# SIBBIL PRESS

Vol. 1, Issue 1

February 2012

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Reflective Belt

Mobilized

Dedicated Heart First Mover

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113th

Team

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#### LETTER FROM THE

# 113TH SB PUBLIC AFFAIRS OFFICE

ne Team!
Hello, Steel Brigade Soldiers and Airmen, and a special hello to the friends and family members of the 113th Sustainment Brigade. Welcome to the Steel Brigade's inaugural issue of the Steel Press.

I'm Major Matt DeVivo, public affairs officer for the brigade, and I am extremely proud of what our public affairs section has produced in this issue for all of us to enjoy. I'd like to recommend that you take



a look at our two social media pages on the web: **facebook.com/113thsb** and **flickr.com/photos/113thsb**. Please tell your family, friends and employers to checkout our social media sites and register with our family readiness coordinators to receive this and future newsletters. The 113th SB family readiness coordinator is Ms. Sandra Tanner, who can be reached via email at **sdptanner@aol.com**. Our unit's State National Guard family support coordinator is Ms. Katy Jones, who can be reached at **katy.m.jones@us.army.mil**, or you can call her at (336) 691-7700, ext. 15649 or toll free at 1-800-621-4136, ext. 15649.

Our objective is to keep everyone back home connected and informed of our accomplishments and other exciting events that will occur during this deployment. This newsletter is a part of that connection along with our social media pages. Our goal is to keep improving our products month after month, and we are open to any and all suggestions on topics and other ideas to make YOUR social media sites and YOUR newsletter the best they can be.

# STEEL PRESS

Col. David L. Jones
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Command Sergeant Major
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# Enjoy the newsletter!

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Do you have something you'd like to add to the magazine? Tell us! Contact your battalion UPAR for your story submissions, ideas, pictures, editorials, poems or art - become a published author/photographer/artist!

Interested in becoming a UPAR? Contact your battalion UPAR for training information.

#### **External Links:**

#### 113th Sustainment Brigade:

E-mail us at 113thsusbdepao@gmail.com Facebook: www.facebook.com/113thsb Flickr: www.flickr.com/photos/113thsb

#### **330th Transportation Battalion:**

Facebook: www.facebook.com/330thtrans

# 728th Combat Sustainment Support Battalion:

Facebook: www.facebook.com/HHC728CSSB Shutterfly: www.728thcssb.shutterfly.com

#### JLTF6:

Facebook: www.facebook.com/pages/JLTF-6/227882120588077

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## PROMOTIONS!

#### **CONGRATULATIONS, SOLDIERS!**



Private (E-2)

**Andrew Autry** Demarrcus Blakeney



Sergeant (E-5)

LaJoi Smith Paul Ventrilla



Sergeant Major (E-9)

Timothy James



Private First Class (E-3)

Samuel Schumacher Amber VanZandt



Staff Sergeant (E-6)

Sharmeen Dalton Annette Foreman Kirk Sanders **Greg Whitaker** 



Captain (O-3)

Dennis Harris Eric Olson **Douglas Windley** 



Joseph Akers Diondra Douglas Racheal Laughlin Christopher Matthews

Gregory McCall Nicholas O'Conner Taelor Tyson Sherry Wright

Specialist (E-4)



Master Sergeant (E-8)

Estela Walker



Major (O-4)

**Brian Castle** 

## **LETTER FROM THE**

# COMMANDER

Greetings to all Steel Brigade Families, Soldiers and Airmen,

We hope everyone had a safe and wonderful holiday break and are headed in the right direction on all those New Year resolutions. I am extremely proud and honored to be in command of this fine brigade and its hardworking and dedicated Soldiers and Airmen. All U.S. military forces are officially out of Iraq as of December 31. The Steel Brigade arrived in Kuwait during the final weeks of this historic Iraq drawdown and regional reorganization of military forces. Hundreds of Soldiers and Airmen from our current subordinate battalions stationed with us at Camp Arifjan and throughout Kuwait played a critical role in accomplishing this massive logistical mission. These professional Soldiers and Airmen did an outstanding job, working as one safe and efficient team. Their achievements will be recorded in the history books and they are truly Steel Warriors.

It has been a long journey for the 113th Sustainment Brigade since our colors were uncased in 2008. We slowly began to build our ranks with professional logisticians and received our first order to prepare for federal service. Together, through all of our drill assemblies, annual training, the heat and dust of Fort Bliss, the cold rain and mud of Fort Pickett and the final push through Fort Hood, we faced many challenges and have grown into a better organization as a result of it.

We've now been in Kuwait for over 50 days and have a firm understanding of our operational environment, our mission priorities, and the partners (military and civilian) that are involved in current theater-wide sustainment and support operations. As we move forward as one team, I have no doubt the Steel Brigade will remain mentally and physically ready to accept any mission. We will be proactive with our Soldiers and Airmen, mentoring and keeping them engaged in current operations, professional training, PT and MWR activities. Since the future is never certain, this brigade will remain flexible and adaptive in order to sustain the warfighter in Afghanistan and to set the stage for future logistics operations in Kuwait and Central Command's area of operations. Our history begins today!

One Team! TWICE AS STRONG!



Col. David L. Jones



# **COMMAND SERGEANT MAJOR**

Hello, 113th Sustainment Brigade Soldiers, Airmen, Families and friends.

I'd like to sincerely thank you and the employers of our Soldiers and Airmen for your continued steadfast support. Whether it's a Soldiers first or seventh deployment, nothing helps and strengthens a deployed Soldier more than an e-mail of encouragement, a letter, care package or video call from a relative, close friend or boss. Our support network back home in the States is alive and well, and an important part of what makes this unit One Team, TWICE AS STRONG.

Over the past month, we have taken command of the sustainment brigade mission here in Kuwait. We have positioned 113th SB personnel across Kuwait and other countries in the Middle East to support our nation's efforts. We are moving forward and continuing the outstanding logistic and sustainment operations that our subordinate battalions have been executing prior to our arrival.

The ability to change and be flexible is one of the key components for success in our mission. Guidons and personnel come and go. No matter what brigade is in command, and whichever battalion is moving resources across the region, the noncommissioned officers' role and obligations to his or her Soldiers and Airmen remain unchanged. As noncommissioned officers, it's our duty to set the standard and guide our fellow NCOs and enlisted Soldiers in their primary duties; most importantly, mission accomplishment. With this role, we ensure the time-tested foundations of what it means to be an NCO are continued; teaching, coaching, and mentoring of our junior NCOs and enlisted Soldiers.

We will make it happen and succeed in our mission, but we will also build a stronger NCO corps for our unit and nation. Be proactive; communicate with your troops. Take time in your schedules to mentor, to teach, and coach. Give that private or sergeant in your section the opportunity to take the ball and run with it. Together as one team, there is no doubt we will be TWICE AS STRONG.



Willingsiel

Command Sgt. Maj. William Gill

## **SAFETY MESSAGE**

# **SAFETY FIRST**

As we arrived on a late December night, the 113th Sustainment Brigade began another chapter in its deployment history. Facing many challenges, the Brigade continues to excel in all phases of operation.

We have been truly blessed to have great leaders and Soldiers who are trained, educated, motivated, and dedicated. In order to stay at a high rate of readiness, we must be physically fit. As a Soldier, we want to be at our optimal physical readiness; but sometimes we do not take into account of injuries.

In military operations, we use the Army's Composite Risk Management process, a decision-making checklist to mitigate injuries and accidents. Composite Risk Management is not just for military operations; it is used in physical fitness and recreation sports as well.

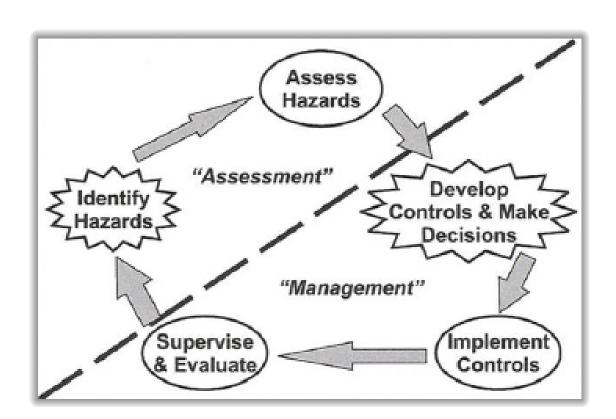
Studies show that for the past five years, sports injuries among deployed servicemembers are at its highest levels, when deployed Soldiers are engaged in many physical activities such as basketball, flag football, soccer, weight lifting, racquetball, and long distance running. Leaders and Soldiers must asses the risk in these activities to lessen the chance of injuries.

- Master Sgt. Gregory Green



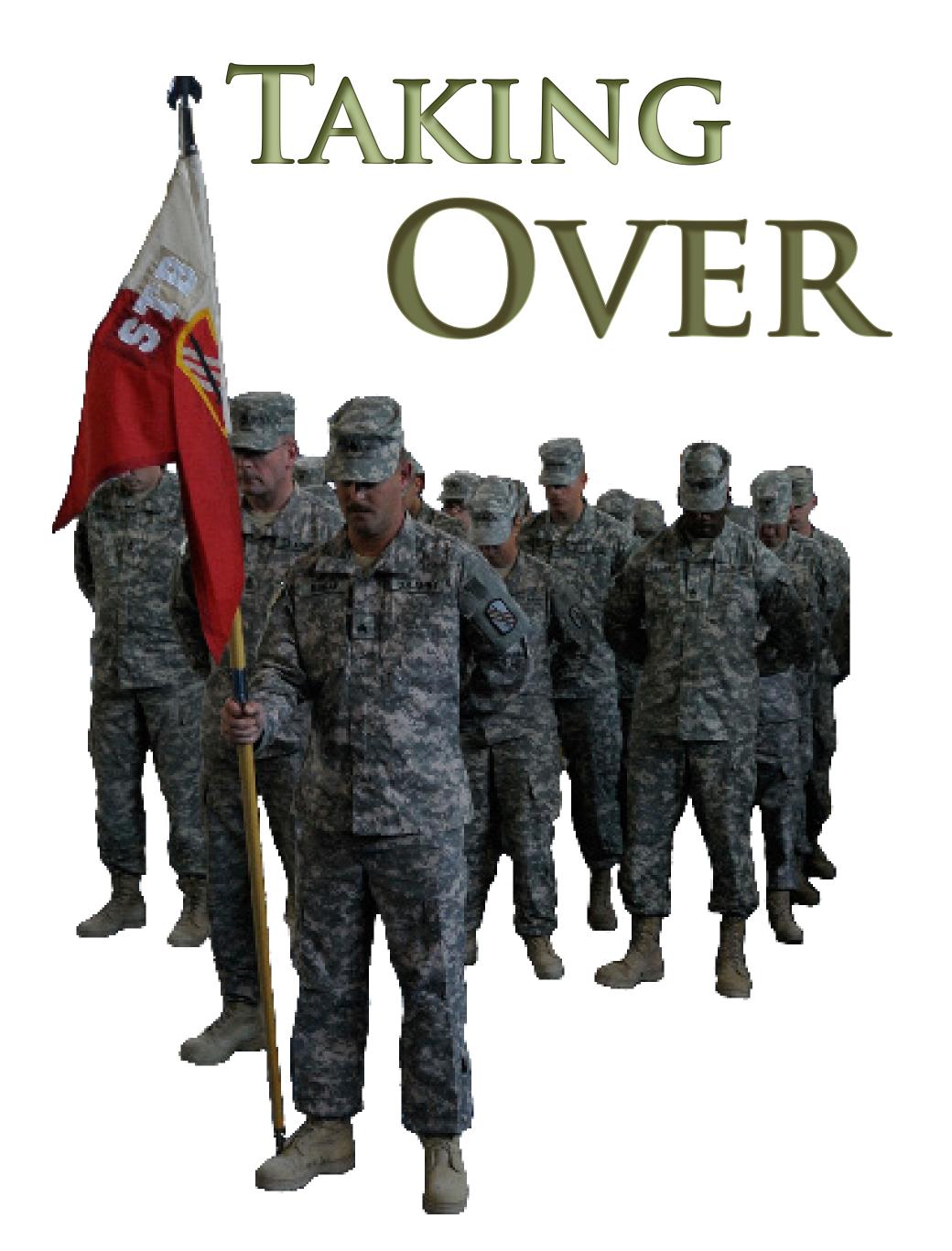
#### Ways to reduce the risk are:

- Stretch prior to physical activities
- Build up to your level of fitness
- Eat a balanced diet
- Proper rest
- Wear the appropriate equipment
- Know your limits
- Drink plenty of water, limit caffeine drinks



# These are some of the ways to reduce injuries:

- · Identify the hazard
- Asses hazards to determine the risk
- Develop controls and make a good risk decision
- Implement controls
- Supervise and evaluate



113th Sustainment Brigade takes Command at Camp Arifjan



(Above) Soldiers of the 113th Sustainment Brigade listen to speakers during the Transfer of Authority Ceremony. (U.S. Army photo by Sgt. Miko M. Booth)

(Previous page) Soldiers of the 113th Sustainment Brigade bow their heads during the invocation before the Transfer of Authority between the brigade and the 230th Sustainment Brigade here at Camp Arifjan. (U.S. Army photo by Sgt. Miko M. Booth)

(Below) Staff Sgt. Felicia Padilla holds the 113th Special Troops Battalion guidon as Command Sgt. Maj. Michael Scott, the battalion's command sergeant major, and Lt. Col. Martin Peele, the battalion's commander, help case the guidon after the Transfer of Authority ceremony. (U.S. Army photo by Sgt. Miko M. Booth)



Story by Sgt. Miko M. Booth 113th Sustainment Brigade **Public Affairs** 

#### **CAMP ARIFJAN,**

**Kuwait** – During a change of authority ceremony here Dec. 27 at the Zone One gym, the Tennessee Army National Guard's 230th Sustainment Brigade transferred command to the North Carolina Army National Guard's 113th Sustainment

Brigade.

Leaving their home station of Chattanooga, Tenn., in January, Col. Mark Hart, the brigade commander, led the 230th Soldiers into history.

Once the unit landed here, the 230th became the only Army sustainment brigade in Kuwait. The unit's mission was also historic,



(From left to right) Command Sqt. Maj. Stanley Massengale, Col. David Jones, and Command Sqt. Maj. William Gill salute during the singing of the national anthem Dec. 27 before the transfer of authority ceremony between the Tennessee Army National Guard's 230th Sustainment Brigade and the 113th Sustainment Brigade. Massengale is the command sergeant major for the 230th SB. (U. S. Army photo by Sqt. Miko M. Booth)

"I get to work with Soldiers every day at the battalion and company levels -I get to see them do incredible work."

Col. David L. **Jones** 

supporting U.S. forces stationed in Iraq and Afghanistan while participating

in the responsible draw down of forces from Iraq. The unit was also in charge of safely moving U.S. personnel and equipment out of the southern part of Iraq.

Both units participated in a two week-long transition process where

> the North Carolina unit shadowed their counterparts for a week, while the Tennessee unit stood by the next week to provide any last-



Representatives of the 113th Sustainment Brigade stand in formation before Transfer of Authority ceremony. (U.S. Army photo by Sqt. Miko M. Booth)

Col. Mark Hart, brigade commander of the 230th Sustainment Brigade, holds his unit's colors steady as Command Sgt. Maj. Stanley Massengale, the 230th SB's command sergeant major, pulls the cover over their unit's colors. (U.S. Army photo by Sgt. Miko M. Booth)

minute advice or assistance for the incoming team.

"The 113th Sustainment Brigade is a great organization," said Hart during the transfer ceremony. "They are real 'super troopers."

The 230th SB's brigade, battalion and company colors were rolled up and cased in front of an audience mixed with Soldiers

from various units here, to include the 364th Expeditionary Sustainment Command, the higher headquarters for the incoming 113th SB.

Once the brigade colors were carefully wrapped up by Hart and Command Sgt. Maj.

Stanley Massengale, the brigade sergeant major,
Col. David Jones, commander of the 113th SB,
and Command Sgt. Maj. William Gill, the 113th SB sergeant major, unfurled their unit's colors and stood at attention as it was raised next to the American flag.





## Col. David L. Jones

What is it like to command a sustainment brigade that is part of the largest drawdown and reorganization of military forces since the Vietnam War?

Jones: We have a big mission ahead of us and I have a great level of respect and comfort in knowing the 113th Sustainment Brigade we built can accomplish the complex and changing tasks that we are assigned. I get to work with Soldiers every day at the battalion and company levels - I get to see them do incredible work. Our sustainers and logisticians are dedicated professionals. This is a huge honor for me to be a part of this brigade.

I see this brigade as a professional football team, working hard and getting dirty - doing our jobs every single day. But without a dedicated and supportive fan base, our team would not be able to operate. We'd be bankrupt. The NFL would have to close if no one came to watch them play and support their team. Our families, friends and employers are the fan base. They are that steadfast base of support we need, and we are getting outstanding support from them back home. Without it, we could not do our jobs as effectively as we are. Our families are that extra player on the team and the strength behind our mission and success.

"It has been an honor and a humbling experience working with the 'Old Hickory' team as we transfer responsibility of the mission for the sustainment brigade here in Kuwait," said Jones.

"This has been a very easy transition for many reasons, if not for one simple reason," Jones continued. "We both understand the same 'Southern English."

In closing, Jones wished good luck and safe

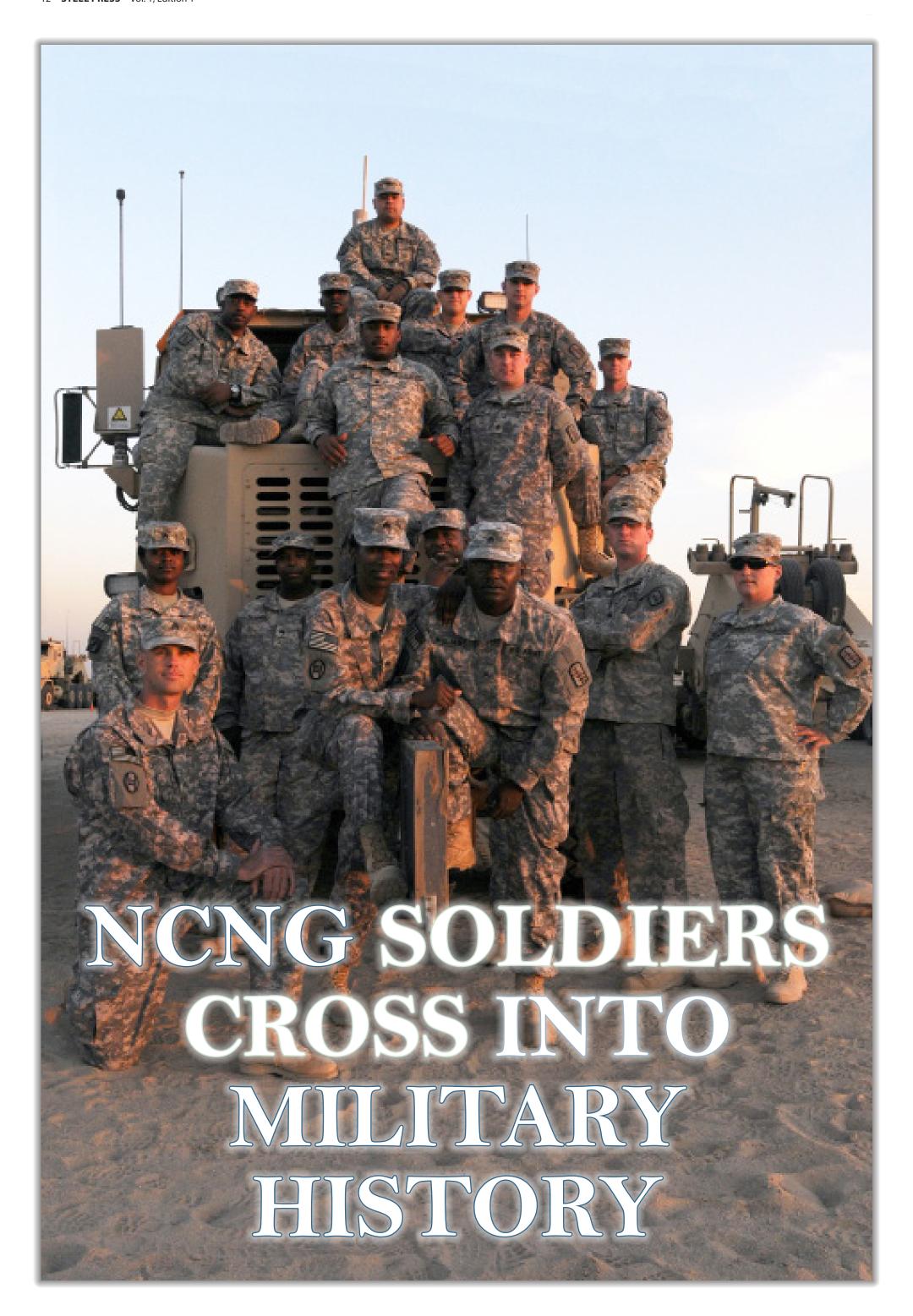
travel to the outgoing unit and addressed the 364th ESC representatives present, which included Brig. Gen. Jonathan G. Ives, commanding general, and Command Sgt. Maj. Thomas W. Jennings, the command sergeant major of the 364th ESC.

"You have a trained and ready sustainment brigade that is proactive and flexible to accept any mission and that will be an asset to your team," said Jones. "We will be one team, twice as strong!"



(Below) Soldiers of the 113th Sustainment Brigade listen to speakers during the Transfer of Authority Ceremony.





Story and photos by Sgt. Miko M. Booth 113th Sustainment Brigade Public Affairs

**CAMP ARIFJAN, KUWAIT** – In the early morning hours of Dec. 18, while most service members stationed here were sleeping, a small group of Soldiers from the North Carolina Army National Guard's 1452nd Transportation Company, from Winston-Salem, were busy making history.

"It was just surreal," said Sgt. Alan DuBois. "I was actually on the very last mission out of Iraq."

DuBois and 15 other Soldiers were part of the final convoy to leave Iraq, closing the gate on a conflict that has lasted almost nine years.

"All I could think of when I crossed that border was about my wife, who is due in March," said DuBois, a native of Rochester, N.Y. "I kept thinking about my unborn daughter, how when she goes to school, she'll read about this and know that her daddy was a part of it."

For many Soldiers of the 1452nd, the road from Iraq to Kuwait is a familiar one. This is the second time the unit has been mobilized for combat. From 2004-2005, the unit deployed in support of Operation Iraqi Freedom II, earning more than 250 Army Commendation Medals and 30 Bronze Star Medals.

One of the Soldiers who knew this exact route, thanks to the previous deployment, is Sgt. 1st Class Antuane L. Simmons.

"I'm so thankful that we made it through two tours," said Simmons, a native of Charlotte, N.C. "Being on the last convoy was important to me because it means that we made sure that all of our brothers and sisters in uniform made it safely back home."

The Soldiers have been conducting numerous convoys between Iraq and Kuwait to assist and support Operation New Dawn and the responsible drawdown of forces in Iraq since the unit arrived in Kuwait in September.



"Knowing that we were a part in making history really means something to us." - Sqt. Rhondelisha Parker

"I am glad Iraq is finally closed. I'm ready to go home!" - Sgt. Curtiss Illingworth



"The war [in Iraq] has been going on for most of my adult life. I only wish I could have been here sooner." - Sgt. Daniel Saintsing

"I'm thankful that my team and I have made it through two tours. We made it together." - Sgt. 1st Class **Antuane Simmons** 



"I'm proud to have served with my crew, and to have been one of the females to take part in military history." -Sgt. Nicole Wilson

"My wife is due to have our daughter in March. I kept thinking about how my daughter will read about this in history class, and I was a part of it." -Sgt. Alan DuBois



"Once we reached the crossing, I knew we had everyone out of Iraq. I wasn't going to leave anyone behind." - Staff Sgt. Pearlene Hill

"It was kind of odd. It didn't seem like we were making history - at the time it was just another mission." - Sgt. Hugo Pineda



"I love serving my country, and I'm happy to be one of the ones closing Iraq." - Sgt. Schjuana Suggs

"We love to drive, and we're ready to accept our new mission." - Staff Sqt. Timothy Hughes



"I've always wanted to serve. Now I get to be a part of history, which is pretty cool." - Spc. Jason Marchisotto

"I am still feeling the adrenaline from that night. I am now looking forward to getting everyone back home safely" - Spc. **Carlos Houston** 

"When we got to K-crossing, everyone was waiting for us. It was really the end." -Sqt. Kirk Mitchell



"K-crossing used to be a transition point for us; now it's a conclusion." -Pfc. Jordan Miller

"Once I saw the cameras flashing and the people clapping, I was so excited - I pulled our horn on the truck!" - Sgt. **Brandon Williams** 



"Right before we headed up to the big gates, I saw the flashing lights from the cameras and I couldn't help but feel relieved. "- Sgt. Craige Dobson

"Everything we did on this last convoy, down to the smallest things like locking doors or pressing the gas pedal down – it was the last time we'll be doing it in Iraq," said Pfc. Jordan Miller.

"When we left [Contingency Operating Base] Adder, I looked in the side mirrors. Where there would normally be Soldiers and lights, there was nothing," said Miller. "When we reached K-Crossing [the Khabari Al Awazem Crossing], it wasn't a transition point; it was now the site for a conclusion."

When Sgt. Schjuana Suggs passed through K-Crossing, she couldn't help but feel as though a major chapter in her military career had just closed.

"I raised my right hand for the first time at the Brooklyn, N.Y. MEPS [Military Entrance Processing Center] on Sept. 11, 2001," said Suggs. "After I enlisted, I went to a holding room where I saw the planes crash into the twin towers on TV."

"My first deployment in Iraq was scary, but I loved serving my country. I'm happy to be one of the ones closing Iraq; it's definitely an accomplishment for me," she said.

Sgt. Daniel Saintsing graduated high school in 2003, at the beginning of the war in Iraq. For Saintsing, Iraq has been a war zone for most of his adult life.

"It'll be interesting to see how this changes things back home," he said. "I'm so proud to have been a part of this historic crossing."

The 16 Soldiers admit that they now have a unique bond, and will never forget the experience of representing the state of North Carolina in the last convoy. The Soldiers have safely returned to their main base here, anxiously awaiting their next mission.

"But right now, I'm just tired and hungry," said Saintsing. "That is one long drive."

## **FAT LOSS AND WEIGHT LO**

#### **Everybody**

wants to lose weight. Like the number on the scale is magically going to make you look fit! This is a problem that many dieters and the average American seem to fall into. Do calories affect fat loss as well as weight loss?



A 1200-calorie diet will help you lose weight, but at the cost of losing muscle, too. When you decrease calories to an extreme level to achieve fast "weight loss" results, you are actually destroying your body's natural metabolism. Muscle is usually the first thing burned off. Destroying muscle tissue will only destroy your efforts in maintaining a healthy metabolic rate and body fat percentages.

So, how do you lose fat and maintain and/or add muscle to your body in order to increase your metabolic rate? It's a multifaceted approach. A healthy diet, strength training and cardiovascular/ aerobic training will attack fat loss from every angle.

#### **How to Promote Fat Loss**

In order to lose "body fat" you need to focus on clean eating. That would include: lean proteins, vegetables, fruits, poly unsaturated fats, whole grain foods and plenty of water. It's important to add a cheat meal once a week too. Many people find this to be hard to do when they are trying to get into shape and feel guilty, but it actually helps spike the metabolism. Just be careful to stick to it only one time a week.

There are certain foods that will help speed up your metabolism. Tuna, chicken and turkey! Rev up your fat-burning engine with lean proteins. Countless studies have shown that protein can help boost metabolism, lose fat and build lean muscle tissue so you burn more calories. A 3-ounce serving of boneless, skinless lean turkey breast weighs in at 120 calories and provides 26 grams of protein.

Drinking water actually speeds up weight loss and is a great way to increase metabolism. Researchers found that metabolic rates increased by 30 percent after drinking about 17 ounces of water. Water is also a natural appetite suppressant that flushes out sodium and toxins. Drinking enough water will also help keep you from mistaking thirst for hunger. So drink up!

#### **Foods that Slow Down the Metabolism**

Some foods actually slow down your metabolism. Sugar, alcohol and processed white bread products slow down the metabolic rate. These foods spike blood sugar levels and

# SOLDIER ON THE STREET

What are your feelings about being deployed and working in a sustainment brigade during such a historic time for our nation's military?



"It's really exciting; I was in Iraq during the 'surge' and now back just as we are completing that mission. This deployment will be something to be proud of and tell my kids about."

"It was so surreal to work the night of the last convoy and hear all of the communication."



Pvt. Dean Johnson

Capt. Fred Gore

# **FAT LOSS AND WEIGHT LOSS**

encourage fat storage. Even if you are eating a low-calorie diet containing mostly refined processed sugars, breads and alcohol, your body fat will not decrease. Your muscle mass will decrease with eating these foods. Fruits are the best substitution for sweet cravings. Fruit contains fructose, a slow digesting sugar that doesn't spike insulin levels. When eating bread products, make sure they are whole grain. White bread has no fiber and is easily digested. Processed breads, pastries, cookies and etc. have no nutritional value or fiber.

#### **Change your Mind, Change your Metabolism**

Now you know how to change your metabolism and how to eat in order to promote overall health and fitness. Remember that your fitness journey has to be seen as a lifestyle change. You have to put personal effort and make

good choices in order to improve your body fat percentages and health.

#### "Change your mind, Change your life!"

1st Lt. Crystal A. Lykins

(1st Lt. Lykins holds a bachelor's degree in Health and Human Performance. She is a certified personal trainer and aerobics instructor, and has experience as a dance, gymnastics, and fitness instructor. Her APFT scores have earned her the Army Fitness Badge and the Theodore Roosevelt Medal.)

The information contained here is for general information purposes only. Please consult your health provider before making changes to your diet or current exercise program.



# SOLDIER ON THE STREET

What are your feelings about being deployed and working in a sustainment brigade during such a historic time for our nation's military?



"It feels awesome and I'm proud to be a part of this organization representing NC and the nation."

Lt. Col. Christopher Simpson

"It is nice to see something that has cost so many lives finally come to fruition."



Staff Sqt. Jason Williams



Sgt. Arthur Everett

"We still have a lot of work to do and I'm proud to be here supporting the units in Kuwait."

"I was a member of one of the first units in Iraq, so to see end of the war is bittersweet. I have lost numerous friends in this war but gained even more, all while being a part of history."



Sgt 1st Class Robert Mullis



# February is Heart Awareness Month

# Treat Your **Heart** Right with **Whole Grains**

Want to lose weight, help your heart or just feel better?

Choose Whole Grains when You Eat

Eating as little as two and a half servings of whole grains daily has been found to reduce the risk of heart disease according to research. A serving is about one slice of bread or a half cup of a whole grain such as brown rice, oatmeal, wild rice, quinoa, barley or buckwheat. So be good to your heart and your waistline and go for the whole grains.

# Manage Your Blood Pressure!

First of all, what is Blood pressure? Blood pressure (BP) is the force your circulating blood exerts on the walls of your arteries. Blood pressure is recorded as two numbers; when your heart beats, systolic and when it is at rest, diastolic. For example, a blood pressure measurement is written as 120/80 mmHg or verbally expressed as 120 over 80. Anything less than 120/80 mmHg is considered "normal". A Blood pressure over 140/90 mmHg is considered hypertension (high blood pressure). A Blood pressure between 120/80 mmHg and 140/90 mmHg is considered pre-hypertension. According to the American Heart Association, 28% of Americans have high blood pressure and don't know it! It also contributes to 15% of deaths in the United States, according to a new Harvard Study.

# What Can I Do?

If your **blood pressure** is **higher than normal**, there are things **you can do** to lower it.

- Quit Smoking! Most people associate smoking with lung cancer and breathing problems but, smokers are more likely to develop heart disease and hypertension.
- Lose Weight! Reducing to a healthy weight will significantly lower your blood pressure. It will also reduce your chances of developing high blood cholesterol and diabetes, which are two more risk factors for heart disease.
- **Eat Right!** What you eat greatly affects your blood pressure. A healthy diet is low in saturated fat, total fat and cholesterol. It is high in fruits, vegetables and low-fat dairy foods. It also includes whole grains, poultry, fish and nuts, and has low amounts of fats, red meats, sweets and sugared beverages. It is also high in potassium, calcium, and magnesium, as well as protein and fiber. Eating foods lower in salt and sodium also can reduce blood pressure.
- **Exercise!** Being physically active is one of the most important things you can do to control or prevent high blood pressure. Exercise helps the heart use oxygen more efficiently so it doesn't have to work as hard to pump blood. Get at least 30 minutes of a vigorous cardio workout every other day.

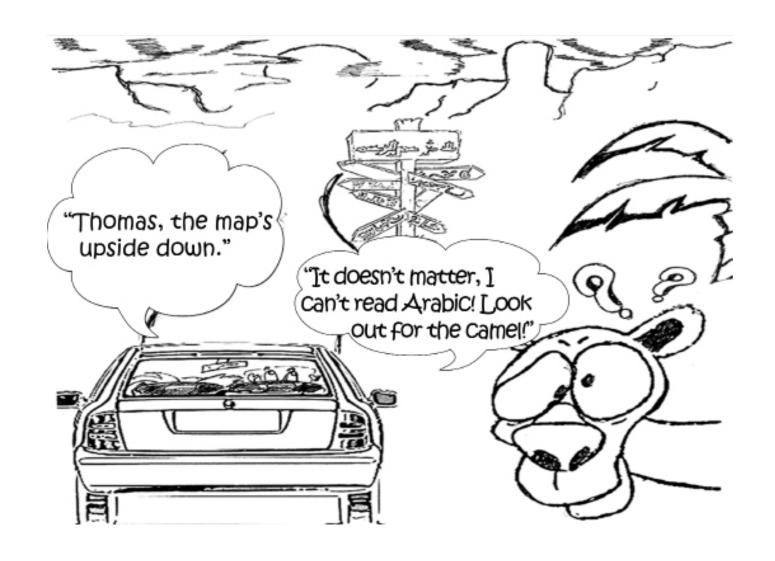
\*All information in this article was provided through nhlbi.nih.gov

# Medic Challenge of the Month

Are you an office snacker? Start the day off by saving all of the candy wrappers and coffee cups from the things you snack on throughout the day. Sometimes we don't realize how much we consume out of that candy dish! At the end of the day, take a look at how much junk you've consumed. Now choose a day to cut that in half. Not only will this save your waistline, but also your teeth and your appetite later during lunch and dinner. If you must snack throughout the day, switch to healthier options like that piece of fruit you brought back from the DFAC or plain popcorn.

## **TWISTED STEEL**







#### **MWR**

# Cultural Awareness Classes at Camp Arifjan

Photo and Story by Maj. Matt DeVivo, 113th Sustainment Brigade Public Affairs

#### **CAMP ARIFJAN, Kuwait –**

Soldiers of all ranks took time out of their busy workday to learn about the people of Kuwait and the region of the world where they will be operating in for the next year. "Every Soldier that leaves the gates of Camp Arifjan is an American Ambassador, a symbol of our country, and a key to our success in the region," stated Osama Elafy, an Arab cultural expert and instructor here.



**CAMP ARIFJAN, Kuwait** - Osama Elafy, a local Arab culture expert and MWR culture class instructor, explains local customs to Soldiers of the 113th Sustainment Brigade here.

Part of Camp Arifjan's Moral and Welfare (MWR) program, the cultural awareness class is required for all Soldiers who wish to travel to locations in Kuwait City.

"Matters that seem miniscule to most American Soldiers may be extremely important to the Muslim people you come into contact with," said Elafy. You must remember, you are in their country and should respect and understand their values, norms and behaviors. He continued, "a gesture or the taking of a photo may have a completely different meaning than intended."

Cultural awareness training at Camp Arifjan is available Fridays, 9 – 11 a.m. at the Zone 1 theater. 113th sustainment brigade personnel interested in participating in MWR trips may call 430-1223 to check for availability of group trips.

#### FAMILY TRAVEL TIPS

Planning or thinking about going to a theme park during your two-week R&R? There are several places close to North Carolina and around the Southeast that are offering military discounts/complimentary passes. Check out the following websites for more details on how to save money. Have a safe R&R!

- Theme Park Discounts offered by SeaWorld, Busch Gardens, and Dollywood: http://www.militaryrates.com/military-discounts-themepark.cfm
- Army times has a comprehensive list of national theme parks, resorts and other discounts for servicemembers: http://www.armytimes.com/marketplace/discounts/ theme\_parks\_zoos\_attractions/
- Disney's Salute the Troops Program offering discounts to servicemembers has been extended into 2012: http://www.militarydisneytips.com/Disney-Armed-Forces-Salute.html

# Key Leaders Meeting

Story and photos by Sgt. Miko M. Booth 113th Sustainment Brigade Public Affairs

KUWAIT CITY, Kuwait – Col. David L. Jones visited Kuwaiti Col. Mohmmad M. Khalid, the commander of convoy and security forces, Kuwait Ministry of Interior Convoy and Security Forces, in Khalid's office here Jan. 9 to discuss the two colonels' upcoming working relationship.

Jones, the commander of the 113th
Sustainment Brigade, currently deployed to Camp
Arifjan, Kuwait, wanted to meet Khalid in person to
meet the colonel not only on a professional level,
but to have the chance to get to know the Kuwaiti
colonel.

"We appreciate the chance to meet you," said

Jones. "We have been really busy the last 60 days, but you have been so supportive."

Jones went on to acknowledge Khalid's assistance in the recent responsible drawdown of equipment and personnel from Iraq.

"Working as two hands together, with my staff and the help of you, we can accomplish any mission," said Khalid.

"I agree," said Jones. "Our unit motto is 'one team, twice as strong,' meaning we can work together to accomplish anything.

"We are all working like one



team," said Jones.

Both colonels agreed that they were very happy with the visit and look forward to having a strong, working relationship.

"From the bottom of my heart, thank you for your support [of the United States] over the years," said Jones.



**KUWAIT CITY, Kuwait** - Kuwaiti Col. Mohmmad M. Khalid, the commander of convoy and security forces, Kuwait Ministry of Interior Convoy and Security Forces (left), meets with Army Col. David L. Jones, 113th Sustainment Brigade commander in Khalid's office here, Jan. 9.

## **BROTHERS IN ARMS CELEBRATE**

Story and photo by Sgt. Miko M. Booth 113th Sustainment Brigade Public Affairs

CAMP ARIFJAN, Kuwait – While the brothers placed their 113th Sustainment Brigade combat patch on the right sleeve of their Army combat uniform during a ceremony at sunrise Jan. 9, they were also celebrating another milestone – their 98th birthday.

The brothers are not turning 98 years-old themselves, nor are they brothers by blood; however, they are Phi Beta Sigma fraternity brothers, from different chapters, who are in the same National Guard unit deployed to Kuwait in support of Operation Enduring Freedom.

Army Sgt. Kewanis Green and Army Capt. Dennis Harris, wished each other and their fellow brothers back home a happy "Founders Day," celebrating 98 years of the fraternity.

"The fraternity's three principals are brotherhood, scholarship and service," said Harris, a member of Eta chapter at North Carolina Agricultural and Technical State University. "The 'service' part speaks volumes to me. I've demonstrated this principal through my service with the National Guard."

"While the principals seem to almost go hand in hand, the 'brotherhood' is very significant here while we are deployed," said Green, a member of the Gamma Eta chapter of Washington University in St. Louis. "Brotherhood in the fraternity is similar to the brotherhood in the military; it's very much like the bond that Soldiers call 'battle buddy.'

"Except in the fraternity, your brother isn't wearing the exact same thing you are,' joked Green.

Normally, the two would celebrate Founders Day back at their campus with their alumni chapter. While



Capt. Dennis Harris (left) and Sgt. Kewanis Green celebrated Phi Beta Sigma's "Founders Day," the anniversary of the birth of the two soldiers' fraternity.

stationed here, technology such as e-mails, social media, and video conferencing had to suffice.

"I linked up with Sergeant Green and wished him a happy Founders Day, and then wished my brothers back home a happy Founders Day via FaceBook and Twitter," Harris said.

Harris was excited to find out that their unit's combat patch ceremony fell on the same day as their fraternity's birthday.

"The patch ceremony symbolizes that you have served your country," said Harris. "You wear the patch on your sleeve to show your service in the Army, much like you wear the letters of the fraternity when you cross into the organization."

# **GREEN TO GOLD**

**CAMP ARIFJAN, Kuwait** – The 113th Sustainment Brigade's conference room holds numerous meetings and classes, where each attendee gets comfortable in big, leather chairs. During dinner time Jan. 19, the room was packed with 80 Soldiers, making it standing room only.

Maj. Joel Eberly gave a brief on all officer programs for the brigade Soldiers that night.

"This was our first Officer Programs briefing," said Eberly. "Numerous questions were answered about all officer producing programs, such as Warrant Officer, Chaplain, JAG [judge advocate general], OCS [officer candidate school], 'Green to Gold,' ROTC and many others."

For questions regarding education and officer producing programs, please contact Sgt. 1st Class Keith Warzon via email at keith.a.warzon@kuwait.swa.army.mil.



Maj. Joel Eberly speaks to a group of over 80 Soldiers during his first Officer Programs brief here at Camp Arifjan. (U.S. Army photo by Maj. Matt DeVivo.)

## **MWR**



Soldiers of the 113th Sustainment Brigade pose for a picture with their Martin Luther King Jr. 5k Run shirts after the memorial run Jan. 16. (Photo submission)

Spc. Jasmine Martin (foreground) and Staff Sgt. April Smith, both Soldiers of Alpha company, 113th Sustainment Brigade, discuss an art submission to the Martin Luther King Jr. art contest here Jan. 16 at the Zone 6 Morale, Welfare, and Recreation building. Martin voted for two pieces for the competiton. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)



Sgt. 1st Class Angelina Martzolff's art piece, "Autumn of Freedom and Equality," is on display at the MLK Jr. art contest Jan. 16 here at the Zone 6 Morale, Welfare and Recreation center. Martzolff won second place in the contest. (U.S. Army photo by Sgt. Miko M. Booth)



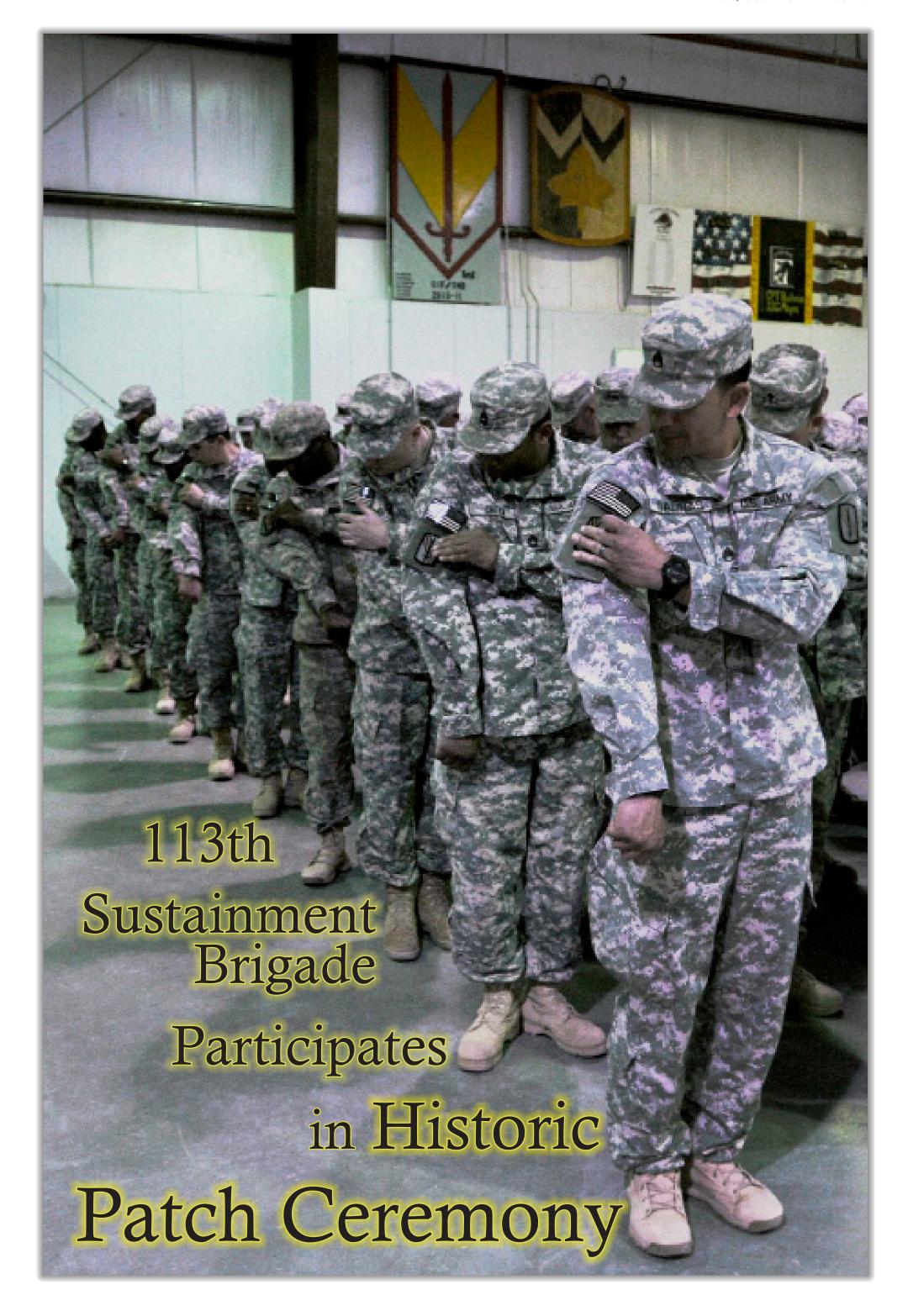


Sgt. 1st Class Angelina Martzolff and Sgt. Jeannette Lewis encourage visitors of the Morale, Welfare and Recreation center here at Zone 6 to take a look at the artwork in the MLK Jr. art contest Jan. 16. Martzolff and Lewis, both Soldiers fo the 113th Sustainment Brigade, entered the art contest. Martzolff's piece, "Autumn of Freedom and Equality," was awarded second place. (U.S. Army photo by Sgt. Miko M. Booth)

(Left) Spc. Nathaniel Autry and Sgt. Toinette Ishee, Soldiers of the 113th Sustainment Brigade, look at art entries for the Martin Luther King Jr. art contest at the Zone 6 Morale, Welfare and Recreation center Jan. 16.

(The far right piece on the table is by Sgt. 1st Class Angenlina Martzolff.)







Story by Maj. Matt DeVivo Photos by Sgt. 1st Class Keith Warzon, 113th Sustainment Brigade Public Affairs

#### **CAMP ARIFJAN,**

**Kuwait** – For the families and Soldiers of the 113th Special Troops Battalion, and Headquarters and Headquarters

Company of the 113th Sustainment Brigade, back home in Greensboro, N.C., it was late Sunday night.

Here in Kuwait, the 113th Sustainment
Brigade Soldiers are busy making history. The
Soldiers participated in a combat patch ceremony
at sunrise Jan. 9, placing their brigade's patch in
unison upon the right sleeve of their Army Combat
Uniform. The combat patch is worn beneath the
American flag and identifies the unit with which
Soldiers served while deployed in support of the
Global War on Terrorism. This was the first time
the 113th's patch, approved in July 2010, was
designated as a shoulder sleeve insignia for former
wartime service, the official name for a combat
patch.

"Whether this is your first or seventh awarding of a combat patch, the meaning and purpose remains the same," said Col. David Jones, the 113th SB commander. "You have earned it for your service and sacrifices, but more importantly it is a symbol

of the greater sacrifices that have been made for us by all combat veterans in the past."

The 113th SB unit insignia is a rectangle arched at the top and bottom. Stretching diagonally across the patch are three bendlets, or narrow bends, that represent the three branches

that form the logistics branch; ordnance, quartermaster, and transportation. A sword pointing up, held in front of the bendlets, represents the Army's warrior ethos.



The 113th SB, also known as the "Steel Brigade," is deployed to Kuwait in support of Operation Enduring Freedom and to continue the logistics management of the hundreds of tons of materiel that was repositioned from Iraq to Kuwait in December 2011.

The Steel Brigade is the command and control element tasked with managing and sustaining the flow of resources and materiel into, out of and throughout Central Command's area of operations. The brigade also provides support to other military services for common sustainment resources like fuel, ammunition, medical supplies, repair parts of



wheeled vehicles,
postal and
financial support
and transportation
distribution
management.
The 113th also has
Soldiers operating

U.S. Army photo by Maj. Matt DeVivo

in three other countries in the Middle East to ensure U.S. forces have the resources they need to succeed.

"Today is another great chapter in the 113th Sustainment Brigade's short history," Jones said. "We have all come a long way and have achieved great things since this unit was designated and reorganized as a sustainment brigade in October of 2008. All of the Steel Warriors here today and those operating across CENTCOM's AO have earned the honor of wearing our unit insignia as their combat service patch."

Jones said his Soldiers were ready for anything

"Together, as our mission evolves, we will continue to be ready for any task, proactive in caring for and leading our Soldiers, and flexible to be able to execute any missions anywhere and at anytime, because we are one team, twice as strong!" he said.

that came their way.





#### (Page 25)

After hearing the order, Soldiers of the 113th Sustainment Brigade place their new combat patches on their right sleeve during the brigade's combat patch ceremony.

#### (Page 26)

(Top left) Chaplain (Lt. Col.) Benjamin Hodge delivers the invocation before the 113th Sustainment Brigade's combat patch ceremony Jan 9.

(Right) Lt. Col. Martin Peele, 113th Special Troops Battalion commander, places the 113th Sustainment Brigade's combat patch on 1st Lt. James Jacobs, Bravo company commander.

(Bottom) The 113th Sustainment Brigade stands in formation during

their combat patch ceremony Jan. 9 here at Camp Arifjan, Kuwait.

#### (Current page)

(Top) Soldiers of the 113th Sustainment Brigade gather around the commander, Col. David L. Jones, after the patch ceremony for a brief meeting.

(Left) Soldiers of Bravo company, 113th Sustainment Brigade, stand at attention during their combat patch ceremony.

Photos and story by Maj. Matt DeVivo 113th Sustainment Brigade Public Affairs

#### AL UDEID AIR BASE, Qatar – Twenty-

four paratroopers of Detachment 1, 421st Quartermaster Company, a U.S. Army Reserve unit from Fort Valley, Ga., were recognized for their deployment Jan. 7 in a combat patch ceremony at their "rigger shed" here.

The Soldiers are now authorized to wear a shoulder sleeve insignia for former wartime service. The combat patch is worn below the American flag on the right sleeve of their uniforms, and identifies the unit in which they served while deployed in support of the Global War on Terrorism.

The 421st is one of only a few aerial delivery units currently supporting combat operations in Central Command's area of responsibility. Aerial delivery units, or "Riggers" as they are commonly called, "rig" (prepare and repair) cargo and personnel parachutes, as well as equipment and supply containers for airdrop.

"This unit is in high demand," explained Chief Warrant Officer 2 John Harris, the detachment's commander.

During the winter months, many forward operating bases in Afghanistan require their supplies to be air-dropped instead of the usual truck transport or cargo helicopter re-supply.

"My riggers will prepare up to 80 airdrop bundles a day if that is what combat units need to sustain the fight in Afghanistan. We will not fail them," Harris said.

Riggers have played an essential role in the aerial delivery of essential supplies to combat soldiers since World War II. In addition to the

"IF WE DON'T DO OUR JOBS, SOLDIERS WILL SUFFER AND NONE OF US ARE GOING TO LET THAT HAPPEN." - PFC. ZACHARY STANNARD

maroon beret worn
by paratroopers
in airborne
units, riggers are
authorized to wear
a distinctive red
baseball cap as their
military headgear
while on duty, and
the Soldiers of the
421st wear their red

caps proudly at Al Udeid. On average, the 421st rigs more than 1,100 bundles a month.

"This unit has performed superbly since arriving in Qatar, and will continue to set the bar high for rigger units that follow on after them," said Lt. Col. Lawrence Dugan, commander of the 728th Combat Service Support Battalion, the 421st's higher headquarters.

Both Dugan and Jones wear the rigger badge, signifying that they have graduated from the U.S. Army's aerial delivery officer course. Both commanders spoke to the assembled audience during the patch ceremony and touted the 421st's operational and tactical relevance in Operation

and controls logistics units in Kuwait and Qatar.

Enduring
Freedom and
their demanding
work schedule
that consistently
produces 40
airdrop bundles
a day of anything
from fuel to
food, water and
construction
material.

"I have been blessed to be

serving among some of the most selfless service and duty minded soldiers in the Army," said Sgt. 1st Class Richard Davis, the senior noncommissioned officer with the 421st who has been a rigger for over 21 years. "We work pretty long hours and a day off is not in our vocabulary. Many of our riggers are on their first deployment, but the teamwork and camaraderie I witness everyday is that of a veteran rigger unit.

"We all share in the pride knowing that every day our hard work directly supports hundreds of troops in harm's way living in tough environments," he said. The pride Davis feels flows all through this unit - all the way down to the junior riggers.

"If we don't do our jobs, soldiers will suffer and none of us are going to let that happen," Army Pfc. Zachary Stannard said.

Harris crystallized the meaning of being an airborne rigger and the importance of earning the combat patch while closing out the ceremony. In his final remarks, wearing the honored red rigger hat, he stared directly at his assembled riggers who stood at parade rest.

"You have earned the right to wear the 728th

cssb patch. It
is a herald and
historic unit patch
with lineage and
symbolism, so
congratulations,"
Harris said. "Ya'll
know how I
operate, and what
I expect from this
unit. We still need to
earn our pay today
and we will deliver,
so let's get back to



**AL UDEID AIRBASE, Qatar** - Airborne riggers of Detachment 1, 421st Quartermaster Company, secures a cargo parachute to a rigged aerial bundle of fuel, destined for a remote patrol base in Afghanistan.

work. Dismissed!"

The riggers left for lunch and upon return were directed to their duty stations by their NCOs, and still wearing their red rigger hats, got back to work. By the end of the day, the riggers had prepared another 43 airdrop bundles that were dropped in Afghanistan the next morning. The 421st rigger detachment will no doubt earn their pay, and then some, by the end of their year-long deployment.



(Above) AL UDEID AIRBASE, Qatar - Riggers of Detachment 1, 421st Quartermaster Company, work long after the hot sun has set over the airbase here. The Soldiers ensure that combat units in remote bases in Afghanistan or anywhere across Central Command's area of operations receive the essential supplies they need.

(Below) AL UDEID AIRBASE, Qatar - Airborne riggers of Detachment 1, 421st Quartermaster Company, stand at attention inside their "rigger shed" here during their combat patch ceremony. The event is in recognition of their deployment and service in a designated combat zone.





Story by Sgt. 1st Class Keith Warzon, 113th Sustainment Brigade Public Affairs

Photo by Spc. Leticia Samuels, 821st Transportation Battalion Unit Public Affairs Representative

CAMP ARIFJAN, Kuwait – On the morning of Jan. 14, a team of motivated Soldiers from the 113th Sustainment Brigade began their preparations for the Iron Wheel Competition, organized by the 821st Transportation Battalion. Army 1st Lt. Christopher Blair, Army Maj. Joel Eberly, Army Capt. Wallace Johnson, and Army Staff Sgt. Luis Quiroz, also known as "Team Nightshift," were the members that represented the 113th SB. The four Soldiers encouraged each other throughout the competition and maintained their high spirits. There were six events that made up the competition which included a ruck run, tire flip, litter carry, truck push, weapons assembly and disassembly, push-ups, pull-ups, and sit-ups.

"We had the oldest combined age and still beat lots of the young 'stud' teams," said Eberly.

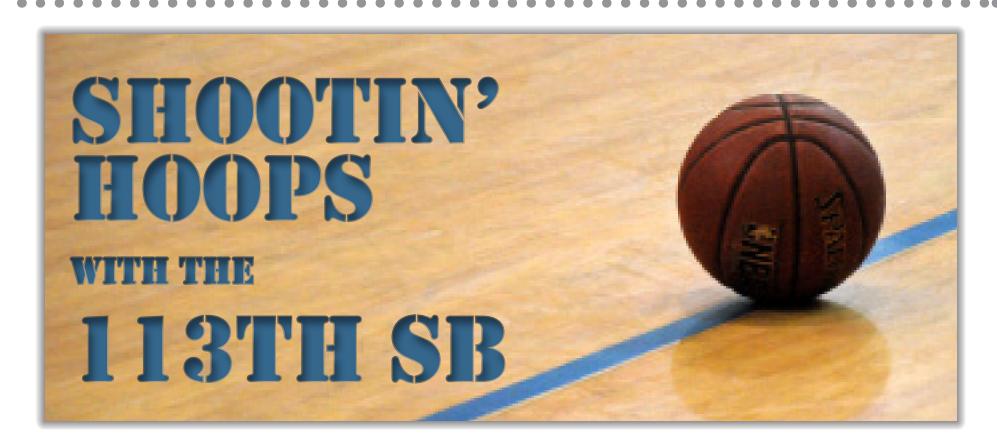
At the end of the competition, the consensus across the board from Team Nightshift was that the competition was grueling, but worth it.

"The competition was harder than I expected; it was challenging, frustrating, exciting, and tiring all at the same time," Blair said.

The team all agreed that more preparation for a competition like this is definitely needed, but they would all do another competition of its kind again in the future.

During the competition, the 113th SB commander, Army Col. David L. Jones, and his command team, Army Command Sgt. Maj. William Gill and Army Lt. Col. Miriam Gray, visited the team for support.

#### **SPORTS**



Story by Maj. Matt Devivo 113th Sustainment Brigade Public Affairs

Just because you've hit age 40 or older doesn't mean you have to give up playing basketball. At least two times per week, for the next two and a half months, the 113th SB's over-40 men's basketball team will be going coast to coast on the Zone 1 Gym court, while at the same time providing an outlet for spectators to have some fun and get their minds off work, if only for an hour or two.

They call themselves the "113th Sustainment
Brigade Tar Heels." While they undoubtedly are having a
tough time showing the agility and ball-handling skills
from their high school years against players half their age,
they have never given up and keep on hustling for the
entire forty minutes.

"This is a lot of fun," said Sgt. 1st Class Dora Everett, the team's coach. "I really love the competition, and since I coach basketball back home in Fayetteville, NC, it's like second nature to me." Everett continued "These guys



hustle the entire game and I'm proud of them."

The Tar Heels are a basketball league favorite for the simple reason that the game they play is fast paced and unpredictable.

The brigade's
headquarters company
has two other basketball
teams; a women's team
and a 20-and-over men's
team called the "Young
Stallions." Both are equally
as fun to watch and also
have a solid fan base.
They are both made up of
Soldiers from HHC, Alpha
company and brigade

The energetic Steel Brigade Cheerleaders are

staff sections.



The winning part of this team is that, if even for an hour or so, the games allow a deployed soldier to just be a ball player, a coach, a cheerleader or a fan enjoying a great game of basketball.







**Page 31** (Header) U.S. Army photo by Spc. Damian A. Flowers.

(Right) Sgt. Dawn Bell aims for her shot during the female team's first game. (U.S. Army photo by Maj. Matt DeVivo)

(Left) Chief Warrant Officer 2 Ricky Blue prepares to shoot the ball for the "113th Sustainment Brigade Tar Heels." (U.S. Army photo by Maj. Matt DeVivo)

#### This page

(Top left) Sgt. Talisha Moore of the 113th Sustainment Brigade attends a Young Stallions basketball game to cheer for the Soldiers in her brigade. She holds up a sign in support of Pfc. Brandon Scott, a player for the Young Stallions. (U.S. Army photo by Sgt. Miko M. Booth)

(Top right) The 113th Sustainment Brigade Cheerleaders perform a routine for the audience during the half-time portion of a Young Stallions game. (U.S. Army photo by Sgt. Miko M. Booth)

(Bottom right) Sgt. 1st Class Samuel Siler catches some air as he attempts a two-point shot during a 113th Sustainment Brigade Tar Heels game. (U.S. Army photo by Maj. Matt DeVivo)

(Bottom left) The audience cheers and focuses on Spc. Landon Newman, who plays for the 113th Sustainment Brigade's Young Stallions team, as he prepares for an important shot. (U.S. Army photo by Spc. Damian A. Flowers)





## **SPORTS**





(Top) The 113th Sustainment Brigade Cheerleaders perform a routine for the audience during the half-time portion of a 113th Sustainment Brigade Tar Heels game. (U.S. Army photo by Maj. Matt DeVivo)

(Left) Master Sgt. Gregory Green (blue shirt), coach for the 113th Sustainment Brigade Young Stallions team, gives his players a pep talk during a break in the game. (U.S. Army photo by Spc. Damian A. Flowers)

(Bottom) Members of the female basketball team here at Camp Arifjan watch the game from the bench, waiting for their turn to play. (U.S. Army photo by Maj. Matt DeVivo)





All games are played at the Zone 1 Gym

# AJ'S FINEST (female team)

6 Feb. @ 1800

11 Feb. @ 1800

16 Feb. @ 1800

#### **YOUNG STALLIONS**

2 Feb. @1800

6 Feb. @ 2000

9 Feb. @ 1900

13 Feb. @ 1800

#### 113TH TAR HEELS

2 Feb. @ 1900

15 Feb. @ 1800

22 Feb. @ 2000

#### **BRAVO COMPANY 113TH**

9 Feb. @ 1800

13 Feb. @ 1900

15 Feb. @ 2000

18 Feb. @ 1900

19 Feb. @ 2000

23 Feb. @ 2000

## STEEL WARRIORS OF THE WEEK

By Sgt. 1st Class Keith Warzon 113th Sustainment Brigade Public Affairs

#### **CAMP ARIFJAN, Kuwait –**

Soldiers assigned to the 113th
Sustainment Brigade and its
subordinate units have a chance
each week to be recognized
for outstanding achievement.
Battalions submit their names to
the brigade and the command
team selects the winner. Prior to
the brigade update brief, Army Col.

David L. Jones presents the Steel
Warrior with a certificate of achievement in front of
the leaders from across the brigade.

Spc. Christi Green, of the 342nd Movement Control Team, was the 113th SB's first winner and presented with her certificate of achievement on Dec. 29. Green was recognized as a self-motivated, hard-charging Soldier with superb organizational skills that made her successful in the badging

her certificate. Her daily rollup averaged five northbound
missions to Iraq and 200 local
missions to bases within Kuwait.
She monitored bus missions
that averaged moving over
3,000 Soldiers a day. Green also
played a major role in registering
over 4,000 drivers with several
different types of identification
badges.

Army Pfc. Latoya Lewis, of the 513th Transportation



Spc. Christi Green poses with her award between Col. David L. Jones and Command Sqt. Maj. William Gill.

Company, was selected as the week two Steel
Warrior of the Week, but due to her work schedule
and location, she will be presented the certificate
at a later date. She served as a gunner during
her convoy escort team's last mission to Iraq and
was commended by her vehicle commander and
convoy commander. She helped ensure that all the
other gunners on her convoy had their crew served
weapons set up perfectly to include proper head



Spc. Kenton Bumgardner takes a picture between Command Sgt. Maj. William Gill and Col. David L. Jones after receiving his SWOW award.

## TEEL WARRIORS OF TH



Spc. Nicole Garrett poses with her award between Lt. Col. Miriam Gray and Col. David L. Jones.

space and timing. Lewis has clearly proven that gender does not matter in today's Army when it comes to dealing with combat logistics patrols and security.

The week three winner, Spc. Kenton Bumgardner, of Detachment 3, 261st Ordnance Company, was presented his certificate of achievement Jan. 12. His certificate states that Bumgardner has shown determination, leadership, and professionalism above his peers by taking charge and additional duties while other security team members were on rest and recuperation leave. He led his team to successfully process, package and prepare almost 980,000 rounds of amnesty ammunition collected during the final months of the responsible retrograde of Iraq. His dedication to physical fitness was acknowledged with the Army Physical Fitness Badge and completion of the Army Ten-Miler.

Bumgardner was also selected to represent the 728th Combat Sustainment Support Battalion in the Soldier of the Ouarter competition.

Spc. Nicole Garrett, of the 1644th Transportation Company, was selected as the week four winner and presented her certificate of achievement Jan. 19. Originally assigned as a driver during convoys in Iraq, her convoy commander recognized that Garrett was not being challenged enough and assigned her as a truck commander with the additional duty of load master. Once missions ended in Iraq, Garrett volunteered to help the mail room, giving the clerks there time to concentrate on completing end-of-tour awards for the Soldiers in the unit.

Garrett was also approached by a fellow Soldier with thoughts of suicide, and her quick reaction and caring attitude resulted in a positive outcome to a potentially negative situation.

