

LSA Anaconda participants donate more than \$24,000 to fight cancer

ANACONDA TIMES

AUGUST 30, 2006



PROUDLY SERVING LSA ANACONDA

I Survived!



Maj. Kathy A. Shear, of Warnerville, N.Y., a deputy support operations officer for 3rd Corps Support Command here, runs during LSA Anaconda's Relay For Life. Shear, who has battled skin cancer for more than six years, said, "I believe that God does not provide you with obstacles he does not feel you can handle."



Sgt. 1st Class Carolina Castle, stationed at Fort Leonard Wood, Mo., operations non-commissioned officer for the 50th Engineer Company, pushes out another lap during the last few hours of Relay For Life. Castle, a leukemia survivor, has been participating in Relay For Life events since 1989.

2006 first-ever LSA Anaconda Relay for Life participants

Team #30 (Lockdown 3x) Capt. Michelle Vergara Spc. Desmond Bibbs 1st Lt. Michael Goddard Sgt. John Albertson Spc. Aaron Cole Staff Sgt. Steven Biery 1st Lt. Nathan Hanawalt Sgt. Florencia Santiago Staff Sgt. Carlos Bates Spc. Huntley Williams 1st Lt. John Zehnpfennig Sgt. Gaspard Sgt. Kristopher Ward	Allen Benthin Benjamin Cintron Mike O'Reilly Matthew Cook Kyle Puent James Byerly Carter Jacks Brian Reels Francisco Campos Nicholas Lengyel Denzil Lawrence	Chief Warrant OfficerGatlin Staff Sgt. Molina Staff Sgt. Shealey Capt. Bill Louie Sgt. Lumm Sgt. 1st Class Maki Sgt. Cruz Staff Sgt. Hill	Chief Warrant Officer Paul George Chief Warrant Officer Joseph Correa Lt. Col. Scott Sanborn Capt. Erik A. Enyart Capt. Ryan R. Hebert 1st Lt. James Desaulniers Chief Warrant Officer Guillermo Carrillo Staff Sgt. Anthony Clarke CW5 Timothy Zarnoski Sgt. Keith Stallworth CSM Timmy Andrews Maj. Daniel Metting Capt. Rebecca Gallimore PVT Nicholas Breeding Capt. Erin Hadlock Staff Sgt. Dani Gill Pfc. Karl Parker Spc. Kimberly Childs Staff Sgt. Nelson Rencher Spc. Amber Roberts	LAVerne Reed Sylvanie Samuel-Sealey Gregory Coward Ashel Bunche Junior Huggins Cleon Otto Monica McMillan Shawn Allen Joann Bailey Lionel Eddie Shanell Thomas Olson Christian Dwayne Croft Lennie Reed Fitzroy Tutein Ann Marie JohnBaptiste Lionel Fahie Charlene Bastian Elvis Lewis Eric Barnes
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Contact Sgt. 1st Class Mark Bell at mark.bell@balad.iraq.centcom.mil

3rd COSCOM Commanding General
Brig. Gen. Rebecca S. Halstead

Chief of the Anaconda Consolidated Press Center
Lt. Col. Brian McNerney

Deputy Public Affairs Officer
210th Mobile Public Affairs Detachment Commander
Maj. Kirk Slaughter

Editor
Sgt. 1st Class Mark Bell

Copy Editor
Sgt. Gary Witte

Staff Writers
Sgt. Kevin McSwain
Spc. KaRonda Fleming
Spc. Alexandra Hemmerly-Brown
Spc. Amanda Solitario

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4th Battalion, 320th Field Artillery Regiment completes several construction projects in July

by Sgt. Tanasha Stachelclyk

101st Airborne Division PAO FORWARD OPERATING BASE LOYALTY, Iraq – Multi-National Division – Baghdad Soldiers from 4th Battalion, 320th Field Artillery Regiment, 4th Brigade Combat Team, 101st Airborne Division, completed several beautification and improvement projects in Zafaraniya and the area outside of FOB Loyalty were throughout the month of July.

The projects included five playgrounds, two soccer fields, a soccer park, and a sewing co-op.

“I have the best job. I get to interact with local leaders and people in these neighborhoods,” said Capt. Shelia Matthews, civil military operations officer and command emergency response program coordinator, 4th Bn., 320th FA Regt.

“I have seen such an improvement with the Neighborhood Advisory Council members. I participate in weekly meetings with local leaders to discuss long-term and short-term projects. In the beginning we would have to provide the agenda for these meetings, now they already have an agenda waiting,” said Capt. Raymond Johnson, commander, Battery A, 4th Bn., 320th FA Regt.

Together they have cleaned up these areas dramatically but they still need our help, said Johnson.

Johnson’s interaction with the leaders takes place at the weekly meetings, but his battery spends the majority of its time patrolling the neighborhoods and interacting with the local people. When they are out, the Soldiers not only ask security questions but also questions pertaining to the beautification of their neighborhoods.

In these meetings the council members propose projects. After the meetings, Johnson said he would go to Matthews, who would decide if we were able to do them.

The difference between the soccer field and soccer park was not only the size but that the soccer park comes with changing rooms and bleachers, said Matthews.

The sewing co-op was the least expensive project, but probably the most beneficial of them all. The items provided for the project included five sewing machines and materials.

One of the Sindabold NAC members, a woman, opened up her home to the women so they could come there and work using the equipment without having to pay. This enabled them to sew, make items and sell them, which provided them an opportunity to earn an income for themselves and their family.

Not only are the projects being brought up by battery commanders, they are also being brought up by the Soldiers themselves.

Staff Sgt. Christian Walters, quick reaction force platoon sergeant, Company G, who spends a lot of time in the neighborhood outside of the FOB, said the local residents are very receptive to him and his Soldiers.

“We patrol the area frequently, and they have something like a neighborhood watch set up. They inform us if there has been anything suspicious going on,” said Walters.

The Soldiers and Walters had wanted to do

something nice for the children in the neighborhood. They had noticed an area that had been a soccer field but it was not level so every time it rained, it would flood and the children would have to wait weeks before they could play, said Walters.

“We didn’t know how projects worked, so we were going to get together and donate money so we could have one built,” said Walters.

When he approached Matthews, he said she told the Soldiers they didn’t have to pay for anything.

He said he gave her the coordinates to the area, and with that information, the local contractors began the project. Although he would have liked to have been present when the project was completed, he was home on leave.

He said he believes that when he and his Soldiers go through the neighborhood, the children now have a better understanding of why he and his Soldiers are there.

“Many people in this area are just above middle class,” he said. “It looks like prior to the war they were doing okay for themselves,

and during the war, you could tell they lost stuff, but they take care of what they have. They are really good about trash and keeping the area clean.”

“I know we are trying to win the hearts and minds of the people, but I think the adults are set in their ways and beliefs. The children are the future,” he added.

4th BCT has spent approximately \$2 million on projects since coming to east Baghdad and will continue to help in the building of a new and improved city.



Capt. Shelia Matthews civil military operations officer for 4th Battalion, 320th Field Artillery Regiment, 4th Brigade Combat Team, 101st Airborne Division cuts the ribbon at the sewing co-op opening in the month of July.



ZAFARANIYA, Iraq - A Multi-National Division - Baghdad Soldier from 4th Battalion, 320th Field Artillery Regiment, 4th Brigade Combat Team, 101st Airborne Division, pushes a child on the merry-go-round at a completed project site in Zafaraniya in July. (U.S. Army photos courtesy of Capt. Shelia Matthews, 4th Battalion 320th Field Artillery Regiment, 4th Brigade Combat Team, 101st Airborne Division)

C-130s hit Jackpot over Baghdad

by Master Sgt. Julie Briggs

332d Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq -- A C-130 unit assigned here is carrying a fairly conventional piece of equipment throughout the skies over the Central Command area of responsibility in an unconventional way.

Instead of hauling people and cargo, the 777th Expeditionary Airlift Squadron is carrying an airborne command and control communications suite, helping convoy commanders communicate on the ground.

The Joint Airborne Command and Control Command Post, what the unit calls Jackpot, fits nicely into the back of a Hercules, said Lt. Col. Mark Czelusta, 777th EAS commander.

"It's a way to use airlift other than from a pure logistics and distribution standpoint," the colonel said. "Using the C-130 in this way is just another piece of the whole airpower umbrella of support the 332nd provides to convoy operators on the ground."

The squadron's primary mission is convoy reduction. They fly cargo drops and movement, distinguished visitor airlift, detainee transport, aeromedical evacuations, troop transport and now Jackpot.

The people operating the equipment and controlling the information flow are from all branches of the military. All elements of the armed forces are represented, Colonel Czelusta said.

The people communicating with the convey operators on the ground are able to manage information and discern problems in advance, Colonel Czelusta said.

These messages range from "A-okay" to "we're en-

gaged," he said.

"Providing this information is vital," Colonel Czelusta said. "Convey missions are dangerous, fluid situations. Collecting information and providing it to decision makers on the ground in a timely, efficient manner saves lives."

Those operating consoles serve as a communications relay center. They should not be confused with the E-3 Sentry, which has a radar system and serves as an airborne warning and control system.

C-130 crews at Balad have been flying the Jackpot missions for several weeks without a gap.

As the first and only forward-based C-130 squadron in combat, the 777th EAS has reduced the number of trucks on the road by airlifting about 15,000 truckloads of cargo since January. This has lowered the number of soldiers exposed to danger. Now, the new Jackpot missions further increases safety for the soldiers on the ground by connecting them with people who are looking out for them, looking around corners and who are ready to call in support.

"I'm very proud of everyone who flies these missions from the Army, Navy, Air Force and Marines working the consoles to the full-up members of the squadron who fly and maintain the aircraft," the colonel said. "Everyone is working very hard to accomplish this mission."

From concept to execution and now sustainment, everyone has pulled together to make this happen, he said.

"We've received strong praise from ground commanders," Colonel Czelusta said. "The warfighters are very happy."

C-130 Hercules Factoid



General Characteristics

Primary Function: Global airlift

Contractor: Lockheed Martin Aeronautics Company

Length: C 97 feet, 9 inches (29.3 meters)

Height: 38 feet, 10 inches (11.9 meters)

Wingspan: 132 feet, 7 inches (39.7 meters)

Maximum Normal Payload:

36,500 pounds (16,590 kilograms)

Range at Maximum Normal Payload:

C-130J, 2,071 miles (1,800 nautical miles)

Maximum Load:

6 pallets or 74 litters or 16 CDS bundles or 92 combat troops or 64 paratroopers, or a combination of any of these up to the cargo compartment capacity or maximum allowable weight.

Inventory: Active force, 186; Air National Guard, 222; Air Force Reserve, 106

Air Force combat surgeons see, treat it all

by Lt. Col. Bob Thompson & Lt. Lisa Kostellic

332d Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq -- During a 24-hour shift that began at 7 a.m. Aug. 7, Air Force Maj. (Dr.) Steve Barnes treated 18 patients with injuries that varied from a crushed foot to multiple improvised explosive device penetrations, as well as gunshot wounds through the thigh and head.

For the surgeon of the day, this meant nine operations, five of which were done on Americans, three on Iraqis and one insurgent.

"I volunteered to come to Balad for both personal and professional reasons," said the trauma surgeon instructor based at Cincinnati's University Hospital in Ohio. "I needed to be here out of a sense of service. I think I am good at what I do and I could help make a difference. As for the professional experience - you don't see wounds like this at home."

The Air Force Theater Hospital here treats about 700 patients a month. About 50 percent are medical admissions and the other 50 percent are trauma cases.

According to hospital records, if a trauma patient arrives at the hospital with a pulse, not dead on arrival, the patient has a 97-percent chance of recovering and moving on to the next stage of care. This is the best rate for trauma patients in military medical history.

"You don't see stuff like this in the states," Major Barnes said. "They don't have IEDs in Cincinnati yet."

The surgeons are equipped to handle any injury just short of doing heart transplant operations. However, the most common trauma injuries they see are from IED blasts.

Located about 42 miles north of Baghdad, the forward-based hospital is the military medical hub for the whole country. Representing nearly every specialty, the surgeons work to stabilize the patients for aeromedical evacuation to Landstuhl Regional Medical Center in Germany. Every six days, they pull an around-the-clock shift as the surgeon of the day.

"We're feeling like big studs right now," said Major Barnes as he operated on an IED victim. "We found pieces of shrapnel and bone in this guy's iliac veins deep in his pelvis, that's the worst

place it could be."

Together with vascular surgeon Maj. (Dr.) Cabot Murdock, Major Barnes extracted a piece of shrapnel the size of a quarter from inside a U.S. Soldier.

"He probably would have started bleeding internally on the plane," Major Murdock said. During the five-hour flight to Germany, that kind of internal bleeding would have been fatal, the major said.

With the aid of the hospital's X-ray and imaging capability, the two surgeons found the elusive but deadly metal fragment.

"Trust no one, believe nothing," Major Barnes said. "Pop the hood and look inside for yourself to find out what's going on."

After they vacuum sealed the Soldier's abdomen closed, they explored and irrigated the wounds on his backside and legs.

"We see this here all the time," Major Barnes said. "The IED blast hit him while he was sitting down in his vehicle. See how the blast went up his pelvis and into the abdominal cavity? You don't see this in civilian trauma."

"See that, that's energized pieces of Iraq," Maj Murdock said. "Debris, little rocks. These are in every wound on this guy's body."

Tonight, the pace is steady, Maj Barnes said as the sound of incoming medievac helicopters fills the air. This time the arrival is a single patient, an Iraqi soldier with a gunshot wound in the back of his head. The surgeon holds up to the overhead light an X-ray with the bullet clearly defined just inside the patient's forehead.

"It doesn't take a doctor to tell you that there's something wrong with this picture," he said.

Later, he checks in on fellow surgeon U.S. Army Maj. (Dr.) Hans Bakken, who performs a craniotomy or removal of the skull cap. This is the second brain surgery in less than four hours.

Before his 24-hour shift comes to close at 7:30 a.m., Major Barnes responds to his fifth American patient for the night. Though exhausted, the University of Alabama in Birmingham graduate always tries to give a warm greeting to his patients and to take their mind off of what they're going through.

"It's good to talk to them," he said. "I ask them 'where are you from?' and I tell them 'we're going to take good care of you.'"



Photo by Air Force Lt. Col. Bob Thompson

Surgeon of the day, Maj. (Dr.) Steve Barnes (left) works with vascular surgeon Maj. (Dr.) Cabot Murdock to remove shrapnel from a U.S. Army Soldier at the Air Force Theater Hospital here, Aug. 7.



Transformation milestone:

Col. Michael T. McBride, left, and Command Sgt. Maj. Gregory Seals uncasing the 45th Sustainment Brigade colors in a Transfer of Authority ceremony Aug. 7 at Q-West, Iraq.

45th Sustainment Brigade takes command of Q-West

story and photo by Pfc. Kyndal Hernandez

Q-WEST, Iraq — For the first time in Army history, command authority in Iraq was transferred from one sustainment brigade to another during a Transition of Authority ceremony here Aug. 7.

Fort Campbell's 101st Sustainment Brigade transferred command of Q-West to the 45th Sustainment Brigade from Schofield Barracks, Hawaii, with ceremonial casing and uncasing of colors. The 45th Sustainment Brigade began its transformation in November and was reorganized from the 25th Infantry Division (Light) Division Support Command into its current structure in January, making it the first fully transformed sustainment brigade to deploy and

assume command in Iraq.

"We have been blessed in the 45th Sustainment Brigade with an incredible group of Soldiers," said Col. Michael T. McBride, 45th brigade commander, during the ceremony. "They are confident, well trained, and they are ready for the mission."

When the 101st brigade arrived in Iraq a year ago, they were faced with a mission to provide command and control, maintenance, field services and combat health support for the 101st Airborne Division (Air Assault) and Multi-National Division North under the operational control of the 3rd Corps Support Command.

"The pages of history will bear testimony to your accomplishments. It has been a long road and a long journey in transformation," said Col. James D. Scudieri, 101st brigade commander.

"I am already impressed with the way the 45th has forged a team," Scudieri added. "I am glad we can depart this FOB knowing that we have left it in good hands."

Now that their deployment rotation is complete, troops with 101st are ready to head home and let the 45th brigade continue the mission, McBride said.

"It is now up to the 45th Sustainment Brigade to carry on the legacy the 101st Sustainment Brigade began, and continue to add to the

accomplishments they made in the duration of their tour."

Success for the 45th is really about the Soldiers in the brigade, McBride explained. It's all about "what they do, how they do it, how they are led, and how we resource them. They accomplish anything we ask of them."

McBride highlighted similarities between the brigade's home base and its new home in Iraq.

"Any sane individual would prefer the white sandy beaches of Waikiki over northern Iraq. Nonetheless, we are proud to be here, to do our part and once again contribute to our nation's call," McBride said.

ARMY RESERVE CAREER COUNSELORS

LSA ANACONDA BUILDING 4135

SFC JEFFERY MCKENZIE >> jeffery.d.mckenzie@balad.iraq.centcom.mil

SFC BETTINA OBERKIRSCH >> bettina.oberkirsch@balad.iraq.centcom.mil

ARMY RESERVE

It's not your everyday job.

Troops keep it moving

story and photo by Spc Henry Bull
282nd Quartermaster Company

Soldiers haul essential items to support various units' missions

CAMP STRIKER, Iraq- The 282nd Quartermaster Company from Montgomery, Ala., employs different services to provide logistical support to the units in the greater Baghdad area. One of those services included developing a palletized loading system team that would be able to deliver essential items within the Victory base complex. This particular task allows units or businesses to receive supplies without having to provide themselves the equipment to haul it.

Seven Soldiers from the unit make up the PLS team. Cpl. Charles Denny, the team leader for this mission, receives the mission from the 393rd Corps Support Battalion. He coordinates and resources the movement then passes the information to the six PLS operators: Cpl. Joseph Thomas, Spc. Baily Rosario, Spc. Christopher Garner, Pfc. Robert Henderson, Pfc. Allen Jimeronson, and Pvt. Gregory Mingledorff, for the execution phase.

The PLS team starts their daily duties at 8 a.m. beginning with preventive maintenance checks and services on the vehicles and other equipment used for the mission.

"One of the first things our team members do is perform our preventive maintenance checks on our trucks and check our tie-down straps for wear or tear," Thomas said. "This is very important because each load needs to be secured on the trailer to prevent any loss or damages."

PLS teams haul a variety of items or materials. The items range from the 20-foot containers from the central receiving shipping point yard to communication equipment for different units. They also pick up food and water for units that have special operations.

On an average day, the PLS team makes between five and six deliveries from Camp Striker to any military installation on Victory base complex.

Each team member realizes the significance of this particular operation because all of the items that are being hauled are vital to a unit's mission.

"We understand the importance of completing our mission in a timely manner because so many units are depending on us to deliver their supplies so that they can complete their mission," Thomas said.



Members of the 282nd Quartermaster Company deliver much-needed supplies in Iraq using the PLS.

Hoax Virus Warnings

There have been reports of unofficial virus warnings being forwarded throughout the Iraq Theater. Below is an example of one such message. In the majority of these situations, the threat is non-existent, or outdated, and the intent is to encourage the user to forward the message. Official warnings of virus activity will come from the Information Assurance team, through the S6 and IMO channels, or through an All Balad message.

Here are some resources that you can use to research these emails in order to determine their validity:

<http://www.snopes.com/computer/virus/invitation.asp>

<http://www.f-secure.com/virus-info/hoax/>

In the future, when emails such as these are received, please forward them to the Information Assurance team at IABALAD@balad.iraq.centcom.mil for verification. Do NOT flood the email systems by forwarding them to your colleagues or friends.

**Do you have an interesting Soldier story to tell?
Tell your home-town television viewers your positive experiences in Iraq!**

Email us for more details on the latest digital video system allowing deployed forces to tell their story to hometown media outlets -- live.

ANACONDANEWSREEL
on the



On Aug. 18, 2006, more than 600 servicemembers came together to work up a sweat. As the first-ever Relay For Life event in Iraq, the combined effort raised \$24,520. The



A Soldier keeps track of walkers' laps during the event.

Photo by Sgt. 1st Class Mark Bell



Sgt. Sonia Rodriguez, 28, from Long Beach, Calif., with the 650th Movement Control Group



Spc. Robert Nieratko, 24, from Belmar, N.J., a supply specialist with Delta Company (Forward Support Company), 250th Combat Support Battalion takes a break after a long night of walking.

Photo by Sgt. 1st Class Mark Bell



Spc. Peter Bouvia runs for Team Barlow.

Photo by Spc. KaRonda Fleming

eat and raise money for cancer research.
his is their story captured in photographs.



nt Control Team, cheers on walkers during LSA Anaconda's Relay for Life. Photo by Sgt. 1st Class Mark Bell



Photo by Sgt. 1st Class Mark Bell
gt. 1st Class Carolina Castle, left, from the 50th Engineer Brigade, participates in LSA Anaconda's Relay
or Life; held August 18-19.

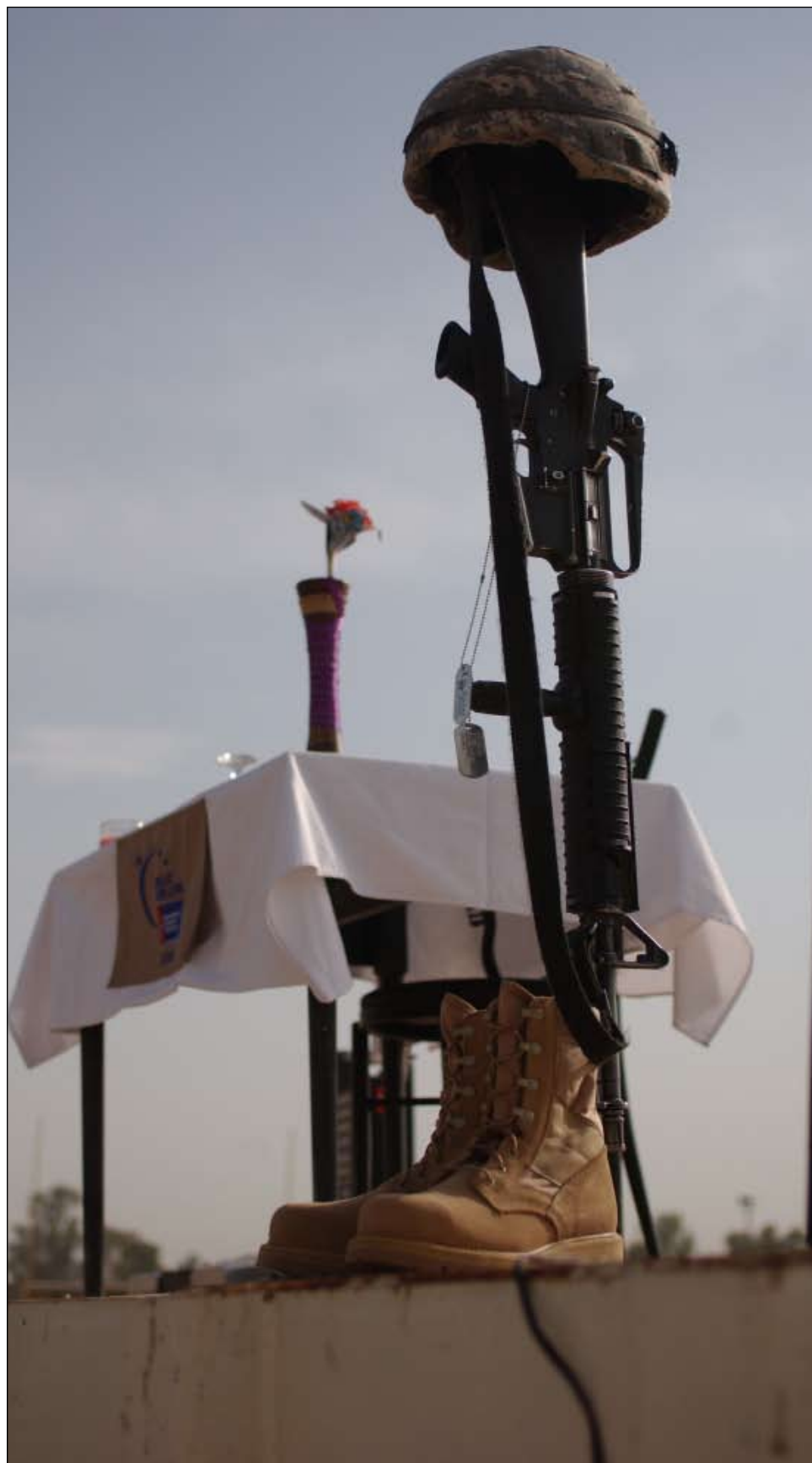
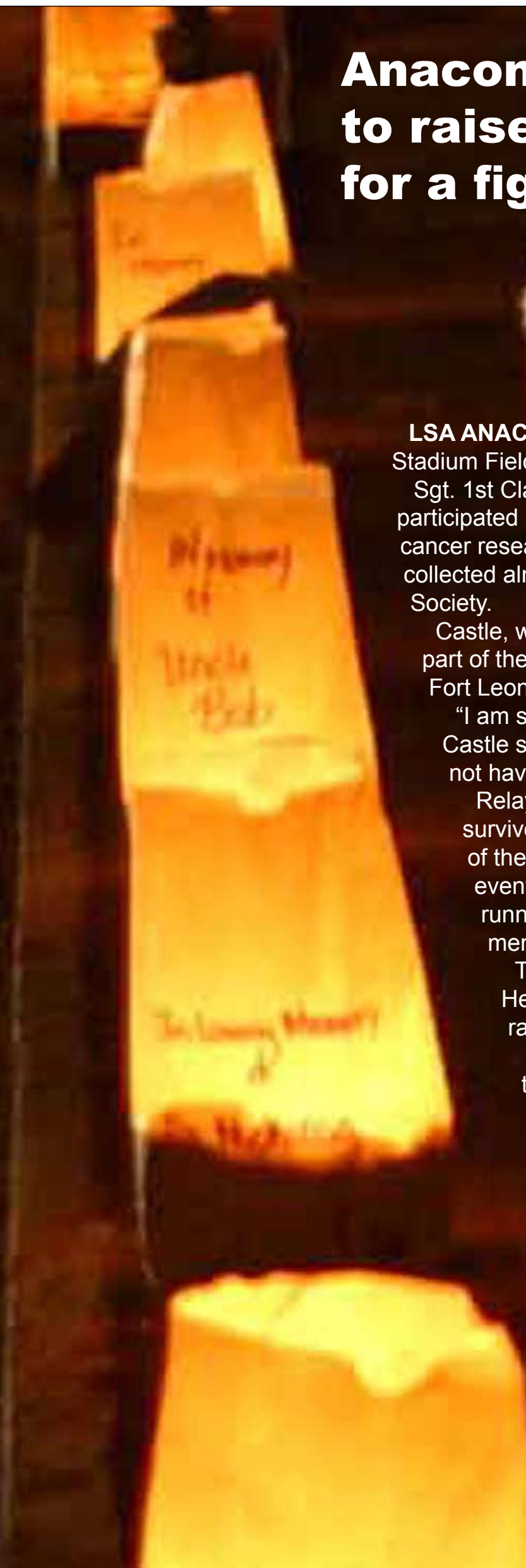


Photo by Spc. Alexandra Hemmerly-Brown
A memorial constructed to honor those lost to cancer stood center field to urge participants on
throughout the event.



(LEFT) Staff Sgt. Renee Thomas, 33, from Mannford, Okla., watches walkers while Sgt. Catherine Evernham, 27, from Long Branch, N.J., takes a nap while her teammates walk around the stadium. Both are New Jersey Guardsmen with the Delta Company (Forward Support Company), 250th Combat Support Battalion.



Anaconda comes together to raise more than \$24,000 for a fight for life, humanity

story and photo by Sgt. Kevin McSwain

LSA ANACONDA, Iraq—The fight against cancer came here to Stadium Field on Aug. 18 and 19.

Sgt. 1st Class Carolina Castle said approximately 60 teams participated in the 12-hour Relay for Life event to raise money for cancer research. She said that more than 600 servicemembers collected almost \$25,000 in donations for the American Cancer Society.

Castle, who organized the first-ever Relay for Life in Iraq, is part of the 50th Engineer Company, a bridge building unit, from Fort Leonard Wood, Mo.

"I am so grateful for all of the servicemembers' support," Castle said. "Without the dedication of everyone, this would not have been possible."

Relay for Life is an overnight event designed to celebrate survivorship and raise money for research and programs of the American Cancer Society, Castle said. During the event, teams of people gather and take turns walking or running laps. Each team tries to keep at least one team member on the track at all times.

The team with the most laps was Headquarters and Headquarters Company, 32nd Signal Battalion, which ran 1,305 total laps.

Chief Warrant Officer Dustin Goff traveled the farthest with 212 laps (53 miles). Brian Furber traveled 175 laps (43.75 miles). Chief Warrant Officer Carl F. Anderson had the third most of any individual with 172 laps (43 miles). And Chief Warrant Officer William J. Roell came in fourth with 155 laps (36.25 miles).

Throughout the event, Castle stressed the importance of fighting cancer.

"The fight against cancer is an important battle that we can not stop fighting until everyone is safe," said Castle.

Col. Mark W. Hampton, commander of the 35th Area Support Group, praised Castle for her hard work.

"The spearhead of the whole event was Sgt. 1st Class Castle," he said.

MWR offer ways to decrease combat stress

by Spc. KaRonda Fleming

Anaconda Times Staff Writer

LSA ANACONDA, Iraq -- The Morale, Welfare, and Recreation center activities add to the restoration of servicemembers emotional, mental, and physical well-being.

Staff Sgt. Philip L. Burke, a psychiatric technician with the 883rd Medical Company, an Army Reserve Combat Stress Control Company based out of Boston, Mass., said combat stress is the physical and emotional reaction to combat operations or operational stress.

"It is the normal reaction to an abnormal situation," Burke said. "Being in a war zone qualifies as being in an abnormal situation."

Burke said many factors could degrade a servicemember's performance. These factors include a number of stresses associated with problems from home, missions, medical conditions, and previous problems that were have gotten worse.

"A year is a long time for some people," Burke said. "If you are 20 years old and are here for a year, then that's five percent of your life."

The MWR really helps servicemembers when they are able to go over to the fitness center during a physical training class and jump into the pool afterwards, Burke said. The various activities remind them of what they have at home.

"We are very fortunate here at LSA



Sgt. Oscar M. Otero, embassy noncommissioned officer, E Company 1st Battalion, 8th Infantry Regiment out of Fort Carson, Colo. takes time to cool off at the pool, as well as relax his mind from the 12 hours of work he does for his unit each day.

Photo by Spc. KaRonda Fleming

Anaconda due to the amount of resources that are available," Burke said.

The MWR has activities for servicemembers including aerobic activities, boxing, swimming, and various martial art classes. There is also a movie theater, and various tournaments, talent shows, and concerts available.

Armstrong said the CSC has a three-day program called Restoration, in which

servicemembers come for classes and an assessment.

Burke said Restoration involves classes in which the servicemembers are briefed on adequate sleep, depression awareness, stress management, physical training, Soldier skills, one-to-one counseling, and psychiatric evaluation.

They have evaluated approximately 200

servicemembers who have come from other forward operating bases, he said.

These classes all provide plenty of support, he said.

"The 883rd CSC is comprised of both Restoration teams and prevention teams," Burke said. The prevention team is a three-to-four man team that travels around Iraq addressing various stressful issues that would possibly otherwise forestall combat performances.

More importantly, the team deals quickly with acute stresses and critical events, Burke said. The critical events are those that occur when you feel helpless, where as a Soldier has gotten killed or wounded in action and your own life becomes threatened.

Burke said people cope differently with various styles during critical events. "In reality, that stress that results needs to be discharged, and if it doesn't, then it accumulates and piles up," he said.

An acute stress reaction is when a stress builds up and resolves itself. However, when more stress is added to that, then it comes back on the individual, Burke said.

"We are preventing post-traumatic stress, the period of time after the acute stress," Burke said. There are critical event debriefings offered to servicemembers allowing them to share their thoughts, feelings, and experiences.

"We need to make sure that the thoughts and feelings that we have, get expressed on a regular basis," Burke said.

Postal mail tips for redeploying troops

story and photo by Spc. KaRonda Fleming

LSA ANACONDA, Iraq - Are you redeploying soon? Do you have room left in the bags you're taking along with you on your flight? Have you already packed away extra gear that you want to send back home?

If you answered yes to any of these questions, then these redeploying tips can help make your process of leaving the country a smooth transition.

There are three services that the post office offers to servicemembers on LSA Anaconda, said 1st Lt. William G. Armstrong, 1st platoon leader, 795th Postal Company, from Bethany, Mo. They include insured, certified, and registered mail.

The first tip that Armstrong, whose hometown is Hamden, Maine, recommends to servicemembers is to keep all postal receipts. The only way the post office can reimburse a Soldier for lost priority insured packages is to have proof that a Soldier paid postage at this post office.

Armstrong said that a Postal Service Form 1000 must be filled out. The form is sent to Saint Louis and their claims department will have 60 days to mail a check in the amount that the package was insured for.

The second tip is to properly package a box if it will be sent as registered mail. Registered mail is mail that is recorded at each successive point of transmission and guaranteed special care in delivery, Armstrong said.

Registered mail is very hard to mail, Armstrong said. The box must be unmarked and all seams must be secured using brown paper tape. Also, the bottom and sides must be secured with the brown tape as well. The post office worker will then stamp each corner of the box with a red stamp, which ensures that

the package hasn't been opened.

The third tip is to take all contraband items out of packages. A list of contraband items are posted inside of the post office, Armstrong said. A few examples are ammunition, weapon parts, Iraqi soil, flammable liquids, or any clothing associated with mission-oriented protective postures.

Tip number four is that all packages are now x-rayed. Armstrong said that even if contraband is not found initially, the x-ray will definitely pick it up.

Tip number five is that you can buy boxes and foot lockers from the Post Exchange.

Tip number six, be considerate of others when taking boxes from the post office. "We order mass quantities of boxes for our customers, and we put them out on the floor for them to pick up for free," Armstrong said.

Armstrong said that servicemembers can mail large packages or foot lockers home that total no more than 130 inches. The measurements of the length and girth [width] are added together, he said.

The standard rate applies to packages below 108 inches he said. Anything between 108-130 inches of length, then there is an additional surcharge cost that must be paid.



Sgt. 1st Class Byron A. Delancy, a 400th Quartermaster Active Guard Reserve Soldier, of Lexington, Kentucky is preparing for his redeployment by shipping various items back to his hometown of Jacksonville, Fla. Sgt. Phillip W. Queen, 795th Postal, inspects each item with Delancy before securing the footlocker.

He said the surcharge amount is dependent upon the zip code the package is being sent to. Zip codes beginning with zero, one, or two costs less, since those areas are on the eastern coast of the United States. The surcharge is greater when sending packages to California, Zone 8, because the package has farther to travel.

For packages valued less than \$50, the cost for insurance is \$1.35, said Spc. Branson A. Kurtz, 795th Postal Company, whose hometown is Oregon, Mo. Packages valued more than \$51 cost \$2.30, and packages over \$101 cost \$3.35 to insure, he said.

Every \$100 dollars beyond that is an extra \$1.05, Branson said.

Servicemembers also have the option to send packages through Federal Express or DHL, which are both located here on LSA Anaconda too, Armstrong said.

Armstrong said that the busiest time for the post office is in the morning. They open at 9 a.m. The best time to go to the post office is between 2 p.m. and 6 p.m., when they close.

Movie Schedule

Sustainer
Reel Time
Theater

(schedule is subject to change)

August 30

5 p.m. Nacho Libre
8 p.m. Snakes on a Plane

August 31

5 p.m. Cars
8 p.m. Snakes on a Plane

September 1

2 p.m. Waist Deep
5 p.m. The Lake House
8 p.m. Invincible

September 2

11 a.m. Garfield: a Tail of Two Kitties
2 p.m. Superman Returns
5 p.m. Click
8 p.m. Invincible

September 3

2 p.m. Nacho Libre
5 p.m. Invincible
8 p.m. Waist Deep

September

5 p.m. Click
8 p.m. Invincible

September 5

5 p.m. The Lake House
8 p.m. Invincible

Religious Schedule

Roman Catholic Mass

Saturday 5 p.m. Tuskegee Chapel
Saturday 8 p.m. Provider Chapel
Sunday 8:30 a.m. Freedom Chapel
Sunday 9 a.m. Tuskegee Chapel
Sunday 11 a.m. Provider Chapel
Sunday 11 a.m. Air Force Hospital
Monday - Friday 7 p.m. Tuskegee
Sacrament of Reconciliation

30 minutes prior to each mass

Church of Christ

Sunday 2 p.m.. Tuskegee Chapel
Islamic Prayer

Friday 12:30 p.m. Provider Chapel
Samoan Congregational Service

Sunday 4 p.m. Provider Chapel
Latter Day Saints

Sunday 1 p.m. Provider Chapel
Sunday 4 p.m. Freedom Chapel
Sunday 7 p.m. Tuskegee Chapel

Friday Shabbat Service

Friday 7 p.m. Tuskegee Chapel
Eastern Orthodox Prayer Service
Sunday 3:30 p.m. Tuskegee Chapel

Protestant-Gospel

Sunday 10 a.m. Sustainer Indoor Theater
Sunday 11:30 a.m. Freedom Chapel
Sunday 2 p.m. Air Force Hospital Chapel

Sunday 7 p.m. Provider Chapel

Protestant Praise and Worship

Sunday 9 a.m. MWR East Building
Sunday 9 a.m. Eden Chapel
Sunday 7 p.m. Freedom Chapel
Sunday 7:30 p.m. Eden Chapel
Wednesday 7 p.m. Freedom Chapel

Protestant-Contemporary

Sunday 11 a.m. Town Hall

Protestant-Traditional

Sunday 9:30 a.m. Air Force Hospital Chapel
Sunday 9:30 a.m. Provider Chapel
Sunday 10 a.m. Freedom Chapel
Sunday 5 p.m. Tuskegee Chapel
Sunday 7:30 p.m. Air Force Hospital Chapel
Protestant-Praise and Worship
Sunday 9:30 a.m. Sustainer Indoor Theater
Sunday 9:30 a.m. DFAC Four Overflow Room

Sunday 5:30 p.m. Tuskegee Chapel

Non-Denominational

Sunday 9 a.m. Signal Chapel
Non-Denominational Spanish
Sunday 2 p.m. Freedom Chapel
Latter Day Saints

Sunday 1 p.m.. Provider Chapel
Sunday 4 p.m.. Freedom Chapel
Sunday 7 p.m.. Tuskegee Chapel

Religious schedule subject to change

Movie Synopsis for Aug. 30 - Sept. 5

Nacho Libre

PG, rough action, crude humor 91 min

Nacho is a man without skills. After growing up in a Mexican monastery, he is now a grown man and the monastery's cook, but doesn't seem to fit in. Nacho cares deeply for the orphans he feeds, but his food is terrible--mostly, if you ask him, a result of his terrible ingredients. He realizes he must hatch a plan to make money to buy better food for "the young orphans, who have nothing" (and if in doing so Nacho can impress the lovely Sister Encarnacion, that would be a big plus). When Nacho is struck by the idea to earn money as a Lucha Libre wrestler, he finds that he has a natural, raw talent for wrestling.

The Lake House

PG, language, disturbing image 98 min

An independent-minded doctor who once occupied an unusual lakeside home begins exchanging love letters with its newest resident, a frustrated architect. When they discover that they're actually living two years apart, they must try to unravel the mystery behind their extraordinary romance before it's too late.

Snakes on a Plane

R, language, sexuality, drug use, terror, violence 106 min

A ruthless assassin unleashes a crate full of lethal snakes aboard a packed passenger jet over the Pacific Ocean in order to eliminate a witness in protective custody. The rookie pilot and frightened passengers must band together to survive.

Click

PG-13, language, crude humor, sexual humor, drug references 98 min

A workaholic architect, who has been overlooking his family in favor of his career, comes across a universal remote that allows him to perform TiVo-like functions on his life, such as pausing events or fast-forwarding over them. When the remote begins creating its own memory and choosing what to fast-forward over, the man sees how much of his personal life has passed him by and realizes the importance of spending more time with his family.

Waist Deep

R, violence, language 97 min

"I'll always come back for you", single father O2 tells his young son Junior. This parental promise is put to the test when O2 is suddenly plunged into a do-or-die situation; trying to go straight for Junior's sake, this recently paroled ex-con is forced to go back outside the law after his son is kidnapped in a carjacking. The resulting chase and shootout have left Junior in the hands of Meat, the vicious leader of the Outlaw Syndicate. O2's shady cousin Lucky tries to mediate, but is caught between criminal and family loyalties.

Invincible

PG, sports action, mild language 104 min

When the coach of Vince Papale's beloved hometown football team hosted an unprecedented open tryout, the public consensus was that it was a waste of time - no one good enough to play professional football was going to be found this way. Certainly no one like Papale - a down-on-his-luck, 30 year old, substitute teacher and part-time bartender who never even played college football. But against these odds, Papale made the team and soon found himself living every fan's fantasy.

If you leave it, you can lose it

Crime prevention on Anaconda is simple for those who decide to make the effort

by Sgt. Gary A. Witte

Anaconda Times Staff Writer

LSA ANACONDA, Iraq – Nearly half of the thefts that occur here might be avoided if people would lock up their valuables, the chief investigator for the Provost Marshal's Office said.

"A lot of it is unsecured property," Master Sgt. Cynthia Y. Smalls said. "We're talking about everything from helmets to money."

Theft is just one of the problems Security Forces under the Provost Marshal's Office have to deal with. The unit also handles incidents such as misdemeanor assaults, General Order No. 1 violations, contraband, and traffic accidents.

Smalls, who is from Patterson Air Force Base, Ohio, is the noncommissioned officer in charge of Investigations and has 21 years of experience in military law enforcement. She said servicemembers leaving items where others can take them, such as in an unlocked Humvee, is a common problem.

"Experience says that when it comes to larceny ... those crimes are opportunistic," she said.

Provost Marshal Maj. William McKinney said this is particularly an issue when servicemembers are in transitional housing, noting that servicemembers need to use common sense concerning their property.

"You can't just leave a \$1,000 computer sitting on a cot in an unoccupied tent all day," he said.

To make it worse, many servicemembers don't detect the thefts right away and sometimes don't report them for fear of possible consequences when the equipment is military issue, Smalls said.

"They don't want to get in trouble, but they may not realize they're the 30th person that's happened to," she said. "And if you don't have it, it could be used against you."

There were 175 crimes against property incidents reported to the Provost Marshal's Office from January to the end of June, which includes vandalism as well as thefts, she said. Timely reporting can improve the chances of getting the item recovered or catching the person responsible, Smalls noted.

In some cases, an incident has happened on a Saturday, and the victim doesn't report it until Monday, which reduces the chance the crime can be solved, she said.

The Provost Marshal's Office on Eagle Drive is open 24 hours a day, seven days a week and the phone number 911 should be called in case of an emergency.

"We can't act on it if we don't know about it," Smalls said.

Some emergencies can grow out of smaller violations. She said many times Security Forces respond to an incident such as an assault only to find out those involved have been drinking alcohol.

In other cases, drivers are pulled over for traffic violations and wind up with Driving Under the Influence charges.

In one incident during the past year, several people were able to get bootleg alcohol, but the bottles had small glass shards inside, Smalls said.

The violation was discovered when one of the drinkers was admitted to the hospital.

"The glass literally started to cut them up on the inside," Smalls said. "So not only is it illegal, but it's unsafe."

Some servicemembers unwittingly provide others with contraband.

Local and foreign nationals are not allowed to have items such as military uniforms, in-service equipment or recordable media, she said. When servicemembers are redeployed, they sometimes get rid of such items by tossing them in the trash.

An item as simple as a VCR can be recovered from the dumpster and become contraband when used by local or foreign nationals, she said. Similarly, an old uniform can become a security risk in the hands of someone other than a servicemember.

"A lot of what we encounter is preventable," Smalls said.

Traffic problems also happen unintentionally, along with the property damage that can result. Many of the accidental collisions at Anaconda are the result of backing up military vehicles without a ground guide, she said.

McKinney said about half of the serious injuries the military deals with are a result of people failing to follow the established safety protocols, including wearing helmets and safety belts.

"If they just follow those standards, the Army has set us up for success," he said. "For some reason, no one wants to wear their seatbelt over here ... How we mess up is failure to follow the standard and breaking the rules."

McKinney said the military has a support and stability role in Iraq now and servicemembers should be following theatre-wide guidelines.

"The days of the wild west are over," he said. "Slow down. Follow the (Troop Tactics and Procedures). Be courteous. Don't blow through intersections."

The Provost Marshal's Office is analyzing traffic data and attempting to determine where the worst problem areas are. Smalls said many people think that because they are in a rein-



Tech Sgt. David J. Crawford briefs the day shift Security Forces prior to their leaving on patrol. The Provost Marshal's Office deals with thefts, misdemeanor assaults General Order Number one violations, contraband and traffic problems.

Photo by Sgt. Gary A. Witte

Maintain situational awareness

If you remain aware of your surroundings and the people around you, you can more easily tell if something is wrong. It helps keep you safe and reduces the opportunity for crime.

If you want to keep something, secure it

Don't assume just because an item is government property or readily available, someone won't want to take it.

Report incidents and thefts

The Provost Marshal's Office on Eagle Drive is open 24 hours a day, seven days a week. Prompt reporting will increase the chance that your property can be recovered and those responsible caught.

Don't just throw anything away

Many items common to servicemembers, such as military uniforms and gear, are considered contraband for foreign and local nationals. Don't dispose of such items in the trash.

Obey safety and traffic rules

Ground guides are needed for backing up tactical vehicles.

forced vehicle, such as a Humvee, they are safer.

While the vehicle may not be as damaged in a collision, the driver can actually be injured worse, she said. A driver not wearing his or her seatbelt can be flung into glass that is six inches thick, rather than civilian breakaway glass.

"Newton's Law doesn't change," she said.

Tech. Sgt. David J. Crawford, who runs the day shift patrols, said their unit aims to make sure personnel don't have to worry unduly about their safety while walking around Anaconda. For instance, Security

Forces enforce a 5 mph speed limit for any graveled roads.

"People don't understand our purpose here," Crawford said. "We're here to maintain peace and discipline ... We're not here to just mess with people."

Ultimately, accidents and theft don't just affect the servicemember victimized, but it can also affect that person's actions when they are on the job, Smalls said. And when that happens, it affects everyone with them.

"That is a Soldier who can't focus on their mission because they're focusing on what happened to them," she said.

ANACONDA ACTIVITIES

Your one-stop connection to activities around LSA Anaconda
to add your activity to the event calendar, email mark.bell@balad.iraq.centcom.mil

Open Water Scuba Training Classes Fridays and Saturdays

7 p.m. to 10 p.m.

Sundays from 7 a.m. to 10a.m.

for more information, email rugglesj@mmcs.army.mil

BUFFETFEST '06

Sunday, Sept. 3 – Outdoor Pool from 4:45 p.m. to 11 p.m.

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Collect the most Beads and Leis and win a super prize package

PARROT HEAD PENTATHLON TEAM COMPETITION

Two-person Island Raft Race

Jimmy Says

Cancun Cannonball Dive

Pink Flamingo Relay

DRAWINGS EVERY HALF-HOUR FOR GREAT PRIZES

New sanitation plant produces cleaner Tigris, Iraq

by Spc. Alexandra Hemmerly-Brown

Anaconda Times Staff Writer

LSA ANACONDA, Iraq – Thanks to a new wastewater treatment plant built and opened here last month, the Army is now helping create cleaner water for the people of Iraq.

The plant, which processes 1.6 million gallons of wastewater per day, will be used in conjunction with an older treatment plant on LSA Anaconda that processes 1.1 million gallons, said Lt. Col. Chuck F. Blaschke III, an engineer for the 35th Area Support Group.

Blaschke, a National Guard Soldier from Lee's Summit, Mo., said the plant was built so that excess wastewater did not need to be sent

outside of LSA Anaconda to be processed, and to help the environment in Iraq.

Now, all the wastewater that is produced on Anaconda can be treated here, Blaschke said.

The plant, which took more than 500 days to construct and cost approximately \$5.6 million, is not only providing a more efficient and effective treatment facility, but also creating cleaner water for Iraq.

"We are pumping cleaner water into the (Tigris) canal than we are taking out," Blaschke said.

The water used here to shower, brush teeth, and drink is drawn from a canal near LSA Anaconda that originates at the Tigris, he said. This water is then treated for its different uses.

Similarly, the treated wastewater, or effluent, is pumped back into the same canal after going through testing.

"The good news is that our effluent water is cleaner than the original canal water," Blaschke said. "We are environmentally good stewards by building this new plant."

LSA Anaconda was built in the 1980s for a population of about 6,000, Blaschke said. The LSA Anaconda originally had no living quarters, but all housing was located at a small village outside the LSA Anaconda called Bakir.

Bakir village had a water sanitation and wastewater treatment plants to serve the small population that was originally there, Blaschke said.

With the population boom at Anaconda in 2003, a small sanitation plant was built to process the expected waste. With approximately 25,000 people currently on LSA Anaconda, about half of Anaconda's waste had to be trucked to Bakir village to be treated—and it was only treated marginally, Blaschke said.

The sanitation standards in Bakir village are not the same as U.S. standards, and the smaller plant there was receiving



Photos by Spc. Alexandra Hemmerly-Brown

Lt. Gen. Carl A. Strock, commander of the U.S. Army Corps of Engineers, and Col. Mark W. Hampton, 35th Area Support Group commander, along with a KBR representative cut the ribbon on LSA Anaconda's new wastewater treatment plant July 31.

more waste than it could efficiently handle, so tainted water was being pumped straight into the Tigris, Blaschke said.

Lt. Gen. Carl A. Strock, commander of the U.S. Army Corps of Engineers, was one of three visiting generals who spoke at the new plant's ribbon-cutting ceremony July 31.

Strock said that allowing overflow waste to continue being treated in Bakir village would hurt Iraq's environment in the long run, and send a bad message to the Iraqi people.

"(The waste) caused hazardous conditions in the surrounding village," Strock said. "And what kind of impression is that going to leave with the Iraqis here about what the Americans have done as they've come in, and in the process of putting this country back on its feet, the local people may be suffering in some ways."

"So what this does is alleviate the poten-

tial suffering, it cleans up the water in the surrounding communities, and it really demonstrates to our Iraqi partners that we are here to contribute to the long-term safety and stability here in Iraq," he said.

Also in attendance at the ribbon-cutting ceremony were Maj. Gen. William H. McCoy and Brig. Gen. Michael Walsh, both Army Corps of Engineer officers, who were here with Strock to tour LSA Anaconda.

"The good news is, because we built the new wastewater treatment plant, it minimized anything we had to send to Bakir village," Blaschke said.

In closing the ceremony, Strock said, "It's concrete, it's steel, and it's science all coming together in a very effective way, and I'm honored and delighted to play a small role in kicking this project off."



Lt. Gen. Carl A. Strock, commander of the U.S. Army Corps of Engineers, spoke at the opening of the new wastewater treatment plant at LSA Anaconda, July 31.



Keep your exposure to a minimum in the turret. Stay low.

If you can see it, it can see you.



STAY ALIVE



The Ugandan security force stands at attention during their final inspection conducted on August 19 at the stadium. The security force will be replacing many of the Soldiers performing guard duties in and around Logistical Support Area Anaconda.



Standing in the Iraqi heat, one guard listens intently as Col. Mark Hampton, commander of the 35th Area Support Group, addresses the group.



A platoon marches in review for those in attendance at the ceremony. The Ugandan security forces are employed by Special Operations Consulting, a company contracted by the United States military to provide security for coalition bases.

Time for Change

Their faces are new. Their purpose is strong. As Ugandan security forces take over guard duties, Soldiers can get back to the units that need them.
Photos by Spc. Amanda Solitario and Spc. Alexandra Hemmerly-Brown



A guard holds his weapon at his side showing the discipline he has gained after weeks of training.



One of the leaders for the security force stands in front and leads the group in a Ugandan song and dance. They performed three songs in their native language displaying their motivation to the crowd.