

Fitness center named in honor of fallen hero

SGT. JASMINE CHOPRA
MND-C PAO

CAMP VICTORY – A newly-built fitness center on Victory Base Complex was dedicated April 10 in honor of Sgt. 1st Class Paul R. Smith, a man his peers and seniors said demanded perfection.

The Sgt. 1st Class Paul R. Smith Physical Fitness Center serves residents of Camp Victory and other surrounding installations including Camp Liberty.

“It’s fitting that we dedicate a fitness center to a man who had high standards, loved Soldiers and loved helping them become better and stronger,” said Brig. Gen. William Grimsley, deputy commander of the 4th Infantry Division. At the time of Smith’s death, Grimsley was the 1st Brigade Combat Team, 3rd Infantry Division commander.

Staff Sgt. Steven Holloway, a 3rd Infantry Division engineer, former member of Smith’s platoon and a personal friend, agreed naming the fitness center after Smith was apt, since Smith constantly pushed his Soldiers to be disciplined, fit and “perfect,” he said.

“He was a person who demanded perfection from his Soldiers. When his squad ran infantry battle drills, if they were good, but not perfect, he’d say, ‘run it again.’”

On April 4, 2003, Holloway was just 100 yards from Smith at the time Smith was mortally wounded by braving enemy fire and engaging the attacking force, saved the lives of numerous wounded Soldiers.

Maj. Gen. Rick Lynch, commander of Multi-National Division – Center;



Sgt. Jasmine Chopra

Brig. Gen. William Grimsley (left) and Staff Sgt. Steven Holloway (right) help unveil a sign during an April 10 ceremony naming the fitness center here in honor of Sgt. 1st Class Paul R. Smith.

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IA, CF show positive working relationship

SGT. 1ST CLASS STACY NILES
214TH FB

FOB DELTA – An Iraqi Police-led operation in An Numaniyah sent a message to criminals in the city - Iraqi Security Forces are in control.

More than 300 IP, Iraqi Army and Coalition forces deployed to An Numaniyah to conduct checkpoint operations in a joint effort April 7. Dubbed Operation Crystal Springs, the mission also provided ISF and Coalition leadership the opportunity to engage with local government officials and sheikhs.

"It was an operation that was planned by the Iraqi Police, supported by the Iraqi Army and the Coalition forces," said Capt. Eric Wigley, commander of the 511th Military Police Company. "The mission was designed as a non-kinetic mission to go out to Numaniyah ... to set up and conduct numerous checkpoints and just to let the people know that the Iraqi Police, the Iraqi Army and the Coalition forces can plan and operate together."

Sgt. Shane McAllister, a team leader with the 511th MP Co., said the mission showed the local populace that ISF are in control of the area and enforcing the rule of law.

"They wanted to show the people that they are committed to the city, they are committed to their populace..."

– Capt. Eric Wigley
commander, 511th MP Co.



Sgt. 1st Class Stacy Niles

More than 300 Iraqi Police, Iraqi Army and Coalition forces deployed to An Numaniyah to conduct checkpoint operations during Operation Crystal Springs.

An Numaniyah has had little Coalition presence in the past. The Wasit Police Chief, Maj. Gen. Abid al Hanneen Faysal Ameer, and the 8th Iraqi Army Division commander identified the city as a security priority, said Wigley.

"They wanted to show the people that they are committed to the city, they are committed to their populace and they can, when they want, mass forces to help secure the population," Wigley said.

The forces established four checkpoints strategically placed in and around the city to interact with residents, search vehicles for contraband and distribute humanitarian assistance.

tance.

At one checkpoint, the ISF, along with Soldiers from 511th MP Co., from Fort Drum, N.Y., searched more than 200 vehicles. The U.S. forces were there in an advisory role, said 1st Lt. Lynnette Jefferson, a platoon leader with 511th MP Co.

"Our Soldiers knew what was expected of them," she said. "They understood that the checkpoints were an IP responsibility."

Jefferson said the MPs have trained with the IPs on conducting vehicle and personnel searches, conducting joint patrols and reacting to improvised explosive devices, small arms fire and precision gun fire.

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3rd Heavy Brigade Combat Team, 3rd Infantry Division

3rd Brigade Combat Team, 101st Abn. Division (Assault)

4th Brigade Combat Team, 3rd Infantry Division

3rd Combat Aviation Brigade, 3rd Infantry Division

214th Fires Brigade

7th Sustainment Brigade

720th Military Police Battalion

302nd Mobile Public Affairs Detachment

3rd HBCT leaders receive medals for service in Iraq

STAFF SGT. SEAN RILEY
3RD HBCT, 3RD INF. DIV.

FOB HAMMER – Soldiers of the 3rd Heavy Brigade Combat Team staff received a Bronze Star Medal during a ceremony at the Soldier, Airman and Civilian Center on Forward Operating Base Hammer, April 6.

More than 40 Bronze

Stars were presented by the 3rd HBCT Commander, Col. Wayne W. Grigsby, Jr., from Prince George's County, Md., to the Soldiers for their war-time service to the brigade, Multi-National Division – Center and the U.S. Army during Operation Iraqi Freedom V.

“Everything this great brigade has done in the past 13 months can be directly attributed to these leaders,” Grigsby said. “Everything they have done has killed or captured the enemy, saved Soldiers’ lives and made this brigade the best I’ve seen in my 24 years of military service.”

The 3rd HBCT, from Fort Benning, Ga., 3rd Infantry Division, has been deployed in support of Operation Iraqi Freedom since March 2007.



Staff Sgt. Sean Riley

Maj. Dave Fivecoat, operations officer, 3rd HBCT, receives his Bronze Star Medal from Col. Wayne W. Grigsby, Jr., commander, 3rd HBCT, during a ceremony at the Soldier, Airman and Civilian Center on FOB Hammer, Iraq.

HONOR

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Grimsley; Command Sgt. Maj. Jesse Andrews, senior enlisted leader for Multi-National Division – Center; and Holloway unveiled a sign that read ‘Sgt. 1st Class Smith Physical Fitness Center’ and contained a picture of Smith smiling, battle-ready.

“I hope that the thousands who come through (the fitness center) see his name, see his face and take time to learn about the great Soldier, the great man that he was,” Holloway said.



Sgt. Jasmine Chopra

Former and current Task Force Marne non-commissioned officers and Soldiers of the quarter read the Medal of Honor citation conferred on Sgt. 1st Class Paul R. Smith, after an April 10 ceremony naming the fitness center here in his honor.

Safety Thought of the Day

Combat Stress Control Reminders

- Some amount of stress is necessary to enhance performance, but too much stress can have the opposite effect.
- Acute Stress – intense, brief episodes of work where factors of fear of failure or fear of physical harm are paramount.
 - Loss of concentration.
 - Impaired task performance (making mistakes).
 - Impaired judgment.
- Chronic Stress takes place over long periods of time and can lead to behavioral problems.
- Modulate Stress levels by:
 - Ensuring good general physical fitness with an adequate, moderate diet.
 - Developing a good work/rest cycle to ensure adequate rest.
 - Modifying work conditions to maximize productivity.
 - Developing high levels of confidence and proficiency through realistic training.
 - Staying connected with family and loved ones.
- Reference: FM 22-51 and FM 4.02-51.



DEPARTMENT OF THE ARMY
WASHINGTON DC 20310

APR 10 2008

To Our Soldiers and Families

Today, President Bush announced his decision to return to twelve-month deployments in the CENTCOM theater for active Army units. The President's decision reflects the improved security situation in Iraq – one made possible by your unwavering commitment and willingness to sacrifice – as well as the recognition of the impact of extended deployments on Army Families and our readiness. Today's policy change will help reduce that strain as we continue to grow the Army and restore balance.

The Army will reduce "Boots On the Ground" time to no more than twelve months for all active component Soldiers deploying to the CENTCOM area of operations after 1 August 2008. Soldiers deploying prior to 1 August will complete their scheduled deployments.

The return to twelve-month deployments does not change the Army's dwell time policy. This policy is intended to give units time to properly reset and allow Soldiers, Families, and friends to reconnect.

You have chosen a most noble profession. With your Families standing with you in support, you have borne the increased stress and burden of this war for our Army and our Nation. A grateful Army and Nation thank you.

Sincerely,

A handwritten signature in black ink, reading "Kenneth O. Preston".

Kenneth O. Preston
Sergeant Major of the Army

A handwritten signature in black ink, reading "George W. Casey, Jr.".

George W. Casey, Jr.
General, United States Army
Chief of Staff

A handwritten signature in black ink, reading "Pete Geren".

Pete Geren
Secretary of the Army