

SUMMER EDITION 2006

SUSTAINER

THE MAGAZINE OF THE 3RD CORPS SUPPORT COMMAND

HONORING
SELFLESS
SERVICE

**MULTI-NATIONAL
CORPS - KUWAIT**

THE FEW WHO IMPACT MANY

AMERICA

DEFEND HER ... MAKE HER HOME

SUSTAINER

TELLING THE 3RD CORPS SUPPORT COMMAND STORY



20 INSTILLING IRAQI INDEPENDENCE

8 MULTI-NATIONAL CORPS - KUWAIT
When "boots hit ground," they're waiting ...

16 AMERICA
Defend her, serve her ... make her home

20 INSTILLING IRAQI INDEPENDENCE
Soldiers work with Iraq's future police force

24 MOUNTAIN WARRIOR OLYMPICS
COSCOM Soldiers test their skills, proactively train

32 29 MAY 2006
Memorial Day ceremony honors the ultimate sacrifice

38 BOSTON MARATHON IN IRAQ
COSCOM Soldiers participate in famous event



24 MOUNTAIN WARRIOR OLYMPICS



32 29 MAY 2006
MEMORIAL DAY CEREMONY



42 "DOWNRANGE" SCRAPBOOK

FROM THE COMMAND

4 Commanding General's Comments

5 Command Sergeant Major's Words

COLUMNS AND NEWSNOTES

6 From the Editor

7 To the Editor

14 Inspector General

15 Human Relations/Equal Opportunity

22 Newsnotes: 4th Sustainment Brigade Liaison Team

23 Newsnotes: Downrange Bike Race, Recovery Team

30 Career Counselor's Corner

31 Safety

36 Chaplain's Thoughts

37 Family Readiness Group

42 Downrange Scrapbook



18 AMERICA
... MAKE HER HOME

On the Cover: (photo by Spc. David T. Chapman) Spc. Alan Ortega, 27th Trans. Bn. (MC), serves as an honor guard for his unit's 2006 Memorial Day ceremony.

(photo by Sgt. Rachel Brune, 101st SB Public Affairs)
71st Corps Support Battalion Soldiers hand out bags of school supplies to students at the First Tal Abtha Primary School during a humanitarian mission April 11.



ON THE BACK



DISCIPLINE *expect it & reflect it*

This deployment has provided me with countless opportunities and experiences, including the honor of observing Soldiers as they define discipline through their daily actions. In some ways I think "discipline" is the most important principle of "STEADFAST" Leadership, because when we are disciplined, personally and professionally, then all the other principles fall into place.

I grew up in a disciplined, strict, but loving, home. There were expectations for school grades, sports, respect for elders, chores, etc.

After high school, I attended West Point and without a doubt, discipline was instilled, expected and demanded of all cadets. It was much more than just following rules and regulations, it was about character. The discipline we were taught was in preparation for being officers who were reliable, trustworthy, dependable and selfless in word and deed.

Being disciplined truly means choosing the harder right over the easier wrong. Discipline is digging deep when you do not feel like going on; it is pushing to the end when you think you cannot take another step or do another lap; it is biting your tongue when your emotions want to take over; it is making time for someone else when your own time seems so valuable or out of your control.

Discipline is doing the right thing even when no one else is watching BECAUSE it is the right thing to do; it defines your character!

I believe the difference between a good and a great Soldier/person is discipline. I believe the same about organizations.

I also believe discipline is the difference between a safe and unsafe unit. I think disciplined people strive to reach the maximum standards versus the minimum standards, and disciplined people want to be part of the solution, not part of the problem.

When you are disciplined, you think hard, listen hard, ask "why not" instead of "why;" you are curious, concerned, and care about the second and third order effects of your decisions and actions.

None of us is perfect. None of us gets it right all the time. However, with a little bit of effort and discipline, we can get it right most of the time.

There is a saying I once heard, "It is better to learn through obedience than experience."

Simply put, when there are rules, regulations, policies, guidelines and gut instinct to guide you through what is right versus what is wrong, it is far better to be disciplined and learn through obedience than it is to break the rules and suffer consequences.

I would encourage each of us to look at life through a lens of discipline for doing what is right, smart, productive and meaningful for ourselves and others.

EXPECT IT and REFLECT IT! THANK YOU for being disciplined in your words and actions!

Rebecca S. Halstead
Brigadier General
Commanding General

*True Americans
do not hide
their colors!*

W

hen asked to write an article for this publication, I searched for what would be appropriate, interesting and inspiring. The topic I selected came from my observations during my recent rest

and recuperation leave to the United States.

Soldiers were excited as our plane landed at the final destination after the long trip home, and as they exited the plane, Americans everywhere were thanking them for their service to our country.

A few weeks later, on my way back to Iraq while having breakfast with my wife and children in a Nashville Airport waiting for my return flight, a married couple came over and felt compelled to thank me. The man began to tell me of his prior service as a Soldier and how proud they were of our contributions and sacrifices to our nation. As we finished our breakfast, the man returned to my table, scooped up the bill and told me I would not be paying for my breakfast. This meal was purchased by an American for an American.

Inspired by these gestures of patriotic gratitude, I asked myself, what actually ties us together during this war? What binds us together? The answer was located on my right shoulder the whole time. The American flag is the symbol of our nation, the tie that binds us together.

People seem to wonder why the flag patch on the Army uniform is reversed. The reason has to do with proper display of the flag. The blue field of stars should always be in the highest position of honor. When viewing the flag on a wall, the highest position of honor is the upper left when displayed horizontally, and at the top (upper right) when displayed vertically. When displayed on a "moving object" like a person or vehicle, the highest position of honor is the front, not the rear. So, the field of blue should be displayed to the front. For flag patches worn on uniforms, the same principle applies. The blue star field always faces towards the front with the red and white stripes behind. Think of the flag not as a patch, but as a loose flag attached to the Soldier's arm like a flagpole. As the Soldier moves forward, the red and white stripes will flow to the back.

Wow, a Soldier is like a flagpole for America? He/she is an object that's strong, upright and ridged, yet flexible enough to bend and not break in the testing winds. Perched high above, overwatching, representing and



protecting the American people below? The flag is a symbol of our commitment to freedom and democracy for all. A flag is a living thing. You may ask, "How can a cloth flag be a living thing?" We are living, our nation is alive, our freedom is alive and our democracy is alive. Americans who came before us paid the price to defend our freedom with their lives, limbs and hearts no matter what the cost to give us this freedom.

Respect what you represent! Everything we do, everything we say, every combat action and decision we make represents the people of the United States. The enemy challenges our ethics, values, morals and courage more today on an asymmetrical battlefield than ever before. We have to be strong, never wavering. We must always do what's right individually. As the flagpole of America, each Soldier's actions represent all of us. Fighting to our front is no longer an option. We are surrounded by challenges and our flag is being attacked from all sides. It is each Soldier's obligation to defend it with honor.

The American people honored me and gave me the right to wear these colors. I wear them proudly. I wear them with respect for all the American people who choose not to hide their support of our nation and Soldiers during this trying war. I am proud of my nation's colors for everyone across America who stands rigidly behind us no matter what obstacles we face, how we may stumble or the mistakes we may make, knowing in their hearts our fight is for freedom. I dedicate this article to all those who have sacrificed their lives for my freedom and I display my colors in their honor. I am extremely proud to serve in Iraq, defending freedom and democracy, teaching Soldiers, and guiding America's sons and daughters during this war.

Stephen D. Blake
Command Sergeant Major
101st Sustainment Brigade

FROM THE EDITOR

SELFLESS SERVICE

Welcome to the Summer 2006 Sustainer magazine. Our goal in this edition, as in every edition, is to provide a wide variety of information for and about the 3rd Corps Support Command and the Soldiers, civilians and family members who make up this proud unit.

The less than 100 Kuwait-based 3rd COSCOM Soldiers who form the backbone of Multi-National Corps - Kuwait have and continue to impact the thousands of servicemembers rotating in and out of Iraq. Read about their incredibly diverse mission in *Multi-National Corps - Kuwait*.

Reflect on the significance of American citizenship as we take you through the patriotic downrange ceremony that made that dream a reality for 123 deployed servicemembers in *America: Defend her, serve her ... make her home!*

COSCOM Soldiers are contributing to Iraqi independence in a multitude of ways. Read about how 101st Sustainment Brigade Soldiers are training Iraq's future police force in *Instilling Iraqi Independence*.

Are you a Warrior? How would you fare in an Olympic-style trial of your warrior skills? *Mountain Warrior Olympics* reveals the dedication and

determination it takes to put those skills to the test.

Every year, Americans set aside the last Monday in the month of May to honor those who've paid the ultimate price defending the freedoms we enjoy. Experience the unique emotions evoked by the 3rd COSCOM's downrange Memorial Ceremony in *29 May 2006*.

Take a run with deployed servicemembers in *Boston Marathon in Iraq*.

Our regular columns from the Family Readiness Group, Human Relations/Equal Opportunity Advisor, Chaplain, Inspector General, Career Counselor and Safety Officer are overflowing with information.

This edition's double-sided poster highlights the motivational art that lives on the barrier structures around LSA Anaconda, and projects the strength associated with the creed upheld by our noncommissioned officers.

If you have any suggestions, or would like to make a submission

for a future edition of Sustainer magazine, please contact us at the address to the right.

We ask that you keep the Soldiers and civilians who are serving in harm's way around the world, and their family members, in your thoughts. If you are one of them, we thank you for your service and sacrifice!

Spc. Mary E. Ferguson
Editor/Layout & Design
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Submit story & newsnotes ideas to:
sustainer@3coscom.wiesbaden.army.mil



It [the monster garage issue] was outstanding! I have a couple copies stashed away because there are people in it I know.

Sgt. Marcos Loloftie
181st Trans. Bn.

I think the magazine is excellent, it has a lot of useful information, and everyone looks forward to it coming out.

Staff Sgt. Yi Cole
HHC, 3rd COSCOM

I thought the collage poster was a great way to show so many Soldiers at one time.

Sgt. Toby Woodrich
181st Trans. Bn.

The Summer issue was impressive. I liked getting to see more of the Soldiers training and the members of the Personal Security Detail and Task Force Bandit.

Pfc. Vanessa Webster
HHC, 3rd COSCOM

There are a lot of people working here and it lets them see it all. It helps Soldiers see that what they are doing matters.

Staff Sgt. Sean Inkelaar-Cruz
40th CSG.



Letter to the Editor Let us know what you think of the Sustainer ... What do you like about the magazine? What would you like to see more of? We welcome your comments and suggestions at:

sustainer@3coscom.wiesbaden.army.mil



MULTI-NATIONAL CORPS - KUWAIT

when “boots hit ground,” they’re waiting ...

Story and photo by
Spc. Mary E. Ferguson

After months of pre-deployment planning, training, ceremonies, family responsibilities and mental preparation, Iraq-bound Soldiers wave goodbye to many of the freedoms they enjoy in a garrison environment and board a plane to go defend the values that make those freedoms possible. As they unload that plane into the suffocating desert heat and strain to hear those desired distractions which mask the reality of the year ahead, it becomes blisteringly clear that the mission awaits and it's time to “get their minds right!”

But, when their “boots hit ground” it's Kuwaiti, not Iraqi sand that meets their soles, and it's the outstretched hand of a Multi-National Corps – Kuwait Soldier that first welcomes their arrival. Many of the hundreds of thousands of servicemembers who pass through Kuwait on their journey to Iraq may not notice the levels of logistical links that bind the country's deployment and redeployment operations, and that's exactly what MNC-K Soldiers hope for ... they handle the “how” of the journey to Iraq so onward moving troops have the time and energy to “get their minds right,” and that's the MNC-K warriors' contribution to the fight.



The current heartbeat of Multi-National Corps - Kuwait started in October 2005, when a group of fewer than 100 3rd Corps Support Command Soldiers gathered in a tent at Camp Buehring, Kuwait. While their fellow COSCOM Soldiers prepared to move north, those few Kuwait-destined troops immediately began to form the bonds that fuel MNC-K operations.

"When we gathered in that tent for the first time, there were Soldiers from Special Troops Battalion, 3rd COSCOM CONUS and 19th MMC (Material Management Center)," said Command Sgt. Maj. Karl Schmitt, the MNC-K and STB command sergeant major. "Everyone just immediately started talking, and I didn't see a group of reservists and a group of active duty Soldiers ... I saw a group of dedicated Americans."

Those "dedicated Americans" work day and night at various locations throughout Kuwait, each playing an integral part in the Joint Reception Staging and Onward movement process of all 3rd COSCOM and corps separate units as they move north to Iraq or redeploy to their home stations.

"We ensure that the units get through the processes successfully, safely and in a timely manner, and that they take advantage of the opportunity training available at Udairi Range (at Camp Buehring)," explained Lt. Col. Phillip Mead, the MNC-K deputy commander and STB commander.

While Camp Buehring hosts the nucleus of MNC-K, including the command group and staff, the unit's Soldiers are literally spread across Kuwait, performing the multitude of missions necessary to successfully facilitate the move-

ment of personnel and equipment from their home stations to their deployment destinations and then back to their home stations.

The MNC-K Soldiers who live and work at Ali Al Salem as part of the Corps Personnel Processing Center escort incoming servicemembers and distinguished visitors to their appropriate locations and handle every area of all emergency leave and temporary duty situations.

Once delivered to Camp Buehring, incoming personnel complete mandatory training and receive a variety of briefings at the camp's facilities. MNC-K Soldiers operate and maintain many of these facilities, like the newly renovated Improvised Explosive Device training tent and the unique HEAT (Humvee Egress Assistance Training) tent, while also monitoring ammunition ordering and safety issues.

"I ensure that each unit has ordered the proper training ammo and guide them through the process of ordering their Soldiers' basic loads," said Spc. Amanda Vough, who works in the MNC-K G3 shop.

"As far as safety goes, I monitor safety issues on Camp Buehring and give a briefing every Monday, Wednesday and Friday, so we can improve those issues," she said.

After personnel are trained and prepared for movement, the Soldiers from the support plans operations section add their piece to the puzzle.

"The real key task of my section [SPO] is supporting the onward movement, meaning coordinating and planning the transportation of troops and equipment, whether that is by intra-theater air travel or ground assault convoy coordination," explained Maj. Brian Schoonover, the

officer in charge of MNC-K's SPO section.

"It is incredibly important that when units arrive in Kuwait and then Iraq that they have not only their personnel, but also their equipment to perform their missions by the required date of delivery and TOA (transfer of authority) date," Mead said.

A small group of MNC-K Soldiers physically monitor and track the arrival and departure of 3rd COSCOM and corps separate units' containers at the Port of Ash Shuaybah and other surrounding ports.

Those Soldiers are at the ports not only to monitor the containers belonging to huge units, but also to look out for those smaller, yet equally important entities, like a movement control team with less than 20 Soldiers that has one single container floating around out there, Mead said.

"Every container gets our attention, because these containers have Soldiers' personal belongings as well as equipment in them, and each Soldier is important to us, so each Soldier's stuff is like our stuff, and we treat it like that," Schmitt added.

While they are there to greet the awakening glares of incoming servicemembers, MNC-K Soldiers are also there to send off the accomplished and anticipating smiles of redeploying troops.

In a tent in the sands of Camp Virginia a handful of Soldiers from 3rd COSCOM CONUS augmentation form the MNC-K redeployment cell.

"We basically facilitate the redeployment of units as they come from up north en route back to their home stations," said Maj. Steve Nichols, the cell's officer in charge, and the CONUS augmentation's headquarters and headquarters company commandant.

"It is usually a 48-hour process and we try to make things as smooth as we possibly can and get Soldiers home to their

families," he explained.

As if completing the steps above for more than 42,000 personnel hasn't been a grand enough mission for the small, yet mighty MNC-K, the unit also serves as the rear two command post for Multi National Corps - Iraq, said Col. Mikel Burroughs, the MNC-K and 19th MMC commander.

"We receive and execute tasks from MNC-I in addition to conducting our normal operations," Burroughs said.

An MNC-K representative also briefs the Coalition Forces Land Component Command's commanding general daily at the CFLCC headquarters on Camp Arifjan, providing updates on MNC-K operations.

Burroughs attributes communication, respect and dedication as the key components driving the cohesive MNC-K force.

"We established communication early, even before deploying, and we have a great group of NCOs and incredible junior enlisted Soldiers, all contributing to the mission," Burroughs explained.

"I, the rest of the command staff and some of our key staff section's Soldiers constantly travel the roads between the different MNC-K pods," he added. "I will probably have traveled more than 12,000 miles by the end of our tour."

If a lull in troop traffic presents itself, chances are an MNC-K Soldier will be diligently working on some side project to improve the unit's facilities and operations, because the MNC-K unofficial motto seems to be, "let's make this place better than it was when we got here."

Though the hundreds of thousands of servicemembers who pass through Kuwait should appreciate the behind the scenes "how" of the deployment and redeployment process, they'll never have to worry about it ...

MNC-K has that under control!



IMPROVING THE FOXHOLE

*Story and photo by
Spc. David T. Chapman*

Spc. Andrew Maletti braces a board for Spc. Jason Rhoads during construction on one of the projects completed by the MNC-K Soldiers.

For deployed Soldiers, making their time in a combat zone as comfortable as possible is an ongoing battle. While many try to do small things in their living quarters or offices, some set bigger goals for improving their foxholes.

Multi-National Corps - Kuwait Soldiers have consistently raised the bar when it comes to making their facilities professional and comfortable for themselves and those passing through Kuwait on their way north to Iraq.

A dedicated group of Soldiers have built a new display wall for the camp's Improvised Explosive Device training tent, a completely revamped tactical operations center, an impressive conference room and the Warrior TOC, a battle ready operation center for onward moving units to communicate with their offices in the rear and prepare for their northern movement.

"There are some limits here at Buehring," said MNC-K Command Sgt. Maj. Karl Schmitt. "We don't have a movie theatre or a swimming pool. Our morale comes from the improvements that we make."

For the Soldiers whose handy work made these improvements possible, their sacrifices are not without rewards.

"The Soldiers wanted to do the work because they know this will be their area," Schmitt said. "They put a lot work into the conference room, they can come in here and watch TV, because there is no place else to do it."

Aside from the benefit of having some place to watch television, Soldiers find the extra work makes them feel accomplished while deployed to Kuwait.

"With all the work we have been doing, the tour has been going along quickly," said Spc. Jason Rhoads, a driver for the unit's command staff. "It feels good to actually see that I have made a difference here. To leave it better than when we arrived."

Now that a driving range, the TOCs and the various classrooms have been built and improved, the future holds other options for the Soldiers who do the work at Camp Buehring.

"I just can't say enough about the efforts and dedication of these Soldiers," Schmitt said. "This [the improvements] is them ... their ideas ... and most of it was built during their free time, they sacrifice their free time to continue to make this place better."



HEAT

Humvee Egress Assistance Training

By
Spc. David T.
Chapman

You're rolling down the heat-baked roads of central Iraq in your M1114 High Mobility Multipurpose Wheeled Vehicle, observing your surroundings for threats of enemy activity. Suddenly, the driver jerks the wheel to avoid an object in the road and the truck careens into a drainage ditch. In the blink of an eye the truck begins to roll over and over. Inside, everything seems to move in slow motion, as weapons, ammunition and random objects are chaotically thrown around. When the truck finally comes to a rest, you realize the vehicle is upside down. Disoriented you find the only thing holding you in place is your seatbelt. Miraculously the truck's gunner has managed to drop inside the vehicle before being crushed under its weight. All passengers are safe, but water is quickly rushing into the vehicle. What happens next is completely determined by you and your fellow Soldiers' knowledge and reactions.

At Camp Buehring in the Kuwaiti desert, 3rd Corps Support Command Soldiers with Multi-National Corps - Kuwait recreate this same nightmare of a situation for north-bound servicemembers to ensure they are armed with the knowledge to properly escape from a rolled over humvee.

The Humvee Egress Assistance Training tool used during the training was developed and expanded into an important training tool for Soldiers moving into combat zones.

"We saw it used at Camp Arifjan and wondered why this wasn't where Soldiers who were pushing north could use it," said Multi-National Corps - Kuwait Command Sgt. Maj. Karl Schmitt. "I told Lt. Col. [Phillip] Mead (the MNC-K deputy commander) and Col. [Mikel] Burroughs (the MNC-K commander) this was a project we needed so we could train the troops on something that could possibly save some lives."

The training consists of three stages that last about an hour and a half.

"The classes start at 7:30 a.m. daily and last until we get everyone through the training," said Spc. Angela Houser, a 3rd COSCOM Soldier and safety for the training. "Each class is one hour and 35 minutes, starting with classroom time, then troops go through the actual machine, and then to the after action review."

The classroom instruction covers what actions the humvee crew should take in the event of a rollover and presents the importance of knowing how to react when an accident occurs.

"We start off with the academic phase. About a 30 minute PowerPoint presentation talking about the characteristics of a humvee, then we go over the crew drill, water egress drills and rollover drill," said Master Sgt. Mark Taylor, the noncommissioned officer in charge of the HEAT. "Then we follow the instruction with a 15-question test to make sure they understand the training and the characteristics of the humvee."

Following the classroom work, the troops are taken to the machine that will put the concepts they just learned into physical use.

The machine is the shell of an M1114 humvee mounted on a pedestal and designed to be turned at different angles and completely rolled over. The training starts by rotating the humvee to a 30 degree angle to show the occupants what the rollover angle will feel like, said Staff Sgt.

Ronny Reed, MNC-K ammunition and safety NCOIC.

Then the truck is rolled all the way over and this shows the five crew members how it feels to trust their seatbelts and to be upside down.

After rolling the machine back to the upright position, it is rolled over one final time, and the crew is told to escape the vehicle. They raise their arms, unhook their seatbelts, and fall to their new floorboard, which only moments earlier was the roof of the humvee. Five pairs of arms and legs then flail around, searching for an escape route and struggling to open the doors and dismount the vehicle.

Troops then move from the machine to the AAR room to discuss the training and receive feedback on their performance.

"We receive a lot of positive comments for preparing troops that are heading north," Houser said. "We could add more sounds like explosions and include some Styrofoam weapons in the vehicle to make it more realistic."

For those passing through the training who have already experienced a rollover accident, the training helps in the event that it happens again.

"I was in a rollover accident during training at Camp Pendleton," said Marine Cpl. David Collins, a humvee driver for Weapons Company 14 from Camp Pendleton.

"We were night driving with night vision goggles and our driver went into the ditch and did a slow rollover. It happened a lot like the training."

With a possible 100 troops a day moving through the training, the MNC-K staff understands the importance of their job.

"It gives them [the trainers] some instant gratification knowing they are training someone on something that can save their life, and it helps us all sleep a little better knowing we are doing something to support the force," Schmitt said. "The HEAT is such a success; this is a great opportunity for Soldiers."



Sgt. Stephanie Bot operates the HEAT machine for a training class full of Marines.

Photo by
Spc. Mary E. Ferguson

Family Support



As Soldiers, we are obligated by regulation to support our families. Army Regulation 608-99 governs family support, child custody and paternity.

A Soldier is required to provide financial support to family members. This obligation is frequently complicated when the Soldier is geographically separated from the family. In the majority of these situations, the Soldier and the family can manage the financial support without command involvement. These arrangements may include joint checking accounts or voluntary allotments to the family as appropriate.

The commander must become involved when the parties are unable to agree on a proper method to provide financial support to the family members. This obligation does not arise until a family member or an authorized representative of the family member complains to the command that the Soldier is failing to provide proper support.

The company or battalion commander, as appropriate, will fully investigate every inquiry alleging financial nonsupport on the part of a Soldier and provide complete, accurate and timely information to the individual making the inquiry. The commander should

seek legal advice from the servicing Staff Judge Advocate office if in doubt as to the requirements or application of this regulation in a particular case. This advice should not come from a legal assistance attorney who advocates the client's interests. A responsible commander will send a reply in response to each inquiry within 14 days of its receipt.

Paragraph 2-5 states, "Soldiers will not violate financial support provision of a court order; the financial support provision of a written financial support agreement in the absence of a court order; or in the financial support requirements of (AR 608-99) paragraph 2-6 in the absence of a written support agreement or a court order containing a financial support provision."

Punishment in these cases is based upon the Soldier's failure to provide financial support when due, not for the Soldier's failure to pay. Family members who are entitled to financial support should be paid on the first day of the month following the month for which it is authorized.

Personnel subject to the Uniform Code of Military Justice who fail to comply with this regulation or lawful orders issued based on this regulation may be subject to the administrative/adverse actions to include, but not limited to *counseling, admonition, memorandum of reprimand, bar to reenlistment (AR 601-280), administrative separation from the service (AR 600-8-24 or AR 635-200), non-judicial punishment under UCMJ, Art.15, courts-martial.*

YOUR IG ...

Helps train the Army.

Is responsible to the U.S. Army, the Inspector General System and the commander.

Sphere of Activity includes everything for which the commander is responsible.

IGs provide assistance, conduct inspections, conduct investigations/inquiries, teach & train.

Ultimately he/she is the extension of the eyes, ears, voice, and conscience of the commander.

IGs can only advise, not order or direct a Commander to act upon a situation.

IGs can inquire/investigate violations of laws, regulations and policies/directives.



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good ORDER & DISCIPLINE

*By Sgt. 1st Class Nichelle Sanders
3rd COSCOM EOA*

Good order and discipline is imperative to the success of the 3rd Corps Support Command. It is the bedrock upon which our command is built. Unit cohesion is the result of everyone believing that their command treats them fairly and that the order and discipline is indeed good. Everyone must feel they belong to the "family."

Building the family requires treating one another with dignity and respect. Positive personal relationships are marks of good, solid interaction between Soldiers of different ranks and the civilian workforce.

The Army needs professional and caring interactions because they build vertical bonds, which tie leaders and followers. The leader must be counted on to use good judgment, experience and discretion to draw the line between relationships that are "destructive" and those that are "constructive."

Unit cohesion is hampered any time relationships between the unit's members compromise the chain of command. If the Soldiers believe that the chain of command is partial, unfair, uses rank for personal gain, or is exploitive or coercive in nature, discipline breaks down and cohesion is destroyed. Damage to the unit occurs when the chain of command

is compromised and even when Soldiers simply believe it has been compromised. Real or imagined, the unit and the Army pay the price when relationships between its Soldiers are, or are perceived to be, unprofessional.

All personnel meet and associate with each other in many settings, both on and off duty. These meetings and associations foster the trust and confidence necessary for mission accomplishment.

Soldiers associating with one another are governed in part by "rank" relationships which are a basic requirement for maintaining good order and discipline. How these relationships impact authority, discipline and morale is central to evaluating Soldiers' relationships and determining if they are in keeping with the Army's policy regarding relationships between Soldiers of different rank.

The Army policies on relationships between Soldiers of different ranks reflect the need of the military services to have a standard policy.

Soldiers deserve a clear set of guidelines for which interpersonal relationships are acceptable and which are not acceptable.

In order to create and maintain good order and discipline within the 3rd COSCOM family, please continue ...

*"Promoting Infinite Dignity & Worth
Through STEADFAST Leadership!"*

Sgt. 1st Class Sanders (829-1527) 3rd COSCOM HR/EOA	Sgt. 1st Class Ingram (829-2079) 159th CAB HR/EOA	Sgt. 1st Class Bigman (829-1143) 19th Support Center EOR	Sgt. 1st Class Williams (673-5122) 101st SB HR/EOA	Sgt. 1st Class Holland (834-3314) 4th SB HR/EOA	Maj. Goldsborough (Talil, Iraq) 1/34th BCT	Sgt. 1st Class Bowen (829-1834) 35th ASG EOR
Sgt. 1st Class Patronas (829-2408) 130th ENG Bde. HR/EOA	Sgt. 1st Class Diaz (230-0401) 10th Special Forces HR/EOA	Staff Sgt. Burton (829-3111) 27th Trans. Bn. EOR	Sgt. 1st Class McDonough (833-1010) 16th CSG HR/EOA	Sgt. Maj. Shields (829-1924) 40th CSG EOR	Sgt. 1st Class Sarraga-Nieves (826-6896) 64th CSG HR/EOA	Capt. Menza (443-6037) Air Force MEO

While most servicemembers and civilians throughout Iraq spent May 12 focused on their daily operations, 123 of the approximately 45,000 non-U.S. citizens in the Department of Defense who join them in defending our country worldwide made that day memorable by officially completing a mission of patriotic proportion, reminding all those who may have forgotten ... being an "American" is an immense privilege.



One hundred and twenty-three servicemembers take the oath of allegiance during the May 12 Citizenship Ceremony in the Sustainer Theater on Logistical Support Area Anaconda, Balad, Iraq.

America

*defend her, serve her
... make her home*

Story and Photos by Spc. Mary E. Ferguson



One hundred and twenty-three servicemembers raised their right hands and took an oath of allegiance to the values embodied in the flag they proudly bear on that same shoulder as they earned their U.S. citizenship during a May 12 ceremony in the Sustainer Theater on Logistical Support Area Anaconda, Balad, Iraq.

The ceremony was the second of its kind held on LSA Anaconda and the fifth hosted by the U.S. Citizenship and Immigration Services for servicemembers deployed to Iraq and Afghanistan.

A video presentation filled with inspirational quotes and photographs opened the ceremony, inviting the capacity-sized crowd to join in an event that would provide something similar, yet incredibly different for each new citizen.

Following a welcome by Col. Mark W. Hampton, the 35th Area Support Group commander, Spc. Elisha B. Hormon of the 563rd Aviation Battalion's Company B continued to contribute to the patriotic atmosphere as she sang the national anthem.

Heads then bowed as Capt. Michael T. Williams, the 181st Transportation Battalion Chaplain, offered the ceremony's invocation.

Eyes rose to keynote speaker Col. Jannett Jackson, the 40th Corps Support Group commander, as she delivered words of praise, encouragement and recognition to the servicemembers, while also sharing stories of the dedication, commitment and drive that warranted their citizenship candidacy.

Jackson highlighted the diversity among the ceremony's subjects, reflecting the differences embraced by the freedom associated with being American.

"Of the 123 servicemembers standing before you, 72 percent are male and 28 percent are

female," Jackson explained. "Their ages range from 18 to 57, with more than 50 percent between the ages of 18 and 26. They represent 52 countries ... from South America to Europe ... to the Middle East ... and speak 18 different languages."

Each of them has a story behind why they are standing here today, ranging from job opportunities and future potential, to family interests and personal pride, she added.

"I was born in Pakistan," said Sgt. Sajid Malik of the 322nd Maintenance Company. "I came to the United States in 1998 solely for education purposes, and I never thought that I would make the United States my home, but September 11 changed that. I'm a Muslim ... I wanted to bring some change. I wanted to prove that not every Muslim is a terrorist, so I changed my college major to criminal justice and joined the military."

"It [citizenship] means a lot," Malik explained just moments after becoming a U.S. citizen. "I worked so hard for so many years, and then finally I joined my comrades in arms, which allowed me this opportunity, and now I'll be able to help my younger sister. She wants to be a doctor, and now I can help her come to the U.S."

Similar to Malik, many of the candidates were fueled by the multiple benefits involved in gaining U.S. citizenship.

"I wanted to go to school, and the fees for school were incredibly different for people who were citizens," said Spc. Shaneil Thomas of the 610th Quartermaster Company. "A friend mentioned the military being a way toward becoming a citizen and going to school, so I joined."

Originally from Dominica, West Indies, Thomas was one of the 123 to earn her citizenship during the ceremony.

Before Malik and Thomas joined their fellow servicemembers in taking the oath of allegiance, Anne Corsano, the U.S. Citizenship and Immigration Services Rome District deputy director, and Walter Haith of the U.S. Citizenship and Immigration Services congratulated the candidates and shared the process they all

"Of the 123 servicemembers standing before you, 72 percent are male and 28 percent are female ... their ages range from 18 to 57, with more than 50 percent between the ages of 18 and 26. They represent 52 countries ... from South America to Europe ... to the Middle East ... and speak 18 different languages."

~ Col. Jannett Jackson
40th Corps Support Group Commander



Sgt. Mohamed Ahmed of the 187th Infantry Regiment's 3rd Brigade Combat Team joins his fellow citizenship candidates in signing an LSA Anaconda t-shirt for the U.S. Citizenship and Immigration Services personnel.

went through to earn their citizenship.

"Each candidate has been examined by an immigration officer and has been found to be of good moral character and attached to the principles of the United States," Haith said. "Each has been found to be eligible in every respect for U.S. citizenship."

The servicemembers then took the oath of allegiance and surrounded by a concert of praise and celebration from the audience, they filed onto the stage, each receiving a certificate from Corsano and Jackson and a flag from Hampton and Command Sgt. Maj. Gary D. Blackorby, the 35th ASG command sergeant major.

"It [becoming a citizen] was an amazing feeling," said Gabriela Figueroa Galindo, a 40th Corps Support Group Soldier, originally from Mexico. "Even though my family wasn't here to see it, my other family of Soldiers from my unit was here, cheering for me."

With their certificates and flags in hand, the newest U.S. citizens viewed a video message of congratulations from President George W. Bush, and Williams offered a benediction.

Spc. Stacy Ann Smith, a Jamaican born Soldier from the 101st Soldier Support Battalion, and Spc. Derek Byrne, a 49th Military Police Battalion Soldier from the United Kingdom, themselves new citizens, helped bring the ceremony to a close. Smith led the audience in the Pledge of Allegiance, and Byrne spearheaded a thunderous recitation of The Soldier's Creed.

Despite the countless times that each servicemember had placed their hand over their heart or stood at attention to recite the creed of their profession, this time was a first. This pledge and creed marked their inaugural as a citizen of the country they have, and will continue to, selflessly sacrifice for and defend.



An Iraqi policeman attending the Q-West Iraqi Police Academy fires an AK-47 Kalashnikov rifle during the marksmanship competition April 13.

Instilling Iraqi Independence

Story and Photos by
Sgt. Rachel Brune
101st Sustainment Brigade Public Affairs

Iraqi police trainees competed at a small arms marksmanship range as part of a three-week training course April 13 at the IP Academy at Q-West Base Complex, Iraq.

The competition was the culmination of the marksmanship section of training. Instructors gave points for movement techniques performed correctly and hits scored.

The Iraqi police shot AK-47 Kalashnikov rifles and GLOCK 19 pistols at paper targets in iterations of five men each.

Many of the policemen already knew how to shoot before they entered the course, although some have never used these weapons, said Cpl. Kevin Young, an artilleryman from Bravo Battery, 4th Battalion, 11th Field Artillery Regiment.

The competition determined who in the class would earn the marksmanship award for the cycle, he explained.

Before the Iraqi police go to the range for the firing portion of the course, the instructors teach them the basics of marksmanship and give them time to practice, said Sgt. 1st Class Winston Gasu, an instructor from the 71st Corps Support Battalion.

Gasu deployed with the 317th Maintenance Company as an engineering equipment technician. The 71st CSB chose him to volunteer as an instructor at the course, partially due to the fact he completed the Small Arms Master Marksmanship Course at U.S. Army Garrison Grafenwoehr before deploying.

"We teach [the Iraqi policemen] how to maintain and handle the weapons they'll be using," Gasu said. He added, the instructors teach that this defense will be what the Iraqi police will use to deal with "bad guys."

In addition to classroom instruction, the police also conduct dry drills to familiarize themselves with the weapons.

"We're helping them build up [their confidence] so that they'll be able to take over when we leave," Gasu said. "We're putting them in a position to defend themselves and their country."

In addition to the range, students at the Academy also learn basic police skills, such as how to search a person, search buildings, handcuff a suspect, make an arrest and conduct riot control.



Sgt. Seth Brown, Q-West Iraqi Police Academy combatives instructor, takes on a trainee during an instructional session April 12.

During the day, Sgt. Seth Brown works in postal operations in the personnel section of the 454th Transportation Company, an Army Reserve unit from Delaware, Ohio.

As the afternoon wears on, Brown changes into an Army physical training uniform and heads out for his second job, teaching combatives at the Iraqi Police Academy.

"I start off with the fighting stance and fighting distance," said Brown, who is from Franklin, Ind. "Then I go into closing the gap."

Brown teaches combatives at the Academy six days a week, holding sessions in the afternoons. He is the only part-time instructor at the school and one of two instructors from the 71st Corps Support Battalion.

With the aid of interpreters, Brown trains the IP students in takedowns, live drills, strikes, punches and kicks. Toward the end of the sessions, he borrows equipment from the Morale, Welfare and Recreation facility and holds live boxing.

The course lasts for 21 days, training Iraqi police in the basics of police work. The combatives session is held for 17 of those days, up from 15 from the last cycle of training.

Brown also teaches wrist locks, for handcuffing, and baton tactics, and he leads the trainees in calisthenics to stretch them out, building confidence and endurance.

Brown conducted combatives training for his company during the unit's mobilization process. 1st Sgt. John Valley, 454th TC, chose him to volunteer to train students at the Academy, and Command Sgt. Maj. James Spencer, 71st CSB, approved the assignment.

"It's a talent and a passion of mine," Brown said.

In addition to eight years of experience in the martial art of Tae Kwon Do, Brown wrestled for six years in school. He hopes to attend a course to become Level I and then Level II-certified in combatives, with the eventual goal of teaching his fellow Soldiers how to defend themselves and fight effectively.

The training Brown gives the Iraqi police "is all pretty basic, mainly because they have no previous knowledge," he said. Although the language barrier is a challenge, most of the trainees are very enthusiastic and appreciative.

Liaison team crucial for sustainment brigade

By Staff Sgt. Monika Comeaux, 207th MPAD

The 4th Sustainment Brigade Liaison Team assigned to 3rd Corps Support Command Headquarters at Logistical Support Area Anaconda does whatever it takes, from briefing the commanding general to scrounging for packaging materials, to accomplish their mission.

Although a liaison team would traditionally act as a link between two military units, ensuring mutual understanding and cooperation, the 4th SB liaisons spend the majority of their time hunting down much-needed parts in different warehouses on LSA Anaconda.

"Our main goal is to be a liaison for the 4th Infantry Division when it comes to Class VII (major end items, mostly vehicles) battle damage and Class IX (repair parts) from TAP (Team Armor Partner)," said Master Sgt. Benito Torres Jr., liaison team NCOIC.

"Delivering Class IX ground and air repair parts are the only additional tasks we took upon ourselves," he added.

The liaison team currently supports the 1st, 2nd and 4th Brigade Combat Teams of the 4th Infantry Division.

They ship parts to 10 different forward operating bases, Torres explained. The team ships the largest amount of parts from the TAP warehouse.

The warehouse provides high-dollar electronic parts for certain versions of the Bradley Fighting Vehicle and for the M1A2 SEP (System Enhancement Package) Abrams tank, said Amy Deana, TAP site lead, who works with the liaison team on a daily basis.

When a unit needs a certain high-dollar part, they order it through a computerized system, said Torres. An item manager at Fort Hood receives the order and ships it to LSA Anaconda.



Photo by Staff Sgt. Monika Comeaux

Master Sgt. Benito Torres Jr., 4th SB Liaison Team NCOIC, places a shipping tag on a box going to Taji.

The liaison team comes in, groups the parts by destination and palletizes the items. The pallets are moved to the Joint Distribution Center at LSA Anaconda, and they are shipped by air to the Arrival Departure Airfield Control Group at the Baghdad International Airport, before they finally make their way to their destination at the individual FOBs.

Their job requires a lot of patience, they have to know all the 'players,' understand the supply system and they have to be able to multi-task.

"The other day we shipped 104 Bradley up-armor kits," Torres said.

It took eight Palletized Load Systems with trailers to get those items from the warehouse to the shipping yard. They overcame all obstacles to accommodate their customers.

"You need an outgoing personality to deal with the various people you meet," said Sgt. 1st Class Frederick Tyler, originally a light-wheel mechanic from the 4th SB.

Torres is the only one of the five-man team, who has some supply experience, being a unit supply specialist.

The rest of the Soldiers learned most of what they know on the job.

Torres made sure that every member of the team was comfortable with all aspects of what they do.

The liaison team stands ready seven days a week, 24 hours a day, awaiting new orders.



Photo by Spc. David T. Chapman

Downrange Bike Race

By Spc. David T. Chapman

With gears clicking and legs pumping, servicemembers and civilian contractors at Logistical Support Area Anaconda participated in a bicycle race May 20.

The race, sponsored and organized by the 3rd Corps Support Command's Headquarters and Headquarters Company, gave those who normally use their bicycle for transportation an opportunity to use it for fun.

Racers began arriving to sign in for the race at 5 a.m. and were greeted by the sounds of Staff Sgt. Jesse Sutton, 3rd COSCOM Joint Visitors Bureau NCOIC, who was the disc jockey for the event.

Most of the riders were competing on level ground because several of the bikes were purchased at the post exchange on LSA Anaconda.

At 5:30 a.m. racers formed up at the start line. Just as the sun began to rise, the announcer yelled "go." The racers

headed out on the eight mile loop.

The course began at the HHC, 3rd COSCOM headquarters building, and took riders past many common landmarks around LSA Anaconda.

Maj. Johannes Paraan, 3rd COSCOM deputy G-6, took the early lead and never released it.

"I had an unfair advantage," Paraan said. "I was riding a single speed road bike, with skinny tires and everything."

The race had to pass the approval of different organizations at LSA Anaconda for it to even begin.

"We had to get the race sanctioned through the 35th Area Support Group, the Morale, Welfare and Recreation and Safety to ensure that the race was being conducted as safely as possible," said Sgt. 1st Class Betty Franklin, a 3rd COSCOM platoon sergeant.

"The Soldiers in 3rd COSCOM are very busy doing what they do best, coming up with solutions, handling missions, supporting the war fighters on the battlefield," Franklin said.

"I believe this was just a small way of getting them into something physically challenging, exciting, competitive and getting them focused just for a little while on something else," she added.

At the end of the competition, Paraan was named the first place winner, Capt. Nicholas Harris of the 3rd Battalion 29th Field Artillery Regiment, was second place. Sgt. 1st Class Bryant Julien, 3rd COSCOM Corps Distribution Center supply class III NCOIC, received the award for best looking bike at the race. All three racers received trophies for their accomplishment.

Downed vehicles outside the confines of a secure post present dangers to Soldiers and civilians supporting coalition forces in Iraq.

The 317th Maintenance Company working on the Q-West Base Complex recovers vehicles to help coalition forces spend as little time in harm's way as possible.

"This team has to be ready for anything and everything," said 1st Lt. Edward Bouldin, the executive officer for the 317th.

Staff Sgt. Millard Gibon, the re-

covery team NCOIC, said his Soldiers understand their job is important and they take pride in being the best team they can be.

Getting to stranded Soldiers means the team needs to load their weapons, put on their gear and move outside the gate in a short time period.

Gibon said the team works through the pressure of mission immediacy because lives are at stake. The longer combat logistics patrols wait, the more dangerous the situation becomes.

With more than 80 missions per-

formed, the 317th recovery team has seen a number of different situations. The team even helped Army aviation Soldiers recover an OH-58 Kiowa Warrior helicopter.

"The helicopter mission had never been done before," Gibon said.

Gibon's Soldiers put the helicopter on the back of truck and brought it to the base with no damage to the aircraft.

Missions for the 317th are intense but they know their job is important.

"These guys do a hard job," Bouldin said.

Recovery Team Responds Quickly

By Sgt. Mitch Armbruster
207th MPAD



mountain warrior Olympics

*Story and Photos by
Sgt. Judith D. DaCosta*

**3rd Corps Support
Command Soldiers tested
their warrior skills, while
proactively preparing for
potential threats, as they par-
ticipated in the seven-event
Olympic-style competition.**

Team A, 400th Quartermaster Company Soldiers won a hard earned

gold-tinted, 1st place trophy and a streamer for their guidon April 22 for having the highest score in the 548th Logistics Task Force's Mountain Warrior Olympics, a competition hosted by the 548th LTF April 19-22 for the first time in Balad, Iraq.



A 400th Quartermaster Co. Soldier struggles to properly restrain a mock insurgent during the detaining portion of the competition.

It may seem as though one unit was triumphant in these games; however, the Mountain Warrior Olympics benefited all competitors with training in seven events: the Army Physical Fitness Test, land navigation orienteering course, weapons qualification, water survival, detainee lane, first aid lane and a 6.2 mile rucksack march.

Out of those events, the water survival, first aid and detainee lanes may have proven most beneficial for reinforcing standards in addressing theater-specific threats while providing realistic, life-saving training.

Each team participated in the physically demanding water survival lane – an event incorporated into the Mountain Warrior Olympics to guard against the threat of drowning downrange.

“Soldiers have been lost crossing bodies of water with all their gear,” said Staff Sgt. Michael Ragsdale, the 548th LTF retention noncommissioned officer in charge and the NCOIC at the morning iteration of the water survival exercise April 20.

“The 548th LTF wants to train up Soldiers to maneuver in waters of unknown depths so the troops will be less likely to panic,” Ragsdale said.

In the event, each team member was required to swim one full lap at the indoor pool while wearing their Interceptor Body Armor and Army Combat Helmet.

“They must also carry a 20 to 25 pound rucksack,” Ragsdale said.

Overall, the wet gear could easily add more than 50 pounds to the Soldier’s original body weight, he added.

Therefore, competitors packed and repacked the contents of their rucksack into plastic bags to prevent their gear from sinking in the water and help them stay afloat.

“We came out here to make the unit look good,” said Cpl. Christopher N. Erving, a B Battery, 5th Battalion, 113th Brigade Field Artillery truck commander and member of team #7 who had his teammate step on his back as he sprawled out on top of his rucksack to squeeze out any excess air prior to the event.

During the event, many team members strove to make their team look good as they flailed, choked and side-stroked their way across the length of the pool in this rigorous training.

“This is just good training,” Ragsdale said, “and we have lifeguards standing by to ensure that it is only that, training.”

Outside of the water, teams competed in the first aid exercise by responding as combat lifesavers to a simulated mortar attack in a small unmarked building near the 548th LTF’s unit headquarters.

Soldiers entered the darkened building that Sgt. Ronald F. Raade, 452nd Ordnance Co. NCOIC of the lane, and his crew previously trashed with books, paper and overturned tables, to find four casualties staged at the explosion site.

“We have an abdominal wound, a burn victim, a fracture and a chest wound,” Raade said.

“This course is brutal,” he added. Each casualty is worth 25 points. In order to get those points teams must correctly assess each casualty and treat them based on the severity of their wounds, he said.

“Doing well in this course means getting 70 out of 100 percent,” Raade explained. “Each team does a good job but little mistakes add up quickly.”

Mistakes such as straddling the casualty, cursing upon seeing their wounds and timidly performing rescue breathing, Raade said.

Soldiers correctly assessed several of the casualties and appreciated the constructive criticism after completing the challenging course.

“It was an interesting event and we had a lot of fun,” said Sgt. Zachariah R. Shuttle, a 400th Quartermaster Co. motor pool team leader and member of team #5 for the competition.

“There weren’t any hints or paths to follow and the situation was very realistic,” said Spc. Raul F. Toro, another 400th Quartermaster Co. Soldier and member of team #5 who participated in the first aid event.

Lastly, a third event trained Soldiers to detain probable criminals while protecting themselves and others from possible harm.

“In this event each team must react to an Improvised Explosive Device, capture three probable insurgents, transfer detainees to the designated collection point, and interact with the media,” said Staff Sgt. Thomas A. Riley, a B/5-113 FA truck master and NCOIC for the morning iteration of the detainee exercise on April 21.

“This is good training for Soldiers to see their strong and weak points in handling insurgents,” said Staff Sgt. Jerry V. Dickerson, a B/5-113 FA grader for the detainee course.

“Soldiers have been properly binding the arms

of the detainees with zip ties and remembering to limit what they see and hear for operational security,” Dickerson added.

On the other hand, Soldiers were required to search, oftentimes unsuccessfully, volunteer detainee Staff Sgt. David J. Nickerson, a 641st Quartermaster Detachment supply sergeant, who claimed to be harmless throughout the exercise.

“Soldiers ‘swear ‘we checked him, we checked him’,” Dickerson said, “yet a square alarm clock with wiring and tape would make it through to the end of the exercise unchecked.”

“The enemy is not going to give you the bomb until he is ready,” he added. “Soldiers have to check the detainees thoroughly regardless of personal discomfort.”

“This exercise was a good refresher and we continue to improve,” said Sgt. Rhody Merisier, a 400th Quartermaster Co. Soldier and detainee guard during the exercise. “In the end we pulled together to get the detainees where they needed to be.”

Soldiers of various occupations competed in the Mountain Warrior Olympics for fun, glory and esprit de corps; however, these Soldiers have obtained more than a good experience.

They have gained a better knowledge of the role they have committed their lives to as Soldiers and warriors.

Whether in the water or on land – despite difficulties Soldiers encounter with the enemy, lives may be saved when the familiar determination to win from these games spills out onto the battlefield.

Training improves the Soldier’s every-day performance, making the Mountain Warrior Olympics more than a series of games. It is a tool to hone the skills of the

Soldiers who arm the powerful weapon that is the United States Army.



Two 400th Quartermaster Co. Soldiers assess and perform first aid procedures to a mock casualty during the combat lifesaver phase of the olympics.

CORPORAL RECRUITING PROGRAM

Information from www.usarec.army.mil/hq/recruiter

The Army wants outstanding Soldiers who are, or soon will be, the rank of specialist/corporal to become recruiters.

If you volunteer and are selected to become an Army Recruiter, you will be joining a team of professionals dedicated to manning today's Army in the image of what the Army's leadership wants the Army to be. You will become an important member of the United States Army Recruiting Command (USAREC) family, and your job will require 110 percent of your energies. You can, in return, expect a living and working environment that meets the needs of you and your family.

The mission of USAREC is to "Provide the Strength." This means recruiting individuals in the necessary numbers and quality for the skills to keep the Army combat ready. There are several factors that add to the difficulty of this mission. First of all, not everyone wants to join the Army. Second, not everyone meets the physical and mental standards needed in the Army. Third, the Army must compete against the other Armed Services in the recruiting business. Finally, the interests of individuals must be matched with the skills and specialties needed in the Army. As you can see, recruiting involves a lot more than just putting in "numbers."

The recruiter is the basic element of the USAREC organization. The recruiter is to USAREC what the infantryman is to the infantry division. Without the recruiter, USAREC could not accomplish its important mission of providing the strength for the Army.

If you meet the qualifications listed to the left, you can continue to contribute to the Army and our nation as a recruiter ... and the Corporal Recruiting Program opens this opportunity to MORE Soldiers.



Program Eligibility Checklist

- Meet the basic recruiter qualifications outlined in paragraph 2-4, Army Regulation 601-1. (some qualifications are waivable)
- Be an E4 non-promotable, or an E3 eligible for promotion to E4 without waiver (have 24 months time in service) prior to departing losing command/installation.
- Be single without any family members. This is a one year tour if you are single. If married, you must contact your branch manager to be selected.
- Have 12 months Time on Station (TOS) if stationed in CONUS or OCONUS on a long tour (you may submit your application when you have 9 months TOS).
- Have a minimum of 2 years Time Remaining in Service (TRS) after completing the Army Recruiting Course (ARC) and arrival to your recruiting assignment. The 24 month TRS does not include leave and travel time enroute. If you do not have the required TRS, you must extend or reenlist to meet the 24 month TRS obligation before departure from your losing command/installation.



From humvees to POVs

By Graham Walker, 3rd COSCOM Safety Engineer

As you prepare to return home after a yearlong deployment, one of the many things you are looking forward to is getting behind the wheel of your privately owned vehicle (POV). After 12 months of going no more than 20 miles per hour on post, and enduring the potential hazards of Iraqi roads, it may be quite a change to drive at your home station. How will you handle it? It may not be as easy as you might think. Just as it takes time to get used to being home and away from mortars, it will take time to readjust to the traffic patterns and highways of the United States or Germany. Add alcohol into the mix, and an even greater potential for accidents exist. What can we do to prevent them? Below are some ideas for all individuals and units to consider.

One effective driving under the influence prevention method is a Taxi Card or Unit Designated Driver Program. Programs can be implemented by either contracting with local taxi companies or using volunteers within the unit who are willing to be on call for those individuals who may need a ride home after drinking.

Another effective technique for preventing POV accidents and alcohol-related incidents are pre-leave/pass inspections and counseling. Many alternatives exist for this kind of measure, some of which are required for service members. ASMIS-2, a web based application from the

US Army Combat Readiness Center, is a requirement prior to pass and leave and creates a risk assessment based on an individual's inputted travel plans. Supervisor counseling and POV inspections and checks are also required for Soldiers and are preventative measures for which checklists and guidance are available. Another pre-operation document is the Motorcycle/All Terrain Vehicle (ATV) Operation Agreement, which is signed by the operator and reinforces the command's policy on protective equipment and safe operation.

A POV safety status board displays at-fault moving violations, DUI citations and accident reduction goals for a given unit. Unit incentives can then be provided for reaching the established goals.

"Wind Down Time" is another effective means for making sure Soldiers are sufficiently rested after returning from deployments or field exercises. It is essential to employ digression when granting leave/pass after extended duty in order to prevent accidents that could result from fatigued, jetlagged or ill-adjusted Soldiers.

It is important that we do all we can to keep ourselves and our buddies safe as we return home from a very different environment. The battlefield is a dangerous place, but the unfamiliar circumstances we will return to can be just as challenging.

Using countermeasures like those explained above will help us take care of one another, stay safe and continue *Sustaining the Line!*

MORE INFO:

- <https://erc.army.mil>
- <http://www.per.hqusaec.army.mil/services/safetydivision/main.htm>
- <https://freddie.forscom.army.mil/safety>

LOYALTY ~ DUTY ~ RESPECT ~ SELFLESS SERVICE ~ HONOR ~ INTEGRITY ~

PERSONAL COURAGE ~ LOYALTY ~ DUTY ~ RESPECT ~ SELFLESS SERVICE ~

HONOR ~ INTEGRITY ~ PERSONAL COURAGE ~ LOYALTY ~ DUTY ~ RESPECT

~ SELFLESS SERVICE ~ HONOR ~ INTEGRITY ~ PERSONAL COURAGE ~ LOYALTY

29 MAY 2006

COURAGE ~ LOYALTY ~ DUTY ~ RESPECT ~ SELFLESS SERVICE ~ HONOR

INTEGRITY ~ PERSONAL COURAGE ~ LOYALTY ~ DUTY ~ RESPECT ~ SELFLESS

SERVICE ~ DUTY ~

~ RESPECT ~ PERSONAL COURAGE

~ LOYALTY ~ DUTY ~ RESPECT ~ SELFLESS SERVICE ~ HONOR ~ INTEGRITY

~ PERSONAL COURAGE ~ LOYALTY ~ DUTY ~ RESPECT ~ SELFLESS SERVICE ~

HONOR ~ INTEGRITY ~ PERSONAL COURAGE ~ LOYALTY ~ DUTY ~ RESPECT ~

SELFLESS SERVICE ~ HONOR ~ INTEGRITY ~ PERSONAL COURAGE

Americans spend the last Monday in the month of May observing the memorable selfless service demonstrated by the uniformed heroes who have given their lives while upholding their pledge to serve and defend our nation. While this year's Memorial Day marked the 138th official occasion of remembrance in American history, one May 29, 2006 observance offered an unparalleled opportunity for the expression of emotion and gratitude as deployed 3rd Corps Support Command Soldiers paused from their daily downrange missions to honor their fallen comrades.

By Spc. David T. Chapman & Spc. Mary E. Ferguson

(Photos by Spc. David T. Chapman)



Spc. Alan Ortega (left) and Spc. Eric Lewis, both 27th Trans. Bn. (MC) Soldiers, serve as honor guards during their unit's 2006 Memorial Day ceremony.



servicemembers at Logistical Support Area Anaconda attended a Memorial Day service May 29, at the east side Morale, Welfare and Recreation center. The 27th Transportation Battalion (movement control) hosted the event and provided their fellow servicemembers a chance to reflect on their comrades in arms and reaffirm the motivation for their own personal service.

Capt. Raymond Folsom, the 27th Trans. Bn. Chaplain, led the service, which included an explanation of the meaning and origin of Memorial Day and personal testimonials from those who have lost friends and leaders during a time of war.

The 3rd COSCOM Commanding General, Brig. Gen. Rebecca S. Halstead and the 332nd Air Expeditionary Wing Commander, Air Force Brig. Gen. Frank Gorenc were among the hundreds of honoring troops in attendance.

The centerpiece for the ceremony consisted of the traditional boots, rifle, identification tags and helmet of a lost Soldier, with two honor guards standing watch, while a display of slides flashed by on the screen behind the display.

For the two Soldiers selected to be Honor Guards it was a privilege to be involved.

"I was asked to be a member of the guard for the memorial and took it as an honor that my unit chose Spc. Alan Ortega and myself to perform in front of General Halstead and the other guests who attended," said Spc. Eric Lewis, a supply specialist with the 27th Transportation Battalion (MC).

Memorial Day can evoke personal emotions and carry a deeper meaning for deployed servicemembers,

"As a child, I looked at this holiday as another day off from school to hang out," Lewis said. "As a Soldier, I take this time to reflect on every person lost on the battlefield in preserving freedom in the United States."

Some use this holiday not only to reflect on those who have passed, but also to honor those who continue to fight the battles today.

"We are Soldiers. Soldiers that deserve respect for our personal sacrifice and some of us could pay the ultimate sacrifice," said Spc. Alan Ortega, an honor guard Soldier for the memorial service. "That is why we remember our fallen Soldiers."

For others, the service was a way to remember the people they have had the opportunity to work with during their time in the military.

"Memorials like this are good for Soldiers because it helps them to cope with the loss of friends and family members," Lewis said. "Our comrades have died for our country because they understood it was for a great cause and they served with honor and respect."

Chaplain Folsom concluded the ceremony by placing a paper flower at the base of the fallen Soldier monument in dedication to those we have lost. He then asked those in attendance to leave the flowers they had received when they entered and if they felt compelled, to dedicate it to someone they have lost or a family coping with a loss.



COSCOM Soldiers pay their respects to fallen comrades.



REVISIT *your* VALUES

By Master Sgt. Elbert Jackson, 3rd COSCOM chaplain's assistant

Our 3rd Corps Support Command Soldiers are spread throughout theater, accomplishing a variety of missions and overcoming a diverse number of challenges on a daily basis. Despite the differences in our deployment environments, reverting back to our shared fundamental Army values reaffirms the strong foundation that runs through all COSCOM components regardless of location or mission.

What are your values? As a member of the Army family, you pledge to live by the Army Values: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage. These values define Soldiers and make us the close knit organization we are today.

Loyalty is the faithful adherence to a fellow Soldier, unit and the Army. It is the thread that binds our actions together and motivates us to support each other, our superiors, our family and our country.

The greatest obstacles we encounter are making the right choices when our loyalty is challenged. There is no clear rule as to what should always come first. Sometimes it will be the service, sometimes the family, and sometimes the Soldier, but if we are aware of our values, we can confidently make loyal decisions.

Duty is the legal or moral obligation to accomplish all assigned or implied tasks to your fullest ability. Although our individual obligations may appear to vary at times, we all share a common link. We, as Soldiers, have the same duty, "do what needs to be done to accomplish the mission without having to be told to do so."

The Army value of Respect influences countless areas in Soldiers' lives. "Treat people as they should be treated." Respect begins with a fundamental understanding that all people possess worth as human beings. Each Soldier possesses special skills and

talents and those skills play an intricate part in building the overall team.

Selfless service is just that, serving your country selflessly and placing your duty before personal desires. It is the ability to endure hardships and insurmountable odds because of love for fellow Soldiers and our country.

Being a Soldier is never easy, and maintaining your honor as a Soldier takes hard work. Honor is living up to the Army values. Being honest with yourself is perhaps the best way to live the Army Values. If something does *not* feel right, it's probably *not* right.

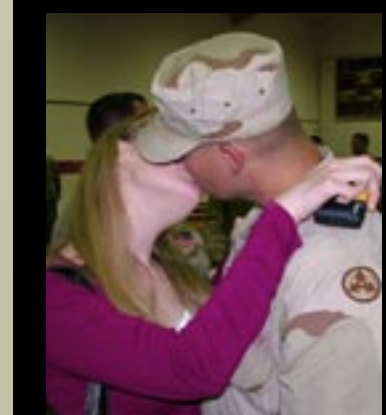
Living and speaking with integrity can be challenging. We must live by our word. Having integrity and being honest encompasses everything you say and do. It builds trust. Without trust there is no ship by which a leader can sail.

It is not enough to simply understand and cherish the Army values. We must exercise the Personal Courage to constantly live by these Army values. The weakest soul can accomplish what is easy, but one who exudes personal courage can confidently face and defeat challenges, fueled by the power of leadership, duty, selfless service, honor and integrity.

I challenge you to remind yourself of the values that empower the Army family you belong to, evaluate your personal allegiance to those values, and refresh your dedication to living those values in all areas of your life.

Forward Chaplains

HO/ 19th CMIMC	Chaplain (Col.) Larry Robinson Master Sgt. Elbert Jackson Chaplain (Lt.Col.) Barb Sherer Staff Sgt. David Thomas Chaplain (Maj.) Stephen Quigg Sgt. Heather Morgan Spc. Christopher Robbins
27th MCB	Chaplain (Cpt.) Raymond Folsom Spc. Jared Gregory
35th ASG	Chaplain (Maj.) Kevin McGhee Sgt. Christopher Rosevelt Sgt. Pamela Palagar
16th CSG	Chaplain (Maj.) Homer McClearn Staff Sgt. Arthur Washington Chaplain (Maj.) William Harding Sgt. Ariel Castillo Chaplain (1st Lt.) Darin Hendrey Pfc. Timothy Carrico Chaplain (Cpt.) Craig Johnson Pvt. Christina Peters
40th CSG	Chaplain (Maj.) Jeffery Bell Staff Sgt. Lufino Mejorado Chaplain (Cpt.) Michael Williams Chaplain (Cpt.) Robert Smith Spc. Evelyn Hess
64th CSG	Chaplain (Maj.) Richard Graves Sgt. Matthew Nelson Chaplain (Cpt.) William Glenn Sgt. Robert Dinsmore Spc. Jacob Tanner Chaplain (Cpt.) Christopher Wallace Spc. Raymond Grove
4th SB	Chaplain (Maj.) Gray Bragg Staff Sgt. Jeffery Simmons Chaplain (Cpt.) Daniel Husak Spc. Shenika Hampton Chaplain (Cpt.) Chuen Yoo Chaplain (Cpt.) James Key Sgt. Dustin Hall Chaplain (Cpt.) Denise Hagler Spc. Payten Redfern Chaplain (Cpt.) Loren Hutsell Spc. Donte Earl
101st SB	Chaplain (Maj.) Steven Turner Staff Sgt. Tracy Jackson Chaplain (Maj.) Glen Mosteller Pvt. Jacob Street Chaplain (Cpt.) John Smith Pfc. Michael Amber Chaplain (Cpt.) Kenneth Gesch Pvt. Daniel Boatwright Chaplain (Cpt.) Billy Graham Sgt. Graig Berg
48th BCT	Chaplain (Lt. Col.) Stanley Bamberg Master Sgt. John Linstra Chaplain (Lt. Col.) Lee Yoakam Staff Sgt. Robert Davis Chaplain (1st Lt.) Jonathan Fisher Sgt. James Franklin Chaplain (1st Lt.) Paul Douglas Sgt. Kurt Kirby Spc. Jeremy Scott Chaplain (Lt. Col.) James Johnson Sgt. Jay Robinson Chaplain (Cpt.) Terry Romine Spc. Ernest Tillinghaust Chaplain (Maj.) David Anderson Spc. Greg Hogarth



Preparing for redeployment

Information from the 3rd COSCOM Family Readiness Guide

During the months, weeks and days prior to a Soldier returning home, family members may begin to feel a sense of anticipation—"He/she's coming home and I'm not ready!" They will experience anticipation, concern, increased adrenaline and maybe even a drive for perfection. They may worry about the changes that took place during the separation. For instance, "Will my Soldier be happy with how I handled things?" They may notice differences in their phone conversations, how they each adjusted to their greater independence?

Strong feelings are most common before and after separation and reunion. To help you maintain your emotional health, consider learning new coping skills such as realization techniques, stress management or parenting skills. Communicate with your spouse and family about how you're doing and what help you may need for better stability. Continuing to exercise these positive coping techniques during the months before redeployment makes the stage of reuniting a much happier one.

Reunions are a time of readjustment after separation, whether long or short term, planned or unplanned. Reunions can be both joyful and stressful because they are a big change that affects everyone with intense emotions. Roles and responsibilities may never return to "Pre-deployment" status. Plan to discuss responsibilities until roles are clearly defined again. The Soldier needs to understand that the spouse has cared for and managed the household for the entire time of the deployment and that they should not expect to automatically resume the role they had.

The returning servicemember may want things to go back to how they were before the separation. People grow and change, and the family structure, while adjusting to the reunion, finds a new level of functioning. The service member may feel like an outcast. Remember that your family had to change to survive so give them time and space to readjust. You'll need time to get reacquainted. Intimacy takes time to develop with family members and friends.

If possible, it is important for reservists to take some time off between the redeployment and reentering the civilian workforce. Not only do reservists have to renew their family relationships, but they must also readjust to the return to work and the changes that have occurred while they were gone. Prepare yourself for returning to civilian work. It could be possible that you may not feel the same sense of satisfaction or purpose as you did when deployed.

It is important to remember that a deployment is a three stage even for servicemembers and their family. The reunion/readjusting phase of deployment should be met with just as much attention and commitment as the pre-deployment and separation phases were met.



FRG Handbook

http://www.3coscom.army.mil/news/sustainer/FamilyReadinessGuide_web.pdf



Italian army Lance Corporal Simone Pinna of the 152nd Regiment Sassari crosses the finish line, clutching the first place relay honors for his team.

BOSTON MARATHON IN IRAQ

Photos and Story by
Spc. Spencer Case, 207th MPAD

Being thousands of miles away from home didn't stop troops in Iraq from **running off deployment stress** under the banner of the world's most famous marathon.

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Soldiers from the 3rd Corps Support Command were among the more than 600 coalition troops who participated in the second annual Boston Marathon in Iraq, sanctioned by the Boston Athletic Association, April 15 at Camp Adder.

The event differed from its parent, the 110th Boston Marathon, in that troops had the choice of running individually or in relay teams. The BAA also waived the requirement for participants to run a qualifying time in another marathon before registering.

"We want to bring Soldiers things to give them a taste of home," said Col. Victor MacCagnan, the 16th Corps Support Group and Camp Adder installation commander. "This is a big taste — a twenty-six mile taste."

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he sun was still hidden at 6 a.m. when the sound of an air horn initiated the race. Two gun trucks led hundreds of Soldiers, sailors, airmen and international servicemembers as they began their 26.2-mile trek.

The first leg of the marathon brought the runners through a pair of cement arches to the side of the base controlled by the Italian army. There, the runners ran to the base of one of Iraq's best preserved historical features — a 50-foot-tall Sumerian ziggurat built during the time of Abraham.

Retracing their steps back to the U.S.-controlled side of the installation, the runners came to the most difficult stretch. The road veered out into featureless desert where it meandered for 11 miles before returning to the start and finish point. As the sun emerged, the crisp air quickly became stifling. Mercury soared to triple-digit readings, making it the hottest day to date at Camp Adder this year.

"It started getting really hot probably about two, two and a half hours into it," Spc. Kristin Nelson, of the 144th Area Support Medical Company, a nursing student at the University of Utah in the civilian world. "Especially when we made the turnaround and we were running into the sun. It got really hard there towards the end."

Hot as it was, the troops prevailed against the elements. At 8:52 a.m., the crowd of spectators that had gathered around the finish line cheered as the first relay runner, Italian army Lance Corporal Simone Pinna of the 152nd Regiment Sassari, crossed the finish line. His team had run the course in a total time of 2:52:04. The applause had barely subsided when it rose again for Navy Lt. Cmdr. Matthew Simms, 37, the top individual runner, as he completed the course with the timer at 2:53:35.

Simms, whose wife and children live in Langley, Wash., accepted the victory with humility. A veteran of "about ten" marathons, Simms praised the troops who completed the grueling course despite having such little time to devote to training.

"Those Soldiers who are gone for four days on a convoy and can only run once before they have to go out again ... those guys who are working on the flight line and don't have a lot of time to train but do this anyway, that's what impresses me the most," Simms said.

The crowd continued cheering each runner that came through the finish line to receive their official Boston Marathon finisher's medal. Sometimes the crowd would encourage the participants to run faster. The leading woman, Army Capt. Carrie Peterson, 29, of C Company 148th Medical Battalion, drew especially thunderous applause when she clocked in at 3:36:11.

The runners who didn't place said the experience was worthwhile.

"When they put the medal around my neck it was pretty cool," said Nelson who crossed the finish line at just under six hours. "Now it feels like it was worth it. At the time it really wasn't. But now looking back it was pretty cool."

At 1 p.m., the top finishers were recognized in an award ceremony at the Morale, Welfare and Recreation facility. MacCagnan thanked all the troops who helped with the marathon. He also thanked the sponsors, especially the BAA, who — according to 1st Sgt. Jerrid Floyd of the 144th Med. Co., who acted as a liaison between the organizations — donated over \$20,000 in equipment for the race.

"Without the Boston Athletic Association, without their support, I don't think any of this would have happened," Floyd said. "We can't thank them enough."

MacCagnan ended the awards ceremony by encouraging troops to keep running.

"You have three hundred and sixty four days to train for next year's marathon," MacCagnan said.



"WE WANT TO BRING SOLDIERS THINGS TO GIVE THEM A TASTE OF HOME ... THIS IS A BIG TASTE — A TWENTY-SIX MILE TASTE."

~ Col. Victor MacCagnan ~
16th Corps Support Group/Camp Adder commander.

“DOWNRANGE” SCRAPBOOK

Arming Iraq's future one mind at a time

Story and Photos by Sgt. Rachel Brune
101st Sustainment Brigade Public Affairs

Soldiers from units across Q-West Base Complex came together to contribute to a humanitarian mission in an Iraqi boys' elementary school April 11.

The 71st Corps Support Battalion and 101st Brigade Troops Battalion troops handed out bags of school supplies to about 420 students at the First Tal Apta Primary School.

In coordination with Sgt. Brian Hawthorne, civil affairs NCO, Company A, 401st Civil Affairs Battalion, and four Strykers from Company A, 52nd Infantry Regiment, the Soldiers also delivered medical supplies to a local clinic.

Elected mayor, Abdul Rahman, invited Lt. Col. Russell Livingston, 71st CSB commander, and several other Soldiers to speak with him about improvements in the local area and join him for lunch.

Spc. Bassam Abdo, 109th Transportation Company, motor transport operator, an Arabic-speaking Soldier, served as an informal interpreter during the session, although Rahman's English skills allowed him to get along without interpretation.

The Soldiers left additional items at the mayor's office to be donated to the others in the village.



71st Corps Support Battalion Soldiers hand out bags of school supplies to students at the First Tal Abtha Primary School during a humanitarian mission April 11



Maj. Kathy Shear delivers a donated hemodialysis machine with Iraqi doctors at Medical City Hospital, Baghdad, May 15.

Delivering hope, gaining inspiration

Story and Photos by Spc. Mary E. Ferguson

History seems to support the unwritten rule that human beings rarely realize the importance of something until it is broken, stolen or lost, and we naturally take things for granted, even huge things like freedom. The priceless bodily organs that keep us alive are no exception to this rule. Cast aside this possible complacency for a moment and imagine you are lying in a hospital bed completely dependent on the humanity of others and the technology of the medical world to keep your kidneys functioning. Now dig even deeper and imagine that the last three years of your life have catered to the violence, indecency, poverty and instability that accompany war. Separate, these two visions may seem intolerable, combined, they are unbearable ... but they are reality for many of the Iraqi patients in the Dialysis unit at Baghdad's Medical City Hospital.

Several 3rd Corps Support Command Soldiers recognized this harsh reality and seized the opportunity to join an ongoing mission by making the risky trek through the streets of Baghdad to deliver a hemodialysis machine to the city's hospital.

The May 15 delivery marked the end of a 2-year quest of generosity that began during Operation Iraqi Freedom 2.

"The project began with the Knobel family [Maj. Tommy and Sgt. Katherine] who served in an earlier rotation with the 1st Cavalry Division," said Maj. Kathy Shear, the 3rd COSCOM officer in charge of the dialysis machine delivery.

Sgt. Knobel's grandfather, Dr. William J. Kolff, invented the dialysis machine in 1943, and she wanted to give back to the Iraqi people, not just from a military standpoint, but also from her family's heritage, Shear explained.

On paper, donating a machine to a hospital may seem relatively easy, but in the ever-changing state of cities like Baghdad, the logistics of such a donation can be nightmarish.

With the mission incomplete and their rotation ending the Knobels turned to Shear for assistance in finishing what they started.

"I took the mission with honor," Shear said. "I was happy to help provide the Iraqi people with such an upgraded machine. The machine will allow for as many as 14 additional dialysis treatments a week."

The delivery was met with an audience of appreciative Iraqi doctors and hospital staff.

"We're really getting somewhere to have you here and see that people so far away are thinking and caring about supporting Iraq, not just the government, but also the people," said Dr. Ameir Al-Mukhtar, the director of Medical City Hospital.

It wasn't an overnight operation for Shear and she attributes the dedication of several fellow 3rd COSCOM Soldiers in making the mission a success.

Maj. Robert Frank, Maj. Patricia Lempeotis, Sgt. Maj. Kevin Shepherd and Master Sgt. Joseph Straub, all 3rd COSCOM Soldiers, assisted in the planning and execution of the delivery, Shear explained.

"The 4/77th Field Artillery from the 4th Infantry Division provided escort security for the convoy through the city to the hospital," she added.

It's safe to say that the donation sparked hope and inspiration in Shear and the hospital staff.

"The Iraqi people are so inspiring ... their perseverance and determination to get their country back together over and over again is amazing," she said.

Human beings will continue to take things for granted, and one donated dialysis machine will not magically paint a more desirable reality for all of the patients at Medical City Hospital

... but 14 more dialysis treatments a week and a group of inspired Soldiers and Iraqis is a huge step in the right direction.

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3RD CORPS SUPPORT COMMAND SUSTAINING THE LINE!

IMPACTING IRAQ,
ONE CHILD AT A TIME

