

ANACONDA TIMES

NOVEMBER 15, 2006 PROUDLY SERVING LSA ANACONDA



Splash!

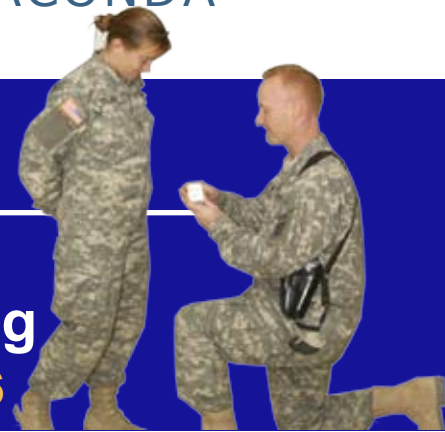
Anaconda biathlon makes waves

Page 16

I do...

Soldier proposes in an unlikely setting

Page 6



Vol. 3, Issue 45

New weight limit for female Soldiers

by Michelle Gordon

Army News Service

WASHINGTON – Weight limits for female Soldiers have changed to incorporate current research regarding differences between male and female body types.

The change allows most females to weigh 5 to 19 pounds more under Army Regulation 600-9, "The Army Weight Control Program," which establishes guidance for body-fat standards within the Army.

The previous version of the regulation was last updated 17 years ago.

"Training NCOs were telling us they had been needlessly taping female Soldiers," said Hank Minitrez, public affairs officer for the Army G-1 Human Resources Policy Directorate. "It seems women were failing the weight portion of the test, but they were well under the maximum body-fat percentage allowed for their age group. In fact, we found that more than half of all female Soldiers who were taped did not need to be."

A team of Army and civilian physicians and scientists was appointed to find a better way to measure body fat in women, who carry weight differently than males, Minitrez said.

"We took their findings and changed the screening weight table for female Soldiers. The screening table weight is the maximum you can weigh before you have to be taped or tested for body-fat percentage," he said.

Instead of being taped at the wrist, forearm, neck, and hips, females will now be taped around the abdomen, neck, and hips.

"Measuring the abdomen will give a more accurate portrayal of a female Soldier's body-fat percentage," Minitrez said. "We don't want

see Weight, Page 7

Iraqi Army rolling right along

"They are all natural leaders and are very good at what they do"

-Maj. Todd Offill

- Page 8



Photo by Spc. Amanda J. Solitario
Col. Christine M. Gayagas, the deputy commanding officer of the 13th Sustainment Command (Expeditionary), Maj. Todd Offill, the MiTT leader, and Col. Megan P. Tatu, commander of the 164th Corps Support Group, watch the 5th MTR transfer of authority ceremony Nov. 1.



"I am a guardian of freedom and the American way of life."

**I am Sgt. Robert J. Batts from North Little Rock, Ark.
36th Combat Aviation Brigade**

The Chief of Army Reserve visits troops

by Spc. Alexandra Hemmerly-Brown

Anaconda Times Staff Writer

LSA ANACONDA, Iraq - The Chief of the Army Reserve, Lt. Gen. Jack C. Stultz visited Anaconda Nov. 4, reenlisting five Reserve Soldiers and promoting two.

Stultz, who is also the Commanding General of the U.S. Army Reserve, and Command Sgt. Maj. Leon Caffie, the Command Sergeant Major of the U.S. Army Reserve, stopped through on a tour to visit with Reserve Soldiers deployed in Iraq.

The ceremony, held at the East Recreation Center here, featured dinner and a question and answer session between the Soldiers present and Stultz.

"Despite the war on terrorism, Soldiers continue to serve their country and it would be an honor and privilege for those individuals to be recognized by our senior leadership this evening," said Capt. Debra E. Ubamadu, the narrator of the ceremony.

One of the two Soldiers promoted from specialist to sergeant was Sgt. KaRonda D. Fleming from Greenville, N.C., a print journalist with the 210th Mobile Public Affairs Detachment.

"It feels great to be promoted," Fleming said. "It gives me the opportunity to be that positive influence for the lower-enlisted."

Fleming, who is a 2004 graduate of Saint Augustine's College in Raleigh, N.C., is a steriles, (liquid medicine) manufacturer for a pharmaceutical company in her civilian job.

"I've been waiting more than a year to get this rank pinned on," Fleming said.

As Stultz and Caffie promoted Fleming and Sgt. Jacob J. Wood from Salina, Ks., a transportation movement request manager with the 49th Movement Control Battalion, Caffie asked questions;

"What are you going to do for me now (as sergeants)?" What are you going to do for me in the future?"

Fleming replied that she will now have the chance to be an example to the Soldiers below her.

"It's a great honor to be promoted by him," Fleming said of Stultz. "It shows that he cares about his Soldiers."

Soldiers who reenlisted were Command Sgt. Maj. Jorge Young, Sgt Maj. Mark A. Schultz, Sgt. 1st Class Michael Passoff, Sgt. 1st Class Eufoldo Superales, and Sgt. Rovelyn Viloria.

Schultz, of Conyers, Ga., sergeant major for the 210th Mobile Public Affairs Detachment, reenlisted indefinitely, or until he hits mandatory retirement.

A public affairs specialist for Atlanta's recruiting battalion in the civilian realm, Schultz deployed to Vietnam in 1971, and Bosnia in 1997.

Schultz said he reenlisted in Iraq for three reasons; because of the Stultz's visit, because of the promotion of one of his Soldiers, and to create a memory with the unit he is deployed with.

"I might not be assigned to the 210th when I get back (home), so I thought it would be nice to have that experience with them," Schultz said. "To be there for one of my Soldiers was great."

The 1977 graduate of Northeastern Oklahoma State University said one of the most important parts of deployments are the relationships that are formed within a unit.

After dinner, the Reserve Soldiers present had the chance to ask questions of their commander. Some of the questions asked included the issues of Tricare, reenlistment incentives, and retirement benefits.

Stultz and Caffie will continue to visit their deployed troops, providing morale and recognizing their Soldiers until they return to the States.



(Top) Five Soldiers reenlisted to the U.S. Army during a question and answering program by Lt. Gen. Jack C. Stultz, and Command Sgt. Maj. Leon Caffie who visited Army Reserve Soldiers. (Below) Sgt. Jacob J. Wood officially becomes promoted by Stultz.

Photos by Sgt. 1st Class Gregory Murray



ANACONDA TIMES

Anaconda Times is authorized for publication by the 13th Sustainment Command (Expeditionary) for the LSA Anaconda community. The contents of the Anaconda Times are unofficial and are not to be considered the official views of, or endorsed by, the U.S. Government, including the Department of Defense or Operation Iraqi Freedom.

Anaconda Times is a command information newspaper in accordance with Army Regulation 360-1.

Anaconda Times is published weekly by the Stars and Stripes central office, with a circulation of 5,000 papers.

The Public Affairs Office is on New Jersey Ave. in building 4136, DSN 318-829-1234. Anaconda Times, HHC 13th SC(E), APO AE 09391. Web site at www.mnf-iraq.com/publications_theater.htm

Contact Sgt. 1st Class Mark Bell at mark.bell@balad.iraq.centcom.mil

13th SC(E) Commanding General, Brig. Gen. Michael J. Terry

Chief of the Anaconda Consolidated Press Center

Maj. Jay Adams

jay.adams@balad.iraq.centcom.mil

210th Mobile Public Affairs Detachment Commander

Maj. Kirk Slaughter

kirk.slaughter@balad.iraq.centcom.mil

Print OIC

Capt. Perry Jarmon

perry.jarmon@balad.iraq.centcom.mil

Editor

Sgt. 1st Class Mark Bell

mark.bell@balad.iraq.centcom.mil

Copy Editor

Spc. Alexandra Hemmerly-Brown

alexandra.brown@balad.iraq.centcom.mil

Layout and Design

Sgt. KaRonda Fleming

karonda.fleming@balad.iraq.centcom.mil

Staff Writers

Sgt. Gary A. Witte

gary.witte@balad.iraq.centcom.mil

Sgt. Joel F. Gibson

joel.f.gibson@us.army.mil

Sgt. Kevin McSwain

kevin.mcswain@balad.iraq.centcom.mil

Spc. Amanda Solitario

amanda.solitario@balad.iraq.centcom.mil

Contributing Public Affairs Offices

332 Air Expeditionary Wing
36th Combat Aviation Brigade
402nd Army Field Support Brig.
411 Engineer Brigade
164th Corps Support Group
657th Area Support Group

1/34 Brigade Combat Team
45th Sustainment Brigade
82nd Sustainment Brigade
593rd Corps Support Group
15th Sustainment Brigade

13th SC (E) Soldiers learn basic operations

Photos by Spc. Amanda Solitario

Anaconda Times Staff Writer



(Top Left) Fernando practices weapon maintenance on the Mark-19 during an instructional class outside the 164th CSG headquarters. (Bottom Left) Cpl. Justin Wallace, a cannon crewmember with 1st Battalion, 117th Field Artillery Regiment from Ft. Sill, Okla., shows Sgt. Cesar Fernando, a reserve Soldier from Riverside, Cali., how to operate a Mark-19 automatic grenade launcher. (Above) Daniels, from Houston, Texas, learns basic operations on the M2 .50 Caliber Machine Gun. (Right) Sgt. Joshua Scallion, a cannon crewmember with 1st Battalion, 117th Field Artillery Regiment from Ft. Sill, Okla., gives instruction on the M2 .50 Caliber Machine Gun to Sgt. Cesar Fernando, a mechanic with the 164th Corps Support Group. Following the instruction, Soldiers of the 164th CSG went to the firing range to practice using the weapons Nov. 9.

Don't Forget to:

Take combat showers and use combat hand washing at all times!

Turn water on - Turn water off -

Lather up -

Turn water on - Rinse off -

Turn water off

If you were in the States for the holidays, where would you be?



Sgt. Javon L. Dailey

"For New Year's Day, I would be somewhere celebrating with a bottle of champagne."



Spc. Jared A. Vanfleet

"I would be at home with my family."



Spc. Damequa D. Veasley

"I would take a trip to the Bahamas."



Staff Sgt. Fatima Ahmed

"I would be home with my family and friends."

Oldest Soldier in unit leads with most missions

'Papa Smurf' provides advice, guidance to the younger generation

by Sgt. Gary A. Witte

Anaconda Times Staff Writer

AL TAQUADDEM, Iraq — Soldiers in his unit don't know him as Sgt. Robert Wayne Steelman. To them, he's Papa Smurf.

Steeleman, 58, is not just a father figure to the Soldiers of B Battery, 1st Battalion, 115th Field Artillery Regiment. He also leads the Tennessee National Guard unit with having taken part in the most convoy security missions during their year-long deployment.

"I just enjoy being out on the road, more than sitting here on the (Forward Operating Base)," he said. "To me it makes the time go a lot faster."

With the deployment nearly complete, Steelman has ridden in 97 missions, according to his unit. The Pulaski, Tenn., resident has served at various times as the driver, truck commander, and assistant convoy commander during missions.

"My goal is 100, but I don't know if I will be able to make it or not," he said.

His platoon sergeant, Staff Sgt. Larry John Chapman, said when the unit was first deployed, his only request was that Steelman be his driver. Chapman, 33, who also hails from Pulaski, Tenn., said the older man knows what he's doing.

"He's never tired," Chapman said. "If you try to take him off a mission, that's the only time he'll cuss. He's a hard charger."

The two were riding together in a Humvee during one mission when they were shot at with small arms fire from both sides of the road. They weren't wounded, but one result was a bullet hole near the driver's side window, Steelman said.

"He stayed so calm," Chapman said of Steelman's reactions during the incident.

Steeleman first joined the military in 1967 when he volunteered for the Air Force. He was stationed in Thailand, working as a munitions specialist at a B-52 bomber base. His enlistment was up in 1971.

The military remained in the past for him until 1988, when a friend of his reenlisted,

even though he was 42 years old. When Steelman learned he could do the same because of his prior service, he went straight to the recruiter the next day.

"Once I hit 35, I thought I would be too old to enlist," he said. "The only thing I regret is that I didn't do it 17 years before that."

He received his nickname soon after joining the National Guard unit, when a younger Soldier compared him to the cartoon character. The name stuck. Steelman guessed that his height and mustache may have been part of the inspiration.

"Papa Smurf was supposed to be a wise old fart," Steelman said, smiling.

His three children are adults, and the oldest of his five grandchildren is 13 years old, but he doesn't mind having new stories to tell them. For instance, during last December's Iraqi elections, his unit delivered the ballots to and from the polling places in Ramadi.

"It made me feel good," he said. "It's part of history."

In civilian life, Steelman works as a production supervisor for an ink manufacturing company in Shelbyville, Tenn.

"My whole career with the National Guard, they've been supportive like you wouldn't believe," he said.

Steeleman said his wife has also been supportive, although his deployment was a big adjustment for her.

"At first she didn't like it a bit," he said. "She probably thought I was crazy. Especially because of my age. I just felt like it was something I had to do. If I didn't do it now, I probably wouldn't be able to do it."

He didn't start out wanting to set the record for the most missions in his unit. Steelman said when he was offhandedly told he had the most convoy missions at 40, he decided to make an effort to stay ahead.

Steeleman said he doesn't beg for missions, but if someone gets sick or isn't able to go, he volunteers to be the replacement. "I like being out on the road," he said. "I like the job."

While he gets tired sometimes, he said he doesn't believe in complaining about it. He said some of the younger Soldiers tend to



Photo by Sgt. Gary A. Witte

Sgt. Robert Wayne Steelman, 58, of the 1st Battalion, 115th Field Artillery Regiment, stands next to the Armored Support Vehicle he often uses on missions.

grouse about the heat and sand, while he tells them it could be worse.

"Just do it and get your job done," he said. "And start anew tomorrow."

Chapman said Steelman is well-known for giving good advice and always having time to

listen to younger Soldier's problems. He said Steelman doesn't push his advice, but Soldiers end up regretting it if they don't take it.

"He's got the respect of everyone," Chapman said. "If Papa Smurf says it, everyone knows it's got to be done."



Saturdays
8 p.m.
MWR WEST

COMBAT STRESS CONTROL

Airmen work, live with Iraqi Army at historic desert base

Story and Photos by Senior Airman Josh Moshier

332nd AEW Public Affairs

CAMP HABBANIYAH, Iraq -- Tucked in a valley between the Euphrates River and some of the most dangerous territory in Iraq is an oasis in the middle of the desert - Camp Habbaniyah.

The British operated at this location from 1934 through 1959, when it was known as Royal Air Force Habbaniyah. Forty-seven years later, the democratic government of Iraq is in control of the base. Approximately 20 Airmen assigned to the 732nd Expeditionary Mission Support Group are stationed there, serving as advisors to an Iraqi Army still trying to find its footing.

The base is a ghost of its former self. Roads that were once paved and smooth are now marked with potholes. Weeds spring from cracks in the ground. Living quarters are weathered and sometimes lack electricity or running water. For the Iraqis, supplies are scarce. Funding is hard to come by. Many of the Airmen live off food received in care packages from home as an alternative to the "red stuff and rice" prepared by locals.

Outside the perimeter of the base is perhaps the most dangerous area of Iraq. Improvised explosive devices, sectarian violence and other insurgent activity are as common as sunrise and sunset. The threat to life is very real.

"Everything is a challenge; nothing comes easy here," said Tech. Sgt. James Lovelace, 732nd EMSG Regional Support Unit Habbaniyah senior enlisted advisor. "The country is moving forward, but they don't know that out here. (The area surrounding the base) is pretty much lawless."

The base is currently home to about 4,200 Iraqi soldiers and basic military trainees. The goal is for the base to hold approximately 9,500 soldiers and trainees.

Despite the present conditions and dangers, the Airmen at Camp Habbaniyah press forward each day, teaching Iraqi soldiers the fundamentals of operating as a professional military organization on a military installation. Airmen in the ranks of airman first class to lieutenant colonel work in their job specialties with their Iraqi counterparts, teaching them everything from how to effectively feed all their soldiers to power production and waste disposal.

"We don't have any cool tools or heavy gear to work with," said Lt. Col. Sharyn McWhorter, 732nd EMSG RSU Habbaniyah officer in charge. "Our task is to help (Iraq soldiers) develop and sustain processes so they can effectively solve their own problems."

The biggest hurdle to that task is what McWhorter coined "life support" issues - providing services such as water, food, electricity, fuel, and waste management, among others.

In fact, the colonel said one of her team's most gratifying successes



Airman 1st Class Francisco Garcia briefs his responsibilities to Brig. Gen. Robin Rand the 332nd Air Expeditionary Wing commander at Camp Habbaniyah. Garcia is a civil engineer technician with the 732nd Expeditionary Regional Support Unit.

was helping the Iraqis implement a process for the disposal of garbage.

"When we arrived here, they had no scheme for picking up trash," she said.

Other successes include implementing pre- and post-convoy searches and a fuel issue system log, both of which helped curb what RSU Habbaniyah leadership called a "considerable theft problem."

While much work remains for the 732nd EMSG before it can exit Camp Habbaniyah for good, the general was pleased with the progress and sacrifices he witnessed.

"I'm impressed with the daunting task presented to you," Rand said to the unit. "You still have a long way to go, and you probably won't recognize the successes you've had until you look back, but what you're doing is vitally important to our mission of helping Iraq transition to democracy."

113th Medical Company (CSC)

829-1402

individual counseling by appointment or walk-in

command referrals

services for combat and operationally stressed soldiers

RELAXATION TECHNIQUES

MONDAY TO SATURDAY
11 A.M. TO NOON

STRESS MANAGEMENT

WEDNESDAY AND SATURDAY
10 TO 11 A.M.

HOME FRONT ISSUES

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

CONFLICT RESOLUTION

TUESDAY AND FRIDAY
10 TO 11 A.M.

ANGER MANAGEMENT

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

ANXIETY AWARENESS

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

SLEEP HYGIENE

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

GOAL SETTING

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

DEPRESSION AWARENESS

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

COMMUNICATION SKILLS

MONDAY AND THURSDAY
10 TO 11 A.M.

WOMEN'S GROUP

THURSDAY
8 TO 9 P.M.

COMBAT ADDICTIONS GROUP

WEDNESDAY
7 TO 8 P.M.

for more information, email:
melissa.kale@us.army.mil

ROCK

CLIMBING

WEDNESDAYS

8 P.M.

EAST MWR GYM

Anaconda Safety Tip: Driving in the Rain

Skids:

You can prevent skids by driving slowly especially on turns. Steer and brake with a light touch. When you need to stop or slow, do not brake hard or lock the wheels and risk a skid.

If you do find yourself in a skid, remain calm, ease your foot off the gas, and steer in the direction you want the front of the vehicle to go. For vehicles without anti-lock brakes, avoid using your brakes.

Hydroplaning:

Hydroplaning happens when the water in front of your tires builds up faster than your vehicle's weight can push it out of the way. The water pressure causes your vehicle to rise up and slide on a thin layer of water between your tires and the road.

To avoid hydroplaning, keep your tires properly inflated, maintain good tread on your tires, and replace them when necessary.

Slow down when roads are wet, and stay away from puddles. If you find yourself hydroplaning, do not brake or turn suddenly. This could throw your vehicle into a skid.

Ease your foot off the gas until the vehicle slows and you can feel the road again.

If you need to brake, do it gently with light pumping actions.

The bottom line:

A defensive driver adjusts his or her speed to the wet road conditions in time to avoid having to use any of these measures.

A major decision

story and photo by Sgt. Gary A. Witte

Anaconda Times Staff Writer

LSA ANACONDA, Iraq – Maj. Laura R. Geldhof didn't see the sign asking her to marry her boyfriend until she was halfway across the dining room.

She hugged him, smiled, and started wiping tears from her eyes even before Maj. Eric P. Olson got down on one knee.

"I guess life will be full of surprises with you," she said afterwards.

The two majors have been a couple ever since they attended Command and General Staff College at Fort Leavenworth, Kan., last year, going so far as to arrange their assignments to be at the same post.

Then Olson, who hails from Flushing, Mich., was deployed

to Iraq in August as the personnel officer for the 82nd Sustainment Brigade under the 13th Sustainment Command (Expeditionary).

Geldhof, a military intelligence officer from Sterling Heights, Mich., was recently sent to Iraq for a short assignment to visit various bases – including Logistical Support Area Anaconda.

Olson was already planning out his proposal. He already ordered the ring, so when he found out Geldhof was going to be in country, he decided to take the last step.

"Not too many people get to see their significant other in theatre," Olson said.

He called her father and asked his consent

and arranged to meet her at Anaconda during his four-day leave. She didn't expect to see Olson until the evening of Oct. 31, but her coworkers brought her to the Dining Facility 4 for lunch that day.

"We were just trying to see each other," she said. "We thought it was going to be very hard."

After a bit of last-minute scrambling to keep her from seeing the sign before he was ready, Soldiers in on the setup led her into a private dining room, where Olson was waiting with a grin.

"I didn't know what happiness was until I met this woman right here," Olson said after presenting her with the ring.

Geldhof said she wasn't expecting the proposal to come until the end of his deployment, and that her girlfriends had been giving him a hard time about not popping the ques-

"Not too many people
get to see their significant
other in theatre."

- Maj. Eric P. Olson

tion yet.

She noted that despite their parents living just 45 minutes from each other, she still had to travel to Kansas to meet him.

The couple said they are planning to have a large, traditional Catholic ceremony in October with as many family and friends as they can fit in the reception hall.

Although future deployments may temporarily separate the two of them, they said they are prepared for the challenges of an Army life together.

"That's the military. That's fine," Geldhof said. "We understand each other."



Maj. Eric P. Olson was able to keep his proposal plans a secret to his, now fiancée, Maj. Laura R. Geldhof in DFAC 4 on Oct. 31.



ANACONDA

VOLLEYBALL

SATURDAYS 7:30 P.M.

East MWR Gym

news.peel
anaconda

**watch it
on the
Pentagon
Channel**

Husband and wife reenlist together

by Spc. Alexandra Hemmerly-Brown

Anaconda Times Staff Writer

LSA ANACONDA, Iraq - Many Soldiers reenlist while on deployment, but not many get to re-up in Iraq with their spouse.

On Nov. 3, a reenlistment ceremony was held here for two Staff Sgt. Harris's.

Correy A. Harris of Irving, Texas, an information systems chief for 13th Sustainment Command (Expeditionary), and his wife, Scarlet T. S. Harris of Georgetown, Guyana, a transition system operator with B. Company, 57th Signal Battalion, 3rd Signal Brigade, met up for the first time during their deployments to reenlist together.

"I think it is great that these two outstanding NCOs were able to have the opportunity to share their reenlistment together, it was an important day in the Harris family," said Maj. Kenneth A. Patterson, a communications officer for 13th SC(E), whose hometown is Chicago, Ill., commending the couple.

Correy is stationed here and arrived in August, while his wife, who arrived last month, is stationed at Camp Speicher.

"I think the fact that we were both deployed, it's pretty memorable," Correy Harris said about his reenlistment.

Both joined the Army in 1997, and met at advanced individual training at Fort Gordon, Georgia the same year.

After Correy spent a rotation in South Korea, he returned to Fort Hood where Scarlet was also stationed. The two kept in touch throughout Correy's year overseas, and they married in 1999.

The couple has two children together, Jas-

mine, 4, and Correy Jr., 1, who are being taken care of by family members while their parents are deployed.

"It wasn't as hard as I thought it was going to be," Correy said about leaving his children at home. He said he had about a year's notice before his deployment, so he had ample time to prepare.

Scarlet said it was harder for her to leave her children, especially the couple's 1-year-old, who she was worried may not remember his parents when they return.

Scarlet came to Anaconda for three days for the reenlistment, and to spend time with her husband. She was accompanied by her commander, who swore her in.

They said they both reenlisted because it was getting close to their Expiration Term of Service time, and for the benefits that reenlisting overseas brought.

Scarlet mentioned at the couple's ceremony that she had considered getting out of the military, but attributed staying in to her husband.

"We've always flirted with the idea of going officer candidate school, so I asked her if she would consider one more reenlistment," Correy said.

He said his wife was thinking about being a stay-at-home mom, and going to college.

"(She stayed in) because I asked her to try it one more time," Correy said.

Now, he said it's a strong possibility he and his wife will stay in the military for their entire



Photo by Spc. Alexandra Hemmerly-Brown

Staff Sgt. Correy A. Harris (left), an information systems chief for 13th Sustainment Command (Expeditionary), and his wife Staff Sgt. Scarlet T. S. Harris, a transition system operator with B Company, 57th Signal Battalion, 3rd Signal Brigade share the spotlight after their joint-reenlistment ceremony here Nov. 3.

careers.

A group of the couple's friends and colleagues gathered at the ceremony to witness the reenlistment.

"Here are two Soldiers who are willing to stick it out together," said Patterson. "As we all know, being in the Army today can be challenging, and in some cases burdensome on families. The fact that this family, both highly respected NCOs, decided to each give six more years

to their country is a great testimony not only to their patriotism, but also to the entire NCO Corps; the true backbone of the Army today."

The couple said they are not sure if they will see each other again for the remainder of their deployments, but will make efforts to.

"What makes it worthwhile are the outstanding Soldiers around them, and the opportunity to make a real difference in the lives of an entire country of people," Patterson said.

Weight, from Page 1

fat Soldiers, we want fit Soldiers. The tape test is still going to help determine body fat and fitness levels compared to lean muscle-mass levels."

Repercussions for Soldiers failing to meet Army weight standards remain unchanged. They will still be enrolled in the Army Weight Control Program, through which Soldiers seek counseling from a nutritionist on eating properly and incorporating exercise into their daily routines. They must also receive a blood test from their local military treatment facility to rule out medical problems.

Enrollment in the program does not prohibit a Soldier from deployment, but it does prevent positive actions such as awards or attendance at professional development schools.

"The program is designed to assist Soldiers in creating a healthy, fit lifestyle that the Army requires in a time of war," Minitrez said. "We want all of our Soldiers to be 'Army Strong'."

The revised AR 600-9 was published Sept. 1 and implemented Oct. 2. Army leaders decided to give active-duty and

reserve-component Soldiers a six-month transitional period. March 31 is the mandatory effective date.

"This revision didn't happen overnight," Minitrez said. "Researchers have been working for at least a decade to determine if current systems of measuring body fat were the best systems out there.

Research is always ongoing and the Army, just like any other agency, has to keep evolving and using the latest data available - whether it's with equipment, technology or in this case, medicine."

COMMANDER'S ACCESS CHANNEL

11
&
42

McNAB ON THE STREET

NEWSREEL ANACONDA

IA 5th Motor Transport Regiment driving toward success

by Spc. Amanda Solitario
Anaconda Times Staff Writer

KIRKUSH, Iraq—The Iraqi 5th Motor Transport Regiment is rolling right along.

On their own for the first time, the soldiers in the 5th MTR stood with their heads held high as the Iraqi Army regained control of its regiment during a Nov. 1 ceremony.

“It has been a tremendous privilege and honor for me and my team to be here,” said Maj. Todd Offill, a 13th Sustainment Command (Expeditionary) Soldier assigned to the Military Transition Team leader, as he addressed the soldiers.

The ceremony marked the completion of their vigorous training with coalition forces, and a new addition to the Iraqi Army.

Under United States control for the past eight months, the 700 Iraqi soldiers lived and worked with the MiTT as they trained and prepared for missions on some of the most perilous roads in Iraq.

“Hats off to all of these guys,” said Capt.

Thomas Smith, an advisor in the MiTT. “They go over some of the most dangerous highways, Smith said the job of the 5th MTR is an and many have seen their family members important one, and its transfer will have a killed by terrorist groups. They still come significant impact on the coalition forces back, put on their uniform, and serve their fighting in Iraq. “We have trained them the country proudly.” best we can, and now it is time for them to

The primary job of the 5th MTR is vital take the reins,” he said. to the continuity of the Iraqi Army, Smith Smith said the MiTT faced many obstacles said. The soldiers in the unit operate heavy throughout the training process. Besides and light-wheeled trucks and are capable of language and cultural barriers, he said it was moving personnel and equipment throughout a challenge to try to get the Iraqi soldiers to transition to better ways of doing things.

Although the Diyala province is the main He said the U.S. Soldiers did not necessarily area of operation for these soldiers, their want to impose their ideas, but just wanted to missions are not limited to the confines of one show the Iraqis that there are different ways of place, Smith said, a native of Raleigh, N.C. accomplishing a task.

In addition to the transportation of the One principle they tried to enforce was the Iraqi Army’s logistical support, the regiment concept of the noncommissioned officer corps. Smith said the Iraqi Army has an NCO corps, and provides the security for the convoys when but it is not as strong as it is in the U.S. Army.

Smith said the 10-man embedded transition team tested the unit on everything from basic soldier skills to logistical management, and during the ceremony, the unit showed off some of their vehicular assets by circling the motor pool slowly making their way past the invested endless hours in the development of the regiment.

“The 5th MTR was the only MTR to validate their soldiers in the amount of time we had and with very limited resources,” he said.

Smith said he is confident in the abilities that he helped to instill in the soldiers of the 5th MTR, and the unit will stand up next to any other MTR in the Iraqi Army and shine.

“They are all natural leaders and are very good at what they do,” Offill said.

Many of the soldiers in the 5th MTR were recognized for their hard work and dedication to the fight.

Col. Megan P. Tatu, commander of the 164th Corps Support Group currently deployed to Camp Anaconda, and an Iraqi officer handed out certificates of achievements to those soldiers before the close of the ceremony.

Smith said the next step for his team will be to sit as advisors for the Iraqi unit, giving advice, making suggestions, and monitoring the progress of the MTR.



Photos by Spc. Amanda Solitario

(Above) An Iraqi soldier looks out of his turret as the vehicle passes the stage of reviewing officers. The mission of the 5th MTR is to push logistical supplies out to other soldiers within the Iraqi Army. (Right) Col. Christine M. Gayagas, the deputy commanding officer of the 13th Sustainment Command (Expeditionary), Maj. Todd Offill, the MiTT leader, and Col. Megan P. Tatu, commander of the 164th Corps Support Group, watch the 5th MTR transfer of authority ceremony Nov. 1.



(Above) Iraqi soldiers bearing their country's flag lead the way in a pass and review Nov. 1. The Iraqi Army regained control of the 5th MTR after the unit spent months training with coalition forces.



A line of Humvees parade around the unit’s motor pool during a Nov. 1 transfer of authority ceremony in Kirkush. The unit is made up of heavy and light-wheeled vehicles along with ambulances and tow trucks.

108th Aviation Battalion builds unit area from scratch

by Staff Sgt. Lorin Smith

36th Combat Aviation Brigade

LSA ANACONDA, Iraq – Soldiers on the Westside of the base are hearing an unfamiliar noise: the sounds of hammers, saws and trailers being moved.

That's because the 1st Battalion, 108th Aviation Regiment, has been constructing their battalion command post virtually from scratch.

"The area is shaping up nicely," said Lt. Col. Alan Soldan, 1st Bn., 108th Aviation Regt.'s commander.

The unit began the project in early October. According to 1st Bn., 108th's Command Sgt. Maj. Glenn Peterson, he had no choice; there was nowhere else for them to go.

The space issue occurred because the 36th CAB has one more battalion than the brigade they replaced.

The battalion knew they had to prepare for this long before they arrived in Iraq. Prior to the deployment, the unit identified Soldiers who were carpenters, electricians or jack-of-all trades. These Soldiers were put into leadership roles for the construction project and taught others the basics in wood-cutting or how to run wires. This means that junior-enlisted Soldiers who had civilian experience in construction jobs helped noncommissioned officers or officers work on the project.

"Everybody is doing something; it may not be perfect, but it will be our little world," Peterson said. This significantly helped speed up the operation, Peterson added.

Getting the buildings up and running as fast as possible is most important and a big challenge because the battalion has full-time operations to still maintain, he added.

In fact, Company C was already operational and conducting missions when the office-upgrading started.

Company C Soldiers found it difficult to work while other buildings' electrical wires, circuits and connectivity were being tested at the same time, but no missions were impacted by it.

Since the construction began, the battalion has restructured the layout of the office trailers and arranged the area in a more effective manner.

With several flight companies, a battalion tactical operations center (spanning two buildings), a Headquarters element and command group for the battalion commander and command sergeant major, they need all the room they can get.

Once a building has been deemed complete, the Soldiers begin moving in office equipment, files, and pictures of loved ones from back home.

"The Soldiers are trying to build their nest," Peterson said.

The unit has big plans beyond just creating a battalion command post. They plan to bring

in an engineer unit to help create a courtyard in the middle of the section. That courtyard will have a deck containing both a small gym and a coffee-shop with a desert shade over the top. "We will leave it better than how we found it,"

Peterson said.

The unit finished the TOC Nov. 1, the rest of the trailers should be up and running by mid-November, and the courtyard should be done by December.



Photos by Staff Sgt. Lorin Smith

Soldiers from the 1st Battalion, 108th Aviation Regiment, 36th Combat Aviation Brigade, finish cutting a piece of wood to be used for flooring in the battalion's tactical operations center. The project is expected to be complete by mid-November.



Soldiers from the 1st Battalion, 108th Aviation Regiment, 36th Combat Aviation Brigade, build counters for the battalion's tactical operations center.



JAMIE O'NEAL



and **JOHN
POPPER** of Blues Traveler

THANKSGIVING DAY CONCERT



featuring National Radio Personality Delilah
the New England Patriots Cheerleaders
and the Air Force Reserve Band



Rock band inspires troops through song

by Sgt. 1st Class Mary Mott

363rd MPAD

BAGHDAD, Iraq – In 2004, Spc. Ray Claudio, Jr., and his buddy, Spc. Ellis “Super Rosco” Robson, both communications technicians with the 98th Maintenance Company, 393rd Corps Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), decided to enter a talent show together.

Robson, who hails from Sheboygan Falls, Wis., has played drums and keyboard for more than a dozen years and said he was “just looking for someone to practice with,” so that his skills would stay sharp. Robson is also a music composer.

When he found that Claudio played an instrument and wrote song lyrics, they teamed up and entered the talent contest at Fort Richardson, Alaska, with a song they composed.

Although they came in second behind a group of dancers, the two were pleased at their warm and enthusiastic reception by fellow Soldiers and decided to write and record more on their spare time, said Robson.

“(We) had actually played our final show in February because we were coming here and didn’t think we would have the opportunity to play,” said Claudio, from Chicago, the group’s lead vocalist, who also plays guitar.

The band’s name is “SRCC,” which Claudio acknowledges is not catchy or easy to remember.

The meaning of the acronym changes all of the time. We thought we would play once together and not play anymore, so we chose the name ‘Sgt. Rivera’s Cadence Callers,’ after our squad leader,” said Claudio.

“When we became serious about our music, we changed it to Super Rosco and the Claudio Crusaders ... now we are simply called SRCC, or Sick Rick (after a cartoon cherub, the group’s logo) and the Canceled Cure.”

After arriving at Camp Seitz Annex on the Victory Base Complex in March, the group formed, borrowing guitars from friends and using the chapel’s drums, said Claudio.

The duo became a trio. “Lizard just showed up one day and started playing bass (guitar) and hit every note; we never sounded so good.”

“Lizard” is 1st Lt. Ricardo J. Lizardi-Ortiz, 393rd CSB S-2 battle captain, a 13-year military veteran from Bayamon, Puerto Rico.



Photo by Sgt. 1st Class Mary Mott

The members of SRCC, a novelty rock band, clown around at rehearsal Nov. 6. The trio, all Soldiers from 393rd Corps Support Battalion, 15th Sustainment Command (Expeditionary), is composed of Spc. Ray Claudio (seated), communications technician from Chicago, the group’s lead singer, guitar player and lyricist; 1st Lt. Ricardo J. Lizardi-Ortiz (back), S-2 battle captain, from Bayamon, Puerto Rico, bass player; and Spc. Ellis “Super Rosco” Robson, communications technician, from Sheboygan Falls, Wis., a music composer who also plays drums and keyboard.

“I really love to do this,” said Lizardi-Ortiz. “It gets my mind off Iraq. I look forward to each week when we have practice.” Lizardi-Ortiz was the “find” of the group’s informal manager, Capt. Luis J. Vega, Battalion adjutant, 393rd CSB.

“I’ve been playing bass five or six years as a hobby,” said Lizardi-Ortiz. “Then in May, Capt. Vega told me to come hear the group and I brought my guitar, just to practice with them.” Lizardi-Ortiz has been with the group since then.

“They used to practice at the Seitz Annex chapel on Saturdays,” recalls Vega. “I happened to be passing by and heard them and thought they were great, but I told them they really needed a bass player. So I found them one.”

Vega became the group’s most ardent supporter, devoting much of his personal time to promote their talent. While SRCC

was still a duet, Vega made sure they were booked at the small MWR on Seitz Annex every Saturday night to entertain Soldiers.

“Capt. Vega believed in our music the moment he heard us. He went out of his way and helped us get all new equipment – drums, amplifiers, sticks,” said Claudio. “On top of that, he helps us get our shows lined up and he provides our transportation and makes sure we have everything we need to go rock out.”

Thanks largely to the efforts of Vega, from Juana Diaz, Puerto Rico, the group played at the Camp Liberty Scorpion MWR for the Fourth of July, at forward operating base Striker’s outdoor stage and most recently at Camp Liberty’s 4th Infantry Division MWR.

The team of Claudio and Robson are currently working on new material and will be recording a lot in November and December.

Thus far, the two have written more than two dozen original songs. It is difficult to describe the group’s sound, because “they have a unique style,” said Vega. There is an old-time rock flavor, mixed with something that cannot be categorized, although fans of legendary rock pioneer Chuck Berry may recognize his influence in Claudio’s virtuoso guitar style.

Their songs vary from the serious to the absurd, including Vega’s personal favorite “Don’t you know,” which is “all about that woman you love to hate,” Claudio said laughing.

As for the group’s fate after redeployment next February, “Super Rosco and I will be returning to Anchorage, Alaska, and Lizard will be returning to Puerto Rico. I love them both and would not want to record SRCC songs without them – so recording our songs after redeployment may be out of the question,” said Claudio.

“I’m just really happy that we have the opportunity to play up here for our friends and make new friends in the process. We are good at what we do and we can sometimes bring laughter, or even just a grin – or maybe even nausea,” Claudio said. “Sometimes any different feeling can mean the world to people who have been stuck in the same feeling for a whole year.”

Spc. Louie King, radio and communications security repair specialist who hails from Birmingham, Ala., is the band’s sound technician.

“He makes sure we are sounding as good as possible. Louie has been there for every set up and tear down,” said Claudio.

The group even has a “roadie,” Spc. Patrick Brown, from Chicago, missile systems repair specialist, 393rd CSB, who moves the band’s equipment. “He is our bus driver – when we have a bus,” said Claudio.

“Pat helps set up, and whatever else we might need at the last minute, and even transports fans from FOB to FOB to hear the band play. The bus broke down one time and he ran all the way back to Seitz Annex to get a working one – in boots, mind you,” Claudio said, laughing.

Subbing on drums when Robson is unable to perform due to scheduling or other conflicts is Spc. Brandon Neal from Louisburg, N.C., light wheeled vehicle mechanic, 393rd CSB.

LSA ANACONDA RELIGIOUS SCHEDULE

Religious schedule subject to change

Roman Catholic Mass

Saturday 5 p.m. Tuskegee Chapel
Saturday 8 p.m. Provider Chapel
Sunday 7:30 a.m. Freedom Chapel
Sunday 9 a.m. Tuskegee Chapel
Sunday 5:30 p.m. Provider Chapel
Sunday 11 a.m. Air Force Hospital
Monday - Friday 5 p.m. Tuskegee
Sacrament of Reconciliation
30 minutes prior to each mass
Protestant-Contemporary
Sunday 10 a.m. Tuskegee Chapel
Sunday 10 a.m. Town Hall

Latter Day Saints

Sunday 1 p.m. Provider Chapel
Sunday 4 p.m. Freedom Chapel
Sunday 7 p.m. Tuskegee Chapel
Church of Christ
Sunday 2 p.m. Tuskegee Chapel
Ecumenical Thanksgiving Service
Thursday 10:30 a.m. Provider Chapel
Islamic Prayer
Friday 12:30 p.m. Provider Chapel
Samoan Congregational Service
Sunday 4 p.m. Provider Chapel

Friday Shabbat Service

Friday 7 p.m. Tuskegee Chapel
Eastern Orthodox Prayer Service
Sunday 3:30 p.m. Tuskegee Chapel
Protestant-Gospel
Sunday, 11 a.m. MWR East Building
Sunday 11:30 a.m. Freedom Chapel
Sunday 2 p.m. Air Force Hospital Chapel
Sunday 7 p.m. Provider Chapel
Protestant Praise and Worship
Sunday 9 a.m. MWR East Building
Sunday 9 a.m. Eden Chapel

Sunday 7 p.m. Freedom Chapel
Sunday 7:30 p.m. Eden Chapel
Wednesday 7 p.m. Freedom Chapel
Protestant-Traditional
Sunday 8:15 a.m. Air Force Hospital
Sunday 9:30 a.m. Provider Chapel
Sunday 10 a.m. Freedom Chapel
Sunday 5 p.m. Tuskegee Chapel
Sunday 8:15 p.m. Air Force Hospital
Non-Denominational
Sunday 9 a.m. Signal Chapel
Non-Denominational Spanish
Sunday 2 p.m. Freedom Chapel

Tae Bo-athon, alive and well in Taji

by Capt. Sandra Ming-Wilks

15th BTB

CAMP TAJI, Iraq - Just mention the name Billy Blanks and almost anyone will break out with the "air punching bag" movement. Soldiers traditionally volunteer to lead physical fitness sessions in some form of aerobics or dance to provide a change of pace to the traditional push ups, sit ups, and run.

Tae Bo, an aerobic exercise routine developed by Blanks, a Tae Kwon Do practitioner, is increasingly becoming the physical fitness session of choice.

It is one of the first "cardio boxing" programs that's expanded onto most military installations. Popularity has held for this intense workout regimen, which helps increase cardiovascular fitness, strength, muscular endurance, and flexibility.

The popularity continues on forward operating base Taji.

Chief Warrant Officer 3 Sabrina Nero, a food service technician, from the 4th Infantry Division Support Brigade, picked up the challenge and has led the Tae Bo sessions in Taji since April 2006.

Once the word got out amongst the 15th Brigade Troop Battalion about the physical benefits of an hour of jumping, kicking, and punching, the crowd attendance grew steadily.

On Nov. 3, Nero, with help from the Taji Morale, Welfare, and Recreation office, sponsored a Tae Bo-athon. Platters of fruit and other refreshments followed the two hours of Tae Bo. Participation was high even in the second hour.

With Nero's tour of duty drawing to a close, three leaders from the 15th BTB have stepped up to keep the classes going.



Photos by Capt. Sandra Ming-Wilks

Soldiers at Camp Taji enjoy extensive work-out training using the fundamentals taught by Billy Blanks, a Tae Kwon Do practitioner. Classes are held every Monday Wednesday and Friday for one hour starting at 6 a.m.



EAST REC MWR
DANCE
LESSONS
COUNTRY SWING
SALSA
CARRIBEAN
 COME FIND OUT WHAT'S THE HYPE ALL ABOUT

news.reel
anaconda

watch it
on the
Pentagon
Channel

November 15**Aerobics**

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

Yoga

6 p.m.
East MWR Fitness Center

Boxing

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

Rock Climbing Class

8 p.m.
East MWR Fitness Center

8-Ball Tourney

8 p.m.
West Recreation Center

Madden '05

8 p.m.
West Recreation Center

9-Ball Tourney

8 p.m.
East Rec Center

DJ Classes

8 p.m.
East Rec Center

November 16**Tae Kwon Do**

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

NOGI Jiu-Jitsu

9 p.m.
East MWR Fitness Center

Level 2 Swim Lessons

7 p.m.
Indoor Pool

Level 1 Swim Lessons

8 p.m.
Indoor Pool

ANACONDA ACTIVITIES

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

Battlefield Ground

8 p.m.
East Rec Center

November 17**Aerobics**

5:30 p.m.
East MWR Fitness Center

Boxing

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

Chess Tourney

8 p.m.
West Recreation Center

4-4 Volleyball Tourney

8 p.m.
West MWR Fitness Center

Caribbean Dance

8 p.m.
East Rec Center

November 18**Aerobics**

noon to 1 p.m.
East MWR Fitness Center

Open Court Volleyball

6 p.m.
East MWR Fitness Center

500m Fins/Kickboard

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

Texas Hold'em

8 p.m.
West Recreation Center

Aerobics

8 p.m.
West MWR Fitness Center

Salsa Dance

8 p.m.
East Rec Center

Tae Kwon Do

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

NOGI Jiu-Jitsu

9 p.m.
East MWR Fitness Center

Level 2 Swim Lessons

7 p.m.
Indoor Pool

Level 1 Swim Lessons

8 p.m.
Indoor Pool

Command & Conquer

8 p.m.
West Recreation Center

Dodgeball Tourney

8 p.m.
West MWR Fitness Center

Texas Hold'em

8 p.m.
East Rec Center

November 19**Aerobics**

5:30 p.m.
East MWR Fitness Center

Boxing

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

100m Butterfly

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

Spades Tourney

8 p.m.
West Recreation Center

4-4 Volleyball Tourney

8 p.m.
West MWR Fitness Center

Caribbean Dance

8 p.m.
East Rec Center

November 20**Aerobics**

noon to 1 p.m.
East MWR Fitness Center

Open Court Volleyball

6 p.m.
East MWR Fitness Center

One-Mile Swim Race

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

Texas Hold'em

8 p.m.
West Recreation Center

Aerobics

8 p.m.
West MWR Fitness Center

Salsa Dance

8 p.m.
East Rec Center

November 21**Open Court Volleyball**

6 p.m.
East MWR Fitness Center

Tae Kwon Do

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

Brazilian Jiu-Jitsu

9 p.m.
East MWR Fitness Center

Green Bean Karaoke

8 p.m.
Green Bean Coffee Shop

5-5 Basketball Tourney

8 p.m.
West MWR Fitness Center

Poker

8 p.m.
East Rec Center

November 22**Aerobics**

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

Boxing

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

Rock Climbing Class

8 p.m.
East MWR Fitness Center

One-Hour Swim-A-Thon

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

Jam Session

8 p.m.
West Recreation Center

Aerobics

8 p.m.
West MWR Fitness Center

THE MOTHER OF ALL BATTLES

ARMY

VS

AIR FORCE

FLAG FOOTBALL BASKETBALL

A THANKSGIVING DAY EXTRAVAGANZA

VISIT YOUR LOCAL MWR FACILITY FOR MORE INFORMATION

**Tune into
Commander's
Access**

**Channels
11 & 42
For more
information call
DSN: 829-3051**



Notice

In an effort to reduce cleaning costs during the rainy months, we ask that all patrons utilizing the MWR Fitness Centers & Gymnasiums please bring an extra pair of shoes so as to keep mud and dirt from accumulating on the floors.

Your cooperation in this matter is greatly appreciated.

LSAA MWR NCOIC

Ridiculous Riddles

A. The pear tree

A farmer owned a beautiful pear tree. He supplies the fruit to a nearby grocery store. The store owner has called the farmer to see how much fruit is available for him to purchase. The farmer knows that the main trunk has 24 branches. Each branch has exactly 12 boughs and each bough has exactly 6 twigs. Since each twig bears one piece of fruit, how many plums will the farmer be able to deliver?

B. Dollar bill



Why are 1990 dollar bills worth more than 1989 dollar bills?

C. A doctor and a bus driver in love

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

Riddle Answers
A. None. A pear tree does not bear plums. B. The same reason seven dollars is more than six. Because there is one more. C. An apple a day keeps the doctor away.

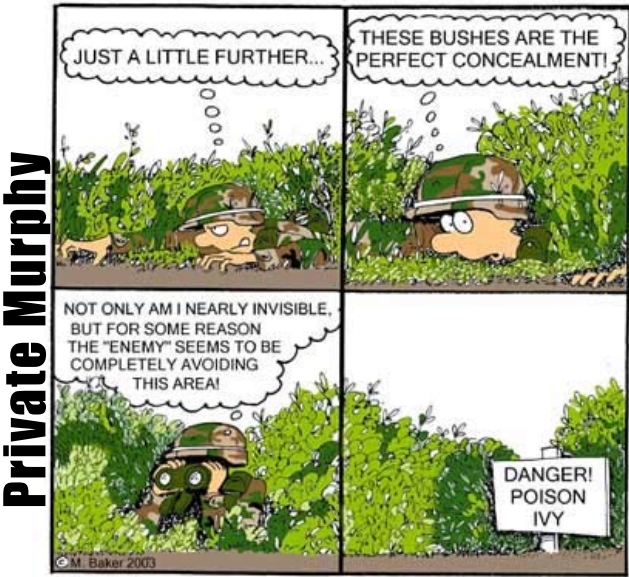
(Schedule is subject to change)

SUSTAINER REEL TIME THEATER

Wednesday, Nov. 15	
5 p.m.	Flushed Away (PG)
8 p.m.	Crossover (PG-13)
Thursday, Nov. 16	
5 p.m.	Invincible (PG)
8 p.m.	Idlewild (R)
Friday, Nov. 17	
2 p.m.	Hollywoodland (R)
5 p.m.	Stranger Than Fiction (PG-13)
8:30 p.m.	Crank (R)
Saturday, Nov. 18	
2 p.m.	Stranger Than Fiction (PG-13)
5 p.m.	The Last Kiss (R)
8 p.m.	Hollywoodland (R)
Sunday, Nov. 19	
2 p.m.	The Last Kiss (R)
5 p.m.	The Wicker Man (PG-13)
8 p.m.	Crank (R)
Monday, Nov. 20	
5 p.m.	Invincible (PG)
8 p.m.	Idlewild (R)
Tuesday, Oct. 21	
5 p.m.	Crank (R)
8 p.m.	Hollywoodland (R)



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



Anaconda Sudoku

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



1st. Lt. Ahren Reiter stretches before the 5-kilometer run.



Senior Airmen Greg Galey finishes the last lap of the 500-meter swim before he transitioned to the 5-kilometer run during the biathlon.

Splash!

story and photos by Sgt. 1st Class Mark Bell

LSA ANACONDA, Iraq – With their goggles snugly fit and last-second stretching complete, more than 100 Army, Air Force, and Navy personnel kicked off the Nov. 5 biathlon with a splash.

The predawn event was filled with experienced and not-so-experienced swimmers, ready to battle the cool waters of the indoor pool.

Some powered through the 500-meter swim in record times, while others took a different approach, but one common thread for the two-hour event was servicemembers having fun and making new friends.

Whether they doggy paddled every other lap or swam a seemingly leisurely back stroke, everyone completed the first portion of the event with a smile and noticeable relief on their faces as they headed to the restrooms to exchange their swimming goggles for running shoes as they transitioned to the five-kilometer running course.

“Probably the most difficult part for me was coming out of the pool and getting ready for the run,” said

Sgt. Bethany Becker, from Milwaukee, about the quick changeover from swimming to running. “I just really never thought it would be that time consuming.”

The highlight of the run was when one unidentified runner arrived behind the time keepers and small cheering crowd opposite of the normal finish line. Exhausted from what she thought was five kilometers, the runner begged to receive a valid time from the judges. With baffled looks on the spectator’s faces and questions on how she finished “behind” everyone, the time keepers just laughed and wrote down her time of 30 minutes and 45 seconds.

Runners continually made their final turn towards the finish line with cameras and cheers welcoming them to a finish of a long morning.

With new friendships created between participants, the biathlon was more than just a grueling competition, but rather a tool used to connect inter-service bonds of a common interest – swimming and running.



Sgt. Shamika Mosley, encourages Sgt. Brian Haskan, both from the 22nd PSB, to finish by running strong.



One competitor writes his number on his calf to help judges track his time. Sgt. Bethany Becker, from Milwaukee, swims laps during the 500-meter swim portion of the biathlon.

