

# AnacondaTimes

AUGUST 29, 2007

PROUDLY SERVING LSA ANACONDA



Web Image

## PMO: H&W inspections

Health and welfare inspections ensure safety of Anaconda residents.

Page 3



Photo by Sgt. Jasmine Chopra

## Women in our forces

Military women have achieved unprecedented success in their occupational fields.

Page 8



Web Image

## Mail goes to contractors

Postal service responsibilities transfer from military to civilian.

Page 10



Photo by Sgt. Dave Lankford

Sgt. Frank Richards, Emergency Medical Response Team, 206th Area Support Medical Company, checks the heart rate of a Soldier being administered an IV as a way of ensuring proper re-hydration.

## EMRT treats injuries around Anaconda

### Saving lives becomes second nature to Army medics

by Sgt. Dave Lankford

*Anaconda Times staff*

**LSA ANACONDA, Iraq** — For the Soldiers of the Emergency Medical Response Team (EMRT), 206th Area Support Medical Company, days off are more a good idea than a reality. Even when they are not on duty as the primary response team they are on standby, ready to treat everything from sprained ankles to traumatic battlefield injuries sustained on East LSA Anaconda and in the surrounding Iraqi communities.

Sgt. Frank Richards, a squad leader on the EMRT, said he

came to Iraq with the perfunctory belief he had seen a lot during his years in the medical field. His perception was rapidly changed, not only by the brutality of the injuries he saw but also by the frequency in which they occurred.

“Back home you don’t have to worry about IEDs going off. Especially where we’re from; you don’t get a lot of gunshot wounds. Here it’s pretty much a daily occurrence,” said the Jefferson City, Mo. native.

Nearly 70 percent of the calls the EMRT responds to are multiple-system traumas and burns caused by gunshots or IEDs. Some of the injured

“Back home you don’t have to worry about IEDs going off. Especially where we’re from; you don’t get a lot of gunshot wounds.”

Sgt. Frank Richards  
EMRT, 206th ASMC

are U.S. servicemembers but most are Iraqis. The mission, however, is clear; no matter whom the victim or what the injury they must keep the ca-

sualty alive, and this team is among the best. They have an overwhelming record of success; after eight years in the medical field Richards has never lost a patient.

First responders in Iraq can treat as many trauma patients in a month as most state-side emergency medical technicians treat in a year, said Richards. “You find yourself surprised at how easily things flow. It’s become second nature to us.”

As a first response team it is not only important to be good at what you do, you must also be fast, and Richards’ team is

See EMRT, Page 10

# 'At ease' with the 316th CSM



Command Sgt. Maj. Stacey E. Davis, 316th ESC command sergeant major.

During the blistering summer season here, Soldiers and civilians can suffer heat strokes and heat exhaustion, which can sometimes be fatal.

It is imperative to drink water throughout the day, particularly during and after periods of heavy exercise. Dehydration is a major factor in causing heat injuries.

Moreover, your running times should be restricted to early mornings or late evenings in the coolest hours of the day. Avoid running at lunchtime, and in the afternoon hours when the temperatures are at or above 90 degrees. Intense heat and bright radiant sunshine are also factors increasing your risk of a heat injury.

During periods of physical fitness training and heavy exercise, take frequent rest breaks in shady, cool areas. Increase training gradually and set reasonable goals. Stop running when you feel any sign of dizziness, nausea, delirium or disorientation.

If you are overweight and/or over 40 years of age, you are at increased risk of a heat injury. Persons with family history of heart disease, should consult a medical doctor before attempting strenuous physical activities. Consider fast walking or another form of aerobic exercise as an alternative to high impact running. Swimming in a lifeguard-monitored pool is also an excellent non-impact exercise.

Also wear light-weight protective clothing, hats and sunscreen to protect from skin cancer. It is the responsibility of leaders at all levels to ensure that all service members and civilian workers under your care are aware of and are practicing these fundamental heat injury prevention measures. If we are to maintain a strong and available fighting force, then we, as leaders, must set and enforce the established standard without fail.

Until then, carry on, think safety first and continue to sustain the victory.

Command  
sergeant  
major



NCOs  
lead the  
way!

## Provost Marshal Office: Weekly police blotter



Courtesy photo

Members of the 332 ESFS, Provost Marshalls Office (PMO).

### Week of Aug. 11-17

**Provost Marshal Office conducted:** (101) Security Checks, (99) Traffic Stop, issued (87) DD Form 1408 Armed Forces Traffic Ticket, registered (83) vehicles on the installation, (14) Common Access Cards were turned in to PMO and (3) Lost weapons were reported.

**PMO is currently investigating:** (4) Assault cases, (4) cases of Larceny Government/Personal Property and (1) Breaking and Entering.

**PMO Recommendations:** Always

practice weapons retention, you never know whose hands your weapon could end up in. Remember to always wear your seatbelt while in a vehicle. All Gator, ATV and Ranger operators must be in possession of authorization approval letter obtained through the Mayor Cell.

**Crime Prevention:** Secure all Government and Personal equipment; do not leave items unattended inside of doorless vehicles. personal safety awareness; travel with a battle buddy, avoid walking in between buildings or alone on roads with poor lighting.

## ANACONDA TIMES

316th ESC Commanding General, Brig. Gen. Gregory E. Couch

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332nd Air Expeditionary Wing  
36th Combat Aviation Brigade  
402nd Army Field Support Brigade  
411th Engineer Brigade  
164th Corps Support Group  
657th Area Support Group  
1/82nd Brigade Combat Team  
3rd Sustainment Brigade  
82nd Sustainment Brigade  
507th Corps Support Group  
15th Sustainment Brigade  
CJSOTF-AP

# Protecting the force one inspection at a time

by Sgt. Jasmine Chopra  
*Anaconda Times staff*

**LSA ANACONDA, Iraq** — Airmen and Soldiers, entrusted to keep coalition forces here safe, conducted a health and welfare inspection of trucks operated by foreign nationals entering the base Aug. 15.

More than 30 Army and Air Force volunteers guided by members of the 332nd Expeditionary Security Forces Squadron and Provost Marshal's Office participated.

The goal of inspections is to maintain the well-being and security of residents on base by detecting, confiscating and destroying contraband, said Air Force Master Sgt. Latina Isaacks, a criminal investigator in the 332nd Expeditionary Security Forces Squadron.

Under General Order Number One, an order which prohibits certain acts and items, contraband includes but is not limited to alcohol and pornography.

In the past, similar investigations have led to the discovery of items criminal in nature, such as materials for making roadside bombs, objects containing military intelligence value, and un-

“We have Army brethren. We have security forces, force protection, provost marshal office and K-9 making (the operation) happen today.”

Master Sgt. Latina Isaacks  
332nd ESFS

authorized weapons.

During the Aug. 15 inspection no such items were found.

“One of the things we want people to thoroughly understand is that contraband will absolutely not be tolerated on LSA Anaconda,” said Capt. William Englebert, Provost Marshal for the 332nd.

The inspections were a joint operation between Army and Air Force personnel.

“We have our Army brethren, Security Forces, Force Protection, Provost Marshal's Office and K-9 personnel making (the operation) happen today,” said Isaacks.

Inspectors thoroughly and systematically inspected



Photo by Sgt. Kelly Longbine

**Airmen and Soldiers, entrusted to keep coalition forces at LSA Anaconda safe, conducted a health and welfare inspection of trucks operated by foreign nationals entering base Aug. 15. The goal of the inspection was to maintain the well-being and security of residents on base by detecting, confiscating, and destroying contraband. Few contraband items (pictured above) were found.**

each truck while never once losing respect for the foreign nationals and their property.

“There is nothing I hate more than someone mistreating someone else because of a language barrier. Always maintain professionalism. Use hand and arm signals if you have to. Be as firm as you possibly can, but be

respectful,” said Englebert to personnel prior to starting the inspection.

“Safety and security is of the essence,” said Isaacks.

At the close of inspection, few contraband items were found, signifying that current force protection measures are doing exactly what they are supposed to do:

enforce regulations, punish and deter offenses, and keep the force safe.

All contraband items were gathered at a single collection point in direct view of the offenders to send a message loud and clear that a zero tolerance policy is in effect here and violations of it will not be condoned.

## Worship services

**PROTESTANT – TRADITIONAL**

Sunday 7:30 a.m. Air Force Hospital Chapel  
9:30 a.m. Provider Chapel  
10 a.m. Freedom Chapel (West Side)  
5:30 p.m. Tuskegee Chapel (H-6)  
7:30 p.m. Air Force Hospital Chapel

**PROTESTANT-GOSPEL**

Sunday 11 a.m. MWR East Building  
11:30 a.m. Freedom Chapel (West Side)  
2 p.m. Air Force Hospital Chapel  
3:30 p.m. Tuskegee Chapel (H-6)  
7 p.m. Provider Chapel

**PROTESTANT-CONTEMPORARY WORSHIP**

Sunday 9 a.m. MWR East Building  
10 a.m. Town Hall(H-6)  
6:30 p.m. Eden Chapel  
7 p.m. Freedom Chapel (West Side)

Wednesday 8 p.m. Tuskegee Chapel(H-6)

**PROTESTANT –LITURGICAL(LUTHERAN)**

Sunday 11 a.m. LUTHERAN(PROVIDER ANNEX)

**PROTESTANT- LITURGICAL (EPISCOPAL)**

Sunday 11 a.m. Tuskegee Chapel(H-6)

**PROTESTANT-PRAYER SERVICE**

Saturday 7 a.m. Signal Chapel

**ROMAN CATHOLIC MASS**

(Sacrament of Reconciliation 30 min prior to Mass)

Saturday 5 p.m. Tuskegee Chapel (H-6)  
8 p.m. Freedom Chapel (West side)  
9:30 p.m. Air Force Hospital Chapel  
Sunday 9 a.m. Tuskegee Chapel (H-6)  
11 a.m. Provider Chapel

**LATTER DAY SAINTS- (LDS)-(MORMON)**

Sunday 1 p.m. Provider Chapel  
3:30 p.m. Freedom Chapel  
7 p.m. Tuskegee Chapel (H-6)

**JEWISH WORSHIP SERVICES**

Friday 7 p.m. Signal Chapel

**ISLAMIC SERVICES**

Friday 12 p.m. Provider Chapel

**PAGAN/WICCAN FELLOWSHIP**

Thursday 7 p.m. Eden Chapel

## Combat Stress Control

113th Medical Company (CSC)

# 433-2402

Individual counseling by appointment or walk-in

Command referrals

Services for combat and operationally stressed soldiers

### RELAXATION TECHNIQUES

MONDAY TO SATURDAY

3:30 TO 4 P.M.

### STRESS MANAGEMENT

MONDAY AND THURSDAY

10 TO 11 A.M.

### HOME FRONT ISSUES

MONDAY AND THURSDAY

5 TO 6 P.M.

### CONFLICT RESOLUTION

WEDNESDAY AND SATURDAY

11 A.M. TO NOON

### ANGER MANAGEMENT

TUESDAY AND FRIDAY

11 A.M. TO NOON

### ANXIETY AWARENESS

WEDNESDAY

3 TO 3:30 P.M.

SATURDAY

10:30 TO 11 A.M.

### SLEEP HYGIENE

MONDAY AND THURSDAY

6 TO 6:30 P.M.

### GOAL SETTING

MONDAY AND THURSDAY

11 A.M. TO NOON

### DEPRESSION AWARENESS

WEDNESDAY

2 TO 3 P.M.

SATURDAY

10 TO 10:30 A.M.

### COMMUNICATION SKILLS

TUESDAY AND FRIDAY

10 TO 11 A.M.

### RELATIONSHIP SKILLS

WEDNESDAY

9 TO 11 A.M.

for more information,  
email:

melissa.kale@us.army.mil

# 433-2402

# Fallen heroes get final salute in theater

by Spc. Jay Venturini

Anaconda Times staff

**LSA ANACONDA, Iraq** — It's a part of the Army no one likes to talk about. It's a part of the Army most wish there wasn't a need for, let alone a great enough need to even be a choice for a military occupational specialty (MOS). However, the reality is, mortuary affairs (MA) provides essential support to servicemembers who have paid the ultimate price.

"We are responsible to track each casualty's remains and his or her personal effects and equipment from the battlefield to the collection point and then back to the states," said 1st Lt. Linus Angu, 316th Sustainment Command (Expeditionary) (ESC) mortuary affairs officer in charge.

There are five MA platoons in the Iraq theater which are responsible for the casualty collection point (CCP) at their location. They are located in Baghdad, LSA Anaconda, Camp Taji, Forward Operations Base (FOB) Marez and Contingency Operating Base (COB) Speicher.

Each platoon is on a six month deployment cycle due to the emotional demands the job.

"This isn't an easy job emotionally," said Staff Sgt. Amy Adams, 316th ESC casualty operations noncommissioned officer in charge. "Just seeing the reports that come in on a



Photo by Spc. Jay Venturini

**Soldiers pay their final respects to a fallen Soldier here before he departed for the U.S. August 16.**

daily basis, knowing that it's our fellow Soldiers dying out there, it gets to you."

At the CCP, the MA platoon prepares the heroes for movement. The fallen Soldier is then placed into a casket for the journey home.

Before leaving theater, there is always a ceremony to give the fallen Soldier a final salute in country.

"Before the casket gets moved onto the plane the chaplain gives an inspirational prayer over the casket. Then, as the casket is boarding the plane, members from the fallen Soldier's unit give a final salute and goodbye. It's a very

emotional ceremony," said Sgt. Shawn Stevens, 316th ESC supply, MA.

MA is also responsible for getting the Soldiers personal belongings back to the next of kin.

"We go into the Soldier's room and inventory everything that he or she owned, down to the smallest thing. Then it is all placed in a container and sent to Aberdeen Proving Grounds, Md. From there the inventory is checked to ensure all the equipment made it back. Then it is sent to the family," said Angu.

It is important to get the fallen Soldier and his or her

personal equipment back to the family as quickly and respectfully as possible; the Soldier is owed at least that much, said Stevens.

In every war, there are sacrifices on both sides and servicemembers give their lives defending what they believe in. It is only right to show these fallen heroes and heroines the same honor and respect they would be shown in life, if not more.

"I try to go to every ceremony," said Adams. "Just being there puts everything into perspective and it reminds me where we are and how dangerous it is out there."

## Iraqi Army forces provide humanitarian aid, medical supplies to Sinjar bombing victims

Courtesy story

Multi-National Corps - Iraq

**SINJAR, Iraq** — Iraqi Army soldiers were among the first to respond with humanitarian assistance to the victims of the deadly terrorist bombings in the Sinjar area of Ninewah Province which killed hundreds of Iraqi citizens on Aug. 14.

Terrorists associated with al-Qaida in Iraq and the Islamic State of Iraq are believed to be responsible for the multiple truck bomb attacks.

Within hours of the terrorist attacks in the small northwestern Iraqi villages of Khataniyah and Al Jezeera, two battalions of the 3rd Brigade, 3rd Iraqi Army Division, were on scene in Khataniyah providing immediate medical assistance and humanitarian aid to the displaced and injured Iraqi

people.

The Iraqi and U.S. Special Forces delivered several pallets of food and water to the survivors.

The elements from the Iraqi Army responded in force to the deadly attacks and immediately evacuated urgent patients from the blast sites to the Sinjar and Bi'aj hospitals.

The continued Iraqi effort over the following days resulted in the successful recovery of two little girls buried alive in the rubble. Iraqi bulldozers, water trucks and ambulances continue the relief efforts.

Iraqi Army Soldiers, U.S. Special Forces and Coalition Forces delivered trailers of food and water to the local Iraqi citizens, while Coalition aircraft air-dropped additional medical supplies to the devastated villages.



Photo courtesy of CJSOTF-AP

**SINJAR, Iraq (Aug. 14, 2007)** - Local citizens from the Sinjar area of northwest Iraq receive medical and humanitarian aid from Iraqi Army soldiers of the 3rd Iraqi Army Division after recent terrorists attacks.

# Care packages from families can help local Iraqis

by Sgt. Dave Lankford

Anaconda Times staff

## LSA ANACONDA, Iraq

— Friends and family are constantly asking Soldiers what they should put into care packages to make life in a war zone a little more bearable. The normal response to this question is to stare into space like a deer staring at oncoming headlights because your mind has suddenly gone blank. Not to worry, Civil Affairs is here to help.

Sgt. 1st Class Leona Propson, 316th Sustainment Command (Expeditionary) civil affairs, is always looking for donations for distribution to local villagers. These donations fill a critical need in the surrounding communities and go a long way toward better public relations.

Some items are always in demand. Infant and children's clothing, diapers and shoes are among the most requested items. Other things are more seasonal, such as school supplies, Propson said.

Most of what the Iraqi people need are things we all take for granted. Families looking to make donations can shop yard sales or discount stores for good deals, provided the items are in good condition.

One of the things Propson is hoping to see more of are books in Arabic. These books are available at many local and on-line bookstores.



Photo by Sgt. Dave Lankford

**Sgt. 1st Class Leona Propson bids farewell to Air Force Staff Sgt. Lovelynn Ramil and Air Force Staff Sgt. Telicia Wilson, who have generously volunteered their time over the past year, to assist the Civil Affairs mission here. Ramil and Wilson, along with other volunteers, helped package donated items for distribution to local communities.**

Books are not only good entertainment but, they can also be used to teach the children of Iraq to read and write, she said.

Though all donations are appreciated, there are a few things to be mindful of. Some donations may send the wrong message to the Iraqi people and therefore

will only collect dust on the storeroom shelves.

"We have to be culturally sensitive. A lot of the churches that send clothing also send Christian books and toys. We just can't take them," said Propson.

One of the reasons we must be careful in this regard is because insurgents will

rifle through the belongings of Iraqis living near military bases looking for anything which will prove cooperation with American or Coalition Forces. If they find evidence of this cooperation they may destroy personal property, or worse, they may harm a civilian. This is something civil affairs will not risk, said

Propson.

For those who feel the need to donate more than material items, Propson is looking for volunteers. The work is light and the rewards are great and may even help change the plight of the receiver. Please contact leona.propson@iraq.centcom.mil for more information.

## 1-8 Cavalry conducts humanitarian aid mission in eastern Baghdad

Courtesy story

Multi-National Division - Baghdad

### FOB HOPE, Iraq

— Fighting a war can leave a wake of destruction, but some Iraqis are given hope through humanitarian aid missions conducted by troops from the 1st Battalion, 8th Cavalry, operating in eastern Baghdad as part of the 2nd Infantry Brigade Combat Team, 2nd Infantry Division.

Humanitarian aid missions enable Soldiers to go door-to-door and see what the Iraqis need and to deliver needed food.

Information is also passed out on how residents can get other supplies and medicine.

Sgt. Gary Wilkerson,

fire support section sergeant for Company B, 1-8 Cavalry, said the reception by residents was good, as his platoon conducted its first humanitarian assistance delivery to a new neighborhood, the Shawra wa um Jidir neighborhood of the New Baghdad District, Aug. 12.

"They accepted us over there," Wilkerson said. "There's actually more support for Coalition Forces in that area."

A majority of those neighborhoods are poor.

Women and children shyly answer the knock of Soldiers at their gate, their bare feet trodding over broken rock and brick.

Their clothes are dirty, but they smile and grateful-

"They accepted us over there. There's actually more support for Coalition Forces in that area."

Sgt. Gary Wilkerson  
1-8 Cav

ly accept the packages the Soldiers give them.

While they handed out food, Wilkerson, a native of Monroe, La., and his Soldiers also collected information, such what residents think of plans being carried out in Baghdad.

Wilkerson said a lot of thought was put into what food would be handed out, and it was geared toward a

Muslim diet.

Boxes included corn oil and beans and other items that they can use to cook for their families.

Inside the boxes, Wilkerson placed an information packet telling residents about curfews in effect and information regarding no-interest small business grants.

In this way, Wilkerson said, the people know what is available and it allows them to know where to get grants to helping to get their businesses up and running.

"It's geared toward businesses that have been affected by the war or militia activity particularly," Wilkerson said.

Wilkerson said his unit will assess the impact of the

humanitarian aid missions when he speaks with community leaders.

Conducting the humanitarian drops and ensuring the platoon is secure is a job for the Soldiers who accompany Wilkerson.

Spc. Jesus A. Santana, an infantryman in Company B, 1-8 Cavalry, said he saw some mixed reactions from the people when his platoon conducted the humanitarian aid mission.

"From what it seems yesterday, the first couple houses were excited and the rest were not," he said. "Then people filled the streets wanting something."

Santana, a native of Los Angeles, said they try to help the people out as much as they can.

# NEWS UPDATES: Developments throughout Iraq

## ISF, U.S. SF detain 31 at al-Qaida in Iraq meeting

Courtesy story

CJSOTF-AP

**BAGHDAD** — Iraqi Security Forces and 8th Iraqi Army Scouts, with U.S. Special Forces as advisers, detained 31 suspected terrorists in Sayafiyah during an alleged meeting of an al-Qaida in Iraq cell Aug. 17.

Local citizens prompted the operation by reporting that Sayafiyah was a safe haven for many Sunni insurgents. The individuals targeted during

this raid have been connected to multiple improvised explosive device attacks, weapons smuggling, kidnapping, extra judicial killings and are believed to be responsible for the displacement of hundreds of Shiites.

Additionally, the suspected terrorists in this cell are alleged to be behind attacks on Iraqi Army, Iraqi Police and Coalition Forces; financing their own activities.

No Iraqi or U.S. forces were injured during the operation.

## IF, U.S. SF target terrorist operations in Northern Iraq

Courtesy story

CJSOTF-AP

**TAJI, Iraq** — Iraqi Forces, with U.S. Special Forces as advisers, targeted al-Qaida in Iraq and Islamic Army of Iraq terrorist operations in two intelligence driven operations Aug. 15 across northern Iraq.

The forces detained eight suspected terrorists, including the leader of a sniper cell in western Mosul.

In the first operation in the Al Mansour district of western Mosul, Iraqi Security Forces detained an alleged Islamic Army of Iraq sniper amir who operates in western Mosul.

Intelligence indicates the targeted individual actively recruits snipers to his cell from other groups

and smuggles these snipers back and forth over the western Iraqi border in order for them to receive advanced sniper training in Syria. The forces also seized weapons, ammunition and assorted documents at the suspect's residence.

In a second operation, the 3rd Brigade 5th Iraqi Army Division forces detained leader of an al-Qaida in Iraq terrorist smuggling cell in the Hamrin Ridge region. Five other suspicious individuals were also detained. The forces also found weapons and ammunition at the targeted location.

No Iraqi or U.S. Special Forces members were injured during this operation.



Photo by Mass Communication Specialist 2nd Class (AW) Johansen Laure

**BAGHDAD, Iraq (Aug 13, 2007)** - Iraqi Special Operations Forces advised by U.S. Special Forces finishes clearing a house during a combat operation to detain suspected terrorist leaders of an insurgent force in support of Operation Iraqi Freedom.

## Iraqi Army, U.S. Special Forces conduct air assault raid

Courtesy story

CJSOTF-AP

**TAJI, Iraq** — Soldiers from the 1st Brigade, 4th Iraqi Army Division, with U.S. Special Forces as advisers, conducted an air assault operation in the village of Golden Hills near Balad Aug 18.

During the operation, Iraqi forces acted on intelligence reports and entered the Hay al-Qayum Mosque which is reportedly being used as a terrorist meeting place. Intelligence has also shown

that terrorists are using the mosque as a safe haven for improvised explosive device construction and that the area around the mosque is being used for training and cache emplacement.

The targeted terrorist cell was suspected for indirect fire attacks on Coalition Forces and attacks on the Said Mohammed Shrine. Additionally, it is reported that the terrorist cell is responsible for kidnappings of local Iraqis as a means to finance its op-

erations.

The purpose of the raid was to disrupt insurgent operations and deny sanctuary to insurgent forces. The primary targeted individual of the raid was not present; however, Iraqi Army soldiers confiscated nine bolt-action rifles, an AK-47 assault rifle and one general purpose machine gun from inside the mosque.

No Iraqi or U.S. Special Forces were injured during the mission.

## 'Baqouba Guardians,' Iraqi Police repel al-Qaida attack

Courtesy story

Multi-National Division - North

**BAQOUBA, Iraq** — In an unprecedented combined action in Diyala Province, Iraqi Police (IP) and citizen volunteers defeated a coordinated attack of approximately 40-60 al-Qaida terrorists in the southern Burhitz area of Baqouba, Wednesday, and killed an estimated 21 insurgents, wounding more.

"Baqouba should be proud of their security forces and their citizen guardians today."

Col. Steve Townsend  
3rd SBCT

As the terrorists entered the city of Burhitz, a group of con-

cerned local citizens, called 'Baqouba Guardians,' and IPs stationed in Burhitz engaged the first wave of attackers, killing seven. At least two suicide bombers were killed before they reached their intended targets, with the bomb vests detonating prematurely.

The IP notified the Provincial Joint Coordination Center and requested Coalition Force attack helicopter support after the first engagement. Attack

helicopters arrived and engaged another large group of heavily armed fighters staging near the first attack site, killing or wounding an estimated 14 terrorists.

Approximately six citizens were killed and up to 20 more wounded during this attack. Iraqi Security Forces are continuing to secure the scene, pursue al-Qaida, and move wounded to the Baqouba General Hospital.

"Baqouba should be proud of their security forces and their citizen guardians today," said Col. Steve Townsend, commander, 3rd Stryker Brigade Combat Team, 2nd Infantry Division. "All fought side-by-side and soundly defeated a complex attack from a determined enemy. This thing could have been much worse had those suicide bombers reached their targets," said Townsend.

# Warrant officers meet for mentoring, professional development

by Chief Warrant Officer Jeff Brooks

316th ESC

**LSA ANACONDA, Iraq** — Coming together, sharing together, learning together and succeeding together. That was the message of the first 316th Sustainment Command (Expeditionary) (ESC) warrant officer symposium held here Aug. 15 at the Oasis dining facility. Chief Warrant Officer Artis Rumph, the 316th ESC senior warrant officer advisor to the commanding general, moderated the event and stressed the importance of teamwork and technical expertise in mission accomplishment.

“As warrant officers, we are held to a very high standard, and it is important that our everyday actions reflect highly on the corps,” said Rumph. By working together as a team and sharing knowledge we all have, we all become stronger professionally and as leaders, he added.

The symposium was the first in a series of monthly gatherings that will be held over the course of the next year. The purpose of the meetings will be to discuss issues that are of importance to the Warrant Officer Corps and to create a forum for sharing knowledge and practices. Among the topics that will be covered over the next year include mentorship, professional development, career progression and accessions of highly skilled non-commissioned officers. In



Photo by Spc. Jay Venturini

**Chief Warrant Officer Artis Rumph, 316th ESC support operations maintenance management technician, gives encouragement to other 316th ESC warrant officers during their monthly meeting which ensure all warrant officers stay mission focused and goal oriented.**

addition, guest speakers will attend periodically to provide motivation and keep abreast of issues of significance to the corps and the Army.

Chief Warrant Officer David Williams, senior warrant officer advisor for the Multi-National Forces-Iraq commander and a former Fort Rucker Warrant Officer Candidate School company commander, will be the next featured speaker at the meeting scheduled at 6 p.m. in the Clarks Sports Bar at the Oasis Aug. 29.

Chief Warrant Officer Paul M. Kennedy, the 316th ESC communications security officer, echoed the value of these meetings. “It is important that we ensure that these meetings are substantive and not just a gathering place to socialize. By pulling together and communicating, we can do great things for our command and for each other,” Kennedy said.

Because of their specialized talents and technical expertise, warrant officers play a vital

role in the management and maintenance of Army systems and equipment. These meetings are focused on ensuring these talents are continually enhanced and new competencies developed, said Kennedy.

To build cohesion and create positive relationships throughout the Warrant Officer Corps here, Rumph is sending an open invitation to all warrant officers to attend the Aug. 29 meeting.

“Warrant officers have a vast amount of knowledge

and we can only get stronger by sharing. Our willingness to help others succeed is one of the core values of the Warrant Corps,” said Rumph.

Warrant officers who desire to obtain more information on participating in these monthly forums are encouraged to contact Rumph at DSN 318-433-2017.

To quote the famed German scholar Friedrich Nietzsche, “When a hundred men stand together, each of them loses his mind and gains another.”

## Joint Network Node: Making communications stretch farther

by Spc. Robert H. Baumgartner

82nd Sustainment Brigade

**CAMP DELTA, Iraq** — With the increase of Coalition Forces during the troop surge, the logistical demand required to support them is increasing as well. Since this demand requires communication to stretch farther and take the shape of an ever complex web, Soldiers of the 82nd Signal Company Joint Network Node (JNN) platoon here, work diligently to keep their equipment up and running to meet that need.

Capt. Thomas Tolman, commander of the 82nd Signal Company, based at Camp Adder, attributes the ongoing success of his JNN detachment at Camp Delta to his Soldier’s versatility and the forethought that went into preparing for this deployment.

“When we first arrived, we had not even begun to talk about the surge and the theater-wide extension had not been announced. Those events, combined with other tactical decisions, resulted in the need for the brigade to provide increased logistics for Delta. In turn, this has increased the communication requirements,” Tolman said.

The JNN is a communication hub that provides both secure and insecure internet, facilitating a broad spectrum of data and voice communication. Typically, us-

ing standard cables, a communication network could be extended a couple of hundred meters. But Tolman and the 82nd Signal Company foresaw the battlefield changing and adapted to it seamlessly. By integrating the older equipment with newer technology, they have increased the level of services they can provide.

“We anticipated that we might have missions like this before we deployed. So we sent some Soldiers to the necessary fiber optic training and got them certified. When the mission came down, we were ready,” he said.

“In the communications world, you have to be creative and find creative solutions to unique problems. By combining some of the old equipment with the JNN, we were able to support subscribers we would not have been able to otherwise,” Tolman continued.

The changes necessitated by an evolving mission are no match for these Soldier’s skill and versatility. Staff Sgt. Deshon Barrow, section sergeant of the JNN platoon at Delta, describes how his Soldier’s keep the service reliable despite the environmental challenges.

“On top of being JNN operators and maintainers, my guys have had to rewire air conditioners and maintain generators. Most of them came straight out of advanced individual training, but they are

maintaining equipment at a supervisor level,” Barrow said.

“Our platoon motto is ‘JNN: Making It Work,’ and these guys live up to it everyday. If these guys weren’t so diverse in their abilities and skill sets, things would be a lot more difficult around here,” he said.

According to Tolman, one of the greatest impacts the JNN platoon has had on 82nd Sustainment Brigade operations has been providing the movement control team at Delta with reliable communication and facilitating the creation of an air hub. This air hub not only allows the brigade to support Coalition Forces farther north and assist the people of the Wassit Province in eastern Iraq, but also to keep Soldiers off the road.

“Early in the deployment, the brigade realized that the airfield at Delta was not being utilized. We were sending hundreds of Soldiers and dozens and dozens of trucks on the road everyday. It was realized that it would be possible to fly these supplies in,” Tolman said.

“Because we have been able to provide the logistics cell and movement control team with communication, they have been able to operate that air hub and it’s been a reliable air hub. So they’ve contributed this much to saving lives,” he said.

# Gender equality in military

by Sgt. Jasmine Chopra

Anaconda Times staff

**LSA ANACONDA, Iraq** — Gender equality in the military has come a long way from the Women's Army Auxiliary Corps (1941-1943). A time when women were denied equal pay, ineligible for government life insurance, medical coverage, veteran and death benefits and denied military funeral honors granted male Soldiers.

The Women's Army Corps (1943-1978) marked improvements in women's status and today, Soldiers earn equal pay, entitlements and benefits regardless of gender.

In honor of Women's Equality Day, which celebrates the 19th Amendment, giving American women the right to vote in 1920, the Anaconda Times is profiling two Soldiers here who show women in the military can achieve unprecedented success in their field and whose achievements may serve as an inspiration to us all.

Capt. Barbara Burger, plans, operations and training officer in charge, 412th Aviation Support Battalion is a mix of both late bloomer and fast tracker. It was not until age 28 that Burger enlisted in the Army, she later attended warrant officer candidate school, flight school, and later earned a commission.

"I knew I wanted to fly and was determined to make that happen," said Burger, a Black Hawk pilot.

Despite the dangers, a growing number of women are choosing to become aviators. While the percentage of women aviators is still in the single digits, pilots like Burger show both competency and valor during

missions that put them at risk of being targets of enemy fire.

Burger demands all her Soldiers never stop setting and achieving goals. She even fosters a workplace that allows Soldiers to take advantage of education benefits online during down time.

"I've grown more as a person and leader as I've taken on more and more responsibility," Burger said. "It's a great feeling to know that you were responsible for a mission and that the outcome was successful."

Although she wouldn't call her military schools and training easy, Burger said that her instructors were encouraging, professional and fair.

She cites integrity and sticking to her guns during difficult situations as her guiding leadership principles.

"Integrity guides my choices...and as a leader I choose my battles wisely. I fight the battles that are good for my Soldiers," she said.

Burger is fluent in German and has a bachelor's degree in International Relations. She is currently working on a master's degree while serving here. She is married to fellow Soldier, Capt. Mark Schilling, a maintenance test pilot and medical evacu-

ation pilot.

Among those well-suited in the unsung heroes department, you'll find the flight engineer. Responsible for tasks such as maintaining power settings, systems and equipment as well as ensuring the safety of passengers

and cargo, the work flight engineers perform helps pilots focus on other aspects of flying aircraft.

"I have the responsibility to make sure that everyone on that aircraft can rely on me to bring them home safely," said Master Sgt.

Lynette Streitfield, standardization noncommissioned officer in charge at the Operational Support Airlift Agency here.

Graduating at the top of her class in 1994, Streitfield became the first female flight engineer in the state of Rhode Island. Not bad for the former Marine, who recalled that in 1986, when she attended Marine Corps Basic Training, female recruits endured an absurd block of instruction on how to apply makeup, she said.

"Gender bias still exists, not just in the military, but if you are willing to bust your backside, get the job done, and get it done right, you will earn respect and move up the ranks," she said. Her job is tough on both body and mind, since she is responsible for

loading and unloading hundreds of cargo in addition to maintenance and administrative duties.

Streitfield points to the fact that jobs in the Army then ever before were available to women.

"A lot of it has to do with attitude and discipline. How hard are you willing to work," she said.

Streitfield said enforcing standards and disciplining Soldiers can be challenging times because some Soldiers, both men and females throughout the ranks, are uncomfortable with women leading the way.

"I must continue to correct, mentor, lead, especially through difficult times," said Streitfield.

Despite gender issues and challenges from family, the military is still a great place for a woman to build a meaningful career and take care of family, she said.

Streitfield is married and has a young daughter named Michaela.

"The hardest part has been balancing my career with my family. But if I had to choose between the two, I would choose my career over again, I would," she said.

"I told her, 'I'd find it sad, Michaela, that in the future you'd resent all the time I spent away' and she said, 'Mom, you're a hero.'"

Although women are not as common in combat by law, the Army needs their input. Their male counterparts, women are responsible for fuel and food to troops in combat, making vital decision-making positions, and they are often the ones who are killed or wounded troops at risk of death and have themselves paid the ultimate price in their country.

**"Gender bias still exists, not just in the military, but if you are willing to bust your backside, get the job done, and get it done right, you will earn respect and move up the ranks."**

Capt. Barbara Burger  
412th ASB



Photo by Sgt. Jasmine Chopra

Despite the dangers, (from left to right) Spc. Lisa Lopez, Spc. Stephanie Robinson and Sgt. Shandell McClain, all with Alpha Company, 5th Battalion, 158th Aviation Regiment, volunteered to become UH60 Blackhawk door gunners. They are completing rigorous training here which will qualify them to operate machine guns aboard helicopters. Serving as a door gunner requires gunners to be calm, focused, and thoroughly proficient with their weapon as well as have a basic understanding of helicopters.

# ary has come a long way

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Photo by Sgt. Jasmine Chopra

**Master Sgt. Lynette Streitfield, flight engineer and standardization noncommissioned officer in charge, Operational Support Airlift Agency, inspects the landing gear on a C-23 Sherpa Aug.19 here. As a flight engineer, Streitfield is responsible for tasks such as maintaining power settings, systems and equipment as well as ensuring the safety of passengers and cargo. The work flight engineers perform helps pilots focus on other aspects of flying aircraft.**

# Servicemembers deliver mail operations to civilian contractors

by Sgt. Jasmine Chopra

Anaconda Times staff

## LSA ANACONDA, Iraq

— For more than four years servicemembers and contractors here processed millions of pounds of long-awaited letters and precious packages through the military postal system. All this is about to change now that Army and Air Force postal units have nearly completed turnover of military postal operations here to civilian contractors.

The transfer will free up military resources for allocation to other locations in Iraq and other sites through out the theater. It will also facilitate redeployment of military postal service members once those resources are no longer required, said Lt. Col Robert Yost, commander, Headquarters and Headquarters Detachment, 22nd Personnel Battalion.

Since civilian contractors often stay longer than their military counterparts, having civilians run mail operations is beneficial in terms of continuity within the operational environment, said Yost.

Servicemembers and civilians have conducted postal operations together since the beginning of mail service in Operation Iraqi Freedom.

Christopher Kelly, a civilian contractor and northern region supervisor at the Joint Military Mail Terminal (JMMT) here described a time four years ago when mail operations were even more challenging than they are now.

"Soldiers would be so happy and they would thank us and cheer when they saw mail



Photo by Sgt. Jasmine Chopra

**Both military and civilian postal operations personnel gathered Aug. 15 at the JMMT here to formally kick off phase one of a three-phase transfer of military postal operations to civilian contractors. Facilities at LSA Anaconda were the first to transform. Phase two provides transfer from servicemembers to civilian personnel in the south and phase three will transfer operations at each of the remaining post offices in Iraq.**

trucks. Getting that letter from home is just so important," he said.

Few things are as significant for Soldiers' morale as mail call, said Maj. Christopher Mason, chief of policy and plans, 3rd Personnel Command, Postal Operations Directorate. The \$44 million a year contract, will provide better, more consistent service and free up nearly 400 servicemembers to focus on their core military missions instead

of postal operations, he said. About 350 civilian contractors will replace nearly 400 servicemembers.

Soldiers can expect the mail call hours to be longer at the JMMT, the main processing center and at Army post offices, said Christopher Kelly, a civilian contractor and northern region supervisor at the JMMT.

They will have more hours of customer service support during the day and it will be

especially beneficial for units that come off missions later and cannot get to their mail in the morning, he said.

Phase one of the four-phase transformation of postal operations kicked off Aug. 15. It replaced Air Force postal workers at the two post offices and the JMMT. The remaining phases will continue to transfer operations from servicemembers to civilian personnel until ultimately every Army Post Office in theater is oper-

ated by contractors.

"It was important for us to take an operational pause to hand over the keys to the facilities signifying the event as the first in many steps to continuously improve our foxhole and provide world class postal support to Multi-National Division-North," said Yost.

The JMMT is open from 8:30a.m. to 7p.m. and Army Post Offices (APOs) here are open from 8a.m. to 6p.m. seven days a week.

### EMRT, from Cover

very fast.

"I can be anywhere on post within three minutes," said Richards. "We treat every call as if it's an emergency simply because when a call comes in from 911 they may say 'hurt ankle', but it may be hurt because of a gunshot wound or an open fracture."

Sgt. 1st Class David Armstrong, EMRT platoon sergeant, couldn't ask for a better team, he said. His platoon is sometimes referred to by others as "Dave's boys." He takes the ribbing well and even allows himself to feel a bit of pride for the tight-knit team he's built.

Armstrong, with the help of his squad leaders and the rest of the platoon, has reworked every aspect of the EMRT mission. They

**"In this man's village they say when the bear comes everything will be all right."**

Interpreter  
EMRT

have meticulously gone over their equipment, implemented improved load plans, rehearsed procedures and built their team. They left no stone unturned.

Unfortunately, sometimes even the perfect plan is no match for the realities of war.

On a dreary day several months ago, Richards' team received the call every medic dreads. The patient was a six-year-old gunshot

victim who had been left for dead. Though the little girl barely showed signs of life, Richards and his team refused to give up. Every effort was made on the way to the hospital to preserve the child's life, but to no avail. She was pronounced dead shortly after arrival at the emergency room. The entire team was grief stricken but the loss hit Richards hardest. His friends remained by his side throughout the night.

In many professions tragedy often follows triumph, and vice versa. In the medical field these extremes can be much more pronounced.

Recently, Richards arrived on scene to find an Iraqi man with multiple gunshot wounds screaming in pain and obvious terror. Richards expected the worst when the screaming suddenly stopped. His training had taught him si-

lence is never a good sign. As he approached the injured man he was surprised to see a look of solace on his face.

The only word Richards could make out was "bear", an obvious reference to his Missouri National Guard patch.

Confused, he asked an interpreter what the injured man was trying to say. Pointing at the patch on Richards' arm the interpreter said, "In this man's village they say when the bear comes everything will be all right."

"It's been a good tour," Armstrong said. "There're a lot of good memories and a lot of bad ones. Some things I'd like to leave here and some I'd like to take with me, but if I had to come back with the same crew I'd do it again in a heartbeat."

# Ice production keeps everything cool

by Spc. Jay Venturini

Anaconda Times staff

**LSA ANACONDA, Iraq** — Every servicemember stationed in Iraq has made numerous sacrifices and learned to live without quality of life conveniences many people take for granted back home. However, in a combat zone, there are some things needed to make living a little more comfortable; the coolest example is ice.

Ice is essential for day-to-day operations in the Iraq theater, said Capt. Rusty Lepley, 316th Sustainment Command (Expeditionary) (ESC) class one officer in charge. Its use range from keeping medical supplies cold to keeping Soldiers hydrated and refreshed. It's a very important commodity.

Located here is one of the main ice production hubs in Iraq, producing on average between 108 and 112 tons of ice per day. This is a huge increase from production a few years ago.

"When I first got here in 2004 the plant was only producing 35 tons per day, which was not cutting it," said Allen Jackson, a contractor here.

People were dying due to the lack of ice. People were dropping out because of the heat and the medics didn't have enough ice to keep the medical supplies cold enough to use, said Jackson.

Thanks to new plants opening throughout theater and faster equipment, this problem has drastically decreased, said



Photo by Spc. Jay Venturini

**A forklift moves a pallet of ice to a distribution site here. Each pallet contains 1.2 tons of packaged ice. LSA Anaconda is home to one of the largest ice production hubs in Iraq, producing between 108 and 112 tons of ice per day.**

Jackson.

One of the factors that helped boost production is the use of bulk water already here.

Water is piped in from the water tower and then is cleaned by a reverse osmosis water purification unit (ROWPU) before finally being piped to the ice plant to be frozen.

Next the ice is put into eight pound packages which are then stacked in groups of 30 on pal-

lets which equals about 1.2 tons of ice per pallet.

"The process really runs itself," said Jackson. "It's mostly done by machines. The only part we do is make sure the machines are working properly as well as stack the ice on the pallets."

The ice is distributed to five distribution points here, plus nine different military installations.

The places you can get bags of ice here are: the main laundry facility, where you can pick up ice 24 hours a day, the stadium, dining facility four, the passenger terminal and near the north side entry control point, which is open from 7 a.m. to 4 p.m. everyday.

Personnel who wish to pick up ice are encouraged to only take a few bags at a time.

"Some Soldiers are tak-

ing 100 or 200 bags of ice at a time, which is only hurting their fellow Soldiers," said Jackson. "Soldiers need to be considerate and only take one or two bags at a time."

With August being the hottest month of the year it is important to keep cool and hydrated, so all personnel here are encouraged to pick up a bag of ice when ever they can, said Lepley.

## Providing humanitarian aid to Diwaniyah

Courtesy story

Multi-National Division-Central South

**BAGHDAD** — Multi-National Division — Central South Soldiers in cooperation with the Civil-Military Operation Group, conducted a humanitarian aid operation August 14 in Diwaniyah.

The Polish medical support group, located at Camp Echo, provided routine medical examinations, delivered medical supplies, food and bottled water, toys for children and even performed minor surgeries free of charge to the local population.

The medical group's first responsibility is to provide medical care for Coalition

"Our help is very important to the people of this area as many do not have access to a doctor's care."

Lt. Col. Andrzej Zelowski  
Polish Medical Group

Forces, but providing humanitarian aid to local Iraqis is also a top priority.

"Our help is very important to the people of this area as many do not have access to a doctor's care and affordable medical supplies," said Lt. Col. Andrzej Zelowski, the medical group commander.



Courtesy photo

**A Multi-National Division —Central South Soldier bandages the leg of Iraqi citizen Aug. 14 in the Polish hospital at Camp Echo, Iraq.**



Photo by MC2 (AW/SW) Summer M. Anderson

**NADEEM, Iraq** — A Soldier from Company E, 96th Civil Affairs Battalion, talks with an operator from the Mushahidah Water Treatment Plant. Echo Company is attached to the 4th Stryker Brigade Combat Team, 2nd Infantry Division, and conducts town assessments to gauge the needs and level of leadership north of Baghdad in support of Operation Iraqi Freedom.



Web Image

A convoy driver keeps his eyes on the road during a combat logistics patrol in Iraq.

## Balancing logistical needs; who needs what, when, where

by Spc. Jay Venturini

Anaconda Times staff

**LSA ANACONDA, Iraq** — Imagine a platoon going out on a combat patrol with no ammunition or a medical evacuation helicopter going out to pick up a casualty with no medical supplies. Such scenarios are not pleasant to visualize.

Preventing this from becoming a reality requires a careful balance of the logistical needs of every military installation in the Iraq theater.

"It's not an easy process, deciding who need supplies the most," said Lt. Col. William Mackinnon, 719th Transportation Battalion commander.

The process starts when Multi-National Corps-Iraq (MNC-I) sends the 316th Sustainment Command (Expeditionary) (ESC), which is responsible for all logistics in the Iraq theater, a list of logistical priorities.

It's a list of who is in the most need of a particular commodity, said Mackinnon. From there, assigned transportation officers sit down with their designated commodity manager and balance the number of combat logistical patrols (CLPs) in accordance with what supplies need to get out.

The commodity manager controls and monitors the amount of supplies necessary to sustain every military instal-



Web Image

A convoy of semi trucks conducts a convoy in Iraq.

lation.

After deciding what will best serve the needs of the service-members, the information is passed down to the sustainment brigades, who in turn give the order to the their subordinate units to conduct the CLPs.

The supplies get moved to where they need to go fairly quickly, said Maj. Michael Sharon, 316th ESC distribution management center (DMC) deputy. There are a lot of CLPs conducted everyday, and the process is fluid.

"I can't say enough about the sustainment brigades," said Mackinnon. "They are outside the wire on a daily basis, running countless CLPs to get the supplies where they need to go."

Although a large number of the CLPs have contract work-

ers with them, their involvement plays no part in the planning process.

"We consider them a part of the force, like another sustainment company," said Mackinnon. "They really do a great service to their country."

With the conflict reaching a critical stage and with a progress report due in September to Congress, it is vital we get supplies to troops that need them so they can do their missions to the best of their abilities, said Mackinnon.

The process of balancing all the logistics throughout Iraq is what makes day-to-day operations possible, said Sharon. Without it our troops wouldn't have the means to get anything accomplished, and our ability to sustain the victory would be in peril.



Web Image

Pictured above is a Mine Resistant Ambush Protected vehicle.

## New MRAPs headed to Iraq

by Sgt. Sara Wood

American Forces Press Service

**WASHINGTON** — U.S. troops serving in Iraq will have a little more protection soon, as two of the military's newest armored vehicles are on their way to the theater.

Two Buffalo Mine Resistant Ambush Protected vehicles, known as "MRAPs," were loaded onto C-5 Galaxy aircraft Thursday night at Charleston Air Force Base, S.C., to be shipped to Iraq. This latest shipment is part of the Defense Department's push to get as many of the new vehicles to troops in combat as quickly as possible.

Defense Secretary Robert M. Gates has been pushing the production and delivery of MRAPs, which boast a V-shaped hull that deflects bomb blasts and protects troops inside better than the military's current vehicles. The Defense Department awarded two more contracts for the vehicles the week of Aug. 10, which brings the number of vehicles on contract to 6,415. An estimated 3,500 MRAPs are expected to be shipped to Iraq by Dec. 31.

The MRAPs are shipped to Iraq by the 437th Airlift Wing, out of Charleston. The vehicles are part of the 300 tons of cargo the unit moves on a daily basis. It typically takes two days to airlift the MRAPs to Iraq, said Cynthia Bauer, a public affairs officer with U.S.

Transportation Command, which oversees the movement of the vehicles. A small number of MRAPs are taken by sea, which takes between 22 and 30 days, she said.

As of Aug. 9, Transportation Command had shipped 701 MRAPs and MRAP-like vehicles to the Central Command area, Ms. Bauer said. The command will continue to ship the vehicles as military commanders in theater request them, she said.

MRAPs come in three categories: Category I vehicles are designed for urban combat operations and can transport six people; Category II vehicles have multi-mission capabilities, including convoy lead, troop transport, ambulance, explosive ordnance disposal and combat engineering, and can transport up to 10 people; Category III vehicles perform mine and IED clearance operations and explosive ordnance disposal and can transport six people, or five with additional equipment. The Buffalos that were shipped Thursday fall under Category III.

The troops who participated in loading the vehicles yesterday told local media that they feel their job is important, because the MRAPs have been proven to save lives in combat. "It's absolutely critical. It saves lives every day when they have them," Air Force Master Sgt. Jared Breyer, with the 437th Airlift Wing, told ABC News.

**Justin Kiker**  
Happy 30th Birthday Old Man! Can't wait to be able to celebrate with you! I miss you so much.  
Guess Marc will have to give you your birthday kiss this year! hahaha Love you and See you Soon!  
Green Sheep~  
Your much younger sunshine!

**Bradley Dees**  
Hi Daddy! Just wanted to say that I love you and miss you; I can't wait to play with you and spend time with you again! ~ Tayla Dees

**Craig Davies**  
We pray for Uncle Bubba to come home safely. The kids love their Uncle Bubba so much--they always talk about you when they visit us. And HAPPY BIRTHDAY! Love, Nona AKA Donna Davis

Hi to my little girl, **Katelyn D. Foster** and her hubby **Martin Foster**. I really miss you and I am so proud of both of you

# Shout outs from home

both. I love you and hope all is well. All my love and prayers, your mom Debi Harmon

**Paul Newton**  
If you love me like you tell me, please be careful with my heart you can take it, but just don't break it or all my world will fall apart. Remember you are my first and my last romance and I am willing to take a chance that 'til life is through ill still be loving you. I will be true to you just a promise from you "will do" again from the very start please be careful my heart. I love you and you know I do, there'll be no one else for me promise I'll be always true for the world and all to see. Love has heard some lies softly spoken, and I have had my heart badly broken I've been burned and I've been hurt before. So I know just how you feel, trust my love is real for you I'll be gentle with your heart and I'll caress it like a

morning dew I'll be right beside you forever and I wont let our world fall apart from the very start ill be careful with your heart. You are my first and my last romance and I am willing to take a chance. I've learned from the past that 'til life is through I'll still love you. I will be true to you just a promise from you "will do" and me only to you. I promise that from the very start that I will be careful with your heart and promise that from the very start you will be careful with my heart. I love you and always will,  
Your wife and best friend, Jed

**Steven Craig Davies**  
Happy Birthday Dear Nephew from Aunt Val and Uncle Doug!

**Pam Arnold**  
We would like to wish you very happy early birthday. We are very proud of you (and

all of our Soldiers serving across the world). We miss you and look forward to seeing you when you get home.  
Happy Birthday!!!  
Love, Charlie and Karen

**Bradley Dees**  
Ada!! Just wanted to say, hurry up so we can play!! Hooah, Hooah, Hooah!!!! I love you!! ~ Logan Dees

**David J. Vugteveen**  
Hey Lovey-  
I just wanted to let you know I'm so proud of you and all your doing. Stay srting, and be safe. Hurry home to us. We love you and miss you, forever plus a day!  
Love You, Ashlee and Peanut

**Steven C. Davies**  
Happy Birthday, Uncle Bubba!!!  
We love you and miss you. Bubby, Monkey, Sissy, and Reeces(and Mike and Sara)

Want to see  
your shout-outs  
here?

Your family can  
E-mail us and  
send pictures at:



anaconda.times@iraq.centcom.mil

Subject: Shout outs



SUSTAINER REEL TIME THEATER

(Schedule is subject to change)

Wednesday, August 29

5 p.m. Knocked Up (R)

8 p.m. Stardust (PG-13)

Thursday, August 30

NO MOVIE: MWR Presents Of A Revolution (OAR) at 7 p.m.

Friday, August 31

2 p.m. Nancy Drew (PG)

5 p.m. Evan Almighty (PG)

8:30 p.m. The Invasion(PG-13)

Saturday, September 1

2 p.m. Evan Almighty (PG)

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

8 p.m. Ratatouille (G)

Sunday, September 2

2 p.m. The Invasion (PG-13)

5 p.m. Nancy Drew (PG)

8 p.m. Fantastic Four: 2 (PG)

Monday, September 3

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


8 p.m. Evan Almighty (PG)

Tuesday, September 4

5 p.m. Ocean's 13 (PG-13)

8 p.m. The Invasion (PG-13)

Pvt. Murphy's Law



WAR IS AN UGLY THING, BUT NOT THE UGLIEST OF THINGS. THE DECAYED AND DEGRADED STATE OF MORAL AND PATRIOTIC FEELING WHICH THINKS THAT NOTHING IS WORTH WAR IS MUCH WORSE. THE PERSON WHO HAS NOTHING FOR WHICH HE IS WILLING TO FIGHT, NOTHING WHICH IS MORE IMPORTANT THAN HIS OWN PERSONAL SAFETY, IS A MISERABLE CREATURE AND HAS NO CHANCE OF BEING FREE UNLESS MADE SO AND KEPT SO BY THE EXERTIONS OF BETTER MEN THAN HIMSELF.

JOHN STUART MILL (1806-1873)

Baker 2003

pvtmurphy.com

August 29

ANACONDA ACTIVITIES

Your one-stop connection to activities around LSA Anaconda  
to add your activity to the event calendar, email [anaconda.times@iraq.centcom.mil](mailto:anaconda.times@iraq.centcom.mil)

Spades & Ping Pong  
2 a.m., 2p.m. and 8 p.m., H6  
MWR

9-Ball Tourney  
3 p.m. and 8 p.m.,  
East MWR

Step Aerobics  
5:30 p.m., East Fitness Center

Aerobics  
7 p.m., West MWR

Green Bean Karaoke  
8 p.m., West MWR

8-Ball Tourney  
8 p.m., West MWR

Floor Hockey  
8 to 10 p.m., MWR Circuit  
Gym

R&B Music  
8:30 p.m., H-6 MWR

Salsa Dance Class  
8:30 p.m., West MWR

Brazilian Jiu-Jitsu  
9 p.m., East Fitness Center

August 30

Tae Kwon Do  
Midnight, East Fitness Center

9-Ball and Dominoes Tourney  
2 a.m., 2 p.m. and 8 p.m., H6  
MWR

Intermediate Swim Lessons  
6 p.m., Indoor Pool

Soccer and Tennis  
7 p.m., West Fitness Center

Country/Western Dance Class  
7 p.m., East MWR

Pilates  
7:30 p.m., West Fitness  
Center

Water Aerobics  
7:45 p.m., Indoor Pool

Console Game Tourney  
8 p.m., West MWR

Dodgeball League  
8 p.m., Circuit Gym

Combatives Training

8:30 p.m., East Fitness Center

Karaoke Night  
8:30 p.m., H6 MWR

Tejano Dance Class  
8:30 p.m., West MWR

August 31

Texas Hold'em  
2 a.m., 2 p.m. and 8 p.m.,  
H-6 MWR

Aerobics  
5:30 p.m., East Fitness  
Center

Country Night  
8:30 p.m., H-6 MWR

Open Volleyball  
7 p.m., West Fitness Center

Friday Night Spikes  
7 p.m., East Fitness Center

Hip-Hop Dance Class  
7 p.m., East MWR

Gaston's Self Defense  
7:30 p.m., West Fitness  
Center

Hip-Hop Coffee Shop  
8 p.m., West MWR

Scrabble Tourney  
8 p.m., West MWR

Chess, Spades and  
Dominoes  
8 p.m., West MWR

Brazilian Jiu-Jitsu  
9 p.m., East Fitness Center

R&B Music Night  
9:30 p.m., H6 MWR

September 1

Pilates  
11 a.m., West Fitness  
Center

Boxing  
3 to 4:30 p.m., West Fitness  
Center

Basketball Tourney  
7 p.m., MWR Circuit Gym

Aerobics  
7 p.m., West MWR

Salsa Dance Class  
7 p.m., East MWR

Tae Kwon Do  
7 p.m., East Fitness Center

Screaming Eagle Poker  
7:30 p.m., East MWR

Country/Western Dance Class  
8 p.m., West MWR

Texas Hold'em  
8 p.m., West MWR

September 2

Darts and Foosball  
8:30 a.m. and 8:30 p.m., H-6  
MWR

Capoiera  
12 p.m., East Fitness Center

Ryu Ryu  
2 p.m., East Fitness Center

Aerobics  
7 p.m., West Fitness Center

Poker  
7 p.m., East MWR

Poetry Night  
7 p.m., East MWR

Gaston's Self Defense  
7:30 p.m., West Fitness Center

Swing Dance (Advanced)  
8 p.m., East Fitness Center  
(Aerobics Room)

Green Bean Karaoke  
8 p.m., West MWR

Spades, Dominoes & R&B  
8 p.m., West MWR

Abs Salute  
8 p.m., H6 Fitness Center

Salsa Dance Class  
8:30 p.m., H6 Recreation

September 3

Texas Hold'em  
2 a.m., 2 p.m. and 8:30 p.m.

H6 MWR

Tae Kwon Do  
Midnight, East Fitness Center

Spin Class  
3:30 p.m., H6 Fitness Center

Step Aerobics  
5:30 p.m., East Fitness Center

Aerobics  
7 p.m., West MWR

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

9-Ball Tourney  
8 p.m., West MWR

Karaoke  
8 p.m., East MWR

Poetry Jam  
8 p.m., West MWR

Floor Hockey  
8 p.m., MWR Circuit Gym

Brazilian Jiu-Jutsi  
9 p.m., East Fitness Center

September 4

8-Ball Tourney  
2 a.m., 2 p.m. and 8:30 p.m.  
H6 MWR

Kung Fu  
7 p.m., H6 Fitness Center

Tae Kwon Do  
7p.m., East Fitness Center

Pilates  
7:30 p.m., West Fitness Center

Swing Dance (Basic)  
8 p.m., East Recreation Center

Foosball/Ping Pong  
8 p.m., West MWR

Combative Training  
8:30 p.m., East Fitness Center

Balad Idol  
8:30 p.m., H-6 MWR

September 5

Spades & Ping Pong  
2 a.m., 2 p.m. and 8 p.m., H6  
MWR

Dance Aerobics  
5:30 a.m., East Fitness Center

9-Ball Tourney  
3 p.m. and 8 p.m.,  
East MWR

Spin Class  
3:30 p.m., H6 Fitness Center

Aikido  
5-7 p.m., East Fitness Center

Step Aerobics  
5:30 p.m., East Fitness Center

Open Volleyball  
7 p.m., East Fitness Center

Aerobics  
7 p.m., West MWR

Green Bean Karaoke  
8 p.m., West MWR

Cardio Funk  
8 p.m., H6 Fitness Center

8-Ball Tourney  
8 p.m., West MWR

Floor Hockey  
8 p.m., MWR Circuit Gym

Salsa Dance Class  
8:30 p.m., West MWR

Brazilian Jiu-Jitsu  
9 p.m., East Fitness Center

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# MNF-I Command Sgt. Maj. visits LSA Adder

by Spc. Jaime Avila

1st BCT, 82nd ABN DIV

**LSA ADDER, Iraq** — Command Sgt. Maj. Marvin L. Hill, the Multi-National Force-Iraq command sergeant major, visited Adder Aug. 15.

Hill met with senior non-commissioned officers, junior noncommissioned officers and enlisted paratroopers within the 1st Brigade Combat Team, 82nd Airborne Division during his two day visit.

On his first day here, Hill had dinner with the command sergeants major, sergeants major and first sergeants of Task Force Devil.

During the dinner, Hill talked to the senior noncommissioned officers about his visits to the various units across Iraq.

Hill said the Soldiers get it — they understand and are well versed on why we are here. He also talked about leadership and the future of the NCO Corps.

The second day began with an operational and intelligence brief given by the Task Force Devil NCOs. Following the brief, Hill visited with the various units here talking to the junior



Photo by Spc. Jaime Avila

**Command Sgt. Maj. Marvin L. Hill, the Multi-National Force-Iraq command sergeant major, presents his coin to Sgt. Kha Nguyen, for his outstanding work in the unit.**

paratroopers. His time with Task Force Devil concluded with lunch with a group of enlisted paratroopers, Soldiers and Airmen to discuss

questions and concerns they troops had about Iraq. Hill thanked them for their service and commitment to the fight.

“Thanks for the great job you guys are doing here, thanks for the great job you are about to do, for those of you who are just getting

here. Thanks for the sacrifice that you are making and thanks for the sacrifice that your families are making,” said Hill.

## Concerned citizens lead Iraqi Army recruiting drive

Courtesy story

4th BCT (Airborne), 25th ID

**KALSU, Iraq** — As concerned citizens stand up and secure their homes and communities against terrorists and militias all across north Babil, they are also standing up and leading the push for legitimate security forces in the area.

Iraqi army recruiting has reached a near record in the city of Iskandariyah and the surrounding areas thanks, in large part, to concerned citizens wanting to do more to help their families, friends and neighbors in the fight against militants.

“More than 1,400 people have made the decision to join the Iraqi army during the five-day recruiting drive,” said 1st Lt. Tyler Mitchell, of Wasilla, Alaska. “Due to sectarian violence, this is the first recruiting drive we have had this year.”

The drop in sectarian violence can be attributed to an increased presence of Iraqi and coalition forces patrolling

the area. With the increased patrols, ordinary citizens feel more secure and are willing to come forward and help the security forces, Mitchell said.

One major area of help has come from volunteers in the Concerned Citizens Program providing security against the Sunni insurgents and Shia militias that have plagued the region.

“As the citizens began standing up and taking back control of their communities and villages, the Ministry of Defense said it was finally time to hold a recruiting drive,” Mitchell said. “Once the recruiting drive was OK’d, we started publicizing it pretty heavily.”

Using fliers and loudspeaker announcements, 2nd Battalion, 4th Brigade, 8th Iraqi Army Division and 1st Battalion, 501st Airborne, 4th Brigade Combat Team (Airborne), 25th Infantry Division, spread the word throughout the area, and people turned out in droves. Not everyone was ac-



U.S. Army photo

**The new Iraqi army recruits get their first taste of military life as they march into the new recruit processing area.**

cepted because of age limitations, weight problems or illiteracy, but those not accepted were told about the Concerned Citizens Program sprouting up across the region.

“If the men who were turned away by the initial recruiting

drive are accepted into one of the Concerned Citizens groups and prove their worth, hopefully that will lead to a contract in the Iraqi security forces,” Mitchell said.

“The men who signed up are the same men who have lived

under the threat of murder and intimidation for nearly a year,” he continued. “They are tired of being scared and they want to be a part of something bigger. They want a change and they realize that the time is now.”

# Providing security, aid to local villages



Photo by Sgt. Serena Hayden

Col. David W. Sutherland, commander of Coalition Forces in Diyala province, Iraq, meets with the muqtar and citizens of Abu Tina, an area in the Diyala River Valley, while conducting battlefield circulation in support of Operation Lightning Hammer, Aug. 17.



Photo by Sgt. Serena Hayden

Staff Sgt. David Simmons, a team leader with 725th Explosive Ordnance Disposal Company, attached to 3rd Brigade Combat Team, 1st Cavalry Division, gives local children packs of gum while clearing Sheik Mazen Village, Iraq, a village in the Diyala River Valley, in support of Operation Lightning Hammer Aug. 17.



Photo by Sgt. Serena Hayden

Soldiers from Headquarters and Headquarters Troop, 5th Squadron, 73rd Cavalry Regiment, attached to 3rd Brigade Combat Team, 1st Cavalry Division, patrol Mukeisha, Iraq, a village within Diyala River Valley, after clearing the village in support of Operation Lightning Hammer, Aug. 14.



Photo by Staff Sgt. Jon Soucy

(Above) Sgt. 1st Class Rodney Burch, an infantryman assigned to Headquarters and Headquarters Company, 1st Battalion, 149th Infantry Regiment, operates a crane on a cargo truck while unloading food and humanitarian aid supplies in the Al Furat section of Baghdad Aug. 10.

(Below) Coalition Forces from 3rd Brigade Combat Team, 1st Cavalry Division, conduct a mounted patrol through Wajahiya, Iraq, a village in the Diyala River Valley, after clearing the area in support of Operation Lightning Hammer, Aug. 17. Coalition and Iraqi Security Forces have successfully disrupted al-Qaida and other enemy forces during the first days of the operation.



Photo by Sgt. Serena Hayden