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Modern JDOC up, in operations here

By Sgt. Ann Venturato
Assistant editor

What was once just office space for the mayor cell has now been turned into a state-of-the-art operations center when the Joint Defense Operation Center opened here Sept. 16.

Through the combined efforts of the Air Force and Army, they are better able to defend LSA Anaconda from attacks, said Lt. Col. Joe Maassen, JDOC OIC with 81st Brigade Combat Team.

"We brought in a whole bunch of new capabilities, new equipment which should help with the defense of the LSA," Maassen said.

The new equipment at the JDOC will help transmit the information faster to the shooters outside the wire. The technology will allow those monitoring the installation defenses to notify the shooters in the towers and outside the fences where possible enemy activity is at.

The new system is an update on the current system here, said Lt. Col. Tim Walker, G-3, 81st BCT.

"It is really state-of-the-art stuff," Walker said, "There are long range thermal imaging cameras."

There is also a radar system that assists in detecting movement along the perimeter.

All the new technology in the JDOC will make the reaction time that much faster.

The goal is to decrease the time between sensor to shooter to get outgoing fire on target rapidly, said Walker.

A goal that will be easily attainable because other units will be moving into the JDOC in the future to assist with the monitoring of the base defenses.

"The long term plan is to also add in the 2nd Brigade Combat Teams and 1st Infantry Division will eventually merge into the JDOC. Which will give it full capability or additional capability to see JDOC, page 2



Photo by Pfc. Leah R. Burton

Airmen and Soldiers work side-by-side to establish the new Air Force Theater Hospital on LSA Anaconda.

Airmen replace Soldiers at hospital

By Pfc. Leah R. Burton
Staff writer

Winning a war is a joint effort and on Monday the Air Force's 332nd Expeditionary Medical Group is assuming responsibility for the theater hospital from the redeploying 31st Combat Support Hospital here.

Community members in need of emergency medical services will be directed to the Air Force Theater Hospital with its anticipated expanded medical capabilities.

"This will be the first time the Air Force takes over control of an Army hospital," said Master Sgt. Don Buford, NCOIC of medical operations, U.S. Central Command Air Forces.

The 332nd EMDG has shipped more than 100 tons of equipment into theater to add to the \$20 million worth of equipment the Army is contributing to the medical mission. For the past two weeks Airmen and Soldiers prepared for the transfer by taking inventory of the Army equipment.

"One thing that's unique about this transition is that the Air Force has already signed for the Army equipment, which is a rare thing, especially on this scale," said Maj. Eric Carnahan, 31st CSH executive officer.

The joint medical staff prepared by conducting left-seat, right-seat training.

"At first, the Air Force [watched] the Army do (the mission) for the first few days," Buford said. "Then the Air Force [performed] the work while the Army [watched] for a few days."

The facility, located in the same spot as the 31st CSH, at Sapper Road between Pennsylvania Avenue and Pe-

rimeter Road, is equipped with a 24-bed intensive care ward, 40-bed intermediate care ward and 20-bed minimal care ward. The array of services provided at the hospital is expected to expand.

"The hospital will have a new operating room to perform neurological, eye and maxillofacial surgical services that were traditionally done in Baghdad," said Maj. Jerome Wizda, chief of medical operations, CENTAF.

The staff for the new AFTH has about 300 people including about 15 U.S. Army personnel who are remaining behind and 19 Australian medics. The AFTH is under the tactical control of Multi-National Corps-Iraq.

In addition to manning the AFTH, the Air Force will continue to run the Aeromedical Contingency Staging Facility where patients are treated before being medically evacuated.

During their tour on LSA Anaconda, the 31st CSH medical staff conducted more than 2,000 surgeries and evacuated more than 2,400 patients since January at the Level-III hospital.

The Army Medical Department runs five Level-III hospitals within theater. A Level-III medical treatment facility provides surgery and nursing care, as opposed to just one or the other. The ability to provide postoperative care sets it apart from a Level-I or -II facility.

Deploying military doctors decreases the military beneficiaries' access to health care providers. The basic premise of the hand over is to share the burden of providing combat medical care while maintaining adequate care at home, Carnahan said.

Most of the 31st CSH Soldiers will redeploy to Fort Bliss, Texas. The Soldiers who do not redeploy will be remissioned within theater.



JDOC, from page 1 defend LSA Anaconda from both internally and externally," said Lt. Col. Perry Reniker, G-3, 13th COSCOM.



The new advances in base defenses were well worth the cost when compared to the number of Soldiers lives it will save.

The construction for the JDOC started back in June at the cost of \$470,000.

"The whole project from design, through bidding, through contracting, through construction through completion in operations in three months," said Capt. Paul Paulson, project manager for the remodeling of the JDOC.

The project was started by 81st BCT Soldiers who had skills as electricians and carpenters, so we were able to start the construction ahead of time while the project was still in contracting and bidding, said Paulson. The Air Force came in as well and did some electrical wiring; Al Morrel Construction then came in and finished the project.

Air Operations in Fallujah

Press release
Multi-National Force-Iraq

Baghdad, Iraq — Multi-National Force-Iraq conducted a successful precision strike on a confirmed Abu Musab Al Zarqawi terrorist meeting site in Fallujah at 6:07 a.m. Sept. 13.

Intelligence sources reported the presence of several key Zarqawi operatives who have been responsible for numerous terrorist attacks against Iraqi civilians, Iraqi Security Forces and multinational forces.

Intelligence reports indicated that only Zarqawi operatives and associates were at the meeting location at the time of the strike. Based on analysis of these reports, Iraqi Security Forces and multinational forces effectively and accurately targeted these terrorists while protecting the lives of innocent civilians.

Multi-National Force - Iraq continues to make every effort protecting the innocent civilians put at risk by terrorists and minimizing collateral effects while ridding Fallujah and Iraq of foreign fighters and terrorists.

This strike further erodes the capability of the Zarqawi network and increases safety and security throughout Iraq.

Attacks won't stop Iraqi elections

By John D. Banusiewicz
American Forces Press Service

WASHINGTON — Many other milestone events have taken place in Iraq despite violence in the country, and this winter's scheduled elections are "entirely possible," the president's national security adviser said Sept. 12.

Condoleezza Rice, appearing on "CBS' Face the Nation," told host Bob Schieffer that despite instability, Iraq has not missed a step in its progress.

"I just want to remind people, we weren't going to be able to transfer sovereignty, we weren't going to be able to get an Iraqi government, we weren't going to be able to have a national conference, and a national council," Rice said. "All of those things have happened. There will undoubtedly be violence up until the elections, and probably even during the elections. But, it is entirely possible to hold these elections." All along, she said, insurgents have tried to stop the process, and all along they have failed.

"I don't think there is any doubt that the insurgents are trying hard to make certain that the process that is underway, the political process that's underway, wouldn't take place," she said. "But, in fact, they're not going to win. The Iraqi people are moving toward elections in December and January, they've established their interim government. We've transferred sovereignty. They've had their national conference, which people said could not take place. They have now a national council, and the Iraqis are moving right along."

Iraqi security forces are becoming increasingly effective, Rice said, even as the insurgents continue their attacks. "Now, yes, there are some people who want to take Iraq back to the days of mass graves and torture chambers, and seeking weapons of mass destructions and threatening its neighbors," she said. "It's not going to happen. The Iraqi security forces are being built, and built quickly. They performed very well in Najaf — one of the real successes for them recently has been that the situation in Najaf was resolved without anyone having to storm

the shrines there, but rather Iraqi forces are now in control in that city."

Rice acknowledged that since Saddam Hussein was ousted, insurgent violence has periodically picked up, slowed down and picked back up again.

"But the important point," she added, "is that ... we now have an Iraqi government, which is fighting this fight. We have Iraqis signing up in droves to become part of the

security forces, whether police, or army, or National Guard. And we are continuing ... to pound enemy positions."

She noted that even in Fallujah, where the insurgency has been difficult, strikes have been made against terrorist safehouses and insurgent strongholds.

But putting down an insurgency requires not only military action, but also political strategy, Rice noted. "In some places the military element is stronger, and the

political element is subordinate, in some places it's flipped," she explained. "If you look at places like the Sunni Triangle, Prime Minister (Ayad) Allawi and his people have been very clear that they believe that the political strategy, the groundwork has to be laid with leadership there. It was largely a political strategy that won in Najaf, but of course, in Sadr City we're continuing to pound positions."

Rice said that although political strategy carried the day in Najaf, militia loyal to radical Shiite cleric Muqtada al-Sadr were defeated militarily as well. "They had very little left by the time we left those shrines," she said. "So the key is to marry at the right time, in the right places, political and military elements to defeat the insurgency."

And as progress continues in Iraq, Rice said, the insurgents will have their hands full.

"Prime Minister Allawi is working with leaders throughout the Sunni Triangle to enlist them in this election. The process of local governments and their work with local security forces goes on," she said. "Yes, it's a violent place, but there are going to be ups and downs, this is a turbulent period in a difficult circumstance. But, I'll tell you, the Iraqis are making political progress every day, and every time they move toward that — those political milestones — the insurgency has more of a problem."



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We fight to make a better place for our children

By Col. Dave Goldfein
52nd Fighter Wing commander

SPANGDAHLEM AIR BASE, Germany — There are certain events that leave an indelible imprint on our lives forever. Many remember exactly where they were when President Kennedy was shot or when the Space Shuttle Columbia exploded. As such, none of us will probably forget the moment we learned our nation was under attack Sept. 11, 2001.

It was both our darkest and our brightest hour. For the thousands in the World Trade Center and Pentagon, it was a day that began like any other, with crystal clear blue skies and a light wind. It would end; however, in unforeseen and incomprehensible tragedy.

For the passengers aboard those airliners, the day most likely promised travel to exciting destinations or a rendezvous with family and friends. It ended in a nightmare of fire and metal. For the victims of this attack, it is important that we pause and remember.

As the first calls went out from cellular phones at the World Trade Center, firefighters, police and other first responders rushed to offer aid. The stories of heroism are well documented — firemen rushing up smoke-filled stairwells to save their fellow citizens even as the first tower collapsed and passengers taking on their attackers miles above the ground in Pennsylvania rather than allow their aircraft to be used for further destruction.



Photo by Rudi Williams

Teddy bears were among the items left at a memorial created near the Pentagon to honor those killed in the terrorist attack there Sept. 11, 2001.

How appropriate that we pause and remember those who sacrificed themselves for their fellow man.

On that fateful day, I had just left the Pentagon on a bus to nearby Rosslyn, Va., when we saw an American Airlines jet turn low over the building and bank toward the south side.

The terrorist at the controls lowered the landing gear and pushed the throttles up to full power just before he slammed into the Pentagon. As you might imagine, the first moments were chaotic. Smoke and fire billowed out of the gaping hole left in the side of the building.

Pentagon workers rushed to the scene and immediately began rendering first aid. Our secretary of defense, along with countless others, joined in to help free those still in the building. At the same time that firemen were rushing into the WTC Towers, Airmen, Soldiers, Sailors and Marines were rushing into the flames to rescue their fallen comrades.

How appropriate that we pause and remember that we never leave our fellow servicemen behind.

Hours after the attack at the Pentagon, relief agencies began arriving in New York City and Washington, D.C., to offer assistance and expertise. At the Pentagon, we needed lighting to continue the rescue effort into the night.

Home Depot was there with two truckloads within minutes of the request. The rescue workers who had been at it all day were tired and in need of food and a place to rest. The Red Cross and Salvation Army were there with tents, grills, food and supplies. The first night, 5,000 meals were served.

The following morning, the trucks

began arriving. McDonald's, Burger King, Outback Steakhouse — "We're here to feed you," they said. Two large trucks also arrived with a men's Christian group that had been driving all night from Alabama. "We have a revival tent and cook great gumbo" they said.

By midday, it was apparent we needed some organization for the many agencies showing up — great Americans dropping everything to help their fellow citizens. By the end of the first full day after the attack, "Camp Unity" was born — a miniature city at the south parking lot where workers could go for rest, relaxation and a good meal.

How important that we pause to remember how we as a nation come together to help each other in times of need.

We remember the loss of so many who did not deserve to die on that fateful day. We remember the many heroes who risked everything they held dear to help their fellow man. We remember the way we, as a nation, came together to help each other when help was needed.

As we continue to deploy our fellow Airmen, Soldiers, Sailors and Marines to contribute to the war on terrorism, let us also remember why we fight. We fight for the freedom of all people. We fight for liberty. We fight for justice. And we fight to make our world a better place for our children.

Thank you for your service, your sacrifice and your patriotism. I am proud to serve beside you as we pause together ... to remember.

By Sgt. Annette B. Andrews
Editor

Turning over a new leaf might be the thing to do as Fall approaches.

This Summer ushered in a few changes on camp along with some relaxed attitudes.

LSA Anaconda opened its outdoor pool and then came the unauthorized swimwear. I speak specifically of the many bikinis that may be seen poolside on any given day. Officer and enlisted alike are guilty of violating command policy that states only conservative one piece or "Sports" swimwear is allowed at this installation's pools.

You know who you are.

No one is perfect, I lost my driver's license once and that caused me a great deal of stress. I'd like to make the excuse that I was a lot younger but this past month community members were agast, shocked and mildly entertained by other items that were misplaced.

And I doubt age had anything to do with it.



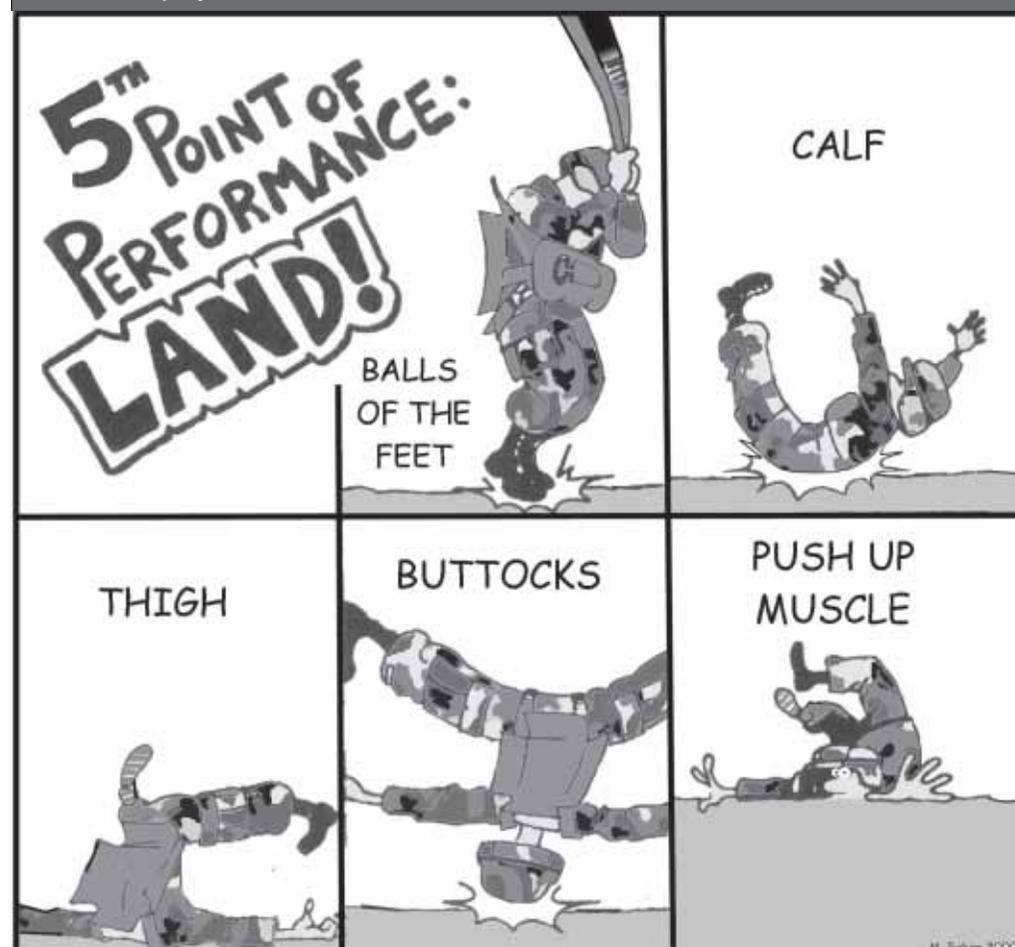
Soldiers were leaving their weapons unattended in vehicles and latrines. Posted on dining facility doors were flyers requesting assistance in locating some misplaced night vision goggles and of all things on one flyer, an M16A2. Losing these accountable items should have caused the violaters a lot of stress.

Again, you know who you are.

Let's buckle down, get serious and use the buddy system to track our actions. Check yourself and your buddy each moment of each day.

Time is drawing short for many people ready to redeploy but that is no reason to maintain the existing sad state of affairs.

Pvt. Murphy's Law





Left Shoulder Diary Illinois Army National Guard

Compiled from
Unit History

The Illinois Army National Guard shoulder sleeve insignia is characterized by a blue shield three and one-half inches in height and two and one-half inches in width with a yellow silhouetted head of Abraham Lincoln set in the center.

The insignia was originally approved for Headquarters and Headquarters Detachment, Illinois National Guard on Feb. 16, 1949. It was re-designated with the description amended for the Headquarters, State Area Command, Illinois Army National Guard Dec. 30, 1983.

From its inception as first a French and then a British colony, Illinois maintained a colonial militia that saw extensive service against Native Americans through the Revolutionary War period. After achieving statehood, Illinois' militia continued throughout the 19th century.

During the Civil War, Illinois made one of the largest contributions of personnel to the Union forces. Illinois raised 174 combat regiments on behalf of the Union side.

Unit formed in the Chicago area in the aftermath of the Chicago fire to keep order. Illinois mustered ten regiments for service in Spanish American War.

The ILARNG was called to service on the Mexican border in 1916. The unit earned nine Medals of Honor during World War I. The ILARNG served in all theaters of war during World War II and helped to recapture the Philippines.

Units served in the Korean and Vietnam Wars and Desert Storm.

ILARNG supported many overseas missions during fiscal year 1999. Three units deployed to Central America in support of Operation New Horizon, providing medical support to remote locations in Nicaragua, Equador and Honduras.

In addition to the various medical support missions, ILARNG Soldiers deployed to the Republic of Korea in support of three exercises.

The Illinois National Guard received notification Nov. 30, 2001, that a large part of the 66th Infantry Brigade would be called to active duty in support of Operation Enduring Freedom, with as many as 1,500 to 1,700 Soldiers mobilizing for this mission.

In addition to the Afghanistan deployment, more than 600 Soldiers from the Illinois National Guard were deployed to Iceland to take part in the 2001 Northern Viking exercise.

Members of the ILARNG now serve on LSA Anaconda in Operation Iraqi Freedom.

Civilian of the Week

Marisol Sixtos, a Morale, Welfare and Recreation coordinator from KBR, has always wanted to be a service member, so she jumped at the chance work in Iraq with the Soldiers.

This native of San Antonio, Texas, runs the LSA Anaconda Sports Lounge, coordinating entertainment events and disc jockeys for the lounge's various themed music nights.

Stepping off the aircraft, Sixtos immediately thought about the intense heat but coming from Texas, she quickly adapted to the temperature.

Sixtos gets a great deal of satisfaction from her job. She finds that good customer service can be uplifting to a Soldier when he or she is having a bad day.

"Just talking to the Soldiers makes a big difference," Sixtos said.

Although she enjoys her job, she thinks the long hours are a challenge. She works seven days a week, 12 hours a day, so it's not always easy to keep a smile on one's face, she said.

Working as much as she does, the time goes by quickly.

"I feel that I'm out here doing my job, and my main goal is to survive all of this and go back home to my family," Sixtos said.

She has many reasons for coming to Iraq to work, including wanting to do her part in the war effort. Her family commitment is another reason she's working here.

"My uncle is here with the military, so I've been a great support to him," she said.

The rest of her family wasn't thrilled about her coming here.

"They think I'm crazy," she said. As time came for



Marisol Sixtos

her to leave home, her family began to understand that this was something she'd always wanted to do.

"Not just anyone can do this type of work. It takes a lot to be out here," she said. "I saw it as an adventure."

She would like to tell her family and friends that she loves them and will be home soon.



Photo by Lt. Col. Harry Gonzalez

Combat recognition

The 81st Brigade Combat Team from Fort Lewis, Wash., receive their combat patch in a ceremony outside of their headquarters Sept. 11.

Guardsmen spread goodwill throughout Iraq

By Pfc. Leah R. Burton
Staff writer

With the Iraqi school year starting soon, Soldiers of the 185th Aviation Brigade have chosen to deliver hope and good intentions to the Iraqi children in the form of school supplies.

With the help of the brigade family readiness group and an outpouring of community support, the 185th Avn. Bde. gathered 8,000 backpacks full of notebooks, crayons, coloring books, pencils and pens for distribution to Iraqi children all over the country by the 1st Infantry Division, 1st Cavalry Division and 1st Marine Expeditionary Force among others.

The massive humanitarian effort the unit began when it arrived here in January.

"We made a visit out to Ya Thrib on a humanitarian mission we'd picked up from a previous Mississippi National Guard unit that'd been here. We dropped off some school supplies that they had," said Lt. Col. Dane Powell, 185th Avn. Bde. executive officer.

On this mission, the Soldiers noticed the lack of basic

supplies and felt they had to do more. After delivering the supplies and seeing the Iraqi children's smiling faces, the Soldiers communicated their experience to their FRG, which then initiated Operation Open Hearts, to collect donations of supplies.

The FRG enlisted the sponsorship of various organizations, community groups and churches and has accumulated more than a \$.5 million worth of school supplies. They collected and filled the backpacks in assembly line fashion.

"I think it makes the American public feel better. It makes the communities feel like they're involved, and it puts them in touch with the Soldiers. They know they're helping their hometown Soldiers spread goodwill in Iraq," Powell said.

They even secured the support of Federal Express, that donated the shipping costs.

"You sit back and look at the numbers, and you really realize what a monumental task they've done getting this many supplies here. Obviously, it makes us proud that Mississippi rallied behind us to get it over here," Powell said.

Once the supplies made it to LSA Anaconda, the

185th Avn. Bde. loaded the pallets onto CH-47 Chinook helicopters and delivered them to various units at Forward Operating Bases all over Iraq. All that don't go to the outlying FOBs, the 185th will distribute to schoolchildren in Balad just prior to the start of the school year.

"I think once the units get them and school is in, within a few days they'll be pushing those supplies out," Powell said.

The 185th Avn. Bde.'s efforts serve to further the relationship between the Iraqi people and the American Soldiers.

"This is a great humanitarian effort to help the kids out. We're more a peacekeeping operation in Iraq than anything else," said Col. Bradley MacNealy, 185th Avn. Bde. commander. "The more connection we can have with the Iraqi children and their parents, the better off America will be and the better off democracy and the future of Iraq will be."

The 185th Avn. Bde. is a national guard unit from Jackson, Miss., working side-by-side with Soldiers from 26 other states, that contributed to the school supply mission.



Sgt. Brandon Adriano, 193rd Aviation Company, guides a pallet of backpacks onto a CH-47 Chinook helicopter to be delivered to units at Forward Operating Base Speicher. Once there, the units will deliver the school supplies to children in surrounding villages.



Sgt. 1st Class Marshall Harvest, 193rd Aviation Company, straps a pallet of backpacks to a forklift to transport it to the airfield.

Photos by Pfc. Leah R. Burton

Ground Support Marines provide vital service by repairing flight equipment in Iraq

While in Iraq, the Marine Corps has been taking advantage of their air superiority in the fight against terrorism.

The ability to use Marine aircraft for reconnaissance, support of ground troops, and attack has been invaluable for U.S. commanders and although pilots traditionally receive the lion's share of the glory for their heroic exploits, there are leathernecks behind the scenes who keep Marine aircraft flying high.

The Marines of Ground Support Equipment, Marine Aviation Logistics Squadron 16, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, don't rest until all the equipment needed to assist aircraft is in proper working condition.

"We fix and maintain all the gear that supports the aircraft,"

said collateral duty inspector, Staff Sgt. Brian M. Rioux, support equipment technician, MALS-16.

The amount of equipment needed to support an aircraft is vast and a lot of hard work goes into its repair.

It is Rioux's job to make sure it's done right.

"This isn't an easy job," Rioux said. "The training alone is over a year long. We have electricians, mechanics and cryogenics specialists who work with nitrogen and oxygen for the pilots (to breathe) while in the air."

Because of the magnitude of expertise the Marines of GSE possess, there have been numerous projects assigned to them; some even requiring they go above and beyond their usual duties.

"We normally only work on things like tow trackers, cranes,

generators and weapons loaders," Rioux said, "but we've also had to work on trucks and other things that need to be (fixed) on base."

Located in the Western Iraqi Desert, where the harsh sand and extreme heat can take a heavy toll on equipment, the GSE Marines must be flexible and able to adjust to their surroundings in order to keep equipment in a ready status.

"Stuff is breaking down all the time," said Rioux. "Sand clogs filters and the heat breaks down mechanics, but we learn to adapt to our environment and so far we've been pretty successful."

The Marines who work in this job field have to stay focused and keep sharp to ensure that equipment that requires repair is fixed in a timely manner.

"Sometimes we have to fix stuff on demand," said Sgt. George R. Singer, support equipment technician, MALS-16. "Something might break down right there on the flight line and we'll have to repair it."

No job is too big to curb the enthusiasm and commitment that the ground support equipment Marines show toward completing their jobs; especially given the significance of their occupational specialty.

"I love being able to do what I was trained to do," Singer said.

"(Ground support equipment repair) is a pretty important job," said Lance Cpl. Jason M. Yost, support equipment technician, MALS-16, "Without working gear, the planes wouldn't even be able to fly."

Marine News Service



Photo by Cpl. Joel A. Chaverri

Sgt. George R. Singer, support equipment technician, Marine Aviation Logistics Squadron 16, Marine Aircraft Group 16, 3rd Marine Aircraft Wing tests a vehicle battery at Al Asad, Sept. 7.

Assault Kitchen to speed up feeding of forward-deployed troops on battlefield

The ability to quickly feed hot meals to forward-deployed, fast-moving warfighters is what the Army will gain when the Assault Kitchen delivers its heat-on-the-move capability to the field.

Intended to replace the "Kitchen, Company Level Field Feeding" beginning in 2007, the Assault Kitchen will provide a better way to feed company-sized military units, according to officials.



Photo by Sarah Underhill

The kitchen saves time and the hassle of serving hot meals on frontlines.

The Assault Kitchen was developed by the Food Service Equipment Team under Product Manager Force Sustainment Systems at the U.S. Army Soldier Systems Center in Natick, Mass.

"The KCLFF is an assortment of odds and ends. Many times, frontline units don't take it to the field other than a component here and there," said Doug Brown, a mechanical engineer and project officer for the Assault Kitchen. "They tend to not want to operate with the whole system because of the setup involved. It takes more time and effort to use when compared to the AK."

The Assault Kitchen consists of a Humvee and trailer packed with equipment that either eliminates, transfers or replaces the collection of loose KCLFF items with a setup where every component has its place on a mobile platform.

A Humvee carries six insulated beverage containers, three pan carriers to keep food trays warm, five insulated food containers, a 5-gallon fuel can, fire extinguisher, utensil box, maintenance kit for the ration heater, and a ration heater to prepare Unitized Group Ration-Heat and Serve tray packs or No. 10 food-service cans strapped into the cargo area.

A trailer carries eight water cans, an ice chest, three tables, cargo netting to hold tray pack boxes, stock pots, a cradle for use in preparing hot beverages and an awning to cover the serving area during bad weather.

The heart of the AK is its ration heater, officials said. It uses non-developmental and commercial technology that allows operation on common battlefield fuels, and it draws electricity generated from the Humvee by a mounted power inverter.

"We used already-developed ration heaters and as many existing pieces of commercial equipment as possible," said Scott Mannka, an engineering technician.

The Assault Kitchen feeds up to 250 troops in one location or as many as 500 troops daily in multiple locations, and setup is completed in as little as 10 minutes with two cooks, according to Brown. Packing up to be ready to "jump" to the next feeding site is equally as fast.

The team plans on refining the system and completing additional testing during the next two years. Brown said current plans for production are for the Army, Marine Corps, and potentially the Air Force, to combine their requirements for the Tray Ration Heater and the Assault Kitchen into a large economical production contract.

Army News Service

Patrick, Cape Canaveral residents are given 'all clear' after Hurricane Frances

The 45th Space Wing commander has given the "all clear" order for Patrick Air Force Base, Fla. and nearby Cape Canaveral Air Force Station.

This allows members of the work force, families living in military family housing and Airmen living in base dormitories to return.

Base people evacuated Sept. 2 to escape the path of Hurricane Frances. The first people to return were members of the wing's hurricane recovery team.

That team is made up primarily of Airmen from the 45th Civil Engineer Squadron and 45th Security Forces Squadron.

They secured the base and began assessing damage and repairing or removing debris from criti-

cal infrastructure such as the base runway.

After the team's arrival, mission essential people returned to the installations and recovery efforts began in earnest.

Although the "all clear" order was given Sept. 7, officials said the general work force should not report to work until Sept. 9 because debris removal and damage assessment is ongoing.

Power, running water and communications are available at both installations, and the airfields here and at Cape Canaveral are operational, officials said.

"We still have (a lot) of work to do in terms of cleaning up and assessing damage, but it's very important to me that our families and Airmen be able to return

home today. We've gotten it to the point where returning is reasonably safe," said Col. Mark Owen, 45th SW commander.

The colonel stressed that returning Airmen and families should not immediately expect the regular level of services they had before the hurricane.

"I do not expect places such as the base clinic and pharmacy, and many of our services facilities, to open any earlier than (Sept. 10)," he said.

Officials said preliminary damage assessments indicate widespread structural damage, ranging from severe to minor.

Most of the visible damage consists of problems such as blown-down signs, uprooted trees, water intrusion into build-

ings and wind-damaged roofs. Some extensive damage included a facility used to wash aircraft and a welding shop that were demolished here.

At Cape Canaveral, a hangar



Photo by Master Sgt. Efrain Gonzalez

Members of the 45th Hurricane Recovery Team secure debris scattered on the base's runway in an effort to establish flight operations Sept. 6 after Hurricane Frances hit the base and the surrounding community.

door was blown off the Delta (rocket) maintenance and check-out facility.

The three space-launch vehicles stacked on their pads at Cape Canaveral got through the storm intact because they were secured inside their mobile-service towers, officials said.

Radars, optics and telemetry equipment used to track and monitor vehicles after they have been launched also appear to have weathered the storm in good shape, officials said.

No dollar amounts in terms of how much it will cost to fix damaged structures have been determined, but Owen said he believes the repair costs could run into the millions.

Air Force News Service

Miss America contestants join war-wounded for lunch in Washington D.C.

Fifty-two Miss America contestants came to Walter Reed Army Medical Center Sept. 4 to share lunch with service members who were injured in the Global War on Terrorism.

The contestants stopped at Walter Reed on their way to Atlantic City, N.J., where they began two weeks of competition for the 50th annual pageant, scheduled to culminate with television coverage Sept. 18.

At Walter Reed, contestants met Soldiers in the reception hall of the old Red Cross building where eight-inch American flags, flanked by state flags, adorned 20 tables.

About 30 patients, family members and friends sat with contestants from their home states.

As they ate, they discussed topics like life in the military and trivial facts about their home states.

One at a time, the contestants stood up to tell everyone a little about themselves,



Photo by Michael E. Duker

Miss Nebraska, Brook Matthews, speaks to patients and their families at Walter Reed Army Medical Center Sept. 4.

the state they were from and to thank the Soldiers for their service to the country.

"We in Alabama appreciate your service and everything you do for this country, and I thank you very much," said Deidre Downs, Miss Alabama.

She pointed out that her hometown of Birmingham has the longest and oldest

Veteran's Day parade in the country.

Each contestant presented a gift to Walter Reed's patient recreation center — ranging from books to audio tapes.

Alyssa Spellman of New Hampshire said she hopes her gift to the Soldiers would be an inspiration to them as they recover at Walter Reed and later at their homes.

"I truly appreciate each and every one of you for what you do for our country," Spellman said.

Patients and other guests seemed pleased with the luncheon and social opportunity.

Sitting at a table with Miss New Hampshire, Miss Maine and Miss Arkansas, Sgt. David Miller said he really enjoyed the visit.

"We appreciate everything they do for us here," Miller said of the many events offered to patients by Walter Reed's Community Recreation Division.

Miss America contestants visited the medical center as part of the 2nd annual Washington Experience.

Representing each state of the union, the District of Columbia and the U.S. Virgin Islands, the Miss America contestants joined volunteers, state directors and reigning Miss America Ericka Dunlap for activities in the nation's capital.

Earlier Saturday morning the contestants visited the Armed Forces Retirement Home and the National Veterans Medical Center.

After leaving Walter Reed they went to Arlington National Cemetery for a wreath-laying ceremony at the Tomb of the Unknowns.

The contestants later attended a closing ceremony at the World War II Memorial on the National Mall before moving onto Atlantic City where they were introduced on the boardwalk Sept. 5.

Army News Service

Radar techs install new equipment keeping combat zone airspace safe

The sky over Bagram Air Base, Afghanistan is filled with aircraft around the clock — A-10 Thunderbolt IIs share airspace with cargo aircraft and helicopters.

Keeping those aircraft safe is an important and daunting task; but a team of Airmen recently installed new equipment to make that task a little easier.

"We installed equipment to provide a remote tower display to air traffic controllers," said Staff Sgt. Phillip MacMillen, one of three radar technicians who installed the new equipment. "This equipment gives the controllers a basic picture of the local airspace. They can better see where the aircraft are and keep them separated."

The equipment, the Mobile

Radar Navigation-25, was developed in 1998. This particular unit was the second of three built for the Air Force so far, MacMillen said.

It contains both precision-approach and airport-surveillance radar. The approach radar provides controllers the information they need to give pilots precise guidance for landing, and the surveillance radar surveys the traffic in the area around an airport.

With a combined radar system and one operations shelter, the equipment takes a lot less airlift to bring into theater. Since it is smaller, it also takes less time to set up.

"It takes four people a few hours to set it up and ... tell the system exactly where it is on the

Global Positioning System," MacMillen said. "Once the equipment is aligned and flight-checked, the equipment is ready to conduct operations, usually in a matter of days instead of about a week."

Maintaining the equipment is as easy as setting it up, said Senior Airman Wade Evans. A built-in testing program tells what equipment needs to be fixed, though the team sometimes needs to troubleshoot tricky problems.

The equipment works with the tactical air traffic control radar equipment previously used at Bagram, MacMillen said. The old equipment contains approach radar that can focus on longer ranges, while the new one is spe-

cifically for obtaining a local-area picture. Combined, the two allow the air traffic controllers to maintain visibility of all the airspace.

"We use the (new system's) approach radar for daily operations, as well as the remote tower display, since (it) is more precise," he said. "We use the (old system's) airport surveillance radar, since it can 'see' a bit farther."

The equipment's precision is a key element to making it extremely effective here, Evans said.

That precision helps the air traffic controllers here get accurate airfield information. The remote tower display gives controllers a visual means of seeing what happens on the airfield, MacMillen said.

Air Force News Service



Photo by Master Sgt. Andrew Gates

Senior Airman Wade Evans replaces a circuit card in the Mobile Radar Navigation-25 tactical radar system. The system, built in 1998, is one of three in the world.

Marines, Seabees dig in at new dining facility at Camp Muhmudiyah, Iraq

The mood was boisterous among the Navy Seabees at Camp Muhmudiyah, Iraq, Sept. 10 as they opened their first mess hall.

The group had turned a slab of concrete in the ground into 8,400 square feet of insulated, air-conditioned and fortified space for eating and relaxation.

The mess hall was built for the Marines of 2nd Battalion, 2nd Marine Regiment, based out of Camp Lejeune, N.C.

"It cost the American taxpayers \$1.5 million to build this chow hall," said Petty Officer 2nd Class Paul Verratti. "It took us three weeks to put it all together, and we're very proud of what we've done."

The opening ceremony was followed by a dinner featuring T-bone steaks, corn and mashed potatoes. Steaks were a special treat for the Marines but there was something they appreciated even more.

"It used to be a big inconvenience to eat. It was hot, and we had to wear all of our

gear because we didn't have any protection from mortars," said Cpl. Michael S. Edwards.

The building was completed with 100 cubic meters of concrete and thousands of pounds of nails to hold all the lumber together. It features a main galley and three separate rooms for sitting.

"This thing has 12 air-conditioning units, which required us to run 2,000 feet of electrical cable for the a/c and lights," said Verratti. "Wood serves as a good insulator, so it will keep the cool air in better than the tent the Marines were eating in when they got here."

Ultimately, there was just one goal for the Seabees.

"We're just here to provide the grunts with a better place to eat, our small way of saying thanks for what they do," Verratti said.

Building a modern chow hall in Iraq was

a complex task that had many speed bumps involving contractors and supplies.

The Seabees borrowed building materials from the Marines when they could to



Photo by Cpl. Shawn C. Rhodes

Marines celebrated their victory meal recently in their newly finished chow hall. The meal included steaks, lobster and crab legs. They were able to enjoy this meal inside air-conditioned rooms with the local sports game on TV.

help complete the construction project.

With the unit's departure less than a month away, the Marines now have somewhere they can go for some relaxation and down time when not on patrol.

"The chow hall is really a morale booster. It has more space and seats than our old one and they don't have to wear their gear in here," said Staff Sgt. Christopher R. Bowser, assistant mess chief. "We can get them through the lines faster so they can sit down and watch some satellite TV while they eat."

The general mood of the camp has risen since the opening of the new mess facility. With their replacing unit on its way in, Bowser has just one wish for them.

"I hope the incoming unit continues to serve the chow hot, has decent food and takes care of the Marines coming through this line," said Bowser.

Marine News Service



Spc. Lydia Kim, an operating room supply specialist from the 31st Combat Support Hospital, assisted by Staff Sgt. Vanessa Oschoa, an operating room supply NCO from the 332nd Expeditionary Medical Group, package sterile surgical tools for the operating room at the Air Force Theater Hospital Sept. 14.

Photos by Pfc. Leah R. Burton



Spc. Thomas Colbert, 31st CSH, bandages a patient's wounded leg.



Sgt. Faith Castro assists Capt. Kevin Monaghan, both from the 31st CSH, as he bandages a patient's leg.



Sgt. Christopher Warren, 31st CSH, and Staff Sgt. Kevin Hargrave, 332nd EMDG, work together to X-ray a patient's leg.



Movie Schedule

Sustainer Reel Time Theater

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

Sept. 19

3 p.m. King Arthur
6 p.m. The Bourne Supremacy
9 p.m. Paparazzi

Sept. 20

3 p.m. The Bourne Supremacy
6 p.m. White Chicks
9 p.m. Thunderbirds

Sept. 21

3 p.m. Paparazzi
6 p.m. Thunderbirds
9 p.m. The Bourne Supremacy

Sept. 22

3 p.m. The Bourne Supremacy
6 p.m. Paparazzi
9 p.m. Thunderbirds

Sept. 23

3 p.m. Thunderbirds
6 p.m. The Bourne Supremacy
9 p.m. Paparazzi

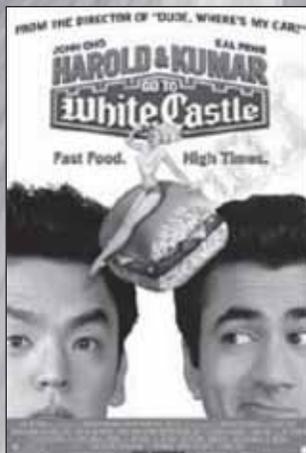
Sept. 24

3 p.m. Resident Evil: Apocalypse
6 p.m. Resident Evil: Apocalypse
9 p.m. Resident Evil: Apocalypse

Sept. 25

3 p.m. Harold & Kumar Go To White Castle
6 p.m. Resident Evil: Apocalypse
9 p.m. I, Robot

Harold & Kumar
Go To White Castle



Resident Evil:
Apocalypse

Weekly Religious Schedule

Roman Catholic Mass

Sunday 8:30 a.m. 185th Task Force Tent
Sunday 11 a.m. Anaconda Provider Chapel
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)

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

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-Praise and Worship

Sunday 9 a.m. Sustainer Indoor Theater
Sunday 9:30 a.m. 185th Task Force Tent

Lutheran

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

Protestant-Liturgical

Saturday 7 p.m. Tuskegee Chapel

Islamic Prayer

Friday 1:30 p.m. Anaconda Chapel Tent

Christian Orthodox

Sunday 11 a.m. 185th Task Force Tent

Protestant-Traditional

Sunday 9 a.m. Eden Chapel (bldg. 4148)
Sunday 9:30 a.m. 31st Combat Support Hospital
Sunday 9:30 a.m. Anaconda Provider Chapel
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

Jewish Prayer

Saturday 6:30 p.m. Eden Chapel (bldg. 4148)
Friday 6:45 p.m. Anaconda Provider Chapel
Saturday 10 a.m. Anaconda Provider Chapel
Saturday 5:30 p.m. Anaconda Provider Chapel

Movie Synopsis for Sept. 19 - Sept. 25

Resident Evil: Apocalypse

R, Horror, 94min
Milla Jovovich, Sienna Guillory, Oded Fehr

She thought they were contained. She thought she was free. She was wrong. Milla Jovovich returns as Alice, who awakens from a terrible sleep to find that the bloodthirsty Undead have been unleashed on the city. Alice, along with an elite team, begins to wage a battle to survive and escape before the Umbrella Corporation erases its experiment. All the while, a secret weapon code-named Nemesis has been experimentally altered with greater modifications than Alice and has been programmed to track and destroy them — if the relentless, ravenous Undead don't get to the group first. Alice and her team will need all of their strengths and skills to fight the battle of their lives against the mindless evil that has infected the city and the powerful forces that unleashed it on mankind.

Harold and Kumar Go to White Castle

R, Comedy, 88 min
John Cho, Kal Penn, Paula Garcés

Harold and Kumar Go to White Castle follows the life-changing (and mind-altering) journey of Korean investment banker Harold (John Cho) and American medical-school candidate Kumar (Kal Penn). Both underdogs, Harold and Kumar decide to spend what would have been an otherwise uneventful Friday night satisfying an oddly intense urge for White Castle hamburgers. However, finding a suitable White Castle proves a highly difficult task, and the two friends wind up on an epic road trip of deep thoughts, deeper inhaling, and enough half-baked, politically incorrect philosophizing to outweigh a White Castle value meal. The movie is filled with celebrity cameos from teen-movie stalwarts like Anthony Anderson and Jamie Kennedy.

Paparazzi

PG-13, Drama, 85 min
Duane Davis, Dennis Farina

They are the key players in the public's insatiable appetite about their favorite stars. For rising action superstar Bo Laramie (Cole Hauser), a quartet of paparazzi is at first an annoyance, then an ever-disturbing presence. But when they threaten his family's safety, it will be the last mistake they ever make. One night, while trying to get "the shot," they force Bo and his family into a high-speed car chase that ends in a terrible accident, sending Abby into intensive care and 6-year-old Zach into a coma. Veteran Los Angeles police detective Burton (Dennis Farina) believes Bo's version of the accident, but when Burton can't make the case against the photographers, Bo seeks vengeance on his own. And the paparazzi start falling ... one by one.

Thunderbirds

PG, Science Fiction, 87 min
Bill Paxton, Anthony Edwards, Ben Kingsley

When dangerous situations exceed the limitations of ordinary military and international security forces, the world calls upon the high-tech assistance of International Rescue—a mysterious band of fearless adventurers and their fleet of vehicles known as: Thunderbirds! Tracy Island is home to entrepreneur and former astronaut Jeff Tracy (Bill Paxton) and his five sons. It is also the headquarters of International Rescue. Master criminal The Hood (Sir Ben Kingsley) has breached island security, intent on commandeering International Rescue's fleet of five highly advanced vehicles. Deploying Jeff and his four eldest sons on a mission, The Hood finds his plans obstructed by Jeff's youngest son Alan (Brady Corbet), who will do anything to save the Tracy family and the Thunderbirds.

Schoolbags help with community relations

By Sgt. Ann Venturato
Assistant editor

Almost three dozen backpacks filled with school supplies were delivered to Al Bu Hassan village children during a visit from the 310th Military Intelligence Battalion Sept. 11.

The backpacks were packed with items for both young children and teenagers. The younger children received backpacks with such items as coloring books and colored pencils; while the older children received calculators and mirrors.

The donations for the school supplies came from people in the United States, said Lt. Col. Marie Stagg, 310th MI Battalion commander.

"With the school year starting, people want to help out," Stagg said.

Through statewide generosity school supplies keep coming in as more people hear about the project. The Soldiers here took the supplies that were donated and created the individual backpacks that were handed out.

"The backpacks themselves took over two months to prepare," Stagg said.

The preparation paid off as one by one the kids lined up eagerly to receive their backpacks while adults stood by and watched. The supplies were handed out at Sheik Abd-Wahed Abbass Albandar's home and Karrar Abd-Wahed Abbass Albandar, his son, was the first to receive a backpack.

After all the backpacks were handed out, Soldiers from the 310th MI Battalion also passed out candy and Magic Bubble blowing liquid to the children.

Overall, it was another successful mission for the Soldiers who frequently go out and visit different villages in Iraq to help with the force protection here.

"Our mission is to gather information," Stagg said. "We provide a voice to people who wouldn't normally have a voice."

Events like this help solidify relationships between the Iraqis and Coalition Forces, said Stagg, because the positive interaction between the Iraqis and us keeps the lines of communication open and continues to build a trusting relationship.

Soldiers from the 310th MI Battalion will continue to build a long lasting relationship with the Iraqis as they go about delivering more backpacks to children and meeting with local members from the surrounding communities.



Photos by Spc. Steven J. Schneider

An Iraqi child from Al bu Hassan accepts a backpack filled with school supplies from Eva Sarkees, an interpreter, and Lt. Col. Marie Stagg, 310th Military Intelligence Battalion commander, Sept. 11.



An Iraqi child from Al Bu Hassan sits on the lap of Stagg holding his stuffed animal.



Children wait in line for a backpack.



Stagg blows Magic Bubbles for Karrar Abd-Wahed Abbass Albandar, the Sheik's son.



Capt. Lyle L. Hackett, E Company Commander, hands out candy to the Iraqi children.

Junkyard, jackals do not deter guard forces

By Pvt. Chelsea Mack
81st BCT Public Affairs

Trash from all over LSA Anaconda is heaped into the trash pit, enticing Iraqi nationals to cut the wire surrounding the pit and browse through the wide selection of junk – everything from broken air-conditioner units to pieces of scrap metal.

“You know the saying: ‘One man’s trash is another man’s treasure?’ That’s what we had on our hands. What we, the Americans, casually throw away is gold to the Iraqis,” said Capt. David Silver, operations officer, 181st Support Battalion. Silver is also the officer in charge of junkyard security.

“The junkyard was having a high number of local nationals come through the wire and stealing trash. Our job is to prevent this from happening,” he said.

Junkyard looting became a severe problem for 181st Spt. Bn. Soldiers, because anyone who breeches the perimeter of LSA Anaconda is a potential threat.

According to Silver, there have been several occurrences, especially at night, when aggressive force has been necessary.

“We can’t just assume that they [local nationals] are coming through just to steal trash,” Silver said.

Outside the wire, signs have been posted in Arabic, warning local nationals of the consequences they would face if they attempt to cut the wire and come into the trash pit. Although such warnings have been made, aggressive action is the last resort.

“Usually, if we catch anyone inside the wire we take them to the PMO [Provost Martial Office],” Silver said. “The PMO deals with them from there.”

Soldiers from three different companies of 181st Spt. Bn. have been tasked with junkyard security.

“It’s a cross section of Soldiers from Headquarters and Headquarters Company, Alpha and Charlie Company Soldiers of 181st Spt. Bn.,” said Silver.

“A great part of the job is I get to work with Soldiers from other parts of the battalion,” said Staff Sgt. Trevor Davis. Co. C. “Normally I would just work with C Co. Soldiers.”

Davis is one of the three sergeants of the guard assigned to junkyard security.

The daily guard duties are split into three shifts and each SOG is assigned to one shift. Their tasks vary, and they are constantly running around camp listening for radio transmissions from the Soldiers stationed at the trash pit.

“I have to keep track of all my Soldiers and team leaders,” Davis said. “I transport the (Iraqi National Guard) and escort the interpreter. I respond to incidents that are out of the control of the team leaders. I am also responsible for the needs of my Soldiers.”

Junkyard security runs 24 hours a day, seven days a week.

“There are several teams working over a 24-hour period,” Silver said. “They have to supervise a squad level element of ING Soldiers, who help us patrol the junkyard. We also basically prevent anyone from getting into the trash pit.”

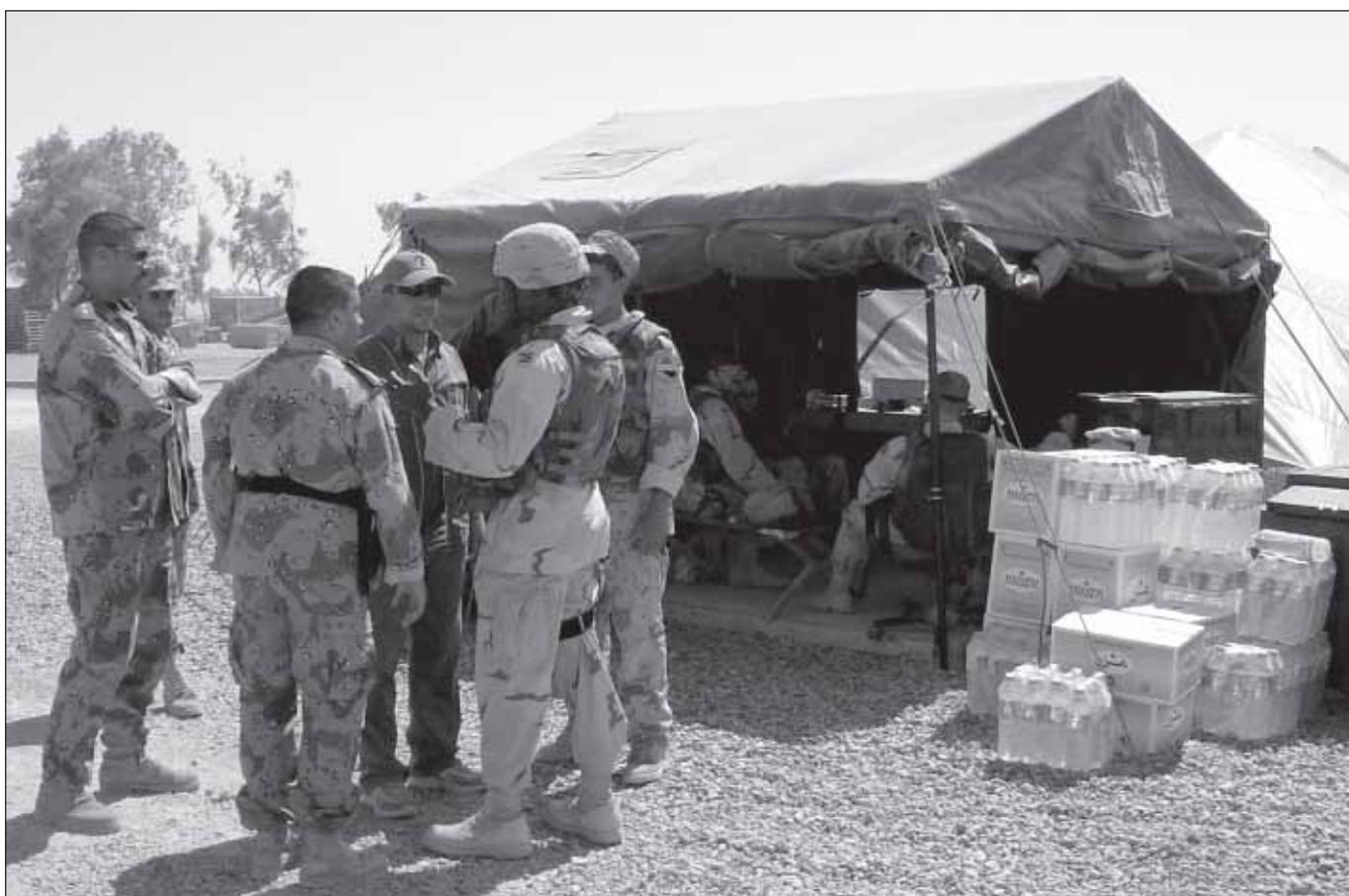
With each shift come different challenges and benefits. At night, it cools down, but the lack of vision causes problems. The day brings better visibility, but a substantial increase in heat.

“The mid-afternoon shift is the worst because of the heat of the day. It seems to drag on the most,” said Spc. Brian Buck, Co. A.

The ultimate goal of all coalition forces in Iraq is to turn this country over to its people. The Soldiers of junkyard security are doing their best to follow suit. They are training the ING to do the job currently done



Smoke from the burn pit rises over the junkyard.



The innovative soldiers working at the trash pit enjoy a more comfortable work environment thanks to the new tents they built, such as the one shown above.

Photos by Pvt. Chelsea Mack

by coalition forces.

“We are teaching the ING to man the towers,” Buck said.

Working with the ING can be a frustrating experience because of the language barrier between the two groups of soldiers.

“Communicating with the ING is the hardest part of this job,” said Sgt. Ray Grossman, team leader, Co. A.

“Sgt. Grossman made a manual of our SOPs [Standard Operating Procedures] and Sam, our interpreter, translated it into Arabic so they [ING] can read and understand it,” Buck said.

The shifts seem to drag on, the hot sun takes its toll, and smoke rises from the burn pit. These are just some of the challenges that arise while working at the trash pit.

“Our team motto is: ‘Drink Water’. It’s just so hot and the smoke from the junkyard makes Soldiers dizzy,” Buck said. “Several Soldiers have fallen out because of the conditions here.”

Despite these tribulations, the Soldiers of 181st Spt. Bn. make the best of their assignment and maintain a positive attitude. To help make life at the junkyard a

little more bearable, the Soldiers have improved the pit and added some amenities.

“Sgt. Rick Turpin started making the changes here,” Grossman said. “He started with a tent and from there we have just expanded.”

“We have air-conditioning units and a power box,” Buck said. “We’re going to close off the tents and make them air-conditioned. We’re also going to fix up the floors.”

The Soldiers have even constructed an eating area for the ING.

“The ING eating area has a bench, two tables and netting,” Grossman said.

The job of guarding the trash pit is not too complicated, but it is rough on the Soldiers. Between the black smoke released from the burn pits and the constant patrols in the hot sun, their job isn’t easy, but the Soldiers of 181st Spt. Bn., are maintaining high morale and doing the best job they can.

“It’s one of the best jobs out here,” Grossman said. “I love everything about it!”

“Our own morale is pretty high, even though this is not the best mission,” Silver said.

Your guide to health, welfare inspections

By Capt. Grace Gallagher
Chief of Administrative and Operational Law

Soldiers have a duty and responsibility to maintain themselves and their equipment in a satisfactory state of repair and readiness.

The command has a responsibility to ensure that each Soldier is meeting his or her responsibility and that the unit, as a whole, meets acceptable standards.

Health and welfare inspections are those inspections or examinations intended to ascertain and ensure the readiness of personnel and equipment. They are directed at military personnel's living quarters and personal secure space where the Soldier has a reasonable expectation of privacy. They are one means that commanders have to enforce standards. Commanders are allowed to: (1) schedule inspections ahead of time, although there is no requirement to notify those being inspected; (2) conduct a random inspection rather than target a specific individual. A 100 percent inspection, or an inspection of an entire section is permissible; and (3) inspect all Soldiers to the same degree.

What should the command and Soldiers be aware of to ensure that routine health and welfare inspections go smoothly?

Inspections can include an examination to locate and confiscate unlawful weapons and contraband. Contraband consists of any items that the Soldier is prohibited from possessing, to include those items prohibited by Central Command General Order # 1A. GO 1A prohibits possession of a such items as: alcohol, privately owned firearms or explosives, controlled substances (e.g. illegal drugs and paraphernalia), pornographic material, pets or mascots or unauthorized war trophies. If Soldiers have questions about health and welfare inspections they should ask their first sergeant.

Commanders may use items confiscated in the

course of the inspection as evidence during any disciplinary proceedings that may arise. It is best for commanders to contact their servicing judge advocate prior to conducting these inspections to avoid problems if contraband is found.

The command can also inspect such safety issues as unauthorized construction and electrical outlets and wiring. There are significant health and safety risks of fire and electrocution for these unauthorized activities.

Another safety concern is the need to ensure that the area does not attract pests or vermin. Commands have an interest in assuring that Soldiers keep their living areas free of food or waste products that will be a health and hygiene risk to individuals and the unit as a whole.

Health and welfare inspections differ from a walk through of common areas and areas securing military property because there is no reasonable expectation of privacy in these areas.

Commanders and NCOs can and should inspect these areas routinely.

Health and welfare inspections also differ from an authorized search based upon probable cause. Searches are examinations made for the primary purpose of obtaining evidence for use in a trial by court-martial or other disciplinary action. There are very specific legal rules that apply to searches, including a Military Magistrate's Review and a Search Authorization. If Commanders find themselves in a position where they are targeting specific individuals or they receive a specific report of contraband they must inform their judge advocate so that there are no problems with a subsequent prosecution.

Ultimately, health and welfare inspections are one of the commanders' best tools to enforce compliance with GO 1A, and maintain good order and discipline, health and safety standards. Judge advocates are also there to help the command achieve their goals. Please contact your servicing judge advocate if you have any questions on inspections.



Unrest quickly quashed; insurgents killed, detained

American Forces Press Service

WASHINGTON — Recent unrest in Herat was confined to a small area of the city and was quickly brought under control, according to Combined Forces Command Afghanistan officials Sept. 13.

Afghan National Police and Army elements and Coalition Forces restored order after a small band of local nationals, most between ages 15 and 25, began throwing stones.

Afghan National Army and Coalition Forces remained at a distance to assure the crowd remained peaceful during two non-violent demonstrations. The streets are currently vacant in Herat and the city is calm with Afghan soldiers and police continuing to patrol to ensure security.

The security of Herat and all the country's provinces concern officials. But with continued Afghan Army and police presence, assisted by the coalition, this disturbance will not disrupt the transfer of governmental authority in Herat, upcoming free elections, or Afghanistan's continued peace and stability.

Since Sept. 11, Afghanistan insurgents have been killed or detained and weapons caches found in other areas.

Operations also resulted in the capture of a global positioning system, a video camera with tapes, drawings of possible IEDs and mine layouts, two AK-47 assault rifles and four grenades by coalition forces.

Coalition soldiers also discovered a weapons cache north of Deh Rahwod on Sept. 12. The cache contained 12 rocket-propelled grenade rounds, 31 recoilless rifle rounds, one 82 mm mortar tube, 17 anti-personnel mines, 58 82 mm mortar rounds, 17 88 mm mortar rounds, 17 grenade fuses, one anti-tank mine, 45 mortar fuse heads and one RPG launcher.

(Based on news releases and statements from Combined Forces Afghanistan Command.)

Question of the Week

Who would you like to see entertain on camp?



Spc. Kent Sams
 181st Support Battalion

"They should bring 3 Doors Down."



Sgt. Richard Adams
 336th Military Police Battalion

"I would like them to bring Travis Tritt."



1st Lt Michael Lee
 185th Corps Support Battalion

"Janet Jackson, Beyonce, or Ashanti."



Sgt. Heather Shelly
 201st Forward Support Battalion

"Anybody at this point."



Capt. Mike McCarthy
 15th Military Intelligence Battalion

"I'd like to see U2."

MWR Complex Schedule

Sept. 19
Gospel 2 p.m. to 4 p.m.,
Spoken word 7 p.m. to 8 p.m.,
Karaoke 8 p.m. to midnight, and
8-ball tournament 7 p.m.

Sept. 20
Jazz and Old School
8 p.m. to midnight.

Sept. 21
Rock 8 p.m. to midnight.

Sept. 22
Country 8 p.m. to midnight.

Sept. 23
Tejano and Hispanic
8 p.m. to midnight.

Sept. 24
Rhythm and Blues
8 p.m. to midnight,
Pingpong tournament 7 p.m.

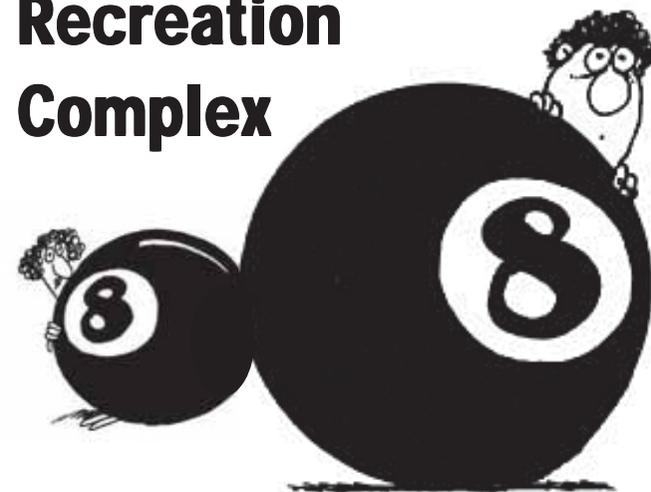
Sept. 25
Salsa and Latino 8 p.m. to midnight.

Hispanic Night

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

8-Ball Tournament

Just Show up and prove you're the best at LSA Anaconda. When: Today, 7 p.m. Where: MWR Recreation Complex

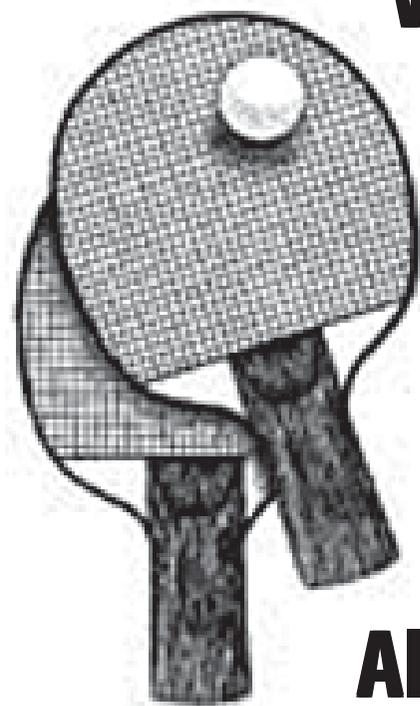


Pingpong Tournament

Want to smack a ball around?
Go for it

Sept. 24, 7 p.m.
at the MWR
Recreation
Complex.

All you have to do
is be there for
great table tennis action.



Chess Champions

Do you think you are the next Bobby Fischer? If so, check out the chess tournament at the MWR Sports Lounge Sept. 28, 7 p.m. All you have to do is arrive. You may be the best here.

Throwing your opponents around gym

By Sgt. Ann Venturato
Assistant editor

For those looking to be thrown around the mat, Judo classes are held every Monday, Wednesday and Friday from 8:30 to 9:30 p.m. at the LSA Anaconda gym.

"Judo means gentle way," said Pfc. Matthew Baeza, 84th Engineer Battalion, Judo instructor, "Gentle way not meaning I'm not going to harm you, but to mean minimal effort on your part to defeat your opponent."

The students do a series of warm up and stretching exercises before Baeza starts instructing them on the various break falls and takedown techniques.

"Judo is all hands on. It is all about technique," Baeza said. "Technique will always win over strength. It is all a matter of honing positions."

The class is taught in a step-by-step manner giving the students time to master new techniques. The basic movements learned in one class will be built upon during the next class.

"Judo is a real traditional, respectful sport," Baeza said. "I try to keep it as traditional as possible here."

Classes were scheduled to try and give a multitude of Soldiers a chance to attend.

The Judo classes allow Soldiers like Staff Sgt. Jaime Perez to get a workout before going to work.

"The whole thing is just enjoyable. I am learning new techniques on how to grab and throw opponents," Perez said, 1st Battalion, 185th Armor.

Perez, who has been to three Judo

classes so far, said this was the first martial arts he has tried.

"I always wanted to do Judo when I was younger," Perez said. "By the time I get out of here, I will know something."

Like many martial arts, Judo takes time and dedication to perfect as a skill. Skills include the break fall, a technique used to safely fall without causing serious injury to yourself.

"In Judo you are going to hit the ground a lot which is why break falls are used," Baeza said.

"I was sore after the first night after all the break falls," Perez said.

Since students do not have access to Gi's, the traditional martial arts outfit, they wear their desert camouflage uniform jackets over their physical training uniform.

Soldiers can use this experience as a fun way to relieve stress.

"A lot of people have stressful days and this gives them a positive manner to deal with the stress," Baeza said.

Besides helping to relieve stress, the class provides Soldiers with skills they can use outside the wire.

"Judo allows them to have more self-confidence because they know how to defend themselves," Baeza said.

So if you are looking for a sport that lets you throw your opponents around, stop by the gym for a few lessons in the fundamentals of Judo.



Photos by Sgt. Ann Venturato



Baeza gives hands on instruction to a Judo student on backward break falls.

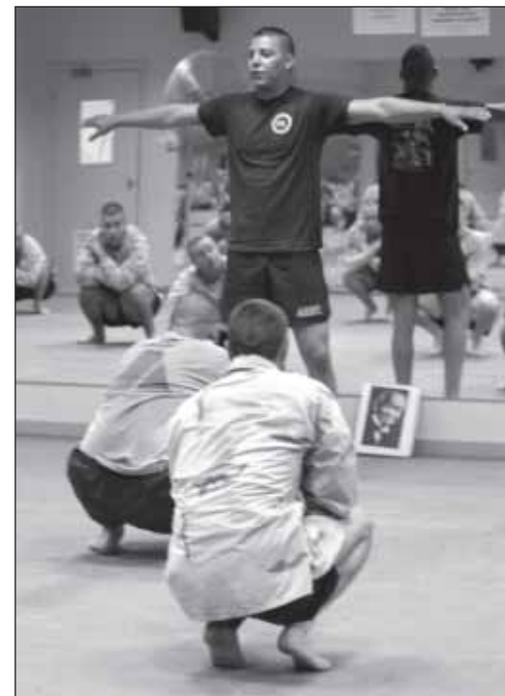
Staff Sgt. Jaime Perez, 1st Battalion, 185th Armor, and Spc. Rita Jackson, 63rd Ordnance Company, practice a judo technique.



Pfc. Matthew Baeza instructs Perez on the proper hand placement for a forward break fall.



Judo students practice forward break falls across the mat in the aerobics room.



The Judo students have their eyes on Baeza as he instructs the class on a new technique.



Soldiers of the 158th Aviation Battalion, attached to the 142nd Aviation Intermediate Maintenance Battalion, receive their combat patch Sept 5.

Photo by Staff Sgt. David E. Gillespie

PHOTOS



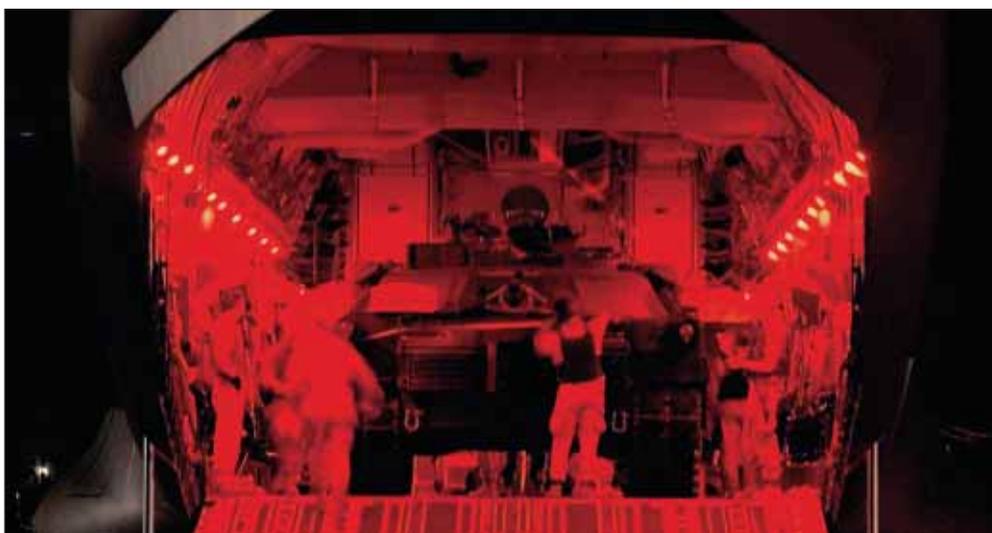
Spc. NaDaniel Brown, 302nd Transportation Company, arranges dunnage on a flatbed truck awaiting pallets bound for Baghdad.

Photo by Pfc. Leah R. Burton



World Championship Wrestling's heavyweight champion of the world, Diamond Dallas Page and former Major League Baseball pitcher, Rod Dibble sign autographs and pose with service members at the LSA Anaconda Post Exchange Sept. 15. The duo are part of the World Freedom Tour that provides entertainment to service members all over the world.

Photo by Pfc. Leah R. Burton



(Left) Much work goes on at Balad under the cover of darkness. C-17 Globemaster III cargo planes fly in and out, delivering everything from toilet paper to tanks. Under the transports eerie red safety lights, air transportation troops unload an Army A1A1 Abrams tank.

Photo by Tech Sgt. Keith Brown