



ePRT program creates 'buzz'

Story & photo by Spc. Luisito Brooks
4th SBCT PAO, 2nd Inf. Div., USD-C

SHATT AL TAJI, Iraq – A blossoming new program organized by the embedded Provincial Reconstruction Team-North is creating a buzz and giving area widows and divorcees a much sweeter future.

But the buzz being generated around the program is more than just a figure of speech, as the Iraqi women involved are learning the ins and outs of beekeeping.

On March 27, a graduation ceremony was held for 25 Iraqi women who completed the beekeeper training program.

"These women are the heads of the household, many (because of) the sectarian conflict," said Mary-Denise Tabar, the public diplomacy and women's affairs advisor for ePRT-North. "The program aims to train local rural women on the theoretical and practical applications of basic beekeeping."

ePRT-North is embedded with 4th Stryker Brigade Combat Team, 2nd Infantry Division whose subordinate battalions provide security for the team, allowing them to work safely on projects such as this in the area north of Baghdad including Tarmiyah and the city of Taji.

Taught in four-hour sessions over a period of six days, the course covered the proper care of bees and techniques to harvest their honey.

"The women were chosen by the non-government organization, Rafedain Foundation who know the community and the women who need it most," explained Tabar.

Interest in the beekeeping course



A master beekeeper passes out a section of buzzing bee hive during a women beekeeping training program graduation March 27.

proved to be extremely high, explained Tim Lowery, an agricultural specialist with ePRT, and having received more applications than there were available seats, the team is already planning more courses for the future.

Upon completion of the training each woman received their own active and healthy beehive, containing thousands of the buzzing insects, along with all the necessary equipment to operate it.

In total, the entire beekeeping training program including the 25 beehives for the graduates, tools and supplies cost approximately

\$23,450, said Tabar.

Each beehive houses anywhere between 10,000 and 30,000 bees, that on the average can produce about 15 to 20 kilograms of honey a year. Bees also provide a valuable resource for local farmers, pollinating their crops.

"For most of these women, this is how they earn income for their households," said Tabar. "They can sell a kilo of honey anywhere from \$20 to \$50."

During the graduation ceremony, family and friends looked on as the new beekeepers were called forward to receive their certificates and bee-

hives, and showed their support for this accomplishment with rounds of applause.

Honey has brought these women dealing with great adversity together, and with this new skill, it will reduce their image as a burden on their family or society.

One graduate was so overwhelmed that she was brought to tears during the ceremony.

"A woman told me that she was so thankful for everything and can remember having bees as a child," said Lowery, "She said that she would raise the bees like they were her own children." ▲

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Cleaning weapons with right stuff

Story by Pfc. Debrah Sanders
366th MPAD, USD-C

BAGHDAD – High temperatures and dusty conditions in Iraq make maintaining a Soldier's equipment challenging. This makes it important for Soldiers to clean their weapons often in Iraq.

"You can never be prepared enough. Despite what you think could and couldn't happen, it could", said Paul Selle, a native of Ogilvie, Minn., a contracted small arms inspector at Camp Liberty.

When cleaning a weapon there are a few things Soldiers need to be mindful of; for instance using the correct lubricant.

Recently the Department of

Defense put out information stating that CLP is the only approved cleaner and lubricant to be used on military weapons. Commercial lubricants, such as Militec-1 work great for people who fire weapons on an occasional basis, but it cannot stand up to the standards needed by most Soldiers on the frontline, said Selle.

According to a Soldiers Weapons Assessment report from Operation Iraqi Freedom in 2003 there were conflicting reports about the performance of CLP in the field. It was also found that CLP was not the only lubricant Soldiers had been using on their weapons.

The DoD then began testing the effectiveness of both CLP and commercial lubricants by firing

1,200 rounds through multiple M16 and M4 rifles. Tests consisted of having a controlled group, which was lubricated with CLP and other groups of weapons that had been lubricated with other commercial lubricants. The goal of this test was to see which lubricant would enable weapons to send the most rounds downrange with minimal jamming. The testing found that CLP was the most effective.

Performance in a high intensity situation was not the only concern of the study.

Testing also included health hazard assessments, hot/cold storage, transportability, and how it would protect a weapon from corrosion.

Besides being mindful of us-

ing the proper lubricant on their weapons, Soldiers should also be careful with the amount of "elbow grease" they use to clean their weapons.

"A Soldier's bolt carrier should not be silver," said Selle. This is because the paint that is already present helps protect the weapon from heat.

Also, if Soldiers use compressed air to remove dust and dirt, they need to remember to apply CLP after doing so, said Selle. This is because the compressed air will dry the weapon out.

A clean functioning weapon is always something Soldiers should have, said Selle. A clean weapon can save Soldiers or their buddy. 

Issues to be aware of during dust storms

Story by Pfc. Debrah Sanders
366th MPAD, USD-C

BAGHDAD – Dust storms or sand storms are common in desert-like areas and occur when cooler wind, normally associated with a collapsing storm, picks up loose soil and carries it along its path over several miles.

Besides being a nuisance for flights, convoys and hygiene, it can pose a health risk.

The most common ailments associated with dust storms are nose bleeds and coughing, said Capt. Joseph Woodring, a native of Radnor, Pa., and preventive medicine officer assigned to Division Special Troops Battalion, 1st Armored Division.

Though the side affects of ex-

posure to such dust storms seem minimal, precaution should still be taken, said Woodring.

For instance, Soldiers are advised to conduct physical training inside instead of outside whenever possible, according to the U.S. Forces – Iraq Safety Office.

There also may be those in the military with an unknown respiratory illnesses for whom exposure to dust could worsen, said Woodring.

Woodring, who has been diagnosed with asthma, said it is very important for leaders to be aware of this fact.

He also said that the other signs and symptoms of exposure, such as coughing, usually resolve themselves for Soldiers. There are no long term health risk for most Soldiers, added Woodring



Photo by Staff Sgt. John Freese, 366th MPAD, USD-C

This image that was taken Feb. 22 during a dust storm at Camp Liberty. In such conditions it is advised that physical training be done indoors.

A good rule of thumb for everyone is if a halo of particulate is easily visible, then Soldiers probably shouldn't be outside conducting

physical training, said Woodring.

Information found at http://www.search.com/reference/Dust_storm#Causes 



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Desert Cat's eyes patrol skies, keep Soldiers safe

Story & photo by Pvt. Emily Knitter

1st AAB, 3rd Inf. Div., USD-C

In a room not quite large enough to stand up in, computer screens cover one wall, showing maps in one window, a video of the local traffic driving down a dusty road on another; and yet another shows lists of numbers and codes that are continuously changing.

Keyboards fill a ledge below the computers. The two black chairs in front of them take up almost the entire room. The green walls, covered sporadically with maps of the area, reflect the light from the computers, giving the room a surreal glow.

A young man sits in one of the chairs, typing occasionally, watching the screens intently. Silence fills the confines until the man reaches over and plugs in his iPod. As "Handlebars" by the alternative rock band Flobots fills the room, he grins. Singing along with the music, Spc. Mitchell Moore, a 20 year-old native of Apple Valley, Calif., looks back at the screens. Adjusting the camera angle on the airplane a bit, he leans back in the chair.

"So, this is what I do," he says.

Moore, along with the few other Soldiers who work inside the area, operates Unmanned Aerial System airplanes for 1st Advise and Assist Brigade, 3rd Infantry Division, out of Contingency Operating Location Falcon.

The airplanes fly the skies of Iraq, sending live video feedback to the operators. This can be used for such things as monitoring suspected insurgent movement, providing surveillance over troops operating on the ground, and watching areas to make sure the enemy isn't trying to plant improvised explosive devices.

Sitting in the room 12 hours a day, seven days a week, Moore is surprisingly upbeat about his job and its responsibilities. Although some days, it doesn't appear

he and the other flight operators do much, he said that just being in the air may save lives.

For this reason, they keep the airplanes in the air almost constantly and with only six flight operators, the Soldiers end up logging some very long hours. As the only junior enlisted Soldier during the day shift, Moore has logged the most flight hours in his platoon: more than 300 hours during the first three months of the deployment.

The long hours don't bother him, though.

"Honestly, I make sure that I have the most flight hours," he said. "I like that I do. It's kind of a personal goal for me because having the most flight hours means the most experi-

ence, and I want to be the best of my platoon."

As much as Moore enjoys his job, he said he had never thought about flying airplanes until he joined the military.

"Originally, I was going to be infantry, but because I was a minor, my dad wouldn't sign the papers," Moore said. "So I started looking for other jobs, and I found this. Once I found out about the job, and I knew what I was going to be doing, I was more into joining."

He has never looked back.

"I am content with where I am right now, but I would like to learn more. I want as much knowledge as I can get with this system and other systems, if possible, so I can be the best I can possibly be," he said.

Sgt. 1st Class Kenneth Kolbeck, the Unmanned Aerial Assistance platoon sergeant, laughed as he remembered when he first met Moore.

"When I first came to the platoon [before the deployment], Moore was a very inward person and kind of shy. Through the National Training Center and gaining experience with the system, and the camaraderie with his fellow Soldiers within the platoon, he has opened up a lot more and has become quite the character," he said.

Being in the box every day isn't always interesting, but Moore and the other Soldiers have found ways to entertain themselves. For instance, they decided to give each of their aircraft nicknames, such as "Lindsey Lohan," "Miley Cyrus," "Kyle's mom" and "Whoopi Goldberg."

The names help plug some humor into their day.

"Take Miley, for example," Moore explained. "If the plane is working well, she's Miley Cyrus. But sometimes she decides she doesn't want to work perfectly. Those times, we call her Hannah Montana."

Moore said he hopes being an unmanned flight pilot is always going to be a part of his

future.

"A lot of the training and the stuff I get to do is really going to affect my life if I decide to get out of the military. If I do, I am going to make this a career," he said. "This training really helps me get ready to do this as a civilian. Then I can actually train up guys who will be replacing me when I get out of this job."

The rewards of his job aren't just wishful dreams.

"[The guys on the ground] really appreciate what we do," he said. "I may sit in a box, but sometimes I may be able to let them know if there are some dudes hiding that are about



Spc. Mitchell Moore, of 1st Brigade Special Troops Battalion, 1st Advise and Assist Brigade, 3rd Infantry Division, glances at a screen inside the ground operating station where he works every day, piloting flights around to provide video intelligence to the troops conducting missions on the ground. Moore has more than 300 hours of flight time logged during the first three months of his deployment at Contingency Operating Station Falcon.

to shoot them; or there could be a mortar that I saw that may save one of their lives. We may not be as in-depth as them, but even so, we have a job that really matters because we save their lives at times."

The job changes drastically in Iraq from what they do in the U.S. Kolbeck, a native of El Paso, Texas, explained.

"Over here, we have a lot more work hours and a lot more responsibilities. Back in the States, we are providing surveillance for guys going out on missions armed with paintball guns or [Multiple Integrated Laser Engagement System] gear. Over here, it's real life. The responsibility level of these guys, to spot the IED or the bad guy coming around the corner is tremendous."

Moore looks back at his screens, making sure everything is still working properly.

As the soundtrack on his iPod changes from "Handlebars" to "Sexi Chick," Moore looks completely relaxed, scanning the video feed so that if something comes up, he will be there: ready to let the guys on the ground know so everyone can make it back safely, quite possibly thanks to Miley Cyrus patrolling the sky. 🌈

"It's kind of a personal goal for me because having the most flight hours means the most experience, and I want to be the best of my platoon."

— Spc. Mitchell Moore

Iron Soldiers improve gym, stay Army strong

Story & photos by Spc. Daniel Schneider
366th MPAD, USD-C

BAGHDAD – If you haven't taken a trip to Camp Liberty's Iron Gym, now's the time to give it a try.

Division Special Troops Battalion, 1st Armored Division, has made several improvements aimed at providing hours of diverse fitness opportunities to U.S. Division – Center personnel.

"We've redone the flooring here and sealed the pads together to prevent tripping hazards," said Sgt. 1st Class Gregory Smith, the Iron Gym's noncommissioned officer in charge and a member of Company B, DSTB, 1st Armd. Div. "Soldiers should be more concerned with working out rather than avoiding tripping hazards."

The staff cleaned and rearranged the gym to give Soldiers more space to exercise and improve the overall atmosphere for Soldiers working out.

"The gym used to look like a ghetto gym when I first got here, but now it looks like a professional, classic gym," said Staff Sgt. Ramon Echevarria, a Co. B Soldier who uses the gym often. "It feels good just coming in here."

Gym personnel teamed up with engineers to construct walls, cordoning off a separate room to allow exercise classes for Soldiers. There is also a DVD player and television, letting Soldiers use the activity room to do exercise DVD programs to aid them in their fitness path.

"The 16th Engineer [Brigade] helped us by putting up the walls and mirrors," said Smith, a native of Clayton, N.C. "With this innovation, we can now host classes, including boxing, spinning, aerobics and cross fitness, which is a mixture of cardio and strength improvement training."

Command Sgt. Maj. Sal Katz, the senior noncommissioned officer for DSTB, has played a substantial role in improving the gym.

"Most of these ideas and renovations would have been stopped before they began without Command Sgt. Maj. Katz's support," said Smith.

Smith and Katz have teamed up to develop goals and a way to track Soldiers' progress in order to encourage them to reach their goals. They created a "Miles to Freedom" club, in which Soldiers can run or ride 1,000 miles on the treadmill, elliptical, outside, or on the stationary bicycle. When Soldiers get done with their workout, they can see a gym representative and get their miles marked to track their progress on the chart.



A Soldier takes advantage of the renovations in the Iron Gym and works out March 16 on a machine that the leather padding was replaced recently. Warrant Officer Daniel Raymond, assigned to 16th Engineer Brigade, does bicep curls at the battalion gym, which has been rearranged to give Soldiers more room to exercise.

Some Soldiers have nearly reached 100 miles running already, and cyclists have reached over 260 miles since the program started March 1.

First Lt. Kyle McClendon, a medic from the battalion aid station assigned to Co. B, and a member of the "Miles to Freedom" program, is striving to reach the 1,000 mile mark in both bicycle and elliptical.

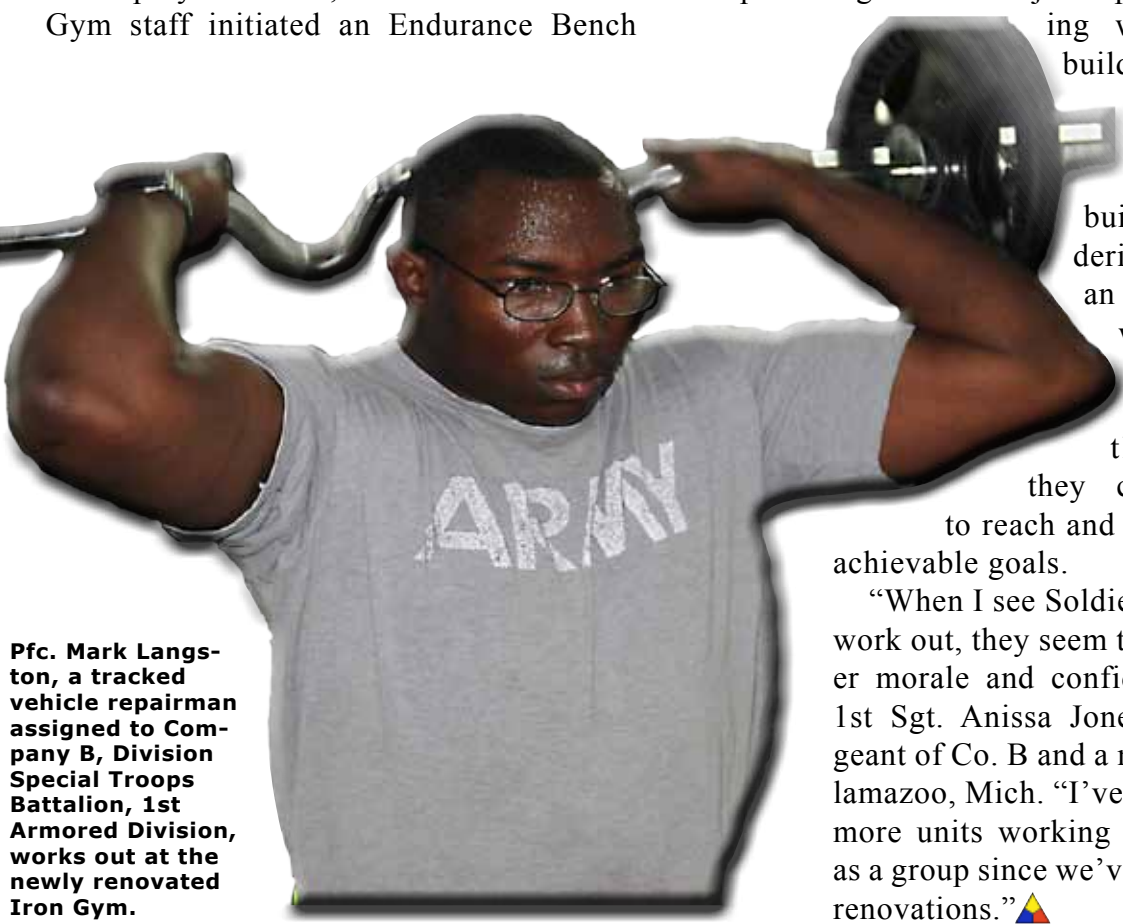
"It's good to have a clear goal and a way to track your progress toward that goal. I'm shooting to reach 1,000 miles on the bicycle in three months, and the elliptical by the end of our deployment here," he said.

Gym staff initiated an Endurance Bench

Press Competition on Sundays. The competition challenges Soldiers to bench press a total of 10,000 pounds for males, 5,000 pounds for females, no matter how many repetitions it takes to achieve the final total weight, in the shortest time possible.

All of these renovations and new programs have shown plenty of results. Before the 1st Armd. Div. took over responsibility for the gym, there were an average of only 250 people utilizing the gym, and after these renovations, the normal amount of daily attendance is up to well over 400, said Smith. Gyms have been providing more than just a place for lifting weights and building massive muscles, they can also build camaraderie and offer an atmosphere where personnel can challenge themselves, they can attempt to reach and then surpass achievable goals.

"When I see Soldiers after they work out, they seem to have higher morale and confidence," said 1st Sgt. Anissa Jones, first sergeant of Co. B and a native of Kalamazoo, Mich. "I've also noticed more units working out together as a group since we've made these renovations." 🚩



Pfc. Mark Langston, a tracked vehicle repairman assigned to Company B, Division Special Troops Battalion, 1st Armored Division, works out at the newly renovated Iron Gym.



BAGHDAD – Sgt. Andrew Rasfeld of Cincinnati, Headquarters and Headquarters Company, 16th Engineer Brigade, uses a Robyi TEK4 professional laser distance measure while visiting a local school in need of repair. The 16th Eng. Bde., has teamed up with the 17th Iraqi Army Field Eng. Regiment to provide some much needed repairs to local schools. Members of 16th conducted a reconnaissance mission March 19 to draw up plans on how to move forward with the project.

16th Engineers survey local schools for repair

*Photos by Staff Sgt. April Mota,
101st Eng. Bn., 16th Eng. Bde., USD-C*



In an effort to determine the level of repairs needed, Sgt. Andrew Rasfeld uses a Robyi TEK4 professional laser distance measure at a school in Baghdad.



Sgt. Andrew Rasfeld measures the length of a trailer currently being used as a classroom at a school in Baghdad.

Keep your eyes
OPEN
for Vulnerabilities
PRACTICE GOOD OPSEC!

Lions, tigers but no bears

Iraqi, U.S. veterinarians partner to help Baghdad Zoo animals

Story & photos by Sgt. Phillip Valentine
366th MPAD, USD-C

The call came in to Capt. Curt Degeyter; a seven-month-old male patient was presenting the symptoms of an unknown illness. He was acting sluggish, had limb weakness, tremors and showed signs of getting worse.

No one on location could find a diagnosis. If something was not done soon, the patient – a tiger at the Baghdad Zoo – might die.

After receiving the call for help March 24, Degeyter, a doctor of veterinary medicine assigned to 1st Armored Division, quickly made his own calls to other U.S. Army veterinarians to visit the zoo.

When Degeyter received the call, he said he remembered thinking, “I am a doctor specializing in equine [horse family] medicine. I have never evaluated a tiger.”

Degeyter said he found the idea of getting into a cage interesting yet unnerving, but decided it was something he had to do.

Before he could go out and evaluate the tiger, however, he had to conduct some research. He poured over manuals, journals and various web sites to find the correct dosages for sedating a young tiger.

Degeyter smiled.

“A horse weighs quite a bit more than a tiger cub.”

He also knew that there were other veterinary specialists around Victory Base Complex whom he could ask for help, so after making some calls, he found a vet who specializes in working with cats –

Maj. Matt Takara, commander, 51st Medical Detachment Veterinary Medicine, 248th Medical Detachment Veterinary Services.



A sedated tiger cub gets a medical check-up from Dr. Mewafak Raffo, a veterinary advisor assigned to 1st Armored Division (Left) and Maj. Matt Takara, commander 51st Medical Detachment Veterinary Medicine, 248th Medical Detachment Veterinary Services March 24 at the Baghdad Zoo.

mander, 51st Medical Detachment Veterinary Medicine, 248th Medical Detachment Veterinary Services, answered the call.

Takara said he jumped at the chance to work with the large cat. He had worked with house cats on several occasions but this would be something completely different.

Upon arriving at the zoo, Takara and Degeyter joined several Iraqi zoo employees standing by to lend them a hand. Together, the group took time to evaluate all necessary equipment and discuss the current status of the cub.

Degeyter suspected the tiger cub was suffering from a nutrient deficiency, meaning he was not getting the

vitamins he needed to stay healthy.

“The zoo started to feed the cub avian vitamins and they saw an improvement,” said Degeyter. “The avian vitamins are for birds, of course, but due to the unavailability of other vitamins, the zoo staff had to improvise.”

He told the zoo staff to continue this treatment until lab results returned and a clearer diagnosis could be established.

The plan to obtain those results, Degeyter said, was to sedate the animal, draw blood and send a sample to North Carolina State University, a school that has a past relationship with the zoo. Another sample would be tested at VBC.

Together, the zoo workers and the U.S. veterinarians safely tranquilized the tiger cub and prepped him for a blood draw by shaving a small spot on the inside of his leg. The needle entered, blood was drawn and packaged for the long trip back to the United States.

Once the procedure was complete, Takara conducted a head-to-tail inspection of the cub, which included looking inside the tiger’s mouth while carefully avoiding

the sleeping cat’s large teeth.

“I looked at the teeth and gum color, its boney structure, felt its belly, and checked the legs,” said Takara. “It is just getting your hands on the entire cat [to] see if you can find anything abnormal.”

When finished, they left the tiger to catnap and recover from the experience, but the veterinarians were not done. Another patient was also suspected of being ill; this time, a juvenile female lion.

The group traveled to the lion section of the zoo and found the very large, very ill-tempered patient pacing inside her cage.

Once sedated, the lioness went through the same process that the tiger cub had undergone. Extra care was taken in this case due to her size and the possibility of her awakening and finding a bunch of humans inside her home.

After making the lion comfortable for her recovery, the joint team of animal caregivers shook hands and thanked each other for the help, although this will not be the last time they work together, said Degeyter.

They plan to continue searching for a diagnosis for the animals, and to get together again in the future whenever the need arises. ▲



The awaiting patient, an approximately seven-month old tiger, stares intently at a veterinary team consisting of Iraqi zoo workers and a U.S. forces veterinary team entering his domain.



BAGHDAD – Spc. Owen McMillan of Swampscott, Mass., Forward Support Company, 101st Engineer Battalion, receives an Army Achievement Medal from a member of the 89th Military Police Brigade, March 14 at Camp Taji. McMillan was part of the team that helped build a new road leading to the Camp Taji Internment Reconciliation Center. The center has just been turned over to the Iraqi Army as part of the drawn down of U.S. forces.

Engineers awarded for role in Taji detention center turnover

*Photos by Sgt. Tracy Knowles,
101st Eng. Bn., 16th Eng. Bde., USD-C*



Col. John Huey, 89th Military Police Brigade, awards Staff Sgt. Jason Andrews of Salem, Ohio, assigned to the 1192nd Engineer Company, an Army Commendation Medal and words of praise. Andrews, the non-commissioned officer in charge of a new road leading to the Camp Taji Internment Reconciliation Center, did whatever it took to make sure the road was completed before the handover ceremony on March 15.



Soldiers of the 1192nd Engineer Company from Ohio, 621st Survey and Design team from North Carolina, and Forward Support Co. of Massachusetts, who worked together to construct a road leading to the Theater Internment Reconciliation center on Camp Taji, receive Army Achievement Medals from members of the 89th Military Police Brigade.

Country singer entertains at Camp Ramadi

*Photos by Sgt. Michael MacLeod,
1st AAB, 82nd Abn. Div., USD-C*



CAMP RAMADI, Iraq – Country music singer Whitney Duncan finishes a song off her debut album, "Right Road Now," for U.S. paratroopers stationed at Camp Ramadi, March 23. The album will be released digitally April 20.



Lead guitar for country music singer, Whitney Duncan picks a tune. Soldiers reported that they enjoyed Duncan's stage presence at Camp Ramadi.



Country music singer Whitney Duncan sings her first single to make the charts, "When I said I would," for Soldiers at Camp Ramadi. Duncan participated on the show, "Nashville Star," in 2007.



Whitney Duncan, an up-and-coming country music singer, performs a show for troops. Her show provided stress relief in the wake of the U.S. and Iraqi focus on the March 7 Iraqi national elections.



101 days of beating the heat



Story by Sgt. Teri Hansen
366th MPAD, USD-C

BAGHDAD – Summer is coming and the possibility of heat casualties rises along with the temperature. Soldiers need to take extra care to avoid heat related injuries during the 101 days of summer in Iraq, said Capt. Richard Ramos, the environmental science officer for 1st Armored Division Surgeon's Office.

Soldiers in Iraq are subject to a higher risk of becoming a heat casualty due to the intense heat of the environment. Failing to properly acclimate to the higher temperatures can be a big factor in falling prey to heat injuries. Over exertion, lack of sleep and previous duties that involved mostly indoor work can determine how long it can take for a Soldier to acclimate in Iraq. According to the U.S. Division – Center Safety Office, 95 percent of people become fully acclimated after 14 days. It is important to remember a Soldier will fully acclimate to their environment while on leave and will therefore need the same

14 days to reacclimate upon arrival back into country.

There are many risk factors for heat related injuries. Medications can affect a Soldier's hydration level. For example, pseudoephedrine, commonly found in cold and sinus medications can increase the body's heat production causing an increase of perspiration. When taking medications with pseudoephedrine in them, water intake should be increased to compensate for the loss of water during excessive sweating. Antihistamines, laxatives, diuretics and anti-nausea medications generally include a warning to increase fluid intake. These medications all have a tendency to dehydrate a person, cautions the USD-C Safety office.

Many Soldiers on deployment strive to gain muscle or lose weight. People should be cautious when taking even over the counter supplements; drink plenty of water while taking supplements or protein shakes, said Ramos.

Other factors that can play a role in heat related injuries are health or fitness levels, illness, age, lack of sleep and being a prior heat casualty; any combi-

nation of these factors can lead to heat related injuries, said Ramos.

Heat injuries can vary from mild sunburns to heat strokes, but beating the heat can be simple if the right precautions are taken. Drinking fluids is important to stay hydrated. Cool water is the best rehydration fluid – very cold water can cause stomach cramps. Avoid drinks with large amounts of caffeine or sugar; these drinks actually cause the body to lose more fluid. Two to four cups of fluid should be consumed every hour, especially during heavy exercise. Heavy sweating removes salt and minerals as well as water from the body. According to the U.S. Army Center for Health Promotion and Preventative Medicine a way to replenish this loss is by drinking sports drinks during heavy exercise and maintaining a balanced diet.

Staying in an air-conditioned area is the preferred method for beating the heat, but when outdoor activities are unavoidable, attempt to schedule them for early morning or evening. Taking many breaks in a shady area is advisable as well. Wear loose-fitting, lightweight,

light-colored clothing for working in the heat. Also, wear sunscreen with an SPF 15 effectiveness or higher.

The USD-C Safety Office, Division Surgeons Office, preventative medicine and environmental science personnel are currently working together on a campaign involving multimedia events and publications throughout the summer to inform Soldiers on heat injuries with an overall goal of preventing as many injuries as possible, said Ramos.

If a Soldier does fall victim to a heat injury, we want our medical providers to render proficient and appropriate aid to get our Soldier back to duty in a timely manner, said Ramos.

"Our sentinels – combat lifesavers, medics and field sanitation teams need to be mitigating the hazards of heat injuries by being up to speed on current standing operating procedures and conducting training for the Soldiers in their units," explained Ramos.

"Reviewing, revising and formulating this campaign is important," said Ramos. "Making it fun and not just 'another old safety message' is our goal in an effort to have no heat injuries." ▲

Heat Category	WBGT Index, °F	EASY WORK		MODERATE WORK		HARD WORK	
		WORK/REST (min)	WATER INTAKE (qt/hr)	WORK/REST (min)	WATER INTAKE (qt/hr)	WORK/REST (min)	WATER INTAKE (qt/hr)
1 WHITE	78° - 81.9°	NL	1/2	NL	3/4	40/20 min	3/4
2 GREEN	82° - 84.9°	NL	1/2	50/10 min	3/4	30/30 min	1
3 YELLOW	85° - 87.9°	NL	3/4	40/20 min	3/4	30/30 min	1
4 RED	86° - 89.9°	NL	3/4	30/30 min	3/4	20/40 min	1
5 BLACK	90° <	50/10 min	1	20/40 min	1	10/50 min	1
		~ Weapons maintenance ~ Walking, hard surface, 2.5 mph with 30 lb load ~ Marksmanship training ~ Drill and ceremony ~ Manual of arms		~ Walking, loose sand, at 2.5 mph, no load ~ Walking, hard surface, 3.5 mph with 40 lb load ~ Calisthenics ~ Patrolling ~ Individual movement techniques, e.g., low or high crawl ~ Defensive position construction		~ Walking, loose sand, at 2.5 mph, with load ~ Walking, hard surface, 3.5 mph with 40 lb load ~ Field assaults	



The 1st Armored Division's Iron Oasis food service team proudly displays the trophy they won March 27 during an "Iron Chef" competition at the DeFleury dining facility at Camp Liberty.

Out of the frying pan, into the fire

1st Armored Division team wins 'Iron Chef' competition

Story & photo by Pfc. Debrah Sanders
366th MPAD, USD-C

BAGHDAD – A group of five personnel represented U.S. Division – Center during a monthly culinary competition that tests dining facility personnel's creativity and ability to work under pressure.

A team of four Soldiers and one civilian from the Iron Oasis dining facility participated in an "Iron Chef" competition in DeFleury dining facility at Camp Liberty March 27.

The goal of the competition is to create at least five entrées within a one-hour time frame, said Staff Sgt. Terry Allen, a native of Galveston, Texas and food operations non-commissioned officer, Company B, Division Special Troops Battalion, 1st Armored Division.

Judges are normally command sergeants major, first sergeants, officers, warrant officers and civilians, said Allen. The teams are also judged on teamwork, taste, garnish, sanitation and appearance.

Teams from all the dining facilities at Victory Base Complex were present. The team from the Raider DFAC was the most intimidating competitor, as they have taken the trophy the last three times the competition has been held.

Allen, as the team supervisor, observes his team throughout the competition. He also said the teams rotate out so each Soldier gets

a chance to participate in the competition.

Sgt. Jamaal Smith, a native of Summerton, S.C., a food service specialist, Co. B, DSTB, 1st Armored Div., was the team leader for this competition.

"They did outstanding. They had a lot of good teamwork, and everyone gave their input," said Smith, after the competition.

"This competition keeps everyone up on their game ... It benefits the Soldiers; it teaches them how to work under pressure," said Smith.

Smith also said it is a good morale boost, allowing his Soldiers to break away from the daily routine.

Dining facilities at VBC have mainly civilian personnel working in them, and Soldiers, like Smith, supervising. Since civilians are normally the ones who prepare food for the Soldiers, Smith and others in his field conduct head counts or have other duties.

"It's a unique opportunity to really do our [military occupational specialty]," said Smith. In addition to that, the actual competition makes it fun.

The teams waited while the judges sampled and scored the entrées that had been prepared.

After a bit of deliberation the judges finally announced their decision. Iron Oasis was the winner out of the four teams that participated. The winners received the trophy from the Raider DFAC team, until the competition next month, when they will compete again. ▲

'Stache for cash

Friendly competition grows into hometown charity effort

Story by Staff Sgt. April Mota

101st Eng. Bn., 16th Eng. Bde., USD-C

BAGHDAD – What started as a friendly competition between two Soldiers from Headquarters Support Company, 101st Engineer Battalion, has grown into support for a charity event in their home state.

Spc. Anthony Cavalieri, of Framingham, Mass., and Spc. Joseph Costa, of Clinton Mass., began a bet with each other to see who could grow and maintain a "deployment mustache" the longest time without shaving it.

Then Cavalieri came up with an idea: the bet could be used to help others. So the two Soldiers ran the idea by their company commander, Capt. Michael McDevitt, of Sutton, Mass., HSC. He was quick to support it.

"I told them to put it in writing and I would help distribute the idea to the companies. I think it could work well; it's a great idea," said McDevitt. "Heck, if someone sponsored me, I'd grow one."

Cavalieri wanted to find a charity in his hometown when deciding which one to promote. The Jimmy Fund, founded in 1948, supports the fight against cancer in children and adults at Boston's Dana Farber Cancer Institute. The Jimmy Fund is widely known in Massachusetts for its involvement with local sports teams that Soldiers follow.

"This is a great opportunity to both raise money for a good cause and to show the people of the commonwealth that even though the Soldiers of the 101st Eng. Bn. are deployed, we are still Massachusetts National Guardsmen," said Cavalieri.

Cavalieri may have suggested the Jimmy Fund because it was local, but Costa strongly agreed since his wife's grandmother died from cancer in 2009.

Cavalieri knows many causes have a little ribbon you can wear to promote a foundation, but he realizes wearing a pink one won't exactly follow Army Regulation 670-1.

"We are having fun with it, our mustache is our version of the little pink ribbon," said Cavalieri.

The idea has grown on a lot of Soldiers from 101st Eng. Bn., who are getting involved by sporting their own 'stache. Spc. Joshua Newman, of North Attleboro, HSC, normally would never wear a mustache. He started growing one.

"I can't pass up the opportunity to help a good cause," said Newman.

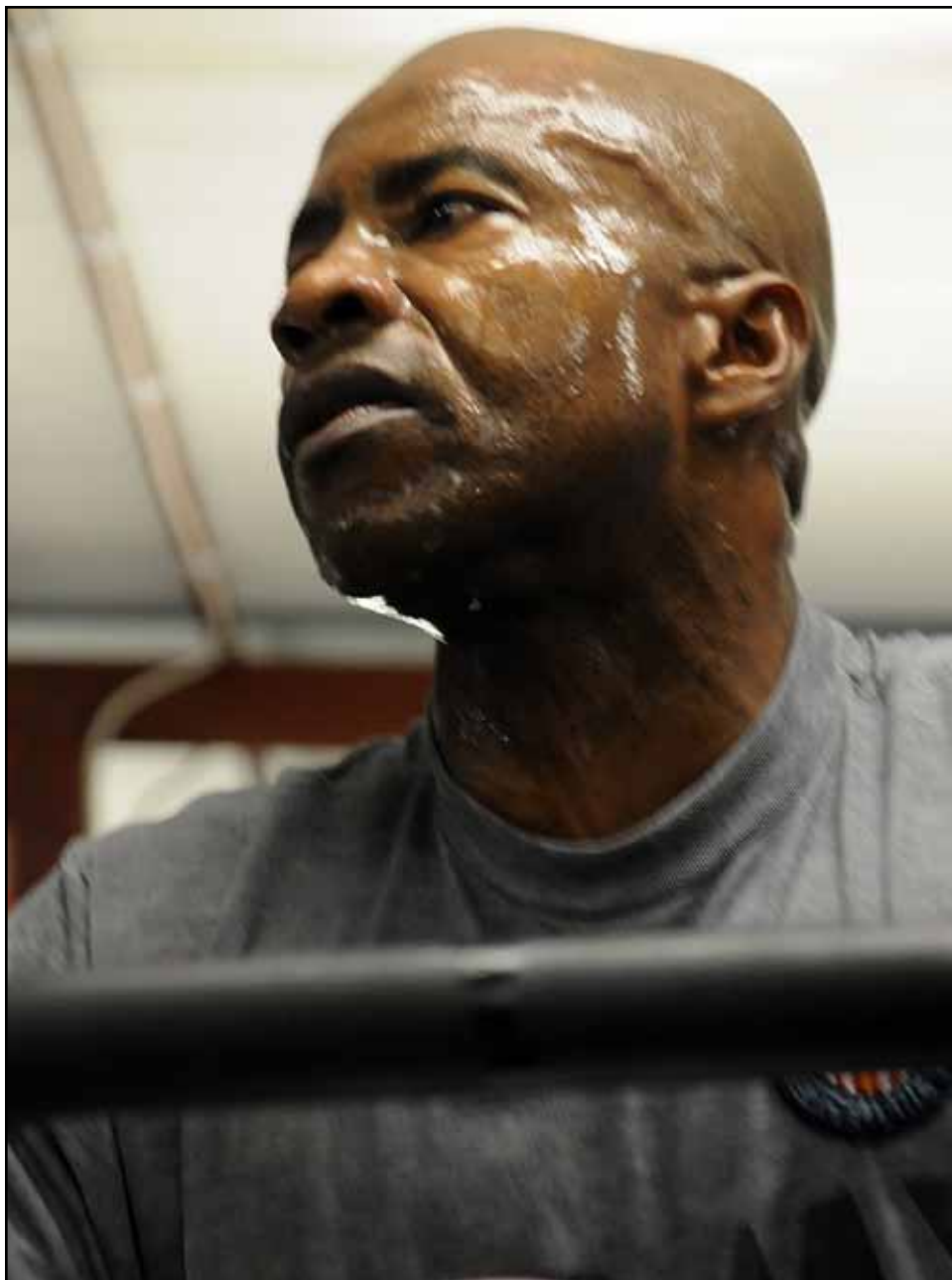
Costa and Cavalieri are very with the amount of positive feedback and support they are getting from the battalion.

"People love it! They walk by and say, 'Stache for Cash!'" said Cavalieri.

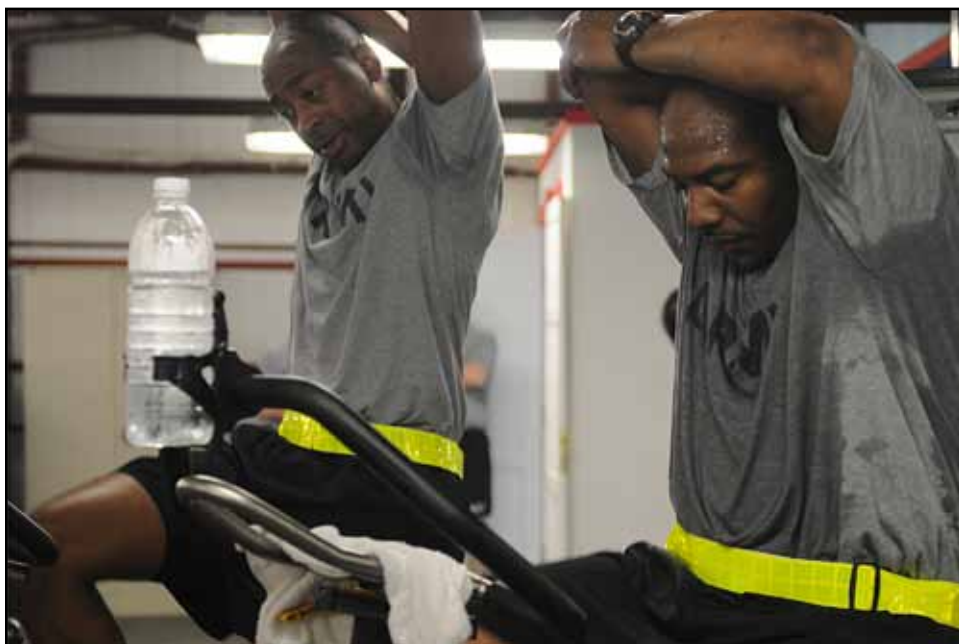
The Soldiers are asking for a donation of \$1.00 per day for their remaining time in theater, which will end soon. They have raised more than \$500 already, and will donate it in full to the Jimmy Fund upon their return home. ▲

Building endurance in combat zone

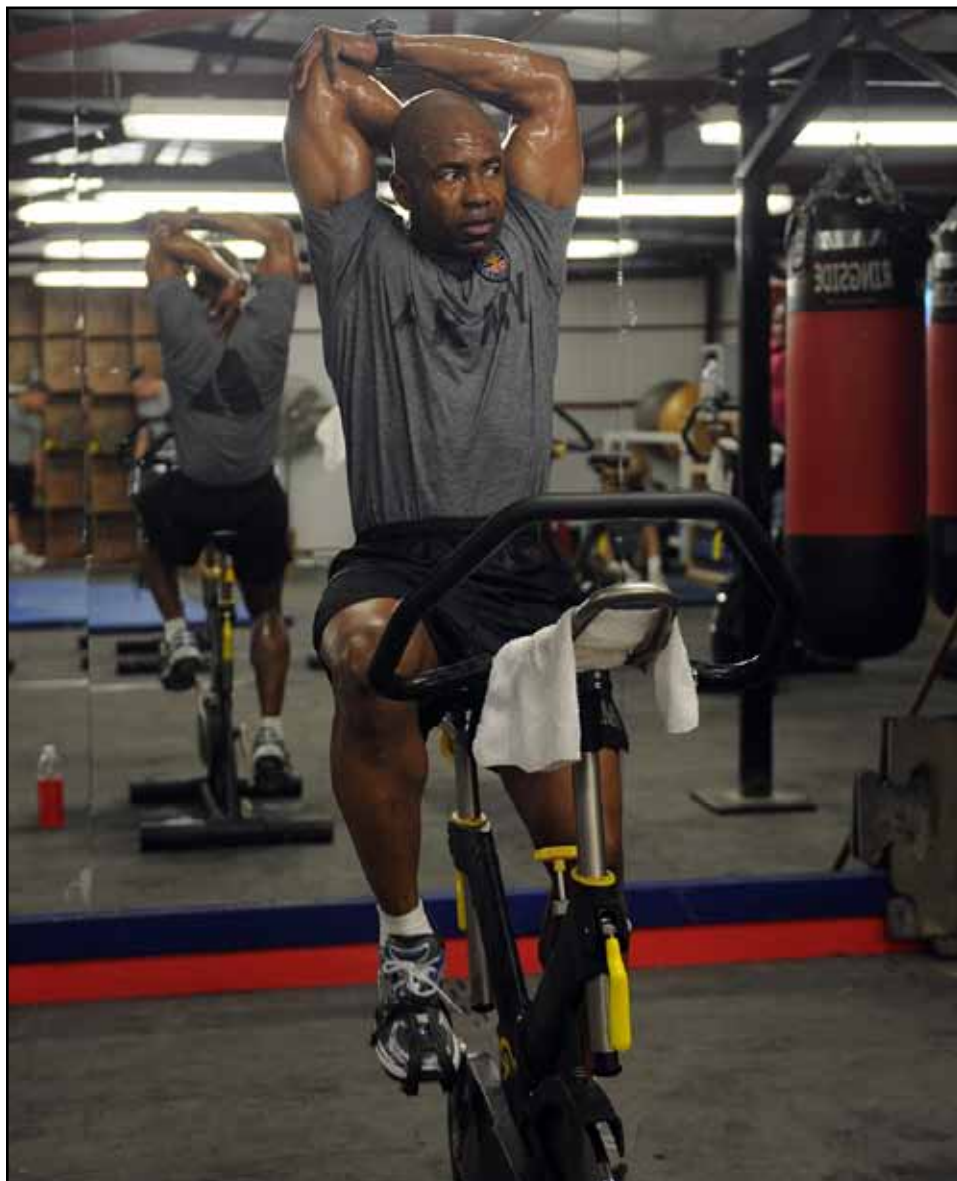
*Photos by Sgt. Samantha Beuterbaugh,
366th MPAD, USD-C*



BAGHDAD – Staff Sgt. Delroy Barnett with Company B, Division Special Troops Battalion, 1st Armored Division, works just as hard as the people taking his class. His motivation drives the class attendees to push themselves even harder. The class is held every Tuesday and Thursday at 6 a.m.



Sgt. 1st Class Kevin Gibson and Sgt. Maurice Atwood stretch on stationary bikes after an intense, hour-long spinning class at the Iron Gym. Atwood, an El Paso, Texas, native assigned to Company B, attends the spinning class regularly and said, "It's a great core and leg workout." Gibson is assigned to Co. A, and a native of Ocala, Fla., and he said it's a challenging class and that he gets a lot out of it.



Staff Sgt. Delroy Barnett, a native of Fort Lauderdale, Fla., leads his spinning class in stretches as part of its finishing touches. The combat medic with Company B, feels fitness is important, and he's eager to help others meet physical training needs.



Staff Sgt. Delroy Barnett leads a spinning class March 11 in the Iron gym.

Engineers improve Mobile Redistribution Team yard

*Photos by By Spc. Hugh Lawson,
317th Eng. Co., 16th Eng. Bde., USD-C*



Spc. John Broccardo, 317th Engineer Company, operates a roller, putting finishing touches to a portion of the Mobile Redistribution Team's yard that will help mitigate the mud problem in the parking lot.



Spc. Bret Harmon (right) and Sgt. Brian Guzman (left), 317th Engineer Company, are setting up a laser level at the Mobile Redistribution Team, the device is used to ensure surface repairs are as smooth as possible.



Staff Sgt. Jason Clark, 317th Engineer Company, prepares a 20-ton dump truck to empty a load of gravel. Two dump trucks brought dirt and gravel to fill in low spots in the Mobile Redistribution Team's yard. The added material should improve the yard greatly, bringing an end to the flooding when it rains.



BAGHDAD — Spc. Robert Smith, 317th Engineer Company, empties a load of gravel at the Mobile Redistribution Team's yard at Victory Base Complex March 12. The engineers have been working at the MRT yard to improve the surface and drainage, which will mitigate the current mud and flooding problems.

Oldest National Guard unit builds operations center with youngest Iraqi Army division

Story & photos by Sgt. Tracy Knowles
101st Eng. Bn., 16th Eng. Bde., USD-C

BAGHDAD – A choreographed symphony of sounds, a plethora of smells, and the beautiful blue sky painted above, creates a well-orchestrated partnership between 101st Engineer Battalion, “The Oldest in the Nation,” and 17th Iraqi Army, the youngest division in the IA, on Contingency Operating Location Deason March 20.

Soldiers of 1434th Eng. Company, 101st Eng. Bn., have been working with the Soldiers of 17th IA to build a new Command Division Operation Center. When complete, the CDOC will hold six private offices and enough space for 17th IA operations equipment and personnel.

In less than one week the structure, which is 45 feet by 65 feet, is already in the wiring stage and the roof is being placed. The U.S. and IA Soldiers have worked many long days together, allowing them to be ahead of the scheduled completion date.

When the job started the Iraqi engineers were untrained on carpentry skills. After some training and some encouragement the IA Soldiers are now able to work with little guidance from the U.S. Soldiers. The skills the



The 1434th Engineer Company, 101st Eng. Battalion, and 17th Iraqi Army work together to build a new Command Division Operations Center March 20 at Contingency Operating Location Deason. Spc. Joshua Thomas, of Maple Rapids, Mich., works along side Pvt. Qais Atea upon the roof of the CDOC.

IA Soldiers have acquired not only will help them on future projects here on COL Deason, but also give them the ability to assemble simple household furniture out of scrap wood, like medicine cabinets with latches to keep their small children safer at home.

“We took an afternoon and taught them some basic skills and safety, we also taught them how to build simple furniture, now we can’t get them to stop and take break,” said Spc. Daryl Kujat, 1434th Eng. Co.

The partnership has gone so well that higher ranking officers of the

17th IA stop by the job site to see the hard working Soldiers and the quick progress of the building.

With two young lieutenants in charge, the CDOC building has come along with no major snags. The lieutenants are proud of their men, all of whom are working well together despite the language barriers.

“What’s amazing about these Soldiers is they are always ready to work and always on time, their discipline and mannerism are much like ours,” said 2nd Lt. Jacob Della Pia, of Manistee, Mich., 1434th officer in charge, “all of these Soldiers were excited to learn and interact with American Soldiers, I couldn’t have asked for a better group of guys”.

Lt. Ali Hadi, OIC for the 17th IA, explained: “It is an honor to work with the Americans, my men will always be able to talk about this as part of their history, the Soldiers’ pride and confidence has grown tremendously.”

The completion of this project will bring a partnership that will be a part of the 101st Engineers’ historical lineage and a strong building that will stand for many years, helping yield many successful future Iraqi missions. 



Second Lt. Jacob Della Pia, of Manistee, Mich., applies sheeting to the side of the new Command Division Operations Center at Contingency Operating Location Deason. The 101st Engineer Battalion has helped 17th Iraqi Army engineers become a self-sufficient asset to their division by teaching them some basic carpentry skills.



TARMIYAH, Iraq – A Soldier with the 36th Brigade, 9th Division Iraqi Army scans his sector for potential threats during a cache search mission. U.S. and Iraqi Army Soldiers conducted air assault training the day prior to travelling by air for their mission March 14.



TARMIYAH, Iraq – Staff Sgt. Eric Rodrigues, a squad leader with 2nd Squadron, 1st Cavalry Regiment, 4th Brigade, 2nd Infantry Division from Los Angeles, hurdles across a creek during a cache search March 14.



TARMIYAH, Iraq – A military working dog leaps across a creek during a cache search conducted by the 36th Brigade, 9th Division Iraqi Army and the 4th Bde., 2nd Infantry Division.

Air assault training with a twist



TAJI, Iraq – In preparation for an air assault mission, Soldiers with the 36th Brigade, 9th Division Iraqi Army practice loading and unloading a Mi-17 “Hip” helicopter Mar. 13.

Story and photos by Spc. Luisito Brooks
4th SBCT PAO, 2nd Inf. Div., USD-C

TAJI, Iraq – The UH-60 Blackhawk and Mi-17’s rotors tossed clouds of dirt into the air on their approach, as Soldiers from the 36th Brigade, 9th Iraqi Army and the 2nd Squadron, 1st Cavalry Regiment, 4th Bde., 2nd Infantry Division ran to the landing zone to be air lifted back to base, completing their mission March 14 at Tarmiyah.

“The IA came up with the idea to combine the training mission and the cache search,” said 1st Lt. Shawn Kitchin, a platoon leader with A Troop, 2nd Sqdn., 1st Cav. Reg., 4th Bde., 2nd Inf. Div. “Both objectives needed to be done, so we planned it and executed it.”

The day before, all of the participants involved in this mission came together to rehearse the proper way to load and unload the helicopters. Rehearsals went on all day until the sun had almost set.

“We practiced a lot and it was fun,” said Lt. Hasim, a 9th IA Div. officer. “Everyone was excited about this new experience and training because we are working with our partners the American Soldiers.”

The training event had been in the planning stages for a few weeks and luckily the weather was good, explained Staff Sgt. Eric Rodrigues, a squad leader with A Troop.

“We air assaulted into what are key spots that were used to bury caches,” said Sgt. Matt Engelbrecht, a team leader with A Troop. He added that they used military working dogs and mine detectors during the search.

The team navigated through tall, dry grass and brush, looking for anything that could possibly be the location of a cache.

“We looked all over that place for a few hours and we didn’t find much, but this mission wasn’t wasted,” said Engelbrecht, a Weatherford, Okla. native. “The IA can now take this training and build from this point forward.”

The group came together to conduct an after action review, to discuss and evaluate what happened during the day, and what was learned from the mission.

“The mission went very well because many of my Soldiers never had this experience before,” said Hasim. “Now we can take what we learned and be more confident with (future) missions.”



TARMIYAH, Iraq – Sgt. Matt Engelbrecht, with 2nd Squadron, 1st Cavalry Regiment, 4th Brigade, 2nd Infantry Division provides security during a weapons cache search March 14.

1-38 Infantrymen trade bullets for Barbie backpacks

Story and photos by Sgt. Bryce Dubee
4th SBCT PAO, 2nd Inf. Div., USD-C

BAGHDAD – With their Strykers parked outside, 1st Lt. Matt Sawdy led 1st platoon, Company C, 1st Battalion 38th Infantry Regiment, 4th Stryker Brigade Combat Team, 2nd Infantry Division, into the building, his men setting up a security perimeter along the way.

Inside the courtyard, the lieutenant met with his Iraqi Army counterpart, discussed plans for the day's mission, then took a knee, placing his M4 carbine at his side and picking up a bright pink Barbie backpack.

Soldiers from the platoon conducted a series of humanitarian assistance drops March 25, delivering roughly 2,400 backpacks full of school supplies to children at schools in their operational environment.

As Sawdy and his men took their positions to begin distributing the supplies, teachers from the school led



With hundreds of pink backpacks filled with school supplies and toys behind them, Soldiers from 1st Platoon, Company C, 1st Battalion 38th Infantry Regiment, 4th Stryker Brigade Combat Team, 2nd Infantry Division, hand the supplies to students at a girls' school March 25. The Soldiers delivered roughly 2,400 backpacks to students at several schools throughout the day.

their eager students into the courtyard.

"It's good to get out here and help the kids out," he said. "As a father, it

makes you feel good."

As security continues to improve in Iraq, the infantrymen are finding themselves conducting more of these types of missions rather than the high-intensity combat operations they would have conducted during their previous deployments.

After two deployments to Iraq full of intense fighting from 2003 to 2004 and again from 2006 to 2007, Sgt. 1st Class Adam Asclipiadis assumed this deployment would be similar.

"This deployment is different from the last," the San Jose, Calif., native said, explaining that even with the pre-deployment emphasis on supporting the Iraqi Security Forces, citizens and government, the amount of non-lethal missions he's conducted this deployment came as a surprise.

"Even the non-kinetic operations at (the Joint Readiness Training Center,) the key leader engagements, and all that did not prepare my brain for this," the infantry platoon sergeant said, as smiling schoolchildren lined up to get their supplies. "There's a sense of satisfaction that the deployments we did before meant something."

This fact is something that Asclipiadis imparts on his Soldiers, admitting that sometimes there's a challenge in explaining this new reality to young infantrymen, straight out of training, who anticipate they will be heading into a fight.

"Ever since basic, they've been drilled 'kill, kill, kill, assault and breach.' — We're not really doing any

of that, so you have to refocus them," he said, adding that while some might get frustrated at times with the boredom of something like a school supply drop, he feels his Soldiers will realize the significance of their actions in the long run. "Years from now they'll look back and say, 'I did that.'"

Participating in the mission that day, while on his first deployment, was Pfc. Benjamin Dodd, a M240 machine gunner. He said that while it's not what he expected, he's embracing his new role.

"It's a totally different war now," the Rockville, Tenn., native said. "We're trying to build (the Iraqis) up now as a country."

Dodd said he's appreciative of the real-world experience he's gaining while deployed and better understands the sacrifices of the Soldiers who came before him.

A Stryker driver from Milladore, Wisc., also on his first deployment, Pfc. Robert Grassel agreed, echoing a comment spoken by Asclipiadis earlier that day.

"Sgt. A said that this deployment is better because he'd rather go home with all of his Soldiers than a bag full of memories," said Grassel.

For Dodd, while he's first and foremost an infantryman, he enjoys watching the Iraqi children running away with smiles on their faces and arms full of school supplies.

"If I had to do projects all the time," he said, "these are the kind I'd want to do." 🌈



Excited Iraqi boys play to the camera and show off the toys they received during a humanitarian assistance drop.

First female four-star general visits Raider Soldiers

Story and photos by Pfc. Kimberly Hackbarth
4th SBCT PAO, 2nd Inf. Div., USD-C

BAGHDAD – Standing at parade rest in the doorway of the 4th Stryker Brigade Combat Team, 2nd Infantry Division headquarters, Spc. Jacqueline Williams, a medic with Headquarters and Headquarters Company, was excited, waiting to call the headquarters to attention for a distinguished guest.

Though she'd done it many times before for important visitors, this guest meant a little more to her as a female Soldier, as the guest that day was the first female four-star general in U.S. Armed Forces history – Gen. Ann Dunwoody, commanding general of U.S. Army Materiel Command.

The general visited the brigade March 22 and received a brief from leaders of 4th SBCT about the Stryker unit's mission, the Stryker's role in current operations, recommendations about changes to the maintenance program of the Stryker, changes to the vehicles basic equipment load and configuration of the new blast seats.

While the brief was taking place, a group of female officers had gathered outside the brigade headquarters, as excited about the general's visit as the young specialist had been earlier that morning.

"She's had a very interesting career and it kind of just shows you that just because you're a girl and there's things you can't do [such as] Ranger School [and] Special Forces, you can still have a really fulfilling career," said Wil-



A 4th Stryker Brigade Combat Team, 2nd Infantry Division Soldier explains the capabilities of a Stryker to the first female four-star general in the United States Armed Forces, Gen. Ann Dunwoody (left), commanding general, U.S. Army Materiel Command at the brigade headquarters building March 22.

liams.

Dunwoody's visit just so happened to be during Women's History Month, a time to celebrate the achievements of women throughout history. In addition to being the first female four-star general Dunwoody has claimed many other "firsts" in women's history in the military including becoming the first female to command a battalion in the 82nd Airborne

Div. and being the first female to command the Combine Arms Support Command at Fort Lee, Va.

During her trip, the general gave command coins to outstanding Soldiers of the brigade, including Spc. Brittany Bell, a medic with HHC.

"She's very appreciative of what I do, being a female in an all-male platoon," said Bell, a Savannah, Ga. native. "It's nice to be recognized by someone of her stature."

Dunwoody's visit also provided Bell with inspiration for her own future.

"I do have hopes to go to (officer candidate school), so it's nice to know that it is an attainable goal to reach such a high rank as a female in the Army," she said.

Climbing up in the ranks herself, Capt. Aisha Hughes, incoming commander of Co. B, 702nd Bde. Support Bn., said she views Dunwoody's accomplishments as an example of equal opportunity for females in the military. Hughes explained she has been given a lot of opportunities while in the Army not because of her gender, but her performance as a Soldier.

"As far as gender and a difference, I mean, I haven't really seen much of a difference," said Hughes, a New Orleans native. "It's been a very equal playing field."

Before leaving for the next leg of her trip, Dunwoody met with a group of female officers from the brigade, shaking hands with them and expressing her gratitude for their service in Iraq.

"I'm so proud of all of you," said Dunwoody. "You're making history yourselves." ▲



Gen. Ann Dunwoody greets Spc. Tori Figgers, a legal clerk with 702nd Brigade Support Battalion, 4th Stryker Brigade Combat Team, 2nd Infantry Division at the brigade headquarters building. Dunwoody gave coins to outstanding Soldiers in the brigade. Figgers, a Waynesboro, Miss. native received a coin.

Two senior Air Cav aviators make final Apache flight of their careers

Story and photos by Sgt. Travis Zielinski
1st ACB, 1st Cav. Div., USD-C

TAJI, Iraq – After spending their Army careers in the sky, two senior aviators made their final flight in a military aircraft March 25, before turning in the “keys” to the helicopter and moving on to different jobs.

Upon completion of their flight, Chief Warrant Officer 5 Dan Wallace, the brigade tactical operations officer, and Chief Warrant Officer 5 Donald Washabaugh, from Collingswood, N.J., the brigade aviation maintenance officer, both of whom are AH-64D Apache attack helicopter pilots in 1st Air Cavalry Brigade, 1st Cav. Division, U.S. Division – Center, were honored with a troop formation and a fire truck ready to hose the two down.

“It was really touching; I was surprised,” said Wallace, a native of Fort Hood, Texas. “This is the first formation I have seen like that. Obviously, the unit put a lot into it, and it was just very touching to be remembered in that way.”

In 30 years of service, Wallace has accrued 3,000 flight hours and has spent the current deployment working on the brigade’s tactical operations plans, airspace and electronic warfare.

“I have had the opportunity to work with so many great people of all ranks – warrant officers, commissioned officers, [noncommissioned officers] and Soldiers on the flight line,” said Wallace. “Twenty-four hours a day, in good times and bad, wartime and peace, and it has just been a great experience.”

Wallace will be moving to Fort Rucker, Ala., where he will become the Army Aviation TACOPS branch manager.

Taking part in Wallace and Washabaugh’s last flight, given the scope of the two warrant officers’ positions, was Col. Douglas Gabram, from Cleveland, commander of 1st ACB, who was pleased to pull onto the taxiway and see all the Soldiers formed up to honor the aviators’ last flight.

“They provide leadership as two of the senior W-5s in the brigade and that is what matters most – the leadership,” said Gabram. “They have been doing this many, many, many years, and I was just proud to have been a part of it.”

“There are some traditions and some heritage that goes back a long way by the last flight; everybody coming out here to congratulate them along with the water trucks – it was pretty special,” added Gabram.

Washabaugh felt it was a suiting close to his time spent in the air,



On their last flight as pilots-in-command, Chief Warrant Officer 5 Dan Wallace, from Fort Hood, Texas, the brigade tactical operations officer, and Chief Warrant Officer 5 Donald Washabaugh, from Collingswood, N.J., the brigade aviation maintenance officer, both AH-64D Apache attack helicopter pilots in 1st Air Cavalry Brigade, 1st Cav. Division, U.S. Division – Center, make an overhead pass in front of Soldiers who stood by, awaiting the aviators’ landings, to congratulate them on their final flight March 25.



Keeping with aviation tradition, Chief Warrant Officers 5 Dan Wallace (background right) and Donald Washabaugh, shake hands while getting hosed down March 25 by fellow aviators Chief Warrant Officers Michael Reese (foreground right), the brigade standardizations instructor pilot, and Scott McLendon, the brigade safety officer, both from Copperas Cove, Texas.

after having worked with Aviation Missile Command, the Department of the Army, U.S. Army Forces Command and various civilian entities, to successfully manage all of the aviation maintenance for 1st ACB.

“Today meant a lot to me, being that I am going to have 25 years in, knowing the unit that I care about me and how we are going to continue being a great service and a great organization,” said Washabaugh.

With four deployments to Camp Taji, contributing to his total of

5,200 flight hours, Washabaugh said he is ready to leave Taji and looks forward to supporting aviation supply from the DA level.

Within only a few minutes after returning from their final flight – and after getting drenched by fellow chief warrant officers – both aviators expressed mixed feelings about no longer working in the crew station of the Apache.

“I miss it now,” said Wallace. “But we have to move on to a different phase of service and do some different jobs, and I am looking forward to that – I think.”

Air Cav conducts joint air assault demo with elite ISF

Story & photos by Sgt. Travis Zielinski
1st ACB, 1st Cav. Div., USD-C

TAJI, Iraq – After spending several weeks working with an Iraqi strike force on planning and executing air assault missions and the importance of air-ground integration, 1st Air Cavalry Brigade concluded the training with a culminating demonstration March 29 to show off their newly capabilities.

Attending the demonstration, conducted by Soldiers of 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, U.S. Division – Center, were Lt. Gen. Ali Hammadi Tahir, the Karkh Area Commander for western Baghdad, and Brig. Gen. Kevin Mangum, deputy commanding general-center of USD-C, who were able to see the already strong abilities of the KAC Strike Team enhanced by an aviation platform.

“This demonstration shows the cooperation between [the Iraqi military] and U.S. forces, and it is important that the Iraqi command was included for this demonstration to see the execution method,” said Ali. “This is to lead us in the future to hope that we will be expanding this type of operation more and more.”

The Strike Team Soldiers are a group based out of Baghdad who works directly for the KAC. Out of the 110 who graduated the intense training to form the strike team, 70 were picked to be trained on this advanced aerial insertion technique.

The KAC Strike Team flew on an MI-17 HIP helicopter, piloted by the Iraqi Air Force. 1st ACB Soldiers supported the demonstration from a UH-60 Black Hawk helicopter, while an attack weapons team, comprised of two AH-64D Apache attack helicopters, provided aerial coverage for the assault



An MI-17 HIP helicopter from the Iraqi Air Force and a UH-60 Black Hawk from 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cav. Division, U.S. Division – Center, land on a simulated battlefield March 29 during an air assault demonstration. Lt. Gen. Ali Hamadi Tahir, the Karkh Area commander for western Baghdad and Brig. Gen. Kevin Mangum, deputy commanding general of 1st Armored Div. observed the capabilities of the IqAF and strike team Soldiers from a nearby tower.

force.

“In certain types of missions, the forces would not be able to get to the objective by ground or the enemy would be alerted to the assault force coming,” said Metzger, commander of 3-227th.

“The advantages of the Karkh Soldiers being capable of air assault procedures on an MI-17 helicopter make a very lethal platform,” continued

Metzger.

However, this platform is only as good as the Soldiers who conduct the missions, which is why the KAC Strike Team was picked for this training, said leaders.

“We had the task of training the Karkh Strike Team to have advanced air assault capabilities,” said 1st Lt. Austin Huckabee, from San Angelo, Texas, platoon leader in Company F, 3-227th. “They were already a squared-away ground unit, but to add to their combat capabilities to act as a force multiplier, we have spent the last couple of months conducting classes and training to get them to [this level].”

Soldiers of Co. F trained Iraqi forces on air assault missions in the past, but this time they taught the Iraqi Soldiers how to take the lead in the missions, said Huckabee.

With the strike team on the ground and taking the lead during the demonstration, they had direct radio contact with the attack weapons team, which is an important part of air-ground integration, said Metzger.

“This was done through precise planning – the experience of the people that led this mission, the capabilities and great method of cooperation in the partnership of the ISF and the U.S. Forces,” said Ali.

The 1st ACB has spent the majority of its 11 deployed months working to bring the Iraqi Air Force and the Iraqi Army into a partnership built on mutual trust and respect.

Ali said the demonstration highlighted their progress: “This is a positive message to the local citizens of Iraq that there is a bridge of trust between the Iraqi ground forces and air forces.”



After a joint air assault demonstration, Iraqi Soldiers from the Karkh Area Command Strike Team, quickly load back onto an Iraqi Air Force MI-17 helicopter. Soldiers from 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cav. Division, U.S. Division – Center, also assaulted the objective from a UH-60 Black Hawk. This demonstration was designed to show how the already elite KAC Strike Team has even greater capabilities when combined with the IqAF.

Military couple runs 50 miles for wounded warriors

Story & photo by Sgt. Michael MacLeod
1st AAB, 82nd Abn. Div., USD-C

Separated by seven time zones, the Atlantic Ocean and the Mediterranean Sea, a deployed U.S. paratrooper and his stateside wife celebrated the strength and resiliency of America's wounded warriors with synchronized 50-mile runs March 20-21.

Sgt. 1st Class Jason Bruch, a platoon sergeant and military policeman with the 1st Advise and Assist Brigade, 82nd Airborne Division, and Tammy Bruch, a doctoral candidate at University of North Carolina Greensboro, each ran 50 miles, supported by friends, relatives and Jason's unit, 1st Brigade Special Troops Battalion.

Jason, who is on his fourth deployment to Iraq, said, "I've had a lot of guys get [post traumatic stress disorder], and they have to live with it the rest of their lives. I want to let them and the many other wounded warriors know they are not forgotten."

The idea came to the couple through Jason's interaction with Operation Proper Exit, a program that allows wounded servicemembers to visit the place of their injury to enable psychological healing to begin.

He was also influenced by 2nd Lt. Richard Ingram, a paratrooper he currently serves with who lost his left arm to an improvised explosive device during a prior deployment to Iraq.

The date, March 20, was picked because it is the anniversary of the invasion of Iraq.

"This is a great project for a very special group," said Lt. Col. Douglas Stitt, commander of 1BSTB. Proud of his Soldier's leadership, Stitt quipped, "To pardon the pun, he's willing to go the extra mile and then some."

"We have a bunch of Soldiers who care about our fellow Soldier, those who have been wounded in combat and those who are not able to get out and maybe participate the way they want," added Command Sgt. Maj. John Martin Jr., the highest-ranking enlisted Soldier in the



FORT BRAGG, N.C. – Tammy Bruch, an Army Reserve Soldier and wife of Sgt. 1st Class Jason Bruch, a platoon sergeant and military policeman deployed with 1st Brigade Special Troops Battalion, finishes a 50-mile run March 21, 2010, at Fort Bragg. Jason ran 50 miles at Camp Ramadi, at about the same time.

battalion.

Jason made ten five-mile laps around Camp Ramadi, the U.S. military base where his unit has been deployed since August 2009. Tammy's course traveled around Fort Bragg, N.C., and neighboring Pope Air Force Base.

Jason's run began at dusk; Tammy's began several hours after sunrise.

"I could not believe how many people were inspired by what Jason and I were doing – the support and encouragement was really overwhelming," said Tammy, now a reservist who left active duty in 2007.

The 1BSTB Rear Detachment and Jason's relatives organized individuals to run

with Tammy, and many of her relatives traveled from out of town to support her. Over a dozen women from the company

"I could not believe how many people were inspired by what Jason and I were doing – the support and encouragement was really overwhelming."

– Tammy Bruch

Family Readiness Group pushed strollers along part of the course in support, she said.

On Camp Ramadi, the run drew 30 participants, though many fewer planned to run the entire 50 miles.

One of those who did was Lt. Col. Mark Jablow, commander of 82nd Expeditionary Air Support Operations Squad out of Baghdad who was visiting his airmen in Ramadi.

Though Jablow runs several marathons a year, the farthest the

Brooklyn, N.Y., native had run prior to the Wounded Warrior Run was 36 miles, around the island of Diego Garcia.

"I'll run any race and run any distance to be with the guys," said Jablow. "It never entered my mind that I would not finish, though after 35 miles, it was kind of rough."

In addition to the runners, several paratroopers marched 15 miles with rucksacks, and one, 25 miles. Members of Jason's squad provided much of the support.

"If it wasn't for all these aid stations out here and all these people out here pushing me, there's no way I would have made it," said Jason, who finished the run in 9 hours, 32

minutes.

Before this run, his farthest distance had been 35 miles. "I hit the wall at 20, 35 and 45

miles," he said of the sensation familiar to marathon runners of total energy depletion.

The couple met while deployed to Baghdad in 2005. Tammy introduced Jason to long-distance running.

"When we first met, she could smoke me," he said.

One of Tammy's goals is to run a marathon in every state. She has run four marathons since Jason deployed in August. ▲



Sgt. 1st Class Jason Bruch, a platoon sergeant and military policeman with 1st Brigade Special Troops Battalion, 1st Advise and Assist Brigade, 82nd Airborne Division, prepares to begin a 50-mile run to celebrate the strength and resilience of America's wounded warriors March 20, at Camp Ramadi. Tammy Bruch, his wife and an Army Reserve Soldier, ran 50 miles at Fort Bragg, N.C., at about the same time.

504th reenlistment in theater: Airborne regiment closes in on retention goals

Story & photo by Sgt. Michael MacLeod
1st AAB, 82nd Abn. Div., USD-C

CAMP RAMADI, Iraq – A twice-deployed combat medic became the 504th paratrooper to reenlist this year with the 82nd Airborne Division's 504th Parachute Infantry Regiment March 23 at Camp Ramadi.

In fewer than six months, Sgt. David Saxman's unit, 1st Advise and Assist Brigade, 82nd Abn. Div., has nearly met their retention target of 608 reenlisted personnel.

"It's important in this critical time in which we as a service and as a nation are stretched thin with our forces serving in a multitude of combat operations that we retain quality Soldiers," said Command Sgt. Maj. LaMarquis Knowles, who is also the regimental sergeant major for the 504th PIR.

"Sgt. Saxman is a testament to the quality of Soldiers that



Sgt. David Saxman, a combat medic with 2nd Battalion, 504th Parachute Infantry Regiment, 1st Advise and Assist Brigade, 82nd Airborne Division, reenlists March 23 at Camp Ramadi. Reenlisting Saxman is brigade commander, Col. Mark Stammer.

we have in our inventory," said Knowles. "It's important that we retain these guys by encouraging them to reenlist."

The division is just 800 short of its goal of 3,309, but according to Master Sgt. Franklin Jacobs, brigade senior career counselor, numbers are not his focus.

"My goal is to retain the highest-quality Soldiers in the U.S. Army like this young man here," said Jacobs of Saxman.

The biggest challenge is often convincing Soldiers to stay in beyond multiple deployments, said Jacobs, but many still do.

Saxman deployed to Iraq for

15 months in 2006-07 with 3rd Bde., 82nd Abn. Div., during the time that troops were pushing out and integrating with urban areas daily.

His unit was an artillery battalion acting as infantry, and losses made the long deployment extra difficult, he said.

In spite of the deployments, he said that he is pleased with the course his life is taking.

"The Army made my life a complete 180 turn," said the medic, whose previous unit lost 84 Soldiers during its last deployment north of Baghdad. "Before, I had no ambition or drive. All that's changed now," he said.

"I'm always amazed by the Soldiers of today and the intential fortitude they continue to show," said Knowles.

"It means a lot to be able to keep qualified Soldiers on active duty so we don't have to continue to retrain Soldiers to take the place of Soldiers who have already learned a skill," he said. 🇺🇸

Why We Wear Ballistic Goggles

The soldier wearing these goggles was the victim of an IED explosion. He suffered face wounds as a result of the attack, but he will live to fight again because he was wearing his ballistic goggles. Shrapnel is embedded in the lens instead of being embedded in his eye, possibly causing blindness or death.

Cost of one set of goggles: \$55.00
Cost of the eyesight or life saved by wearing these goggles: Priceless

BALLISTIC GOGGLES SAVE LIVES. WEAR THEM!

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Asian Pacific Heritage Month Poster Competition

In preparation for the upcoming Asian Pacific Heritage Month, the U.S. Division - Center Equal Opportunity Team is calling on all artists, graphic designers and PowerPoint wizards to participate in a poster contest. The entry deadline is April 20. The winning poster will be used throughout Camp Liberty to advertise the month's events.

Rules:

1. Posters cannot be unit specific, if one unit patch is used, all must be used.
2. Posters must include the 2010 theme "Diverse Leadership in a Diverse Workforce."

Send all entries to SFC Michael Patterson at:
michael.patterson5@mnd-b.army.mil

Transportation operators hit road

Story & photo by Sgt. Samantha Beuterbaugh
366th MPAD, USD-C

BAGHDAD – After a lot of training, motor transport operators from Distribution platoon, Company G, 1st Battalion, 41st Field Artillery, 1st Advise and Assist Brigade, 3rd Infantry Division, are getting down to their primary duty: driving trucks.

The battalion tasked Distribution platoon to retrieve supplies March 22 from a sister unit currently deployed at Contingency Operating Location Prosperity, located in downtown Baghdad, after three weeks of no mobility outside the wire. Soldiers in the platoon typically attempt to knock out several tasks in one visit. This visit included dropping off maintenance supplies, a vehicle, personnel and other equipment for detachments of 1st Bn. They also picked up light kits for their vehicles and made coordination for the commander to get “eyes on” essential supplies for an upcoming inventory.

“I try to combine as many tasks as possible to make the trip more worthwhile,” said 1st Lt. Rachel Adair, the platoon leader for Distribution Plt. and native of Bonner Springs, Kan.

She said the mission wasn’t as compact as usual because the commander had to close out some supply inventories of items such as vehicles and larger equipment in preparation for the items to move back to VBC.

“Usually when we get a mission, I talk to each battery to see if they need anything transported...whether it be vehicles, personnel, or supplies,” said Adair. “Something always comes up.”

The last mission the unit went on was Feb. 27, so the platoon was itching to get out, said Adair.

Part of the cut-back in missions can be attributed to Iraqis and foreign contractors taking the lead, which is placing transportation Soldiers in a new role: an advisory and assist capacity to promote economic stability for the Iraqi populace, said Sgt. Jason Calloway, a motor transportation operator and native of St. Louis.

He also admits the current, well-established locations of most battalion Soldiers permit the units to be self-sufficient, but while the platoon awaits missions, they train hard.

“We do a lot of training and maintenance on the vehicles,” said Calloway. There’s always something to be done, and the platoon does a lot of preparation for missions, he added.

“We got everyone qualified on the trucks and made sure that [the Soldiers] respected their trucks,” said Calloway.

This included ensuring each Soldier was comfortable behind the wheel and could operate the hi-tech equipment inside the unit’s Mine Resistant Ambush Protected vehicles, M1151



Spc. Zachariah Person, a Wellston, Ohio, native and motor transport operator Distribution Platoon, Company G, 1st Battalion, 41st Field Artillery, 1st Advise and Assist Brigade, 3rd Infantry Division, helps his comrade load a light kit March 22 at Contingency Operating Location Prosperity for transport to Victory Base Complex. The transportation platoon will mount the light kits to their vehicles for more visibility.

trucks and palletized load systems. They also performed “rollover” drills, reacted to simulated pop shots, sniper shots or improvised explosive devices, and practiced the most safe methods of driving.

Calloway said vehicle maintenance is the most time-consuming task between missions. The Soldiers are constantly ensuring their vehicles are mission capable because they rely on them.

“I’m also the master driver for the battalion, so I have to make sure that everything’s squared away,” said Calloway. He ensures everyone has

their training done on the vehicles in order to not just run missions, but run them right.

Adair said that this mission was just the “calm before the storm.” The unit is preparing a move to Contingency Operating Station Loyalty, located east of Baghdad, in which they will be given the opportunity to shine by doing what they came here to do: drive trucks.

Both Calloway and Adair said their troops are looking forward to the move.

“[The platoon is] full of Soldiers who want to know that they came into the Army to do something,” said Calloway; “to do their job!”



2010 SEXUAL ASSAULT AWARENESS MONTH



This year's theme for Sexual Assault Awareness Month designated by the Department of Defense Sexual Assault Prevention team is "Hurts one. Affects all... Preventing sexual assault is everyone's duty." The 2010 Campaign will focus on the effects sexual assault has on the military's mission readiness. As is readily understood throughout the military, mission readiness defines a unit's ability to deploy quickly and efficiently. A sexual assault can reverberate throughout a unit and beyond, degrading readiness by harming the life of the victim, and the military's ability to work effectively as a team. "Hurts one. Affects all" not only conveys that sexual assault affects the victim, it affects bystanders. Preserving mission readiness can serve, then, as motivation for acts of bystander intervention. Each Military Service will have a series of posters that illustrate real-life situations encouraging everyone to get involved.

Experts and practitioners often describe the negative consequences of sexual assault as having a ripple effect, starting with the victim and expanding outward to include families, friends, work colleagues, neighbors, and increasingly larger parts of the population. The same can be said for the effects in the military. This was confirmed with the focus groups conducted this year with commanders of all grades, SARCs and VAs. The crime of sexual assault diminishes the Armed Forces' ability to function proficiently at the levels of Service member, unit, and command. Its impact is both immediate and long-lasting for individuals in the military and for the institution as a whole. Sexual assault particularly diminishes a unit's mission readiness.

Mission readiness is negatively impacted in three ways.

1. The alleged perpetrators are often placed on administrative hold and therefore cannot deploy with their units.
2. Victims may not be able to fulfill their duties or may otherwise have their ability to perform the mission compromised as a result of the traumatic events.
3. The attention of the unit leadership shifts from the normal duties involved in maintaining readiness to addressing a victim's needs, investigating the alleged perpetration, and restoring the unit's cohesion and trust. Division may exist not only within a unit but also between units if an alleged perpetrator is in one unit and the victim is in another.



I.A.M. STRONGSM

INTERVENE * ACT * MOTIVATE

Sexual Assault and Sexual Harassment Prevention

INTERVENE

When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will **INTERVENE**.

ACT

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will **ACT**.

MOTIVATE

We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are strongest...together.

wentsexualassault.army.mil

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Innovative veteran support program boosts Viking ROTC membership

Story by Staff

Office of Ohio National Guard Vice Chief of Staff

CLEVELAND – The Cleveland Army Reserve Officers' Training Corps presented its Cleveland State University cadets a first-ever "Viking Detachment" unit patch Feb. 4 at the College of Urban Affairs building.

The patching ceremony signifies a significant growth in the numbers of CSU cadets. In 2007 the university had only one contracted cadet and had averaged only one per year over the last decade. This year, however, CSU boasts seven contracted cadets and three participating cadets.

The university's ROTC leadership attributes this boost in strength to CSU chemistry professor Dr. John Schupp's Supportive Education for Returning Veterans (SERV) program.

SERV allows veterans to transition among their peers by taking veterans-only classes until they feel comfortable with a college classroom environment, usually a semester or two. The program, founded by Schupp at CSU in 2007, has spread to four more universities: Youngstown State, West Virginia, Ohio State and the University of Arizona.

Aviation Soldiers train for next deployment with newest aircraft

Story by Jason Cutshaw

Fort Drum, Public Affairs Office

FORT DRUM, N.Y. – After returning from a yearlong deployment to Iraq in October, Soldiers of 3rd General Support Aviation Battalion recently received the Army's newest version of the CH-47 Chinook helicopter as they again prepare to deploy overseas at the end of the year. As they prepare to deploy, there will be an increase of training flights to familiarize Soldiers on their new aircraft.

The Chinook is a twin-engine, tandem rotor heavy-lift helicopter with a top speed of more than 175 mph. It can carry a load of more than 21,000 pounds. Its primary roles include troop movement, artillery emplacement and battlefield resupply. It has a wide loading ramp at the rear and three external-cargo hooks.

"The volume of training missions is a little higher right now than it normally is," said Chief Warrant Officer 2 Ben Degroot, CH-47 pilot with 3-10 GSAB. "The reason for that is we are training on the new CH-47F model, so the crews are learning a whole new aircraft."

Deployed Soldiers remembered at St. Patrick's Day parade

Story by Sgt. Robert Schaffner Jr.

4th IBCT, 3rd Inf. Div., Public Affairs Office

FORT STEWART, Ga. – Many Soldiers were missed at the 186th edition St. Patrick's Day Parade held in Savannah, Ga., March 17, due to the 3rd Infantry Division's fourth deployment to Iraq and combat mission in Afghanistan. However, these Dog Face Soldiers were certainly not forgotten. Fort Stewart-Hunter Army Airfield family members, leaders and fellow Soldiers showed support to deployed troops by participating in the nation's second largest St. Patrick's Day festivity.

Family members stepped up to the plate to ensure a successful showing of Marne pride and support for the Army family. They walked in the parade carrying a banner that read "United we stand, spouses of deployed military at Fort Stewart and Hunter Army Airfield" to cheers of about 400,000 spectators that crowded the parade route.

Though the majority of 3rd Inf. Div. Soldiers are deployed, Stewart-Hunter Soldiers were represented at the parade by the 260th Quartermaster Battalion, the 1st Bn., 75th Ranger Regiment, 3rd Bn., 15th Infantry Regt., 4th Inf. Brigade Combat Team, 385th Military Police Bn., and 188th Inf. Bde., 1st Army Div. East marching through the streets of Savannah.

Soldiers, civilians train side-by-side

Story by Spc. Kendra McCurdy

Joint Base Lewis-McChord, Public Affairs Office

JOINT BASE LEWIS-MCCHORD, Wash. – Members of the 593rd Sustainment Brigade and 4th Brigade, 2nd Infantry Division met with SWAT teams from the Centralia Police Department and the Lewis County Police Department to share knowledge, experience and training time on March 12 at Leschi Town, an urban training site on base.

The idea for this joint training came almost two months ago, when Master Sgt. Steven Smerer, the 593rd Brigade operations sergeant major, and his brother, a member of the Centralia Police Department SWAT team, were discussing their experiences and trading war stories. That was when they saw the potential for Soldiers and civilians to learn from each other, Smerer said.

Planning for the joint training began, and following a morning in-briefing on March 11, teams were formed by mixing members of the civilian police departments and JBLM Soldiers, said Smerer. Other Soldiers served as role players.

The police departments involved were grateful for the chance to train at Leschi Town, which provided realistic facilities and conditions rather than having to train in an empty office building after everyone left at night, Fitzgerald said.

The training was designed to follow a crawl-walk-run pattern, Smerer said. Smerer hopes that Soldiers will get to the "run" stage with future training.

Training together to stop bad guys

Story by Anemone Rueger

U.S. Army Garrison Wiesbaden, Public Affairs Office

WIESBADEN, Germany – Shots echo through the Wackernheim Firing Range as members of the Hessen Polizei, Soldiers of the Bundeswehr and Military Police of U.S. Army Garrison Wiesbaden refine their skills in a joint exercise March 15-17.

The three-day exercise put the Polizei Academy in charge of coordinating the event, whereas their counterparts from the garrison helped by providing the facilities, including the firing range at McCully Barracks, Wackernheim.

The 33 participants were selected from seven German states as well as Switzerland and the German Bundeswehr. The U.S. garrison got four slots.

The exercise started out with training on tactical movements. Participants formed multi-national teams and trained in a bilingual setting throughout the exercise, which mirrored potential real-life situations as any emergency response here is conducted in close cooperation with host nation personnel.

For day three of the exercise the groups were put in more complex situations, simulated around a barracks building at McCully.

Special Forces simulation training

Story by Sarah Rivette

Fort Bragg Public Affairs Office

FORT BRAGG, N.C. – At the Office of Interactive Multimedia Instruction at the U.S. Army John F. Kennedy Special Warfare Center and School at Fort Bragg, the employees, are trying to integrate high-level training with an off-duty past time. Preston Scott, the office chief, and Andy Brittenham, creative director, realize they are competing with commercial games like "World of Warcraft."

Currently the office is working on two gaming systems, one for individual distance learning and one for interactive team training. The distance learning games simulate scenarios that force a Soldier to make decisions. It gives the Soldier the opportunity to dig into topics on their own time and offers a chance to learn different weapon systems and occupational specialties. The interactive team training is set up like commercial games, Soldiers wear headsets and work together towards an objective. The team training games give after-action reviews on an individual and team basis so Soldiers learn from mistakes. The interactive training also allows for real-time changes to be made. A programmer could be sitting in another room, watching a team go through a game scenario and can change the conditions on the ground, like insert an improvised explosive device on a roadway. All these elements give Soldiers the tools to be prepared for the unexpected, said Scott.

5-7 Cav hosts soccer tournament

Story & photo by Spc. Jared Eastman
1st BCT-A, 3rd Inf. Div., USD-C

BAGHDAD – Iraqi and American brothers put shoes to dirt for a soccer tournament March 25 at Contingency Operating Station Falcon.

Fifth Squadron, 7th Cavalry Regiment, played 5th and 7th Brigade Federal Police, 2nd FP Division, in three action-packed games to determine who the best security team in southern Baghdad.

The three teams drew cards to determine who would play first. The cards fell to 5th Bde., 2nd FP Div. and 7th Bde., 2nd FP Div. While the competition proved fierce between them, the teams had a lighter motive.

“It was a very good feeling,” said Adel Abed Ali, 7th Bde., 2nd FP Div. team captain. “We enjoyed this time and are looking forward to more tournaments.”

Although the 5th Bde., 2nd FP Div. played a strong game, they ultimately lost to 7th Bde., 2nd FP Div., and had to face off against the Americans. A combination of Iraqi and American music blasted from speakers set on either side of the field as the two team captains waited for the coin toss.

“[These games] let the Iraqis know that we are the same as they are,” said Staff Sgt. Michael Simone, soccer team captain and a Soldier in B Troop, 5th Sqdn., 7th Cav. Regt. “A lot of the interaction they have with us is very controlled. They see us at work and we see them at work. This is how nations make friends. You never really know somebody until you’ve played against them; it was really good to see another side of people out there.”

As the game progressed, U.S. and Iraqi spectators took friendly jabs at one another from across



The 5th Brigade, 2nd Federal Police Division goalie jumps for a ball during a game against 5th Squadron, 7th Cavalry Regiment at Contingency Operating Location Falcon March 25.

the field with good-natured intent.

“I’ve played soccer for pretty much my whole life,” said Sgt. Guillermo Roman, C Troop, 5th Sqdn., 7th Cav. Regt. “It felt great to come out here and play with my team. It was fun playing against the Iraqis. I felt like I was back in a real tournament.”

After a fierce, competitive game that caused some bloody shins and a few bruises, 5th Sqdn., 7th Cav. Regt. came out on top.

“We did great today,” said Simone. “We really came together as a team. To play against a team that was of equal skill was awesome.”

However, the tournament was not yet complete.

After a short reprieve, 5th Sqdn., 7th Cav. Regt., marched back on to the field to face 7th Bde., 2nd FP Div. for the first place title. Even the music was halted for the coin toss and the kick off, as both Iraqis and Americans watched in rapt attention to see which team had the advantage. At the half, with a score of 1-0, 5th Sqdn., 7th Cav. Regt., held on to the lead.

“We are better today,” said Ali. “We enjoyed the game, especially with a friendly team. This is an honor for us to play with the American team and our fellow Iraqi Security Forces.”

Soon after the half, the Iraqis scored a goal for the equalizer, 1-1.

The second half was filled with plenty of near misses on both sides, which caused the crowd to shout more intently. With only two minutes left and the score still tied, both sides fought hard for control of the ball. With only 20 seconds left on the clock, 7th Bde., 2nd FP Div. scored the winning goal. Although 5th Sqdn., 7th Cav. Regt., had tried their hardest, they couldn’t penetrate the Iraqi defense.

“I am very proud of my team,” said Ali. “We worked hard today. This is a win for all of Iraq, not just the Federal Police, and I dedicate this win to all the Iraqi people.”

Roman smiled and took it all in stride.

“I think it’s important to do other things with the Iraqis because it brings cohesion and builds trust,” said Roman. “I definitely made a lot of friends, and possibly a friendly enemy or two.”



Players and policemen of 7th Brigade, 2nd Federal Police Division celebrate their 2-1 win after beating 5th Squadron, 7th Cavalry Regiment, in a soccer tournament.

Three brothers, one deployment

Story & photo by Pvt. Emily Knitter
1st BCT-A, 3rd Inf. Div., USD-C

BAGHDAD — Darkness falls as a Chinook helicopter lands on the rocky landing pad inside an Army camp south of Baghdad. As Soldiers walk down the ramp toward a small building close by, two sergeants stand bathed in the yellow light of the building's overhang, peering excitedly into the darkness and impatiently searching the faces coming off the aircraft. Then they both lock onto one shape coming toward them.

"Whoop!" one of the Soldiers cries out as they both attack the person. All three grin from ear to ear as they exchange greetings and bear hugs.

The three Soldiers are brothers, and they are all currently deployed in Iraq. Yet this is the first time they have all been together since leaving the United States in December 2009.

Jeremiah, Joshua, and Justin Harrison are all assigned to 1st Brigade, 3rd Infantry Division, based in Fort Stewart, Ga. The youngest brother, Spc. Justin Harrison, is deployed west of Baghdad at Camp Striker with 1st Battalion, 41st Field Artillery, and the older Harrison brothers are south of Baghdad at Contingency Operating Station Falcon.

The brothers, originally from Fort Walton Beach, Fla., began filtering into 3rd ID eight years ago when Sgt. Jeremiah Harrison, a tracked vehicle mechanic now assigned to 3rd Brigade Support Battalion, arrived right before Operation Iraqi Freedom began in 2003.

"At the time, I was married and things kind of went south. I was falling pretty bad and Josh came to my rescue; kind of like the brotherly thing. He reenlisted to come to Stewart to help me out," explained Jeremiah, 32.

Then three years ago, Justin, 21, joined the Army as a wheeled mechanic.

"When I first got in, I wanted a whole bunch of advice on how basic training and [advanced individual training] was going to be. During training I would call them up and be like, 'Hey, is regular military like this?'" Justin said.

For the past 14 years, the brothers have been raised solely by their father, a retired Air Force senior master sergeant.



(Left to right) Brothers Sgt. Joshua Harrison, Spc. Justin Harrison and Sgt. Jeremiah Harrison grin for a photo on Contingency Operating Station Falcon moments after reuniting for the first time in Iraq since their deployment began in December 2009. The brothers are all part of 1st Brigade, 3rd Infantry Division out of Fort Stewart, Ga.

"We have always been close, no matter what's happening in our family and through our life," said Jeremiah, who has deployed four times. "We talk a lot of crap about it now, but there's been a lot of ups and downs. There's always been the four guys, no matter what. And when Dad was deployed, it was the three of us. There is nothing that breaks that up."

After he graduated basic combat training, Justin found out he was going to Fort Stewart as well.

"During AIT, I wrote down on my wish list 'Fort Stewart' for my number one choice on where I wanted to go. And just by luck, I got it," he said.

Now the brothers can't imagine what life would be like without all three of them.

"The awe-inspiring thing is, when I'm driving to work and having a bad day, and I see one of them driving down the street, [we] can spot each other from a mile away," Jeremiah explains. "I can't believe we haven't caused any accidents yet because we just link eyes and don't pay attention to the road as we drive by. It's just awesome, I mean we call each other and go out for lunch; and it's brothers. It's not Sgt. Harrison and Sgt. Harrison anymore; it's, 'Hey, Josh, what's up?'"

Sgt. Joshua Harrison, also a tracked vehicle mechanic, who has deployed three times, agreed.

"You may need to discuss some things with friends, some things with family, but I always have my brothers there in case I need to talk to them about something."

Then the brothers look at each other and burst out laughing. They transition from talking about the closeness of their relationship to a story about a time Joshua broke his toe, with an ease only close siblings can develop.

Jeremiah begins the story with, "One of the worst things in the world when you're brothers and all three of you are in the Army: combatives."

As they continue with the story, the back-and-forth banter is nonstop as Jeremiah and Joshua argue about the details regarding the toe.

They become more serious when describing how challenging it is to get together as a family.

"We haven't had a Christmas as a family since before the Army," said Josh, 26, who is with 1st Brigade, 3rd Special Troops Battalion. "There is always some kind of a deployment or some crazy thing going on, so it's kind of kept us apart. But us being together on Stewart, the three of us, has kept us together."

Although Justin is assigned to a different base, knowing that his brothers are close has helped his first deployment in Iraq. His respect for them is evident as he talks.

"[My brothers] are the best non-commissioned officers I've ever met. Jeremiah sacrifices himself 100 percent for his Soldiers every day; that's my idol. If I were to become anything, I'd want to be him; and Josh is an amazing NCO, too," he said. "I haven't really talked to them much since we've been out here. We're always at work, they're always at work, so it's hard to stay in touch. But I've been trying to get over to Falcon to see them."

Jeremiah and Joshua agree that being apart has its moments of difficulty for all of them.

"I always think about how he's doing, what he's doing, if he's doing alright," Jeremiah said. "We talk a lot of crap about the youngest one, but he's the baby. We kind of support him in whatever he needs. But in the end you have to leave it up to letting things fall into place as they should."

Back at the landing pad as the Soldiers embrace, it appears that at least for a few days while Justin visits, everything actually has fallen into place for three brothers in Iraq. 🇺🇸

Down

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21		22			23		24	
			25			26		27			28			
29	30	31					32		33					
34						35			36		37		38	39
41						42				43			44	
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54	55	56				57		58						
59				60			61		62			63	64	65
66			67		68			69		70				
71					72					73				
74					75					76				

1. Young nocturnal bird

6. Fastner

10. Reckless

14. Fumble

15. Look

16. Male singing voice

17. Relating to kidneys

18. Footwear

19. Layer

20. Immerse

22. Urge on

24. Tender

25. Outflow

27. Candy

29. Lofty
33. Device used to shape metal

34. Individual structure

35. Swarm

37. Postage token

41. Form of transport

42. Angered or excited

44. Negative vote

45. Livid

48. Entice

49. Agitate

50. Small island

52. Short hours employment

54. Can make your eyes water

58. Stead

59. Unwell

60. Female red deer

62. The second of two

66. Destroy

68. Den

70. System of five lines in music

71. Boundary of a surface

72. Gumbo

73. Spooky

74. Surface impression

75. Submerged rock or coral

76. Mythical cave-dwelling

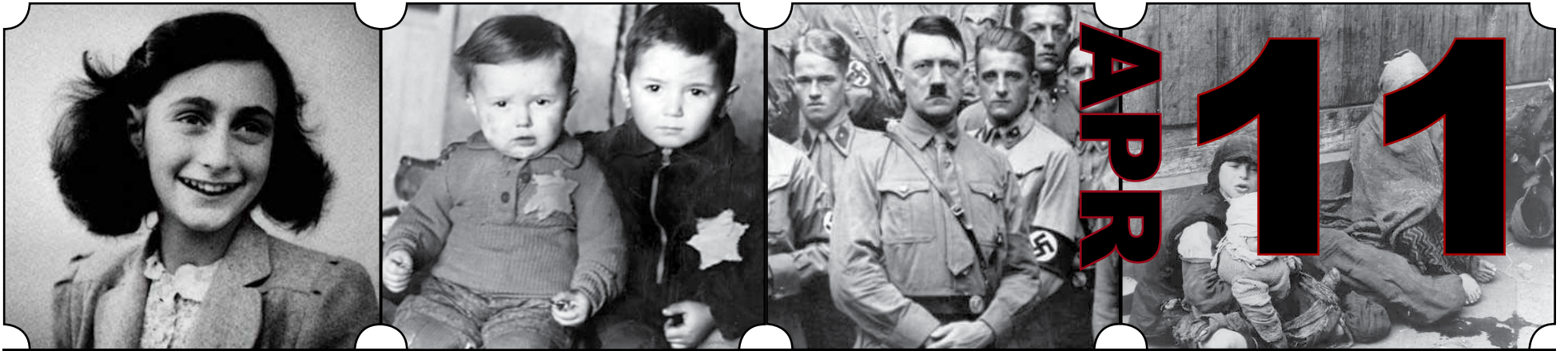
creature

1. Fiend
2. Small bird
3. Lengthy
4. Shoulder board
5. Bank employee
6. Cooking surface
7. Highly excited
8. Single-masted sailing vessel
9. Explosive device
10. Rodent
11. Legal excuse
12. Beer mug
13. Multitude
21. Belief
23. Rostrum
26. Bow down
28. Allow
29. Musical instrument
30. Burden
31. Desire

32. Outfit
36. Wall painting
38. Opposing
39. Wound seriously
40. Funeral mound
43. Danger
46. Sense organ
47. Close
49. Stammer
51. Sartor
53. Tableware
54. Weary
55. Evade
56. Coordinate
57. Reptile
61. Desperate
63. Root vegetable
64. Malevolent
65. Bobbin
67. Trap
69. One of the British
armed services, initially

H	A	L	L	E		J	A	B		W	O	O	D	
A	L	I	E	N		O	W	L		R	A	N	G	E
N	O	M	A	D		S	E	A		U	N	C	L	E
D	E	P	R	E	S	S		M	I	S	D	E	E	D
			N	A	P		P	E	A	T				
L	A	D		R	I	L	L		N	I	C	E	T	Y
I	R	I	S		L	O	A	D		C	U	R	I	O
L	O	N	E		L	U	C	I	D		B	O	N	D
A	M	E	N	D		T	A	R	E		E	D	G	E
C	A	R	T	E	L		R	E	N	D		E	E	L
				R	I	N	D		S	I	T			
M	A	S	S	I	V	E		B	E	G	U	I	L	E
A	V	O	I	D		R	O	E		E	N	D	O	W
D	O	D	G	E		V	I	A		S	N	O	R	E
E	W	A	N			E	L	M		T	Y	L	E	R





Holocaust Remembrance

Holocaust is a word of Greek origin meaning “sacrifice by fire.” The Nazis, who came to power in Germany in January 1933, believed that Germans were “racially superior” and deemed Jews “inferior.”

In the early years of the Nazi regime, the National Socialist government established concentration camps to detain real and imagined political and ideological opponents. Police officials incarcerated Jews, Roma (Gypsies), the disabled, and Slavic people (Poles, Russians and others) in these camps, to concentrate and monitor the population as well as to facilitate later deportation. The Nazis and their collaborators created ghettos, transit camps and forced-labor camps during the war years.

By 1945, the Nazis and their collaborators killed nearly two out of every three European Jews as part of the “Final Solution,” the Nazi policy to murder the Jews of Europe. Other victims included 200,000 Roma. At least 200,000 mentally or physically disabled patients, living in institutional settings were murdered in the so-called Euthanasia Program. Between two and three million Soviet prisoners of war were murdered or died of starvation, disease, neglect or maltreatment. This continued until May 7, 1945, the day the German armed forces surrendered unconditionally to Allied forces.

On November 1, 1978, President Jimmy Carter established the President’s Commission on the Holocaust. Its mandate was to investigate the creation and maintenance of a memorial to victims of the Holocaust and an appropriate annual commemoration to them. On September 27, 1979, the Commission presented its report to the Carter, recommending the establishment of a national Holocaust memorial museum in Washington, D.C. that U.S. Congress unanimously voted in favor of. On April 26, 1993, the United States Holocaust Memorial Museum opened to the general public.

The United States Congress established the Days of Remembrance as an annual commemoration of the Holocaust. Each year, the museum designates a special theme for Holocaust observances. This year Holocaust Remembrance Day is April 11. The Museum designated Stories of Freedom: What You Do Matters as the theme for the 2010 observance.

