

ANACONDA TIMES

Vol. 1, Issue 36

Proudly serving Logistics Support Area Anaconda

October 10, 2004

Federal law prohibits check floating practice

Special to Anaconda Times

The Check Clearing for the 21st Century Act, also known as Check 21, was designed to eliminate check floating, among other things, and was signed into law Oct. 28, 2003. It will become effective Oct. 28, 2004.

All checks will be cleared electronically within minutes — even at night and on weekends. As an example, if payday is Monday and you write a check at the post exchange on Saturday assuming it won't clear before your paycheck is in, you will be wrong, — that check will bounce. It's called floating a check and you will be charged overdraft fees.

Check floating is slowly becoming a thing of the past. Because of the new law money will be drafted from your account immediately when you write a check. Check 21 allows retailers to scan your check through a machine that deducts the cash within minutes.

So be aware of what you are doing and the affect it could have on your credit rating or career. Make sure funds are available before you write a check.

It's essentially the end of the paper check system, as well, because the check will eventually be destroyed. There will be an image of the check online and that will serve as proof if you need it.

But everything is becoming electronic, and bank personnel will know if a check is good right away.

You won't be able to get your original paper checks back, because your bank will no longer have them.

Checks you write will clear sooner, increasing the risk that a check will bounce if funds are not in the account when you write the check; don't write a check unless the funds are already in the account to cover it.

see CHECKS, page 4



Photo by Lt. Col. Harry González

Ducking for cover

The mortar crew from the 81st Brigade Combat Team assumes the protective posture while firing their 120mm mortar during quarterly range qualifications here. The federal mission of the 81st BCT is to mobilize and deploy to a theater of operations to conduct combat operations, redeploy and demobilize. The 81st BCT is the largest brigade to mobilize since War War II assuming areas of responsibility from units like the 82nd Airborne Division, Fort Bragg, N.C. in Operation Iraqi Freedom. Stateside, the 81st BCT has been called to State Active Duty on several occasions to protect lives and property from natural disasters. In December 1975 they fought flood waters during the Snohomish River valley flood, and in May 1980 the eruption of Mt. St. Helens required Guard support. See related mortar story and photos on pages 8 -9.

U.S. Citizenship

Naturalization on foreign soil

By Spc. Leah R. Burton
Staff writer

Forty-eight non-U.S. citizen service members raised their right hands, took the Oath of Allegiance to the United States of America and became naturalized U.S. citizens at Camp Victory in Baghdad, Oct. 3.

Prior to Oct. 1, legislation stated that an applicant for U.S. citizenship had to take the exam and oath on U.S. soil. Effective Oct. 1, Congress granted the U.S. Citizenship and Immigration Service, formerly the Immigration and Naturalization Service, the authority to allow applicants to take the exam, interview and oath at certain overseas locations.

"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, chief of client services, LSA Anaconda Consolidated Legal Center.

About 7,000 non-citizen service members have cases pending with the USCIS. About 2,000 Soldiers serving in OIF and Operation Enduring Freedom are non-U.S. citizens.

Spc. Jote Aga, a native of Addis Ababa, Ethiopia, and a truck driver with the 630th Transportation Company here, immigrated to the U.S. with his parents in 1997. He applied for citizenship in 2003, but due to this deployment was unable to attend his naturalization appointment, where he would have taken the exam and completed his interview with a USCIS officer.

After passing the exam and interview in Baghdad, Aga was able to join the other applicants who took the Oath of Allegiance to the United States.

"I wasn't planning to get sworn in over here," Aga said. "The U.S. gave me the opportunity to pursue my goals."

The USCIS's goal is to process military members' applications within four months. It normally takes six months or longer.

"I have seen an increase on the number of service members taking advantage of this expedited process, especially our

see CITIZENSHIP, page 2

Fast food coming to LSA Anaconda

By Spc. Leah R. Burton
Staff writer

Two American fast food favorites will soon be available to residents of LSA Anaconda.

People will have the opportunity to choose between a Burger King hamburger and a Pizza Hut specialty pizza at the main post exchange.

"Soldiers and Airmen have continuously requested these services," said Darrin McCready, an Army and Air Force Exchange Service region food service manager. "Burger King and Pizza Hut both provide a taste of home to our forces fighting the war on terror."

Senior command channels in Baghdad requested that AAFES provide these concessions to improve the quality of life here.

Burger King's menu options will include the Whopper, Double Whopper, the XXL Big King, the Chicken Royale, french fries and onion rings, and Hershey Pie. Combo meals of each of the sandwiches are also available, and include medium french fries and a medium beverage.

The Pizza Hut menu will include Super Supreme, Meat Feast, Spicy Hot, Pepperoni Lovers, Hawaiian, Vegetarian and Cheese Lovers pizzas. Chicken wings and garlic bread will be also offered.

AAFES has contracted Al Homaizi Food Stuff Company, a Burger King and Pizza Hut franchisee to run the day-to-day operations of the concessions. AAFES retains oversight control of the contractor for compliance purposes.

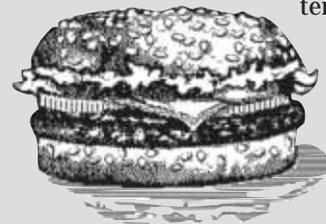
AAFES management hopes to have the concessions open in the next few weeks.

The business hours will be from 9 a.m. to 9 p.m., and the concessions are in front of the PX on New Jersey Avenue.

In addition, Subway and Baskin Robbins will occupy space in the Sustainer Indoor Theater in the near future.

A second Burger King and Pizza Hut will be on the west side of the airfield just past Dining Facility 4 soon.

Taco Bell and a popular fried chicken eatery will open at the outdoor theater at a date yet to be determined.



"All food served is from approved sources and all franchises are monitored to meet Burger King and Pizza Hut operational standards," McCready said.

Volunteers prepare Ten-Miler

By Spc. Steven J. Schneider
Staff writer

The 2004 Anaconda Ten-Miler, scheduled for Oct. 24, is staffed and made possible through the dedication of volunteers, said Maj. Willie Rios, Anaconda Ten-Miler chairman, Special Troops Battalion S-3, 13th Corps Support Command.

Rios said without the hours of hard work from volunteers across camp, the race would not be possible.

The race is like a calling to the competitor spirit, akin to the warrior spirit.

"Even though we're in a war zone, people who like to run still like a competitive atmosphere," said Capt. Peter Schmidt, 372nd Engineer Group.

"It's a great morale booster."

Schmidt has put about 60 hours of volunteer work in on top of attending the Ten-Miler committee meetings.

He is the unit representative, as well as a competitive runner.

Schmidt's goal was to see that the overall logistics involved with putting on an event of this magnitude were completed to standard.

The many hours of going above the call of duty by dedicated volunteers to coordinate the runners' route with medical aid and military police reinforcement is a mere sampling of the extent that community members are willing to give to their brethren in arms.

Schmidt said he knows of about 70

Soldiers who are planning on traveling to LSA Anaconda just to participate in the second annual LSA Anaconda Ten-Miler race.

He said it is that kind of motivation that shows the people who are stateside that the deployed Soldier is just as interested in competing as those people back home.

Trophies will be handed out to the top runners in different categories and age groups, to include relay teams as well as other categories.

The local Ten-Miler is open to all community members interested in running in the race. Registration is being held at Dining Facility 1 and Dining Facility 4 until 6:30 a.m., the day of the race.

The race begins at 7 a.m.

CITIZEN, from page 1
fellow guard and reserve service members," Defrey said.

In addition to the expedited process, USCIS has also waived the filing fee for applicants serving in the U.S. armed forces.

"The decision to become a U.S. citizen is an important decision in a service member's life. They are demonstrating a commitment to the United States and while they will enjoy all of the benefits of being a U.S. citizen, they also bear all of the responsibilities," said Defrey. "I hope the first official act they do as a United States citizen is to vote in the soonest election to ensure their voice is heard."

Non-citizen Soldiers who would like information about or help with the application process can attend a citizenship clinic at the Sustainer Indoor Theater at 8 a.m. Oct. 19.

The Staff Judge Advocate staff provides all the necessary forms and walks the individuals through the process. They take the photographs and coordinate with both the military police for fingerprints and the personnel services battalion for verification of service data. Once the packet is complete, the staff gives the individuals the address where to send their application packets.

"I can't imagine what would be more memorable for a service member than to become a U.S. citizen while serving during [OIF,]" Defrey said.

"This means a lot to me. I'm so happy I'm serving the country. It's nice to become a citizen," Aga said.

Call DNV 529-7453 for more information about the citizenship and naturalization clinic.



Photo by Spc. Leah R. Burton

Several non-citizen service members raise their right hands and take the Oath of Allegiance to the United States during the naturalization ceremony at the Al Faw Palace in Camp Victory, Baghdad, Oct. 3.

Anaconda Times is authorized for publication by the 13th COSCOM for the LSA Anaconda community. The contents of the Anaconda Times are unofficial and are not to be considered the official views of, or endorsed by, the U.S. Government, including the Department of Defense or Operation Iraqi Freedom.

Anaconda Times is a command information newspaper in accordance with Army Regulation 360-1.

Anaconda Times is published weekly by the Stars and Stripes central office, with a circulation of 5,000 papers.



The Public Affairs Office is on New Jersey Ave. in building 4136, DVNT 537-3028. Anaconda Times, HHC 13th COSCOM, APO AE 09391. Web site at www.mnf-iraq.com/coalition-news/publications/anaconda.htm

Contact Sgt. Annette B. Andrews via e-mail at annette.andrews@us.army.mil

13th COSCOM Commanding General
Brig. Gen. James E. Chambers

13th COSCOM and LSA Anaconda Public Affairs Officer
Maj. Richard Spiegel

Deputy Public Affairs Officer
28th Public Affairs Detachment Commander
Capt. Catherine Wilkinson

Public Affairs NCOIC of 13th COSCOM & 28th PAD
Staff Sgt. David E. Gillespie

Editor
Sgt. Annette B. Andrews

Assistant Editor
Sgt. Ann Venturato

Staff Writers
Spc. Steven Schneider
Spc. Leah R. Burton
Pfc. Abel Trevino

Soldiers make best of bad situations

By 1st Lt. Phylis Black
332nd ECS

How long have you been here? How long is your tour? What do you do? What do you think of our little slice of Eden?

I routinely use these questions as an icebreaker, but I've noticed the answers reveal how the people around me cope with these conditions. Many of them challenge and improve my perspective.

I'd been here only a week (and was still in the post-arrival slump) when we happened to eat lunch with an Army specialist who regaled us with tales of his experiences in the six months since he'd arrived. He was an activated Reservist.

When his unit first arrived, they were homeless. There were no tents erected for them yet, so they bunked in a munitions storage barn with faulty wiring just outside of Fallujah, and the wiring set the place on fire.

After that, many of them not only had no home, but no clothes. The specialist and his unit spent the first four months

here running convoys in armored Humvees with no air conditioning. They routinely take mortar and small arms fire.

As he talked, I thought about all the negative experiences he'd had and what he had to be upset about. He'd been called upon to leave his job, his home and his loved ones for a year.

He'd arrived in this strange country to find himself and his unit homeless. He lived in makeshift housing until it burned down. His job was dangerous and physically miserable. Six more months of the same awaited him.

But throughout the conversation, I was impressed by his attitude. His stories were matter of fact, and even amusing. He didn't complain once. Instead of whining about being homeless, he told how the conflagration had launched many of the munitions but added, "No one was hurt."

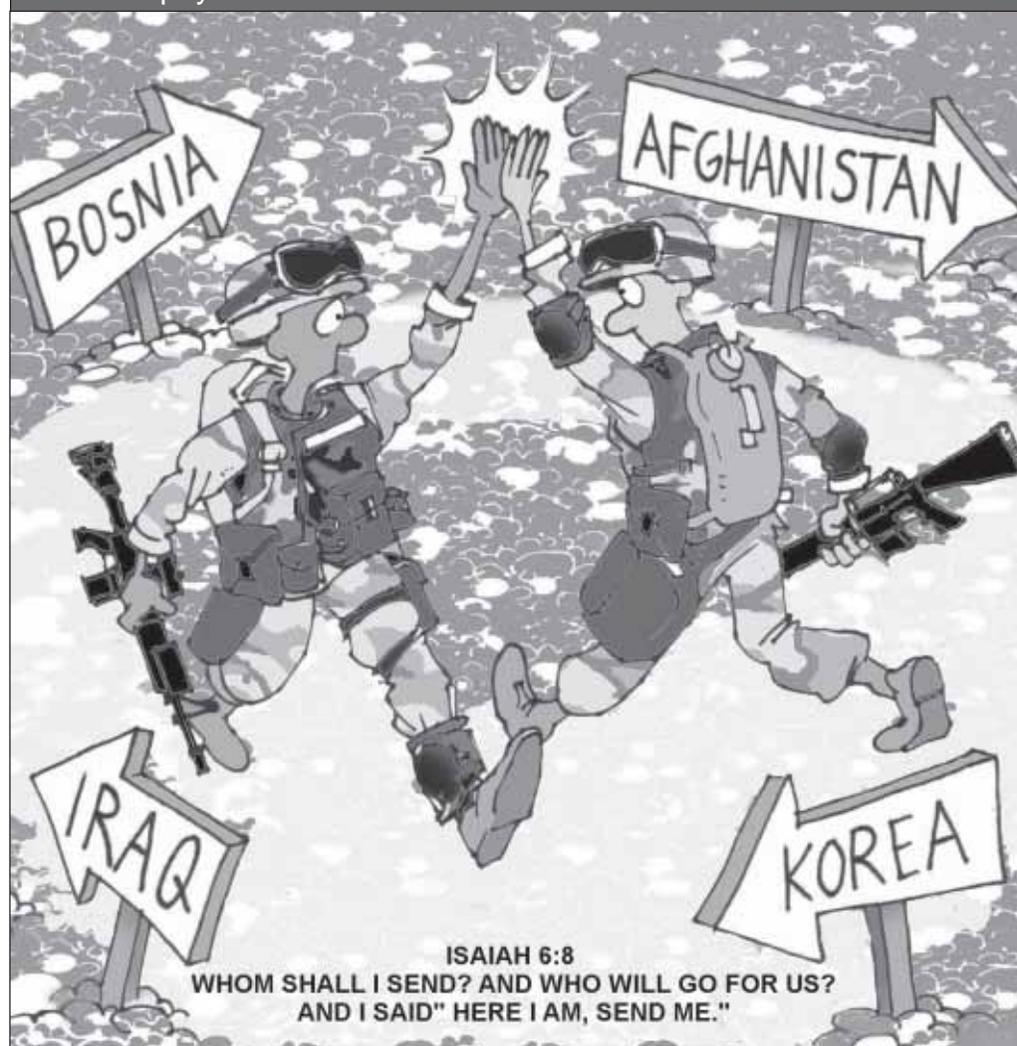
He could have complained about how nasty his job was, and how thankless, but he bragged about how his unit had already logged more convoys than any other unit, and hadn't lost a soldier yet.

It's easy to get sucked into thinking about what you don't have and can't do, but it's counter-productive. Focus on the donut and not the hole.

Your attitude determines how you experience the world. You can spend your time here focused on what you don't have and make everyone around

you miserable, then leave here bitter and angry. Alternately, you can accept your situation and make the most of it, do your duty with pride, apply yourself to whatever job you've been assigned to do then go home knowing you've accomplished something worthwhile. The choice is yours.

Pvt. Murphy's Law



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



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



Left Shoulder Diary

142nd Signal Brigade

Compiled from
Unit History

The 142nd Signal Brigade shoulder sleeve insignia is characterized by a white square with one angle up, four orange barbed lightning flashes arranged per cross and surmounted by a scarlet saltire in an orange border.

Orange and white are the branch colors of the Signal Corps. The red saltire is adapted from the Alabama State flag and refers to the unit's location. The radiating lightning flashes and arrowheads symbolize the command control, training and logistic support provided by the unit. The lightning flashes also refer to speed and communications. The shape of the insignia alludes to an early radio antenna.

The insignia was originally approved for the 142nd Sig. Bde. on Aug. 16, 1978. It was amended to reflect a change in the size of the insignia on April 13, 1979.

The 142nd Signal Battalion was originally constituted on Oct. 25, 1960 in the Alabama Army National Guard as Headquarters and Headquarters Detachment 142nd Signal Group. It organized and was Federally recognized on Nov. 1, 1960 at Decatur, Ala.

The unit reorganized and was redesignated on April 1, 1978 as Headquarters and Headquarters Company, 142nd Sig. Bde.

The mission of the 142nd Signal Bde. and subordinate units is to provide communications by installing, operating and maintaining a communications system in support of corps level functions including command, control, combat support and combat service support. It also provides planning, engineering, coordination and direction for execution of communications support as required for all levels of operations.

In November 1999, 142nd Sig. Bde. became the first National Guard major command to deploy its own multichannel tactical-satellite equipment when it used its new AN/TSC-93B vans in a field-training exercise. The system linked 29th Signal Battalion with 279th Signal Battalion at Redstone Arsenal, Ala., and 711th Signal Battalion at Camp Shelby, Miss.

Among its subordinate units stationed at LSA Anaconda, is an Active Army unit, the 29th Signal Bn., from Fort Lewis, Wash. The 142nd Sig. Bde. added the 29th Sig. Bn. in September 1999, thus becoming the first brigade-level multi-component unit in the Army.

Civilian of the Week

Phillip Wayne Sibley, a Puyallup, Wash. native, is an electronic networking equipment specialist with the Communications Electronics Command attached to the 81st Brigade Combat Team, volunteered to come to Iraq to be with his son. Through last minute changes and mix-ups, he is here and his son is at Camp Arifjan, Kuwait.

"But, I get to go down and see him about once every other month or so," Sibley said.

"The guys in the 81st BCT have really supported me. We work very well together," Sibley said.

The respect and treatment the Soldiers gave Sibley enabled him to find the most rewarding aspect of his job.

"I love teaching and helping Soldiers, particularly with the National Guard because a lot of them are going back [home and] some of them lost their jobs because they were deployed. If I can give them a new skill to work with when they get back, that'd make me happy," Sibley said. "That's what I'm here for, to get them where they want to be at."

Soldiers unknowingly make life slightly more difficult for Sibley by mistaking him for a Soldier.

"Sometimes interacting with Soldiers that don't know me is [difficult]," said Sibley. "I wear a [desert camouflage] uniform, and [since] people sometimes think that I'm a Soldier, the sleeves rolled up and the hair is sometimes an issue. People come up and say 'You need to get a haircut!' I show them my major command tag and they [understand]," he said.

It's not strange for Sibley to wear the desert camouflage uniform; he was in Kuwait in 1995 as part of Operation Intrinsic Action during his 20-year career in the Army. From his own experiences in the military, he can empathize with Soldiers.

"I'm retired military, so I've spent 20 years on and off deployments. It's not new to me, but for a lot of guys here, being away for Christmas, Thanksgiving and birthdays, is new to them. It's hard to watch some of them and they way they take it," said Sibley.

Watching homesick Soldiers reminds him of his wife of 26 years who is waiting for him at home,



Phillip Wayne Sibley

Sibley said.

"Every time I get separated, it's hard," he said. "I love my wife and I don't want her to worry [about me], I'm safe."

Sibley said that he'd like to also let her know that the people he works with treat him well.

"I hope that all the military units received civilians and contractors like this unit has received me. It's a necessity we work together in today's Army," he said.

CHECKS from page 1

You may not get access to the funds from checks you deposit any sooner, because the new law does not shorten check hold times.

Different kinds of copies of a check will have different rights attached. Check 21 creates a new kind of paper copy of an electronic image of a check. This special kind of copy is called a "substitute check." Only a substitute check can be the legal equivalent of the original check, and only a substitute check triggers your right to re-credit of disputed funds.

A regular copy of a check does not carry these same protections. If you ask for a copy of a check, your bank may send you an ordinary copy instead of this special kind of copy, which triggers legal rights and protections unless you ask for a substitute check.

A bank other than your bank will have your original check, and will decide whether to destroy it. Before Check 21, your own bank decided how long to keep your original checks, if you didn't get them returned with your statement. Under Check 21, the bank of the person you wrote the check to may decide when to destroy the check.

Consumers will get new rights for some electronically processed checks, but not for others. When a substitute check is provided to a consumer, Check 21 gives the consumer a right to have funds of up to \$2,500 re-credited to the consumer's account in 10 business days if the check is paid twice, paid for the wrong amount, or otherwise paid in error. The statute is ambiguous about whether

this new right applies when a paper substitute check is used in the processing of the check but is not returned to the consumer.

If a check is processed electronically by all the banks it is routed through without the use of a substitute check and the consumer is not provided with a substitute check, then the check remains under state check law. In that case, the consumer does not receive a 10 day right of re-credit even if the electronic image of the check is paid twice, paid for the wrong amount, or if both the electronic image and the paper check are paid.

Consumers who want to maximize their consumer rights should ask for return of substitute checks with their checking account statements. Watch out for fees associated with a substitute check-returning account. Look for another bank if your bank charges a high fee to get copies of all your checks as substitute checks.

Only the special substitute check can be legally equivalent to the original check to prove payment. The copies that a bank sends to consumers under a so-called "voluntary truncation" agreement, where the consumer agrees not to get the checks back, do not prove that a payment has been made, and do not trigger your Check 21 re-credit right.

Adversely, the bank will still hold a deposit for a few days to make sure it clears. To learn more, go to these Web sites: <http://www.federalreserve.gov/paymentsystems/truncation/default.htm>

<http://www.consumersunion.org/finance/ckclear1002.htm>

SCIENCE & clinical expertise offer relief here

By Sgt. Annette B. Andrews
Editor

Pain and torture. That's how some might jokingly describe physical therapy or PT, but the physical therapy clinic on LSA Anaconda is all about healing and reducing, if not eliminating the pain.

People with minor to moderate bone, tendon, joint or muscle injuries looking for an alternative to surgery or medication might want to walk in for an evaluation.

"I was told there was no hope for me," said Staff Sgt. Margie Chadwick, Headquarters and Headquarters Company, 13th Corps Support Command, explaining how she was referred to physical therapy. "My options were surgery or live with the

pain. But I talked to these guys in (physical therapy) and they said they could help me."

The physical therapist and his assistants use scientific knowledge and evidence-based clinical expertise in this hands-on profession. But relief does not come overnight; it takes hard work and dedication to stick to the routine, stated Spc. William Bacon, physical therapist assistant, Company C, 181st Support Battalion.

The physical therapy staff manages the patients' treatments using different methods to include ultrasound, heat, ice and massage therapy plus exercise.

"Strengthening, conditioning of those weakened joints is important to healing," Bacon said. "We use mobilization [techniques], bands, medicine balls, stretches and exercise bikes aimed toward job functions to get patients back to job duties with as little pain as possible."

During the first visit to the clinic expect to undergo an initial evaluation. The therapist will ask about the patient's medical history, how the illness or injury occurred, and how long the patient has had the problem. The physical therapist will also perform different tests to diagnose the patient's condition. After completing the assessment, a treatment plan is discussed and therapy begins.

"After being treated for awhile, I'm not 100 percent better but, I'm not suffering from the type of pain I had before," Chadwick said.

Treatment includes postural training, or education, and ergonomic training. Using the applied science of ergonomics that is concerned with designing and arranging things people use so that people and things interact most efficiently and safely – also called human engineering – the staff will attempt to improve the patient's work area if possible. It could be as simple as lowering the computer keyboard, arranging items at a comfortable distance and sitting closer to the desk, explained Bacon.

"We see a lot of low back pain that we've dubbed 'IBA Syndrome,'"

Bacon said concerning the most common injuries treated to date. "Knee pain from overuse and something called SI dysfunction, a mal-alignment of joints, are the most common injuries."

The techniques used differ with each patient and treatment is designed specifically for each unique condition. Another key point to remember said Bacon is to seek treatment directly after an accident or any traumatic event especially if there is a functional deficiency or intense pain.

"I thought I came in for a leg injury I got in a Humvee accident and here I am being treated for my back too," said Sgt. Debbie Selva, Company L, 151st Aviation Intermediate Maintenance. "When I [first] came in I could tolerate walking but if I wanted to swim or do any sort of exercise I couldn't bear to walk afterward. Now I can do more. I hurt a lot but I can do more."

Exercises are a staple of physical therapy treatment. The assigned exercises might include breathing, strengthening or stretching techniques. It's necessary to perform the exercises at home and not just in the clinic because this is probably the single most important step to improvement, Bacon explained.

Treatment can also reduce discomfort for people who have chronic pain due to former injuries or illness. Most patients spend two to six weeks in therapy.

"If we can't get them fixed in six weeks we'll send them to the (Troop Medical Clinic) for further evaluation," Bacon said.

The 181st Sup. Bn. established the physical therapy clinic here one week after its arrival in theater last April. Personnel on staff include Capt. Kenneth Utzinger, a licensed physical therapist from Texas and Master Sgt. Colleen Vandervest, massage therapist; both are of Headquarters and Headquarters Company, 81st Brigade Combat Team. Pfc. Eric T. Atencio, medic, Co. C, 181st Sup. Bn., is a new addition to the staff. Bacon is a licensed physical therapist assistant.



Photo by Spc. Leah R. Burton

Pfc. Eric T. Atencio, formerly a medic on the South Gate, applies ice therapy to a patient's knee Oct. 1.

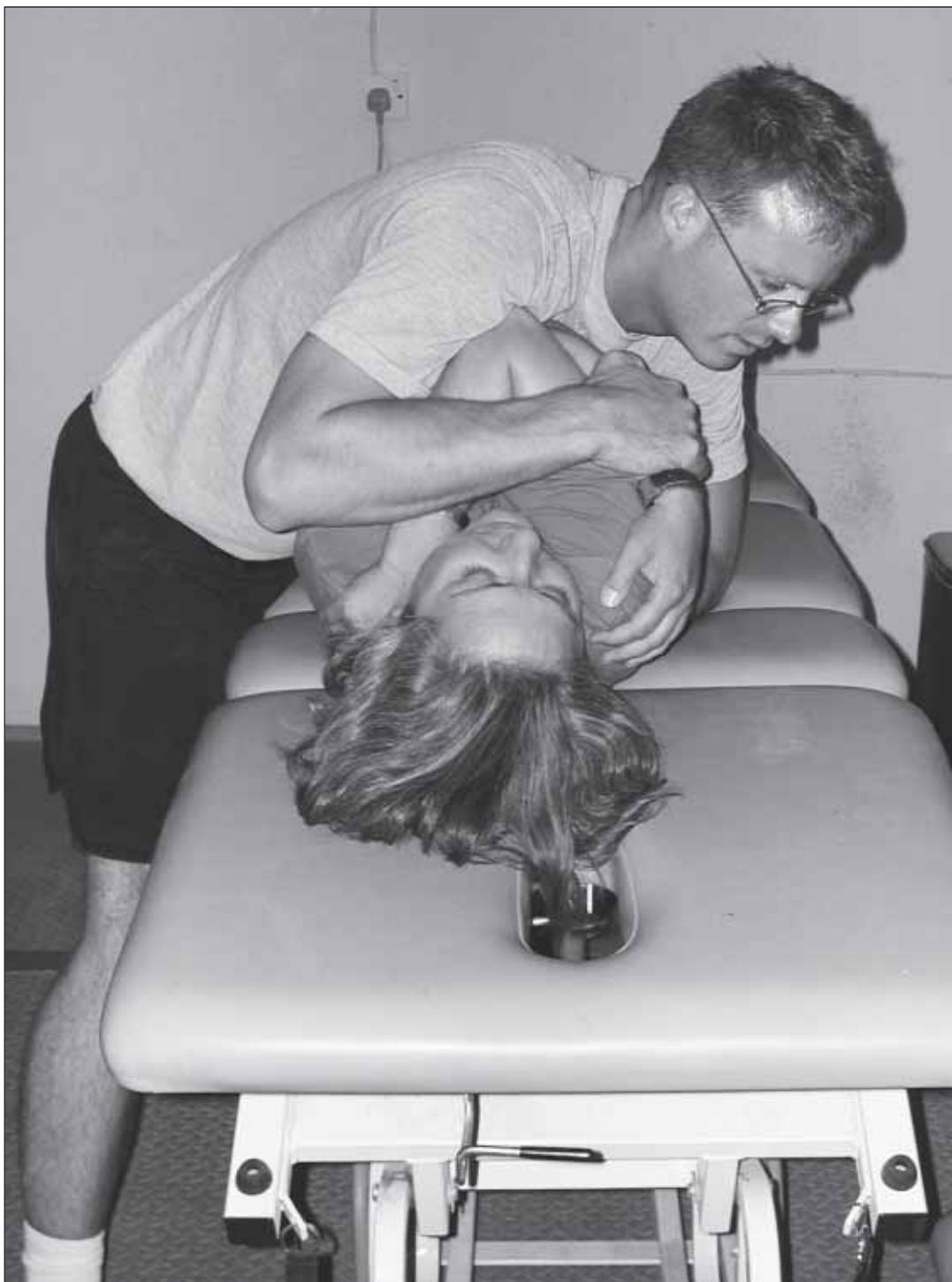


Photo by Sgt. Annette B. Andrews

Spc. William Bacon, physical therapist assistant, applies joint mobilization to Sgt. Debbie Selva during her treatment for soft tissue injuries.



Photo by Spc. Leah R. Burton

Ultrasound therapy is applied to an injured knee.

Marine Corps retires original Day Attack Harrier in North Carolina flyby ceremony

Marine Attack Training Squadron-203 retired the original AV-8B Day Attack Harrier in a flyby ceremony Sept. 30 at Cherry Point.

Combining tactical mobility, responsiveness, reduced operating costs and flexibility the AV-8B Day Attack Harrier has been an essential element for the special combat and expeditionary requirements of the Marine Corps.

"I've been flying AV-8B Harriers for 18 years," said Lt. Col. Richard W. Regan, the Commanding Officer at VMAT-203. "They have been globally deployed since the summer of 1986. They served exceptionally well in Operations Desert Shield, Desert Storm and during the Kosovo Conflict. During Desert Storm, they were the closest to the front of any tactical aircraft."

Harriers have been able to serve a special purpose flying off of aircraft carriers. Part of the 1st Marine Expeditionary Unit, they have been an invaluable element of strategic planning.

"Flying off of aircraft carriers we give the MEU commander deeper striking ability," said Regan. "This in turn changes the shape of the battlefield."

Employed as a ground-attack fighter-bomber they have proved their worthiness after 20 years of faithful service.

"Over the years we have improved on the original model," said Regan. "The updated AV-8B Day Attack

Harriers have now become operationally obsolete, and will either be sold to foreign countries or scrapped for parts."

The original Harrier has been constantly improved. The AV-8B II Night Attack was designed for flying at night and has a forward looking infrared system. Its engine was upgraded from the 406 to the 408 engine, giving the aircraft more thrust, better performance and the ability to carry heavier ordnance loads. Another added feature is a multi-purpose color display, or a moving map.

"The Harrier has changed over the years as the way the Marine Corps war-fighting tactics have changed," said Regan. "The need for a more powerful engine is critical to the Harriers ability to fly off and land on aircraft carriers. Smart bombs, advanced precision bombs, better sensors are all changes that the Harrier has experienced over the years."

The AV-8B Night Attack II+ is the latest addition to



Photo by Lance Cpl. Cullen J. Tiernan

Lt. Col. Richard W. Regan, the commanding officer at VMAT-203 signals everything is "good to go" after landing an AV-8B Day Attack Harrier for the last time.

the growing Harrier family. With radar installed, it's the most advanced Harrier in VMAT-203's arsenal.

"At one time we had eight Squadrons of 20 Harriers each," said Regan. "They have served us skillfully over the years, in fact the bird I landed today is fully operational and completely ready to fly right now."

Marine Corps News Service

Surfers storm Pyramid Rock in military surfer competition

More than a dozen surfers, both young and old, participated in this year's first surfing contest held at Kaneohe Bay, Hawaii, Sept. 25.

A panel of three judges evaluated the surfers throughout the competition. The competitors were judged in several different categories to determine their score for each wave they rode. Contestants were graded on the size of the wave they rode, whether or not they maximized the potential of the wave, the length of time they stayed on the wave and how much personal style they incorporated into their surfing.

"We had a small number of people turn out," said Jerard "Ziggy" Jardin, volunteer lifeguard, during the event. "But out of those who are here, a lot of them are very talented."

Surfers competed in four different categories; kids short board, kid's long board, and men's short board and long board. The competitors were placed in heats and each group received 15 minutes to try to catch as many quality waves as they could for score.

"The surf was good, small but consistent," said Matt C. Newman, volunteer lifeguard and contest judge. "Everyone caught a lot of waves and had a good time throughout the contest."

Once each round was over, the top competitors moved on through semi-finals and eventually finals. Every participant re-



Photo by Cpl. Megan L. Stiner

Kris Burmeister catches a wave during the first surfing contest of the year at Kaneohe Bay, Sept. 25.

ceived a shirt for participating in the contest and in each category the top three finishers were awarded an additional t-shirt and an engraved wooden bowl.

"The biggest thing is, you don't have to think you are a great surfer to come out and be a part of the contests," said Jardin. "It is just a good opportunity to get out, surf a little and maybe go home with a prize."

John Dela Cruz, who won both the short and long board categories, dominated the men's competition. John Kauffman came in second in both categories and Kris Burmeister received third place in the men's short board division.

The kid's competition was a mix up with Hans Wurlhzer winning first place in the short board category over second place winner Wyatt Butterbaugh and third place winner Taylor Cook. The kids long board competition saw

Wyatt Butterbaugh as the overall winner, followed closely by Wyatt Redongo in second and Taylor Cook rounding off the top three positions.

Competitor, and short board winner, Hans Wurlhzer, has been surfing for nearly a decade. The 15-year-old surfer hopes to one day be good enough to go professional, but said he knows how difficult that can be.

For now he just plans on competing in more small contests and building up his skills.

"I really like everything about surfing," he said. "It is good exercise and a good hobby. It just really gives you a good feeling being out there on the waves."

The next competition, open to all active duty military and family members, is scheduled for Thanksgiving weekend at Pyramid Rock Beach.

Marine Corps News Service

Anderson honors sailors with visit

Pamela Anderson visited USS *Ronald Reagan* Sept. 29 to promote her new clothing line at Naval Air Station North Island's Navy Exchange.

"The Navy Exchange is selling my new book and clothing line," said Anderson. "I also wanted to come see the ship and its crew."

Hundreds of Sailors stayed for a chance to meet her and get an autograph.

"The excitement level was pretty high," said Airman Casey Dixon. "There were [a lot] people on the catwalks waiting to catch a glimpse as she came aboard."

Reagan's Executive Officer, Capt. Andr s Brugal, greeted Anderson on the quarterdeck and escorted her to the flight deck to meet the crew.

Sailors crowded around Anderson's table to get autographs for themselves, and for their family members and friends.

"I got a picture for my brother," said Information Tech-

nology Specialist 3rd class Jessica Munoz. "He's stationed over in Iraq right now, and I think he'll really like the picture."

Many Sailors were surprised that Anderson came to the ship.

"I never thought Pamela Anderson would come on board," said Dixon.

"I spoke personally to Pamela Anderson for a short while before her departure, and she was deeply touched by the extra efforts of all parties during her visit," Donald Wild, general manager of the Navy Exchange North Island Complex, said after the visit. "She was extremely proud to have the time she spent on the carrier and the time the crew took to welcome her."

Sailors enjoyed and appreciated Anderson taking the time to visit.

"I think it's great that Pamela took time out of her busy day to come see our ship," said Munoz.

Navy News Service



Photo by Photographer's Mate Airman Aaron Burden

Pamela Anderson takes time to pose with crew members assigned to the Nimitz-class aircraft carrier USS *Ronald Reagan* (CVN 76) during a visit to the ship.

Marines train Nigerien soldiers in ways of machine gunners, snipers to increase homeland defense

In 1718 James Puckle developed the first machine gun, which he called his Defense Gun. Since then the machine gun has been a vital asset to the arsenals of armed forces throughout the world. It has proven to be a weapon that can be pivotal to the outcome of a battle, much like the addition of a sniper to any fire team. So, it came as no surprise to Sgt. Chris Singley, instructor and trainer, and Gunnery Sgt. Eric Coughlin, staff NCOIC, Trans-Sahara Counter Terrorist Initiative Mobile Training Team, that the Nigerien military had such weapons. However, Singley and Coughlin never expected that they'd be teaching the force of this country how to be effective machine gunners and snipers.

Singley and Coughlin, along with the other 22 Marines and Sailors of the MTT, answered the State Department's charge to bolster the capabilities of Africa's Sahel region and stem the flow of illicit arms, goods, and terrorists in the area by training select military units from Chad and Niger. After a successful eight weeks of training in Chad, the MTT set out to duplicate their success with another eight weeks in Niger on

Aug. 9, 2004. With a similar training schedule of courses such as field medicine and land navigation, the MTT found the soldiers responsive and excited. However, at the MTT's discovery of the Nigerien Army's weapon capabilities, the TSCTI training coordinators realized there was room to expand into specialized training. Singley and Coughlin were assigned the task to give a select few of the 150 Nigerien soldiers being trained an opportunity to experience Marine Corps machine gun and sniper training.

Within one week Singley took 18 Nigerien soldiers who didn't have much basic knowledge of the machine gun and taught them how to properly employ and fire the weapon.

"I knew it would be challenging, but I also knew I had the necessary skills to make them good. I was trying to get them to understand how a machine gun works and not be afraid of the weapon," said Singley, a native of Milledgeville, Ga.

Singley familiarized the soldiers with the weapon by having them practice setting the weapon up and conduct malfunction drills. He also worked with the

soldiers on manipulating the traversing and elevation mechanisms, adjusting fire using an assistant gunner, and live fire drills.

"We had really good translators, so the language barrier was not really a problem, said Singley. "Now they can provide the commanding officer with an effective support by fire element."

Simultaneously, Coughlin took eight Nigerien soldiers under his command and molded them into snipers. The soldiers under Coughlin's charge had little to no experience with the NDM-86 sniper rifles in their arsenal. Coughlin sprung into action, battle site zeroing the rifles with his snipers.

"BZOing was the toughest part, because when they first shot, they didn't have good trigger control or shooting position," said Coughlin.

Within the course of 10 days Coughlin worked on the soldier's marksmanship and observation techniques. He also worked on camouflaging, navigation, field sketching, and scope orientation.

"I wanted to teach them as much as possible. Sniper school is nine weeks long, and I only had 10 days. I wanted these guys to

apply the principles and hit the target," said Coughlin.

Coughlin saw his diligent hands-on training with the soldiers pay off at a Nigerien training facility called Samari, where the entire company being trained by the MTT was performing field operations.

"These guys were tremendous. They had a first round kill at center mass from 320 millimeters, which made it a hard shot with the position of the sun and wind," said Coughlin.

Although focused with their efforts to train the Nigerien soldiers, Singley and Coughlin heard the beckon of the Marine Corps again. The two learned that there was an opportunity for them to perform the same type of mission in Iraq. As a result, they eagerly departed Niger a week ahead of the rest of the trainers.

"My unit needed another body for a similar mission, and I had just enough time to do it if I left here early, so I volunteered to go," said Singley. "I'm excited about doing the same thing in a new place with new challenges, even though it's in a hostile environment."

Despite the fact the two Ma-



Photo by: Cpl. Lameen Witter

Sgt. Chris Singley, instructor and trainer, Trans-Sahara Counter Terrorist Initiative counts the rounds of a Nigerien machine gunner about to fire at a range at Nigerien Army Base Tondibiah.

rines are excited to go, they know they will miss Niger and the bonds they built here.

"I would go on a mission with these guys any day. Those are my guys, and we did a lot of sweating and long hours together. I will miss working with them," said Coughlin as he packed bags.

Marine Corps News Service

Army cracking down on prostitution in Korea

The Eighth U.S. Army has strengthened its stance on prostitution and human trafficking in Korea.

Along with crackdowns by the Korean police on brothels and prostitutes, Lt. Gen. Charles Campbell, Eighth Army commander, has aired radio commercials strongly urging Soldiers and Department of Defense employees not to associate themselves with prostitutes.

Prostitution and human trafficking are demeaning acts toward women, said Capt. Kent Bennett, 2nd Infantry Division Preventive Medicine Officer.

"By participating in this, a Soldier is contributing to the enslavement of women and girls from all over the world," he said. "These women aren't (often) allowed to keep any money paid to them."

DoD is pushing for a change in the Uniform Code of Military Justice. Under the proposed changes, Soldiers who are found convicted of soliciting prostitution may be dishonorably discharged.

Bennett agrees with the proposed changes.

"Participating in prostitution is just that much worse since you are contributing to an entire industry based on violence," Bennett said. "I think that most will see this as a change that benefits not only the U.S. military, but also honest business owners and women around the world."

South Korean authorities said Seoul's sex industry generates an estimated \$21

billion per year. A recent raid in the red light district yielded 38 arrests.

Military police and Korean National Police officers work together to provide patrols through the bars outside of military posts.

The Eighth Army holds a zero-tolerance policy when it comes to prostitution and human trafficking, said Campbell.

Prostitution is a problem that affects not only the relationships between the U.S. Soldiers and their Korean neighbors, but also combat readiness, said Bennett.

"A Soldier who engages in sexual relations with a prostitute risks several health effects," he said. "The majority of these risks are those one would associate with sexually transmitted diseases such as HIV, genital warts and syphilis."

Bennett also added that this problem not only affects an individual Soldier, but also a larger element in general. "Even a Soldier who isn't married needs to consider the effect that getting an STD from a casual sexual encounter will have on current or future relationships," he said.

With the problems that prostitution conveys, Soldiers offer different possible solutions.

"Don't condone it and don't buy into it," said Sgt. Sherri Davis, 473rd Quartermaster Company. "We have a lot of other activities for Soldiers, like libraries and cyber cafes."

Army News Service

One PAO slot at OCS available for any Sailor

The Department of the Navy's Chief of Information announced an opening in Officer Candidate School for one Sailor interested in a career in Navy Public Affairs.

This immediate commission opportunity exists for one extremely motivated and qualified Sailor. This chance for a Public Affairs Officer seat in OCS is offered only once a year. The deadline for applications this year is Nov. 8.

"Any rating is eligible," said Lt. Cmdr. Darryn James, the public affairs officer assistant detailer and community manager, and placement officer. "The PAO OCS program is tailored toward enlisted media ratings. What I want to make sure Sailors understand is that you don't have to be a journalist to apply or be selected. Other ratings are eligible, and I encourage anyone interested to apply."

Interested enlisted personnel should immediately contact their local officer recruiter or command career counselor for eligibility requirements and submission procedures.

"Sailors overseas need to get with their career counselors," said James. "It's important that Sailors know to simply follow the guidelines for applying to the regular OCS program."

Applications must be received at Commander, Naval Recruiting Command no later than the Nov. 8 deadline. CHINFO will assemble an administrative review in November to evaluate application pack-

ages and make selection recommendations. CHINFO forwards their recommendations to Naval Recruiting Command, who will notify the accepted applicants through each applicant's commanding officer.

To be eligible, applicants must have a baccalaureate degree or higher from an accredited college or university. Degrees in areas of communication, English, journalism, broadcasting, public relations or speech are preferred; however, other Liberal Arts disciplines will be accepted if the applicant has job experience in the public affairs field.

Selectees will enter a 13-week OCS class at Naval Air Station Pensacola, Fla., scheduled to graduate during 2005. Upon successful course completion, the newly commissioned active-duty Ensign will have the Special Duty (Public Affairs) designator 1655 and receive orders to their first Public Affairs assignment.

For more information, consult the Enlisted To Officer Commissioning Programs Application Administrative Manual OPNAVINST 1420.1 (series), and the Initial Appointment of Officers in the Regular Navy and Naval Reserve MILPERSMAN Article 1131-010.

Sailors should immediately confer with their command career counselors for eligibility requirements and submission procedures.

Navy News Service

Ballistic response with precision impact

By Spc. Kathryn Spurrell
81st BCT Public Affairs

Each round launched results in an earth-shattering thump and a thick cloud of smoke. Ears ring and the haze lingers in the air as the 81st Brigade Combat Team mortar platoon sends one round after another downrange onto the target.

Mortar registration comprises three main elements: the forward observers, the Fire Direction Control and the gun crew.

Mortar registration allows the mortar crew to be ready to respond quickly and precisely. The mortar platoon must be prepared to fire within three minutes at any time — with 100 percent accuracy, Sgt. 1st Class

Lorin Bannerman, range NCOIC said.

Throughout the exercise, Bannerman stood at the ready, listening to radio traffic and ensuring everything went as planned. His role in the mission was to ensure his gunners have accurate information to adjust their settings. As he feeds elevation and declination information to his troops, they repeat everything aloud to make certain everyone understands. Although he runs the mission, Bannerman said successful mortar registration is a team effort.

"You're only as good as the forward observers," he said.

The forward observers position themselves in a safe place downrange so they can observe where the rounds impact. Once all preparations are complete, the forward observers call for fire. The mortar platoon's gun

squads respond by aiming the mortars toward the specified target area.

The forward observers watch where the mortar round lands, then relay the information to the FDC. With a mortar ballistic computer, the FDC compute adjustments needed to make the aim more accurate.

Concise adjustment information is relayed by the forward observers to the FDC, like "add 100 meters" or "right 150 meters" from the original location of where the round impacted.

A mortar registration might seem like a big endeavor to an outsider, but for the mortar platoon, adjusting their fire is a matter of habit.

"Consistent registration takes care of all the corrections that are not weather-related," Bannerman said.

Factors like air temperature, wind speed and direction, and barometric pressure are also taken into consideration when determining necessary adjustments, said Sgt. Scott Staton, a member of the FDC.

During mortar registration, the base gunners provide unique hand-and-arm signals when adjusting the mortar tubes in relation to the aiming poles.

The gunners then make adjustments to their equipment, quickly and accurately determining any needed changes to the direction, elevation, or charge used to zero in on the stationary target.

The gun crew takes the data and makes the necessary adjustments to the weapons system. Then they prepare to drop another 30-pound projectile mortar round into the tube on their squad leader's command.

The mortar platoon of the 81st BCT recently conducted registration of their 120-millimeter mortar weapons system.

Zeroing the weapon system ensures the mortar round will strike the intended target rapidly and accurately. Mortars are often used for counter fire — the ability to return fire on insurgent fire activity threatening friendly coalition soldiers.



The 120mm mortar round was used for range qualifications during mortar registry for 81st BCT Soldiers.



Photos by Lt. Col. Harry González

These 81st Brigade Combat Team Soldiers adjust the gun for firing the next round to coordinates specified to ensure the mortar round will strike the intended target.

Movie Schedule

Sustainer Reel Time Theater

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

Oct. 10

3 p.m. Collateral
6 p.m. The Village
9 p.m. First Daughter

Oct. 11

3 p.m. Breaking All The Rules
6 p.m. Dodgeball
9 p.m. Collateral

Oct. 12

3 p.m. Chronicles of Riddick
6 p.m. Van Helsing
9 p.m. Princess Diaries 2

Oct. 13

3 p.m. Miracle
6 p.m. Yu-Gi-Oh! The Movie
9 p.m. Collateral

Oct. 14

3 p.m. Mean Girls
6 p.m. Breaking All The Rules
9 p.m. First Daughter

Oct. 15

3 p.m. Shark Tale
6 p.m. Shark Tale
9 p.m. Black Cloud

Oct. 16

3 p.m. Alien Versus Predator
6 p.m. Shark Tale
9 p.m. Without A Paddle



Shark Tale



Black Cloud

Weekly Religious Schedule

Roman Catholic Mass

Sunday 8:30 a.m. 185th Task Force Tent
Sunday 10:30 a.m. Tuskegee Chapel
Sunday noon Anaconda Provider Chapel
Monday 6:30 p.m. Air Force Hospital Chapel
Monday 9 p.m. PPI Dining Facility
Tuesday 6:30 p.m. Air Force Hospital Chapel
Friday 6:30 p.m. Air Force Hospital Chapel
Sacrament of Reconciliation
Friday 6 p.m. Air Force Hospital Chapel

Church of Christ

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

Christian Orthodox

Saturday 7 p.m. 185th Task Force Tent
Sunday 11 a.m. 185th Task Force Tent

Protestant-Gospel

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

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

Protestant-Traditional

Sunday 9 a.m. Eden Chapel (bldg. 4148)
Sunday 9:30 a.m. Anaconda Provider Chapel
Sunday 10:30 a.m. Air Force Hospital Chapel
Sunday 11 a.m. Eden Chapel (bldg. 4148)
Sunday 11 a.m. 185th Aviation Group Chapel

Protestant-Praise and Worship

Sunday 9:30 a.m. Sustainer Indoor Theater
Sunday 9:30 a.m. 185th Task Force Tent
Sunday 5:30 p.m. Tuskegee Chapel

Islamic Prayer

Friday 1:30 p.m. Anaconda Provider Chapel

Latter Day Saints

Sunday 1 p.m. Anaconda Provider Chapel
Sunday 7 p.m. Tuskegee Chapel

Jewish Prayer

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

Movie Synopsis for Oct. 10-16

Shark Tale

PG, Comedy, 90 min
Will Smith, Ziggy Marley, Martin Scorsese

Oscar is a fast-talking little fish that dreams big. But his big dreams land him in hot water when a great white lie turns him into an unlikely hero. At first, his fellow fish swallow Oscar's story hook, line and sinker and he is showered with fame and fortune. It's all going along swimmingly, until it starts to become clear that Oscar's tale about being the defender of the Reef is all wet. Oscar is finding out that being a hero comes at a market price when his lie threatens to make him the catch of the day. Now he has to tread water until he can get the scales to tip back in his favor again.

Black Cloud

PG-13, Drama
Wayne Knight, Russell Means, Tim Sampson

Actor Rick Schroder makes his directorial debut with this inspiring drama set in the American Southwest. Black Cloud (Eddie Spears) is a young Native American who grew up in a violent household and is still struggling to come to terms with his heritage. Black Cloud's life has forced him to be quick with his fists, and Bud (Russell Means) has been coaching Black Cloud in boxing with the young man showing great promise. Norm (Peter Greene), a scout for the United States Olympic boxing team, sees Black Cloud in the ring and is certain he has the potential to be a champion, but Black Cloud isn't certain if he wants to fight for it. Meanwhile, Black Cloud has fallen in love with Sammi (Julia Jones), but she has a child from a previous relationship with Eddie Young (Rick Schroder). When an argument between Eddie and Black Cloud escalates into a fistfight, Black Cloud viciously beats him, and soon Sheriff Powers (Tim McGraw) is on the lookout for the young man.

First Daughter

PG, Comedy, 104 min
Katie Holmes, Marc Blucas, Amerie

A very special student deals with exams, first love, and national security issues in this teen-oriented romantic comedy-drama. Samantha MacKenzie (Katie Holmes) is an ordinary college freshman with one important exception — her father happens to be the President of the United States (Michael Keaton). Samantha, however, would prefer to be as inconspicuous as possible as she begins her studies at Redmond University, so she asks her father to remove the Secret Service agents who follow her everywhere, and allow her to fend for herself at school. The president agrees, but out of concern for her safety, he sends in a young undercover agent, James Lansome (Marc Blucas), who will pose as the Resident Advisor at her dorm to keep an eye on her. Samantha and James strike up a fast friendship that grows into a romance, but when Samantha discovers the truth about James, she wonders if his love for her is real or just part of his cover.

The Princess Diaries 2: Royal Engagement

G, Comedy, 113 min
Anne Hathaway, Julie Andrews, Hector Elizondo

Mia, now ready to assume her role as princess of Genovia, has moved into the Royal Palace with her beautiful, wise grandmother Queen Clarisse. However, she soon learns her days as a princess are numbered—Mia's got to lose the tiara and immediately take the crown herself. As if getting ready to rule wasn't enough, the stakes for Mia have never been higher—with Genovian law stating that princesses must be married before being crowned. Mia has 30 days to meet and fall in love one of her choices — all from a parade of suitors who'd all like to be her king.

Soldiers donate long locks for love

By Sgt. Ann Venturato
Assistant editor

With a snip of the scissors, some Soldiers are making a difference in childrens' lives by donating their hair to make hairpieces for children through organizations like Locks of Love and Wigs for Kids.

Locks of Love is a non-profit organization that provides hairpieces to financially disadvantaged children under 18 years old suffering from long term medical hair loss. They meet a unique need for children by using donated hair to create the highest quality hair prosthetic.

Most children helped by Locks of Love have lost their hair due to a medical condition called alopecia areata, which has no known cause or cure.

The prosthetic they provide helps restore self-esteem and confidence, enabling children to face the world and their peers.

Capt. Lisa Harmon, 4th Corps Materiel Management Center, 13th Corps Support Command, is just one of those Soldiers. Harmon plans to cut her hair and donate it to Locks of Love.

Harmon decided that since she had to keep her hair long and up in a ponytail for this deployment, she would let it continue to grow out and get it cut after she redeployes.

"I will still have hair long enough even after it has been cut," Harmon said.

As a reservist, she has worked with children who had cancer at the Massey Cancer Center in Richmond, Va.

"There are so many little kids who have lost their hair to cancer," Harmon said. "It is nice to have real human hair as their wigs."

Some guidelines to follow for donating to Locks of Love are:

The hair must be a minimum of 10 inches in hair length (tip to tip), not wigs, falls, or synthetic hair.

Bundle hair in ponytail or braid.

The hair needs to be cleaned and dried before being placed in a plastic bag and then into a padded envelope for mailing.

Hair can be from men and women, young and old, all colors and races.

Hair may be colored or permed, but not bleached or chemically damaged (if unsure, ask your stylist).

Do not send hair that was swept off the floor. It is not usable.

Hair cut years ago is usable if it has been stored as a ponytail.

Pull curly hair straight to measure the minimum 10 inches.

Layered hair may be divided into multiple ponytails for donation.

Please note: Anyone can cut the hair as long as the above guidelines are followed.

Soldiers can find more information for Locks of Love at www.locksoflove.org.

Besides Locks of Love, service members can donate hair to Wigs for Kids as Capt. Katie Frazier, 81st Brigade Combat Team G-2, did.

Wigs for Kids is a non-profit organization providing hair replacement solutions for children affected by hair loss due to chemotherapy, alopecia, burns and other medical conditions. Its main purpose is to help children look like themselves and help alleviate additional stress they might have by providing realistic wigs from donated hair like Frazier's.

"I got it cut right before I deployed. I got 11 inches cut off, because I was afraid it would interfere with wearing a Kevlar and those kinds of things," Frazier said.

Frazier became interested in the Wigs for Kids program after hearing about it from her cousin who had

donated her hair to the program.

"I thought it would be a win-win situation," Frazier said. "It sounded like a great cause. I went on the Web site and researched it. It gave me a great feeling to think that in the situation I was in that I could help someone else."

A beautician washed her hair, put it in a pony tail and cut it off. After letting the hair dry, Frazier put the ponytail in an envelope with a form she had downloaded from the Internet and sent it to Wigs for Kids.

Some simple guidelines to follow for donating to Wigs for Kids are:

The hair must be clean and dry.

It must be 10 to 12 inches in length.

Pull curly hair straight to measure it.

Hair can be cut at a local salon.

Hair that has been cut and saved can be donated.

Secure braids /or ponytails with rubber bands.

Place the hair in a plastic bag or wrap in tissue paper.

Soldiers can find more information about Wigs for Kids at www.wigsforkids.org.

"I think we all go through changes in physical appearance over time, and I think it is so amazing that someone else can benefit from you simply by just cutting your hair," Frazier said.

The beauty salon on LSA Anaconda is willing to help customers by cutting the hair and filling out any information that needs to be sent in for donating the hair to charity.

Rowena Costa, the manager of the beauty salon, found out about the Locks of Love program from a customer who came into the salon about a month ago. Since then, Costa supports the program by mentioning it to customers.

"We tell customers about donating their hair to cancer patients," said Costa.

The beauty salon is adjacent to the post exchange on New Jersey Avenue.

Service members, families cope with redeployment stress

By Sgt. Ann Venturato
Assistant editor

The countdown for redeployment is getting closer and the excitement of seeing the family again already has Soldiers dreaming of all the things they want to do upon returning.

Service members need to remember that as they are making out their wish list, that they will be facing certain stressors upon their return.

"One thing that redeployment brings about is change and any changes bring about stress," said Staff Sgt. Jay Harbeck, 785th Combat Stress Control Company, restoration clinic NCOIC, "Whether it be good or bad changes, the results are still the same. The results are still stress."

Some differences Soldiers need to be aware of are the changes in their environment, relationships, and the work setting they left a year ago.

"You may be in a shock when you return back home, because you find out things have changed," Harbeck said.

Besides the difference in the physical environment, friends and family mem-

bers may have grown during the deployment. Separation puts a strain on any type of relationship.

Don't expect things to be exactly the way they were before deployment. It is important that Soldiers don't get upset by things that are done differently.

"Your relationships may not be the same," Harbeck said. "You might have to re-establish roles and that can be difficult. Spouses and friends may have anger and resentment issues over the loss of their personal goals and time."

It is important that service members approach their spouses as equals.

"You want to have a plan," Harbeck said, "Don't go in charging. Don't upset the routine. Consider everyone's schedule. Don't expect everyone to change just because you are back."

It is important that Soldiers go slowly and don't try to make up for lost time. Soldiers need to accept that their partner may be different. They need to take the time to get reacquainted because intimate relationships may be awkward at first. Communication is the key according to Harbeck.

Reunions can be as stressful as the

separation so expect to have a few doubts and worries. Anxiety is a natural and normal part of reunion. It is normal for service members to worry if they are still needed at home. Give up any fantasies or expectations about what reunion day should be like and take it easy; let things happen naturally, he advised.

A year is a long time to be away from family, especially children, Harbeck continued.

"Soldiers need to remember that six months represents a significant amount of time for a child," Harbeck said.

While the Soldier has been gone, the child has kept growing. The returning parent needs to praise the child's new-found skills.

Service members need to be aware that children might try to test the limits of the rules after their return home and roles are being re-established.

"In general any response from a child is considered normal. Excitement, shyness and fear are all normal emotions for them to have. It is when we see no response that we should worry. Spend quality time with your children and

reassure them," Harbeck said.

Like the family, roles in the work place also need to be re-established.

"You may not have the same authority there as you have here or vice versa," Harbeck said.

Family relationships should regain normalcy in a few months. However, if Soldiers had problems before they left, those problems may still be there when they get back.

If service members continue having problems adjusting after a few months, they can seek help through one of the following offices: Community Mental Health, Chaplain, Army Community Service Center, Family Program Coordinator, Family Readiness Group and Red Cross. Soldiers can also call 1-800-464-8107, the Armyonesource line, or contact them through their Web site at www.armyonesource.com.

The 785th CSC is here to provide counseling on any issue Soldiers might want to address.

785th CSC is in building 4116 on Ohio Avenue. Business hours are 9 a.m. to 5 p.m. Monday through Saturday and the phone number is DNV 529-6365.

Sisters enjoy nearby status

By Pfc. Abel Trevino
Staff writer

Soldiers stationed in Iraq are generally 10,000 miles from their families. But for these two sisters, Sgt. Andria Bergner, an optical lab specialist with the 226th Medical Logistics Battalion and Capt. Mary Louise Bergner, 744th Transportation Company Commander, proximity isn't an issue. The sisters are both stationed at LSA Anaconda.

"[My sister] found out she was going to be deployed at the same time I found out," Andria said. "We didn't know for sure she was coming to [LSA Anaconda] till late January, after I was already here."

The sisters will be able to spend 11 out of 12 months together, which gives them an opportunity to make up for lost time.

"I'm very excited [to be stationed together]," Mary said, "I was glad because as adults, we haven't been able to spend a lot of time together because she's in the active Army and I live in New Hampshire. We're used to being separated by miles."

Their parents are proud of them and the service they are doing for their country, but are also worried.

"Of course, it frightens them with the war going on, having two daughters in Iraq," Andria said.

Their parents know that both women are strong and confident and have each other to lean on through the

good and bad, said Mary.

"[Mary] was here to promote me to sergeant. She did my re-enlistment, and she was able to come up to the brigade when I got my award for winning NCO of the Year," Andria said. "Those were some very distinguished moments in my career that she was able to be there for."

Along with being there for each other during their proudest moments, there is also an amount of worry that comes knowing each other is in harms way.

"[When an alarm goes off] I usually always try to make a call to make sure nothing has hit near her," Mary said. "I'm thinking 'God please don't let it be anywhere near her,' and then once I found out there haven't been any injuries or anything, I breathe easier."

Andria worries about her sister both inside and outside the post.

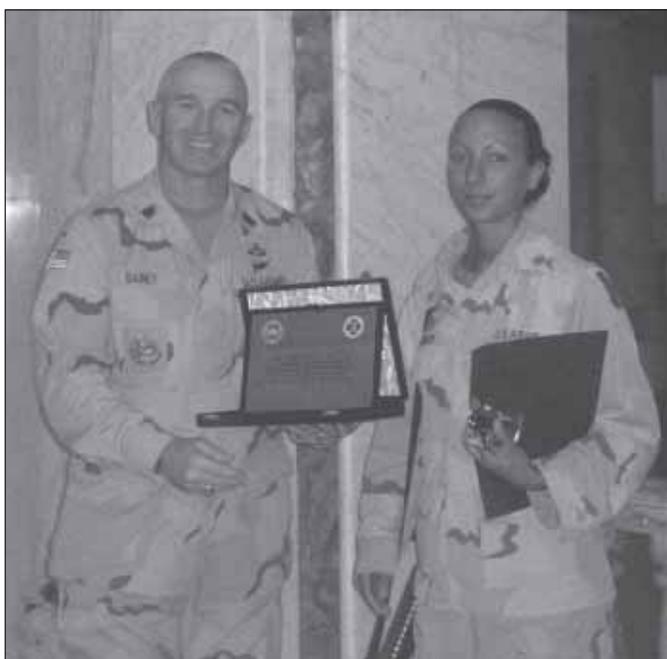
"It makes me nervous because she's the commander of a transportation unit and she goes out on the road a lot," Andria said.

They are aware of the dangers the others face, and despite the worries from the dangers that come, the sisters are stationed together and wouldn't have it any other way.

"We're just really, really lucky. I know there are a lot of people out there that come over here and maybe their family members are out here, but [not on the same camp]. We know we're really lucky, because it's an extra support network to have here," Andria said.



The sisters have been able to share important moments in each others lives while here. When Andria decided to re-enlist, her sister, Mary, was able to act as her re-enlistment officer.



Command Sgt. Maj. William J. Gainey, III Corps command sergeant major, presents Sgt. Andria Bergner with her NCO of the Year award in Baghdad.



Mary and Andria pose together in one of Baghdad's many palaces. Andria arrived here in January, a month prior to her sister. They will be stationed together for most of their tours in Iraq.



Capt. Mary Louise Bergner, 744th Transportation Company commander, was able to be in attendance for her sister, Sgt. Andria Bergner, 226th Medical Logistics Battalion, the day she won NCO of the Year.

Courtesy Photos

Engineers help rebuild Iraq

By Spc. Steven Schneider
Staff writer

Since the 84th Engineer Battalion arrived at LSA Anaconda in February, they've completed missions from building gazebos to fixing roads to constructing offices.

The battalion is made up of 800 Soldiers who swing from project to project while still pulling guard duty and other details. The Soldiers also run the gravel yard and the burn pit here.

Although the projects and duties have been numerous, Soldiers have managed the operational tempo because they enjoy the work, said Maj. Carlos Perez, battalion executive officer.

"Soldiers enjoy the work when they get to see the fruits of their labor," said Staff Sgt. Chris Borek, Co. A squad leader. "The cohesion of my squad is great. Once we hit a project site, we all work hard till we're finished and then, we wait until another project comes around."

The Soldiers enthusiasm has helped them overcome obstacles.

Perez said the Soldiers have

done a fantastic job dealing with the dry, dusty environment and working with different materials than they're used to.

There are problems engineers learn to deal with when they're on deployments, such as getting unusually sized wood or working with concrete that is really wet, said Sgt. 1st Class Daniel Belt, Co. A, 2nd Platoon team leader.

But they always manage to complete the mission.

"The only challenge with the job is we're not working with the best quality materials," said Spc. Rodney Freeman Jr., Co. A carpenter. "We just find some way to make it work."

Pfc. Stephen R. Pelan, Co. A carpenter, said he came to Iraq as a private just out of advanced individual training and is constantly learning new things, such as how to build walls or lay concrete.

The Soldiers of the 84th EN Bn. have not only worked to make LSA Anaconda a better place but have also worked on a mission building prison cell's cement pads for the Central Confinement Facility in Baghdad.

They also improved security by building access control



Photos by Spc. Steven J. Schneider

Company A, 84th Engineer Battalion Soldiers spread concrete for a gazebo Sept. 25.

points at various ammunition points captured from the enemy throughout Iraq.

Most Soldiers in the unit are just happy the work they're doing is making a difference in peoples' lives, said Sgt. Colin Mack, team leader.

The unit consists of three companies from Schofield Barracks, Hawaii, and a company from Alaska. A Reserve company, the 277th Construction Support company, and a National Guard Company, 116th Support Equipment Company, also fall under the battalion here.



Spc. Roderick Hodges smooths out some concrete.

Question of the Week

What was your most embarrassing crush?



Capt. Lewis Pate
332nd Expeditionary Contracting Office

"My sixth grade art teacher. My friends dared me to give her a hug."



Spc. Jaime Cruz
3625th Maintenance Company

"My friend Jennifer. I have had a crush on her since we were kids."



Staff Sgt. Mike Sablosky
332nd Explosive Ordnance Disposal

"RuPaul, until I found out it was a guy."



Maj. Charles Jones
49th Transportation Battalion

"My wife. I had a crush on her before we got together."



Spc. Jason Warder
63rd Ordnance Company

"Tara Reid, because of the Van Wilder movie."

MWR Complex Schedule

Oct. 10

A spades tournament is scheduled for walk ins at 2 p.m.

Oct. 11

The MWR will feature Jazz and Old School 8 p.m. to midnight.

Oct. 12

Two 8-ball tournaments are scheduled at 8 a.m. and 2 p.m.

There will also be Rock music 8 p.m. to midnight.

Oct. 13

Country music will be featured 8 p.m. to midnight.

Table tennis tournaments are scheduled for 8 a.m. and 2 p.m.

Oct. 14

9-ball tournaments are scheduled for 8 a.m. and 2 p.m.

Soldiers can learn how to dance at Hispanic Night, sponsored by the 961st Quartermaster Company.

Oct. 15

Two dominos tournaments are scheduled for 8 a.m. and 2 p.m. Friday nights are R&B nights from 8 p.m. to midnight.

Oct. 16

Salsa and Latino night is scheduled for 8 p.m. to midnight.

Oct. 17

A domino tournament is scheduled for walk ins at 2 p.m.

Oct. 18

The MWR will feature Jazz and Old School 8 p.m. to midnight.

An all female pool tournament will be held at 2 p.m.

Oct. 19

Two 8-ball tournaments are scheduled at 8 a.m. and 2 p.m.

There will also be Rock music 8 p.m. to midnight.

Oct. 20

Country music is to be featured 8 p.m. to midnight.

Table tennis tournaments are scheduled for 8 a.m. and 2 p.m.

Oct. 21

9-ball tournaments are scheduled for 8 a.m. and 2 p.m.

Soldiers can learn how to dance at Hispanic Night, sponsored by the 961st Quartermaster Company.

Hispanic Night

Come learn to dance every Thursday in October at the MWR Sports Lounge 8 p.m. to midnight. Sponsored by the 961st Quartermaster Company.

Country Night

Help bring a little country to LSA Anaconda and enjoy some line dancing at MWR Sport Lounge Wednesday nights, 8 p.m.



Rock the Night Away

If you like bands like Pearl Jam, Nirvana and Alice in Chains, join other fans of Alternative Rock Tuesday nights,

8 p.m. to midnight at the MWR Lounge. Let DJ Cobra take you to the next level of rock.





302nd CTC cornerback James London intercepts a pass in the first few minutes of the game. 302nd CTC faced 226th Med. Log. to kick off the flag football season.



Kerry Tillman, wide receiver for 226th Med. Log., catches a short pass and runs for a 30-yard gain before being tackled in the second half of the game. The 226th Med. Log. defeated 302nd CTC Oct. 2, 20-7.

Photos by Pfc. Abel Trevino

Flag Football season opens with 226th win

By Pfc. Abel Trevino
Staff writer

Opening season for league play flag football started in the traditional LSA Anaconda fashion — a one-hour delay of game because of a red alert. Despite the delay, the 226th Medical Logistics Battalion defeated the 302nd Cargo Transportation Company 20-7 in a battle of defenses.

The game opened with halfback and defensive end Randy Anderson from the 226th Med. Log. Bn. making an interception and following it up by running a daring three-man flea flicker between himself, wide receiver Kevin Jackson, and free safety Jamie Poole. Although close to the goal, they weren't close enough to score.

Two plays later, 302nd CTC's cornerback James London made his first of two interceptions and ran back a 15-yard play before being tackled.

The 302nd CTC fought their way to the goal, but on a short pass to the end zone, 226th Med. Log. Bn.'s linebacker Christian Lopez intercepted the ball at the goal line giving possession back to his team.

Turnovers were the course of the game.

Poole made the first big play in the game when he caught a 20-yard pass and ran it 20 yards into the end zone for the 226th Med. Log. Bn.'s first touchdown. The attempt at the extra point failed, and the score started off 6-0.

226th Med. Log. Bn.'s Poole also scored the second touchdown for his team on a 15-yard pass from quarterback Reggie White that he converted into a 5-yard run into the end zone. 226th Med. Log. Bn.'s Anderson cleaned up the scoreboard with the extra-point, turning it into a 13-point ballgame.

With 90 seconds on the clock before the end of the first half, 302nd CTC's wide receiver Shareef Shabazz scored a huge touchdown and his teammate Steveland Jones ran in the extra-point.

The 226th Med. Log. Bn. fought back toward the goal with only four seconds left in the half, but 302nd CTC's London made his second interception and ran back 25 yards before being tackled and ending the first half of play with the score 13-7, 226th Med. Log. Bn. leading.

During halftime, the 302nd CTC discussed strategy to bring them back on top, opting to move away from



James London, cornerback for the 226th Med. Log. Bn., catches an interception and runs it back, while dodging several 302nd CTC players, for a 30-yard run.

the man-on-man defense to the zone defense.

"As sloppy as that first half was played, we're only down one [touchdown]," London told his 302nd CTC team. "We can do this!"

The 226th Med. Log. Bn. had a strategy that was working and had no intention of stopping it.

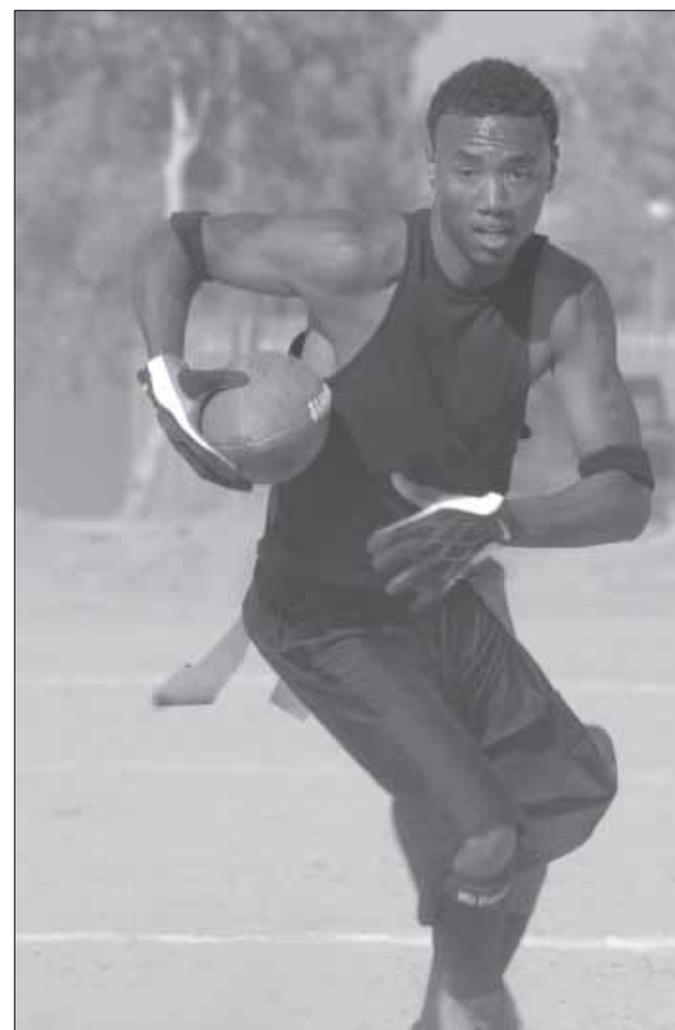
"They're going man-to-man [coverage] and we're exploiting the weakest person on the defense," 226th Med. Log. Bn.'s White said of his offensive strategy. "Basically, I'm looking for the mismatch."

He continued to say that the 226th Med. Log. Bn.'s defense was putting pressure on the quarterback and forcing plays they could react to.

"We're good at executing and playing the fundamentals of football," 226 Med. Log. Bn.'s White said, summing up his team's playing style.

During the second half, Jackson caught a 25-yard pass and scored the final touchdown for the 226th Med. Log. Bn. After two penalties, 226th Med. Log. Bn.'s White ran in the extra-point bringing the score to 20-7.

226th Med. Log. Bn.'s linebacker Michael Conrad and 302nd CTC's cornerback William Blow also



226th Medical Log.'s halfback Randy Anderson runs along the sideline after catching a pass and heads for the endzone.

caught one interception each.

"We're still looking for [team] cohesiveness," Blow said of the devastating loss. "Once we get that, the 302nd [CTC] will be a force."

302nd CTC's London commented that the score wasn't reflective of the way his team played and praised the discipline and sportsmanship of his opponents.

On the other side of the field, White commented that the 226th Med. Log. Bn.'s defense won the game with the turnovers that enabled their offense to make short yard touchdowns.



Photos by Pfc. Abel Trevino

Jose Jimenez, KBR Movement Control Team and tattoo artist in Killeen, Texas, has a tattoo of the Virgin Mary on his right forearm. Tattoos express many individual things to people, including religious beliefs.



The tribal sun on the left shoulder of Spc. Dustin Guillory, 644th Transportation Company, is one of the four tattoos that Guillory received because he thought they simply looked cool.



Tattooed on the left arm of Spc. Daniel Hofmeister, 252nd Armor Regiment, is a memorial to his dad and a copy of his identification tags.



Spc. Gabriel Thibodeaux, 644th Transportation Company, shows off the tribal cross he has. All of Thibodeaux's tattoos are of a religious nature to mark his strong religious beliefs.

Soldiers get designs on tattoo regulations

By Pfc. Abel Trevino
Staff writer

When it comes to getting a tattoo, Soldiers should be aware of the stipulations regarding body placement and design, as covered in Army Regulation 670-1.

The regulation states that tattoos or brands that are visible in the Class A uniform worn with long sleeves and trousers are prohibited.

"That would include tattoos on the hands, neck, and face," said Capt. Christopher Czyryca, Inspector General Office.

While this applies to everyone, females with ankle tattoos may be in violation of the regulation half the time.

"Soldiers cannot have tattoos visible while wearing [the Class A uniform]," said Capt. Grace Gallagher, Judge Advocate General's office. "Females with tattoos visible on their lower legs must wear the Class A pants, not the skirt."

The regulation also provides a guideline to tattoo design stating that extremist, indecent, sexist, or racist tattoos are prohibited regardless of where they are placed. This portion of the regulation is ultimately at the discretion of a Soldier's commander.

"A tattoo, in terms of content, cannot be prejudicial to good order and discipline," Czyryca said. "Commanders determine the standard for that."

Czyryca elaborated that gang tattoos, extremist tattoos – such as white supremacist groups – pornographic and indecent tattoos are considered illegal tattoos.

AR 670-1 defines indecent tattoos as tattoos that are grossly offensive to modesty, decency and moral sense due to their vulgar and filthy nature or overbearing sexual connotations.

If a Soldier has a tattoo that the Soldier's commander feels is in violation of AR 670-1, he or she may be subject to a written counseling, in which the commander ensures the Soldier understands the Army's tattoo policy and gives him or her the opportunity to seek medical advice regarding

removal of the tattoo.

Soldiers who opt to have a tattoo removed can do so at Army medical facilities.

"Depending on which post [a Soldier is] at, they do have processes," said Sgt. 1st Class Terry Mitchell, Inspector General's office. "At Fort Bragg, they do have the dermatologists that do the tattoo removal."

If a Soldier refuses to remove a tattoo that is in violation of AR 670-1, the commander is authorized to recommend the Soldier for discharge. These regulations are not limited to active duty personnel.

"The regulations for appropriate and inappropriate tattoos are the same across the active Army, Army Reserve, and Army National Guard," Czyryca said.

There is a fallacy that Soldiers, who came into the Army with existing tattoos in violation of AR 670-1, are "grandfathered." Pre-existing tattoos are not exempt from inquiry and punishment, Czyryca stated.