

# Task Force *Times*

January 2006



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Photo by Cpt. Rebecca E. Scheible  
399th Combat Support Hospital UPAR  
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COMMANDER'S CORNER

# Making a difference

*I wanted to take a minute to wish everyone happy holidays and many blessings going into the New Year. I just hope some of our New Year resolutions last longer than it takes to read this newsletter!!*

*Throughout my travels in theater I have spent a significant amount of time reflecting on what it takes to 'make a difference' in this country. I feel fortunate to be surrounded by a family of competent and professional Soldiers with a strong desire to improve the foxhole. As I walk the halls of TF3 Headquarters and see what's being accomplished, I am proud of the efforts of our Soldiers. Clearly, our focus here in theater is to help the Iraqi people flourish and we are certainly in the process of making that a reality.*

*However, one aspect of today's message that I would like everyone to think of is simply this: What are you doing to improve your own foxhole?*

*As you go through the motions of your typical day, take some time to think of how you can use your time here to evaluate your comfort zone. Whether you're an officer, NCO or the most junior enlisted in your section, it's important to take a hard look at yourself from within. It's not easy but nothing worth having comes easy.*

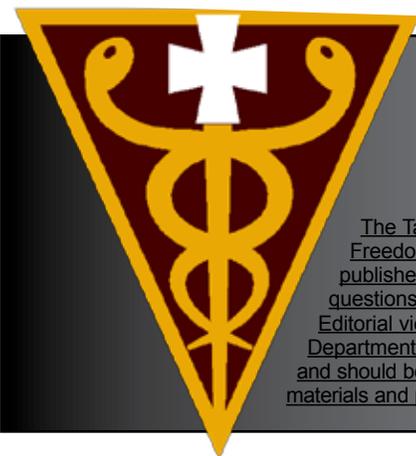
*Upon realizing that I was going to be mobilized, I took a hard look at my level of physical conditioning. Realizing I needed improvement, I challenged myself to improve my overall level of physical conditioning. Since we have been mobilized, I have lost 30 lbs, scored 286 on the most recent APFT and I have never felt better. This is one of many ways to elevate yourself out of your current comfort zone. Making time for physical conditioning is not easy. It takes dedication, perseverance and commitment. This is but one area in our lives that requires these traits to be successful.*

*There are many other aspects of our lives that we can improve upon but it takes hard work and an awareness of our selves. You have to know what your desires and goals are in life to achieve them. Do your best to maintain a positive attitude. Go out of your way to help someone in need, however small that assistance may be. And take the time to recognize those around you for being that support group that we all need from time to time.*

*I hope everyone is taking some personal time to evaluate what we all have to be thankful for. It is an honor to serve with you and I look forward to experiencing the next eight months with you as we change the history of Iraq.*



Major General  
Ronald D. Silverman  
Commander  
Task Force 3



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## CHAPLAIN'S VIEW

The Chaplain Corps, first formed in 1775, has been serving the United States Army during peace time and when at war. Our mission is to provide to the commander a reading on the: moral, ethical, spiritual and religious climate of the command. Spc. Patrick Chung, Sgt. 1st Class Glenn Dabbs and I strive to fulfill the Chaplaincy mission in the Iraq Theatre.

We have several wonderful assignments here. One of which is to remember special days or events that have a human impact on our mission. For example, Pearl Harbor Day December 7th, Chanukah December 15th, Christmas December 25th, Kwanza December 26th, the Annual Hajj December 29th and New Years Eve December 31st - just to name a few. Maj. Gen. Ronald D. Silverman, Commander of Task Force 3 Medical Command, and all the Direct Reporting Unit's understand the importance of respecting events within the life of this command. The real deal is each time we celebrate a holiday or event we have the opportunity to share delicious food from around the world.

We fully understand that the events mentioned above have varied impact on each of us. However, we are better for learning and celebrating with each other. The gift of giving of one's self is the greatest gift we have available. We are able to accept or respect each other's remembrance or celebration without being offended, and as well, we learn.

One unit within the Task Force 3 family has men and women from 37 different states within the United States of America. Within our command are individual with varied ancestral roots from around the world. Within our command are many traditions, cultural and remembrance. We also have many varied faith groups and denominations as you would suspect in a command called the Task Force 3 Medical Command. We're all proud of the diversity that frames who we are within Task Force 3.

Another great blessing here in theatre is the support that the folks in the good United States of America are giving us: The Family Readiness Group, our families, the Thompson Group, Spalding Drive Charter Elementary School, St. Simon & Jude Catholic School, Bees Thomas Chaplain Texas Bluebonnet Chapter NSD, Bob Williams, Sifter Parts & Service Co. Inc., Wesley Chapel, Fla. Community, Jan Zelnick, Robin Reese, Officers Wives Club of Frederick, Carolyn Blashek of Operation Gratitude, DAR-McKinney Texas, Brian & Theresa Webster, Aurora Co., Hearts Across the Miles, Maureen Hylton, Fort Myers HS, Fort Gillem Chapel, Macedonia Baptist Church, Lucy Townley, Morgan Katnik, Cub Scout #646, Cub Soldier #372 & Any Soldier Inc.

Most of the above individual, churches, and organization gave more than once - from the hearts of the Task Force 3 Medical Command - Thank you. Have a great Holiday and a better New Year.



Lt. Col. Irvin Bryer  
Command Chaplain  
Task Force 3

## TROOP TALK

How do you spend your leisure time?

"Honestly we don't get much time off, but when I do, I play video games."

**Spec. Jason Bullock,**  
**32nd MMB, Balad**



"I work out a lot. I have a whole year to get in shape. There's not better time to do it."

**Spec. Anthony Reppert**  
**146th MMB, Balad**

"I'm usually in the gym doing aerobics or in my room watching movies."

**Maj. Marcia Tutt**  
**3rd MEDCOM, Baghdad**



"I try to catch up on my sleep, watch movies and talk to my fiance and family."

**2nd Lt. Aaron Squiers**  
**1171st ASMC, Baghdad**

"Sleeping or watching movies."

**Spc. Robyn Wolfe**  
**285th ASMC, Baghdad**





Front Row: TF 21 Deputy Commander of Clinical Services Col. Sprout, Sgt. 1st Class Robu, Sgt. 1st Class Niculae, TF 21 XO Lt. Col. Lodi.  
Back Row: TF 21 Chief Nurse Lt. Col. Robles-Stokes, Sgt. 1st Class Ciocan, Sgt. 1st Class Gheonea, Sgt. 1st Class Ciobanu, Col. Clark; TF 21 Commander Col. Paul, Asst. Surgeon General of Romania, Lt. Zaharia and Lt. Ianc.

## TF 21 bids farewell to Romanian Team

By Capt. Rachel Park

TF 21 - Cropper

The United States has worked closely with its coalition partners in Operation Enduring Freedom and Operation Iraqi Freedom. Task Force 21 had the privilege of working side by side with the Romanian Medical Team.

From the very beginning of this deployment, the Romanian team has made a lasting impact and contributions to the mission. This partnership in healthcare was a great experience for the Wire Medicine Team, the pharmacy and the Department of Nursing.

The Romanian team consisted of two physicians and six nurses. The team immediately became a part of the TF 21 family. To best share the impact that these Romanians have made in their respective work areas, some of the co-workers shared their thoughts.

In the Wire, Capt. Jeff Robertson shared that Lt. Ianc and Lt. Zaharia were instrumental in ambulatory care, wound care and in processing evaluations of the detainees. The two Romanian physicians assisted in helping Wire Medicine run smooth.

Lt. Col. Harold Sano, Chief of Pharmacy, shared that Sgt. 1st

Class Niculae provided a wealth of knowledge in detainee pharmaceutical care from her experiences in her previous deployments with TF 115 and TF 344. Niculae tracked pharmaceutical supplies and saved the Task Force thousands of dollars in cost avoidance.

Lt. Col. Margaret Woods, Head Nurse of the ICW, shared that all the nurses were so instrumental in decreasing the workload for the staff as they assisted with phlebotomy, starting IV's, medication administration and assisting with dressing changes in not only the ICW, but the ICU and the EMT as well. The nurses quickly bonded with the other nurses.

Task Force 21 and the Romanian Medical Team not only built team unity, but a camaraderie that bridges all language and cultural barriers.

The personnel in Task Force 21 have benefited from the Romanians in their healthcare knowledge and care as well as in exchanging the cultures that make the people and the country so instrumental in this mission. If we could interview others who have been blessed with the Romanians, everyone would agree of the invaluable partnership the Romanian Medical Team and TF 21 have been. We want to thank the Romanian Medical Team and wish them the best as they head home.

# United Through Reading

Program helps deployed Soldiers give the gift of reading to their children

**By Sgt. Andrew Brace**  
285th ASMC UPAR

Thousands of children all over the United States and abroad are missing their deployed parents, grandparents and friends this Holiday season. But for some families, their loved ones seem a lot closer thanks to the advent of the quality-of-life program, United Through Reading.

United Through Reading is a program that helps deployed Soldiers and their loved ones stay connected during deployment through the method of reading aloud on videotape. Deployed Soldiers send videotapes or DVDs and a copy of the book home to children, who watch and often read along. Feedback is then returned to the Soldier in the form of pictures, letters, email or videotape of the child watching their loved one read to them.

United Through Reading is a big hit at the 285th ASMC, where more than 20 deployed members have already taken advantage of the program. The United Through Reading program can have a positive impact on families in many different ways. It boosts family morale and reinforces parental support felt by the spouse or partner at home. It eases children's fears about their parent's absence and reduces anxiety upon reunion.



Members of the 285th ASMC participate with family members through the popular United Through Reading program which allows deployed Soldiers to read to their children.



It strengthens relationships between adults and children while teaching the joy of reading. There are also many benefits to reading aloud specific to every stage in a child's life from infants to preteens. For toddlers, reading aloud makes connections between sounds and images, and spurs speech and comprehension. For preschoolers, reading aloud helps develop imaginations so children become creative thinkers. The list goes on and on.

Spc. Andrea Heil's daughter MaKenzie "loves it." Heil is the 285th's United Through Reading coordinator.

"Every time we talk, MaKenzie asks me when I am going to send another tape," said Heil. "She watches it over and over and tries to talk back to her mommy. She loves to dance and sing along with me too".

The United Through Reading program is not just for parents and children. Staff Sgt. Eric Matthewson recently sent a tape home to one of his children's kindergarten classes. Staff. Sgt. Eric Pounds read a book to his nephews Dylan, Brett and Brock.

The equipment used to record Soldiers reading to their children can also be used to send messages home for Thanksgiving, Christmas, birthdays and other special occasions. Many Soldiers at the 285th have taken advantage of this added benefit to the program.

Currently the 285th is the only unit offering the United Through Reading program here at Camp Liberty. Heil is actively promoting the program and although the 285th doesn't currently have the assets to offer the service to other units, she is more than happy to provide the information necessary to get a program started.

## Stepping Up and Standing Out

# 175 runners participate in TAPS marathon

It was 0700 Sunday morning, on December 10, 2006. The Honolulu T.A.P.S. marathon was about to begin at LSA1B with 175 runners and walkers in the waiting. Waiting, that is, in 40 degree weather with a brisk breeze in the air.

The TF 399, 82nd Airborne and Aviation brigade turned out in record numbers to support their fellow athletes.

The runners from our own TF Concord included Chief Warrant Officer Christopher Irwin, Capt. John Gallant (finish time 4:21), Capt. Richard Huff (time 5:05), and Master Sgt. Charles Boisseau (time 5:21). The walkers, Lt. Col. James McCormick and Maj. Frank Schmidt, finished in their own record time of 7:30.

“I have run a few [of these], and it means a lot to have someone at the finish line,” said Irwin of TF 399.

Several volunteers and medics from all units at COB Speicher were at the water points cheering on the participants. The marathon raised over \$20,000 dollars to support families of our fallen heroes. It was a great success for all involved, Mahalo!



## China Dragons Soldier and NCO of the quarter

The 28th CSH NCO and Soldier of the Month is decided by a thorough questioning session by a board of Senior NCOs.

These soldiers scored highest among their peers demonstrating the professionalism and excellence that exemplifies a “China Dragon”



Sgt. Jerico Abacan



Spc. Christopher Mick

## You can swim. You can run. But can you biathlon?

On December 3, while most Soldiers were enjoying their Sunday “downtime,” three Soldiers from the Task Force were giving it all they had in Balad’s Biathlon. Maj. Scott Daulton, Command Sgt. Maj. Mitcheal Delvalle and Capt. Joy Schmalzle all braved the cold to compete in the biathlon.

The competition started out with a 800-meter swim in the local indoor pool. All three competed in the same heat of the swim, finishing in minutes of each other. After the swim, the athletes transitioned straight into the 5K/ 3.1 mile run. The run took them around LSA Anaconda and back to the indoor pool. The Soldiers had been training up for this event for quite a while. It was a great accomplishment for all three. However, Daulton and Schmalzle didn’t stop there. On Christmas Eve they participated in the 100-lap swim at the indoor pool.



# Race raises \$15,000 for cancer research

Program helps deployed Soldiers give the gift of reading to their children

By **Spc. Dustin Perry**

1/34th BCT Public Affairs Office

More than 190 runners braved chilly temperatures and icy-cold rain to participate in the five-kilometer Susan G. Komen Race for the Cure, held in the early hours of Dec. 17 at Adder Commons.

The event raised approximately \$15,500 in donations, pledges and entry fees, all of which will be used to fund breast cancer research efforts.

Maj. Stephanie Leong, a psychiatrist with the 1972nd Medical Detachment, organized the event as her “last hurrah,” she told a roomful of participants in Memorial Theater after the race was finished. Leong returned to the U.S. two days later.

“A while back, Maj. Leong came to me and said, ‘I want to do something for the community in Tallil,’” said Lt. Col. Pam Mindt, commander of the 1972nd. “I was humbled. What a wonderful thing to bring people together to raise money to eradicate breast cancer. What we did today made a difference for the greater good.”

Prior to the race, runners huddled together to keep warm and dry before finally making their way to the wet and muddy road for the start of the 3.1-mile event. First to finish was 2nd Lt. Elias Gonzalez, just under the 16-minute mark. As the rest came in, they were directed to the theater where they were offered snacks, drinks and a complimentary T-shirt.

Staff Sgt. Carrie Sullivan of the 82nd Sustainment Brigade, a breast cancer survivor who has been in remission for two years, participated in the race. She said she was very pleased with the turnout of the event and hopes events like the race continue to increase in popularity among the military community.

“It feels really good to know that even out here we can still



Photos by Spc. Dustin Perry

The group of more than 250 participants who participated in the Susan G. Komen Race for the Cure at Adder Commons Dec. 17 takes off from the start line.

support the cause of finding a cure for breast cancer,” said Sullivan. “We still have a chance to participate and contribute, which is great.”

Leong attributed the large turnout and the amount of funds that were raised – which exceeded her goal of \$10,000 by more than half that amount – to the motivation and commitment of the participants.

“I think it turned out to be a fabulous event,” said Leong. “I think people were really excited to be involved with something like this. It just goes to show that Soldiers want to give back and contribute, and they want to be involved with something greater.”

After the race, prizes were given out in several categories, including Top Male and Female Finishers, Under and Over 40; Oldest and Youngest Runners; and First and Last Overall Finishers. Capt. Joseph Berube of 1st Brigade Combat Team, 34th Infantry Division’s Headquarters and Headquarters Company won an iPod for raising the most individual money, with \$760, Leong said.

The event was run in conjunction with the South Florida Race for the Cure, which will be held Jan. 20, 2007. More information on that race can be found by visiting <http://www.raceforthe cure-sofla.org/index.shtml>.

Breast cancer is the most common form of cancer in women, affecting approximately one in nine during their lifetime, according to the American Cancer Society. The disease can also affect men, though these cases make up less than one percent of total diagnoses each year.



Second Lt. Elias Gonzalez is the first to cross the finish line during Race for the Cure, completing the five-kilometer run in just less than 16 minutes.



## A Family Affair

For the Bucks, the army is just a way of life

**By 1st Lt. Nicholas Barringer**  
28th Combat Support Hospital

The saying goes that “The Army isn’t a job, but a way of life.” This statement doesn’t ring any truer than in the Buck household.

2nd Lt. Regina Buck, a nurse with the 28th Combat Support Hospital at Ibn Sina Hospital, like so many other Soldiers is going to spend the holidays away from her family... well sort of. Her husband, who is also in the Army and deployed in Iraq, is coming to visit her. Her son, Thomas, although he might not make it to the CSH for the Holidays, is also in the Army and deployed to Iraq. Her son, Jerad, who is in the Army although not currently deployed, will be part of the unit that replaces his Mom’s at the end of her deployment. So when I interviewed Buck about her military background I quickly learned that in the Buck household the Army is truly a family affair.

### **Briefly describe your military background:**

I came in the Army in 1984 as a civilian trained 91C (LPN), I stayed on active duty until 1992. I got out to be with our four children, as it was hard for us to both be in the Army in different branches. I have been out for 14 years and did not meet the age requirements for an enlisted soldier. I had an Associate of Science in



Master Sgt. Denny Buck

Nursing and needed to get a BSN. I went back to college fulltime and came in under a direct commission in March 2006. I worked at BAMC, Fort Sam Houston, TX, 41st CSH, Fort Sam Houston, Texas, 42nd Field Hospital, Fort Knox, Ky., 121 Evac Hospital, Seoul, Korea, Fort Rucker, Al., and I am currently stationed at Winn Army Community, Fort Stewart, Georgia, assigned to ICU/PACU.

### **Could you please name the members of your family and state what they do and where they are located?**

Master Sgt. Denny Buck, husband, Engineer, 92nd Engineers, Fort Stewart, Ga. (BN S-3 NCOIC) Currently at Anaconda, Balad.

Sgt. Thomas Buck, Son, Military Police, 25th ID, Schofield Barracks, Hawaii. Currently at Kirkuk as the Bronco Detainee Holding Admin NCOIC/Evidence Custodian.

Spc. Jerad Buck, Son, Licensed Practical Nurse at Blanchfield Army Hospital, Fort Campbell, Ky., PROFIS to 86th Combat Support Hospital and will be here in the fall.

Denny Buck II & Devon Buck, 15 year-old twins, students at Liberty County High School, Fort Stewart, Ga. Currently my mother is a guest at our home in Fort Stewart with the boys.

### **How did you meet your husband?**

We were stationed together at Fort Knox.

### **What is it like having both your sons and your husband in the military?**

I have always been very proud of my husband and children. My husband had always taken care of his soldiers and has the drive to accomplish the mission safely. Thomas is very much like his Dad. He cares for his soldiers and has become an excellent NCO. I would like to think that Jerad is following in my footsteps. He is a very determined young man and has



2nd Lt. Regina Buck

accomplished quite a bit in his two years. This is the first Christmas in 16 years that we have not spent Christmas together. Just like every wife and mother, I always worry about my husband and children.

### **Why do you serve?**

I came back in the Army in hopes that I could make a difference, whether it be to provide nursing care to an injured or sick soldier. Maybe even to bring a smile to someone’s face. I hope that my family is as proud of me as I am of them.

### **Do you have any words of encouragement/ advice for other military families out there?**

Spend as much quality time as you can together when they are home! Write, email, and send pictures as often as you can. Tell them how much you love them and most of all PRAY for a safe return home when they are deployed.

# Critical Evaluation of Dietary Supplements

1st Lt. Susan M. Stankorb RD, LD

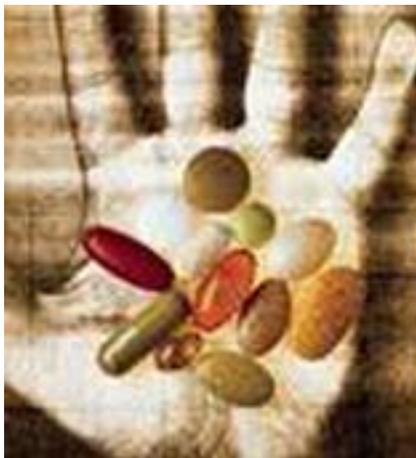
The soldier population is a group where physical performance is a badge of honor. We reward those who are able to max a PT Test and place ultimate value on soldiers who accomplish the most grueling physical training of Ranger School or Special Forces. For many this intense value on physical fitness leads us to look for the next way to reach the stronger, better, or faster level. It would indeed be easier if that advancement came in bottle form. However, if that level of performance came in a bottle, wouldn't we all be at the maximal level? Recently I have noted more use of over the counter dietary supplements, fat burners, testosterone boosters and ergogenic aids. This trend concerns me, because it is clear that there is not a critical evaluation of the reasons for taking a supplement, the safety of that supplement, and whether there is a scientifically proven benefit to taking that pill at all.

The Food and Drug Administration changed its thought process about dietary supplements in 1994 when DSHEA, the dietary supplements health education act, was implemented. Prior to 1994, supplements were regulated as foods under the Food Additives Amendments of 1958. In 1994 under DSHEA dietary supplements no longer require safety evaluation prior to entering the market place. It is the manufacturer's duty to state the safety of a product? This does not mean regulation of supplements is non-existent, new ingredients must be evaluated, but not to the same rigorous testing standards that we require of pharmaceuticals, and manufactures do have to remove products from the shelf if adverse events are associated with the product (like what occurred with ephedra).

Though there is regulation the safety guards are less than other industries such as food manufacturing or pharmaceuticals. What this means is consumers no longer have the luxury of a safety net. So, we must be the critical evaluators of safety when it comes to dietary supplements, the Food and Drug Administration Center for Food Safety and Applied Nutrition(CFSAN) has some advice for consumers of dietary supplements and performance aids.

One key point stressed is that even though the medication is over the counter does not mean it is safe for general use. Many herbs, botanicals and supplements come from

plants, just like many medications come from plants. There are many over the counter supplements that interact with medications in the body causing the function of the herb or the medication to become potentially harmful. This means it is important to be honest with health care providers about what you are taking; this is especially true for patients getting ready for surgery which requires anesthetic. Although health care providers are available sources of information, ultimately it is the consumers' job to do the research and ask the questions.



In the internet age information is readily available but it is the consumers' job to establish whether or not the information is accurate.

When it comes to supplements CFSAN provides great advice on how to interpret supplement claims. They recommend asking yourself:

- Who operates the site? Is it a government agency, a well known university, a respected organization like the American Heart Association or a business? Often respected organizations will be .org, .edu opposed to .com.
- What is the purpose of the site- are they trying to sell something or are they trying to provide objective information?
- Does the information provided offer valid references- is the information published in a scientific journal? If a doctor is endorsing it what are his/her credentials, and is he a doctor of medicine?
- Does it sound too good to be true? Then it probably is. CFSAN also cautions against the following assumptions:
  - If it doesn't help at least it can't hurt.
  - Natural is the same as safe.
  - If there are no warnings on the product it is probably okay.

The world of supplements is tricky to navigate through; reliable information is difficult to find unless you know what you are looking for. Here are some great websites with good, honest information:

[www.eatright.org](http://www.eatright.org)  
<http://chppm~www.apgea.army.mil/dhpw>  
<http://www.navigator.tuft.edu>  
<http://www.herbalgram.org>  
<http://www.hooah4health.com>

Remember to choose wisely and know that no supplement will replace hard work, determination or motivation.

# Training partnership breaks new ground

By Air Force Staff Sgt. Zachary Wilson  
MNSTC-I Public Affairs

BAGHDAD — To paraphrase a metaphor that goes along the lines of “a few snowflakes can turn into an avalanche,” a handful of Iraqi Army medical professionals graduated last next week from a course that could leave its mark on the country’s future.

The three-week course was hosted by 28th Combat Support Hospital at Ibn Sina hospital in Baghdad, and administrated by Task Force 3. Maj. Murray Kramer, is the Task Force’s administrator for the course. The program allowed Iraqi Army physicians, nurses, and medics to take part in a unique training opportunity working alongside Coalition service-members while taking advantage of state-of-the-art medical equipment and training.

The course leaves its Coalition organizers optimistic about the impact it could potentially have on the future of Iraqi medicine.

“This was a new experience for me to get involved in new doctrine and up-to-date procedures,” said Iraqi Army physician Dr. Abbas, who graduated from The University of Baghdad’s medical school two years ago. Abbas is one of two physicians who took part in the program. “I was not familiar with a lot of the equipment such as the blood transfuser or defibrillators. This has been a great experience.”

The program allows medical professionals, hand-picked by the Iraqi Ministry of Defense, to learn modern medical techniques and work with equipment found in western hospitals not readily available in Iraq, said U.S. Army 1st Lt. Nicholas Barringer, public affairs officer for the 28th Cobat Support Hospital.

The program was built with the hope that more Iraqi people with medical backgrounds will join the military and participate in similar learning opportunities that will make them even more effective physicians, nurses and medics.

“I was really impressed with the mentoring I received in this program,” Abbas said. “I had a good experience working with the American doctors. The most important thing they taught me was how to stay calm and remain in control in the [emergency room].”

Abbas is no stranger to traumatic emergency care. He said he usually sees more than 45 patients a day in his Baghdad hospital, and feels that many more like him would jump at the chance to take part in this program.

The fact that someone like Abbas was able to take away many lessons during his participation is a good sign for the organizers of the program.

“The nurses and medics could not get medical training [in the civilian sector] when they graduated from their schools, so they joined the army,” Abbas said. “Now that they are in the army, they get training opportunities they never had before.”

The 28th CSH treats many Coalition troops who are wounded in action or need routine medical care, as well as Iraqi civilians who are brought in due to emergency situations that threaten the loss of

“life, limb or eyesight,” Barringer said. The various trauma cases the hospital treats, along with some of the routine medical care, allows the course participants to see Coalition medicine practiced in several capacities, Abbas said.

Still in its infancy, the program is expected to expand in several areas, Barringer said. The course is expected to re-locate into a new \$240,000 facility that is scheduled to be completed in February and will feature leading edge medical training tools such as the Medi-Man training dummy that allows medical staff a chance to practice their techniques on a subject that displays a large variety of realistic medical symptoms.

The hope among the Coalition staff is that the program leads to others that allow Iraqi Army medical professionals to further expand their knowledge in continued interaction with Coalition healthcare professionals.

While three-weeks may not seem like a lot of time to radically change an entire health care system, the benefits of the program are seen both immediately and in the long-term by the students who are participating.

“We didn’t have the supplies in our old hospitals that we get to work with here,” Iraqi Army 1st Lt. Hassan, a military nurse who is participating in the program said through an interpreter. “After we leave here, we will go to our unit’s military hospital and take the training we have learned and teach it to the others.”

Iraqi Army 1st Lt. Hazim, a military nurse and classmate of Hassan, agreed.

“Training here helped us a lot more than we expected,” said Hazim. “Here we really learned how to work as a team and we are like family.”



Photo by U.S. Air Force Staff Sgt. Zachary Wilson  
MNSTC-I Public Affairs

Students and instructors celebrated a training partnership recently with this cake, at the Ibn Sina hospital, Baghdad.

# PMCS Your Dietary Habits with the 5-Point Checklist

By 1st Lt. Nicholas Barringer  
28th Combat Support Hospital

## 5-Point Checklist for Weight Management

Below are 5 common mistakes that lead to gains in body fat.

As a Soldier, you have been performing preventative maintenance checks on your vehicle, commo, weapon, and every other piece of equipment you utilize. Isn't it time you perform a PMCS on the Army's most valuable weapon – yourself!

Let us start with how are you fueling your body? You would never half hazardly put MO Gas in a vehicle that requires JP-8, yet we regularly pour anything down our gullet that the local shopette provides. Attached is a simple checklist with five common mistakes, an action to take to correct the mistake, and the reasoning behind it.

The Weight Management 5-Point Checklist was developed by the RDs at Carl R. Darnall Medical Center in a project spearheaded by the Chief of Clinical Dietetics Lt. Col. Colleen Kesselring. The Checklist was developed based on Kesselring's research of the Active Duty Weight Control group, based on the major dietary errors they made she devised a way to correct them. It is a quick and simple tool with accurate and actionable information you can use to either help lose or manage weight.

Cut-out the checklist and put it on your Company's bulletin board or make copies and distribute to your NCOs and soldiers to start a proactive response to weight management instead of the usual reactive response.

Because less overweight soldiers means less paper work, less flags, less disgruntled soldiers, and improved combat readiness.

1st Lt. Barringer can be reached at nicholas.barringer@iraq.centcom.mil.

Mistake:	Action:	Reason:
1.  Skipping Meals	"Put something in your stomach in the morning, afternoon and evening". Meals don't need to be large. If you are rushed because of PT or school, then keep healthy choices in your barracks room, i.e., cereal, milk, and fruit after PT in the AM.	Your body has an overwhelming ability to survive. In the absence of food, your body slows its metabolism A LOT! A slowed metabolism makes it easy to gain weight and difficult to lose weight. Most people that skip meals <u>overeaf</u> at the next meal because they are too hungry. (74% of soldiers on the ADWTC program at FT Hood skip meals).
2.  Eating fast food or eating out	"Eat less fast food". "Eat out less often or eat less when you do eat out." "Eat at your DFAC for the best healthy choices. DFACs always offer a salad bar, hot vegetables, and fruit to help balance your meal; and usually offer baked beans as an alternative to French fries."	It's difficult to eat low fat when eating at restaurants. A double cheeseburger, large fries and large coke provide almost 1800 kcal in one meal; this is what many people need in one day. (34% of soldiers on the ADWTC program eat out 3 or more times per week).
3.  Drinking beverages with calories or alcohol	"Drink beverages that are calorie-free." Two 20-oz sodas per day for one week equal the calories in a pound of fat. "Cut down or abstain from alcohol. A 6-pack of beer equals ~900 kcal"	Beverages with calories include <u>fruit juice</u> , sports drinks, cappuccinos, sweet tea, not just soda and koolade. Liquid calories add up quickly and don't contribute to a sense of fullness. All alcohol is stored as fat. (FT Hood soldiers on the ADWTC program drink an average of 500 kcal/day in sweetened beverages).
4.  Too little aerobic exercise	"If you're on profile, find a safe aerobic activity to do. Do cardio/aerobic exercise year round." " <u>Build up to</u> 30 minutes of aerobic exercise 4 days per week."	Cardio/ Aerobic exercise decreases body fat. Be sure to build time and distance slowly, and cross train to reduce risk of injury. (68% of soldiers on the ADWTC program were on profile within the last year).
5. Eating past the point of fullness or eating when you're not hungry	<u>Pay attention</u> to how full you feel while you eat. Relax and eat slowly if you're a quick eater. Stop eating when you feel food in your stomach, but aren't completely full.	Over eating causes weight gain. If you feel "stuffed" or "uncomfortably full", your body is telling you that <u>you ate too much!</u> Fast eaters usually overeat! Soldiers gain body fat if they eat when bored (CQ Duty) or in response to stress (marital problems).

**Bonus:** If your physical activity is limited due to an injury, be extra careful about the calories that you are eating: eat fewer sweets and high fat foods.



*New equipment of the month*



1st Lt. Poarch testing the effectiveness of his team's newly acquired CAMEL (Combat Action Mounted Enemy Locator).

*Photo courtesy 1972nd CSC*

# Clinic shines in MASCAL event

**By 2nd Lt. Aaron Squiers**

1171st Area Support Medical Company

Every medical facility dreads having a sudden influx of trauma patients. This phenomenon is referred to as a MASCAL, which is short for mass causality. In early December, the 1171st Area Support Medical Company experienced a MASCAL on Camp Victory, Iraq.

The MASCAL was the result of an attack which occurred in the early afternoon not far from the clinic itself.

"It was close enough to rattle the mirror off my wall," said Spc. Mike Teen. "I ran out to see where it hit. I saw black smoke and grabbed my gear and ran to the clinic."

The response by the 1171st staff drew rave reviews during the after action review held following the incident.

"The AAR (After Action Review) highlighted the professionalism and competence on the medics working at the clinic," said Col. Bill Tozier, the Army's senior physician assistant and co-chair of the Victory Base Complex synchronization committee. "The MPs and everyone else were very impressed by the way the 1171st dealt with the situation."

After receiving a call for assistance, the 1171st responded by sending ambulances to the scene of impact. "It was hectic, but the job got done," said Spc. Craig Shaw a medic from the 1171st. He went on to say, "There was no shortage of helpers. They helped us identify the casualties and load the patients into our ambulances."

Ambulances were not the only way casualties arrived to the clinic. "Patients just walked in. I was surprised to see patients arrive before the ambulances. They seemed to come out of no where" said Sgt. Mary Stoops, another medic.

When it was all said and done the clinic saw upwards of 20 patients, half of which were transported in its ambulances. "Overall it went very well because of our training and everyone knowing their job. Parents and spouses would be proud of their soldiers" said 1st Sgt. James Aguilar.

Preparing for MASCALS is standard for the 1171st. "Readiness is key to success. That's why we put so much emphasis on these types of events during our training" said Maj. Steven Aguinaga, Commander of the 1171st whose unit trains twice a month for MASCALS. "Bottom line, we were ready".

The 1171st Area Support Medical Company is a National Guard Unit from Michigan. They deployed to Iraq after a three-month training period to operate three medical facilities in Iraq.

## A Reenlistment To Remember

**By Capt. Rebecca Scheible**

399th Combat Support Hospital UPAR

It was December 7, a warm sunny day. The colors were posted at the 399th Combat Support Hospital helipad, and four Task Force Concord soldiers stood ready for reenlistment. Spc. Michelle Waterson, Spc. Danielle Thomas, Staff Sgt. Carlos Santiago and Staff Sgt. Kirk Wolloff stood with pride and honor awaiting their enlistment oaths.

"This is a great day. And I'm looking forward to the big bonus," Santiago said to Cpt. Russo, the officer he chose to reenlist him.

Each Soldier work in a very different lane of the hospital. Santiago is the NCOIC of IMO, or the S-6 shop. Waterson works in S-4 for medical supply. Thomas currently works for PAD and intends to start a nursing program when she returns to the states. Wolloff is the NCOIC of the Radiology department.

As the Soldiers repeated their oaths, a Blackhawk landed on the helipad with patients. The pace of the reenlistment quickened. Their voices raised in urgency. Thoughts raced in their minds of going back to their duty sooner than expected, anticipating patients in need of their care. The Blackhawk could be bringing patients, needed platelets, even transfers from Mosul.

The last words of the oath were spoken and congratulations given, as they quickly returned to work. The moment, however, was captured and spoke to the reason they reenlisted - duty.

The 399th CSH in Tikrit, Iraq, accomplished more than just patient care that day. Each of those Soldiers made a commitment to their unit, country, and the United States Army. Each will remember the hectic circumstances under which they re-enlisted, even though they know it was just another day in the 399th Combat Support Hospital.

## 'We are Marshall' brings West Virginia to Iraq

By Maj. Bobby Hart

Taskforce 3 Public Affairs Officer

LSA ANACONDA, Iraq—A group of West Virginia natives serving in Iraq got to take a vicarious trip back to their home state recently thanks in part to the help of AAFES, Warner Brothers and Marshall University.

When the movie *We Are Marshall* opened on Dec. 22 in the United States, moviemakers provided AAFES with a copy to be shown on the same day, so service members from West Virginia and those with a connection to Marshall could see it on the same day as their families. Anaconda base, just north of Baghdad, was selected because it was the only military theater in Iraq capable of playing the theater-quality 35 mm version of the film.

"It was a great movie," said Col. Rick Gullickson, chief of staff for Task Force 3 and the driving force behind getting the movie shown in Iraq. "It brought back many memories of that evening."

"That evening" was November 14, 1970, when a plane carrying the Thundering Herd football team crashed killing all 55 members on board and many citizens of Huntington, W. Va.

"There's not a year that goes by that I don't remember

what happened on

November 14," said Gullickson, who grew up in the shadows of Marshall. "I went to school with some of the kids who lost their parents and Charlie Kautz, the athletic director, went to my church. That one event touched almost everyone in our state and especially in Huntington."

Gullickson, who has both undergraduate and graduate degrees from the school, said he thought bringing the movie to Iraq in conjunction with its opening in the states would give service members a special chance to connect with loved ones on a personal level.

Harrisville, W. Va.'s Tech Sgt. Jessica Elias, of the Air Force's 332nd Expeditionary Air Wing, agreed, "It was like a three hour trip home. All of the scenes that were filmed in West Virginia really brought back many memories."

Another Soldier, Sgt. 1st Class Eli Turner, a 1978 pathology graduate from Marshall who works in the medical regulating office with Task Force 3 — which provides the full spectrum of medical care to service members throughout Iraq — saw the movie two days in a row and said the second time was even better than the first.

"The movie says a lot about Marshall and the entire state," Turner said. "That is pretty much how West Virginia is — blue collar, hard-working, never giving up."

The fact the movie even played in Iraq when it did is a testament to that spirit. When Gullickson — who missed a chance to be an extra in the movie because of his preparation for deployment — heard it was going to open, he started the legwork to give service members a chance to see it.

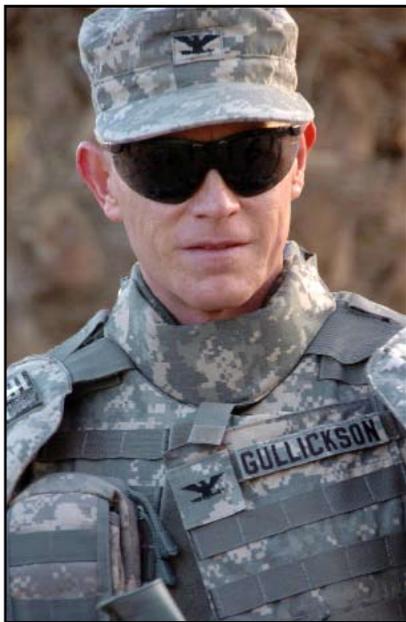
Once Marshall found out about service members interested in seeing the movie, representatives contacted Warner Brothers, who contacted AAFES and things took off.

"I think it is great our Soldiers, Airmen, Marines and Sailors will get a chance to see this movie," said Gullickson — whose grandfather was an instructor at the school and for whom the school's Gullickson Hall is named. "The character of an organization is measured by how well it handles adversity."

Gullickson said there were also other benefits to having the movie sent over as he has heard from many Marshall alumni in Iraq and is getting contacts from people from all over including some with whom he went to high school back in Huntington.



Photos by Maj. Bobby Hart, Task Force 3 Public Affairs Officer  
Marque outside Anaconda theater showing the movie *We are Marshall*.



Col. Richard Gullickson, grandson of Swede Gullickson, a Marshall University instructor for whom the school's athletic complex is named.

# Parting Shot



"A cheeseburger, can I have a cheeseburger?" said a little girl, to her translator as she woke from the anesthesia.

The 8-year-old Iraqi girl, a fresh bilateral amputee, weighed only 40 lbs. Her mother remained vigilant at the bedside throughout her stay and laughed at her daughter's request.

All of the nurses laughed at that request, most of them mothers, realizing the little girl was feeling better finally. The tension broken, they showered her with toys, movies and whatever they had left over from recent care packages.

Her story with the hospital ended a day later as she moved to TTH for further care. But she left the impression of a lifetime. Some things will always transcend culture.

Pictured left, a very special patient with one of her nurses, Sgt. Brion, 399th CHS - Tikrit.

Photo by Cpt. Shiebel  
399th CSH UPAR- Tikrit