

THE OFFICIAL MAGAZINE OF TASK FORCE SPARTAN AND THE 36TH INFANTRY DIVISION

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Contribute to The Arrowhead

Send us your great photos, articles, or ideas to the Arrowhead

- -- usarmy.arifjan.usarcent.list.div-pao@mail.mil
- -- taskforcespartanoss@gmail.com



From the Top CSM Jim Horn 36th ID Command Sgt. Maj

Task Force Spartan

n my 39 years of serving this great nation I have seen two type of people in the military, Sergeants and those that wear Sergeant's stripes. The question is which one are you? When you see



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The Arrowhead FORCE SPARTA

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Soldiers who are not adhering to the standards what do you do, make the on the spot correction, or do you pretend not to notice so you don't have to deal with it? When you see Soldiers wearing socks that expose their ankle bone do you make the on the spot correction or do you let it go because it's not that big a deal? When you see a female Soldier with her out of regulation do you make the on the spot correction or do you say nothing because you never took the time to look up what right looks like? Do you still hang out with the Specialist because that's your comfort zone or do you spend time with your peers and talk about Soldier's issues? Do you tell Soldiers to get their DLC done right now when you have not even done yours because you believe it's do as I say and not do as I do? Are you one of those Sergeants that believe that you are entitled because rank has its privileges? Are you one of those Sergeants that complain to your Soldiers because you don't believe that complaints go up and not down? Are you one of those Sergeants that strive to be in a leadership position or think that being in a leadership position is just too much work? Being a Sergeant is a lot of hard work that takes a lot of personal courage to enforce the standards. Being a Sergeant is a lot like raising children if you don't feed them they go hungry, if you don't clothe them they will run around naked, if you don't house them they will sleep outside. We have been entrusted with America's most precious resources, the Sons and Daughters of the American family. I want you to think about what your expectations would be if you entrusted your Son or Daughter into the hands of a stranger that was taking them to a combat zone. It's imperative that we give our very best to our Soldiers each and every day because they deserve nothing less. So the question remains which one are you? I am extremely proud to serve with the 36th Infantry Division because we do have the finest Sergeants in the United States Army "In Spite of Hell"

The Arrowhead Task Force Spartan 3

This Month...

DA PAM 670-1: Chapter 4: Combat Uniform Ensemble, 4-10: Headgear - 26 January 2021

The sun (boonie) Hat it's that time

The commander has authorized the wear of the sun hat for all Task Force Spartan Soldiers.



36th Infantry Division Sun Hat Standards;

Subdued pin-on or sew-on grade insignia, or branch insignia for chaplains, is worn centered on the front of the headgear left to right and top to bottom. Name tapes will be sewn on the back of the sun hat just above the loops.

DA PAM 670-1: Chapter 4: Combat Uniform Ensemble, 4-10: Headgear - 26 January 2021

d. Sun (boonie) hat. The sun hat is an OCIE item authorized for wear with the combat uniform in field environ-ments when the advanced combat helmet is not worn, on work details, or in other environments where wearing the patrol cap is impractical, as determined by the commander. Personnel wear the sun hat straight on the head so that the web band creates a straight line around the head, parallel to the ground. The sun hat will fit comfortably around the largest part of the head without distortion or excessive gaps. The sun hat is worn so that no hair is visible on the forehead beneath the hat. The drawstring on the sun hat can be worn under the chin, around the back of the head and neck, or tucked inside. The drawstring will not be worn over the top of the sun hat. The sun hat will not be worn rolled, formed, shaped, blocked, or with an upturned brim. Subdued pin-on or sew-on grade insignia, or branch insignia for chaplains, is worn centered on the front of the headgear left to right and top to bottom.

TRIVIA: Why is there a band of loops on the hat?

A fabric tape band of branch loops is often sewn around the crown of a boonie hat. It is meant to hold additional vegetation as camouflage.



A new "People First" slogan and it is up to you to spread it. This month, don't forget your number one priority is looking after your battle buddy.

DONT FORGET TO FILE YOUR TAXES!

It is that time of year again when we start to run around in search of W-2s, receipts and other documentations in the hope that this years filing will be stress free. Filing taxes does not have to be torture, the Department of Defense has helpful resources for active-duty service members and their families, and it's all free through Military OneSource.

Call Military One Source at 800-342-9647 or visit: https://www.militaryonesource.mil/all-the-ways/.

The tax deadline for filing 2020 taxes is April 15.

Tax services for the military — also known as MilTax — is DOD's approved tax-filing and taxsupport service — including tax preparation and



e-filing software and personalized support to deal with issues such as deployments, combat and training pay, housing and rentals, multistate filings, and living overseas.

MilTax software is designed and tailored for the military community.

Partnership

Jordan-

Col. Andrew Stone of the 16th Engineer Brigade meets with Col. Igbal Bawaneh of the Jordanian Royal Engineer Corps to discuss route clearance and de-mining operations. They observe operation of the Mine-Cat and Aardvark systems, while CSM Hargis of the 891st Engineer Battalion drives a Jordanian Husky alongside our Jordanian part-



Kuwait-

Task Force Spartan commander, Maj. Gen. Patrick Hamilton, with the U.S. Ambassador to Kuwait and the Kuwait Land Forces commander recently attended an event hosted by ASG-Kuwait in celebration of the 30th anniversary of Operation Desert Storm and the Liberation of Kuwait.





Kuwait-

Task Force Spartan troops are strengthening partnerships across Southwest Asia. "We're excited to continue bilateral training and exercises," said Staff Col. Bishur Alnahan, Kuwait Land Force Artillery Commander during a meeting with Col. Paul Schneider

During their meeting they discussed their recent success at the Liberation Day exercise and their plans for developing their enduring partnership.



Jordan-

The Task Force Spartan's DTAC- Jordan Division Engineer Cpt. Colin Crawford, talks with the Jordanian Commander of Engineering Battalion, Lt. Col. Hamza Mahdin, about future engineering training efforts for enhancing border security at a JAF facility near the border. The engineer team toured the rough terrain and planned a time for the two engineering teams to train side by side to increase interoperability.

Kuwait-

The 1st Battalion, 14th Field Artillery Regiment recently teamed up with the 816th Expeditionary Airlift Squadron to conduct a full tactical movement rehearsal at Ali Al Salem Air Base in Kuwait. These types of rehearsals are conducted to ensure our forces can move quickly and efficiently anywhere at a moment's notice. Soldiers and Airmen work together to load High Mobility Artillery Rocket System launchers.



Jordan-

Task Force Spartan Deputy Commanding General of Operations, Brig. Gen. Win Burkett, presented certificates of graduation to Jordan Armed Forces officers that completed the Coalition Intelligence Seminar held at the Joint Training Center recently. The seminar was a 40 hour course that covered critical thinking, analytics, report writing, and digital terrain analysis



Progress

Women of

Task Force Spartan

Work for a More Inclusive Service

Story by Capt. Allegra Taylor, and photos by Staff Sgt. Daryl Bradford and Staff Sgt. Daisy Broker, 36th Infantry Division.

oday's military is much more integrated than previous generations. While women have been at war serving in different capacities since the American Revolution, it wasn't until 2016 that women were approved to serve in all roles, including combat roles.

As women were steadily included across military occupations, they also began to experience lateral movements, and today, units such as the 36th Infantry Division from Austin, Texas, has more women serving in leadership roles than at any time in its history. One of these women, Lt. Col. Laura Cross, is the Military Intelligence Director (G2) for the 36th Inf. Div. and Task Force Spartan. She also leads the 36th Inf. Div. Lean-In Circle, a group of women who meet regularly to discuss topics such as female leadership, challenges they've faced and how to use their experiences to help other female soldiers move up in the ranks.

"By creating this group I really wanted to provide a safe space for women where we could share some of the issues we have experienced, provide lessons learned, and share actionable advice to implement when challenged with those issues again," said Cross. "This group is about creating those champions for future generations, so we can help not just women but young men too...these groups are only half the conversation and I often encourage leaders to include both men and women in order to empower one another."

Cross is a first generation Cuban-American whose father was a chemist in Cuba. When the family migrated to the United States, he had



to re-earn all of his degrees and work his way back up in his career field. While he didn't have enough money to put Cross through school, he instilled in her a great work ethic that helped her achieve an ROTC scholarship and commission through Boston College.

"Every opportunity I've had, it's never been because I am female," said Cross. "Like many, I've worked hard for most things. In some parts I feel it's not about a male thing or a female thing but a capability thing. I personally have not experienced [bias] in the military per se, but looking back I've always felt that I've had to work harder and be more prepared growing through the ranks. However, once I was given the opportunity and I proved to be competent, I was treated just like everyone else and that's what we all should strive for across the force."

While Cross says in part those feelings came from being young, eager, and wanting to succeed, she recently invited a female soldier to the Lean-In Circle to share her personal struggle with prejudice. Staff Sgt. Brittany Sylvester-Rivera joined the service in 2009 and spent 11 years as an active-duty soldier before joining the Texas Army National Guard and 36th Infantry Division in 2020.

"I started as a Signal Support Systems Specialist when I first decided to join but I wanted to be an Infantry Soldier," said Sylvester, "I went to a recruiter who told me you can't do this because women are not allowed to join the Infantry. I told him I wanted to shoot guns and get bad guys, I wanted to be able to do that, but he just told me no."

Determined that one day she would be able to join the Infantry, Sylvester asked her recruiter what she could do to get her close to combat, so she enlisted as a Signal communications soldier in an Infantry unit.

"I was 13 years old when I saw the movie Black Hawk Down," said Sylvester, "I saw how the Rangers and the Deltas worked together and I think that feeling, that brotherhood they had was so amazing and I wanted that."

In 2016, Sylvester received an email from a superior explaining that the Army was accepting packets for females to join combat roles, and that her unit was looking for volunteers to become the next generation's leaders. Sylvester went to her retention officer and put in her packet, and four months later she graduated an 11 week course from Fort Benning, Georgia, and became the first female Infantry non-commissioned officer in the U.S. Army. But immediately after graduating the course, she said she already began to face push-

"We went on a run one morning with the 82nd Division Commander. After the run he gathered us all together and to ask questions about our unit. No one was asking him questions, so I spoke up and gave him my name and said I was an 11-Bravo and I'm going to 2nd Infantry Brigade Combat Team. He then said, this is the first female Non Commissioned Officer 11B, and then announced to everyone that I had just made history. At that moment there was a Soldier standing with two First Sergeants who kept saying 'I'm putting my retirement packet in today, I'm putting my retirement packet in today', over and over again." When that happened, instead of getting upset Sylvester said she just got focused, and knew she would have to work harder, be better, to show the males in her unit that females don't need any special privileges and that they do belong in the

"The privates coming in, they don't have it as bad, they don't have as much of the backlash, "said Sylvester. "I want to protect them from that, any soldier. And that is what I still want to do. "



Continued on page 10

While both women have had different experiences, what Cross and Sylvester both agree on is that the best thing the Army can do for women rising in the ranks is to teach them, bring them to the table, give them a voice and also use your voice to encourage them.

"I think there is a distinction between mentorship and advocacy, "said Cross. "Mentorship can often be passive, but I prefer the word advocacy because then you can be someone's cheerleader. Actually, I've found with any young leader, but specifically with women, you have to nudge them to fight for those opportunities. Once you help them through that obstacle or endeavor, they will succeed time and time again and that's the most rewarding feeling any leader can experience."

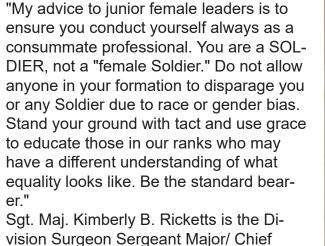
Lt. Col. Cross's Lean-In Circle is hosted every two weeks at Camp Arifjan, Kuwait. Both officers and enlisted, women and men are encouraged to join, and voice their experiences and solutions to creating an army where prejudice is no longer an issue.



Female Leaders of

"Colin Powell once said effective leaders are made not born. From my perspective, a good leader listens to understand before trying to be understood. A good leader is one who does not allow their own personal EGO to get in the way of the TRUTH. A good leader focuses on mentoring and teaching others from their own successes and mistakes. A good leader is open-minded, ready to learn and seeks potential in others to build great leaders for the future. A good leader sees opportunity in the midst of chaos and stands up for what is right, even when they are left standing alone. A good leader always exemplifies fairness and transparency."

Lt. Col. QueSchae Blue-Clark serves as the Assistant Chief of Staff - Personnel, for Task Force Spartan, 36th Infantry Division Texas National Guard. She is a native of Chicago, Illinois, and in 2003 commissioned as a Military Police Officer through Western Illinois University ROTC program. She holds a Masters of Science in HR, and is married with three children.



Sgt. Maj. Kimberly B. Ricketts is the Division Surgeon Sergeant Major/ Chief Medical NCO for the 36th Infantry Division and one of the highest ranking NCOs in the Division. She has served for 25 years of service and currently serves with Task Force Spartan in Kuwait. She is married with four children.



Task Force Spartan

"What advice would I give to lower rank females in the force? Do not be afraid to fight in the shade. Know your profession and know the standards, hold yourself to high standards. Focus on becoming well-rounded, in fitness, sleep, nutrition, and mental agility, these are all distractors that require energy. Take away the distractors and you have the energy to focus on the challenges you will face in your career. Always leave it better than you found it." CW4 Katherine M. Brown is one of the highest ranking warrant officers in the 36th Infantry Division. Prior to being a warrant, she served 15 years of enlisted service. She served in Saudi Arabia, completed two tours in Korea, a tour to Germany, a tour in Iraq and currently serves in Kuwait as the Senior HR Technician for Task Force Spartan. She has a Baccalaureate Degree (2008) from Trident International Universi-





"A good leader is someone who believes and/ or has faith their principles. A person that not

only makes the right choices but also the hard ones. Great leaders make the hard choices, and self-sacrifice in order to heighten the lives of others around them. An effective leader has a vibrant vision, is brave, and possess reliability, trustworthiness, self-effacement and has the ability to sustain a clear focus. They are deliberate planners and trust the value of teamwork. Great leaders' assist people in reaching their goals and empower to develop without self-interest. They are noble and possess the ability to push people to be their best."

Lt. Col. Judith Mendez is an Air Defense Artillery officer with the U.S. Army. Born in El Paso, Texas, she currently serves in the 36th Infantry Division as the Chief of Protection and Air Missile Defense. She is a single parent she says to a remarkable, kindhearted 18 year old daughter.

"Don't accept No for an answer. There are certainly times when a No is warranted, but a lot of the time you have to think outside of the box in order to find a way to Yes. Be

> supportive of your female counterparts and those superior/junior to you. You don't have to be friends with everyone that you work with or for, it makes life a little easier if you are, but it's not reality and sometimes you'll have personality clashes, but maintain your professional bearing. The way you represent yourself to others makes a huge difference, the military is small community. Use your NCOs, they are an invaluable asset that are not used enough anymore - I've seen the shift over time and it needs to be reversed. Be a lifetime learner, don't ever stop." Lt. Col. Michelle Hinojosa commis-

> sioned from the Army ROTC at The University of Texas at Austin, December 20, 2002. She currently serves as the Medical Operations Officer, 36th Infantry Division at Camp Arifjan, Kuwait. She has a Masters Degree and has earned 17 decorations, to include two awards for Meritorious Service Medal and the Army Commendation Medal



"To younger/lower ranking female soldiers in the force I would say, Find your passion and pursue it! We are so fortunate that those before us have blazed a trail and lessened our barriers. I came into the Army when the marketing slogan was Be All You Can Be and I believe today we can really do it. To all soldiers I would encourage them to seek mentorship, amongst their peers and those of higher ranks. Draw upon their experiences and wisdom; believe me, we are happy to share it." Lt. Col. Jeri Gates is the Division Behavioral Health Officer for 36th Infantry Division. She is from Houston, Texas, and has served 31 years of both enlisted and commissioned service. She has a Masters of Science in Social Work from the University of Texas, Austin.





"Good leaders are empathetic and emotionally intelligent. They understand the individual needs of those charged in their care and work to develop each Soldier based on their strengths and weakness. They recognize the importance of balance between mental and physical health, work, and personal life. The days of doing it because I said so or work, work, work are fleeting."

Lieutenant Colonel Colleen Shepherd joined the Ohio Army National Guard in 2004 as a member of the 2-174 Air Defense Artillery (ADA) Battalion (BN). She is currently in Kuwait serving as the Chief of Plans, 36 Infantry Division as Task Force Spartan in support of Operation Spartan Shield.

Behavioral Health

If you are experiencing anxiety, depression or just want to talk to someone, contact your local behavioral health resources center, Chaplain or one of the numbers here:

Military Crisis Line: 800-273-8255

Military One Source Counseling: 800-342-9647 TRICARE Nurse Advice Line: 1-800-TRICARE

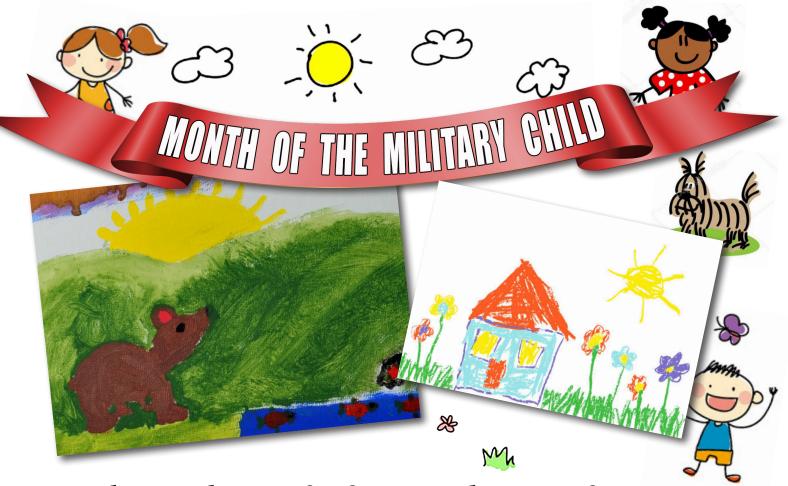
(Contact to be forwarded to a mental health professional)

Family Readiness Groups

FRG helps foster a sense of belonging to the unit and community, and provide for the needs of family members while their soldiers are deployed overseas. For them to accomplish this mission, FRG needs volunteers to help empower Soldiers, their Families and extended families to enable them to become more resilient. To contact your unit's FRG email: 36thIDFRG@gmail.com



Show you care, check on your buddy...



Send us a photo of a favorite drawing from your kids or a photo of the kiddos so we can celebrate them during April the month of the military child.

Send your Month of the Military Child submission to taskforcespartanoss@gmail.com by April 15th



Thoughts from Military Equal Opportunity

■ask Force Spartan Military Equal Opportunity Office continues to have the honor of serving with America's fighting force as well as supporting their families. Our office supports the leadership through training, integrating across the staff, crisis response, and building on the great work that the organization has done since before our own Soldiers arrived in theater. We can look back and see those great successes in the many smiles, camaraderie and teamwork, with the inclusion of Soldiers of all ranks, races, sex/gender, color, sexual orientation, national origins, and religions. So let's have a quick look at where we were since the last time: Our Soldiers got to see, hear, and ask questions to the Task Force Spartan commanding general at a Town Hall that was organized and hosted by our team with much support from the Chaplain's Office, Area Support Group-Kuwait and 1st Theater Sustainment Command. Despite COVID-19 conditions, our Soldiers were able to meet together in mass for the first time in months to spend time discussing topics from policy, morale and welfare, and even the great accomplishments of the organization. Our office also supported a Women's History Month event at Camp Arifjan where Soldiers of many backgrounds celebrated, dined, and just spent a little time out of the office together. Our office would like to thank that team of heroes who put the event in place so we could all celebrate

together. Our office is also teaming together with other Military Equal Opportunity Program Managers in collaborating together for Army Heritage Month across the various locations in the region. That's a lot of things that kept our office busy even as we continue to provide outstanding support to Soldiers on a daily

One can argue the month of April in the United States contains some of the most wellknown religious holidays for the three most prominent religions: Judaism, Christianity, and Islam. For instance, you will see the end of Passover along with Good Friday, Easter Sunday, and the start of Ramadan, all in April 2021. Let's take a quick look back at the history of the "Fighting 36th" Infantry Division in World War II in April 1945. After fighting in the Italian Campaign, southern France, and southern Germany in some of the heaviest combat in Europe, Arrowhead Soldiers along with other American units would come across a place called Dachau. It was there in southern Germany when the "Fighting 36th" Infantry Division Soldiers would discover unspeakable atrocities in what were known as Nazi concentration camps. Allied Soldiers would discover large number of prisoners as well as the massive number of deaths of men and women of different backgrounds because of these concentration and extermination camps. The "Fighting 36th" would take part in liberating the concentration camps at Dachau

MSG Stanford Autry



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usarmy.arifjan.usarcent.mbx. tfs-eo@mail.mil Website: https://idhq.swa. army.mil/EO

in April 1945 with World War II coming to an end just weeks later. [The time period from when imprisonment and extermination began until their liberation became known as the Holocaust Era resulted in the death of over six million Jewish men, women, and children as well as people of other races, national origins, sexual orientations, and religions.] Now let's forward to an important event in October 1980. The United States Congress passed Public Law 96-388, establishing the Holocaust Days of Remembrance to honor those who perished during the Holocaust of World War II. The annual Days of Remembrance is an eight day period for all to reflect on the lessons learned from the Holocaust and its impact on the world today. The annual, weeklong period runs from Sunday before Holocaust Remembrance Day (known in Hebrew as "Yom Hashoah") through the following Sunday. Holocaust Remembrance Day this year is on Thursday, April 8, 2021 which corresponds with the 27th day of Nisan in the Hebrew calendar and falls around the anniversary of the Warsaw Ghetto Uprising in April-May 1943. In Washington, DC, stands the United States Holocaust Memorial Museum, a place to learn about Dachau, Auschwitz, Treblinka, Bergen-Belsen, and Buchenwald. The museum stresses a simple theme to describe the Holocaust, which continue to ring true today: Never Again.

So as we look at the month of April. take a moment to reflect how the Holocaust has made an impact on your own life. What can you learn from such an event that occurred more than 75 years ago? What do you want to relay to the next generation of our children, our students, and those who will serve this great Nation? What can we do to continue to stress "never again"? One thing someone can do is as simple as this: treat people with dignity and respect regardless if they are of a different sex, national origin, sexual orientation, race, color, and religion. When we return home, let's look back and tell others how our diverse group of Soldiers and teammates helped each other get through this difficult deployment. Let's tell others about our phalanx formation and how our teammates stood by our sides, ahead of

and behind each other while marching towards our adversaries. That is our legacy we leave behind! On behalf of the Task Force Spartan Military Equal Opportunity Office, we are honored to continue serving with you and look forward to what the future holds for us all. We would also like to thank the Spartan and Army Central Command Chaplain's Office for their support in formulating these "thoughts".

> Thank you and "In Spite of Hell"

IN HONOR OF WOMEN'S HISTORY MONTH



In honor of Women's History Month and the upcoming Asian/Pacific Islander Month, the Task Force Spartan Military Equal Opportunity Program Manager would like to dedicate this "Thoughts" edition in memory of his grandmother, Maria. Grandma Mary passed away peacefully this past February at the young age of 98. She fought and survived the Japanese Invasion of the Philippines during World War II; was a teacher for many years; had 8 children (several who have already passed away); immigrated to the United States to care for her many grandchildren and great-grandchildren; prayed the Rosary daily; and watched as her grandson swore the Oath of Office over 20 years ago. Thank you Grandma Mary for helping to bring people in this world a little closer together"

--Lt. Col. Agapay



130th FIELD ARTILLERY BRIGADE

hief Warrant Officer 3, Carol Sprawka, had a chance encounter with her son when she arrived in theater.

Chief Sprawka has been on 4 deployments, and (Photos and Story by U.S. Army Capt. Patrick Montandon) between she and her husband, they have more than 60 years of service. Despite these lengthy careers, their son, Derek, never expressed interest in joining the military and they never pushed him to. That's why it came as a total surprise when Sprawka, while deployed to Kuwait three years ago, received a phone call from Derek saying maybe he'll give it a shot. Shortly thereafter, Chief Sprawka was administering his oath of enlistment remotely from overseas. Derek has served as a 14E, Patriot Fire Control Enhanced Operator, for his initial three years and the military lifestyle is natural for him. He expressed "it feels like I was made for this!"

Since Derek has joined the service this has meant Sprawka sees him less often. A tender mercy took place when Sprawka was able to see him briefly when she arrived in the region. He is currently stationed at Ali Al Salem Air Base, Kuwait, and luckily her inbound route crossed his path where he greeted her with a huge smile and a hug.

After sharing dinner together, Sprawka shared it was "just enough to keep a mom giddy!" Chief Sprawka is a targeting liaison officer at the Combined Aviation Operations Center at Al Udeid Air Base, Qatar. She works with the **Battle Coordination Detachment synchronizing** 130th efforts with Air Force operations. She's grateful for this unique opportunity to work at this echelon in a joint setting, and how the military has broadened her thought processes and leaderships abilities. We are so grateful for her and all the incredible women that bring so much to the #REDLEG team!





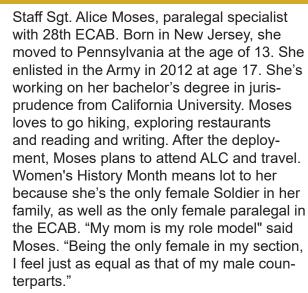
2ND ARMORED BRIGADE COMBAT THE IRON BRIGADE TEAM, 1st ARMORED DIVISION Task Force Spartan 2nd Armored Brigade Combat Team C ommander,



28TH EXPEDITIONARY COMBAT AVIATION BRIGADE CELEBRATING OUR FEMALE WINGS OF IRON

Army Spc. Ashley Moran, automated lo-

gistical specialist with 28th ECAB. As a



U.S. Army Chief Warrant Officer 3 Megan Dawson, UH-60 pilot with Headquarters and Headquarters Company, 2-104th General Support Aviation Battalion, 28th Expeditionary Combat Aviation Brigade, poses for a photo at an airfield in the 28th ECAB's area of operations in the Middle East.

Dawson joined the Army in high school to become a medic and fell in love with the aviation community. She then commissioned as a warrant officer and enjoys being a pilot after 18 years of service. "National Women's Month is important because it highlights the few women in aviation," said Dawson.

Staff Sgt. Angela Martes, intel analyst with 28th ECAB. Born in Philadelphia, Martes lived in Puerto Rico until the age of 13 when she moved back to Philadelphia. She graduated from Eastern University in St. David's, PA with a major in criminal justice. Martes currently works for the United States Attorney's office for the Eastern District of Pennsylvania. She plans to attend graduate school in the fall to become a college profes-

Martes loves to go camping, biking and running in her free time. At the end of the deployment, Martes plans to attend the U.S. Army senior leadership course and enjoy time with her family and friends.



medical social worker on the civilian side. Moran graduated from Kutztown University and completed her masters at University of Pittsburgh. Moran said she loves helping people, including the homeless and elderly, and wants to make a significant impact in the social work community. Moran said mental health is important and that the National Guard helped her become detail oriented and organized when helping people. Her favorite cartoon is the Tasmanian Devil. She plans to spend time with her family and obtain another masters degree as she plans to commission in her military career.

Army Spc. Becca Rhoades, human resources specialist with 28th ECAB.

Rhoades enlisted in the military to follow in her family's footsteps. Her father, brothers and many others have served or are serving still. Currently enrolled at American Military University, she plans to graduate as a history major to become a professor.

"Women's History Month means a lot because it shows sacrifice and courage of women in the armed services and all over the world", said Rhoades.

Currently on her second deployment, Rhoades plans to take a long vacation when she gets home. She loves mint chocolate and all of the Harry Potter movies.

Sgt. Brianna Carlson, is a combat medic with 28th ECAB. Carlson is from Pittsburgh, PA, enlisted in the U.S. Army after graduating from West Virginia University. Carlson said Women's History Month highlights the equal opportunities women are provided all over the world and shows their impact in the community. Carlson loves learning about the medical field and meeting new friends while deployed. After deployment, Carlson plans to attend graduate school where she will study forensic psychology. Her plans also include traveling, hiking, and spending time with friends and family. Her favorite superhero is Wonder Woman because she is a heroic representation of women all over the world.



Sgt. Emily Armel is a combat medic here and a nurse in her civilian career. Being in the medical field, she hopes to help people and make a positive impact on both civilians and Soldiers.

During Womens History Month, she says she is thankful for the empowerment of women and how far equality has come. After deployment, she looks forward to getting a tattoo and seeing her dogs, Gunner and Layla. She says her favorite food is pierogis and her favorite cartoon character is Jimmy Neutron.

Armel is currently deployed with Bravo Company, 628th ASB.



Staff Sgt. Raquel Runde, automated logistical specialist, 28th ECAB, is from Detroit, Michigan. Runde joined JROTC in high school prior to enlisting in the U.S. Army. She loves serving in the Army and plans to stay in until retirement.

Runde says Women's History Month highlights how far women have come. She appreciates seeing women doing air assault and airborne school as well as other Army schools.

After deployment, Runde plans to go to Hawaii with her husband. Her favorite food is pizza and her favorite cartoon character is Lola Bunny.



Sgt. Andrea Whelan, victim advocate for the 28th ECAB. Whelan enlisted in the U.S. Army at age 32 after losing a truth or dare bet. She says she was told she wouldn't make through basic, and now she is standing at retirement's doorstep. She is currently attending Liberty University pursuing a bachelor's degree in psychology. "Women's month is a time of reflection for me", said Whelan. "I look at all the of the great women who forged the way forward for me to be able to do the incredible things I have enjoyed doing in the Army." After deployment, she plans to spend time with her kids and grandchildren while spending a week on Kelly's Island in Ohio.







GS OF IR

Military Service with Distinction



Rear Admiral Grace M. Hopper

42 Years of Service



She was born in New York City, NY, in 1906. Went to college, earned her Bachelor's in 1928 in Mathematics and Physics, and earned her Master's at Yale University in 1930. Oh, but she didn't stop there. She went on to earn her Ph.D. in Math in 1934. She even taught math at Vassar College, making associate professor in 1941.

So how did the US Navy recruit this prominent scholar? Well, history had a hand in that. After the bombing of Pearl Harbor, she decided to join the US Navy Reserves (WAVES, as the women's branch of the reserves was called) and was assigned to the Bureau of Ships Computation Project at Harvard as a lieutenant, junior grade.

While working at Harvard, she and her fellow officers programmed the Mark I Computer (IBM Automatic Sequence Controlled Calculator), and literally wrote a book on it. She also helped with top-secret calculations including range tables for new anti-aircraft guns.



This Harvard team also helped the Army with their work and John Von Neumann, calculating numbers for the plutonium bomb drops.

Hopper was offered a full professorship at Vassar, but turned in down, choosing to work under Navy contract at Harvard.

In 1952, Hopper and her programming team developed the first computer language "compiler," which translated mathematical code into binary code, making it possible to write programs for multiple comput-

This is just a small fraction of her accomplishments during this time (Look her up and read up on her work that set the groundwork for modern technology, including how she found the 'first computer bug'). In 1966, she was retired from the Navy Reserve with the rank of Commander. Then in 1967, was recalled for an assignment that became 'indefinite'...until 1971, when she retired again, only to be asked to return to active duty in 1972.

In 1983, Captain Hopper was promoted to the rank of Commodore (Later Rear Admiral) by special Presidential Appointment. Following a career that spanned more than 42 years of service, she took her final retirement from the Navy in 1986. She was awarded the Defense Distinguished Service Medal, the highest non-combat decoration awarded by the DoD.

She holds multiple awards (and a lot of honorary degrees), including the National Medal of Technology, awarded by President George Bush (1991) and the Presidential Medal of Freedom (2016), all in recognition of her remarkable contributions to the field of computer science.



Hopper joined the Navy in 1942.

Chaplains Corner

In an article entitled, "Can A Password Change Your Life?" written for the 07-4-14 edition of "The Daily Mail" the author Erin Clements writes about a man named Mauricio Estrella that would argue, "Yes" to that question. Erin writes,



Chaplain Harold Bender 36th Infantry Division

Can A Password Change Your Life?

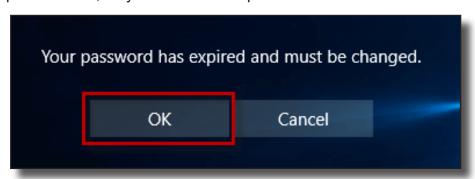
"One morning Mauricio Estrella walked into the office, sat down at his desk, and was greeted with the message: "Your password has expired. Click 'Change password' to change your password."

You know how, when you are emotionally raw, small things can be so frustrating? This, for Estrella, was one of those times. He was running late that morning, had forgotten to eat breakfast, had a meeting to attend, and then there were those nagging frustrations with his ex. Estrella had just gone through an emotionally brutal divorce that had left him in a deep depression.

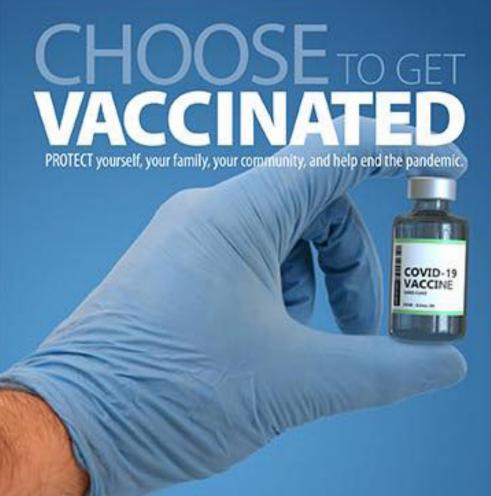
At his workplace, the server is configured to ask thousands of employees around the planet to change their password every 30 days. As the empty field with the pulsating cursor awaited his input, Estrella thought to himself, "I'm gonna use a password to change my life." His password became: "Forgive@h3r."

Each time he came back from a break or lunch, he typed "Forgive@h3r." For one month, the password became a mantra. And that mantra changed his life. Estrella shared: "That constant reminder that I should forgive her led me to accept the way things happened at the end of my marriage, and embrace a new way of dealing with the depression that I was drowning into. You see I think it is interesting to note that this article came out on July 4, 2014, Independence Day. A day that commemorates our freedom from tyranny.

How fitting, because that is just what forgiveness does; it sets us free. As the old saying goes, "I forgave to set a prisoner free, only to discover the prisoner was me."



The Arrowhead Task Force Spartan



- 1. The vaccine will offer additional protection from COVID-19.
- 2. When entire communities get vaccinated, wear masks, social distance, avoid large gatherings, and wash their hands we'll have the best chance of ending the pandemic.
- Initial vaccine quantities will be limited. Talk with your healthcare provider or local Medical Treatment Facility for more details about when vaccine will become available.

The vaccines available for COVID-19 have been proven safe and effective, are authorized by the U.S. Food and Drug Administration, and are being manufactured and distributed safely and securely.

For more information:



https://phc.amedd.army.mil/topics/campalgns/covid19/Pages/vaccine.aspx





For current COVID-19 information:

https://phc.amedd.army.mil/covid19 https://www.coronavirus.gov/

The Military Health System Nurse Advice Line is available 24/7:

or visit https://www.health.mil/I-Am-A/Media/Media-Center/NAI-Day-at-a-clance

Emergency Kit Checklist for Families:





The Army COVID-19 Information Hotline: 1-800-984-8523

Overseas DSN 312-421-370 Stateside DSN 421-3700

Lt. Col. Jeri Gates 36th Infantry Division Behavioral Health Officer

Healthy sleep habits are sometimes referred to as Sleep Hygiene

leep is ammunition for the brain. All Soldiers need to be physically and psychologically strong and resilient. This is especially true of those Soldiers who operate at the "tip of the spear" as members of small teams in far-forward environments where the operational tempo is high, the margin for error is small, and the ability to access support functions (e.g., air support, evacuations, reinforcements) is lacking. The necessity for Soldier performance during nocturnal operations introduces additional challenges for maintaining Soldier lethality. Ironically, although sleep is critical for sustaining military performance and effectiveness under such conditions, sleep loss is all but inevitable under such conditions.

Sleep is also armor for the brain. Research shows that the more sleep that military personnel obtain, the better they perform and the less vulnerable they are to development of mental disorders like PTSD and depression. An emerging body of research also suggests that good sleep is linked to the body's ability to prevent and overcome infectious disease, further underscoring its importance to overall health.

Common phrases in our culture include "I slept like a rock" or "I slept like a baby". During difficult or stressful times it's understandable that our sleep routines may suffer temporarily.

Research shows that sleep disruption can have negative impacts on not only our physical health and energy, but also on our emotional health, focus, and ability to complete tasks.

COVID-19 and the work from home and school from home, environments have the ability to turn our sleep patterns upside down.

Add to this situation the deployment of a family

member to a time zone with a 7-8 hour time difference, and things can get really challenging. It can be very tempting to disrupt your own sleep in order to make that phone or video call home and speak with loved ones. However, this can also create a vicious cycle of sleep disruptions leading to work and safety concerns.

We'll highlight research based recommendations for setting yourself up for the best sleep possible, whether you're the person at home, or the person in a deployed setting.

Healthy sleep habits are sometimes referred to as Sleep Hygiene; it's more than just taking a shower before bed. The following are important steps to integrate into you sleep routine to help you get the most out of your slumber hours. Just like children, adults benefit from sleep routines too. Much like helping children learn to anticipate their bedtimes by bathing, putting on pajamas, and reading a

book in a dimly lit room, implementing these steps for yourself will lead to better sleep.

Scan the code below to access VA apps



Scan the code below to access the Path to Better Sleep app



Guidelines to Sleeping Well During the COVID-19 Outbreak- and Most Other Times Too

In spite of the daunting challenges, there are a handful of steps that can promote better sleep during the coronavirus pandemic.

If these efforts don't pay off immediately, don't give up. It can take time to stabilize your sleep, and you may find that you need to adapt these suggestions to best fit your specific situation.

• Keep a normal daily routine: If you're working from home, keep the same schedule as if you were going to work. Don't sleep in or stay up late. When that alarm rings, as painful as is, get

And give yourself a break during the day, just as you would in the office. Take a lunch break or go for a walk or just get outside.

- Create and keep a going-to-bed routine: Slow down at the end of your day. Begin turning down the lights about a half hour before bed. Bright lights will keep your brain from producing natural melatonin (a hormone that is part of our natural sleep cycle and helps us sleep).
- Avoid screens in the bedroom: The blue light from cellphones, tablets and computers signals our bodies to stay awake and not release melatonin. This can be challenging, but put down the electronics. TV is OK but it's even better to read a book. You don't want that light from a screen right in your face.
- Don't use your bedroom, and especially your bed, as your office: You want to train your brain that this is the place where you rest. You don't want it saying, 'This is where you work.' If you have nowhere else to work, at least don't work on the bed.
- Get some exercise during the day: It reduces stress and keeps our bodies in their normal rhythms. It's best, however, to finish the exercise a few hours before bedtime to give your body time to cool down and slow down.
- **Don't take naps**: A short power nap won't hurt if it's not too late in the day, but sleeping longer will throw off your sleep cycle. That's another reason not to worry about one bad night. It's better to be tired for a day and then get a good night's sleep.

- Get some sunlight: It helps keep our circadian rhythms in pattern so we produce melatonin at night, not during the day.
- Don't eat dinner late: If you're going to bed at 11 p.m., try not to eat after 7 pm or so. You have to give your body time to digest it. When you go to sleep, your body wants to shut down all the metabolic work, including digestion.
- If you wake up in the middle of the night and can't sleep, get out of bed: A change of scenery helps you reset, but keep lights low and don't do anything that gets you energized. If you can't sleep for more than a half hour, get up and leave the bedroom. Do something simple and monotonous in dim light.
- Cut back on news and social media, especially in the evening: Limit news consumption. Our brains are not really wired to handle all the constant news alerts and headlines. They're constantly ringing our alarm bells. It's like the car alarm in our brain is constantly going off.
- Go easy on the alcohol and caffeine: They both throw off your sleep patterns. Alcohol can help you fall asleep, but not necessarily stay asleep or sleep well. Not all sleep is equal. We want the right sleep.
- Be careful with sleep medication: Over-thecounter medication can give you fitful sleep or leave you drowsy in the morning, and prescription drugs can create an emotional dependence.
- Try learning to meditate with one of the many apps available: It can improve sleep and it emphasizes the importance of our mind-body connection. It does take a little practice, but it lowers our stress hormones. We have some new neuroimaging research that has demonstrated the positive changes in the brain.

References:

https://www.wrair.army.mil/node/349

https://health.ucdavis.edu/health-news/newsroom/covid-19-is-wrecking-our-sleep-with-coronasomnia--tips-to-fight-back-/2020/09 https://www.realwarriors.net/sites/default/files/campaignmedia/infographic-sleep-matters.pdf

Around the Force

Chief Warrant Officer 3 Rich Adams and 1st Lt. Ernie Carlson flew 1500 hours-worth of combat missions in an AH-64 Apache helicopter during Operation Iragi Freedom in 2006. Fifteen years later, now Chief Warrant Officer 5 Adams and Maj. Carlson are back in the Middle East serving with the 28th Expeditionary Combat Aviation Brigade in support of Operation Inherent Resolve, the fight against Daesh, and Operation Spartan Shield. They recently had an opportunity to fly a mission together again, just like old times but this time in a UH-60 Black Hawk.



Families that grill together stick together! At least that's how the 130th Army Logistics Operations Center (ALOC) team feels as they have adopted BBQ as a regular tradition. There are few things that can bring people together better, after a busy week, than a well prepared meal and some relaxation! This group works hard every day to keep the RED-LEGS a well-oiled machine. Movement, equipment, maintenance and all the logistics surrounding our tasks are critical to mission success.





Staff Sgt. Brittany Sylvester, a Soldier from Task Force Spartan 36th Infantry Division, Army National Guard, reenlisted into the Army during a reenlistment ceremony at Camp Arifjan, Kuwait. Sylvester is the first female Non-commissioned Officer to reclassify as an 11B, or Infantryman, in the United States Army.



Congratulations to 1SG Jeremy Wilson of 891st **Engineer Battalion's Forward Support Company** (FSC), winner of the coveted Theater Engineer Brigade SAPPER Axe. 1SG Wilson is pictured here with the FSC Commander, CPT Edward Raschen, and the brigade command team COL Andrew Stone and CSM Abraham Johnson. Iron Castle!

36th Infantry Division Soldiers recently received a training in stopping extremism within our ranks. During the brief, they heard from Task Force Spartan Commander Maj. Gen. Patrick Hamilton and Staff Judge Advocate Lt. Col. David Green. The U.S. Army is committed to training the force to help prevent corrosive behavior in the ranks and explain resources available to Soldiers if they see extremism.



28th ECAB fuelers work with our partners in the 455th Air Expeditionary Wing to top off our fuel supply in a remote location with an Aerial Bulk Fuels Delivery System.

The ABFDS supports special missions and operations that require fuel delivery when local sources either aren't available or there are other limiting factors.









SEXUAL ASSAULT. SEXUAL HARASSMENT.

NOT IN OUR ARMY.

As Soldiers, we are resolute in our commitment to live the Army Values. We will uphold a command climate free of sexual harassment, sexual assault and retaliation where every member of the Army Team is treated with dignity and respect.

TOGETHER, THIS WE'LL DEFEND.

Join Us: USArmySHARP 📑 🎔 🔞 WWW.PREVENTSEXUALASSAULT.ARMY.MIL **DOD SAFE HELPLINE: 1-877-995-5247** WWW.SAFEHELPLINE.ORG

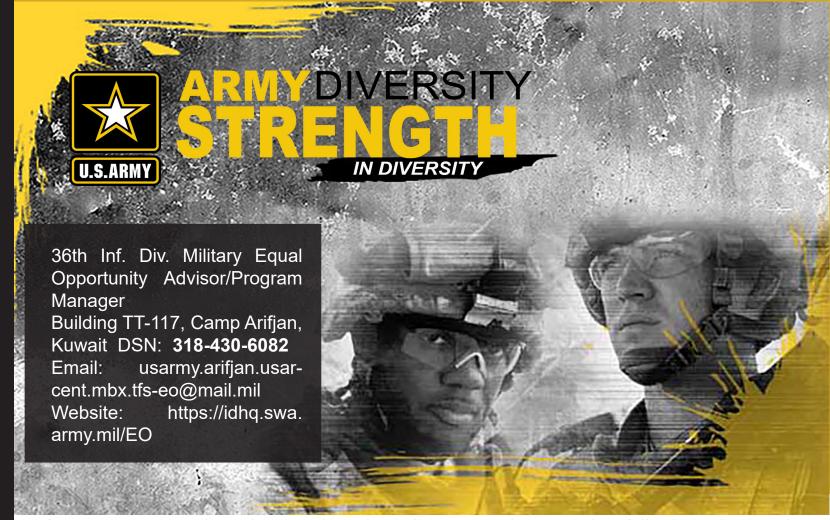


Sgt. 1st Class Mitchell Dorris Sexual Assault Response Coordinator (SARC)

Email:

Mitchell.w.dorris.mil@mail.mil

Phone: (254) 315-1115



If you, or anyone you know has experienced or believe you've been a victim of discrimination based on Religion, National Origin, Sexual Orientation, Color, Race or any other discrimination; or have been a victim of bullying or hazing, we can assist.

IG TEAM 36TH Infantry Division Inspector General Team











Col. Eric Martinson Command Inspector General

Master Sgt. Frank Konarik 36ID IG Office NCOIC

Sqt. 1st Class Lisa Davis **Assistant Inspector General**

Capt. Seulata Rodriguez **Deputy Inspector General**

Sqt. 1st Class Shawn Sipes **Assistant Inspector General**





BORN: PUEBLO, COLORADO

Assigned to: 36th Infantry Division

CITATION

NEAR ALTAVILLA, ITALY, 13 SEPTEMBER 1943

For conspicuous gallantry and intrepidity at risk of life above and beyond the call of duty IN ACTION WITH THE ENEMY NEAR ALTAVILLA, ITALY, 13 SEPTEMBER 1943. WHEN COMPANY 1 ATTACKED AN ENEMY-HELD POSITION ON HILL 424, THE 3RD PLATOON, IN WHICH PVT. CRAWFORD WAS A SQUAD SCOUT, ATTACKED AS BASE PLATOON FOR THE COMPANY. AFTER REACHING THE CREST OF THE HILL, THE PLATOON WAS PINNED DOWN BY INTENSE ENEMY MACHINEGUN AND SMALL-ARMS FIRE. LOCATING 1 OF THESE GUNS, WHICH WAS DUG IN ON A TERRACE ON HIS IMMEDIATE FRONT, PVT. CRAWFORD, WITHOUT ORDERS AND ON HIS OWN INITIATIVE, MOVED OVER THE HILL UNDER ENEMY FIRE TO A POINT WITHIN A FEW YARDS OF THE GUN EMPLACEMENT AND SINGLE-HANDEDLY DESTROYED THE MACHINEGUN AND KILLED 3 OF THE CREW WITH A HAND GRENADE, THUS ENABLING HIS PLATOON TO CONTINUE ITS ADVANCE. WHEN THE PLATOON, AFTER REACHING THE CREST, WAS ONCE MORE DELAYED BY ENEMY FIRE, PVT. CRAWFORD AGAIN, IN THE FACE OF INTENSE FIRE, ADVANCED DIRECTLY TO THE FRONT MIDWAY BETWEEN 2 HOSTILE MACHINEGUN NESTS LOCATED ON A HIGHER TERRACE AND EMPLACED IN A SMALL RAVINE. MOVING FIRST TO THE LEFT, WITH A HAND GRENADE HE DESTROYED 1 GUN EMPLACEMENT AND KILLED THE CREW; HE THEN WORKED HIS WAY UNDER CONTINUOUS FIRE, TO THE OTHER AND WITH 1 GRENADE AND THE USE OF HIS RIFE, KILLED 1 ENEMY AND FORCED THE REMAINDER TO FLEE. SEIZING THE ENEMY MACHINEGUN, HE FIRED ON THE WITHDRAWING GERMANS AND FACILITATED HIS COMPANY'S ADVANCE.



BORN: PITTSBURGH, PENNSYLVANIA Assigned to: Company L, 143d Infantry, 36th Infantry Division **CITATION**

NEAR ALTAVILLA, ITALY, 13 SEPTEMBER 1943

For conspicuous gallantry and intrepidity at risk of life above and beyond the call of duty. On 13 September 1943, NEAR ALTAVILLA, ITALY, CPT. KELLY VOLUNTARILY JOINED A PATROL WHICH LOCATED AND NEUTRALIZED ENEMY MACHINEGUN POSITIONS. AFTER THIS HAZARDOUS DUTY HE VOLUNTEERED TO ESTABLISH CONTACT WITH A BATTALION OF U.S. infantry which was believed to be located on Hill 315, a mile distant. He traveled over a route commanded by ENEMY OBSERVATION AND UNDER SNIPER, MORTAR, AND ARTILLERY FIRE; AND LATER HE RETURNED WITH THE CORRECT INFORMATION THAT THE ENEMY OCCUPIED HILL 315 IN ORGANIZED POSITIONS, IMMEDIATELY THEREAFTER CPL. KELLY, AGAIN A VOLUNTEER PATROL MEMBER, ASSISTED MATERIALLY IN THE DESTRUCTION OF 2 ENEMY MACHINEGUN NESTS UNDER CONDITIONS REQUIRING GREAT SKILL AND COURAGE. HAVING EFFECTIVELY FIRED HIS WEAPON UNTIL ALL THE AMMUNITION WAS EXHAUSTED. HE SECURED PERMISSION TO OBTAIN MORE AT AN AMMUNITION DUMP. ARRIVING AT THE DUMP, WHICH WAS LOCATED NEAR A STOREHOUSE ON THE EXTREME FLANK OF HIS REGIMENT'S POSIGION, CPL. KELLY FOUND THAT THE GERMANS WERE ATTACKING FEROCIOUSLY AT THIS POINT. HE OBTAINED HIS AMMUNITION AND WAS GIVEN THE MISSION OF PROTECTING THE REAR OF THE STOREHOUSE. HE HELD HIS POSITION THROUGHOUT THE NIGHT. THE FOLLOWING MORNING THE ENEMY ATTACK WAS RESUMED. CPL. KELLY TOOK A POSITION AT AN OPEN WINDOW OF THE STOREHOUSE. ONE MACHINE GUNNER HAD BEEN KILLED AT THIS POSITION AND SEVERAL OTHER SOLDIERS WOUNDED. CPL. KELLY DELIVERED CONTINUOUS AIMED AND EFFECTIVE FIRE UPON THE ENEMY WITH HIS AUTOMATIC RIFLE UNTIL THE WEAPON LOCKED FROM OVERHEATING. FINDING ANOTHER AUTOMATIC RIFLE. HE AGAIN DIRECTED EFFECTIVE FIRE UPON THE ENEMY UNTIL THIS WEAPON ALSO LOCKED. AT THIS CRITICAL POINT, WITH THE ENEMY THREATENING TO OVERRUN THE POSITION, CPL. KELLY PICKED UP 60mm. Mortar shells, pulled the safety pins, AND USED THE SHELLS AS GRENADES, KILLING AT LEAST 5 OF THE ENEMY. WHEN IT BECAME IMPERATIVE THAT THE HOUSE BE EVACUATED, CPL. KELLY, DESPITE HIS SERGEANT'S INJUNCTIONS, VOLUNTEERED TO HOLD THE POSITION UNTIL THE REMAINDER OF THE DETACHMENT COULD WITHDRAW. AS THE DETACHMENT MOVED OUT, CPL. KELLY WAS OBSERVED DELIBERATELY LOADING AND FIRING A ROCKET LAUNCHER FROM THE WINDOW. HE WAS SUCCESSFUL IN COVERING THE WITHDRAWAL OF THE UNIT, AND LATER IN JOINING HIS OWN ORGANIZATION, CPL. KELLY'S FIGHTING DETERMINATION AND INTREPIDITY IN BATTLE EXEMPLIFY THE HIGHEST TRADITIONS OF THE U.S. ARMED FORCES.



Soldiers with the 40th Brigade Engineer Battalion, Alabama Army Reserve, pose in front of their M1135 NBCRV Stryker vehicle during a training event for Task Force Spartan Soldiers at Camp Buehring. (Photo by Staff Sgt. Mark Scovell, TFS Public Affairs)