

ANACONDA TIMES

AUGUST 16, 2006

PROUDLY SERVING LSA ANACONDA

TIME FOR CHANGE

NCOERs, OERs now
processed electronically

Page 6

Master of all

GARRISON LOGISTICAL CENTER KEEPS
ANACONDA'S INFRASTRUCTURE RUNNING
SMOOTHLY BEHIND THE SCENES

Page 4



Vol. 3, Issue 32

TF-548 >>



Photo by Sgt. 1st Class Sean Tafuya
*An Iraqi boy quickly takes an inventory of his
new toys delivered by Task Force 548.*

TF Soldiers change up mission to help youth

by Capt. Scot Keith

HHD, Logistics Task Force 548

LSA ANACONDA, Iraq - Soldiers with Headquarters and Headquarters Detachment, Logistic Task Force 548 can normally be found at Logistical Support Area Anaconda serving as the command and control element for a battalion of over 1,100. Based out of Fort Drum, N.Y., these hardworking 10th Mountain Division light infantry Soldiers provide 24-hour support to the Task Force's seven other companies at LSA Anaconda and numerous forward operating bases.

Recently, some of the headquarters Soldiers were given the chance to take on a mission of a different kind.

When working with E Company, 1st Battalion, 8th Infantry Regiment, 11 Soldiers from the HHD were able bring school supplies, sports equipment, and toys to one of the many small villages located near LSA Anaconda.

"We were looking for an opportunity for the Soldiers in the headquarters to give something to the outlying community and interact with the Iraqis," said 1st Sgt. Brian Hull, the Headquarters Detachment first sergeant. "This mis-

see Mission, Page 5

CORPS SUPPORT >>

5,000,000

-- the number of combined miles the 71st Corps Support
Battalion drove on Iraqi roads, two months still to go

- Page 16



Capt. Christian K. Olson examines a young Iraqi boy's new prosthetic eye after implanting it July 27.

Photo by Spc. Alexandra Hemmerly-Brown



"I will always place the mission first."

I am Staff Sgt. Jason Wayne Marsh, from Winston-Salem, N.C.

B Battery, 5th Battalion 113th Field Artillery >> Recovery NCOIC

One Team, One Fight

Command Sgt. Maj. Trent O. Ellis

4th Sustainment Brigade, 4th ID

As our fight against terrorism continues, it has become clear to me that phrase “one team one fight” has evolved into an operational concept. The role of the Army Reserves and National Guard has been, and continues to be, vital to our mission success. As an Active Duty Soldier for nearly 28 years, I would have never thought that our “part-time” Soldiers would be enduring these types of hardships and sacrifices. However, every rotation they deploy ready and capable to perform their mission.

From my foxhole I see these Soldiers conveying up and down the most dangerous roads in Iraq night after night delivering critical commodities to forward operating bases. The manner in which they prepare for these missions is nothing short of perfect execution. They understand the serious nature of these missions, the danger it involves, and they execute accordingly. I recognize them, not as Guardsman or Reservist, but as Soldiers who are doing their part to support our great nation during the war against terrorism.

A few weeks ago I watched my commander award the Purple Heart award to a young Sergeant who was hit with an IED while on patrol with our QRF. Fortunately, he was not seriously injured. However, the actions that he took during and after the attack demonstrated that a well trained Soldier is a well trained Soldier regardless of their military status. This young Sergeant happened to be from a reserve unit, but I would have never known, until he mentioned it. When the enemy detonated the IED he didn't care about this Soldier's component, so why should we.

Our National Guardsmen and Reservists embody the team concept we hold in such high regard. The transition from citizen Soldier to active duty Soldier can be a daunting one. These Soldiers have met that challenge with a sense of determination to succeed. They have trained on new equipment, implemented TTPs, and conducted live fire exercises with the same standards the active component used, and they have succeeded. The distinction between the Active duty, Army Reserve or National Guard is non-existent in theater. Our Soldiers, regard-

less of component, have performed their jobs with professionalism and the resolve to defeat a treacherous enemy.

The combination of support and services from the National Guard and the Army Reserve have allowed us to create a seamless force, with the mobility to move personnel, equipment and supplies to sustain the greatest fighting power this nation has ever seen.

Weekend warrior or part timer no longer applies to these men and women, they are Soldiers and as Soldiers they are not concerned with what component they belong to. They care only about the mission and serving their country in the most noblest of ways.

“Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishment toward organizational objectives. It is the fuel that allows common people to attain uncommon results”. This quote signifies the commitment of all of our Soldiers, regardless of component. This old active duty Soldier acknowledges all of your contributions. We are one team!



Command Sgt. Maj. Trent O. Ellis

Pest control, Iraq and the individual

by Capt. Darryl Forest

55th Medical Detachment (Preventive Medicine)

Humans share their space with insects and animals. However, sometimes that's not a good thing. Pest species are creatures other than humans that we wish didn't live or work with us.

There are several animals that we could be called pest species in Iraq. The most familiar pest species are rodents and insects because they can be found almost everywhere we live. However, bats, cats, birds, and other feral wildlife can also be considered pest species in your work and living areas. There are several things you as an individual can do to prevent having problems with these creatures.

The most important thing is to keep your area clean. This includes your working areas and your living areas. Basic sanitation will keep most pest species out of your area. Ensure your trash is routinely taken out, lids are kept closed on dumpsters, food items are stored and sealed properly so they don't attract insects and rodents, and spills are cleaned up immediately.

These simple sanitary procedures can do amazing things to keep insects, rodents, cats and other feral animals out of our living and work areas. In addition to the routine sanitation steps, do not purposely feed any of the local animals. Feral (wild) cats, dogs, and jackals are the most commonly seen animals on this LSA. They will stay in your housing area if you feed them.

Please remember that these are not your pets from home. These animals have had no veterinary care or any type of vaccination against any disease. They can transmit several life threatening diseases to you even if they appear normal. Besides the dangerous diseases they carry,

they also can give you the treatable yet annoying diseases like ringworm, intestinal parasites, tick-borne diseases, and flea bite dermatitis. These animals are heavily infested with internal and external parasites which can easily be passed unto you.

There have been several instances of bat colonies living in and around our buildings.

While unappealing, bats are a useful animal to have around just not necessarily living in the same space in which we live. Bats are an important part of the ecosystem. They eat insects as they fly which significantly reduces the number of harmful blood feeding insects that could potentially feed on humans.

The primary concern of exposure to bats is the possible transmission of the rabies virus. Rabies virus is transmitted via saliva or the guano (droppings) of bats. Most commonly, rabies is transmitted by being bitten by an animal that is shedding the rabies virus in the saliva. While the possibility of contracting rabies from bat guano is possible, it is highly unlikely unless you are in an enclosed space with a colony of bats. Spelunking (cave exploration) is an example of this type of exposure which obviously is not a possibility in Iraq.

There are a great number of birds on LSA Anaconda. Most of the bird species are doves, pigeons, and gulls. While there are several respiratory illnesses that can be contracted from birds, avian influenza has been the most discussed recently. Avian Influenza is a bird disease, not a human disease. Soldiers are no more at risk of contracting avian influenza than any other infectious disease. However, all Soldiers should refrain from touching or coming in close contact with domestic or wild fowl. In reality, the chances of contracting avian influenza

while in Iraq are much less than contracting some of the other zoonotic (animal diseases that are transmissible to humans) infections that are present in this country. Unless a Soldier has direct, sustained, close contact with domestic or wild fowl, the risks are minimal. If a Soldier exhibits flu-like symptoms such as headache, fever, aches, sore throat, and cold-like signs, they should go to the nearest Troop Medical facility for evaluation and inform medical personnel if they have been in direct contact with any domestic or wild fowl.

During transfer of authorities on the installation, it is critical to pass this information on to the incoming units. We will have large numbers of Soldiers housed in transient housing where it is even more important to keep the area clean.

In addition to the change of housing and the increase in population, the change of season will incur a possible rodent infestation. The weather will be cooling and the fields around the LSA will be harvested. These two factors will force rodents to seek shelter and food.

By following basic sanitation guidelines, limiting contact, and being smart you can prevent most problems with insects and feral animals in Iraq. While this seems to be a simple solution, please ensure your unit is practicing these preventive measures which will help keep Soldiers healthy and will significantly reduce the risk of contracting a zoonotic disease.

(Editor's note: Capt. Darryl Forest is the commander of the 255th Medical Detachment (Preventive Medicine) assigned to LSA Anaconda Iraq. CPT Forest in collaboration with the 72nd Veterinary Services and KBR Vector control submitted this article for publication in the Anaconda times.)

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Navy takes aim at IEDs

Sgt. Joshua Salmons

4th Sustainment Brigade, 4th ID

CAMP TAJI, Iraq – The unit patch is an off color compared with similar patches, their ranks may seem a little different and they use terms like ‘shipmates’; but the Navy personnel arriving in units throughout theater are every bit a part of Operation Iraqi Freedom as the branches traditionally attributed to the conflict in country.

Navy personnel from the Joint Crew Composite Squadron 1, formed specifically to join the Army’s fight in defeating IEDs, have been arriving to units of the 4th Sustainment Brigade for the past several weeks.

“We’re glad to be here; we’re glad to help,” said Navy Lt. Cmdr Lonnie Sharp, the brigade’s lead electronic warfare officer for its counter-IED section.

He and Navy Chief Petty Officer Sharie Randall form the team that manages other Navy personnel at the brigade’s subordinate battalions throughout the Baghdad area of operations.

One of the purposes for the Navy augmentation is to train Soldiers on the proper use

and maintenance on several existing Counter Radio-controlled Electronic Warfare (CREW) devices.

While Soldiers already receive basic operating instructions on the proper use of CREW systems, the Sailors’ specialized skill sets will allow them to go into further detail on the finer points of the equipment’s operation and maintenance.

“We bring the [technical] expertise to the counter-IED fight,” said Randall. “Our training will help them gain confidence in their systems and will help them maintain the equipment.”

By holding classes and explaining how to do simple things like tighten wires and clean antenna connections, the Sailors hope to keep

CREW systems on the roads longer, where they are saving lives.

There are plenty of myths surrounding CREW systems and how they interfere with other Army systems. Sharp and his teams hope to correct these misgivings about the counter-IED devices.

“I hear stories all the time about Soldiers turning [CREW devices] off,” Sharp said. “When CREWs don’t work, it’s usually something easy to fix, it’s just that Soldiers have never been told how to do it. We’re here to help



Photo by Sgt. Joshua Salmons

Navy Lt. Keith Littrel gives a class on proper CREW device operation and IED detection to 189th Corps Support Battalion Soldiers at Camp Taji June 20. Littrel is an electronic warfare officer assigned to the Joint Crew Composite Squadron 1, attached to the 189th.

fix that.”

“There’s enough stress on patrols without worrying about the equipment,” Randall said. “Soldiers should just have to worry about doing their jobs. Let us worry about the wires and if things are working right.”

While correctly functioning CREW systems are important, so too is teaching Soldiers to spot the various types of IEDs out on the roads. The best sensor on the battlefield is a situationally aware Soldier, Sailor, Airman, or Marine, Sharp said.

Sharp and his teams will serve year-long tours alongside their Army counterparts. With

the ever-changing technologies of IEDs and the equipment that fights them, having experts on the technologies that drive those pieces of equipment will help brigade Soldiers tremendously.

“From the Navy we can see different points of view,” Randall said. “It will take all branches working together to overcome the enemy.”

“If you teach someone how something works, they’ll believe it,” Sharp added, about his team’s training. “These [CREW systems] are a very important weapon in today’s battlefield and really can save lives. I hope we can show the Soldiers that.”

Striker fuel yard troops pump it out

Bulk farm stores, issues millions of gallons of most essential fuels to VBC customers

Spc. Henry Bull

282nd Quartermaster Company

CAMP STRIKER, Iraq – Since arriving to Iraq in early April, the 282nd Quartermaster (QM) Company from Montgomery, Ala., has been tasked to support several units and operations throughout the greater Baghdad area.

Also tasked to operate and maintain a bulk fuel farm with an overall capacity of 1.9 million gallons, the 282nd ensures availability of fuel for retail points, diesel powered equipment, and both military and civilian vehicles.

The platoon command team of 1st Lt. Alice French and Sgt. 1st Class Jerome McBurrough of the 282nd QM ensures the farm meets customer demands while at the same time maintaining the environmental and safety standards of not

only the military but also of the installation.

Two of the soldiers making a difference at the fuel farm are Spc. Thomas Newkirk, and Sgt. Kennie Gray.

“One of our daily duties is to make sure that each 350 GPM (gallons per minute) pump is properly checked and inspected,” said Newkirk. “This is to ensure that there isn’t any corrosion, leaks on the pumps, and that the system functions properly. We also submit weekly samples of fuel to Sather Air Force Base for numerous tests.”

There are three types of fuel stored and maintained at the bulk fuel farm: JP-8, MOGAS and DF-2. The majority of the military’s tactical vehicles rely heavily on JP-8, so of the fuel types, it is the one that is most critical. In fact, on one busy day approximately 220,000 gallons of JP-8 was issued at the yard. MOGAS is used mainly for civilian vehicles and gasoline powered equipment while DF-2 is used mainly for generators.

Kellogg, Brown and Root (KBR) lends a much appreci-

ated hand in the bulk fuel operation by receiving and issuing the fuel. KBR personnel work alongside the 282nd to ensure the bulk-fuel farm is managed effectively and safely.

Along with the actual management of the fuel farm is the fuel transactions tracking and documentation. Without the detailed accurate information from the fuel farm, the customers and units of the greater Baghdad area would not get properly allocated fuel sourcing.

Safety is a priority to this operation. Ensuring that all pumps and filter separators are grounded and the use of personal protective equipment (PPE) such as goggles and coveralls are just a few of the measures that keep the fuel team and its customers safe.

When asked why this particular task is essential to the military’s overall mission, Gray stated, “Fuel is very important because there is not a single mobile operation that can run without it. Without fuel, there’s no fight.”

ARMY RESERVE CAREER COUNSELORS

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ARMY RESERVE

It's not your everyday job.

Military, contractors working together for servicemembers

Garrison Logistics Center provides the link between troops and civilian organizations

by Spc. Amanda J. Solitario

Anaconda Times Staff Writer

LSA ANACONDA, Iraq -- The concrete building looks like any other office. You would never know the unit inside has a hand in practically every activity on the base.

From housing and cable to air conditioning and generators, the Garrison Logistics Center is in charge of almost all of it. With a few exceptions, the 35th Area Support Group manages every life support issue for Logistical Support Area Anaconda.

"It is a one stop shopping area," said Master Sgt. Russell J. Kempker, operations noncommissioned officer for the Director of Logistics.



Photos by Spc. Amanda J. Solitario

Master Sgt. Russell J. Kempker, operations noncommissioned officer for the director of logistics with the 35th Area Support Group, and William Weber, a general foreman with Kellogg, Brown, and Root, test a power generator. The two work side-by-side on a daily basis to improve the quality of life for everyone living at Logistical Support Area Anaconda.

"If we can't help them we know where to send them."

Perhaps the biggest responsibility for the unit is the oversight of all Kellogg, Brown and Root contractors, he said. As more civilians take over various jobs on the base, someone has to be the liaison between KBR and the military.

"We act as the middle man," he said. "We are the step in between."

Kempker said that when the 35th ASG showed up at Anaconda, the relationship between the civilians and the military was strained and tainted with animosity, but both sides have since realized they are working on the same team and for one reason - the servicemember.

The unit has other duties aside from working with KBR, he said. Providing logistical support for Anaconda, they control most of the behind the scene issues. The group takes care of the things most Soldiers take for granted.

"We try to take the burden off of the commander," he said. "Let the units focus on what they need to focus on."

The Garrison Logistics Center greets incoming units with billeting, and they even help install the Armed Forces Network in the rooms, Kempker said. If a unit has a supply concern, they can take care of that too.

When servicemembers are ready to re-deploy, a unit representative will come back through the office for a clearing list to out-process, he said. "Units start and end (their de-



Army Staff Sgt. Kim Carter, a billeting noncommissioned officer for the 35th Area Support Group, aids Air Force Tech. Sgt. Rosa Nazario, billeting coordinator for special operations force. Nazario came to the Garrison Logistics Center to arrange housing for incoming and outgoing Airmen.

ployment) at this office."

The 35th ASG strives to make a servicemember's deployment as smooth as possible during their stay at LSA Anaconda, he said. Their diligence is a direct reflection of the quality of life on the base.

This Missouri National Guard unit is a group of Soldiers who work to preserve and improve the quality of life for more than 24,000 people on post, said Capt. Paul Hessling, commander of Headquarters, Headquarters Company 35th ASG.

"They work very hard to sustain and maintain the operations for all the personnel at LSA

Anaconda," he said. "What we do is critical to the operation of this installation."

With all the units coming in and out of the office for various reasons, it can get very hectic, Kempker said. The Soldiers do an amazing job to quickly resolve these issues.

Kempker noted although they may not be in the office 24 hours a day, the Soldiers are always on call. If a generator suddenly goes down, or if an air conditioner cuts off in the middle of the night, the unit is only a phone call away.

"We are here to serve the tenants," Hessling said.

Don't shoot ... call EOD.



STAY ALIVE



Playing with the big toys



Sgt. Gail Gray was one of the first women certified to drive a D-9, bull-dozer, in combat.

Photo by Spc. Lindsay Burnett

by Spc. Lindsay Burnett

4th Infantry Division Public Affairs

TIKRIT, Iraq – It's a man's job, but a woman gets to do it.

Sgt. Gail Gray, a Soldier in the 505th Engineer Battalion, attached to the 101st Airborne Division, is one of the first women in the military qualified to drive a D-9, or bulldozer, in combat.

"It's like riding in a Cadillac," Gray said. "One of the things I like about the D-9 is it's so heavy, it is one of the safest places to be in a fire fight."

When Gray arrived in Iraq she took a 40-hour class taught by the outgoing unit.

"Some of it was crazy," explained Gray. "They blindfolded us and we had to climb three times into each entrance with all of our gear on."

Since arriving in Iraq, Gray has helped build a berm around Samarra, Iraq. She has also helped build fighting positions and a range for the Iraqi Army.

"That was a big mission because it was the first range the Iraqis received," Gray said.

Gray joined the United States Army National Guard in 1993 and has been a Soldier ever since. She signed on as a heavy equipment construction operator.

"My step dad was a diesel mechanic, and I liked being around hydraulics," explained Gray. "I figured I'd like [being a mechanic]."

Back home, Gray builds freight-line trucks and is a mother of two children.

"A lot of people don't expect females to do what I do," said Gray. "So I like to do the unexpected. I'm not going to say it's easy; it's a challenge."

Mission, from Page 1

sion gave us a chance to do something that will impact our Soldiers for the rest of their lives."

In the spring, a flier went out to the many individuals and social organizations that had been providing support to the Soldiers, asking if they would like to participate in a project to bring donated items to a village in Iraq. The response was overwhelming and soon boxes began arriving from all over the United States. Within a matter of weeks, the detachment had gathered enough equipment to fill the back of a light medium tactical vehicle.

Once all the donated items were sorted and packed, the coordination began to deliver the supplies to one of the outlying villages. On the morning of July 28, the Soldiers traveled out to a small village near LSA Anaconda. E Co. served as the escort and provided security while the HHD Soldiers distributed supplies to the villagers.

Spc. Andrea Burski, a communications specialist with HHD, LTF 548, and Spc. Evelyn Hess, the LTF 548 chaplain's assistant, devoted countless hours to the sorting and packaging of the donated supplies.

"We really didn't know what to expect from the villagers when we arrived," Burski said. "Once we actually got there it was really great to see how friendly all the people were."

"I especially enjoyed interacting with the children of the village," Hess said. "This was one of the most rewarding experiences of the deployment... I will never forget it."

As time progressed a few of the Soldiers spent some time trying out some of the new toys with the kids. Sgt. 1st Class Sean Tafoya, LTF 548 ammunition logistics NCOIC, took the opportunity to participate in a game of pickup soccer with a few of the children.

"This [mission] was a lot different than any of my Operation Iraqi Freedom experiences," Tafoya said. "Last deployment we only interacted with the men and a few children in the village. This time it was nice to see more children and the women interacting with us as well. It really made me feel like they were comfortable with our presence and that this mission was having a positive impact."



NCOER, OER forms transition Oct. 13



Photo by Spc. KaRonda Fleming
Sgt. Maj. Tammy D. Coon, senior enlisted personnel advisor for the MNF-I, briefed Soldiers July 28 about the new Forms Content Management Program. As of Oct. 13, only new FCMP forms will be used to process all officer and noncommissioned officer evaluation reports Army-wide.

by Spc. KaRonda Fleming

Anaconda Times Staff Writer

LSA ANACONDA, Iraq – Starting in October, the Army will no longer be using paper forms for its officer and noncommissioned officer evaluation reports.

Approximately 200 Soldiers from Anaconda and surrounding forward operating bases attended a special briefing July 28 to learn about the new transition of the Army's evaluation report forms.

The program was established with the deployed Soldiers in mind, said Sgt. Maj. Tammy D. Coon, senior enlisted personnel advisor for the Multi National Forces-Iraq, assigned to Human Resources Command from Baghdad. Now Soldiers won't have to travel in convoys to physically take their forms to their senior rater. It can be sent electronically.

"As of Oct. 13, only the new FCMP form will be used to process the reports."

**-- Sgt. Maj. Tammy D. Coon
US Army**

"Evaluations are the most important documents in your record," said Coon. "Currently we have the luxury of FormFlow. However, it is all being moved to Forms Content Management Program."

There is a transitional phase that began June 15, during which either the new or old forms can be used, Coon said. "As of Oct. 13, only the new FCMP form will be used to process the reports."

Typically, forms are completed and manually carried between the rated Soldier and the rating officials to sign, said Chief Warrant Officer Patricia Winfrey, human resources technician, C Detachment, 502nd Personnel Services Battalion, active duty unit out of Fort Carson, Colorado.

The rater then mails the forms to the Human Resources Command in Alexandria, Va., or to the Enlisted Records and Evaluation Center in Indianapolis.

There are a few advantages that come with switching to the new program.

"It allows more time for the senior rater to truly reflect on what a Soldier has really done," Coon said. "The process becomes expeditious, even though the timelines are the same."

Coon said the program is a portal, similar to an e-mail system. It has an inbox, outbox, sent and drafts folders. The forms and folders can be sent to other program users.

The new system combines electronic forms software, content management software, and digital signature software to give the ability to send documents digitally, as opposed to having a paper trail, Winfrey said.

The new evaluation forms are available on the Army Knowledge Online website under the "My Forms" tab, Winfrey said.

It is located at the top right of the AKO homepage next to the instant messenger /chat tab.

For more information regarding the new electronic program visit the personnel services battalion's office, co-located with the Red Cross building, 4141-A, on New Jersey Avenue, DSN 829-2883 or 829-2878.

Hoax Virus Warnings

There have been reports of unofficial virus warnings being forwarded throughout the Iraq Theater. Below is an example of one such message. In the majority of these situations, the threat is non-existent, or outdated, and the intent is to encourage the user to forward the message. Official warnings of virus activity will come from the Information Assurance team, through the S6 and IMO channels, or through an All Balad message.

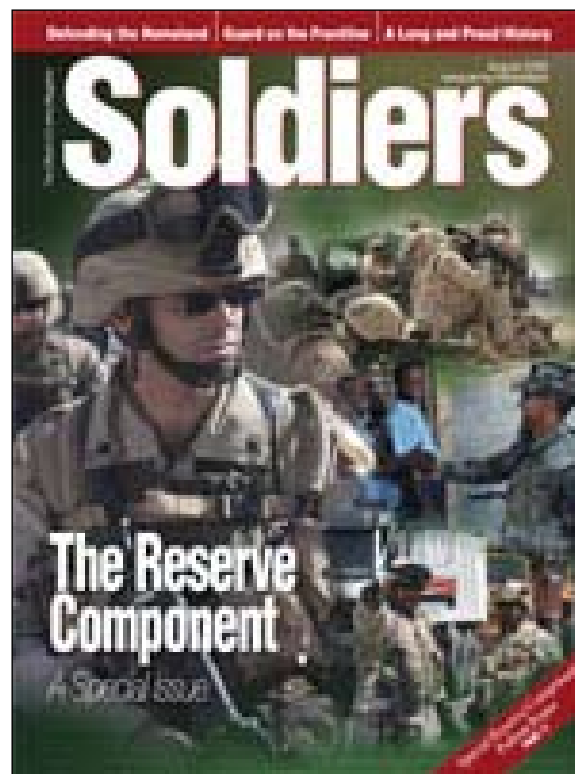
Here are some resources that you can use to research these emails in order to determine their validity:

<http://www.snopes.com/computer/virus/invitation.asp>

<http://www.f-secure.com/virus-info/hoax/>

In the future, when emails such as these are received, please forward them to the Information Assurance team at IABALAD@balad.iraq.centcom.mil for verification. Do NOT flood the email systems by forwarding them to your colleagues or friends.

August issue of Soldiers now available



ARLINGTON, Va.—

The special August edition of Soldiers magazine focuses on the origins, organization, missions and current operations of the Army National Guard and Army Reserve. Collectively known as the reserve component, the Guard and the Reserve are vital members of the Army team, and this special edition offers a glimpse at the many important tasks they undertake on the nation's behalf.

Soldiers' coverage begins with Heike Hasenauer's wide-ranging interview with Brig. Gen. James Nuttall, the deputy director of readiness and mobilization

at Headquarters, G3. Nuttall oversees Guard and Reserve integration efforts, and he offers many important insights on the roles, missions and future of the reserve component.

A more Guard-specific overview is given from the director of the Army National Guard, Lt. Gen. Clyde Vaughn, followed by Maj. Les Melnyk's Guard history article and Master Sgt. Bob Haskell's "Defending the Homeland." Bob then offers a compelling look at the "Guard on the Frontline."

Lt. Gen. Jack Stultz, director of the Army Reserve, kicks off Soldiers' coverage on the other arm of the reserve component with his "Outlook on the Reserve." That's followed by Dr. Lee Harford's review of the Reserve's history and current ops, and by in-depth looks at the Reserve's hurricane-relief efforts, training and frontline operations overseas.

Live from Iraq

Online database, satellite service offers front line information for public and military

by Sgt. Gary A. Witte

Anaconda Times Staff Writer

LSA ANACONDA, Iraq – Satellite technology is providing the public with another source for fresh news from the battlefield – the military itself.

The Digital Video Imagery Distribution System, a 24-hour Department of Defense program based in Atlanta, Ga., provides an online database of thousands of articles, photos and video stories about servicemembers and the job they do. It has also allowed deployed Soldiers to conduct high-quality live interviews with their hometown media.

In some cases, DVIDS has even provided these troops a means to talk to their families.

Spc. Lacy Hennessy, and her twin sister, Spc. Morgan Hennessy are administrative specialists for A Co., Brigade Troops Battalion, 1st Brigade, 34th Division. The sisters were being interviewed by KTTC Channel 10 from Rochester, Minn., recently when their father joined in the conversation.

"It was good to hear from him and have him be able to see us," Lacy Hennessy said. "I thought it was really cool ... Everyone was pretty excited about it in our hometown."

Lt. Col. Brian McNerney, public affairs officer for 3rd Corps Support Command, said DVIDS provides media outlets unfiltered and unmediated free access to those on the battlefield. It particularly helps those stations who can't afford the live coverage.

"The only thing we negotiate is the time," he said. "It's both a responsibility and an

opportunity."

The program can also market high quality photos and current stories done by military journalists to the media, McNerney said. Previously, the work of military journalists was not easily available to everyone.

Now these stories and military publications like the Anaconda Times can be found on the Internet at www.dvidshub.net. The site allows servicemembers, units and the public to do automatic searches for these articles at no cost.

Recently, the system Web site showed a database of more than 23,000 videos, 6,400 stories and more than 1,000 military publications. DVIDS also coordinates holiday greetings and special events involving those servicemembers deployed to Operations Iraqi and Enduring Freedom.

For the live-television interviews, the system can broadcast from almost anywhere the equipment is moved to. Just in the past six months, DVIDS has been a conduit for nearly 60 live interviews, McNerney said.

"We couldn't do that during Desert Storm. We couldn't do that five years ago," he said. "Everything used to be taped and mailed. Now we are doing live transmissions."

The system ultimately helps morale of the troops and their loved ones by allowing servicemembers to speak directly to the public, and making sure their stories are shared with the world, McNerney said. In turn, smaller media outlets benefit from having free access to stories of personal and national import.

"Everyone wins, except the terrorists," he said.



Photo by Sgt. Gary A. Witte
Staff Sgt. Brian F. Foulk, transportation management coordinator for the 525th Transportation Company, prepares to be interviewed via satellite by a television network from his hometown of Orlando, Fla. The live interview is possible because of the Digital Video Imagery Distribution System.

Do you have an interesting Soldier story to tell?
Tell your home-town television viewers your positive experiences in Iraq!

Email us for more details on the latest digital video system allowing deployed forces to tell their story to hometown media outlets -- live.

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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Helping Iraq

LSA ANACONDA, Iraq --- A middle-aged Iraqi man wipes the tears streaming down his face with a cloth handkerchief as he watches the transformation of his son with pride.

His son, 12 years old, sits calmly as he observes the reflection looking at him in a small, hand-held mirror.

What he sees, in essence, is his new face to the world.

The unidentified boy's life was changed in March when he lost one of his eyes from a gunshot wound he received while going to purchase propane with his uncle.

While at the propane factory, the boy was allegedly shot by an Iraqi National Guard Soldier by mistake, the boy's father said.

A single bullet entered the boy's forehead, just above his right eye. It passed through the boy's eye socket, cheek cavity, mouth, and exited through his chin.

"It doesn't matter to me if it was a mistake or not," said the boy's father through the help of a translator. "It happened, and it is devastating either way."

At the time of the life-threatening injury, the boy's family brought him to Anaconda to receive medical aid. He went through an initial emergency surgery which saved his life, said Lt. Col. Mark L. Nelson, M.D., chief of ophthalmology for the Air Force hospital here.

Nelson from Ft. Lewis, Wash., of the 207th medical team, 22nd Medical Battalion, didn't perform the operation, but explained that his predecessor helped reconstruct the boy's face.

Today, the boy's face shows little sign of the damage inflicted by the gunshot. Through surgeries his cheek and jaw line have been repaired, and almost the only sign of injury are his missing bottom teeth, and now the addition of a slightly different-colored right prosthetic eye.

Because LSA Anaconda offers medical assistance to Iraqi citizens in critical need, this boy has been treated and received aid he would otherwise have no way of getting.

The making of prosthetic eyes, a joint effort within the medical community here, is headed by Capt. Christian K. Olson, of Riley, Kan., the chief of optometry for the 61st Multifunctional Medical Battalion.

The program, started by Olson's predecessor, is volunteer-run and completed after the doctors' normal duty hours.

Olson, with the help of surgeons and dentists, has created more than six prosthetic eyes for children, and approximately ten for adults during his year here, he said.

The replacement of an eye starts with the labor of trauma surgeons on the operating table, and ends months later after healing, when patients go home with a new eye.

"Never in my wildest dreams did I imagine that I would be here in Iraq making eyes," said Olson. But he is doing just that.

Olson said he had never made prosthetic eyes in the States, having only taken a prosthetic elective in optometry school, but made his first here.

The process of making eyes is about a six-hour procedure from start to finish, Olson said, but the road to recovery can start months prior. The first step to see a patient is a surgeon, as the patient usually comes to Anaconda shortly after being injured.

"Most injuries are improvised explosive device fragments," said Nelson. He sees an average of one patient per night. His emergency trauma patients are usually air evacuated in between 1 and 3 a.m. if they are Soldiers. Approximately three-fourths of the patients he sees are Iraqi citizens though, for various reasons.

Foremost, Iraqi Army soldiers and police suffer frequent eye injuries because they cannot afford eye protection, Nelson said. Next, Iraqi citizens who have either been injured due to Iraqi, U.S., or insurgent combat are helped. Occasionally, insurgents that U.S. troops have wounded are operated on too, although the surgeons aren't given their identity, he said.

"Really, we don't turn people down as long as we have the resources," Nelson said.

Nelson said the criteria for keeping or taking out an eye rests on the patient's ability to detect light. If a patient has any vision left at all they eye will be kept, but if there is no light perception, there is almost no chance for recovery, he said.

Reasons for an eye to be enucleated, or taken out, would be if the eye is determined useless, if it's going to become painful later on, or to prevent a condition called sympathetic ophthalmia.

See Surgery, Page

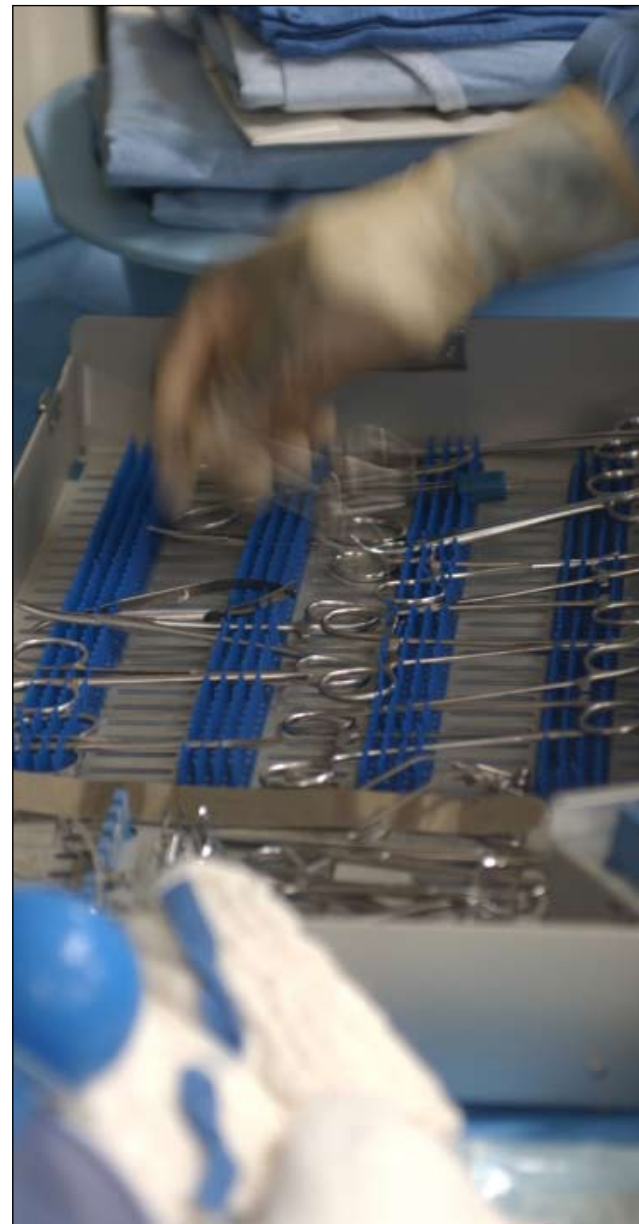
(Left) An Iraqi man injured in an IED blast tries out his new prosthetic eye for the first time, July 20.

q see into the future

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Army doctors volunteer time, expertise to improve the quality of life for Soldiers, civilians

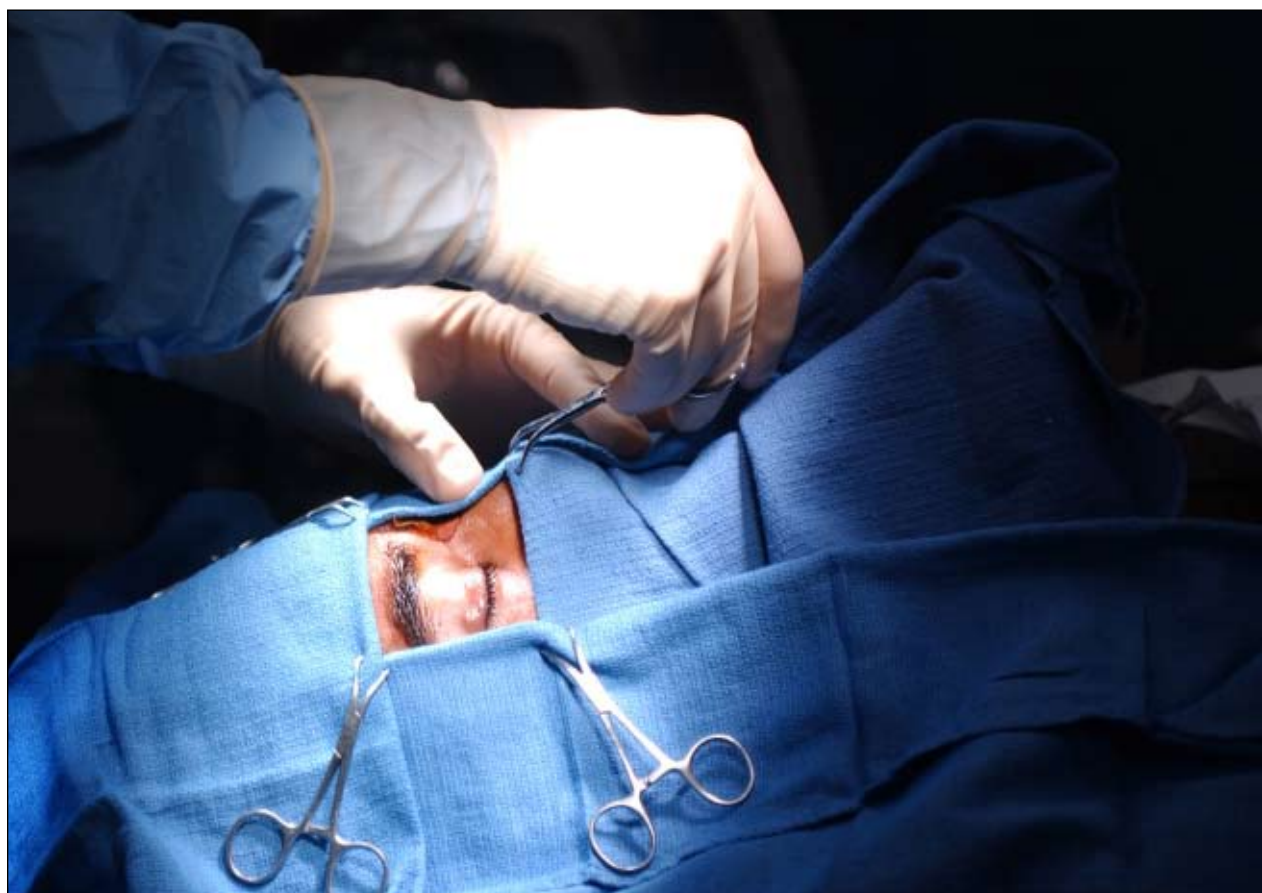
story and photos by Spc. Alexandra Hemmerly-Brown
210th Mobile Public Affairs Detachment



(Above) The laboratory technician gets everything ready for an enucleation surgery. (Left) Capt. Christian K. Olson holds up a mirror for a young Iraqi boy to get his first look at himself with a new prosthetic eye.



Capt. Christian K. Olson prepares a young Iraqi boy's eye for its new prosthesis



An enucleation patient is prepared for surgery at LSA Anaconda.

Surgery, from Page 10

Sympathetic ophthalmia is a rare but serious medical condition that occurs when the immune system gets confused and begins to reject a patient's good eye rather than the injured eye, Nelson said. This could potentially result in the loss of both eyes which would be devastating for the patient.

In these cases, it is better to remove the injured eye, in order to give the patient a better quality of life, Nelson said. His goal when

performing an enucleation is to preserve as much of the eye muscle as possible.

"I make an incision, cut the muscles away from the eye, and then cut the optic nerve," he said.

If the patient is going to receive a prosthetic eye, Nelson then implants a round ball to hold the socket's shape, and ties the preserved muscle over the ball to hold it in place.

"If we didn't put that sphere in, there would be this big empty space that would just collapse or sink in," Nelson said.



Capt. Christian K. Olson removes the transplant that was holding a place for this young Iraqi boy's new prosthetic eye.



A young Iraqi boy smiles for the camera as his father looks on after receiving a new prosthetic eye.

When the surgery, which can take anywhere from 45 minutes to seven hours to complete, is over, the patient will wait six weeks before returning to have a mould cast of their eye.

Nelson, who is the only eye surgeon on Anaconda and is on call 24 hours per day, said that Soldiers who have a condition that may be better treated elsewhere are immediately sent back to the U.S. where sources aren't limited.

For those that are treated at Anaconda though, Olson is called to start work on making the patient a new eye, he said. The plastic disk is left in the eye for about a month before Olson makes an initial impression of the eye socket.

This is when Olson turns to the dentist's office for help, because he uses their materials to hand-make the eyes.

"I use dental impression material, much like a dentist would use to make an impression of the mouth," he said.

Olson goes on to make a wax eye first, then finally an acrylic eye that will be custom and form-fitting to each individual, he said. Each eye is hand-painted, copying as closely as possible the appearance of the patient's natural eye.

"The paint that we use is actually dry, powdered paint that is mixed with glue. Dot by dot the paint is applied to a little plastic disk, and we are able to create the illusion of depth," said Olson.

When the prosthesis (false eye), which is

a half-circle, is finished, the patient returns to Anaconda for the final fitting. The prosthesis is placed on top of the original ball that was inserted during surgery. The two disks work in conjunction with each other to retain as much normal eye function as possible while making the patient look as cosmetically normal as possible.

"At first when the surgery is done, naturally the people are quite devastated," Olson said. "They are saddened by their loss and they are trying to learn and function and get along with one eye. So by the time I am able to make an eye for them and get them cosmetically looking better, they are absolutely excited."

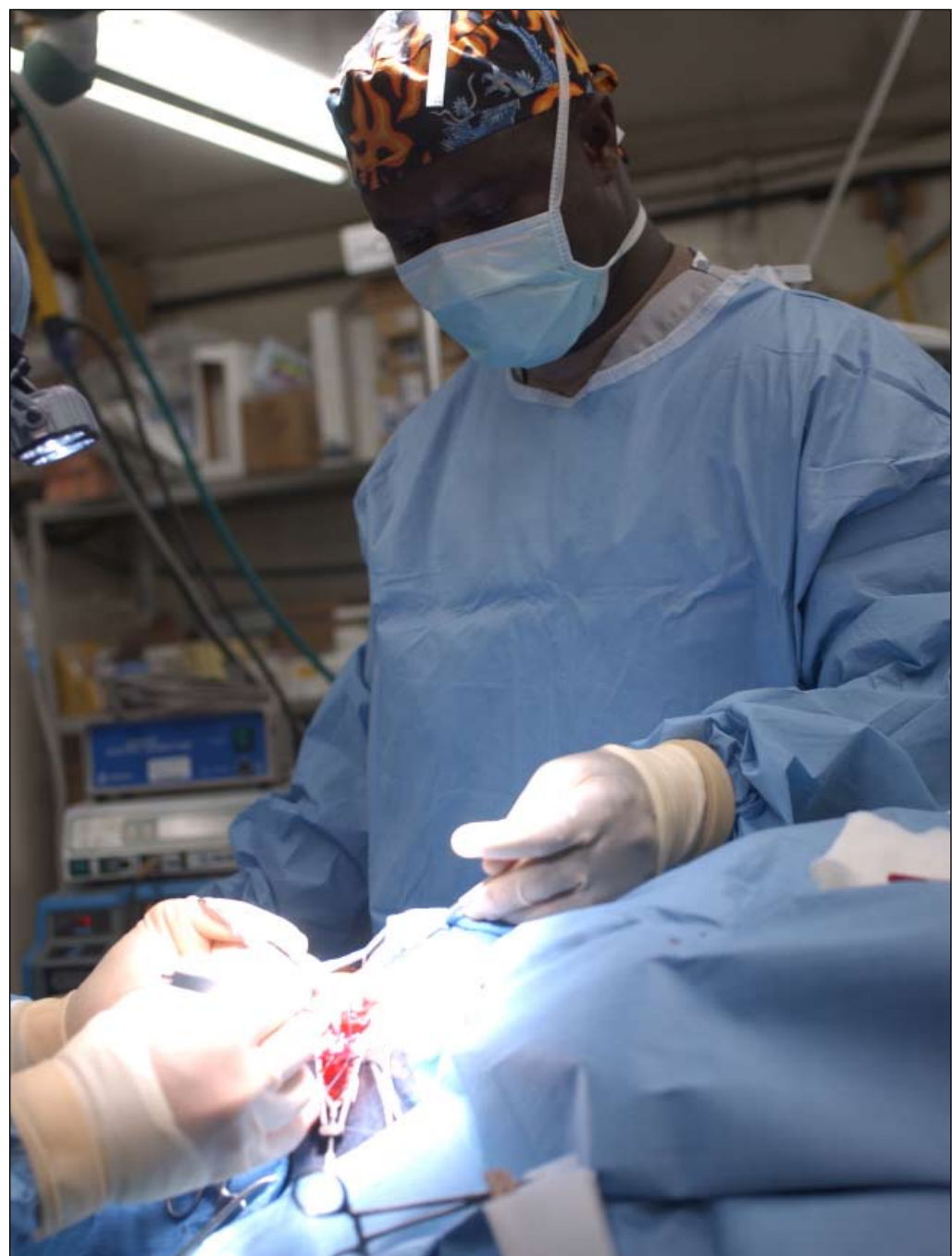
This was true of the unidentified Iraqi boy as he received his new eye July 25. After examining his eye, he hugged his father while his father shook the doctors' hands in thanks.

"This has been one of the most rewarding parts of being here in Iraq," Olson said. "I enjoy helping Soldiers see better, but this is something special that I normally would never have the opportunity to do," he said.

Olson said that when his deployment is over, he hopes his successor will continue the program he's started. For now, Soldiers as well as Iraqi citizens are reaping the benefits of the U.S. military's generosity.

One Iraqi boy will now face a future unafraid of being ostracized in his own community.

"Thank you. If I didn't bring my son here, he would have died," the boy's father said.



Spc. Adomako Adjapong helps conduct an enucleation procedure at LSA Anaconda.

Soldier trains many at fitness center

by Spc. KaRonda Fleming

Anaconda Times Staff Writer

LSA ANACONDA, Iraq - One Soldier uses his spare time to help numerous people get into shape every day at the fitness center.

"It is a long deployment here. Sometimes people get bored, stressed out, or tensed," said Spc. Mark D. Kumi of the 72nd Information Technology Signal Battalion, based in Mannheim, Germany. "The company may have a lot of missions going on, but when you go to the gym, or go to the track to run, you sweat it out and feel good inside. You will feel like you have released tension."

Kumi has been lifting weights on and off since he was 15 years old. Before his military career, he only worked out three times a week.

"I work out six days a week, twice a day, Monday through Saturday," he said.

The Sept. 11 terrorist attacks are what prompted Kumi to join the military. He said that a couple of people from Ghana, where Kumi's parents were from, died as a result of the attacks. Kumi also "wanted to be independent and let them [parents] know that I could stand on my own two feet."

Kumi was born in Atlanta, Ga. Soon after, his parents sent him to Ghana, West Africa, where he was raised until he was 11 years old. Kumi said he was brought back to the states for three years. At that time, Kumi's father was studying pastoral counseling.

When Kumi was 14, he went back to Ghana to attend high school, he said. During those years, he met his wife and learned 12 languages. He now has a two year old son named Nathaneal, "my pride and joy, my future bodybuilder," Kumi said.

"The languages are all West African languages, including French and Swahili," he said. "Most of the dialects in the West African countries like Nigeria, Togo, Sierra Leone, and Liberia, I pick up on easily."

As the youngest of four children, Kumi is the only person in his family to join the military. He has two brothers and a sister.

"It was a big shock for my family when I joined the military, because we were raised in the church," he said. "I had a typical family; my father was a pastor, and my mother was a nurse."

Kumi said he was deployed to Camp Doha, Kuwait in 2004. There, he taught Tae Bo to a unit of 50 personnel. He also personally trained individuals in Kuwait. He has been in Anaconda since December, and has trained approximately 80 people during his two deployments.

Kumi said helping other people train is what really motivates him.

"There is a wild passionate excitement that comes over my face when I see someone just transforming from the way that he or she used to be, to the way that he or she feels good about their body."

Kumi's motto is "Pain is only weakness leaving the body." He believes in this motto so much that he has provided t-shirts that can be found hanging up on the wall at the East Fitness Center.

At Anaconda, Kumi's military duties in-

clude working with copper, fiber optic, and centrix cables, as well as Internet lines. In his spare time, he can be found playing his trumpet or bongos during various church services or at the gym training others to be physically fit.

Kumi is very involved in extracurricular activities on LSA Anaconda. He uses time management to balance his activities during off duty hours. "I focus 50 percent of my free time working out, and 50 percent doing church business," he said. His church activities include practicing his instruments and going to bible study.

"I try to be a big asset to my company too," said Kumi. "I try to motivate the younger Soldiers by pumping them up. My first sergeant always calls me, 'Kumi, the strongest man at Anaconda.'"

Kumi said there are four main factors that one must follow in order to properly get into shape. The factors are food intake, how much you rest, how you workout, and your water intake. He said the proper lifting techniques are important.

"All of those factors together play a part of working out," he said. "Not just going to the gym expecting to lose weight."

As a healthy diet, Kumi recommends eating small portions of food during the day. For breakfast, a good example is an egg white omelet, fruit, a slice of wheat bread, and skim milk. Around 10:30 a.m., eat a small snack, like rice krispies or some wheat thins. For lunch, eat white meat with a scoop of rice and vegetables, he said.

Eat another small snack between lunch



Spc. Mark D. Kumi, of the 72nd ITS, based in Mannheim, Germany, works out at the fitness center six days a week, twice a day.



Spc. Mark D. Kumi, of the 72nd ITS, based in Mannheim, Germany lifts 100 pound dumbbells with the help of two Soldiers that train with him. The three motivate each other to maximize their lifting capacity by working their muscles to the limit.

and dinner, for example some cashews or a Hooah bar, Kumi said. For dinner, he recommends eating some pasta. "Be sure to eat before 8 p.m.," he said. "After that time, your metabolism slows down, turning the food you eat into fat."

"Most importantly, drink water," Kumi said. "Your body needs lots of water to function properly here in Iraq. Getting into shape takes time. A lot of people have the misconception that you can lose weight and tone up in a week or two."

Kumi said he enjoys entering fitness competitions.

The first big competition Kumi participated in was the Battle of the Biceps at the MWR center west. Competitors had to curl half their body weight. Kumi said he won the biggest biceps with 18.5 inches. A month later, there was another battle of the biceps competition at the MWR center east. He won that too and had gained an inch on his biceps with 19.5 inches.

At the Air Force gymnasium, Kumi said there was a power-lifting competition. There, he was required to do squats, dead lifts, and bench presses, in which they added the total amount of weights lifted. Kumi said he lifted a total of 1,600 pounds and finished in fourth place.

Kumi is still getting ready for more competitions in the future, and proudly says that his biceps are now 20 inches.

"I am much known for my biceps, so I tend to work them a little more than the other parts of my body," he said. "However, I do focus on my biceps, back, and chest muscles a lot."

On light days of working out, Kumi does bench work-outs. He said he does approximately eight sets of 25 repetitions each, on an incline, decline, and the flat bench. He does abdominal workouts as well. Whenever he works out his biceps, he follows the exercise with triceps.

On heavy days, the really heavy weights are used, Kumi said. He uses 45-pound plates on each side, doing four or five sets of 10

curls. He does the same thing with 45 pound dumbbells, too. Next, he uses the overhead cable curl by pulling them towards his back, using 20 pound weights, working all the way up to 80 or 90 pounds.

Some of his hobbies include playing soccer, drawing, listening to music, and sculpting.

Kumi said that he listens to all types of music, including gospel, jazz, rhythm and blues, hip-hop, and rap. "I take all types of music in, and try to pick out parts of it."

"I'd like to think of myself as a Kirk Franklin (gospel recording artist) type of mentor, as long as he is following the teachings of our Lord Jesus Christ," he said. Eventually, Kumi's goal is to go into the music ministry.

"I'd like to be like Kirk Franklin, he is definitely a role model for me," Kumi said. "There is a lot of talk about his secular music. As long as he is reaching the younger generation, I feel that that is the most important thing."

Kumi's favorite fitness icons are Jay Cutler and Arnold Schwarzenegger, professional body builders.

"Schwarzenegger has always been a good icon because back then, they did not have as many supplements as they do now, so he was pretty much naturally built," he said. "When I see pictures of him and see how defined he is, I strive to be where he is at."

Kumi recommends that people should try working out naturally first, and only if you find that working out is not enough, then they could refer to supplements.

"Be careful with supplements, because there are so many out there," he said. "Thoroughly investigate the supplement to know that it is right for you."

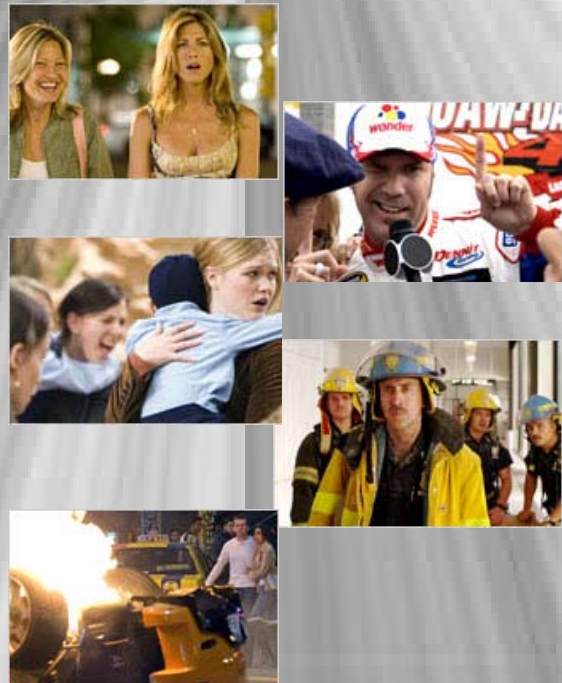
Kumi said "I've trained people who were 180 pounds drop down to 145 pounds. I have also had people 140 pounds tone up to be 125 pounds. So, as long as you stick with the workout plan, I know that you can do it too, based on the outcomes I have seen in the past."

Movie Schedule

Sustainer Reel Time Theater

(schedule is subject to change)

August 16	
5 p.m.	The Break Up
8 p.m.	Talladega Nights
August 17	
5 p.m.	The Omen
8 p.m.	Talladega Nights
August 18	
2 p.m.	World Trade Center
5 p.m.	The Omen
8 p.m.	World Trade Center
August 19	
11 a.m..	The Fast and the Furious
2 p.m.	World Trade Center
5 p.m.	The Omen
8 p.m.	World Trade Center
August 20	
2 p.m.	The Omen
5 p.m.	World Trade Center
8 p.m.	The Break Up
August 21	
5 p.m.	The Break Up
8 p.m.	World Trade Center
August 22	
5 p.m.	World Trade Center
8 p.m.	The Omen
August 23	
5 p.m.	The Omen
8 p.m.	World Trade Center



Religious Schedule

Roman Catholic Mass
Saturday 5 p.m. Tuskegee Chapel
Saturday 8 p.m. Provider Chapel
Sunday 8:30 a.m. Freedom Chapel
Sunday 9 a.m. Tuskegee Chapel
Sunday 11 a.m. Provider Chapel
Sunday 11 a.m. Air Force Hospital
Monday - Friday 7 p.m. Tuskegee
Sacrament of Reconciliation
30 minutes prior to each mass
Church of Christ
Sunday 2 p.m.. Tuskegee Chapel
Islamic Prayer
Friday 12:30 p.m. Provider Chapel
Samoan Congregational Service
Sunday 4 p.m. Provider Chapel
Latter Day Saints
Sunday 1 p.m. Provider Chapel
Sunday 4 p.m. Freedom Chapel
Sunday 7 p.m. Tuskegee Chapel
Friday Shabbat Service
Friday 7 p.m. Tuskegee Chapel
Eastern Orthodox Prayer Service
Sunday 3:30 p.m. Tuskegee Chapel
Protestant-Gospel
Sunday 10 a.m. Sustainer Indoor Theater
Sunday 11:30 a.m. Freedom Chapel
Sunday 2 p.m. Air Force Hospital Chapel

Sunday 7 p.m. Provider Chapel
Protestant Praise and Worship
Sunday 9 a.m. MWR East Building
Sunday 9 a.m. Eden Chapel
Sunday 7 p.m. Freedom Chapel
Sunday 7:30 p.m. Eden Chapel
Wednesday 7 p.m. Freedom Chapel
Protestant-Contemporary
Sunday 11 a.m. Town Hall
Protestant-Traditional
Sunday 9:30 a.m. Air Force Hospital Chapel
Sunday 9:30 a.m. Provider Chapel
Sunday 10 a.m. Freedom Chapel
Sunday 5 p.m. Tuskegee Chapel
Sunday 7:30 p.m. Air Force Hospital Chapel
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
Non-Denominational
Sunday 9 a.m. Signal Chapel
Non-Denominational Spanish
Sunday 2 p.m. Freedom Chapel
Latter Day Saints
Sunday 1 p.m.. Provider Chapel
Sunday 4 p.m.. Freedom Chapel
Sunday 7 p.m.. Tuskegee Chapel

Religious schedule subject to change

Movie Synopsis for August 16-23

The Break Up
PG-13, sexual content, nudity, language 110 min
Pushed to the breaking-point after their latest, “why can’t you do this one little thing for me?” argument, art dealer Brooke calls it quits with her boyfriend, Gary, who hosts bus tours of Chicago. What follows is a series of remedies, war tactics, overtures and underminings suggested by the former couple’s friends, confidantes and the occasional total stranger. When neither ex is willing to move out of the condo they used to share, the only solution is to continue living as hostile roommates until somebody caves.

The Omen
R, violence, graphic images, language 105 min
Robert Thorn is a senior American diplomat whose wife, Katherine, endures a difficult delivery where their newborn child has died. Thorn knows the news will devastate Katherine, who had suffered two previous miscarriages. The hospital priest presents Thorn with another child born that night, whose mother died in childbirth. The priest compels Thorn to take the infant boy as his own; Katherine will never know the truth, and their son, which they name Damien, will be raised as their flesh and blood.

The Fast and the Furious:Tokyo Drift
PG-13 illegal teen behavior, violence, language, sexual content 90 min
Sean Boswell is an outsider who attempts to define himself as a hot-headed, underdog street racer. Although racing provides a temporary escape from

an unhappy home and the superficial world around him, it has also made Sean unpopular with the local authorities. To avoid jail time, Sean is sent to live with his gruff, estranged father, a career military-man stationed in Tokyo.
Talladega Nights: The Ballad of Ricky Bobby
PG-13, crude/sexual humor, language, drug references, comic violence 111 min
Ricky Bobby is a NASCAR racing sensation whose “win at all costs” approach has made him a national hero. When a flamboyant French Formula One driver, Jean Girard, challenges him for the supremacy of NASCAR, Ricky Bobby must face his own demons and fight for his place as racing’s top driver.
World Trade Center
PG-13 intense/emotional content, disturbing images, language 129 min
In the aftermath of the World Trade Center disaster, hope is still alive. Refusing to bow down to terrorism, rescuers and family of the victims press forward. Their mission of rescue and recovery is driven by the faith that under each piece of rubble, a co-worker, a friend or a family member may be found. This is the true story of John McLoughlin and William J. Jimeno, the last two survivors extracted from Ground Zero and the rescuers who never gave up. It’s a story of the true heroes of that fateful time in the story of the United States when buildings would fall and heroes would rise, literally from the ashes to inspire the entire human race.

MC Dilly, crew entertain Anaconda crowd with a twist of reggae

by Sgt. Kevin McSwain

Anaconda Time Staff Writer

LSA ANACONDA, Iraq - As the crowd began to take seats, the dancers were finishing their last minute stretches before going on stage. The audience expected a reggae artist to come out and perform a few songs, but they received a lot more.

On July 31, MC Dilly performed a mixture of traditional reggae, hip hop, and dance hall music in a custom blend at Sustainer Theater.



Samantha Wood salutes the crowd during her performance with MC Dilly at the Sustainer Theater.

His style is called Dilly Style, and much like the hip-hop artist Nelly, who created Country Grammar, his style is all his own.

"My name came from my little brother when I was about 4 years old ... he couldn't say my whole name so he would just call me Dilly and it stuck," he said with a smile.

Before MC Dilly, also known as Dwight A. Hayden, became a popular artist in Canada and other places abroad, he was performing for fellow Soldiers in the 1st Cavalry Brigade from 1990 to 2000. He was a staff sergeant in the Army.

"I was in the military for ten years, and I have been to many places, such as Kosovo, Bosnia, and Desert

Storm, and I know what the Soldiers are going through," Dilly said.

"And that is why I do these concerts in Iraq any time I can."

Dilly brought two female dancers with their own style. Samantha Wood, from the United Kingdom, is a singer, dancer, and songwriter. "She does everything I can do and a lot more that I can not," Dilly said. And Tatiana Tamai, from Italy, teaches modern dance there and has begun to sing in some of the performances.

"We live in Italy now and we perform all over the world," he said. "We formed this group because we felt we had a better chance for success in the music industry if we worked together."

Armed with only an iPod and a microphone,



Air Force Tech Sgt. Mike Edwards performs a song with MC Dilly after being brought on stage in the middle of the performance at Sustainer Theater on July 31.

Dilly, along with Wood and Tamai, performed classic reggae as well as original songs with an intensity that kept the servicemembers' attention for the entire show.

About halfway through their performance, Dilly stopped the show to talk to the crowd. As he began to show his appreciation for their courage, he spotted a servicemember he talked to just before the show. And as he finished his story about his military career he called him up on stage.

The audience member's name was Tech Sgt. Mike Edwards, from Patterson N.J., and he was singled out to perform a song with Dilly on stage. Being from Jamaica just like Dilly, they performed an impromptu song about life on Anaconda.

As the crowd gave Edwards a shower of hand claps, he took a bow and exited the stage. Wanting to keep the excitement going, Dilly asked for anyone else that had musical talent to come up on stage. And Master Sgt. Carolyn Orr, from Akron, Ohio, answered the call. She performed Chaka Khan's hit song "I'm Every Woman" as Dilly added the melody using his talents as a human beat box.

As Orr took a bow, Tamai and Wood walked off stage and began to dance with the audience and get the crowd into the performance. As the dancers returned to the stage, they brought several members back with them to dance.

When the performance ended, the group sat at a table in front of the stage and signed every autograph servicemembers requested as they came up.

"I know what you are fighting for here," Dilly said. "And I want all the servicemembers to know we are fighting and praying for them too."



Tatiana Tamai interacts with the crowd during a song at Sustainer Theater on July 31.

ANACONDA ACTIVITIES

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

3-point Shoot-out

AUG. 23

7 p.m.

MWR's

Eastside Gym

Sign up at the scorer's
table prior to competition

Slam-dunk Competition

AUG. 23 >> 8 p.m.

Sign-up during the 3-point shootout

CAMP ANACONDA
BEAT THE HEAT END OF SUMMER
TALENT SHOW
FRIDAY AUGUST 25, 2006
AT 2000 HRS
EAST RECREATION CENTER

ATTENTION
SINGERS, RAPPERS,
DANCERS, COMEDIANS

3 FIRST PRIZE WINNERS
1 GRAND PRIZE WINNER

SPECIAL GUEST PERFORMANCES BY
LIFETIME PRODUCTIONS
SOLDIERS IN IRAQ ALBUM
RAW CASH, KLAS SICK, TOYA J. & LOS
(ALSO PERFORMING)
THE SERGEANT MAJORS AND THE BAND

3 CATEGORIES
VOCAL
COMEDY
DANCE

YOU MAY SIGN UP IN THE OFFICE AT THE EAST REC. CTR.
BEGINNING JULY 26 - AUG. 18. DONT WAIT, SPACE IS LIMITED!

3rd COSCOM host first-ever Balad Bowl



Photos by Sgt. Kevin McSwain



(Above) Master Sgt. DuJuan Warren looks down field for a receiver after dodging two 19th Support Center defenders during the first half. (Top Right) A receiver for 19th SC catches a pass as he gets by his defender and picks up five additional yards before being stopped. (Top Left) Spc. Michael L. Joyner, 19th SC, watches his opponents warm up prior to the kick off of the game.

by Sgt. Kevin McSwain

Anaconda Time Staff Writer

LSA ANACONDA, Iraq - 3rd Corps Support Command is responsible for providing Soldiers with equipment and training. On July 20, they provided entertaining competition with a football game.

Soldiers from the 19th Support Center pulled out a last second 12-7 victory over the Soldiers of Headquarters and Headquarters Company in an intra-COSCOM game on Stadium field here.

"We are playing for bragging rights for the rest of the deployment," said Master Sgt. DuJuan Warren, supply and service noncommissioned officer in charge at HHC. "This game will decide who the best is ... after this there will be no doubt around the office."

The defensive play of both teams prevented a score for the first eight minutes of the game. The first score came when Spc. Michael L. Joyner of 19th SC caught a short pass in the middle of the end zone and, after a failed extra-point attempt, the score was 6-0.

It only took eight seconds for Staff Sgt. Chgward Williams of HHC to tie the score 6-6 after he returned the following kick off for a

touchdown. Williams then scored the only extra point of the game for either team by catching a pass from Warren, making the score 7-6 in favor of HHC.

The rest of the half was filled with defensive stops and punts with neither team backing down. As the second half began, both teams kept the defensive intensity high and didn't allow anyone to score.

Then, with about 30 seconds left on the clock, HHC was assessed two penalties which backed them up to their own goal line. Forced to punt, HHC was going to have to rely on their defense to win the game.

As Joyner took the position of quarterback, the 19th SC began their final charge for victory. He got his team to the 20 yard line after back-to-back quarterback sneaks.

With only 10 seconds left in the game, the 19th SC had to pass the ball to score. As the teams lined up, HHC changed their defensive formation to prevent anyone from catching a touchdown pass.

The ball was hiked and the defensive players covered the 19th SC receivers like the Anaconda sand covers your weapon. Just as time ran down, Joyner threw a pass to Spc. Markeith Goodwin who was in the back of the end zone.



Staff Sgt. Chgward Williams dances over the goal line after returning a kick off for a touchdown. Williams scored all of the HHC's points for the game.

After Goodwin caught the pass, there was an argument about him being out of bounds. The official determined he was inside the boundary of the end zone and used Goodwin's foot print as evidence.

Goodwin's reception with eight seconds on the clock gave the 19th SC the victory 12-7 over HHC and bragging rights until the next game.



Photos by Sgt. Kevin McSwain

(Above) Spc. Bertrand "Big Ticket" Hawkins blows by a defender to score a basket during the championship game July 30. (Left) Team Free Agents pose after their decisive victory over the Chosen Few in the championship game July 30. Team Free Agents has gone undefeated since their debut in the 4th of July Weekend Tournament.

Big wheels keep on rollin'

Q-WEST, Iraq -- The men and women of five transportation companies of the 71st Corps Support Battalion recently celebrated the milestone of covering five million combined miles on the road since arriving in country 10 months ago.

"I'm extremely pleased and very proud. You have been professionals, and we have just traveled, and traveled, and traveled," said Lt. Col. Russell M. Livingston, commander of the 71st CSB at the opening of the Aug. 1 ceremony.

Out of the five transportation companies, no one was sure who had pulled in the most of the five million miles.

"I asked the staff to keep the records, run the numbers, and since we hit the five-million-mile mark we're sitting down to do something special," Livingston said.

"It's quite a milestone," said Pfc. Alexander J. Knight, a truck driver with the 425th transportation Company, from Neely, Neb. "Five million miles is quite a bit of ground covered."

Knight said that the best part of going outside the wire is seeing the changes taking place in the Iraqi villages.

"We can continually see the progress in Iraqi towns when we're on the road," Knight said.

Spc. Holly D. Sullins, also a truck driver of the 425th, from Fairbault, Minn., agreed that seeing Iraqi villages is the best part of her job.

Sullins had the opportunity to go out on

a humanitarian mission bringing school and medical supplies to an Iraqi town.

"It was an amazing experience to see through our own eyes what a difference each job makes," she said.

Sullins also mentioned the constant threat of improvised explosive devices on the road.

"The threat of IEDs is always scary," she said. "You know it's out there, but you can't focus on that all the time."

Knight agreed and said, "IEDs are just part of the job."

Spc. Victoria K. Snyder, a truck driver for the 454th Transportation Company from Columbus, Ohio said she's already encountered an IED blast in her travels.

"It can be fun, it can be boring, and it can be dangerous," Snyder said about her job.

She said her company's motto is, "Do it well and do it safe."

Staff Sgt. Thomas R. Harris Jr., a wheeled vehicle mechanic for the 454th Transportation Company, from Amherst, Ohio, makes sure his company's vehicles are in running condition for the road.

"Maintenance also provides recovery for convoys," Harris said, "We don't leave anything behind." He said that maintenance recovers any disabled company vehicles on the road or at outlying forward operating bases.

The mechanics of each transportation company are constantly repairing and tuning up vehicles.

Harris said that when his company first ar-

rived in country, each mechanic was working 16 hours per day. Now that they have gotten used to the daily demands here, each Soldier is only working 10 hour days, so the shop is open a total of 20 hours per day.

"That's our job, that's our mission, so you've got to take pride in it," Harris said in regards to his grueling hours.

The battalion will continue to log thousands of miles before their re-deployment to the United States, but Aug. 1 was a time for reflection and celebration of what has already been achieved.

"My hat's off to you. Thanks for all that you guys are doing, I appreciate it," Livingston said at the ceremony closing.



Photo by Sgt. 1st Class Mark Bell
Spc. Brian Beers, 21, from Wilkes Barre, Penn., a light-wheel generator mechanic, makes last-minute adjustments to an M1114 before the vehicle is used for another mission.

story by Spc. Alexandra Hemmerly-Brown



71st Command Support Battalion vehicles get lined up and go through pre-convoy checks before hitting the road.

Photo by Spc. Alexandra Hemmerly-Brown