

ANACONDA TIMES

Vol. 1, Issue 28

Proudly serving Logistics Support Area Anaconda

August 15, 2004

Bush signs defense bill

By Jim Garamone
American Forces Press Service

WASHINGTON - President Bush signed the Defense Appropriations Bill into law during a White House ceremony Aug. 5. The money will fund the global war on terror, personnel initiatives and further the transformation of the American military.

The \$417 billion bill funds the military for fiscal 2005. Congress must pass a second bill, the National Defense Authorization Act, before the department can spend the money.

Bush said the United States is taking the fight to the terrorists. He said in the last three years, America has made great strides in Afghanistan, Iraq and around the world to confront the enemies of freedom.

"These great achievements have come at a cost of human life and grief," he said. "America is grateful for the families of those who mourn a loved one. We will honor their memory by completing the mission and making the world a more peaceful place."

Bush reiterated his commitment to military personnel.

"We will support them," he said. "We'll provide them fair pay and good treatment. We will continue to ensure they have the tools they need to defeat the enemies of today. We will develop the weapons and systems to meet the threats of tomorrow."

On the personnel side, the bill provides a 3.5 percent across-the-board pay raise for service members, eliminates out-of-pocket housing expenses and fully funds the Defense Health Program. The president said the raise brings the total pay raise over the last four years to nearly 21 percent. "This money is well earned, well deserved, and well spent," he said.

Bush called the elimination of out-of-pocket expenses "a real boost" for military families. "The excellence
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Photo by Pfc. Abel Trevino

It's a grind

A construction worker grinds down excess metal on the structure of the new chapel at the corner of New Jersey Avenue and Ohio. Groundbreaking on the Anaconda Chapel East, which will seat 300 people, began in mid-June and the chapel is expected to be open for services in September.

School opens in Al Buhsaan

By Sgt. Ann Venturato
Assistant editor

Soldiers from the 29th Signal Battalion and other Soldiers from LSA Anaconda participated in a ribbon cutting ceremony to open a new school in Al Buhsaan, Iraq, August 7.

The Al-Salam School is an elementary school that was built from the ground up and has six classrooms. The name Al-Salam translates to mean peace.

The beige painted walls with orange borders, purple metal framed doors and window grates were intended to provide the children with a warm and safe learning environment.

Morning classes for both boys and girls will be there. Children from the community came to check out the new facility, which has colorful murals of simple child-

hood activities painted on the walls. A girl jump roping was painted in the courtyard where the children will be playing and a mural of a teacher pointing at a blackboard was on the wall just inside the doors of the school.

The local sheik seemed pleased with the new school. "This is a hope for the village," Sheik Waadi Abdul Aziz Mohmmood said, through a translator. "The coalition forces helped achieve this victory with this school for those kids."

Command Sgt. Maj. Gerald Williams, the command sergeant major for the 29th Signal Battalion, and Lt. Col. Dan Kestle, the battalion commander for the 29th Signal Battalion, did the honors of cutting the ribbon while Soldiers and local village officials looked on.

"The children quite often suffer more than everybody else, so it is wonderful to come together to provide for them," Kestle said.

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and professionalism of an all-volunteer force has never been higher," he said.

"America must do all we can to encourage these special Americans to stay in uniform, and that starts with taking care of their families," Bush stated.

The bill funds the on-going war on terror with \$25 billion in emergency appropriations to support current operations in Afghanistan and Iraq.

"This money will buy more armored Humvees, more ammunition, more fuel, more spare parts," he said. "It will upgrade our helicopters with the latest equipment, allowing them to fly more safely in the dangerous theaters."

The bill funds acquisition programs including the F/A-22 Raptor aircraft, more F/A-18E/F Hornets, guided-missile destroyers and C-17 airlifters. The bill also provides \$10 billion for ballistic missile defense programs.

"Later this year, the first components of America's missile defense system will become operational," Bush said.

"America and our allies face a deadly threat from ballistic missiles armed with the world's most dangerous weapons, and we will deploy the technologies necessary to protect our people," the president said.

The bill also funds the military of the future. "Our enemies are innovative and resourceful, and so are we," he said.

Just as terrorists never stop thinking about new ways to harm the United States people, U.S. leaders never stop thinking about how to protect the nation and its people, he added.

Bush said recent breakthroughs have made warfare more precise, thus reducing battlefield casualties.

"This bill continues that progress by funding the technologies that are changing the way we fight wars in order to keep the peace," he said.

This includes the Army's Future Combat System, the Navy's Littoral Combat Ship, and the Air Force, Navy and Marine Corps Joint Strike Fighter. In addition, the bill funds a number of communications programs that will change the face of warfare and cement the U.S. lead.

Bush thanked members of both political parties for their help with the bill.

"The message is clear: In a time of conflict and challenge, America stands behind our military," he said. "By taking care of our service people in uniform, by addressing the threats of today, by preparing for the threats of tomorrow, this bill will help make America a safer place."



Photos by Staff Sgt. David E. Gillespie

Gen. Peter J. Schoomaker, Army Chief of Staff, speaks with Brig. Gen. James E. Chambers, 13th Corps Support Command commander, during a visit to LSA Anaconda Monday.

Schoomaker visits LSA Anaconda

Gen. Peter J. Schoomaker, the Army's 35th Chief of Staff, arrived here Monday for a series of meetings with LSA Anaconda commanders and a visit to the 13th COSCOM command center.

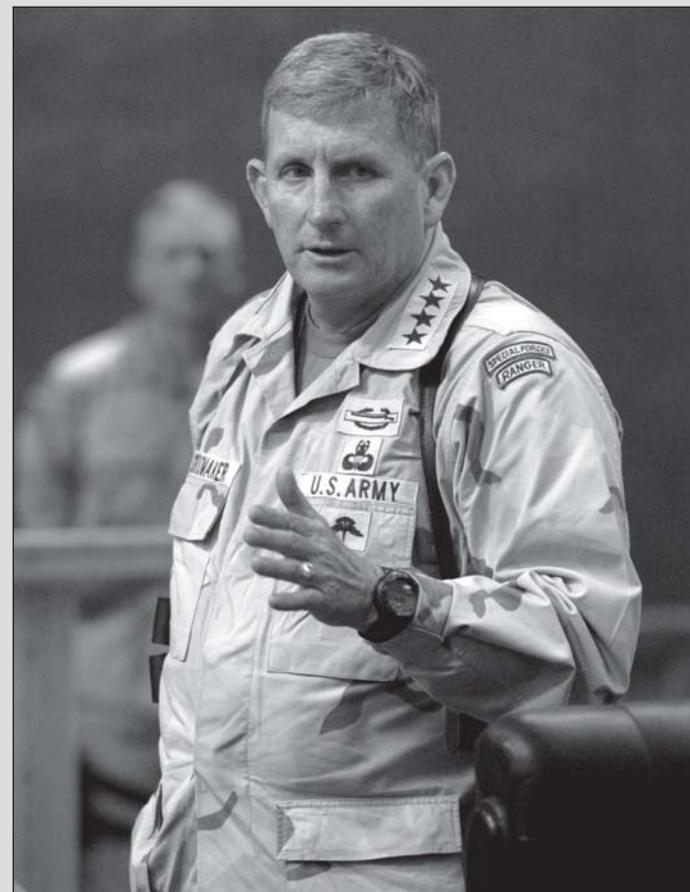
Schoomaker received a briefing on the COSCOM's current situation before speaking to the assembled battle staff about Army transformation as well as recent budgeting and funding decisions.

He said the force is restructuring into modular formations: combat forces, brigade combat teams and units of action.

Also the American fighting force is rebalancing between the active components of the Army, the Army National Guard and the Army Reserve. At the same time, officials are focused on stabilizing the force, offering more stability and a more predictable lifestyle for the military member.

Soldiers expressed a better understanding of the Army's current direction after hearing the CSA's remarks.

Schoomaker also emphasized the warrior ethos and distributed dog tags containing the printed ethos to all present.



Army Chief of Staff Gen. Schoomaker addresses leaders in a series of meetings concerning transformation issues.

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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

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Fear, not acts, define terrorism Rumsfeld says

By John D. Banusiewicz
*American Forces
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WASHINGTON — Events don't define terrorism, but the fear created by terrorist acts does, Defense Secretary Donald H. Rumsfeld said Aug. 6 in Chicago.

Rumsfeld addressed the Chicago Council on Foreign Relations and the Commercial Club of Chicago.

"People tend to think of terrorism as an event, where someone is killed or a building is blown up or an explosive device occurs," he said, "but that's really not it." Rather, he said, it's attempting to alter behavior by creating an atmosphere of fear.

He noted that under Taliban rule, women in Afghanistan were forbidden to wear colored shoes, to sing, to walk unaccompanied, to go to a male doctor, to actually be a doctor, and even to study. "In short," Rumsfeld said, "they had no rights." The Taliban and al Qaeda, he said, "follow an ideology of oppression, of hatred and subjugation of women."

Extremist enemies have "an enormous advantage" in the global war on terror, Rumsfeld said. "A terrorist needs to be lucky only occasionally, and the defenders have to be skillful all the time to prevent such an act. Terrorists can attack any time, at any place, using any conceivable technique, and it is physically impossible to defend in every location at every moment of the day or night, against all of the various techniques that terrorists can use."

The only way to win, Rumsfeld said, is to be on the offensive and put

pressure on the terrorists before they strike. "We can either change the way they live, or they are going to change the way we live," he said.

Strikes against U.S. forces in Iraq and Afghanistan, the secretary said, are meant to undermine America's morale and weaken public support for the mission, "as has happened in other conflicts."

Freedom and self-government in Iraq and Afghanistan, Rumsfeld said, will deny terrorists bases of operations, discredit their extremist ideology and give momentum to reformers in the region. "And they are determined to try to prevent that," he added.

The registration numbers came about despite intimidation tactics employed by the Taliban and al Qaeda, the secretary noted, which included killing women bus passengers when an inspection of their belongings revealed they had registered to vote.

Rumsfeld praised Iraq's "courageous leaders" and noted continued progress as the country prepares for elections next year. "The economy is growing. The currency is steady. They've opened a stock market. They've pulled together an Olympic team. Schools are open," he said. About 110,000 Iraqi security forces are trained and properly equipped, he added, with another 206,000 recruited and currently being trained and equipped.

"Every day, the Iraqi security forces take on more and more responsibility for protecting their own people," Rumsfeld said.

The progress, he acknowledged, is mixed in with "a lot of bad news."

"People are being killed; people are being wounded," he said, noting that more than 500 Iraqi security forces have been killed. "So it isn't like they're sitting in their barracks not doing anything," he said. "They're out there, trying to help build a free country."

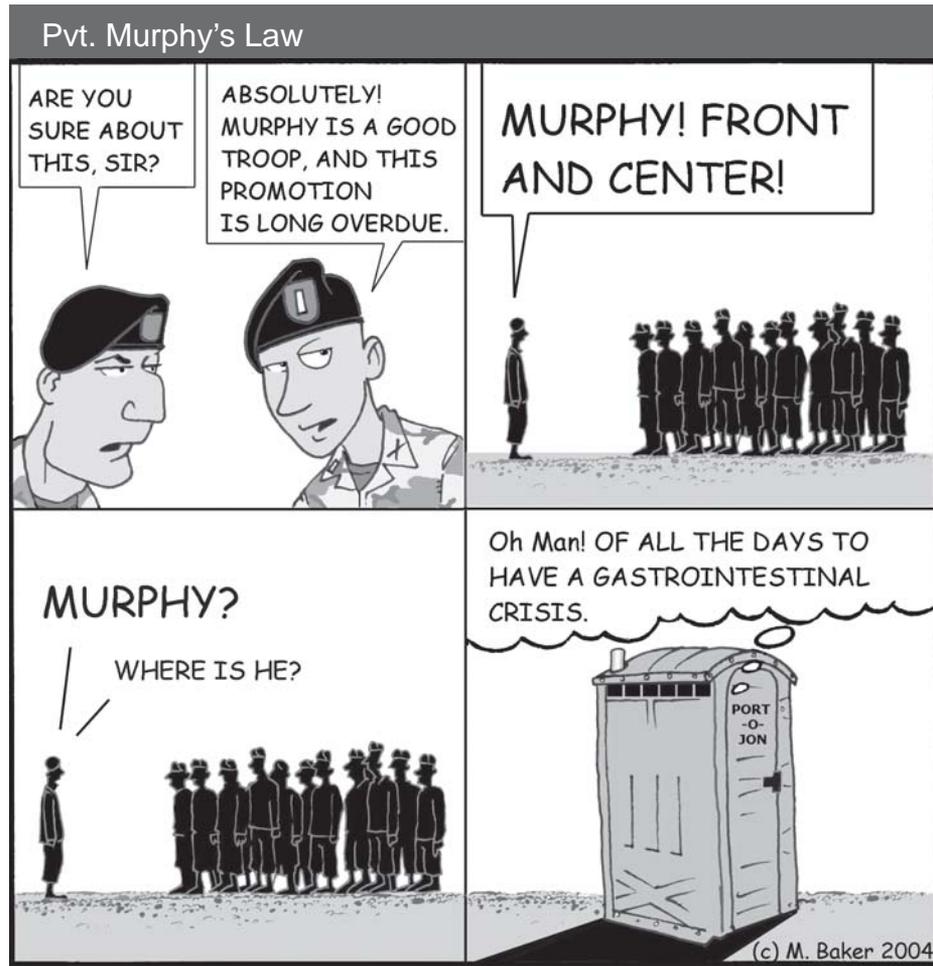
Rumsfeld said seeing the bad news day after day from Iraq makes it easy to believe it's a tough situation, and he added he agrees with that assessment.

"It is a tough situation," he said.

"It's a tough part of the world. On the other hand, if one looks at what's happened and the distance they've come and the progress that's been made, one has to be hopeful.

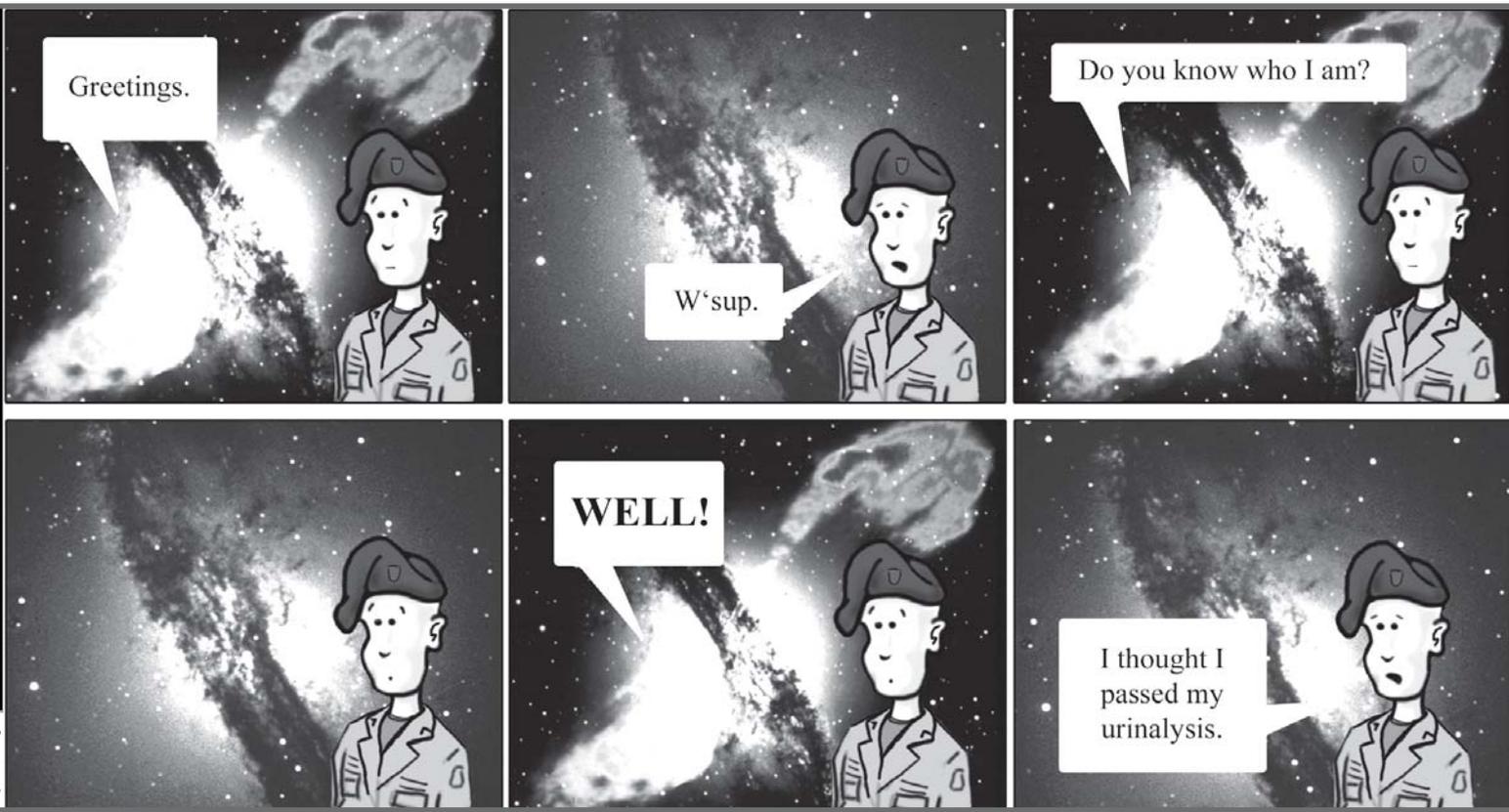
The secretary recalled the numbers of lives lost in past conflicts and how difficult and discouraging those conflicts were "for not just months, but years in some instances."

"And yet, the steadiness of purpose prevailed, and people persisted, and people ended up successful," he said.



ARMY OF ME

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Left Shoulder Diary

205th Military Intelligence Brigade

Compiled from
Unit History

The 205th Military Intelligence Brigade shoulder sleeve insignia is characterized by an oriental blue shield two and one-fourth inches in width and three inches in height, with a white fleur-de-lis centered in front of two crossed silver gray lightning bolts.

Oriental blue and silver gray are the colors associated with military intelligence units. The crossed lightning bolts refer to the convergence of all types of intelligence from all sources, enabling commanders to see the battlefield. The fleur-de-lis alludes to the unit's original activation in France.

The insignia was authorized Aug. 6, 1985.

The 205th MI Bde. rapidly deploys and conducts operations in support of V Corps throughout the full spectrum of military operations.

The brigade and its three battalions have a proud and distinguished history dating back to World War II.

The 205th MI Bde. has been a continuous active service since 1944. The brigade was constituted July 12, 1944, as the 205th Counter Intelligence Corps Detachment.

The unit served during World War II in Northern France, the Rhineland, Ardennes-Alsace and Central Europe.

It was reorganized and re-designated as the 205th Military Intelligence Detachment June 25, 1958.

In Vietnam, the 205th took part in the Tet Offensive, the Tet 69 and Counteroffensive, and the Summer-Fall Campaign of 1969.

In October 1983, the detachment was consolidated with Headquarters, 135th Military Intelligence Group and re-designated as Headquarters and Headquarters Detachment, 205th Military Intelligence Group.

The group was re-designated as the 205th Military Intelligence Brigade Oct. 16, 1985.

More than two-thirds of the brigade deployed to Bosnia-Herzegovina with Task Force Eagle in December 1995, redeploying to Germany in November 1996.

The brigade continues to provide intelligence support to V Corps and to the ongoing joint and combined operations in the Balkans from principle operating bases in Germany and Italy.

The 205th MI Bde. departed for Kuwait in the winter of 2003.

The role of the brigade upon deployment is to provide warning, situational and target development intelligence to V Corps, Coalition Forces Land Component Command, U.S. Central Command and senior national leaders in support of OIF.

Civilian of the Week

Cornelio A. Blauta, a lifeguard at the indoor and outdoor swimming pools at LSA Anaconda, hails from Manilla, Philippines.

At 28 years old, Blauta is no stranger to being a lifeguard in desert oases.

"I spent six years as a lifeguard in Saudi Arabia," Blauta said.



Cornelio A. Blauta

He arrived here on April 27 as one of the Prime Power Inc., Morale Welfare and Recreation lifeguards for the indoor pool.

When the indoor pool closed for renovations, Blauta and his lifeguard skills moved to the outdoor facility.

Blauta is Red Cross and Red Crescent certified and completely capable of saving lives. He said that he is always on the lookout for potential accidents and swimmers in distress.

"[My job] is challenging," Blauta said. "Everyday we encounter [incidents]. You really have to be a dynamic person."

His flexibility on the job has earned him the respect of many people here.

"I am very proud because American people respect us, even the higher ranking [military] officials," Blauta said.

Blauta wishes he could share this respect with his family, home in the Philippines.

"I want my family to know that I work here as a lifeguard and meet mostly American Soldiers and they are very friendly people," Blauta said.

Blauta is one of several lifeguards who operate the pools. He said that kind of responsibility creates a lot of camaraderie between him and his coworkers as they keep an eye out for safety.



Photo by Sgt. Ann Venturato

Lt. Col. Dan Kestle, 29th Signal Battalion, prepares to cut the ceremonial ribbon to officially open the Al-Salam School in Iraq Aug. 7.

SCHOOL, from page 1

"It (the school) is more than I expected. In my mind it shows these kids that there is a great hope for the future. It's a great start," Williams said.

The Soldiers at the school had a great time interacting with the children who showed up to see the new building.

"It's a great thing. It is good to help build a relationship

with them, and it provides them with a positive experience with the Soldiers," said Sgt. John Gautreaux, 81st Brigade Combat Team. "Instead of just seeing us checking their vehicles, we are actually having a cordial interaction with them."

"You have to start with the kids. We can build a relationship where they have positive experiences, and when they get

older and are the decision makers and leaders of the communities, they will have fond memories of us," he said.

In continuing the community relationship between the Soldiers of LSA Anaconda and the local village, the Soldiers plan to return to the school in September to hand out school supplies to the children and teachers.

Task Force Tacoma catches insurgent

By Pvt. Chelsea Mack
81st BCT Public Affairs

Indirect fire attacks on LSA Anaconda are a recurring event, and Task Force Tacoma, part of the 81st Brigade Combat Team, is doing its best to catch those responsible.

One afternoon, 1st Lt. Domingo Cordoza, platoon leader for 3rd Platoon, Company A, 579th Engineer Battalion, and his platoon were conducting a routine patrol outside the perimeter of LSA Anaconda. While heading back to the base, a rocket was launched nearby.

"The [unmanned aerial vehicle] immediately put its camera on the rocket point and observed an Iraqi national running from the point where it was fired. He washed his hands in the canal and then rushed to the house, which was approximately 100 meters from the rocket launch. We got that location and sent the information to Cordoza's platoon," said Maj. Timothy Woodard, executive officer of TF Tacoma.

Once the platoon arrived, Cordoza set up a perimeter and secured the area.

"As we were pulling into the driveway of his house, we saw one male run into the house. I immediately told my men to secure the area and get all the occupants out of the house so we could begin a search."

The man tried to pretend he had been working on his farm the whole time.

"The truck was filled with tomatoes," Cordoza said. "He pretended he had been working in his tomato fields."

Once all the occupants were out of the house,

Cordoza asked the man if he had any weapons in his possession. The man said he had just one old rifle, which belonged to his dead son.

However, others had something else to say.

"The workers told us the weapon did belong to his son, but he was not dead at all," Cordoza said.

Third platoon Soldiers found more weapons inside the house.

"[Cordoza's platoon] found three weapons, when [local nationals] are only authorized to have one," Woodard said. "Basically, when questioned, his story didn't match."

The platoon had more than enough evidence to justify a thorough search of the premises. About five members of the Iraqi National Guard from Company B, 210th ING Battalion, 3rd Platoon and an interpreter were involved with the questioning and searching.

Inside the corral, located outside of the house were buckets full of flour. Cordoza stuck his hand inside a bucket, as a demonstration for the ING. They followed suit.

"The good thing was an Iraqi soldier actually put his hand in the bucket, not the American Army," Woodard said. "The ING conducted the search."

The ING were the ones to find the weapons paraphernalia.

In addition to the one old weapon the man claimed to have, which turned out to be a 1918 Mauser probably given to his family by the Germans to fight the British during the British colonial period, were two Chinese made AK-47s, one seemed more used than the other. The ING also found nine magazines, all hidden in 55 gallon buckets, four empty mortar boxes and two AK-47

ammunition vests.

Cordoza made the decision to take the man into custody. His family began to cry hysterically.

The susupct was escorted to the North Entry Control Point, where Soldiers administered a vapor test on his hands and clothing.

"Vapor testing tests for chemical and explosive remnants on the body," Woodard explained. "He [the Iraqi national] tested positive for two chemicals, TNT (trinitrotoluene) and RDX (hexahydro-trinitro-triazine), which are used to initiate a rocket launch."

Neither TNT nor RDX are chemicals used in agriculture, providing Cordoza with more evidence against the suspect.

"The man had been in the old Iraqi army for 20 years," Cordoza said.

The man's involvement in the organization run by Saddam Hussein explained the deep-seated hatred he displayed toward the Armed Forces on LSA Anaconda.

"We had what we needed to put him in jail," Woodard said. "He's still in jail. The 1st Infantry Division is holding him."

Woodard went on to say, "He was a tiny white-haired man. He was probably around 55 to 60 years old, a very dignified old man who is now in jail."

Insurgents of all ages are being removed from the civilian population and made accountable for their actions by units patrolling their sectors around LSA Anaconda.



Courtesy photos

An Iraqi National Guard searches a bucket of flour on the suspect's farm and discovers ammunitions.



A few of the illegal munitions that were confiscated.

New combat feeding program designed to be "one-stop shopping" for Soldiers

The Defense Department's Combat Feeding program at the U.S. Army Soldier System Center in Natick, Mass., is a "one-stop shop for all combat-rations development, field food-service equipment and total combat feeding systems," according to the Defense Department's combat-feeding director.

Gerald Darsch said the joint-service program is an effort to provide not only the appropriate types and distribution of food needed by the military services, but also to supply food products to astronauts at the International Space Station.

Combat rations and their distribution have improved considerably over the last five to seven years, Darsch said.

The Combat Feeding program elicits "what Soldiers like to eat and what they don't like to eat.

All of the rations are Soldier requested, soldier tested, Soldier approved."

When service members ask for a certain food item, such as Spanish rice or Thai chicken, food specialists develop recipes that will meet the request.

Test panels are randomly selected to evaluate recipes during development.

Once a recipe is finished, it is field tested with Soldiers to ensure the goal is met.

One type of ration, the Meal, Ready-to-Eat, or MRE, is currently used by the military to sustain individuals in the field until an organized food facility is established.

At present, mobile troops, who may not have much time to eat, take out only certain food components from the MRE rations.

"They leave up to 50 percent of the unused portion behind, only to be thrown away," Darsch noted.

The prototype "First Strike" ration program provides highly mobile ground troops with total eat-on-the-move capability.

He said the idea is to provide a single ration per day containing only food items that are easy to use and consume.

Recently, both the Marines and Army Soldiers have requested First Strike rations developed by the Combat Feeding program.

"The Marines have asked for these rations to use in Afghanistan and Iraq," Darsch said. "(The Army's) 1st Cavalry Division in Iraq has also requested to try these rations for their Soldiers."

Both services said it would provide a capability they really don't have, he added.

Darsch said this ration package includes a pocket sandwich with a three-year shelf life at room temperature, developed by the Army Soldier Center.

This sandwich is a good idea for those who can't take a microwave or refrigerator out in the field, he added.

"We put three zip-lock bags in with the rations, so the person can break it up into three separate meals and easily store unused portions in the uniform pockets, wherever is most comfortable and fits the best," he explained. "The beverage mix included with the rations is in a flexible package so you can reconstitute it right in the package and consume it directly from the package."

Tube food, another type of ration, has been provided for the Air Force's U-2 long-range surveillance aircraft pilots during their reconnaissance flights.

According to Air Force officials, the U-2 is the most difficult aircraft to fly because of its unusually challenging takeoff and landing characteristics.

Due to its high-altitude mission, pilots must wear full pressure suits.

The Combat Feeding program, in a joint effort with the Air Force Research Lab, developed two foods that actually enhance the pilots' cognitive performance.

After the pilots have been flying their aircraft for a long period of time, they can become lethargic and sluggish when they try to land.

Darsch explained that adding a certain naturally occurring food ingredient to the tube foods ensures a safe landing.

The Natick research center also has launched a robust program to upgrade food-distribution systems for the Navy fleet.

Darsch described how they recently used a new modular process to install a piece of food-distribu-



Photo by Phil Copeland

The "Hooah" nutritious booster bar is a new food item for U.S. warriors on the battlefield to help sustain a high energy level. This carbohydrate-packed energy bar is included as part of the prototype "First Strike" rations that provide highly mobile ground troops with total eat-on-the-move capability.

tion equipment on two Los Angeles-class submarines.

In the past, crewmembers would have had to cut up the equipment deckside and lower in the pieces one at a time through a 30-inch hatch and reassemble all of those pieces down in the galley, he said.

This old process required up to 500 man-hours. And once everything was put back together, it didn't always work or didn't work as well as intended.

The Combat Feeding program worked with a commercial company to come up with equipment designed and built in modules.

"The new idea is to lower the modules down through the hatch and then put the pieces together again, like LEGOs, in the galley," Darsch said.

"This now reduces the 500 man-hours down to a possible less than 75 man-hours to complete this task. And now, everything works the way it is supposed to work," added Darsch.

The bottom line, he concluded, is that the Combat Feeding program covers the gamut of everything required for feeding the armed forces "from deep sea to deep space."

American Forces Press Service

California state prison inmates join 'Operation Mom' to support deployed troops

About 50 military veterans in California's San Quentin State Prison joined forces with volunteers from "Operation Mom" July 31 to wrap 430 care packages for shipment to troops in Iraq and Afghanistan.

The Vietnam Veterans Group of San Quentin worked side by side with members of Operation Mom, a support group based in the San Francisco Bay area, to wrap boxes of hygiene items, snacks and letters of encouragement.

The San Quentin group, made up of honorably discharged Vietnam veterans, saw television coverage of Operation Mom earlier this year and donated money and supplies to the cause.

The inmates also routinely send donation-request letters to businesses, according to Gloria Godchaux, president of Operation Mom.

Godchaux, who was hurrying to the post office today to ship the packages, called the joint effort a great example of community support for America's troops.

While shipping care packages for deployed troops is an important part of Operation Mom's effort, Godchaux said, the group's primary focus is on support for families, friends and loved ones of members of the U.S. Armed Forces.

Operation Mom groups — three in California and one in Georgia — gather once or twice a month to lend comfort and support to parents, spouses, family members and friends of those serving in the military, whether stateside or overseas.

Most group members have children or loved ones serving in Iraq or Afghanistan, and Operation Mom offers

a forum for them to share their fears about their loved ones and encourage each other to be strong, Godchaux explained.

"I didn't realize what a huge need there was for that kind of support," said Godchaux, who founded the group with a friend after Sept. 11, 2001, when she learned that her son, Marine Corps Cpl. Kevin Godchaux, was about to deploy to Southwest Asia. "It gives people a safe place where they can come and express

their concerns and fears without letting their kids know how worried they are."

Godchaux said Operation Mom groups often invite guest speakers to their meetings and plan activities such

as writing cards and letters to the troops or planning fundraising activities for their "A Little Touch of Home" care package program. But the primary focus, she said, is always on sharing and networking.

"We have to keep ourselves emotionally, mentally and physically healthy to be ready to support our kids when they come home," she said. "None of us fully understands what they have been through."

Although her son left the military in late July, Godchaux said she remains committed to Operation Mom. She has another son who plans to join the military after graduating from high school next year, and she said she knows there's a tremendous need among people with family members and loved ones serving in the military.

"I want to be here to help people through the hard times," she said. "And I've found when you give, you get so much back in return."

American Forces Press Service



Marine flies 'Dragoneye' littlest airplane during combat missions in Iraq

Cpl. Mel W. Plummer has got a whopper of a story to tell at his high school reunion.

His former high school class president won't be able to match it. Here it is. He flew airplanes on combat missions in Iraq. He flew so low, he could see the enemy's face right before a big attack. He did it all with a plane that was unarmed and unmanned.

That's right. Plummer never left the ground. Plummer is a pilot, the latest in unmanned aerial vehicle flight to get a better picture of the enemy on the other side of the battlefield.

Technically, it's called a Small Unit Remote Scouting System. The cool kids in class just call it Dragoneye.

Plummer's flown the six-pound airframe with a 45-inch wingspan in places other pilots wouldn't dare to fly. He's been flying for the Marine Corps since February.

"None of the people I graduated high school with or many of the Marines I know can say they operate an ... unmanned aerial vehicle," Plummer said. "The Dragoneye hasn't been in use that long but it already has an interesting history."

During Operation Iraqi Freedom the UAV was used to scout out areas for future attacks and raids.

This year, its droning engine still sends fear into the enemy. They know it's a sign that Marines are watching and likely about to strike.

Plummer likes to fly at low altitudes adding that the plane can fly much

higher, where it affords better photo resolution.

Dragoneye is small enough to be carried into the field inside a pack. It's assembled by snapping it together, a process that takes moments. The batteries offer a short duration flight. Plummer and his fellow UAV pilots solve this problem by packing plenty of the lithium batteries the plane requires.

Dragoneye sports two digital cameras on the belly of the plane to record images during flight. The operator on the ground sees what the cameras see in real time through a laptop computer and with just a click of a button images can be captured.

"If the battalion is planning a raid on an area, we can scout it out beforehand, check out points of origin for mortar attacks and get a good view of the area," Plummer explained.

Keeping the tiny plane aloft is actually the easiest part. It's the going up and coming down when Plummer earns his pay.

"This is a really smart system," he explained. "We can program a flight path and the plane does all the work. We hit a button and it comes back to us if we need it to. It's the takeoffs and landings we have to be careful about."

Marines have to stretch a 30-foot length of bungee cord hooked to the plane to launch it into the sky.

When the internal sensors of the plane register a certain amount of wind pressure the motors automati-

cally engage, lifting the UAV into flight. It doesn't come without risk to the aircraft and operators. The launching cord has caused problems for the Marines in the past. Plummer said he witnessed one launch when the cord slipped and snapped back, striking a Marine in the groin.

"We're always in full protective gear when we launch it in case something doesn't go right," he explained.

Landings also can serve as a problem for the pilots and the Dragoneye. The plane is difficult to navigate in tight areas. That makes an urban landing almost impossible.

"We were in Kharma using the UAV and had to launch and land it from an alley," Plummer recalled. "If you don't do it right the plane can smack right into a building which would ruin it."

When it's airborne, the UAV only requires one man to keep track of its progress in the air. Although the plane can be controlled manually from the laptop's ground control station, Plummer prefers to let the plane do most of the work while he keeps attentive on what the plane sees and his surroundings.

"I can't keep all my attention on what's going on with the plane," Plummer said. "I have to keep alert around me because I'm still in hostile territory."

Plummer isn't the only fan of the smallest reconnaissance tool in the battalion's arsenal.



Photo by: Cpl. Shawn C. Rhodes

Cpl. Mel W. Plummer, Company F, 2nd Battalion, 2nd Marine Regiment, is known as the 'Dragonmaster' of the battalion. The Stevens Point, Wisc. Marine is the unmanned aerial vehicle pilot for his battalion. The Dragoneye plane he pilots from the ground is being used by the Marine Corps to give ground commanders a better view of the immediate battlefield.

"The biggest asset we've found for the Dragoneye is getting a real-time view of an area prior to launching a mission," said 1st Lt. Edward M. Trainor, the executive officer for Company F.

Marine News Service

Oklahoma National Guard engineers lay foundation for smoother Marine convoys

Wearing desert camouflage instead of reflective orange and using armored Humvees in place of traffic cones, National Guardsmen are repairing a rutted vital supply route Marines here rely on for survival.

The 120th Engineer Combat Battalion (Heavy) is ripping out damaged sections of the road and replacing them with concrete patches, using materials bought by the 1st Force Service Support Group, who travel the route hauling supplies to Marines throughout western Iraq.

The dilapidated, single-lane road has been a bane of the 1st FSSG's truck drivers for months. Those who don't drive slow enough are forced to contend with problems ranging from blown-out tires to transmissions rattling loose. Yet, convoys that don't travel fast enough are more susceptible to attack by anti-Iraqi forces, said 1st Lt. Aaron T. Corbett, a platoon leader with the battalion.

Additionally, some of the torn up sections of pavement stretch across the entire roadway, making it easier for the bad guys to conceal makeshift explosives, or even tire-destroying "spike-strips," said Lt. Col. Bill Bartheld, the battalion's commander.

The Oklahoma-based battalion, which directly supports the 1st FSSG based here, hopes their efforts will put a stop to some of these problems in Iraq's Al Anbar Province.

Almost the instant their vehicles roll up to one of the gouges, the guardsmen are out of their trucks

and unstrapping the small tractors used to cut out straight-edged sections of the pavement and scour down far enough to give stability to the concrete they use, said Staff Sgt. Ralph T. Luttrell, a squad leader with the battalion and native of Stuart, Okla.

After the troops clear out the old asphalt, they set in and secure wooden planks to keep the new con-



Photo by Sgt. Matt Epright

Spc. Matt Reynolds, right, and Spc. James B. Carroll, engineers with the 120th Engineer Combat Battalion (Heavy), brush and smooth a freshly poured concrete patch on a road in Iraq's Al Anbar Province, on July 30, 2004. The Oklahoma National Guard battalion, which supports the Marine Corps' 1st Force Service Support Group at Camp Taqaddum, Iraq, is repairing a convoy route to make it safer to travel on. The battalion is based in Okmulgee, Okla. Reynolds is a 26-year-old native of Shawnee, Okla. Carroll, 22, is from Dallas.

crete block, or "patch," the same width as the rest of the road and lay in metal screens to give the concrete something to bind to.

Then the guardsmen bring in one of two mixing trucks, which blend dry concrete, sand, gravel and water and pour the concoction into the prepared hole, where the engineers spread it evenly to form the patch.

When the concrete is poured and spread, some of the moisture from the mixture begins rising to the top. The guardsmen smooth and brush the surface to get rid of any excess water, before covering the patch with a plastic sheet to allow it to dry, or "cure," evenly.

"Normally it takes three days to cure, but we added calcium to it," said Staff Sgt. Johnny D. Hyslop, a section sergeant with the battalion.

The calcium acts as an accelerant, so that after only four hours, the concrete is solid, said Hyslop.

While a small team waits for the repaired section to dry and sets up warning markers to keep vehicles from driving over the patch, the rest of the guardsmen move to the next damaged portion, a short way down the road.

The troops are repairing about 500 square feet of damaged road per day, ensuring safer travel for the 1st FSSG convoys delivering supplies to units throughout the Al Anbar Province. They expect the task to take about a month to complete.

Marine News Service

STEEL TIGERS DETER INSURGENTS

By Pfc. Abel Trevino
Staff writer

Task Force 1-77 AR, formed from Soldiers in 1st Battalion, 77th Armor and 1st Battalion, 26th Infantry, has dedicated its time at LSA Anaconda to crossing the wire and protecting the post from attacks by Anti-Iraqi Forces.

"We are the deterrent to making sure [insurgents] don't shoot rockets and mortars [from our sector]," said 1st Lt. John Diego Clemens.

Direct attacks are part of the dangers that come with the primary mission of securing the post.

"The overall mission is the defense of LSA Anaconda, which consists of observing and monitoring areas of interest, also clearing areas of [explosive devices] and patrolling," Sgt. 1st Class Philip Eville said.

Intelligence reports assist in targeting hot spots and the task force attends these areas and eliminates the threat, said Clemens.

The task force's methods produce

positive results.

"Last month there were only two attacks from our [area of responsibility]," said Eville.

The Soldiers rely on Abrams tanks, Bradley fighting vehicles and Humvees, but psychology is their main defense.

"Although we don't use our tanks all the time, it helps. It's a show of force," Eville said. "When we take our tanks out, there is generally less small arms fire."

Soldiers on foot patrols search vehicles and cordon local villages to take a census of the people living in each house.

Iraqis are allowed one rifle or handgun per household for protection, but not larger weapons systems such as anti-tank rifles or rocket-propelled devices.

"We ensure no one is connected to insurgents by verifying the number of weapons," said Sgt. Kenneth Thomas.

Soldiers remain highly visible during patrols and their presence in the local community increases the chances of attackers getting caught, said Sgt. 1st Class Jorge Diaz.

"At a minimum, we are out there [visible to local communities] eight hours a day," Clemens said.

This visibility acts as an intimidation factor and has kept the task force safe outside the wire.

"We stay out there, they see we're there and they don't want to mess with us," said Spc. Mario Jesus Reyes, a Humvee driver and tank loader.

Being in large armored vehicles does not eliminate the threats the task force faces.

"It can be pretty dangerous," said Staff Sgt. Robert T. Ogborn. "Just a few days ago, we took two [rocket-propelled grenades] and some small arms fire. On a day-to-day basis, anything can happen."

Facing attacks outside the perimeter reminds the Soldiers not to get complacent.

"You get a

sense of security every now and then and you have to remember what has happened out there," said Reyes. "It's different when you're out there and someone is trying to mortar you than when you are on base and [a mortar lands] somewhere."

These dangers have only increased the Soldier's resolve to secure the post.

"I'm nervous, but I don't let it overwhelm me. I try to keep my mind focused on the mission at hand," said Spc. Daniel Mullins.

Soldiers in the field keep level heads due to their constant communication with their command.

"When action does occur and they do get contact, usually we're pretty calm [in the Tactical Operations Center]," said Sgt. Steve Vasquez, TOC NCOIC, Task Force 1-77 AR.

These Soldiers put their lives on the line daily to ensure the safety of those working and living inside the post.

They have developed a rapport with the local community, worked closely with the locals to not only ensure that Coalition Forces are safe, but that

this country reaches its goal of freedom.



Soldiers from Task Force 1-77 AR walk into a village to conduct a census on the number of people and weapons per household. The Soldiers use Humvees and Bradley fighting vehicles to section off an area of the village for their mission.



Spc. Mike Petrozza, a squad automatic weapons gunner for Task Force 1-77 AR, stares down a highway guarding the perimeter of a checkpoint.



Spc. Doug Black kneels on a berm overlooking an area of frequent Anti-Iraqi activity. Task Force 1-77 AR frequently shows force around such areas to discourage activities and attacks aimed at LSA Anaconda.



On a road leading to LSA Anaconda, Pfc. Zach Waddell and Soldiers from Task Force 1-77 AR search vehicles for potential car bombs and weapons. The task force trained Iraqi National Guardsmen to operate the checkpoints, and frequently oversees the progress of them. The road blocks are one of the ways the task force secures the post from attacks.

Photos by Pfc. Abel Trevino

Movie Schedule

Sustainer Reel Time Theater

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

Aug. 15

3 p.m. The Manchurian Candidate
6 p.m. Two Brothers
9 p.m. Dodgeball

Aug. 16

3 p.m. Dodgeball
6 p.m. The Stepford Wives
9 p.m. Two Brothers

Aug. 17

3 p.m. The Manchurian Candidate
6 p.m. Dodgeball
9 p.m. Breakin' All The Rules

Aug. 18

3 p.m. Two Brothers
6 p.m. The Manchurian Candidate
9 p.m. Dodgeball

Aug. 19

3 p.m. Dodgeball
6 p.m. Two Brothers
9 p.m. The Manchurian Candidate

Aug. 20

3 p.m. Collateral
6 p.m. Collateral
9 p.m. Collateral

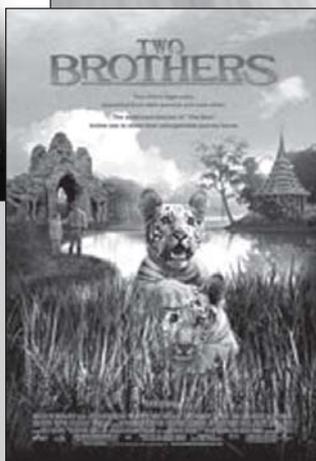
Aug. 21

3 p.m. The Notebook
6 p.m. Collateral
9 p.m. White Chicks

**The Manchurian
Candidate**



Two Brothers



Weekly Religious Schedule

Protestant-Traditional

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

Protestant-Praise and Worship

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

Protestant-Gospel

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

Protestant-Liturgical

Saturday 7 p.m. Tuskegee Chapel

Church of Christ

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

Islamic Prayer

Friday 1:30 p.m. Anaconda Chapel Tent

Protestant-Contemporary

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

Roman Catholic Mass

Sunday 8:30 a.m. 185th Task Force Tent
Sunday 10 a.m. Sustainer Indoor Theater
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)

Latter Day Saints

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

Lutheran

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

Jewish Prayer

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

Christian Orthodox

Sunday 11 a.m. 185th Task Force Tent

Movie Synopsis for Aug. 15 - 21

The Manchurian Candidate

R, Thriller, 130 min
Denzel Washington, Liev Schreiber

Director Jonathan Demme and star Denzel Washington team together in this remake of the 1962 political thriller "The Manchurian Candidate," which was based on the novel of the same name by Richard Condon. Washington plays Bennett Marco, a soldier who, along with Raymond Shaw (Liev Schreiber) and the rest of their platoon, is kidnapped by the enemy during the first Gulf War. Back home years later, as Shaw rises to political prominence, Marco begins to remember that they had been brainwashed by their captors, programmed to carry out the wishes of terrorists when triggered by a specific phrase.

Two Brothers

PG, Adventure, 108 min
Guy Pearce, Jean-Claude Dreyfus

Two Brothers offers a family-friendly epic as told through the eyes of its four-legged protagonists, who, in this case, are sibling tiger cubs Koumal and Sangha. Though a life in the jungles of French colonial Indochina circa the 1920s seemed certain, the cubs are separated shortly after their birth when the notorious hunter Aidan McRory (Guy Pearce) kills their father. Koumal is whisked away to a circus, and Sangha lands in the posh estate of a French government official who wants the big cat to serve as a companion for his lonely son. Both brothers escape captivity in hopes of returning to the jungle. Two Brothers also features Jean-Claude Dreyfus and Freddie Highmore.

The Stepford Wives

PG-13, Comedy, 1hr 33min
Nicole Kidman, Matthew Broderick

Instead of a straight adaptation of the thriller à la the 1975 cult classic starring Katharine Ross, the filmmakers have gone for a dark comedy with musical elements sprinkled in. Nicole Kidman stars as Joanna Eberhart, a young woman who, along with her husband, Walter (Matthew Broderick), has just moved into the quaint suburb of Stepford. After meeting some of their new neighbors, Joanna begins to suspect that something mysterious is afoot in the town, as all of the women, save her new best friend, Bobbie (Bette Midler), seem to have the same insipid personality. Christopher Walken, Glenn Close, and Jon Lovitz also star.

Dodgeball

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

Dodgeball revolves around amiable underachiever Peter LaFleur (Vince Vaughn), whose rundown gym, Average Joe's, is populated by a less-than-average clientele; a self-styled pirate, an ultra-obscure sports aficionado, and a pinning high school nerd are only some of LaFleur's socially impaired clients. Despite Average Joe's posing little threat to Globo Gym, a fitness Goliath owned by White Goodman (Ben Stiller), Peter's humble recreation center becomes of subject of much controversy when Goodman learns of his competitor's less than meticulous bookkeeping. Goodman decides to make a takeove bid for the gym and Peter's ragtag group mobilizes for a showdown, winner-takes-all Dodgeball tournament against Globo Gym.



Photo by Staff Sgt. Cohen Young

Staff Sgt. Benjamin Kelly, 332nd Expeditionary Civil Engineering Squadron explosive ordnance disposal, prepares munitions fuses, flares and .50-caliber rounds for disposal. Kelly is deployed from the 39th Civil Engineering Squadron at Incirlik Air Base, Turkey.

Explosive ordnance disposal aids war fighters one threat at a time

By Tech. Sgt. Brian Jones
332nd AEW Public Affairs

Explosive ordnance disposal is a dangerous business under normal circumstances. But, add the challenges of a deployed environment and a constant threat of attack and EOD truly becomes hazardous duty.

The 332nd Expeditionary Civil Engineer Squadron Explosive Ordnance disposal flight here faces these challenges every day ensuring the mission gets accomplished despite an array of unexploded ordnance and improvised explosive devices.

"Any time you're in a deployed environment the challenges are magnified," said Chief Master Sgt. David Williamson, 332nd ECES EOD chief. "At home, we don't have rockets and mortars flying on base. So, we never deal with those situations."

LSA Anaconda's EOD technicians are called upon every time the installation is attacked. They work through the alarm conditions searching for and destroying munitions that didn't explode when they hit.

"A good night sleep around here is pretty rare," said Williamson.

While unexploded ordnance on camp keeps EOD busy, almost half of their jobs involve going outside the wire, many times in response to IEDs.

"Outside the wire is a different environment. You're always on guard. You never know what you're going to encounter," said Williamson. "It's

not uncommon for us to take small arms fire."

When working off camp, EOD is never alone and is always accompanied by an Army security element typically made up of gun trucks or armored personnel carriers.

"It's part of the job. We know that most of our jobs will be outside the wire," said Staff Sgt. Mark Brady, an EOD craftsman. EOD technicians you have to be a war fighter, as well as a technician."

In addition to working the perimeter of LSA Anaconda, EOD technicians are often called upon to travel throughout the theater to support vehicle recovery and munitions disposal operations.

"We respond to vehicles that have been attacked on convoys to make sure they are clean before recovery teams can bring them back," said Williamson.

The 332nd ECES EOD flight regularly sends technicians to forward operating bases to help with disposal operations. It was during one such mission that Brady encountered a roadside IED.

"We got a call from the Army saying that they had found an IED," Brady said. "It was unusual in that it had a wire attached heading back in to the desert."

The EOD team used one of their robots to remotely disarm the IED and blew it up in place.

"All that was needed was somebody on the other end of that wire and they could have taken out a vehicle," Brady said.

The remotely controlled robots play a significant role in EOD accomplishing its mission. The flight has more robots than people. The flight currently has 12 airmen permanently assigned. In

addition, they bring in technicians from other bases in theater for two-week rotations to help with the workload.

Keeping the robots ready for action is critical.

"The environment is really hard on the equipment — really hard on the robots. We live and die by the robots," Williamson said. "We spend a lot of time making sure the equipment is ready to go. When the time comes and we respond to a call that's not the time to make sure everything is together."

With the high operations tempo, the EOD airmen rely on the training they've received prior to arriving in Iraq.

"It's a big change from home. There we spend most of our time training to get the chance to go out in the field and do our jobs in the real world," Brady said. "All the training has definitely paid off."

"They're trained for our mission and have the right mind set," Williamson said. "Morale is extremely high. We take care of business and get the job done. These guys get a lot of satisfaction out of accomplishing the mission."

This deployment provides plenty of real-world experience the EOD technicians here will be able to draw upon for the rest of their careers — experience they can't get at home stations.

"At home we train with rubber and plastic rockets. We come here and have real ones landing on base," said the chief of EOD operations deployed from Incirlik Air Base, Turkey. "I'll respond to more UXOs in three months here than I have in my entire 21-year career."

Dining facilities serve up balanced diet

By Sgt. Ann Venturato
Assistant editor

The key to staying fit is getting plenty of exercise, but what also goes hand in hand with exercise is eating a balanced diet.

The choices of where you eat are more limited when you are deployed, but that doesn't mean you can't eat a healthy meal in the dining facilities here.

The dining facility has a lot of low-fat choices to keep service members in good physical condition.

"The dining facilities follow a 21-day menu," said Sgt. 1st Class Ronnie Haith, food service ncoic.

KBR and CJTF-7 developed the menu and distributed it to the dining facilities in Iraq, he added.

Haith said that the menu planners put a lot of emphasis on serving a wide variety of foods at each meal, so people could choose what they want to eat.

The menu planners ensured that the dining facilities had healthy food options, including sandwiches and salad bars, baked chicken and fish as well as nutritious cereals, said Haith.



He added that individual Soldiers need to watch their calories.

Each service member has different dietary needs to fit their lifestyle, so what food choices made by one person might not be right for another.

"It really depends on their particular performance goals," Maj. Sonya Corum, chief of nutrition care for the 31st Combat Support Hospital, said.

Corum said that a good guideline is to limit fatty foods, fried entrees, chips and deserts.

"Watch out for short order line because they are all high-fat choices," Corum said.

"Once in a while is fine. The rest of the time they should try to eat balanced meals."

Fruits, carbohydrates, vegetables, and protein are essential parts of a balanced diet.

Service members should eat breakfast, lunch, dinner and a light snack.

"The worse thing for a Soldier to do is to skip meals and I have seen a lot of that," Corum said. "And they don't drink enough water. Most people don't need Gatorade, all they need is water."

The dining facilities here offer Soldiers a salad bar with plenty of choices and lots of fresh fruit.

The salad bar and raw vegetables are good choices but if you are trying to cut down on fat in your diet, avoid the mixed salads. Another good health tip is to use only half of the regular dressing

or try the fat-free dressings for salads.

Portion control is an important part of a healthy diet, said Corum.

"Sometimes it's not the food choice that contributes to weight gain, but the portion size. The portions in the dining facilities are plentiful," Corum said.

Corum advised eating smaller portions.

"You just don't go over-board," she said.

What you eat impacts on your daily mental and physical performance, Corum said.

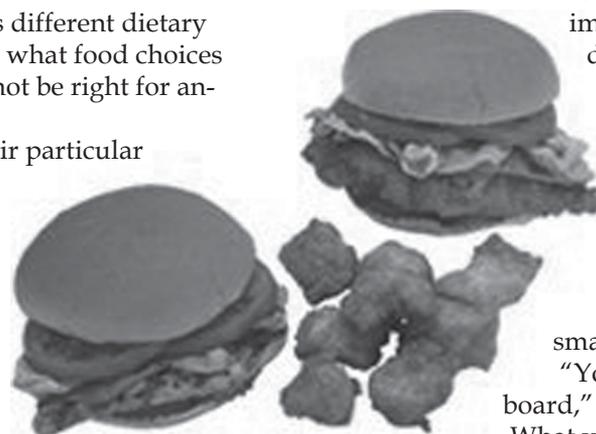
Food service teams go out and inspect the dining facilities to make sure all regulations are being followed, said Haith.

"The majority of Soldiers are very happy with the meals that they are getting," Haith said.

"Every month we have a dining facility conference and we find out what the Soldiers liked as far as how the different meals are and what the Soldiers would like to see served in the dining facilities," Haith added.

"The only thing that Soldiers commented on was the amount of chicken served in the dining facilities," Haith said, "They (the Soldiers) said there was too much chicken being served."

Soldiers need to know that they have healthy, well-balanced meal choices. The workers who prepare meals work very hard to ensure Soldiers are being well fed, Haith said.



Here are some examples of what counts as one serving:

Milk, yogurt and cheese group (two to three servings)

One serving is: one cup milk or yogurt, 1 and 1/2 ounces of natural cheese, two ounces of processed cheese, 1/2 cup of frozen yogurt or ice cream, 1/2 cup of cottage cheese

Meat, poultry, fish, dry beans, eggs & nuts group (two to three servings)

One serving is: two to three ounces of cooked lean meat, poultry or fish, 1/2 cup of cooked dry beans or 1 egg counts as one ounce of lean meat, two tablespoons of peanut butter or 1/3 cup of nuts counts as one ounce of meat

Antioxidants

You need a variety of fruits and vegetables every day because they each contain different protective nutrients.

The best advice is for your daily consumption of food to consist of:

At least three servings of dark-green, yellow, or orange vegetables such as spinach, pumpkin,

sweet potatoes, and tomatoes

At least two servings of fruit; and six to 11 servings of whole-grain breads and cereals.

To reduce your cancer risk, follow an overall dietary pattern that includes a high proportion of fruits, vegetables, grains and beans.

Vegetable Group (three to five servings)

One serving is: one cup of raw leafy vegetables, 1/2 cup of other vegetables, cooked or chopped raw, 1/2 cup of beans, 3/4 cup of 100% vegetable juice

Fruit Group (two to four servings)

One serving is: one medium apple, banana, orange, 1/2 cup of chopped, cooked or canned fruit, 1/4 cup of dried fruit, 3/4 cup of 100% fruit juice

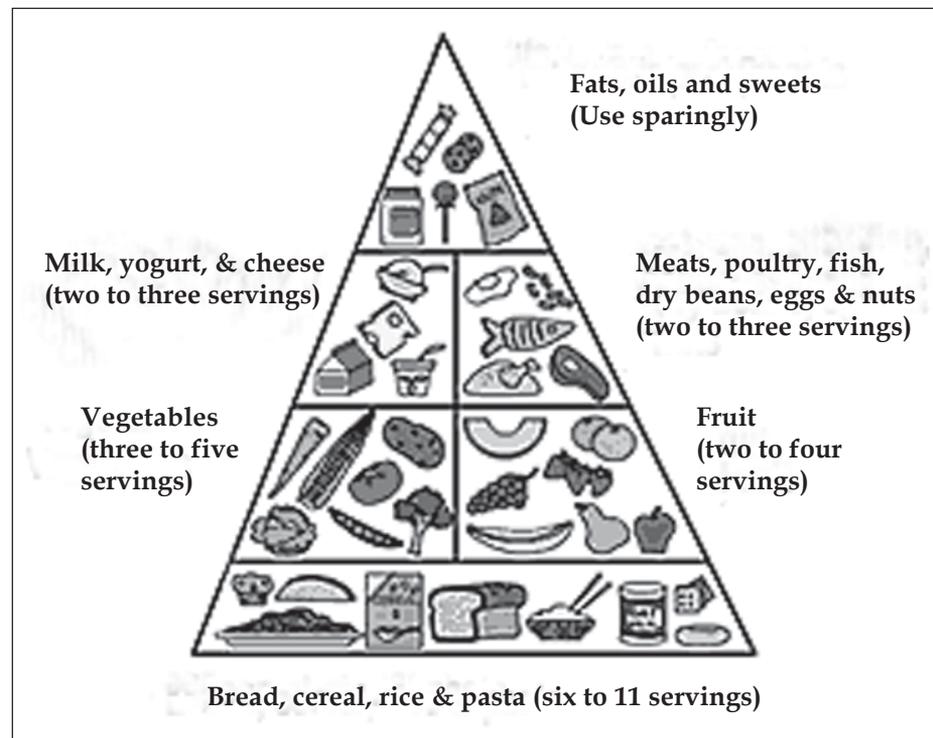
Bread, cereal, rice & pasta Group (six to 11 servings)

One serving is: one slice of bread, one ounce of ready-to-eat cereal, 1/2 cup of cooked cereal, rice or pasta, three to four plain crackers (small)

By following the recommendations of the Food Pyramid you will be putting into action the 7 Dietary Guidelines for Americans.

These guidelines are:

- Eat a variety of foods to get the energy, protein, vitamins, minerals, and fiber you need for good health
- Maintain an ideal weight
- Select a diet low in total fat, saturated fat, and cholesterol
- Select a diet rich in vegetables, fruits, and grain products
- Use sugars only in moderation
- Use salt and other forms of sodium only in moderation
- If you drink alcoholic beverages, do so in moderation



Clean weapons can be Soldiers' best friends

By Pfc. Leah R. Burton
Staff writer

A Soldier's weapon system is one of his most valuable assets in combat. As such, it is imperative that weapons be kept clean and in good working order.

"Most of our weapons are gas operated, meaning they function by the pressure created from the carbon burn, gases from the cartridge propellant. Some are blow-back weapons, and some are recoil operated. All experience carbon build-up," said Douglas B. Carlstrom, a small caliber weapons equipment specialist with the Small Arms Support Center here. "This is why it is important to remove the carbon from the functioning parts of the weapon system."

Carbon, however, is not the only concern when cleaning a weapon, especially in this dusty environment.

"Not only is carbon a problem, but also the dirt, grit, sand and pre-applied lubricants that absorb all of those elements. In this environment, the weapon is exposed to large amounts of grit and sand," Carlstrom said. "The direct effect of these is unnecessary, premature wear on bearing surface components caused by friction and drag to moving parts, eventually resulting in a malfunction or stoppage."

Failure to maintain the issued weapon system, whether it is individual or crew served, can have devastating effects on the weapon and the Soldier operating that

weapon system.

"Blowing sand and grit also affects the exterior finish, by abrasion, and can prematurely remove the porous phosphate finish," Carlstrom said. "Protect the exterior of the weapon whenever possible. Remember, the porous phosphate finish is applied to most combat arms and designed to absorb and hold lubricants and protect against corrosion, unlike the pretty cosmetic bright blue finish that we see on commercial firearms in the civilian marketplace."

When the opportunity presents itself, weapons should be field stripped, wiped down and lubricated, with particular attention given to the bolt, bolt rails, receiver rails, chargers, bolt face, bolt locking lugs, barrel, barrel extension, trigger group and front and rear sight posts.

"This is not saying to over-clean. Sometimes we are our own worst enemy. We over-maintain our weapons which results in unnecessary bearing surface wear and loss of components," Carlstrom said. "Use common sense. Remember, whenever you get the chance, you shower



Photo by Pfc. Leah R. Burton

Spc. Charles J. Cook, Special Troops Battalion, 13th Corps Support Command, concentrates on cleaning the barrel and barrel extension of his issued M-16A2.

and brush your teeth. Take a look at your weapon. If it could talk, I'm sure you can imagine what it's saying."

With mission demands, it's not always feasible to clean one's weapon everyday.

"I clean my weapon twice a week, focusing on the whole weapon," said Spc. Charles J. Cook, Special Troops Battalion, 13th Corps Support Command. "The sand and dust are the biggest challenge to keeping my weapon clean."

It's everyone's responsibility to keep weapons clean, from the individual Soldiers to the unit armorer to direct support.

"In every occupation, there are specific tools used. In the case of the combat Soldier, it is whatever weapon system issued to him, which meets the mission profile," said Carlstrom. "That weapon is designed to take care of you. It can only accomplish that mission if you take care of it. Be proud yourself and your equipment. I am"

Question of the Week

What would you do for a Klondike bar?



Sgt. Doneyne Smith
933rd Forward Surgical Team

"I would jump into the Tigris river and then I would share the Klondike bar with someone else."



Spc. Maurice Crallie
81st Brigade Combat Team

"I would dress like a local national and go to headquarters and shake hands with everyone."



Staff Sgt. Jaime Perez
185th Armor

"I would survive 150 degree temperatures in Iraq and only then would I deserve it."



Capt. Ed Maniulit
31st Combat Support Hospital

"I would give about a million dinars."



Spc. Travis Phillips
13th Corps Support Command

"I would do 100 pushups."

Military Olympians head to Athens

By Samantha L. Quigley
American Forces Press Service

WASHINGTON — After years of hard work, athletes take center stage at the 2004 Summer Olympic Games in Athens.

Thousands of athletes have checked into the Olympic Village, with opening ceremonies held Friday. Twenty-one military athletes and coaches are on the U.S. Olympic team.

They are:

Wrestling

Army Staff Sgt. Shon Lewis, 37, is the head coach for the Army's WCAP wrestlers and will travel to



Athens as one of three Greco-Roman wrestling coaches for Team USA. He is a four-time national champion and 13-time armed forces champion. USA Wrestling selected Lewis as Greco-Roman Coach of the Year in 2002 and 2003.

Army Sgt. Oscar Wood, 29, of Fort Carson, Colo., will compete in the 66-kilogram class of the Greco-Roman event. He attended Oregon State, where he majored in behavioral science. Wood was the 2004 Olympic trials champion and came in 2nd at the 2004 U.S. nationals.

Rowing

Navy Lt. j.g. Henry Nuzum, 27, of Chapel Hill, N.C., will compete in the men's double sculls. He is a 1999 graduate of Harvard University and completed graduate work at the Navy's Surface Warfare Officer School. Nuzum is a four-time senior national team member and two-time Olympian, and is now affiliated with the Princeton Training Center.

Army Capt. Matt Smith, 26, of Woodbridge, Va., will compete in the men's lightweight four event. Smith is a 2000 graduate of the University of Wisconsin and the Army ranger and airborne schools. He also is a five-time senior national team member and a first-time Olympian.

Track and Field

Army National Guard Capt. Dan Browne, 29, of Portland, Ore., will participate in the marathon and 10,000 meter events. Browne graduated from West Point in 1997 with a major in English and is fluent in Spanish and Portuguese. He began running as a junior in high school, but didn't focus on distance events until his junior year in college.

Air Force Capt. Kevin Eastler, 26, of Farmington, Maine, will compete in the 20-kilometer race walk. He graduated from the U.S. Air Force Academy in 1999 with a degree in mechanical engineering. While he placed second in the 2000 Olympic trials, he was denied a spot in the games because he failed to earn an "A" qualifying time. At this year's trials he placed third with a time of 1:28:49.

Army Sgt. John Nunn, 26, of Chula Vista, Calif., will compete in the 20-kilometer race walk. He is



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pursuing a major in chemistry at Southwestern Community College, with a goal of advancing to pre-dentistry. Nunn edged out teammate Eastler in the 2004 Olympic trials, placing 2nd with a time of 1:26:23.

Air Force 1st Lt. James Parker, 28, of Great Falls, Mont., will compete in the hammer throw. He majored

in exercise science at Utah State, where he was a state discus champion and two-time state shot put champ. Parker placed 1st in the 2004 Olympic trials and was the 2003 USA Outdoor champion.

Shooting

Army Maj. Michael E. Anti, 40, of Winterville, N.C., will participate in the 3-position and prone rifle events. He holds a business degree from West Virginia University. Anti is a three-time Olympian, having competed in the 1992 and 2000 games. His father is a rifle coach for the Marine Corps and U.S. Naval Academy.

U.S. Army Reserve Staff Sgt. Elizabeth Callahan, 52, of Columbia, S.C., will compete in the air pistol event. She has competed in the 1992 and 1996 Olympic games and is a lieutenant in the patrol department of the Washington, D.C., police department. Callahan is a five-time women's police revolver champion and a four-time women's police service revolver champion.

Army Sgt. 1st Class Shawn Duloher, 39, of Lee's Summit, Mo., will compete in the skeet event. He earned a bachelor's degree in communications from Park College in Missouri and was assigned to the U.S. Army Marksmanship Unit at Fort Benning, Ga., when he enlisted in the Army in 1989.

Army Sgt. 1st Class Bret Erickson, 43, of Bennington, Neb., will compete in the trap and double trap shotgun events. He is a three-time Olympian, having competed in the 1992 and 1996 games. Erickson is a five-time national champion and set two world records at the 1990 World Championships in Moscow.

Army Sgt. 1st Class Charles P. Gartland, 39, of Buena Vista, Ga., traveled to Athens as the team's gunsmith. He was selected from numerous applicants because of his combination of school training and practical application. Gartland joined the Army in 1986 and was assigned to the Army Marksmanship Unit as a gunsmith in 1991.

Army Reserve Maj. David Johnson, 40, of Mount Holly, N.J., traveled to Athens as the shooting team's rifle coach. The 1992 Olympian earned a bachelor's degree in finance from West Virginia University in 1982. Johnson, a 15-year member of the National Rifle Team, left active duty and joined the reserves in 2000. Returning to active duty in 2002, Johnson was assigned to the Army's World Class Athlete Program and selected as rifle coach for the U.S. national team.

Army Spc. Hattie Johnson, 23, of Athol, Idaho,

will compete in the women's air rifle event. She was a bronze medalist in the 3x20 at the 2003 Pan Am Games and took 3rd in the 3x20 and 2nd in the air rifle at the National Championships.

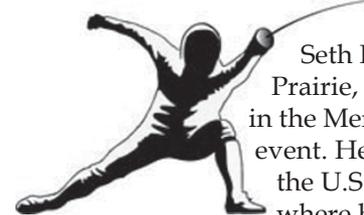
Army Sgt. Jason Parker 30, of Cusseta, Ga., will compete in the men's air rifle event. He took 5th in the air rifle at the 2000 Olympics. Parker earned a psychology degree from Xavier University in 1996. Parker won gold in 3x40 at the 2003 Pan Am Games and in air rifle at the 2003 Munich World Cup.

Army Sgt. 1st Class Daryl Szarenski, 36, of Saginaw, Mich., will compete in the men's air and free pistol events. He was the gold medalist in free pistol at the 2003 Pan Am Games and the 2003 free pistol National Champion. Szarenski studied industrial technology at Tennessee Tech University on a rifle scholarship. He was a member of the school's pistol and rifle teams.

Fencing

Air Force 2nd Lt.

Seth Kelsey, 22, of Brush Prairie, Wash., will compete in the Men's Epee fencing event. He is a 2003 graduate of the U.S. Air Force Academy, where he earned a degree in behavioral science. He has earned Senior "A" World Cup bronze medals in Tallin, Estonia, in 2002 and Havana in 2003.



Modern Pentathlon

Army Capt. Anita Allen, 26, of Star City, Ind., is a 2000 graduate of the U.S. Military Academy at West Point, N.Y., where she earned a degree in environmental engineering. She began competing in the pentathlon at the age of 23 and took 1st place at the 2003 Pan American Games in Santo Domingo, Dominican Republic.

Army 2nd Lt. Chad Senior, 29, of North Fort Myers, Fla., is a 1997 graduate of George Washington University, where he earned a degree in exercise science. He began competing in the pentathlon at the age of 22 and participated in the 2000 Olympics.

Boxing

Army Staff Sgt. Basheer Abdullah, 41, of St. Louis, traveled to Athens as the head coach for the 2004 Olympic boxing team. He served as



adviser for the U.S. boxing team in the 2000 Olympics in Sydney and was named 2002 Coach of the Year. Abdullah became the Army's head coach in 1996, three years after he retired from the ring.

Paralympics

Navy Petty Officer 3rd Class Casey Tibbs, 23, of Austin, Texas will compete in the pentathlon and the 400-, 200- and 100-meter events during the Paralympics, to be held in September in Athens. Tibbs graduated with honors from the Defense Language Institute. He lost his right foot in a motorcycle accident in 2001. Tibbs is ranked No. 2 in the world in the 400-meter event with a time of 53.14.

Unless otherwise noted, each athlete is participating in his or her service's World Class Athlete Program.

Captain to row for Team USA in Athens games

By Tim Hipps
*American Forces
Press Service*

WASHINGTON — Capt. Matt Smith had planned on retiring from competitive rowing before he discovered the U.S. Army World Class Athlete Program.

Olympian who will team with Aquil Abdullah of Washington, D.C., in men's double sculls.

Smith, 26, said Olympic dreams never crossed his mind while rowing for Woodbridge Senior High School in Virginia or as one of the lightest competitors on the heavyweight squad for the University of Wisconsin at Madison, where he earned a

showing them my past history of accomplishment on the U.S. National Team and in college. I just tried to show them that I had the potential to make the Games, and they supported me."

While driving to Fort Carson, Colo., in November 2001, Smith received a phone call informing him that he was accepted into WCAP.

weight four rowers who won bronze medals in the 2003 World Cup in Milan, Italy.

He also won silver medals that year in lightweight pair at National Selection Regattas 1 and 2.

In 2002, Smith helped Team USA's lightweight eight win a bronze medal in the Federal International Society Aviron World Rowing Championships. Since that spring, he's been working out at Princeton Training Center in New Jersey with his oars pointed toward Athens.

An infantry officer, Smith began rowing in the fall of his freshman year of high school. As a senior in 1996, his Woodbridge High crew finished fifth in the Scholastic National Regatta on their hometown Occoquan River.

From November 2003 until late March, the elite rowers trained at the U.S. Olympic Training Center in San Diego. They returned to Princeton in the spring and spent most of June competing in Europe before the team roster was finalized July 7 for the Olympics.

In early May, the group was whittled from eight to six candidates for Team USA's four-man boats. They placed eighth in a World Cup event in Munich, Germany, and seventh in another World Cup stop in Lucerne, Switzerland, with Smith in the boat both days. The crew in Lucerne was the same quartet that will row for Team USA in Athens.

"The Army had faith in me, and WCAP had faith in me," Smith said. "Now it's allowing me to pass along the goodwill of the Army and to show that we're doing positive things. While we're all individuals, it's also one giant team accomplishing a lot of different missions around the world — and one of them is competing and doing well in the Olympic Games."

Smith's quartet will begin rowing today with a chance to compete again Tuesday, Thursday and Saturday in the B final or Aug. 22 in the A final.

"Each day, as it gets closer, it becomes a little bit more real," Smith said. "It's just a matter of who's performing to their best potential on that given day. Our goal is definitely to make the A final and be in the medal hunt."

Smith also has another mission in mind.

"I hope to succeed on the water but also to represent the Army, MWR and WCAP in a positive light and show the world that the U.S. is one of the better countries out there in rowing and in general — to show what freedom will do for you," he said. "It allows you to succeed."



Photo by Joel Rogers

Capt. Matt Smith, a member of the U.S. Army World Class Athlete Program from Woodbridge, Va., will row for Team USA in men's lightweight four in the Olympic Games in Athens, Greece.

Instead he will row for Team USA's men's lightweight four at the Olympic Games in Athens, Greece.

"I wouldn't be here without WCAP, plain and simple," Smith said July 6 after learning he was selected to join Steve Warner of Livonia, Mich., two-time Olympian Paul Teti of Upper Darby, Pa., and Cincinnati's Pat Todd in a boat backed by the red, white and blue.

"The Army has allowed me to train full time and to focus on this one goal," he said. "Without WCAP and (the Army's Morale, Welfare and Recreation program's) support, this dream wouldn't come true at all — I can say that for a fact."

Team USA also will feature Navy Lt. j.g. Henry Nuzum, a two-time

bachelor's degree on an ROTC scholarship.

"I just thought this was the end of one chapter of my life, and I would begin the next chapter," Smith said. "I wasn't sad and disappointed. I was just ready to accomplish new goals."

Looming in the back of his mind, however, were thoughts of competing in the U.S. Army World Class Athlete Program.

"In the last quadrennium, I knew a couple of Soldier-athletes who were rowers and were in WCAP," Smith said. "They were the ones who told me about the program. While I was at Fort Benning (Ga.) during all my infantry school, I contacted WCAP and sent in my application

"That started a whole new kindling of spirit within me," Smith said. "I started thinking, 'Wow, I think I can do this.' With the Army's backing, I thought maybe this is an actual possibility."

While at Wisconsin, Smith, who stands 6 feet tall and weighs 160 pounds, learned to hold his own against men several inches taller and 40 pounds heavier.

"I had to fight every day for every inch on every seat if I was going to make the varsity boat," he recalled. "A lot of determination and hard work will go a long way. I definitely had to do some extra work to stay on top of my game."

Born an "Army brat" in Berlin, Smith was one of the U.S. light-

By Lance Cpl. Jonathan K. Teslevich
MCB Camp Butler

CAMP FUJI, Japan — Marines demonstrated security and stability operations, like those currently in use in Iraq, for a contingent of Japan Self Defense Force officers July 23.

The demonstration was conducted to help prepare the next group of JSDF soldiers for an

upcoming deployment to Iraq.

According to Col. Ronald F. Baczkowski, 4th Marine Regiment commanding officer, Camp Fuji is an appropriate location for this historic moment in the history of cooperation between the Marine Corps and the JSDF. For years, both forces have shared the training ranges here and the SASO training will allow the JSDF to borrow the lessons learned in Iraq by Marines and integrate them into their own training. The JSDF soldiers also saw what is becoming the norm for Marines in training and combat environments: the melding of active duty and reserve Marine units.

In this case, Marines with 4th Marines, 3rd Marine Division, and Combat Logistics Company-

33, 3rd Force Service Support Group, supported the Marine reservists with 2nd Battalion, 23rd Marines, who were already in place for their part in Fuji Integrated Training Program 2004.

The Marines first showed the JSDF officers the combat operations center and explained its role on the battlefield.

"We can have the COC up and running in under one hour and then communicate real-time information on terrain, enemy and friendly force locations to the commanders in the field," said 1st Lt. Robert A. F. Señeres, 4th Marines intelligence officer.

Then Marines reacted to an improvised explosive device during a convoy operation.

"In this scenario, a convoy commander recognizes a possible IED by indicators such as guardrails, a sharp turn or excess debris along the road," explained Maj. Richard D. Doherty, commanding officer, Company E, 2nd Bn., 23rd Marines. "The convoy dismounts the vehicles, sets up in a defensive posture, and two Marines are sent forward to investigate the possible IED.

"For this demonstration, we had the IED make casualties out of the two investigating Marines, and then the remaining Marines reacted as they were trained, by evacuating the downed Marines to a secure triage site or landing zone," he said. "It's common for a convoy or mounted patrol to move quickly, but speed is only effective against snipers or rocket propelled grenades," Doherty explained. "An IED is almost instantaneous so, when they are recognized, caution is the best defense."

Doherty and his Marines showed JSDF officers how convoys and mounted patrols should react to roadblocks.

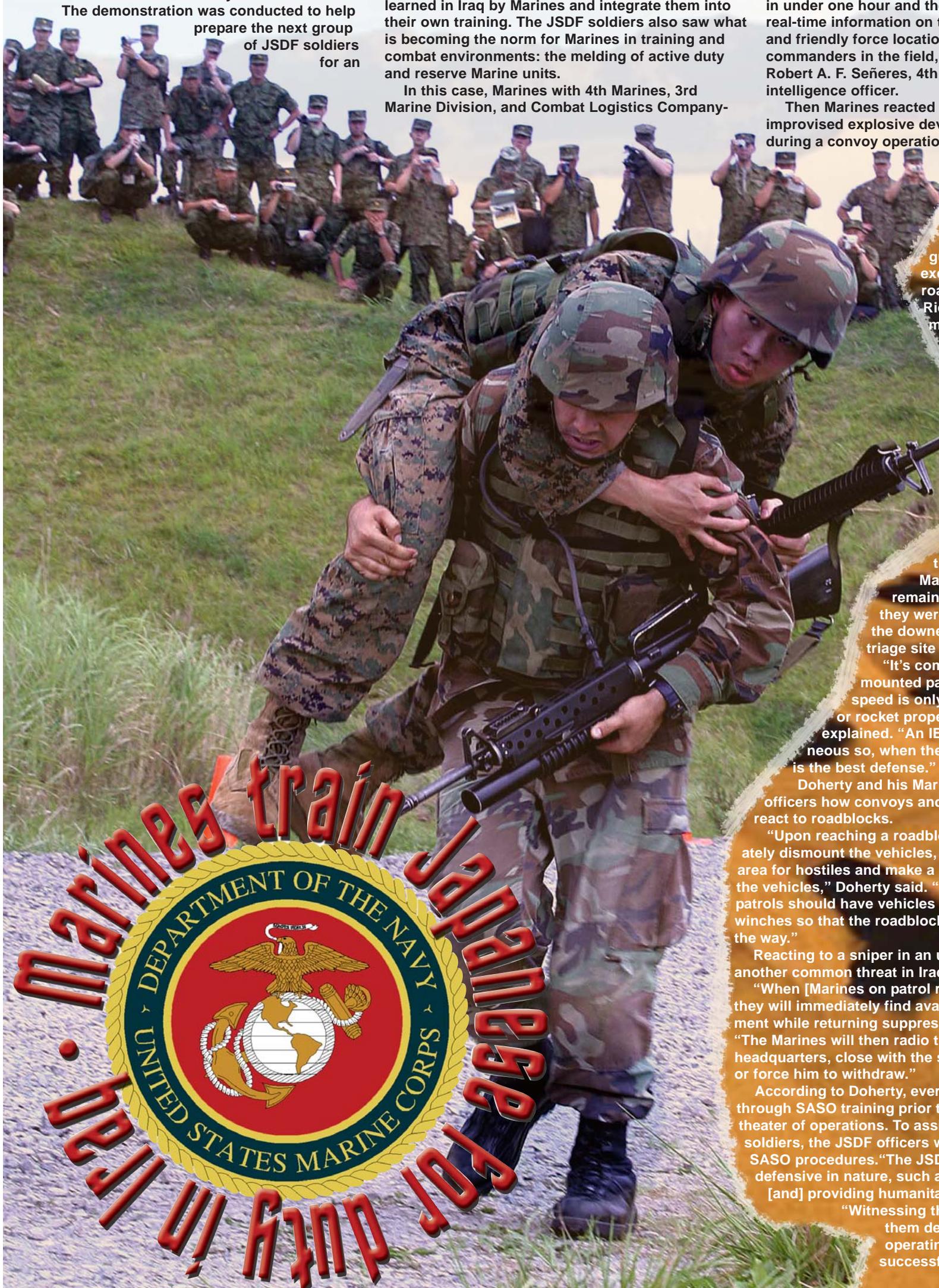
"Upon reaching a roadblock, the Marines immediately dismount the vehicles, sweep the surrounding area for hostiles and make a secure perimeter around the vehicles," Doherty said. "All convoys or mounted patrols should have vehicles possessing chains or winches so that the roadblock can be dragged out of the way."

Reacting to a sniper in an urban environment is another common threat in Iraq, according to Doherty.

"When [Marines on patrol receive] fire from a sniper, they will immediately find available cover and concealment while returning suppressing fire," Doherty said. "The Marines will then radio the situation to higher headquarters, close with the sniper and eliminate [him] or force him to withdraw."

According to Doherty, every battalion must go through SASO training prior to deploying to a hostile theater of operations. To assist in preparing their own soldiers, the JSDF officers were given checklists on SASO procedures. "The JSDF mission in Iraq will be defensive in nature, such as convoys from point [and] providing humanitarian aid," Doherty said.

"Witnessing these scenarios will help them develop their own standard operating procedures and successfully defend themselves."



Marines train JSDF soldiers for duty

DEPARTMENT OF THE NAVY
UNITED STATES MARINE CORPS