 1st Air Cavalry Brigade, 1st Cavalry Division, USD-C)

“That’s our vow and our commitment,” he said. Mangum said all the military runners made the decision to volunteer to serve their countries, making any adverse weather conditions an easy barrier to overcome.

“THIS IS PERSONAL FOR SO MANY OF US ...”

# “WITH EACH AND EVERY STEP, NEVER FORGET THOSE FALLEN SOLDIERS,”

“For many of you your decision to run today is very courageous. With each and every step, never forget those fallen Soldiers,” Mangum said. “The track may have been made harder with the rain, but I know everyone will finish.”



CAMP TAJI, Iraq – Participants taking part in the Fallen Soldier Half-Marathon memorial run, gather at the start line, Feb. 28. The run was held in honor of all service members who gave their lives as part of Operation Iraqi Freedom. Heavy rain the previous day made the streets muddy, but the run went ahead as planned. (U.S. Army photo by Sgt. Travis Zielinski, 1st Air Cavalry Brigade, 1st Cavalry Division, USD-C)

“Whether you’re running to win, or running to finish, this is a noble pursuit,” he said. Meyer said she hoped to continue the event in the U.S. and make it a tradition.

“I hope I can take this back to America because there’s no other race out there that is held for the fallen Soldier,” Meyer said. “Maybe in ten years we could do it for ever fallen Soldier in America, from every war.” The response from fellow Soldiers has been positive for Meyer, which is a great reward for all the hard work organizing the half-marathon.

“It’s been overwhelming walking around Camp Taji and having people coming up to me seeing my name and saying ‘oh thank you so much, I’m going to run for my friend or my brother,’” she said. “It’s definitely a proper exit for those of us preparing to leave here.”



CAMP TAJI, Iraq – In grand style, Senior Airman Matthew Klundt, from Fresno, Calif., of the 732nd Expeditionary Security Forces Squad, carries an American flag as he crosses the finish line to claim first place in the Fallen Soldier Half-Marathon run, Feb. 28. The memorial run was organized by 4th Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, U.S. Division–Center. (U.S. Army photo by Sgt. Travis Zielinski, 1st Air Cavalry Brigade, 1st Cavalry Division, USD-C)

BELOW: Spec. Bianca Murphy, 249th Quartermaster Company, ran in honor of Staff Sgt Regilio E. Nelom, who was killed when a improvised explosive device detonated near his Humvee during an escort mission near Asad. (U.S. Army photo) RIGHT: Fallen Soldier Memorial displayed to remember those that were lost during Operation Iraqi Freedom. (US Army photo taken by Sgt. 1st Class Addie Ciccarelli)



## ... AND THEY CAME TO HONOR THEIR FALLEN BROTHERS AND SISTERS IN ARMS ...



LEFT: Group of soldiers road march the Fallen Soldier Half Marathon.  
RIGHT: Marathon coordinators -- MSG Jovana Meyers (L) and Capt. Brent Lindley (R).  
(US Army photos by Sgt. 1st Class Addie Ciccarelli, 278th Regimental Support Squadron)



**TOP LEFT:** Spec. Juan Garcia of 72 STB, Sgt. Jayson Monroe of 1/227 ARB, and CH Terry Partin of 155 BCT pass Water Point #4 during Fallen Soldier Half Marathon. **TOP RIGHT:** SrAirman Matthew Klundt finished first male overall with a time of 75:47. **BOTTOM LEFT:** Spec. Sandra Osborne of 2/107 CAV was the top female finisher overall with a time of 1:40:16. **BELOW:** Master Sgt Christopher Stone, AFN, captures the Fallen Soldier Marathon on video. (US Army photos by Sgt. 1st Class Addie Ciccarelli, 278th Regimental Support squadron)



# WOMEN'S HISTORY MONTH: MILITARY WOMEN PAVING THE WAY

Information compiled by Sgt. 1st Class Addie Ciccarelli  
278TH Regimental Support Squadron.

There are many women in military history that have paved the way for their successors. Historically, women have fought alongside men in all cultures, in all nations. This is a tribute to just a few of the "ground breakers" in US military history from the Revolutionary War to the present.



**Margaret Corbin** fought in the American Revolutionary War. On November 16, 1776 she and her husband, John Corbin, both from Philadelphia, along with some 600 American soldiers, were defending Fort Mifflin in northern Manhattan from 4,000 attacking Hessian troops under British command. John and Margaret crewed one of two cannons the defenders possessed. After her husband was killed, Margaret took over firing his cannon until she was seriously wounded. Three years later, she became the first woman in the United States to receive a pension from Congress.



**Dr. Mary Edwards Walker** is the only female to earn the Congressional Medal of Honor, for her service during the Civil War. She served as an assistant surgeon -- the first female surgeon in the US Army. Her U. S. Army Service includes:

- Battle of Bull Run, July 21, 1861
- Patent Office Hospital, Washington, D.C., October 1861
- Battle of Chickamauga, Chattanooga, Tenn., September 1863
- Prisoner of War, April 10, 1864-August 12, 1864, Richmond, Va.
- Battle of Atlanta, September 1864



**Sgt Esther M. Blake** is considered the "first woman in the Air Force" having enlisted in the first minute of the first hour of the first day the regular Air Force was authorized. This took place on the 8th of July 1948 at Ft McPhearson, Georgia

**Cmdr. Darlene Iskra** became the first woman to command a U.S. Navy ship - the U.S.S. Opportune in 1990.



## ... AMONG THE FIRSTS ...

# WOMEN SERVING TODAY

Information courtesy of the Department of Defense and the US Coast Guard.

Data as of Sept. 30, 2009.

Active Duty		
	Women	% of Women
USA	74,411	13.5%
USMC	12,951	6.4%
USN	51,029	15.5%
USAF	64,984	19.5%
Total DoD	203,375	13.9%
USCG	5,454	12.5%
Total	208,829	14.3%

Reserve & Guard		
	Women	% of Women
USAR	62,879	28.7%
USMCR	5,334	5.6%
USNR	20,973	19.2%
USAFR	29,201	26.3%
Total DoD	189,577	17.7%
USCGR	1,483	5.8%
Reserve Total	191,060	17.7%
USARNG	51,022	14.1%
USANG	20,168	18.5%
Guard Total	71,190	15.1%

## WOMEN'S HISTORY MONTH: MILITARY WOMEN PAVING THE WAY

### IN THE GUARD ...



Most days **Tally Parham** practices law, but she is also the first, and currently the only, woman to fly F-16 fighter jets for South Carolina's Air National Guard

Women in Mil. Conflicts	# of Women
Spanish-American War	1500
World War I	35000
World War II	400000
Korea (in theater)	1000
Vietnam (in theater)	7500
Grenada (deployed)	170
Panama (deployed)	770
Desert Storm (in theater)	41000

## THE TRUTH ABOUT MILD TRAUMATIC BRAIN INJURY

By Zachary Goral, D.O.

In 2007, a 22 year-old male walked into my office one year after being thrown from his motorcycle, and landing on his head with his helmet on. He had a 2 year history of mood swings, poor sleep, irritability, headaches, and anxiety symptoms. Just beginning my 3rd year of my medical residency in psychiatry at Henry Ford Medical Center in Detroit, Michigan, I found treating this individual to be challenging at times, seeing how his life had changed since his accident.

In 2008, during my first year of working as the active duty psychiatrist at MacDill Air Force Base, I treated a young marine who was suffering with similar symptoms. He stated he had been involved in an IED blast while on deployment one year prior, and had found it difficult to control his emotions, and had impairment in his memory and concentration. Although these two young men are more serious examples, people walk into psychiatric clinics all over the country with similar symptoms after sustaining head injury. Whether civilian or in the military, the long term effects of concussions, also known as Mild Traumatic Brain Injury, on individuals is unquantifiable. Mild Traumatic Brain Injury not only affects the individual, but everyone else involved in their lives, including family and co-workers. MTBI is more common than we think.

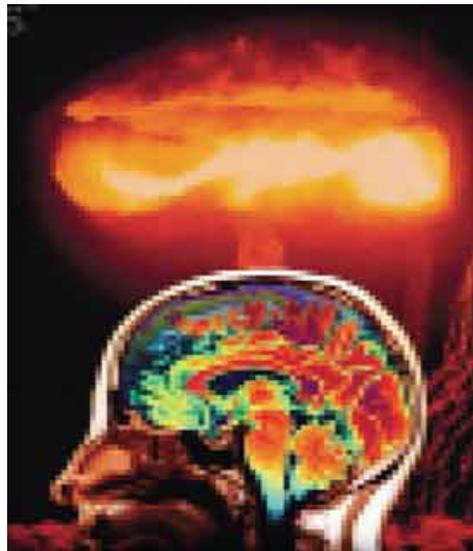
### Definition

Concussion from the Latin word *concutera*, "to shake violently", is the most common type of traumatic brain injury. The terms mild traumatic brain injury (MTBI) and Concussion are used synonymously. The term Closed Head Injury means an injury to the brain where the skull is not broken or penetrated.

### Statistics

There are 1.4 million people who sustain Traumatic Brain Injury each year in the United States. Of that total 50,000 die; 235,000 are hospitalized;

and 1.1 million are evaluated, treated and released from emergency departments. Actually, the largest amount of MTBI patients is not seen in an emergency department. Estimates indicate that at least 5.3 million Americans (2 percent of the population) have current long-term or lifelong disabilities as a result of TBI.



### Physiology

The terms "impact" and "shear" are also used to differentiate the internal mechanism of injury between the contact and internal causes of injury. The term "impact" is not the impact with the head with an object, but rather the impact of the brain with the hard, often sharp interior of the skull. The term "contact phenomenon" is used to describe the sequence of events which occurs when the energy of the impact of the head with something is transferred to the brain. This includes deformation of the skull and shock waves that emanate at the speed of sound from the point of impact throughout the brain. Injury from contact forces often occurs in two places—the site of the internal impact of the brain with the skull and the opposite part of the brain. This happens because of the rebound of the brain from the initial impact of the skull.

### Symptoms

A blow to the head or acceleration forces without direct impact can cause disruption of cellular processes in the brain lasting days to weeks. Loss of consciousness may occur, but is not necessarily correlated with the severity of the concussion if it is brief.

Headache is the most common reported symptom. Other symptoms can include dizziness, vomiting, nausea, lack of coordination, and loss of balance. Visual symptoms include light sensitivity, seeing bright lights, and blurred or double vision. Ringing in the ears is also commonly reported. Confusion is also common, with disorientation and difficulty with focusing attention. This may occur immediately or delayed over several minutes. Someone may repeatedly ask the same questions or directions, have a vacant stare, have slurred or incoherent speech, have difficulty with reasoning, and performing everyday activities.

Other MTBI symptoms include changes in sleep patterns, increased crankiness, loss of interest in activities, tearfulness, mood swings, restlessness, lethargy, and irritability.

### Diagnosis and Treatment

The Department of Veterans Affairs (VA) Journal of Rehabilitation Research and Development in December 2009 published clinical guidelines for identification, treatment and management of mild traumatic brain injuries concussions. These guidelines were developed to help identify and manage concussions in adults who complain of symptoms related to a head injury and who are treated at least 7 days after the initial injury. They can also be applied to hockey and football players, to other athletes, and to the general public.

Initial assessment for concussion involved a screen for psychiatric symptoms, such as combat-related stress disorder or posttraumatic stress disorder, depression, and anxiety.

# THE TRUTH ABOUT MILD TRAUMATIC BRAIN INJURY (CONT.)

These symptoms can either overlap with a brain injury or resemble MTBI. Detection and management of these conditions are built into the algorithms. Treatment of MTBI usually initially involved treatment of headaches, pain and other symptoms, with careful monitoring since these patients tend to be more sensitive to medication adverse effects. Also, medications with an increased risk for suicide should be limited since suicide rate is higher in post-TBI patients.

Most people who experience a concussion require no specific medical treatment, and recover within hours to days. Up to 95% recover within 3 months to 12 months. In most cases, soldiers and others who experience a concussion should return to work or duty as soon as possible after a mild TBI, but resumption of activity should be gradual. If physical, cognitive, or behavioral symptoms reemerge, return to normal activity should be monitored.

The term brain damage should be

avoided, and one should remain optimistic and positive regarding full resolution of symptoms. However, a concussion can be serious, especially if it follows immediately after another brain injury. Patients who sustain a second concussion before the first has healed usually have more severe symptoms.

## Long Term

The symptoms of most concussions resolve within weeks, but problems may persist. In post-concussive syndrome symptoms do not resolve for weeks, months or years after a concussion. Symptoms can include headache, dizziness, fatigue, anxiety, memory and attention problems, sleep problems, and irritability. Cumulative effects of concussions are poorly understood. Effects may include psychiatric disorders and loss of long-term memory.

## Conclusion

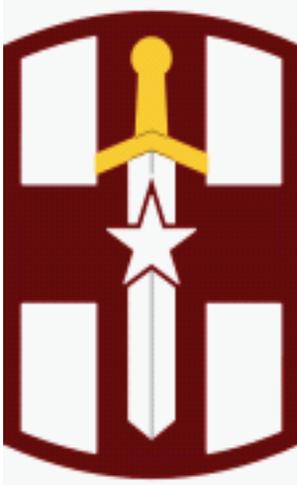
Because of the increased tempo of war, soldiers often discount the severity of symptoms and delay seeking treatment for weeks to months. The widespread use of helmets protects the head from potentially

lethal contact injuries, but they do not prevent the rapid back and forth movement of the head, which usually causes concussions. It is important that soldiers are evaluated if they sustain a possible head injury, including direct impact, acceleration/deceleration accidents, or are exposed to an explosive blast. If they present with physical, cognitive, or behavioral symptoms, urgent care is needed.

Mild Traumatic Brain Injury has been the signature injury for centuries, present in every war since the Civil War. Shells exploding, young men traveling very quickly and stopping very quickly, being thrown by bullets and explosions can cause brain injury, and it is important that leadership, fellow soldiers, and providers are aware of how one might present after sustaining one of these injuries. For more information, visit [www.biausa.org](http://www.biausa.org), the Brain Injury Association USA Home Page. If you think you know anyone suffering from this syndrome, please call the Combat Stress Control to make an appointment for an evaluation.

*The author Dr. Zachary Goral, D.O. is a Board Certified Psychiatrist with the 1908th Medical Detachment (CSC).*

## 1908th Medical Detachment Combat Stress Control



### Services offered

- Individual confidential counseling
- Suicide Awareness Briefings
- Sexual Assault Briefings
- R & R Briefings
- Tobacco Cessation
- Redeployment Briefings
- Stress Management
- Combat Stress Awareness
- Grief Assistance
- Traumatic Event Management
- Debrief
- Relationship Assistance and Improvement
- Communication Skills
- Drug and Alcohol Counseling

### Hours of Operation:

- Mon, Wed – Fri 0800-1700
- Tue – 0800-1600
- Closed from 1200-1300 for Lunch
- Sat - 0800-1200
- Sunday - Closed

**DSN 834-1050, SIPR 242-6950**

**For after hour emergencies report to the TMC Level II**

# FIRE SAFETY: LEARN NOT TO BURN

By Sgt. 1st Class Warren G. Lawson, Jr.  
Camp Taji Garrison Safety NCO

Everyone is responsible for situational awareness and being alert to the signs of electrical malfunctions. It is important to understand the fire hazards of the materials and substances not just in the workplace but within living quarters. Practice good worksite and housekeeping habits. Don't let trash and waste material accumulate. Empty trash cans on a regular basis. Do not store or allow clutter to accumulate around exits or stairways. Fire doors should be kept closed as directed and never chained or locked. The exit should always remain free and accessible.

A common cause of work place fires is equipment, which becomes overheated, and electrical malfunctions. Be sure to follow the operating guidelines of all equipment used especially those requiring electricity. Electrical equipment should be checked for wear and tear on a regular basis. Avoid damaged cords or worn insulation. Never overload circuits and remember that only qualified and authorized personnel should carry out electrical repairs and maintenance. Refer to MSDS (Material Safety Data Sheet) for material specifics regarding combustibility, flammability, explosiveness, reactivity, and compatibility with other chemicals. Carefully follow all instructions when using any material, which might pose a hazard. Be observant of any smoking restrictions. Smoke only in authorized areas. Deviating from those policies could result in serious

fires. Make sure monthly fire and the appropriate personnel; i.e., Fire wardens and bio-maintenance engineers, routinely do electrical inspections. Know what to do in case of a fire. Make sure safety training includes:

- o Reporting a fire and evacuation procedures
- o Location of fire alarms
- o Location of fire extinguishers

Military soldiers enter a burning CHU to extinguish source of the fire. (US Army Photo)

- o Operation of fire extinguishers and on what type of fires to use them on
- o Have the extinguishers been serviced or do they need charging
- o Area's sprinkler system/ smoke alarms
- o Procedure for equipment shut down
- o Rally point
- o Name of designated Fire Warden for your area

Remember to check the Voltage of Billeting Quarters and Appliances

- o CHUs (Containerized Housing Units) POD 1 thru POD 50 are 220v
- o Plugging in Play Stations, Lamps, DVD players, etc. with the wrong voltage is a recipe for disaster
- o ALL Appliances whether from the PX/BX, from the internet, or from home need to be checked BEFORE plugging it in
- o No open flames, space heaters, candles, or smoking in the room
- o Do not overload electrical outlet
- o Turn off electrical appliances and lights when leaving the room



## FIRE SAFETY (CONT.)

To place a work order, contact your S4 or visit the Mayor's Cell in Bldg. 104

### Know Your Numbers

- FIRE OR EMERGENCY...DIAL 911
- Fire Department...DSN 834-1000
- Medical Treatment Facility  
(Level II)...DSN 834-1359,  
SVOIP 242-6016
- Mayor's Cell...DSN 834-1351,  
SVOIP 242-6186

Everyone has a responsibility for preventing fires. Report any unsafe situation and correct it only if qualified and authorized to do so. Remember risk management is every individual's responsibility because...

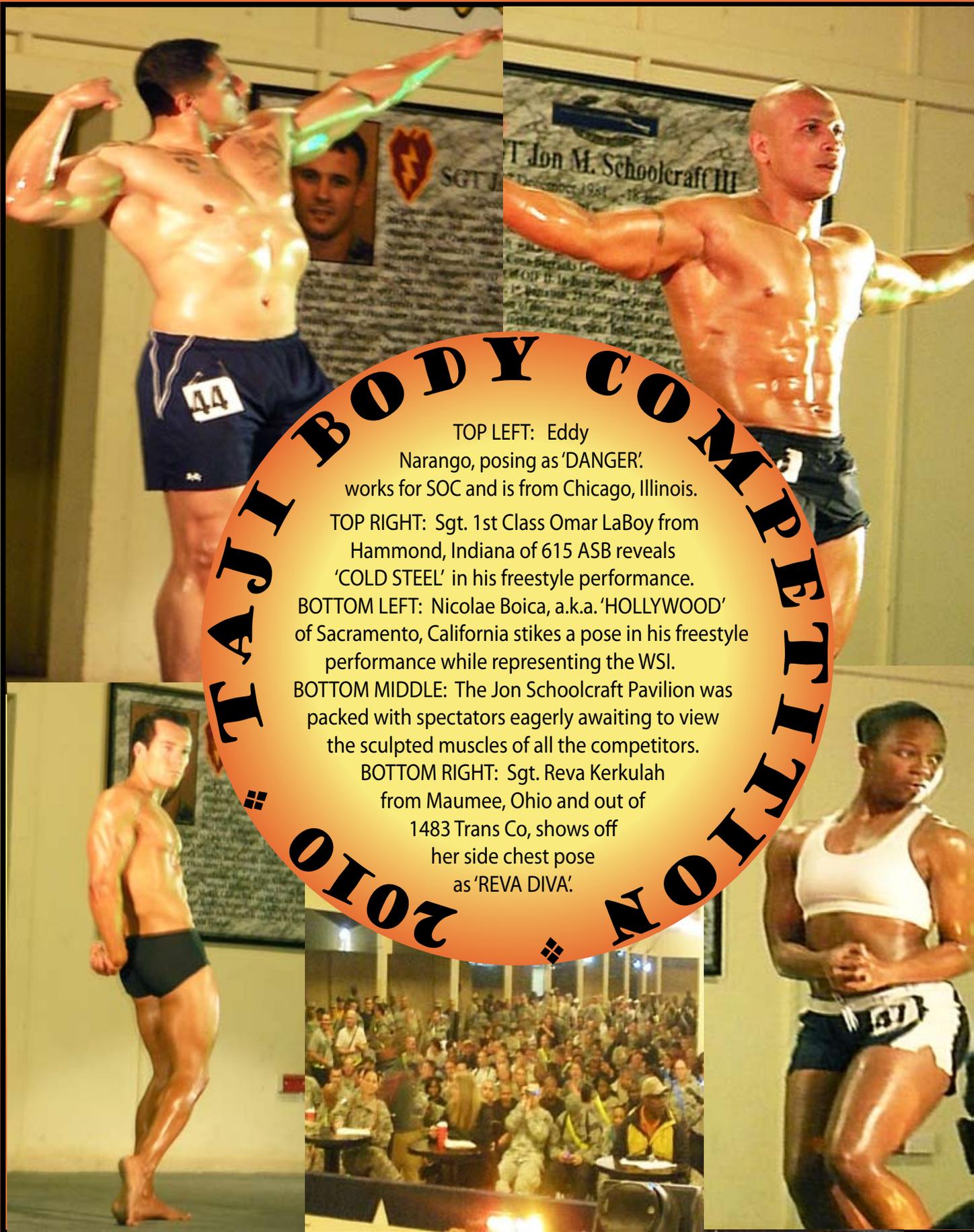
***ARMY SAFE IS ARMY STRONG***

## CIGAR NIGHT BURNS ON...

Although the Mud House sadly had to close its doors to free coffee and as a get-away to those who enjoy cigars, the tradition will continue ...

**MWR Bldg. 612: Back Patio  
Every Tuesday from 1900-2200  
POC: 1LT TIANA NABITY, 3666 SMC  
tiana.r.nabity@us.army.mil**

**\*\*Special thanks to the generous starter donations of Brian Reeder.  
Donated cigars will be available, but not guaranteed.**



**TAJI BODY COMPETITION 2010**

TOP LEFT: Eddy Narango, posing as 'DANGER' works for SOC and is from Chicago, Illinois.

TOP RIGHT: Sgt. 1st Class Omar LaBoy from Hammond, Indiana of 615 ASB reveals 'COLD STEEL' in his freestyle performance.

BOTTOM LEFT: Nicolae Boica, a.k.a. 'HOLLYWOOD' of Sacramento, California strikes a pose in his freestyle performance while representing the WSI.

BOTTOM MIDDLE: The Jon Schoolcraft Pavilion was packed with spectators eagerly awaiting to view the sculpted muscles of all the competitors.

BOTTOM RIGHT: Sgt. Reva Kerkulah from Maumee, Ohio and out of 1483 Trans Co, shows off her side chest pose as 'REVA DIVA'.



**2010 TAJI BODY COMPETITION**

TOP LEFT: Douglas of Compara, Uganda with SOC poses in the heavy weight division

TOP MIDDLE: Sgt. 1st Class Brian Smith of Pensacola, Florida with the 2/23rd Infantry puts forth his best front lat spread pose.

TOP RIGHT: Spec. Derek Harper, Canton, Ohio, of the 1483rd Trans Co. shows off his back double bicep pose.

MIDDLE: 'DIAMOND PRINCESS', Capt. Theresa Gallo (L) from Council Bluff, Idaho, of the TIFRC competes with the 'AZTEC QUEEN', Spec. Lorraine Perez (R) from Phoenix, Arizona of the 3666th SMC.

BOTTOM LEFT: Arthur of SOC from Compara, Uganda does an alternate side chest pose during his freestyle performance.

BOTTOM RIGHT: Sgt. Todd Scott of the 3666th SMC from Florence, Arizona displays his 'GUNS'.



## **Rockin' the Pavillion: The Danny Morris Band**

By Sgt. 1st Class Addie Ciccarelli

CAMP TAJI -- On the night of February the 24th, Camp Taji was entertained by the “Surf-Rock” and “Rock-a-Billy Blues” of The Danny Morris Band at the Jon Schoolcraft Pavilion. Danny Morris, former Nighthawk guitarist, performed with veteran musicians Mike Tolnay on bass and Frank Hetzler on drums. The music was highly spirited and upbeat. People from numerous decades and genres could relate to the surf melody. Coming to us live from Florida, the beach music was a nice change from the norm. Their fun, light-hearted music made for an enjoyable evening.



# 03.17.10



## ST. PATRICK'S DAY 5K

The St. Patrick's Day 5K will start at 7 am on March 17, 2010 from the Jon Schoolcraft Pavilion.  
Come join us as we celebrate with a fun run, near beer and snacks.  
May the luck of the Irish be with you!

Sponsored by Det. 3 Praetorians Airman's Council

POC: Senior Airman Matthew Klundt [matthew.klundt@iraq.centcom.mil](mailto:matthew.klundt@iraq.centcom.mil)



# CAN YOU OUTDRIVE U.S. COAST GUARD'S RYAN HIXSON?

**PROVE IT - FOR FREE! FINALS ON ESPN!**

**WHO:** For Civilians & Active Duty **IRAQ WIDE**

**WHAT:** 2010 Military Long Drive Championship presented by 7UP Qualifier - Military winner earns exemption to the 2010 Military Long Drive Finals in Mesquite Nevada and a chance at \$10,000 CASH!

**WHEN:** 10 APRIL, 2010

**WHERE:** Taji Driving Range

**DETAILS:** POC is Capt. Rik Lepine at [richard.lepine@iraq.centcom.mil](mailto:richard.lepine@iraq.centcom.mil)

**Military wear ACU/ABU camo uniforms with unit t-shirt.**

Registration: 0800-0900 (Military & Civilian) - FREE!

First Round Qual: 0900-1100

Second Round Qual: 1200-1400

Round of Top 24: 1430-1600 (Military only)

Final 8: 1630-1830



3X Military Long Drive Champion, U.S. Coast Guard Petty Officer 3rd Class Ryan Hixson. Hixson won \$10,000 and an exemption into the 2010 RE/MAX World Long Drive Championship on ESPN.

***Only Active Duty, Guard, & Reserve can advance to the finals in Mesquite Nevada***



2009 Host: David Feherly



Support the Troops



Military Long Drive Finals - Mesquite, Nevada



Honor Our Veterans



Celebrate Freedom

# CAMP TAJI

AUTHORIZED SWIM WEAR  
PER CAMP TAJI SOP DATED 15FEB09

## AUTHORIZED



## UNAUTHORIZED



## POOL SEASON IS BACK!

As of the 15th of April, the Mayor's Cell is planning to open the pool. We would like to solicit the support and cooperation of all patrons in order to enjoy the pool. To do that, below are the rules:

1. AUTHORIZED and CLEAN swimsuits ONLY  
(If you are dirty, sweaty, saggin', or wearin' a 2 pc -- you're WRONG). SEE ABOVE.
2. ALL swimmers must shower just BEFORE entering the pool  
(this keeps the pool's water and filter clean)
3. Swimmers can only swim if the water temperature is above 69 degrees Fahrenheit
4. Absolutely NO BACKPACKS!
5. MWR Personnel have the right to refuse entrance to anyone not meeting the above criteria and they have the right to close down the pool if the temperature or system does not work properly or in event of inclement weather. This is for everyone's safety.

**\*\* THE POOL HOURS AND THE LAP SWIM SCHEDULE IN APRIL TAJI TIMES EDITION \*\***

# CAMP TAJI INFORMATION

## PHONE NUMBERS

### Support

Mayor Cell Work Orders	834-3116
Billeting	834-3194
Base Support Operations	834-3084
Dept. of Public Works	834-3180
Chaplain's Office	834-3001
Safety Office	834-4306
Taji Times	834-4551
FBCB2 Support	834-3852

### Medical

Sick Call	834-1358
Combat Stress	834-1050

### Emergency Services

Emergency	911
Fire Department	834-1000
Military Police	834-3000
BDOC	834-3417

Camp Taji Fire Department gives fire warden classes every Wednesday at 0900 at Fire Station, building 150 The class is designed to teach assigned fire wardens their responsibilities, as well as proper use of a fire extinguisher, and 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 OR KBR: 713-970-5131

## 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 (M-Sa.)
Swimming Pool	closed for season

### Level II Medical Sick Call

Mon-Fri	0800-1000 & 1600-1800
Sat-Sun	0800-1000 & 1600-1800
Emergencies	24 hours/7 days
Patients MUST have a sick call slip signed by their First Sgt. or Commander to be seen, unless an emergency.	

## DFACS

### 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	1100-1430
Dinner	1700-2030
Midnight	2300-0030