

ANACONDA TIMES

JULY 16, 2006

PROUDLY SERVING LSA ANACONDA

UP! UP! and...

Superman flies
into Anaconda
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Operation: SHOE DROP

MOTHER, SON TEAM BRINGS MUCH
NEEDED SHOES TO AREA CHILDREN

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4-11 FA >>

NEWS >> QUALITY OF LIFE

Soldiers volunteer time off to provide better cable service

"We have extended AFN ... to over 4,600 rooms." - Page 3



Photo by Sgt. Rachel Brune

Staff Sgt. Sayoko Stevenson, civil affairs NCO, and Spc. Christopher McCuiston, combat medic, set up a pediatric wheelchair for Bishra Salman, 15, (in background) who suffers from a debilitating degenerative disease.

Soldiers deliver donated wheelchairs to Iraqi youth

by Sgt. Rachel Brune

101st Sustainment Brigade PAO

ZIHAILAH, Iraq – Aziz showed up at the Q-West Base Complex Civilian-Military Operations Center with a wide grin and a story of need.

The young boy told Soldiers of the 4th Battalion, 11th Field Artillery Regiment and a team from the 403rd Civil Affairs Battalion about his family and siblings, five of whom suffer from a degenerative disease.

As a result, Abdul Karim, Bishra, Mahmoud, Ra'ad and Raija Salman, each received a new set of wheels in the form of pediatric wheelchairs donated by charitable organizations in the United States. The Soldiers delivered the chairs to the family June 29 here.

Wheelchairs for Iraqi Kids and ROC Wheels provided the 12 pediatric wheelchairs, which the 4-11th Counter Rocket Patrol, medics from the battalion aid station, and the 403rd delivered to the siblings, as well as to another disabled 19-year-old in the neighboring town of Ujbah.

see Wheels, Page 4



photo by Spc. Spencer Case

Sgt. 1st Class Brad Burgess makes an attempt on the first "hole" of a temporary Frisbee Golf course at Logistical Support Area Anaconda, July 4.



"I am an American Soldier."

I am Spc. Nicholas D. Wood, from Manteca, Calif.
Convoy Security >> C Company, 1st Bn., 377th FA

Soldiers find baby on patrol

by Pfc. Paul J. Harris

3rd HBCT, 4th ID PAO

BALAD, Iraq – A U.S. Army patrol from the 4th Infantry Division rescued an abandoned Iraqi infant from the side of the road near Logistical Support Area Anaconda last month.

Staff Sgt. Donald White was leading his patrol from Battery B, 3rd Battalion, 29th Field Artillery, 3rd Heavy Brigade Combat Team, 4th Infantry Division, on June 9 when they came across a box on the roadside.

White said he initially thought it to be an improvised explosive device until he heard crying coming from the box. White looked for wires protruding from the box and made sure it was not booby trapped.

“I ran as fast as I could, snatched the box off the ground and kept on running,” he said. “Thankfully nothing blew up.”

The child’s skin was literally hanging off and they could see it was massively dehydrated and malnourished. Spc. John Sullivan, healthcare specialist, Headquarters and Headquarters Battery, 3rd Bn., 29th FA, evaluated the child and told Smith they needed to get him to a hospital right away. Unit members jumped into the trucks and drove as fast as they could.

As the convoy drove as fast as it could to Balad Air Base hospital, Sullivan turned the air conditioning vents in the baby’s direction so the air would cool the infant.

Sullivan said he was nervous because he never had to professionally treat a sick child before. “[He] did not cry at all in the vehicle, but his eyes rolled in the back of his head, and I thought, ‘Oh my goodness, he is starting to die on me.’”

The hospital staff was already waiting for the Pacesetter patrol when the vehicles pulled up. The Air Force medical staff treated the child by putting a feeding tube into him to



Maj. Jase Dean, physician, 332nd Expeditionary Medical Operations Group from Lackland Air Force Base, San Antonio, Texas, holds a baby he treated for dehydration at Balad Air Base, Iraq. The baby was found abandoned on the side of the road near Logistical support Area Anaconda by a patrol from Battery B, 3rd Battalion, 29th Field Artillery, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers. (Photo courtesy of Photo by Senior Airman Christine Noldee)

replenish lost fluids. The infant eventually regained its strength and was in stable enough condition to be released to the care of the Iraqi hospital in Balad.

White credits the success of the rescue to the members of his Blue Delta patrol, not just himself and Sullivan.

The baby was reunited with its mother on

June 19. The mother of the child told Iraqi police she left the child in her daughter’s care. The daughter was carrying the infant on the road near LSA Anaconda when she was chased by wild dogs and left the baby so she could run faster, according to reports given to Capt. Lance Awbrey, commander, B Battery, 3rd Battalion, 29th Field Artillery.

You need to be treated by the VA for what?

by Lt. Col. Jonathan Allen

Special to the Anaconda Times

“Pfc. Serve D. Inoif” has returned to the United States and is seeking treatment for a sprained ankle that he got while serving in Iraq. But the Veterans Affairs patient administrator looks through the medical file and there is nothing about it.

Inoif tells them he twisted his ankle while dismounting from an armored Humvee.

After talking with the patient administrator, he remembered that his commander gave him a form: a Department of the Army Form 2173, to take to the Troop Medical Clinic to have the medical staff fill out.

Inoif never returned the form to his commander and threw it away with the attached medical documents.

The patient administrator tells him that there is no documentation that he got his medical condition from service in Iraq. He can go to the nearest civilian hospital for treatment, but he’ll have to pay the costs himself.

You don’t want to be in the above situation. Some units are handing the form out with the sick call slip to Soldiers heading to the TMC for treatment.

So when you are injured or sick and you are going to the TMC or military hospital for treatment of any conditions that may recur in the future, make sure you are getting a DA 2173 filled out by the medical staff.

You should then attach any medical documents and any other applicable documents and return them to your commander. This is known as a Line of Duty packet.

For medical conditions that warrant care in the future, this documentation is extremely important to have completed and turned in. According to Col. Martin Christensen, the 3rd COSCOM surgeon, “These documents allow them to go get continued follow-up medical care for the remainder of their life from the VA.”

He and his staff review the LOD Packet for 3rd Corps Support Command Soldiers to ensure the packet is complete.

Copies are then distributed to the Official Records Department, the unit file, and the Soldier gets a copy of the complete packet.

Download the Anaconda Times at: www.mnf-iraq.com/publications_theater.htm or www.dvidshub.net

Tell us YOUR story... email YOUR story ideas and photo opportunities to mark.bell@balda.iraq.centcom.mil

ANACONDA TIMES

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Photo by Spc. Karonda Fleming

Staff Sgt. Denise A. Bennett, platoon sergeant of 5th Detachment, 394th Postal digs a trench that will be used to install AFN cable lines throughout the housing unit.

Units unite for a good cause -- cable

by Spc. KaRonda Fleming

Anaconda Times Staff Writer

There are some servicemembers who don't just defend freedom, they preserve their right to cable television.

In December, the 35th Area Support Group determined that Armed Forces Network coverage in LSA Anaconda's housing areas needed to be improved and drew together numerous units to help make it happen.

Staff Sgt. Denise A. Bennett, the noncommissioned-officer-in-charge of LSA Anaconda's Armed Forces Network office, said the service is an important mission for morale.

"When Soldiers are out here with nothing to do, and have to go to the Post Exchange to buy movies all the time, they now have a chance to get cable in their room," she said. "This gives them an opportunity to watch something else."

Maj. James M. Stigliano, radio/telephone officer for the 35th ASG, said it takes approximately a week to finish a single project and the work of up to 12 people.

"At this point we are roughly 70 percent done

with the project," he said. "We have extended AFN to approximately 65 housing pods, including over 4,600 rooms since Dec. 1."

The project allows the units living in the housing areas to install the cable. Once identified, the servicemembers attend a one hour training class. They are also provided with the design drawing layout.

"From the date that we break ground on the trench digging, to the date that we are finished with the final quality control checks, to replacing the sandbags, there could be anywhere from five to seven days to complete," said Stigliano.

The 35th ASG has received temporary support from a number of units over the course of the last seven months, he noted.

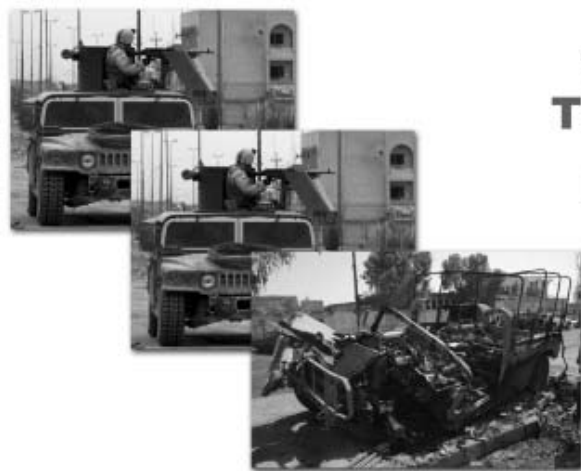
The 35th Garrison S6 office, 159th Aviation Brigade, 32nd Signal Battalion, 558th Signal Company, 376th Personnel Services Battalion, and 3rd COSCOM Headquarters have helped with the project, said Stigliano.

The project is funded through purchase requests obtained through 35th ASG and 3rd COSCOM Headquarters. More than \$60,000 has been spent on materials for the project, said Stigliano.



Photo by Spc. Karonda Fleming

Spc. Christopher W. Lucchese, 32nd Signal Battalion, Bravo Company installs taps under a trailer.



**Once, they see you.
Twice, you're known.
Three times you're dead.
Don't be predictable.**



8-Ball Tournament July 17, 24 and 31



2000hrs

East Recreation Center

What's in *your* pocket?

New card substitutes for a fist full of dollars

by Spc. Alexandra Hemmerly-Brown

Anaconda Times Staff Writer

Wallets in LSA Anaconda will be a little lighter because of a new program to cut down on the amount of cash circulating in theatre.

Starting July 15, the Eagle Cash card, a debit card-like system for deployed servicemembers, will be available on post. The card can be funded by either a direct transfer of cash from your bank account at one of the kiosks, or at the finance office with a check or casual pay.

"The whole idea is to reduce the amount of cash in theatre," said 1st Lt. Julia B. Jackson, a dispersing agent of C Company, 39th Finance Battalion. "It's expensive to ship, store, and there are risks involved," she said.

The card can be used for purchases at AAFES sites on base. When the card is swiped, the card balance is reduced immediately. Unlike a debit or ATM card though, you cannot withdraw cash through an Eagle Cash card.

Funds can be added to or from your bank account or transferred to other cards through kiosks that are already located at the Post Exchanges, post office, and finance office here. Other AAFES vendors will accept the card after the program starts.

"Soldiers have greater flexibility when using the card," said Cpl. Lan H. Lieng a finance specialist at the finance battalion.

There is a \$350 per day spending limit on the card, as opposed to the \$350 per month allowed for casual pay. Also, carrying electronic funds instead of cash reduces the risk of your money being lost or stolen.

"If you lose your cash – that's it. If you lose your card though, we can freeze your account and replace the card," said Spc. Jason S. Jose, a finance specialist in the same unit.



Another reason for implementing the Eagle Cash Card is to lessen the security risks of transporting currency around the country.

The Eagle Cash Card program started in 1999 in Bosnia to benefit the servicemembers stationed there, Jackson said. Since then, the program has been used in Kuwait, Qatar, and Afghanistan.

Department of Defense employees and U.S. civilian contract workers will also be able to use the program, Jackson said.

The 39th Finance Battalion is holding multiple enrollment sessions for those who want to apply for an Eagle Cash Card.

The next sessions will be 10 a.m. - 3 p.m. at MWR east, and 10:30a.m.- 2p.m. at the west finance office on July 16. Those who miss these times can enroll 10 a.m.-3p.m. at the east finance office, and 10 a.m. - 4 p.m. at MWR west on July 17.

You can also apply by stopping by the finance office. To contact them, call DSN 829-2906.

The EagleCash Fact Sheet:

- Provides deployed personnel "24/7" free access to personal bank accounts
- Is similar in concept to pre-paid gift or phone cards
- Contains an encrypted microchip that keeps track of the available balance on the card automatically, accurately, and securely.
- Is faster, safer and easier than using cash or checks. Cardholders can add funds to the card at the finance office or at self-service Kiosks.
- Cardholders can add up to \$350 a day to their cards.
- Participating merchants on LSA Anaconda are: AAFES PX/BX facilities, Post Offices, barber/beauty shops, AAFES gift shops/concessionaires, and the food courts.

There will be eight Kiosks on LSA Anaconda:

- Finance Office, East and West Sides
- Post Office, East and West Sides
- PX, East and West Side – 2 Kiosks each

Wheels, from Page 1

Sgt. Jason Foy, of Indio, Calif., and Spc. Christopher McCuiston, of Ann Arbor, Mich., both combat medics, showed their fellow Soldiers and the Salmans' family members how to fit the wheelchairs to each patient and make adjustments.

The medics were chosen for the mission due to their prior experience in fitting wheelchairs, said Foy. They received additional training from another medic as well as a training video included with the chairs.

Each wheelchair came with a Paralympic Champion Barbie Doll named Becky. Bishra, who appeared much younger than her 15 years, smiled when the Soldiers handed her the doll. Her older sister, Raija, passed the doll to a younger female relative, and instead offered one of her silver bracelets to the female civil affairs Soldiers fitting her wheelchair.

Spc. Nicole-Marie Toledo, of Binghamton, N.Y., and Staff Sgt. Sayoko Stevenson, civil affairs specialists, fitted the wheelchairs with some assistance from Foy.

Raija, a very shy, modest patient, preferred that the two female Soldiers help her with the wheelchair.

The family owned two wheelchairs already, which showed signs of extreme wear, originally donated by the 101st Airborne Division during the first year of Operation Iraqi Freedom, according to Mohammed, a local doctor.

In the second village of Ujbah, Staff Sgt. Rolando Molina, noncommissioned officer in charge of the Counter Rocket Patrol, helped adjust the final wheelchair for 19-year-old Aziz Farouk.

Molina, of Bronx, N.Y., joked with Farouk, calling him "home-boy" as he helped him into the chair. Previously, Farouk moved around by dragging himself across the dusty courtyard of his family's home.

For more information on the wheelchair donations, visit: www.wheelchairsforiraqkids.com and www.rocwheels.org.



Sgt. Jason Foy and a local Iraqi man gently lower Abdul Karim Salman into his new pediatric wheelchair June 29. Foy, a combat medic with 4th Battalion, 11th Field Artillery Regiment, participated in a mission to deliver and fit wheelchairs donated by charitable organizations in the United States for local Iraqis.

Photo by Sgt. Rachel Brune

Coyote Ridge teacher connects with children through son

Band of Brothers provide much needed footwear for local children

by Pfc. Paul J. Harris

3rd HBCT, 4th ID PAO

ZUHARI, Iraq - 150 pairs of shoes and 50 pairs of socks were passed out to Iraqi children at the end of May at the Shamoos School in Zuhari, Iraq, by Soldiers of Company D, 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers.

The shoes and socks were donated by children from Coyote Ridge Elementary School in Glendale, Ariz., and the project was headed by Ruth Miller and Marianne Taylor, teachers at the elementary school. Miller has a son, 1st Lt. Michael Miller, platoon leader, Co. D, 1-8 CAB, serving in Iraq and the two had talked about the living conditions of Iraqi children.

“My son works closely with the Iraqi population and he wanted to do something to help the school children over there,” Miller said. “He asked if the second graders would like to sponsor a shoe and sock drive for children in his area. I was happy to help the children in Iraq.”

The children from Coyote Ridge Elementary are from lower economic backgrounds yet they were eager to help the children from Iraq. Most heard about Iraq in the news but Michael Miller wanted to put a face to the news stories.

It says something to the character of the children of Coyote Ridge Elementary to give something that they may not have had in the first place, he said. It was a way for a tiny community back home to get behind something good in Iraq.

After the shoes and socks were collected, they were boxed and shipped to Iraq. To aid in the project, Taylor contacted Tom Freehill of the Kiwanis Club to help cover shipping costs. The Kiwanis Club donated \$100 and the remainder was made up by the parents and staff at the school.

After the shoes arrived at Forward Operating Base O’Ryan, Miller decided to pick the Shamoos School in Zuhari. On previous occasions he had visited the children at the school and noticed they had little or nothing to wear on their feet. He also wanted to help the girls

of the school. Girls and boys are taught separately at the school. The boys section of the school has brick and concrete structures while the girls section consists of one long mud hut. The bathrooms on the boy’s side are locked during the girls teaching sessions forcing the girls to use a neighbor’s outside lavatory, Michael said.

Miller and his platoon packed the shoes, socks and donated ice cream and Girl Scout cookies from the dining facility and set off for the school. The children of the Shamoos School had been taking exams in the morning and had no idea the Americans were coming. Upon seeing the Soldiers drive up to the school, the girls and boys eagerly lined up to receive their gifts from abroad. It was not very clear who was getting more enjoyment out the shoe drive, the kids receiving the gifts or Soldiers who got to pass them out.

“It is one thing to be driving up and down the road looking for improvised explosives devices and the bad guys,” said Spc. Daniel Alvear, ammunitions loader for a tank, Co. D, 1-8 CAB. “But it is another thing to be out here helping the people. It makes me feel good because I know we are making a difference by us being out here.”

Heim Abid, female principal of the Shamoos School, said she was grateful for the Americans’ generosity. In past visits, she would talk with Michael about issues the school was having and her struggle for equality for women in the Iraqi educational system. Michael was impressed with her candor and her willingness to talk to him, an uncommon trait among Iraqi women from Zuhari.

The coalition forces are putting a smile on the kids’ faces today, Abid said through a translator. The students and people of the village will remember this day.

For some Soldiers this was their first time leaving the forward operation base to interact with the locals outside the wire. Cpl. James Rakestraw, food service specialist, Company G, 64th Brigade Support Battalion, 3rd HBCT, was deployed previously with 3rd Battalion, 29th Field Artillery in 2003 but it was a different mission then. Most of the time when he went outside the wire in 2003, it was for tacti-



Spc. Jacob Lorence, native of Corvallis, Ore., medic, Company D, 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, along with Cpl. James Rakestraw, native of Louisville, Ky., food service specialist, Company G, 64th Brigade Support Battalion, 3rd HBCT, pass out shoes to Iraqi school children in the town of Zuhari, Iraq. The shoes were donated by children from Coyote Ridge Elementary School in Glendale, Ariz.

cal operations. He came out for support and to hand out ice cream to the children.

“I personally feel this is where we are going to win this war by interacting with the next generation,” Rakestraw said. “That is one of the most important missions we have is to win the hearts and minds of the children ... show them that we are not scary or bad people.”

After today’s mission Michael Miller will gather all the photos he took to send back to the children at Coyote Ridge Elementary. Miller said he wants the children in Glendale to be able to see the children in Iraq and say ‘Those are the shoes I donated’ and have them feel good about what they accomplished.

Use it Wisely or Lose it !!!

Air Conditioners consume the majority of our power. Take the following steps to conserve our available power.

Work Areas

Around 3 p.m. every day, set AC thermostat to 85°F (30°C) (as high as you can stand it and still be able to work). Increase fan speed to FULL to circulate more air and feel cooler. Clean filters once a week, more if necessary. Make sure there is adequate space around outside compressor unit; 3 feet in front and 18– 24 inches in back. Keep doors & windows to air conditioned rooms closed.

Housing Units

Settings should correspond to 80°F (27°C) & AC LOW when you go to work in the morning; see photo’s. When you get back to your room and until 7 p.m., leave thermostat on 80°F and turn to AC HIGH. Keep fresh air recirculation vent CLOSED. Clean filters once a week. Set to 85°F (30°C) & AC LOW if away for more than a week. Keep windows and doors closed.



Your AC Unit should look like these when you leave your rooms in the morning



Spc. Jacob Lorence, native of Corvallis, Ore., medic, and Spc. Daniel Alvear, native of Annapolis, Md., ammunitions loader for a tank, both from Company D, 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, pass out socks to Iraqi school children in the town of Zuhari, Iraq.

Minnesota sisters deploy as best friends, battle buddies

by Spc. Spencer Case

Anaconda Times Staff Writer

LSA ANACONDA, Iraq— Sisters Lacy and Morgan Hennessy are inseparable—even a deployment to Iraq has not kept them apart.

Lacy, 22, and Morgan, 20, are roommates who study at the University of Minnesota. They are also citizen warriors in the Minnesota National Guard. When Lacy learned she would be mobilized for a deployment to Iraq, her younger sister volunteered to go with her. Today, Lacy and Morgan work at a large base north of Baghdad as administration specialists for Co. A, 1/34th Brigade Troops Battalion of the “Red Bull” brigade.

In their teenage years Lacy and Morgan had talked lightly about joining the Army together. Morgan said that they were influenced by their aunt, Kimberly Cassidy, who is a captain in the Army.

“We’d always see pictures of her in uniform when we were little and I just always thought it was cool for women to be in the military,” Morgan Hennessy recalled. “That kind of stuck with us.”

When Lacy needed a way to pay for her education in retail merchandizing and management, the conversation became serious. Lacy and Morgan visited a recruiter in De-



Photo by Spc. Spencer Case

Sisters Lacy and Morgan Hennessy who serve as administration specialists for Co. A, 1/34th Brigade Troops Battalion, pose in front of a mosque at Logistical Support Area Anaconda, Iraq.

cember 2002. Lacy enlisted as a cook January 2002 at the age of 19. Morgan had to wait until she turned 17. On April 14, 2003, the day after her seventeenth birthday Morgan followed in the footsteps of her sister and aunt. With the permission of her parents, Micheal and Karen Hennessy, Morgan enlisted as an

administration specialist.

The sisters went to basic training at Fort Jackson over the summer of 2003 with graduations two weeks apart. They were not in the same unit as they hoped, but they did see each other once a week at church services.

The next summer, the two sisters complet-

ed their advanced individual training, which was difficult because they did not get to see each other.

“When we went to separate AITs for three months it was pretty hard being away for that long,” Morgan Hennessy said.

For a while, the sisters drove to their monthly drills together. Even though they were in separate units, they decided that if one sister was deployed the other would follow.

“If she went, I’d have to go,” Lacy Hennessy said.

They left behind the rest of their family, their parents and their 18-year-old brother, Brandon, to do six months of mobilization training at Camp Shelby, Miss. Since they arrived in Iraq a few months ago, they have been helping troops in their unit resolve pay issues and process other paperwork. Although it has been hard being separated from the rest of their family, the sisters say it is good that they at least have one member of their family with them on holidays.

“It made it really easy,” Morgan Hennessy said, “because...you have your best friend and your sister there the whole time, you don’t have to worry about making friends right away because you have a battle buddy with you all the time right away.”

Allied Health Group physician assistant caring for Soldiers, civilians in Iraq

by Sgt. 1st Class David L. McCrary

Special to the Anaconda Times

IRAQ — Indiana Army National Guard 1st Lt. Peter Iaria is currently deployed to Iraq in support of Operation Iraqi Freedom, the official name given to military operations assisting in rebuilding Iraq’s economic and governmental infrastructure, training and preparing Iraqi military and security forces to assume full authority and responsibility in defending and preserving Iraq’s sovereignty and independence as a democracy.

Leaving his family, particularly daughters Riley, 4, and Payton, 2, as well as friends proved to be the greatest trial for this Soldier who “joined the military to serve my country.” In spite of these challenges, however, Iaria said that being part of Operation Iraqi Freedom helps make up for any hardships that he may encounter.

Active duty and reserve component members from all branches of the U.S. armed forces are deployed under the U.S. Central Command to support the war against global terrorism outside the borders of the United States.

U.S. Central Command is the unified command responsible for U.S. security interests and assets in 27 nations stretching from the Horn of Africa, through the Arabian Gulf region, and into Central Asia.

In Iraq, Iaria serves as physician assistant for the 738th Area Support Medical Company. He is responsible for providing emergency and routine medical care to Soldiers and civilians from all over the world. He also supervises and trains enlisted medics and performs post deployment health assessments for U.S. Soldiers leaving the theatre. The lieutenant has served in the military for 17 years, where he gained his training first, as a nurse, then as a physician assistant. This is his first deployment overseas.

In his civilian occupation, Iaria is a physician assistant for Allied Health Group. He performs temporary emergency room coverage all over the country. He has provided emergency medical services at American Indian reservations as well as industrial sites. Iaria is grateful for the support of his employer. “My employer has worked with me in all phases of my military career and supports what I am doing for our country and its people,” he affirmed.

Today, more than 1.2 million members of the National Guard

and Reserve continue to perform an increasing number of unique missions that require extraordinary actions on the part of everyday citizens.

Employer Support of the Guard and Reserve (ESGR) is the primary resource for information about the Uniformed Services Employment and Reemployment Rights Act, commonly known as USERRA. This federal law allows Iaria and other mobilized reserve component members to retain their rights, when the deployment concludes.

Established in 1972, Employer Support of the Guard and Reserve (ESGR), a DoD agency, provides free USERRA education, consultation, and if necessary, mediation for employers of Guard and Reserve employees.

The mission of ESGR is to gain and maintain active support from all public and private employers for the men and women of the National Guard and Reserve. More information about ESGR Employer Outreach Programs and volunteer opportunities is available at www.esgr.mil, or by calling the National

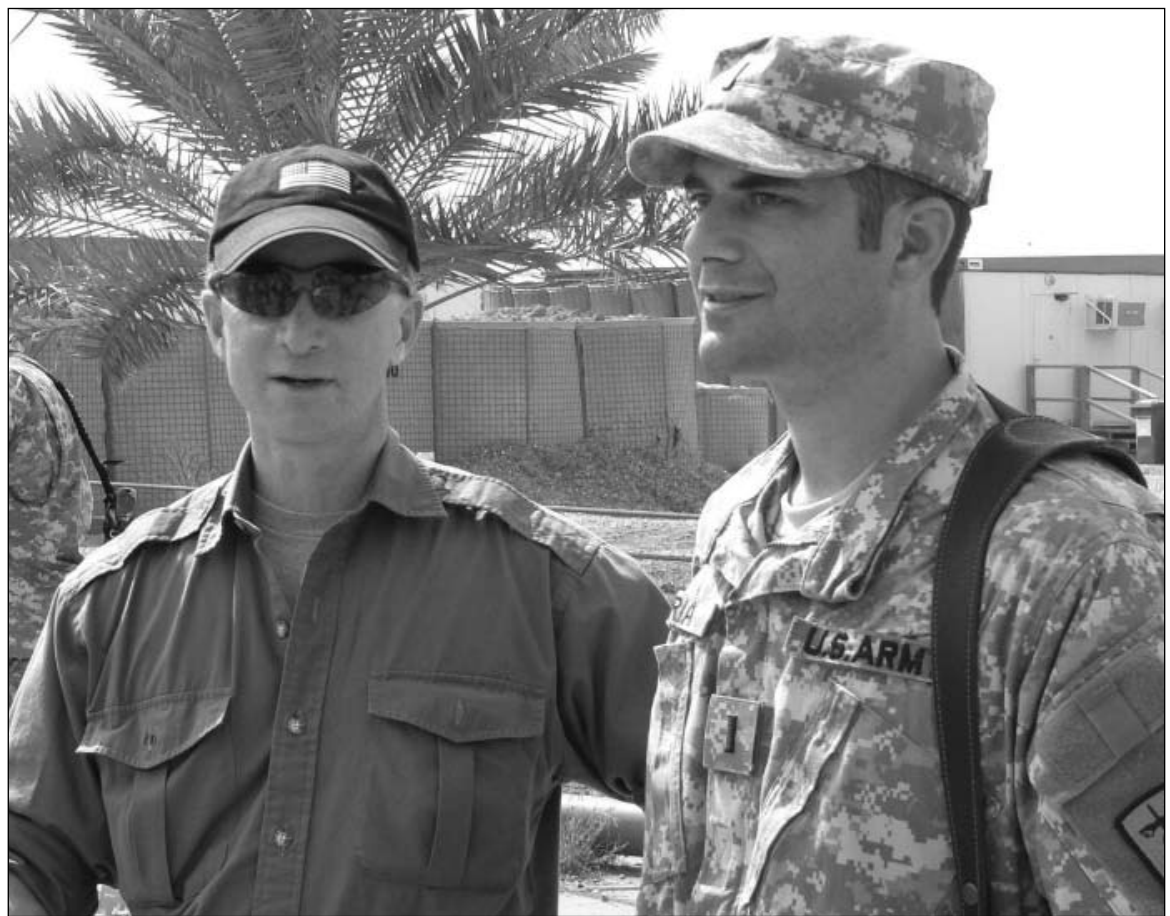


Photo by Sgt. 1st Class David L. McCrary

Governor Mitch Daniels visits with one of his troops, U.S. Army Indiana National Guard 1st Lt. Peter Iaria, a physician assistant for Allied Health Group, currently deployed to Iraq as a physician assistant for Detachment 17 in support of Operation Enduring Freedom/Operation Iraqi Freedom.

Committee for Employer Support of the Guard and Reserve at (800) 336-4590.

Iaria proudly claims the legacy of service to his country. “I am the third generation of Pete Iaria to consecutively serve in the military,” he explained. “My father was a Sergeant Major in the Army and my grandfather was a Captain.”

Iaria, who calls Indianapolis, Ind. his home, is the son of Pete A. Iaria. He hopes to find a permanent position upon his return home as an emergency medicine or dermatology physician assistant there.

Adaptability key to ECP mission for Guardsmen

by Sgt. Jason Mikeworth

207th Mobile Public Affairs Detachment

LSA ANACONDA, Iraq -- A thankless mission and blazing sun doesn't stop the sentinels of B Troop, 1/167th Reconnaissance, Surveillance and Target Acquisition Squadron from protecting the force, operating the south entry control point at Logistical Support Area Anaconda.

Pfc. Lorenzo Tirado, originally a mechanic, said the unit was told of their mission while training for their deployment.

"We got a heads up that we'd be doing entry control point work when we were still at our mobilization station," said Tirado.

Tirado is one of about a company-size group who were transferred from the New Jersey National Guard to the serve with B Troop from Nebraska.

"It's an eye opener, especially thinking I joined as a mechanic," Tirado said. "To help out doing this, you're always a Soldier first, I like it. I enjoy doing the ECP."

Tirado said integrating the New Jersey Soldiers into the Nebraska National Guard unit wasn't difficult.

"Being with a new company, I'm meeting new people all the time, so time really goes by fast," said Tirado. "It's two different walks of life, but we get along great. It's farm life with the city life."

Staff Sgt. Randy Freye, a team leader, said his Soldiers work hard to ensure the safety of nearly 25,000 troops stationed at LSA Anaconda.

"Our main mission on the ECP is force protection for LSA Anaconda," said Freye. "It's really two parts. The front side does the security, and the back side searches trucks and make sure no contraband items are being brought in."

Freye said changing missions is routine for scouts.

"As scouts and infantry, like most of us here are, we can do anything. A scout has to have a lot of little pieces of a lot of different job skills," Freye said. "It may not be one of the more glorified missions, but we're the front line defense for the whole camp behind us."

Freye said the most difficult part of the task is to not let it become too routine.

"Fighting complacency is the hardest part. A lot of the same things go on here on a day-to-

day basis. You can't just say, 'he does this every day, he's going to do the same thing today.' You can't lull yourself into that, or else that'll be the day something goes wrong."

Spc. Stephen Walton, a vehicle searcher, said the change from working as a supply specialist was welcome.

"I was glad to get out of headquarters. It's better than sit-

ting in an office," said Walton. "I was happy to come down here and get to do something different."

Walton said he's never sure what to expect when searching a truck.

"We found a falcon in some guy's truck one time," said Walton. "One time I opened a door and there was a guy just sitting there in his underwear."

He said that the hardest part of his job is also one of the best aspects of his mission.

"The language barrier is probably the hardest part to deal with," said Walton. "We have an interpreter out here, but he only speaks Arabic. A lot of the people coming through here are from all over, like Turkey, Croatia and Ghana."

Walton said learning to communicate non-verbally turned the challenge into a rewarding experience.

"I've noticed I talk with my hands a lot more, pointing at things," said Walton. "But it's interesting to talk to the guys who speak even only broken English, learning where they're from and joking around with them."

Spc. Jerad Blocker, a scout, said the mission makes his deployment go by quickly.

"I track the convoys coming through here, and I help out with the communications," Blocker said. "Time has been going by pretty quick."

Blocker said initially he was a little disappointed that the mission would be to work an entry control point.

"It wasn't exactly what we'd really hoped for. We're more geared for working convoy escorts," said Blocker. "Once they told us we'd be working the ECP, we just said, 'well, this is what we've got to do.' At least I know I'll be going home in one piece."

"There really isn't a hard job out here," Blocker said. "Sitting on an ECP, I don't really feel like I'm helping the Iraqis, but I definitely feel like I'm helping other Soldiers."



Pfc. Lorenzo Tirado lifts the gate to allow a military convoy to pass through the ECP.



Military convoys travel through the ECP gate at LSA Anaconda.

photos by Pfc Jason Mikeworth

Download the Anaconda Times at: www.mnf-iraq.com/publications_theater.htm or www.dvidshub.net

Freedom Radio Frequencies



- 107.7 Baghdad
- 107.9 Sinjar
- 105.1 Mosul, Fallujah
- 107.3 Balad, Kirkurk, Tallil, Ar Ramadi
- 93.3 Q-West, Tikrit, Al Asad
- 107.1 Ridgeway
- 102.5 Camp Taji

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I AM AN AMERICAN SOLDIER...

I AM SFC DAVID DODSON



Photo by Lt. Col Martin Moerschell



Photo by TSgt Jeremy Lock

I AM CAPT.
DAVID CALLAWAY



Photo by Sgt. 1st Class David McCarty

I AM SGT. DANILA L. JONES

SERVING IN IRAQ THE WEEK OF JULY 16, 2006

email us your American Soldier photo to: mark.bell@iraq.balad.us.army.mil

Postal unit brings much-needed service to remote locations

by Spc. Amanda Solitario

Anaconda Times Staff Writer

LSA ANACONDA, Iraq -- Sometimes, delivering a letter home from a combat zone, requires more thinking than firepower.

When the 1/795th Postal Company, from Bethany, Mo., arrived at Logistical Support Area Anaconda, its mission was putting unit members in danger on a daily basis.

Along with collecting the mail at Anaconda, the unit was tasked with postal service for the forward operating bases in the area. The unit would convoy to the satellite bases and regularly deal with improvised explosive devices, small arms fire and mortar attacks, said 1st Lt. William Armstrong, officer in charge at the main post office.

"We took a step back and said how can we make this better? How can we make this safer for everyone?" said Staff Sgt. William Woodward, postal technical inspector for the main post office.

The unit decided they could serve the Soldiers better by building post offices at the outlying bases to offer them postal service seven days a week compared to one day every two weeks, said Staff Sgt. Kenneth Riley, the postal supervisor.

"Some people didn't think we could do it, but we could, because of the tremendous amount of experience this platoon has. The key is to think smarter and not harder, simplify everything and have a can-do positive attitude," Armstrong said.

The unit ordered materials from the LSA Anaconda lumberyard and began the building of permanent offices. Sgt. 1st Class Patrick

Jones, company first sergeant, and Woodward, who are professional carpenters back home in Missouri, were the masterminds behind construction operations, said Armstrong.

They found potential sites for the buildings and built many of them from scratch. Now, instead of taking periodic trips to those bases, other units convoying there daily, drop off and pick up the mail, bringing it back for processing to Anaconda, he said.

These were not the only improvements made with the postal service at LSA Anaconda. In February, the 1/795th was transferred from the West Side Post Office to the new Joint Military Mail Terminal. It was here they established an electronic conveyor belt system, which carries more than 15,000 pounds of mail daily, to alleviate the amount of back-breaking work, said Armstrong.

"Originally we were lifting all these boxes by hand three or four times. Now we just place it on the conveyor and take it off," said Woodward.

Since June, the 1/795th has been serving the LSA Anaconda community at the Main Post Office on Pennsylvania Ave. In a month's time, they have been able to construct a new



Photo by Spc. Amanda Solitario

Spc. Brian McNeil, from Little Rock, Ark., the supply noncommissioned officer for the 1/795th Postal Company, loads the day's mail into a connex. The mail has already been sorted and weighed so it can reach its correct destination.

loading bay, five customer service centers, a room for official mail, two offices, and a deck. They also hope to put in a sidewalk for their customers if the time and materials permit, said Woodward.

In order to make the innovations a success, everyone had to help out. Some of the Soldiers rearranged the layout of the main room so customers could move around more efficiently. Others worked more like a construction crew, tearing down old clerk counters and installing new ones, Armstrong said.

"Everyone pitched in to help out. It was a

team effort," he said.

The unit still has a few more months at LSA Anaconda before they turn over their keys to another unit. They have made many improvements to ease the mailing process for deployed service men and women in the future.

"I am extremely proud to be associated with such an outstanding team, and I think we have accomplished our main mission, which was to make a lasting contribution to all servicemembers on LSA Anaconda," said Armstrong.

407th Security Forces hand perimeter defense mission to Army

by Master Sgt. Andrew Gates

407th Air Expeditionary Group

Ali Base, Iraq -- After more than three years of protecting Ali Base, the 407th Expeditionary Security Forces Squadron "Desert Hunters" turned over the perimeter defense mission to the Army's 528th Quartermaster Company in a ceremony June 30.

The ceremony was the culmination of a month of training by the "Desert Hunters," bringing their Army counterparts up to speed on applicable tactics, techniques, and procedures.

This will be the first time since Ali Base opened in March 2003 that Air Force security forces specialists haven't provided perimeter security, said Chief Master Sgt. Robert Henson, 407th ESFS security forces manager, during the ceremony.

"Several months ago, as we realized the Air Force would no longer have permanently assigned aircraft at Ali, the Air Force knew we would need to hand over this defense mission to the Army," he said.

The beginning of the ceremony officially recognized the efforts of the 164 Soldiers who completed the training, provided by members of the 407th ESFS.

"They studied all aspects of integrated base defense for the first two weeks of training," said Chief Henson. "For the last two weeks, they worked side by side with our 'Desert Hunters' to get a feel for the area and



Army Capt. Joshua Dalton, 528th Quartermaster Company, accepts an M-9 magazine from Col. Victor McCagnan, symbolizing the company's acceptance of the Ali Base and LSA Adder perimeter defense mission. (Photo by Staff Sgt. Rasheen Douglas)

got practical experience on defending the base. I am confident that these Soldiers are prepared to conduct defense of Ali Base."

After the graduation ceremony, the Air Force officially handed over responsibility to the Army. In a normal environment, the transfer of authority is represented by the passing of a flag. In this instance, the outgoing Air Force commander unloaded his M-9 and relinquished the magazine, symbolizing

the end of the active mission, according to Chief Henson, while the assuming Army commander accepted, and loaded, an M-9 magazine.

"This is bittersweet for me," said Maj. Benito Barron, 407th ESFS commander, during the ceremony. "The 'Desert Hunters' had a mission that was meaningful and fun -- we had the opportunity to go outside the wire and make a difference. But I know that the

legacy of the 'Desert Hunters' will survive -- because the Soldiers learned from the best and will do a great job protecting Ali Base."

Army Capt. Joshua Dalton, the commander of the 528th Quartermaster Company which is assuming the mission, was equally enthusiastic.

"I couldn't be prouder that I am to serve with you Soldiers," he said of the incoming perimeter defense team. "You are going to do a great job -- you Soldiers have trained hard -- harder than I expected -- to get where you are today."

Because the Army is taking over the perimeter defense mission, more than 170 Air Force security forces "Defenders" are redeploying out of Ali -- either filling in security positions around the theater or returning home. They were recognized during a ceremony July 1.

"Desert Hunters, this is one of the proudest moments of my career. Being able to award you the Iraq Campaign Medal is a moment I will always cherish. But please understand, this is not given to you, it is earned," said Major Barron. "You have endured tremendous climatologically adverse conditions; extreme heat, sand storms, and high winds to name a few. And you did it in full battle rattle (protective gear) and some of you were in the rolling ovens we call Humvees. You can be proud of being a combat veteran -- proud that you are a 'Desert Hunter.'"

Baker takes support company command

by Pfc. Paul J. Harris

3rd HBCT, 4th ID PAO

BALAD, Iraq (June 16, 2006) -- Capt. Karen Baker took command of a forward support company for 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers at a change of command ceremony at Forward Operating Base Paliwoda, June 15.

The company guidon was passed from Maj. Siegfried Ullrich, outgoing commander, Forward Support Company F, 1-8 Combined Arms Battalion, to Lt. Col. Jeffrey Martindale, commander, 1-8 Combined Arms Battalion. He then presented the guidon to Baker, signifying the change of command.

“Now the Workhorse guidon is entrusted to another great leader,” Martindale said. “Capt. Baker brings a new energy and spirit to this outstanding company and through her leadership and focus on the basics will take this company to the next level.”

Baker previously commanded Company E, 64th Brigade Support Battalion attached to 1-8 Combined Arms Battalion. It was Baker’s awareness of details as 64th Brigade Support Battalion’s adjutant that caught the attention of Col. Brian D. Jones, commander, 3rd Heavy Brigade Combat Team, who appointed her to the position.

“Her performance as a staff officer in the 64th Brigade Support Battalion was very strong,” Jones said. “She is well grounded

in the basics and will do well commanding a company. I have tremendous confidence in her abilities.”

Baker is this brigade’s first female forward support company commander, a position that she said she takes pride in achieving, not for the gender aspect, but to command a vital part of the Iron Brigade’s mission in Iraq.

The company has conducted 200 missions, transporting a total of 1 million gallons of fuel, 300,000 gallons of water and more than 300 detainees.

Baker attributes the successes to the core command of the company, the lieutenants and the noncommissioned officers, they, along with Ullrich, briefed her on the training, tactics and procedures, she said.

She now commands a company with 230 Soldiers, compared to eight Soldiers she had at the S-1 shop with 64th BSB.

Sgt. Shannon Wyatt, human resource noncommissioned officer, Headquarters and Headquarters Company, 64th BSB, said even though Baker was strict, she was fair and her approachable demeanor made her successful as the S-1. Wyatt said and she



Photo by Pfc. Paul J. Harris
Capt. Karen Baker, native of Allentown, Pa., commander, Company E, 64th Brigade Support Battalion, attached to 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, receives the guidon from Lt. Col. Jeffrey Martindale, commander, 1-8 CAB, during a change of command ceremony Thursday at Forward Operating Base Paliwoda near Balad, Iraq.

believes that will carry over to her new job.

Sgt. Renee Kobler, dietician, Company F, 1-8 Combined Arms Battalion said Baker is very interactive with the Soldiers. Whether it is just to chit chat or go over safety procedures she is very eager and open to communicate with the noncommissioned officers and junior enlisted Soldiers.

Jones said gender was never a factor for his decision to appoint Baker to her new position.

“We place the most qualified captains in the positions available,” Jones said. “Command of a forward support company is not a gender coded position. If she’s qualified, why not?”

NCO earns safety award for snuffing out a fire

by Master Sgt. Julie Briggs

332d Air Expeditionary Wing

LSA ANACONDA, Iraq -- A metal technician assigned to the 332d Expeditionary Maintenance Squadron received a safety award for snuffing out a fire last month in the library.

Staff Sgt. William White received his award from Brig. Gen. Frank Gorenc, 332d Air Expeditionary Wing commander, during the monthly safety awards presentation.

White, who has since returned to Hill Air Force Base, Utah, was looking for a book to read May 9 when he said he felt heat on the back of his neck.

“A few minutes before the lights had popped off and we were using light from an open door to see,” said White. “A few

minutes later I felt the heat. I turned around and saw flames shooting down from the ceiling.”

Stepping out from behind the bookcase, White said he told the librarian to evacuate the building and to call the fire department.

Instead, “she jumped up and ran out the door,” White said, leaving himself and a handful of others behind.

“That’s when I told the security forces guy working at the computer behind me to evacuate the building and to call the fire department,” White said. He then grabbed the fire extinguisher, pulled the pin, aimed the nozzle and squeezed the handle, spraying the fixture with foam and putting out the fire.

His quick thinking and immediate response saved the library and prevented the nearby building from catching fire,

said fire officials here. According to firefighters, the wiring in the light’s ballast had shorted, causing the fire.

White said seeing the flames didn’t scare him because he’s used to working with heat and fire.

“In our welding shop, seeing fire is common,” White said. “In the shop, we sometimes have sparks start tiny fires near the welding area. We just pat it out with our gloved hands.”

In fact, the father of three said reacting to the potentially harmful situation was a natural reaction, saying that the annual fire extinguisher training also helped.

“I did what I was supposed to do,” he said. “After it happened, I said to myself, ‘Damn. I guess you do take in something during those fire extinguisher classes.’”



Photo by Master Sgt. Julie Briggs
For extinguishing a fire at the Balad Air Base’s library in Iraq, Staff Sgt. William White (right) received a safety award from Brig. Gen. Frank Gorenc, 332d Air Expeditionary Wing commander.

SECURE YOUR GEAR

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for Soldiers, about Soldiers, by Soldiers

From Krypton to Anaconda

Movie provides super thrills

You've been gone for five years.

When you get back home, you find out the girl you love is engaged and has a kid.

The man who has sworn to kill you is out of prison thanks to your absence.

Your house has been broken into and you confirmed that your birth parents and any blood relations you have are dead.

Maybe it is tough to be Superman.

The movie "Superman Returns" sets out to brush off the cinematic dust from the superhero icon, and mostly succeeds.

Echoing the renovation of the Batman franchise, the new movie essentially takes up sometime after "Superman II" left off, erasing the stains left by the third and fourth films. Director Bryan Singer mirrors the first two movies to the degree that even the music and opening credits are the same.

The movie isn't a carbon copy of past glories, however. This is a modern story with adult attitudes. Superman (Brandon Routh) finds his every move tracked by bystanders with video cameras and the fact that Lois Lane (Kate Bosworth) hasn't married her child's father is treated as the non-issue it is.

The special effects are amazing throughout. This movie won't just convince you a man can fly, it gives you a solid feeling what it might be like to be Superman. The effects are convincing enough that you'll wince as a plane flies at the screen.

Routh steps into the boots left by Christopher Reeve nicely, showing us that while he can toss cars around like Tinkertoys, Superman is just a nice guy trying to do the right thing. He doesn't channel Reeve, but recreates the character. Frankly, he makes Clark Kent less of a dork.

Likewise, Bosworth is admirably hard-nosed and conflicted about the return of her hero. She faces the possibility of having to choose between nice guys, one in tights and the other a newspaperman played by James Marsden.

The love story doesn't get shorted, which leads to some slow scenes and a lot of emotional handwringing. This is balanced by plenty of cliffhanger action scenes, surprises and sly humor, much of it provided by Lex Luthor (Kevin Spacey).

I would have liked there to be more super villains and fight scenes, but these are minor complaints for an excellent movie. Besides, I suspect more villains and fight scenes will be arriving for the deserved sequel.

Hundreds receive thanks from the states at movie premiere

stories and photos by Sgt. Gary Witte, Anaconda Times Staff Writer

LSA ANACONDA, Iraq -- The postcard, with its childlike writing, used the Superman symbol as the first letter in the word Soldier.

It was one of about 700 cards handed out to the servicemembers who attended the July 4 premiere of "Superman Returns" at Sustainment Theatre here. The cards were filled out by civilian theatergoers in the states as personal messages to deployed troops.

"I think that's very nice," Spc. Clinton A. Ferguson, a member of the 322nd Maintenance Co., said. "It lets us know people still support us at home."

The cards referred to the troops as "true super heroes" and came from throughout the United States. Some had smiling cartoons and others had photographic stickers from their writers. Some were even in Spanish.

The LSA Anaconda premiere of the movie attracted far more than 700 Soldiers. The theatre was filled to capacity and even those who showed up a half-hour early were turned away.

Ferguson, who is from Cincinnati, Ohio, said he grew up watching the Superman cartoons and is now a fan of "Smallville," the TV show that portrays a young Man of Steel.

"He's one of the superheroes that's hard to beat," Ferguson said while waiting outside the theatre. "You put him against any other superhero, he'll come out on top."

Sgt. Jimmy L. Steinberg, with Charlie Battery, 1-17th Field Artillery, had seen all of the previous movies and had a different reason for his appreciation of Superman.

"It's his sense of justice," Steinberg said. "He knows right from wrong."

It hurts me to know how far away you are from home ... But it makes me proud in all you have been doing. Keep on truckin' on ... You'll be home soon.

- Farrah, Minneapolis, Minn.

Superman wasn't the favorite of everyone in the crowd.

"I'm a Spiderman fan. And Wolverine," Capt. William A. Brown Jr. said as he waited

for the show to start.

Brown, the squadron surgeon for 167th Cavalry (RSTA), said when he took his wife and children to visit Universal Studios, he was the one who got his picture taken with Spiderman. His son, aged 3-and-a-half, prefers Batman.

Brown, who is from Stockbridge, Ga., still has hundreds of comics from his childhood, but doesn't consider them to be immature. He still occasionally purchases them and points to a psychological complexity comics have that doesn't always translate to other media.

"Comics are no longer for children," he said. "In the actual series, [heroes] don't always win. They lose people they love. It's a lot more realistic, if you can use that word."

For instance, Brown noted Superman must face the rigors of lying about who he is, survivor's guilt because of the death of his homeworld, and inadequacy while trying to live up to the expectations of his father.

"These are common human things," he said.

Brown himself had problems to deal with the evening of the premiere. His wife had just e-mailed him that she was in labor. He had planned to bear witness to his daughter's birth via video conference, but she was arriving two weeks before her due date.

"It's a little bit of a stress release," he said of the movie. "There's nothing for me to do but worry."

We will get through this.

- Pittsburgh, Penn.

There are many versions of Superman, including the George Reeves television show of the 1950s, the Christopher Reeves movies of the 1980s and the cartoon series of the



More than 700 people showed up July 4 for the LSA Anaconda premiere of the movie "Superman Returns", filling Sustainment Theatre to capacity. Each attendee was presented a postcard in appreciation for their service, filled out by civilians in the United States.

1990's. Many of the moviegoers debated whether the new movie would measure up to their favorite aspect.

Staff Sgt. Chris D. Botts, with HHB, 329th Field Artillery, was not optimistic.

"I don't think it will be as good as the old ones. It doesn't have Christopher Reeve," he said. "He was the man for Superman."

Sgt. Shawn D. Burke and Staff Sgt. Michael J. Burke are brothers who both serve with the 452nd Ordnance Co. They collected comics when they were kids and had seen "just about all" the movies. They liked what they saw in the "Superman Returns" previews.

"I'm kind of anticipating that he'll fit the part well," Michael Burke said of the latest actor playing Superman, Brandon Routh. "I'm definitely hoping for sequels."

Once the closing credits rolled, people gave their on-the-spot reviews. All those interviewed gave it thumbs up.

Staff Sgt. Alexander Campillo, with Mobile Road Bridge Co., 50th Engineers, said parts of the movie was slow, but he enjoyed it nonetheless.

"I liked the special effects," he said. "The action was pretty entertaining."

Who is your favorite superhero?



Spc. Jeffrey T. Ford

"I'll have to go with Spiderman. He was someone I looked at when I was a little kid and now my nephews watch him. I think it's sort of a tradition thing."



Spc. Erica A. Johnson

"Storm. Her mood was tied to the forecast."



Pfc. Kendra R. Enright

"I don't have a favorite. I never watched super heroes growing up."

Movie Schedule

Sustainer Reel Time Theater

(schedule is subject to change)

July 16

2 p.m. Superman Returns
5 p.m. Hoot
8 p.m. United 93

July 17

5 p.m. Superman Returns
8 p.m. Stick It

July 18

5 p.m. Hoot
8 p.m. Superman Returns

July 19

5 p.m. United 93
8 p.m. Stick It

July 20

5 p.m. Stick It
8 p.m. Superman Returns

July 21

2 p.m. R.V.
5 p.m. Poseidon
8 p.m. Pirates of the Caribbean

July 22

11 a.m.. Pirates of the Caribbean
2 p.m. R.V.
5 p.m. Pirates of the Caribbean
8 p.m. Poseidon



Religious Schedule

Roman Catholic Mass

Saturday 7 p.m. Eden Chapel (bldg. 4148)
Saturday 7:30 p.m. Tuskegee Chapel (vigil mass)
Sunday 8:30 a.m. Freedom Chapel
Sunday 9 a.m. Tuskegee Chapel
Sunday 11 a.m. Provider Chapel
Sunday 2 p.m. CJSOTF Chapel
Sunday 3:30 p.m. JSOAO-AP Chapel
Monday - Friday 7:30 p.m. Tuskegee Chapel
Sacrament of Reconciliation
30 minutes prior to each mass

Church of Christ

Sunday 11 a.m. 1/245th ATS Conference Room

Islamic Prayer

Friday 12:30 p.m. Provider Chapel

Samoan Congregational Service

Sunday 4 p.m. Provider Chapel

Latter Day Saints

Sunday 1 p.m. Provider Chapel
Sunday 7 p.m. Tuskegee Chapel

Jewish Prayer

Friday 6:30 p.m. Eden Chapel (bldg. 4148)

Lutheran

Sunday 8 a.m. Provider Chapel

Protestant-Gospel

Sunday 11 a.m. Sustainer Indoor Theater
Sunday 12:30 p.m. Freedom Chapel
Sunday 7 p.m. Provider Chapel

Protestant Praise and Worship

Sunday 9:30 a.m. Sustainer Indoor Theater
Sunday 9:30 a.m. Freedom Chapel
Sunday 5:30 p.m. Tuskegee Chapel

Protestant-Contemporary

Sunday 10 a.m. 299th FSB Tent Chapel
Sunday 11 a.m. Town Hall

Protestant-Traditional

Sunday 9 a.m. Air Force Hospital Chapel
Sunday 9:30 a.m. Provider Chapel
Sunday 11 a.m. Freedom Chapel
Sunday 11 a.m. Eden Chapel (bldg. 4148)

Protestant-Praise and Worship

Sunday 9:30 a.m. Sustainer Indoor Theater
Sunday 9:30 a.m. DFAC Four Overflow Room
Sunday 5:30 p.m. Tuskegee Chapel

Religious schedule subject to change

Movie Synopsis for July 16 - 22

Superman

PG-13, Action Violence, 153 min

Following a mysterious absence of several years, the Man of Steel, Superman, comes back to Earth-but things have changed. While an old enemy plots to render him powerless once and for all, Superman faces the heartbreaking realization that the woman he loves, Lois Lane, has moved on with her life. Or has she? Superman's bittersweet return challenges him to bridge the distance between them while finding a place in a society that has learned to survive without him.

Hoot

PG, mild bullying, language, 90 min

When a Montana boy moves to Florida and unearths a disturbing threat to a local population of endangered owls, three middle-schoolers take on greedy land developers, corrupt politicians, and clueless cops. Determined to protect his new environment, the boy and his friends fight to prevent the adults from making a big mistake.

Stick It

PG-13, crude remarks, 105 min

A 17 year-old, ex-gymnastics star with big family problems finds herself on the wrong side of the law after one-too many arrests. Forced back into the regimented world of gymnastics to clean up her act, she rediscovers her love of the sport and gets the chance to make peace with her dysfunctional life. Empowered by her transformation, she rallies fellow gymnasts to protest and outsmart outdated scoring methods at the National Championships.

United 93

R, Language, terror, violence, 111 min

A drama that tells the story of the passengers and crew, their families on the ground and the flight controllers who watched in dawning horror as United Airlines Flight 93 became the fourth hijacked plane on the day of the worst terrorist attacks on American soil: September 11, 2001.

Pirates of the Caribbean 2

PG-13, Adventure violence 145 min

Once again thrown into the world of the supernatural, Captain Jack Sparrow finds out that he owes a blood debt to the legendary Davey Jones, Captain of the ghostly Flying Dutchman. With time running out, Jack must find a way out of his debt or else be doomed to eternal damnation and servitude in the afterlife. And as if this weren't enough, the Captain's problems manage to wreck the wedding plans of a certain Will Turner and Elizabeth Swann, who are forced to join Jack on yet another misadventure.

Poseidon

PG-13, disaster and peril, 98 min

When a rogue wave capsizes a luxury cruise ship in the middle of the North Atlantic Ocean, a small group of survivors find themselves unlikely allies in a battle for their lives. Preferring to test the odds alone, career gambler John Dylan ignores captain's orders to wait below for possible rescue and sets out to find his own way to safety.

July 16

Hip Hop Dance Class
8 p.m.
East Recreation Center

Poker Tournament
6 p.m.
East Recreation Center

Magic Tournament
1 p.m.
West Recreation Center

Green Bean Karaoke
8 p.m.
West Recreation Center

July 17

8-Ball Tournament
8 p.m.
East Recreation Center

Karaoke
8 p.m.
East Recreation Center

9-ball Tournament
8 p.m.
West Recreation Center

Purfect Angels
8 p.m.
West Recreation Center

July 18

Table Tennis Tournament
8 p.m.
East Recreation Center

Swing Dance Lessons
8 p.m.
East Recreation Center

Foosball Tournament
8 p.m.
West Recreation Center

"So you think you can dance?"
8 p.m.
H-6 Fitness/Rec Center

Tuskegee Airman B-Day Bash
8 p.m.
H-6 Fitness / Rec Center

Swim Lessons
Level 1 – 8 p.m. (indoor)
Level 2 – 9 a.m. (outdoor)
Level 2 – 7 p.m (indoor)
Level 3 – 9 a.m. (outdoor)

ANACONDA ACTIVITIES

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to add your activity to the event calendar, email mark.bell@balad.iraq.centcom.mil

July 19

9-Ball Tournament
8 p.m.
East Recreation Center
Ballroom Hustle Class
8 p.m.
East Recreation Center

July 20

Country Dance Class
8 p.m.
East Recreation Center

Texas Hold'em Tourney
8 p.m.
East Recreation Center

Halo 2 Tournament
8 p.m.
West Recreation Center

Swim Lessons
Level 1 – 8 p.m. (indoor)
Level 2 – 9 a.m. (outdoor)
Level 2 – 7 p.m (indoor)
Level 3 – 9 a.m. (outdoor)

July 21

Chess Tournament
8 p.m.
East Recreation Center

Caribbean Class
8 p.m.
East Recreation Center

Salsa Class
8 p.m.
West Recreation Center

Sidewinders
8 p.m.
H-6 Rect Tent

Unit Feud
8 p.m.
H-6 Fitness / Rec Center

25m Doggy Paddle/ 25 meter beginner swim
7:30 p.m.
Indoor Pool

July 22

Salsa Class
8 p.m.
East Recreation Center

Texas Hold'em Tourney
8 p.m.
West Recreation Center

Country Dance Class
8 p.m.
West Recreation Center
Popeyes Chicken
8 p.m.
H-6 Fitness / Rec Center

500m Breaststroke
9 a.m. and 7:30 p.m.
Indoor Pool

July 23

Hip Hop Dance Class
8 p.m.
East Recreation Center

Poker Tournament
6 p.m.
East Recreation Center

Magic Tournament
1 p.m.
West Recreation Center

Green Bean Karaoke
8 p.m.
West Recreation Center

July 24

8-Ball Tournament
8 p.m.
East Recreation Center

9-ball Tournament
8 p.m.
West Recreation Center

Karaoke
8 p.m.
East Recreation Center

Apollo Night
8 p.m.
H-6 Fitness / Rec Center

July 25

Table Tennis Tournament
8 p.m.
East Recreation Center

Swing Dance Lessons
8 p.m.
East Recreation Center

Foosball Tournament
8 p.m.
West Recreation Center

Combat Scavenger Hunt
8 p.m.
H-6 Fitness / Rec Center

Swim Lessons
Level 1 – 8 p.m. (indoor)
Level 2 – 9 a.m. (outdoor)
Level 2 – 7 p.m (indoor)
Level 3 – 9 a.m. (outdoor)

July 26

9-Ball Tournament
8 p.m.
East Recreation Center

Ballroom Hustle Class
8 p.m.
East Recreation Center

100m Butterfly Race
7:30 p.m.
Indoor Pool

July 27

Country Dance Class
8 p.m.
East Recreation Center

Battlefield Ground Tourney
8 p.m.
East Recreation Center

Caribbean Class
8 p.m.
East Recreation Center

Salsa Class
8 p.m.
East Recreation Center

Swim Lessons
Level 1 – 8 p.m. (indoor)
Level 2 – 9 a.m. (outdoor)
Level 2 – 7 p.m (indoor)
Level 3 – 9 a.m. (outdoor)

July 28

Salsa Class
8 p.m.
West Recreation Center

July 29

Salsa Class
8 p.m.
East Recreation Center

Texas Hold'em Tourney
8 p.m.
West Recreation Center

Sports Day w/ Pizza Hut
7 p.m.
H-6 Fitness / Rec Center

500m Breaststroke
9 a.m. and 7:30 p.m.
Indoor Pool

July 30

Hip Hop Dance Class
8 p.m.
East Recreation Center

Poker Tournament
6 p.m.
East Recreation Center

July 31

8-Ball Tournament
8 p.m.
East Recreation Center

Karaoke
8 p.m.
East Recreation Center

100m IM and 50m Backstroke Competition
9 a.m. and 7:30 p.m.
Indoor Pool

August 1

Karate Lessons
5 p.m.
West Recreation Center

Country Dance Lessons
8 p.m.
West Recreation Center

August 2

Magic Tournament
1 p.m.
West Recreation Center

Green Bean Karaoke
8 p.m.
West Recreation Center

Night in the Park
8 p.m.
West Recreation Center

August 3

9-ball Tournament
8 p.m.
West Recreation Center

Karaoke
8 p.m.
East Recreation Center

Bringing World Cup closer

by Pfc. Paul J. Harris

3rd HBCT, 4th ID PAO

BAQUBAH, Iraq – With “World Cup fever” currently gripping the globe, many of my American friends here and back home keep asking me “What is the big deal?”

Let me try and put it into perspective: I grew up a child of immigrants. My mother and father came to the United States from England in 1963. My father was in the British Army during the 1950s before taking a job as a mechanic for Rolls Royce Motors, which was a catalyst in bringing them to California, where I was born and grew up.

My earliest memories of bonding with my father, like those of many of my male friends, were watching sports. It was at these moments that he would try to explain the offside trap to me and recount the glories of England winning its only World Cup to date, in 1966.

Those of you from Texas who can remember watching the 1981 NFC championship game between the Cowboys and 49ers when Joe Montana hit Dwight Clark in the back of the end zone to send San Francisco to its first Super Bowl, I can feel your frustration.

I can vividly remember my father going absolutely ballistic during the infamous Diego Maradona “Hand of God” goal during England and Argentina in the 1986 World Cup in Mexico.

The games have much more meaning than what is displayed on the pitch. England and Argentina had recently fought a war over the Falkland Islands – losing the way England did was more salt in an open wound.

That’s what is really spectacular about the games. It is the sense of nationalism that comes out in people from all over the world. It is what brings people out into the streets to cheer and party like it is Mardi Gras.

The U.S. caught a glimpse of what could have been in the 2002 World Cup before losing in the quarterfinals to Germany. We had high hopes this year and were expecting to do better than failing to get out of the group stage.

I also had high hopes of going to the games this year in Germany; unfortunately my leave was pushed up to March. It was around this time that the idea of bringing the World Cup to Forward Operating Base Warhorse came to me. I wanted to bring that sense of national pride to the diverse multicultural group we have on the base.

After putting up a couple of flyers and getting six nations to play, I had no idea of the turnout the base would produce. During the Sierra Leone vs. Republic of Georgia game in the opening round, there were an estimated 200 people watching on the sidelines – all for a soccer game played on a dirt field in the middle of a war in the desert!

I felt a great sense of pride when I saw a large group of Iraqi workers holding a huge American flag and cheering on the 3rd Special Troops Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, in its game against Turkey.

Maybe through the beautiful game we made a dent in the right direction in the relations of our respective countries. That is why the World Cup is a big deal to me.

3rd COSCOM Soldier wins weightlifting competition

by Spc. Alexandra Hemmerly-Brown

Anaconda Times Staff Writer

CAMP BUEHRING, Kuwait – The sound of dumbbells clanging have become familiar to Maj. Sherelle P. Simmons, since her hobby turned competitive.

Simmons, a corps distribution center officer for 3rd Corps Support Command (COSCOM), is also a competitive weight-lifter.

Simmons, 42, of Olathe, Kansas, began weight-lifting here a few months ago after expressing her fitness goals to a colleague, Staff Sgt. Kevin Carter. He offered to train her, and a pastime became a pursuit.

“I started this out as a means of getting fit, and now it’s gotten to the point where my trainer has so much confidence in me,” she said. “He pushes me to levels that I don’t think I can go.”

Since entering contests here, Simmons has won the competitive lifting competition, the military press, and the repetition competition for her weight class.

She said her starting goal was to be in good shape for her husband and children when she returns home for leave, but her new fitness routine is also helping to set an example.

“I have two daughters, and I want them to see me in good shape. I want them to say, ‘Hey, I want to be like Mom,’” Simmons said.

Her weight-lifting is already starting to show results aside from winning competitions, and others are taking notice.

“I’ve noticed differences in her overall as far as self-motivation, spiritually, and physically,” said Capt. Edlizen W. Miller, the 16th CSG liaison officer for 3rd COSCOM of Gary, Ind., Simmons’ workout partner.



Photo by Spc. Kevin McSwain

Maj. Sherelle P. Simmons, a corps distribution center officer for 3rd COSCOM at Camp Buehring, Kuwait, pumps some iron with her lifting partner, Capt. Edlizen W. Miller. Both Simmons and Miller compete in weight-lifting competitions with and against each other.

The two women had been working out together since November before each started working with separate trainers. They now compete against each other.

Simmons plans to continue weight-lifting throughout her deployment, and hopes to find a trainer when she returns home.

“I’ll see if I can find a personal trainer like Sgt. Carter,” said Simmons.

For more information on weight-lifting competitions or to enter one, visit the Morale, Welfare, and Recreation center for a schedule of events.

Fitness is key element to teamwork

by Sgt. Kevin McSwain

Anaconda Times Staff Writer

CAMP BUEHRING, Kuwait – Sgt. Heather Skidis goes to the gym six times a week, but said teamwork gets her there.



Sgt. Heather Skidis and Staff Sgt. Rodney Blackwell, work out together in the Camp Buehring fitness center after work.

Skidis, a transportation coordinator for the 53rd Movement Control Battalion, said a fitness partner pushes you to work harder, keeps you on track and – most importantly – keeps your workouts interesting.

Her fitness partner is Staff Sgt. Rodney Blackwell, a chemical corpsman. Both are assigned to the battle staff of 3rd Corps Support Command (COSCOM). The military is based on teamwork and cooperation, so needing a partner is only natural, Skidis said.

“If it wasn’t for Sgt. Blackwell, I wouldn’t come in here,” she said of the gym, noting her goal is to maintain her level of fitness.

Beginning a physical training program with a partner can be as simple as working out together once a week and increasing the amount of training from there.

“Running together at night started it all,” Blackwell said.

He said a routine helps each person in a group set their personal schedule, which also helps their bodies stay on a steady routine of rest and recovery.

Skidis and Blackwell work out in the evenings for about an hour. He said it was the best time for both because they are off-duty and they have no excuse for not exercising. They began using the gym because of its availability and the fact that there is a greater variety of cardiovascular exercises available.

It is important that a fitness partner has

similar fitness goals or is someone you feel comfortable with to help track your progress. Time goes by faster when there is someone to work out with, Blackwell said.

Partners can also help each other stay healthy by monitoring each other’s nutrition.

“After we stopped eating junk, my stamina began to increase even faster,” Blackwell said.

Individual training should still be conducted to supplement the workouts being conducted as a group. This ensures everyone is getting an adequate amount of training in all the areas they feel are important.

Blackwell and Skidis conduct their muscle-strengthening programs separately. He lifts weights in the mornings and Skidis does pushups and sit-ups in her room because their strength goals are so different, he said.

Nevertheless, partners help you stay focused on your fitness goals outside of the gym so you don’t lose all of the benefits of your hard work, he said.

The benefits of having a physical partner can carry over into an individual’s work environment.

Blackwell said maintaining his fitness has helped him maintain better concentration at work. The body can also better adapt to extreme conditions.

“The heat of the desert no longer bothers me and I think it is due to the fact that we work out daily,” he added.

'Pacesetters' conducts diverse missions

story and photos by Pfc. Paul J. Harris

3rd HBCT, 4th ID PAO

LSA ANACONDA, Iraq - The Soldiers of 3rd Battalion, 29th Field Artillery, thought they were coming to Iraq simply to provide fire support for Logistical Support Area Anaconda.

The unit, which falls under 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, did not realize in addition to providing fire support, its mission would change constantly and it would end up being more like a maneuver battalion than a fires battalion.

Command Sgt. Maj. Dean Keveles, 3rd Battalion, 29th Field Artillery, said the battalion task force is probably the most unique of any task force that has ever been.

"The thing that allows me to hold my head up high on this place is the ability of my Soldiers to adjust to this type of mission ... that has made us so diversified," Keveles said. "What is the motto of the field artillery? 'The King of Battle.' We can adapt and overcome."

One vital mission of the unit is to deal with mortar or rocket fire onto Anaconda. The incoming round immediately causes a counterfire mission request. It is up to Sgt. 1st Class Alberto Vasquez, battalion chief fire control noncommissioned officer, 3rd Battalion, 29th Field Artillery, to make sure the airspace around the Logistical Support Area is clear before sending the fire mission down to the fire teams.

The hard part is clearing the area for collateral damage, Vasquez said, noting they work closely with the Air Force to get aerial visuals to make sure they do not shoot into a populated area.

All Vasquez has to do to get clearance is



Staff Sgt. Donald White, native of Griffin, Ga., patrol leader, Battery B, 3rd Battalion, 29th Field Artillery, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, talks to an Iraqi man about activity in his area during a recent patrol.

pick up a dedicated phone to Balad Air Tower and tell them which type of gun he is preparing to fire. Within seconds the tower can give him clearance. With Balad Air Base, being one of the busiest airports in the world, not every clearance request is granted.

"It gets frustrating because your sole mission is to protect the Logistical Support Area," Vasquez said. "You are receiving indirect fire from the enemy and you want to shoot back but you can't because of air clearance."

"Just because a bad guy shoots from behind a school, we do not want to destroy that school," Keveles said. "That is the difference between us and them, our morals and our values govern our behavior. We are not willing to put innocent lives at stake to reach our ideals and goals as much as they are."

The Raven is mostly used for "terrain denial," said Sgt. Nathan Wyatt, personnel administrative assistant and lead raven opera-

tor, Headquarters and Headquarters Battery, 3rd Battalion, 29th Field Artillery.

Wyatt said most of the time insurgents can hear the plane so they know they are being watched, it keeps them out of areas the unit is patrolling and prevents them from placing an improvised explosive device or mortar tube by the side of the road.

The Raven can be flown from inside a moving vehicle, giving more aid to patrol outside the wire. The area tasked out to 3rd Battalion, 29th Field Artillery, to patrol and secure is equivalent to three times the size of Colorado Springs, Colo. It is the Soldiers in these patrols who have had to learn new systems like the Raven and adjust the most out of any other system in the Pacesetter Battalion.

Staff Sgt. Donald White, patrol leader, B Battery, 3rd Battalion, 29th Field Artillery, has covered most of the terrain and has had to wear many different hats doing so. In addition to fighting the enemy, he and his patrols have also had to help train and work with Soldiers from 4th Battalion, 1st Brigade, 4th Iraqi Army Division and diplomats in dealing with

the Iraqi people he encounters on patrol.

On a recent patrol, he heard mortar fire coming from a house in the town of Abu Hishma, he said. Upon approaching the house, it was discovered the insurgent round had detonated in the courtyard, killing an Iraqi girl.

White said he returned to the house the next day to offer his condolences to the family and to tell the father of the little girl, "We are here to catch the people who did this to your little girl."

Keveles attributes a lot of the success 3rd Battalion, 29th Field Artillery, has had to the senior command for empowering the noncommissioned officers, letting them learn from their mistakes and expand their capabilities.

"Instead of telling them how to do every little step of the mission, we allow them to use their brain cells," Keveles said.

With Soldiers going out on patrols every day and new armor and technology being added to the Humvee, it creates a lot of wear and tear on the vehicle. The amount of maintenance the vehicles require in a desert condition keeps the maintenance crews of Company G Forward Support Company very busy.

"The Humvee was never designed to do what it is doing now; it was a replacement for the jeep," said 1st Sgt. Richard Koeppel, first sergeant, Company G Forward Support Company, 64th Brigade Support Battalion, attached to 3rd Battalion, 29th Field Artillery. "For what it does it is superb."

Koeppel said they have a lot of new Soldiers on their first deployment and one of the good things about being out here is the constant experience they are getting.

Napoleon said an army marches on its stomach and today's Army is no different. It was G Company's job to get food twice a day to places like Forward Operating Base O'Ryan where there is not a dining facility. The job has since been transferred to another battalion, but that does not mean the cooks' job is finished. They have been tasked out to Forward Operating Base Warhorse to provide security for the Provincial Reconstruction Team.



Pfc. Jonathan Gearhart, native of Virginia Beach, Va., cannoneer crew member, Battery B, 3rd Battalion, 29th Field Artillery, 4th ID, walks down the stairs of an Iraqi house during a search while the unit was on patrol.



An Iraqi girl stands next to a water drum where an insurgent mortar hit the previous day, killing a girl around the same age while she cut tomatoes.