

ANACONDA TIMES

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Electrical dangers Post battles 'invisible enemy'

By Pfc. Leah R. Burton
Staff writer

A Coalition Soldier was recently the victim of the fifth electrocution in theater in the past several months.

The incident occurred in a unit latrine shower as a result of improper grounding of the water heater in a renovated latrine.

"Since the water pipes are metal, electrical current probably traveled from the ungrounded water heater through the metal pipes to the shower that the victim was using. Leaders inspected other renovated latrines and found other water heaters that were not grounded. This incident exemplifies the potential hazard of electricity and what can happen if electricians fail to properly install electrical systems," said Lt. Col. Frank Lobocarro, the 13th Corps Support Command safety officer.

When contractors renovate structures here, the Facility Engineer Team-15 requires that they follow the International Electrical Code. Upon completion of any hardened building renovations, FET-15 inspects to ensure that all improvements are up to standard.

"KBR has a program where they regularly inspect the latrine shower clusters (the latrine and shower trailers) for proper grounding. The specifications require that they be grounded. KBR is going back and verifying the grounding on all the shower trailers," said Maj. Gus Elzie, an electrical engineer with FET-15.

Part of the problem of Soldiers getting electrocuted could be a result of Soldiers taking it upon themselves to do the wiring.

"Sometimes the work order process can take two months. They get tired of the work order process, so they buy some wiring or pick it up at the dump and think they can do it themselves. A lot of that work hasn't come through us," said Master Sgt. Lee Collier, health and safety inspector with FET-15.

All wiring should go through FET-15. Only KBR or Army qualified electricians should be working with the wiring in any post structure, except for contractors doing reconstruction.

"The bottom line is we do not want the Soldiers doing any wiring," Elzie said.

Another part of the problem stems from the rough shape Iraq's installations were in when the Coalition took over. Some of those problems persist even now. Doubtless, still other problems have yet to be identified, said Collier.

With these facts in mind, people must be alert for signs of faulty wiring, such as burn marks on outlets and switch plates, circuit breakers that trip frequently, and warm-to-the-touch or discolored wires and outlets.

Flickering lights, appliances making strange sounds



Photo by Pfc. Leah R. Burton

Master Sgt. Lee Collier of Facility Engineer Team-15 tightens the ground wiring of a water heater behind the Prime Power building on post June 5.

such as crackling or buzzing, and equipment with loose or frayed wires are also an indication that a problem exists.

If a Soldier suspects an electrical problem, it is imperative that he or she reports it to the Directorate of Public Works immediately and refrains from using the hazardous currents or equipment until it has been repaired. If an individual does come in contact with faulty wiring and power shutoff is not an option, only emergency personnel with the appropriate protective equipment should move the victim.

Loss of consciousness, no breathing, weak or nonexistent pulse and burn marks are some symptoms of electrical shock. Qualified personnel should move quickly to perform rescue breathing until the heart and lungs function properly or until emergency personnel arrive.

Though people depend on electricity, this dependence should not lull people into complacency. People must stay alert to its dangers.

To report faulty wiring or equipment, call 427-4214.

Good neighbors bolster villages

By Pfc. Leah R. Burton
Staff writer

Operation Anaconda Neighborhood, a 13th Corps Support Command Civil Affairs project, is rebuilding one section of a war-torn and poverty stricken Iraq.

Most 13th COSCOM civil military operations fall under the umbrella of OAN, which encompasses all the building, repair, reconstruction and reestablishment of the social and materiel infrastructure in villages surrounding LSA Anaconda.

This includes electrical power generation, irrigation systems installation, repairs to civic or cultural facilities and the purchase or repair of civic support vehicles.

"LSA Anaconda in past weeks and months has been subjected to daily mortar and rocket attacks. This is no secret. The bad guys know this, and we know this. Civil military operations help win the hearts and minds of the Iraqi people and lessen the number of people who would send rockets and mortars to LSA Anaconda," said Col. Nicholas Zoeller, the 13th COSCOM Civil Affairs officer.

The 172nd Corps Support Group sponsored a school renovation. Aside from bringing in the new furniture and installing the appliances, the \$40,265 project is completed.

"The Iraqi people are very proud of their renovation," said Master Sgt. Johnnie L. Davis of 172nd CSG.

The school that the 29th Signal Battalion sponsored was for the children of the village who didn't have a school nearby. So the children had to walk to a neighboring village to attend classes. The journey was dangerous as the road was prone to frequent mortar and rocket attacks.

"[The children] don't have to walk through dangerous territory any more. Now they have a school in their own backyard," said Sgt. 1st Class Tommy Carson of 29th Sig. Bn.

"Less than one percent of the world will ever get the opportunity to do what we're doing right now. The children of Iraq are the future of Iraq. Twenty years from now when you're retired and doing whatever you're doing back home, you are still making a difference in

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Soldiers continue education in combat

By Pfc. Leah R. Burton
Staff writer

The LSA Anaconda Education Center staff offers service members the opportunity to further their military and civilian educational goals, in a combat environment.

Anyone at LSA Anaconda can enroll in online distance learning classes at a number of U.S. colleges, take online military correspondence courses or even arrange to test out of some of their college credits.

Those interested in enrolling in college classes should make an appointment to discuss their educational goals, said Maj. Kristi Hilton, LSA Anaconda educational services officer.

"My brigade is mostly reservists and National Guardsmen. We have a lot of Soldiers who were pulled out of school for this deployment," said 1st Lt. Julian Manalo, 81st Brigade Combat Team medical service officer.

Manalo helps out by fielding the educational questions from the 81st BCT.

"I'm trying to steer my Soldiers into taking the right classes geared toward what they want to do," Manalo said.

In addition to college classes, students also have the option to test out of up to 15 college credits through the College-Level Examination Program tests, which are offered in Camp Doha, Kuwait.

The CLEP tests allow already enrolled students to earn college credits by taking a number of subject

tests. The score a person earns determines the number of credits awarded for that subject area.

The staff offers study sessions for those who plan to take a CLEP test. Classes in Algebra, English, U.S. History 1 and 2, Humanities, Sociology, Management Principles and Science are available.

Hilton said the Army flies military members to Kuwait to test. Future plans include moving the testing here to save time and money.

The education center staff offers general technical score improvement classes as well. The GT score is calculated from the math, word knowledge and paragraph comprehension sections of the Armed Services Vocational Aptitude Battery.

"We have Soldiers that want to put in an officer packet, so they shoot for a score of 110. Then we have the big flight group that takes the [Alternate Flight Aptitude Selection Test] and their goal is a 115," Hilton said.

With a three-week study session lead by volunteers, the average Soldier can increase his or her original ASVAB score by 21 points, said Hilton.

People can sign up for the study sessions on the sign up sheet on the education center bulletin board.

There are education centers at Camp Caldwell, Camp Dagger, Camp Cook, Camp Victory, Tikrit, Mosul and others.

"It's something that really relieves stress from the Soldiers, because they're challenging their minds and they're able to continue with their education. They

feel good about themselves because their lives are still able to continue. They know when they return home they have something to take with them. It's a big morale booster," Hilton said.

Some might say that in an environment that can be dangerous, strange and unfamiliar, the simple chance to be able to further one's education provides a bit of familiarity.

"It's as close to normalcy as you can get," Manalo said.

The services want to retain quality service members and continuing to educate them helps achieve that goal, Hilton said.

The LSA Anaconda Education Center is an invaluable asset in this little community and was contributed to by many volunteers who donated time, supplies and hard work, Hilton said.

The education center is in building 4750 at the corner of Sustainer and Perimeter Roads. If you're headed east on Sustainer Road, take a left at the stop sign and the education center is one block down on the right. The CDC shuttle bus to the LSA Anaconda Education Center runs every 20 minutes.

The CDC shuttle operates 7 a.m. to 8:30 p.m.

Contact Maj. Kristi Hilton, education OIC at Kristi.Hilton@us.army.mil or call DNVT 529-8373.

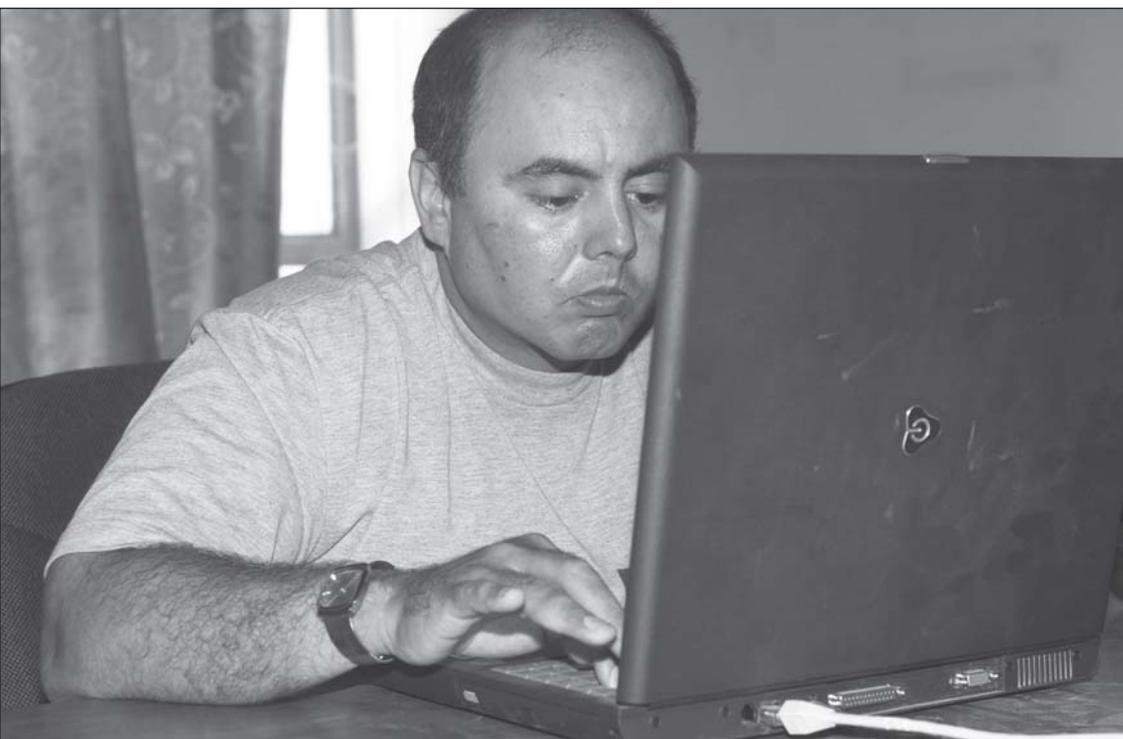


Photo by Pfc. Leah R. Burton

Spc. Jayson Herrera, of the 81st Brigade Combat Team, works on an education center computer.

New traffic laws in effect

By Pfc. Abel Trevino
Staff writer

On June 1, new traffic laws were implemented for the safety and benefit of Soldiers and contractors on LSA Anaconda. The following restrictions are effective immediately:

- No passing other vehicles on LSA Anaconda
- No Parking in front of Sustainer Theater
- Vehicles weighing over 2.5 tons will not park at the post exchange, Troop Medical Center or Finance building – alternate parking is at the new post office at Marne and Pennsylvania Ave
- Vehicles containing sensitive items or mounted weapons systems will be kept under armed guard
- All tactical vehicles will have a ground guide when backing up
- Golf carts, Gators and other small three and four wheeled all-terrain vehicles will not be used on paved roads
- Track vehicles are restricted to Victory Loop
- Bicycles on sidewalks are prohibited
- Using portable music devices are not authorized while riding a bicycle
- Bicycles will not be used during hours of darkness

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Commentary

2004 Army birthday message

On the fourteenth day of June in 1775, the Continental Congress established our Army. In the 229 years since that day, our Army has proven itself on countless battlefields as liberty's best friend and oppression's worst foe.

Since its birth – over a year before the Declaration of Independence – the United States Army has played a vital role in the growth and development of the American nation. From winning our new nation's independence in a tough eight-year fight, to preserving the Union through the tortuous struggle of the Civil War, through the global conflicts of the 20th Century, our citizens can draw great satisfaction from knowing that whenever the nation was in need, our Army answered the call.

Sixty years ago, in the Army's birth month of June 1944, our brave Soldiers stormed ashore at

Normandy to begin the final thrust to liberate Western Europe. While that beachhead was expanding, our Soldiers liberated Rome, made gains against Japanese invaders in New Guinea, struggled against terrain, weather and a tough enemy in Burma, and reinforced the U.S. Marine Corps on Saipan. We celebrate our veterans of 1944 on this 229th Army birthday, as we also celebrate the service of our younger U.S. veterans who fought in Korea, Vietnam, Panama, Iraq, Afghanistan, and other conflicts.

Today's Army is the greatest land fighting force in the history of the world. This spring, we completed the largest troop movement since World War II, while continuing our engagement in Operation Enduring Freedom and Operation Iraqi Freedom.

Our Army is serving in more than 120 countries, conducting missions across the spectrum of conflict from

humanitarian assistance to combat operations. While at war, we are continuing to change our Army to meet the needs of the current and future strategic environment.

Our Army is strong, and this strength comes from our greatest asset: the American Soldier, whose courage, compassion, and determination have for generations been the bedrock upon which our victories have depended. In all that the Army has accomplished, and all that it will be called upon to do, the American Soldier remains the single most important factor in our success. We are proud of you, our Army family – Soldiers, civilians, retirees, veterans, and your families, and you are always foremost in our prayers and in our actions. Thank you for your service, for your sacrifices, and for your steadfast devotion to duty. Your courage, dedication, and



selfless service to the nation are the hallmarks of the United States Army. God bless each and every one of you and your families, and God bless America.

Peter J. Schoomaker
General, United States Army
Chief of Staff

Les Brownlee
Acting Secretary of the Army

Dangerous letting guard down

By Sgt. Annette B. Andrews
Editor

When I first received orders to deploy, I was excited that I would finally get to do my part in this war on terrorism. Next I thought, but can I tell my family where I am going? The answer was yes but not over unsecure lines.

Now that I am here, the thought that weighs heaviest on my mind is operations security in something as little as the return address on my letters home or e-mailing my mailing address to my family.

I wanted to tell everyone where I was serving, but as I began to write, I realized I would be wrong. So I refrained from sharing my exact location with my loved ones. There are reasons why we, as service members, cannot provide our loved ones with the exact location of our units.

So remember, when sending your mailing address home or writing your return address on your letters use OPSEC measures.

Do not put your base camp – LSA Anaconda – on the envelope.

Do not write the word Iraq anywhere on the envelope

Use only your name, unit and the APO. It's that simple.

You know, if you write Iraq on your letters, it could wind up lost in the Iraqi postal system.

Pvt. Murphy's Law



WAR IS AN UGLY THING, BUT NOT THE UGLIEST OF THINGS. THE DECAYED AND DEGRADED STATE OF MORAL AND PATRIOTIC FEELING WHICH THINKS THAT NOTHING IS WORTH WAR IS MUCH WORSE. THE PERSON WHO HAS NOTHING FOR WHICH HE IS WILLING TO FIGHT, NOTHING WHICH IS MORE IMPORTANT THAN HIS OWN PERSONAL SAFETY, IS A MISERABLE CREATURE AND HAS NO CHANCE OF BEING FREE UNLESS MADE SO AND KEPT SO BY THE EXERTIONS OF BETTER MEN THAN HIMSELF.

JOHN STUART MILL (1806-1873)

M. Baker 2003

Corrections:

The article "Post Office relocates to DFAC 1" in the May 30 edition of Anaconda Times contained some errors in fact. APO hours are Monday through Sunday and they moving to building 7001 in the near future.



Left Shoulder Diary

2nd Infantry Division

Compiled from
Unit History

The 2nd Infantry Division was activated Oct. 26, 1917, in Beaumont, France. At the time of its activation, the Indianhead Division was composed of one brigade of U.S. Infantry, one brigade of U.S. Marines, one brigade of artillery and various supporting units.

The 2nd Inf. Div.'s first fight came at the Battle of Belleau-Wood. Later it shattered a four-year stalemate on the battlefield during the Chateau-Thierry campaign that followed. The division won hard-fought victories at Soissons and Mont Blanc. Finally, the Indianhead Division participated in the Meuse-Argonne offensive, which brought an end to the war. On Nov. 11, 1918, the Armistice was declared, and the 2nd Inf. Div. marched into Germany where it performed occupational duties until April 1919. Upon returning to the United States, the division was stationed at Fort Sam Houston, Texas. It remained there for the next 23 years, serving as an experimental unit, testing new concepts and innovations for the Army.

As part of the build up for Operation Overlord, the Normandy invasion, the 2nd Inf. Div. was transferred from Fort Sam Houston to Ireland in October 1943.

On June 7, 1944, D Day +1, the division stormed ashore at bloody Omaha Beach. While the determined German resistance stalled other units, the Indianheads blasted through the hedgerows of Normandy. After a fierce, 39-day battle, the 2nd Inf. Div. took the vital port city of Brest, which was liberated on Sept. 18, 1944. From positions around St. Vith, Belgium, and throughout the Battle of the Bulge, the 2nd Inf. Div. held fast, preventing the enemy from seizing key roads leading to the cities of Liege and Antwerp. Resuming the offensive on Feb. 6, 1945, the division

joined the race to annihilate the fleeing Wehrmacht.

With the outbreak of hostilities in Korea during the summer of 1950, the 2nd Inf. Div. was alerted for movement to the Far East. The division arrived in Korea via Pusan on July 23, becoming the first unit to reach Korea directly from the United States.

It later led the Eighth Army's drive to the Manchurian border. When Chinese forces entered the fight, soldiers of the 2nd Inf. Div. protected the rear flank of the Eighth Army as it retired to the south.

As a result of increasing tensions on the Korean peninsula, the 2nd Inf. Div. returned to the Republic of Korea in July 1965. North Korean forces had increased border incursions and infiltration attempts, and the 2nd Inf. Div. helped halt these attacks. Since then, ROK and U.S. forces have worked side by side, guarding the Demilitarized Zone. During a routine tree trimming operation within the DMZ on Aug. 18, 1976, two American officers were bludgeoned to death in a melee with North Korean border guards in the Joint Security Area.

On Aug. 21, a group of ROK soldiers and American infantry and engineers cut down the now infamous "Panmunjom Tree."

The Warriors of the 2nd Inf. Div. are spread out across the western Korean peninsula and straddle the 38th parallel.

The 3rd Brigade of the 2nd ID, also known as the Stryker Brigade Combat Team, has been in northern Iraq since early this year. The SBCT deployed to Iraq from its home base of Fort Lewis, Wash., in November. The brigade became part of "Task Force Olympia" early this year and took over operational control of northern Iraqi provinces Feb. 5 from the 101st Airborne Division (Air Assault).

Civilian of the Week

A native of Columbus, Ga., Quincy T. Richardson has been working here as Morale, Welfare and Recreation's sports and fitness supervisor since his arrival March 22.

His responsibilities include ensuring that all three fitness centers on post are fully functional, operating and maintaining those facilities, and programming sporting events.

"The most difficult part of my job is trying to please everybody," Richardson said.

Unlike a lot of service members and civilians, he had an idea of what to expect from deploying to Iraq.

"I was in Kuwait during Operation Iraqi Freedom I. What we went through down there set the grounds for me to come up here, but I was hesitant as first," he said.

He has a young son at home, who is his primary reason for coming to Iraq.

"A sacrifice is something we have to make in order to get what or where we want to be in life. This is one that I, as well as others, have made," Richardson said.

Richardson has a passion for sports and recreation and has been active all his life.



Quincy T. Richardson

His motivation comes from seeing people having fun in all the facilities; working out to keep their minds off the reason they're here.

"I feel good as long as I see folks enjoying themselves. As long as folks are getting some type of enjoyment out of being here, we're doing our jobs," Richardson said. "It's more than just me. It's the other guys in the department. We help each other."

The construction of new facilities is also a motivation for him.

"When I first got here, we were in tents. I want to be here to see the new facilities go up," he said.

VILLAGES, from page 1

another country because of what you did in that one year you were there," Carson said.

Several units on post have taken on these projects. The 31st Corps Support Hospital volunteered to oversee the remodeling of the Balad Hospital. The 172nd Corps Support Group is responsible for a driver's training program that teaches Iraqi drivers how to drive military vehicles. The 852nd Rear Area Operations Center oversees a generator repair and replacement power restoration project. Many more units have undertaken similar projects and more than 100 projects have already been completed.

OAN projects are funded by the Commander's Emergency Response Program, a Coalition Provisional Authority fund provided for reconstruction assistance to the Iraqi people.

Units that are interested in taking on an OAN project and keeping that vision of hope alive in this country can contact Maj. Juliann Doris, G-5 administration officer at 538-4262 or e-mail her at juliann.doris@us.army.mil.



Photos by Staff Sgt. Prentice Colter

Air Force personnel with the 46th Reconnaissance Squadron, inspect all aircraft like this Predator MQ-1. The airframe is a technical unmanned aerial vehicle.

New bird in skies of Iraq

By Airman 1st Class J.S. Groves
332nd AEW PAO

The Predator RQ-1 and MQ-1 airframes are a unique wave of unmanned aerial vehicles that have only been in the Air Force spotlight for a few years.

Keeping the Predator mission running is the same as any other aircraft. It takes hard work, elbow grease and a "go get 'em" attitude. Historically crew chiefs have risen to these requirements to maintain the aircraft's mission effectiveness, and for the Predator crew chiefs, it is only the beginning.

Due to the newness of the Predator program most crew chiefs have been pulled from other airframes.

"The Predator is a more technical airframe than most others in our field," said Staff Sgt. Jeremy Depeyster, a crew chief out of the 757th Aircraft Maintenance Squadron, Tiger Flight, in Indian Springs Air Force Auxiliary Field, Nev. "It always presents a new challenge every time we do another mission."

The Predator is capable of flying 12 hours straight and is constantly in the air throughout the Iraq area of responsibility. Sorties are flown almost every day of the month.

"The aircraft is more fragile than the average airframe," said Depeyster. "It is fairly simple to work on, but it poses a different problem every time we have to work on it."

"We are used to having four or five aircraft, but here we have many more," said Airman 1st Class

Aaron Barber, also of the 757th AMXS, Tiger Flight, who was only there for six months before he was on his first deployment. "It keeps things busy."

"The engine is different than other aircraft," said Barber. "It is original and new to our traditional crew chief position."

Like other aircraft, the Predator must have its maintenance logged into the Corps Automated Maintenance System, also known as CAMS.

"With such a new program we log more CAMS on Predator than any other aircraft I have worked on," said Depeyster, who formerly worked on A-10s. "We are setting up the system and parameters for how maintenance will be done in the future."

With rivalry between crew chiefs who defend their respective airframes, the Predator can hold its own.

"They (other crew chiefs) can make fun of it all they want, but the Army troops here love us, and we do a lot for this area. We can see things they can't," said Depeyster.

When the crew chiefs aren't maintaining the aircraft, they get to watch local missions via an in-house monitor.

"Seeing our plane in action makes it all worth it," said Depeyster, who has been deployed 500 days since he began working with the Predator 3 years ago.

"Some people don't think they can make a difference. I do, because I see the end results when we can protect the base and look out for our Army and Air Force guys on the ground outside the perimeter," said Barber.

"Our crews are doing an outstanding job getting



Staff Sgt. James Barr, 46th Recon. Sqdn, revs up the engine of a Predator MQ-1 during a functions check.

the mission done," said Capt. David Kendall, 46th ERS maintenance officer. "Crew chiefs hold an essential part to keep aircraft running."

With longer sorties than typical squadron missions and higher maintenance needs, the crew chiefs are kept busy, he added.

Crew chiefs work an average of 12 hours a day, six days a week and sometimes more.

"I am proud of every one of them. They all work their hearts out. (Sergeant) Depeyster is a superior troop and if there was a go-to guy when we need something done, he would be the one," said Captain Kendall.

"I value the experience working on the Predator, but it can tend to be a hard life with constant travel and long hours," said Depeyster, whose squadron is one of the most deployed in Air Combat Command.

"Crew chiefs take pride in what we do," he said. "The plane evolves all the time, almost as fast as our maintenance program, but it is a very fulfilling and exciting job."

Army names 'Greatest Inventions' of year

WASHINGTON - Ten teams will be recognized June 23 by the U.S. Army Research, Development and Engineering Command for the "Greatest Army Inventions" of the past year.

The winning inventions include a zinc-air battery, life-saving medical equipment, the first antipersonnel round for the Abrams tank and camera equipment to inspect caves.

"The inventions submitted demonstrate the vast experience within the Army laboratory community as a sincere commitment of these laboratories to improving the readiness of our Army," said Lt. Gen. Richard A. Cody, the Army's deputy chief of staff, G-3 and the final selection authority for the program.

The BA-8180/U Zinc-Air Battery was developed by Communications-Electronics Research, Development and Engineering Center, Integrated Battle Command Directorate, Fort Monmouth, N.J. The battery has an extended lifecycle that enables less batteries to be carried by Soldiers than other rechargeable or lithium batteries.

The first antipersonnel round for the Abrams Main Battle Tank was designed by the Armaments Engineering and Technology Center, Picatinny Arsenal, N.J. The Ctg 120mm xm1208 canister consists of a two-piece projectile canister aluminum body with four axial slots to facilitate the separation of the sidewall.

The anti-tank for confined space, also called the AT4 CS is also the creation of the Armaments Engineering and Technology Center in Picatinny Arsenal, N.J. The AT4 CS is the Department of Defense's first large-caliber anti-tank capability that can be fired from an enclosed area. It is a light, recoilless, shoulder-fired, preloaded weapon used for close-range combat.

An anti-personnel obstacle breaching system is another invention created by the Armaments Engineering and Technology Center. The APOBS is used to clear areas and create footpaths for troops moving in an area with mines or wire obstacles.

Agentase Nerve Agent Sensor is an invention designed by the U.S. Army Research Laboratory from the U.S. Army Research Office in Durham, N.C. The sensor is a hand-held device that detects nerve agents



Photo courtesy of U.S. Army

A medical care professional uses the Battlefield Medical Information System-Telemedicine while treating a patient. The BMIS-T is one of the 2003 Army Greatest Inventions.

when pressed against a surface. If a nerve agent chemical weapon is present, a color-developing polymer layer contains an environmentally sensitive indicator that changes from yellow to red/orange within two minutes.

The Portable Omni-Directional Well Camera System was developed at Fort Belvoir, Va., by the Communications-Electronics Research, Development and Engineering Center Night Vision and Electronic Sensors Directorate. The system is designed for inspecting wells, underground caves or vertical passages that are unfit or unsafe for human inspection. It can be used in light or dark conditions and to a depth of 300 feet.

The Golden Hour Container was created by the Walter Reed Army Institute of Research in Silver Spring, Md. This container can transport red blood cell units without the use of batteries, ice or electricity. It was designed to transport the blood cell units within military facilities and to the Forward Surgical Teams where delayed evacuation of wounded soldiers can occur. The container is reusable and maintains the contents at the appropriate temperatures for more than 78 hours.

While designed specifically for transporting red blood cell units, inventors believe its usefulness will extend to other items such as vaccines and reagents.

VIRGIL Chest Trauma Training System is the invention of the Simulation Group, Telemedicine and Advanced Technology Research Center at Fort

Detrick, Md. The training system combines the use of a mannequin and a computer-based graphic interface. It is used during training exercises and tracks the internal position of chest darts and chest tubes as well as provides feedback to the user.

A mount assembly, designed by the Tank Automotive Research, Development and Engineering Center, National Automotive Center in Warren, Mich., helps provide more security to crews in Humvees.

The Squad Automatic Weapon Pintle Mount Assembly provides Soldiers the ability to defend themselves from both sides of the vehicle. It also allows the SAW to be elevated to a 45-degree angle to defend themselves from enemy who may be on overpasses or similar overhead objects.

The mount is attached mid-way between the front and rear doors on the HMMWV. This provides crew members in either the front or rear seats to use the weapon by swiveling the weapon in the direction needed.

The Battlefield Medical Information System - Telemedicine was designed by the Telemedicine and Advanced Technology Research Center, Fort Detrick, Md. BMIS-T is a similar to a handheld computer with special programming developed to assist deployed medical personnel with diagnosis and treatment.

It can be used to record patient clinical encounters and transmit those records to a central repository, officials said. The system holds service members' medical records including immunizations, dental and vision records as well as known drug allergies. BMIS-T is programmed with healthcare reference manuals and can provide medical personnel with suggested diagnosis and treatment plans.

Nominations for the program were submitted from across the Army laboratory community and were evaluated by soldier teams from the U.S. Army Training and Doctrine Command and active U.S. Army Divisions, according to Gen. Paul J. Kern, commander of the U.S. Army Materiel Command.

Evaluators judged the entries based on their impact on Army capabilities, potential benefit outside the Army and their inventiveness. Each of the winning teams will receive a glass trophy and a Department of the Army certificate during the June 23 ceremony at the Hilton in McLean, Va.

Army News Service

A-10 pods help track bad guys, protect friendly forces

BAGRAM AIR BASE, Afghanistan - When lightning strikes, it affects the surrounding area. The same could be said of an A-10 Thunderbolt II strike, especially when complemented by the advanced capabilities provided by the Litening precision targeting pod system.

The navigation pod provides A-10 pilots with more than improved attack capabilities, said Capt. Matt McGarry, 355th Expeditionary Fighter Squadron weapons officer.

With it, a pilot flying close-air support for ground troops has more options to search out enemies and protect friendly forces.

"The Litening pod adds great capabilities to an already outstanding close-

air support (aircraft)," he said.

The externally mounted pod enables fighter pilots to detect and identify ground targets, and accurately deliver conventional and precision-guided munitions.

The greatest benefit to ground troops is the pod's laser designator, said Capt. Chris Taylor, 355th EFS A-10 pilot.

This adds a capability to the A-10 that it did not have before - the ability to drop precision-guided bombs.

"When we are flying close-air support missions, the troops on the ground want precision munitions - bringing laser-guided munitions to the fight is a great bonus for the A-10. This pod is exceptionally useful in many ways, especially at night, said McGarry.

"Litening is another sensor to help us find targets, friendly forces and other points of interest - for example, a potential ambush site in front of a

convoy. The pod gives us information we may not be able to see with the naked eye, binoculars or night-vision goggles."

"The laser range finder gives us very accurate target elevations, which increases our accuracy," said McGarry.

Although increasing the accuracy is important with conventional munitions, knowing exactly what is targeted can mean the difference between life and death, especially for friendly forces on the ground.

"With my eyes, I can see a vehicle," said McGarry. "With binoculars, I can tell if it is a car or a truck. With Litening, I can tell if the vehicle has been driven recently and how many people are standing next to it."

"Flying with the Litening pod truly adds another option to my ability to monitor the ground," Taylor said.

Air Force News Service



by Master Sgt. Andrew Gates

Capt. Keith Wolak checks the Litening precision targeting pod on his A-10 Thunderbolt II before flying a mission from here.

Around the Services

Navy NASCAR team makes pitstop to visit sailors

WASHINGTON — The Navy-sponsored NASCAR team, led by team owner Armando Fitz, driver Casey Atwood and crew chief Jay Guy, stopped by the Pentagon June 3 to visit with some of the Sailors they represent on the track before heading to the June 6 Busch Series race in Dover, Del.

Atwood, in his second season driving the No. 14 Navy "Accelerate Your Life" Chevrolet Monte Carlo under the ownership of FitzBradshaw Racing, calls his sponsorship with the Navy motivating.

Guy said representing the Navy has been a highlight of his 18-year racing career.

"I've been in racing since 1986, and this is the coolest sponsorship I've ever been a part of," said Guy. "It's just really neat to feel a little more pride when I come to work in the morning at the track and have 'Navy' on my shirt. It's definitely an honor, and it's something to be proud of, representing you all."

After touring the Pentagon, Fitz, Atwood and Guy ate lunch with Chief of Naval Operations Adm. Vern Clark and Chief of Naval Personnel Vice Adm. Gary Hoewing. Atwood and Guy then took time to meet

with Sailors in the CNO's conference room.

"Today, I feel like I had a conversation with a unique shipmate," said Electronics Technician 1st Class (SW/SS) Craig Elstak, assigned to the Top Hand division of Naval Computer and Telecommunications Station Washington. "Atwood, like me, represents the fleet ... in and out of 'uniform'. I don't know who chose Casey, but they made a great choice."

New and old NASCAR fans sat around the CNO's conference room talking to Atwood and Guy about several different racing topics, some of their favorite Navy experiences, and received autographs before the duo headed on their way.

"I think visits like this are a great morale booster," said Yeoman 2nd Class Katherine Ward, assigned to Director Naval Intelligence.

"It gives Sailors the opportunity to meet one-on-one with the Navy car driver, and ask several different questions that they would not normally be able to if they went to a race," Ward added.

Atwood and the FitzBradshaw team expressed their pride and enthusiasm for the men and women they represent during the brief visit.

"I just wanted to thank everyone for supporting our race team," Atwood said. "It is a thrill and plea-



By Chief Photographer's Mate Johnny Rivera

sure, and we are definitely honored to be associated with the Navy."

Navy News Service

Navy to christen submarine

WASHINGTON — The Department of Defense announced June 3 that the Navy's newest Seawolf-class nuclear-powered submarine *Jimmy Carter* was christened June 5 during an 11 a.m. ceremony at General Dynamics Electric Boat in Groton, Conn.

The submarine, *Jimmy Carter*, honors the 39th president of the United States.

Carter is the only U.S. president to qualify in submarines.

He has distinguished himself by a lifetime of public service, and has long ties to the Navy and the submarine force. He is a 1946 graduate of the U.S. Naval Academy, served as an officer aboard submarines while in uniform, and served as commander-in-chief from 1977-1981.

Carter's statesmanship, philanthropy and sense of humanity have made him one of the most influential Americans of the late 20th century.

James R. Schlesinger, a former secretary of both defense and energy and former director of the Central Intelligence Agency, delivered the ceremony's principal address. Schlesinger served under Carter as the nation's first secretary of energy.

Rosalynn Carter served as sponsor for the ship named for her husband.

In a time honored Navy tradition, Carter broke a bottle of champagne across the bow to formally name the submarine *Jimmy Carter*.

Jimmy Carter is the third and final submarine of the Seawolf class. As the most advanced submarine in the Seawolf class, the submarine will have built-in flexibility and an array of new warfighting features that will enable it to prevail in any scenario, against any



Photo courtesy of U.S. Navy

General Dynamics Electric Boat moves the third and final Seawolf-class nuclear attack submarine, *Jimmy Carter* outdoors for the first time. The move of the 453-foot, 12,139-ton submarine precedes her christening June 5 by former First Lady Rosalynn Carter along with Former President Jimmy Carter. The new submarine honors the 39th president of the United States who is the only submarine-qualified man who went on to become the nation's chief executive.

threat, from beneath Arctic ice to shallow water.

Differentiating *Jimmy Carter* from all other undersea vessels is its multi-mission platform (MMP), which includes a 100-foot hull extension to enhance payload capability. The MMP will enable *Jimmy Carter* to accommodate the advanced technology required to develop and test new generation of weapons, sensors and undersea vehicles for naval special warfare, tactical surveillance and mine-warfare operations.

Cmdr. Robert D. Kelso is the ship's prospective commanding officer with a crew of approximately 130 officers, chiefs and enlisted personnel.

The 12,130-ton *Jimmy Carter* is 453 feet in length, has a beam of 40 feet, and can operate at more than 25 knots submerged.

Upon commissioning in 2005, *Jimmy Carter* will join the U.S. Pacific Fleet.

Navy News Service

Artillerymen gun for martial arts qualification

CAMP AL ASAD, Iraq — Nearly 70 Marines with 2nd Battalion, 11th Marine Regiment's Battery E started smacking, kicking and bruising their way to earning a gray belt.

For the cannon-cockers here in Iraq, the two-week course is a chance to catch up on training and help the time pass.

More importantly, it's a chance to refresh themselves on a low-intensity skill they may need while deployed.

"It's important for them to know how to properly defend themselves," said Capt. Robert B. Thomas, a black-belt instructor from Denver. "It's just as important though, that they know when to use the techniques they're learning."

The Marines are learning the techniques for strikes, kicks and grappling moves just as they would back in the United States.

But here, there are no pads. There's no grassy field for soft landings either.

"This training is motivating," said Lance Cpl. Gerrardo D. Montes, from Laredo, Texas.

"It helps us discipline ourselves with our physique. It also teaches us how to be responsible when using

force. It gets you dirty but we live in the dirt anyways," Montes added.

"This keeps us more up to date with the martial art belts," added Lance Cpl. Javier Rivera Jr., from Los Angeles. "Being the tallest in my unit has its advantages and disadvantages. Martial arts training makes us stronger mentally and physically."

Marines, covered in sand and steadily adding bruises to their body, are using the time to advance their own qualifications, even as they perform their daily duties.

Even those with prior competition fighting experience are gleaning new lessons toward their next qualification.

"I fought in 'Rage in the Cage' tournaments and other organized fights in Arizona," said Lance Cpl. Jordan P. Lamoreaux, a radio operator with the battery from Mesa, Ariz.

"The MCMAP program is one of the best martial arts out there. It's very balanced, teaching grappling and striking moves," Lamoreaux added.

The former kick boxer said he hoped to leave Iraq as a green-belt instructor and train for his black belt as soon as he becomes a noncommissioned officer.

"Right now my rank is holding me back," Lamoreaux said. "But I will get it. This is really good stuff."

Marine News Service



Photo by Sgt. Jose L. Garcia

Lance Cpl. Gerardo D. Montes, from Battery E, 2nd Battalion, 11th Marines, simulates reaching out and gouging out an eyeball during a two-week Marine Corps Martial Arts Program course. The course offered Marines an opportunity to advance from tan to gray belt.



Watching his rearview mirror carefully, Yuri nudges the freightliner he is driving backwards into a simulated parking area. Yuri has been learning from eight instructors the basics in driving and maintaining freightliners since May 24.



Yunis practices ground guiding a fellow student of the 644th Transportation Company's basic course in driving and maintaining freightliners. Yunis is part of the first group of students to receive the 60 hours of hands-on instruction.



A group of local nationals listen intently as Sgt. Hector Hernandez, 644th Transportation Company, instructs them on how to properly attach a flatbed to a freightliner.

Leave driving to us

By Pfc. Abel Trevino
Staff writer

Soldiers of 644th Transportation Company trained and graduated the first group of Iraqi local nationals from a basic course in driving and maintaining freightliners June 8.

The group of 31 students, carefully screened for security by the 13th Corps Support Command, completed the 60 hours of required training, said Staff Sgt. William J. Miles, training non-commissioned officer for the 644th Trans. Co.

The course was beneficial to Soldiers and the people of Iraq.

"It's a collaborative effort to get them more involved in the development of their country," said Miles.

The instructors' ultimate goal in the 60-hour course was to properly train the Iraqis to be proficient in truck driving.

"The emphasis on our training is truck operations, from the basic [Primary Maintenance Checks and Services] to truck instrumentation to loading and unloading and proper tying procedures. Basic truck operations are what we're training them on. We have not and will not train them on any tactical operations," said Miles, the owner of four freightliners in the United States.

The military is providing the students flak vests and Kevlar helmets upon completion of the course for their personal protection in the truck, Miles said.

Since May 24, eight Soldiers from the 644th Trans. Co. have been training the Iraqi students with positive response.

"The [local nationals] have maintained a positive attitude from day one. They are wanting and ready to drive," said Miles.

Initially, the Soldiers were not enthused about changing missions, but the students were able to change their minds completely.

"The willingness of the local nationals to learn and their energy and enthusiasm about learning has affected their instructors to a more positive attitude, because they are receptive to wanting to learn," Miles said.

The instructors have backgrounds in driving commercially and have been part of the teaching process throughout their military careers. All of them recognized the importance of their new mission and undertook the responsibility of training the students with utmost seriousness, Miles said.

Through the efforts and hard work of the students and the instructors, the Iraqi nationals trained by the Army as cargo drivers successfully hit the road.



Photos by Pfc. Abel Trevino

Spc. Paul Gautreaux, an instructor with the 644th Transportation Company, ground guides Faisal, a student, as he learns how to properly park the freightliner. Seven other instructors have been teaching local nationals the basics of driving and maintaining vehicles since the class started on May 24.



Anxious to drive, Raheem receives instructions from Staff Sgt. K.C. Mamon on how to properly back his vehicle up.

(Editor's note: Because of security concerns the drivers requested the use of first names only.)

Movie Schedule

Sustainer Reel Time Theater

Daily Shows: 3 p.m., 6 p.m., and 9 p.m.
(schedule is subject to change)

June 13

3 p.m. The Girl Next Door
6 p.m. Day After Tomorrow
9 p.m. Secret Window

June 14

3 p.m. Hellboy
6 p.m. The Girl Next Door
9 p.m. Walking Tall

June 15

3 p.m. Day After Tomorrow
6 p.m. Hellboy
9 p.m. The Girl Next Door

June 16

3 p.m. The Girl Next Door
6 p.m. Day After Tomorrow
9 p.m. Hellboy

June 17

3 p.m. Jersey Girl
6 p.m. Hellboy
9 p.m. Day After Tomorrow

June 18

3 p.m. Connie And Carla
6 p.m. The Punisher
9 p.m. Harry Potter And The
Prisoner Of Azkaban

June 19

3 p.m. Harry Potter And The
Prisoner Of Azkaban
6 p.m. The Whole Ten Yards
9 p.m. Johnson Family Vacation



Weekly Religious Schedule

Christian Orthodox

Sunday 11 a.m. 185th Task Force Tent

Church of Christ

Sunday 11 a.m. 1/142nd Chapel Tent

Islamic Prayer

Friday 1:30 p.m. Anaconda Chapel Tent

Latter Day Saints

Sunday 10 a.m. Anaconda Chapel Tent
Sunday 7 p.m. Tuskegee Temple

Lutheran

Sunday 8:30 a.m. Anaconda Chapel Tent
Sunday 2 p.m. 185th Task Force Tent

Protestant-Contemporary

Sunday 7 a.m. Sustainer Indoor Theater
Sunday 10:30 a.m. Tuskegee Temple

Protestant-Gospel

Sunday 11:30 a.m. Sustainer Indoor Theater
Sunday 7 p.m. Airborne Chapel (bldg. 4148)

Protestant-Praise and Worship

Sunday 9 a.m. Sustainer Indoor Theater
Sunday 9 a.m. Airborne Chapel (bldg. 4148)
Sunday 9:30 a.m. 185th Task Force Tent
Sunday 11 a.m. Airborne Chapel

Protestant-Traditional

Sunday 9:30 a.m. 31st Combat Support
Hospital
Sunday 11 a.m. Airborne Chapel (bldg. 4148)
Sunday 11 a.m. 185th Task Force Tent
Sunday 5:30 p.m. Tuskegee Temple

Roman Catholic Mass

Saturday 7 p.m. Airborne Chapel (bldg. 4148)
Sunday 8:30 a.m. 185th Task Force Tent
Sunday 10 a.m. Sustainer Indoor Theater
Sunday noon Tuskegee Temple
Sunday noon 31st Combat Support Hospital
Monday 9 a.m. PPI Dining Facility
Monday 7 p.m. PPI Dining Facility

Jewish Prayer

Friday 6 p.m. Anaconda Chapel Tent

Movie Synopsis for June 13 - 19

The Day After Tomorrow

PG13, Action, 124 min Dennis Quaid,
Jake Gyllenhaal, Ian Holm

What if we are on the brink of a new Ice Age? This is the question that haunts climatologist Jack Hall. Hall's research indicates that global warming could trigger an abrupt and catastrophic shift in the planet's climate. While Jack warns the White House of the impending climate shift, his 17 year-old son Sam finds himself trapped in New York City where he and some friends have been competing in a high school academic competition. As full-scale, massive evacuations to the south begin, Jack heads north to New York City to save Sam. But not even Jack is prepared for what is about to happen – to him, to his son, and to his planet.

Hellboy

PG13, Action, 125 min
Ron Perlman, John Hurt, Selma Blair

Mike Mignola's acclaimed comic book series about a creature from Hades who joins the battle against evil arrives on the screen in vivid form in this adaptation directed by horror filmmaker Guillermo del Toro. During World War II, the Third Reich has joined forces with the evil Grigori Rasputin (Karel Roden), who has used his occult powers to summon up a young demon from the depth of Hell to be used as the ultimate Axis weapon. However, the demonic creature is captured and put in the care of Professor Broom (John Hurt).

The Girl Next Door

R, Comedy Drama, 108 min
Elisha Cuthbert, Emile Hirsch, Timothy Olyphant

Eighteen-year-old Matthew Kidman is a straight-arrow over-achiever who has never really lived life – until he falls for his beautiful and seemingly innocent neighbor, Danielle. When Matthew discovers that this perfect "girl next door" is a one-time porn star, his sheltered existence begins to spin out of control. Ultimately, Danielle helps Matthew emerge from his shell and discover that sometimes you have to risk everything for the person you love, as he simultaneously helps her rediscover her innocence.

Walking Tall

PG13, Action, 86 min
Dwayne "The Rock" Johnson, The Rock,
Johnny Knoxville

Chris Vaughn is a retired soldier who returns to his hometown to make a new life for himself, only to discover his wealthy high school rival, Jay Hamilton, has closed the once-prosperous lumber mill to turn the town's resources towards his own criminal gains. The town is now overrun with crime, drugs and violence. Enlisting the help of his old pal Ray Templeton, Chris gets elected sheriff and vows to shut down Hamilton's operations. His actions endanger his family and threaten his own life, but Chris refuses to back down until his hometown once again feels like home.

Filipino Americans remember heritage

By Pfc. Leah R. Burton
Staff writer

Although they call the U.S. home, they never forget where they came from, immigrants from the Republic of the Philippines continuing their cultural practices and traditions.

"I was born in Cebu in the Philippines, but we moved out of there in '71. My parents were pretty well off. My dad's a mechanical engineer and we owned a big factory for engines," said 1st Sgt. Robert Bollozos, Company B, 29th Signal Battalion first sergeant. "In a place like that, you've got two types of people. Either you're very poor or you're rich. There's no middle. Like back in the States, you've got the blue-collar workers. You don't see that in the Philippines."

Bollozos' family immigrated to the States when he was an adolescent in search of a better economic climate.

"My dad's business was slowing down. It was kind of going under and he wanted a better life for his family. With his education and his experience, he decided to come to the States," Bollozos said.

Bollozos spent the majority of his childhood in California's Bay Area. He joined the Army when he found himself unsatisfied with his job working in a warehouse.

"It wasn't meaningful. I wanted to do something different and I had a daughter in '82. I wanted to have a better life for her," Bollozos said.

The contrast between the classes in the Philippines is evident. The poor live in self-made structures in the slum areas, while the wealthy have servants who work for them.

"I grew up with maids and drivers and cooks. If you go to public school, you're very, very poor. I went to Catholic school from grade school to high school," said Brig. Gen. Oscar B. Hilman, 81st Brigade Combat Team commander.

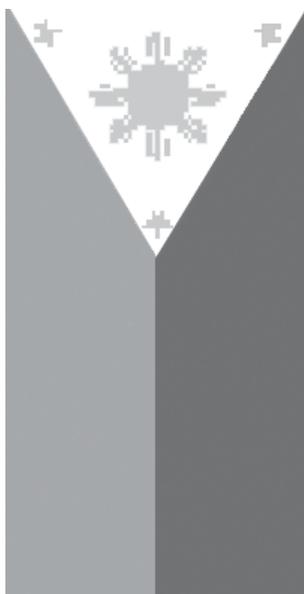
Hilman was born in Camarines Sur. He and his family moved to Manila when he was six months old. At the age of 10, he moved to Cebu City to live with his uncle, while his parents and siblings moved to the States.

With six people in his immediate family, he was eager to have some space.

While many people immigrate in a quest for religious or political persecution or economic stability, Hilman decided he needed to get away from his uncle's strict household.

"You had to learn five new English words a day and write them into a complex sentence. You had to read a book once a month and write an essay paper and memorize poems on top of your homework. There was really no summer vacation. But now since I've grown up, I really appreciate what he did for me. I think it was a good foundation for learning," Hilman said.

Hilman knew early in life that he wanted to join the military. Two advantages were the extensive travel and the Montgomery GI Bill opportunities, he said. Besides, he had always liked the uniform.



1st Sgt. Robert Bollozos, Company B, 29th Signal Battalion first sergeant, briefs his supply sergeant, Staff Sgt. Joo Lee, concerning what needs to be ordered for the unit in his office May 31.



Photos by Pfc. Leah R. Burton

Lt. Col. Harry Gonzalez, 81st Brigade Combat Team public affairs officer, briefs Brig. Gen. Oscar B. Hilman, 81st BCT commander, about upcoming events on and around LSA Anaconda.

Both Hilman and Bollozos have worked their way up the ranks clinging tightly to their heritage.

"Heritage is where you came from, where you were born. You shouldn't forget where you came from," Bollozos said.

In the Filipino culture, people kiss one another on both cheeks, men included. There is a lot of hugging and family is paramount, said Hilman.

"In our culture, it's really conservative. Females are supposed to learn how to cook and stay in the house. I'm the only female in my family that joined the military," said Staff Sgt. Ailene C. Roth, a Filipino American and small extension node section sergeant with Company B, 29th Signal Bn. "It was hard at first because my family was really against my joining."

Roth is an example of an American-born Filipino who holds tight to her culture. Born in Jersey City, N.J., and raised in San Diego, Calif., Roth grew up with her grandparents. She remembered never being allowed to go anywhere alone, she said.

Roth grew up very shy as a result of being so sheltered, as is the custom for females.

"I couldn't even look in your face and talk to you. When I joined the Army, it taught me to do things by myself. It forced me to become more independent," Roth said.

People are still instilling cultural pride and awareness into their children.

"My wife is from Guam. My children are half and half, Filipino and Guamanian," Bollozos said. "I sit down with them and tell them where their parents came from. They both grew up in the States. I don't think my daughters are going to forget their heritage or where they came from because we remind them."

It's possible to lose sight of one's roots and allow American culture to swallow the very thing that makes America so colorful.

"Stay in contact somehow with your culture. Keep the language with you. Don't ever forget the language. Make sure your friends know about your culture and don't forget your roots," Roth

Post units deliver hope to Iraqi children

By Pfc. Leah R. Burton
Staff writer

Operation Iraqi Children is a program that enables Americans to send school supplies to Iraqi children.

The 13th Corps Support Command Civil Affairs personnel and the various units that support the projects act as middlemen, packaging and delivering the school supplies.

The school supply kits include blunt end scissors, rulers, pencils and pencil sharpeners, erasers, colored pencils (crayons melt in the heat), paper, folders and zippered pencil bags.

The students and school administrators accept these supplies gratefully, often hugging and kissing the American Soldiers.

"It's a good deal for Iraq's people. They're satisfied. You can see it in their faces," said Master Sgt. Johnnie L. Davis of 172nd Corps Support Group.

"We don't want the vision of hope, the vision of democracy snatched from the grips of these great people. [These efforts] will provide that next generation with a sense of hope and lessen the gap in this country between the haves and the have-nots," said Col. Joseph Hightower, 13th COSCOM chief of staff.

Sgt. 1st Class Tommy Carson of 29th Signal Battalion was moved to contribute as much as he could when his convoy approached LSA Anaconda for the first time amidst a throng of shoeless Iraqi children waving and smiling at him.

He has stacks of boxes filled with shoes, school supplies, T-shirts, toys and other knick-knacks for the Iraqi children all donated by American individuals and organizations through OIC.

"There are buildings and brand new opportunities going up. We're bringing in school supplies and all the other things we take them to build up their hopes for a better tomorrow," Carson said.

Actor Gary Sinise, who played Lt. Dan in "Forrest Gump" and Laura Hillenbrand, author of "Seabiscuit: An American Legend," started the program.

OIC, in cooperation with Heart to Heart International, People to People International, Sister Cities International and Veterans of Foreign Wars of the United States, collects, inventories and ships school supply kits to the theater of operations, according to the OIC Web site at

www.operationiraqchildren.org



Sgt. 1st Class Tommy Carson of the 29th Signal Battalion poses with a group of Iraqi children at their school in Bakar Village.



Three Iraqi school girls pose for the American Soldiers' cameras. These girls were shy and standoff-ish when the Soldiers first entered their classroom, but as they warmed up they couldn't get enough of the cameras, Carson said.

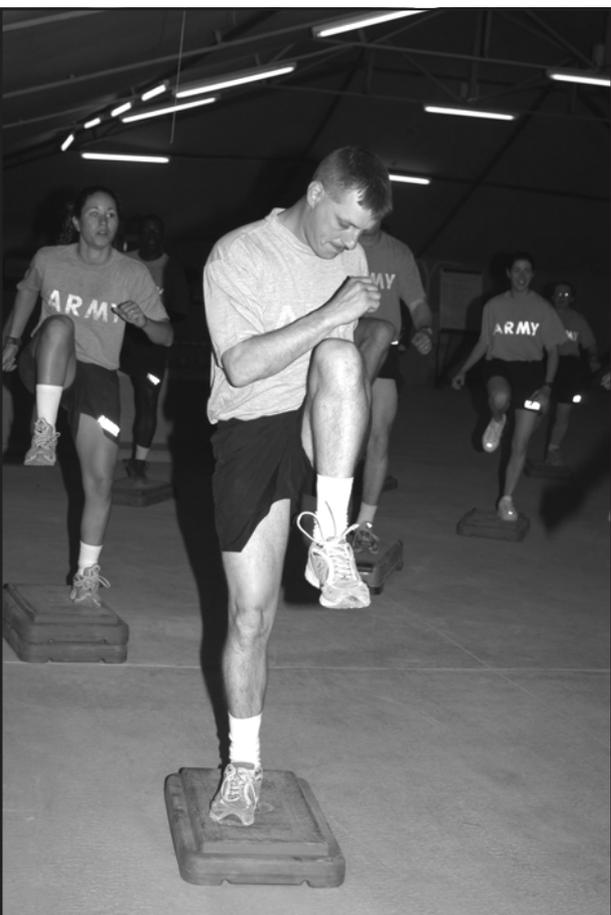
Courtesy photos

Aerobics: stepping your way to fitness

By Sgt. Ann Venturato
Assistant editor

Are you looking for a great way to stay in shape that is also fun to do? Then why not try aerobics at 6 p.m. on weekday nights at the Morale, Welfare, and Recreational Sports Lounge.

Aerobics is a great way for Soldiers to stay fit as well as for them to find a way to escape from being



Photos by Sgt. Ann Venturato

Sgt. Joe Garbacky, a soldier with the 13th COSCOM brings his knee to his chest during a step aerobics class at the MWR Sports Lounge.

here in Iraq for one hour, said Sgt. Cindy Foley, an aerobics instructor at the MWR Sports Lounge.

Once confined primarily to young women, aerobics has become a sport for both sexes and all age groups to have fun while losing weight and keeping in shape. The benefits of aerobics include increased cardiopulmonary efficiency, strengthened heart and lungs, improved circulation, lowered cholesterol levels, and stress and anxiety reduction.

Many Soldiers like Sgt. Joe Garbacky, a Soldier with the 13th COSCOM, have found that participating in aerobics here is a change of pace for physical training besides push-ups, sit-ups, and running on a daily basis.

Soldiers can look forward to 30 minutes of high impact aerobics and 30 minutes of muscle toning on Monday and Thursday.

Soldiers in the aerobics class on Monday were cheering and laughing while they were sweating to the music. Foley lead Soldiers through lunges, jumping, kicking, as well as toning exercises to tone arm, abdominal, and leg muscles.

Aerobics classes are designed to tone muscles throughout the body and burn calories. They're particularly effective for weight loss, because the focus is on continuously moving and maintaining an elevated heart rate. In addition, you'll notice increased stamina in other aerobic activities, such as walking, running, and skiing.

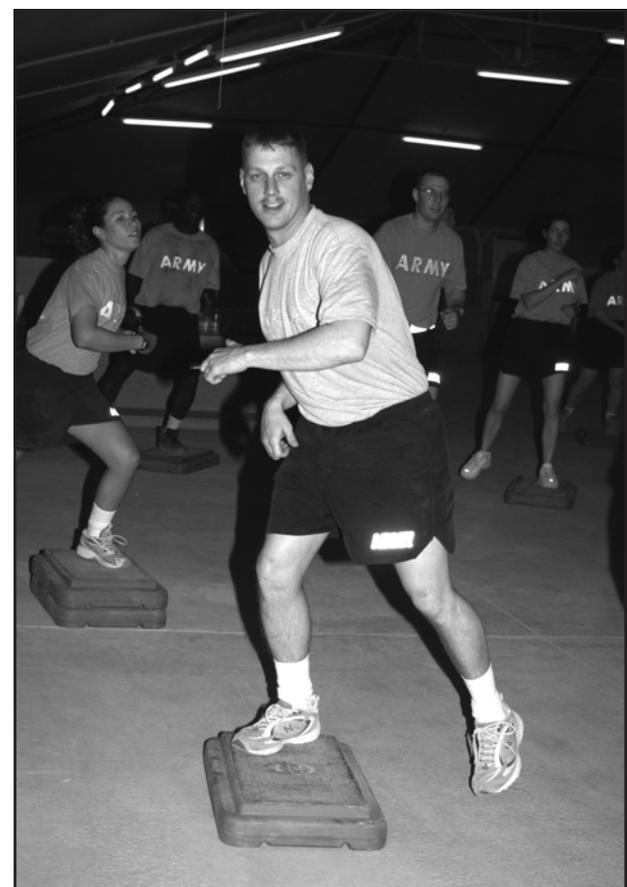
For those Soldiers who are really looking to sweat off the pounds, there is a full hour of high impact aerobics on Wednesday. Soldiers can also do step aerobics on Tuesday and Friday evening.

Garbacky said he participates in aerobics everyday unless he is unable to make it because he has been pulled for duty.

"I feel great after working out. It energizes me," said Garbacky.

"The class is fun as well as motivating," said Spc. Melissa Webb, a Soldier from the 1485th Transportation Company, who enjoys aerobics.

"It's awesome. It's one of the best things that they



Garbacky moves across the step while sweating away the pounds to some great music.

have here," said Webb.

"I try to keep the same routine all the time," said Foley. "The idea is just to get a good workout."

"I just came up with a group of songs that were great for working out and then I built a workout routine that matched the intensity of the different songs," said Foley.

If anyone is interested in becoming an aerobics instructor here, stop by the aerobics class located in the MWR tents by the Post Exchange to get more information from one of the instructors.

QUESTION OF THE WEEK

What inspired you to join the Army?



Sgt. Juan Lara
B Company
980th Engineer Battalion

"To serve my country."



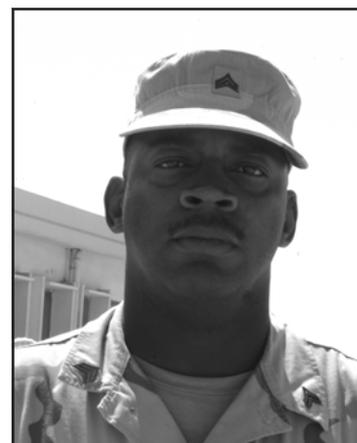
Sgt. Julie Huber
740th Transportation Company

"G.I. Jane and my grandfather."



1st Lt. Justin Kato
B Company
121st Signal Battalion

"Adventure, excitement, and get out of Alaska."



Sgt. Edward McCrea
1052nd Transportation Company

"I missed being part of an elite team."



Spc. Roger Flemming
2nd Battalion
131st Field Artillery

"I joined to get good training in a technical field."

Gospel Choir makes joyful noise

By Pfc. Leah R. Burton
Staff writer

In an environment that can be harsh and unforgiving it's important to maintain uplifting connections, especially one's spiritual wealth; members of the Anaconda Gospel Choir do this by lifting their voices in praise and worship.

"It's no different than my home church. The choir helps usher in the spirit of God through praise and worship. Christians lifting their hands, singing, shouting and dancing before the Lord put the believer in the majestic presence of the almighty God," said Command Sgt. Maj. Jimmy Rutherford of the 4th Corps Materiel Management Center.

That relationship provides comfort in an uncertain, dangerous territory.

"When the mortars fall, I don't fear them. I know God will protect me. I don't worry about getting shot. I know that we're at war, but I have peace within me," said Staff Sgt. Bonita Wright, the choir secretary from 13th Corps Support Command's Special Troops Battalion.

The choir members have their own special reasons for getting involved.

Pfc. Harvey Gordon of the 299th Forward Support Battalion has been singing since he was 13 years old and joined the choir to continue to feel a

connection with his mother.

"Whenever I sing, I feel closer to home," Gordon said. "Being in the choir, practicing, going to church makes the time go faster. With all the stuff you go through in one week, going to church helps you breathe."

Inspirational speaker Iyanla Vanzant has said that the human body is like an automobile; as a result of the weekly bumps in the roads, people get thrown out of alignment. The choir serves for many of the members as their weekly wheel alignment to get them back on track for the next series of weekly struggles.

"It keeps me grounded. It's the only thing that keeps my sanity here. When I'm having a bad day, I come here and it all goes away," said Spc. Toccara Burgess of the 84th Engineer Battalion.

Often the fellowship is enough to recharge spiritual batteries.

"The choir is important to me, because it gives me a sense of purpose, of belonging," said Sgt. 1st Class Carolyn Evans of the 1st Military Intelligence Battalion. "There's no greater joy than to see the glow on someone's face and hear them say how much your singing touched them. That's when you know you're doing what God has put you in this place, on this earth to do."

The members get a certain satisfaction from moving the church to praise and worship through song.

"No one wants to leave when practice is over. The spirit comes in and it's the sweetest place you'd ever want to be and we know that it's the spirit of the Lord," Rutherford said. "It makes my heart glad to know that what I am doing for the kingdom is changing Soldiers' lives every day so if it takes the right song to reach one Soldier, then it's all worth it."

To be a part of that fellowship, people can go to the regular choir rehearsal Thursdays and Saturdays at 8 p.m. in the Anaconda Chapel tent at the corner of New Jersey Avenue and Hawk Road or attend the 11:30 a.m. Gospel Service on Sundays at Sustainer Theater.



Marine Staff Sgt. Michael Land of the 8th Engineering Battalion plays the electric guitar.



Pfc. Harvey Gordon of the 299th Forward Support Battalion breaks a sweat while dancing, singing and praising God during choir practice at the Anaconda Chapel tent June 4.

Photos by Pfc. Leah R. Burton

Roughneck Ballers win first tourney

By Pfc. Abel Trevino
Staff writer

The Headquarters and Service Company, 84th Engineer Combat Battalion (Heavy) competed against the 512th Maintenance Company, the Roughneck Ballers, and despite their strong showing, lost 69-55 in the 42nd game of the tournament: the championship game Monday.

"They stepped up their game tonight, hit a high percentage of their shots, hit the three-pointers and the layups. There wasn't a whole lot we could do against that," said 84th EN Coach Roderick Whatley.

The game was close during the first period, but during the second period, two Roughneck Ballers collectively shot for 16 points and shut down over 10 attempted shots.

"[Randy] Brooks had a spectacular game. The number of three-pointers he hit alone gave us a comfortable lead," Roughneck Ballers' Ernest Simmons said. "There was some great guard play from [Vinson] Washington."

During the half, with a 42-24 lead, Simmons said his strategy had been to shut down the 84th EN's main shooters and free up his own players to get the big shots.

Roughneck Ballers' Simmons said that although his team was tired after the first half, they knew it was worth it because it allowed them to relax more in the 4th period.

"[In future games] we're going to start strong and that will give us room to breathe at the end," Roughneck Ballers' Simmons said.

The 84th EN's Whatley was not distraught about his loss.

"It's a good feeling. We're all basketball players and we'd have liked to have been champions, but there can be only one," 84th EN's Whatley said.

Other players on his team weren't so happy.

"I'm pretty disappointed that we lost," said Lars Tobaga of the 84th EN. "I'm frustrated that I couldn't get my shot on and hit my jumpers. They were hitting their [shots] and capitalizing on our mistakes."

The players also blamed themselves.

"I made some really big mistakes," said 84th EN's Kenneth Stanley.

Brooks, who scored 21 of the Roughneck Ballers points, was impressed with the talent he played against to make it to the championship game.

"The competition was great. There was some solid competition from guys all over the world. We're just a group of guys who got together and played some ball and decided to play in the tournament," Roughneck Ballers' Brooks said.

The 84th EN were given their due respect.

"They were a little more competitive than most teams," Roughneck Ballers' Brooks said.

The winning team remained humble in securing the championship.

"I think our team played great. We pulled through to become one good team," Roughneck Ballers' Simmons said. "They had a great team, but we had that comfortable lead and they weren't able to overtake it."

With the first tournament in the new facilities finished, the sportsmanship remained.

"It feels great to be out here, in the middle of the desert and Iraq, and get some real sports time in," Roughneck Ballers' Brooks said.



Photo by Pfc. Abel Trevino

Roughneck Ballers' Randy Brooks leaps in the air for a layup. His 21 points was the game high.

LSA Anaconda Army Birthday 5K Run

June 14, 2004 at 7 a.m.

No entry fee.

Registration for the race is between 2 - 8 p.m. at the post exchange entrance.

No registration the day of race day.

Starting point is Hangar 4032 next to Dining Facility 2.

Prizes will be awarded to the top three runners in the Male, Female and Co-ed Teams categories.

A commemorative patch may be purchased for \$10.

Summer Santa visits Al-Fadouz



An Iraqi boy tries to open a lollipop.



Photos by Pfc. Leah R. Burton

A throng of excited Iraqi children stand in line at the toy and candy distribution by 13th Corps Support Command Civil Affairs in the town of Al-Fadouz, Iraq, as part of Operation Iraqi Children.



A young Iraqi girl accepts a teddy bear from Spc. Maria Torres of the 81st Brigade Combat Team during a goodwill visit to the village of Al-Fadouz.



An Iraqi girl is all smiles after getting toys and candy from the American Soldiers.