

# AnacondaTimes

May 14, 2008

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Photo by Spc. Andrea Merritt

## Shooting the bird

Study on birds help prevent aircraft mishaps

Page 4



Photo by Capt. Penny Zamora

## A walk though history

Soldiers safeguard one of Earth's earliest civilizations

Page 7



Photo by Spc. Thomas Keeler

## 8,000 gallons of fuel per day

E Co. keeps the choppers in the sky

Pages 8-9



Photo by Spc. Andrea Merritt

**Maj. Terry Hayes, the 1st Sustainment Brigade chaplain, chats with Sheikh Luqman of Assiriyah Village during his visit May 3, where he delivered dozens of boxes of school supplies to the children of the village, which is located outside of Camp Taji.**

## 1st SB chaplain delivers school supplies to local village

by Spc. Andrea Merritt

1st Sustainment Brigade PAO

**ASSIRIYAH, Iraq** – While the Soldiers of the 1st Battalion, 143rd Field Artillery Regiment were deployed to Iraq, they used some of their personal time to renovate schools in a village located outside of Camp Taji.

Although the National Guard unit has returned home to California, the legacy they left behind has inspired other units to follow in their footsteps and continue to foster the relationship they built with Assiriyah Village.

"I had heard that the brigade chaplain had a lot of supplies and toys that he wanted to give to the school and the community," said Lt. Col. Beau Bradford, commander of the 165th Combat Sustainment Support Battalion, a Louisiana National Guard unit attached to the 1st Sustainment Brigade.

"They already had the relationship established and I wanted to maintain that relationship," said Bradford, an Alexandria, La., native.

Maj. Terry Hayes, the 1st SB chaplain, with the help of Soldiers from

*"We're just Soldiers and a lot of us have children at home. To see a child's face smile ... it was a good thing to do. We were excited about doing it."*

Lt. Col. Beau Bradford  
1st Battalion, 143rd Field Artillery Regiment

the 165th CSSB, delivered 40 boxes of school supplies to the village May 3. It was his second mission in the village.

"I'm a Christian chaplain and it says in Galatians 6 that we're to do good to all men, especially those of the household of faith. They're not necessarily of my household of faith, but they're people and we have a responsibility to do good," said Hayes, a Grants Pass, Ore., native.

Hayes reached out to his friends in Oregon, Texas, Kansas, Minnesota, Missouri, Colorado, Hawaii, South Carolina, Connecticut, and Germany, and they responded by sending hun-

dreds of boxes of school supplies, toys and other items to aid in his humanitarian effort.

"I think it's important because it gives people in the (United) States a chance to feel like they're doing something for the war effort to bring

See **SUPPLIES**, Page 5



## Provost Marshal Office: Weekly police blotter

Week of 28 April -4 May

**The Provost Marshal Office conducted:** (178) security checks, (14) traffic stops, issued (17) DD Form 1408 Armed Forces Traffic Tickets, registered (177) vehicles on the installation, and investigated nine traffic accidents. Twenty-Five Common Access Cards were reported lost.

**The Provost Marshal Office is currently investigating:** One GOI violation, one larceny and two assaults.

If you have any information about any of these crimes, please contact the crime stoppers line at 433-8602 or notify the Military Police Investigations at 443-6190

Remember to maintain your situational awareness. From watching where you walk for UXOs or tripping hazards, to being aware of who is around you. If you see anything suspi-

cious, report it to the proper channels. If you see a crime being committed, report it to PMO immediately. If you see a civilian/foreign national without a badge displayed, ask them to display their badge according to MNF-I policy. Let's work together to keep LSA Anaconda a safe place!

**Crime Prevention:** Turn on exterior POD lights. This simple act during the hours of darkness can deter predators. Your lights may not only protect you, it may also help someone else. Safety is everyone's responsibility; help protect your fellow Solider, Airman, Marine and Sailor.

**Lost & Found:** To find out if your lost item has been turned into PMO, contact PMO/Investigations at 443-6105.

By Air Force Tech Sgt. Mirta Jones

## 'At ease' with the 316th CSM

As military professionals, we must maintain a high standard of dress and appearance. Our uniforms should fit properly and should be clean and serviceable. We should strive to project a military image that leaves no doubt that we live by a common military standard and are responsible to military order and discipline. As leaders, we should demand that those placed under our charge do likewise. However, this is not always the case and most certainly is not always enforced.

Establishing and maintaining good order and discipline is the cornerstone of our profession of arms. Like safety, we must practice it daily until it becomes a natural reaction ingrained in our conscious. When we as leaders fail to set the example and to lead by example, we are guilty of negligence, for we have just given tacit approval for the wavering of time-honored teachings. This is unacceptable and will not be tolerated.

Leaders, from the squad leader level all the way up to the command leadership team, must be proactive in ensuring that servicemembers under their care understand the tasks, conditions, and standards expected of them whether on or off duty. The importance of being and looking like a military professional should be continually reinforced and demanded. We owe it to them, because they are the future of our nation's armed forces.

Each time we lose a Soldier, Sailor, Airmen, or Marine because we failed to train and maintain to standard, we diminish our capability to be an effective combat multiplier. Our motto is to "Sustain the Victory." How can we effectively do that if we continue to let apathy take precedence over reason and good old-fashioned common sense? Maintaining good order and discipline is everyone's business. It does not matter whether you are a private or a general officer. We collectively must be the keepers of the standard. As such, we must know what right looks like and never deviate from it, and we must do the right thing daily—without fail. If you see something wrong and do not correct it, you have effectively set a new standard! Whenever I ask a military or civilian staff member why they did not comply with an established standard or policy in effect, I normally hear two reasons: first, they did not know about it, and second they simply did not care. The latter response I quickly correct through on-the-spot counseling and instruction.

I am convinced that most servicemembers and civilians here want to do the right thing. As such, it is still a leader's responsibility to ensure that they always do. If you are in a leadership position, you should know what the standard is and you should care enough to incessantly uphold it.

Our nation is counting on us to do exactly that. They are counting on us to be good stewards of their sons and daughters who have answered the call to duty and put boots on the ground. We must not fail them. We must maintain that warrior spirit of positivity in all that we think, say, and do. I trust that each of you will do exactly that. Until then, carry on, and continue to place our servicemembers and civilians first.



Command Sgt. Maj. Stacey E. Davis

*"We must maintain that warrior spirit of positivity in all that we think, say, and do."*

## 316th HHC prepares for redeployment



Photo by Spc. Jay Venturini

**Spc. Amanda Knaus and Spc. Scott Chaffin, Headquarters and Headquarters Company supply specialists, 316th Sustainment Command (Expeditionary), stack old individual body armor interceptor plates to turn in to the clothing issue facility here. 316th personnel are nearing the end of their year long tour here and will be replaced by members of the 3rd Sustainment Command (Expeditionary) from Fort Knox, Kentucky.**

# ANACONDA TIMES

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

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

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

The Public Affairs Office is located on New Jersey Ave. building 4136, DSN 318-433-2154. Anaconda Times, HHC 316th ESC, APO AE 09391. Web site at [www.dvidshub.net](http://www.dvidshub.net). Contact the Anaconda Times staff at: [anaconda.times@iraq.centcom.mil](mailto:anaconda.times@iraq.centcom.mil)

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3rd Sustainment Brigade  
1/82nd Brigade Combat Team  
7th Sustainment Brigade  
332nd Air Expeditionary Wing  
20th Engineer Brigade  
55th Sustainment Brigade  
402nd Army Field Support Brigade  
507th Corps Support Group  
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76th Infantry Brigade Combat Team  
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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.



# Sol checkpoint helps keep locals safe

by Spc. Charlotte Martinez  
Anaconda Times staff

**LSA ANACONDA, Iraq** –Members of Bravo company, 2nd battalion, 327th Infantry Regiment, visited a new Sons of Iraq checkpoint to inspect the Sol and ensure they were performing to standard April 30.

“We went to the Sons of Iraq checkpoint to make sure they are working properly,” said 1st Lt. Mike Handlan. “We checked to make sure they were taking care of their weapons and were checking all of the vehicles.”

Handlan said they first talked to the supervisor of the checkpoint, then traveled to Al Shabab to talk to a local contractor, who is also the city’s sheik, to make sure he is supplying his checkpoint with ammunition, training and proper supervision.

“To set up a checkpoint, you have to develop a need for one,” Handlan said. “It involves finding an area that will limit the enemy’s freedom of movement.”

Handlan said the next step involves Soldiers talking to the local people to find out who is in charge and who makes things happen in that area, for example a muktar, who is like a mayor, or a sheikh.

“Then you would start interviewing people to see who has the means and the actual leadership experience to handle managing a checkpoint,” he said.

According to Handlan, once someone

is designated as the manager of the checkpoint and the contract is made, the Sol can hire people, which, Handlan said, isn’t very hard because everyone wants to work at a checkpoint to have a job.

After personnel have been selected to work the checkpoint, their names are run through an identifier system, which allows Soldiers to make sure the future workers of the checkpoint are not active terrorists, Handlan said.

“Once they have gone through the system, they get assigned a badge with their picture on it,” he said. “Then the Soldiers will do the final recon on the area to make sure the set-up will go smoothly.”

After the final recon, the coordination between the different companies involved begins and once that happens, it takes little to no time to start setting up the checkpoint.

Once the checkpoint is established, training the Sol begins. The Sol are not necessarily trained to Army standards; however, it is enough to maintain their survivability.

“Some of the classes we teach are tactical control point operations, vehicle search techniques and personnel search techniques,” Handlan said. “Then, after we spend time training them and teaching them, we will start going by daily to check up and make sure they are following the proper procedures.”

*“The area goes from the locals saying, ‘Oh we’re scared!’ to ‘Hey, we are safe now because of the Sons of Iraq in the area.’”*

1st Lt. Mike Handlan  
Bravo company, 2nd battalion,  
327th Infantry Regiment



Photo by Spc. Charlotte Martinez

**Members of the 2nd Battalion, 327th Infantry Regiment, talk with local Sons of Iraq April 30 to ensure a new checkpoint outside the city of Shebab is running properly and the Sol are getting everything they need.**

Handlan said they continue inspecting the Sol for up to two weeks after the checkpoint is established.

“The Sons of Iraq are in charge of searching vehicles, checking identification and making sure people aren’t trafficking weapons,” he remarked. “It gives the locals a major sense of security.”

The Sol checkpoints have had a major impact on their surrounding areas, according to Handlan.

“It’s amazing what one checkpoint can do for an area,” he said. “The area goes from the locals saying, ‘Oh we’re scared!’ to ‘Hey, we are safe now because of the Sons of Iraq in the area.’”

The new Sol checkpoints help stop the trafficking of weapons and it also gives U.S. Soldiers a chance to work side by side with local Iraqis. It allows both sides to build trust, Handlan said.

“The locals will start out as Sons of Iraq, they will work hard for a few months,” Handlan said. “Then it allows them to be eligible to become Iraqi Army and Iraqi Police members and work for their own government.”

“I think the Sons of Iraq are a good temporary solution to the security problem,” he said. “It helps them take another step to finishing their own security.”

Handlan further stated that it will be better in the long run if the Iraqis start doing their own security versus sending U.S. troops out to cover the same spot every day.

## 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)
12:30 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.	GILBERT MEMORIAL (H-6)
2 P.M.	CASTLE HEIGHTS (4155)
8 P.M.	EDEN CHAPEL
7 P.M.	FREEDOM CHAPEL (WEST SIDE)
9:30 P.M.	FREEDOM CHAPEL (WEST SIDE)

### PROTESTANT – LITURGICAL

SUNDAY 9 A.M.	EPISCOPAL FREEDOM CHAPEL
11 A.M.	LUTHERAN (CHAPEL ANNEX)
3:30 P.M.	GILBERT MEMORIAL

### PROTESTANT --MESSIANIC

FRIDAY 8:30 P.M.	FREEDOM CHAPEL (WEST SIDE)
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### PROTESTANT—SEVENTH DAY ADVENTIST

SATURDAY 9 A.M.	PROVIDER CHAPEL
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### PROTESTANT—CHURCH OF CHRIST

SUNDAY 3:30 P.M.	CASTLE HEIGHTS (4155)
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### 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)
SUNDAY 8:30 A.M.	GILBERT MEMORIAL (H-6)
11 A.M.	PROVIDER CHAPEL
11 A.M.	AIR FORCE HOSPITAL CHAPEL
MON-SAT 11:45 A.M.	PROVIDER CHAPEL
THURSDAY 11 A.M.	AIR FORCE HOSPITAL 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 6 P.M.	GILBERT MEMORIAL (H-6)
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### ISLAMIC SERVICE

FRIDAY 12:30 P.M.	PROVIDER CHAPEL (WEST SIDE)
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### PAGAN/ WICCAN FELLOWSHIP

THURSDAY, SATURDAY 7 P.M.	EDEN CHAPEL
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### BUDDHIST FELLOWSHIP

TUESDAY 7 P.M.	EDEN CHAPEL
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### PROTESTANT – SPANISH NON-DENOMINATIONAL

SATURDAY 7:30 P.M.	PROVIDER CHAPEL
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### EASERN ORTHODOX- DEVINE LITURGY

SUNDAY 9 A.M.	CHAPEL ANNEX
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\*Please note, schedule is subject to change.





Photo by Air Force Senior Airman Julianne Showalter

**Tech. Sgt. David Young, 332nd Air Expeditionary Wing noncommissioned officer in charge of flight safety, takes aim at a group of gulls to reduce the number of birds at Balad AB.**

## Smithsonian studies Iraqi birds to help reduce aircraft mishaps

by Air Force 1st Lt. Lisa Spilinek

332nd Air Expeditionary Wing PAO

**BALAD AIR BASE, Iraq --** One of the Air Force's greatest air power adversaries doesn't wear the uniform of another country; it wears feathers.

Both deadly and expensive, aircraft accidents and mishaps caused by collisions with birds have cost the service approximately \$35 million each year since 1985, according to Air Force safety records.

"Bird strikes have a very negative impact on the mission," said Capt. Andrew Baumgart, 23rd Expeditionary Fighter Squadron F-16 Fighting Falcon pilot. "In the best case scenario, they will cause additional maintenance man hours for minor repairs, inspections and cleanup. In the worst case scenario, they can cause the loss of a multimillion dollar warfighting asset. Either way it has a very negative impact on our ability to generate more sorties and continued air coverage for our guys on the ground."

To better understand their winged rivals, Air Force safety personnel have for years shipped feather, blood and tissue samples from bird strikes and bird depredation efforts to the Smithsonian Institution, National Museum of Natural History, Feather Identification Laboratory in Washington, D.C., to be analyzed. Sometimes the remains of whole birds are also shipped to the laboratory to be studied from locations in the U.S., but never from Iraq -- until now.

Members of the 332nd Air Expeditionary Wing Safety office here sent their first shipment of whole bird carcasses, obtained through bird depredation efforts, to the feather lab May 3, said Tech. Sgt. David Young, 332 AEW noncommissioned officer in charge of flight safety, who is deployed from Elmendorf Air Force Base, Alaska.

The sergeant heads up Balad's Bird

Aircraft Strike Hazard program through which trained volunteers shoot birds that pose threats to aircraft. The feather lab experts will examine the more than 40 birds shipped from Balad to determine what species live in the vicinity of the Air Force's most forward deployed wing.

The shipment represents a win-win situation for the busy air base, where multiple types of aircraft take off and land 24/7, and the Smithsonian.

"Sending [the birds] to the Smithsonian will help establish what the species are here and their migratory routes. We don't have that kind of data here," said Young, who added that 124 bird strikes have been recorded on Balad aircraft from October 2006 to October 2007.

The data on the shipped birds will be compiled and evaluated by the Smithsonian laboratory experts and provided to the Balad safety personnel. Understanding the types of birds that live near Balad's extremely busy runways will help the safety personnel take actions to reduce their nesting habitats in order to bring down the bird populations around the airfield. Additionally, if mission requirements permit, flights could be scheduled to avoid peak hours of bird activity, said Lt. Col. Ken Ekman, 332 AEW safety chief, who is deployed from Shaw AFB, S.C.

The Smithsonian will benefit from the whole bird shipment because of the 620,000 bird specimens that it currently has, only eight are from Iraq and those represent only four species, said Carla Dove, PhD, of the Smithsonian's feather lab.

"Whole bird samples are the basis of all

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*"The unsettling part is not knowing the extent of the damage when you know you've hit one."*

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Capt. Andrew Baumgart  
23rd Expeditionary Fighter Squadron

taxonomic and systematic research on birds. The birds are skinned, stuffed with cotton and kept in the museum collection forever," she said. "Having these specimens available for study will be a great benefit to our identification

program and to the study of birds of that region. When specimens are catalogued into our collections they are available for researchers all over the world to come to study, or to borrow for examination."

Another benefit of receiving whole birds, rather than 'snarge,' or "the bird 'ick' that remains after a bird strike," as Dove described it, is that experts can match unknown specimen feathers to whole bird samples.

"Whole specimens benefit the bird strike identification program tremendously," she said. "When we receive a bird strike sample, we immediately wash the feather because it usually has blood, tissue and other snarge attached. Once the feather is back to its original shape, we compare it with whole bird samples that we have preserved in the collection for a perfect match. Today, we prepare the birds with spread wings and as flat skins so we can find every feather without having to manipulate a specimen that was prepared in a traditional manner with the wings tight against the body."

"I plan to also use these specimens [from Balad] to obtain the DNA sequence to add to our database," she said. "That way, even if we get a small blood or tissue sample that does not have feathers, we can possibly get an identification using the DNA."

While some of the types of birds sent from Balad are yet to be determined by Dove and the rest of the identification experts at the Feather Lab, they have been able to identify some by photographs taken by Young. These include: white wagtails, white-cheeked bulbuls, falcated teals, Egyptian nightjars, black-headed gulls, blue-cheeked bee-eaters, white-breasted kingfishers, golden orioles, stone curlews, shrikes, European rollers, spur-winged plovers and red-wattled plovers. The rest will be identified after arriving in D.C.

In the end, the science behind identification will help the safety personnel at Balad to better understand the local area airpower challengers.

"By understanding the exact species of birds that cause problems to aircraft and flight safety, we can begin to do things to prevent the damage from occurring. You must know what the species of birds are that are causing problems before you can do anything about it. It's just like any kind of pest management," Dove said.

"The same is true for bird problems on airfields. The flight safety group will use the data to understand the movements and migratory patterns of birds and to know which bird species are causing problems. Species identification is the first step in bird strike prevention," she said.

For pilots, the experience of hitting a bird can be troubling.

"Hitting a bird while flying is difficult to describe. When you're flying 200 to 300 knots, you either never see the bird or you see just streaks of black as they fly by. The unsettling part is not knowing the extent of the damage when you know you've hit one," said Baumgart, who is deployed from Spangdahlem Air Base, Germany.

"Not too long ago, I hit a [large hawk]

**See Bird, Page 12**



## Three brothers deploy, serve together

by Spc. Jay Venturini

Anaconda Times staff

**LSA ANACONDA, Iraq** – Most would agree having camaraderie among Soldiers is a vital part of a unit's success. For three Soldiers in the 76th Infantry Brigade Combat Team, camaraderie will not be an issue no matter what is thrown their way.

Josh, Zach and Jake Stoppenhagen are deployed here from the Indiana National Guard. Each brother has a different job and works at different locations on different time schedules, but they try to get together as much as possible.

"We all try to hang out at least once a week," said Zach, the middle brother, who is an emergency room technician at the Air Force Theater Hospital. "It's really great having them around, they make the deployment go a lot smoother."

The brothers, who are the only children in the family, left their small community of Decatur, Ind., and their parents Stan and Tami Stoppenhagen, who understand why their sons are here and proudly wave a flag outside their house with three blue stars, one for every deployed son.

"It's hard on my parents, but they support the war and us being over here," said Josh, the oldest of the brothers and Iraqi bazaar noncommissioned officer in charge. "They have the same mindset as me, that it is better to have us all over here at the same time so we can all go back together."

The youngest brother, Jake, is a combat medic for the 76th and the only brother who routinely leaves the wire. Despite the dangers, the other brothers are confident in the skills of their brother and his unit to complete their missions.

"The dangers are always in the back of your mind but I know Jake and his unit is well trained and I know that he will come back safely," said Josh. "That is why we are over here, to do our jobs to the best of our abilities."

When the 76th redeploys to Indiana in 2009, the brothers plan to return the same way they left - together.

"(The) ultimate goal is to make it home together and in one piece," said Josh. "It will be a great moment when we all sit down with our parents for a home cooked family dinner."

## "Two Tickets to Paradise"



Photo by Spc. Charlotte Martinez

Writer, producer, director and actor of "Two Tickets to Paradise," D. B. Sweeney signs an autograph for Maj. Sherry Lynn Womack, medical support operations chief for the 261st Multifunctional Medical Battalion. Sweeney's movie was played for troops at the Eastside Morale, Welfare and Recreation facility, May 2.



Photo by Spc. Andrea Merritt

**Staff Sgt. Larkin Rollman, a Soldier attached to Bravo Battery, 1st Battalion, 206th Field Artillery Regiment, hands out school supplies to children in Assiriyah village.**

### SUPPLIES, from Page 1

stability and democracy to Iraq. It gets people involved," said Hayes, who taught high school for eight years.

As the convoy came into the village, a mass of children seemed to appear out of nowhere. Once the truck that was loaded with the supplies pulled up, the children gathered to help the Soldiers unload the boxes. Some of the kids shook the boxes to see what was inside.

"We're just Soldiers and a lot of us have children at home. To see a child's face smile ... it was a good thing to do. We were excited about doing it," Bradford said.

During their two-hour visit to Assiriyah, the Soldiers were able to interact with the children and visit the local shops. Sheikh Luqman, the village sheikh, was proud to show the Soldiers his town and was grateful for the supplies they brought for the children. He even invited them back for another visit.

"We plan to set up another visit for when the kids are actually in school," said Hayes.

"This was a great opportunity to maintain the relationship and introduce ourselves," Bradford added. "Sheikh Luqman wants us to go back, and we plan to go back."

# Star in your favorite Anaconda commercials!!!

## Help promote the safety of our service members

Contact the 316th Public Affairs Office for scheduling.

E-mail [Lee.Fowler@iraq.centcom.mil](mailto:Lee.Fowler@iraq.centcom.mil)



# Sleep loss affects Soldier readiness

by Capt. Justin Curry

Army News Service

**ABERDEEN, Md.** - Like food, water, and air—sleep is a necessity. When Soldiers don't get enough sleep, performance suffers and everyone is at risk.

When Soldiers don't get enough sleep, the ability to judge the impact that sleep deprivation has on their abilities is diminished and performance decreases.

Sleep deprivations may lead to...

- falling asleep at the wheel, causing a vehicle roll-over
- administering the wrong medicine or the wrong dose
- failing to recognize a threat or reacting too slowly to it
- transposing digits while entering coordinates into a fire-control system

A sleep-deprived Soldier may make bad tactical decisions. The bottom line is that sleep deprivation can get Soldiers killed.

The longer Soldiers go without sleep, the poorer their performance on any number of tasks. In general, a person can sustain normal performance without noticeable impairment for about 16 hours after waking up. After 16 hours without sleep, there is a noticeable decrease in performance. After being awake for 24 hours, the reaction time is worse than

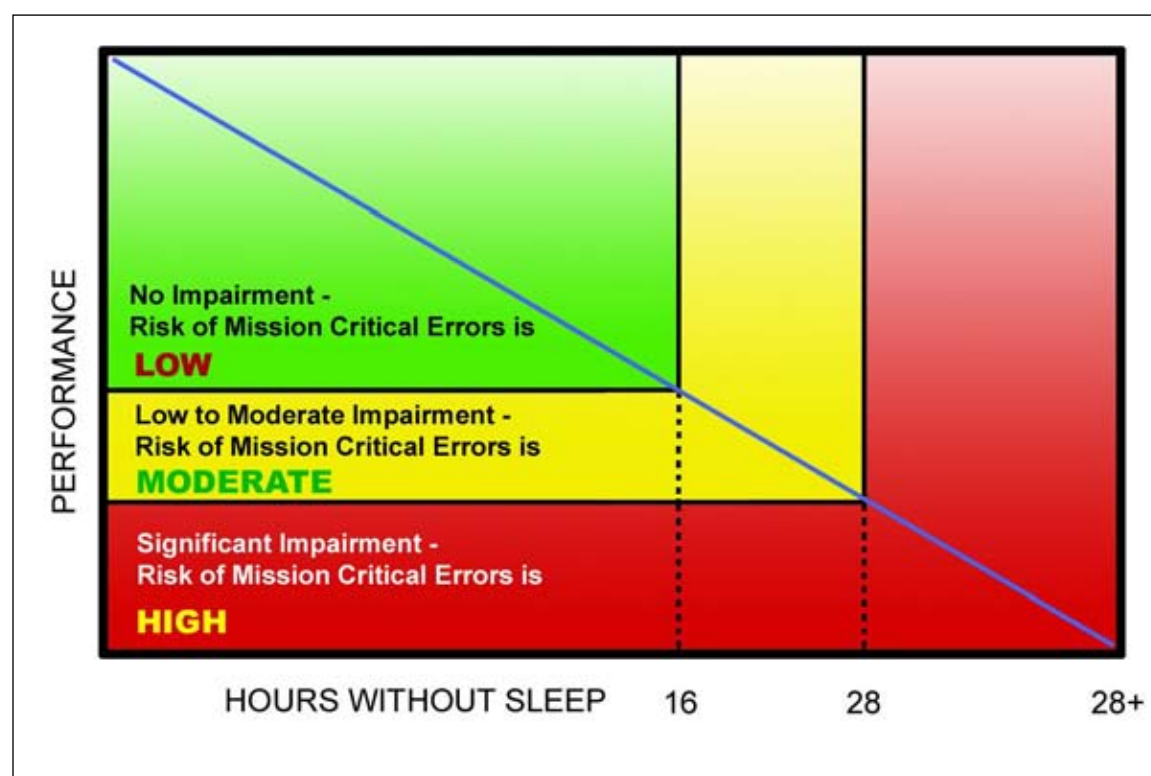
being legally intoxicated. After 28 hours without sleep, performance becomes significantly impaired with the likelihood of critical errors rising to an unacceptable level.

To sustain performance over the long haul, Soldiers need at least 6 but preferably 7-8 hours of sleep in 24 hours. Soldier performance will degrade over time with less sleep than 6 hours. Getting 4-6 hours of sleep every 24 hours will keep Soldiers in the amber zone (where the risk for mission critical errors is increased, but still at acceptable levels) for periods of up to several weeks. Getting less than 4 hours of sleep will keep Soldiers in the red zone (where the risk for mission critical errors is unacceptably high).

Sleep doesn't have to be continuous. It is preferred that Soldiers have uninterrupted sleep time, however several shorter sleep periods that add up to 6 – 8 hours is adequate.

Tips for Sleep Management

- Don't sleep in areas where there is regular activity.
- When sleeping, minimize exposure to noise and light - wear ear plugs or blackout shades.
- Avoid over-the-counter "sleep aids," which cause grogginess—not actual sleep.
- Sleep whenever possible – even a little sleep is better than



none. Several "catnaps" can add up quickly.

Tips for leaders

- Develop a unit sleep management program that gives Soldiers at least 6 but preferably 7-8 hours of sleep out of every 24.
- Soldiers trying to sleep during the day require longer (or more frequent) opportunities to sleep to compensate for the body's normal reaction to sleep cycle disruption.
- Never put Soldiers in a posi-

tion where they must choose between sleep and something else they would enjoy.

- Arrange sleep schedules that give Soldiers opportunities to sleep at a consistent time.

If sleep loss can't be avoided use caffeine—drink the equivalent of two cups of coffee (~200 mg of caffeine) every 2 to 4 hours.

- Caffeine use as described above will help maintain performance even in the face of moderate sleep loss.

Remember, sleep is a necessity.

- Your performance begins to suffer as soon as you start losing sleep.

- If you are struggling to stay awake, then your ability to function is already impaired.

(Editor's note: Capt. Justin Curry is a psychologist at the U.S. Army Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md.)

## Army reducing stigma of psychological care, offering telepsychiatry

by Jacqueline M. Hames

Army News Service

**WASHINGTON, D.C.** - In the Army's recent fight to reduce the stigma of seeking and receiving treatment for combat stress, the latest weapon is telepsychiatry.

A leading Army doctor talked about the psychological effects of war Tuesday to psychiatrists from around the world at the Washington Convention Center. The lecture was part of the 161st American Psychiatric Association annual meeting.

Col. Elspeth C. Ritchie, psychiatry consultant to the Army's surgeon general and director of the Proponency for Behavioral Health, discussed the importance of caring for Soldiers throughout their deployment cycle.

"Another thing that we are doing a lot of is telemedicine-telepsychiatry—that can be very effective in certain circumstances," Ritchie said.

Telepsychiatry puts the therapist and patient into a secure, one-on-one, Web-based videoconference. It can also be conducted over the phone with no video feed, but with phone connections sometimes unreliable in theater, Ritchie said face-to-face consultations are preferred.

Telemedicine projects psychological health services into remote locations, Ritchie said, enabling more Soldiers to have access to quality care.

Ritchie's lecture, titled "Psychological Effects of War: From the Battlefield to the Home Front and Back Again," emphasized the need to reduce the stigma of behavioral health.

"Yes, it does exist," Ritchie said, noting the prevalence of stigma throughout the Army and civilian worlds.

One of the simplest ways of reducing stigma is to change the way psychological health is talked about.

"We've gone away from the term 'mental health' to either behavioral health or psychological health, trying to reduce the stigma," Ritchie said.

Awareness and support of both the Soldier and the family includes psychological preparation before and during deployment, as well as easy access to quality treatment before, during and after deployment, Ritchie explained. Helping family, friends and fellow Soldiers better understand the needs individuals have with behavioral health issues all help to reduce stigma, she said.

The Army is managing to reduce stigma

through educational products, Ritchie said. Products for children and families, including educational DVDs, help them understand what a Soldier is going through and how to cope with any problems that may occur when the Soldier returns.

Ritchie emphasized access to quality psychological care throughout the deployment cycle is important. Caring for the Soldier's needs includes treatment from medical professionals as well as the support of other Soldiers and leadership in the field, she explained.

"I cannot endorse enough what (Col. Ritchie) said about stigma," said Patrick White, a psychiatrist from Alberta, Canada. "I think stigma is one of the big barriers for Soldiers getting treatment. In Canada, we see a lot of it and we find that stigma socially isolates the troops."

The Army trains leadership to recognize symptoms of behavioral health problems so they can provide the Soldier with help as quickly as possible. "Buddy aid," or a Soldier's understanding and awareness of symptoms in their fellow troops, also helps reduce the frequency of suicide and depression by easing the strain on relationships an individual may have, Ritchie said.

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Photo by Capt. Penny Zamora

**The pyramid-shaped Ziggurat was built between 2113 and 2048 B.C. as a place of worship to the moon god, Nanna. The original construction was four levels high with the bottom three levels being solid. The top level had rooms and was a place of sacrifice.**

by Capt. Penny Zamora

Anaconda Times staff

**COB ADDER, Iraq** – If you are ever given the opportunity to see the beginning of civilization, the great Ziggurat, a royal palace, tombs from 2600 B.C., and the boyhood home of the prophet Abraham, you should say, “Book me on the next flight!”

Tallil, Iraq, the home of Contingency Operating Base Adder, surrounds several of Iraq’s most historical treasures.

Until 2004, visits to this archeologist’s dream were limited. Now, any servicemember who can spare an hour and a half can learn of Iraq’s vast history.

“Ur of the Chaldeans, one of the capital cities of Samaria, is the oldest known civilization,” said Dhaif Muh-sen Naies, the area’s curator. Naies’ maternal grandfather was one of the first to work with Sir Charles Leonard Woolley during the 1922 to 1934 excavations.

The earliest excavations uncovered iconographics, evidence of the earliest forms of writing. The next oldest form of writing, cuneiform, is found etched in the stones throughout the site. Hieroglyphic writing from Egypt was found much later, said Naies.

The great Ziggurat was built between 2113 and 2048 B.C., during the time of two kings, Ur-Nammu and Shulgi. The pyramid-shaped stone architecture was built as a place of worship to the moon god, Nanna. The original construction was four levels with the bottom three levels being solid. The top level had rooms and was a place of sacrifice.

The Ziggurat stands 17 meters today, but is estimated to have stood 26 meters when built. The holes on the side serve as drainage, moisture protection, and allow for expansion; building construction techniques still used today.

The Ziggurat’s presence is commanding, but the surrounding areas hold intrigue as well. A small building that was once a storage area, turned temple, has the world’s oldest known standing archway.

Just a few meters away is a temple built in 2047 B.C., which may have been the first museum.

“Excavators found royal objects from different kings housed in one room,” said Naies.

Beyond the temple are the remains of a royal palace and royal tombs as well as the tombs of servants and guards. On the walls are cuneiform writings depicting the achievements of King Shulgi.

Many of the royal tombs date back to around 2600 B.C. The tomb of Queen Puabi was found with 59 other bodies of servants and guards. It was a common practice when royalty died, servants would take poison and be buried with their queen or king as a form of sacrifice.

The Euphrates River once ran about 2 kilometers north of the city. Today the river is 1500 kilometers further

## A traveler’s log to Tallil, Iraq



Photo by Capt. Penny Zamora

**Many of the royal tombs date back to around 2600 B.C. The tomb of Queen Puabi was found with 59 other bodies of servants and guards. It was a common practice when royalty died, servants would take poison and be buried with their queen or king as a form of sacrifice.**

north, having shifted sometime around 500 B.C., said Chaplain (Capt.) Damon Saxon, Battalion Chaplain, 7th Brigade Special Troops Battalion.

Walking in the dried river bed, which looks like nothing more than desert landscape, one can find small sea shells as evidence of an ancient reservoir for the contain-

ment of water.

The boyhood home of the Prophet Abraham, the patriarch of Judaism, Islam, and Christianity, rests further from the Ziggurat. Archeologists found a stone inscribed with the words “Terah” and “Abram” among the ruins, said Saxon. Terah, Abram’s father, was an idol maker for the city. According to biblical history, Abram’s name was later changed, by God, to Abraham.

The home was reconstructed in the 1990s using the original foundation. It has no roof, so visitors can walk up stairs to see the entire structure as well as a panoramic view of the area, to include the great Ziggurat.

The houses adjacent to Abraham’s house remain in ruins and stands, on average, about three feet high.

Shards of pottery from the different periods lay scattered throughout the grounds, making it difficult to avoid stepping on a piece.

Between the Ziggurat and Abraham’s home is a large excavation pit showing evidence of the great flood of Noah’s time. “Abraham lived during the last 50 years of Noah’s life,” said Chaplain (Maj.) Yvette C. Hudson, 7th Sustainment Brigade Chaplain.

This would have allowed Abraham to receive a third hand account of the history of Cain, Abel, and the fall from Noah. Noah would have received a second hand account from Methuselah, the oldest person recorded in the Bible, said Hudson.

For the Soldiers, Sailors, and third country nationals who participated in the tour, it was a unique and memorable experience.

“It was a great privilege to be taken through the site by the gentleman who is the third generation custodian of the site and to stand in a place where Abraham talked with God. Personally and spiritually, it was almost like a miniature pilgrimage being able to go back to the place where Christianity originates,” said Maj. Bryan E. Canter, Assistant S-3 Fielding, 402nd Army Field Support Brigade.

There are mounds of dirt scattered about that show signs of ruins waiting to be discovered. The entire area is dotted with such mounds and one wonders what treasures they hold.

“After the tour, a Christian and a Jew and an agnostic were standing around talking about how amazing [the tour] was. I think it’s great that something like this can transcend all religious bounds and be a treasure to everyone,” said Staff Sgt. Jacob Hanson, 1st Sustainment Brigade Liaison Team noncommissioned officer.

Eventually, the borders of COB Adder will pull back, allowing the Iraq Ministry of Tourism to assume control of the Ziggurat and the surrounding archeological area. This step will be one of many moving the Iraqi government closer to self sustainment.

In the meantime, servicemembers of COB Adder keep many of Iraq’s national treasures safe within their border.





Photo by Spc. Thomas Keeler

**Staff Sgt. Shad Stenersen, an aviation crew chief with the 2-147 Assault Helicopter Battalion, performs tail rotor maintenance during a fueling stop.**

# Running on

Story by Spc. Thomas Keeler

Anaconda Times staff



Photo by Spc. Thomas Keeler

**Spc. Robert Jones, a Chinook mechanic with the 2-147 Assault Helicopter Battalion, performs area four maintenance on a UH-60 Black Hawk helicopter April 24 during a fueling stop.**

**LSA ANACONDA, Iraq** – More than 8,000 gallons – that's how much aviation fuel the distribution platoon of Echo Co., 2-147 Assault Helicopter Battalion of the Minnesota National Guard pumps into helicopters on the flight line every day.

The work done at these forward area arming and refueling points is critical to the fight. This is where helicopters refuel, often while they remain running, and the operation of the FARP depends on a complex organization of fuelers, maintainers, and contracted fuel suppliers to keep the helicopters in the fight.

"Our whole system just works wonderfully," said Sgt. 1st Class Laura Winge, platoon sergeant for E Co. "Our maintenance, support, and my fuelers, they are just the most professional group that I've ever worked with."

Moments after a call comes in to the tactical operations center at E Co., one of Winge's teams springs into action.

Driving a Heavy Expanded Mobility Tactical Truck from the company area to the helicopter parking pad, the two-person team arrives at the chopper, ground-guiding the HEMTT to a position near the helicopter, but not too close. Winge said it's critical to keep the vehicle well out of range of the Black Hawk's rotors.

"If a rotor even gets touched, it goes out of service," she said. "That's how delicate the system is."

After parking the HEMTT and blocking the wheels, the refueling team performs one more critical step before rolling the hose out and beginning the refueling process.

"The first thing we do, no matter what, is ground and bond," said Sgt. Luke Miranowski, a fueler with E Co.

A cable from the truck is clipped to the ground, while the fueling hose is bonded to the





Photo by Spc. Thomas Keeler

**Sgt. Luke Miranowski, a fueler in E Co. of the 2-147 Assault Helicopter Battalion, dispenses fuel into a UH-60 Black Hawk helicopter.**

# full in E Co.

aircraft to prevent a spark.

“You need more than one person for this job, for safety issues,” said Miranowski.

The fueling itself is finished within a few minutes.

Flight crews will perform maintenance during the refueling if time is not a factor on the mission.

When the refueling is finished, the team rolls the hose and grounding gear up and moves to the next helicopter.

The refueling mission doesn’t get off the ground without clean fuel.

After filling the HEMTTs with fuel at a contractor fuel point, E Co. immediately begins testing it.

“Once we get the fuel, we take a quality surveillance by recirculating half the amount that’s in the truck,” said Winge. The fuel is checked immediately after it is acquired from the contractor. No water or sediment can contaminate it. Fifty percent of E Co.’s fuel is checked over the course of a month.

Another E Co. mission, one that doesn’t get much attention, is defueling. Echo Co. routinely defuels helicopters so maintenance can be safely performed.

“That’s usually more time-consuming,” Winge said of the defueling process. “Taking the fuel back out of the aircraft is a more dangerous operation.”

An example of how E Co. stands well-trained and ready came from earlier in the afternoon, when a team from E Co. performed a “fat cow” exercise: a hot refueling using not a HEMTT, but a hovering Chinook helicopter.

“When we all came for train-up...we did four months of heavy fueling, mostly hot,” said Winge. “We were a well functioning, well-oiled machine by the time we got here.”

In addition to training in theater, Winge also trains regularly when not deployed. “We almost always have a drop on drill weekend,” she said. “We set up a hot FARP – we do the deed. Most people are jealous of us.”



## Servicemembers sprint it out



Photo by Staff Sgt. Les Newport

More than 800 servicemembers take off at the starting line of the One America 500 Festival Mini Marathon here May 3. The race was run in conjunction with the actual mini marathon in Indianapolis, Ind. Sgt. Mario Vela Godinez, 27, Claremont, Ca., Task Force 261st Multifunctional Med. Bn., 332nd Expeditionary Medical Group and 1st Lt. Brittany Commons, 24, Hummelstown, Pa., 326th Engr. Bn., were the male and female winners of the event.

## ISF learn international law, human rights

by Spc. Jaime Avila

1st BCT 82nd Abn. Div. PAO

**COB Adder, Iraq** – Members of the 1st Brigade Combat Team of the 82nd Airborne Division, Australian Army, and Italian Provincial Reconstruction Team of Dhi Qar Province teamed up to train members of the Iraqi Army, Iraqi Police and 4th Military Academy on international law and human rights recently.

A group of 18 Iraqi servicemembers went through a 10-day course to learn basic principles of the Law of Armed Conflict, human rights, police ethics, and their legal obligations and responsibilities while conducting operations.

“The course was focused on training legal advisors and operators for the Iraqi Security Forces. The focus was to train all of them on the laws of armed conflict with a focus on the Geneva Conventions and the Hague Conventions,” said Capt. Eric Widmar, brigade judge advocate of 1st BCT and course instructor.

Many of the topics the students trained on are relevant to what they see while out on their routine patrols and missions. The distinction between an enemy combatant and a civilian was one of the topics they discussed. The students were given scenarios in which they would have to apply the principles they learned to scenarios they would likely face on the streets of An Nasiriyah or elsewhere in Dhi Qar province.

“The legal obligation to distinguish between combatants and civilians necessitates a legal obligation to care for the wounded and the treatment of detainees and other human rights subjects were taught. It’s very, very relevant to these guys given the security situation,” said Widmar.



Photo by Spc. Jaime Avila

**Iraqi students of the Law of Armed Conflict and Human Rights course work on an assignment during class.**

Another focus of the training was to train the students to go back to their Soldiers and train them in order to help them apply the principles taught in the classroom to situations they encounter on the street.

The whole intent of this was to enable these key leaders, legal advisors, and operators and law faculty to take this information back and train more people. It was essentially a train the trainer program on international law and human rights said Widmar.

Many of the students saw the significance of the course and were glad they had the opportunity to attend.

“I think it was a successful course and we are making use of the information that we received here during the course,” said Lt. Quassay Adil Thajeel Al-Ataby, an officer with the Iraqi Police, who attended the course.

“The training is very valuable and we are planning to have these types of courses in the future with our colleagues and officers in order to teach them what we learned. It is extremely important to continue doing such courses,” he added.

For some, this was the first time

they ever received information on some of the topics that were taught throughout the course.

“I think this course was very important because it was the first time we’ve learned and received so much information on international law,” said Lt. Col. Jalil Al-Kadhimi a member of the military academy and student of the course.

In addition to teaching the principles of the Law of Armed Conflict and human rights, the course instructors provided the students with the necessary materials to teach an international law course themselves.

“We provided CDs with all the materials we used throughout the course, we also provided them with copies of all the Geneva and Hague Conventions translated into Arabic, as well as a lot of other materials,” said Widmar.

After ten days of class time, the course ended and the students received their certificates of completion. Widmar was happy with the outcome of the course and saw it as a rewarding experience.

“The most rewarding experience was to sit back and hear them articulate arguments based on law instead of just raw emotion,” said Widmar.

## PRT introduce 82nd Airborne Div. gradually to build trust, hope

by Barry Greenberg

Muthanna PRT

**MUTHANNA PROVINCE, Iraq** – The State Department’s Provincial Reconstruction Team and elements of 1st Brigade Combat Team, 82nd Airborne Division are engaging in an unprecedented level of cooperation to affect a true reconstruction partnership with Iraqis in Muthanna Province, Iraq.

On April 21, members of the PRT traveled for the first time via military convoy courtesy of the 82nd’s 1st Brigade Special Troops Battalion – deep into the province to perform two ribbon-cutting ceremonies, marking the completion of local civic engagement projects.

The 1st BCT, 82nd Abn. Div. will assume “strategic oversight” or backing up of local Iraqi security forces for Muthanna province May 23.

The PRT hopes to create an atmosphere of trust and respect with the local Iraqis as 82nd Abn. Div. is introduced gradually to the province.

According to PRT Team Leader Paul O’Friel, “When local Iraqis see that the entirety of the American presence in Muthanna – civilian and military alike – is working to improve their lives through new roads and schools, medical care for the most rural communities, and innovative support in the agricultural sector, then the province will be a safer place.

“If we continue to work with civil and tribal leaders of the province to identify local needs and then actually work to meet those needs, the militias and other insurgent elements will hold far less sway. Doing good is our best weapon,” O’Friel asserted.

The first destination of the day for the PRT and U.S. military members was to the newly-constructed Al Jareeb Bridge. This bridge replaces a crumbling 1947 structure that was wholly inadequate for modern vehicles. The new, heavy-duty span im-

proves farm-to-market access for a huge rural area on the outskirts of the town of Warka.

The local mayor, several sheikhs, and a cross-section of residents joined the Americans to formally open the bridge. Moments later, as if on cue, a truck heavily-laden with cement blocks crossed over the bridge. There was a palpable sense of community pride as the residents watched the truck rumble by – symbolizing the rebuilding of the province.

The next stop was at the Al-Wathbah elementary school. This project provided two new classrooms to this poor, rural school. The new construction stands in stark contrast

to the rest of the school, which is in dire need of repair. The 1st BCT, 82nd Abn. Div., as part of its new civic action program in the province, also plans to rebuild the school’s sanitary facilities.

Lt. Col. Fred Drummond, the commanding officer of 1st BSTB, relished the opportunity to engage with the schoolchildren. He entered one of the small classrooms filled with twenty girls and, with the permission of their teacher, spent a few moments talking about his own children back in the U.S. He then introduced Sgt. Hemmingway, a female Soldier in his battalion, and explained, to a chorus of giggles, that some of the women under his command are “a lot smarter than some of the guys.”

While Drummond was in the classroom, his Soldiers distributed soccer balls and played with several of the schoolboys in the courtyard. These two projects were funded through Quick Response Funds, a special State Department mechanism for development projects in Iraq. During the past year, PRT Muthanna has funded nearly 60 of these projects spread evenly among the major tribal areas of the province.

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# Foreign national drivers find a place to rest



Photo by Spc. Thomas Keeler

A group led by a contractor and Sgt. Jeremy Clinton, staging yard noncommissioned officer-in-charge with the 610th Movement Control Team, enters the Speicher convoy staging yard for inspections March 31.

by Spc. Thomas Keeler

Anaconda Times staff

**LSA ANACONDA, Iraq** – On dusty days, all 300 or so foreign national trailers at the Contingency Operating Base Speicher staging yard are grounded, and no trailers leave the yard as long as the weather is bad.

Staging yards like this one are hubs for trailers delivering goods throughout Iraq. This one is run in cooperation with contractors and the 610th Movement Control Team.

“We provide a military presence out here to intercede with any problems that might come up,” said Sgt. Jeremy Clinton, staging yard noncommissioned officer-in-charge with the 610th MCT.

What makes this staging yard different is that it is “between” the wire – not on the base, but still inside the checkpoint, said Clinton.

“This is the reason we’re wear-

ing personal protective equipment out here,” he said.

Trucks coming into the yard are manifested and routed into lanes according to their next destination. Basic needs are provided within the staging yard, such as food, water, ice and fuel for the trucks.

Drivers who need to go inside Speicher, for example, for medical assistance, are issued temporary badges and escorted by military personnel.

Occasionally, tempers can flare among drivers when the weather is bad and the trucks are grounded. But overall, drivers appreciate having a place to park and refuel before continuing the trip with their cargo to their final destination.

“I’m a young NCO, so it’s a good experience for me to be in such a leadership position as this,” said Clinton.

“I like being out in the field, boots on the ground,” he said.

## Customs: America’s last line of defense

by Spc. Jay Venturini

Anaconda Times staff

**LSA ANACONDA, Iraq** – Everyone dreams of the day when their unit gets on the plane to take them back home. However, before anyone can get on that plane, there are a lot of things to do to ensure that unauthorized cargo does not enter the United States.

The last people anyone will see getting on the plane will most likely be Navy customs personnel, who will inspect every item in every bag, from every person returning to the U.S.

“Anything going back to the states has to be inspected for general order number one violations, agriculture items and things on the prohibited items list,” said Navy Lt. j.g. Gregory Skyles, Delta Company commander, Navy Customs Battalion Hotel. “We have strict standards, but it’s for the safety of the personnel and the overall safety of the United States.”

Some of the most common prohibited items found during inspections are unmarked pills, spring loaded knives and unclassified maps. However, other items are commonly found such as pornographic material.

“If you have something you’re not suppose to, we will find it. We go through everything,” said Skyles. “Make it easier on everyone, including yourself, and just get rid of it before you come to us.”

Another major factor when going through inspections is agriculture items. Because Iraq has a much different climate than the U.S., different wildlife and organisms inhabit the area and many would have

a negative impact on U.S. agriculture. Because of this, absolutely nothing from Iraq is authorized to enter the U.S, including dirt, plant life and wildlife.

“The standard is anything bigger than a pinch of dirt is a no go,” said Skyles. “If some of these bugs were released in the U.S. it would cause billions of dollars in agriculture damages.”

The pinch of dirt rule doesn’t end with cargo and personal items. Every aspect of vehicles and aircraft must be free of dirt, including engines, tires and interiors.

“We have the personnel take the entire vehicle apart and clean it until it is spotless,” said Senior Chief Petty Officer John Kiser, Delta Company operations senior chief. “It is a lot of work on their part, but has to be done.”

Navy customs also work closely with a Coast Guardsmen detachment, which is responsible for ensuring hazardous materials are properly shipped back to the U.S.

The customs personnel said they do their best to make the process as smooth as possible for servicemembers returning home.

“We regularly go to the unit’s location and inspect their material in place, instead of having them drag all their stuff to our location,” said Kiser. “Anything we can do to help the unit, we try to accommodate.”

With units redeploying on a fairly regular basis, it is vital for Navy customs to keep anything that would be detrimental to the United States out, and they take their job seriously.

“We know we are doing a good job when a lot of people hate us,” said Skyles, “but what we do is for the good of the individual and the good of our country.”



Photo by Spc. Jay Venturini

Petty Office 2nd Class Philip Bradley, Delta Company customs agent, Navy Customs Battalion Hotel, inspects a box belonging to a redeploying unit here. During this inspection, Navy customs inspected three containers of unit equipment.





Photo by Air Force Senior Airman Julianne Showalter

**Collisions between flying birds and aircraft can severely damage aircraft and endanger the lives of pilots. To reduce the number of collisions, the 332nd Air Expeditionary Wing Safety Office personnel depredate the birds on the base.**

### Bird, from Page 6

on my approach to landing. What concerned me was that I never even saw it; I just felt a dull thud. After landing, the crew said the bird was wrapped around the top of my nose gear. Another six, or maybe nine inches higher, and it would have gone right down the intake, destroying the motor. There was minor damage to the nose gear," said Baumgart.

While the Balad safety personnel realize that eliminating the threat of bird strikes altogether is impossible, they are doing their best to mitigate the risks of bird strikes occurring.

"Safety is about reacting to mishaps and preventing future mishaps," Ekman said. "The Smithsonian lacks specimens and data on bird migratory patterns in Iraq. By feeding the Smithsonian information and helping them build their database for species collection, we in turn

can be much more preventative in our actions to counter Balad's bird population."

For Young, it's a matter of risk management.

"We can't get rid of the bird problem; we can only try to minimize it," he said. "It's about making it safer for our pilots."

Still, he has learned a lot about his fowl foes.

"I didn't even know there were different types of gulls. I thought they were all seagulls," he explained of one of the types of birds that commonly collide with aircraft here. "I've learned more about birds here than I have in my whole life... their habitats and migratory patterns."

More importantly he's learning how to combat them to keep American pilots and airplanes safer in the skies over Iraq.

# Combat civilians: Writing history as it happens

by Air Force Staff Sgt. Mareshah Haynes

332nd Air Expeditionary Wing PAO

**BALAD AIR BASE, Iraq** -- People think of history as those events that happened many years ago. The Revolutionary and Civil Wars and the Vietnam Conflict are all documented in American history, in part by historians who were miles and years away from the action.

Thanks to combat civilians like Doug Beckstead and Kevin Rieders, who are base historians assigned to the 332nd Expeditionary Wing historian's office, history is being written every day as it happens by first-hand witnesses.

Beckstead and Rieders deployed from Elmendorf Air Force Base, Alaska, and Spangdahlem Air Base, Germany, respectively, to fill positions at Balad where Department of Defense civilians make up less than one percent of the population assigned to the wing.

"My job involves recording the accomplishments and the activities of the wing," Beckstead said. "I typically download between six and eight thousand electronic records a month and I create a daily chronology of significant events that happened."

The historian career field, which was traditionally manned by active-duty enlisted Airmen, is now primarily manned by DOD civilians.

"When I was called and offered this job, they asked 'You do know this job is deployable?'" Beckstead said. "Personally, I was excited about it. I thought it would be a great opportunity to come to a place like this and write the history of what's going on and what we're doing, literally as it's going on."

"I'm prior service, so I didn't see it as a major sacrifice," said Rieders, who served as an enlisted cavalry scout and later an armor officer in the Army. "I saw it as an additional opportunity to serve."

The deployment process for the two historians was the same process active-duty Airmen go through and included multiple immunizations, weapons training, and combat skills training, the pair said.

"I was the oldest member in my class in combat skills training, but I didn't finish last in anything," Beckstead said with a chuckle. "At one point I realized I was old enough for everyone in the class to be my kid."

In deployed locations, DOD civilians integrate with their military counterparts to make up the total force package; the lines of separation are blurred to the point where one might not be able to tell the difference between the two on first glance.

"We're eating together, working together and living together. We're all in it together," Beckstead said. "I really try to break down

that barrier of 'I'm a civilian and you're enlisted.' I like the fact we're wearing the same uniform. I just try to blend in as much as I can. We're all in the same fight together and we all have the same goal."

"It's not a standard expectation that civilian personnel are going to deploy as part of the total force, and that's something new that the Air Force is adapting to and adjusting to," Rieders said.

"I think it gives the civilian work force a better understanding of what the military does and what military personnel have to go through as far as the separation from family and all those hardships and sacrifices they make. I think it gives military personnel a greater appreciation of DOD civilians. We are really part of the same team, part

of the 'one team, one fight concept.'"

This deployment is the first both historians have served as DOD civilians. It holds additional meaning for the two as they document the history of the 332 AEW, which was originally designated as the 332nd Fighter Group, led by the Tuskegee Airmen in World War II.

"To be part of the Tuskegee Airmen legacy as a historian is one of the highlights of my life," Beckstead said. "It's very exciting to be that much a part of something."

"I couldn't imagine being deployed anywhere else. Yes, there's a danger level, but you're in the middle of everything [here]. I'm not an outside observer, I'm inside and it's a whole different thing when you can write history as you live history," Beckstead said.

"As a historian, one of the really neat things is knowing when all the histories are declassified, that someone is going to be really interested in reading them, which isn't always the case when you're writing about wing or a numbered Air Force in the continental United States," Rieders said.

Though their four-month deployments to Balad are winding down, both agreed they would come back to the home of the Tuskegee Airmen if the opportunity presented itself again.

"Being at Balad has meant being a part of an organization that has a real understanding and day-to-day appreciation of the importance of the mission and the obligation we have as members of the United States Air Force," Rieders said. "I know that's generally true everywhere in the Air Force, but I think it's especially true here."

"It's a privilege and an honor to serve with everyone who's here carrying on the Global War on Terror and working toward the freedom of the people of Iraq," he further remarked.

## Structures building structures



Photo by Air Force Senior Airman Julianne Showalter

**BALAD AIR BASE, Iraq** -- Staff Sgt. Karl Ferree, a 332nd Expeditionary Civil Engineer Squadron structural engineer, raises a lead rope over the skeleton of a big top shelter here, May 7. The shelter was moved from its previous location to de-conflict flightline operations.



# MESSAGES FROM HOME



Phillip Blake

Dearest Daddy and Husband,  
We miss you very much and can't wait until you get home. Cameron, Emily and Tessa cannot wait to play with you and to give you hugs and kisses.

Tessa is waiting for you to take her for a walk. Please take care and know we love you very much.

Love you always,  
Rika

This is a message for SFC Jerry Johnson from your classmate, Ta-Tanisha Edmond. Just letting you know that we appreciate all that you are doing. Keep your head up, pray everyday, and I hope you get home soon!!! You're the best!!!!!!!

Sean-

Hey honey!! I miss and love you so much! Try not to inhale too much dust and stay away from the camel spiders! David Bowie and Butters miss you. Can't wait to see ya!

Love, Christi

Lionel Barnett Jr.

I will see you soon.



I would like to send a shout out to my Soldier, CW2 Mayowa Miller.

We love you and miss you soooo much! We just want to let you know that we are thinking about you and we can't wait until you get home so that we can all reconnect. Please be safe, and we'll see you soon!!!!

Karma & MJ

WANT AMAZING ABS? GOT 30 MINUTES?

**WEST MWR PRESENTS**

**POWER ABS**

TWO 1/2 HR CLASSES EVERY SATURDAY  
TIMES: 8 a.m. and 6 p.m.

ANACONDA COMBAT SPRING BREAK OUT  
(CBSO) OIF 7-8

MAY 22-23  
STAINED TROUSERS  
VARIETY SHOW BY ANACONDIANS  
FOR ANACONDIANS!

## Messages From Home

Show your Soldier how much you miss them by sending messages, pictures, or poems in the Anaconda Times newspaper.

Contact the 316th Public Affairs Office  
to print your message.

E-mail [Anaconda.Times@iraq.centcom.mil](mailto:Anaconda.Times@iraq.centcom.mil)



Senior Airman Ross McQuiggan

and shooting guns.

**Life changing moment:** Joining the Air Force.

**Lesson Learned:** Don't get complacent because that is when you get hurt.

**Why I joined the military:** My brother joined and I wanted to get my Air Frame Power Plant licenses.

## America's warrior

*A snapshot of servicemembers in the Global War on Terrorism*

**Full name and rank:** Senior Airman Ross McQuiggan.

**Unit:** 777th C130 Expeditionary Aircraft Maintenance Squadron.

**Job Title:** Crew Chief.

**Time in service:** Four years.

**Age:** 24.

**Hometown:** Bethony Okla.

**Pastimes (Hobbies):** Lifting weights

**If I wasn't in the Air Force I would be:** In the Army or the Marines.

**The one thing I would change about the Air Force:** Promotions.

**The one thing I think the Air Force got right:** Living conditions: they are the best in the military.

**What makes a good Airman:** One that believes in the core values and lives by them and will help others when they are dragging behind.

**What makes a good leader?** One who is not afraid to work and show how to work as well as lead by example.

**Motivations in life:** When I have kids I want to give them everything I never had and provide them with a better future.

**Goals:** To become wealthy.

**Hardest part of my job here:** Doing the same thing everyday. It gets old after a while.

**Best part of my life:** Coming home from deployment and hearing everyone saying thank you.



# ANACONDA ACTIVITIES

<b>INDOOR POOL</b> <i>Aqua Training:</i> Tuesday and Thursday- 7:45 p.m.	5:30 p.m. <i>Wrestling &amp; physical fitness class:</i> Tuesday- 6 p.m. and Saturday- 7 p.m. <i>Swing dance:</i> Sunday- 7:30 p.m.	<i>Poker tourney:</i> Sunday- 6 p.m. <i>Salsa dance class:</i> Saturday- 8:30 p.m. <i>Swing dance:</i> Tuesday- 7p.m. <i>Ping pong tourney:</i> Tuesday- 3 p.m. and 8 p.m.	8 p.m. <i>Ice Ball Tourney:</i> Thursday- 4 p.m. <i>Ping pong tourney:</i> Tuesday- 1 p.m. and 8 p.m. <i>Salsa dance class:</i> Thursday- 8:30 p.m. <i>Spades, Chess and Dominoes:</i> Friday – 1 p.m. <i>Texas hold ‘em:</i> Saturday- 1 p.m. and 8 p.m. <i>Game Counsel Tourney:</i> Thursday- 1 p.m. and 8 p.m.	Monday, Wednesday, Sunday- 1 p.m. <i>Gaston’s Self-Defense Class:</i> Friday, Saturday- 7 p.m. <i>Open court basketball:</i> Thursday- 7 p.m. <i>Open court soccer:</i> Monday, Wednesday - 7 p.m. <i>Zingano Brazilian Jui Jitsu:</i> Tuesday, Thursday- 8:30 p.m.
<b>EAST FITNESS CENTER</b> <i>Basketball League:</i> Monday-Friday – 7 p.m. <i>Brazilian Jiu-Jitsu:</i> Monday, Wednesday, Friday – 8 p.m. <i>Kyu Kyu Kempo:</i> Sunday- 2 p.m. <i>Modern Army combatives:</i> Tuesday and Thursday- 8:30 p.m. <i>Open court volleyball:</i> Sunday- 6 p.m. <i>Shotokan Karate Do:</i> Thursday- 6:45 p.m., Saturday- 8:30 p.m. and Sunday- 5:30 p.m. <i>Soo Bahk Do:</i> 6 p.m. <i>Step Aerobics:</i> Monday, Wednesday, Friday –	<b>EAST RECREATION CENTER</b> <i>8-ball tourney:</i> Monday- 3 p.m. and 8 p.m. <i>9-ball tournament:</i> Wednesday- 3 p.m. and 8 p.m. <i>Game Console Tourney:</i> Thursday- 8 p.m. <i>Country Dance Class:</i> Thursday- 7 p.m. <i>Dominoes:</i> Friday- 8 p.m. <i>Karaoke:</i> Monday- 8 p.m. <i>Model building:</i> Sunday- 1 p.m. <i>Poetry/ open mic:</i> Sunday- 7:30 p.m.	<b>WEST RECREATION CENTER</b> <i>8-ball tourney:</i> Wednesday- 1 p.m. and 8 p.m. <i>9-ball tournament:</i> Monday- 1 p.m. and 8 p.m. <i>Dungeons &amp; Dragons:</i> Saturday- 8 p.m. <i>Friday nights in Balad:</i> Friday- 8 p.m. <i>Foosball:</i> Tuesday- 1 p.m. and 8 p.m. <i>Green Bean karaoke:</i> Wednesday and Sunday-	<b>WEST FITNESS CENTER</b> <i>3-on-3 basketball tourney:</i> Saturday- 7:30 p.m. <i>6-on-6 volleyball tourney:</i> Friday- 7 p.m. <i>Aerobics:</i> Monday, Wednesday, Friday- 7 p.m. <i>Body by Midgett Toning Class:</i> Tuesday, Thursday - 7 p.m. <i>Dodge ball Game:</i> Tuesday- 7:30 p.m. <i>Furman’s Martial Arts:</i>	<b>CIRCUIT GYM</b> <i>Floor hockey:</i> Monday, Wednesday, Friday – 8 p.m.



## SUSTAINER REEL TIME THEATER

### Movie Times

Wednesday, May 14  
5 p.m. Drillbit Taylor  
8 p.m. Meet the Brown's  
Thursday, May 15  
5 p.m. Meet the Brown's  
8 p.m. Iron Man  
Friday, May 16  
2 p.m. Leatherheads  
5 p.m. Superhero Movie  
8 p.m. Speed Racer  
Saturday, May 17  
2 p.m. Run Fatboy Run  
5 p.m. Speed Racer  
8 p.m. Superhero Movie  
Sunday, May 18  
2 p.m. Speed Racer  
5 p.m. Run Fatboy Run  
8 p.m. Leatherheads  
Monday, May 19  
5 p.m. Superhero Movie  
8 p.m. Speed Racer  
Tuesday, May 20  
Closed due to preparation  
for Spring Dance Show

(Schedule is subject to change)

### Movies Coming Soon

Stop Loss  
Chronicles of Narnia:  
Prince Caspian

### Movie Synopsis

#### Speed Racer



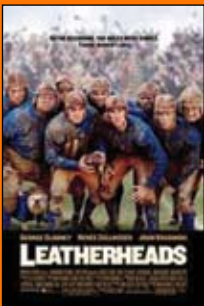
The Matrix masterminds Andy and Larry Wachowski usher anime icon Tatsuo Yoshida’s classic 1960s-era hit into the new millennium with this family-friendly story of a young racecar driver who takes on the mysterious Racer X in a custom-made, gadget-loaded speed machine named the Mach 5. Speed Racer (Emile Hirsch) is the kind of driver that every wheelman wishes he could be: a born winner whose unbeatable combination of aggression, instinct, and fearlessness always finds him crossing the checkered flag with a comfortable lead. In Speed Racer’s mind, the only driver who could present him with any real challenge is his late brother -- the legendary Rex Racer. Rex died in a heated cross-country rally known as The Crucible many years ago, and now his younger sibling is driven to fulfill the legacy that Rex left behind. To this day, Speed Racer is fiercely loyal to family. It was Speed Racer’s father, Pops Racer (John Goodman), who designed the unbeatable Mach 5, and even a lucrative offer from racing giants Roy-alton Industries isn’t enough to get the young ace to break his family ties.

#### Run Fatboy Run



Five years ago Dennis was at the altar about to marry Libby, his pregnant fiancée. He got cold feet and ran for the hills, and he’s been going in circles ever since. When Dennis discovers Libby’s hooked up with high-flying-go-getter Whit, he realizes it’s now or never. He enters a marathon to show he’s more than a quitter but then finds out just how much sweat, strain and tears it takes to run for 26 miles. Nobody gives him a chance but Dennis knows this is his only hope to more than a running joke.

#### Leatherheads



Good Night, and Good Luck director George Clooney pulls double duty once again in this sports-oriented romantic comedy set against the formation of professional football in the 1920s. Dodge Connelly (Clooney) is a brash and handsome gridiron giant who is equally comfortable leading his team in a barroom brawl or charging for a touchdown in a packed stadium. But when Connelly’s team loses their sponsor and the entire league appears set to collapse, the quick-thinking jock attempts a creative late-game comeback. If Connelly can convince former college football star and decorated war hero Carter Rutherford (John Krasinski) to join the team, there may be hope for the ill-fated team after all.

#### Superhero Movie



After spoofing disaster films in Airplane!, police shows in The Naked Gun, and Hollywood horrors in Scary Movie 3 and 4, producer David Zucker sets his satirical sights on the superhero genre with this anarchic comedy lampooning everything from Spider-Man to X-Men and Superman Returns. Shortly after being bitten by a genetically altered dragonfly, high-school outcast Rick Riker (Drake Bell) begins to experience a startling transformation. Now Rick’s skin is as strong as steel, and he possesses the strength of ten men. Determined to use his newfound powers to fight crime, Rick creates a special costume and assumes the identity of The Dragonfly -- a fearless crime fighter dedicated to keeping the streets safe for law-abiding citizens.



## STUPID STATE LAWS

Ever wonder just how dumb things can be? Does your state have dumb laws? Read on and find out. The next few weeks, the Anaconda Times will have a series of dumb and stupid laws for each state.

Many of the laws have been verified, but many have been taken from sources which do not include law citations. The laws cited below have been taken from news groups, web sites and city governments. Remember, something had to have happened to get these laws passed. Some laws have been repealed, but not all; some are still on the books.

### Tennessee

- No Christian parent may require their children to pick up trash from the highway on Easter day.
- You can't shoot any game other than whales from a moving automobile.

### Texas

- A recently passed anticrime law requires criminals to give their victims 24 hours notice, either orally or in writing, and to explain the nature of the crime to be committed.
- It is illegal to milk another person's cow.

### Utah

- It is illegal to detonate any nuclear weapon. You can have them, but you just can't detonate them.
- A husband is responsible for every criminal act committed by his wife while she is in his presence.

### Vermont

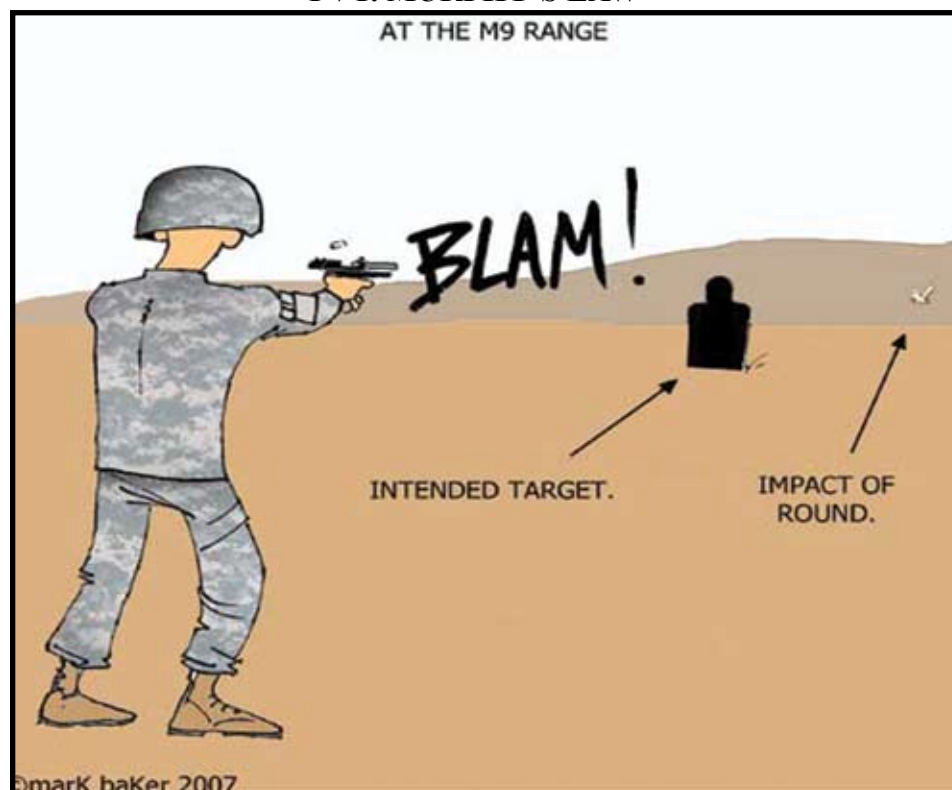
- Women must obtain written permission from their husbands to wear false teeth.
- It is illegal to deny the existence of God.

### Virginia

- No animal may be hunted for on Sunday with the exception of raccoons, which may be hunted until 2:00 A.M.
- You may not engage in business on Sundays, with the exception of almost every industry.

### PVT. MURPHY'S LAW

AT THE M9 RANGE



## Upcoming sports on AFN

### Wednesday 5/14/08

NHL: playoffs conference finals live 2:00 a.m. AFN/xtra  
 NBA: playoffs second round live 2:00 a.m. AFN/sports  
 NBA: playoffs second round live 4:30 a.m. AFN/sports  
 MLB: Chicago White Sox @ Los Angeles Angels live 5:00 a.m. AFN/xtra  
 MLB: Colorado @ Arizona replay 10:00 a.m. AFN/sports  
 MLB: Seattle @ Texas live 9:00 p.m. AFN/sports

### Thursday 5/15/08

NHL: playoffs conference finals live 2:00 a.m. AFN/xtra  
 NBA: playoffs second round live 2:00 a.m. AFN/sports  
 NBA: playoffs second round live 4:30 a.m. AFN/sports  
 MLB: Houston @ San Francisco live 5:00 a.m. AFN/xtra  
 MLB: Oakland @ Cleveland live 7:00 p.m. AFN/sports

### Friday 5/16/08

NHL: playoffs conference finals live 2:00 a.m. AFN/xtra  
 NBA: playoffs second round live 3:00 a.m. AFN/sports  
 MLB: Chicago White Sox @ Los Angeles Angels live 5:00 a.m. AFN/xtra  
 NBA: playoffs second round live 5:30 a.m. AFN/sports  
 MLS: Real Salt Lake @ Colorado replay 5:00 p.m. AFN/sports  
 MLB: Pittsburgh @ Chicago Cubs live 9:00 p.m. AFN/sports

### Saturday 5/17/08

NHL: playoffs conference finals live 2:00 a.m. AFN/xtra  
 NBA: playoffs second round live 3:00 a.m. AFN/sports  
 MLB: Los Angeles Dodgers @ Los Angeles Angels live 5:00 a.m. AFN/prime  
 MLB: San Diego @ Seattle live 5:00 a.m. AFN/xtra  
 NBA: playoffs second round live 5:30 a.m. AFN/sports  
 NHL: playoffs conference finals live 8:30 p.m. AFN/prime  
 MLB: Milwaukee @ Boston live 11:30 p.m. AFN/prime  
 HORSE: Preakness Stakes live 11:30 p.m. AFN/sports; replay 3:00 p.m. AFN/sports

### Sunday 5/18/08

MLB: Toronto @ Philadelphia live 2:00 a.m. AFN/prime  
 NBA: playoffs second round live 3:00 a.m. AFN/sports  
 MLB: San Diego @ Seattle live 5:30 a.m. AFN/sports  
 NHL: playoffs conference finals live 10:00 p.m. AFN/prime  
 NBA: playoffs second round live 11:30 a.m. AFN/sports

### Monday 5/19/08

MLB: New York Mets @ New York Yankees live 3:00 a.m. AFN/sports  
 PGA: AT&T Classic replay 3:00 p.m. AFN/sports  
 TENNIS: Masters Series Hamburg: Men's final replay 7:00 AFN/sports

### Tuesday 5/20/08

NBA: playoffs second round live 2:00 a.m. AFN/sports  
 MLB: Tampa Bay @ Oakland live 5:00 a.m. AFN/sports  
 MLB: Chicago Cubs @ Houston replay 10:00 a.m. AFN/sports  
 MLS: Los Angeles @ Chicago replay 5:30 p.m. AFN/sport  
 MLB: New York Mets @ Atlanta live 8:00 p.m. AFN/sports





# Combat racquetball at LSAA



Photo by Spc. Ryan Hohman

Staff Sgt. James Fessler, a member of Alpha Company, 2nd Battalion, 44th Air Defense Artillery Regiment, keeps his eye on the ball as he prepares to return a volley while playing the final round of the Combat Racquetball Tournament against Sgt. 1st Class Ryan Bridgewater, a member of the Charlie Company, 1st Battalion, 293rd Infantry Regiment.



Photo by Spc. Thomas Keeler

Bridgewater prepares to serve the ball during the second match.

by Spc. Thomas Keeler  
Anaconda Times staff

**LSA ANACONDA, Iraq** – After the A-Level champion, Air Force Maj. Ky Kobayashi, handily defeated his opponent in the A-level bracket, the B-level participants fought a full, five-game match to determine the champion of the B-level group. After falling two games behind, Sgt. 1st Class Ryan Bridgewater, a member of Charlie Company, 1st Battalion, 293rd Infantry Regiment, rallied to defeat Staff Sgt. James Fessler, a member of the Alpha Company, 2nd Battalion, 44th Air Defense Artillery Regiment, by the scores 9-15, 9-15, 15-12, 15-10, 15-9.



Photo by Spc. Ryan Hohman



Photo by Spc. Thomas Keeler

Top Bridgewater and Fessler shake hands after finishing the racquet ball tournament.  
Left: Bridgewater slams the ball against the back glass of the racquetball court while playing the final round of the Combat Racquetball Tournament.

Bridgewater prepares to return the ball as Fessler ducks out of the way.



Photo by Spc. Ryan Hohman



Photo by Spc. Thomas Keeler

Fessler returns a volley during game four of the match