

ANACONDA TIMES

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First aid at finger tips

By Sgt. Ann Venturato
Assistant editor

First aid boxes containing first response supplies to assist Soldiers with the basic medical necessities in the case of a medical emergency were placed at dining facilities and Morale, Welfare and Recreation locations on LSA Anaconda in June.

Medical personnel brainstormed, using prior experience, and decided that having readily available supplies in key locations would benefit the community in a mass casualty situation.

The 3 feet by 6 feet medical boxes house litters, extra bandages and dressings for first aid, a task every Soldier should already know how to accomplish.

Maj. Don Slater, commander for the Headquarters Support Company, 118th Medical Battalion said, Soldiers should not open the boxes marked with a red cross and red crescent unless they need to use the medical supplies for a mass casualty situation. Soldiers who need replacement field dressings or supplies for combat lifesaver bags should order them through their unit supply sergeant or stop by the troop medical clinic.

Soldiers responding to a mass casualty incident should remember the steps in evaluating a casualty: check for responsiveness, check for breathing, check and treat for bleeding, check and treat for shock, check and treat for head wounds, check and treat for fractures, and seek medical aid.

For more information, contact the 118th Headquarters Detachment at 529-6360.



Photo by Sgt. 1st Class William Appleby

Sgt. Tanya Williams, Spc. Orthnel Johnson and 1st Lt. Anthony Falvey fit medical supplies into the emergency box outside the theater on LSA Anaconda.



Photo by Staff Sgt. Jason Lake

Abbas Jabbar, a 13-year-old Iraqi boy, is airlifted to a hospital in Hungary.

Airlift bound for humanitarian mission

By Staff Sgt. Jason Lake
332nd AEW/PA

Medics from the 379th Expeditionary Aeromedical Evacuation Squadron from Al Udeid Air Base, Qatar, helped airlift a 13-year-old Iraqi boy to Budapest, Hungary to receive medical treatment.

A dozen crewmembers aboard a C-17 Globemaster helped transport Abbas Jabbar, who was injured in May when he ran in front of a Hungarian convoy patrolling near Baghdad.

After the accident May 16, the boy was rushed to the 31st Combat Support Hospital in Baghdad.

Col. Peter Doby, who served as the chief of operations within Multi-National Force Iraq in Baghdad and eventually became the child's caretaker, said the boy's life was clinging to a thread when he first arrived at the military hospital.

"(He) was in pretty bad shape," Doby said. "He had a fractured skull and a compound fracture to his right leg. He was also on a respirator."

At one point, Doby said the boy had to be revived.

As the boy's condition slowly stabilized, Hungarian officials discussed the possibility of transporting Jabbar to Hungary for surgery and rehabilitation.

Although they wanted to help the boy out of courtesy, the Hungarian government lacked the aircraft and qualified staff necessary to get Jabbar to a Hungarian hospital.

Doby, who grew up in Hungary, coordinated the joint American-Hungarian effort to transport the boy to Hungary.

"I've been in Air Mobility Command since 1982, so I thought I could do something," said Doby, who is vice commander at his home station, the 433rd Airlift Wing, at Lackland Air Force Base, Texas.

After coordinating the mission all the way up to the Secretary of Defense's office, Doby spoke with the boy's parents through an interpreter before the mission kicked off June 12.

Jabbar's parents gave the colonel permission to take the boy to Hungary and told him, "This is God's will."

Doby promised the family that he would get the boy to Hungary safely and if possible, he would bring him back to Iraq after recovery.

Not long after the parents gave permission, Doby and aeromedical staff at the 31st CSH prepared to fly the boy to LSA Anaconda, where they would wait for a C-17 Globemaster to take them to their final destination.

The two flew from Baghdad International Airport to LSA Anaconda aboard a UH-60 medical helicopter piloted by the U.S. Army's 82nd Medical Battalion and waited for their aircraft at the 332nd Contingency Aero-medical Staging Facility here.

Several hours later the 379th EAES arrived and began the flight to Hungary.

Master Sgt. Theresa Sheheen and Tech. Sgt. Shane Larson, both from the Wyoming Air National Guard, were two of the aeromedical evacuation technicians aboard the flight taking the boy to Hungary.

Using only a primitive form of sign language, the two tried to comfort Jabbar as he experienced his first airplane ride.

Three hours later the flight touched down at Budapest International Airport. Hungarian medical technicians and airmen helped carry Jabbar out of the aircraft into an ambulance where he would be taken to the Budapest Central Military Hospital.

see AIRLIFT, page 4

Guaranteed return, no risk

By Pfc. Abel Trevino
Staff writer

Soldiers serving in Operation Enduring Freedom and Operation Iraqi Freedom are eligible to deposit up to \$10,000 in the Savings Deposit Program with a return of 10 percent.

"It's a guaranteed return," said Capt. Patrick B. McNeace, 126th Finance Battalion (Airborne). "[Soldiers] have in their possession a vehicle that is guaranteeing [they] will make \$1,000 back. Why not take advantage of it?"

Stipulations on placing money in the SDP are that it must be in \$5 increments with no more being invested at one time than your monthly take home pay or what is not in an allotment in a pay period, McNeace said. Although a Soldier can invest more than \$10,000, interest will only accumulate for \$10,000, returning no more than \$1,000. For instance, a Soldier can invest \$12,000, but he will still only yield the maximum \$1,000 return.

To deposit money into the SDP, Soldiers need only contact the 126th Finance Battalion and arrange payments.

"Active duty members may make deposits by cash, personal check, traveler's check, money order, or allotment. Reserve component members may make deposits by cash, personal check, or money order only," McNeace said.

The deposits are sent to a separate account through the Defense Finance and Accounting Service and not private banks; personal accounts are not authorized for use in this program. DFAS sets up an account in your name, the account is controlled by the Treasury Department and basically you have access only when you withdraw the money. The amount of interest accumulated on the account is printed on Soldiers' Leave and Earning Statement.

There is no obligation to continue deposits on a regular basis, but generally, withdrawing money may only be made upon termination of the program, McNeace said.

"Service members may make emergency withdrawal requests of full or partial amounts before [terminating the program]. Emergency requests must be for the health and welfare of a member or his dependent and must be substantiated by a written request from the member's unit commander," McNeace said.

For Soldiers stationed in this theater, the SDP is a way to invest money without the risk of loss and the guarantee that they will accumulate interest.

DFAS- Cleveland Center (DFAS-CL)

FAX commercial: 216-522-6924

ATTN: Code FMAA DSN: 580-6924

1240 East 9th Street
Cleveland, OH 44199-2055.

Questions regarding SDP withdrawal requests should be directed to:

Toll Free (stateside only) 1-800-624-7368

commercial line 216-522-6545 or DSN 580-6545.

Frequently asked questions

Question: Whom may I contact if I have additional questions about my SDP account?

Answer: You may send an e-mail to the SDP mailbox. The e-mail address is: CCLSDP@dfas.mil

Question: Why can't I get SDP information through MyPay?

Answer: Information available on MyPay comes from a Soldier's computer pay record known as the "Master Military Pay Account." The computer system used by DFAS for SDP is a stand-alone system - it's not part of the Master Military Pay Account. Therefore, SDP information is not linked to MyPay. However, each Soldier's SDP information is identified and tracked in the SDP program.

Question: If I lose my cash collection voucher, how can I prove I contributed to MyPay?

Answer: You can provide a cancelled check or bank statement in order to verify your contribution to the program.

Question: How long does it take for manual contributions to be recorded in the SDP system? Am I losing interest because of the processing times?

Answer: Manual contributions can take up to 60 days to process. You are not losing any interest income - interest is computed based on the date that the cash collection was processed, not the date that the contribution was posted to the SDP system.

Question: If I served a year in a SDP-eligible area, contributed \$10k, completed my tour or redeployed, and later in the same month deployed again to an SDP-eligible zone, will I continue to earn 10 percent for the duration of my second deployment or second year?

Answer: Yes. If you complete your tour or redeploy, then deploy again in the same month, you can continue to earn 10 percent for the duration of the second deployment.

Medical technician aids Iraqi

By Tech. Sgt. Brian Jones
332nd AEW

An unexpected visitor and an alarm red made for a busy afternoon for one medical technician who just dropped by to check his computer in the Medical Squadron tent June 27.

"Our Sunday hours are from eight to noon," said Tech. Sgt. Leo Macaraeg, an independent duty medical technician with the 332nd EMEDS deployed here from Yokota Air Base, Japan.

Just outside of the EMED tent a group of Iraqi workers had just finished lunch when one of them fell ill.

"I was just sitting in the escort tent when somebody walked in and said that somebody needed to be escorted to the clinic," said Senior Airman Zachary Dickinson, 332nd Expeditionary Civil Engineer Squadron escort.

"He was lying under a tree when I and two other workers helped him into the (medical) tent. When they walked in, my initial reaction was 'we're closed,'" said Macaraeg. "But once I saw him, I knew he needed immediate attention."

Macaraeg suspected the man, who was being held upright by the other workers, was overheated and instructed the other workers to start removing some of his clothing. Macaraeg had just finished taking the man's temperature, which was 103.7, when things got a little more interesting.

"At that point, alarm red went off," said Macaraeg who didn't hesitate to continue treatment under the alarm condition. "He was under my care. If I would not have intervened, he would have progressed to heat stroke. He was probably at the latest stages of heat exhaustion already."

In an attempt to bring down the man's temperature, Macaraeg placed cool water bottles on each side of the man's neck, two under his arms and two around his inner leg. Communicating through one of the other workers who spoke some English, Macaraeg was able to persuade the man to sip water. The medical technician also administered a medication similar to Motrin to bring down the man's temperature, as well as a medicine to treat nausea. By alarm yellow, the Iraqi worker had stabilized.

"His temperature had dropped almost five degrees to normal and he was coherent," said Macaraeg. "And by 'all clear' he was able to sit up and put his shoes back on."

Although there was a language barrier, the three workers were able to convey their extreme gratitude for Macaraeg's efforts.

"When it comes down to it, we're all human," said Macaraeg. "You show them your humanity and they'll show you theirs. We did the right thing."

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Importance of OPSEC

1st Lt. Shannon Lehmkuhl
332nd EOSS

We're all doing extraordinary jobs, seeing and experiencing things we'll probably never see or experience again. And, if you're like me, you want to write home and tell mom, dad and friends all about those experiences.



But you can't. The Anti-Iraqi Forces out there want every tidbit of information they can get on us and sending that kind of information can jeopardize operational security.

Below are some basic operations security countermeasures that we can all use to help deny the adversary what they're looking for.

A. Properly destroy sensitive information – including rosters, schedules, cargo manifests, appointment letters, mail etc.

B. Guard against calls to obtain

sensitive information. Know who you are talking to.

C. Don't transmit sensitive information via telephone, fax, e-mail or radio. This includes: pictures of military equipment or operations, attack information, numbers of people, planes, cargo, etc.

D. Don't discuss sensitive information in public. Be aware of the local nationals and third country nationals.

E. You don't know where their true loyalties lie.

F. Limit distribution of sensitive information.

G. Avoid posting or displaying sensitive information.

H. Don't leave laptop or notebook computers unattended in public places. This could provide access to rosters, schedules, cargo manifests and other close-hold information.

The enemy is not stupid and can get information from just about anything.

What you say on the phone, in an e-mail, or just something in the background of a photo you sent Mom and Dad might just be the missing "piece of the puzzle" they need to finish an attack plan.

Remember information can be collected through monitoring radio and telephone conversations, analyzing telephone directories, financial or purchasing documents, travel documents, distribution lists, shipping and analyzing personal photos.

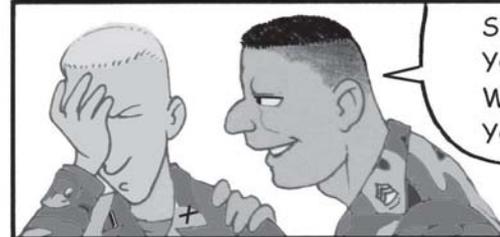
Editor's Note: Photos taken at Balad Air Base or LSA Anaconda and are intended for public release MUST be cleared by a Public Affairs officer before distribution, or leaving the AOR.

The *Anaconda Times* has a dedicated Web site containing the current and past issues at www.mnf-iraq.com/coalition-news/publications/anaconda.htm



Pvt. Murphy's Law

... SO DURING THIS LONG INDEPENDENCE DAY WEEKEND PLEASE KEEP THIS IN MIND: HE WHO COMES FORTH WITH A FIFTH ON THE FOURTH MAY NOT COME FORTH ON THE FIFTH!



SIR, I RECOMMEND THAT YOU STICK TO GIVING THE WEEKEND SAFETY BRIEF YOURSELF.

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by Aaron Thacker
send e-mail to:
aaron.thacker@armyofme.us

The recruiter did say I'd see the World.



Yeah, but why couldn't Bermuda be part of the Axis of Evil?



Left Shoulder Diary

7th Transportation Group

Compiled from
Unit History

The 7th Transportation Group shoulder sleeve insignia is characterized by a one-eighth of an inch golden yellow border, three inches in height and two inches in width overall, enclosing a brick red shield. Seven golden yellow rays issue from the center and disperse throughout surmounted by a blue chess-rook.

The rays in the design symbolize the receiving and dispersal of personnel and cargo. The seven rays refer to the numerical designation of the organization. The "rook" is the chess piece for a castle, medieval stronghold of fighting men and supplies. Blue, the infantry color, refers to the organization's capability of defending itself as infantry against hostile ground attack. Brick red and yellow are the colors of the Transportation Corps.

The 7th Transportation Group is the only composite transportation group component of the U.S. Army. The group is one of the most deployed units in the Army and has served honorably around the world in times of conflict since its activation in 1942.

During World War II, the 7th Transportation Group commanded ports in both the United Kingdom and Japan. During the Korean War, the 7th Group was re-designated as the 7th Medium Port and was responsible for all port operations in Pusan, Korea, in support of United Nations Forces. During the Vietnam conflict, the command provided a highly effective training base for the deployment of all watercraft and terminal service units deployed to the Republic of Vietnam.

Elements of the group deployed on two separate occasions to discharge and load cargo by sea and air. The command was called upon again during Operation Just Cause in Panama, where it deployed to provide airfield and control group support and functional services.

During the period of 1990 and 1991, the 7th Transportation Group played a key role in the success of Operations Desert Shield, Storm and Farewell.

Shortly after the return from Saudi Arabia, the group became involved in the deployment of over 1,100 Soldiers in support of Operation Restore Hope in Dec. 1992.

In Sept. 1994, the group deployed over 1,500 Soldiers to Haiti to provide transportation support to U.S. and allied forces at the onset of Operation Uphold Democracy. That same year in October the group deployed over 580 Soldiers to southwest Asia in support of Operation Vigilant Warrior.

Units from the 7th Transportation Group are currently supporting Operation Iraqi Freedom.

Civilian of the Week

Maria Antone Marek, a native of Beirut, Lebanon, and Army and Air Force Exchange Service manager, speaks Arabic and often goes on missions with doctors and medics in order to translate for Iraqi families.

Since her arrival on LSA Anaconda Sept. 28, her job responsibilities have included helping customers at the post exchange and training the local nationals who work there.

"I find that being a woman in this country and being the boss of the local nationals sometimes concerns me because of their culture of women in the work place," Marek said.

Prior to deploying here, she was scared, but she feels that this war is no different from the war in Lebanon. Now she feels that this deployment is a luxury, considering it could have been so much worse.

Even with the fear, however, she was excited about deploying.



Maria Antone Marek

"I felt the need to help and that is what made my decision [to come work here]," she said.

She finds her work fulfilling, but gets more enjoyment out of translating on medical missions.

"My most rewarding times are when I go with the doctors into the villages and help to translate for the children and families," Marek said.

Her family is supportive, but as with most families, they are apprehensive as well.

"In the beginning, they did not like it, but as time went on, they saw that this decision has made me a more inde-

pendent person," she said.

Although she sees LSA Anaconda as a luxury, she misses showers at home.

When she gets down time, she prefers to catch up on her sleep.

"Pray for the safety of the Soldiers and for myself and everyone in Iraq," she said to her friends and family back home.



Photo by Staff Sgt. Jason Lake

Tech Sgt. Shane Larson prepares to move Abbas Jabbar, while Elizabeth Charbaji, the boy's Hungarian caretaker, interprets for the medical staff.

AIRLIFT, from page 1

Before the doors closed behind him, Jabbar gave everyone a smile and thumbs up.

Looking back on the experience, Larson said he was glad to help transport the boy because it shows Iraqis that Americans are here to help.

"This kind of operation is great because it makes the time spent over here worthwhile," he said. "This shows the citizens that we are here for them."

Cheerleaders entertain troops

By Staff Sgt. Jason Lake, 332nd AEW/PA
and Pfc. Abel Trevino, Staff writer

Baltimore Ravens cheerleaders performed to a packed crowd in the Sustainer Indoor Theater on July 3 to entertain troops for the holiday weekend.

"It's an honor for us to entertain the troops, as well as taking their minds off of what's going on for a bit," Staci, a Ravens cheerleader, said.

Napoleon Martinez, one of the Ravens' cheerleading coaches, said this was the second year the team came out to Southwest Asia to help bring some entertainment to deployed service members.

"As much as we do with Ravens performances, we feel that this is the most important (performance) that we're doing," he said as dozens of people lined up with their cameras to take pictures with the team. "We feel that for everything that you all do for us and all the sacrifices that you make, this is the least that we can do."

Those who attended reacted positively to the efforts put forth by the team.

"It really boosted the morale of many of the Soldiers," said Staff Sgt. Diane Lujan from the 319th Corps Support Battalion. "It's something different from everyday situations. It was just a good time."

The crowd was thankful for the performance and the opportunity to meet the cheerleaders from Maryland.

"I think this helps morale a lot. Being away from the states as long as [the Soldiers] have been, seeing people who made a special trip from the states here really helps them," said Sgt. 1st Class Joyce M. Stanley, 4th Corps Material Management Center.

Stanley participated in a portion of the show where three female audience members were brought on stage and tossed in the air as a demonstration of the routines the cheerleaders performed.

"It was fun, a whole lot of fun," Stanley said.

A Soldier's perspective was brought to the event by one of the cheerleaders, Capt. Mark Citarella, who is a commander in the 229th Main Support Battalion, a Maryland National Guard Unit.

"It's definitely a double-edged sword, performing and supporting the Soldiers," he said. "I love being a soldier and commanding troops, to me that's what it's all about. The only thing that bothered me was having a pom-pom instead of a pistol."

Although he came without a pistol, he did not feel that his safety was compromised.

"I didn't have a single reservation about coming here. I have full faith in the Army and the military. I believe in what we are doing here, in bettering the Iraqi community," Citarella said. "I knew we would be protected at all times."

Despite Citarella's confidence, Soldiers appreciated the cheerleading coming to LSA Anaconda, which can be a dangerous place.

"I appreciated them coming out and showing their support, putting their lives in danger coming to this post, where their support is needed. There are places that don't get attacked as often in Iraq, but it meant a lot for them to come here where it

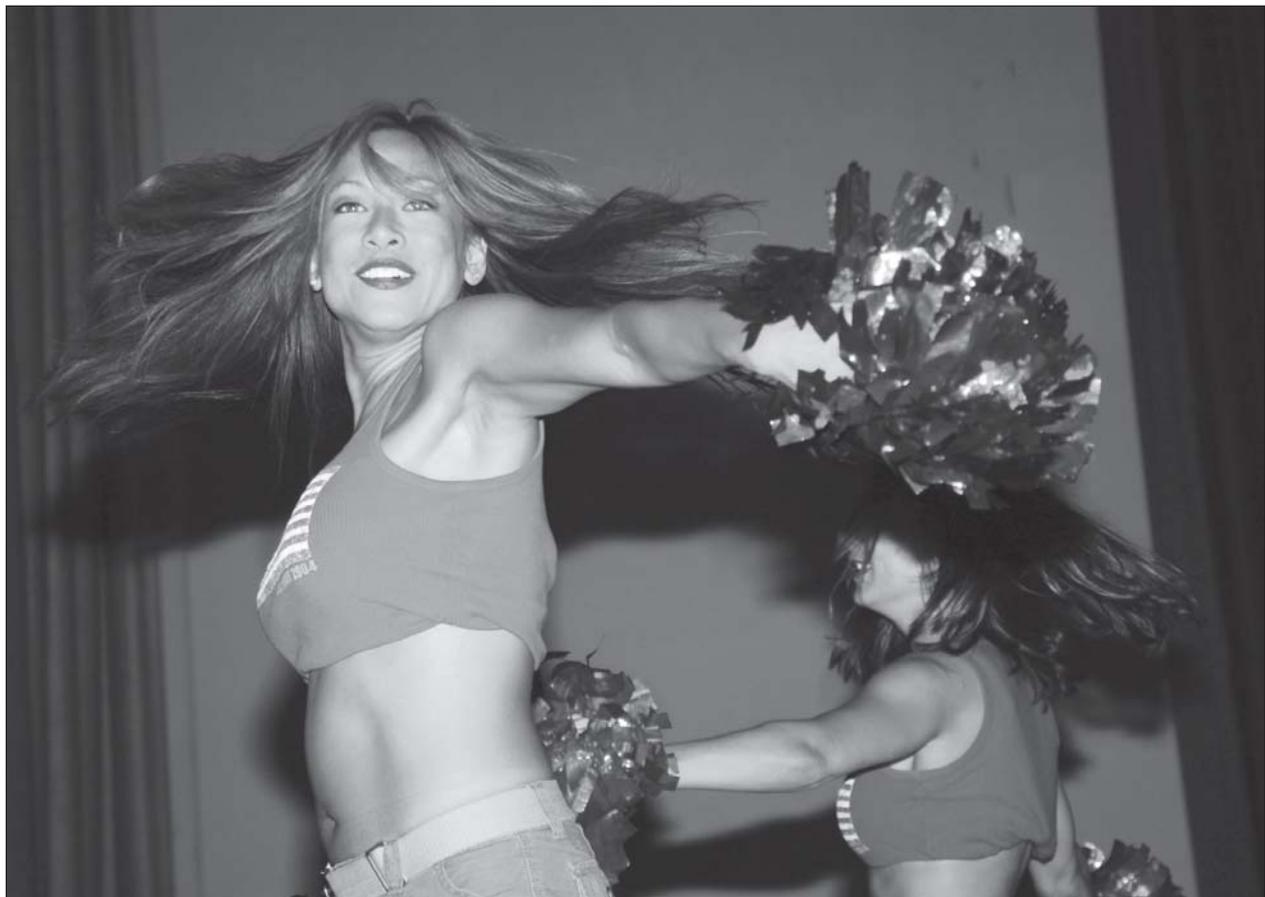


Photo by Staff Sgt. Jason Lake

Shannon, a two-year veteran of the Ravens cheerleading team, performs for hundreds of airmen, Soldiers and Marines deployed to LSA Anaconda during a morale visit sponsored by Armed Forces Entertainment.



Photo by Pfc. Abel Trevino

Ravens cheerleaders not only toss and tumble, but they are also well choreographed dancers. The cheerleaders performed a 90-minute set.

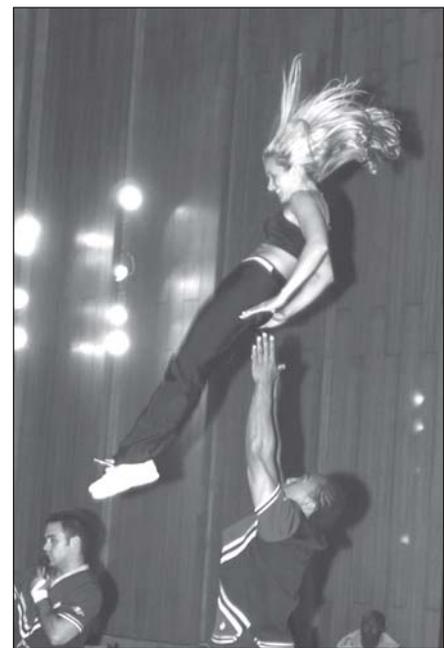


Photo by Pfc. Abel Trevino

Jenny falls into the hands of Will, another Baltimore Ravens cheerleader.

was needed despite the danger," said Spc. Michael Lawrence Whitesides from the 1st Battalion, 14th Cavalry.

After experiencing two attacks, the cheerleaders felt safe and reassured of that safety.

"At first [the feeling from the attacks] was different and we had to get used to it. The way everyone handled it made us calmer," said Michelle.

The show went well, despite several holdups before the performance, which included them being delayed and missing the first scheduled show the previous day and an attack that delayed Saturday's performance 30 minutes.

"The show was excellent," said Staci, a three-

year veteran for the team.

The crowd behaved well, and added to the success of the show.

"The Soldiers are behaving well and being respectful to the cheerleaders," said Staff Sgt. Margaret Diacheysn, one of the military police from the 362nd Military Police Detachment assigned to security for the event.

Soldiers were able to enjoy the performance, which went without a hitch once it started. So well did it go, that Staci, a three-year veteran for the team, said if she had a chance to come back to Iraq in the future, she would not hesitate.

"We want to come out here to motivate and support our troops," she said.

Airmen deliver 35,000 helmets to Afghanistan from Romanian Air Base

Airmen flew more than 35,000 Romanian military helmets to Afghanistan from Mihail Kogalniceanu Air Base, Romania June 24 in a U.S. Air Force C-17 Globemaster III. The helmets are for the Afghan army.

Donated by the Romanian government, the helmets were packed and loaded by a team of Romanian service members and a three-person U.S. Air Force contingency response team from Ramstein Air Base, Germany. Then, reservists from McChord Air Force Base, Wash., flew the donations to Afghanistan.

This was not the first donation to the Afghan army by the Romanians, nor was it the first time Romanian and American forces have united to support a mission.

"The American force is a great help for us," said Lt. Col. Cornel Guran, of the Romanian ministry of defense logistics directorate general staff.

"Our mission here is to see that everything goes OK with the transportation (of the helmets)," he said. "It's part of a great process that we're involved together with the American (military) and in the process of building up a new Afghanistan army."

The helmets were surplus after the Romanian military restructured its land forces, Guran said. Romanian officials decided the excess helmets would be used to fulfill an Afghan government request for equipment.

"The Romanian people want to do everything to honor our commitment to helping in the reconstruction of Afghanistan," he said. "If the Afghan army requests anything, we will do our best to get them



Photo by Capt. Chris Watt

Tech. Sgt. Loren Lawyer (right), 86th Air Mobility Squadron Mobile Aerial Port Flight assistant NCO in charge, Ramstein Air Base, Germany, works with Romanian air force aircraft loaders to pack 35,000 donated Romanian helmets for delivery to the new Afghanistan National Army June 24. Sergeant Lawyer was part of a three-man team deployed to Mihail Kogalniceanu Air Base, Romania, to help prepare the cargo for the delivery downrange aboard a C-17 Globemaster III.

what they need and honor our commitment."

Getting the Afghan army up to speed is going to take a lot of time and effort, said Lt. Col. Bryan Newman, an air transportation officer with the Joint Movement Center at Stuttgart, Germany.

"(A donation like) this is one of the first steps. You have to equip them," he said. As a veteran of these kinds of donation operations, Newman said he be-

lieves opportunities for coalition partners to work together will continue.

"I've seen a whole list of stuff that's been donated from many nations so they're going to be moving stuff to Afghanistan for quite awhile," he said.

Maj. Bob Rowe, an Air Force Reserve C-17 pilot from the 97th Airlift Squadron at McChord Air Force Base, and his aircrew have flown similar missions since their activation 18 months ago, but this was their first from Romania.

The mission also allowed a contingency response team from the 86th Air Mobility Squadron to train a new Romanian loading team. Romanian military officials started putting together aircraft cargo packing and loading teams similar to what the U.S. Air Force uses.

"They want us to train them," said Staff Sgt. Jamie Walker, 86th AMS mobile aerial port flight specialist. "(We're) probably going to be looking at (deploying) in the future (to) train them on how we do business."

Guran said that working with the U.S. military provides valuable training opportunities for his troops.

"The Romanian (service members) have a lot to learn from the American (Airmen) regarding the transportation and each step to provide this kind of donation or this kind of help," Guran said.

"We are trying to improve our quality of equipment and our quality of work and operation. With the support of the American (military) and the support from NATO, we think we'll get good results."

Air Force News Service

Veterans go for gold in 24th National Wheelchair Games

One Iraqi Freedom veteran, who lost the use of his legs when his Humvee was sideswiped in Iraq, took home a gold medal at the 24th National Veterans Wheelchair Games, in St Louis, Mo.

Sgt. Johnnie Williams won the gold metal in weightlifting and is also competing in air gun shooting, the discus, shot put and javelin, all field events.

"Live life to the fullest because you never know if you'll live to see tomorrow," he said.

These multi-sport games offer veterans of all ages a chance to be athletic while wheelchair-bound. Some of the competitive events include swimming, weightlifting, archery, air guns, track and field, basketball, softball and many others. While the athletes vary in age and skill level they compete against those who have similar athletic skills, competitive experience or same age.

More than 500 veterans become involved in the games each year, making it one of the largest wheelchair sport events in the world. The games are open to all military veterans who are wheelchair bound and use their chairs for sports competition.

Williams, who is participating in his first games, said he found out about the Games through another event he attended. Williams received funding from the Veterans hospital in Tampa so he could attend the games.

Those participating in the games range the spectrum of age and military service. Some participants are recently retired from active duty while others enlisted in the 1960s.

"I've been talking to the other vets who have been in a wheelchair and gaining experience from them," Williams said.

Williams had not been in Iraq long when he was injured in May of 2003. He is currently undergoing spinal cord therapy and rehabilitation at Department of Veterans Affairs Medical Center in Tampa, Fla., his hometown.

Army News Service

Mules assist Marine Corps in missions in Afghanistan

The medical training section of the Mountain Warfare Training Center, located in the Sierra Nevada mountain range, will train more Marines and Navy corpsmen to work with pack mules during future deployments to areas like Afghanistan, officials said June 14.

Use of pack animals to transport medical supplies and injured service members gained the attention of units preparing for deployments to areas with treacherous terrain. In rocky regions like the mountains of Afghanistan, motorized vehicles can't maneuver well and helicopters have decreased lift due to higher altitudes.

The medical training section at MWTC has also begun to utilize mules during their two-week Mountain Medicine courses. The mission of the Mountain Medicine course is to prepare military personnel to conduct medical operations in a mountainous environment and in operations that can include arduous casualty evacuations.

"The average litter team is comprised of six or more Marines, and this can be a difficult challenge in combat and thus has a negative impact on the effectiveness of a combat-ready Marine," said Lt. Cmdr. Keith Thompson, a Navy doctor who serves as officer in charge of the medical training section of MWTC. "Litter teams are normally augmented in arduous terrain. Mules end up playing a pivotal role in allowing the Marines to be on constant alert and ready to fight."

Methods are being developed which can expedite the movement of critically injured personnel in mountainous environments. Mountain Medicine instructors have developed special saddles for transporting patients who can sit up and stretchers for patients lying down. All the materials needed to fashion these saddles are

readily available in third world countries.

According to Master Sgt. Anthony Parkhurst, former MWTC pack master and current MWTC operations chief, mules make great candidates for these medical missions because they can carry up to 250 pounds all day for several days in a row, up to 20 miles a day. Mules are also combat-trainable, able to get in a "low crawl" position in response to gunfire and return to a rally point if ambushed. Mule trainers claim the animals even help troops ferret out ambushes, protecting the team from further injury.

"Just watch their ears," said Marine Sgt. Earl Roberts, MWTC pack master. "When they flare out, you need to have your guard up. There have been instances where the mules were able to sense an ambush before the troops do."

The animals, in return for their dedication to the mission, are well cared for by the students, as is insisted by the MWTC instructors.

"Mountain Medicine students are given hands-on introductory classes in how to select a healthy mule, care and feeding of pack animals, a demonstration of how to pack a mule for loads and casualties, how to lead mules and mule first aid," said Chief Hospital Corpsman Fred Madrid, leading chief petty officer of the medical training section of MWTC. "When faced with otherwise carrying back-breaking loads in difficult terrain, these students walk away with a deep sense of appreciation for the mules at MWTC."

Currently, MWTC is the only authorized pack station and school of its kind in the Department of Defense. The school is home to 13 mules, along with two horses and four wranglers.

Navy News Service

Marines train Iraqi Special Forces in protection and defense of country

For nearly two weeks Marines with 3rd Assault Amphibian Battalion's Company B trained Iraq's most experienced elite force - former Republican Guard.

The 11-day, one-time event helped the Marines gain valuable lessons from men who first fought during the Iraq-Iran War, during the 1980s.

"These guys are pretty old," said 1st Sgt. Octaviano Gallegos Jr., company first sergeant from Las Cruces, N.M. "They're anywhere from their late thirties to fifties. Most of them are old and look out of shape, but they're fierce."

The Iraqi group has been working directly for Coalition Forces since the fall of Saddam's regime, joining different units throughout Iraq, patrolling towns in search of Anti-Iraqi Forces.

"These guys are very loyal to their country," Gallegos said. "They were never loyal to Saddam's regime. So once his regime fell, they were some of the first men to join the Coalition Forces in helping provide security for the country."

Training with Iraq's Special Forces offered Marines a chance to experience not only a different military structure, but culture as well.

"We're learning from them as much as they are from us," said Lance Cpl. Michael K. Sutton, from Houston, a



Photo by Sgt. Jose L. Garcia

An Iraqi Special Forces soldier takes his partner to the ground during a defensive tactics session. The Iraqi forces learned defensive tactics and martial arts during a two-hour physical training session. The forces trained with Marines from 3rd Assault Amphibian Battalion for 12 days to prepare for the transfer of sovereignty.

mechanic. "Everybody seems happy to be here. They're interested in coming out here and learning and they are doing it for the big game. There is no question on my mind they will do a good job. They want to help their country."

One of Regimental Combat Team 7's primary missions is getting local forces trained and equipped to handle security for its own people, now that sovereignty is completely turned over.

Former Iraqi forces will be relied on to help further the process along.

"These guys know what they're doing," Gallegos explained. "There are some really bad dudes out there. They may not look impressive but they move like lightning when in a fight."

The training sessions include physical training twice a day as well as classes on tactics and martial arts.

"They use tai kwon do," Gallegos said. "A lot of our moves are derived

from this martial art. They concentrate more on throwing though."

The Iraqis were put in different groups according to their abilities and demonstrated different techniques for the Marines.

The Marines enjoyed their time training with the Iraqis due to their hard work ethic and ability to quickly lean into the training.

"They came over here to see the other side of the fence," Lance Cpl. Rodney V. Trinidad, from Mangilao, Guam, a communications technician. "They basically try to learn what we do. Their knowledge is good and a lot of these guys are really smart. We're learning a lot of Arabic from them."

According to several Marines they have a tendency to use a copycat technique. Marines demonstrate the tactics and techniques and Iraqi forces perform them as they were taught.

They were also just as grateful to participate in the cross-training exercise.

"We are very grateful to the American Forces for ousting Saddam Hussein," said Iraqi 1st Sgt. Nohad Kadhm Jadoaa, a paratrooper and 18-year veteran of the Iraqi military. "Giving the power back to the Iraqi people is nice but we still need their help."

Marine Corps News Service

Marines raise American flag over embassy

U.S. Marines raised the American flag at the new U.S. Embassy in Baghdad June 30, marking the first time an American flag has flown there in 13 years.

During a brief ceremony marking the occasion, the new U.S. Ambassador to Iraq, John D. Negroponte, said, "It has been 13 years since the American flag was last lowered at the United States Embassy in Baghdad on a day as dark as today is bright. This afternoon we have the honor to once again see Old Glory back where she belongs. Wherever one is able to reopen an embassy, of course, it is a high privilege, but nowhere more so than here in Iraq."

Negroponte said the past 13 years have been long and difficult, "and now there is a new Iraq to explore -- the likes of which has no precedent in the history of this ancient land."

The ambassador said the occasion marked a new beginning in relations between the two countries.

"Our presence, our outreach and our insight into Iraq's political life, its economy and its society, will be crucial to shaping a new era in bilateral relations," said Negroponte, the former U.S. ambassador to the United Nations. "We reopen the United States Embassy in Baghdad convinced that the spirit of freedom summons Americans and Iraqis to great acts of friendship and

cooperation. This is the fundamental meaning of the act that we now perform."

Negroponte introduced Ambassador James Jeffrey as the deputy chief of mission. A decorated Vietnam War veteran, Jeffrey, the former U.S. ambassador to Albania, was the No. 2 diplomat at the U.S. Embassy in Kuwait. From 1969 to 1976, he served as an Army infantry officer, with assignments in Germany and Vietnam.

The new embassy in central Baghdad will reportedly be staffed by more than 900 Americans assisted by 600 to 700 Iraqis in the biggest American embassy in the world. The huge embassy is currently housed in a former palace of deposed Iraqi dictator Saddam Hussein. It will serve as the American Embassy until a site is chosen in Iraq's capital city as a replacement for the embassy seized by Iraq in 1970. Officials speculate that it will take at least two years to build a new embassy.

The temporary embassy is located in what's called the "Green Zone," a heavily guarded area in Baghdad that encompasses the main palaces of Saddam Hussein. It's surrounded by a wall of reinforced, blast-proof concrete and is guarded by tanks and helicopters.

American Forces Press Service

Seabees assist Iraqi National Guard

Seabees of Naval Mobile Construction Battalion 14 are helping local people of the Al Anbar province rebuild their community.

The Iraqi National Guard has been the focus of effort for the Seabees of NMCB 14. The Seabees have been helping set up an ING training camp so ING recruits can complete their training and assume the protective roles in the community.

The Seabees have improved camp roads, the camp entry control point, built a sentry watch facility and set up tents to be used as temporary facilities until construction can be completed on permanent structures. This work is often done with the help of the trainees.

"It's worthwhile; I've enjoyed it and learned something from it," said Storekeeper 2nd Class Greg Spiegler, from Deltona, Fla.

"I felt excited about being there, because I was doing something for the Iraqi students," added Engineering Assistant 2nd Class David

Ramos of Brooklyn, N.Y.

Future plans for the camp include construction of a health clinic and refurbishment of several buildings affected by the war and the looting that came in its aftermath. All work is to be done by the members of the

Iraqi Construction Apprentice Program, under the guidance and tutelage of Seabee instructors.

A short distance away from the main camp, Seabee

equipment operators have been working on a massive project using large earth-moving machines. The Seabees moved tons of dirt, cut into a hillside of tough rock, and built up an earthen berm in order to build the construction of a firing range for the ING to practice on.

NMCB 14 is a Reserve Seabee Battalion headquartered in Jacksonville, Fla., and is composed of nine Seabee detachments from Florida, Georgia and Puerto Rico. NMCB 14 was mobilized in March to support Operation Iraqi Freedom.

Navy News Service



Soldiers treated to down-home cooking

By Pfc. Abel Trevino
Staff writer

The smell of fresh sausage, garlic and onions and the sounds of zydeco filled the festival-like atmosphere of the hangar as Task Force Voodoo celebrated the Fourth of July with Taste of Louisiana.

The festivities centered around one of Louisiana's attractions: food. "We [have] about a thousand to 1,600 pounds of food," said 1st Lt. Scott Miroddi of the 1-244th Aviation Battalion.

The food included smoked sausage, alligator sausage, jambalaya, red beans, rice and various vegetables and spices, which were donated by several Cajun food companies.

The festival also included an eight-piece band from Hawaii's 193rd Aviation Regiment

"These guys are awesome. They play island music, rock and roll, R&B," Miroddi said.

There was one main goal behind this: Celebration.

"This is all for the morale of the troops," said Staff Sgt. Gene Bordelon, grill sergeant for the festival. "The best feeling I can have is taking care of the troops for all the hard effort that they've done, giving forth here, serving in Iraq."

The units began preparing the food three days in advance by seasoning the meat and soaking the beans.

"All the food for the Fourth [of July] is being prepared in here," said Staff Sgt. Charles Livingston Jr., quality control chef.

The food was prepared and cooked in a Containerized Kitchen, a mobile

kitchen on wheels with air conditioning that replaced the mobile kitchen trailer.

Despite the daunting task to prepare food for 300 to 500 people, the atmosphere in the kitchen remained calm and steadfast.

"There's no pressure. Our unit itself cooks for about 100 people and when you get a few people together from each battalion, it's enjoyable," said Sgt. 1st Class Danny Rainer from the 185th Aviation Group.

The Soldiers appreciated of effort involved in organizing the cook-off.

"I think this is great, it's a wonderful morale booster," said Spc. Aimee Lopinto of the 1-244th Aviation Battalion.

The Soldiers kept in mind that without their family and friends in the states, the festivities would not have happened.

"I think it's wonderful that these units took the time to boost the Soldiers' Morale," said Sgt. William Henry Altman from the 185th Aviation Brigade. "I'd like to thank all the people back home for all they've done for us."

Those in the rear made it possible for the Soldiers to relax and feel comfortable in Iraq.

"If you close your eyes, taste the food and listen to the music, it's just like home," Miroddi said.

When the scent of down-home cooking from the kitchens of the bayou filled the airfield as a Taste of Louisiana celebrated the birth of America, there were countless people involved to ensure it went without a hitch.

From the Soldiers who donated their time preparing the feast, to the Family Readiness Groups and Cajun food companies that donated the supplies, the effort paid off and reminded everyone that on this holiday, 7,000 miles away from their homes, home is not forgotten.



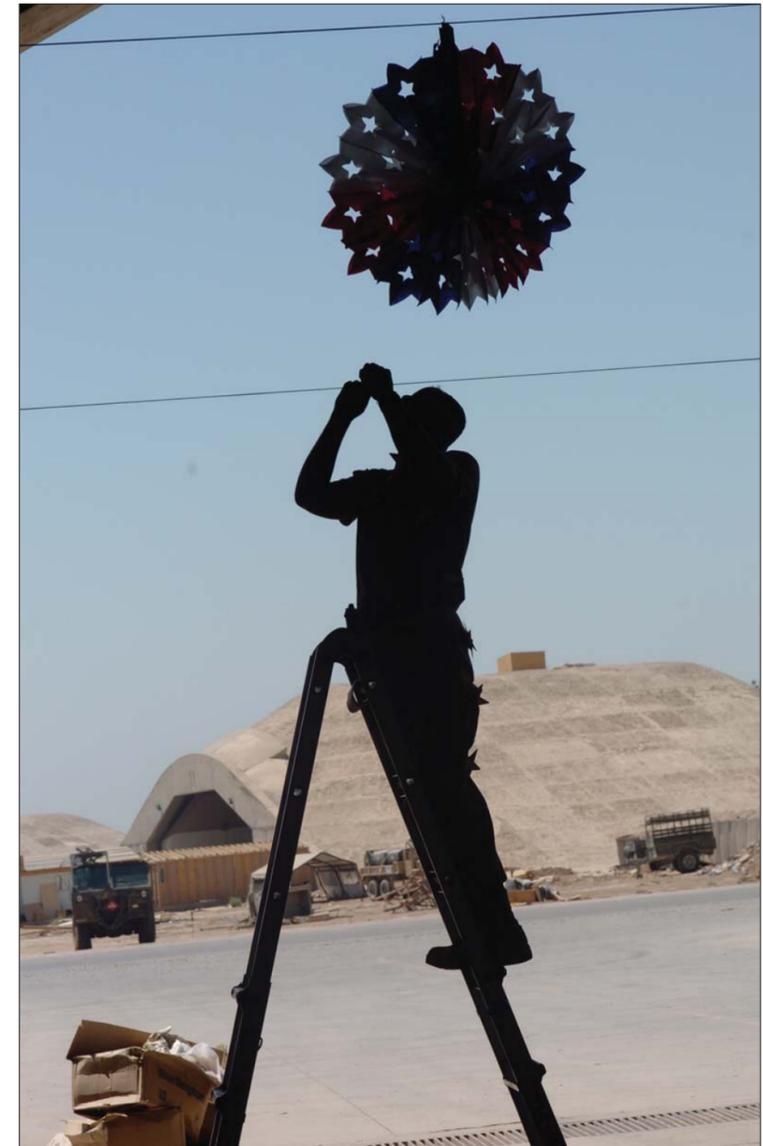
Red beans and rice is a Louisiana treat, served en masse to the guests who attended a Taste of Louisiana. A Southern story tells of red beans and rice Monday, where beans were set to boil early Monday morning to be prepared for dinner after a day of washing clothes. Preparation for the beans began on July 1, which included soaking, seasoning and cooking for the event which occurred July 4.



Cpt. Shane Devlin grills alligator sausage for a taste of Louisiana here July 4. There were four types of sausage served at the event, all were flown in from Louisiana.



The 1-244th Aviation Battalion brought to LSA Anaconda a Taste of Louisiana. The festival was a combination of down-home cooking, music and festivities designed to make Soldiers feel like they were at home on the Fourth of July.



One of the decorators for a Taste of Louisiana hangs a giant red, white and blue star in the hangar that held the Fourth of July celebration, which offered a taste of home for Soldiers of several aviation units.



For a Taste of Louisiana, over 1,600 lbs of food were being prepared, including smoked sausage, alligator sausage, jambalaya and red beans and rice. Chefs from the contributing units spent three days in the containerized kitchen preparing the feast to feed between 300 and 500 people.

Photos by Pfc. Abel Trevino

Movie Schedule

Sustainer Reel Time Theater

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

July 11

3 p.m. Mean Girls
6 p.m. The Notebook
9 p.m. Dodgeball

July 12

3 p.m. New York Minute
6 p.m. Mean Girls
9 p.m. Van Helsing

July 13

3 p.m. The Notebook
7 p.m. Live Music: In Soul
9 p.m. New York Minute

July 14

3 p.m. Van Helsing
6 p.m. The Notebook
9 p.m. Mean Girls

July 15

3 p.m. New York Minute
6 p.m. Van Helsing
9 p.m. The Notebook

July 16

3 p.m. Spider-man 2
7 p.m. Live Music: Squeeze Toy Band
9 p.m. Spider-man 2

July 17

3 p.m. Breakin' All The Rules
6 p.m. Troy
9 p.m. Godsend



Dodgeball



Mean Girls

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 9:30 a.m. Anaconda Chapel Tent
Sunday 7 p.m. Tuskegee Chapel

Lutheran

Sunday 8:30 a.m. Cherokee Chapel (bldg. 4002)
Sunday 2 p.m. 185th Task Force Tent

Protestant-Contemporary

Sunday 7 a.m. Sustainer Indoor Theater
Sunday 9 a.m. Tuskegee Chapel
Sunday 5:30 p.m. Tuskegee Chapel

Protestant-Liturgical

Saturday 7 p.m. Tuskegee Chapel

Protestant-Praise and Worship

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

Protestant-Traditional

Sunday 9 a.m. Eden Chapel (bldg. 4148)
Sunday 9:30 a.m. 31st Combat Support Hospital
Sunday 10:30 a.m. Sapper Chapel (bldg. 4091)
Sunday 11 a.m. Eden Chapel (bldg. 4148)
Sunday 11 a.m. 185th Aviation Group Chapel

Roman Catholic Mass

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

Jewish Prayer

Saturday 6:30 p.m. Eden Chapel (bldg. 4148)

Movie Synopsis for July 11 - 17

Mean Girls

PG-13, Comedy, 97 min
Lindsay Lohan, Tina Fey, Tim Meadows

Cady Heron is a cultural blank slate when she first sets foot on the grounds of North Shore High School in a small town outside of Chicago, Ill. After living in Africa, Cady, now a junior, has no idea how "wild" things can be in civilization until she crosses paths with one of the meanest species of all, the "Queen Bee," who at this particular high school is the cool and calculating Regina George. Regina is set to sting back by pretending to still like Aaron so he won't go out with Cady, all the while pretending to be her friend. With no choice but to use the same M.O. to stay in the game, the "Girl World" one-upmanship escalates until the entire school gets dragged into a first-class mean-fest.

The Notebook

PG-13, Drama, 124 min
Joan Allen, Kevin Connolly

This adaptation of author Nicholas Sparks' bestselling novel revolves around Noah Calhoun's regular visits to a female patron of an area nursing home. Rather than bore her with the inanities of everyday life, Calhoun reads from an old, faded notebook containing the sweeping account of a young couple whose love affair was tragically put to a halt after their separation in the midst of World War II. Fourteen years later, the couple was reunited, and, despite having taken radically different paths, they found themselves unable to resist the call of a second chance.

Van Helsing

PG-13, Action, 112 min
Hugh Jackson, Kate Beckinsale

Writer/director Stephen Sommers, the man behind the Mummy series, tackles three more classic monsters with this big-budget action-horror flick starring Hugh Jackman. Jackman stars in the title role as Dr. Abraham Van Helsing, the legendary vampire slayer immortalized in Bram Stoker's Dracula. This time around though, Van Helsing has more than the blood-sucking Count Dracula to contend with, as he also goes head-to-head with the Wolfman and Frankenstein's Monster. Kate Beckinsale also stars.

Dodgeball: A True Underdog Story

PG-13, Comedy, 97 min
Ben Stiller, Vince Vaughn

Directed by Rawson Marshall Thurber, Dodgeball: A True Underdog Story revolves around amiable underachiever Peter LaFleur whose rundown gym, Average Joe's, is populated by a less-than-average clientele; a self-styled pirate, an ultra-obscure sports aficionado, and a pining high school nerd are only some of LaFleur's socially impaired clients. Despite Average Joe's posing little threat to Globo Gym, a fitness Goliath owned by White Goodman. Determined to expand his empire, Goodman hires attorney Kate Veach to initiate a hostile takeover of the gym. Peter's ragtag group of regulars, however, are less than thrilled with the prospects, and mobilize a show-down, winner-takes-all Dodgeball tournament against Globo Gym.

Therapist treats 'em then streets 'em

By Spc. Kathryn Spurrell
81st BCT

He was the CEO of a new business and he said to his business partners when they started out, that he would deploy if he ever got the chance.

Physical Therapist Capt. Kenneth Utzinger, Company C, 181st Support Battalion, 81st Brigade Combat Team, works at the LSA Anaconda Troop Medical Clinic.

"I knew how much it would cost me, but I volunteered anyway," Utzinger said, shrugging his shoulders. "Some things are more important than money."

Utzinger was living in Texas when the 81st BCT was mobilized. He immediately knew he wanted to be in a position where he could make a difference, so he volunteered to join the brigade in Iraq.

In his civilian job, Utzinger works mainly with an older population, retirees suffering from back and joint pain. His experience here is "radically different," he said, since he works with a relatively healthy and athletic group of patients.

According to Utzinger, many of his civilian patients' injuries are worsened by weight problems. Soldiers here are overweight, too, he said, thanks to Kevlar helmets and body armor. "In the States I would tell my patients to drop 30 pounds. I can't do that here," he said.

In addition to challenges caused by the equipment, Utzinger is also under pressure to achieve rapid results. He said that in his civilian practice, he requires more rest and recuperation time for his patients. At LSA Anaconda, though, Utzinger

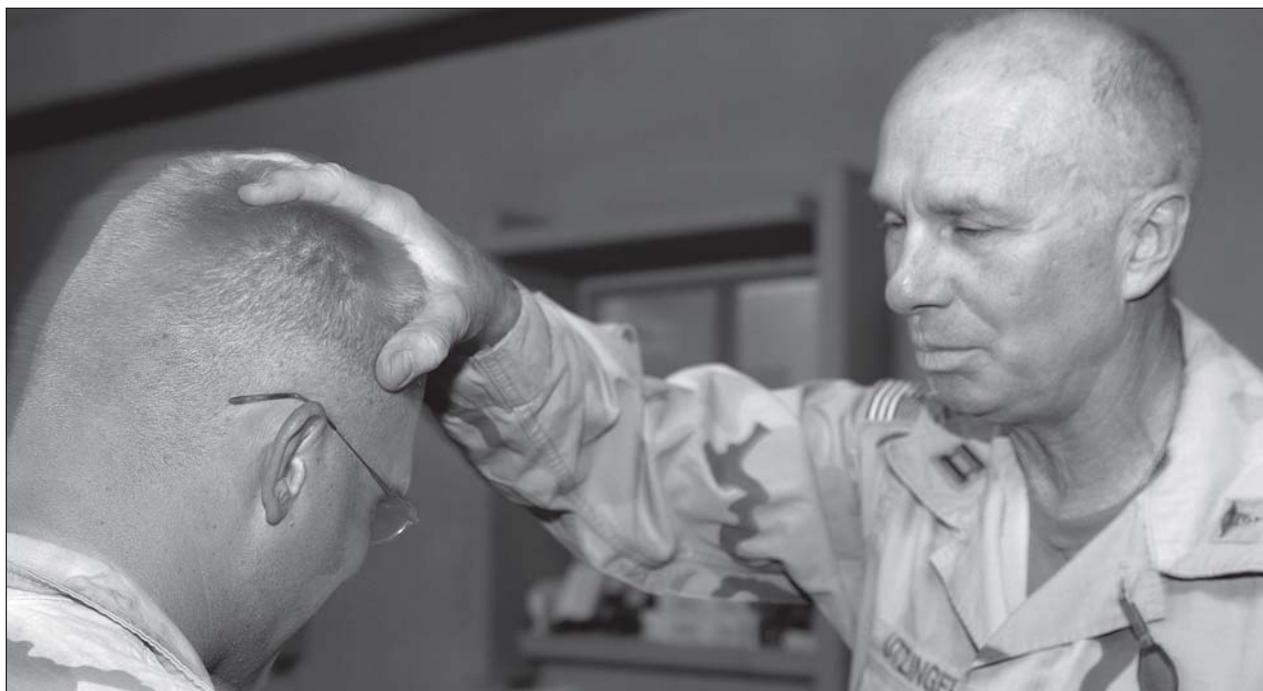


Photo by Spc. Kathryn Spurrell

Capt. Kenneth Utzinger, a physical therapist on LSA Anaconda, treats many ailments on deployment.

must ensure Soldiers return to normal duty as soon as possible.

"I have to treat 'em and street 'em," he said. "While they're down, someone else is working double time."

Six mornings a week, Utzinger works at the TMC. Unlike most of the medical staff there, Utzinger does not have a set schedule.

The best part of his time here is being able to relieve people's pain.

"I stay here until all my patients are [treated],"

he said. "This is the fastest pace I've ever worked in my life, but I cannot imagine a more rewarding job."

Deployments come at a large price to many Soldiers; not just family separations and missing the important growth phases in everyday family life, but the citizen Soldier often loses income from their non-military job. Luckily, Utzinger takes it with a sense of humor.

"The last time I was serious I joined the Army, so I'll never be serious again," he said jokingly.

Tuskegee chapel packages hope for Iraqi families

Tech. Sgt Darin Overstreet
332nd AEW

The current stage of Operation Iraqi Freedom is multi-faceted; bringing security and stability to the country is the primary mission, but there's a strong humanitarian push to help the Iraqis rebuild their country that includes providing support for individuals and their families.

"There are many in need and basic essentials are often hard for them to come by," said Airman 1st Class Noah Wells, a chaplain assistant at the 332nd Air Expeditionary Wing.

The Tuskegee Chapel has initiated a humanitarian drive in an effort to get needed supplies out to the Iraqi people. The drive has only been in effect for about a month, but they have already collected from nearly 100 contributors and received approximately 1000 lbs. of goods.

"Some of what we get is donated from Soldiers and Airmen who have items they didn't use during their stay, but most of the items were bought specifically for the drive," Wells noted. "An impressive amount has been sent over from the United



Tech. Sgt. Darin Overstreet

Airman 1st Class Noah Wells, 332nd Air Expeditionary Wing chaplain's assistant, stands in the warehouse where donated items are stored.

States by family members of those who are serving here."

Volunteers are requested through flyers, e-mails, and through briefings from commanders and first sergeants. Wells said more volunteers help every day.

"A lot of them love it so much that

they sign up to volunteer again," he said.

The drive has garnered around 35 volunteers who have averaged an hour each, so far.

When the drive has collected and packaged enough to begin distributing to the surrounding areas, chapel

members and volunteers, using Army convoys, will deliver the supplies to schools, churches, and town social areas.

The Tuskegee Chapel wants to provide goods to as many Iraqis as possible. They currently have enough for an estimated 300 to 400 children and families. Wells said, "We want this to be as big as it can get."

The items they're looking for are: clothing, shoes, toiletries, bug spray, sunscreen, school supplies, as well as toys and coloring books for children.

"We can really use some canvas handbags, for the children to carry their school supplies and to help us package the items for delivery," Wells added.

Most of the items requested are for children, but adult sizes will be accepted, as well.

The chapel staff has stopped accepting food or beverage items, mostly because they don't have the means of storing it or ensuring freshness.

People interested in sending donations, can call Wells at DSN 318-458-1633.

Post beauty salon pampers patrons

By Pfc. Leah R. Burton
Staff writer

Since the U.S. took control of LSA Anaconda, females did not have a dedicated facility to get their hair cut, but June 5 the Army and Air Force Exchange Service opened a beauty salon, offering haircuts, hair coloring, manicures and pedicures at reasonable prices.

"Soldiers said it would be nice to have a beauty shop. I think we have at least 45 percent females on this base, and they get tired of always wearing their hair in ponytails, buns and braids," said Regina Koenig, AAFES services business manager.

Almost everyone could benefit from a little pampering, especially in the harsh desert environment.

"Everybody needs a haircut, and everyone can get handsome or beautiful," said Mehmet Keskinaya, beauty salon manager.

"The men come in for manicures and pedicures, and they really love it," said Koenig.

The personalized service helps people to relax.

"It takes some of the anxiety away. Customers want to feel good about themselves. It makes them feel good that maybe they weren't able to shower for a week, but they can come

in and feel human again," Koenig said.

The cosmetologists work hard to make patrons look good and feel good about themselves.

"I believe it gives you a little peace of mind. The location that it's in helps you escape where you are. It's set away from regular [post exchange] traffic," Koenig said. "It gives the service members the opportunity to relax and be pampered, to make themselves a little more at home."

There are plans to plant flowers and grass in the front of the beauty salon to make it appear like an oasis set in the middle of the desert and to attract customers.

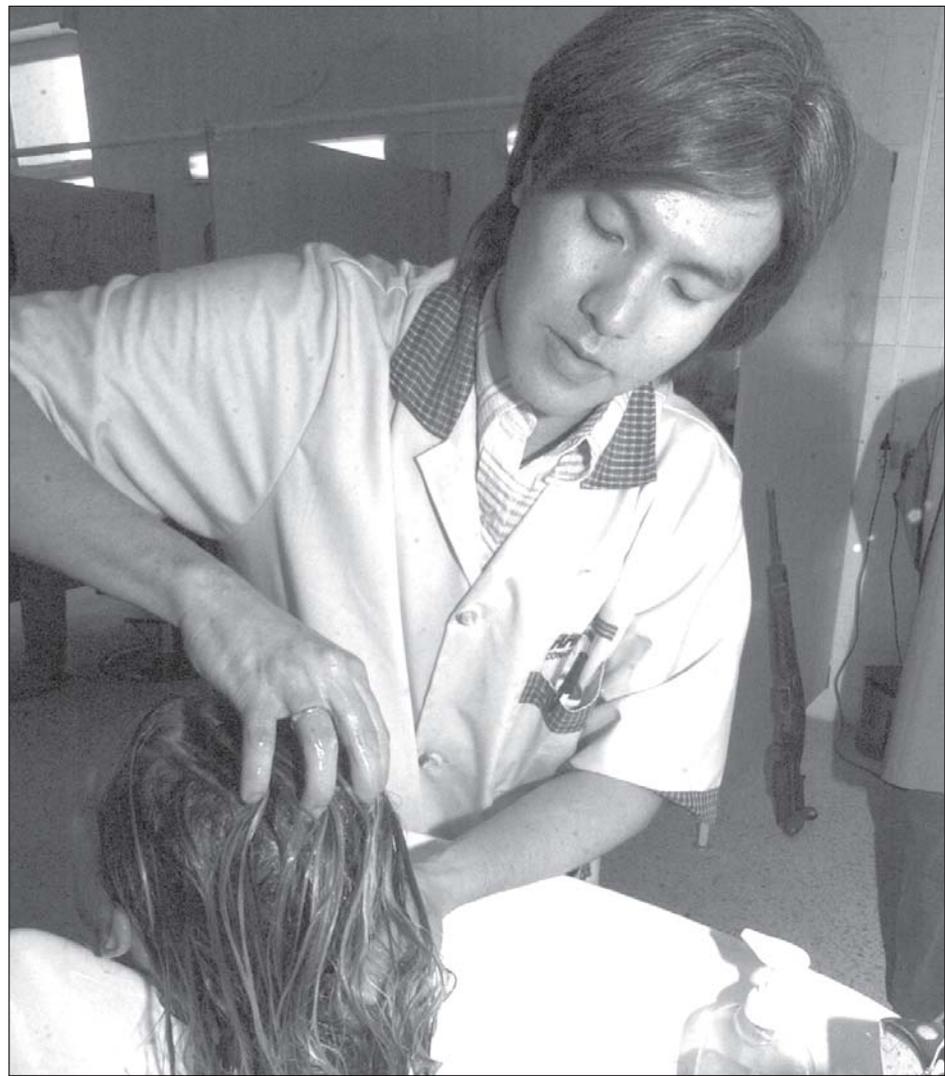
The staff consists of two manicurists and pedicurists and three hairdressers, who work by appointments and walk-ins.

The busy hours are between 4 and 5 p.m. The ideal time for walk-in assistance is around 9 a.m.

The cost for a simple style is \$4, \$6 for a combined shampoo, haircut, blow dry and style and \$7 for hair coloring. Separately manicures and pedicures cost \$6 each. Manicures and pedicures combined cost \$10.

The staff worked diligently to put the salon in order after some difficulties last month.

It is open again and functioning.



Photos by Pfc. Leah R. Burton

Milan Reyes, a cosmetologist at the AAFES beauty salon here, shampoos the hair of Sgt. Lisa Brassfield of 172nd Corps Support Group.



Alecks Arocan, a cosmetologist at the AAFES beauty salon here trims the hair of 1st Lt. Lauren Milks of 13th Corps Support Command.



Erlinda Nunez, a cosmetologist at the AAFES beauty salon here gives a customer a pedicure June 15.

Red Cross welcomes new crew

By Pfc. Leah R. Burton
Staff writer

A new crew from the American Red Cross took over the organization's responsibilities to provide emergency communications to service members and Department of Defense civilians on LSA Anaconda June 19.

Alphonsa Oliver, team leader, and his two station managers, Deanna Young and Ken Romero replaced Lynn Hammonds, team leader and her two station managers, Jenny Wren and Wade Walrond.

The ARC staff provides this service, which is mandated by Congress, by acting as the conduit through which families can contact their service members in the event of a family emergency.

If there is a death or illness in a service member's immediate family, the family can contact the nearest American Red Cross to them, supplying the service member's name, rank, social security number, current address overseas and a description of the situation.

After receiving the information from the family, the American Red Cross contacts the funeral home or the hospital and acquires a medical report detailing the diagnosis, prognosis and whether that service member's presence is necessary.

From there, the information is relayed to the American Red Cross here, which then notifies the service member's chain of command.

"The command decides whether to send that Soldier home, not the American Red Cross," said Oliver.

Not only does the American Red Cross deliver messages of tragedy and illness, they

also deliver messages of joy.

"When we relay the message of the birth of a child, it's probably the most uplifting message a Soldier can receive," Oliver said.

In the past, the ARC here had handled over 12,000 cases.

"They've helped to maintain the morale of the troops here," Oliver said.

The new crew is ready to maintain the same

level of service established by the previous crews.

"Our goal is to continue to provide quality service to the troops and do our best to uplift the spirits of the troops," Oliver said.

The American Red Cross is in building 4141 on New Jersey Ave. across the street from the post exchange. The building is set back from the road, behind the bunker.

Call DNV 538-5000 for more information.



Photo by Pfc. Leah R. Burton

Ken Romero, Deanna Young and Alphonsa Oliver take over the American Red Cross' responsibilities providing service members with messages of joy as well as tragedy from back home.

Question of the Week

What do you do to relax?



Col. Sal Wirjosemito
332nd Contingency Aero Medical Staging Facility Squadron

"I go to the movies, I do laundry, which is relaxing because you do something productive and don't have to think about it. I also read books."



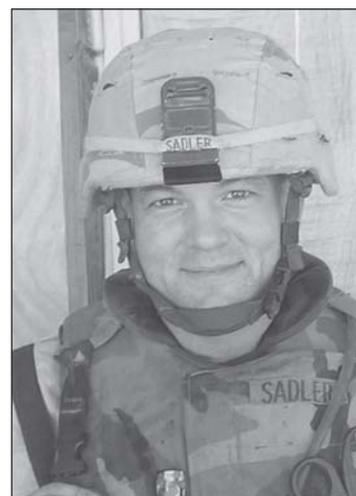
Staff Sgt. Thomas Perry
1st Military Intelligence Battalion

"I log onto the internet, call home from time to time, and keep myself occupied with college classes."



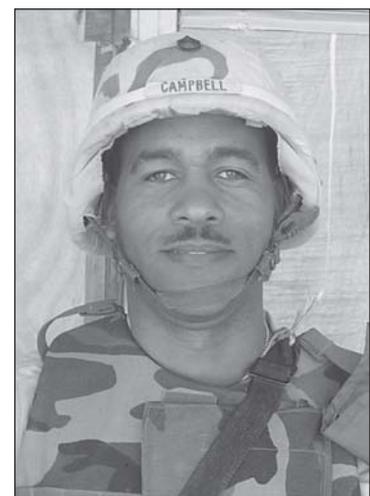
Staff Sgt. Clint Moosman
4th Corps Materiel Management Center

"I go to the gym, go to the movies. I utilize all the MWR facilities around LSA Anaconda to the max."



Spc. Justin Sadler
3rd Battalion, 153rd Infantry

"I play my guitar and write songs."



Staff Sgt. John Campbell
4th Corps Materiel Management Center

"I sit down, talk with my battle buddy, and play dominoes."

2005 Proposed Basic Enlisted Pay Rates

| Pay Grade | Years of Service | | | | |
|-----------|------------------|---------|---------|---------|---------|
| | Less than 2 | Over 2 | Over 3 | Over 4 | Over 6 |
| E-9 | | | | | |
| E-8 | | | | | |
| E-7 | 2220.08 | 2423.14 | 2515.67 | 2638.94 | 2734.57 |
| E-6 | 1920.44 | 2112.64 | 2205.79 | 2296.46 | 2390.85 |
| E-5 | 1759.60 | 1876.97 | 1967.64 | 2060.79 | 2205.17 |
| E-4 | 1612.74 | 1695.64 | 1787.24 | 1877.59 | 1957.70 |
| E-3 | 1456.25 | 1547.84 | 1640.99 | 1640.99 | 1640.99 |
| E-2 | 1384.52 | 1384.52 | 1384.52 | 1384.52 | 1384.52 |
| E-1 | 1235.17 | 1235.17 | 1235.17 | 1235.17 | 1235.17 |

E-1 with less than 4 months of service
1,142.64

| Pay Grade | Years of Service | | | | |
|-----------|------------------|---------|---------|---------|---------|
| | Over 8 | Over 10 | Over 12 | Over 14 | Over 16 |
| E-9 | | 3901.12 | 3989.61 | 4101.08 | 4232.43 |
| E-8 | 3193.49 | 3334.77 | 3422.02 | 3526.97 | 3640.61 |
| E-7 | 2899.45 | 2992.29 | 3084.51 | 3249.69 | 3332.29 |
| E-6 | 2604.16 | 2687.07 | 2779.29 | 2860.02 | 2888.58 |
| E-5 | 2329.68 | 2421.59 | 2450.78 | 2450.78 | 2450.78 |
| E-4 | 1957.70 | 1975.70 | 1957.70 | 1957.70 | 1957.70 |
| E-3 | 1640.99 | 1640.99 | 1640.99 | 1640.99 | 1640.99 |
| E-2 | 1384.52 | 1384.52 | 1384.52 | 1384.52 | 1384.52 |
| E-1 | 1235.17 | 1235.17 | 1235.17 | 1235.17 | 1235.17 |

| Pay Grade | Years of Service | | | | |
|-----------|------------------|---------|---------|---------|---------|
| | Over 18 | Over 20 | Over 22 | Over 24 | Over 26 |
| E-9 | 4364.08 | 4575.84 | 4755.00 | 4943.78 | 5231.61 |
| E-8 | 3845.54 | 3949.25 | 4125.92 | 4224.04 | 4465.30 |
| E-7 | 3410.84 | 3458.66 | 3620.43 | 3725.07 | 3989.93 |
| E-6 | 2908.14 | 2908.14 | 2908.14 | 2908.14 | 2908.14 |
| E-5 | 2450.78 | 2450.78 | 2450.78 | 2450.78 | 2450.78 |
| E-4 | 1957.70 | 1957.70 | 1957.70 | 1957.70 | 1957.70 |
| E-3 | 1640.99 | 1640.99 | 1640.99 | 1640.99 | 1640.99 |
| E-2 | 1384.52 | 1384.52 | 1384.52 | 1384.52 | 1384.52 |
| E-1 | 1235.17 | 1235.17 | 1235.17 | 1235.17 | 1235.17 |

(Editor's note: the proposed budget must be approved by Congress before going into effect.)

2005 Proposed Basic Officer Pay Rates

| Pay Grade | Years of Service | | | | |
|-----------|------------------|---------|---------|---------|---------|
| | Under 2 | Over 2 | Over 3 | Over 4 | Over 6 |
| O-10 | | | | | |
| O-9 | | | | | |
| O-8 | 8022.39 | 8285.07 | 8459.26 | 8508.32 | 8725.36 |
| O-7 | 6666.12 | 6975.69 | 7119.14 | 7233.10 | 7438.96 |
| O-6 | 4940.68 | 5427.85 | 5783.99 | 5783.99 | 5806.04 |
| O-5 | 4118.78 | 4639.80 | 4961.17 | 5021.41 | 5221.37 |
| O-4 | 3553.67 | 4113.81 | 4388.30 | 4449.47 | 4704.39 |
| O-3 | 3124.56 | 3542.18 | 3823.19 | 4168.15 | 4367.80 |
| O-2 | 2699.49 | 3074.57 | 3541.25 | 3660.80 | 3736.25 |
| O-1 | 2343.65 | 2438.98 | 2948.20 | 2948.20 | 2948.20 |

Commissioned Officer With Over 4 Years of Active Service as an Enlisted Member or Warrant Officer

| Pay Grade | Years of Service | | | | |
|-----------|------------------|--------|--------|---------|---------|
| | Under 2 | Over 2 | Over 3 | Over 4 | Over 6 |
| O-3E | | | | 4168.15 | 4367.80 |
| O-2E | | | | 3660.80 | 3736.25 |
| O-1E | | | | 2948.20 | 3148.78 |

Warrant Officers

| Pay Grade | Years of Service | | | | |
|-----------|------------------|---------|---------|---------|---------|
| | Under 2 | Over 2 | Over 3 | Over 4 | Over 6 |
| W-5 | | | | | |
| W-4 | 3228.58 | 3473.25 | 3573.23 | 3671.35 | 3840.26 |
| W-3 | 2948.51 | 3071.78 | 3197.53 | 3238.83 | 3371.10 |
| W-2 | 2593.61 | 2741.72 | 2871.19 | 2965.59 | 3046.32 |
| W-1 | 2290.25 | 2477.79 | 2603.23 | 2684.27 | 2900.38 |

| Pay Grade | Years of Service | | | | |
|-----------|------------------|---------|---------|---------|---------|
| | Over 8 | Over 10 | Over 12 | Over 14 | Over 16 |
| O-10 | | | | | |
| O-9 | | | | | |
| O-8 | 9089.27 | 9173.72 | 9519.00 | 9618.05 | 9915.20 |
| O-7 | 7642.65 | 7878.32 | 8113.37 | 8349.03 | 9089.27 |
| O-6 | 6054.75 | 6087.97 | 6087.97 | 6433.87 | 7045.56 |
| O-5 | 5341.84 | 5605.46 | 5798.90 | 6048.54 | 6431.08 |
| O-4 | 4977.63 | 5317.62 | 5582.79 | 5766.61 | 5872.18 |
| O-3 | 4586.71 | 4728.60 | 4962.10 | 5083.20 | 5083.20 |
| O-2 | 3736.25 | 3736.25 | 3736.25 | 3736.25 | 3736.25 |
| O-1 | 2948.20 | 2948.20 | 2948.20 | 2948.20 | 2948.20 |

Commissioned Officer With Over 4 Years of Active Service as an Enlisted Member or Warrant Officer

| Pay Grade | Years of Service | | | | |
|-----------|------------------|---------|---------|---------|---------|
| | Over 8 | Over 10 | Over 12 | Over 14 | Over 16 |
| O-3E | | | | 5158.65 | 5271.05 |
| O-2E | | | | 4326.51 | 4326.51 |
| O-1E | | | | 3660.80 | 3660.80 |

Warrant Officers

| Pay Grade | Years of Service | | | | |
|-----------|------------------|---------|---------|---------|---------|
| | Over 8 | Over 10 | Over 12 | Over 14 | Over 16 |
| W-5 | - | - | - | - | - |
| W-4 | 4007.00 | 4176.23 | 4341.10 | 4511.57 | 4778.92 |
| W-3 | 3522.31 | 3721.65 | 3918.82 | 4128.41 | 4285.52 |
| W-2 | 3268.32 | 3437.86 | 3563.92 | 3686.88 | 3771.33 |
| W-1 | 3030.79 | 3146.30 | 3275.46 | 3360.85 | 3438.17 |

| Pay Grade | Years of Service | | | | |
|-----------|------------------|----------|----------|----------|----------|
| | Over 18 | Over 20 | Over 22 | Over 24 | Over 26 |
| O-10 | | 12963.06 | 13026.72 | 3297.47 | 13769.43 |
| O-9 | | 11337.91 | 11501.23 | 11737.21 | 12149.24 |
| O-8 | 10345.55 | 10742.37 | 11007.54 | 11007.54 | 11007.54 |
| O-7 | 9714.61 | 9714.61 | 9714.61 | 9714.61 | 9763.67 |
| O-6 | 7404.49 | 7763.43 | 7967.74 | 8174.22 | 8575.39 |
| O-5 | 6613.34 | 6793.12 | 6997.43 | 6997.43 | 6997.43 |
| O-4 | 5933.66 | 5933.66 | 5933.66 | 5933.66 | 5933.66 |
| O-3 | 5083.20 | 5083.20 | 5083.20 | 5083.20 | 5083.20 |
| O-2 | 3736.25 | 3736.25 | 3736.25 | 3736.25 | 3736.25 |
| O-1 | 2948.20 | 2948.20 | 2948.20 | 2948.20 | 2948.20 |

Commissioned Officer With Over 4 Years of Active Service as an Enlisted Member or Warrant Officer

| Pay Grade | Years of Service | | | | |
|-----------|------------------|---------|---------|---------|---------|
| | Over 18 | Over 20 | Over 22 | Over 24 | Over 26 |
| O-3E | | | | 5424.75 | 5424.75 |
| O-2E | | | | 4326.51 | 4326.51 |
| O-1E | | | | 3660.80 | 3660.80 |

Warrant Officers

| Pay Grade | Years of Service | | | | |
|-----------|------------------|---------|---------|---------|---------|
| | Over 18 | Over 20 | Over 22 | Over 24 | Over 26 |
| W-5 | | 5548.32 | 5738.35 | 5929.31 | 6121.20 |
| W-4 | 4949.99 | 5117.35 | 5290.92 | 5461.70 | 5636.51 |
| W-3 | 4442.01 | 4509.39 | 4578.94 | 4730.16 | 4881.37 |
| W-2 | 3842.44 | 3977.51 | 4111.64 | 4247.33 | 4247.33 |
| W-1 | 3564.24 | 3659.55 | 3659.55 | 3659.55 | 3659.55 |



U.S. Postal Service non-mailable items

- Flammable or combustible liquids and solids to include cigarette lighters
- Oxidizing substances and organic pesticides
- Corrosives
- Radioactive material
- Magnetized material
- Dry ice
- Pistols, revolvers, weapon parts and other firearms
- Knives, bayonets and other sharp instruments
- Intoxication liquors
- Matter emitting obnoxious odors
- Controlled substances
- Drug paraphernalia
- Lewd and pornographic matter
- Military equipment and TA-50
- Live tobacco products
- Fireworks
- Sand, gravel, marble, plaster or other material from buildings
- Pork and pork products
- Animals and insects – dead or alive



Photos by Pfc. Leah R. Burton

Staff Sgt. Jaime Munoz, Joint Special Operations Air Detachment-Arabian Peninsula, lifts weights regularly to improve his health and self esteem.



Spc. Amanda Serrano, 302nd Transportation Company, does repetitions of leg curls at the post fitness center July 7.



Effective Monday, the Fitness Center will be closed for cleaning everyday 1 to 4:30 a.m.

Troops seek relief at gym

By Pfc. Leah R. Burton
Staff writer

Deployment offers its own unique set of stressors, from coping with the extreme temperatures to coping with the daily barrage of mortar and rocket attacks. Many Soldiers seek an escape from these realities of combat in the fitness center.

They sweat and grunt their frustrations out in the racquetball court, on any one of five treadmills, six cross-trainers and six recumbent bicycles.

In addition to equipment, the fitness center staff offers martial arts classes, aerobics classes, indoor and outdoor basketball and indoor, and volleyball.

Recently, the staff began holding sporting tournaments.

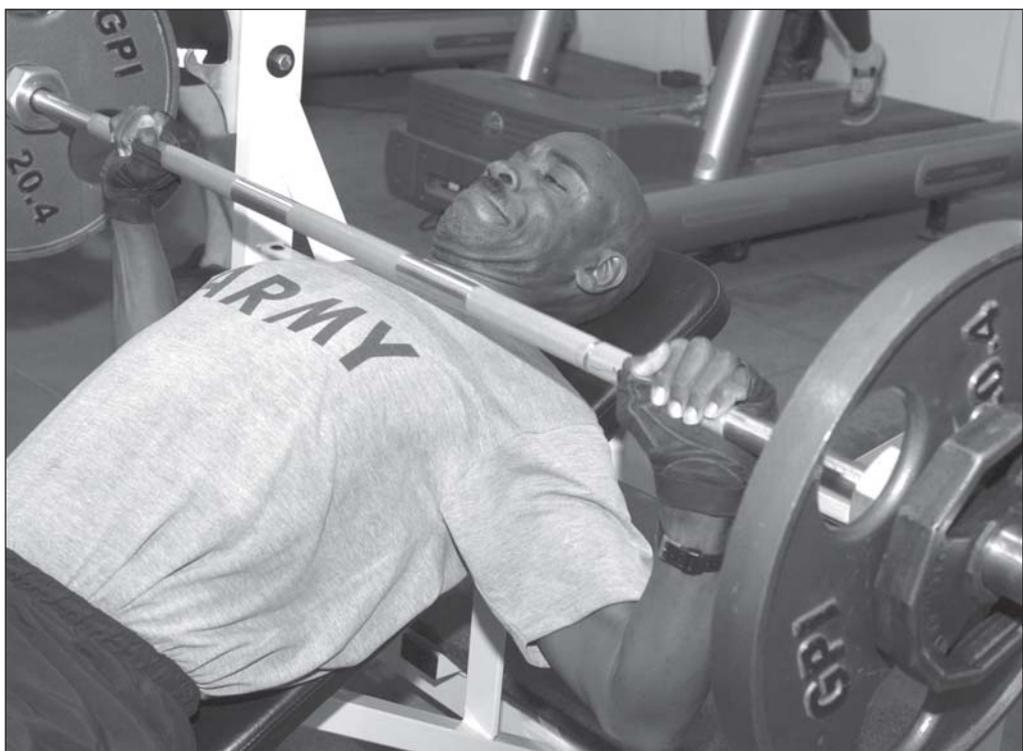
"The gym is so important for Soldiers

because it gives them camaraderie. It keeps them in touch with the sports they liked so well in the States," said Johnnie Johnson, Morale, Welfare and Recreation's KBR manager. "On an installation with multiple services, these tournaments give the units bragging rights, which is good for morale. It gives them something to be proud of."

Another facility next to Dining Facility 4 is scheduled to open in August. It will be equipped with two racquetball courts, an aerobics room, a weight room, as well as a recreation center, complete with Internet Café, library and music room.

Starting July 11, the fitness center will no longer be open 24 hours a day. It will close from 1 a.m. to 4:30 a.m. for cleaning.

The current post fitness center is adjacent to the outdoor stadium.



Master Sgt. Robert Duckworth, 172nd Corps Support Group, lifts 120 pounds on the incline press at the gym July 7. Physical fitness is a personal goal.

— DURING RED ALERT —

- 1. You MUST EVACUATE the facility immediately.**
- 2. You MUST SEEK shelter in the nearest hard building or bunker.**
- 3. You CANNOT RETURN to the facility until the ALL CLEAR has been given.**

Contact the MWR Department by leaving your name and e-mail address at the service desk. Your input and cooperation is appreciated.

Country stars shine in camp

By Sgt. Ann Venturato
Assistant editor

It was a boot-scooting time on the Fourth of July weekend as the Stars for Stripes tour featuring Danni Leigh and Chalee Tennison sang for an enthusiastic crowd of service members and civilians at the Sustainer Indoor Theater here.

The two singers took turns singing for the audience during the two-hour show July 4.

"We are able to feed off of each other and offer the audience a homier experience," said Tennison.

Tennison, who is a big fan of Tammy Wynette, dedicated Wynette's song "Stand by Your Man," to the service members deployed in Iraq.

The entire band was proud to be here to support the troops during their tour which goes until July 14.

"We're here to support the troops," said Mike McKenzie, bass guitarist.

This was the second tour for the Stars for Stripes organization. All of the band members look forward to returning in the future to support the troops.

"We try to go to remote sites because the Soldiers there need it the most," said Judy Seale, the president of Stars for Stripes.

The audience got into the spirit of the show clapping hands to the music along with the performers.

Pfc. Gary Dewitt, a soldier with the 226th Medical Logistics Battalion, worked a little pelvic action for the audience when he got up on stage and sang Elvis Presley's "Blue Suede Shoes."

Audience members had a great time listening to the music and escaping the realities of being in Iraq.

"I love it. It was a great show," said 1st Sgt. Lyle Clark, the first sergeant for Headquarters and Headquarters Company, 372nd Engineer Group.

Clark wasn't the only one to enjoy the show, Spc. Danny Nunez also had a great time.

"It was pretty good. I am not normally into country music. I came to enjoy the show," said Nunez, a Soldier with 1st Squadron, 14th Cavalry Regiment.

The show also got rave reviews from Staff Sgt. Maria Garcia.

"I thought it was awesome. I think the audience really enjoyed it," said Garcia, a Soldier with the Corps Distribution Command, 13th COSCOM.



Tennison and Leigh kick up their heels during their show.



Photos by Sgt. Ann Venturato

Chalee Tennison entertains the troops during the Fourth of July show.

(Background photo) Danni Leigh sings for service members during the Stars for Stripes show at the Sustainer Indoor Theater here.