

ANACONDA TIMES

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SPOOKY

Anaconda's Halloween talent show: frightening

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Save me!

Combat medics come from near and far to receive training.

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Air Force, Army work hand in hand: clean Iraq as we go

by Spc. Alexandra Hemmerly-Brown

Anaconda Times Staff Writer

LSAANANCONDA, Iraq –After the Gulf War, it took the U.S. military at least four years to clean its battle space of debris, retrograded equipment, and the leftovers of a six-month conflict.

This kept troops overseas longer to ensure the clean-up process was complete, said Air Force Maj. Adam G. Silverman of Miami, Fla., the officer in charge for the 732nd Expeditionary Logistics Readiness Squadron Detachment 1.

Recently, a program has been implemented to cut down on the amount of waste and unused supplies on U.S. bases here. It will be easier for servicemembers to vacate their areas when it is time to turn them over to Iraqi authorities, Silverman said.

The joint team has two elements. The first is a Multi-Class Redistribution Supply Team, and the other is a Redistribution Property Assistance Team.

Air Force and Army Soldiers of the 209th Quartermaster Company (from Lafayette, Ind.) work together in teams of about 22, to go out to various forward operating bases to process equipment that may have been left behind.

The joint teams will locate and sort through unclaimed shipping containers, vehicles, and other equipment during about a two-week period.

“The teams do a recon and contact the container manager, mayor, and identify orphaned containers and supplies,” Silverman said. “There could be a container buried in a berm. Those are the things we are looking for.”

see Clean, Page 3

Think before getting inked

“This is not the place to get a tattoo.” -Col. Chris Maasdam

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Photo by Spc. Amanda J. Solitario
Spc. Derek Anderson, a systems operator with the 324th Integrated Theater Signal Team assess an injured servicemember during the final day of the Combat Medical Advancement Training class. On the last day, student's are placed in a simulated combat zone and have to provide care under fire while maintaining security.



“I stand ready to deploy, engage and destroy the enemies of the United States of America.”

I am Sgt. Aleisha L. Beasley, Hesperia, Calif.

HSC, 404th Aviation Support Battalion>> computer systems technician

Warning: Thumb drives can be a threat

Small technology offers large hazards to Soldiers and the secrets they keep

by Sgt. 1st Class Mark Bell

Anaconda Times Staff Writer

LSA ANACONDA, Iraq -- As coalition forces use some of the most high-tech gadgets, one simple computer device can be just as effective against coalition forces -- the thumb drive.

Servicemembers get so used to transferring data from one computer to another using thumb drives that carelessness can occur, officials said.

No matter how robust Soldier technology is, or how good a unit's detection system is able to foresee the danger, restricted or classified data can sometimes seep through the cracks. The information obtained from these miniature yet powerful hard drives, while seemingly innocent can be used against Iraqi and American forces.

A servicemember could transfer information from a secured computer to a non-secured one and not even realize it.

One of the most crippling problems in combat operations is when classified information leaks out of the unit's network and trickles into the hands of the enemy, according to Maj. Ken Patterson, 13th Sustainment Command (Expeditionary) signal officer.

"Servicemembers need to realize that these thumb drives are as much of a weapon as the M-16 they carry," he said. "They should be treated with the same level of care. Every military servicemember knows not to just leave their weapon lying around."

Patterson said there are policies that detail the Uniform Code of Military Justice actions that will be taken against a service member if they do transfer classified information across non-secured lines.

With new information-security threats, the Army is updating its policies to add more security measures the use and safeguarding of digital media.

"Commands must work to develop policies and training that both serve to educate their personnel on safe practices, as well as put in place punitive measures to take action against personnel who disregard the policy," Patterson said. "The 13th SC(E) has established a removable storage media policy and our punitive measures range from revocation of network access and additional Information Assurance training up to letters of reprimand and other UCMJ actions."

According to Patterson, the Army-wide effort



to gain control over the use of these devices will only succeed if there is command level emphasis on the subject, and if all personnel in the unit work together towards the same objective.

"Personnel need to be aware, and on the look out for dangerous practices by the other service members around them," he said. "The actions you take to protect classified information might just save your own life."

Units deployed in Iraq are now dealing with an explosion of memory devices that are both tiny and powerful. Flash drives, memory cards, and iPods -- all can be found every day in Soldiers' pockets, and all present a dangerous security risk.

One of the most damaging problems are universal serial bus (USB) flash drives, also called jump drives. These devices, which can fit in the palm of your hand, have become the standard in the civilian and military realms to transfer data from one computer to another.

No matter how handy these devices are, they can also serve as a tremendous source of data leakage -- classified information being passed on to sources who don't have a need to know or our enemies, Patterson said.

"These devices, especially when they hold classified materials, need to be secured with the same caution that would be exercised in handling a classified paper document. For some reason people do not equate the two," he said.

Many computers come with ports you can plug these cards into and the computer will treat them as an additional hard drive.

Although the Department of the Army recommends that Soldiers mark their personal digital media devices in the office as "Personal,"

"The actions you take to protect classified information might just save your own life."

- Maj. Ken Patterson

current Army policy states that Soldiers are not authorized to connect their personal devices to a government computer or network.

These devices must be considered as a security threat, Patterson said. When plugged into a personal computer, iPods and thumb drives

can copy information from the internal military computer network. Naturally, that information can then easily be removed from the premises in a pocket.

Computer systems have firewalls and other safeguards to prevent this; however, that's a big part of the danger -- the USB ports that iPods plug into often bypass firewalls, password protection, and other measures.

"Nobody would carry a classified document around in their pocket, or leave it lying on their desk, but they do with the memory sticks," Patterson said. "It just does not make sense to me."

If any LSA Anaconda units need assistance in the development of their own policy letter concerning the use of removable storage media, please contact Maj. Ken Patterson, 13th SC(E) G6 at kenneth.patterson@balad.iraq.centcom.mil or at DSN 829-1218.



Photo by Spc. Amanda Solitario

Capt. Narvo N. Robinson with the 4th Command Material Management Center, helps another Soldier attach a combat patch during the 13th Sustainment Command (Expeditionary) patch ceremony here Oct. 28.

ANACONDA TIMES

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593rd Corps Support Group
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TMC renamed after fallen comrade

by Sgt. 1st Class Mark Bell

Anaconda Times Staff Writer

LSA ANACONDA, Iraq – One fallen Soldier will now be remembered each time Soldiers receive treatment at the medical clinic here.

The Cobra Clinic was renamed the Ivory L. Phipps Troop Medical Clinic, thanks to the 206th Aerial Support Medical Company, a Missouri Army National Guard unit from Springfield, Mo.

“We hope that the medical units to follow us will carry on the name of the clinic in memory of this fallen American Soldier,” said Maj. Lester Bland, company commander.

Bland said it is important to remember the fallen because Soldiers should never forget those who came before them and who have paid the ultimate sacrifice.

“It’s simple, we must remember those who have given their life,” he said. “As American Soldiers, we will always recognize those Soldiers and realize the critical importance of his sacrifice to his family, friends and loved ones.”

Bland, who’s company has only been in Iraq for two weeks, said his Soldiers dedicate their work to saving lives.

“It is our goal as medical professionals to return every Soldier that we come in contact with to their loved ones,” he said.

Phipps, 44, from Chicago, died March 17, 2004 in Baghdad, Iraq, from injuries sustained from a mortar attack. He was assigned to the 1544th Transportation Company, an Illinois National Guard unit from Paris, Ill.

Phipps was engaged to LaToya Ragdale from Illinois. He was survived by his son, Elijah.



Soldiers in formation hold up the new sign renaming the TMC to the Ivory L. Phipps Troop Medical Clinic last month.



Photo By Leslie Gordner

U.S. Military Academy Cadet Third Class Jason Schreuder spent 12 hours carving his contribution to the new “Army Strong” campaign.

Clean, from Page 1

Reserviceable items that are found in containers for example, are brought back to the Forward Redistribution Point here, and they are issued back out to units that can put them to use immediately. Before this program was implemented, all items were sent to Kuwait.

“In Kuwait there was a retrograde warehouse,” said Maj. John Brethour of Hays, Kan., executive officer for the 321st Theater Materiel Management Center. “They got a lot of containerized equipment and didn’t know what was inside. They transported a mixture of garbage and good supplies to Kuwait and back, and all the time truck drivers were in danger on the roads,” he said.

The new system, which started in September, was devised in an effort to more effectively sort through the retrograde equipment, and shorten delays in getting good equipment back to the troops. Equipment found in about half

of the country is now brought to Camp Anaconda where it can be processed, rather than being sent all the way to Kuwait.

“Our overall mission is to try to reduce the number of convoys running out there, and to save the taxpayer’s money,” Silverman said.

He said \$40 million in reusable equipment was found during the last fiscal year.

“Overall, the cleaner the battlefield, the more accountable we are for our area,” Brethour said. “It will make it easier and faster to leave. If a location has an excess, it will slow down the exit time. If we do it now, it will reduce the workload tremendously.”

The project is projected to last at least two years.

“It’s a more efficient way of getting things back into the system, supporting the war fighter, and keeping our drivers out of harm,” Brethour said.

What do you hope to receive from home for the holidays?



Sgt. Jonathan N. Beauzieux



Staff Sgt. Jeff R. McLane



Spc. Jannett M. Nesmith



Sgt. 1st Class Erensto I. Garza

“A digital camera. Just to be able to show them day to day what I’m doing out here.”

“The best things for the holidays are books, photographs, and candy. It makes you feel like you’re at home.”

“Pictures. In case I don’t go home for the holidays it shows me everything is going OK. It’s the closest thing I have to being with them.”

“Basically pictures of the family ... It makes me feel more like I’m there with them.”

Training creating effective fighting force

by Sgt. Shannon Crane

129th Mobile Public Affairs Detachment

CAMP TAJI, Iraq — Rome wasn't built in a day and neither was its army. Constructing, supplying, and properly training a country's fighting force is hardly an expeditious task. It is a process, and this process can be likened to a marathon - not a sprint.

The same can be said for the Iraqi Army. Over the past three years, it has been rebuilt from the ground up as a modern, effective, fighting force consisting of ten divisions with approximately 131,000 soldiers.

Today, approximately 89 Iraqi Army combat battalions, 30 brigade headquarters and six division headquarters control their own battle space.

Members of the Military Transition Teams at Camp Taji play a key role in this process, as they slowly, but surely, train the Iraqi Army to ultimately assume independence.

The purpose of the MiTTs is to advise, coach, teach and mentor Iraqi Soldiers - to provide the necessary training and guidance to bring their army to a level where it can work independently.

"First of all, we advise. So our job is to help the Iraqis plan and execute combat operations - those units that are already working in combat operations," said U.S. Army Maj. Steven Carroll, a transition team chief from Fort Sill, Okla.

"We're primary trainers, or train-the-trainers, for Iraqi units that have just started. So teacher/adviser is the primary role for the team," he added.

Each 11 to 15-man team brings a mix of combat and support specialties, including operations, intelligence, logistics, communications, engineering and security. Team members work one-on-one with their Iraqi counterparts, showing them the ropes of each specialty and offering advice on streamlining operations.

"Second, we bring the effects - coalition effects - to the Iraqi army that they don't have for themselves," said Carroll.

"Indirect fires, fixed air and helicopter attack aviation support, MEDEVAC helicopters and other non-lethal effects, like information operations assets, for example, that the Iraqi army uses during their combat operations, but can't provide for themselves. We provide that," he said.

In addition to training and advising, the teams often run patrols outside of the compound with Iraqi Soldiers to show presence, facilitate effects and to help the Soldiers gain confidence in running operations.

"We go to checkpoints and provide U.S. presence, because without it, they can't get attack aviation, or air MEDEVAC, or any of the things that we take for granted in our Army," said U.S. Army Capt. John Govan, a logistics adviser from Mobile, Ala.

"Those have to be called in by the U.S., so we'll go out with them sometimes as presence patrols, what we call battlefield circulation, where we move around and check on different checkpoints inside our Iraqi brigade," he added.

The Iraqi commander of the 3rd Battalion, 2nd Brigade, 9th Iraqi Army Division, who

asked not to use his name for reasons of force protection, commented on the importance of the American transition teams running patrols with his Soldiers, and what they ultimately learn from the experience.

"They train us how to deal with the insurgents," he said. "They also train us how to deal with the civilians and the checkpoints, and they show us how to surround the areas if we suspect that we have improvised explosive devices or insurgents."

For the transition teams to work effectively, they must establish solid relationships with Iraqi Soldiers. They do this by embedding with the Soldiers - living and working in the same areas on a daily basis.

This is not as easy as it sounds, as many of the obstacles faced by the teams lay in the strong cultural differences between the American advisers and Iraqi Soldiers.

"One of the biggest challenges, of course, is the language barrier," said U.S. Army Maj. Marc Walker, a transition team chief from Fort Leavenworth, Kan.

Walker then described the differences in work schedules between the Iraqis and Americans.

"The Iraqi soldiers' normal day starts at seven and goes until noon," he said. "Then they have an afternoon break, and then they start back up again right after dinner time, about six o'clock ... then work until midnight. So we've had to adjust our schedules around theirs.

"We've had to adjust to their prayer times and all their religious rituals that they do, as well."

Cultural awareness is a theme that resonates within all aspects of the transition teams' work. The team members are in agreement as to the importance of being able to appreciate and respect the Iraqi culture.

"As far as the cultural significance, or the ability to relate to the Iraqis culturally, I think it's very important," said U.S. Army Capt. Eric James, an operations adviser from El Paso, Texas.

"I think if you're culturally insensitive to them, then one, they're not going to respect you. And then, in turn, you're not going to build that strong relationship that you need, personally, to be able to conduct professional business."



Official Department of Defense photo

Capt. Samuel Shepherd, military transition team adviser for 3rd Brigade, 6th Iraqi Army Division, monitors the radio as Iraqi soldiers stand ready during a cordon and search mission in Abu Ghraib, Iraq. Embedded transition teams assist with logistics and battlefield enabling effects, such as medical evacuation, close air support and artillery.

I think if you're culturally insensitive to them ... they're not going to respect you.

- Capt. Eric James

"I think you can sum it up with you rarely get a second chance to make a good first impression," said Carroll. "And first impressions are important, in this case. Building a good working relationship - a good rapport - with your counterpart is everything.

"So, if you are culturally unaware, and accidentally insensitive, you may have ruined that chance to make a good first impression."

Still, other challenges are around every corner, and the teams work to fix this.

"It's my job to empower them," James said.

"If I accomplish my job, when I leave here, they'll be able to conduct internal operations in their own battle space without having brigade to do their own operations."

Though it seems difficult, at times, to see the proverbial light at the end of the tunnel, members of the MiTTs are definitely seeing a progression toward independence in their Iraqi counterparts.

"Most of us, this is our second year over here, and, so what we have seen are huge steps since 2003 in the reforming of an Iraqi army and a basic Iraqi security force,"

said Govan.

"But the daily, mundane things that we do, it's tough to see unless you step back and look at where they started from," he said. "We believe that they have grown.

"Our unit, as a logistics battalion, is the equivalent of a forward support battalion inside of a brigade combat team. They don't do a great job with logistics, simply because so much of logistics is farmed out to contract food, water, and maintenance.

"But what we have seen them do is grow as a maneuverable force. They're responsible for their own force protection and their own re-supply, and we have really nothing to do with that except for overseeing it.

"So in the beginning, we helped create it, and now, keeping true to the MiTT model, we've worked ourselves basically out of a job."

An Iraqi civilian interpreter who works with 3rd Battalion, 2nd Brigade, 9th Iraqi Army Division, who also asked his name not be used, said he has seen a positive difference in his country's army in the short time he's

worked with the transition teams, and made comparisons to how the Iraqi army used to be.

"I don't think we had an army," he said, "because you see, everyone wanted to make something for himself. Some money or some respect. Everyone made something for himself. That's why I don't care about the army before 2003.

"After 2003, I feel that we got a new army. I feel that the Iraqi army is a great army that I've never seen before. But at the same time, I see the Iraqi officers and the soldiers don't have the experience. They don't know what the other armies in the world are doing, how they fight, or how they work."

He added that as a result of the guidance the Iraqi soldiers have received from the transition teams, the Iraqi Army is changing for the better.

"Actually, I'm honest ... I see progress," he said. "I see progress."

"Despite the differences that the Iraqi army has to the way we're doing business, they're actually accomplishing the mission," Carroll said, "at least our unit in their sector, to a standard. It's rarely the American Army's standard, but they're accomplishing the mission."

In spite of the various obstacles and seemingly slow progress involved with building and training a military force, the members of the transition teams see the relevance of the mission and continue to stay the course.

"We're told that the MiTTs are basically the exit strategy from this theater and we all want the same thing, and that's to go home," Govan said. "But I think it's, overall, a good thing. I've seen that they do grow."

Some team members find job satisfaction in seeing how far the Iraqis have come in their training.

"This assignment is very rewarding, and it is very frustrating at the same time," said Walker, "but I believe the rewards outweigh the frustrations that you will have over here.

"And when you look back over the course of the year, you'll look at where they started and where you've ended up, and I'm very pleased with where we're at right now."

Others find fulfillment in the experiences they've gained.

"This is a great opportunity to get out and to get in the fight...and see a different part of the Army," said James.

"To really grow and experience new things," he said. "To learn a lot about how to conduct yourself and run operations in a volatile environment. You can do nothing but grow professionally and personally, I think, by joining a MiTT and getting out here and living with the Iraqis."

And still others find success in making headway in the marathon of military transition. "There are days, or late nights, when I walk back from the battalion commander's office, where I think we'll never get through to them," said Carroll.

"But the very next day, a triumph," he said, "and we've broken through and things have gotten better overnight.

"I would absolutely recommend it to anybody that wanted to do it. It's a challenging job, but it's definitely the future."

Combat Stress Control

113th Medical Company (CSC)

829-1402

individual counseling by
appointment or walk-in

command referrals

services for combat and
operationally stressed
soldiers

RELAXATION TECHNIQUES

MONDAY TO SATURDAY
11 A.M. TO NOON

STRESS MANAGEMENT

WEDNESDAY AND SATURDAY
10 TO 11 A.M.

HOME FRONT ISSUES

TUESDAY AND FRIDAY
4:30 TO 5:30 P.M.

CONFLICT RESOLUTION

TUESDAY AND FRIDAY
10 TO 11 A.M.

ANGER MANAGEMENT

WEDNESDAY AND SATURDAY
1:30 TO 2:30 P.M.

ANXIETY AWARENESS

TUESDAY AND FRIDAY
1:30 TO 2:30 P.M.

SLEEP HYGIENE

MONDAY AND THURSDAY
4:30 TO 5:30 P.M.

GOAL SETTING

WEDNESDAY
4:30 TO 5:30 P.M.

DEPRESSION AWARENESS

MONDAY AND TUESDAY
1:30 TO 2:30 P.M.

COMMUNICATION SKILLS

MONDAY AND THURSDAY
10 TO 11 A.M.

WOMEN'S GROUP

THURSDAY
8 TO 9 P.M.

COMBAT ADDICTIONS GROUP

WEDNESDAY
7 TO 8 P.M.

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Balad Airman earns national ATC award

by Senior Airman Josh Moshier

332nd AEW Public Affairs

BALAD AIR BASE, Iraq -- When the Air Traffic Control Association announced its annual air traffic control awards earlier this month, one of Balad's own was acknowledged.

Senior Airman Joshua Matias, 332nd Expeditionary Operations Support Squadron air traffic control apprentice, was named the 2006 ATCA Lingiam Odems Memorial Award winner.

The ATCA Lingiam Odems Memorial Award is presented to an individual, military or civilian, air traffic control specialist who in the previous year performed in an exemplary or extraordinary manner in support of military air traffic control facilities.

"It's definitely an honor," Matias said. "I haven't really had a chance to absorb it yet, though, being deployed."

Matias is three weeks into his second deployment to Balad. He was first deployed here from May through September 2005.

Senior Master Sgt. Garth Peterson, 332nd EOSS control tower chief controller, said it's a pleasure to have Matias on the team.

"He's an outstanding controller and Airman," Peterson said. "When we found out he won the award, we were ecstatic. Part of him



Senior Airman Joshua Matias (right) scans the flightline Oct. 17 at Balad Air Base, Iraq. He was recognized with the 2006 Air Traffic Control Association Lingiam Odems Memorial Award. Matias is an air traffic control apprentice with the 332nd Expeditionary Operations Support Squadron.

winning was based on work he did right here."

While proud to have been recognized on a national level, Matias remains focused on the business at hand.

"The recognition is nice," he said, "but I

(gain fulfillment) knowing that at the end of the day, I contributed directly to the mission. Whether that means getting a fighter up in the air to drop bombs or bringing a cargo plane in with supplies, I know I had a part in that."

Balad combat weather flight ensures safe traveling

by Staff Sgt. Alice Moore

332nd AEW Public Affairs

BALAD AIR BASE, Iraq -- When Staff Sgt. James Brown steps out for the first time during his day here, he scans the sky. He already knows what type of day he'll have at work before he steps into his office because weather is his business.

The combat weather forecasters assigned to the 332nd Expeditionary Operations Support Squadron monitor local weather conditions 24/7 to ensure safe flight conditions for the aircraft flying in and out of Balad Air Base.

"Weather support here is provided by a team of forward-deployed and rear-echelon weather support agencies," said Master Sgt. Michael Dannelly, combat weather flight noncommissioned officer in charge, deployed from Hill Air Force Base, Utah.

"The 332nd EOSS combat weather team, or weather flight, is the lead weather unit here. We collect local observations, provide flight weather briefings and disseminate weather watches, warnings and advisories."

The combat weather team accomplishes its missions using several electronic tools including visual satellite loops and infrared enhancements that detect incoming dust storms and clouds, and radar displays that detect inclement weather such as thunderstorms. The flight also uses a tool called a meteogram, a computer-based program that allows the forecasters to view a forecasted slice of the atmosphere.

However, their resources don't end with electronics, according to Sergeant Brown, also deployed from Hill Air Force Base, Utah.

"We also rely on our observation point to collect basic information such as hourly winds, visibility, temperature, and cloud heights," he said. "We use (distance) markers to help measure distances."

The distances are used to inform pilots of the visual range of the runway as they approach for landing.

The flight has four forecasters on each shift readily available to provide continuous weather updates to a wide variety of Army, Air Force and Department of Defense civilians here. The flight provides approximately 100 flight weather briefs a day, Sergeant Dannelly said.



Staff Sgt. Ronald Sherard, 332nd Expeditionary Operations Support Squadron combat weather forecaster, takes a scan of the weather on the observation deck here Oct. 16. Sherard is deployed from Offutt Air Force Base, Neb.

He also said one of the toughest challenges of being in a deployed environment comes with bad weather.

"It's not as challenging on nice weather days, but when everybody and their brother starts calling during bad weather, it gets pretty hectic," he said. "Our biggest challenge is definitely the dust and the sand. It's very difficult to predict the intensity and dispersal of the dust storms here."

Although the shop has its challenges, being deployed also comes with its rewards.

"You can definitely see that we have a huge mission impact here. It's good because you're able to see it (bad weather) play out and know you had a hand in keeping people safe," Sergeant Brown said.

"For me being here has been a positive experience because I've gotten to meet and work with different people within my career field," said Staff Sgt. Jason Noel, deployed from Offutt AFB. "I'm definitely about deploying because it gives me a chance to obtain different experiences I wouldn't get otherwise."

Sergeant Dannelly said at the end of the work day, the flight credits its success here to teamwork, which he says is phenomenal.

"Each one of us is unique and we each bring our own ingredient to the team. The different personalities just make it a fun place to work and when you get an aircraft on the ground before a dust storm hits it's a pretty satisfying feeling."

Reserve unit does the dirty

— story and photos by Sgt. Gary A. Witte —

Al TAQADDUM, Iraq – It is one thing to find spare change when doing laundry; it is another to find a fully-loaded rifle magazine.

Soldiers of the 1008th Quartermaster Company said they have seen their share of out-of-place items in the clothes servicemembers turn in for cleaning.

They don't just find ammunition. Sometimes they'll discover classified documents and thumb drives. Once they found a wallet containing \$340. In each case, the items are separated out and returned intact to the servicemember, Soldiers said.

Even minor items can offer unique problems.

"Ink pens are the worst, because if we don't find them before they go in, they could go on their clothes and someone else's," Sgt. Sarah E. Roby, a laundry and textile specialist from Owensboro, Ky., said.

The Army Reserve unit, which falls under the 593rd Corps Service Support Battalion, runs laundry and sewing services at numerous military posts in Al Anbar province, including Habbaniyah, Fallujah, Corregidor, and Al Taquaddum. The unit also provides portable shower facilities to Corregidor.

Each bag of laundry turned in is sorted by the Soldiers and fed into a trailer-sized apparatus, known as a Laundry Automated Draining System, to be washed and dried.

"I came in blowing stuff up and now I'm sewing stuff up."

— Sgt. 1st Class Ronald G. Horrall

The machine is equipped with wheels and can be hauled from location to location or replaced as needed.

The machines help the unit provide a quick turnaround time for servicemembers, sometimes resulting in the clothes' return the same day. They also help when the unit receives the result of their customers spending a week or so in the field. These results can be compounded when dirty socks and undergarments are sealed in plastic bags for a while.

Roby, who is social worker in her civilian job, noted they have to take plenty of breaks when they sort that clothing in an enclosed area.

"It can start smelling pretty bad," she said.

Customers will sometimes leave thank you notes in their clothing bags and a Navy SEAL was overheard bragging about the laundry service the unit provided in Corregidor, Soldiers said. Staff Sgt. Marcos O.



Spc. Jose M. Villegas and 2nd Lt. James Roby sort through laundry to make sure the clothing is returned to the proper servicemember.



The Laundry Automated Draining System combines the capabilities of washers and dryers in one machine.

work

Olvera, the shower, laundry, and clothing repair team chief from Ammarillo, Texas, said he was asked at one location how many women they had there. The answer was none.

“People find it hard to believe our males can fold clothes,” Roby explained.

About 90 percent of the Soldiers in the Illinois-based unit have been drawn from across the United States, as well as Guam and Puerto Rico for the deployment, Sgt. 1st Class Ronald G. Horrall said.

Horrall, who in civilian life is a grocery store manager in Terra Haute, Ind., serves as a platoon sergeant for the unit, although he was previously a combat engineer.

“I came in blowing stuff up and now I’m sewing stuff up,” he said.

Flexibility has been a necessity for Soldiers in the company. A group of them have been tasked to help with the Al Taquaddum fuel farm and another dozen were placed in gun trucks for regular convoy duty when the unit first arrived in April, Horrall said. One detachment serving with the company is the 266th Quartermaster Team, a water purification unit, which has assisted with the bottling plant at Al Taquaddum.

Even with basic services, the Soldiers try to provide little extras, Horrall said. They took the shower facility at Corregidor, which is a simple tent, and installed plumbing for sinks, mirrors and a floor.

Not everyone knows about the services the company provides. Horrall said. He recently visited a Marine Corps unit which wasn’t aware it could arrange special laundry service at Al Taquaddum for troops who are constantly going outside the wire.

“It’s just like a business,” Horrall said. “We try to get customers. (Servicemembers) are our customers.”



From right, LADS NCO Sgt. Colleen E. Daugherty of Mentor, Ohio, and Spc. Jaqueline M. Guerra of San Antonio, Texas, fold the clean clothing.



A tactical truck is used to transport the machine elsewhere.

Medical training brings basics to battlefield

story and photos by Spc. Amanda Solitario



Sgt. Charlie Foster, a medic with Headquarters and Headquarters Company, 4th Infantry Division rolls a casualty onto his back to look for the exit wound during a mass casualty exercise Oct. 27.



A student checks the pulse of a patient after administering intravenous fluids. Twelve students in the Combat Medical Advancement Skills Training participated in the final exercise Oct. 27. The CMAST class teaches Soldiers how to treat critically wounded servicemembers on the battlefield.



Two Soldiers escort a man with a shrapnel wound in his leg out of the simulated combat zone.



Spc. Derek Anderson, a systems operator with the 324th Integrated Theater Signal Team, preps the intravenous fluid bag before sticking the patient.

LSA ANACONDA, Iraq—Soldiers across Iraq fly to Anaconda to take part in some serious medical training that they cannot find anywhere else in the country.

Once per month, the Sgt. 1st Class Tricia L. Jameson Combat Medical Training Center offers the intense, five-day Combat Medical Advancement Skills Training course. The course is geared toward enhancing the medical knowledge of Soldiers while teaching them how to administer aid to wounded patients in a hostile area.

“It prepares the students to protect themselves and the casualties, and to save lives,” said Sgt. 1st Class Michael Manahl of Aimes, Iowa, 3rd Medical Command program coordinator for the Jameson CMTC.

The class highlights the importance of advanced hemorrhage control, which is the number one cause of death due to injury, said Lt. Col. Anthony S. Ramage of Augusta, Ga., critical care consultant for 3rd MEDCOM.

“The more people trained to stop the bleeding, the more lives we will save,” he said.

As of now, Anaconda is the only approved location for CMAST in Iraq. It is a 40 credit-hour course divided between class time and hands-on training. The class does count toward promotion points.

Traditionally, the CMAST class was primarily for medics, but the instructors are seeing many Soldiers with various jobs coming through the class. Manahl said a Soldier’s military occupational skill specialty does not have to dictate who is able to provide care to a wounded servicemember.

Ramage said in reality medics cannot be everywhere on the battlefield, so the key is to train as many people as possible to be “mini-medics.”

“The medic may be in

a vehicle hundreds of meters away from the casualty and unable to get to him for minutes—long enough to bleed to death,” he said.

One student, Sgt. Randy Harcrow, a native of Lubbock, Texas and a petroleum supply specialist with 1st Battalion, 17th Field Artillery Regiment, said he was grateful to be able to participate in the program.

Harcrow, who is part of a convoy security team, said he never knows what is going to happen outside the wire, adding that the training boosted his confidence in his abilities to treat injured Soldiers if the situation presented itself.

Prior to taking the class, students must first pass the 17-day Emergency Medical Technology-Basic course, a civilian certification. This is to ensure the Soldier has the fundamental medical knowledge to succeed in CMAST.

As with most military training events, there is a “crawl, walk, run” phase to the program, Manahl said. The work inside the



Staff Sgt. Anthony Cappucci, a postal supervisor with the 394th postal company, and Spc. Michael Williams, a Summerville, S.C. native, strap down a casualty to a stretcher in preparation for medical evacuation while Spc. Derek Anderson, a reservist from Williamsport, Pa., pulls security during the mass casualty exercise Oct. 27.

classroom is the crawl phase, and it is here the school’s nine instructors coach the students and answer their questions.

One of the most important aspects introduced in the first few days is casualty triage, said Sgt. Joshua Stutzman, a 3rd MEDCOM instructor at the Jameson CMTC.

Stutzman, a Cincinnati, Ohio native, said triage is all about treating as many people as possible with limited supplies, and prioritizing the patients according to their needs.

On the fourth day, the students get to work with a specialized dummy called the METI-man, which stands for Medical Education Technologies Inc. METI-man is a computer-programmed mannequin designed for students working in the medical field.

Stutzman said the METI-man gives the Soldiers the feeling of working on an actual patient. The dummy blinks, talks, breathes, and even bleeds through controls set forth by the instructor.

“It causes the students to react in different ways,” he said. “Their interventions can

either help him or hurt him.”

All the time in the classroom and all the hours spent working with the METI-man, culminates into a mass casualty exercise on the students’ fifth and final day.

The students are put to the test by taking their medical knowledge and applying it to a real-life setting where their stress level is heightened and their sense of urgency is pushed to the max, Manahl said.

“We try to base the scenarios off of real-world situations,” he said.

In a recent exercise, 12 students found themselves in the midst of a simulated combat area with more wounded than CMAST personnel.

“For a real triage situation, we need to overload the medics and medic capabilities,” he said. “So, if there are a dozen students in the class, we are putting 14 patients at them at one time.”

Through the morning, the Soldiers had to show the instructors that they could move all the casualties to a safe area, keep an accurate count of the wounded, provide medical care, pull security, and call in medical evacuations.

Manahl said the group struggled at first, but learned from their mistakes the second time around.

He said that after attending this course, the students are more prepared to go out there and treat casualties.

“I feel like I learned enough in this class to go back and train my Soldiers to take care of anybody on the battlefield,” Harcrow said. “This class will benefit any Soldier. It is very important especially in this environment.”



A student in the CMAST class drags a dummy to the casualty collection point for evaluation.



Spc. Michael Williams a medic with the 4th Infantry Division based out of Baghdad marks a man with the letter “T” for tourniquet and the time the tourniquet was wrapped around his arm.

Aikido class teaches self-defense, focus

story and Photos by Spc. Alexandra Hemmerly-Brown

LSA ANACONDA, Iraq—“One does not need buildings, money, power, or status to practice the Art of Peace. Heaven is right where you are standing, and that is the place to train.” — Morihei Ueshib, founder of Aikido

The above words were spoken by the man who founded the modern martial art form, Aikido, in the 1920s.

Aikido is a self-defense discipline which is non-competitive, but centered on harmonizing with your universal life force, or ‘Ki.’ According to the Japanese philosophy every person has a Ki, it just needs to be stimulated out of its dormant state.

“It’s not brut strength, it comes from your Ki, from inside,” said Sgt. 1st Class Stephen Y. Chinen of Mililani, Hawaii, with the 657th Area Support Group here, who teaches an Aikido class three days per week.

Chinen, the installation chaplain’s assistant noncommissioned officer in charge, who is an elementary school counselor in Hawaii, volunteered to teach the class shortly after arriving at Anaconda.

“I saw it as an opportunity to further my growth,” Chinen said after seeing a flyer at the gym for wanted martial arts instructors.

Chinen was introduced to the method in 1978 when, as a University of Hawaii student he took a world religions class where his professor spoke of Aikido.

He said learning about the discipline in school encouraged him to join a dojo (or place of training) nearby, where he began to train.

Spurred by a desire to learn more about the martial art, his heritage, and the language, Chinen went to Japan in the 1980s where he stayed for more than six years.

There Chinen studied Japanese and trained diligently in Aikido at a traditional dojo, where as a student he had to perform disciplinary work such as cleaning toilets as part of his education.

He returned to Hawaii in 1991 as a black belt.

Aikido has a belting system similar to other martial arts, which awards trainees different colored belts depending on how many hours they have trained and passed required tests, Chinen said.

Chinen said he was awarded his black belt after eight years, but the length of time it takes to move up in Aikido’s ranking system can vary greatly depending on how often a student can practice, he said.

A core element to learning Aikido is the practice of finding one’s tanden, or “one point.” Located two inches below the navel and one inch inwards, one’s tanden is the physical center of gravity, the point from which a person’s energy is focused.

According to its doctrine, an Aikido student should draw upon his or her tanden when in a fight, and focus all movements from their core.

“That’s where your energy and power come from,” Chinen explained.

In Aikido, practitioners should be able to defend themselves without injuring their opponent. Using take-downs, pressure points, and balance, Aikido students can overpower an opponent of any size, he said.

The Aikido method, as practiced by actor Steven Seagal, is a martial art for all ages and

body types, Chinen said.

“Live as you train, train as you live,” Chinen, who joined the National Guard and later the Reserves after returning to Hawaii in the 1990s said is one of his mottos. Chinen considers Aikido a way of life, and wanted to teach it to others.

Being his first deployment, Chinen said he didn’t think he would be able to practice Aikido this year, and is grateful he has the chance to share his art form with others.

“His class is very solid and principle-rich,” said Staff Sgt. Richard M. Harris from Phoenix, Ariz., with the 164th Corps Support Group.

Harris, who has been taking Chinen’s class, is also an instructor of Aikijujutsu here at the Air Force compound. Aikijujutsu is a modified form of Aikido which has integrated more combative and attack-based techniques into it.

“Because I know what Aikido is, I wanted to study the traditional approach from him,” Harris said.

Harris, who has been here for two months, said he planned ahead to practice Aikido here.

“I knew I’d be able to practice it here, it was just a matter of with who,” he said.

A 10-year veteran of the art form, Harris also calls it a way of life, and has introduced it to his three boys, ages 5, 10, and 18.

“It’s a great stress-reliever, to get your mind off of being in the zone,” Harris said of practicing Aikido in Iraq.

In the first class he has taught by himself, Chinen stresses taking up the opportunity of getting involved in any martial art. He encourages servicemembers to come and observe his class, and if they find it’s not for them, then to try another class.

“It is my chosen path in life,” Chinen said.



Sgt. 1st Class Stephen y. Chinen (right) shows a student some Aikido take-downs.



The Aikido class bows in closing, showing respect to each participant.

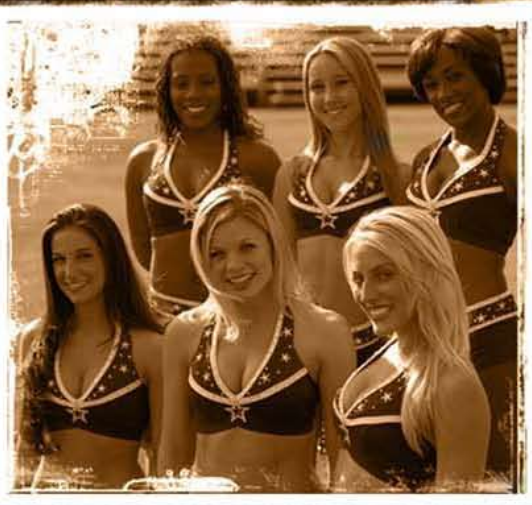


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Thanksgiving Day concert



featuring National Radio Personality Delilah
the New England Patriots Cheerleaders
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OSG'06
OPERATION SEASON'S GREETINGS

AIR FORCE RESERVE

Three of a kind -- meeting up in Iraq

by Sgt. 1st Class Douglas Schultz
1/167 Cavalry Regiment PAO

LSA ANACONDA, Iraq – The Brewer brothers, Steven, Robert and Timothy, who grew up in Pine Ridge, S.D., were reunited for the first time in more than two years last month at Logistical Support Area Anaconda.

It wouldn't have happened if the 172nd Stryker Brigade hadn't been extended to assist the 4th Infantry Division in securing Baghdad. Timothy is an Active Army sergeant in this brigade which was stationed at Mosul, Iraq, but moved closer to Baghdad when it was extended.

The brigade's new area of operation allowed Timothy to travel on a helicopter to Anaconda where Steven, a sergeant, and Robert, a private first class, are stationed, a short distance from Baghdad.

Steven and Robert are both members of 1st Squadron, 167th Cavalry, 1st Brigade Combat Team, 34th Infantry Division. Steven, 24, is oldest; Timothy is 22 and Robert is 21.

Their time together was short, but Timothy thanked his chain of command for the brief reunion.

"I talked with my chain of command and sergeant major and they were all helpful," Timothy said. "My chain of command is pretty cool by allowing us to get some time together and work some different shifts."

"It is a pretty big deal being the youngest and being together" Robert said.

The three to four days the brothers were together gave them a chance to share stories of their "crazy" childhood.

Timothy also shared stories and pictures with other members of the task force. He also told stories of combat in the Mosul and Baghdad area.

Combat and military service is no stranger to the Brewer family. This is Steven's second tour in Iraq. He deployed with the 101st Airborne during Operation Iraqi Freedom I. At the same time the brothers' sister, Jackie, served in the Marines as an electrician servicing and maintaining generators.

For this OIF rotation, Steven is a sniper, Robert is a Humvee gunner and Timothy is a designated marksman.

The brothers also called home and passed the phone around to let their parents know they



Steven, Robert, and Timothy Brewer pose as they meet up at LSA Anaconda.

were together and doing well.

"He wants to start a family tradition by trying to get the other two brothers to Army Ranger School," Steven said, as the brothers shared stories from the past.

Tradition also is no stranger to the family as is service to the country. Steven mentioned that many in the family serve America. Their father was a police officer for more than 25 years and their mother was a paramedic and Emergency Medical Technician. Now she is an EMT in-

structor. They also had two uncles, Tom and Mike, who served in the military and their grandfather served in the Korean War with the 82nd Airborne Division.

"Our family has been in every war this country has fought, its tradition," said Steven.

The brothers will be able to tell their families about this OIF experience when they attend a family reunion in Gordon, Neb., next fall. It has been many years since the whole family has been together.

Some things last longer than deployments

by Spc. Amanda Solitario

Anaconda Times Staff Writer

LSA ANACONDA, Iraq—Some things last longer than deployments.

Permanent tattoos pose many risks for those who decide to adorn their bodies with the inked art; but the health risks are much higher for servicemembers in Iraq because of the unsanitary conditions, said Col. Chris Maasdam, the squadron surgeon for the 167th Reconnaissance, Surveillance, and Target Acquisition clinic.

Unit commanders are concerned that individuals, who may not be qualified, are tattooing their friends in less than ideal surroundings, he said.

One potential problem with getting a tattoo is the possibility of cellulitis, an infection of the skin, said Maasdam, a Nebraska National Guardsman. If left untreated, a surface infec-

tion can eventually spread into the body's tissues and organs.

"When you get a tattoo, there is a break in the skin giving these organisms the opportunity to get into the tissue," he said.

Maasdam said the skin is a natural barrier keeping harmful bacteria out of the body. If the skin is breached, it is possible for these germs to get into the body, causing an infection.

"This is not the place to get a tattoo," he said. "There is no use exposing yourself to something you don't need."

If the site of a tattoo develops an infection, it might be difficult to detect initially, said Dr. (Maj.) David Hale, the 13th Sustainment Command (Expeditionary) surgeon. The first signs of an infection often mimic the normal skin irritation that results from a tattoo.

Hale said redness and swelling are normal, but can also be the first signs of infection. If there is pus or prolonged bleeding, the service-

member should have it looked at by a physician right away.

"You shouldn't wait," he said. "The longer you wait, the worse it is going to get. We are not going to judge anybody."

Infections are usually easy to treat with antibiotics, but Maasdam said the medications are not 100 percent effective. There are cases, especially when a servicemember has a lowered immune system, when the infection is not responsive to the drugs.

The equipment tattoo artists use in Iraq is often unsterilized, which increases the likelihood of developing some type of ailment, said Hale, adding that there is no way to completely disinfect all the materials.

"Soaking the equipment in alcohol is not enough," he said.

Once a servicemember gets a tattoo, there are many procedures they should follow to prevent infection. It is very difficult to keep

the area clean in Iraq, Hale said. A person's body armor may rub against the tattoo irritating it, or they may not be able to keep the site moisturized properly.

The odds are definitely against the servicemember, he said.

Hale noted that there is no way of knowing the artist's level of experience. A tattoo can last a lifetime, and people should have confidence in the person on the other side of the tattoo gun.

Many things could go wrong, which will affect the quality of work. If an untrained individual does the tattoos, scarring or poor designs can be the result. Hale said in most cases people will spend more time and money trying to get the work fixed.

"The risk doesn't make sense," he said.

Getting a tattoo should be carefully planned. "It is not something you just go and do," Hale said.

LSA ANACONDA RELIGIOUS SCHEDULE

Religious schedule subject to change

Roman Catholic Mass

Saturday 5 p.m. Tuskegee Chapel
Saturday 8 p.m. Provider Chapel
Sunday 7:30 a.m. Freedom Chapel
Sunday 9 a.m. Tuskegee Chapel
Sunday 5:30 p.m. Provider Chapel
Sunday 11 a.m. Air Force Hospital

Monday - Friday 5 p.m. Tuskegee

Sacrament of Reconciliation

30 minutes prior to each mass

Church of Christ

Sunday 2 p.m.. Tuskegee Chapel

Islamic Prayer

Friday 12:30 p.m. Provider Chapel

Samoan Congregational Service

Sunday 4 p.m. Provider Chapel

Latter Day Saints

Sunday 1 p.m. Provider Chapel

Sunday 4 p.m. Freedom Chapel

Sunday 7 p.m. Tuskegee Chapel

Friday Shabbat Service

Friday 7 p.m. Tuskegee Chapel

Eastern Orthodox Prayer Service

Sunday 3:30 p.m. Tuskegee Chapel

Protestant-Gospel

Sunday 10 a.m. Sustainer Indoor Theater

Sunday, 11 a.m. MWR East Building

Sunday 11:30 a.m. Freedom Chapel

Sunday 2 p.m. Air Force Hospital Chapel

Sunday 7 p.m. Provider Chapel

Protestant Praise and Worship

Sunday 9 a.m. MWR East Building

Sunday 9 a.m. Eden Chapel

Sunday 7 p.m. Freedom Chapel

Sunday 7:30 p.m. Eden Chapel

Wednesday 7 p.m. Freedom Chapel

Protestant-Contemporary

Wednesday, 8 p.m. Tuskegee Chapel

Sunday 11 a.m. Town Hall

Protestant-Traditional

Sunday 9:30 a.m. Air Force Hospital

Sunday 9:30 a.m. Provider Chapel

Sunday 10 a.m. Freedom Chapel

Sunday 5 p.m. Tuskegee Chapel

Sunday 7:30 p.m. Air Force Hospital

Non-Denominational

Sunday 9 a.m. Signal Chapel

Non-Denominational Spanish

Sunday 2 p.m. Freedom Chapel

Make way for the mayor

by Spc. Alexandra Hemmerly-Brown

LSA ANACONDA, Iraq—Ever wondered why we have a “mayor,” on Anaconda?

“We do very similar operations to the mayor’s office of any typical American city,” said Col. Stephen T. Nakano, garrison commander (mayor), of Camp Anaconda. “With an average population of 30,000, Anaconda has many of the same needs of a small city.”

Nakano, from Aiea, Hawaii, with the 657th Area Support Group, oversees garrison operations on the base providing life support for all the Soldiers, Sailors, Airmen, Marines, and civilians living here.

“We are basically the landlords on LSA Anaconda,” said 1st Lt. Kristi N. Shimizu from Mong-Mong, Guam, the training officer in charge at Blackjack Education Center.

While 13th Sustainment Command (Expeditionary) is “in charge” on Anaconda, the mayor’s cell is in charge of taking care of personnel.

The three main areas that the mayor’s cell controls are life support, force protection, and base planning, Nakano said.

Life support covers all of a Soldier’s physical needs such as food, water, and housing. Force protection ensures the safety of all those living on Anaconda. Base planning oversees the decisions of where new buildings will be built, and how to best utilize the land.

The 129 Reserve Soldiers of 657th from Fort Shafter, Hawaii, do not just cover these

three main areas though, they are scattered throughout the base and have a hand in almost all operations on Anaconda.

The Garrison Logistics Center houses offices for housing, life support, Armed Forces Network, automations, and food service among others.

“We service customers for work orders, new tenants, contractors, and Morale, Welfare, and Recreation-type orders,” said 1st Lt. Bobbi J. Box from Pittsburgh, Pa., operations officer for automations.

In the same building, there are two AFN Soldiers who repair and install the service for the whole base.

“We are the ones who crawl under the trailers,” said Sgt. David I. Rondon from Waianae, Hawaii, the AFN noncommissioned officer. “People appreciate our services, and they let us know they are happy.”

The food service team oversees the five dining facilities on base, and makes sure contracts are upheld.

They place leadership at every dining facility to ensure things are running smoothly, including getting Soldiers a variety of foods to choose from.

“Being in the dining facility relaxes me,” said Master Sgt. Mar D. Lagat from Wailuku, Maui, Hawaii, the installation food service advisor, who is a personal chef in the civilian realm.

A service that the mayor’s cell also manages is the Iraqi bazaar. The local bazaar is different from the Army and Air Force Ex-

change Service-run bazaar on base, as it is set up solely to help the local Iraqi economy, said Sgt. Maj. Ronney R. Oliveros from Kapolei, Hawaii, the senior operations NCO.

“This bazaar is laid out in order to give the local Sheiks an opportunity to make some revenue,” Oliveros said.

Five 657th Soldiers stand guard at the four day-per-week bazaar at all times, now located across the street from the mayor’s cell.

The mayor’s cell also runs Blackjack Education Center where it also has five Soldiers.

Education center staff assist Soldiers with accessing their Montgomery G.I. Bill, Tuition Assistance, registering for online classes, and taking college classes offered at the center.

Some classes offered are Spanish, English composition, introduction to business law, and principles of management.

“Supporting Soldiers in post-graduate education and helping to advance their military career is what we are here for,” said Sgt. Davin K. Takahshi from Kaneohe, Hawaii, the education center NCO.

The Provost Marshall’s Office on Anaconda has a unique dynamic, as it has an Air Force detachment of 44 Airmen who do the job usually done by military police. They are Anaconda’s force protection.

“We provide law and order on LSA Anaconda,” said Maj. John Q. Lizama from Mangilao, Guam, the installation provost marshal.

The PMO deals with enforcing vehicle safety, traffic management, and minimizing criminal activity on Anaconda.

“The most important thing is to provide security for LSA Anaconda,” Lizama said. “The number one cause for casualties here is accidents, so we try to enforce safety as much as possible.”

The PMO recently upped the traveling speed on many of Anaconda’s main roads, partly as a safety measure.

Nakano said as mayor he is trying to make a few changes from the previous command.

“For example, we plan and conduct periodic mass casualty exercises, are effecting improvements to the water drainage system, and have instituted restricted water use conservation measures,” Nakano said.

The unit, whose motto is, “the best support the rest,” strives for bringing the best customer service to the servicemembers who live here.

“What we bring to the fight is the aloha attitude,” Nakano said of his unit’s diverse background.

Nakano said the thing he’d like Soldiers most to know about the mayor’s cell is that they are there to help.

“The mayor’s cell is a team of individuals who have pride in what they do and a desire and commitment to provide the best service that they can...How can we help you?”

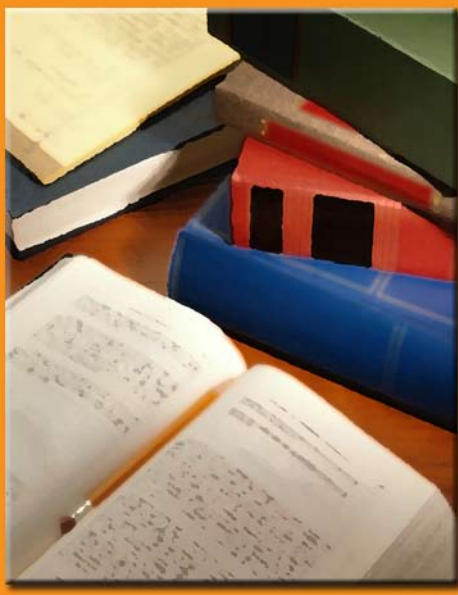
NEW ICE DISTRIBUTION POINT HOURS OF OPERATION

The winter ICE mission will commence on 1 November 2006. There will be two ICE distribution points this year on LSA Anaconda one will be on the east side at the MAIN LAUNDRY, which will maintain a 24 hours/7 days a week operation. The other site will be at the WEST SIDE PX which will maintain a 7 days a week operation from 6 a.m.- 5 p.m.

INTRODUCTION TO PSYCHOLOGY

SUNDAYS
3 to 5 p.m.

NOV. 12
TO
DEC. 31



visit the Blackjack Education Center for more information

NEWS.PEEL
ANACONDA

watch it
on the
Pentagon
Channel

EAST REC MWR
DANCE
LESSONS

COUNTRY
SALSA
CARRIBEAN

SWING

COME FIND OUT WHAT'S THE HYPE ALL ABOUT

November 15**Aerobics**

6 a.m. and 5:30 p.m.
East MWR Fitness Center

Yoga

6 p.m.
East MWR Fitness Center

Boxing

7:30 to 9 p.m.
East MWR Fitness Center

Rock Climbing Class

8 p.m.
East MWR Fitness Center

8-Ball Tourney

8 p.m.
West Recreation Center

Madden '05

8 p.m.
West Recreation Center

9-Ball Tourney

8 p.m.
East Rec Center

DJ Classes

8 p.m.
East Rec Center

November 16**Tae Kwon Do**

7 to 8:30 p.m.
East MWR Fitness Center

NOGI Jiu-Jitsu

9 p.m.
East MWR Fitness Center

Level 2 Swim Lessons

7 p.m.
Indoor Pool

Level 1 Swim Lessons

8 p.m.
Indoor Pool

ANACONDA ACTIVITIES

Your one-stop connection to activities around LSA Anaconda
to add your activity to the event calendar, email anaconda.times@balad.iraq.centcom.mil

Battlefield Ground

8 p.m.
East Rec Center

November 17**Aerobics**

5:30 p.m.
East MWR Fitness Center

Boxing

7:30 to 9 p.m.
East MWR Fitness Center

Chess Tourney

8 p.m.
West Recreation Center

4-4 Volleyball Tourney

8 p.m.
West MWR Fitness Center

Caribbean Dance

8 p.m.
East Rec Center

November 18**Aerobics**

noon to 1 p.m.
East MWR Fitness Center

Open Court Volleyball

6 p.m.
East MWR Fitness Center

500m Fins/Kickboard

9 a.m. and 7:30 p.m.
Indoor Pool

Texas Hold'em

8 p.m.
West Recreation Center

Aerobics

8 p.m.
West MWR Fitness Center

Salsa Dance

8 p.m.
East Rec Center

Tae Kwon Do

7 to 8:30 p.m.
East MWR Fitness Center

NOGI Jiu-Jitsu

9 p.m.
East MWR Fitness Center

Level 2 Swim Lessons

7 p.m.
Indoor Pool

Level 1 Swim Lessons

8 p.m.
Indoor Pool

Command & Conquer

8 p.m.
West Recreation Center

Dodgeball Tourney

8 p.m.
West MWR Fitness Center

Texas Hold'em

8 p.m.
East Rec Center

November 19**Aerobics**

5:30 p.m.
East MWR Fitness Center

Boxing

7:30 to 9 p.m.
East MWR Fitness Center

100m Butterfly

10 a.m. and 7:30 p.m.
Indoor Pool

Spades Tourney

8 p.m.
West Recreation Center

4-4 Volleyball Tourney

8 p.m.
West MWR Fitness Center

Caribbean Dance

8 p.m.
East Rec Center

November 20**Aerobics**

noon to 1 p.m.
East MWR Fitness Center

Open Court Volleyball

6 p.m.
East MWR Fitness Center

One-Mile Swim Race

10 a.m. and 7:30 p.m.
Indoor Pool

Texas Hold'em

8 p.m.
West Recreation Center

Aerobics

8 p.m.
West MWR Fitness Center

Salsa Dance

8 p.m.
East Rec Center

November 21**Open Court Volleyball**

6 p.m.
East MWR Fitness Center

Tae Kwon Do

7 to 8:30 p.m.
East MWR Fitness Center

Brazilian Jiu-Jitsu

9 p.m.
East MWR Fitness Center

Green Bean Karaoke

8 p.m.
Green Bean Coffee Shop

5-5 Basketball Tourney

8 p.m.
West MWR Fitness Center

Poker

8 p.m.
East Rec Center

November 22**Aerobics**

6 a.m. and 5:30 p.m.
East MWR Fitness Center

Boxing

7:30 to 9 p.m.
East MWR Fitness Center

Rock Climbing Class

8 p.m.
East MWR Fitness Center

One-Hour Swim-A-Thon

Two-Person Teams
5:30 a.m.
Outdoor Pool

Jam Session

8 p.m.
West Recreation Center

Aerobics

8 p.m.
West MWR Fitness Center

THE MOTHER OF ALL BATTLES

ARMY

VS

AIR FORCE

FLAG FOOTBALL BASKETBALL

A THANKSGIVING DAY EXTRAVAGANZA

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Music stars to visit Anaconda for turkey day



by Sgt. 1st Class Mark Bell

Anaconda Times Staff Writer

LSA ANACONDA, Iraq -- Country music-recording artist Jaime O'Neal will return to Operation Season's Greetings to perform with musicians from the Band of the U.S. Air Force Reserve and the U.S. Air Forces during a Thanksgiving Day concert here.

Joining O'Neal will be radio host Delilah, New England Patriot Cheerleaders, and John Popper from Blues Travelers.

"I'm am thrilled to have John Popper, Delilah, six of the New England Patriots Cheerleaders and members of the Air Force Band along to accompany me on this tour to entertain U.S. military men and women around the world," O'Neal said in an announcement.

Exploding onto the country music scene with the devastating end-of-love song, "There Is No Arizona," O'Neal set a high standard for herself as both songwriter and singer.

Her new album, *Brave*, more than builds on that promise, as O'Neal confirms her strengths as a singer's singer, but also makes impressive strides as a songwriter, co-writing nine of the record's 11 songs. Sonically, she draws from her eclectic musical tastes, with songs that run from showcase ballads to swampy Southern rock. Lyrically, she explores struggle, family, womanhood and spirituality displaying a deep understanding of both the peaks and valleys that accompany a life fully lived.

One of the most important experiences of her youth was the chance to open and perform on the same stage as such significant performers as Johnny Cash, Crystal Gayle and Dolly Parton.

"I would stand at the side of the stage and watch

their whole show over and over again, and I just always knew what I wanted to do," Jamie recalls. "I knew that one day, hopefully, I'd be up there on the stage singing my own songs-and especially with Dolly Parton, because she wrote everything. When I was 10 and 12 years old, that just meant so much to me that she could go out there and tell her stories and people loved to hear them because they were real."

When she decided to take a break from the road, to have her baby and be a mommy for a little while, O'Neal continued to write songs, including the hit "How Far," recorded by Martina McBride.

But she kept most of those new songs for herself, standing at the ready for the moment when she returned to the studio to make *Brave*. "The goal in making this album was to allow the audience to know me better," she said. "You only have 11 songs to show what you're all about, and I feel like the first album was just the tip of the iceberg. So I wanted to dig a little deeper."

"Operation Season's Greetings will put on a show that's on par with any high-dollar concert tour," said Dave Ballengee, deputy director of the Band of the U.S. Air Force Reserve. "This Air Force tour group will bring a cargo plane of state-of-the-art sound, stage and lighting equipment and will put on a show that our troops will never forget."

Performing as the opening act for Ms. O'Neal, the U.S. Air Forces in Europe and Reserve bands will play well-known pop and contemporary favorites along with Blues Traveler John Popper. Delilah will take dedications to service members' loved ones back home. To help warm up the crowd, the world champion New England Patriots Cheerleaders are sending six members of their cheerleading squad to accompany the tour.

(Schedule is subject to change)

Wednesday, Nov. 8
5 p.m. Running With Scissors (R)
8 p.m. World Trade Center (PG-13)

Thursday, Nov. 9
5 p.m. Crossover (PG-13)
8 p.m. Accepted (PG-13)

Friday, Nov. 10
2 p.m. Invincible (PG)
5 p.m. Material Girls (PG)
8:30 p.m. Stranger Than Fiction (PG-13)

Saturday, Nov. 11
2 p.m. Flushed Away (PG)
5 p.m. Stranger Than Fiction (PG-13)
8 p.m. World Trade Center (PG-13)

Sunday, Nov. 12
5 p.m. Crossover (PG-13)
8 p.m. The Wicker Man (PG-13)

Monday, Nov. 13
5 p.m. Stranger Than Fiction (PG-13)
8 p.m. Idlewild (R)

Tuesday, Oct. 14
5 p.m. The Wicker Man (PG-13)
8 p.m. World Trade Center (PG-13)



Anaconda Sudoku

		3			2	
		4	6	9	1	5
8		2	7			9
7						5
	2	1	6		4	
3						6
1		9	8			2
		9	5	6	2	7
		2			9	

Mission:
Using logic and reasoning you must fill the remaining empty cells in the following puzzle with a digit from to 9, such that each digit from to 9 appears
- exactly once on each row - exactly once in each column
- exactly once in each of the nine delineated 3x3 squares.
There is only one solution

SUSTAINER REEL TIME THEATER

Talents shine forth at scary contest

LSA ANACONDA, Iraq—More than 300 service-members gathered at the East Recreation Center for a frightful experience Oct. 31, at Anaconda's first Halloween talent show. Sponsored by the 49th Transportation Movement Control Battalion, the talent show featured costume, comedy, and singing competitions.

Winners in all categories received Army and Air Force Exchange gift certificates, and were chosen by the audience members' cheering. A noise meter was used to measure which contestant merited the loudest response. Many were clear favorites including Spc. Nova Robinson of Fort Carson, Co., 3rd Brigade, 4th Infantry Divi-

sion, who snatched first place in the singing competition for her acoustic rendition of "I Will Always Love You." Other contestants however, were booed off the stage by the audience when their voices faltered or their jokes failed to amuse.

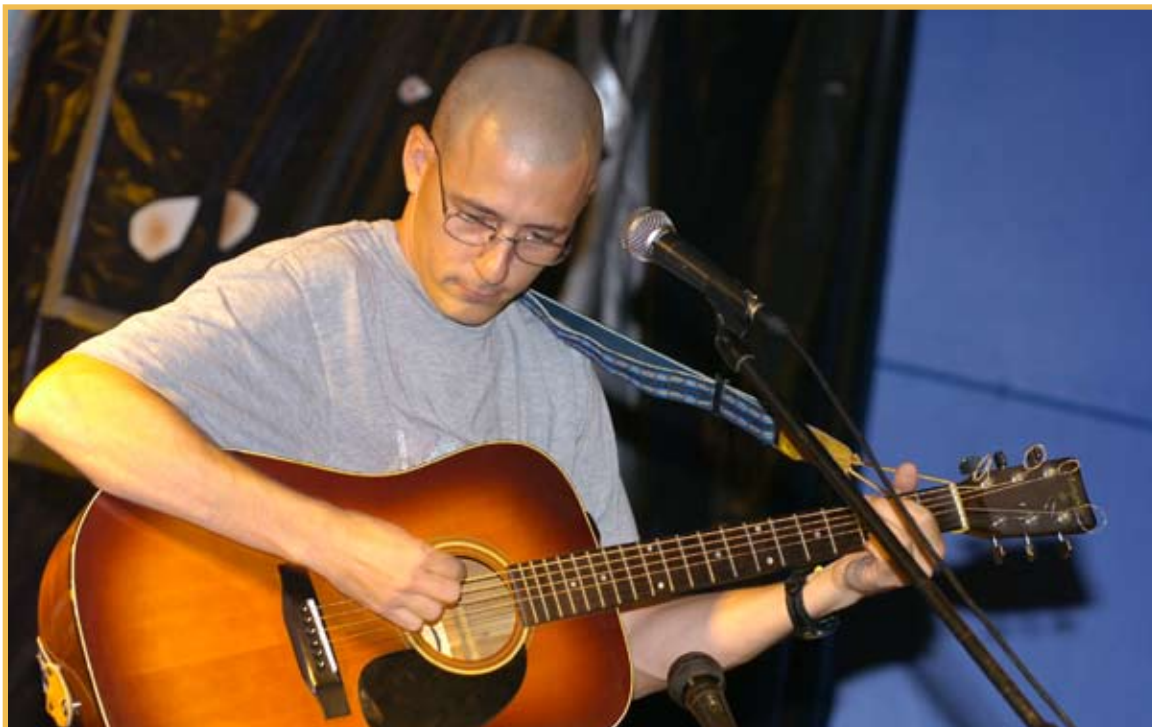
With a "haunted house," at the entrance, and an elaborate display of decorations, the event took several of man hours to pull off. "Nothing like this comes together without a lot of help," said Command Sgt. Maj. Ricky Knox, 49th sergeant major, who gave credit to his unit, Morale, Welfare, and Recreation staff, and Command Sgt. Maj. Jorge Young.



Spc. Nova Robinson of Fort Carson, Co., sang her way to first place with "I Will Always Love You."



Command Sgt. Maj. Ricky Knox and Lt. Col. Gust Pagonis with the 49th Transportation Movement Control Battalion applaud an act. The contest used a sound meter to determine which acts earned the loudest response from the audience.



Spc. Joel Cheatham, from Fort Sill, Okla., with A Company, 1/17th Field Artillery plucks out a tune.



Doris Hector, known as "Brown Sugar," a KBR employee of Killeen, Texas, took second place with her version of "Midnight Train to Georgia."



Staff Sgt. Chris Franklin of the 164th Command Support Group from Mesa, Ariz., takes his turn at the mic.



A contestant receives a standing ovation from the rowdy crowd.



Pfc. Della Thompson, a chaplains assistant from Fort Hood, of the 1st Battalion, 4th Aviation Regiment from Fort Hood, Texas, belts out a gospel tune.