Duke Dispatch

Vol. 11

STB, ABP medic training course

Joint operations lay groundwork for future

May 2011

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Cover photo-U.S. Army Soldiers, with 1st Battalion, 6th Field Artillery Regiment, Focused Targeting Force, 3rd Brigade, 1st Infantry Division, prepare to board a CH-47 Chinook helicopter, in the city of Gardez, Paktiya province, Afghanistan, Apr. 27, 2011 (U.S. Army photo by Pfc. Donald Watkins)

Commander's Corner

By Col. Chris Toner
TF Duke Commander

Memorial Day has always been a bittersweet holiday. We in uniform, as well as most Americans, use the solemn occasion to honor the sacrifices of military heroes who paid the ultimate price to secure our freedoms. It's only fitting then as we mark another Memorial Day that we pause to remember how we came to celebrate it, and why it is so important we continue to observe this hallowed American holiday.

Our Memorial Day observances will have even more meaning this year when looked at from the Duke Brigade's deployed perspective. Since the last Dispatch, TF Duke has seen Spc. Joseph Kennedy of Co D, 2-2 Infantry, Capt. Josh McClimans of the 352nd Combat Support Hospital, and 1st Lt. Demetrius Frison of Co. A, 1-26 Infantry, make the ultimate sacrifice. In total that is seven fallen heroes during our time in Afghanistan. I think about these heroes every day, and their portraits hang on the Wall of Honor at our task force headquarters. Two things immediately come to mind when I see their images; first, that they should always be remembered for their bravery and devotion to duty, and that we have an obligation to honor their lives and memories through our future words and deeds.

Like so many brave men before, these Duke Soldiers did not want war – but they answered the call when it came. They believed in something larger then themselves. They fought for their country, their families, and ultimately for their brothers and sisters they served with on the field of battle. To a man they were devoted to the cause of continuing the liberation of the brave people of Afghanistan and to denying sanctuary to the enemies that supported the attack against the United States on September 11.

At a Memorial Day address in Arlington National Cemetery, President George W. Bush said it best: "The greatest memorial to our fallen troops cannot be found in the words we say or the places we gather. The more lasting tribute is all around us -- a country where citizens have the right

to worship as they want, to march for what they believe, and to say what they think. These freedoms came at great costs -- and they will survive only as long as there are those willing to step forward to defend them against determined enemies."

To the families of our fallen, please know that we will never forget their sacrifice. We remember their lives and their contributions not only on Memorial Day but every day. They live on with us and continue to be represented through our actions and commitment to finish our mission. This remains the ultimate compliment that can be paid to their memories.

Duty First!

Voice of the CSM

By CSM Drew Pumarejo
TF Duke Command Sgt. Maj.

I've always enjoyed celebrating American holidays as much as anyone else. While our celebrations this year might be a little more low-key because of the deployment, the meaning and importance of each holiday shouldn't be any less. As we look forward to Memorial Day this month, recognize it for what it is, but also realize our own roles in safeguarding the lives of our families and fellow citizens.

Did you know that less than one percent of the American public wears a military uniform? It's true. So when you figure that the United States numbers more than 300 million citizens, only 3 million people across all services and components are entrusted with safeguarding our borders and overseas interests. That's a pretty elite club, and I hope you enjoy the deserved pride and satisfaction of protecting our families, fellow citizens, and way of life.

These Soldiers and other service members out there executing the mission all have their own unique stories to tell. But despite their divergent backgrounds, ambitions, and skills, all share one common trait. Simply put, they're out here facing challenges and danger not because they have to, but because they want to. Indeed, no one has "had to serve" since the Draft ended in 1973. I don't pretend to know everyone's reason for joining and serving, but I'm sure every reason is unique and different. Maybe somebody joined because he was extremely patriotic and wanted to do his part. I've always felt that if somebody serves four or 40 years, they still deserve our respect and the thanks of a grateful nation.

Many have served because of the legacy of a family member, and my service was influenced by my late father Oscar Negron Pumarejo, a former Marine. Whatever your

reason for joining may have been, remember on Memorial Day that our country's illustrious past was made possible only through the devotion and selfless service of heroes who lost their lives defending our nation. But most importantly, remember that America today relies on our contributions more than ever, and we few, proud volunteers will always be there to answer the call willingly and with pride.

"No Mission Too Difficult...No Sacrifice Too Great...Duty First"

Chaplain's Word

By Chaplain (Maj.) Mike Nishimura,
TF Duke Chaplain

We have concluded our first 100 days of deployment. Historically, this period of time is marked by feelings like: tiredness (both physically and emotionally), boredom and complacency.

These feelings may be shared by both Soldiers and Family members. The initial "newness" and "novelty" of deployment has worn off by now, and each day starts to seem like the day before.

To some, the time in Afghanistan may seem to be going very fast, but not everyone shares this sentiment. Especially on the home front, some feel that time is starting to drag on. That type of feeling is usually caused by some of the difficulties and challenges experienced by our loved ones, such as issues with our children, issues with finances and other challenges that accompany the deployment experience.

The key is to have a keen awareness or honest recognition that what we are going through is a part of a normal deployment cycle.

The existence of the Groundhog Day syndrome can largely be traced to a lack of perceived inspiration. Our spirits feel lethargic, flat and hollow. Efforts to break this cycle are short-lived. The task at hand seems too great to overcome and is emotionally draining. Sometimes the feeling of burnout is present. Some common supposed cures, which are transient and temporary in nature, include outlets of creative expression, incessant activity (which at the time seem important and meaningful, but are really nothing more than distractions), travel, religion and spirituality, volunteer service and therapy.

I warn folks that the use and abuse of alcohol is a known cause for worsening your situation. We may feel we are operating in a claustrophobic cage, and some may explore ways to break out of this perceived cage. Perhaps this is why drugs and alcohol are so prevalent. When under the influence of a mind altering substance, the sky really

can appear to be the limit, or at last a mind numbing period can be experienced. Once the effect wears off, the realization that today brings just another form of the daily grind is sobering.

Maintaining a positive attitude and getting involved in the lives of others will provide meaning to your life during this challenging time. I continue to encourage each one of us to nurture our spiritual resiliency, coupled with family resiliency, as we navigate through the rest of our deployment.

May the Lord bless you!

Centaur soldiers receive battlefield promotions

Story by Pfc. John Martinez,
TF Centaur

Two non-commissioned officers from 1st Battalion, 6th Field Artillery Regiment, Task Force Centaur, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, earned "battlefield" promotions at Forward Operating Base Salerno, May 7.

A battlefield promotion is awarded to a qualified Soldier who regularly goes well above and beyond the expectations of him, and allows him to skip most of the usual administration and examination processes required to achieve a promotion.

Lt. Col. James Vizzard of Fort Knox, Ky., commander of TF Centaur, pinned the new rank on U.S. Army Sgt. Brian S. Stout from Columbus, Ohio, and U.S. Army Staff Sgt. Tameiko D. Snell, from Cottonwood, Ala.

Snell addressed the assembled Soldiers and reflected on his reasons for serving.

"At first, I entered the military to gain a secured income," he said. "I realized after leaving the Army for a while that I wasn't happy with just being; I wanted more. I wanted to be a Soldier again. With this promotion, I know more than ever that it's not just a job for me. It's a career."

Stout also addressed his mentor, U.S. Army Staff Sgt. Derrick Spencer of Fort Worth, Texas, who was in the audience at the ceremony, recognizing the importance of having a mentor to help him along his way.

"Staff Sgt. Spencer has taught me everything I know," said Stout. "I started with him back in Ft. Hood five years ago and he has done nothing but push me to excel at everything I do as an admin. I can

Photo by Staff Sgt. Andrew Guffey

Lt. Col. James Vizzard, commander of 1st Bt., 6th FA Reg., TF Centaur, 3rd BCT, 1st Inf. Div., TF Duke from Fort Knox, Ky., promotes U.S. Army Cpl. Brian Stout, a native of Columbus, Ohio, to sergeant at a ceremony at Forward Operating Base Salerno, Afghanistan on May 7.

say without a doubt, that this promotion to Sergeant is a direct reflection of the work ethic that he has instilled in me."

Throughout TF Duke, which consists of more than 4,500 Soldiers, only three were awarded a battlefield promotion this month.

Command Sgt. Maj. William Cave, the senior enlisted Soldier of TF Centaur, and native of Allendale, S.C., expressed his pride that two of the three recipients were from his battalion.

"I feel it reflects greatly on our leadership and shows that we always put our best foot forward by producing Soldiers of superior merit," he said

Joint operations show clear path to security

By Staff Sgt. John Zumer, TF Duke, PAO

Success in all wars, regardless of how large they may be, frequently comes down to the collective actions of individuals and small units.

Recent joint operations in eastern Afghanistan involving U.S. Army Soldiers of the 1st Battalion, 26th Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, and the Afghan National Army's 3rd Koy, 3rd Kandak, 1st Brigade, laid the groundwork for future missions in Afghanistan.

The recent success of Operation Maiwan in March resulted in the confiscation of large weapons caches and deprived insurgents of weaponry and supplies to use against coalition forces. That success carried over to the planning and execution of a follow-up mission, Operation Maiwan II, April 13 to 25.

According to U.S. Army Maj. Damon Harris, a native of Leland, Miss., and the brigade operations officer of the 3rd BCT, 1st Inf. Div., TF Duke, Operation Maiwan II had two main objectives: the interdiction of insurgents and the clearance along key routes through Paktya and Khowst provinces.

The goal, said Harris, was to not only establish long-term security along Route Alaska with the new Afghan Border Police's checkpoint, but to also increase security by reducing improvised explosive device threats.

"Route Alaska had been what we considered a 'Tier 1' site for IEDs," said Harris, meaning it was considered a road that coalition forces were most likely to encounter an IED upon.

Resolution or improvement in the situation would have to come from those closest to the problem.

The Front Line

The Company B soldiers of the 1st Bn., 26th Inf. Regt., also known as Viper Company, are three months into a year-long deployment. Assigned to the Saberi District of Khowst province, their mission largely focuses on helping to keep the peace in the area through joint patrols with Afghan National Security Forces.

In addition to the goals set up by Harris, the Vipers were to continue training with elements of the ANSF and interact with Afghan citizens to build trust, respect and friendships.

"If freedom of movement can increase, that will be huge, especially without any route clearance patrol being needed," said U.S. Army Capt. Aaron Tapalman, commander of Viper Company and a native of West Alexandria, Ohio.

A U.S. Air Force Airman attached to C Co., 1st Bt., 26th Inf. Reg., 3rd BCT, 1st Inf. Div., TF Duke, surveys a field during Operation Maiwan II in Khowst Province, Afghanistan, April 18. The operation was intended to clear the are of hostile activity and build rapport between the U.S. forces, Afghan National Security Forces, and the villagers.

Building and permanently staffing the new Afghan Border Police checkpoints along Route Alaska will be one measure of success, he said.

More importantly, ensuring the various elements of the ANSF are mission-capable will continue to be a high priority during the operation.

"We've put a greater focus on training the Afghan National Army," Tapalman said.

The People

Tapalman, along with two of his Viper Company platoons and other attached soldiers, found themselves in the village of Yaquabi, April 14, which until 2007 had been the district center.

In addition to meeting with the villagers in the Yaquabi bazaar, the ANSF and U.S. Army soldiers also searched shops in the area.

The ANSF led the searches to inspire trust and confidence in the villagers who saw their own countrymen taking the lead in the operation.

While the searches were being conducted in the bazaar, Viper Company passed out candy to local children and passed out radios to gathered villagers.

The visit helped build the support and respect needed to garner information on insurgent activity, said Tapalman.

"We're looking for that one win to build on," said Tapalman, alluding to the ripple effect of citizens coming forward to inform ANSF or coalition forces of insurgent activity.

The Challenges

The following days of Operation Maiwan II, included joint searches of Kulats, or residential compounds, in the area.

In deference to the customs of the villagers, ANSF elements led the search of homes, while Viper Company followed as observers.

The security forces targeted Kulats known or suspected of being used to harbor insurgents or improvised explosive device factories.

The relative morning calm of April 15, however, was disturbed by the sound of an explosion. One Viper Company platoon on patrol was struck by an IED, injuring three personnel.

All elements searching the Kulats immediately converged on the area of the explosion and formed a security perimeter around the site.

A medevac helicopter evacuated the casualties for further medical treatment, and the Viper platoons maintained their security perimeter until an explosive ordnance disposal team completed their investigation of the site. Ultimately, the wounded were treated for minor injuries and returned to duty shortly thereafter.

The Aftermath

The ANSF and coalition forces held a shura, or meeting, with village representatives that afternoon at a nearby school to discuss local matters and the attack earlier that day.

ANA 1st Sgt. Raza Khan, 3rd Koy, 3rd Kandak 1st Brigade and Tapalman emphasized the reasons why coalition forces are in Yaquabi.

"We're not here to stay forever, or turn you away from Islam," said Tapalman, who was frequently interrupted by applause from the villagers.

Khan said he appreciated the chance his soldiers had to spend time among their own people.

"The Yaquabi Shura gave us the chance to connect with the elders and men of Yaquabi like we hadn't been able to in the past," he said.

While the final measures of success for Operation Maiwan II have yet to be determined, the soldiers assigned to Viper Company said they took satisfaction not only from long, hard days of patrolling and meeting the people in and around Yaquabi, but knowing one of their primary objectives was met.

"It was a very good operation, well planned and executed," said Khan.

U.S. Army Maj. Nate Tagg, a native of Butler, Pa., and the daytime chief of operations for TF Duke, watched the events of Operation Maiwan II unfold. He said he liked what he saw.

"The ANSF was really taking the lead," said Tagg.

"The joint efforts led to the unit's largest seizure of dangerous materials in months," he added. "They confiscated more than 10 tons of ammonia nitrate and other materials and established a permanent checkpoint for Afghan Border Police."

Harris also found much to be proud of.

"It [Operation Maiwan II] caused significant positive effects," he said, citing the successful installation of 'Salerno Boxes' near culverts along Route Alaska. The boxes are designed to deny insurgents access to the culverts, where IEDs might be installed.

According to Harris, the checkpoint seemed to make the enemy re-evaluate Route Alaska as a thoroughfare.

"All accounts of the operation thus far have been extremely positive," he said.

Photos by Pfc. Donald Watkins

U.S. Army Capt. Daniel Leard, with A Co., 1st Bn., 26th Inf. Reg., 3rd BCT, 1st Inf. Div., TF Duke, and a resident of Kittanning, Pa, and the Tirzaye District Governor, Dr. Amir Badshah, discuss some issues during a young men's shura at the Tirzaye District Center in Khowst Province, April 15. Leard was meeting the sub-governor as a part of Operation Maiwan II, which was intended to clear the area of hostile activity, as well as build rapport between U.S. Force, Afghan National Security Forces, and the local populace.

Salerno hosts basketball tournament

By Spc. Tobey White, TF Duke, PAO

It might not have been the NBA Playoffs, but the basketball tournament held at Forward Operating Base Salerno, Afghanistan, April 24, certainly had its share of intensity and athletic moves.

More importantly, participants said, it was a chance for both Soldiers and civilians stationed here to break up the daily grind of a combat deployment while enjoying some good times and friendly competition on a hot and sunny Easter Sunday.

Eight teams of seven players participated in the three-round competition.

The games of the first two rounds were played to 15, but for the championship game they had to score 21 points to win, said one of the event's organizers, U.S. Army Staff Sgt. Dennis Carter, a supply sergeant with Company E, 1st Combat Aviation Brigade, 10th Mountain Division, Task Force Tigershark, and native of Coral Springs, Fla.

Carter is a member of the Masonic Lodge at Forward Operating Base Salerno, Omega Military Lodge No. 196, which helped sponsor the event.

The lodge prides itself on community service, said Carter.

Lodge money gathered from members and money raised at earlier events was used for the $700 in prizes, which were awarded in the form of Post Exchange gift cards.

Jose Velez, a retired Army telecommunications specialist and contractor for the last three years at FOB Salerno, also helped organize the event.

"[The tournament] was something for the community and people to come out to do," said Velez.

U.S. Army Sgt. 1st Class Robert Parker, the fire support noncommisioned officer for 3rd Brigade Combat Team, 1st Infantry Division, TF Duke, and native of New Orleans, said the tournament was a good way to engage people and get them active.

"I've got to break up the monotony," joked Parker, who played on a team called "The 700 Club," named for the prize money at stake.

The championship was a hard fought game between the 700 Club and the "Brick Squad," who eked out a 21-20 victory.

"It feels great to play hard, even when it's this hot out," said U.S. Army Spc. Tyrone Nicles, with the Headquarters and Headquarters Company, 1st CAB, 10th Mtn. Div., TF Tigershark, and a resident of Brooklyn, N.Y., who played on the winning Brick Squad. "Everybody came to play and they played their best."

Spc. Neville Cole a carpentry specialist with 623rd Engineer Company, 1249th Engineer Battalion, Nebraska Army National Guard, a native of Atkinson, Neb. assembles rafters that will be used in the construction of the roof of the new troop medical clinic on FOB Andar, Afghanistan on Apr. 23.

FOB Andar construction underway

Story and photo by Staff Sgt. Andrew Guffey, TF Duke, PAO

Construction of a new clinic at Forward Operating Base Andar, Afghanistan, is underway and projected to be completed by the end of May.

After completion of this new facility, Soldiers from 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, as well as Afghan National Security Forces and contractors will be able to receive better medical care.

"We give the best care that is possible, and with this new facility we will be able to provide better care and get the Soldiers back to the fight faster" said U.S. Army Lt. Col. David Cole, a 2nd Battalion, 2nd Infantry Regiment surgeon and native of Whitehall, Ark.

The older facility is a 300 square foot tent with two litters set up for treatment of patients, which is hard to climate control and tends to leak in adverse weather.

Dust is another factor because it's hard to seal up a tent and a sterile environment is key to proper medical care.

The new facility is being built near the helicopter landing zone to provide quick access to the trauma center for incoming wounded. The extra space inside allows medics to accommodate more patients and separate them by priority.

"We needed to be able to handle more traumas more quickly" Cole said.

There are 24 medics that are assigned to work at the clinic, split into three teams: a detail team, a training team and a team on duty at the clinic. The teams rotate daily but in the event of a mass casualty situation they all report to the aid station for further instructions.

When construction is compete they will have three screening rooms, four trauma beds, command offices, a pharmacy, a storage area and an area for the combat stress team that is located on FOB Andar.

Saving lives:

STB, ABP offer medic training course

Story and photos by Spc. Tobey White, TF Duke, PAO

In combat, injuries can happen in an instant, and not just to coalition forces but to Afghan border police as well. Getting immediate treatment by trained medics can often mean the difference between life and death.

But where do these medics get their training? In a country known to have limited medical capabilities, it can be hard to train enough Afghan medics to deal with combat injuries.

The Special Troops Battalion, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, in conjunction with their partners, the Afghan Border Police, are helping to train Afghan medics to deal with various injuries in a 12-week medic's class held on Forward Operating Base Goode, said U.S. Army Capt David Irving, a physician assistant with the STB and a native of Irvine, Calif.

The first eight weeks of the course are devoted to learning about tactical combat care. The Afghan students enrolled learn many of the same skills a U.S. Army medic learns in advanced individual training, said U.S. Army Staff Sgt. Alvin Crawford, the combat medic non-commissioned officer in charge with STB, and a native of Augusta, Ga.

The first few days are devoted to learning about personal hygiene and how to avoid transferring diseases from patient to patient, Irving said.

Afterwards students learn about hemorrhage control, needle decompressions, IVs, CPR and how to evacuate a patient, Irving explained. In addition to trauma, the students learn about environmental injuries related to hot and cold weather.

U.S. Army Capt David Irving, a physicians assistant with the STB, 3rd BCT, 1st Inf. Div., TF Duke, and a native of Irvine, Ca. instructs a student at the Afghan Border Police medics course on how to conduct orthopedic exams at Forward Operating Base Goode, May 2.

Afghan instructors teach the first eight weeks, Irving said.

Nooralisha Noove, an Afghan policeman with the education office in Zone 2 Headquarters of the ABP, has been an instructor for the course since early 2010. He graduated at the top of his class from one of the first classes held.

Noove said he joined to serve his country and now found a job he enjoyed doing.

It isn't an easy job, by any means. Fifteen students are crammed into a tent. There are rarely enough supplies such as stethoscopes, which make practicing difficult, said Hedayatullah Hamdard, another instructor with the course.

The class meets at 8:30 a.m. and runs until 3:15 p.m. with a one hour break for lunch and prayer, said Hamdard.

The class covers 31 chapters and the first few lessons are taught from a slide show. After the students begin to get the hang of things, the class moves outside to practice the skills they just learned, Hamdard said.

Since the STB assumed control of the medic training mission in January 2011, they added an additional four weeks to the course that included treating real patients, Irving said.

The first two weeks of new curriculum give students a basic understanding of how clinics operate. They're taught what questions to ask and how to do physical exams. They learn what injuries they can treat and which need to be sent to a hospital, Irving said.

"A lot of these guys are going to be out there on their own. They'll be the only health care provider," said Irving. "We wanted to make sure they had some clinical experience to handle things."

The last two weeks of the course are spent at Forward Operating Base Thunder rotating through tasks at the hospital there and getting actual hands-on experience, Irving said.

The addition of four extra weeks to the class isn't the first time the course material has undergone changes, said Hamdard. When it first began in 2010, the class was much shorter and limited in what was covered.

"We only learned about trauma and how to treat wounds," Hamdard said. "Now we learn about medicines and have the chance to get hands-on experience with patients."

The long-term goal for the class is to have Afghan instructors teach the entire course, Irving said. With the instructors teaching, the course would be more self-sustaining and it would be easier for the students to understand the instructions.

With the way the class is set up now, they have to use an interpreter to convey their message to the students, Crawford said.

"We need interpreters who understand medical lingo," Crawford said. "Some medical words don't translate. If they don't already know medical terminology, then they don't understand those words."

With every class that graduates, the Afghan border police have more medics capable of helping them when soldiers are injured. In a force where trained medical personnel are rare, the medics who graduate can make a difference in the quality of life of their fellow soldiers, said Irving.

Warriors' spotlight

Story and photos by Spc. Tobey White
TF Duke, PAO

Making marriage work downrange

Deployments often mean being away from family for long periods of time. They can mean long days and hard work. For most Soldiers the time spent away from loved ones can be difficult, but for two married Soldiers from the Special Troops Battalion, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, this deployment bears a striking resemblance to life at home in Fort Knox, Ky.

Upon arriving at Forward Operating Base Goode, U.S. Army Sergeants Stephanie, a medic with the STB and a resident of Fort Knox, Ky., and Dustin Drewry, a combat engineer with the personal security detail in STB and a native of Sacramento, Calif., were surprised and uneasy to be told they'd be living on the other side of the FOB and sharing a room.

Married for almost two years, they were unsure whether sharing a room would affect their marriage and the way they interacted with others, said Dustin.

"We weren't sure whether we wanted to live together," Dustin said. "It kind of cuts me out of team cohesion because when I go home for the day I tend to stay there."

Dustin and Stephanie met while she was a medic for STB in Fort Hood, Texas. This wasn't the first time the two had been deployed together. They'd both deployed with the STB in 2008-2009 but spent the year on different FOBs, only seeing each other twice the entire deployment, Stephanie said.

Like many things in life, being deployed together has its ups and downs, Stephanie said.

For the current deployment to Afghanistan, they rely on extended family to take care of affairs back home, she said. Their house was recently broken into. That meant they had to file an insurance claim from Afghanistan and get their garage door fixed, which wasn't easy.

"I miss the peace of mind of having someone at our house watching it," Dustin said.

While deployed, many Soldiers debate how much information to share with folks back home. For Dustin and Stephanie, there is no protecting the other from knowing how dangerous things are, Stephanie said.

"It's kind of scary because I know what he does as PSD," she said. "I've been in a line unit before so I know the kinds of things that happen."

Knowing what could happen can at times be worrisome, but then Dustin likes to call her a 'worry-wart,' Stephanie joked.

Living together isn't all hardship, Dustin admits. Having someone to vent to after a hard days work makes things easier.

Often while deployed, Soldiers become their rank and last name. During the day, Stephanie said she's surrounded by Soldiers who are her superiors or subordinates. Living with Dustin means she has someone to come home and vent to without having to worry about repercussions.

"It's nice to be able to talk to somebody and not have to be Sgt. Drewry," she said. "I can just be Stephanie."

Despite working on the same FOB and living in the same room, the two spend only a handful of hours together each day, Dustin said. One of the reasons is because the couple works very different hours from each other.

His job often entails that he travel with the command sergeant major or battalion commander for a week or two at a time. When he comes home it feels like he's back in Fort Knox. coming home from a field exercise, he said.

On the occasions where they spend time together, they keep things low-key and spend the time talking or watching TV, Dustin said.

While being a joint military couple has its challenges, it also has its rewards too, Stephanie said.

"I don't have to explain everything," she said, laughing. "He just understands because he's been there and done that."

Getting to see each other on a daily basis has its benefits, Stephanie said. They get to share the challenges and accomplishments of the day, which is a blessing a lot of couples don't have while deployed.

Purpleheart

Awarded for: "Being wounded or killed in any action against an enemy of the United States or as a result of an act of any such enemy or opposing armed forces."

Recipients: *April 15-May 15*

Pfc. Gary Adams
B Co., 1-6 FA

Spc. Paul Bargowski
A Co., 1-26 In.

Spc. Ron Beach
B Trp., 6-4 Cav.

Staff Sgt. Jerry Blue
A Co. 201st BSB

Sgt. Justin Brown
A Co., 1-26 In.

Pfc. Kevin Champa
2-2 In.

Spc. Raymond Dillworth
HHC, 1-26 In.

Staff Sgt. Joshua Dykes
B Co., 1-6 FA

1st Lt. Demetrius Frison
A Co., 1-26 In.

Pvt. Samuel Furna
D Co., 2-2 In

Sgt. 1st Class John Huff
D Co., 2-2 In.

Staff Sgt. Oliver Hughes
D Co. 2-2 In.

Pfc. Peter Iatrou
B Trp., 6-4 Cav.

Sgt. 1st Class Nicholas Jedlicka
1-168 In.

Spc. Joseph Kennedy
D Co., 2-2 In.

Spc. Kyle Kinmartin
A Co., 1-26 In.

Pfc. Kyle Klaassen
A Co., 1-168

Cpl. Owen Lauerman
A Co., 1-26 In.

Spc. Vincent Lehman
B Co., 1-26 In.

Spc. Matthew Macke
C Co., 1-168 In.

Spc. Brent Maher
1-168 In

Spc. Dustin Morrison
1-168 In.

Spc. Dane Nelson
1-168 In.

Cpl. Christopher Stark
1-26 In.

Cpl. Quinton Phillips
A Co., 1-26 In.

Staff Sgt. Joseph Timmons
D Co., 6-4 Cav

Sgt. Christopher Weber
1-6 FA

Pvt. Lukas White
1-168 In.

Why we remember

By Sgt. 1st Class Andrew Kretz, TF Duke Equal Opportunity Advisor

Born: Kolbuszowa, Poland in late 1938

Blimcia's parents were religious Jews. Her father, Shaya David, and her mother, Malcia Saleschtz, had settled in Kolbuszowa, where Blimcia's mother had been raised.

1933-39: Around Blimcia's first birthday, Germany invaded Poland and soon reached Kolbuszowa. Polish soldiers on horses tried to fight against the German army, but they were no match for tanks. After a short battle, Blimcia's town came under German rule.

1940-42: The children in town feared Hafenbier, the vicious German police commander who was posted in Kolbuszowa. Hafenbier terrorized and killed many of the town's Jews. Blimcia often played a game in which her 3-year-old cousin Henoch would portray Hafenbier, asking her and their friends, "Are you a Jew?" "Yes," they would answer. "If you are a Jew," mimicked Henoch, "you are dead." With his rifle fashioned from wood, Henoch would "shoot" Blimcia and the others. They would fall over, pretending they had been killed.

Blimcia and her family were deported to the Rzeszow ghetto on June 25, 1942, and then to the Belzec extermination camp on July 7, where they were gassed. Blimcia was 3 and a half years old.

In honor of Holocaust Remembrance Week: May 1-8.

FRG events

By Ally Reese FRG

Volunteers are the heart of our Family Readiness Groups and FRG's could not function without the hard work and dedication of our truly amazing volunteers. They give selflessly of their time to assist and support families before, during and after deployment.

3rd Brigade recently had nine outstanding volunteers recognized at the Fort Knox Volunteer of the Year Ceremony, held on April 28. They were:

Catie Tapalman	1/26 IN BN	Marcy Church	2/2 IN BN
Deanna Harris	1/26 IN BN	Olivia Hunter	3/1 STB
Heather Leard	1/26 IN BN	Jordan Howard	3/1 STB
Kate Johnson	1/26 IN BN	Kircia Wood	6/4 CAV
Jennifer Hall	2/2 IN BN		

May is Military Spouse Appreciation Month. Our spouses balance family life, military life and their careers all while supporting other military families and giving back to their communities. Here are a few events to thank our awesome 3rd Brigade spouses for all they do:

May 19: Army Wives Network Spouses Field Exercises

May 20: A seminar with deployment resources and tips, giveaways and free meal

May 22: Elizabethtown Historical Tour and Dessert Event. A tour of the Thurman-Phillips Historical Home with local event and community information and complimentary desserts.

Barrackslawyer

By Staff Sgt. Marvin Kauger, TF Duke Paralegal NCOIC

During the course of our deployment here to Afghanistan, I've dealt with a number of questions from Soldiers and Sailors on how to bring their foreign spouses into the United States. In the cases I've assisted on, we have helped individuals whose spouses are from places as near and far as Canada, the Philippines, Bosnia and Nepal. If you are living in the same country as your foreign spouse such as if you are stationed in Japan and marry a Japanese national, all your paperwork should be filed through that country. If you are temporarily stationed, like all of us, here in Afghanistan, you can submit your paperwork to the Consulate office in Bangkok, Thailand. In all other situations, you will submit your paperwork to the lockbox in Chicago.

In order to bring a foreign-born spouse who is not already either a permanent resident (green card holder) or a U.S. citizen into the United States, you will have to file a form called I-130. Filing this form costs $420.00.

There is some supporting documentation which needs to be filed at the same time such as your marriage certificate. Both you and your spouse are required to submit a G-325A which contains biographical information as well as your spouse's photo (passport quality). Please either read the instructions which are downloadable at the USCIS website or contact my office. You will mail this complete package to USCIS, P.O. Box 804625, Chicago, IL 60680-4107. If your spouse is already in the United States in a lawful status such as on a K-1 (fiancée) or a student visa, then you will submit both the I-130 and the I-485. The form I-485 is the Application to Register Permanent Residence or Adjust Status. The current fee to submit this form is $1,070.00. The form of payment is exactly the same as for an I-130. If you need any assistance with this form, please contact either USCIS through the Military Help Line at 1-877-247-4645 or militaryinfo.nsc@dhs.gov or contact my office at the below numbers. If filing an I-130 and a I-485 together, both forms, supporting documentation and the fees need to be in one envelope and sent to USCIS, P.O. Box 805887, Chicago, IL 60680-4120.

Lastly, in order to sponsor a foreign national to come into the United States, you will be required to show that you have the financial resources to support this person. The government, in order to ensure that a sponsored immigrant does not become a financial burden on the government, requires sponsors to submit an I-864. All of these forms are available at http://www.uscis.gov/portal/site/uscis/ and then clicking on Forms. For military members who are sponsoring their spouse or their children, they need to meet the Federal Poverty Guidelines which are published each year. This form is an I-864P in order to verify, based on your family size, whether you meet the proper guidelines. If there are any questions on any of this material, please contact my office at NIPR: 318-851-0514 or SIPR: 308-851-1286.

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This article is not to be construed as either legal advice or as a substitute for legal advice.

Safety corner

By Ken Campbell, TF Duke Safety Director

With the summer months upon us, leaders must ensure Soldiers are drinking water and eating to help mitigate the risk of heat injuries.

Many of our Soldiers across the Task Force consume a number of energy drinks on a daily basis, however, energy drinks do not provide the appropriate nutrients that Soldiers need daily to successfully perform their duties in the summer heat. Energy drinks such as Red Bull, Monster, 5-Hour Energy Drink, Rip It, Rock Star, Pit Bull and AMP, to name a few, do not provide electrolytes, and have a higher likelihood of an energy "crash-and-burn" effect. Caffeine in energy drinks can excrete water from the body to dilute high concentrations of sugar entering the blood stream, leading to dehydration.

If the body is dehydrated by 1 percent, performance is decreased by up to 10 percent. Young Soldiers abuse these drinks and rely on rthem to replace water.

Energy drinks should not be confused with sports drinks such as Gatorade, which are consumed to help people stay hydrated during exercise. Sports drinks also provide carbohydrates in the form of sugar and electrolytes that may be lost through perspiration.

Leaders must stay engaged and ensure Soldiers are consuming water to stay hydrated. Leaders must ensure that Soldiers are consuming all three meals on a daily basis to maintain a proper diet in order to mitigate heat injuries. Eat a diet rich in complex carbohydrates. Eat water rich fruits like pineapple and watermelon. Ensure that Soldiers are checking the color of their urine every time they utilize the latrine clear in color means you are good to go.

Safety First!

Reenlistments: April 15- May 15

Sgt. Jeremiah Bascomb
Staff Sgt. Jacob Bennett
Spc. Jamie Bidwell
Spc. Lasvontay Brown
Staff Sgt. Nicholas Cahill
Spc. Alvin Crawford
Sgt. Kenneth Dugger
Sgt. Charles Eidson
Staff Sgt. Anthony Foster
Spc. David Frazier
Sgt. Michael Gilfillan
Spc. Etheridge Grubb
Spc. Billy Hill
Spc. Anthony Mcquillen
Sgt. Perry Metevier
Staff Sgt. Melissa Michler
Spc. Anthony Mosley
Sgt. Cordero Ortiz
Sgt. Esai Padilla
Sgt. Michael Pawlicki
Sgt. Jason Petulla
Spc. David Polk
Spc. Erick Rossner
Spc. Paul Rozier
Sgt. Emilio Sandoval
Spc. Malcolm Sharpe
Sgt. Michael Showes
Spc. Drew Sims
Staff Sgt. Joshua Skidmore
Spc. Daniel Sullivan
Spc. Bradley Vaugh
Sfc. John Vos
Spc. Brian Winchester

World News Highlights

Spain

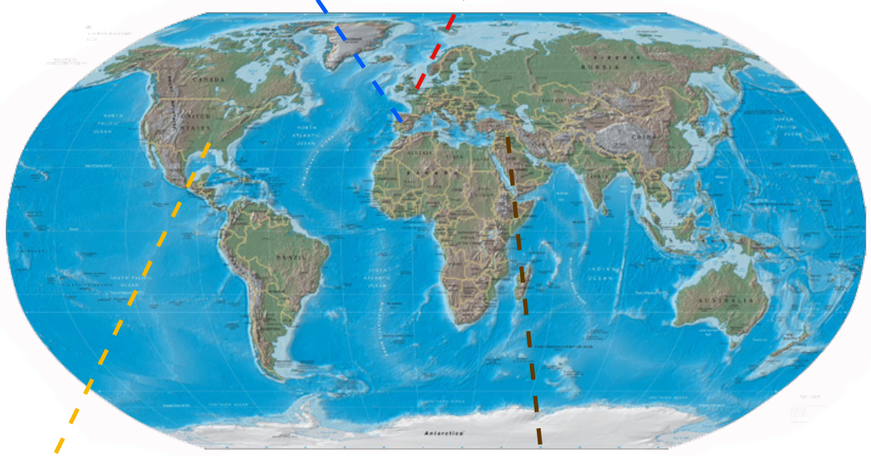
Quakes injure dozens

Southern Spain was rattled by two strong earthquakes which collapsed a car tunnel and killed at least 10 people on May 11. The quakes had a preliminary magnitude of 4.4 and 5.2.

Britain

The royal wedding

On April 29, Prince William and Catherine Middleton were married at Westminster Abbey. After the wedding, the two embarked on a royal procession through London by carriage ride, greeting the people. The wedding came after years of dating and months of buildup in the press.



Mississippi

Flooding along the Mississippi river

Weeks of heavy rainfall along the Mississipi river resulted in flooding through the states of Missouri, Tennesse, Arkansas, Mississippi and Louisiana. The flooding has already crested in the northern most states, but in states such as Mississippi and Louisiana the river is still rising. It is not expected to crest for another three weeks.

Pakistan

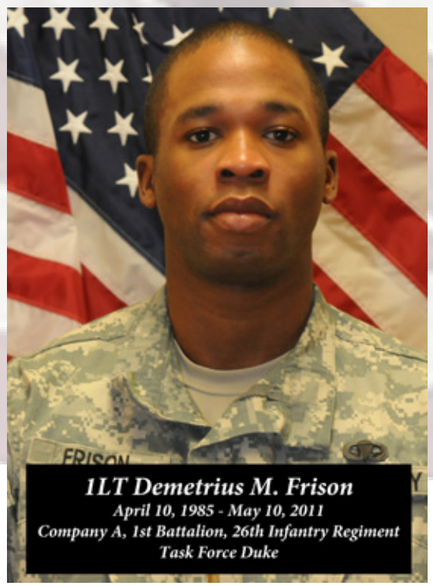
Bin Laden's death

A Navy Seal raid of a safe house in Bilaltown, Abbottabad , Pakistan resulted in the death of Usama Bin Laden on May 2. The raid was authorized by President Barak Obama and took place without the knowledge of Pakistan's government. Bin Laden was tracked to the compound by following one of his couriers. Bin Laden was the mastermind behind the attack on the World Trade Towers on Sept. 11, 2001.

In Memoriam

SPC Joseph A. Kennedy
December 1, 1985 - April 15, 2011
Company D, 2nd Battalion, 2nd Infantry Regiment
Task Force Duke

CPT Joshua M. McClimans
May 12, 1980 - April 22, 2011
352nd Combat Support Hospital
Task Force Duke



1LT Demetrius M. Frison
April 10, 1985 - May 10, 2011
Company A, 1st Battalion, 26th Infantry Regiment
Task Force Duke

U.S. Army 2nd Lt. Michael Lambert, a native of Littleton, Colo. assigned to Headquarters and Headquarters Company, 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade combat Team, 1st Infantry Division, Task Force Duke, provides security as Soldiers move into a home in Andar, Afghanistan on Apr. 21. The homeowner was being questioned on Taliban activity in the area, and refused to give any information unless the Afghan National Security Forces could set up a check point in his village for fear of his and his family's lives.

Photo by Staff Sgt. Andrew Guffey