

# Duke



# Dispatch

Vol. 12



NCOs share fitness secrets  
HHC Soldier trains his  
body for the ring

July 2011

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Photos from operations of Task Force Duke taken between June 15-July 15.  
 Top Left: Photo by Spc. Tobey White,  
 Top Right: Pfc. Donald Watkins, Middle  
 Left: Pfc. Donald Watkins, Middle  
 Right: Spc. Tobey White, Bottom Left:  
 Staff Sgt. Andrew Guffey

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Cover photo-An Afghan soldier, working alongside U.S forces, prepares an M224 60mm mortar system as a precautionary measure during a convoy stop in Spera. (Photo by Sgt. Joseph Watson)

## Commander's Corner

By Col. Chris Toner  
TF Duke Commander

I'm proud of the tremendous performance the units and Soldiers of Task Force Duke have put forth in the first half of our deployment. As we recall our many accomplishments to date, it's always important to remember these weren't achieved without considerable effort and cost.

Our Soldiers have been accessible and visible among the Afghan people since we arrived., a claim which might be surprising to civilians around the globe who watch the war from the comfort of their homes, thinking this conflict involves only high-tech weaponry and combat action.

While such technology is important and always will be, it's really secondary to the human element we're trying to project here. As far as I'm concerned, that human aspect of our mission will always be paramount, because the Afghans need to see up close

and personal that we remain committed to helping them foster a country that is more prosperous, safer and freer for all.

Lasting peace won't come simply by killing our way out of the problem, as no less an authority than Gen. David Petraeus has said on many occasions. Still, we have been very effective in removing many very bad individuals from our area of operations. This has only been achieved through numerous joint patrols, operations, and shuras, or meetings, with our Afghan National Security Forces partners, many times in locations not visited by friendly faces in years. Facilitating these shuras with local villagers is key in proving to Afghans that we, as guests in their country, are truly sincere in our efforts to help them build better lives.

I mentioned earlier that our tremendous accomplishments have come with considerable effort and cost. Sadly, this has been reflected in five additional fallen heroes of Task Force Duke.

Sgt. James Harvey of the 2nd Battalion,



2nd Infantry Regiment was killed on June 20. Staff Sgt. Joshua Throckmorton, Spc. Preston Suter and Spc. Jordan Schumann, all members of the 527th MP Co., 92nd MP Bn., were killed on July 5, as was Sgt. Nicanor Amper of Troop A, 6th Squadron, 4th Cavalry Regiment.

Our thoughts and prayers remain with their Families during this painful time. They died performing the duties we have all pledged to fulfill, and it's only through sacrifices of such brave men and others like them that we enjoy our many freedoms.

Duty First! 🇺🇸



them is the peace of mind that comes with knowing that our Families back home are healthy and well-taken care of. Staying in contact with them via traditional or modern methods like Skype will go a long way in alleviating potential stress while deployed. Normalcy on the home front has a ripple effect on the morale, health and well-being of deployed Soldiers. The result is we are better able to concentrate on the missions and tasks at hand.

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

## Chaplain's Word

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

Most of us have been deployed now for over six months, and we have pretty much established our routines to cope with the challenges associated with a long deployment. One of the activities some Soldiers are involved in is the worship, study and fellowship experiences provided through our regularly scheduled religious services.

We have maintained five worship services on the weekends here on FOB Salerno. They provide a variety of worship styles to accommodate Soldiers' different religious needs. Many Soldiers spend their personal time honing their musical skills to present worship music during services. They add so much to the worship experience and are much appreciated. Of course, there's always room for others who would like to get involved with the various worship services.

One of the most popular events that Soldiers are involved in is Financial Peace University, where participants learn money

habits to help them during tough financial times. They are encouraged to become debt-free and given a chance to develop their financial discipline and to gain financial freedom. Considering that the great majority of marital discord stems from financial difficulties and disagreements between the couples, this class presents a great opportunity for our Soldiers to work on their financial discipline during and, I hope, after the deployment. This training has lifetime implications on how to be disciplined in our personal finances. The course goes for thirteen weeks, and it is well worth each Soldier's time and effort.

Another very popular study is the Truth Project, which is a DVD-based small group curriculum comprised of 13 one-hour lessons. This study looks at life from a biblical perspective. Each lesson discusses in great detail the relevance and importance of living the Christian worldview in daily life. The participants are enlightened and enjoy the classroom atmosphere of this series. I



have heard many Soldiers say that this series is one of the best studies they have ever been part of!

Lastly, there are Bible studies. Though the numbers are small, the faithful gather together to study scripture in various small group Bible studies—Men's and Women's weekly Bible studies and the Sunday morning scripture study group, to name a few. Whatever your method of religious practice, I would continue to encourage you to be involved. These are great ways for us to work on our spiritual resiliency! Blessings and Peace. 🇺🇸

## US, Afghan troops hone MEDEVAC skills

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

Soldiers from Company C, 5th Battalion, 159th Aviation Regiment, Wyoming Army National Guard, conducted a training session for U.S. troops and Afghan National Security Forces on helicopter medical evacuation procedures on Combat Outpost Wilderness, Afghanistan, June 3.

The Guardsmen went over changes in the evacuation process, ways to load a litter, and hook patients up to the hoist cable that will haul them into the aircraft, completing the training by going through a few dry runs and then actually hoisting Soldiers into the helicopter.

"This training will give me a good assessment of how they will react to an evacuation," said U.S. Army Capt. J.P. Montreuil, a physician's assistant assigned to Headquarters and Headquarters Troop, 6th Squadron, 4th Cavalry Regiment, 3rd Brigade, 1st Infantry Division, Task Force Duke, and native of New Orleans.

"We like to get out and put a face to the guy on the radio, so when they call us things go a lot smoother," said U.S. Army Chief Warrant Officer 2 James Foley, a pilot assigned to Co. C, and a native of Cheyenne, Wyo.

There are only two ways to get hoisted into a helicopter: a hook used to haul ambulatory patients and a litter for more seriously wounded personnel.

"This is a good refresher for me," said U.S. Army Pfc. Tommy Cook, a native of King, N.C., and a medic assigned to HHT, 6th Sqdn., 4th Cav. Regt., 3rd BCT, 1st Inf. Div., TF Duke. "It helps to remind me to keep an open mind because everything can change."



Photo by Staff Sgt. Andrew Guffey

Two Soldiers are hoisted into a UH-60 Blackhawk helicopter as part of a training exercise on Combat Outpost Wilderness, Afghanistan, June 3. This training was conducted to enhance the skills of ground medics and to train Afghan National Security Forces medics in evacuation procedures.

Several ANSF medics and their leadership also received training on the procedures on calling for and assisting in a medical evacuation call.

"We always like to train with the Americans," said one of the ANSF medics, "they are showing us the way to be able to take care of our own country."

After the training, the American and Afghan soldiers walked away with a little more insight and confidence on evacuation procedures, said some of the soldiers.

"When we have to do it we are pretty proficient," said Foley. 🇺🇸

By CSM Louis Angelucci  
TF Duke Command Sgt. Maj.

## Voice of the CSM

We are now seven months into our deployment to eastern Afghanistan. This is certainly noteworthy, and everyone should feel good about our successes. Before you start to get too excited about the return trip home, however, realize that none of us can afford to let our guard down in our personal and professional lives. While standing in for CSM Pumarejo this month, I'll reiterate some of the key points he's made in the past to ensure we are always ready and able to accomplish the mission here.

Regardless of your MOS, everyone remains a Warrior. Who can say with certainty when or if they'll ever be called to use their weapon? None of us can, and that's why it's vital that no weapon of yours be allowed to fall into disrepair. The weapons I speak of include not only your personal weapon, but also your skill sets, your body and your mental outlook. Each of these is like a cog in a machine; it won't function if even one

part has fallen into disrepair.

Always remain vigilant in maintaining yourself, your weapon, and Army standards. Each builds upon the other in ways many Soldiers might not think about. Taking pride in keeping a weapon clean usually translates into following uniform and appearance standards, which further leads to pushing oneself to master Warrior tasks. Lead by example so other Soldiers in your section will be motivated to match the standard you set and follow. Take pride in your personal appearance and challenge yourself to push your body to heights you've never reached before. And as always, never underestimate the enemy, whether it's the one you face on missions or the one you see every morning in the mirror. Having made it this far on the deployment, we can't afford to let complacency enter the equation.

Finally, stay in touch with your Family. As I alluded to earlier, we have many tools to maintain our war-fighting edge. One of

# Afghans call for peace in Paktya

Story and photo by Staff Sgt. Barry Loo  
PRT Paktya

“Without your help, we won’t be able to bring development, peace and stability to the province,” said Paktya Deputy Governor Abdul Rahman Mangal.

Members of the Government of the Islamic Republic of Afghanistan, both local and national, met with more than 300 tribal elders and religious scholars from throughout Paktya Province to discuss peace, June 16.

Mangal presented an opportunity for people opposed to the government to embrace peace and reintegrate themselves within Afghanistan.

He reflected upon recent improvised explosive device attacks, one of which killed all but one person of a 15-member family.

“Don’t let [insurgents] kill our sons, our children, and prevent our children from going to school,” he said.

Many speakers emphasized peace as the only way forward.

“We’ll never be successful by fighting,” said Paktya Director of Tribal Affairs Gulab Jan. “Every one of you must be able to sacrifice to bring peace to your people, your village, your tribe.”

He told the audience that if they meet someone violently opposed to the government to tell them three times, “come to peace, peace, peace.”



The leader of the Ulema Shura, Chief Mualvi Khaliqdad, acknowledged that there are challenges affecting the people of Afghanistan.

“We know every citizen and tribe is faced with problems,” he said.

He added that violence is not the way to progress and that development cannot happen if the province is not safe and secure.

Layaq Mangal Yar, a member of the provincial council, said “I wish in the future all issues keeping us from peace are resolved.”

As a sign of hope, several tribal lead-

Children sing about peace and unity during a shura at the Paktya Provincial governor’s compound in Gardez City June 16.

ers spoke in support of the peace process. Mohammad Jan Khan, a tribal elder from Amad Abad, declared his district has always supported unity and peace.

Before the meeting ended, Provincial Council Chair Shaista Jan Ahadi gave an open offer to insurgents to change sides and embrace peace.

“The shura will always be open for negotiations,” he said.

# TF Duke marks Army’s 236th birthday

Story and photos by Staff Sgt. John Zumer  
TF Duke PAO

The Soldiers of the 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, celebrated the U.S. Army’s founding during ceremonies at Forward Operating Base Salerno June 14.

U.S. Army Col. Chris Toner, commander of TF Duke, administered the oath of enlistment to 10 Soldiers who were extending their service obligations.

“I find it extremely encouraging and special that almost 10 years since the War on Terror began, that we still have so many Soldiers willing to volunteer for continued military service,” said Toner.

After his opening comments, Toner asked all the reenlisting Soldiers to raise their right hands to reaffirm their earlier oaths. Individual Soldiers were then pre-

sented with their reenlistment certificates commemorating the occasion, prior to photo opportunities with Toner and U.S. Army Command Sgt. Maj. Drew Pumarejo, the senior enlisted Soldier for the 3rd BCT, 1st Inf. Div., TF Duke and a native of Harrisburg, Pa.

Brigade leadership and other special guests were later treated to a special lunch in the banquet room of the FOB Salerno dining facility. Following a long-standing Army tradition upheld every June 14 on the Army’s birthday, Toner recognized the oldest and youngest members of TF Duke.

Honored as the brigade’s oldest and youngest Soldiers were U.S. Army Staff Sgt. Eric Ferguson, a 59-year old motor transport operator and 19-year old U.S. Army Pfc. Terrance Crockett, a communications specialist.

Commenting on the birthdates of the



From left, Toner, Crockett, Ferguson, and Pumarejo cut the Army birthday cake June 14.

two Soldiers, Toner recited some historical trivia.

“In 1952, when Staff. Sgt. Ferguson was born, we were at the height of the Korean War,” said Toner. “In 1992, when Pfc. Crockett was born, Staff. Sgt. Ferguson was already 40 years old,” he said, triggering laughs from the attendees.



Top: A local boy points out a suspected IED to Pfc. Kyle Hyman, an infantryman assigned to 3rd Plt, Co. B, 2nd Bn., 2nd Inf. Regt., in Jamal, Afghanistan, June 29. The boy pointed them directly to the explosive which was hidden in a wadi.

Left: 2nd Lt. Jeffrey Buchheim talks with a man about the location of a suspected IED. The man informed Buchheim that it was buried in a nearby wadi.

Right: Buchheim requests assistance from an explosive ordnance disposal team after finding the improvised explosive device in Jamal, Afghanistan, June 29. The IED had about 20 pounds of homemade explosive in it and was set to detonate if stepped on.

Bottom: Soldiers of 3rd Plt. secure the area around the IED. The platoon kept the area around the device safe until an EOD team arrived on site to destroy it.

# Villagers direct Ramrod platoon to IED

Photo story by Staff Sgt. Andrew Guffey  
TF Duke PAO



# Staying Positive

Story and photo by Sgt. Tobey White  
TF Duke PAO



**M**ost people would be hard-pressed to see the silver lining after watching their home burn down,

but U.S. Army Staff Sgt. Daniel Beck, a service and recovery noncommissioned officer in charge with Company B, 201st Brigade Support Battalion, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, and a native of Blackfoot, Idaho, saw it as an opportunity to join the Army full time.

Beck got a call right before Christmas in 1998 telling him his apartment was on fire. He arrived to see smoke pouring out of it and his wife and children standing outside, he said.

While trying to salvage what was left, he kept thinking that it might be time to go active duty. He'd joined the Army two years before as a reservist with the intention of getting college money and getting a head start in life, Beck said.

In the Army, he'd found a job he liked when he actually got to do his job, he said.

When he found a melted phone among the remains of the house he was surprised to hear a dial tone. The only button that worked was zero and he was able to talk to an operator who transferred him to a recruiting office.

"I said, 'Hey, I'm standing in the middle of my burnt down apartment. How soon can you get me on active duty?'" Beck said.

A month later he went active and packed his family up and was heading down to Fort Hood, Texas.

Since that fateful phone call he has been stationed at many different places including: Fort Hood, Korea, Fort Bliss, Texas,

Fort Lewis, Wash., Fort Jackson S.C., and Fort Knox, Ky. He has been deployed three times.

For his current deployment, he is in charge of supervising recovery missions, welding and machinist work, Beck said.

"We get all sorts of weird requests," Beck said. "We stay busy from morning to night welding and fabricating."

It can be a physically intense job as temperatures soar into the hundreds during summer months. He has to make sure his Soldiers are drinking water and eating enough, he said.

"It's like walking around in MOPP 4 gear all the time," Beck said.

The journey to being a Big Red One Soldier started when his last unit asked for NCOs willing to transfer to Fort Knox and deploy. Beck was one of the first to raise his hand.

"It's kind of fun over here," he said.

Over the next few years of his career before he retires, he plans to be deployed as much as possible.

"You wind up broadening your horizons in this job," he said.

Once he retires, he plans to put all his life experience to good use by teaching automotive tech at the high school or collegiate level through the Troops to Teachers program, Beck said.

Whatever the future brings, he plans to enjoy the rest of his deployment and continue supporting the brigade by providing critical skills and products to the fight. ♣



## TF Centaur 1SG turns personal journal into screenplay

Story by Pfc. John Martinez  
TF Centaur

Dealing with the stresses of a deployment can be tough, mentally and emotionally, and can lead Soldiers to seek outlets to cope with what is happening. U.S. Army 1st Sergeant Benjamin Bedell, Jr., of Battery A, 1st Battalion, 6th Field Artillery Regiment, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, and a native of Austin, Texas, chose to find that outlet in writing.

During his deployment to Kunar Province, Afghanistan, from June 2008 to June 2009, he kept a journal chronicling the events of his deployment to help process what was happening around him, he said.

"I found that through this process I went from being a sergeant that didn't fully understand himself to becoming what I am today- a senior non commissioned officer who listens to his Soldiers. Equally important, I am now someone who understands who he was and what he still has yet to become," said Bedell.

The diary originated as a therapeutic release, but has since morphed into a screenplay being circulated for film production, he said.

He titled the script "Fortress" after the forward operating base he was stationed at in Kunar. That FOB is really where the story began and it holds a deep and personal meaning for him, he said.

Since the inception of the journal, Bedell has seen what was once the scribbles of his inner turmoil become a screenplay that is garnishing attention from the entertainment industry in the United States.

The screenplay is currently undergoing revision for its debut by his editor, Kayte Vanscoy from Treehouse Educational Publishing, at the Austin Film Festival in October, Bedell said.

The main character in the screenplay, who begins experiencing significant personal trials just prior to departing for Afghanistan, nearly reaches his breaking point as the pressures mount back home and while conducting combat operations. During the course of the story he reaches an epiphany, realizing he can no longer worry about the person he loved who continuously hurts him, Bedell said.

"For me, I had to make the war my focus from then on. I had to control what I could control that wasn't related to what was

going on back home. I worked out all the time as a way to release myself from it. I did what I could to keep focus. I did it to keep myself alive mentally," said Bedell.

In addition to the personal turmoil the main character goes through, it also tells what life is like for an artillery unit living on a FOB in a combat zone. It's a story that hasn't really been done before, Bedell said.

What was a story borne out of necessity for mental and emotional stability, only meant for the author, has now developed into a tale for the masses.

"I never thought it would get this far. I started out just writing my thoughts down as a way to deal with what was going on in my life at the time," he said. "But when one of the guys I was deployed with read my journal, he said 'this is really good. You should share it with others.' I said, 'yeah, maybe I should.'"

And what of the senior NCO, with many roads yet to travel in his life?

With his wife and biggest supporter by his side, Teresa Bedell, whom he credits as the motivation that ignited his whirlwind foray into scriptwriting, his future is unlimited, he said. ♣

# FIT FOR COMBAT

Senior NCOs share their tips and techniques to stay in shape downrange

## Discipline, 'superior' genes keep TF Raider 1SG in top shape downrange

Story by Staff Sgt. Ben K. Navratil  
TF Duke PAO

One of the most important things in any Soldier's life is a high level of physical fitness. This is especially the case for those deployed in mountainous eastern Afghanistan.

U.S. Army 1st Sgt. Matthew Selph, a native of Spokane, Wash., and the first sergeant of Troop B, 6th Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, has seen first-hand how unforgiving the mountains can be.

Selph and his troops call Combat Outpost Wilderness home. The COP is situated high in the mountains, nearly 7,000 feet above sea level. The extremely thin air at this high elevation makes any strenuous activity even more difficult, said Selph.

"Running or walking up even a small foothill here on the COP will cause you to gasp for air," he said.

But that doesn't stop him from keeping himself in the best shape he can. The small COP does have a gym, so weights are usually available, but he said it's hard to keep up a good running program, with only two treadmills for the roughly 200 Soldiers on the COP.

He gets around this by running up



and down the steep hills around the COP, although he admitted that early on, after running them once, he generally had to wait a week before doing it again.

"The hills we hump are more than enough to keep your heart pumping for three hours," he said.

Even six months into the deployment, he said it hasn't gotten any easier.

"The only thing that's changed is the recovery time," he said. "Instead of feeling like you're going to die for five minutes when you stop, you only feel like that for two minutes now."

Even when he's away from the COP, he and his troops still make do with what's available to train.

"When they're out with no formal weight equipment they use ammo cans, water cans, sand bags, machine gun barrels, homemade sit-up boards and homemade pull-up bars to continue their physical fitness," he said. "It reminds me of 'Rocky IV' with a lot of the ways they've come up with to improvise their workouts."

One good thing about being deployed, he said, is that's it becomes very easy to stay on a healthy diet.

"In the rear I would eat fast food four or more times a week, not to mention sweets and at least three sodas a day," he said.

"Here there is no fast food, no sweets really, and the beverage of choice is water. All of this adds up to a great deployment work out diet."

With the long days and tough work to be done downrange, it can be difficult for some to motivate themselves to put in the extra effort to keep themselves physically fit. But as Selph shows, all it takes is a little motivation.

Selph is able to keep himself in top shape due to diligence, making do with the equipment he has available, and his self-proclaimed "superior genetic traits."

## Tailor your own program to suit your fitness needs

By Sgt. Maj. Charles Albersen  
TF Spader Operations SGM

Accomplishing personal fitness goals while deployed can often come second to accomplishing the unit mission. But I think any Soldier can tailor a program that will keep them within Army fitness standards.

Compared to many previous deployments, I'm fortunate to be located at a FOB with an exceptional gym and dining facility. Soldiers have access to all the latest exercise equipment in the world, but any fitness regimen that doesn't include a balanced diet consisting of wholesome foods won't help you reach your potential. I'm fortunate to be able to fuel my body correctly, and I also enjoy a work schedule that allows me time to make daily trips to the gym. I've learned that even in a staff position, there will always be work to do and if you want to exercise, you have to get up and walk away sometimes. I've tried to lessen the impact on work by exercising during lunch.

I have and follow a six-day rotation that I adopted from my previous unit's fitness program. Each day I train in a specific aspect of whole-body fitness, like strength training or cardiovascular endurance,

Diet also plays a huge part. Again, unlike many deployed Soldiers and previous deployments, I'm fortunate to have a dining facility at my disposal featuring a large variety of reasonably healthy foods. The majority of Soldiers in my unit stationed at outlying installations largely don't have the luxury of picking and choosing what items they want to eat. Choices become very limited the closer you are to the fight. While I eat quite a bit by volume, most of what I eat is fruits and vegetables. I'll eat turkey or chicken at nearly every meal, but generally try to steer away from a lot of fried or red meat. Like most people, I love the sweets, but I do try to eat very measured portions.

As a Soldier, and especially as an infantryman, being fit lends to your credibility.



Soldiers see everything. If your expectation is to have fit Soldiers, they expect to see you working hard to stay fit as well. Deployments are hard and being away from home is never easy. But if you can do your best to get adequate rest, follow a sensible diet and maintain a quality fitness regimen, I think it makes deployed life much more tolerable.



# Warrior's spotlight

Photos by Staff Sgt. Ben K. Navratil

(Above) Sgt. Michael Lopez stretches after a boxing training session in the Forward Operating Base Salerno "dojo" training facility July 7. Lopez said he is currently in the "conditioning" phase of his training, in which he gets himself ready for long and exhausting fights.



(Left) Lopez, a Los Angeles native and signal support specialist with HHC, 3rd BCT, 1st ID, TF Duke, works out his abdominal muscles. Lopez was a member of the All-Army Boxing team in 2005, but had to leave due to a deployment to Iraq in 2006.

(Below) Lopez practices striking and dodging techniques with another Soldier on Forward Operating Base Salerno July 7. Lopez has been training to be a boxer since high school.



## Duke boxer hits life with his best shot

Story by Staff Sgt. John Zumer  
TF Duke PAO

As violent as boxing can be, many participants have also spoken of its therapeutic or physical benefits upon the mind and body. For U.S. Army Sgt. Michael Lopez, a native of Los Angeles and a signal support specialist with Headquarters and Headquarters Company, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, both attributes certainly hold true.

Lopez, a six-year Army veteran presently serving in eastern Afghanistan, dabbled in other sports growing up, especially running. It wasn't until his senior year in high school, however, that he discovered what would prove to be a passion for a life between the ropes.

"I found a level of comfort in boxing that wasn't there in track and cross country," said Lopez.

An amateur fighting record of 12-0 fueled his boxing interests further, and after joining the Army in 2005, those desires continued to grow. With an eye to his future, a duty assignment at the often-frigid Fort Wainwright, Alaska, allowed him to take care of a couple goals simultaneously.

"Going to school and boxing was pretty much all I did in Alaska," he said.

Deciding to test himself further, he entered the All-Army Boxing Competition in December 2005 and proceeded to make the team. Before being able to compete as a member of the team, however, professional duties intervened with an unexpected and most unfortunate twist.

While deployed to Iraq in 2006, Lopez suffered a leg injury caused by an improvised explosive device that struck the vehicle he was travelling in just outside Taji. The injuries were severe enough for him to take a forced layoff from boxing-related activities for more than a year.

Now that he's fully recovered, Lopez has tailored his diet and fitness regimens toward his boxing goals. For someone who may be trying to lose weight, the 5,000 daily calories that Lopez eats might sound unbelievable, but it's a diet Lopez has found beneficial.

"I eat about five or six small meals spread throughout the day," he said, with red meat eaten sparingly every couple weeks.

His main dietary staples are almonds,

mixed nuts, whey protein, chicken and fish. Sodas and fried foods are avoided completely, all part of a diet that properly fuels an extensive training regimen.

"I have a routine that I go through with about 3-4 others," said Lopez.

One of those exercise partners is U.S. Army Staff Sgt. Larissa Kirkland, the property book non-commissioned officer in charge for the 3rd BCT, 1st Inf. Div., and a native of Fort Worth, Texas. She asked Lopez to help devise a fitness routine that she could follow based on his boxing workouts.

"The conditioning standard for boxing is what appealed to me," said Kirkland, who had never done any type of boxing fitness regimen previously.

"I needed something new. I had hit a plateau and I needed to change," she said.

Now that she has been doing it for more than three weeks and loves it, she plans on incorporating it into her permanent workout routine. She especially likes the emphasis Lopez places on abdominal work and plyometrics.

"I have incorporated it into my whole routine," said Kirkland.

For Lopez, taking the time from his 14-hour work days to help train others still

leaves him with ample motivation to push through his own workouts.

His boxing-specific exercises consist of pushing and flipping heavy tires, beating on tires with a sledge hammer, and working on the speed bag and heavy bag at Forward Operating Base Salerno's specialized gym, aptly referred to as "The Dojo" by its numerous patrons. Actual sparring will only come after Lopez feels his body is fully prepared for the rigors of the ring.

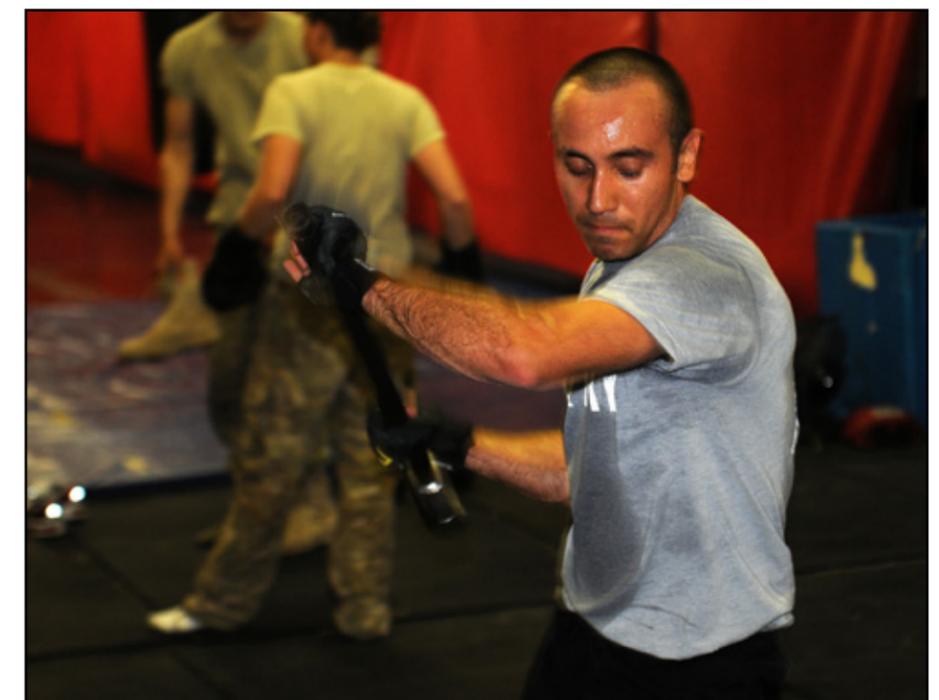
"I'm still in my conditioning phase," said Lopez of his present two-week cycle largely consisting of cardio, plyometrics and abdominal work.

On top of his busy work and exercise schedules, he still finds the necessary time to carry four online college courses through the University of Louisville, with the goal of earning a degree in anthropology. His Army enlistment will expire in April 2012, when he'll look forward to becoming a full-time student at the U of L campus.

A future in boxing also looms, but whether or not he succeeds in fighting professionally one day as he hopes to, his efforts have still borne much fruit.

"What he taught me has made it easier for me to achieve," said Kirkland.

Lopez swings a sledgehammer at a tire in the FOB Salerno "dojo" training facility July 7. He said this type of exercise works his upper body, and allows him to focus all his energy into a surge of power through his arms. This is the type of explosive power he will need to be successful in the boxing ring.



## FRSA update

By Ally Reese  
TF Duke FRSA

Our Duke Brigade Families were sure busy in June with schools being out and summer activities starting up. The Brigade held our second successful Family Strong Bonds event at the Great Wolf Lodge in Ohio where 30 Families from all of our battalions participated in a great weekend of resilience training while relaxing and having some fun at a truly fabulous hotel.

Army Community Services held the first Resilient Spouses Academy June 1 - 3 and participants learned great communication skills as well as other tips and techniques to help them through not only the deployment but all the stresses of everyday life.

The FMWR Blue Star Card program held several great events including a free outdoor concert featuring Darryl Worley, at which Blue Star Card Holders received up front seating and free childcare, as well as a special 3rd Brigade Combat Team afternoon at the water park with free hot dogs, soda and music.

Upcoming July events will include a free cruise on the Louisville Belle Steamboat up the Ohio River.

If you have not received your Blue Star Card yet, contact the Brigade Family Readiness Support Advocate for your application at ally.reese@us.army.mil

As always, please let your FRG know if you plan to be out of town for more than 24 hours by completing a Spouses Departure Form where we can reach you in an emergency.

Have a safe and fun July!

## Reenlistment news

By Staff Sgt. Bobbi Augustyn  
TF Duke Retention

As we all know, there are several changes going on in the Army right now. One of which is the "Right Size," the reduction of 49,000 troops in the next three years. With this process ongoing, many options will go away. If you still have any options available to you, you should take them before they are gone. In the past we have seen situations where the Soldier loses options they wanted due to "waiting to see if anything changes."

One of the biggest changes is the amount of skill levels in different MOSs that are now over-strength. This means that those Soldiers affected only have the option to reclassify. MILPERS MSG 11-175, Bonus Extension and Retraining Program, opened many new MOSs for Soldiers to reclassify into. But unfortunately, "Big Army" does not have the school seats available. This means the following MOSs have been suspended until school are opened: 35N, 68D, 68K, 68M, 68Q, 88L, 91F and 91S.

If you or your Soldiers have questions about the changes or what options are out there now, contact your battalion Career Counselor. We will be happy to show you the options you qualify for. Don't be "that Soldier" that loses the options you want because "things might change."

## Don't be a statistic!

By Sgt. 1st Class Andrew Kretz  
TF Duke EO Advisor

Many of us probably think our own good fortune in life is unique. Whether it's avoiding accidents, illness or bankruptcy, we look at others and think our luck will last forever. Perhaps you've even thought that you're automatically shielded from any type of unwanted sexual advances or attacks, especially now that you're deployed. Sadly, you would be mistaken.

Sexual assault or other wrongful sexual contact is a crime. Out of the seven incidents reported in Task Force Duke this year, people of all genders have been victim as well as perpetrator. The incidents were, however, able to paint a clearer picture that will hopefully curb the number of future assaults.

While it is possible to take many steps that will reduce the likelihood of sexual assault, the ultimate responsibility lies on the criminal refraining from doing anything illegal. It's often easy or even commonplace to blame the victim. Wrong! No one deserves or should have to go through such a traumatic event as sexual assault or other wrongful sexual contact. We can take steps though to significantly improve our chances of avoiding such incidents.

The large majority of reported incidents in TF Duke have been female military personnel being victimized by military males, in living quarters and after dark. I would encourage everyone to not only be mindful of the company they keep, but also take steps to ensure you're not put into situations that compromise your safety. Avoid alcohol under all circumstances. Not only is it illegal to consume while in theater, but judgment can be impaired as a result, making you more vulnerable to harm should you be in the company of others. Don't be alone after dark and do not allow members of the opposite sex into your room. This is a matter of safety, and a violation of General Order #1. These are but a few steps that can be taken.

The common denominator among the majority of TF Duke assaults this year has been the absence of a battle buddy. Please take the time, even if it's late and you're hesitant to wake your roommate, to ask for an escort should you have to go to the latrine or someplace else. If it can help prevent another unwanted sexual incident, it will certainly be worth it. Remember, do what you can to improve your chances of avoiding a sexual assault.

Don't become a statistic!

Reenlistments: June 15- July 15	
Staff Sgt. David Allard	Staff Sgt. Aminata Marshall
Spc. Jameel Campbell	Spc. Damaris McCant
Spc. Peter Moses	Sgt. Samuel Meadows
Spc. Qwyntrell Christianson	Sgt. Jose Montoya-Velazquez
Spc. Alan Courtney	Spc. Caree Patch
Spc. Cody Deutsch	Sgt. Carlos Perez-Gonzalez
Sgt. Justin Dishner	Sgt. Robert Powers
Spc. William Eck	Staff Sgt. Christopher Reneau
Sgt. Adam Garland	Spc. Michelle Santos
Spc. Michael Golightly	Sgt. Brian Stout
Sgt. Daniel Hernandez	Sgt. 1st Class Nicholas Taliaferro



The Task Force Duke Brigade legal office now has the ability to do of-

By Staff Sgt. Marvin Kauger,  
TF Duke Paralegal NCOIC

ficial (brown cover) and tourist passports (blue cover). Current priority will be Soldiers preparing to go on leave in late August and after who plan on going overseas. Our Brigade now has two military passport acceptance agents, those being Capt. Gabriel Soto and Staff Sgt. Marvin Kauger. However, you are still required to furnish all documentation and fees you would be required to have if you were back in the United States.

The required documentation is a primary source of proven U.S. citizenship. These sources are: certified birth certificate, an undamaged U.S. passport, a certificate of naturalization, consular record of birth abroad or a certificate of citizenship. You will also be required to submit valid identification which can be your military ID. You are also required to submit two passport quality photos. The photo requirements can be found at this web address: [http://travel.state.gov/passport/pptphotoreq/pptphotoreq\\_5333.html](http://travel.state.gov/passport/pptphotoreq/pptphotoreq_5333.html)

Depending on whether you previously had a U.S. passport, you may also be required to submit a DS-11, which cannot be signed until Capt. Soto or Staff Sgt. Kauger administer you the appropriate oath. There are no other personnel within AO Duke authorized to administer this oath. You must use form DS-11 in the following circumstances: (1) you are applying for your first U.S. passport; (2) your previous U.S. passport was issued when you were under age 16; (3) your previous U.S. passport was lost, stolen, or damaged; (4) your previous U.S. passport was issued more than 15 years ago or (5) your name has changed since your U.S. passport was issued and you are unable to legally document your name change.

If you can present your old passport which has expired or is about to expire, you can fill out form DS-82. The fees are the same as if you were applying for your first passport. However, you are not required to swear an oath before you sign. These forms are available at [http://travel.state.gov/passport/forms/forms\\_847.html](http://travel.state.gov/passport/forms/forms_847.html).

As of June 10, 2011, fees for a passport book and card are \$140.00; for the passport book alone, \$110; and just for a passport card, \$30.00. If you plan on traveling outside of Canada or Mexico, you will be required to have a passport book. In Afghanistan, please use the new large currency bills. If you don't, the U.S. Consulate in Kabul may refuse to process your paperwork. The money you use to pay for your passports will be traded to a bank for Afghanis and if the money is damaged, the Afghan government will refuse to take it. The suspense date for passport applications is November 7, 2011 to close out and retrieve all passports issued. If you are on an outlying FOB or COP, one of the passport acceptance agents will be visiting your installation to meet the needs of the Soldiers. Please inform your supervisors who can contact the Legal office to verify the approximate date of arrival at your location.

*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

As the months go on for our deployment in Afghanistan, I have been noticing more and more violations of standards as they pertain to Gator and all-terrain vehicle operations.



The Department of Defense requires that all operators be properly licensed on said vehicles. All operators, both military and civilian are required to wear a helmet, long pants, long sleeve shirt, leather gloves, over the ankle shoes and shatter resistant eye protection. The Army Physical Fitness Uniform isn't authorized for wear during Gator and ATV operations. Sadly, this has really become an issue over the last few months. If measures aren't taken to remedy these shortcomings, the violations could lead to a serious injury that in all probability would have been preventable. The Gator and ATV by itself is not dangerous; it's the operator along with others sharing the roadway that makes them dangerous. Leaders must ensure that those utilizing such equipment are responsible operators and at the same time look at suspending driving privileges of those failing to follow simple standards. I would ask that all leaders across Task Force Duke take a look at operators and ensure that standards are being adhered to.

We've traveled almost halfway around the world for this deployment. As Soldiers, you know there are never any guarantees in life. Do what you are able, however, to control those aspects which you can. Vehicular safety is one component largely in our control. Wear the proper uniform and other safety accessories, and always buckle up. If you do, the odds of surviving the truly unavoidable accident will be much improved.

Thank you for your assistance and your continued efforts to keep the men and women of the task force safe. SAFETY FIRST!

## Purple Hearts



Recipients: June 15 - July 15

- Staff Sgt. Nicanor Amper - Trp. A, 6-4 Cav
- Sgt. Matthew Hoggat - Co. B, 2-2 IN
- Spc. Thomas Kocher - Co. D, 2-2 IN
- Spc. Jordan Schumann - 527th MP Co.
- Lt. Col. Alan Streeter - HHC, 2-2 IN
- Spc. Preston Suter - 527th MP Co.
- Staff Sgt. Joshua Throckmorton - 527th MP Co.

# World News Highlights

## New York

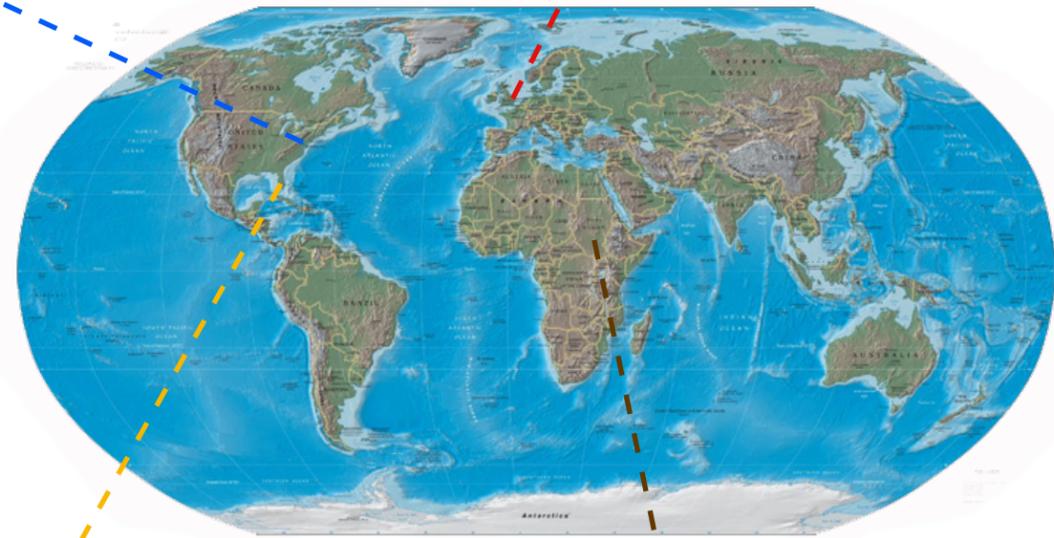
### N.Y. approves gay marriage

The state legislature of N.Y. approved a measure on June 24 that would allow couples of the same gender to legally marry in the state. The law goes into effect July 27. New York City Mayor Mike Bloomberg has ordered city clerks' offices to stay open extra hours during the first week after the law takes effect to facilitate as many people as possible.

## England

### 'News of the World' closes its doors

Britain's best selling newspaper shut down in the midst of a scandal over bribery and illegal eavesdropping. Personnel at the 168-year-old tabloid, owned by news mogul Rupert Murdoch, were accused of corruption and illegally hacking into the phones of celebrities and terror victims. The final issue, published July 10, apologized for its actions, saying "there is no justification for this wrongdoing."



## Florida

### Final Space Shuttle launch

On July 8, the Space Shuttle 'Atlantis' was launched into orbit from Kennedy Space Center in Cape Canaveral, Fla., marking the end of the Space Shuttle program, which saw its first successful launch in April 1981. The Atlantis will dock with the International Space Station for a week to bring supplies and spare parts. NASA will now have to rely on the Russian space agency to bring astronauts into orbit.

## South Sudan

### Birth of a nation

South Sudan became the world's newest sovereign nation July 9, when the southern part of Sudan, mostly made up of Christians, declared its independence from the rest of the mostly Muslim country. The new country is the result of a January referendum, which itself was part of a 2005 peace deal that ended decades of civil war which reportedly took the lives of more than 2 million people.

# IN MEMORIAM



**SGT James Harvey**  
July 21, 1987 - June 20, 2011  
Company D, 2nd Battalion, 2nd Infantry Regiment  
Task Force Duke



**SSG Nicanor Amper IV**  
Dec. 29, 1974 - July 5, 2011  
Troop A, 6th Squadron, 4th Cavalry Regiment  
Task Force Duke



**SPC Jordan Schumann**  
December 12, 1986 - July 5, 2011  
527th MP Co., 92nd MP Battalion  
Task Force Duke



**SPC Preston Suter**  
January 1, 1989 - July 5, 2011  
527th MP Co., 92nd MP Battalion  
Task Force Duke



**SSG Jordan Throckmorton**  
April 3, 1983 - July 5, 2011  
527th MP Co., 92nd MP Battalion  
Task Force Duke

Sgt. 1st Class Robert Maclean, a military policeman with HHC, TF Duke, presents a flag that was flown over the TF Duke headquarters to Duane E. Dewey, a Korean War veteran and recipient of the Medal of Honor, at AMVETS Post 1988 in Baldwin, Mich. In return, Dewey presented Maclean with a signed photo and a MoH Society coin. (Courtesy photo)

