



AnacondaTimes

MARCH 5, 2008

PROUDLY SERVING LSA ANACONDA



Photo by Spc. Anthony Hooker

LSAA gets a lesson 'InSoul'

Music group Insoul performs at LSAA

Page 6



Photo by Sgt. Gary Hawkins

NCOs take their next step

NCOs take part in an induction ceremony

Pages 8-9



Photo by Sgt. Gary Hawkins

Fire! Fire! Fire!

Fire Marshall investigates deck fire

Page 11



Photo by Staff Sgt. Dave Lankford

Staff Sgt. Joshua Whitaker, 2nd Battalion, 320th Field Artillery Regiment, kicks in the door of a target house during Operation Moorefield Harvest here Feb. 14. This technique, called a hard knock, is used to gain the element of surprise and overwhelm the enemy with violence of action.

'Balls of the Eagle' graduate school of hard-knocks

by Staff Sgt. Dave Lankford

Anaconda Times staff

ALBU HISHMA, Iraq – In early February an element of the 2nd Battalion, 320th Field Artillery Regiment, "The Balls of the Eagle," was engaged by a small band of insurgents in Albu Hishma, Iraq. Several days later, another patrol came under attack in the same area. What the insurgents did not know was a plan was already in the works to expel them from the area, and they were only adding fuel to the fire.

The local government, in conjunction with Coalition Forces, had been tracking the insurgents in the district for some time, but it was not until the citizens in the area stood up that the 2-320th FAR decided it was time to make their move, and Operation Moorefield Harvest was launched.

Maj. Timothy Frambes, 2-320th FAR operations officer, said the objective of the operation was to surge into the area with Bravo Battery and Headquarters, Headquarters Battalion, with the intention of clearing every residence in the area, occupied

or not.

The idea was to "soft knock," a term used to describe a non-hostile search, on the non target houses and use dynamic entry where the enemy was most likely to be. Dynamic entry, also known as a "hard-knock," involves kicking down doors, using non-lethal flash-bangs grenades and occasionally opening locks with a 12-gauge shotgun.

During a soft-knock, the eldest resident of the home is greeted politely and asked if they would allow Soldiers to search their house. Once all doors, cabinets and dressers, are open, the family is escorted out of the house while the residence is searched.

The primary difference between the two techniques is that everyone in a non-target house is treated with dignity and respect while recipients of a hard-knock are treated as suspect until proven otherwise.

"The (Concerned Local Citizens) were used to explain to people that we were there to protect them because we know the bad

See **HARD-KNOCKS**, Page 14

From slavery to freedom: The story of Africans in the Americas

by Maj. Christopher E. West
Anaconda Times staff

The signing of the Emancipation Proclamation by President Abraham Lincoln in 1863 in tandem with the ratification of the 13th and 14th Amendments to the Constitution in 1865 abolished slavery, indentured servitude and gave citizenship status to African Americans who were once perpetually condemned to forced bondage and considered nothing more than chattel. The “peculiar institution” of slavery—that resulted in many extensive debates, political compromises, moral dilemmas, slave rebellions, and ultimately the Civil War—was no more. However, the traces of its impact remained with its victims and their descendants as well as with the inheritors of those who practiced it. Albeit physical slavery had been officially abolished in America, the worse type of slavery persisted: that being, mental slavery. Jim Crowism, regional traditionalism, and visionary hypocrisy helped to keep former slaves in a separate but unequal predicament. Through fear and alienation, prejudice and intimidation, as well as socioeconomic oppression African Americans collectively were denied a chance to experience living the American Dream. For them freedom without opportunistic benefits was mere slavery. Regardless of the conditions that abound, the desire within them to make freedom a reality flourished

without end. It endured the *Dred Scott v. Sanford* (1857) and *Plessy v. Ferguson* (1896) decisions. It endured countless Ku Klux Klan lynchings, unfavorable legal verdicts, and even demeaning second-class citizenship treatment. Nevertheless, neither the threat of certain death, nor constant harassment by evil men with evil intentions could dissuade them from bringing into fruition the unadulterated application of the words of our nation’s Declaration of Independence: “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights that among these are life, liberty, and the pursuit of happiness.” Long before the underground railroad, the Reconstruction Period, the Niagara Movement, the Pan-Africanism push by Marcus Garvey, and the civil rights movement during the latter portion of the 20th Century, the stride toward freedom was already in motion and the influence of its word had circulated. Those held in captivity throughout the world began to chant in their own language, “Oh freedom over me...and before I will be a slave, I will be buried in my grave and go home to my God and be free.” Holding on to faith and leaning on grace they managed to accentuate the positivity of their oneness as a human race and eliminate the negativity associated with the color of their skin. They somehow knew that America may not be a perfect union, but it was a

progressive one. Its citizens may not be a perfect people, but they possess a perfect and divinely inspired calling to fulfill—to wit, to give light to those in darkness and a helping hand to those who yearn to experience a way of life and a form of government which is truly of the people, for the people and by the people. From slavery to freedom is not just an African American story; it is a human story. It is one which affects us all, regardless of race, creed, social, political or religious affiliation. Freedom is salvation for the weary and acceptance for the disenfranchised; it is a homecoming for the neglected and sustenance for the underserved. John Donne summarized the magnificence of its essence best when he stated, “No man is an island, entire of itself; every man is a piece of the continent, a part of the main; ...any man’s death diminishes me, because I am involved in mankind....” Indeed, we are all involved.

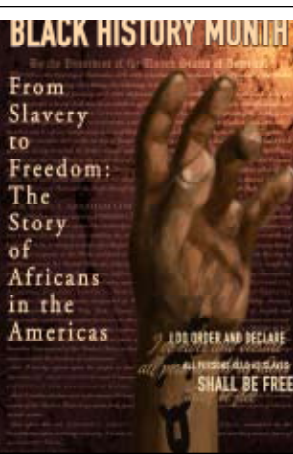


Photo illustration

Provost Marshal Office: Weekly police blotter

Week 18-24 Feb

The Provost Marshal Office conducted; (205) Security Checks, (5) Traffic Stop, issued (20) DD Form 1408 Armed Forces Traffic Ticket, registered (284) vehicles on the installation, (7) Minor Traffic Accident and (14) Common Access Cards were reported lost, (2) Stray rounds, (2) Lost Weapons, (2) Assaults and (4) individuals were barred from LSA. **The Provost Marshal Office is currently investigating;** (2) GOI violation and (8) Larceny Government/Personal Property cases. **PMO Recommendations;** LSAA Regulation 190-5; Speed Restrictions no person will drive a vehicle in any area at a speed greater than that which is posted or reasonable under existing conditions. The speed limit on LSA Anaconda/Balad AB is 20 mph/32 kph unless otherwise posted. (5 mph in any housing area, parking lots and motor pools)

Point System Procedure Persons whose driving privileges are suspended or revoked (for a violation or an accumulation of 6 traffic points within 6 consecutive months, 12 traffic points within 12 consecutive months, or 18 traffic points within 24 consecutive months) will be notified in writing through official channels. Periods of revocation can be longer based on individual unit commander discretion. **Crime Prevention:** Report all suspicious activity and crimes immediately to the Provost Marshal Office. Dial 911 for emergencies and 443-8602 for all others. **Lost & Found:** To find out if your lost item has been turned into PMO, contact PMO/Investigations at 443-6105

By Air Force Staff Sgt. Mirta Jones



Courtesy photo

Contraband found in one individual's room during a moral and welfare check.

ANACONDA TIMES

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

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1/82nd Brigade Combat Team
7th Sustainment Brigade
332nd Air Expeditionary Wing
20th Engineer Brigade
213th Area Support Group
402nd Army Field Support Brigade
507th Corps Support Group
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Mission Statement: Produce a weekly newspaper that provides the command leadership team a means of disseminating command information to servicemembers on Logistical Support Area Anaconda and subordinate 316th Sustainment Command (Expeditionary) units throughout Iraq. Contents of the paper will target enlisted servicemembers, officers, and civilian staff as well as primarily highlight the mission and experiences of 316th ESC units and personnel, with a secondary objective of detailing the activities of the LSA Anaconda community.

Stars fall on Anaconda



Photo by Sgt. Gary Hawkins

LSA ANACONDA, Iraq – Lt. Gen. Lloyd J. Austin III, Commanding General, Multi-National Corps-Iraq, is greeted by Brig. Gen. Gregory E. Couch, Commanding General, 316th Sustainment Command (Expeditionary), during his visit here Feb. 27. Austin promoted four Soldiers at the command headquarters.

Big blast repair



Photo by Sgt. Gary Hawkins

LSA ANACONDA, Iraq – Bulldozer operators from the 224th Engineer Support Company based out of Albany, Ore., fill in a large crater near the city of Ba'quba, Iraq Feb. 21. The crater was caused by a joint direct attack munition, which was used to destroy an improvised explosive device.

Worship services

PROTESTANT – TRADITIONAL

Sunday 7:30 a.m. Air Force Hospital Chapel
9:30 a.m. Provider Chapel
10:30 a.m. Freedom Chapel (West Side)
11 a.m. Castle Heights (4155)
5:30 p.m. Gilbert Memorial (H-6)
7:30 p.m. Air Force Hospital Chapel

PROTESTANT – GOSPEL

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

PROTESTANT – CONTEMPORARY WORSHIP

Sunday 9 a.m. MWR East Building
10:30 a.m. TOWN HALL(H-6)
8 p.m. Eden Chapel
2 p.m. Castle Heights (4155)
7 p.m. Freedom Chapel (West Side)
9:30 p.m. Freedom Chapel (West Side)
Wednesday 8 p.m. Tuskegee Chapel (H-6)

PROTESTANT – LITURGICAL

Sunday 9 a.m. EPISCOPAL Freedom Chapel
11 a.m. LUTHERAN (Chapel Annex)
3:30 p.m. EPISCOPAL (Tuskegee H-6)

PROTESTANT --MESSIANIC

Friday 8:30 p.m. Freedom Chapel (West Side)

PROTESTANT—SEVENTH DAY ADVENTIST

Saturday 9 a.m. Provider

PROTESTANT—CHURCH OF CHRIST

Sunday 3:30 p.m. Castle Heights (4155)

ROMAN CATHOLIC MASS

(Sacrament of Reconciliation 30 min prior to Mass)
Saturday 5 p.m. Gilbert Memorial (H-6)
8 p.m. Freedom Chapel (West Side)
11 p.m. Air Force Hospital Chapel
Sunday 8:30 a.m. Gilbert Memorial (H-6)
11 a.m. Provider Chapel
Mon-Fri 11:45 a.m. Provider Chapel
Mon,Wed,Fri 5p.m. Gilbert Memorial
LATTER DAY SAINTS-(LDS)-(MORMON)
Sunday 1 p.m. Provider Chapel
3:30p.m. Freedom Chapel (West Side)
7 p.m. Gilbert Memorial (H-6)

JEWISH SHABBAT SERVICES

Friday 7 p.m. Gilbert Memorial (H-6)

ISLAMIC SERVICE

Friday Noon Provider Chapel (West Side)

PAGAN/ WICCAN FELLOWSHIP

Thursday, Saturday 7 p.m. Eden Chapel

BUDDHIST FELLOWSHIP

Tuesday 7 p.m. Eden Chapel

Please note, schedule is subject to change.

Bombs on target

by Air Force Staff Sgt. Mareshah Haynes

332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq—Here at Balad, Airmen hear the sound of freedom roaring overhead throughout the day and watch as F-16 Fighting Falcons rip across nighttime desert skies, afterburners ablaze, into the battlespace to put bombs on target.

This process actually begins, however, far from the runway.

The first step in precision targeting is building bombs, the responsibility of individuals assigned to the 332nd Expeditionary Maintenance Squadron Munitions Flight, also known as ammo flight. These individuals are responsible for inspecting, storing, building and transporting munitions.

“The operations folks call us up and tell us what they want and we make it happen for them,” said Tech. Sgt. Cory Eggen, 332nd Expeditionary Maintenance Squadron Munitions Flight munitions systems technician.

Once all components are delivered from the munitions storage area, the next step in the bomb building is inspecting each component for serviceability.

The most commonly used bomb here, the GBU-38, has between six to eight individual components that must be inspected, said Tech. Sgt. John Williams, 332nd EXMS weapons systems technician.

One inspection for GPS-guided tail fin kits, is done using a laptop computer loaded with diagnostic programs to ensure the bomb’s computer elements are working correctly, said Williams. Through the laptop, Airmen can configure the bomb for different types of aircraft and push software upgrades to the computer system within the fin kits.

The tail fin kits, while part of a deadly weapons system, are as sensitive as they are tough. Ammo technicians must be extremely careful when handling the fins because a fall from a distance of just 12 inches could destroy the \$20,000 component, said Staff Sgt. Daniel Wall, 332nd EMXS weapons system technician.

After the components are inspected and ready to go, a line is formed to assemble the components into a fully configured bomb.

“The average build requires six to eight members on the line, but depending on the amount of munitions needed, there can be as many as 12 workers on the assembly line and three supervisors to ensure the bombs are built, loaded and inspected properly,” said Tech. Sgt. Travis Heidbreder, 332nd Maintenance Group munitions quality assurance inspector.

“Bombs come in several different components,” said Eggen. “Depending on what the mission requires, we have different types of fuses, different types of tail kits, nose kits and fuse options.

The bombs ammo flight Airmen build are more than just 500 pound weights



Photo by Air Force Staff Sgt. Mareshah Haynes

Staff Sgt. Todd Certain (left) and Tech. Sgt. John Williams, 332nd Expeditionary Maintenance Squadron munitions technicians, inspect and mark fuses here Feb. 8, before beginning an assembly line to configure bombs. The GBU-38, GBU-31 and GBU-12 are the most commonly used bombs at Balad. Sergeant Williams is deployed from Ramstein Air Base, Germany.

loaded with explosives. These technologically sophisticated bombs, such as the GBU-38 and GBU-31, when configured with the joint Programable Fuse, are cockpit programable to detonate in the air, on impact or delayed on impact, and can steer themselves to programmed coordinates within ten feet of a target. This type of technology helps prevent collateral damage and the unnecessary loss of life which is a top priority of Coalition Forces.

“We have the new BLU-126 Low Collateral Damage Bomb, which is a 500 pound bomb filled with a smaller explosive charge so we can target one building in a populated area, without damaging surrounding infrastructure due to the reduced blast radius,” said Heidbreder.

According to the U.S. Central Air Forces Command, more than 4,000 munitions, excluding cannon rounds, were expended in 2007 in Operations Iraqi and Enduring Freedom. It’s the munitions systems technicians here and, other bases in the area of operations who helped make those numbers possible.

“I love this job because we’re saving American lives and it’s the real deal,” said Staff Sgt. Todd Certain, 332nd EMXS munitions technician. “Troops depend on us to take care of the situation for them.”

Easy Red Clinic puts out big numbers

by Spc. Andrea Merritt

1st SB, PA

CAMP TAJI, Iraq – The medics of the Special Troops Battalion, 1st Sustainment Brigade operate the Easy Red Clinic on Camp Taji 24 hours a day, seven days a week.

On top of their duty to run a non-stop operation at the clinic, treating servicemembers and civilians who reside on the camp, they train other Soldiers to save lives at the facility’s Combat Lifesaver Course.

The Easy Red Clinic has the leading CLS program on Camp Taji. Since the facility began teaching CLS in November 2007, the clinic has certified almost 250 combat lifesavers.

When Capt. Michael Pagel, the officer in charge of the clinic, compared Easy Red’s numbers to the CLS programs at Fort Carson, Colo.; Fort Stewart, Ga.; Fort Hood, Texas; Fort Lewis, Wash.; and Fort Riley, Kan.; he found that the amount of combat lifesavers the clinic certifies is very similar.

“Our numbers are relatively high compared to



Photo by Spc. Andrea Merritt

Sgt. Adrian Arriola (center), a medic with the 1st Sustainment Brigade and the primary instructor for the combat lifesaver course, guides a student as he administers an IV during the CLS class Feb. 14 at the Easy Red Clinic. The Easy Red Clinic has the leading CLS program on Camp Taji. Since the unit began teaching CLS in November 2007, the clinic has certified almost 250 combat lifesavers and has the capability to certify more.

how other people have dedicated combat lifesaver programs and we only have our one staff of 11...who run this clinic 24 hours a day and teach a continuous combat lifesaver program,” Pagel said.

The CLS course is offered three weeks out of the month and has one primary instructor. Other medics in the clinic offer a hand in teaching the class when needed.

“We [have] instructors here that actually have experienced combat and it’s just a matter of getting the students involved,” said Staff. Sgt. Scott Locke, a medic at the Easy Red Clinic who assists with the CLS course.

“Here in theater, it’s easy to get them involved because they have a reason to learn it. Especially with the units that we’re training; half of them are always out on convoys,” Locke added.

In CLS class, Soldiers train to render proper first aid to a casualty as well as administer IVs. Both students and the instructor look forward to taking a stab at IV training.

“I like doing hands on. I like interacting with the Soldiers and the students. I like showing them exactly how it’s done,” said Sgt. Adrian Arriola, a medic with the 1st SB and the primary instructor for the CLS course.

“Everybody’s a visual learner and if you give that block of instruction visually, they’re going to take in that knowledge more,” added Arriola, who was an infantry medic seven years before joining the 1st SB.

The clinic added litter bearing to their course outline not normally taught in a basic CLS class.

“After our (mass casualty exercise), we realized a need for greater training on patient evacuation including both litter carries and loading and unloading ambulances,” Pagel said.

Although the medics of the Easy Red Clinic are proud of the 250 certified combat lifesavers, the staff at Easy Red says they have the capability to produce more.

“Not only is this program minimally staffed and teaching a relatively high number of combat lifesavers, but it’s not at its full potential yet ...we can take more people,” Pagel said.

The more combat lifesavers a unit has the higher probability of saving a life when an incident occurs.



Photo by Spc. Andrea Merritt

Nipomo, Calif., native Spc. Richard Wiley, a supply specialist with the Battery A, 1st Battalion, 143rd Field Artillery, administers an IV during a Combat Lifesaver class Feb. 14. Although he is a supply specialist by trade, he is often on the road serving as a driver during convoys.

“You can use this stuff anywhere. Coming through a course like this will not only help you in the Army, your mission, but also driving down the road” Locke said. “It will provide you with some type of background to say ‘I can stop bleeding. I can save

BHM final prayer breakfast



Photo by Spc. Charlotte A. Martinez

LSA ANACONDA, Iraq – Staff Sgt. Terrilski Davis, a shift leader for food operations at the Camelot dining facility, speaks during the final Black History Month prayer breakfast Feb. 22. “Sometimes we study the past to gain a better understanding of other people and places, but the purpose of most recorded history is to draw valuable lessons from which we can improve our own lifestyles,” he said during his speech. Davis, a member of the 63rd Expeditionary Signal Battalion, was the guest speaker for the event.

Do you or someone you know have an interesting story to tell?

Does your unit serve a special function others may not be aware of?

At the Anaconda Times, we want to tell YOUR story, so email us and we’ll do the rest.

anaconda.times@iraq.centcom.mil



Talent Showcase honors BHM

by Spc. Charlotte A. Martinez

Anaconda Times staff

LSA ANACONDA, Iraq – Singing and dancing were a part of the Black History Month Talent Showcase held at MWR West, Feb. 23.

The performances showcased renditions of various influential artists throughout the past and present.

“The talent showcase was more of a tribute to those who have paved the way for the young performers... allowing the past artists’ achievements to give them a foundation to stand on,” said Master Sgt. Kaylor Beal of the 316th Sustainment Command (Expeditionary), noncommissioned officer-in-charge for the Black History Month Committee.

The show kicked off with the National Anthem, sung by Spc. Marketa McCrea with the 606th Movement Control Team, and then went into a slideshow showing the different landmarks and influential artists throughout black history.

The songs performed ranged from Spc. Dominique McClellan’s rendition of “My Girl” by the Temptations

to Staff Sgt. Darren McGraw’s performance of Usher’s “You Got it Bad,” along with a duet by McCrea and McClellan of Alicia Keys’ song, “If I Ain’t Got You.”

“(The performers) featured some of the musical greats such as Sam Cook, Mahalia Jackson, Donny Hathaway as well as the young ones of today like Luther Vandross, Beyonce Knowles and Usher,” Beal said.

Along with the singing talents, Denisha Wright and Robert Holman, two ITT civilians, showed off their swing dance skills and brought the crowd to their feet with their performance, despite having slight problems with the music.

“I feel it was a success even beyond the technical difficulties. There was more audience participation at the Westside MWR. The show was more personal,” Beal said.

The talent show wrapped up with the performers and staff leading the audience in the song, “Sing Low Sweet Chariot.”

“I really want to thank everyone who turned out and made the show a success,” Beal said.



Photo by Spc. Charlotte A. Martinez

Denisha Wright and Robert Holman, two civilian contractors, show off their swing dance talents during the Black History Month Talent Showcase, Feb. 23.

CHRISTIAN
MOVIE NIGHT

FRIDAYS AT
8:00 P.M.

AT THE
MAYOR CELL
CONFERENCE
ROOM



Music group brings ‘InSoul’

by Spc. Anthony Hooker

AnacondaTimes staff



Photo by Spc. Anthony Hooker

Female vocalist Denean Dyson encourages the audience to join in before the band plays Feb. 21 at Sustainer Theater.

LSA ANACONDA, Iraq – Anaconda was served with a healthy dose of good vibrations as the musical group InSoul performed Feb. 21 at the Sustainer Theater.

The six-member band from Anaheim, Calif. also toured the base and provided an inspirational lift to the many people they came in contact with.

On their third stop in Iraq, the group mixed a combination of rhythm and blues, jazz and hip-hop to feed a crowd which had some people originally come to watch a scheduled movie. After starting the performance with a smooth rhythmic selection, the group went gritty with a succession of R&B contemporary hits, from Amy Winehouse’s ‘Rehab’ to Top 10 selections from artists Ne-Yo and Chris Brown. The group played 13 songs, from Alicia Keys to Prince and Stevie Wonder, along with reggae and jazz selections.

Audience interaction was also encouraged as the group called for people to form a ‘Soul Train’ line. Members of the audience were gathered together, then separated in two lines. Each person in line would perform impromptu dances when their time to perform came, then get back in line and give supportive hand claps while others got their opportunity.

Pfc Jennifer Clark, a medic with the 1st Medical Brigade, says she enjoyed the experience.

“It was awesome!,” Clark said. “I’m really surprised how good they are. They even got my squad leader on stage.”

Another ‘line’ dancer, Airman 1st Class Nathan Cinqmars with the 332nd Expeditionary Civil Engineer Squadron, said that he enjoyed the performance and it provided a little something different.

Band leader Ben Adamson says ‘different’ is exactly what the band intends to bring when they play.

“At home, people like our music, but over here, we really feel the love from the Soldiers,” Adamson said. “We’re a commodity that they don’t get to see every day.”

The band also took time to visit the base hospital. While visiting, the group raised spirits by singing a capella to Iraqi patients resting in an intermediate care ward. Hospital staff members gravitated to the room as the band kept all watchers entranced.

Air Force 2nd Lt. Stacy Tvrdy, a clinical nurse at the hospital said the group’s appearance was ‘a breath of fresh air’.

“Many patients have been here for so long, it helps to have a different population,” said Tvrdy, a native of Valparaiso, Neb. “They can’t go out for even ten minutes at a time.”

Tvrdy also mentioned the relief visitors bring to the staff, saying that the kids are a lot easier to treat when they are in good spirits.

Female lead vocalist Denean Dyson is a first-timer on the tour and said being around the military has really enlightened her. “When I prepared to leave I didn’t know what to expect,” Dyson said. “It’s nothing like we hear in the States. It’s been a humbling and overwhelming experience, but amazing at the same time.”

Air Force Lt. Col. Reen Bloomer says InSoul’s arrival is a godsend. “Being over here, you get really starved for good music,” Bloomer said. “You can only play the iPod so much; there’s nothing like hearing the real thing.”



Photo by Spc. Anthony Hooker

InSoul’s vocalists Jamal Ali and Denean Dyson rock with audience members Feb. 22 at the Sustainer theater.

Falcon fixes



Photo by Air Force Senior Airman Julianne Showalter

BALAD AIR BASE, Iraq -- Senior Airman Rebeca Hill, 332nd Expeditionary Maintenance Squadron non-destructive inspection technician, applies fluorescent penetrant on a section of an exhaust cover of an F-16 Fighting Falcon engine here, Feb. 21. The penetrant seeps into any cracks on the metal cover and can be seen when illuminated with a black light. The F-16 goes through overhaul maintenance every 300 hours to ensure all components are in top condition. Airman Hill is deployed from Hill Air Force Base, Utah.

5K fun run



Photo by Sgt. Gary Hawkins

1st Sgt. Calvin Butler for the 403rd Inland Cargo Transfer Company from Fort Bragg, N.C., calls cadence for his company of 98 members strong. They took a few moments to cool down after participating in the Black History Month annual 5K run at Holt Stadium here. When asked why they ran as a company, he simply stated “We always lead the way.”

‘Three The Hard Way’ takes road to victory

by Spc. Anthony Hooker

AnacondaTimes staff

LSA ANACONDA, Iraq – Rounds two and three of the Black History Knowledge Bowl were held Feb. 21 and 28 at MWR East as LSA Anaconda continued to celebrate Black History Month.

Four teams competed for bragging rights and an opportunity to share a passion for learning with fellow residents.

The teams who qualified for the finals were The Lift Masters, comprised of Spc. Dalerick Williams, Spc. James Cunningham and Pfc. Brandon Merrick; Third Herd, with Sgt. Jermaine Nelson, Spc. Hensul Kennedy, and Pfc. James Ford; the Ruff Ryders, roughing the competition with Cpt. Rachel Springer, Sgt. 1st Class Stan Crowder, and Sgt. 1st Class Robert Augustus; and Three the Hard Way, leading the way with Lt. Col. Micheal Matthews, Maj. Samuel Chisolm, Jr., and Sgt. 1st Class Michael Powell.

Three the Hard Way overcame the Ruff Ryders’ fast start and strong crowd support to capture a slim lead after three rounds. Three the Hard Way also correctly answered the final wildcard question, ending all doubts of who would be champions.

“Our competitors had the crowd behind them, but we put in a lot of studying and knew we would do well,” said Powell after accepting a trophy from LSA Anaconda’s Mayor, Air Force Col. Ralph Romine.

Various ages, gender, and races were participants and in the audience as the competition got fierce and heated. Cunningham, a member of the 403rd Inland Cargo Transportation Company, said he learned a lot even in defeat.

“I saw a lot of stuff that I would have never known was done by (African-Americans),” Cunningham said.

Air Force 2nd Lt. Cindy Serrano, the event’s master of ceremonies, kept the action upbeat, consistently peppering the contestants with playful comments and encouraging words. Serrano also worked the audience, encouraging answers from anyone when the teams failed to provide the correct response.

“I’m here to help facilitate questions and answers – getting the crowd involved,” Serrano said. “It’s really cool because they’re not just standing by as observers.”



Photo by Spc. Anthony Hooker

The Ruff Ryders celebrate answering a question correctly during the Black History Knowledge Bowl finals Feb. 28 at MWR East.

“The (audience was) active; they had a chance to learn and... win some good prizes,” she added.

Participants were surprised with the excitement the contest brought. “I didn’t know anything about the competition until the first round,” said Third Herd’s Nelson, a member of the 567th ICTC, “It’s been fun; I liked it.”

Private Krystal Chambliss followed Nelson’s group for moral support but was just as excited to participate from the audience.

“It’s nice to be included so when the team gets it wrong, they can test our knowledge.”

Committee officials saw a lot of positive growth from the three-week exercise. Air Force Cpt. Ne’keiba Estelle, Officer in Charge of the Black History Month committee, says the lessons here are important because they are not regularly told.

“The fact is (Black) history is not really taught in school,” Estelle said. “We thought it would be good

to introduce while we are in theater.”

“We wanted to give people a feel for Black History Month and what it represents. We also wanted people to participate so they can have more appreciation for this celebration,” she added.

Serrano, a Hispanic native from the Bronx, N.Y., stated that this type of celebration has the power to touch people on many levels.

“The diverse participation and demographics of this event was big,” Serrano said. “After the contests, people who didn’t know each other began networking with one another, meeting and sharing information and experiences.”

“People should walk away remembering the purpose of this,” Serrano continued. “It’s fun and it’s educational but you don’t want to forget what any ethnic group brings to the table as America is formed on the foundations of diversity.”

The combat medic: there just in case

by 2nd Lt. David E. Leiva

Bravo Company 3rd Battalion 116th Infantry

ALASAD AIR BASE, Iraq – The second the roadside bomb exploded, Spc. Eli Lovell’s heart began to race.

Palms sweaty and the adrenaline rushing, the convoy commander ordered Lovell out of the vehicle to evaluate the possible casualties after they failed to respond to repeated radio calls.

There was another danger: The possibility of a secondary improvised explosive device placed for first-responders.

Sprinting in the pitch dark along Baghdad’s most treacherous strip, Lovell and the commander came across the vehicle that had been struck.

They each opened one of the vehicle’s doors and stared at the two Soldiers, sitting there motionless, not responding to any questions being asked.

“Are you okay?” Lovell recalled asking them.

“I thought they were temporarily deaf from the explosion,” he said.

They were fine.

So goes the life of a combat medic, affectionately referred to as “Doc” because he is the closest thing Soldiers have to a medical doctor in most situations.

In Bravo Company 3rd Battalion 116th Infantry, the medics have logged more hours and miles on the road than any other Soldier.

Spc. Scott Dalrymple of Blacksburg, Va., has the most missions under his belt in the company. In seven years as a National Guardsman, this is his first deployment.

While confident in his abilities, Dalrymple admits the stress of being the sole person responsible for trauma care can take a toll.

“My worst fear is that somebody dies, and I can’t do anything about it,” he said.

So far, he has only had to hand out band aids and aspirin.

Sgt. Samuel Anthony, 24, is fine with that. Anthony is Bravo Company’s senior medic and is on his second deployment to Iraq. He is still haunted by memories of his first tour, where he worked on a Soldier who was hit by shrapnel during a mortar attack while eating dinner in Mosul.

Anthony was at the gym when it occurred, and Soldiers rushed in to ask if any medics were available. For 10 minutes, he tried everything. She died on the scene.

“I always wondered if I had gone to chow that night instead of working out, what might have happened,” Anthony said. “What if I had been there?”

According to the Department of Defense, as of mid-February, there had been nearly 30,000 Soldiers wounded in Iraq. More than half have returned to duty.

It is a sobering figure. But the numbers, in many cases, could easily be Soldiers killed had it not been

for expedient medical training.

“The most critical 10 minutes in a Soldier’s care in combat is the first 10 minutes. We’ve focused on the skills that would give us the greatest opportunity to evacuate an individual to a higher degree of health care,” said Col. Kevin Shwedo in an interview with The Associated Press last year.

Shwedo served as director of operations, plans and training for the Army Accessions Command, which oversees training.

With only a handful of military-trained medics in the company, Capt. Jeff Sink, Bravo’s commanding officer, ordered each Bravo Company Soldier to receive 40 hours of Combat Life Savers training.

Terms like “thinking outside the box” and “use all of your resources” forced Bravo leaders to also look within its ranks for Soldiers with civilian medical skills.

Spc. Michael Kidd, an infantryman from Danville, Va., was insightful enough to bring some personal medical equipment.

Rather than working in his military occupational specialty, Kidd works using his civilian skills as a nationally-certified paramedic, three levels higher than his military counterparts. At home Kidd works in an emergency room, where he has treated burn victims and revived people who have had heart attacks by performing CPR.

“I take pride... that my squad leader trusts me,” said Kidd, who has completed prerequisites to become a physician’s assistant. When he returns home, he hopes to be accepted at the Virginia Commonwealth University School of Medicine in Richmond.

NCOs take right of passage

Story and photos by Sgt. Gary Hawkins

Anaconda Times staff

LSA Anaconda- The 316th Sustainment Command (Expeditionary) inducted 77 Soldiers into the “Corps of Noncommissioned Officers” here at the Sustainer Theater, during a ceremony Feb. 22.

These newly inducted NCOs accepted the challenge of being “more professional” than anyone else and are now charged with training and mentoring of Soldiers under their care.

“This is a right of passage to a newly promoted sergeant, that he trains individual Soldiers and is responsible for Soldiers welfare,” said Command Sgt. Maj. Stacey Davis, Command Sgt. Maj. of the 316th ESC. “You are not led anymore, you are now the leader,” he stated.

While some traditions of the ceremony remain the same, the hosting unit may change certain details to fit their needs.

“We try to improve each ceremony, make it different by having things like the ‘line of authority’, and the ‘archway of leadership,’ among others things,” said Davis. “It’s traditionally symbolic; it’s a metamorphosis. You are no longer the typical Soldier, but a leader of Soldiers,” he added.

Time spent from E-1 to E-4 is a proving ground that shows senior NCOs, which Soldiers are ready for more responsibility.

“We select the best leaders out there so we can mold them from an E-4,” said Command Sgt. Maj. Luis J. Lopez, 1st Theatre Sustainment Command. “We then make them an E-5 and start front-loading them with responsibilities, teaching them to be leaders, coaching and mentoring them.”



Command Sgt. Maj. Luis J. Lopez, Command Sergeant Major of the 1st Theater Support Command, explains the role of today's Army NCOs and how to be an effective leader to the 77 NCOs being inducted into the “Corps of Noncommissioned Officers” at the induction ceremony held at Sustainment Theater Feb. 22.



Sgt. Rob S. Pinches, a native of Ridgewood N.J., stands behind the “Eternal Flame of NCO Spirit” as he waits to cross the “Line of Authority.”



A newly inducted NCO is photographed as he stands in the “NCO Leadership Archway” during an induction ceremony Feb 22 here.

Just as new NCOs get experience leading the troops of today, they are being trained to be the senior NCOs of tomorrow.

“As experienced NCOs retire, there must be replacements trained to take on the roll of the Sergeant Majors in the Army,” said Lopez. “We are basically replacing ourselves. We select hard-chargers to take over our jobs.”

In 1775, the position of NCO was first created in The Continental Army and in 1778 Inspector General Friedrich Von Steuben wrote the first NCO manual, commonly called the “Blue Book.” Among other things, he included the duties and responsibilities for corporals, sergeants, first sergeants, quartermaster sergeants, and sergeants major, which were the NCO ranks of the late 1700’s. The “Blue Book” also established qualities Soldiers must have to serve in demanding positions.

“Becoming an NCO is the biggest step you will take in your Army career,” said Davis. “You’re not just taking care of yourself, now you must take care of others. If you can’t take care of yourself, you can’t take care of others. You must always be prepared to lead, follow or get out of the way,” he further remarked.

Sensors may lead to

Faster treatment for traumatic brain injuries

by Fred W. Baker III

Amy News Service

WASHINGTON- While it still may be years away, military medical officials hope to one day place a sensor on every troop that would measure a blast’s impact and alert a combat medic to the possibility of a brain injury.

The latest fielding of helmets fitted with blast sensors could be the first step in gathering the data to support that technology, said Michael J. Leggieri Jr., deputy coordinator for DoD’s Blast Injury Research Program Coordinating Office said.

Brigades from the 101st Airborne and the 4th Infantry divisions will wear helmets fitted with sensors throughout their deployments to Afghanistan and Iraq.

The sensors will record routine impact data, as well as any blasts, or “events,” to which the Soldiers are exposed.

Leggieri is quick to point out that at this stage, however, the data will not be used in diagnosing or treating Soldiers. Still in its infancy, the technology’s first hurdle will be to prove that a sensor reading can be matched to an event, he said.

“We need to figure out if we can actually, with some confidence, say that ‘Yes, these data are representative of an ... event.’ We don’t know that yet,” he explained.

The sensor data will be recorded along with other operational data that is typically gathered after an event such as a bomb explosion. That data is entered into an intelligence database with the National Ground Intelligence Center, which is already in use in the field. At the same time, if an injury occurs, patient data is recorded in an established trauma registry.

The two databases are kept separate, Leggieri said.

“These helmet sensors... are not

medical devices. The data that they record are not medical data. So you can’t take, and we won’t allow anyone to take, the raw sensor data and make any kinds of decisions about medical treatment, or injuries or anything else,” Leggieri said.

After the blast data is studied, and officials determine that it is reliable, they will then go back and match the event data with injury data. The medical community has access to the data through the Joint Trauma Analysis and Prevention of Injury in Combat Program. Officials want to see if they can make a connection between what is seen on the sensor reading and any resulting injury. This will help them to begin “unraveling” some of the causes of brain injury, Leggieri said.

“We know that if you hit your head against something, or if something hits your head, that you can get a brain injury. But the mechanism, at the cellular level -- how does that happen? There are still a lot of unknowns there,” Leggieri said.

For example, Leggieri said that despite reports that exposure to a blast - or primary blast overpressure - can cause mild traumatic brain injury, there are no definitive studies to show that link.

“We don’t know, in fact, if being exposed to primary blast overpressure can cause a mild traumatic brain injury. And, if it can cause a mild traumatic brain injury, we don’t know what that mechanism would be,” he said.

The specific cause of the injury, or the mechanism, is used to develop pro-

tection strategies and to design diagnostic tools and treatments.

Within the next year, if the data proves reliable, the impact data may be used as an “event monitor,” Leggieri said. Similar devices are used in football players’ helmets, where a particularly hard hit would signal a doctor’s need for review. Combat leaders on the ground could use the data to refer the servicemember to medical officials who would then use diagnostic tools to determine if an injury occurred.

But, first things first, Leggieri said. What makes this project valuable, he explained, is that researchers will be able to gather actual impact data from Soldiers in combat, as opposed to research conducted in a laboratory.

“Right now we are getting an understanding of what happens out there - what kinds of impacts are the Soldiers seeing - trying to understand that first, and then linking it to resulting injuries,” he said.

Currently, data collection from only these two deployments is planned.

The sensor model fielded to 101st Airborne Division attaches to the back of the advanced combat helmet. It weighs about 6 ounces and has enough memory to store data on 527 events. An internally mounted model will be fielded to the 4th Infantry Division. The sensor sits under the padding in the crown of the helmet. To harvest information from either sensor type, a Soldier simply connects it to a computer using a USB port, hits “save” and sends the data to a secure database.

West Virginia native gains life experience in Iraq

by Staff Sgt. Dave Lankford

316th ESC PAO

LSA ANACONDA, Iraq – Today’s Army is made up of Soldiers from every walk of life-from the back country to the big city. For one Wheeling, W. Va. native, being deployed to Iraq has been an eye opening experience.

Spc. Sidney L. Mozingo, an awards clerk with the 316th Sustainment Command (Expeditionary), is often referred to as a “kid” by friends and coworkers. But those closest to him will tell you in his time here in Iraq, he has developed into a skilled Soldier.

Before arriving in Iraq, one of the highlights of Mozingo’s young life has been visiting his favorite football team’s stadium, that of the Green Bay Packers.

“I’ve been to Lambeau Field twice and it is definitely one of the greatest experiences I’ve ever had,” he said.

Though his job in Iraq has taken him a long way from Lambeau Field, it has given him a view of the war and the world, very few will ever experience. Mozingo says though his work here is sometimes tedious, it is also enlightening and very important.

“I get to process all the awards and see all the great things everyone does in theater,” he said. “Every Soldier deserves to be recognized for their work over here.”

When he is not deployed, Mozingo is a full-time college student and looks forward to returning to school when he redeploys. Like most servicemembers though, family is what he misses most.

“I’m not married or anything; just a mom, dad and two sisters...they are all great and I can’t wait to get back and see them,” he said. “I appreciate home a lot more and definitely won’t take it for granted.”

“He is a nice kid. He is definitely gaining some life experience here,” said Sgt. Jonathan Wester, but adds the one thing this deployment hasn’t changed: “He is definitely the biggest Green Bay fan you’ll ever meet.”

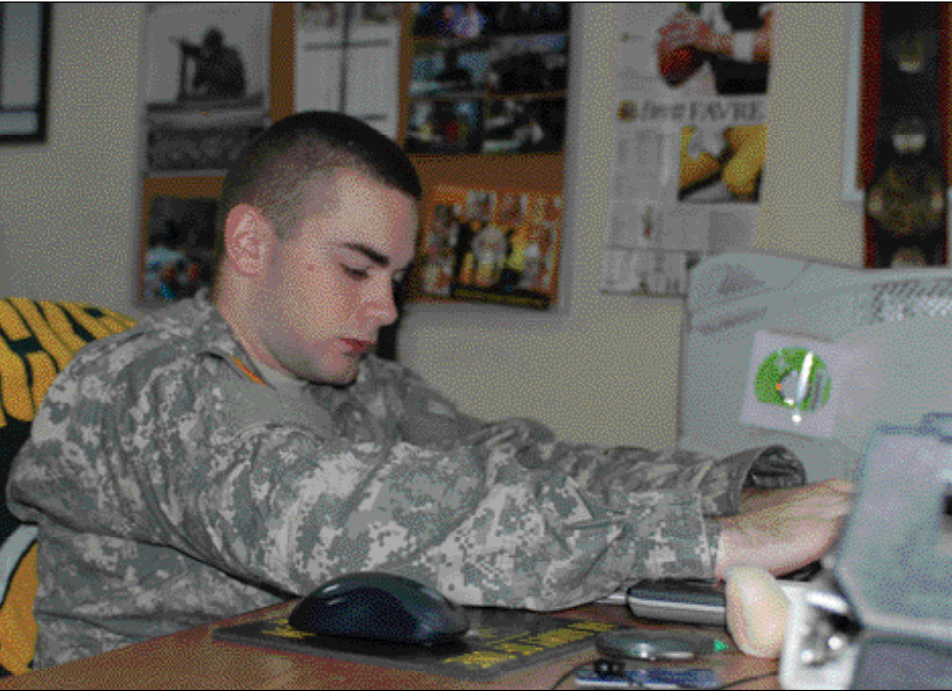


Photo by Staff Sgt. Dave Lankford

Every Soldier deployed overseas likes to have a little piece of home with them. For Spc. Sidney L. Mozingo, an awards clerk with the 316th Sustainment Command (Expeditionary), that piece of home is his Green Bay Packers memorabilia and reminiscences of visits to Lambeau Field. Though he’s only been there twice, he counts the visits as some of the best experiences of his young life.

Mozingo’s obsession with the Green Bay Packers can be summed up, for the most part, in two words... Brett Favre.

“He’s the best quarterback in NFL history and my favorite player,” said Mozingo.

So if you’re reading this Mr. Favre, a young awards clerk in Iraq has one request for you: “Please come back for another year.”

Patio deck burns

by Sgt. Gary Hawkins

Anaconda Times staff

LSA ANACONDA, Iraq – “Fire! Fire! Fire!,” were the words Master Sgt. Mathew Freeman yelled when he ran into the 332nd Operations Group building Feb. 18 around 1:45p.m.

“I noticed what looked like someone kicking up some dust as I pulled into the parking lot,” said Freeman. “I saw the flames and thick black smoke.”

Acting quickly, the Tucson, Arizona, native assigned to the 332nd Expeditionary Organizational Support Squadron based out of Hill Air Force Base in Utah, ran into the building saying the patio was on fire and telling someone to call 911. Freeman and others grabbed fire extinguishers and rushed outside to put the fire out.

By that point flames were coming from under the deck and between the cracks in floor. The deck was in danger of burning down completely and was also threatening the building next to it.

“When we started with the extinguishers, the flames were about 3 to 4 feet high,” said Freeman. “The flames were shooting up through the cracks between the plywood flooring and way out from under the deck.”

With a limited supply of fire extinguishers in the building, and with the winds blowing underneath the deck, Freeman and others were unable to reach some flames. With smoke still coming out from under the deck, the danger of fire still existed.

“We quickly went through all the fire extinguishers we had found, about 10 of them” said Freeman.



Photo by Sgt. Gary Hawkins

Senior Master Sgt. Donald Knuth with the 332nd Expeditionary Civil Engineering Squadron, points out where most of the damage seemed to have occurred after the patio deck caught fire.



Photo by Sgt. Gary Hawkins

Senior Master Sgt. Donald Knuth, with the 332nd Expeditionary Civil Engineer Squadron, takes a close look before starting his preliminary investigation of a patio deck that partially burned at building Feb. 18 on LSA Anaconda.

“Then we started using a pallet of bottled water that was stacked on the patio and started pouring water from the bottles on the fire.”

Freeman estimates they used about 40 bottles of water in their efforts to extinguish the flames.

With water running onto the plywood, the visible flames were all but gone.

“By the time the fire department arrived and started shooting some serious water onto the fire, it was pretty much out,” Said Freeman. “There was still some heavy smoke coming out from under the deck so they had to get to it and used some really cool tools to cut the floor up.”

“It was pretty much contained by the time we got their,” said Senior Master Sgt. Donald Knuth, a fireman assigned to the 332nd Expeditionary Civil Engineering Squadron here. “They did a great job containing the fire and preventing it from spreading as far as it could have,” he said.

In a dry climate like Iraq with winds that usually gust over 15 miles per hour, any ignition source can start and spread a fire quickly.

“You could tell it had been burning a while by how much the underneath structure was charred,” said Knuth. “Common sense goes a long way on LSA Anaconda because in this environment, if it’s going to

burn, it will,” he said.

Investigating the cause of a fire sometimes can takes a while Knuth explained. While the 332nd couldn’t say for sure the cause of the fire, the preliminary investigation did reveal some clues.

“The cause of the fire appears to be a cigarette that was blown into a small area where some leaves were underneath the deck,” said Knuth. “We did some digging after everyone left and found older cigarette butts around the area,” he added.

Responding to emergencies on LSA Anaconda and the surrounding area is a big responsibility and the 332nd has played a major role.

“This department runs about two to three working fires a week here without many of the false alarms we experience in the states,” said Knuth. “Our firefighters will see more action here in a year than most of them will see in a career back in the states.”

One reason smoking is not allowed close to structures is due to the fire hazard and dangers that comes with it. There is usually some bushes or other shrubbery that can catch fire easily.

“Smoking areas should be placed away from all flammable material and structures,” said Knuth. “All cigarettes should be field stripped and placed in a butt can, making sure the fire is extinguished,” he added.

America’s warrior

by Staff Sgt. Dave Lankford

A snapshot of servicemembers in the Global War on Terrorism

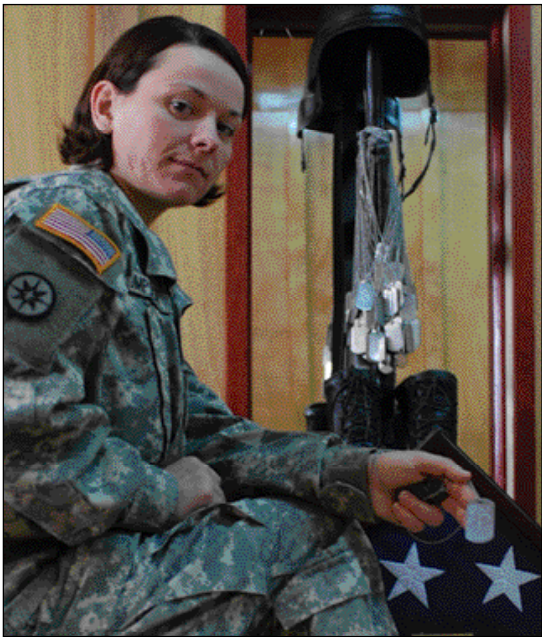


Photo by Staff Sgt. Dave Lankford

Full name and rank: Sgt. Vickie Thompson.
Unit: 316th Sustainment Command (Expeditionary).
Job Title: Technical Engineering Specialist.
Time in service: 3 1/2 years.
Age: 29.
Hometown: Harrisburg, Pa.
Family: two sisters and one brother.
Pastimes (Hobbies): Playing sports, playing cards, reading, watching movies, raising my two dogs, spending time with family and friends.
Life-changing event/moment: Buying my house.
Lesson Learned: I cannot be successful in anything without God.
The person I admire the most: My mom; because she is a single parent.
Why I joined the military: I needed discipline and direction in my life.

If I wasn’t in the military I would be: I would be working in a customer service position or a Veterinarian.
The one thing I would change about the Army: I would take away the “hurry up and wait” aspect of the Army.
Why do you continue to serve: So no one in my family is forced to serve and to “Soldier on” with my personal growth.
Unusual fact about you: I prefer eating international food over American food.
Motivations in life: My future children and giving them everything I never had.
Goals: Get a college degree and retire from the military.
Best part of my job: My effort in improving the construction needed to improve and sustain the lives of Soldiers, Airmen, Marines and Sailors as well as Iraqis.

ANACONDA ACTIVITIES

INDOOR POOL
Aqua Training: Tuesday and Thursday- 7:45 p.m.
Swim Lessons
-Beginners: Tuesday – 7 p.m.
-Intermediate: Thursday- 7 p.m. *Must sign up with instructor.
-Advanced: Saturday - 7 p.m. *Must sign up with instructor.
Time Trials- 50m, 100m, 200m: Friday – 8 a.m.&p.m.

EAST FITNESS CENTER
Basketball League: Monday-Friday – 7 p.m.
Brazilian Jiu-Jitsu: Monday, Wednesday, Friday – 8 p.m.
Kyu Kyu Kempo: Sunday- 2 p.m.
Modern Army combatives: Tuesday and Thursday- 8:30 p.m.
Open court volleyball: Sunday- 6 p.m.
Shotokan Karate Do: Thursday- 6:45 p.m., Saturday- 8:30 p.m. and Sunday- 5:30 p.m.
Soo Bahk Do: 6 p.m.
Step Aerobics: Monday, Wednesday, Friday – 5:30 p.m.
Wrestling & physical fitness class: Tuesday- 6 p.m. and Saturday- 7 p.m.
Swing dance: Sunday- 7:30 p.m.

EAST RECREATION CENTER
8-ball tournament: Monday- 3 p.m. and 8 p.m.
9-ball tournament: Wednesday- 3 p.m. and 8 p.m.

WEST RECREATION CENTER
8-ball tournament: Wednesday-

1 p.m. and 8 p.m.
9-ball tournament: Monday- 1 p.m. and 8 p.m.
Dungeons & Dragons: Saturday- 8 p.m.
Friday nights in Balad: Friday- 8 p.m.
Foosball: Tuesday- 1 p.m. and 8 p.m.
Green Bean karaoke: Wednesday and Sunday- 8 p.m.
Ice Ball Tourney: Thursday- 4 p.m.
Ping pong tourney: Tuesday- 1 p.m. and 8 p.m.
Salsa dance class: Thursday- 8:30 p.m.
Spades, Chess and Dominoes: Friday – 1 p.m.
Texas hold ‘em: Saturday- 1 p.m. and 8 p.m.
Game Counsel Tourney: Thursday- 1 p.m. and 8 p.m.

WEST FITNESS CENTER
3-on-3 basketball tourney: Saturday- 7:30 p.m.
6-on-6 volleyball tourney: Friday- 7 p.m.
Aerobics: Monday, Wednesday, Friday- 7 p.m.
Body by Midgett Toning Class: Tuesday, Thursday - 7 p.m.
Dodge ball Game: Tuesday- 7:30 p.m.
Furman’s Martial Arts: Monday, Wednesday, Sunday- 1 p.m.
Gaston’s Self-Defense Class: Friday, Saturday- 7 p.m.
Open court basketball: Thursday- 7 p.m.
Open court soccer: Monday, Wednesday - 7 p.m.
Zingano Brazilian Jui Jitsu: Tuesday, Thursday- 8:30 p.m.

CIRCUIT GYM
Floor hockey: Monday, Wednesday, Friday – 8 p.m.

SUSTAINER REEL TIME THEATER

(Schedule is subject to change)

Wednesday, March 5
5 p.m. First Sunday (PG-13)
8 p.m. Sweeney Todd (R)

Thursday, March 6
5 p.m. Vantage Point (PG-13)
8 p.m. First Sunday (PG-13)


Friday, March 7
2 p.m. 27 Dresses (PG-13)
5 p.m. The Bucket List (PG-13)
8:30 p.m. Semi Pro (R)

Saturday, March 8
2 p.m. Mad Money
5 p.m. Semi Pro (R)
8 p.m. 27 Dresses (PG-13)

Sunday, March 9
2 p.m. Semi Pro (R)
5 p.m. Mad Money
8 p.m. The Bucket List (PG-13)

Monday, March 10
5 p.m. Mad Money
8 p.m. Semi Pro (R)

Tuesday, March 11
5 p.m. Semi Pro (R)
8 p.m. The Bucket List (PG-13)



PVT. MURPHY’S LAW

Surprise!!!



Photo by Sgt. Gary Hawkins

LSA ANACONDA, Iraq – Sheik Saad Al-Bandar and Brig. Gen. Gregory E. Couch, Commanding General of the 316th Sustainment Command (Expeditionary), enjoy a piece of cake during Couch's surprise birthday celebration, hosted by Sheik Saad Al-Bandar, here Feb. 27

BG Couch visits FOB Marez



Photo by Spc. Thomas Keeler

FOB MAREZ, Iraq – Brig. Gen. Gregory E. Couch, commanding general of the 316th Sustainment Command (Expeditionary), returns the salute of Maj. Stephan Schoenborn, team chief with the Logistics Transition Team of the 87th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, during a visit to troops Feb. 21. Couch met with company commanders and gave out coins to Soldiers.

BE A STAR ON TV!!!

The 316th Public Affairs office needs your help to create public service announcements.

Be an actor in a PSA and help promote the safety of us all.

For more information or to volunteer your time call 433-2154

Upcoming sports on AFN

Wednesday 3/5/08
NCAA BB: Purdue @ Ohio State, 3:00 a.m. live AFN/sports
NHL: Buffalo @ Philadelphia, 3:00 a.m. live AFN/xtra
NCAA BB: Arkansas @ Mississippi, 5:00 a.m. live AFN/sports
NBA: L.A. Lakers @ Sacramento, 6:00 a.m. live AFN/xtra
NBA: Toronto @ Orlando, 12:00 noon tape delay AFN/sports
NBA: Phoenix @ Portland, 5:00 p.m. tape delay AFN/sports
MLB: Minnesota @ N.Y. Yankees, 9:00 p.m. live AFN/sports

Thursday 3/6/08
NCAA BB: Syracuse @ Seton Hall, 3:00 a.m. live AFN/xtra
NCAA BB: Duke @ Virginia, 3:00 a.m. live AFN/sports
NCAA BB: Texas A&M @ Baylor, 5:00 a.m. live AFN/xtra
NBA: Phoenix @ Denver, 5:00 a.m. live AFN/sports
NBA: Phoenix @ Denver, 11:00 a.m. tape delay AFN/sports
NBA: Detroit @ Boston, 4:00 p.m. tape delay AFN/sports
MLB: L.A. Dodgers @ Boston, 9:00 p.m. AFN/sports

Friday 3/7/08
NCAA BB: Connecticut @ Providence, 3:00 a.m. AFN/
NCAA BB: Big Ten teams TBD, 5:00 a.m. live AFN/sports
NBA: Houston @ Dallas, 5:30 a.m. live AFN/sports
NCAA BB: Clemson @ Georgia Tech, 12 noon tape delay AFN/sports
NBA: Houston @ Dallas, 5:00 p.m. tape delay AFN/sports
MLB: N.Y. Mets @ Cleveland, 9:00 p.m. live AFN/sports

Saturday 3/8/08
NHL: Minnesota @ Atlanta, 3:30 a.m. live AFN/prime
NBA: Chicago @ Boston, 4:00 a.m. live AFN/sports
NBA: New Jersey @ New Orleans, 4:00 a.m. live AFN/xtra
NBA: Los Angeles Clippers @ Los Angeles Lakers, live 6:30 a.m. AFN/xtra
NBA: San Antonio @ Denver, live 6:30 a.m. AFN/sports; replay 11:00 a.m. AFN/sports
NBA: Utah @ Phoenix replay 4:00 p.m. AFN/sports
NCAA BB: Louisville @ Georgetown live 8:00 p.m. AFN/sports
NCAA BB: North Carolina State @ Wake Forest live 8:00 p.m. AFN/prime
NCAA BB: Big South Conference Championship live 8:00 p.m. AFN/xtra
NASCAR: Nationwide Series: Nicorette 300 live 10:00 p.m. AFN/xtra
NCAA BB: SEC conference tournament live 10:00 p.m. AFN/prime
NCAA BB: California @ UCLA live 10:00 p.m. AFN/sports

Sunday 3/9/08
NCAA BB: Kansas @ Texas A&M live 12:00 a.m. AFN/sports
NCAA BB: Marquette @ Syracuse live 12:00 a.m. AFN/prime
NCAA BB: Ohio Valley Conference Championship live 1:00 a.m. AFN/xtra
NCAA BB: SEC conference tournament live 2:00 a.m. AFN/prime
NCAA BB: Atlantic Sun Conference Championship live 3:00 a.m. AFN/xtra
NCAA BB: North Carolina @ Duke live 5:00 a.m. AFN/sports; replay 11:00 a.m. AFN/sports
NBA: Denver @ Utah live 5:00 a.m. AFN/xtra
NCAA BB: Nevada @ Fresno live 6:00 a.m. AFN/prime
NCAA BB: Missouri @ Oklahoma replay 8:30 a.m. AFN/xtra

Monday 3/10/08
NCAA BB: Michigan State @ Ohio State live 12:00 a.m. AFN/prime
NCAA BB: Maryland @ Virginia live 3:30 a.m. AFN/prime
NBA: Chicago @ Detroit live 4:00 a.m. AFN/sports; replay 11:00 a.m. AFN/sports
NCAA BB: West Cost conference tournament live 5:30 a.m. AFN/xtra
NCAA BB: West Cost conference tournament live 8:00 a.m. AFN/xtra
AFL: Philadelphia @ Chicago replay 11:00 AFN/xtra
NCAA BB: Oklahoma State @ Texas replay 7:30 p.m. AFN/xtra

Tuesday 3/11/08
NHL: New York Rangers @ Buffalo live 3:00 a.m. AFN/xtra
NCAA BB: Colonial Athletic Association Championship live 3:00 a.m. AFN/sports
NCAA BB: West Cost Conference Championship live 5:00 a.m. AFN/sports
NCAA BB: Southern Conference Championship live 5:30 a.m. AFN/xtra
AFL: Los Angeles @ Arizona live 7:00 a.m. AFN/xtra

BOXING: Oleg Maskaev vs. Samuel Peter replay 2:00 p.m. AFN/sports
NCAA BB: Cincinnati @ Connecticut replay 2:00 p.m. AFN/xtra
NBA: New Orleans @ Houston replay 5:00 p.m. AFN/xtra
NCAA BB: Florida @ Kentucky live 8:00 p.m. AFN/prime
NHL: Pittsburgh @ Washington live 8:30 p.m. AFN/sports
NASCAR Sprint Series: Kolbalt Tools 500 live 9:30 p.m. AFN/xtra
NCAA BB: Missouri Valley Championship live 10:00 p.m. AFN/prime
NBA: San Antonio @ Phoenix live 11:30 p.m. AFN/sports



Photo by Staff Sgt. Dave Lankford

Many residents in the villages of Albu Hishma, Al Zor and Albu Fayad came out to welcome Soldiers during Operation Moorefield Harvest. Typically, females in Iraq will shy away from American Soldiers, however villagers here came out to welcome them with chi and fresh baked bread.

HARD-KNOCKS, from Page 1

guys are in the area and are forcing the locals to allow them to sleep and keep weapons at their homes,” said Frambes.

“The initial plan was for Bravo Battery to skip the target houses and soft knock their way through the town, then to return at night and hit the target houses hard,” said Frambes. “However, when we did the rehearsal we decided we could just hit those houses in stride.”

Bravo battery began clearing Albu Hishma from southeast to northwest while HHB focused on the town of Al Zor.

“HHB came in at night. Their technique was to hit the target houses first. Then, the next day they came back and did their soft knocks,” said Frambes.

Lt. Col. John Dunleavy, 2-320th FAR commander, said HHB intentionally hit the target houses hard and loud, using plenty of flash-bangs and other pyrotechnics. The idea was not to frighten the local population, but to assure them Coalition Forces were in the area and were ready to get the job done.

Dunleavy said at the end of the first night the news had spread like wild-fire, and by the second day people were opening their homes to the Soldiers. Word on the street was that American forces were everywhere. They have a list of all the bad men and they’re picking them up. They’re treating everyone else well.

“Our guys were greeted with chi on the street. People brought them food,” he said. “We’ve really got some opportunity here to effect change.”

By the third day, Albu Hishma had been cleared and secured. Troops converged on Al Zor and Albu Fayad to begin pushing the enemy through the outlying orchards all the way to the Tigris River.

By the time the 2-320th FAR reached the river 13 suspects had been detained, improvised explosive device making materials had been discovered and illegal weapons, including crew-served, had been captured. Insurgents who were able to escape to the other side of the river were met by Soldiers of 1st Brigade, 32nd Calvary Regiment who had air assaulted in the day prior. Most importantly, the citizens of the area saw what can be achieved when they work together with Coalition Forces.

While on the operation, Frambes noted various new construction sites, fresh water being delivered and commerce taking place. He says this shows without a doubt that security in the area has improved. In an area that has already seen significant growth, Operation Moorefield Harvest may be the final push needed to insure the prosperity and cooperation of the local populace.

“What’s important is for the enemy to know that we can amass anywhere we want, anytime of the day or night. No matter where he lives we can put a significant amount of force there and do what we want in order to secure the population,” said Dunleavy. “No one is above the law and there is no truce for the insurgency.”

‘What is love?’




Photo by Spc. Anthony Hooker

LSA ANACONDA, Iraq – Sgt. Carver ‘C-Dub’ Campbell, a member of Logistical Task Force 240, recites his original poem, ‘What is Love?,’ during Open Mic Poetry Night Feb. 24 at MWR East. The poets are usually announced under a nickname before performing.

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Soldier celebrates degree completion, launches plan for Masters degree

by 1st Lt. Chris J. Patterson

56th Multifunctional Medical Battalion

BALAD, Iraq – There was no commencement ceremony, no tossing of graduation caps into the air, and definitely no after party. Nevertheless, Task Force 56 Multifunctional Medical Battalion was honored to turn the proverbial tassel of one its Soldiers, as part of their Combat Patch Ceremony conducted on February 9th, here. Sgt. 1st Class Robert White, senior optical fabrication non-commissioned officer for the 56th Multifunctional Medical Battalion, was presented his Bachelor of Science in Business with Management Specialization diploma from Liberty University by the Task Force Commander, Lt. Col. Scott Putzier.

Obtaining his degree was no simple feat, and White was proud – and relieved – to finally accomplish his educational mission. “It’s been a long time coming,” White explained. “I am happy that all of my work has finally paid off.” While his collegiate endeavors began almost 17 years ago, it was not until serving as the NCOIC of the Optical Fabrication Lab at Camp Carroll, Korea that he began to have an interest in business management. White was directly involved in the supervision and training of his Soldiers, and enjoyed the administrative and managerial roles he filled.

White enrolled at Liberty University while stationed at Fort Eustis, Va. Liberty University is a military-friendly university, registered with the eArmyU system and featured on the GoArmyEd® web-based portal. White had previously-earned credits and was able to put many of them towards his undergraduate degree program at Liberty. For the remainder of his required credit hours, Liberty University’s Distance Learning Program (DLP) gave White the flexibility and convenience to take courses at his own pace.

“Taking classes through Liberty’s DLP was great,” White explained, “but between work and other activities, it still took me a little while to knock out all of the courses.” White’s wife, Christi, and two dogs, Butters and Zoe, provided him with daily inspiration.

With only one class left, he was hoping to be done in time to attend Liberty University’s winter semester graduation ceremony in December, 2007. As fate would have it, White came down on orders for the 56th MMB, out of Fort Bragg, N.C., and in less than a year later he was on his way to Iraq.

Despite not being able to walk at Liberty University’s graduation ceremony, White was just as honored to have Task Force Commander, Lt. Col. Putzier, present him with his diploma.

White, a DeLand, Fla., native, has served in the Army for almost 13 years, and intends to stay until he reaches his 20 year retirement. His current mission is to oversee the Optical Fabrication Laboratory in the units logistics warehouse, supporting the entire Iraqi Theater of Operations with glasses and ballistic eyewear.

White has already begun working on his Masters of Business Administration,



Photo by 1st Lt. Chris J. Patterson

Lt. Col. Scott Putzier, 56th Multifunctional Medical Battalion Commander, presents Sgt. 1st Class Robert White with his Bachelor of Science in Business degree from Liberty University.

also through Liberty University, and hopes to complete as many classes as possible while deployed here.

After the completion of his deployment with the 56th MMB, White hopes to be stationed at Fort Jackson, S.C., or Fort Sam Houston, Texas, where he would like to serve as Chief Non-Commissioned Officer-in-Charge for an Optical Fabrication Lab.

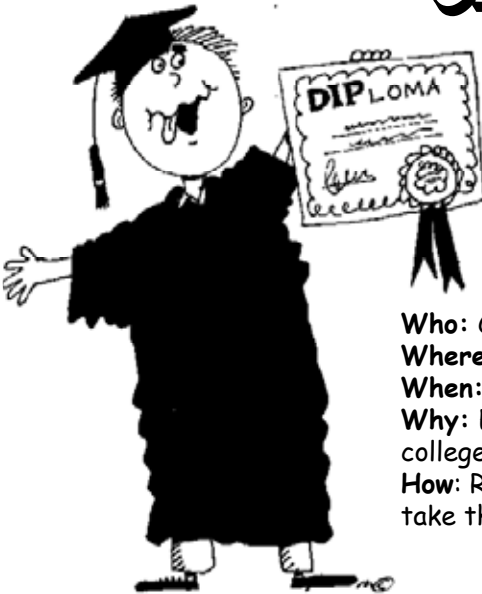
Oregon AG visits troops



Photo by Spc. Thomas Keeler

LSA ANACONDA, Iraq – The adjutant general of the Oregon National Guard, Maj. Gen. Raymond F. Rees, addresses National Guard Soldiers of the 224th Engineer Company, the 641st Aviation Regiment, and the 234th Engineer Company during a visit here Feb. 19.

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Soldiers hoop it up!!!



Photo by Spc. Ryan Hohman

Above: Staff Sgt. Michael Lewis, a Soldier with the 2-320th Field Artillery Regiment, tries to dribble past Spc. Jason Lai, a Soldier with the 240th Quartermaster Battalion, to shoot a lay-up.

Right: Staff Sgt. Michael Lewis goes up for a lay-up while playing a three-on-three basketball game. The Soldiers play a pick up game every Friday as a part of their physical training for the week.



Photo by Spc. Ryan Hohman

Below Right: Soldiers with the 240th Quartermaster Battalion watch as Staff Sgt. Michael Lewis makes a jump shot.

Below Left: Spc. Victor Torres searches for a weakness in Pfc. Virgil Demardrian's defense before driving in for a lay-up.



Photo by Spc. Ryan Hohman



Photo by Spc. Ryan Hohman