

AnacondaTimes

JUNE 20, 2007

PROUDLY SERVING LSA ANACONDA

Earn extra cash with SDP
Page 5

Cultural sensitivity on field
Page 3

Vol. 4, Issue 25

Army customs inspectors Keeping U.S. clean one package at a time

by Staff Sgt. Tony Lindback

Anaconda Times Staff

LSA ANACONDA, Iraq-Throughout deployments servicemembers acquire all sorts of items. Taking home keepsakes and other memorabilia is a good way to show folks at home what the culture of Iraq is like.

Customs agents working for the Provost Marshall's Office here educate units on the law regarding what sort of items can and cannot be shipped home and then enforce the law by inspecting for noncompliant materials.

General order 1 has an explicit list of items considered contraband and cannot be shipped to the U.S. Many items listed are not supposed to be in a servicemember's possession.

Trying to ship home war trophies and other contraband has subjected many people to the Uniform Code of Military Justice and has resulted in some servicemembers having their deployments extended to accommodate UCMJ action to include courts martial.

First Lt. Jennifer L. Hill, military police, 657th Area Support Group, who works as a customs



Photo by Staff Sgt. Tony Lindback

Military Police K-9 handler Staff Sgt. Kyle R. Kuta, 25th Infantry Division, and partner, Rony, Provost Marshall's Office, Logistics Support Area Anaconda, inspect items ready to be put in shipping containers June 6.

See Customs, Page 13

"I serve the people of the United States and live the Army Values."

I am Sgt. Craig Gaglia from Savannah, Ga.,
Bravo Company, 1st Battalion, 16th Infantry Regiment >> Medic



Leadership engagement:

49th MCB Commander puts emphasis on command, control

by 1st Lt. Kalen Smith

Anaconda Times Staff

LSA ANACONDA, Iraq—The members of the 49th Movement Control Battalion have a tall order to fill, and they have completed their mission successfully under the leadership of Battalion Commander Lt. Col. Gust “Gus” Pagonis.

He is a self-proclaimed “Army brat” who bases his success on his Soldiers and the guidance he has received from his leaders here.

“I have some wonderful Soldiers; I’ve got some wonderful leadership with Col. Gross and (Brig.) Gen. Terry. They’ve allowed me to do my mission, they’ve given me the guidance I’ve needed in order to get it done, and I am very thankful for that,” he said.

For the last year his Soldiers have accomplished quite a bit in a three-point mission that includes organizing and scheduling all convoys, scheduling and moving all cargo, and then tracking all of these convoys.

Pagonis’ staff has eyes-on every detail of the convoys they control in Iraq – and that is no small task. “In country we have about 21 different company-sized elements (Movement Control Teams) spread out over 20 different FOBs (forward operating bases),” he said.

One portion of their three-pronged mission is to send cargo by air as much as they possibly can, because “everything we move by air is one



Lt. Col. Gust Pagonis

less truck that has to go on the ground. Our intent is to move everything we can by air,” said Pagonis. “In the last year, we’ve decreased the amount of cargo going on the ground by 70 percent.”

Pagonis must always have command and control of his operation, but being so spread out has posed some challenges. “Command and control of a battalion that is literally spread out all over Iraq has presented some interesting opportunities. We have definitely leveraged technology,” he said. “We run weekly command staffs.”

In addition to these meetings, Pagonis does face-to-face visits. “I go out to every FOB multiples times, but it’s difficult. Even if you go once a week, on average you are only going to see everybody 2-3 times a year.”

To alleviate some of the problem, he sends out his executive officer, sergeant major and

chaplain to circulate around to the various locations.

One other aspect of his command is that they integrate contractors into some of their operations. “Contractors augment the companies, they don’t replace the companies so there’s no stand-alone civilians in the control team,” he said. “It’s military augmented by contractored personnel. It’s kind of interesting that a good portion of these guys were here with the 49th as “green-suiters,” in the last rotation, and now there are here on this rotation as contractors, so they know exactly what they are doing.”

Pagonis said the last couple of months have actually been the hardest, but enemy efforts have not stopped his teams from completing their mission successfully. His teams have experienced over 15 interdictions on roads and bridges.

“...We’ve been able to

keep everything flowing, all the supplies flowing, all the food at the DFAC (dining facility), and all the fuel where it needs to go to, all the while increasing the amount of people we’re supporting because of the surge.”

Pagonis has proven his tremendous success this year, and he measures all of his past and present successes by how well his former troops perform in their military careers.

“I’ve always thought a commander’s legacy is how his unit and subordinates perform after he is gone... When I was company commander, I had three different compa-

nies, 16 lieutenants, 14 of them stayed in the Army and made major, a few are lieutenant colonels now.”

He also gives credit to the way the Army as a whole conducts business when training its Soldiers.

“The Army’s a little different – the Army compared to the civilian world is a little different. In the Army we actively seek to train others to take our place,” said Pagonis. “In the civilian world that doesn’t happen, in the Army we actively try to train our replacements and I guess that is a pretty good philosophy.”

Message from higher

Soldiers of the 13th Sustainment Command (Expeditionary)

We need to stay focused on the mission and continue to ensure our warfighters get everything they need. I know our families are waiting on us and we can not wait to return home, but with the transfer of authority approaching, logistics units need to ensure they continue the fight as if we just got here.

With the arrival of new units, it will be good to see new Soldiers and fresh blood. I would just like to thank our Soldiers for all their hard work dedication.



Command Sgt. Maj. Terry Fountain

They have done an outstanding job.

Command Sgt. Maj. Terry Fountain
13th Sustainment Command (Expeditionary),
command sergeant major

ANACONDA TIMES

13th SC(E) Commanding General, Brig. Gen. Michael J. Terry

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593rd Corps Support Group
15th Sustainment Brigade

Soldiers break bread, learn culture

by Sgt. Michael Connors

Anaconda Times Staff

LSA ANACONDA, Iraq- Soldiers here came together to get a taste of Islamic culture recently.

Sgt. 1st Class Trent Bricker, 1034th Combat Sustainment Support Battalion, 13th Sustainment Command (Expeditionary), organized a Halal-meal sampling for fellow unit members and Soldiers from units the 1034th works closely with June 5. About 15 Soldiers tried the food.

The 1034th, an Iowa National Guard unit, supplies Halal meals to units that distribute them to the local Muslim population and detainees. "Halal" means "proper and permitted." Halal foods are consistent with the dietary requirements of Islam and do not contain pork, alcohol or their byproducts. The meals consist of an entree, an accessory pack with various snacks, and a heater for the entree.

"I think they're decent; they're a good change from MREs (meals ready-to-eat)," said Chief Warrant Officer Scott Weber, a material management supply technician with the 1034th. "The texture and flavor is good. The accessories packets have a nice variety."

Bricker, a material management noncommissioned officer, said Halal-meal entrees come in 24 different varieties, consisting of beef, lamb, chicken or vegetarian dishes. A few examples are Florentine lasagna, chicken and black beans, beef stew, and cheese tortellini.

The snack packs the Soldiers sampled consisted of Frosted Flakes, two granola bars, bagel chip mix, sunflower seeds, peanuts, hot cocoa mix, instant coffee, salt, black pepper, sugar, nondairy creamer, mints, a moist tow-elette and tissue.

Spc. Richard Dull, an information systems specialist with the 1034th, who tried the beef stew, said it was good and tasted "about the same as an MRE."

Bricker said the majority of Halal meals the 1034th distributes are used here and in the surrounding area, but some

"It's very sensitive of us in the military to take into consideration the ration needs of the host country."

Sgt. 1st Class Trent Bricker
1034th CSSB, 13th SC(E)

meals are distributed through the supply chain to other forward operating bases. The inventory of Halal meals was increased recently because of additional operations associated with the current surge in U.S. troop strength, added Bricker, a Des Moines, Iowa resident.

"It's a good idea to support all elements that support the operation of LSA Anaconda and other logistics hubs," said Bricker. "It's very sensitive of us in the military to take into consideration the rations needs of the host country."

Weber, a resident of Polk City, Iowa, worked with two Muslims when he was on a tour in Afghanistan at Bagram Air Base in 2003. His unit supplied them with meals. They had the choice of Halal meals, MREs or vegetarian meals (another type of meal the military distributes).

"They preferred Halal meals over MREs or vegetarian meals and would often ask for two," said Weber.

The Halal meals are products of the U.S. that are certified by the Islamic Food and Nutrition Council of America, according to the packaging. According to the manufacturer's Web site, only "Dhabiha Halal" meat and poultry is used in the meals, meaning the animals were properly slaughtered by a Muslim according to Islamic rituals.

"For a product to be Halal certified, it must be produced under the inspection and evaluation of Muslim professionals trained in both Islamic religious laws and in production practices," according to the manufacturer's Web site.

In regard to why it is important to supply Halal meals, Dull, a Des Moines, Iowa resident, said, "We're here to help them. It's good we're supplying them with food that fits into their culture."



Photos by Sgt. Michael Connors

Pfc. Robert Patton, a mortuary affairs specialist with the 111th Quartermaster Company, opens a Halal-meal entree at a sampling organized by Sgt. 1st Class Trent Bricker, 1034th Combat Sustainment Support Battalion. The 1034th supplies the meals to units that distribute them to the local Muslim population and detainees. Halal meals are consistent with the dietary requirements of Islam. (Below) Pictured here is a Halal meal, consisting of an entree and an accessory pack.



Combat Stress Control

113th Medical Company (CSC)

433-2402

Individual counseling by appointment or walk-in

Command referrals

Services for combat and operationally stressed soldiers

RELAXATION TECHNIQUES

MONDAY TO SATURDAY

3:30 TO 4 P.M.

STRESS MANAGEMENT

MONDAY AND THURSDAY

10 TO 11 A.M.

HOME FRONT ISSUES

MONDAY AND THURSDAY

5 TO 6 P.M.

CONFLICT RESOLUTION

WEDNESDAY AND SATURDAY

11 A.M. TO NOON

ANGER MANAGEMENT

TUESDAY AND FRIDAY

11 A.M. TO NOON

ANXIETY AWARENESS

WEDNESDAY

3 TO 3:30 P.M.

SATURDAY

10:30 TO 11 A.M.

SLEEP HYGIENE

MONDAY AND THURSDAY

6 TO 6:30 P.M.

GOAL SETTING

MONDAY AND THURSDAY

11 A.M. TO NOON

DEPRESSION AWARENESS

WEDNESDAY

2 TO 3 P.M.

SATURDAY

10 TO 10:30 A.M.

COMMUNICATION SKILLS

TUESDAY AND FRIDAY

10 TO 11 A.M.

RELATIONSHIP SKILLS

WEDNESDAY

9 TO 11 A.M.

for more information,
email:

melissa.kale@us.army.mil

433-2402

Company commander receives MacArthur Award

by Staff Sgt. Tony Lindback

Anaconda Times Staff

LSA ANACONDA, Iraq—Though it was a movie, “300” illustrated having the most powerful weapons does not make the best fighting force. Having the most warriors does not make the strongest military, nor does owning the most supplies, or occupying the most land mass. To have the best army in the world there must be great leadership.

Capt. Taylor Jones III, commander of the 758th Maintenance Company, here, was recognized as one of the Army’s great leaders when he was honored with the Gen. Douglas MacArthur Leadership Award last month.

Jones, born and raised in Dayton, Ohio, was put in for the award before he left the U.S. to lead his company in support of Operation Iraqi Freedom. Jones’ battalion commander, Lt. Col. Fred Pringle, 423rd Quartermaster Battalion, Warren, Ohio, nominated Jones for the award that recognizes company grade officers who live the ideals Gen. Douglas MacArthur stood for: duty, honor and country.

“It was a tremendous blessing, that’s the only way to describe it,” said Jones. “But that’s one of those awards I owe to my Soldiers. A leader is only as good as the Soldiers he surrounds himself with. Without my Soldiers, how effective can I be?”

Though already a skilled leader, he continued to learn from his commanders here. Jones has been fortunate to

“A leader is only as good as the Soldiers he surrounds himself with.”

Capt. Taylor Jones III
785th Maintenance Co.

have a battalion commander, Lt. Col. David Verde, and a brigade commander, Col. Megan Tatu, to look up to. Though, it is his parents Jones credits most.

“Most of my mentorship comes from my parents. Having good parents and a good upbringing is key to success, that and faith,” said Jones.

Jones started his military career as an enlisted Soldier. He made the rank of specialist before earning his commission through the ROTC program at Eastern Michigan University, where he majored in political science and minored in business management and military science in 2002. Jones credits the development of his leadership style from being prior enlisted.

“Being prior service is a great benefit,” said Jones. “You see what the Soldiers are going through. You’ve been there. What better way to lead Soldiers than to walk a mile in their shoes?”

Jones, and his shoes, were flown back to the U.S. to receive the MacArthur award at the Pentagon. Among the people there to see him receive the award was Maj. Gen. Robert A. Pollman, commander of the 88th Regional Readiness Command, the unit’s higher command, who coined Jones.

Jones received another coin



Photos by Staff Sgt. Tony Lindback

(Above) Capt. Taylor Jones III, commander, 785th Maintenance Company, was honored with the Gen. Douglas MacArthur Leadership Award last month. (Below left) Displayed is the Gen. Douglas MacArthur Leadership award.

that day. A coin that will top any challengers. The Commander in Chief President George W. Bush presented the coin. He spent 35 minutes talking with the awardees. Among the things he talked about was his own leadership and decision-making process.

“He talked about how he makes the decision he believes is right,” said Jones, “not just the one people want him to make – which is another good quality of a leader – making the right decision, not the popular one.”

Jones talked about his own leadership style and decision-making process.

“Listen to your subordinates. Listen to your subordinates,” said Jones. “When it comes to listening to your subordinates you have to take in all factors to make a decision, and when you make a decision stick with it.”

Though it was not part of the consideration for his award nomination, the decisions Jones has made, and the leadership he has provided the Soldiers of the 758th during their deployment, has guided them through a challenging mission. A mission that has them supporting more than 20,000 servicemembers stationed here, transient units, and forward operating bases throughout the country. The 758th has Soldiers performing maintenance jobs at many FOBs, making sure Soldiers have everything they need operationally and that they are ready to complete missions.

“Words can’t express how proud I am of the Soldiers in this company,” said Jones. “Soldiers make the organization; I’m just here to provide vision and guidance.”



Soldiers earn extra cash through SDP

by Sgt. Michael Connors

Anaconda Times Staff

LSA ANACONDA, Iraq-Servicemembers with five to 10 minutes to spare can get \$1,000 or more, according to an Army finance officer here.

The process to sign up for the Savings Deposit Program only takes a few minutes, and Soldiers will earn 10 percent interest on deposits up to \$10,000, said Capt. Robert White, commander of B Detachment, 125th Finance Battalion. Depending on how quickly deposits are made, servicemembers may earn up to \$1,000 in interest in a year.

"It's a short-time investment to make money quick. It's better than having the money just sitting in a savings account," said Staff Sgt. Darnell Tisby, customer service noncommissioned officer in charge for the 125th, referring to the SDP's virtually unmatched interest rate.

There is also virtually no risk in the SDP, according to White. "I guarantee you that piece of paper that I gave you, that savings deposit cash collection voucher with my signature and voucher number on it—that's as good as a treasury bond."

Any servicemember drawing hostile fire pay is eligible for the SDP, which includes all military personnel in Iraq, Afghanistan and Kuwait.

"Everyone seems to like it that participates in it," said Spc. Adam Trevillian, reserve pay technician with the 125th. "They think it's great that they can get 10 percent interest for the one year they're down here."

Servicemembers may simply walk into the finance office during normal business hours (9 a.m.-5 p.m., Mon.-Fri.; 10 a.m.-2 p.m., Sun.) and sign up if they are interested. To open an account, prospective participants will need their ID and a minimum of \$5 (cash, personal check or Eagle Cash Card). The Eagle Cash Card is the military's equivalent of a debit card, which is also available through the finance office.

Servicemembers can track their SDP accounts on MyPay and on their leave and earnings statements, although White said it may take a while for the transaction to post.

White stressed the best day to open a SDP account is either the seventh, eighth or ninth of the month. This

is true for two reasons. One, the enrollment process will be quicker closer to the 10th because the finance office is really busy the first few days of the month. Two, interest on an SDP account is figured on a monthly average balance, and as long as the deposit is made by the 10th of the month, the deposit counts for that month. By depositing closer to the 10th, servicemembers can get interest for a longer period of time on that money if it is kept in a regular savings account before it is deposited in a SDP account.

"You would have shorter lines all the time at the cashier cages (if SDP deposits were made closer to the 10th)," said White. "You'd get faster service, and then you wouldn't lose all that interest that you lose by depositing before the seventh, eighth or ninth."

Servicemembers must wait until they have been receiving hostile fire pay for 30 days before opening an account, and they may contribute up to their total net pay (take-home pay) per month, said White. On the first contribution, he said servicemembers may donate two month's worth of net pay.

See Savings, Page 11



Photo by Sgt. Michael Connors

Staff Sgt. Darnell Tisby, customer service noncommissioned officer in charge, B Detachment, 125th Finance Battalion, helps a customer in the finance office here June 7.

Worship services

PROTESTANT – TRADITIONAL

Sunday 0930 Air Force Hospital Chapel
0930 Provider Chapel
1000 Freedom Chapel (West Side)
1700 Tuskegee Chapel (H-6)
1930 Air Force Hospital Chapel

PROTESTANT – GOSPEL

Sunday 1100 MWR East Building
1130 Freedom Chapel (West Side)
1400 Air Force Hospital
1900 Provider Chapel

PROTESTANT – PRAISE & WORSHIP

Sunday 0900 MWR East Building
0900 Eden Chapel
1900 Freedom Chapel (West Side)
1930 Eden Chapel

PROTESTANT – SAMOAN

CONGREGATIONAL

Sunday 1600 Provider Chapel

PROTESTANT – CONTEMPORARY

Sunday 1000 Town Hall (H-6)
Wednesday 2000 Tuskegee Chapel (H-6)

NON-DENOMINATIONAL

Sunday 0900 Signal Chapel

NON-DENOMINATIONAL SPANISH

Sunday 1400 Freedom Chapel (West Side)

LATTER DAY SAINTS (LDS)

Sunday 1300 Provider Chapel
1600 Freedom Chapel (West Side)
1900 Tuskegee Chapel (H-6)

ROMAN CATHOLIC MASS

(Sacrament of Reconciliation 30 min prior to Mass)

Saturday 1700 Tuskegee Chapel (H-6)
2000 Provider Chapel

Sunday 0830 Freedom Chapel (West Side)

0900 Tuskegee Chapel (H-6)

1100 Provider Chapel

1100 Air Force Hospital Chapel

Mon-Fri 1700 Tuskegee Chapel (H-6)

CHURCH OF CHRIST

Sunday 1400 Tuskegee Chapel (H-6)

ISLAMIC PRAYER

Friday 1230 Provider Chapel

PROTESTANT-LITURGICAL

Sunday 1900 Tuskegee Chapel (H-6)
Wednesday 0800 Tuskegee Chapel (H-6)

FRIDAY SHABBAT SERVICE

Friday 1900 Tuskegee Chapel (H-6)

Preventive medicine unit battles mini menace

by Sgt. Carlos J. Lazo

Anaconda Times Staff

LSA ANACONDA, Iraq- They are incredibly small creatures, but a single touch from them can bring even the strongest of men down. Fragile things whose life can end days after birth, they nonetheless have claimed millions of human lives throughout history.

Mosquitoes are a part of life here and often make their presence known by leaving little red irritated bumps on the skin of their victims. The bumps are bad enough, but insult is added to injury when the mosquito bite results in contracting a disease. Lucky for would be victims, they have a team of professionals battling against mosquitoes.

Spc. Michael J. Cooper, preventive medical specialist, 133rd Medical Detachment out of Hanau, Germany, does his part by setting up small traps around the base to not only capture the small vampiric insects but to study them too. Utilizing dry ice, because the vapor it gives off closely resembles a person's exhale, the traps are laid out near living quarters and other areas where there is a high concentration of human traffic, Cooper said. These traps are positioned only a couple of feet off the ground. This is because mosquitoes are typically weak fliers, said the Aurora, Colo., native.

The traps are set up three times at night during the peak season and recovered each following morning. The season begins in February and peaks in May and June, and then calms back down usually in July when it gets around 115 or 120 degrees Fahrenheit. Besides mosquitoes, the traps are used to capture sand flies, carriers of the "breaking bones" disease, said Cooper. Breaking bones is the name given to a disease the sand flies carry that causes pain near the site of the bite similar to that of a broken bone.

Once he recovers the traps, all the insects are immediately frozen then sorted by type and collected into vials.

This process can take hours and requires all specimens be organized according to where they were captured, said Spc. Jose A. Santiago, preventive



Photo by Sgt. Carlos J. Lazo

Spc. Jose A. Santiago, preventive medical specialist, 133rd Medical Detachment, holds up one of various specimens the 133rd has collected since utilizing the mosquito traps here, June 6. The traps capture both mosquitoes and sand flies.

medical specialist, 133rd Medical Detachment.

The vials with specimens are labeled and sent to the Center for Health Promotion and Preventive Medicine in Landstuhl, Germany. CHPPM tests the insects for the presence of diseases to determine if there is cause for concern, said Santiago. It usually takes a couple of weeks for the results to return to the 133rd.

Soldiers here can do their part in protecting themselves by treating their uniforms and safeguarding themselves in their living quarters. This is especially important for Soldiers who are outdoors for long periods of time during the feeding season.

"Mosquitoes don't discriminate," said Cooper. "They do not care if you are on or off the base."

Uniforms can be treated with the clothing application insect repellent which comes with everything needed to treat uniform including gloves, strings to tie the uniform and two vials of permethrin, a chemical that repels insects.

Once treated, protection lasts for the life of the uniform, which is six months or

50 washes, said Cooper. Sending it to the laundry will not minimize the protection.

Living quarters are another important area to consider, said Cooper. Keep your windows and door shut. The longer you leave them open the more insects can come in. Insects not only irritate, but can hinder mission readiness by taking Soldiers out of the fight with diseases such as leishmaniasis. Leishmaniasis symptoms include skin sores which erupt weeks to months after being bitten, fever, damage to the spleen and liver, and anemia.

Sometimes it's better to be proactive than reactive.



Photos by Sgt. Carlos J. Lazo

(Above) Spc. Jose A. Santiago, preventive medical specialist, 133rd Medical Detachment, holds up one of various specimens the 133rd has collected since utilizing the mosquito traps here, June 6. The traps capture both mosquitoes and sand flies. (Left) Spc. Jose A. Santiago, preventive medical specialist, 133rd Medical Detachment, places sand flies into a small vial to be sent for examination.

Balad's command post Airmen support OIF, base through diversity, teamwork

by Senior Airman Olufemi A. Owolabi
332nd Air Expeditionary Wing PA

BALAD AIR BASE, Iraq- In the recesses of the Tuskegee Airmen headquarters building lies a unit that serves as the 'eyes, ears and voice' of the 332nd Air Expeditionary Wing.

Airmen from this unit reside in a controlled office comprised of just nine members deployed from different locations. They are the focal point of information between expeditionary Airmen and their commanders here; they are the expeditionary command post controllers.

These constantly vigilant Airmen continually monitor every situation affecting the wing and its assets, and they keep the commander informed of the impact to his forces and assets.

These Airmen said they perform more diverse functions as a team here than they would normally do at their home stations. Their mission in a deployed environment, which is more than passing information, makes them a critical war-fighting tool.

One of the major roles this workcenter provides is coordination for medevacs, or getting the wounded out of the area of responsibility.

"The biggest difference in working in a combat zone, deployed location command post versus home station is the sense of pride and accomplishment at the end of the day," said Tech. Sgt. Tera Fry, senior command post controller here, who is deployed from the 509th Bomb Wing, Whiteman Air Force Base, Mo.

"Every day, when I walk back to my living area, I know that during the course of my shift, I helped get people in need of an urgent medevac to where they needed to go to potentially save their life," she said. "I helped get a fallen Airman or Soldier back home to his loved ones, and I helped ensure the safety of the Balad populace during an indirect fire attack."

There is a constant flow of information going in and out of



Tech. Sgt. Angel Davila relays information on the radio to an aircrew and talks on the phone simultaneously at the 332nd Air Expeditionary Wing command post May 30.

the command post because controllers track, coordinate and report uploads and downloads of airlift both inbound and outbound to or from Balad.

"We do a lot of things here because there are more aircraft coming in and out," said Tech. Sgt. Angel Davila, a command post controller deployed from Wright-Patterson AFB, Ohio. "The operation tempo here is definitely very high. Because it's a hostile environment, we work with shorter ground time. We don't allow any aircraft to be on the ground too long so it won't be a target."

Apart from monitoring flying missions throughout the Iraqi theater, they also have visibility on those of different locations throughout the U.S. Central Command AOR.

The Airmen said they gained a lot of insight from supporting Operation Iraqi Freedom, and they highlighted the differences between the missions in a combat zone and their home duty stations.

Senior Airman Ashley Bryant, an airlift controller who also deployed from Wright-Patterson, said being a controller in a combat zone means knowing that something different will happen on each and

every shift.

"Of course, you have everyday routine work to do like every agency in the Air Force, but as you sit there on a 12-hour shift, anything can happen," Bryant said. "Everything that happens on one shift is completely different from the next. As situations arise on the console of the command post, each controller on shift needs to react in a timely manner."

Another difference is the proximity to the forces they support.

"At home base, we move forces to and from the deployed theater," said Senior Master Sgt. Dennis Pearson, superintendent of the 332nd AEW command post, deployed from Scott AFB, Ill. "But in a deployed environment, we're with the troops we move and can witness and experience first-hand the impact of how good or bad we perform our job. For this reason, a good controller must have the ability to multi-task, prioritize and remain calm and focused in stressful situations."

Airman 1st Class Thomas Rhodus, an emergency actions controller deployed from Fairchild AFB, Wash., said their duties don't end there;

their actions accordingly.

Davila attributed the mission success of his workcenter in stressful environments such as combat zones to teamwork.

"The mission here is so much more intense; we need and help each other out to get things done," he said. "Everybody brings something different to the table; we have people with lots of experience dealing with airlift, fighter or weapon systems."

Consequent to the differences and diversity of functions Airmen perform in the AOR, the chief of the command post here, Capt. Terry Daugherty, said on a day-to-day basis, his mission is not accomplished until he ensures every Airman in his unit has the tools they need to stay focused on the mission. Deployed here from Ramstein Air Base, Germany, he also resolves any problems that may arise to impede mission accomplishment.

"Most importantly, I feel that a great day is setting controllers up for success so they can grow both personally and professionally," Capt. Daugherty said.

Photos by Senior Airman Olufemi A. Owolabi

command post controllers also perform basic emergency actions by providing vital information such as heat categories, weather advisories and indirect fire attacks to 332nd AEW personnel so they can be aware of their environment and adjust



Photo by Senior Airman Olufemi A. Owolabi

Capt. Terry Daugherty, 332nd Air Expeditionary Wing command post, takes down information to be passed to base member during a phone call to the Balad's command post May 30.

New incinerator to

by Sgt. Carlos J. Lazo

Anaconda Times Staff

LSA Anaconda Iraq- Inhabitants here produce around 180 tons of garbage each day, according to Lt. Col. Tim Feavel, base engineer, 657th Area Support Group. Most garbage is sent to the burn pit here where it meets its smoky end. Soon, the "pit" will see less and less of those 180 tons and residents will see clearer skies.

Three new incinerators are scheduled to help dispose of tons of garbage here resulting in several benefits to everyone living at the camp.

"We have had study after study show that the air quality (at LSA Anaconda) poses less than a moderate risk but we want to err on the side of safety and reduce emissions every way possible. The incinerator is one way to reduce emissions and improve conditions here," said Lt. Col. Tami Zalewski, chief of Force Health Protection Operations, 32nd Multifunctional Medical Battalion.

"We all own those incinerators, and I hope people understand they (garbage producers) can help to take care of them."

Another benefit, one the Air Force is extremely happy about, is that with less garbage burned at the pit there will be less smoke re-

ducing visibility and fewer birds attracted by the pit. Both poor visibility and birds are hazards for aircraft operating in the area, said Feavel.

The burn pit is an open flame, which does not have an extremely hot fire. With the incinerator, you get a much better burn, a more complete burn, said Maj. Scott Newkirk, commander, 133rd Medical Detachment.

For many years, there was an open burn pit which produced smoke that would sometimes cover most of the camp especially during winters. There will still be some burning, but not nearly as much as before, said Feavel. Each incinerator can handle 64 tons of garbage a day. Two of the three planned incinerators are already operating. One of the incinerators began on June 1, with a work day lasting 12 hours. The incinerator can take 5000 pounds of garbage in one cycle and turn that into 900 pounds of ash. Metal, glass, and ammunition cannot be incinerated. There has already been one incinerator damaged in theater because of an ammunition round, Feavel said.

Disposing of ammunition or smoke grenades is a danger to the people working at the incinerator because if ammunition, batteries, or smoke grenades heat up they can explode, causing injury to people and damage to equip-

ment, Newkirk said.

To reduce risks, plans call for various bins to be placed throughout the camp for various types of waste. These sorting bins will be located near the dining facilities, housing areas, and post exchanges among other places. This system will help maintain the incinerators by



Photos by Sgt. Jasmine Chopra

(Above) Each incinerator at Logistical Support Area Anaconda can handle 64 tons of garbage a day. Two of three planned incinerators like the one shown here are already operational. Each incinerator can take 5000 pounds of garbage in one cycle and turn that into 900 pounds of ash. Metal, glass, and ammunition cannot be incinerated so must be disposed of in appropriate bins.

(Background) Spc. Zachary Cunningham and Spc. Chris Helms, field artillery fire finder radar operators in Charlie Battery, 1st Battalion, 14th Field Artillery, dispose of yards of fabric at the burn pit at Logistical Support Area Anaconda June 8. The burn pit produces a smoky haze that reduces visibility. Residents of LSA Anaconda produce 180 tons of garbage a day.

improve air quality

ensuring nothing damaging is put in them, said Feavel.

Everyone should help out and comply (with proper disposal of garbage) because its better garbage management, said Newkirk. Soon there will be a system where all the garbage is segregated. The next phase will hopefully lead

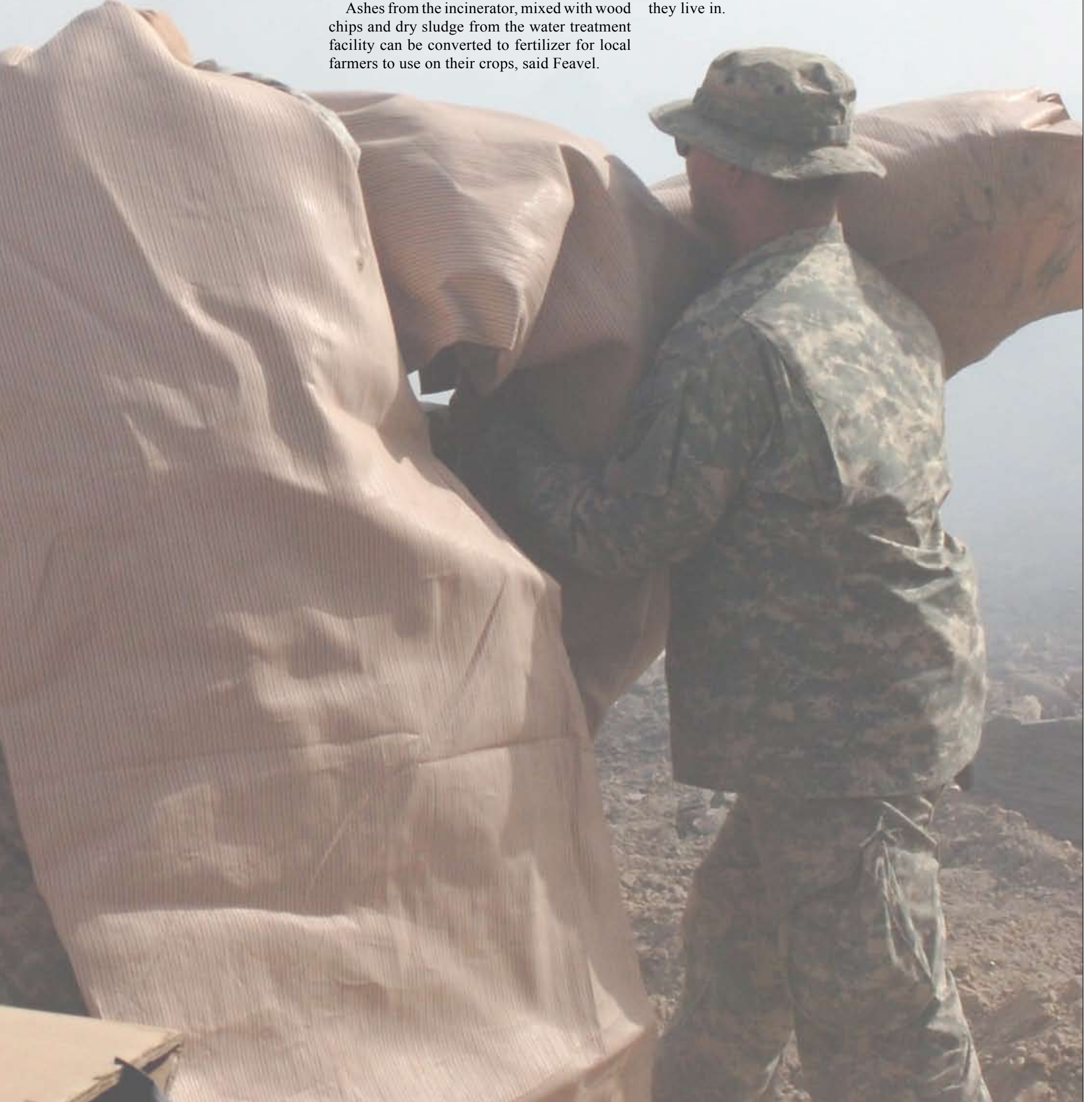
to a recycling program, which would be the first active recycling program in Iraq. All items prohibited in the incinerator are to be disposed of in bins located throughout the camp.

The recycling project will be all encompassing and it's supposed to be a municipal composting and recycling program, said Newkirk.

Ashes from the incinerator, mixed with wood chips and dry sludge from the water treatment facility can be converted to fertilizer for local farmers to use on their crops, said Feavel.

"This is our community," said Newkirk. "We are in a host country. We don't want to leave our host nation with a mess. Everyone needs to do their part."

By reducing the amount of garbage residents produce and disposing of garbage in proper bins, residents can improve the environment they live in.



RED HORSE steadily improves Balad

by Air Force Staff Sgt. LuCelia Ball

332nd Air Expeditionary Wing

BALAD AIR BASE, Iraq-Twilight takes over as the workday begins here. As the sun descends, the faint sounds of hammering grow louder. Movement in the area becomes more pronounced, and the air is suddenly split by the growl of heavy machinery. The job is fully underway.

Members of the 1st Expeditionary Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers Group marked their first month here today.

The RED HORSE unit, from Nellis Air Force Base, Nev., arrived with a deadline to finish up a project of building and finishing seven K-span structures by the end of the month and an eighth one soon after.

Everything depends on their ability to finish the job on time, as assets from other buildings must be moved in order for those structures to be renovated.

Several Harvest Falcon assets, or fabric-skinned structures, also must be reconstituted, so the base depends on the semi-permanent K-span buildings to fill in the gap.

Each K-span building has about 8,000 square feet of space and takes about one month to complete from foundation to finishing touches.

Several K-spans were built by prior rotations. This group will add the finishing touches and build two more to make eight completed buildings.

The crew numbers in the hundreds, but most are actually assigned to "in-lieu-of" positions for the Army or are deployed to forward operating bases elsewhere in the area of responsibility.

This crew is comprised of 13 Airmen, with eight more craftsmen augmenting from the 332nd Expeditionary Civil Engineer Squadron.

The unit has headquarters elsewhere in Southwest Asia, where another base handles the logistics and administration for the unit.

The twenty-one Airmen begin their work day in the evening, when the desert



Photo by Air Force Staff Sgt. LuCelia Ball

Tech. Sgt. Gerald Huffman, 1st Expeditionary RED HORSE Group project manager, measures the outer wall of a K-span here June 5. After measuring, the wall of the K-span will be cut to allow for an air conditioning unit to be installed. The K-span is one of eight that the unit is working on.

weather is cooler.

"We work with steel structures, so it's too hot to work in the day," said Staff Sgt. Marty Mettlin, 1st Expeditionary RED HORSE Group structural craft lead.

"It's only about 85 degrees here at night, so it's a more comfortable work environment," he added.

What makes the unit unique is that RED HORSE is a combat engineer unit, deploying with its own security forces, services, vehicle maintenance and heavy weapons personnel.

"We can be dropped at a bare base with supplies and start building," Mettlin said. "that's why we deploy as a unit."

The unit also has the distinction of having one of the only all-Air Force convoy teams.

The convoy takes personnel and materials to forward operating bases.

"We have lots of Air Force on convoys, but they are usually assisted by the Army or contractors," said Tech. Sgt. Gerald Huffman, 1st ERHS project manager. "One of our biggest challenges in facing deadlines is getting our materials to a location."

This material includes tools, heavy equipment, structural steel, electrical and plumbing parts and other equipment necessary for getting the job done.

The job involves a lot of time away from home. Prior to deploying here, the group had spent eight months on

temporary duty working on several home station training projects.

This involved 10 days away with four days off, building runways, concrete block buildings, barriers and K-span structures to keep up their skills.

Several Airmen also spent

"It's a great feeling when, at the end of the day, we can walk away and say 'We built that.'"

Capt. Jay Haugen
1st ERGH

time in Nicaragua on a humanitarian aid mission.

"This is a job where we are gone more often than we are at home," Huffman said.

"The key to the unit's success here rests with the abilities of the Airmen," said Capt. Jay Haugen, 1st ERHG project engineer.

"We all just love the job," he said. "It's a great feeling when, at the end of the day, we can walk away and say 'We built that.' Every day, we build something that is better and more useful than it was the day before."

Huffman agrees.

"We face challenges, and we are always successful," he said. "This is mainly due to the expertise of our craftsmen."

For now, the sun will continue to set on the crew's work. The machinery will growl and the dust will be disturbed until the last of the K-spans are finished.



Photo by Air Force Staff Sgt. LuCelia Ball

Senior Airman Michael Cousins and Airman 1st Class Titus Baluyot, 1st Expeditionary RED HORSE Group, steady a piece of structural steel while lifting it. The steel forms part of the end wall of a K-span structure.

Soldier receives American citizenship in theater

by Spc. Karly Cooper

15th SB, Public Affairs

CAMP TAJI, Iraq- Soldiers can get their citizenship in theater after applying and waiting six months. For a citizen there is normally a five-year residency requirement to be eligible to obtain citizenship.

Sgt. Jose Mendoza, a supply sergeant with the Headquarters and Headquarters Company, 15th Brigade Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) has been approved for citizenship and is about to go thru a naturalization ceremony.

"I am excited to be able to do this, becoming a citizen in Iraq makes me very happy and it does seem a little strange considering the circumstances," said Mendoza.

The Fullerton, Calif., native has been in the Army for eight years now.

"There were better opportu-

nities in the Army," he said.

Since he has been serving in the Army and living in America all his life, "There's not much of a difference, I've been treated like a United States citizen all along," he said.

Though serving in the Army, not being a United States citizen did have its downfalls.

"I went to Airborne school, graduated, and then I decided I wanted to go to Ranger School but couldn't go because I wasn't a U.S. Citizen," he said.

To start the process off, he submitted a photo and fingerprints for a background check. He went to his brigade legal office to complete the paperwork and an application. His company commander signed a memo stating that he was not flagged or in trouble.

Once the documents were submitted to the Immigration Naturalization Services (INS) the six month wait began.

"I got my letter about six

months later and then I got an e-mail from the legal office in Balad," said Mendoza.

The process includes an interview where the applicant must demonstrate the ability to write and speak a sentence in English and pass a 100-question exam.

Now well into his second deployment, he is happy he took the steps that he needed to get naturalized.

"My father wanted me to do this a long time ago, but I procrastinated and really should have done it on my first deployment," he said.

Now that his time of being an immigrant is at an end, the beginning of a new life as a citizen it is opening up many possibilities. Mendoza plans to one day to join the Special Forces as a weapons sergeant.

"I really don't reel any different and I considered myself a citizen before but I am very proud," said Mendoza.



Photo by Spc. Karly Cooper

Sgt. Jose Mendoza from Fullerton, Cali, a supply sergeant with the HHC, 15th BTB, 15th SB, 13th SC (E) has completed the process to becoming a United States Citizen and will soon be going through the Naturalization ceremony.

Savings, from Page 5

Additional contributions may be made in person at the finance office for Guard, Reserve and active duty, or by allotment for active duty only.

According to White, servicemembers may not make withdrawals from their account while deployed except for emergencies, but they will get all of their money upon request when they redeploy. Trevillian said the money may be withdrawn after redeployment by using a simple form available at the finance office, the demobilization site, or by using the SDP withdrawal link on MyPay.

Emergency withdrawals would be determined by the Soldier and his chain of command.

"If your battalion commander is willing to write a memo on your behalf (for an emergency), then I'm going to fight it all the way to DFAS (Defense Finance Accounting Services) without any problem," said White.

White pointed out some myths and fine details re-

garding the SDP, so servicemembers may take full advantage of it.

One myth is that servicemembers, regardless of tour length, can only earn a maximum of \$1,000 in interest. The truth is servicemembers can earn a maximum of \$1,000 in interest per year, but they can earn more in total interest even if their tour is only one year, said White.

This is true because participants earn one more period of interest after they redeploy if they leave the money in their account for up to 90 days after redeployment. In other words, servicemembers can earn up to \$1,166 in interest for a one-year deployment if the money is left in the account for the additional 90 days.

Servicemembers may leave their money in the account for any length of time, but after 90 days of redeployment, interest will no longer accrue.

Many active duty deployments are now 15 months long, so the maximum amount of interest would be \$1,416 if the principle were left in the account for 90 days after redeployment.

White also explained little-

known ways to maximize the potential of the SDP. For instance, while participants cannot withdraw the principle during their deployment, they can withdraw the interest upon request each quarter, said White. On balances of \$10,000 or more participants earn simple interest (versus compound interest), so potentially if the interest were withdrawn, participants could get interest on it in another financial investment of their choice.

Another peculiarity of the SDP that White pointed out is that the investment is more efficient (higher yield) when the participant contributes a total under the maximum contribution of \$10,000.

The most efficient contribution is \$9,060 for a 12-month deployment and \$8,840 for a 15-month deployment, assuming these totals are deposited on the first contribution and the account is kept open for 90 days after redeployment.

This is true because on totals under \$10,000, compound interest is earned, but on totals over \$10,000 only simple interest is earned; so to maximize yield, the goal would be to end up with a balance of



Photo by Sgt. Michael Connors

Spc. Adam Trevillian, reserve pay technician, B Detachment, 125th Finance Battalion, helps a Soldier in the finance office here, June 7.

\$10,166. (The last interest period is only two months.)

The personnel in the finance office are available for additional information on the SDP or for any pay inquiry. Trevillian said he enjoys helping others who have financial

questions.

"They begin to understand things, and when you see them begin to understand, you get to feel good that this Soldier knows what's going on now," he said.

Effective communication saves lives

C-6 ensures troops get word on the digital battlefield

by Spc. Stephanie Homan
Multi-National Corps-Iraq Public Affairs

CAMP VICTORY, Iraq- "The most important thing that C-6 does is provide data services, (Non-secure Internet Protocol Network, Secure Internet Protocol Network and Combined Enterprise Regional Information Exchange System), to units because they could not gather their intel without it," said Lt. Col. William Lee, C-6 OIC, Multi-National Corps-Iraq. But that's only a small part of what his section does.

C-6, or Corps Signal, is the communications section for the corps. Lee said MNC-I C-6 has 10 sections, a total of 92 people, on Camp Victory

all working toward the same mission.

Their mission is to give units the ability to communicate freely with each other while maintaining security of classified data, he said.

"It has gotten harder for us because our adversaries are constantly trying to intercept information and security has become a bigger (issue)," Lee said.

The Joint Netops Control Center focuses on antivirus software for computer systems and other software that will protect information and prevent unauthorized access of our systems, said Staff Sgt. Corey Fink, C-6 network defense NCOIC, MNC-I.

"We monitor network defense for the whole theater with staff assistance visits, where we send a team of troops out to different (Forward Operating Bases) to do network scans and look at physical security," she said.

Spectrum management is a subsection of C-6 that focuses on frequency management in theater.

This section manages and assigns frequencies for equipment like radios and unmanned aerial vehicles, in order to maintain and help reduce interference, said Staff Sgt. Liduvino Montero, C-6 Spectrum Management spectrum manager, MNC-I.

"We make sure that Sol-

diers on the ground can be communicated with clearly," he said. "We want to reduce interference and not have units talking all over each other. Interference can cost a soldier his life because if he cannot communicate his position or that he's in a desperate situation, no one would know that he may need help."

The MNC-I C-6 help desk processes trouble tickets for problems with electronics, said Navy Chief Petty Officer Andrew Jones, C-6 Helpdesk information systems technician, MNC-I.

This section monitors the eight help desks in theater, and troubleshoots problems with electronic equipment at

user levels.

"Our section helps maintain effective communication," Jones said. "We monitor trouble tickets, 70 to 80 daily, and make sure the job is done efficiently by our sections."

Overall, the sections in C-6 help troops in theater maintain effective communication so that they can complete their missions, Lee said.

"Our job is to support combat operations by maintaining their communication," Lee said. "All troops need to pay attention to details and maintain security of their information. We offer training online for units to help promote security."

Father, son reunite during deployment

by Spc. Karly Cooper
15th SB, Public Affairs

CAMP TAJI, Iraq- Some boys dream about someday growing up and following in their father's footsteps. Some let the dream die, while others make it a reality. Few get a chance to say they went to combat and served together.

Spc. Jason Donaldson, administrative assistant with Headquarters and Headquarters Company, 15th Brigade Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), is currently on his second deployment on Camp Taji, since joining the Army in 2004.

"I haven't seen my father since 2004 so it's great getting a chance to get to see him," said Jason.

First Sgt. Leonard Donaldson, with Charlie Medical Company, 215th Brigade Support Battalion, 1st Cavalry Division, resides at forward operating base Camp Warhorse.

He works as a combat medic, assisting in front-line trauma care in the

battlefield.

"It's different having my son here with me, when he first got here I was concerned about him going outside the gate," said Leonard.

Deployment is nothing new to him either. He has been deployed a total of three times.

The first deployment landed him in Kuwait during Operation Iraqi Freedom 03-04.

He worked with the Headquarters and Headquarters Company 421st Medical Brigade.

"My first deployment was something new to me so I gained a lot of experience on each deployment," he said.

His second deployment took him to Camp Speicher with Alpha Company 557th Medical Company Ground Ambulance, 30th Medical Brigade for a year.

Working as a combat medic his entire military career, he has had the opportunity of traveling and seeing many parts of the United States as well.

He has been stationed at Fort Bragg, N.C., Fort Ord, Calif., Fort Gordon, Ga., Landstuhl, Germany, Sinai, Egypt, and is currently on his



Photo by Spc. Karly Cooper

Spc. Jason Donaldson (left) administrative assistant, HHC 15th Support Battalion is currently on his second deployment to Camp Taji. His father 1st Sgt. Leonard Donaldson (right) combat medic, Charlie Medical Company, 215th Brigade Support Battalion, 1st Cavalry Division, resides at FOB Camp Warhorse.

tour at Fort Hood, Texas.

"I was able to stay at my son's house and help take care of the baby while he was deployed and then I was deployed 30 days later," he said.

Spc. Donaldson has a wife and two small children at home. He was able to go home around the time his second baby was due.

"It is different being over here with my father because

I haven't seen him in so long," said Spc. Donaldson.

The long duration of deployment certainly tends to be a lonely haul but not so much when you have a family member close by.

Customs, from Cover

inspector, said there are many things the inspectors look for. As odd as it may seem, “The main thing is dirt,” said Hill. “The soil here is the main threat to the U.S. There are a lot of micro-organisms living in the soil here, like nematodes.”

A nematode is a kind of micro-organism that is particularly bad for tomato and potato crops, said Hill, who is originally from Richland Center, Wis., a farm-rich community. Like other parasites it can cause sickness in people who are new to it, which is why servicemembers are not supposed to eat the food grown here, said Hill.

Though servicemembers are free to grow plants, it is recommended they do not eat anything that is not U.S. Department of Agriculture approved.

Hill said it is recommended by the mayor’s cell that

all companies have at least two customs representatives. There is an eight-hour class where four of the five senior customs agents usually teach a class put together by representatives from the USDA, transportation command, U.S. Customs and the U.S. Border Patrol.

Getting smart about what can and cannot be taken into the U.S. can prevent problems from arising during a time when most servicemembers want to get home to loved ones. Most common things Hill said she finds during inspections are general order 1b violations. “Ammunition, brass, alcohol — that’s the sort of stuff I find mostly,” said Hill.

Hill encourages servicemembers to learn what type of items are allowed to be mailed, shipped in unit containers, and what can be hand carried when returning to the states.

Knowing what is not al-

lowed does not deter all servicemembers from trying to get things home that are prohibited. There have been cases where people have tried to pass off alcohol as cologne, or tried to smuggle items into the U.S. by hiding them in their personal bags and unit equipment.

With thorough investigations from experienced personnel, help from narcotics sniffing K-9s, and the application of standard operating procedures, violations are quickly identified. Though each case may lend somewhat different results, all violations are subject to UCMJ.

Souvenirs can be a good way to remember a successful deployment. Being held accountable for trying to smuggle contraband is not. Information about permitted and prohibited items can be obtained by contacting the PMO at defense system network number 443-8203.



Photo by Staff Sgt. Tony Linback

(Above) First Lt. Jennifer L. Hill, military police Soldier with the 657th Area Support Group, works as a customs inspector for the Provost Marshall’s Office, here, discovers a bottle of pills while inspecting protective mask carriers June 6.

(Left) Master Sgt. John M. McCauslin, maintenance specialist with the 657th Area Support Group, assists the Provost Marshall’s Office, here, with a customs inspection of a unit’s weapons and other equipment before they get loaded into shipping containers.



On the street with Sgt. Jasmine Chopra

“How do you adapt to change?”

Pfc. John Clary
1st Battalion, 9th Field Artillery

“I just do it.”

Sgt. Christy Dunning
492nd Civil Affairs Battalion

“I shop... a lot.”

Sgt. Jennifer Ganino
492nd Civil Affairs

“I establish a workout regiment wherever I go. It helps me stay motivated and focused.”

Spc. Anthony Cordero
324th Signal Battalion

“I try to make new friends.”

June 20

Spades & Ping Pong
2 a.m. and 8 p.m., H6 MWR

Dance Aerobics
5:30 a.m., East Fitness Center

9-Ball Tourney
3 p.m. and 8 p.m.,
East MWR

Spin Class
3:30 p.m., H6 Fitness Center

Aikido
5-7 p.m., East Fitness Center

Step Aerobics
5:30 p.m., East Fitness Center

Hawaiian Dance Practice
6 p.m., MWR Circuit Gym

Open Volleyball
7 p.m., East Fitness Center

Aerobics
7 p.m., West MWR

Green Bean Karaoke
8 p.m., West MWR

Cardio Funk
8 p.m., H6 Fitness Center

8-Ball Tourney
8 p.m., West MWR

Floor Hockey
8 to 10 p.m., MWR Circuit Gym

Salsa Dance Class
8:30 p.m., West MWR

Martial Arts
9 p.m. West MWR

June 21

9-Ball Tourney
2 a.m. and 8 p.m., H6 MWR

Spin Center
6 a.m., H6 Fitness Center

Tae Kwon Do 1
8 – 9 a.m., East Fitness Center

Aikido
10:00 a.m. to noon., East Fitness Center

Korean Martial Arts
4:30 p.m., H6 Fitness Center

Intermediate Swim Lessons
6 p.m., Indoor Pool

Country/Western Dance Class
7 p.m., East MWR

Tae Kwon Do 2
7 – 8:30 p.m., East Fitness Center

Pilates
7:30 p.m., West Fitness Center

Water Aerobics
7:45 p.m., Indoor Pool

Console Game Tourney
8 p.m., West MWR

Dodgeball League
8 p.m., Circuit Gym

Karaoke Night
8:30 p.m., H6 MWR

June 22

Dance Aerobics
5:30 a.m., East Fitness Center

Spin Class
3:30 p.m., H6 Fitness Center

Step Aerobics
5:30 p.m., East Fitness Center

Open Volleyball
7 p.m., West Fitness Center

Friday Night Spikes
7 p.m., East Fitness Center

Hip-Hop Dance Class
7-11 p.m., East MWR

Self Defense Class
7:30 p.m., West Fitness Center

Hip-Hop Coffee Shop
8 p.m., West MWR

Scrabble Tourney
8 p.m., West MWR

Chess Tourney
8 p.m., West MWR

R&B Music Night
9:30 p.m., H6 MWR

June 23

Pilates
11 a.m., West Fitness Center

Boxing
3 to 4:30 p.m., West Fitness Center

Aikido
5-7 p.m., East Fitness Center

Aerobics
7 p.m., West MWR

Salsa Dance Class
7 p.m., East MWR

Tae Kwon Do 2
7 – 8:30 p.m., East Fitness Center

Country/Western Dance Class
8 p.m., West MWR

Texas Hold'em
8 p.m., West MWR

Bingo Night
8:30 p.m., H6 MWR

Wrestling
9 p.m., West Fitness Center

June 24

Spin Class
1:30 a.m., H6 Fitness Center

Aikido
10 a.m. to noon, East Fitness Center

Magic, The Gathering
11 a.m., West MWR

Boxing
3 to 4:30 p.m., West Fitness Center

Poker
7 p.m., East MWR

Poetry Night
7 p.m., East MWR

Swing Dance
7:30 p.m., East Fitness Center

Gaston's Self Defense
7:30 p.m., West Fitness Center

Green Bean Karaoke
8 p.m., West MWR

Spades, Dominoes & R&B
8 p.m., West MWR

Abs Salute
8 p.m., H6 Fitness Center

Salsa Dance Class
8:30 p.m., H6 Recreation

June 25

Texas Hold'em
2 a.m. and 8:30 p.m.
H6 MWR

Dance Aerobics
5:30 a.m., East Fitness Center

Tae Kwon Do
8 to 9:30 a.m., East Fitness Center

Spin Class
3:30 p.m., H6 Fitness Center

Step Aerobics
5:30 p.m., East Fitness Center

Aerobics
7 p.m., West MWR

Boxing
7:30 to 9 p.m., East Fitness Center

Cardio Funk
8 p.m., H6 Fitness Center

9-Ball Tourney
8 p.m., West MWR

Karaoke
8 p.m., East MWR

Poetry Jam
8 p.m., West MWR

Floor Hockey
8 - 10 p.m., MWR Circuit Gym

Martial Arts
9 p.m., West MWR

Martial Arts
9 p.m., West Fitness Center

June 26

8-Ball Tourney
2 a.m. and 8:30 p.m.
H6 MWR

Aikido
10 am to noon, East Fitness

Center
Spin Class
3:30 and 8:30 p.m., H6 Fitness Center

Korean Martial Arts
4:30 p.m., H6 Fitness Center

Kung Fu
7 p.m., H6 Fitness Center

Tae Kwon Do 2
7p.m. – 8:30 p.m., East Fitness Center

Pilates
7:30 p.m., West Fitness Center

Foosball/Ping Pong
8 p.m., West MWR

Combative Training
8:30 p.m., East Fitness Center

Martial Arts
9 p.m., West MWR

Martial Arts
9 p.m., West Fitness Center

June 27

Spades & Ping Pong
2 a.m. and 8 p.m., H6 MWR

Dance Aerobics
5:30 a.m., East Fitness Center

9-Ball Tourney
3 p.m. and 8 p.m.,
East MWR

Spin Class
3:30 p.m., H6 Fitness Center

Aikido
5-7 p.m., East Fitness Center

Step Aerobics
5:30 p.m., East Fitness Center

Open Volleyball
7 p.m., East Fitness Center

Aerobics
7 p.m., West MWR

Green Bean Karaoke
8 p.m., West MWR

Cardio Funk
8 p.m., H6 Fitness Center

8-Ball Tourney
8 p.m., West MWR

Floor Hockey
8 to 10 p.m., MWR Circuit Gym

Do you have a story idea?

Contact the Anaconda Times

anaconda.times@balad.iraq.centcom.mil

Shaun Dixon
Hey baby we love u and miss you. Happy Fathers Day!!
Alicia and the kids.

Chuck Cunningham
Baby, this is the last shout out you will get from home while you are in Iraq. I love you and miss you I am so looking forward for you to being home. You are the greatest. See you soon.
Love, Patti

Craig Wertheim
Hi Craig! We all are thinking about you. Hope you are having some good times between the tough parts. Thank you for it all. I would like to get together for a cold beer and some wings when you return, if you agree.
Your Friend, Barry

Stan Caldwell
We are so proud of you! We love you and miss you! Hurry home! Uncle Rudy and Aunt Lee

Rafael Pabon-Diaz
I love you Daddy! Can't wait to play playstation again with you!!!!

Hugs and kisses,
Kitana Pabon-Diaz

Craig Wertheim
Hi Craig,
We all miss you. Can't thank you and your crew enough for the protection and security you providing to our families and our country - We are so grateful to you and can't wait to see you back home!
Our deepest thanks,
Love, the Israels
Elise, Bob, Gil ,Russ and Sami

Michael Cobb
Daddy-I miss you very much and can't wait for you to come home so that we can go swimming, eat candy, and fly a kite.
Love, Olivia Cobb

Craig Wertheim
Hey Craig!
Great job on the PTA video!
Boy, some people will do anything to avoid being home while the wife is a PTA President! And by the way, we voted you Board President at the

last meeting. That will teach you to miss 9 meetings in a row! LOL! Can't wait to see you - SOON!
Love, Judy & David

Thomas Calzado
Just wanted to let you know you are a GREAT dad. We love and miss you very much. Hope you have a Happy Father's Day. Your baby is waiting for you to come home so she can get to know her daddy. We are so proud of you.
Niobi Calzado

Craig Wertheim
It was great seeing you at Passover - we are all awaiting your safe return - best wishes to you and your men.
Love,
Lois and Peter

Craig Wertheim
We're keeping you in our prayers. Thanks for what you are doing and accomplishing over there. We are with you all the way! Come home safe.
Diane & Jim Heiser

Craig Wertheim
Thank you and all your guys for us back here. We know the great work all of you are doing & trust it will pay when it's all said and done.
You guys are the Real Deal,
Jim Heiser

Craig Wertheim
You are awesome!
We love you.
Janice, Sami and Eric

Randy Enger
Dear Randy, We just want to send a note to let you know we are thinking of you, and appreciate all you are doing for our country. What a blessing to know you.
God bless,
Chandra and Logan

Richard Stedman
Hey Ricky! We're praying for you, we're thinking of you, we're proud of you and We're loving & missing you!! Take care, sweetie!
MOMMA

Chad Gilley
Hello Chadwick!! I hope everything is going well for you and the other guys. Hope you all come home soon.
Emilee

Jonathan Terry
Hey Jonathan, Can't wait for you to be home. Praying for you.
Love you, Patti

Rebecca Mockelman
Your new great shoes are waiting for you. They miss you and can't wait for you to get home and take them for a walk.
We all love you.
See you soon,
Mom

Rafael Pabon-Diaz
I love you baby and I miss you terrible. Can't wait until you come home.
Tammy Pabon-Diaz

Wyatt Smith
Happy Birthday Wyatt! We wish you a happy 26th birthday! Have a great day!
Love,
Mom and Pop



SUSTAINER REEL TIME THEATER

(Schedule is subject to change)

Wednesday, June 20

5 p.m. The Reaping (R)

8 p.m. Oceans Thirteen (PG-13)

Thursday, June 21

5 p.m. Oceans Thirteen (PG-13)

8 p.m. Reign Over Me (R)

Friday, June 22

2 p.m. Perfect Stranger (R)

5 p.m. Blades of Glory (PG-13)

8:30 p.m. Surfs Up (PG)

Saturday, June 23

2 p.m. Pathfinder (R)

5 p.m. Surfs Up (PG)

8 p.m. Blades of Glory (PG-13)

Sunday, June 24

2 p.m. Surfs Up (PG)

5 p.m. Perfect Stranger (R)

8 p.m. Pathfinder (R)

Monday, June 25

5 p.m. Blades of Glory (PG-13)

8 p.m. Surfs Up (PG)

Tuesday, June 26

5 p.m. Perfect Stranger (R)

8 p.m. The Reaping (R)

http://jennyspouse.com

Jenny, the Military Spouse

http://www.pvtmurphy.com

Pvt. Murphy's Law

Back of the Formation

Volunteers demonstrate selfless service

by Sgt. Carlos J. Lazo

Anaconda Times Staff

LSA ANACONDA, Iraq- “A little bit of helping out is better than not helping out... Everybody can find a place here in theater to volunteer regardless of what you do. Find the time to make a difference,” said Spc. Jesse Hall, 1744th Transportation Company, 13th Sustainment Command (Expeditionary). Hall volunteers at the Air Force Theatre Hospital here and he is not alone.

Air Force Staff Sgt. Joshua S. Tully, 99th Civil Engineers Squadron attached to the 332nd Expeditionary Civil Engineering Squadron, is a regular volunteer at the hospital. This is his second tour here and he completed 120 hours at the hospital on his first tour. Thus far he has done 31 hours after arriving here in mid-May.

The reason Tully, a Phoenix, Ariz., native, volunteers is to help troops. We’re not out there, this is the least we can do for them, to take care of them and get them back on their feet, he said. It gives him a good feeling and helps in allowing him to sleep better at night.

“I’ve volunteered at an emergency room back home,” Tully said. Granted the trauma is not the same, but volunteering here keeps his skills stable

for back home, said the 11-year veteran.

Tully said he always asks others to volunteer and advertises it at roll call every morning. He reminds others that it is good to give back to the troops. “One team, one fight,” Tully said.

He has helped the hospital with various patients, especially since the hospital treats everyone from coalition and enemy forces to civilians including Americans, Iraqis and those from other countries. The hospital maintains them until they can either be flown home or in the case of enemy combatants, taken to detention centers to be processed. There is no time limit for care, said Tully, and no one gets turned down.

Airmen 1st Class Jordan A. Alfred, helicopter pad crewmember, 332nd expeditionary medical group patient administrative division, serves as the pad instructor for the hospital, demonstrating to first-time volunteers the proper procedures for unloading patients from the various helicopters used for medical evacuations.

It consists of a 25-minute basic explanation, after which the volunteers can ask questions and even receive a practice run before actually helping during the real thing. There is always at least one

pad crewmember with every litter, said Alfred, but in an incident where there are not enough crewmembers, some of the more experienced volunteers are trusted to direct the other volunteers.

There was once an occasion where five minutes after receiving the training, one volunteer had to help in unloading a wounded individual.

“I think it’s great we have so many volunteers, and it especially helps when you have eight to 10 litters that need to get to the ER as quickly as possible,” said Alfred.

The hospital has had the volunteer program for around three years, said Air Force 1st Lt. Catherine Bullard, volunteer coordinator for the 332nd EMDG.

Before volunteers can assist, they must fill out two forms, a registration form and a life-skill form, which can be completed at the hospital or e-mailed to the volunteer coordinator.

These forms are required to better control how many volunteers the hospital has on hand, which section to use them in and the total number of hours counted. Every cycle the number of volunteers increases, more and more, said Bullard.

Since she has been on staff, the hospital has had many months with over 2,000 volunteer hours. Volunteers can help at the pad, in the operating room, emergency room,

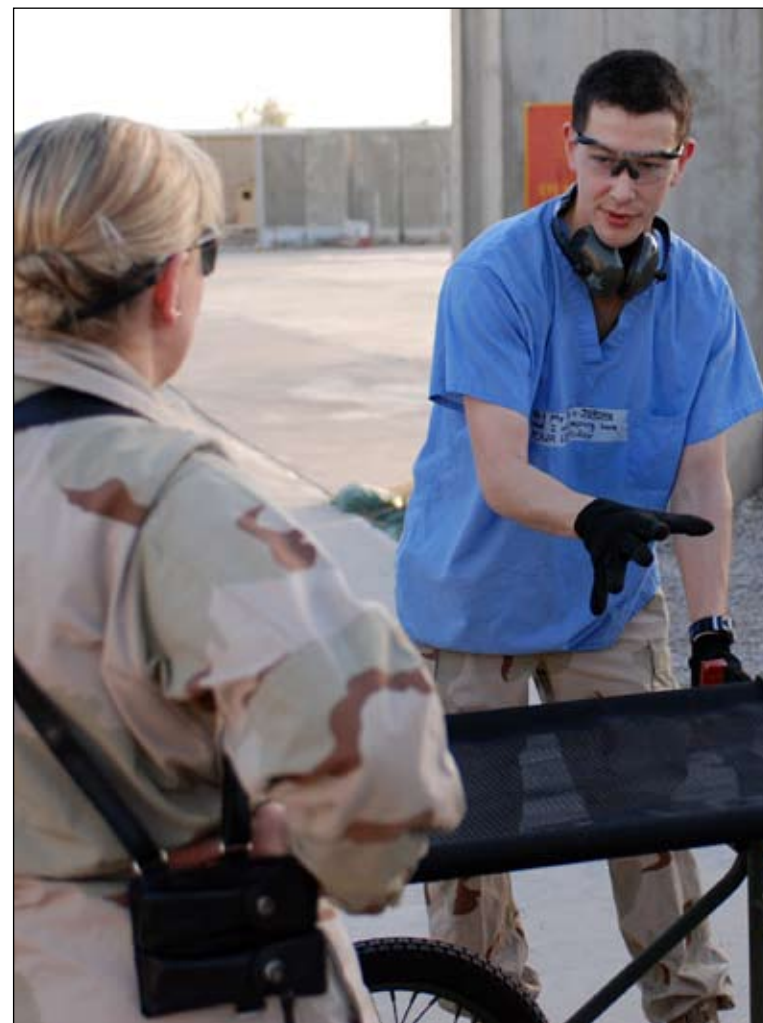


Photo by Sgt. Carlos J. Lazo

Airmen 1st Class Jordan A. Alfred, helicopter pad crewmember, 332nd Expeditionary Medical Group Patient Administrative Division, who serves as the pad instructor for the hospital, demonstrates the proper procedures for securing a litter onto a gurney here June 9.

intensive care unit, intensive care ward, and in other areas of the hospital. They are not assigned or limited to one area though, said Bullard. They can help in multiple areas.

Hall said he has stocked hospital supplies, cleaned, helped lift patients during dressing changes and personal hygiene, and spends time with

patients talking to them.

Volunteers are appreciated and helpful, and they are always looking for more, said Bullard. Those who are interested can stop by, fill out the forms and get started.

“Volunteering is part of being Soldier,” said Hall. “It’s about living a life of selfless service.”



Photo by Sgt. Carlos J. Lazo

(Above) Airmen 1st Class Jordan A. Alfred, helicopter pad crewmember, 332nd Expeditionary Medical Group Patient Administrative Division, who serves as the pad instructor for the hospital, demonstrates the proper procedures for securing a litter onto a gurney here June 9. (Left) Air Force Staff Sgt. Joshua S. Tully, 99th Civil Engineers Squadron attached to the 332nd Expeditionary Civil Engineering Squadron, prepares to give an intravenous fluid drip at the Air Force Theatre Hospital here June 9. Tully, a Phoenix, Ariz. native, has volunteered 31 hours at the hospital since arriving in mid-May.