

ANACONDA TIMES

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Proudly serving Logistics Support Area Anaconda

July 18, 2004



Photo by Tech. Sgt. Scott Reed

Soldiers of the quick reaction force are an essential fighting element in Operation Iraqi Freedom, and these Soldiers of the 1st Infantry Division are just a few of the trained force that secures the area around LSA Anaconda. See pages 8-9 for more photos.

Celebrating freedom

By Pfc. Abel Trevino
Staff writer

On July 8, the local city of Ad Dujail and the Association of Free Prisoners celebrated democracy and paid homage to the victims of Saddam Hussein's tyranny.

In 1982 youths from Ad Dujail made a failed attempt to assassinate Saddam Hussein. The repercussions of their failed attempt resulted in Hussein burning the agriculture of the city, killing over 500 people and imprisoning over 300.

Two decades later, after the fall of the former regime and with the implementation of the new Iraqi sovereignty, the city mourns the losses of their people and celebrates the opportunity for prosperous growth and positive changes.

"All of the people now have a good amount of freedom," Rehab Hassam, an Ad Dujail city council member, said about the changes that have occurred recently. "I am very happy for the Coalition Forces because they got rid of Saddam [Hussein]. We appreciate the American people's help and hope the Iraqi government can survive and grow strong."

Hassam said his brother was killed as part of Hussein's vengeance on the city.

"I don't ever forget my brother," he said. "I see families [of the people killed] all the time and I don't want the hurt to grow. I want them to remember my family [for their sacrifices]."

Hassam said that his family and many others were remembered in small ceremonies.

Jasaam Mohammad al Salami, another city council member for Ad Dujail, said the celebrations reminded the townspeople of the atrocities Hussein's regime committed.

"Today, the people of this city are celebrating the memory of their loved ones to keep the people of this city fighting against the remnants of Saddam's regime," al Salami said. "Today, the people of this city are celebrating after the fall of the regime and the birth of democracy for the community."

Al Salami also looks forward to a continuing relationship with America

Foreign bodies, eye infections keep Soldiers down

By Sgt. Ann Venturato
Assistant editor

The Troop Medical Clinic staff here has seen Soldiers with eye injuries and eye infections, largely due to the lack of proper eye protection.

Whether your eyes are green, blue or even brown, they, like the rest of your body, need to be protected from the harsh elements of the desert. Without the proper eye protection, goggles or sun glasses, Soldiers increase their chances for eye injuries and infections.

"Foreign bodies would probably be number one; eye infections would probably be number two, and of course we have trauma," said Maj. Bruce Flint, an optometrist for 181st Support Battalion, 81st Brigade Combat Team, about the most common eye injuries seen at the TMC.

"We are not seeing as [many] eye infections as we used to. I think that is probably due to two things. I think there was a lot of contaminants in the water and people were putting straight tap water in their eyes. People are getting better at using eye drops and bottled water instead," Flint said. "I think people are also not rubbing their eyes as much

which means less infection."

Although it might provide temporary relief to rub your eyes, Flint advised that Soldiers should not rub their eyes because it doesn't do any good and it usually causes more swelling, which causes more itching which makes you want to rub them more.

"If you feel like you absolutely have to rub your eyes you are much better off using a cold cloth or compress because it helps reduce the swelling and calms it down and actually reverses the urge to itch," Flint said.

"We have seen a lot of dry eyes," Flint said, "That is probably one of the most common [ailments] here."

Flint said every Soldier should have wetting drops such as artificial tears to re-wet their eyes to help prevent dry eyes and to help remove sand and debris.

"Dust usually isn't much of a problem, sand is a real problem. We get flying particles of metal, quite often steel," Flint said, "So you can definitely get organic matter such as dirt, debris and vegetation in the eyes."

When it comes to removing the sand and debris, Flint said do not use eye drops that are used to get the red out of

see EYE, page 14

see FREEDOM, page 2

Deployment dangers pay off for Soldiers

Capt. Patrick McNeace
126th Finance Battalion

Service members stationed in Iraq should notice that their Leave and Earnings Statements look slightly different here than they did before the deployment.

Special entitlements are paid to service members deployed in areas classified by Congress as hostile and show up on an LES as HFP/IDP and Save Pay.

HFP/IDP stands for hostile fire pay and imminent danger pay.

According to the DoD Financial Management Regulation any service member who is stationed in a foreign area where there is imminent danger of being exposed to hostile fire or explosion of hostile mines can be paid a special pay of \$225 per month.

The threat of physical harm or imminent danger can result from civil insurrection, civil war, terrorism or wartime conditions.

Additionally, service members must have been eligible for base pay in that month to be considered eligible.

Service members who were killed or injured by hostile fire, explosion of a hostile mine or any other hostile action are also eligible for HFP/IDP.

HFP/IDP is paid on a monthly basis.

A service member will receive the entire pay even if he spent just one day in theater.

Reserve component service members are eligible for HFP/IDP.

Save Pay is a \$100 per month entitlement also known as Hardship Duty Pay - Location.

There is no line on an LES for HDP-L so that money shows up as Save Pay. Service members are paid this allowance based on service location.

HDP-L is paid on a daily basis. Service members who did not spend the entire month in theater will be paid on a prorated basis for the number of days spent in theater.

Knowing the entitlements you are eligible for is an important part of reviewing your monthly LES.

Contact your unit Personnel Action Center or the 126th Finance Battalion if you have questions about your LES.

Additional information is available on the Defense Finance and Accounting Service Web site, www.dfas.mil.

Becoming a naturalized citizen Soldier

By Pfc. Abel Trevino
Staff writer

On July 2, a workshop was held at Sustainer Indoor Theater to assist American Soldiers with the paperwork involved in becoming naturalized citizens.

"The United States recognizes the contributions non-citizen service members make in ensuring we remain a free nation and as a sign of appreciation the United States has expedited the naturalization process for non-U.S. citizens who serve on active duty during Operation Iraqi Freedom," said Capt. Marc Defreyn, assistant staff judge advocate.

The workshop provided the necessary forms, photographs, coordinated with the military police for fingerprinting and with the personnel services branch to ensure the data on record was correct.

The workshop is part of an accelerated process that takes only a few months, rather than years.

"It is the goal of the [United States Citizenship and Immigration Services] to process a service members application within four months after receipt of the application packet, but I have seen an increase in the number of service members taking advantage of this expedited process, especially our fellow Guard and Reserve service members who may be facing their first active-duty tour since Sept. 11, 2001, so a little longer than four months would not be unusual," Defreyn said.

In addition to the expedited process, after Oct. 1 all

fees for the final steps in the naturalization process - interviews and oath - are being waived and Soldiers will be able to complete the final steps at American embassies. Currently, naturalization fees are about \$320.

"Unfortunately, I have not been provided assurances that service members at LSA Anaconda will be able to complete the final steps of the naturalization process here in Iraq, even after Oct. 1," said Defreyn.

"To that end, if a service member's date of interview and oath is during his or her deployment, I hope that we can accommodate that ... of course, our mission dictates our schedule, but I can't imagine what would be more memorable for a service member than to become a U.S. citizen while serving during Operation Iraqi Freedom," said Defreyn.

Sixty-three people attended the workshop, including Sgt. Fernando Lara, from the 633th Transportation Company, who found the workshop to be a helpful step in the process.

It's important because I've been [in the United States] for a while. I'm more a part of the U.S. than my own country," Lara said. "But I still haven't forgotten where I came from either."

The process to becoming a naturalized citizen involves a great deal of paperwork and time, the judge advocate general's office does not grant citizenship, but assists in moving the process which does grant citizenship to Soldiers.

Detainee Status Review Tribunals to Begin Within Weeks

By Kathleen T. Rhem
American Forces Press Service

WASHINGTON, July 9, 2004 - Defense Department officials plan to begin a series of status-review boards for detainees held at Guantanamo Bay, Cuba, within the next several weeks.

Deputy Defense Secretary Paul Wolfowitz authorized the review process, officially called a Combatant Status Review Tribunal, in a July 7 order and named Navy Secretary Gordon R. England as the implementing authority.

England traveled to Guantanamo July 8 to begin working out the details.

He briefed Pentagon reporters on some of those details today.

"Yesterday we identified some of the way forward," he said.

Wolfowitz's order mandated that all 594 detainees at Guantanamo be notified within 10 days of three specific things: their right to appear before the Status Review Tribunal to contest their designation as enemy combatants, their right to be appointed a personal representative in the form of a military officer, and their right to contest

their status in federal courts through a writ of habeas corpus.

England said today he expects those notifications to begin July 12 and be completed by July 15, eight days after the order was signed.

"We're in the process of preparing the paperwork today so Monday we can start physically notifying the detainees," he said.

Several factors complicate the notification process, which England called a "daunting task." The detainees come from at least 40 countries and speak about 17 different languages. On top of that, not all of them are literate.

England explained the notifications would be made in writing in each detainee's native language, and interpreters would be standing by to read the notification to detainees who need such assistance.

The tribunals will consist of three separate panels, each hearing cases on four detainees each day, six days per week - for a total of 72 cases each week, England said. At that rate, the tribunal process would be completed in eight weeks. Accounting for delays and unanticipated events, England today estimated the entire process could take 90 to 120 days.

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Company hopes donation makes big connection

By Sgt. 1st Class
Doug Sample
American Forces
Press Service

A small Indiana telecommunications company is thanking service members for helping keep America free by donating thousands of prepaid calling cards to those injured in the war on terrorism.

Terry Ballantini, chief executive officer for Tellis Long Distance, said he started "GI Connections" to show his gratitude to service members.

The company recently donated 2,500 prepaid cards, embossed with the words "Thank You for Our Freedom," to the Fisher House Foundation, a nonprofit organization that helps wounded and sick service members and their families by providing lodging close to military medical treatment centers.

"I'm just extremely pleased and gratified that we can do something that makes a difference," he said.

David Coker, executive director of the Fisher House Foundation, said the phone cards will be a "tremendous morale booster" for hospitalized service members. He added that the foundation plans to distribute the phone cards to military and Veterans Affairs medical centers where injured service members are receiving care.

"The cards will go to the servicemen and women and to their family members so they can keep their families and friends up to date on the medical condition of a loved one," he said.

Ballantini's will to help injured service members was spurred after a

discussion with his brother-in-law about donating prepaid cards to the military.

"I've never been in the military, but if there is anything that we can do, we will do it. We really believe in this country and our military."

After researching various groups that were helping the military, the brothers learned that many of them were "grass-roots" organizations that were purchasing phone cards from retail stores and providing them to service members.

"And what I decided to do, since we are a prepaid company and we set our own rates and sell our own cards, was to design a card that thanked the military for our freedom."

He then offered the special-edition prepaid phone cards to those groups at a bargain rate.

For \$3.75, service members get more than eight hours of talk time — one of the best deals on the prepaid market. Similar cards can cost as much as \$5.00, Ballantini said.

In addition, for every five cards sold, the company donates an extra 20-minute card, he said. The company also takes care of all printing and design work, as well as over-

night shipping, he added.

A few organizations already have taken advantage of the offer.

Members of College Park Church in Indiana purchased 1,500 cards. And more recently, McLean Bible Church in Northern Virginia raised more than \$19,000, enough for more than 5,000 cards.

Ballantini, whose company has only 11 employees, said the prepaid

card program is not for profit, noting that after costs for printing and shipping "any profits will be negligible." Instead, he said, he is just proud to be helping the military in some way.

"I've never been in the military, but if there is anything that we can do, we will do it," he said. "We really believe in this country and our military."

Anaconda Times online www.mnf-iraq.com/coalition-news/publications/anaconda.htm



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

June 1, 2004

Dear Army,

This is my formal letter of resignation. The hours don't fit my schedule, the exercise is too hard and the grits are too lumpy. Thank you for the opportunity to defend my country. I hope you don't have any problems finding a replacement.

Soldier

June 10, 2004

Dear Soldier,

Sometimes we take ourselves too seriously at headquarters, but when we received your letter we couldn't stop laughing. It has been a long time since we killed someone for wartime desertion.

Thank you for the comic relief.

Army



Left Shoulder Diary

1st Cavalry Division

Compiled from
Unit History

The 1st Cavalry Division shoulder sleeve insignia is characterized by a yellow triangular Norman shield with rounded corners five and one-fourth inches in height overall. A black diagonal stripe extends over the shield from upper left to lower right and in the upper right corner sits a black horse's head cut off diagonally at the neck all within a one-eighth of an inch green border.

Yellow is the traditional cavalry color and the horse's head refers to the division's original cavalry structure. Black symbolizes iron and alludes to the transition to tanks and armor. The one diagonal bend, as well as the one horse's head alludes to the division's numerical designation.

The insignia was originally approved Jan. 3, 1921, with several variations in colors of the bend and horse's head to reflect the subordinate elements of the division. The current design was authorized for wear by all subordinate elements of the division Dec. 11, 1934, and previous authorization for the variations was cancelled.

1st Cav. Div. units have served the nation from 1855 to the present, building a history rich in pride with solid ties to the traditions and heritage of the U.S. Cavalry.

Although the division was created as a result of a proven need for large horse-mounted formations, by 1940, the march toward progress had left the horse far behind.

The men of the division sailed for the Admiralty Islands Feb. 29, 1944, and stormed ashore in an amphibious landing at Los Negros Island. After a fierce campaign in which the enemy lost about 7,000 combat soldiers, the division could look with pride on its first combat test of World War II.

As the war came to an end, the division was given the honor of leading the Allied Occupational Army into Tokyo.

The division plunged ashore July 18, 1950, at Pohangdong, South Korea, to carry out the first amphibious landing of the Korean conflict. The landing helped halt the North Korean war machine at the Pusan Perimeter.

In the Vietnam War, the division was first to earn a Presidential Unit Citation given to a division in Vietnam.

During October, November and December 1990, the division drew new equipment, trained and planned defensive operations for their participation in Operations Desert Storm and Desert Shield. The 1st Cav. Div. are currently serving in Operation Iraqi Freedom.

Civilian of the Week

Deanna M. Young hails from Lafayette, Ind., and is one-third of the American Red Cross team here.

Before arriving at LSA Anaconda June 15, Young was the assistant station manager for Hohenfels Combat Maneuver Training Center in Germany.

Her responsibilities here include providing emergency communication, common needs items and any morale she can offer to service members.

A graduate of Purdue University, Young worked in social work supervising adolescents.

She burned out in social work and made the transition to corporate America but very quickly realized that it wasn't for her.

Young combined her interests in social work and business with a desire to help people and make a difference and joined the American Red Cross team in 2000.

Mobility is a condition of employment with the American Red Cross, and her job definitely keeps her on the move.

"It's my third deployment in three years," she said.

Deployment produces many challenges for Young ranging from food choices to coping with the heat, but she still enjoys her job and finds it rewarding.

"The most rewarding part of my job is waking up in the morning and knowing that before I put my head down again, I will help someone from the smallest thing to the largest



Deanna M. Young

thing," Young said.

Providing American Red Cross Services in a combat zone keeps Young very busy. She enjoys the challenge of always being busy.

"There's a portion of us who actually like the downrange stuff. Back at home doing health and safety stuff, we might get 15 to 20 messages a week. Here we get 20 to 30 messages a day. It's exciting," she said.

She had some reservations about deployment to Iraq.

"It was a mixture of fear and excitement. Fear because of where we were going and excitement because we're needed down here," she said.

Her family is not entirely thrilled about her constant deployments. Still, they stand behind her.

"All of them are worried, but most of them are supportive," Young said.

FREEDOM, from page 1

in hopes of rebuilding Iraq into a great nation.

"Enough wars, enough assassination," he said. "It's time we stand hand in hand to build up."

Al Salami said that he did not want the deaths of the past to go without purpose and that without the sacrifices of the village's people and those like them, the fall of Hussein and his regime would not have been possible.

Sheiks, who have much influence in Iraqi civil communities, further stated their position against terrorists who are against the Coalition Forces.

"America came to help us fix democracy and build Iraq. We will work against any terrorists who attempt to delay the Iraqi [economic and political] growth," said Sheik Ali Ashimal. "[Terrorists] are supported by some foreigners to defeat our country. They work with terrorists to destroy our country."

Ashimal said that there should be strict penalties for those who fight against Coalition Forces, whose purpose here is beneficial.

Coalition Forces have supplied hope for the Iraqi people.

"We think the old rule was not good," Ashimal said. "By our existence, the country will be fixed. Day-by-day, the country will get better."

Twenty years after Hussein punished the people of Al Dujail for attempting his assassination, they celebrated the people who gave their lives in the past to secure a future free from his regime.



Corrections:

The information on page 15 in the July 11 edition of *Anaconda Times* contained some errors in fact. The LSA Anaconda Fitness Facility will be closed for cleaning each day 1 to 4:30 a.m.

Training that saves lives

By Pfc. Abel Trevino
Staff writer



Staff Sgt. Lorena Lewis demonstrates how to properly evaluate a casualty during a battle training exercise on July 2.

Staff Sgt. Lorena Lewis, a medic from the 299th Forward Support Battalion, taught a captivated audience of Soldiers at the LSA Anaconda Education Center on July 2 the proper responses to mass casualties in the event of an emergency.

During the 60-minute class taught by Lewis, she demonstrated proper buddy aid techniques and mass casualty response for first responders, stating that the first responders brings the stability of care.

"We consider [combat life saver] personnel and buddy aid an extension of the medic," Lewis said. "[These things] are important in this theater because first responders are on the scene before the medics can arrive and can perform more definitive care."

"They bring that stability of care," she said.

All help provided by knowledgeable sources at accident and combat scenes can make a difference.

"Even if it's an injury as minor as a laceration, [first responders] can prevent the bleeding," said Lewis. "Once you stop the bleeding, you can give them a weapon and put that patient to the fight."

The first responders on any emergency scene are of high assistance, which is a great reason for Soldiers to go through the classes, said Lewis.

"It's a great class and probably the

most important part of that class is crowd control — someone taking charge of the scene," Lewis said. "When the medic gets [to the scene], if there is someone who has already gotten the people out of the way and gotten them to a control point, the medic can come in and do his job."

Future plans to extend the training include realistic scenarios, such as convoy attacks, to create a situation that is more probable to what Soldiers here are experiencing.

"One thing that I think that is great, is they are going to incorporate an actual convoy situation, with vehicles and response to [improvised explosive devices]," Lewis said. "That's real world. That's what we're doing here."

Lewis could not stress the importance and relevance of training.

"Talk to one of those Soldiers who were in a vehicle that hit a [carbomb], ask them how important the training is, or if they wish they had it," Lewis said. "Thirty minutes to an hour of training is worth it to know how to save a Soldier's life."

She can only teach the information and hope that Soldiers recollect and apply it in the event of an emergency.

"What you get out of training is what you put into it," she said.

Practical applications of the classes Lewis taught are witnessed everyday as Soldiers save the lives of their fellow Soldiers. Lewis is teaching training that has been battle-proven to save lives, and sharing her knowledge with Soldiers whose lives are in daily dangers.



"We consider our [Combat Life Saver] personnel and buddy aid an extension of the medic," Staff Sgt. Lorena Lewis, a medic with the 299th Forward Support Battalion, said. Lewis taught the 13th Corps Support Command Special Troops Battalion about reacting to mass casualty events during their battlefield training exercises on July 2.



Sgt. Carlee Zacharewski examines a volunteer, Spc Matt Kennedy, as he simulates a missing leg during the react to mass casualty drill.

Photos by Pfc. Abel Trevino

War of the Roses: Airmen become medieval warrior competitors at historical recreation

Armed knights in full body armor clashed in fields just off Royal Air Force Lakenheath, England — it was a scene out of the Middle Ages. More specifically, it was a scene out of 15th century England during the War of the Roses.

More than 100 people converged here June 26 and 27 to recreate battles and scenes of everyday life from the time of the War of Roses - civil wars fought in medieval England from 1455 to 1485.

The Society for Creative Anachronism hosted the event, which drew participants from as far away as Germany and Scotland. The society, a non-profit private organization with 24,000 members worldwide, fosters the study of all facets of medieval life within the confines of modern living.

The red team, representing the red rose of the House of Lancaster, and the white team, representing the white rose of the House of York, waged simulated battles along with fencing and archery competitions. The winner of the competition was announced in a "court." Many participants then camped out overnight on the site.

"The purpose of the event was not to re-enact the war, but to recreate the good parts of medieval times," said Master Sgt. Chesley Caddell, 48th Fighter Wing historian and an organizer of the event.

While there were signs of contemporary life including cars and modern camping equipment, all participants were dressed in period clothing and used the prevailing customs and courtesies of the Middle Ages.

"We asked people to hide non-period items outside of the camping area," said Dawn Tiger, an event organizer and child-care provider at the RAF Mildenhall Child-care Center. "It is a primitive camp

site, and that added to the authenticity of the event."

The fighting competitions were authentic, while keeping within established safety procedures. These competitions left many competitors exhausted from the matches.

"It's absolutely tiring," said Michelle Horowitz, one of the competitors and a teacher from London.

Some of the competitors, like Staff Sgt. Jim LeMaster, a crew chief with the 48th Aircraft Maintenance Squadron, wore armored suits weighing close to 80 pounds. He said his metal helmet alone weighed about 20 pounds.

"I can't even carry all my own armor," he said.

Many of the participants said the weekend's event had added significance because of a "royal" presence - the king of the fictional kingdom that encompasses all of Europe and Africa.

The king was actually Army Capt. John Woddard, a staff officer at Headquarters U.S. Army Europe in Heidelberg, Germany, who said he earned his position by winning a fighting tournament in Estonia several months before.

Many of the participants said the event gave them the opportunity to temporarily leave their busy work schedules and daily duties behind.

"It's a great way to focus energy onto a hobby that allows you to do anything under the sun," said Sergeant LeMaster.

The real War of the Roses ended when Henry Tudor, who was supported by the House Lancaster (red rose) and later became King Henry VII, defeated King Richard III at the Battle of Bosworth Field in 1485. The June 26 competition ended in a deadlock between the two sides.

"As with real history, this weekend's war was not

settled in a single contest," said Sergeant Caddell. "The war will continue next year."

Air Force Europe News Service



Photo by Airman Michael Hess

Army Capt. John Woddard, a staff officer at Headquarters U.S. Army Europe in Heidelberg, Germany, enjoys his seat as king during the War of the Roses here June 26. Captain Woddard earned the position by defeating rivals at a previous competition. He is accompanied by his queen, Gloria Woddard.

Massachusetts youths boost morale for troops with 'cell phones for Soldiers' program

A Massachusetts brother and sister have set their sights on megabucks to make it easier for all deployed U.S. service members to call home.

Brittany Bergquist, 13, and her 12-year-old brother, Robbie, hope to raise \$9 million to buy satellite phones for deployed soldiers, sailors, airmen and Marines in Afghanistan and Iraq. They're also buying and collecting pre-paid calling cards to send to military units for distribution to deployed service members.

This effort got really big, really fast, and it all sprouted from a seed of compassion.

In late April, Brittany and Robbie sought to help a Massachusetts soldier in Iraq with a large cell phone bill. With their cousin, Army Capt. Don Williamson, serving in Iraq, the youngsters said they felt a special affinity for the soldier's plight and decided to help him.

They pooled their own money and got donations from their classmates in Norwell, Mass., a suburb south of Boston. They took the \$21 they raised to the South Shore Savings Bank to start an account. The bank's employees were impressed, and the bank donated \$500.

Just after the youngsters opened the account, they found out the soldier's cell phone company had waived the bill. So instead of closing the account

and giving the money back to their friends, Brittany and Robbie decided to do something that would make calling home easier for the deployed troops.

Since then, "Cell Phones for Soldiers" has raised more than \$100,000 in donations and has bought \$30,000 worth of calling cards to be distributed to deployed service members.

More than 2,000 businesses, schools, fire departments and other facilities nationwide have set up drop-off points for used cell phones, which are recycled for cash. The list of collection sites is growing daily; a plan in the works will soon put a drop-off point within easy reach of most Americans.

Other businesses are poised to make substantial donations as soon as Cell Phones for Soldiers receives official status as a nonprofit group, said the children's father, Bob.

The first three batches of calling cards have gone out to units in Iraq. One went to cousin Williamson's unit, the 139th Engineer Battalion. Another went to the Massachusetts National Guard's 42nd Division Artillery. The third batch of calling cards went to the 1st Cavalry Division.

Bob Bergquist said a Wisconsin National Guard unit is training on the West Coast in preparation for its deployment to Iraq, and the family hopes

personally to present the unit with calling cards before the deployment.

"No one would have thought only two and a half months ago, when this started, that it would grow so quickly," he said. Fortunately, he said, he and his wife, Gail are both teachers and have the summer free to help their children with Cell Phones for Soldiers, which now even involves travel for the youngsters.

Brittany and Robbie served as honorary grand marshals at the National World War II Memorial Dedication parade Memorial Day weekend in Washington, and were in New York on July 5 to appear on CBS' "The Early Show." After host Hannah Storm interviewed the children, their father said, there wasn't a dry eye in the studio — nor at sea, apparently.

Bob Bergquist said a deployed sailor e-mailed the family after seeing the interview, and said that he had to get up so his friends wouldn't see him crying — only to be joined by about 20 other sailors doing the same thing.

"We've received a lot of e-mails from people who have said that (Cell Phones for Soldiers) has finally given people who normally just kind of sit and watch helplessly a way to do something that's actually meaningful for the soldiers," the children's father said.

"They e-mail us to let us know how

important it is to them to be able to do that."

The couple's 18-year-old daughter, Courtney, is involved in the program, working behind the scenes. She started the Cell Phones for Soldiers site on the Web, and handles the correspondence that comes in through the site.

Robbie said he doesn't foresee an end for Cell Phones for Soldiers. "Our goal is actually to change the way that soldiers call home," he said, "and to do that we need to raise \$9 million." The money, he said, would buy 7,800 satellite cell phones, with each one available to 10 to 20 deployed service members.

The family has a promise of help from the White House in cutting through red tape, and what amounts to a free site license from a Swedish company for use of its software in computers that will be used for 3-cents-per-minute satellite calls in Internet cafes funded by Cell Phones for Soldiers, Bob Bergquist said.

What started out as handful of children's ice cream money in April has taken on a life of its own in a short time, he added.

"It's really pretty amazing," he said. "I'm just stunned by it still. The nice thing is I still get goosebumps when I think about it."

American Forces Press Service

Navy unveils vessel

A group of enlisted Sailors and officers gathered in the Naval Station San Diego base theater recently to listen to a brief about the new littoral combat ship (LCS) and how that platform will contribute to the future of littoral warfare.

Commander, Naval Surface Force Pacific Assistant Chief of Staff for Warfare Requirements Capt. James Stewart presented this first in a series of briefs intended to educate fleet officers and Sailors on the new LCS program.

"The goal is to introduce LCS to the fleet Sailors because they're the people who will be operating these ships in the near future," said Stewart.

The brief spelled out the basic principals behind the operations of the LCS and outlined how the new ship will revolutionize littoral warfare. The LCS, a cutting-edge Navy warship, is fast, agile and capable of reconfiguring its mission focus to meet rapidly changing threats and operational requirements. According to Stewart, it can be operated in environments where employing larger multi-mission ships is undesirable.

The new ship will have the capability to deploy independently to overseas littoral regions, remain on station for extended periods of time, and operate either with a strike group or in groups via an innovative deployment concept such as Sea Swap.

The LCS program was developed to solve contemporary problems the military faces, and it is the first step towards changing the way the military meets mission requirements. According to Stewart, it is a "poster child" for a number of innovative concepts of the Chief of Naval Operations' Seapower 21 vision, including modularity, open systems architecture and FORCEnet.

"In a time of tremendous change, we can't solve new problems using tools designed for the past," said Stewart. "We have to design our tools to face the new threats we have now and in the future."

According to Stewart, littoral dominance has become more important to our national strategy and to Naval operations. The LCS technology has the potential to transform the fleet and the way it meets the changing mission requirement of today's military.

"We need to get the word out, get the fleet Sailors onboard and excited about the change because we need them to make this a success," said Stewart.

Navy News Service

California community donates to Marines, improves unit morale

Mail call at Regimental Combat Team 7 was a little bit different recently, thanks to a women's church group back home.

Supporters from New Hope Christian Fellowship Church in Vacaville, Calif. and its residents sent 360 care packages to troops at RCT-7. It was a home-grown initiative started to support the Marines deployed to Iraq's western deserts.

The church has a women's club, which consists of military wives, mothers who have sons and daughters in Iraq and friends who are also serving in the military.

"We want them to know and understand that we as mothers, wives, and family members that we love and have them in our minds and hearts everyday," said Le Dawn Evans, 45, from Guinda, Calif.

Cpl. Roderick Totton, a 29-year old supply warehouse noncommissioned officer-in-charge with RCT-7 from Detroit, was selected to receive and distribute the packages.

"The group decided to choose my son to send packages to. That made me feel really blessed," Evans said. "We made announcements through the church and the members donated shoe boxes filled with items from a list my son sent to me."

The church group and its members along with the hometown residents filled the boxes with cameras, hygiene items, snacks, compact discs and movies.

Marines use new techniques to thwart crime on Afghanistan roads

For years, smugglers, Taliban insurgents and anti-coalition factions have traveled Afghanistan's pot-holed and crumbling roadways with relative impunity.

However, since the 22nd Marine Expeditionary Unit (Special Operations Capable) arrived in-country and began pushing into the Afghan hinterlands, these criminal and terrorist elements have found the going a bit rougher due to the MEU's widespread use of vehicle checkpoints.

"We're mainly looking for weapons, large amounts of cash or foreign currency, explosives, anti-coalition propaganda and basically anything dangerous to us," said Cpl. Seth Doshier, a machine gunner from Cheney, Kansas.

Doshier is assigned to the Combined Anti-Armor Team platoon of Battalion Landing Team 1st Bn., 6th Marines, the MEU's ground combat element, and over the course of the past three months, his platoon has set up the bulk of the VCP's in the MEU's areas of operation.

Jingle trucks (transport trucks with a narrow wheel base that are usually adorned with colorful stickers and chimes), motorcycles, taxis, horse and mule-drawn carts, pick-ups and even bicycles are stopped at the VCPs and carefully scrutinized.

The CAAT Marines usually set up VCP's with a two-Humvee section with one machine-gun vehicle providing cover for the crew of the second vehicle who conduct the actual traffic stop and search.

"We'll usually pull all the vehicle passengers out and search them one at a time," said Cpl. Dan Dimosa, of Hopewell Junction, N.Y. "Then while they're being guarded, the other Marines will search the vehicle and any cargo."

Nothing on the vehicles is left unsearched; the driver's cap, under and behind seats, the cargo bed, undercarriage, engine compartment and any boxes, bags or containers being carried.

According to the Marines, the Afghans accept the VCPs as a necessary inconvenience if their country is to have any hope for future peace and stability.

"We've never had a problem during the searches," said Cpl. Steven Miller, of Wallace, W.V., machine gunner and teammate of Doshier, Dimosa, and Petty Officer 2nd Class Brian Dessel, a corpsman from Pennsylvania assigned to CAAT.

"When they see us they know what's gonna happen," said Miller. "After all, if they're not doing anything illegal they have nothing to worry about."

For some, the packages arrived at a good time. Some Marines from 1st Battalion, 8th Marine Regiment lost all their belongings in a fire just a few days ago and the packages were a relief for them.

"I feel happy right now," said Lance Cpl. Yzaguirre D. Washington, 28, from Temple, Texas and a motor transportation operator with the battalion. "Especially after losing everything in the fire. The church came to us in the right time. It's really a blessing. Thank God we have people looking out for us."

For others, it felt like Christmas in the summer time.

"I feel like a Santa Claus," Totton said. "I have to make sure everyone gets a gift, especially those Marines who never receive mail out here."

Totton announced the news in early morning formations, chow hall, section heads, mail room, and Marines he ran into just about anywhere.

"It's a good feeling to know that people back in the states support us this way and makes it easier to do our job and makes it worth the risk," said Cpl. James R. Church, 26, from Moscow, Idaho, and a supply administration operations clerk with Headquarters Company. "People will actually take time out to send us packages."

According to Church, his mom did the same thing as Totton's mom and a lot of businesses were involved.

"We received a lot of organizational support," Church said, "They have to stop their everyday routine just to do this for us."

Evans said the church would continue to select troops and send care packages in support of deployed Marines.

"We also hope other churches and organizations catch on and do the same thing," Evans said.

"I feel privileged about this for the simple reason that my mom is a part of it, and people gave us all the support," Totton added. "For people to do this makes us feel good."

Marine Corps News Service

More than four thousand vehicles have been stopped and searched since the MEU began conducting combat operations and vehicle searches in south-central Afghanistan.

Marine Corps News Service



Photo by Gunnery Sgt. Keith A. Mills

Staff Sgt. Jeremy Coppola from the Combined Anti-Armor Team of Battalion Landing Team 1st Bn., 6th Marines climbs onto a jingle truck at a vehicle checkpoint (VCP) in central Afghanistan. BLT 1/6 is the ground combat element of the 22nd Marine Expeditionary Unit (Special Operations Capable).

QUICK RESPONSE TEAMS SECURE POST



Two 1st Inf. Div. Soldiers guard the ridge during a QRF patrol.



Soldiers of the 1st Inf. Div. QRF patrol the area around LSA Anaconda searching for Anti-Iraqi Forces and their munitions.



Photos by Tech. Sgt. Scott Reed

A 1st Infantry Division Soldier watches the perimeter while the leaders of the quick reaction force discuss strategy. The 1st Battalion, 106th Aviation provided aerial transportation for the QRF team on this mission.



The LSA Anaconda-based quick reaction force team from the 1st Infantry Division's 2nd Brigade Combat Team conducts missions 24-hours-a-day in the areas surrounding camp. The mission of the QRF includes apprehending suspicious individuals, investigating suspicious items and securing incident scenes.



Two 1st Inf. Div. QRF Soldiers quietly patrol the fields around LSA Anaconda during a mission to seek out Anti-Iraqi Forces.

Movie Schedule

Sustainer Reel Time Theater

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

July 18

3 p.m. Troy
6 p.m. Spider-man 2
9 p.m. Breakin' All The Rules

July 19

3 p.m. Godsend
6 p.m. 13 Going On 30
9 p.m. Spider-man 2

July 20

3 p.m. Spider-man 2
6 p.m. Godsend
8:30 p.m. Troy

July 21

3 p.m. Breakin' All The Rules
6 p.m. Spider-man 2
9 p.m. Godsend

July 22

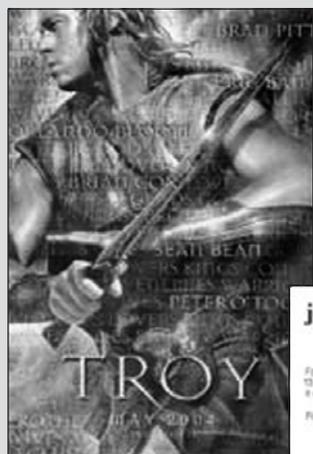
3 p.m. Godsend
6 p.m. Breakin' All The Rules
9 p.m. Spider-man 2

July 23

3 p.m. Raising Helen
6 p.m. Anchorman
9 p.m. Anchorman

July 24

3 p.m. No Movie
6 p.m. Tops N Blue
9 p.m. No Movie



Troy



13 Going on 30

Weekly Religious Schedule

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

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-Gospel

11:30 Sustainer Indoor Theater
7 p.m. Eden Chapel (bldg. 4148)

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

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

Lutheran

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

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)

Christian Orthodox

Sunday 11 a.m. 185th Task Force Tent

Movie Synopsis for July 18 - 24

Troy

R, Action, 165 min Brad Pitt, Eric Bana, Orlando Bloom

Drawing from Homer's The Iliad, director Wolfgang Petersen's Troy tells the epic story of the 12th century Trojan War. After a beautiful Greek woman named Helen (Diane Kruger) is wooed away from the king of Sparta by Prince Paris (Orlando Bloom) of Troy, the Greek army unleashes a violent attack upon Troy. For years, the two states wage a gruesome war against each other, with the Trojans led by Hector (Eric Bana) and the Spartans headed by Achilles (Brad Pitt). Written by David Benioff (25th Hour), Troy also stars Peter O'Toole, Brian Cox, and Julie Christie.

Godsend

PG-13, Science Fiction, 102 min Greg Kinnear, Rebecca Romijn-Stamos, Robert De Niro

Paul and Jessie Duncan (Greg Kinnear, Rebecca Romijn-Stamos) have lost their beloved eight year-old son Adam (Cameron Bright) in a tragic accident. As they are arranging for his burial, Dr. Richard Wells, (Robert De Niro) approaches with the incredible offer to clone Adam, essentially bringing back their boy and reuniting their broken family. Despite the many legal, ethical and moral issues raised by the offer, the grieving couple, after much soul searching, accept the proposal. A thriller about a family that probes the outer-reaches of science and ethics.

13 Going on 30

PG-13, Comedy, 97 min Jennifer Garner, Mark Ruffalo, Kathy Baker
It is 1987 and Jenna is a 13-year-old girl on the brink of womanhood. The problem is that adulthood is just not arriving fast enough. She's suffocated by her dorky parents, ignored by the hip kids in school – and the cute guy she has a crush on barely knows her name. Jenna makes an earnest wish that if only she could be all grown up, she'd have the life she's always wanted. Miraculously, her wish comes true. The next day it's 2004 and she's 30 years old. She is finally cool and popular. The only hitch? She has absolutely no idea how she got there. Initially frightened but gradually enchanted by her new life, Jenna soon realizes there's something missing – Matt. Jenna learns that 'having it all' is not enough and decides to take a second chance at first love. Now her biggest wish is that it's not too late.

Spider-Man 2

PG-13, Action, 127 min Tobey Maguire, Kirsten Dunst

Director Sam Raimi returns with this sequel to his 2002 box-office behemoth Spider-Man. The second film in the Spider-Man saga picks up where the first film left off. With the evil Green Goblin out of the way, Spider-Man (Maguire) now finds himself faced with a new and equally sinister villain, Doctor Octopus (Alfred Molina). Another scientist gone mad, he devises a way to attach four mechanical arms to his body.

Soldiers help town build new school

By Sgt. Ann Venturato
Assistant editor

Although the students and teachers from the Al Ebrahimiya Intermediate and Secondary School in Al Dujail were enjoying summer vacation, the headmaster along with Soldiers from LSA Anaconda had a ribbon cutting ceremony July 10 to open the newly remodeled facilities.

The school rebuilding project was sponsored by the Special Troops Battalion, 13th Corps Support Command with the help of the 13th COSCOM Civil Affairs Office, said 1st Lt. Dhramen Singh, the S-1, STB, 13th COSCOM.

"The cost of the school project was about \$92,000," said Singh.

The two story building, which is the biggest school in the district, has about 60 classrooms for about 700 students who will be attending the school in the fall.

The students got to see some of the construction going on before their classes ended for summer vacation.

The construction of the school began about three months ago with a building that was basically abandoned, said Col. Nicholas Zoeller.

"A lot of the school was non-functional before the rebuilding project," said Maj. Tracy Fong, Civil Affairs project officer.

The school underwent major remodeling that changed the inside and outside appearance of the school.

"It was a brown color and all of the plaster was coming off of the walls and there were no doors at all. It was unbelievable," said Lt. Col. Terry Hilder, commander, Special Troops Battalion.

Local workers from the community helped with the construction of the school.

"[Local villagers] refurbished the walls and ceilings, stripped the old cement off. They redid the ceiling and the upper floor. [The villagers] built a cafeteria, bathrooms, playground and repainted the entire school. They added doors and fans," said Singh.

Adel Jassim Hamad, the headmaster for the school, along with local dignitaries and Soldiers toured the newly remodeled school after the ribbon-cutting ceremony.

"I would say it is a different school. Anybody would say this was a new building," said Hamad, through a translator.



Photo by Sgt. Ann Venturato

1st Lt. Dhramen Singh, S-1 Special Troops Battalion, 13th Corps Support Command, and 1st Sgt. Deborah McDaniels, 21st Replacement Company, help carry school supplies into the Al Ebrahimiya Intermediate and Secondary School in Al Dujail July 10.

Besides building a school, the project helped build community relations between the Soldiers and the people of Al Dujail.

"I think this is a great way to build a relationship with a town that is not necessarily friendly toward the Americans," said Singh. "And to show them a different perspective of our country. It's a win-win situation because the community gets assistance and we get to change any negative perceptions people might have."

81st BCT Soldiers provide security for EOD teams

By Spc. Kathryn Spurrell
81st BCT PAO

Explosive Ordnance Disposal crews are on-call 24 hours a day, and must be prepared to respond to an improvised explosive device or other unexploded ordnance at any time.

These teams are such a vital part of Operation Iraqi Freedom that units provide security detachments to help EOD teams travel throughout Iraq.

Although EOD teams are not part of the 81st Brigade Combat Team, the disposal experts rely on the brigade's Soldiers to provide consistent and effective security during their missions.

While EOD meticulously clears and defuses caches of explosives, 81st BCT Soldiers establish security around the area and ensure the EOD workers are safe from outside attacks while they complete their mission.

"When the EOD teams ask for assistance, we are able to comply at any time," said 1st Sgt. Kevin Brooker of Headquarters and Headquarters Company, 81st BCT.

While the majority of explosives the EOD teams handle are relatively small, the disposal specialists have also defused larger, more dangerous explosives.

Recently the EOD team disposed of a cache of far-ranging operation guided missiles, capable of delivering any type of warhead over distances of more than 300 miles.

The missile cache was discovered by a local farmer, whose daughter had been injured after play-

ing with one of the missiles' smaller submunitions. The farmer alerted authorities on LSA Anaconda, and the EOD team launched into action to eliminate the danger.

Security was more of a concern than ever, since the cache was located in an area known for its anti-coalition sentiments.

Although the missiles were only a short distance from camp, the Soldiers participating in the mission made detailed preparations for the convoy and potential danger at the cache site.

EOD and 81st BCT leaders worked together to review intelligence information and learn all they could about the situation.

The Soldiers established and maintained security around the area and EOD workers dug blow trenches



Photo by Spc. Kathryn Spurrell

Sgt. Stephen Hock, a member of the 81st Brig. Combat Team security team on a explosive ordnance disposal mission.

for the munitions. Small bombs and submunitions were strewn throughout the area.

The EOD workers carefully placed the explosives in the trenches.

After all munitions were collected they were detonated in place.

During the mission, shots were fired from within the village area, but none of the Soldiers or equipment were harmed, and they were not forced to engage in a fire fight.

Missions outside the wire require Soldiers maintain a high level of readiness.

In addition to providing security for nearby EOD missions, 81st BCT security teams also accompany EOD teams on routine trips outside the perimeter.

The Soldiers listen to their instincts as well, noticing oddities or things that feel out of place in their surroundings.

By staying sensitive to all the possible hazards, the 81st BCT Soldiers keep themselves and the EOD crew safe from danger.

Although providing security for the EOD teams involves a higher level of danger than working inside the perimeter of LSA Anaconda, 81st BCT Soldiers do not complain.

"It's part of my job," said Sgt. Stephen Hock. "It feels good to be doing what I was trained to do."

Providing security for EOD missions is one of the primary tasks for the 81st Brigade Combat Team crews, which include Soldiers from 2nd Battalion, 146 Field Artillery, Task Force Tacoma, Troop E, 303rd Cavalry, and HHC, 81st BCT.

AEF rotation brings siblings together at Balad

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

As the rotation from Aerospace Expeditionary Force 7/8 returns home and AEF 9/10 comes in to continue the mission here, it is a well earned ticket home for some and a start of a whole new experience for others.

However, for Capt. Morshe Araujo, the AEF 7/8 332nd Air Expeditionary Wing chief of Public Affairs, and Staff Sgt. Kwazi Payne, AEF 9/10 332nd Travel Management Flight, outbound travel, it was a joyful reunion for the one week overlap.

After arriving in the area of responsibility Araujo found out her brother would be arriving on LSA Anaconda for the next rotation.

On June 2, that day finally came when Payne flew into the AOR from his home station at Bolling Air Force Base, Washington D.C.

When she walked into the fitness center for her morning routine, she was surprised to see her brother had already arrived and was watching the Lakers basketball game on the gym television. She rushed over to see him, said Araujo.

"I was so glad to see him, I started crying," said the captain.

When he saw his older sister coming over to see him, Payne said he was very happy to see her.

"I couldn't cry when I saw her, because someone has to be the strong one," joked Payne.

When Staff Sgt. McMullin, 332nd TMO Flight, incoming cargo and coworker here and at home station, saw them together he said, "They look just like each other except one (Araujo) has more hair on her head."

Araujo and Payne are only two of three siblings who are currently serving in Iraq. Their brother, Army Sgt. Chris Payne, who is assigned to the 2nd Armored Cavalry Regiment, has been in country for over a year and has traveled throughout the AOR.

"Our brother Chris is the 'odd one out'," said Payne, pointing out everyone else in the family had

decided to join the Air Force, but Chris had decided to serve his country in the Army.

"We still love him though, despite the rivalry between the branches of service," laughed Araujo. "We don't get to hear from him too often, but we are glad he is doing okay."

According to Payne, who is affectionately referred to as the 'baby of the family,' the three of them are very close.

"We do everything together, including serving our country," said Payne.

The trio attributes their keen interest in coming into the military to their father who just recently passed away.

"We just recently lost our dad six months ago," said Araujo, whose father served in the Air Force and retired as a technical sergeant, "but the things he instilled in us have given us a love for the military and its mission."

Araujo is the only officer in the family and hopes to pin on the rank of major in the near future.

Payne completed his 7-level course requirements prior to deploying. He was the only one in his class to ace the course and is only 12-semester hours away from finishing his degree. He will soon test for technical sergeant, the same rank his father proudly wore when he retired in 1992.

"I am very proud of my brother Kwazi and his ability to accomplish whatever he decides to do," Araujo said.

"However, he is still my brother and sometimes he does a good job of getting on my nerves too!," she laughed.

Chris will also become an E-6 soon. He hopes to become an officer in the Air Force as well, sometime in the future, to put his experience and degree in electrical engineering to good use.

"I feel left out, because my father was Air Force, and my brother and sister are as well. I feel I should have made the same decision," Chris added.

Although the three siblings have common ground with their military service, they have varying capaci-



Photo by Airman 1st Class J.S. Groves

Capt. Morshe Araujo, the 332nd Air Expeditionary Wing chief of Public Affairs, and Staff Sgt. Kwazi Payne, 332nd Travel Management Flight NCO in charge of outbound travel, enjoy a joyful reunion here.

ties in which they serve. The Payne brothers work with cargo and electrical engineering, but the captain opted for a career with a theme toward her life passion.

"I have more of a literary mind. My brothers are more scientifically and mathematically inclined. I don't want to know 'a+b/a-2x = weight.' I just want to know the weight," she explained.

According to her mother Carolyn Payne, her children are all unique and their experiences have given her a new perspective.

"When I found out all of my children were going to be deployed I was hurt, but my son (Kwazi) explained it was not only their job, but their duty," she said.

With only a little time left in the AOR, Araujo is preparing to leave her brothers as they continue the mission, and head home.

"I wish I had more than one week with my sister, but it is good to see her again," said Payne.



Photos by Staff Sgt. David E. Gillespie

Semper Fi

Marines file into the Sustainer Indoor theater after firing a volley and playing "Taps" for three fallen Marines from Bridge Company Bravo, 6th Engineer Battalion: Sgt. Alan D. Sherman, Cpl. John H. Todd III and Lance Cpl. Patrick R. Adle were killed in action June 29. (Right) Col. Gary Braddock, 372nd Engineer Group commander, kneels at the memorial for the three fallen marines.

GO-1A reminder to all here

By Inspector General Office
Special to Anaconda Times

With many units on LSA Anaconda reaching or approaching the mid-point of their deployment, it is a good time to review the "Prohibited Activities for U.S. Department of Defense Personnel Present Within the United States Central Command AOR," better known as CENTCOM General Order Number 1A.

Most service members understand the purpose of General Order 1A. High operational tempo and potentially hazardous conditions, both on and off LSA Anaconda, require a high degree of discipline. Limiting the factors that could disrupt that discipline is common sense. The prohibitions of GO-1A also take into account local laws and customs; adherence to these laws and customs is seen as critical to maintaining and improving host nation relations.

While talking to Soldiers, sailors, Marines and airmen on LSA Anaconda, the Inspector General has had the opportunity to correct some misconceptions regarding GO-1A. One of the myths heard frequently this year was that the order did not apply to troops stationed in Iraq.

The source of this myth is probably due to Iraq not being listed in USCENTCOM General Order Number 1, dated Dec. 19, 2000. GO-1A does, of course, apply to Iraq as superceding orders expanded the coverage. Leaders should ensure that the current order is maintained and posted in the unit.

A related myth is that the transfer of responsibility from CJTF-7 to MNC-I means that GO-1A has expired. The prohibitions are still in effect because a general order does not expire during a change of command or transfer of authority. A general order or regulation issued by a commander with authority under Article 92(1), Uniform Code of Military Justice retains its character as a general order when another officer takes

command, until it expires by its own terms or is rescinded by separate action.

The final myth often heard by the IG is the complaint that civilians are not bound by the order because the Army has no authority over civilians. This myth is simply untrue. Department of Defense civilians and contractors are bound by federal law to obey GO-1A if they are employed by, serving with or accompanying the Armed Forces. This means the vast majority of civilian workers in the AOR are subject to GO-1A.

The following list should serve as a refresher on the prohibitions of GO-1A. Please remember that this list is not the complete order; it is a summary of the prohibited activities.

1. Purchase, possession or use of privately owned firearms and ammunition.
2. Entrance into a Mosque by non-Moslems, without military necessity.
3. Possession, sale or consumption of alcoholic beverages.
4. Possession, sale or consumption of controlled substances or drug paraphernalia.
5. Possession, sale, creation or display of pornographic materials.
6. Gambling of any kind, including raffles, lotteries and sports pools.
7. Possessing, selling or destroying archeological artifacts.
8. Exchanging currency at other than at the official exchange rate.
9. Adopting as a pet or feeding domestic or wild animals.
10. Proselytizing of any religion or faith (Attempting to persuade someone to change his or her religious beliefs to your own).
11. Taking or retaining individual souvenirs.

Again the list of prohibited activities above is only a guide to GO-1A. If you have questions regarding the order, please contact the LSA Anaconda Inspector General's Office at DNVT 537-3114 or e-mail 13CCIG@13CC.ARMY.MIL

Forward support in TQ

By Pfc. Leah R. Burton
Staff writer

Dry, dusty Camp Taqaddam in western Iraq is home to the 298th Corps Support Battalion, a Mississippi National Guard unit that provides direct and general support to units passing through its area.

"We provide backup combat service support to the 1st Marine Expeditionary Force and support to non-divisional units in our division area," said Capt. Wesley T. Pickens, 298th CSB's support operations transportation officer.

The mission of the 298th CSB is important because when units pass through its division area in need of direct or general support, the 298th CSB provides it.

It is composed of two transportation companies, a quartermaster company and a maintenance company.

Some of those missions require the transportation companies to offer convoy assistance, which can turn into a dangerous mission.

"The most challenging part of our job is trying to keep people alive, trying to conduct movements without getting people hurt," Pickens said.

"The accelerated pace of the mission in combat doesn't help either," said Master Sgt. John A. Thomas, support operations transportation sergeant.

The Soldiers provide support in terms of maintenance, transportation, water purification, and storage and distribution of fuel.

When units request third echelon maintenance on their vehicles, convoy support and fuel, the 298th CSB provides them the required support.

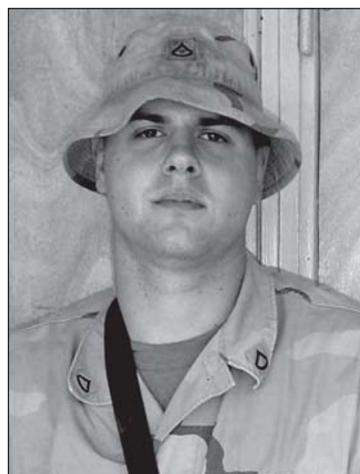
Question of the week

What is the best aspect of your life right now?



SFC Jason Runnels
25th Transportation Co

"The best aspect of my life right now is the opportunity to communicate with my family."



PFC Louis Ferriolo
84th Engineer Battalion

"Getting to know my platoon better."



SPC Ralph Smith
512th Maintenance Co

"November 8th, 2005 ETS!"



SPC Aaron Pettit
84th Engineer Battalion

"Six months left here!"



SGT Tim Williams
106th Aviation Regiment

"I woke up this morning."

EYE, from page 1

the eyes on a regular basis.

Another thing Soldiers should avoid doing is wearing contact lenses in the field.

"Contact lenses aren't authorized in the field. You can get an Article 15 for wearing them," Flint said. "While we understand that they may provide more natural vision, this isn't the time to be wearing them. We have had some serious infections with contact lenses."

Some factors that contributed to eye injuries have been water, dirty hands, as well as dirty goggles and sun glasses.

The treatment for eye injuries is to irrigate the eyes to remove particles and wash your hands often, said Flint.

"If a soldier suspects that they have a foreign body in their eye, they need to come to the Troop Medical Clinic right away," said Flint. "The longer the foreign body is in the eye, it makes it harder to remove because there is more tissue that is inflamed. [Immediate attention] leaves less scarring."

Soldiers should seek medical attention if they are experiencing redness in the eyes, crustiness on the eyes, or sharp pain in eyes. If there is a sudden onset of pain in the eyes, any sudden onset of decreased visual acuity or loss of vision seek medical assistance.

"There is no reason to put up with the pain. Come in and have it checked out," said Flint.

Red eye, irritated eyes, or a little goopiness in the eye upon waking up

should be treated because that type of eye infection can spread quickly to the other Soldiers, said Flint.

Soldiers should avoid handling common use items to help prevent spreading the infection as well as washing their hands often, said Flint.

"I think a lot of people aren't aware that we are here," said Flint, "Soldiers need to be aware that we have the capabilities to do eye exams as well as make glasses right here in the clinic."

For whatever reason that patients come in to see the eye doctor, they need to be patient while they wait to be seen.

"There is only one eye doctor and we usually see everybody that shows up. We see emergencies first and sometimes there is a wait. We try to take care of every Soldier," Flint said.

Flint recommended wearing goggles and sunglasses with poly carbonated lenses.

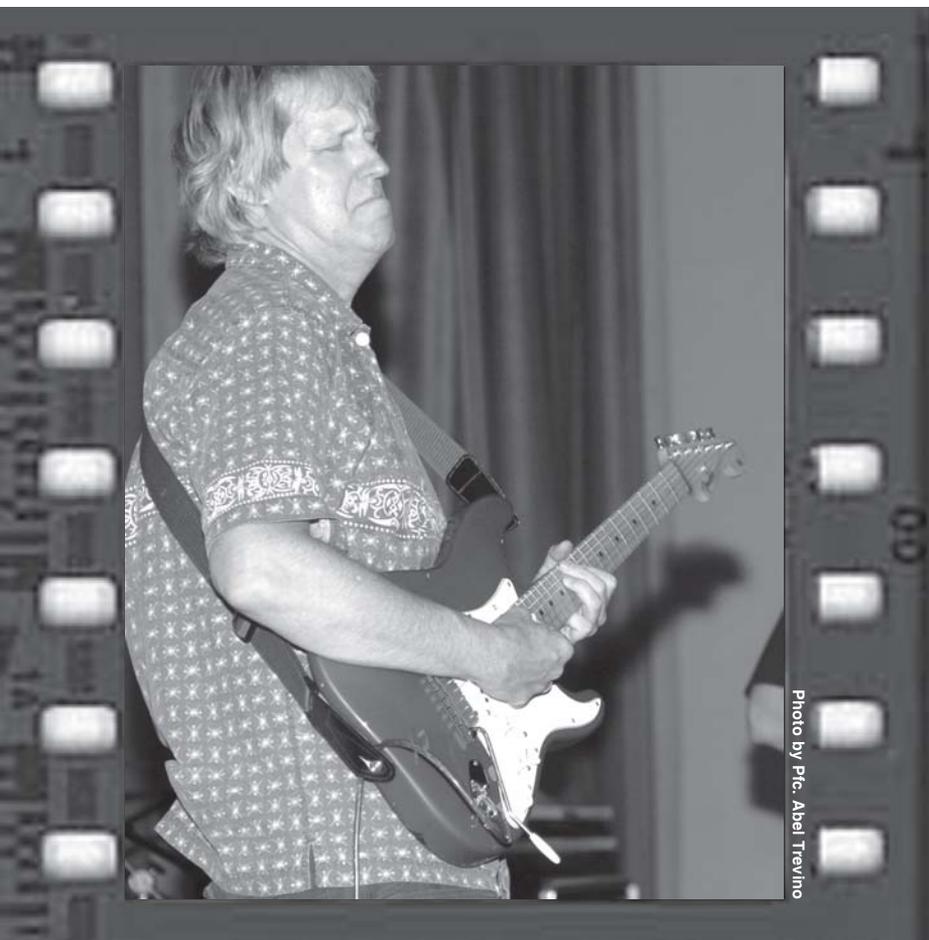
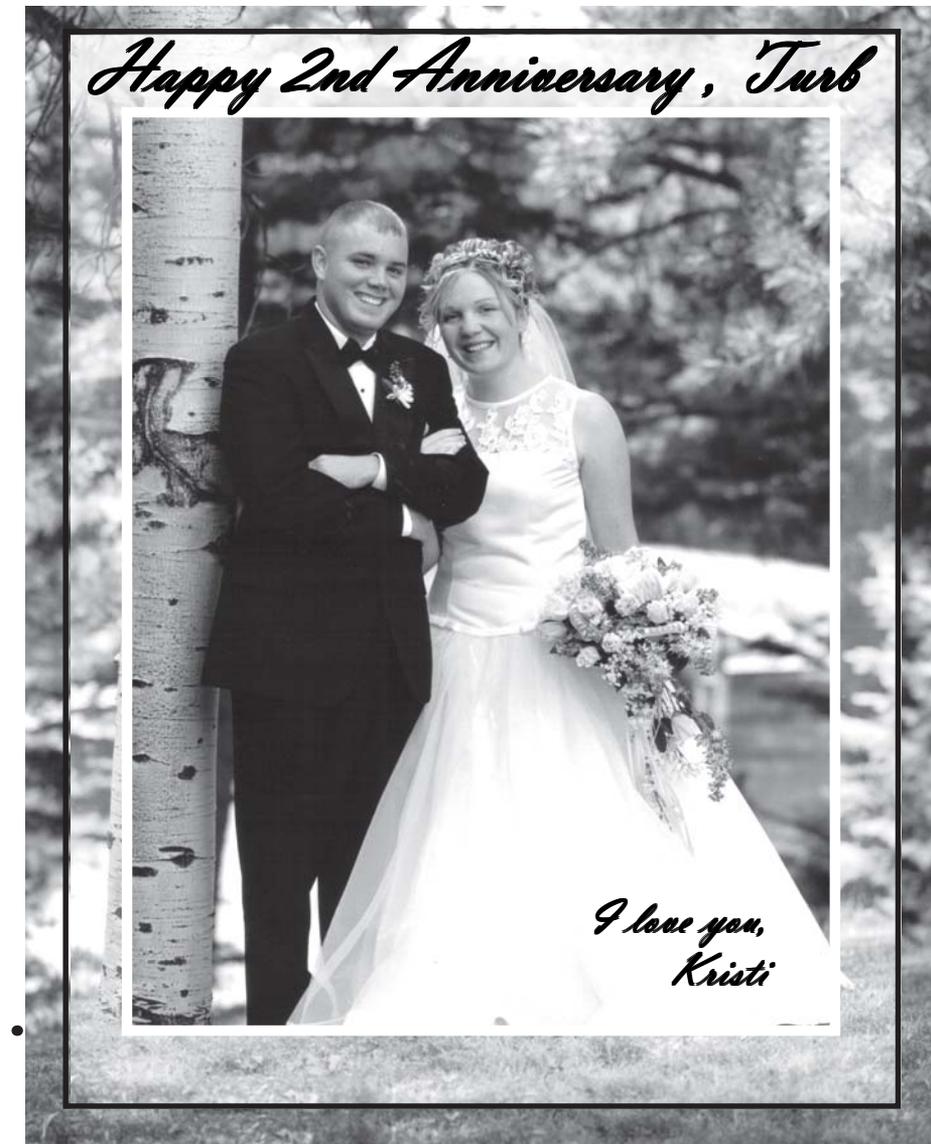
"We have had a number of people who have had improvised explosive devices or rocket propelled grenades that have gone off and they have been very fortunate that they had their goggles on and it has deflected the particles," said Flint.

Sick call hours are 7:30 a.m. to 11 a.m. and from 1:30 to 3 p.m. He advised seeking aid during morning sick call, but said they are available 24 hours a day and 7 days a week for emergencies.

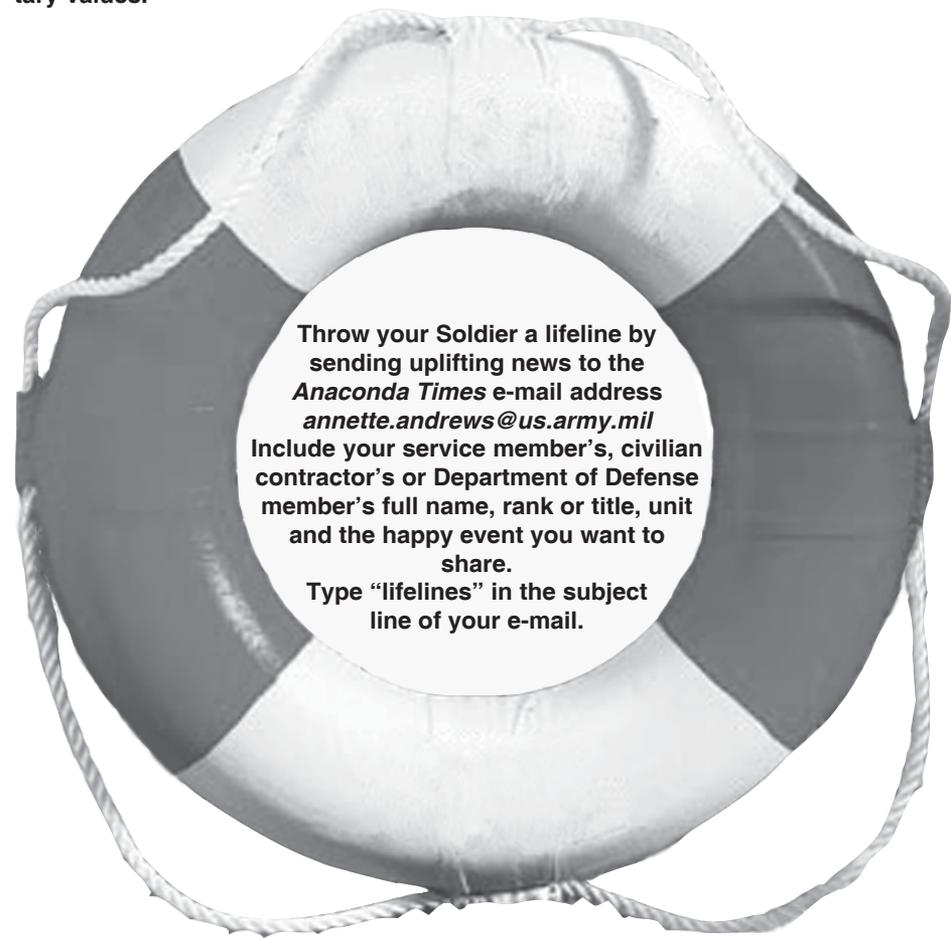
A little prevention goes a long way in keeping your eyes healthy for years to come.

LifeLines

To: Spc. Guy D. Hurd Jr., 4th Corps Materiel Management Center, 13th COSCOM on Monday.



Editor's note: Submissions to LifeLine may be made from family members with military members or civilians serving on LSA Anaconda on a first-come, first-serve basis. Acceptable submissions include birth announcements, birthday wishes and anniversary wishes. The *Anaconda Times* reserves the right to edit all submissions. Not all submissions can be printed, messages must be compatible with military values.



Throw your Soldier a lifeline by sending uplifting news to the *Anaconda Times* e-mail address annette.andrews@us.army.mil Include your service member's, civilian contractor's or Department of Defense member's full name, rank or title, unit and the happy event you want to share. Type "lifelines" in the subject line of your e-mail.

Total Recall

Les Johnson covers Stevie Ray Vaughn's "Testify" in the middle of the first night of the Los Angeles-based bands two-night set here at LSA Anaconda.



Photos by Pfc. Abel Trevino

Texas Ladies' Leslie Ramirez attempts a two-point goal during the match.



Texas Ladies' Yunashia Gilmore successfully steals the ball and races for the goal.



Yunashia Gilmore of the Texas Ladies starts to steal the ball from Lockdown Lady Divas' Caletia Thompson in the middle of the third period. Gilmore successfully stole the ball and made her way to the goal, to pass to fellow Texas Ladies' Leslie Ramirez, who scored two of the four points for the Texas Ladies.

Lockdown Lady Divas takes center court

By Pfc. Abel Trevino
Staff writer

At LSA Anaconda, there is not a woman's basketball league. There are no scheduled tournaments. In fact, there are only three dedicated teams. Two of the teams, the 644th Transportation Company's Texas Ladies and the Lockdown Lady Divas, which are made from players from the 4th Corps Materiel Management Command and 138th Personnel Service Battalion, faced off for the practice and fun of the sport on July 10.

"Some of us haven't touched a ball in years," said Leslie Ramirez, team captain for the Texas Ladies. "It's all about having fun."

The Texas Ladies lost 20-6, giving the undefeated Lockdown Lady Divas their third win since the inception of the team only five days previous to the game. There's no secret to their success.

"Teamwork," said Lockdown Lady Diva Annette Nunally. "It's always a team effort."

Teamwork comes through practicing and playing together, something the Texas Ladies have not had a chance to do since they have had only

one practice session and two games, said Texas Ladies coach Michael White.

"We haven't even had a chance to come together yet," Texas Lady Ramirez said. "Once we come together, we'll have a lot of potential."

The Lockdown Lady Divas acquired both of these skills in the few days they've been together.

"We have just come together on Monday," Nunally said. "And have only been practicing for five days."

Being a new team, the Texas Ladies were not concerned with a victory or loss as much as they were using it to find themselves.

"We didn't lose [the game] because we got points on the board," said White. "This game was just a measuring stick to see where we're at."

In the two games played, the Texas Ladies discovered what they needed to in order to be better contenders in later games.

"Yesterday was just our first game and today was our second. I learned that some of our players got points, some aggression. Now we just have to learn to work that together in the offense and defense," said White.

Highlights of the Lockdown Lady Diva's victory

include Shamina Palmer's multiple drives, repeated aggressive and effective defense and amazing offensive shots and rebounds. Offensively, Carla Garrett also scored five points and dominated with three defensive steals, assisting to create the massive lead the Lady Divas maintained from start to finish.

Personal satisfaction was the goal behind the dedication to the sport for the women players.

"I exceeded my goal. I scored six points and my goal was to score two," said Lady Diva Dionne Sanders. "We came to have fun and that's it."

While having fun, the players wanted to prove they could enjoy the competition and exercise that the males enjoy in tournament games, said Lady Diva Denise Chisholm.

She also wanted to bring awareness to the sport in hopes more ladies would form teams for larger competitive play.

Even without more teams playing, the current three teams continue to play each other for the love of the game. There are no hard feelings between wins and losses with team members frequently congratulating the other with hugs and heartfelt tributes of their abilities.



Photo by Sgt. Ann Venturato

The results of a first-degree sunburn on an LSA Anaconda Soldier, who burns easily.

Cover, conceal protects government issue

By Sgt. Ann Venturato
Assistant editor

Cover and concealment are the name of the game when it comes to protecting yourself from the dangerous sunrays here in Iraq.

The more skin that is exposed means that there is more skin that can be sunburned.

Sunburn is a reddening of the skin that is painful and can impair body heat loss by reducing the body's ability to sweat.

Sunburn can occur from prolonged exposure in the hot sun and can occur even on cloudy days.

"There all different types of skin burn. Sunburn is usually when most people get the redness or edema," said Capt. Mike McMahon, a physician assistant with the 118th Medical Battalion.

First-degree sunburn is when the skin becomes red but doesn't blister.

"When it comes to blistering, that is when you think of more of a second-degree burn," McMahon said.

"We have only seen a couple of Soldiers who have come in with sunburn to the face and that is because Soldiers are wearing the gear and the uniform properly. This protects the skin from the sun," McMahon said.

With the proper sun protection such as hats, sun glasses, sunscreen and being in the proper uniform, it is just a matter of making sure the exposed areas are protected with sunscreen.

"A lot of Soldiers we see are the gunners who are up in the hatches [of the vehicles] and their faces are exposed," McMahon said.

"If you are going outside, any exposed skin should be treated with a sunscreen that has at least a sun protective factor of 45," McMahon said.

Soldiers should also try to stay out of the sun during the peak intensity hours from 11 a.m. to 3 p.m. to avoid getting burned.

Soldiers who are at a higher risk for sunburn need to be careful when it comes to sun exposure.

Those who are fair skinned with blond hair and blue eyes are in one of the high-risk categories stated McMahon.

Those who have been sunburned before, as well as those who have a family history of cancer are at a higher risk when it comes to overexposure to the sun, he continued.

McMahon suggested that people who are high-risk apply sunscreen in the morning after their shower and reapply throughout the day.

Maj. Donald Slater, the Commander for the Headquarters Support Company, 118th Medical Battalion, is just one high-risk Soldier when it comes to getting sunburned. Even with wearing sunscreen, Slater ended up with first-degree sunburn on his back while playing softball May 24.

"Layers of clothing are the only thing that works for me," said Slater, who has sunburned even through his t-shirt.

When it comes to sun protection, a Soldier can never be too careful because most people do not notice the damage until it is too late, remarked McMahon.

Soldiers should practice the buddy system by looking out for each other and tell one another when your buddy looks pink or in need of more sunscreen or needs to get out of the sun, said McMahon.

Remind each other to coat your hands with sunscreen because this area is seldom thought of, he added.

Additionally, the normal treatment for minor sunburn is the use of a topical lotion that contains aloe. Then there is nothing left to do but let burn run its course.

Soldiers who get severe sunburn should go to the Troop Medical Clinic to be evaluated, he concluded.



Courtesy photo

This Soldier received second-degree burns while at Doha.