

# Dynamite Register

*Sappers clear the way!*



TF Dynamite Issue 3

June - July 2013 Edition

## Dynamite 6 Sends

4<sup>th</sup> of July is one of my favorite holidays. I usually spend it with my daughter and family on the beach in my hometown, San Diego. The day always ends with a phenomenal fireworks display and heartburn from all of food I've stuffed in my face. I love it! However you celebrate the fourth, whether it's at the lake, river, beach, mountains or just at home with friends or family. Take time to reflect on how great our country really is, all that it offers in freedoms, and the diversity in people, places, and culture. Is it perfect? No, but it is the greatest country in the world and each and every one of you defend and uphold her. Thank you for your dedication and service.

Soldiers chose to do the wrong thing. It is so not worth it. Please consider the consequences anytime you're about to do something that you may not want others to find out. You not only represent yourself, your unit, but also the United States of America.

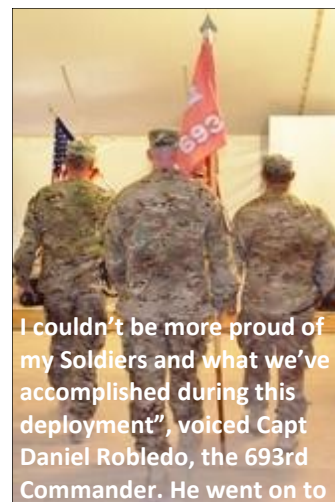
Sappers: Keep doing great things. Take care of yourself and each other. Stay in touch with friends and family back home. Keep your financial house in order. Lastly, ensure that you stay combat ready, maintain your weapons and equipment, stay focused on the mission and conduct full, meaningful rehearsals. You all are doing fantastic work. Keep it up!



LTC Granados  
Dynamite 6  
Clear the Way!

## 693rd IS GOING HOME!

After completing a nearly one year mission in Afghanistan, this tour has ended for these Sappers from Fort Drum New York.



I couldn't be more proud of my Soldiers and what we've accomplished during this deployment", voiced Capt Daniel Robledo, the 693rd Commander. He went on to say "their missions accounted for over 70 encounters with IED's, cleared over 14,000 kilometers on over 280 missions totaling over 2,000 hours on patrol." "Our familiarity with the routes we worked is something shared with a only select brave few and it didn't come easy." Capt Robledo stated "These Soldiers executed every mission assigned with professionalism and have allowed us to go home with our honor clean."



370th Slings It  
Page 4

EXPEDITED NATURALI-  
ZATION FOR DE-  
PLOYED SOLDIERS

Page 9

TSP Offers Roth Con-  
tributions  
Page 14



We are doing great things out on the battlefield. Roads are being cleared, ANA route clearance companies are being trained and validated, and we are repositioning forces and redeploying units. I ask that you continue to do the right thing when you are off route, off mission, or off duty. We have had a few instances where

## Task Force



# Command Sergeant Majors Corner



TF Dynamite Soldiers,

We have reached yet another month deployed to Afghanistan. Soldiers are still doing awesome things and the families back home can be proud of the accomplishments they have reached so far.



To-day will be another great day for Task Force Dynamite. We will have a pro-

motion ceremony and several soldiers and officers will be promoted to their next grade. It is always a great day when soldiers can be promoted and then begin their next challenge that awaits them with their promotion.

Friday the Task Force held an awards ceremony for the 693<sup>rd</sup> Engineer Company (SAPPER). The 693<sup>rd</sup> is an active duty unit out of New York that was under Task Force Dynamite and our predecessor while deployed. The 693<sup>rd</sup> has completed their mission and did so

with amazing results. They cleared many miles of treacherous roads to ensure safe passages for the Afghan citizens and to allow ISAF personnel to accomplish their mission.

The Company was lead by CPT Robledo and 1SG Behnkendorf. This Command team is what right looks like. I have enjoyed the time that we had with the 693<sup>rd</sup> and I wish all the soldiers of the 693<sup>rd</sup> all the best in their future. The Task Force will close out our deployment with the 693<sup>rd</sup> with a cookout and then send them home so they can spend some well deserved time with their loved ones.

As we move forward into our deployment, the temperature continues to increase. The other day I noticed the temperature was 120 degrees in the shade.

I want to thank everyone that supported the FRG on the 29<sup>th</sup> of June (fill the HUMVEE project) in Augusta. I was told that it was a good turn out and a lot of STUFF was donated for our soldiers that

are deployed. I also want to give a special thanks to the church that Mrs. Lorenz is a member of. It is my understanding her church is paying for all the shipping cost so they can mail all those donations to us.

CSM Logan

"the easy path is always mined"

If anyone wants to contact me, please feel free to email me @ [jeff.logan@afghan.swa.army.mil](mailto:jeff.logan@afghan.swa.army.mil)

"Soldiers Matter"

CSM Logan

TF Dynamite 7

**The 693<sup>rd</sup> has completed their mission and did so with amazing results!**



## Inside this issue:

370th Slings It	4
HHC Fathers Day Breakfast	8
ACE 238th Birthday	10
Promotions	13
Military Benefits	14
Birthdays	15
Information assurance	16



## UMC, 878 FRG, & 95 ROCK SPONSER "FILL THE HUMWV" EVENT

by Sgt 1st Class Michael Bignardi

*a united methodist faith community*

As most of you know, the United Methodist Church located in Evans, Georgia has officially adopted the 878th. On June 29th they held a "Fill the HUMWV" donation event. The event was a huge success! The items donated are currently in the mail thanks to our FRG Team. The shipping charges were also provided by the UMC.

95 Rock was instrumental with ensuring the word was spread all over Augusta. They announced the event on air and posted the event on their website. Let's ensure we thank these patriots with letters and in person when we return!





## 693<sup>rd</sup>'s AWARD CEREMONY



A very proud moment as the 693rd Engineer Company awarded 55 soldiers with four different types of metals. The Combat Action Badge was awarded to 45 Soldiers. The Combat Medic Badge was awarded to 3 Soldiers while seven Sappers received the Purple heart. The de Fleury Medal (awarded by the US Army Engineer Association) was presented to 3 Soldiers.



## 370th Route Clearance Recovery NCO Takes Ingenuity to New Level

By 1LT Jon TRUMP



KANDAHAR PROVINCE, Afghanistan – This article first appeared in the June 2013 issue of Army Engineer magazine. It details the resourcefulness and creativity of a two Soldiers who knew they could make an improvement and **most importantly, acted upon it.**

The 370th Sapper Company returned to Afghanistan

after just over a year of dwell time with a great deal of experience from lessons learned during their last deployment to Regional Command – East in 2011. This rotation, now in the Regional Command – South, brought back many veterans with high hopes and great ideas. Among those

individuals is U.S. Army Sergeant Jason Newman, Recovery Team Leader and Wheeled Vehicle Mechanic with Route Clearance Package (RCP) 25 and 370<sup>th</sup> Sapper Company.

Sergeant Newman is a veteran of the Ordnance Corp with service as both a wheel and track vehicle mechanic. He is a graduate of the H8 Wheeled Vehicle Recovery Course and the Maxxtow Recovery Operators Course. Sergeant Newman has ten years service, and he is currently on deployment number four, with this marking the second time around in Afghanistan as a Recovery Team Leader for RCP operations. Needless to say, recovery operations are his specialty.

With every deployment comes growing challenges in the ever changing environment that is a combat zone. Sergeant Newman is no stranger to the Maxxtow Recovery Vehicle (MRV). He was one of the first to be fielded the latest recovery asset the Army has to offer in 2011. While conducting RCP operations in Ghazni Province, Afghanistan his MRV sustained an Improvised Explosive Device (IED) strike, blowing the frontend off his vehicle only a few weeks after getting the vehicle. This event put his team down as the first to ever sustain a strike in an MRV.

Being one of the few in the unit with experience on the MRV now coming around for deployment number two, Sergeant Newman came in with a plan. He understood the ins and outs of the MRV, both its capabilities and its limitations. He understood the importance of his job as a recovery NCO working with route clearance.

He knows the importance of reducing recovery time on mission. Drawing from his experience, he knew full well that recovery is an essential part to RCP operations and one of the key enablers used is mine rollers, which always adds a curveball to any RCP recovery when duty calls.

According to U.S. Army Sergeant First Class Victor Almodovar, 370<sup>th</sup> Sapper Company Mo-

tor Sergeant, Task Force Outlaw, this is a topic that Sergeant Newman and all of his Soldiers are passionate about. They wanted to find a way to improve the MRV to make mine rollers a curveball that can be easily overcome.

Sergeant Newman came up with the idea of a mine roller sling. One that has a perfect center of balance and is meant specifically for the sling points of any SPARKS series rollers. His focus was targeted at designing a sling that will allow for rapid recovery of rollers without impairing the ability to continue further recoveries with the same MRV on patrol. He completed his plan at the drawing table and turned to the unit welder, Specialist Nicholas Martindale, to begin the fabrication.

Specialist Nicholas Martindale is both civilian trade school trained and a U.S. Army certified welder. He quickly took the designs and made it a reality under the watchful eyes of Sergeant Newman. Within days the product was complete, a bracket for stowing the sling was added to the truck and the new slogan from Sergeant Newman was born, “Don’t Wing it, Sling it”.

The ingenuity and relentless efforts of Sergeant



KANDAHAR, Afghanistan – **Specialist Nicholas Martindale (left) and Sergeant Jason Newman (right) demonstrate the use of their Mine Roller Sling on a Maxxtow Recovery Vehicle at Forward Operating Base Walton (Photo by U.S. Army Specialist John Hinojosa, 370th Sapper Company Wheeled Vehicle Mechanic)**

## 370th Sappers: Sling it continued



Newman and Specialist Martindale proved to be the key to fighting their curveball on recovery while reducing time on target and increasing the safety of recovery Soldiers.

According to U.S. Army Captain Craig Miller, 370<sup>th</sup> Sapper Company Commander, Task Force Outlaw, safety of Soldiers and proficiency on mission is vital to our goal of bringing everyone home. Sergeant Newman is a Non-Commissioned Officer who understands what it takes to make this happen and goes the extra mile to get it done.

-1LT Jon TRUMP is the Executive Officer of 370th Sapper Company .



**KANDAHAR, Afghanistan** – “Don’t Wing It, Sling It” Mine Roller Sling shown in its stowed position on the back of a Maxxtow Recovery Vehicle at Forward Operating Base Walton (Photo by U.S. Army Specialist John Hinojosa, 370th Sapper Company Wheeled Vehicle Mechanic)

- **Name & Rank:** Private First Class Crouch, Justin A.
- **Hometown:** Millbury, Massachusetts
- **Years of Service:** 1 year and 3 months
- **Immediate family that has served (prior or current):** None
- **Why did you join:** Dead end job that was going nowhere and I had no higher education after high school.
- **Deployment job:** Combat medic (68W)
- **What are your thoughts on the deployment:** It’s my first deployment and it has been a very interesting and exciting.
- **Something the deployment has taught you, or you are proud of:** I never imagined that I would be a medic with a route clearance patrol; you never know where you’ll end up, so be prepared for anything.
- **Deployment hobbies:** Gym, reading, Sudoku, PlayStation 3
- **Favorite movie:** The Fifth Element
- **What did you do growing up that got you into trouble (Keep it PG):** Staying out past my curfew; 3 or 4 a.m.
- **Civilian career (If not A.D):** N/A
- **Vehicle you own and favorite vehicle you owned if not the same:** I don’t own one currently but I had a 1996 Dark Green Honda EX Accord
- **Plans to do when back home:** I want to see my parents and family.
- **Goals while deployed:** I want to be able to run under a 14-minute 2 mile and bench press 180 pounds.
- **One item on your bucket list:** I want to meet Jen Ledger from the band Skillet.
- **What is the one thing that should be taught in school that isn’t already:** Weapons safety and the proper use of firearms.

## 370th Soldier Spotlight





## 62nd En Company



- Name & Rank: SGT Polito, Ian
- Hometown? Boston, MA.
- Years of service? 5
- Married? No
- Kids? No
- Immediate family that has served? Father, Prior Marine
- Why did you join? Something I always wanted to do as a kid.
- Deployment job? Team Leader, gunner
- What are your thoughts on the deployment? We are here for a good reason.
- Something the deployment has taught you, or you are proud of? That I am fortunate to have what we have in the United States
- Deployment hobbies? Going to the gym
- Favorite Movie? Ted
- What did you do growing up that got you into trouble? (Keep it PG) make bad decisions
- Civilian career? (If not A.D.) Worked at a Ice Skating Rink
- Vehicle you own and favorite vehicle you owned if not the same? Honda Civic SI
- Plans to do when back home? Visit my three nephews
- Goals while deployed? Get into the 1000lb club
- One item on your bucket list? Sky Dive
- What is the one thing that should be taught in school that isn't already? Self defense



## Soldiers That Are Making a Difference

FOB Pasab-SPC Darryn Britton comes to the 62ND Engineer Company from Fairfield, Alabama. His father Clarence Britton served in the United States Army from 1963 to 1983. SPC Britton has 3 deployments with the 62ND EN CO since arriving in 2009. His previous awards and schools include Warrior Leader Course, H8 for MRV, GPR Maintainer for Husky, and R2C2 Maintainer. These skills have proven priceless as the route clearance teams' primary weapons against the IED fight are the Husky vehicles. Additionally, the MaxxPro Recovery Vehicle (MRV) has proven a much needed asset for pulling our Sappers out of the mud, ditches, and other extreme terrain features they face on a daily basis. SPC Britton would like to say, "God Bless" and wishes everyone back home a great summer with their families.



FOB Pasab- SPC Jose Angel Rodriguez Morales is originally from Bayamon Puerto Rico. He arrived to the 62ND EN CO in April, 2011 and has been working hard ever since. His efforts in Iraq with the unit proved vital and outstanding as the youngest member of the team he quickly learned the importance of maintaining his equipment and standing by his work. His previous awards and schools include H8 for MRV and R2C2 Maintainer that again have both been extremely important in the fight to keep our equipment fully mission capable under the direction of his NCOs and section leader. SPC Morales wants to pass along the message that he and the company will "Come back strong" and wishes everyone a fun month.

## 84th Engineer Support Company (Airborne)



**FOB Pasab:** Sgt Hill (kneeling right) from the 84th Engineer company is training members of the 3/205th Afghanistan National Army on how to properly engage a

SPC Keeling with the 84th Engineer Company receives his end



of tour award early due to his fast approaching ETS. He volunteered to deploy to Afghanistan despite the plan that he wasn't going to stay in the

Army. We wish him well in his endeavors as he travels back to Alaska. **SAFE TRAVELS SPC Keeling!!** By SFC Michael Bignardi

Major Bo Reeves (left) and First Lieutenant Cecil Barnes (bottom left) from Task Force Dynamite listen to an Afghanistan key leaders request for additional support in Kandahar City, Afghanistan.



Picture taken by SFC Michael Bignardi

**By Sgt SFC Bignardi**

Task Force Dynamite Public Affairs

KANDAHAR PROVINCE, Afghanistan – In the latest show of increasing support for the people of Afghanistan, engineers from various battalions aboard Kandahar Air Field met with key leaders in Kandahar City at the Operations Command Center. Representatives from the Afghanistan Na-

tional Army and Afghanistan National Police were on hand to discuss what additional support the engineers from TF Dynamite and other engineer battalions could provide to further assist Kandahar City in growing safely. "Route Clearance Engineers have long provided safe roads for Afghans to travel" stated Colonel Hashem from the Afghanistan National Army. Colonel Hashem also praised the tremen-

dous efforts of the ISAF in this area. According to Major Bo Reeves with Task Force Dynamite, "the panel's main focus was how we could engage ISAF's Engineers in providing additional security and route clearance in and around Kandahar City". Task Force Dynamite is currently partnered with four Afghanistan National Army units.



# HHC Happenings

By - SFC Michael Bignardi



Soldiers from HHC and FSC hosted a breakfast on June 16th at the Valhalla compound for fathers in celebration of Fathers Day. The cooking was lead by SGT Jelks of HHC and SGT Welch of FSC. They were assisted by SSG Devore, SGT Charles and SPC Hampton. The breakfast included; eggs, bacon, pancakes and fruit. "The ladies of the 878th prepared a wonderful home cooked Fathers Day breakfast meal for all the fathers of the 878th," said SFC Michael Lorenz. Gift bags were also assembled and presented to the fathers during breakfast.

**Right:** Soldiers line up in the hallway for a Father's Day breakfast.

**Top Right:** SGT Welch is cooking a delicious breakfast.

**Bottom Right:** SGT Charles and SGT Jelks prepare plates for the Dad's



photos by SPC Amanda Guglielmo



Rank & Name: SPC Weiland, Rico

- Hometown? Augusta, GA
- Years of service? 2
- Married? NO
- Kids? No

## HHC SOLDIER SPOTLIGHT

- Immediate family that has served? (prior or current) o Step-Father 20-years and-then-some Active Army Signal Step-Father's Grandfather some blurry years Army Reserve
- Why did you join? Gain macho points as I advance my continual education.
- Deployment job? 68W and medical supply management.
- What are your thoughts on the deployment? *Where did all the Ibuprofen stocks go from earlier? Where did the natives learn how to pack their trucks? Where did my knife go?*
- Something the deployment has taught you, or you are proud of? Out of the hundred things that could be done, less than one of that is perfect, the rest is just duct tape and army physics.
- Deployment hobbies? Reading, Sketching, Gaining macho points, and talking to family.
- Favorite Movie? Sin City
- What did you do growing up that got you into trouble? (Keep it PG) Not achieving enough.
- Civilian career? (If not A.D.) College Student
- Vehicle you own and favorite vehicle you owned if not the same? KIA, not sure of the model.
- Plans to do when back home? Continue education.
- Goals while deployed? Advance in the boards and to become a dictionary and reference for the medication in the inventory room.
- One item on your bucket list? Finish the trilogy of "The Lord of the Rings," Tom Bombadil isn't helping.
- What is the one thing that should be taught in school that isn't already? Discipline and self-competitiveness.





## 833rd Engineers Soldier Spotlight



- **Name:** Michael E Carroll      **Rank:** SGT
- **Hometown:** Portland, OR
- **Years of service:** 5
- **Married?** No
- **Kids?** 3- Michael, Liam, and Shannon
- **Immediate family service:** (prior or current) Sister: Jennifer 6 years Coast Guard, Father: Richard 8 years Active Air Force-Vietnam
- **Why did you join?** To blow things up
- **Deployment job:** Team Leader/ Truck Commander
- **What are your thoughts on the deployment?** It is great to see the changes since my last tour in Afghanistan. The Afghan people seem to be taking control of their own future.
- **Something the deployment has taught you, or you are proud of?** Be grateful for what you have.
- **Dogs, or cats?** None
- **How does this deployment compare to others?** Slower paced, less action but learning just as much.
- **Favorite food?** I am a hamburger enthusiast.
- **Favorite TV show?** The Gold Monkey
- **Hobbies:** vintage off road vehicles
- **Favorite Sports team:** Portland Timbers
- **Civilian career?** (if not A.D.) Documentation Specialist
- **Vehicle you own and favorite vehicle you owned if not the same:** 1993 Jeep YJ and planning on purchasing a Russian Ural motorcycle
- **College?** (favorite or major) Degree in Business Administration
- **Plans to do when back home?** Travel
- **Any goals while deployed?** Learn Spanish



### Advice From An Actual Lawyer On Naturalization

#### EXPEDITED NATURALIZATION FOR SOLDIERS DEPLOYED TO AFGHANISTAN

Non-U.S. citizen Soldiers may be eligible for expedited naturalization through military service. U.S. Citizenship and Immigration Services (USCIS) has established a naturalization program for deployed Soldiers. Section 329 of the Immigration and Nationality Act governs the citizenship application process for deployed Soldiers.

Under Section 329, an applicant for naturalization must: (1) have served honorably in an active-duty status during a designated period of hostilities (Operation Enduring Freedom qualifies); (2) have been lawfully admitted as a permanent resident after enlistment, OR have been physically present in the

United States or in certain territories at the time of enlistment); (3) be able to read, write, and speak basic English; (4) have a knowledge of U.S. history and government; (5) be a person of good moral character; and (6) embrace the principles of the U.S. Constitution and good citizenship.

If you meet these requirements and are interested in becoming a U.S. Citizen, you should be eligible for the expedited naturalization process. There are addi-

tional steps, such as filing a Form N-400 Application for Naturalization, fingerprints cards, passport photographs, and other necessary documents. The vast majority of the process can be accomplished here in RC-South.

The Point of Contact for Soldiers seeking naturalization assistance is Traci L. Picciano at [traci.l.picciano@uscis.dhs.gov](mailto:traci.l.picciano@uscis.dhs.gov) or at 312-294-9000 (DSN). Any Soldier interested in this process may also contact the TF Dynamite Legal Office for additional information.

Christopher J. Watkins  
CPT, JA  
878 EN BN, TF Dynamite  
"Clear the Way!"



# Army Corps of Engineers 238th Birthday



KANDAHAR, Afghanistan – In addition to the U.S. Army celebrating its 238th birthday on June 14, 2013, the U.S. Army also celebrated another landmark as the Army Corps of Engineers turned 238 on June 16<sup>th</sup>, 2013. The birthday celebration was hosted by the 3<sup>rd</sup> Sustainment Brigade. Soldiers from the 878<sup>th</sup> Engineer Battalion provided details about the Corps's illustrious history.

**Below:** SPC Brandon Hale provides details on how the Army Corps of Engineers assisted with the building of the Panama Canal to the more than 100 service members present.

**Article and Photo by SFC Michael Bignardi**



**Left:** SFC Tracy Rapp briefs at the 238th ACE Birthday celebration while SPC Hale, SPC Thomas, and SGT Jelks look on.

## **FSC SOLDIER SPOTLIGHT**

- Home Town: Richmond Hill, GA
- Rank: SSG
- Years of service: 23
- Married? YES
- Kids? 4
- Immediate family service: (prior or current) Husband \ Father
- Why did you join? Go to college
- Deployment job: Inspector
- What are your thoughts on the deployment? N\A
- Something the deployment has taught you, or you are proud of? How to work with others
- Dogs or cats? 1 Dog 1 Cat
- How does this deployment compare to others? N\A
- Favorite food? Hot wings
- Favorite TV show: NCIS
- Hobbies: Repair and Restore cars
- Favorite Sports team: Pittsburgh
- Civilian career? (If not A.D.) - Technician
- Vehicle you own and favorite vehicle you owned if not the same: Honda Odyssey
- College? (Favorite or major) Automotive Technician



**SSG Joseph Azeem**



**beautiful sunset on FSC's route**



**FSC's "stay awake plan"**





### Scripture of the Month July: Exodus 17:8-13 New International Version (NIV)

<sup>8</sup> The Amalekites came and attacked the Israelites at Rephidim. <sup>9</sup> Moses said to Joshua, "Choose some of our men and go out to fight the Amalekites. Tomorrow I will stand on top of the hill with the staff of God in my hands." <sup>10</sup> So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. <sup>11</sup> As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. <sup>12</sup> When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset. <sup>13</sup> So Joshua overcame the Amalekite army with the sword.

#### **THANK GOD FOR SOLDIERS LIKE HUR**

Intro: This is a very important moment in the life of the nation of Israel. As they journey toward the Promised Land, they are faced with their first encounter with an enemy army. The Bible tells us that they came face to face with the armies of Amalek. These people were a nomadic tribe that was a constant thorn in the side of the people of Israel. In this first encounter, they prove their nature by conducting an unprovoked attack against the Israelites. This prompts the Lord to promise the total annihilation of the Amalekites. This promise was later fulfilled.

In this scene from the travels of Israel, we find the great leader Moses mentioned, along with Aaron, as well as the first mention of the future leader Joshua. All of these men were great leaders in the history of Israel and all played a very important role in the early history of this great nation. However, there is another man mentioned in these verses that deserves our attention: his name is Hur. This is a man who steps out of nowhere, does a great work and then disappears into the same shadows from which he came.

People have long looked to Moses and Joshua as great leaders and as role models. Both men are classed, and rightfully so, as true heroes of the faith. However, I would like to say that the real heroes of this particular story are Aaron and Hur. Notice the context. When Moses' hands were held up, as a sign of intercession, Israel prevailed in the battle. When Moses' hands were allowed to fall down, Amalek prevailed. After a while, Moses became weary to hold his own hands up and Aaron and Hur stepped up and held Moses' hands up until the battle was finished. In my mind, they are the true heroes here. Of these two, Hur seems to stand out in my mind. Here is a man about whom we know next to nothing, yet he enabled an entire nation to see a great victory.

This month, I would like to pay tribute to every Hur in the 878<sup>th</sup> EN BN / Down Trace Units. I would like to honor all those who are willing to take the second seat. Those who are willing to make up the second line. People who are often unnoticed, un-thanked and underappreciated, people just like Hur. People who perform a function in the Battalion, and the down trace units that are so vital, but who never get the recognition they deserve. These people are the ones who enable the rest of us to be successful in Afghanistan on and off the battlefield. These are those who make up the front line, those who take the first seat, to do. You are absolutely invaluable!

Night Shift, Day Shift, The TOC, The Motor Pool, Maintenance, Support, RCP, CLP, FSC, HHC, 848<sup>th</sup>, 370<sup>th</sup>, 62<sup>nd</sup>, 84<sup>th</sup>, 137<sup>th</sup>, 693<sup>rd</sup>, 833<sup>rd</sup>, Administration, and Bus Drivers. Whatever your job may be, we cannot and will not win this war without you, the true heroes; a face without a name. God bless you all and remember what William Shakespeare wrote - **All the world's a stage and everyone has a role to play**. In closing let all of us work together holding each other's hands up until victory is won.

**SHOULDER TO SHOULDER NO SOLDIER STANDS ALONE**  
**DEF CRISIS HOTLINE CALL DSN/NVOIP: 1-1-1 (318) 421-8218**

**Or contact the BN Chaplain at (318) 421-6741**

**Our motto is "Service before Self".**

**TASK FORCE DYNAMITE RST (Religious Support Team)**

**CH Jimmy Bellamy and SGT Tyler Morris**



# Medical Tips

from the TF Dynamite DOC

## Nutrition Continued from last edition.....

### Vitamins

.....can fill the gap when you don't have an ideal diet. (And who does?) Vitamins are crucial to the proper functioning of the body, and you need them in varying quantities. Vitamins are available in a wide variety of foods, and your best bet is to consume a diet that incorporates the three founding principles of nutrition: balance, variety, and moderation.

However, when your diet fails to achieve an optimal intake of vitamins from food, you can supplement with vitamin products.

There are essentially fourteen vitamins that you should be aware of, and they are classified as either fat-soluble or water-soluble. The basic difference between the two is that excessive amounts of fat-soluble vitamins can be stored within the body, while most water-soluble vitamins are simply excreted if you take in too much.

### Minerals

.....have a myriad of functions in your body. Much like vitamins, minerals are needed in relatively small amounts, but this certainly doesn't discount their importance to the body. Minerals actually come

from the soil, but you get them from eating plants, animals, and from drinking water. They are excreted readily, which means you need a constant source of minerals daily.

### Water

It's a FACT—water is the most important nutrient for your body! You've probably heard that you can survive several weeks without food, but only a few days without water. This clearly demonstrates how vital it is to your overall health and well-being. Water comprises about 60% of total body weight in the average adult male and about 50% in the average adult female. Can you believe that? Keep in mind, individuals with more lean muscle mass will have a higher body water content than those with a higher body fat percentage, since muscle mass is approximately 70% water.

### three ways to obtain your daily water needs

- The first is the most obvious—drinking fluids. Soda, juice, milk, coffee, tea, and a whole host of other beverages,

all have water as their foundation.

- The second way you acquire water is through the food you eat. Fruits and vegetables are 80-90% water on average, and meats and seafood are generally 60-70% water. Even grains, nuts, and seeds have water in them, despite appearing relatively dry.

- The third way to obtain water is through the metabolism of food. When carbohydrates, fats, and proteins are broken down for energy, water is produced in the process.

### It's a balancing act.....

One of the reasons you need water so frequently is because you lose water on a daily basis. In fact, you lose water from four main areas of the body: urine, feces, sweat, and exhaled air. As you might imagine, most of the losses come from urine and sweat. Ultimately, when you balance these losses with your daily water intake, you are in a state of normal hydration.

## Movie Quotes

1. "Well, you see, I didn't know where your office was. So I asked the newsboy. He didn't know. So I asked the fireman, the green grocer, the butcher, the baker, they didn't know! But the liquor store guy... he knew."
2. "People's reactions to opera the first time they see it is very dramatic; they either love it or they hate it. If they love it, they will always love it. If they don't, they may learn to appreciate it, but it will never become part of their soul."
3. "You think I'd go hoarse for a player with no potential? When I ignore you... then you worry."

1. Who framed roger rabbit 1988 2. Pretty Woman 1990 3. Love and Basketball 2000



# PROMOTIONS



Left: Newly promoted SGT Serrano stands proud with SSG Shields following the promotion ceremony on

1 June 2013 at Forward Operating Base Walton (no photos) PFCs Anderson, Dunn, and MacNeill were promoted to Specialist.

Left to Right: SSG Hughes, SSG Johnson, SGT (848), SGT Bland, SGT Broner, SGT Carter (848), SGT Kemp, SGT Motes, and SGT Richey



HHC, FSC, & 848th

Above: The promotion Line up, standing tall and looking good!



HHC

Above: The newly promoted SGT Broner stands tall as his rank is pinned on.

Right: Battalion Commander LTC Granados goes for the traditional chest punch for HHC's newly Promoted CPT Stone.



FSC



Above: A very excited SSG Johnson anxiously awakes the removal of her SGT Stripes.

Right: SGT Kemp's eyes light up as he watches his SPC rank vanish and his new Sgt. rank appear from LTC Granados's pocket.

HHC



848th



Right: One of the newest NCO's in 848, SGT Robert Carter.

# MILITARY BENEFITS & RESOURCES



## Roth TSP vs. Traditional TSP

With the introduction of Roth, you will potentially have two types of balances in your TSP account: A traditional (non-Roth) TSP balance and a Roth TSP balance. Any agency contributions you receive will always be a part of your traditional (non-Roth) balance. However, you may designate your own contributions any way you like depending on your individual tax circumstances. (**Note:** Money already in your account when you begin making Roth contributions will remain part of your traditional balance. You will not be able to convert it to Roth.) **To learn more, check out the web page below. There is also a video at this link to further explain what a ROTH is.** <http://www.dfas.mil/militarymembers/rothtspformilitary.html>

The Treatment of...	Traditional TSP	Roth TSP
Contributions	<i>Pre-tax</i>	<i>After-tax<sup>1</sup></i>
Your Paycheck	<i>Taxes are deferred</i> , so less money is taken out of your paycheck.	<i>Taxes are paid up front</i> , so more money comes out of your paycheck.
Transfers In	<i>Transfers</i> allowed from eligible employer plans and traditional IRAs	<i>Transfers</i> allowed from Roth 401(k)s, Roth 403(b)s, and Roth 457(b)s
Transfers Out	<i>Transfers</i> allowed to eligible employer plans, traditional IRAs, and Roth IRAs <sup>2</sup>	<i>Transfers</i> allowed to Roth 401(k)s, Roth 403(b)s, Roth 457(b)s, and Roth IRAs <sup>3</sup>
Withdrawals	<i>Taxable</i> when withdrawn	<i>Tax-free</i> earnings if five years have passed since January 1 of the year you made your first Roth contribution, AND you are age 59½ or older, permanently disabled, or deceased

For all those entrepreneurs among us, there's now a special initiative that's been started to help veterans launch their own businesses. It's called the SBA Veteran Pledge Initiative. There's money being set aside that will grow over time for vets to be able to start their own business through the traditional SBA loan program. Details are below.

by Sgt 1st Class Michael Bignardi

***Lending commitment will support estimated 2,000 Veteran-Owned Small Businesses, Add \$475 Million in Capital***



**WASHINGTON** – The U.S. Small Business Administration (SBA) is announcing today the SBA Veteran Pledge Initiative, a commitment by its top national, regional and community lenders to collectively increase their lending activity to veterans by five percent per year for the next five years.

Often times, veterans face

challenges in raising capital or have trouble receiving a conventional loan. With the support of SBA's top 20 national lending partners, and approximately 100 additional regional and community lending partners across the United States, SBA expects to assist an additional 2,000 veterans obtain loans to start or expand small businesses by increasing lending by \$475 million over the next five years. This equals a five percent

increase above historic veteran lending activity by the SBA.

The initiative also complements SBA's existing partnership with the National Association of Development Companies (NADCO) VetLoan Advantage strategic initiative that offers small business financing discounts and training to veterans who own businesses or are interested in small business ownership. To learn more, go to:

<http://www.sba.gov/about-sba-services/7367/633621>

## **Post 9-11 GI Bill Transfer Changes**

There have been some questions regarding changes to the transferability of the post 9-11 GI Bill. Read MILPER 13-102 <https://www.hrc.army.mil/Milper/13-102> for the latest information. Two key points, (1) as long as you have transferred benefits to one or more dependants **PRIOR to 1 AUG 13** you will not incur an additional ADSO for changes made after that date, to include any newborns/additions to your family. If you have not transferred benefits prior to that date you will be subject to the ADSO and requirements as outlined in this MILPER.





**878th HHC:**

Christian Graham 07/05  
 Christopher Covington 07/22  
 Joy Jones 07/27  
 Jason Jones 07/31  
 William Kemp 07/31

**878th FSC:**

Sahmiah McLester 07/04  
 James Bramblett 07/09  
 Brandon Hale 07/11  
 James Bilyeu 07/15  
 Candice Welch 07/15  
 Avery McKinney 07/20  
 Eric Childs 07/24  
 Shanta Blackmon 07/25  
 Timothy Stone 07/25  
 Julius Deguit 07/27  
 Ladiamond Washington 07/31

**370th:**

Ronnie Chagnon 07/06  
 John Singleton 07/06  
 Richard Dahiling 07/06  
 Kenneth Kostman 07/20  
 Christopher Fee 07/26  
 Jason Newman 07/12  
 Oliver Cribley 07/15  
 Daniel Ansong 07/16  
 Kyle Kassik 07/22  
 Sean Avila 07/28  
 Benjamin Kennedy 07/29

**84th:**

Robert Scott 07/04  
 Christian Wilson 07/09  
 Cameron Hart 07/11  
 Robert Hentz 07/14  
 Joshua Jones 07/16  
 Mark Rodriguez 07/21  
 Joshua Brown 07/22  
 Tony Rolofson 07/23

**833rd:**

Robert Mason 07/06  
 Cameron Campbell 07/10  
 Robert Varner 07/11  
 Scott Zorich 07/12  
 Nathan Allen 07/17  
 Jacob Nikkel 07/18  
 Adam Knop 07/27  
 Clyde McDaniels 07/29

**693rd:**

Dominic Constance 07/01  
 Albert Correa 07/14  
 Anthony Held 07/20  
 Christopher Marise 07/20  
 Ismael Gutierrezperez 07/22  
 Alejandro Salinas 07/28

**62nd:**

Julius Begay 07/02  
 Taylor Edwards 07/05  
 Brandon Lawrence 07/09

Shawn McMurray 07/14  
 Zane Miller 07/21  
 Jimmy Chachamora 07/24  
 Travis Dubay 07/25  
 Marcus Sanders 07/29

**848th:**

Riki Morinaga 07/03  
 Martea Davis 07/09  
 Antonio Olguin 07/09  
 William Hunter 07/11  
 Stafford Wilson 07/16  
 Brandon Spear 07/20  
 John Jones 07/25  
 Steven Medina 07/28  
 Francisco Mendez 07/29  
 John White 07/29  
 Lee Brinson 07/30

**137th:**

Mathew Latham 07/01  
 David Roberts 07/05  
 Jamal Latore 07/09  
 Christopher Greve 07/15  
 Benjamin Salazar 07/15  
 James Gilliam 07/16  
 Jon Sessums 07/20  
 Bryant Van 07/24  
 Kevin Rodgers 07/25

# Information Assurance ..... Check On Learning



The DoD is always working to protect itself against security breaches, but with new technologies come new risks. Today, more than ever, it is vitally important that military leaders, members, and civilians understand what kind of data they are broadcasting, and what they can do to protect themselves and their families.

Geotagging is an easy way for your friends and family, and even your enemies, to find out your exact location.

Geotagging is the process of adding geographical metadata information to various media such as: a geotagged photograph or video, websites, SMS messages, and QR Codes or RSS feeds. This data usually consists of longitude and latitude coordinates. They can also include altitude, bearing, distance, accuracy data, and the names of places. By using a suitable image search engine, one can easily find the

location of images taken by entering the longitude and latitude coordinates.

When taking a picture with your Smartphone, a geotag is automatically embedded into the picture data. Most cell phone users are unaware of this and don't realize exactly how much information they are giving when they post their photos on the internet. On a Smartphone, Geotagging is automatically enabled through the GPS locator technology inside.

A picture is saved as a "JPEG" file on a camera or computer. The geotag is embedded in the metadata in Exchangeable image file format (Exif) or Extensible Metadata Platform (XMP). Here is an example of the Exif format:  
GPS Latitude: 57 deg 38' 56.83"  
Nor in a decimal format 57.64911  
GPS Longitude: 10 deg 24' 26.79"  
Eor in a decimal format 10.40744  
GPS Position: 57 deg 38' 56.83"  
N, 10 deg 24' 26.79" E

## How to disable Geotagging technology:

**iPhone** - Go to Settings, General, and then Location Services. From there you can set which applications can access your GPS coordinates or disable it entirely.

**Android** - Press the Menu key and then Settings, then press Location and Security. By default, GPS is on, uncheck it to turn it off.

**Blackberry** - Select Options, Advanced Options, GPS, press Menu key, select Disable GPS and select YES to confirm.

So the next time you post a picture on Facebook that was taken in theater, disable the GPS features. A picture is worth a thousand words. But the information encoded into that picture, is worth so much more. For more information please go to <http://dmna.ny.gov/members/geotagging.pdf>



## DO NOT PLUG IN!

**Do not plug ANYTHING into a USB port without notifying S6 first!**

It could be Information Assurance Violation!

**There is a ZERO TOLERANCE policy in effect for these Violations! Don't let it be you!**

If you have any questions regarding IA, please contact your local S6

Reference:  
AR 25-2: Information Assurance Regulation  
RC (S) Command Policy #11  
3SB Policy Memorandum #20

S6 Contact Info:  
SGT Webb (SVOIP) 308.841.2196  
(NVOIP) 318.421.8597



*"It is not the critic who counts, not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man in the arena, whose face is marred by dust and sweat and blood, who strives valiantly...who knows the great enthusiasms, the great devotions, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who have never known neither victory nor defeat."*

**Teddy Roosevelt**