

# ANACONDA TIMES

NOVEMBER 29, 2006 PROUDLY SERVING LSA ANACONDA



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Vol. 3, Issue 47

## Sec. of the Army visits Anaconda

by Spc. Alexandra Hemmerly-Brown  
*Anaconda Times Staff Writer*

LSA ANACONDA, Iraq – The 19th Secretary of the Army visited Anaconda to discuss the current conditions in Iraq and meet with Soldiers Nov. 22.

During a breakfast meeting, Dr. Francis J. Harvey answered questions and joked with more than 20 Soldiers representing several of the units stationed here.

“We can’t go to war without you guys and gals in this room,” Harvey said, stressing the importance of logistical jobs.



Dr. Francis J. Harvey

have a stable Iraq. We’ve got to rid the world of terrorism, or your children and my children will be living with it.”

He said the current deployment rotation plan for active duty Soldiers, is for them to have two years at their home station to every one year deployed. That criteria is not currently being met, he said as the average “dwell time” is about 1 and 1/2 years.

Many Soldiers asked questions of the Secretary pertaining to deployment lengths, the length of the war, and future plans for Iraq.

“If we pulled out of Iraq now, it would implode,” Harvey said. “The end objective is to

**see Army, Page 10**

# Need it? Build it!

*Self-help yard offers tools and materials*

**- Page 8,9**



Spc. Randy McGraw of the 99th Movement Control Team makes final measurements before securing the wood together to build a night stand.

Photo by Sgt. Kevin McSwain



## “I am a Warrior and a member of a team.”

I am Staff Sgt. Matthew Coffill, from Fort Hood, Texas  
49th Transportation Battalion >> Personnel NCOIC



# Family carries on a warrior's tradition together

by Spc. Amanda Solitario

**Anaconda Times Staff Writer**

**MOSUL, Iraq** - He followed in his father's footsteps to carry on a family tradition, and his desire to remain close to his dad has brought him back to Iraq for a second tour.

Spc. Michael Dunson Jr, a cook with the 1345th Transportation Company, did not hesitate to answer when his father, Sgt. 1st Class Michael Dunson, asked if he wanted to deploy with him one more time.

"I had changed units and found out I was getting deployed again," said Sgt. 1st Class Dunson, 45. "I heard the unit had another slot to fill, so I called up my son to see if he wanted to come back, and he said yes."

The two Oklahoma National Guardsmen served in Iraq together in 2004 along with three other relatives, Dunson Sr.'s niece and two cousins. Both agree that having familiar faces close-by make the deployments a lot less stressful.

"Having family around helps you from getting homesick," said the father. "You keep each other busy."

The Dunson's come from a long line of military lineage with many of their relatives still serving today.

Their family is descended from the Native American tribes, Creek and Seminole, and they are very proud of their heritage.

"I am always kidding with the other Soldiers that we have been fighting terrorism since 1492," Dunson Sr. said.

Although they did not have plans to take part in any National American Indian Heritage Month festivities this year, they are happy that the country they defend recognizes and supports their culture, Dunson Sr. said.

"There are not a lot of us around," he said. "We are sort of like the Marines—the few and the proud."

The older Dunson is the contract officer technical assistant for the dining facility. His primary responsibility is to act as the liaison between civilian contractors and military personnel.

"Any time the military has any problems, I go to (Kellogg, Brown, & Root) to get it



Photo by Spc. Amanda Solitario

**Sgt. 1st Class Michael Dunson and Spc. Michael Dunson, Jr., pose for a picture in the dining facility where they work in Mosul. Both Soldiers volunteered for a second deployment to Iraq together. The two are from Okemah, Okla., and are a part of the Oklahoma National Guard.**

worked out," he said.

Spc. Dunson, 24, works alongside his father as a monitor in the DFAC. The pair, from Okemah, Okla., rarely spends much time together outside of work, Dunson Sr. said.

"He has his friends, and I have mine," he said. "They think I am too old for them, so I stick to myself."

At the same time, they both know they can count on one another for support.

"Whenever I need someone to talk to, I can go back to my father," Dunson Jr. said, adding that an extra bonus to deploying with a parent is he can go to him for money.

The perks do not come without pain, said Dunson Sr., who has been in the military for more than 25 years.

For two months, Dunson Jr. had to leave Forward Operating Base Marez and relocate to a remote base in Al Kasik to set up a chow

hall for the Soldiers stationed there. Dunson said he was very concerned while his son was away, as any parent would be.

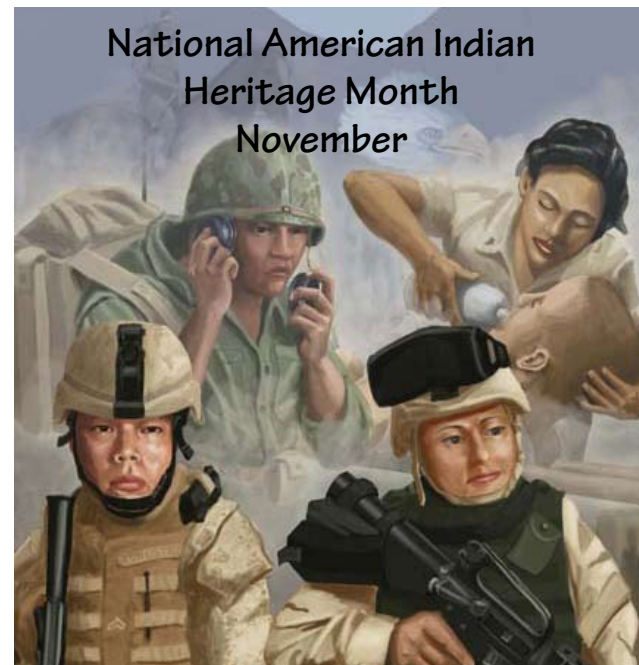
But parents are not the only ones who worry, Dunson Jr. said.

"I was worried about my father. He is getting old and kind of slow," he said jokingly.

The duo still has a few months of ahead of them before redeploying back home to the rest of their family, and both said they will continue to stick together to keep up their morale.

"You just have to take care of each other when you are deployed," Dunson said, adding that the rest will fall into place.

## National American Indian Heritage Month November



## ANACONDA TIMES

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36th Combat Aviation Brigade  
402nd Army Field Support Brigade  
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



# Reserve Soldier proves best at Audie Murphy board

*"Excellence is doing ordinary things extraordinarily well."*

- John W. Gardner

by Sgt. KaRonda Fleming

**Anaconda Times Staff Writer**

**LSA ANACONDA, Iraq** - A Reserve Soldier with the 657th Area Support Group has conquered the Audie Murphy merit board competition held here Nov. 16.

Staff Sgt. Rafael E. Ramirez, an administrative Assistant for the 657th ASG's command group, competed against 12 other Soldiers.

"I woke up early that morning and it just hit me right then," Ramirez said. "I've never been that nervous before."

Today, Soldiers can be inducted into the Audie Murphy Club, which is a club that recognizes elite Soldiers who exemplify great leadership in their unit. The board is held every six months.

Audie Murphy was one of the greatest combat Soldiers in the history of the United States. During a deployment to Europe and Africa, Murphy won a battlefield commission for his courage and leadership ability.

Murphy was decorated with every single medal for valor that America gives, along with three French medals and one Belgian medal.

"The board first looks at the Soldiers appearance," Master Sgt. John K. Miyata, the NCOIC for the 657th ASG command group said, expressing that candidates are selected if they follow Murphy's excellence. "Did he take time to work on his uniform and boots? Does he look sharp? Does the Soldier look physically fit?"

Miyata, whose hometown is Makakilo, Hawaii, said the judges also look at Soldiers overall leadership skills and how well they handle situations in and around LSA Anaconda.

"An example of a situational question is 'What will you do if you are at a security point and there was a vehicle coming at you? What is the escalation of force procedures for theater?'" he said.

The board also asks questions about the uniform and the candidate has to recite the



Photo by Sgt. KaRonda Fleming

**Staff Sgt. Rafael E. Ramirez, an administrative assistant for the 657th Area Support Group's command group won the Audie Murphy board Nov. 16. He proved to be the best candidate and said he plans to uphold his responsibility by being an example to lower-enlisted Soldiers.**

supporting army regulation for the uniform, Miyata said.

Ramirez entered the Army in Aug. 2000 and is currently working as an Active Guard Reserve Soldier in his hometown of San Bernardino, Calif.

Ramirez said he always wanted to test himself by appearing before the Audie Murphy Board. It took approximately 40 minutes from the time he entered the room facing the panel of six judges until the time he exited the room.

He said he studied Army manuals and was frequently questioned about possible situational

awareness. He gave credit to members of his unit noting everyone there gave him input, which really helped him out.

"I've never seen someone so passionate and determined to win this," Miyata said. "He studied every night and throughout the day. He really felt strongly about winning the board."

Ramirez, who is a faithful University of Southern California fan, said to himself just before facing the panel of judges, "If I do good (at the boards), then we might win the championship this year."

He compared football to the military.

"The coach is like the General," Ramirez said. "He provides guidelines for everyone. Everyone is a leader and has a part in their team."

Ramirez is very appreciative to the title as 13th SC (E)'s Audie Murphy Board winner.

He said he was very surprised to find out he was the winner. "Winning the merited board was the best feeling ever."

There will be an inductee ceremony held at a later date. "It's a very big honor, but at the same time, it's a big responsibility, and I have to lead by example," he said.

## Who are your favorite sports rivals?

1st Lt. Scott Poznanski



"I like the rivalry between Texas and Texas A&M. The Aggies from Texas A&M are ready to beat the Longhorns this year."

2nd Lt. Melissa Griffith



"Texas and Texas A&M are my favorite college football rivals. Anyone who thinks the Aggies can beat the Texas Longhorns are crazy."

Sgt. Travis J. Heckelsberg



"The Dallas Cowboys and the San Francisco 49ers. The Cowboys were unstoppable with Emmitt Smith."

Sp. Jason Berry



"Kansas City Chiefs and the Denver Broncos. This rivalry has been going on for a long time."



## News Briefs

### Police deliver medical supplies

**RAMADI, Iraq** - Iraqi Policemen with the Western Ramadi Police Sub-Station provided nearly 3,000 pounds of medical supplies to the Women's and Children's Hospital in Ar Ramadi.

The Policemen conducted the relief operation, with assistance from Marines of 1st Battalion, 6th Marine Regiment, in response to requests from the local populace concerning a shortage in medical supplies.

The supplies, provided by the World Health Organization, are enough to support 10,000 residents for a period of three months. The supplies contain essential medicines and medical devices for primary healthcare workers with limited training.

The operation was the first step in a partnership between the hospital and Iraqi Security Forces to provide aid and basic services to the neediest citizens of Ramadi.

"This is a big and great help for us," said Abd Alkhalq Z. Hassein, Director Assistant of the hospital. "We are very proud that the Police of this city look after the needs of the people."

### Army ups referral bonus to \$2K

**WASHINGTON** - Bonuses have doubled to two thousand dollars for Soldiers and retirees referring future Soldiers to the Referral Bonus Pilot Program.

Active duty, reserve-component Soldiers, and Army retirees, are eligible for the referral bonus.

Soldiers working in the Hometown Recruiter Assistance Program, Special Recruiter Assistance Program, Active Duty for Special Work Program or the Future Soldier Training Program are also eligible if the prospective Soldier has not already met with a recruiter.

The bonus is not paid to Soldiers referring members of their immediate families, to include spouses, children, parents, stepparents, and siblings.

Referrals should be made through the Army Referral System - Sergeant Major of the Army Recruiting Team Web site at [www.usarec.army.mil/smart](http://www.usarec.army.mil/smart). An Army Knowledge Online user name and password are required to use the site, at which Soldiers must first establish a user account to make a referral. Users will be asked to submit such personal information as their social security number to facilitate payment.

Referrals may also be made at 1 (800) 223-3735, ext. 6-0473.

The bonus is paid in two lump sums. The first half is paid when the Soldier begins basic training, and the second half is paid after the Soldier graduates from One-Station Unit Training or Advanced Individual Training.

There are no retroactive provisions to the change. Sponsors who provided referrals before Nov. 13 are only eligible for the one thousand dollar bonus.

## New high-tech equipment to be issued

**WASHINGTON** (Army News Service) - Following successful field testing last summer, the Army is planning to deploy its new Land Warrior System within the year, bringing the Army a giant step closer to electronic networking of the battlefield.

The wearable, computerized system includes lasers, navigation modules, radios, and other technologically advanced equipment to help Soldiers shoot, move and communicate more accurately on the battlefield. Ultimately, it will improve their ability to fight effectively and survive.

Testing of the Land Warrior package was conducted over a three-month period by the 4th Battalion, 9th Infantry Regiment, 4th Stryker Brigade Combat Team, 2nd Infantry Division, at Fort Lewis, Wash. It culminated in an Army Evaluation Command Limited User Test in September and October.

"The '4-9' has been training for anticipated deployment next summer. Based on assessment results, it looks like we will deploy with the new Land Warrior and Mounted Warrior systems," said Lt. Col. Bill Prior, battalion commander.

For the first time, infantry troops will be carrying digital gear that will help address some of the chronic difficulties for Soldiers



*Special Photo*  
**The 4th Battalion, 9th Infantry Regiment, 4th Stryker Brigade Combat Team, 2nd Infantry Division, at Fort Lewis, Wash., spent three months testing the Land Warrior System that will be deployed within the year.**

on the ground, such as locating other Soldiers, identifying the enemy, and getting the latest orders.

"Thanks to the successful demonstration at Fort Lewis, we now have the first Army unit ready to go real-world operational with Land Warrior capabilities," said Brig. Gen. Mark Brown, Program Executive Office Soldier commander. "Land Warrior marks the path forward to a more capable, lighter-weight ground Soldier system. The leadership of the Army takes great pains and great care

to ensure that our Soldiers are well equipped, well trained and well organized to accomplish the mission that the nation sends them on."

During the comprehensive Land Warrior assessment, Fort Lewis Soldiers were equipped with 440 Land Warrior Systems, as well as 147 Mounted Warrior Systems designed for combat vehicle crewmen. For the first time ever, large-scale map displays were used to show the Soldier his location, the location of his buddies, vehicle locations, known enemy positions, and up-to-the minute mission plans and orders.

Weapon systems equipped with multifunctional laser sights, day- and night-vision feeds, and direct connectivity to the Land Warrior and Mounted Warrior networks increase the Soldiers' combat effectiveness while minimizing exposure to the enemy. Precise navigation and real-time, common situational awareness were shown to substantially reduce the risk of fratricide or surprise enemy attacks.

## Army medical personnel provide care to Iraqis

by Spc. Jason Dangel

**4th BCT, 4th ID**

**BAGHDAD, Iraq**- Someone once said, "little things can go a long way," and this is exactly what Multi-National Division - Baghdad Soldiers aimed to achieve as they teamed up with Iraqi soldiers from the 5th Brigade, 6th Iraqi Army Division, to provide a free, one-day medical screening for the citizens of Baghdad's Al Mansour neighborhood.

Iraqi army doctors and medics, along with medical personnel from the 2nd Battalion, 1st Infantry Regiment, 172nd Stryker Brigade Combat Team, as well as medics and doctors from the 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, rendered medical care to approximately 200 Iraqi citizens during the event.

The combined medical operation provided citizens of the neighborhood with basic health care and the medicine needed for their ailments.

Care packages, wheel chairs, blankets, and toys were also distributed to the patients by Soldiers from the 414th Civil Affairs Battalion, currently attached to the 4th BCT.

"There just isn't enough medical help in the country," said Col. Todd Dombroski, surgeon, 1st Bn., 12th Inf. Regt., as scores



*Photo by Spc. Jason Dangel*  
**Dozens of Iraqi citizens from Baghdad's Al Mansour neighborhood line up outside a school house for a free medical screening.**

of citizens lined up outside of a small school house. "This event shows that the Iraqi army and the Ministry of Health truly care for the citizens here and want to help," he said.

Dombroski said proper health care and medical supply is severely lacking in many parts of Iraq, particularly Baghdad, and hopes that small events like this will open the door to bigger and better medical systems for the people of the city.

Capt. Bob Hilleman, a physicians assistant with the 2nd Bn., 1st Inf. Regt., said he and his medical team saw a myriad of different ailments during the day. They helped in every way they could, but primarily played an advisory role to their Iraqi counterparts as the Iraqi doctors

and medics treated the citizens.

"It's important for the Iraqi people to understand that they can go to Iraqis for treatment," Hilleman explained. "We have Iraqi physicians and nurses here today that are very capable, and it also helps to make the situation more comfortable for the citizens while they're being treated because there are no language barriers or translation problems like the ones we sometimes encounter when we do the same thing."

The event was also used to educate the citizens of Al Mansour on the importance of healthcare and how to recognize certain illnesses before it's too late.

"Just from my experience on the ground, a lot of the families

we see don't know who to go to or what to do when they are feeling ill," said Pvt. Kyle Exzabe, a medic with Headquarters and Headquarters Company, 2nd Bn., 1st Inf. Regt.

"The last time our unit participated in one of these events, a lot of the citizens were diagnosed with some pretty serious stuff, such as tuberculosis and other illnesses of that nature - and that is why we stress to the citizens to get treated early and often when they're sick. It will help save lives," he said.

Despite the success of the medical operation, medical personnel from both the 172nd SBCT and the 4th BCT agree that there is a long way to go until the Iraqi medical system is up to par due to the more than two decades of war and economic sanctions the Iraqi people endured during the later half of the 1990s, Dombroski said.

Security in many parts of Baghdad Province have also played a huge part in the lack of adequate medical supplies and services as Coalition Forces continue to fight terrorism and provide security to the Iraqi people, he said.

"We try our best to help as much as we can. Personally, I have overseen the training of many Iraqi army medics and (doctors), and they do great things, but there is still a lot of work to do.



# Combat Stress Control

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.

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# Humorous host gets gamers involved during Bingo

by Staff Sgt. Alice Moore

332nd AEW

**BALAD AIR BASE, Iraq** - Logistics support flight superintendent by day, Balad game show host and comedian by night.

As the logistics support flight superintendent for the 732nd Expeditionary Mission Support Group, Tech. Sgt. Craig Mills is responsible for making sure that more than 1,400 in-lieu-of Airmen, who support Army missions, such as escorting convoys, guarding prisoners and defending roadside bombs, have the equipment and supplies they need to accomplish their jobs. When his duties are done, he volunteers for the 332nd Expeditionary Services Squadron hosting Bingo every Saturday night at the H-6 recreation center.

With his sense of humor, Mills has been able to make Saturday nights a little more fun for people at LSA Anaconda. He's not just calling numbers for Bingo, he also engages in good-natured heckling, uses his natural country drawl. At times he busts out dance moves, to make the crowd laugh.

"Mills has the perfect personality for the job, not to mention his great dancing moves," said Staff Sgt. Maria Rodriguez, 332nd Expeditionary Logistics Readiness Squadron traffic management technician. "He always captures and keeps the audience's attention."

"I come to Bingo to laugh at Sergeant Mills," said Tech. Sgt. Melissa Petoski, 332nd Expeditionary Operations Support



Photo by Sr. Airman Josh Mosher  
**Tech. Sgt. Craig Mills jokes with 1st Lt. Jay Kim and Sr. Airman Tonia Lemcke during Bingo here. Mills is a flight superintendent assigned to the 732nd EMSG and is deployed from Luke Air Force Base, Ariz.**

Squadron INTEL analyst. "He has the best country accent. He's entertaining to watch."

The Stoneville, N.C. native joined the Air Force more than 11 years ago to travel and leave small town America, he said. As a supply craftsman, he's spent time traveling all over the world.

He arrived at Balad Air Base in May for a four-month deployment. That has since stretched to six.

"I volunteered to stay two extra months because I was heading up a transfer of equipment from an Army mission to an Air Force mission. I definitely feel like my work here is

important so I decided to stay and see this project through," he said.

Mills said he never planned on being the Bingo host here. It was just something that happened one day.

"When I first got here, Master Sgt. Kurt Larsen was hosting Bingo and he asked me if I wanted to do it," Mills said. "At first I didn't think anything about doing it, but when he left, Bingo got boring. One night I walked in and nobody was having any fun. I just walked up on stage and started calling out the numbers and added my little flavor to the mix."

After hosting one event, he continued to volunteer because he enjoys making people laugh and Bingo is one way to do that, he said.

"I'm not sure about being funny sometimes, but I would say that I do have my moments," he said. "I usually think of things to say quickly, and if they come off funny, that's great."

He said his comedy is dependent a lot on timing and different situations, which always leads to friendly insults of someone in the crowd.

"We all do stupid things sometimes. I usually catch them quicker than most. I don't have a problem talking to people. People know I am not being personal when I make jokes about the stuff they do or say," Mills said. "The majority of the time, they laugh too."

Others agree it's definitely a plus when they're able to laugh.

"Mills puts a fun spin on Bingo nights. People enjoy playing and having an opportunity to win money. It's a bonus when they get a comic act as well," said 1st Lt. Jason Guadalupe, 332nd Expeditionary Services Squadron deputy commander. "Not everyone has the ability to get up in front of a crowd of people and do impromptu comedy, so it's great having Mills around to help make service events more enjoyable."

With his deployment winding down, Mills said he has enjoyed spending time making people laugh and he has one request.

"I'm leaving soon so someone will have to replace me on Saturday nights. Any takers?"

# 'Dirtboyz' keep Balad airfield operational

by Staff Sgt. Alice Moore

332nd AEW

**BALAD AIR BASE, Iraq** - Every day, aircraft fly in and out of Balad Air Base to provide vital support for Operation Iraqi Freedom. Whether F-16, C-130, or HH-60, the airframes are able to approach and depart because of fully operational well-maintained runways.

Better known as "dirtboyz," members of the 332nd Expeditionary Civil Engineer Squadron pavements and equipment shop work every day to keep the airfield open no matter how challenging it gets.

"A typical day in the dirt shop would be repairing spalls on the runway, sweeping the airfield and taking care of any emergency repair that might occur," said Tech. Sgt. Talmadge Markham, P&E assistant noncommissioned officer in charge, deployed from Ramstein Air Base, Germany. "We also work to repair the airfield from mortar attacks. We work a minimum of 12 hours a day, but there's never a set time that's considered close of business."

Recently, three pavements and equipment

shop journeymen were put to the test on how quickly they could repair a portion of the airfield. While out working on a job, Sr. Airmen Shawn Cox and Allen Banerian and Airman 1st Class Tim Howell got the call to repair a spall (hole in the pavement resulting from an attack) that was a result of an attack.

"We were repairing a spall at another location when we heard two loud booms," Cox said, who is deployed from Eglin Air Force Base, Fla. "We heard over the radio that there was an explosion by the tower."

Once the area of the attack was cleared, the "dirtboyz" were called to go to the site and repair the area, which they completed in record time. The airfield was fully operational again in less than an hour.

"We went out there and performed an expedient repair job," Cox said.

The Airmen were recognized and coined by Brig. Gen. Robin Rand, 332nd Air Expeditionary Wing commander for their efforts.

"We were just performing our everyday duties, but it was special to get recognized," Cox said.

In addition to airfield repairs, the shop also has many other tasks.

"We are responsible for pouring concrete, digging trenches for various jobs such as the new electrical lines for the base hospital and building gravel parking lots for the mudcon (mud condition or rainy) season," he said.

The dirtboyz also took on the project of revamping the munitions storage area here. The area was plagued by severe drainage problems, which prevented the delivery of weapons to aircraft last rainy season, he said. The efforts of the shop guaranteed the munitions mission could carry on without glitches, and it also saved the Air Force money in contracting costs.

Despite their long days, the "dirtboyz" enjoy what they do.

"I like the work we do on deployments because the scope of the jobs are bigger," said Staff Sgt. Ricky Johnson, pavements and equipment craftsman deployed from Charleston Air Force Base, S.C. "Back at home station, it's more maintenance work, but here, you get the opportunity to work jobs like the munitions storage area."

"I just love the equipment we use," Howell said, also deployed from Eglin AFB. "It's great when you can actually look back and see the results of your efforts."

# A shot in the arm beats being sick in bed

## *Immunization isn't optional*

by Sgt. Gary A. Witte

**Anaconda Times Staff Writer**

**LSA ANACONDA, Iraq** - The Middle East has all the same seasons as the United States – spring, summer, fall, winter, and flu.

For this reason, all U.S. military personnel are required to offer their arms and get the annual flu shot to cut down on the number of those who could be sidelined by the virus.

Since the season runs from October through April, those servicemembers who may have gotten the shot prior to June still need to have another one, immunization NCOIC Sgt. Jessi L. Mead of the 206th Area Support Medical Company said.

“It’s a shot you need once per season, not once per year,” she said. “You want to get this as early as possible.”

Mead, who is from Blue Springs, Mo., said people should not worry about getting the flu from the shot, since it only contains a dead virus.

“It’s a safe vaccine,” she said. “It will not give people the flu, but some flulike symptoms may occur ... Everyone reacts a little differently to it.”

Mead noted that no one in her Missouri National Guard unit suffered any sickness from their flu immunization. And even when

people have reactions such as body aches and mild fever, those symptoms should pass within a couple of days, whereas the real thing lasts longer.

“Influenza can put people down for up to two weeks,” she said.

Those who have shown previous reactions to the flu shot, or adverse reactions to eating eggs, are referred to doctors in the Sgt. Ivory L. Phipps Troop Medical Clinic on New Jersey Avenue to be screened.

The immunization section, which is located behind the clinic, offers treatment to walk-in patients from 8 a.m. to 11 p.m. Monday through Saturday. Units can make appointments for their Soldiers from 7 a.m. to 8 a.m. or 1 p.m. to 5 p.m. the same days.

Soldiers who get their flu shot should bring a copy of their DA 2766 or their yellow shot cards. Units should contact the clinic at least two days prior to the appointment and provide an alpha roster listing the Unit

Identification Code and each Soldier’s name, rank, and Social Security number, Mead said.

Units can make appointments by calling DSN 829-3029 and leaving a message.

“We’re pretty flexible about setting appointments,” Mead said, adding that the office can provide shots for about 160 Soldiers in just three hours.

---

***“ It’s a shot  
you need once  
per season, not  
once per year.”***

---

- Sgt. Jessi L. Mead

---



Photo by Sgt. Gary A. Witte

**Sgt. Randy Schlager from Springfield, Missouri, a medic with the 206th Area Support Medical Company, gives a flu shot to Spc. Reginald A. Edwards of Melbourne, Fla., a cook with the 127th Quartermaster Company.**

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# It's one smart 'dummy'

## Soldiers use life-like mannequin to provide realistic medical training

by Spc. Amanda Solitario

**Anaconda Times Staff Writer**

**LSA ANACONDA, Iraq** - During the last six months, METI-man has died and been brought back to life countless times by the medics and Soldiers taking classes at the Jameson Combat Medical Training Center here.

METI-man, named for its creator, Medical Education Technologies, Inc., is the latest piece of high-tech equipment to hit medical classes, both military and civilian, and the JCMTC is the only place in Iraq that houses these specialized mannequins, said Master Sgt. Luis B. Diolazo, the noncommissioned officer in charge at the school.

Unlike his lifeless plastic counterparts, this full-sized dummy has a respiratory and circulatory system, which enables him to breathe and bleed. METI-man has certain motor capabilities such as blinking and moving his mouth, and he is anatomically correct with interchangeable male and female sex organs.

METI-man, dubbed "Lt. Dan" by the instructors, is so advanced, he can simulate almost any battlefield injury, explained Diolazo, adding that the mannequin exposes the students to a wide-range of realistic wounds.

"There is no limit to what he can do," said Sgt. Joshua Stutzman, an instructor at the JCMTC attached to the 3<sup>rd</sup> Medical Command.

Blood may spurt from a severed limb, or he may choke on the mucus rattling in his throat and lungs. As he gasps for air, his pulse

can speed up or drop off the radar without warning.

He can even tell the students what is wrong via a microphone system that the operator uses at the other end.

Stutzman, a native of Cincinnati, Ohio, said whether it is a broken bone, or a collapsed lung, the students have to react quickly to each situation.

Lt. Dan's life is in the Soldier's hands, he said.

"Whatever their interventions are, they can either hurt him or help him," he said. "They can kill him or save him."

All of these features make METI-man an indispensable asset for the servicemembers, said Lt. Col. Anthony S. Ramage of Augusta, Ga., critical care consultant for 3<sup>rd</sup> MEDCOM.

"Today's medic is expected to perform complex procedures that require feedback from the mannequin to ensure correct performance," he said. "That feedback not only enhances the learning experience, but it also builds confidence, which may be just as important as competence."

METI-man's life support system consists of a series of hoses and wires operated by the instructors.

Bodily fluids are kept in a reservoir and pumped through tubes into the mannequin, and a generator regulates breathing by filling his lungs with air. The computer serves as Lt. Dan's brain controlling his nervous system.

To activate the dummy, an instructor sits behind a desk, plugs commands into a computer, and watch students scramble to



**Students work quickly to apply a tourniquet to METI-man during a training exercise at the JCMTC. The high-tech mannequin can breathe, bleed, and even speak to the students to simulate almost any battlefield injury.**

respond, as the teacher continues to monitor Lt. Dan's heart and pulse rate on the screen.

Servicemembers can even administer medications as part of their training. Stutzman said the student tells him the drug and dosage, and he types it into the computer. METI-man does the rest, acting favorably or adversely depending on the situation.

Ramage said the level of practical training provided by METI-man is essential as there may come a time when the Soldiers have to react in a hostile environment without senior medical supervision.

"Hopefully, the mannequin brought the

medic one step closer to a real life scenario before he or she has to face it for the first time."

This type of training does not come cheap. METI-man starts at \$50,000 and can run into the triple digits for more sophisticated versions, Diolazo said.

Studying manuals and books may be a cheaper alternative, but Stutzman said the students get more out of METI-man as opposed to reading.

"They need hands-on practice," Stutzman said. "You don't want to wait until someone goes down on the battlefield."



**Saturdays**  
8 p.m.  
**MWR WEST**



# Army Reserve Affairs



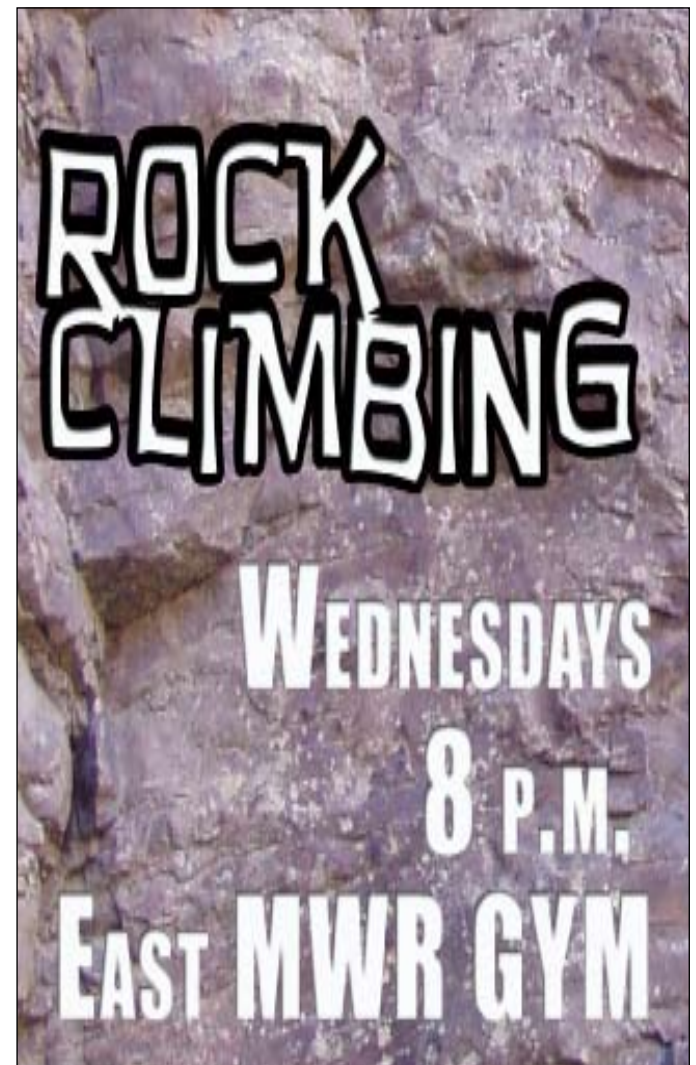
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# Constructions built together from scratch



Staff Sgt. Jeffrey Johnson of the 36th Combat Aviation Brigade, Task Force Mustang, puts the finishing touches on a project he is doing for the Soldiers in his communications section.

*story and photos by Sgt. Kevin McSwain*

**LSA ANACONDA, Iraq** - Towel racks, clothes racks, and weapon racks — these are just a few things servicemembers are able to build for themselves at the Director of Public Works Self-Help yard here.

“The yard is here to help Soldiers improve their personal quarters,” said Staff Sgt. Abel Huihui, DPW Self-Help yard NCOIC.

Huihui, a Reserve Soldier from Fort Shafter, Hawaii, is a carpentry and masonry supervisor with the 657th Area Support Group. The yard has a wide variety of supplies and shops to accommodate servicemembers as they work on their individual projects.

“The only limitation in the yard is the imagination of the person,” he said. “We supply the tools on site for almost any project and the Soldiers on duty will give advice to anyone looking for help,” he said.

In addition to supplying tools, the yard will also supply servicemembers with protective equipment.

“We have safety goggles on site but the ballistic shades or goggles all Soldiers were issued are acceptable,” Huihui said.

Servicemembers are given the choice to either work on their project on site or take certain tools with them and finish it at another location.

“We have a carpentry shop that lends tools to servicemembers that want to stay in the yard and work on their projects and there is also a small work area inside the shop,” he said. “And for servicemembers

that want to work on their project somewhere else, the tool shop will allow Soldiers to borrow tools.”

Huihuisaidthatbeforeaservicemember can borrow a tool, they must meet a few requirements.

“Anyone wanting to borrow tools will have to fill out a notice of delegation of authority-receipt for supplies (DA Form 1687),” he said. “In addition to the form, Soldiers have to get an “Assumption of Command” letter from their unit commander.”

Once a servicemember is eligible to borrow tools, they are able to use the tools for no more than two days at a time.

Located inside the tool shop is a paint shop where servicemembers can receive paint for their projects.

“Soldiers are able to get three gallons or spray cans of paint per unit per day,” Huihui said.

He said the restrictions on paint and tools are enforced to ensure everyone is able to get their fair share of the resources. The restrictions in the electrical shop on the other hand, are for the safety of everyone on base.

“Electrical supplies are only given to certified electrical technicians to insure the safety of all servicemembers, if you are not a technician, the only thing you can get out of the shop is a light bulb,” he said.

Huihui said the hours of operation are 8 a.m. to 4:30 p.m. Saturday through Thursday. Those with questions can call DSN 443-6151 or 443-6155.



(Above) Staff Sgt. Till Sunderman of the 4th Corps Material Management Center uses an electric sander to smooth the edges of a plywood he is using to make a towel rack. (Below) The sign outside of the Director of Public Works, Self-Help yard welcomes servicemembers as they come in to work on small projects to help improve their living quarters. (Top Left) Staff Sgt. Mario Dacuycuy of the 657th Area Support Group uses a table saw to make trimmings for a video shelf. (Left) Spc. Patrick Chestmolowicz of 3rd Battalion, 8th Cavalry Regiment, measures and marks wood to be used to make a map table for their office.





## Army, from Page 1

"We refuse to go below one year in dwell-time," Harvey said.

When asked if there would be an increase or decrease of Reserve and National Guard deployments in the future, Harvey said that is yet to be determined. He said deployment of Reserve and Guard Soldiers has always been part of the Army's plan in a time of war, so constant deployments should come as no surprise. As to whether Soldiers should expect deployments more often, he said planning is still being revised.

"Whether or not we have to break the deployment timeline has not been decided," Harvey said.

Harvey spoke about servicemembers' contribution to the United States, noting that he thinks every citizen should serve their country at least one point in their lives. He thanked the Soldiers present for their service and said the American people truly appreciate the sacrific-

es servicemembers make here.

He spoke of the new Army Strong campaign slogan, and said it really catches the essence of being a Soldier today.

Harvey also stressed the importance of furthering personal education, and reminded the Soldiers present of the education benefits available through the Army.

Spc. Nazara L. Boone, an ammunitions specialist from Dayton, Ohio, with the 4th Corps Materiel Management Center said it was interesting to meet someone who has some control over the entire Army. She was chosen for the meeting because of her leadership skills and her recent receipt of several awards.

"My little brother is in the National Guard, so he answered some of my

questions about him being deployed again," she said.

Spc. Curtis M. Moe, a transportation management coordinator from Minneapolis, Minn., with the 657th Movement Control Team said it was interesting to hear what Harvey said about the Army's future.

"I got a lot of good information, and he answered a lot of questions I had," Moe said.

Harvey was visiting several bases in Iraq before returning to the States. Brig. Gen. Michael J. Terry, 13th Sustainment Command (Expeditionary) commanding general, and Command Sgt. Maj. Terry Fountain, 13th SC (E) sergeant major, attended the breakfast with

Harvey.

Appointed Secretary of the Army in 2004, some of Harvey's responsibilities include overseeing the U.S Army's annual budget. He leads a force of active duty, Guard, and Reserve Soldiers, as well as Department of the Army civilian employees and contracted personnel.

"I'm committed to being the Secretary of the Army and darn proud of it," he said.

In closing, Harvey maintained that above all, the long-term goal is an end to terrorism.

"The objective is to break the cycle of terrorism or be saddled with terrorism forever," Harvey said.



Photos by Sgt. Gary A. Witte

(Right) The Secretary of the Army, Dr. Francis J. Harvey, visits Soldiers during a breakfast at dining facility three on Nov. 22. (Above) Spc. Nicole L. Taplin of Denver, Co., who works with the Quick Reaction Force for 2nd Battalion, 82nd Field Artillery, talks with Secretary of the Army, Dr. Francis J. Harvey. At center, Brig. Gen. Michael J. Terry, commander of the 13th Sustainment Command (Expeditionary).



Photos by Sgt. Gary A. Witte



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Old School R&B



# Season of giving starts with sudden twist

by Spc. Amanda Solitario

## Anaconda Times Staff Writer

**LSA ANACONDA, Iraq** - It started as a class project at Ramstein American Middle School in Germany only a few months ago. Since that time, the endeavor has jumped borders, catching on here as well as other forward operating bases across Iraq.

The bottle cap collection craze is helping to purchase a wheelchair for a disabled child in France. The goal is 1 million plastic bottle tops, and in exchange, a recycling company in Europe will donate the wheelchair. Thanks to the U.S. military, along with the children at the middle school, they are halfway there.

The movement of the program from Germany to Iraq began in May when Air Force Staff Sgt. Jessica Martinez, of the 332<sup>nd</sup> Expeditionary Logistics Readiness Squadron, heard of the ongoing program at her home station in Ramstein.

During her deployment to Anaconda, she got involved in the project and even expanded the collection to include the Army units on the base.

Before her departure, she managed to send more than 120,000 bottle caps back to Ramstein for donation, and the collecting continues today.

When the 411<sup>th</sup> Engineer Brigade, an Army Reserve unit out of New Windsor, N.Y., arrived in September,

their predecessors had bottle cap collection points throughout the office, but nobody knew why they were saving the tops.

After a little investigation, Sgt. 1<sup>st</sup> Class Gregory Murray, the public affairs representative for the brigade, got to the bottom of the bottle cap mystery.

"I thought it was a hoax, and most of the Soldiers thought it was a joke too," he said.

After asking a few people for a point of contact, Murray said he was referred to the middle school. An email confirmed that it was not a cruel prank at all, but rather a great way to help a handicapped child.

Unfortunately, the school offered little information about the details of the project, and it was not until he saw a flyer in the Air Force fitness center that the specifics of the program were uncovered, he said.

Murray said at first he was turning all the caps over to the Air Force liaison for the program, but the participation within the 411<sup>th</sup> has become so great, that he now deals with Judith Zachrau, the teacher heading the collection in Germany, directly.

"Most of the Soldiers like the idea of helping out, and it doesn't take that much extra effort," said Murray, who lives in Louisville, Ky. "It is just the right thing to do."

For Maj. Lawrence Habig, OIC of the construction management section, the project has added



Photo by Sgt. Gary A. Witte

**Bottle caps are saved by numerous units around LSAA, which will be used to help purchase a wheelchair.**

meaning since his oldest daughter, Amanda, has cerebral palsy and is confined to a wheelchair.

Habig said there are no bottle caps in his trash can, and the other Soldiers in his section are very conscious about donating the tops as opposed to throwing them away.

If a bottle cap is thrown away in the 411<sup>th</sup> Eng. Bde. building, it will surely be found by Staff Sgt. Art Taylor, a paralegal with the unit and a native of Putnam Valley, N.Y.

Taylor said he is such an advocate for the program that he will rummage through the garbage can to dig out the precious caps.

"I have a weakness for children,"

he said noting that everyone should do their part to help.

Any type of plastic bottle cap is suitable for donation. Whether it is the blue or white water bottle caps, or the orange Gatorade tops, servicemembers can turn them in at one of the various collection points around the base.

The sixth-grade math students at the middle school do all the counting for the servicemembers.

"All we have to do is send them in," Murray said.

This month the students hit the halfway point having received more than 500,000 caps so far. Murray estimates that the 411<sup>th</sup> Eng. Bde.

has contributed about 30,000 tops, and said they will not stop there.

After the collecting is finished, the unit wants to keep the tradition going. They are in the process of trying to coordinate with recycling plants in New York to donate school supplies for Iraqi children in exchange for plastic bottle caps.

"We hope to continue this for two reasons," Murray said. "Recycling means less trash, and we just want to keep the good going."

For more information on the program and where units can drop off bottle caps, contact Air Force Staff Sgt. Devin Carter DSN 443-7503.

**ANACONDA**

**VOLLEYBALL**

**SATURDAYS 7:30 P.M.**

**East MWR Gym**





Photo by Sgt. Gary A. Witte

Petty Officer 2nd Class Anthony W. Musselwhite, the yard boss for Naval Cargo Handling Battalion 1, operates a forklift to move a pallet for weighing. The unit normally handles shipboard cargo.

# No seashore, just sand

by Sgt. Gary A. Witte

**Anaconda Times Staff Writer**

**AL ASAD, Iraq** – Naval Cargo Handling Battalion 1 isn't made up of Soldiers, but its members are working an Army mission.

The unit works for the 630th Combat Sustainment Support Battalion, handing cargo from the flight line at Al Asad Air Base to its Joint Distribution Center. As a Naval unit task organized to work directly for the Army, it holds a rare position.

Lt. Col. David L. Jones, 630th CSSB commander, said he has been pleased with the combination and the skills the Navy personnel bring to his brigade.

"We treat that element like any normal Army company," Jones said. "They just fall right in the ranks ... They bring a lot to the table."

The Naval unit works two shifts, covering the job around the clock, and is made up of volunteers with a variety of military specialties. Petty Officer 2nd Class Abel Cantu, who is from Austin, Texas, supervises the night shift. He said the unit would normally handle shipboard cargo, but have adjusted to the Army mission.

"Beans, bullets, and band-aids. We cover it all," he said. "The goal is to get it to the customer as quickly as possible, because we know they're depending on it."

Aside from their regular duties, the engineering and construction skills of the Seebies in the unit have also been put to use. They have assisted with the construction of a new fuel farm on base, have helped build air cargo pallets, and are helping update the battalion Tactical Operations Center, Jones said.

One of the minor challenges the two branches have faced by working together is their different terminology and rank structures.

"Everything is 'On Deck' (with them)" Jones said, smiling.

Navy Lt. Jon S. Scott, who commands NCHB-1, said they are used to working with other components, but expected working directly under the Army to be more difficult.

"I'm pleasantly surprised there isn't any friction between us," Scott said. "I've always felt included and part of the organization. They're very patient with our ignorance of the Army way of life and their acronyms."

The learning works both ways. Scott, whose lieutenant rank has a

double bar, said sometimes he gets called captain, which is actually an O-6 position in the Navy. In turn, Cantu said petty officers, who have crowns in their rank as NCOs, have occasionally been saluted because Soldiers mistake the bird for an eagle.

The 630th CSSB has another Naval connection. Its intelligence officer position is being filled by Navy Lt. Laura Glenn, who is an electronic warfare officer, Jones said. As Navy and Army jokes often come up during the regular staff meetings, Scott said he and Glenn defend their branch.

"We team up against the other 20 or so," he said, adding that the jokes always maintain a lighthearted tone.

On a serious note, Scott said it has been a rewarding learning experience for both sides.

"Doing this mission has made me a better Naval officer," he said.

Jones, who is from Statesville, N.C., said he would be more than willing to work with members of NCHB-1 in the future, no matter what the deployment is.

"Sailors or Soldiers, it doesn't matter," Jones said. "We all have a common mission and a common goal. That's just basically to get the job done."

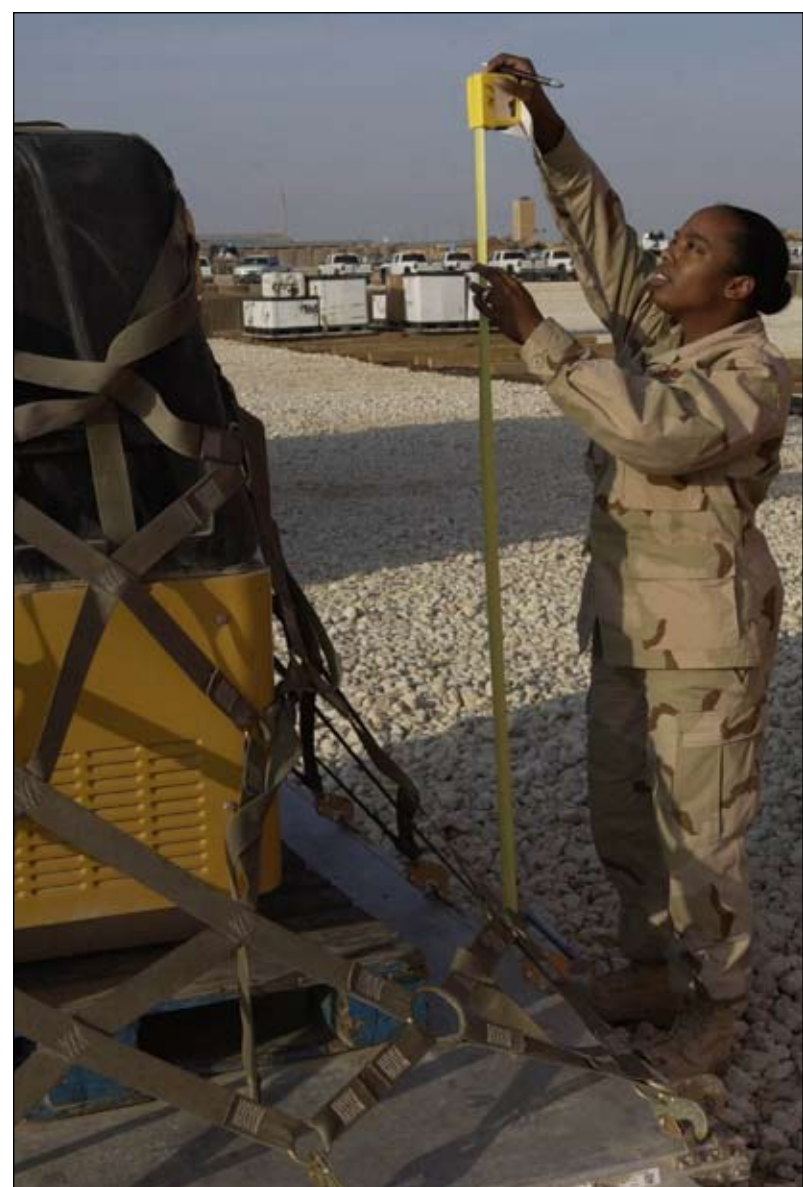


Photo by Sgt. Gary A. Witte

Petty Officer 2nd Class Lakeya M. Cunningham of Naval Cargo Handling Battalion 1 measures the height of a pallet.

## 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



# Army - Navy football rivalry has a long tradition

by Sgt. Kevin McSwain

**Anaconda Times Staff Writer**

LSA ANACONDA, Iraq—Late in the 19<sup>th</sup> Century, two squads began a football tradition that has lasted for the last 116 years.

The Army versus Navy football game is one of the oldest traditions in NCAA Division I-A football. The game was first played on The Plain at the United States Military Academy, also known as West Point.

There have been 106 meetings between the two academies and the Navy (8-3) holds on to a one victory lead with a record of 50 wins over the Army (3-8), according to various histories of the contest. There have been seven ties.

As of this year, the midshipmen are on a four game winning streak against the Black Knights, which is two games short of the current record of a six game win streak, also held by the Navy.

All anyone has to do is visit West Point or Annapolis to understand how deep the rivalry

actually is.

Cadets are driven with the phrase “Beat Navy” and the Navy is just as motivated. The midshipmen reportedly have “Beat Army” painted on all the weight plates in their workout facility.

Through all of the years this game has been played, it has only been cancelled ten times. In 1909, the game was cancelled, along with the entire season, after the death of a cadet in a game against Harvard. It was cancelled twice during World War I

on orders from the War Department and twice when the academies could not agree on player eligibility standards.

The longest cancellation of the rivalry came in 1894 following an incident between a Rear Admiral and a Brigadier General, which nearly led to a duel after the 1893 Navy victory. President Cleveland even got involved and called a Cabinet meeting in February of 1894.

When the meeting was over, a general order was issued by the Secretary of the Navy



**The Army vs. Navy game is scheduled to air on AFN prime 8:30 p.m., Dec. 2.**



**Cadets and Midshipmen pose for a photograph during an Army vs. Navy game in the early 1900's.**

and the Secretary of War to their respective academies allowing the teams to only play home games until 1898.

Since then, the playing field has migrated to Philadelphia but the intensity of the rivalry has not changed. The city was chosen as neutral ground because of its location, which is equal distance from both campuses.

The game has always had bragging rights at stake, which spreads beyond the player on the field to servicemembers of the respective

branches.

The Commander in Chief's Trophy is occasionally at stake during the game. The trophy is awarded to the team with the best record in the series between the Army, Navy and Air Force. The trophy, which has the mascot of the three branches of service, is usually presented to the winning team by the President of the United States and in the case of a tie, the team that holds the trophy retains it.

# Army Bull Rider takes 3rd at World Finals competition

by Spc. Jason Dangel

**4th BCT, 4th ID**

WASHINGTON - When Mike Lee climbs onto the back of a 1,900-pound, ornery bull with a name like “Hit and Run,” he supports the Army Strong spirit of grit and courage.

One of three Army-sponsored bull riders and the only one to make it to the final rounds of the 2006 Ford Tough Professional Bull Riding World Finals in Las Vegas, Nev., on Nov. 4-5, Lee managed to be bucked from 14th to 3rd place by competition's end.

At 23, Lee has been in the PBR for five years. Already, he has earned more than \$2 million in prize money and is the first to simultaneously capture both the PBR's World Championship title and the Built Ford Tough Finals in 2004.

Lee has never been a Soldier, but a mini boot camp he attended upon selection for the Army team led him to compare the physical and emotional challenges that Soldiers and bull riders face.

“Soldiers are a lot like bull riders. Soldiers have to show courage, they have to control their minds and always be prepared for what their missions are,” Lee said, who grew up in Billings, Mont. “I go home and practice, watch my videos, ride horses, and do all kinds of things to prepare myself.”

“When I get on a bull and they open that gate, there's no thinking anymore, your mind goes blank, and you go into react mode. Soldiers have to do the same.”

The Professional Bull Riders, Inc., advertises bull riding as the “toughest sport on dirt” and America's fastest growing sport, having more than a 52 percent growth in



**Mike Lee, an Army bull rider competes at the 2006 Ford Tough Professional Bull Riding World Finals in Las Vegas, Nev.,**

television viewers since 2002.

The principles of bull riding are deceptively simple. Dressed in chaps, boots, Kevlar vest, hat or helmet, mouthpiece, and dulled spurs, the rider climbs into the bucking chute onto

the bull's back and slides one gloved hand (usually the glove is taped around the wrist) under the bull rope.

With a ready-to-go signal from the rider, the gate opens and out storms the bull, bucking, turning, and twisting. A rider is disqualified if he touches the bull or the rope with his free hand that dances over his head to seek balance and counter the bull's erratic movements.

It's all about staying on for a maximum of eight seconds, but a bull ride is rarely that long. This is what Lee and his fellow cowboys live for and some have died for.

Lee, himself, nearly died for his love of bull riding in 2003. Just 20 at the time, he climbed onto “Chili,” a 1,700 pound bull, and out the chute they came. Six seconds later, it threw him, but in the course of the toss, beast and beast rider went head-to-head. With adrenaline pumping, Lee was able

to run to safety, and was later out cold.

Even though he wears a full-faced helmet that resembles those worn by lacrosse players, the head-to-head collision resulted in Lee suffering a fractured skull. He underwent brain surgery that put him out of competition for more than four months.

“My dad bought me a helmet when I was 15,” Lee laughs. “He told me to wear it because he didn't want to buy me any teeth because they were expensive... but that helmet saved my life.”

After recovering, Lee questioned whether he should continue working in what has been referred to as one of the most dangerous eight seconds in sports. There was hardly a doubt - less than a year later he had his first two championships.

“Seventy percent of bull riding is mental,” he said. “You can have defeat before you even get on your bull, so the decision I had to make was whether I loved this sport enough to continue. When you get on a bull, you don't wanna have no doubts in your mind that this is what you wanna do, but if you have a little, well, you turn it into a good thought.”

“Bull riding makes me feel alive, especially when I make a really good bull ride,” Lee said.

When Lee was selected as one of the three bull riders to represent the Army team, he knew he'd fit right in, just as the new Army Strong campaign fits in with his work and life ethic.

“Army Strong means heart, desire, being prepared, and doing my job,” Lee said. “It has a big impact on us and is a big inspiration for me. It means you get up off an injury or after a buck-off, you ride again and just never quit.”



November 30

**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

December 1

**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](mailto:anaconda.times@balad.iraq.centcom.mil)

**Battlefield Ground**  
8 p.m.  
East Rec Center

December 2

**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

December 3

**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

December 4

**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

December 5

**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

December 6

**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

December 7

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

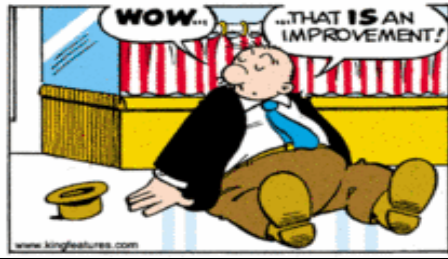
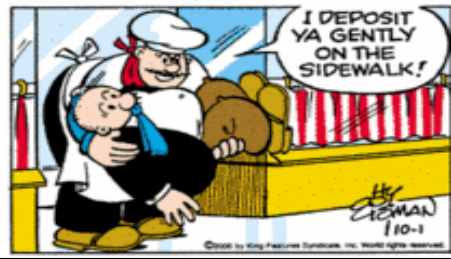
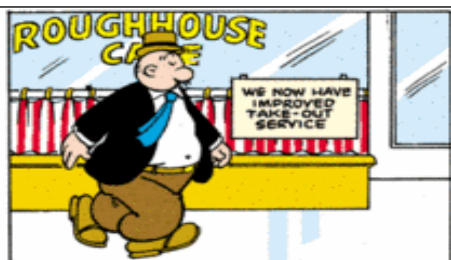
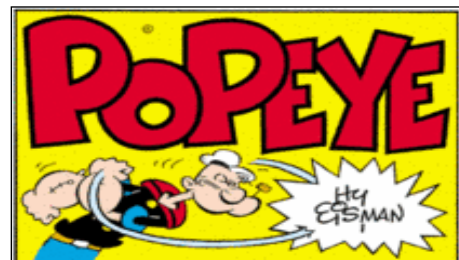
**Boxing**  
7:30 to 9 p.m.  
East MWR Fitness Center

**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



SOLUTIONS from Nov. 22

Across

2. This pie is a Thanksgiving favorite.  
6. A meat served on Thanksgiving Day.  
10. A holiday that is celebrated the fourth Thursday in November.  
11. a yellow vegetable

Down

1. A boulder in Plymouth supposed to be where the Pilgrims disembarked from the Mayflower.  
3. The name of the Pilgrim's Ship  
4. The original people of America.  
5. The season of gathering crops.  
7. The country the Pilgrims came from.  
8. The Pilgrims wanted freedom of \_\_\_\_\_.  
9. A group of people that came over on the Mayflower





Crossword Puzzle

1	2	3	4		5	6	7		8	9	10	11	12	13
14				15					16					
17									18					
19							20	21			22			
23					24	25				26				
			27	28					29					
30	31	32		33				34				35	36	37
38			39						40					
41						42		43				44		
			45				46				47			
	48	49				50					51	52	53	54
55					56					57				
58				59			60	61	62					
63							64							
65							66				67			

- ACROSS
- 1 Inc. relative
- 5 Kazakhstan, at one time, for one: abbr.
- 8 "Lawrence of Arabia" actor
- 14 "Kidnapped" actor Dan
- 16 Confounded
- 17 Stranded
- 18 Each
- 19 Main force, as of a storm
- 20 Bridge expert Culbertson
- 22 Progress
- 23 Transmitted
- 24 Big celebration
- 26 Like most spring weather
- 27 Maureen, of "Tarzan" films
- 30 IRS employee
- 33 Atlanta-based cable sta.
- 34 Put on another coat
- 38 College grounds
- 40 Got to the bottom of
- 41 Gobbled, as junk food, with down
- 43 Actor Erwin
- 44 Absolutely!
- 45 "The Informer" author Liam
- 48 CD-\_\_: PC accessories
- 50 Like Tarzan's haunts
- 51 Formerly, formerly
- 55 Radar O'Reilly's favorite drink
- 56 Ask for food, Fido style
- 57 Terre\_\_
- 58 Belittler
- 60 Homeland for this puzzle
- 63 Songstress Brewer
- 64 Talk show host Rosie
- 65 "Juno and the Paycock" playwright Sean
- 66 Immediately
- 67 JFK arrivals
- DOWN
- 1 Rooster features
- 2 Busiest US airport
- 3 Summer TV fare
- 4 Immediately
- 5 Transgression
- 6 That woman
- 7 "Wild One" singer Bobby
- 8 Jazz singer Anita
- 9 Word with dance or water
- 10 Fresh
- 11 1973 Best Supporting Actress
- 12 1636 French drama, Spanish hero
- 13 First place
- 15 Huge number
- 21 Pirate's retreat
- 24 Gorilla with a gat
- 25 PC key
- 26 Plan, as a strategy
- 28 Makes a cannoli, e.g.
- 29 Sacred church area
- 30 ER units
- 31 \_\_-Man
- 32 Docs' org.
- 35 Climbing plant
- 36 Wedding page word
- 37 NFL scores
- 39 Swears one will
- 42 Jay's competitor
- 43 D.C. employer
- 46 Optimistic about
- 47 Longs
- 48 Renaissance fiddle
- 49 "Pal Joey" novelist
- 52 Ancient characters
- 53 Elevator, of a kind
- 54 Small ducks
- 55 Peace gp. since 1949
- 56 Donkey dialogue
- 57 Farm female
- 59 Journal ending
- 61 Prenuptial agreement?
- 62 Gift adornment

SUSTAINER REEL TIME THEATER

(Schedule is subject to change)

Wednesday, Nov. 29

5 p.m. The Covenant (PG-13)

8 p.m. The Black Dahlia (R)

Thursday, Nov. 30

5 p.m. Happy Feet (PG)

8 p.m. Deja Vu (PG-13)

Friday, Dec. 1

2 p.m. Jet Li's Fearless (PG-13)

5 p.m. Jackass Number Two (R)

8:30 p.m. Deck The Halls (PG)

Saturday, Dec. 2

2 p.m. Flyboys (PG-13)

5 p.m. Deck The Halls (PG)

8 p.m. Jackass Number Two (R)

Sunday, Dec. 3

2 p.m. Deck The Halls (PG)

5 p.m. The Covenant (PG-13)

8 p.m. Flyboys (PG-13)

Monday, Dec. 4

5 p.m. Jet Li's Fearless (PG-13)

8 p.m. Deck The Halls (PG)

Tuesday, Dec. 5

5 p.m. Flyboys (PG-13)

8 p.m. Jet Li's Fearless (PG-13)



Mission: Using logic and reasoning to fill the remaining empty cells in the following puzzle with a digit from 1 to 9, such that each digit from 1 to 9 appears. There is exactly one number on each row and column. Each number will appear once in each of the nine delineated 3x3 squares. There is only one solution!

Previous Sudoku Solutions

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

Anaconda Sudoku

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





Photo by Sgt. Gary A. Witte



Photo by Sgt. Gary A. Witte

# HOW STRONG?

## ARMY STRONG!



Photo by Sgt. Gary A. Witte

(Above) Sgt. Michael D. Miller, an armorer for the 493rd Military Police Company, lifts weights. Miller, who is from Youngstown, Ohio, said he has a routine of weights and cardio exercises to keep fit and gain energy. (Above Right) Staff Sgt. Alvin J. Sueper, operations NCO for B Troop, 1st Squadron, 167th Cavalry Regiment (RSTA), uses the Rotary Upper Back machine to exercise. Sueper, who comes from Humphrey, Neb., said he likes using certain machines to concentrate on certain muscle groups. (Right) Spc. Jessie A. Dixon, an Active Duty Soldier with the 60th Ordnance Company from Fort Carson, Colo., squares up to shoot a three-pointer during a scrimmage game in the east gymnasium here. She plays for the Lady Sprung women's basketball team here, and is also on the Fort Carson's Women's basketball team, in which she plays as a forward. (Below) Spc. Jennifer L. Halona, a personnel clerk for the 13th Sustainment Command (Expeditionary), whose hometown is Albuquerque, N.M., runs on a treadmill at the Morale, Welfare, and Recreation East gymnasium to stay Army Strong. (Bottom Left) 1st Sgt. Lynette Howard, first sergeant for Headquarters, Headquarters Company of the 4th Corps Material Maintenance Command, runs at Logistical Support Area Anaconda with her husband, Master Sgt. Christopher Howard, the Logistics Food sergeant major. (Left) 1st Lt. Robb M. Campbell of Plattsmouth, Neb., the Joint Defense Operations Center battle captain for 1st Squadron, 167th Cavalry Regiment (RSTA), runs through a series of crunches and leg lifts.



Photo by Sgt. Gary A. Witte



Photo by Sgt. KaRonda Fleming



Photo by Sgt. KaRonda Fleming