

# ANACONDA TIMES

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Proudly serving Logistics Support Area Anaconda

June 20, 2004

## LSA Anaconda celebrates 229th Army birthday

By Pfc. Leah R. Burton  
Staff writer

LSA Anaconda commemorated the Army's 229th birthday Monday with a celebratory run and a special dinner at all the post dining facilities, complete with cake cutting ceremonies.

The day began with a five-kilometer run, which started and ended at the Thunder Dome, building 4032, at 7 a.m. Registration for the run was free, but those who wanted a commemorative patch paid \$10.

Registrants were eligible to win trophies for first, second and third place finishers in male, female and co-ed team categories.

"We were looking for a way to commemorate the Army's birthday. This is just one way for us to cel-

brate," said Command Sgt. Maj. Daniel Elder, 13th Corps Support Command's command sergeant major, about to the run.

As the sun rose and the customary Iraqi heat began to set in, about 1,500 people convened at the starting line, stretching, talking and bobbing their heads to the music that blared out of the speakers set up on the stage.

Brig. Gen. James E. Chambers, 13th COSCOM and LSA Anaconda commander gave a brief address to the runners.

"Hooah! You ready to run?" Chambers asked.

"Hooah!" The crowd replied.

After saluting the colors and singing the Army song, the race began with the thunder of running shoes on the concrete.

As a display of teamwork and ca-

maraderie, some units ran in formations with their unit guidons.

"It's important to do the little things out here to bring us together as a team. What little things we can do to support each other we should do," said Sgt. 1st Class Rene Melendez, 84th Engineer Combat Battalion (Heavy).

It was not solely an Army event, however. Handfuls of Marines, airmen, sailors and even civilians were sprinkled among the Soldiers.

"The Air Force started out as the Army. If there wasn't an Army, there wouldn't be an Air Force," said Senior Airman Eric Shaw, 332nd Expeditionary Communications Squadron, who ran to support the Army and gauge his own level of fitness.

Some Marines ran the three miles in Interceptor Body Armor.

"If you want to be hard, you got to train hard," said Gunnery Sgt. James Thom, Marine Air Control Squadron-1, who ran with a team of four other Marines, three airmen and one Soldier.

The level of motivation was high among all the services on the tarmac.

"We work for the Army. They're supporting us. The Army's been really great to us since we've been out here," said Petty Officer Gerard Moore, 528th U.S. Navy Petroleum, Oil and Lubricants Supply.

When the time clock showed 17 minutes and 10 seconds, Marine Capt. Michael Johannes, Combat Service Support Group-15, flew across the finish line capturing first place for the male category.

"Two hundred twenty nine years is a long time. It should be celebrated," Johannes said. "There were a lot of fast runners out there. It's nice to finish first. There was a lot of good competition."

Marine Capt. Kara Lecker, 6th Engineer Support Battalion, took first place in the female category, with a time of 19 minutes and 32 seconds.

"We work under an Army battalion, so we came out to support them. The Marines have been working pretty hard, so it's good to be able to get out and do a run," Lecker said. "It's fun to do a race in Iraq. I wasn't expecting to be able to do something like that."

The 84th ECB took first place for the team category with an average time of 19 minutes and 58 seconds.

"Winning first place was the objective from the beginning. It shows that we can be team players," said Sgt. Aziz Williams, 84th ECB.

At the end of the race, Chambers addressed the crowd again.

"It was a great, great run. The hills were just right. It was a good event for Anaconda. It provided a chance for all of us to come together and share the pain. It's a good spring warm-up for the Army 10-miler," Chambers said.

The dining facilities decorated their areas and served a special Army birthday meal.



Photo by Pfc. Abel Trevino

Spc. Jose Zayas, Brig. Gen. James E. Chambers and Chaplain (Lt. Col.) Al Lowe of the 13th Corps Support Command cut into a cake celebrating the 229th Army Birthday in the tradition of the oldest and youngest Soldiers sharing the honor.

# HAPPY FATHER'S DAY

A message to spark memories filled with affection to all those dads who proudly serve on LSA Anaconda. Your daily struggles and selfless sacrifices ensure a better future for children all over the world. Your brethren wish you all the best and a safe return to your loved ones.



Staff Sgt. Mbahotu and Spc. David Gomez operate the complex network of hoses and gate-valves that control the flow of water to various supply points and distribution outlets.

## 961st 'water dawgs' store, distribute H<sub>2</sub>O

*A precious commodity, life cannot succeed without it – it's a 24-hour-a-day, seven-days-a-week operation*

By 1st Sgt. Frank Casares  
961st Quartermaster Co.

You can fight without bullets and you can live days without food, but you cannot live long without water, and that is the mission for the 961st Quartermaster Company (Water Support) from McAllen, Texas, now serving here.

The 961st QM Co. (WS) deployed in December 2003 and after a short stay at Fort Hood, Texas, they made their way to Kuwait. After receiving more training in Kuwait, they proceeded to their final destination, and arrived here mid-February.

"We are responsible for storing and distributing the water to all of the facilities here at LSA Anaconda," said Capt. Juan Garces, company commander. "We provide water to all the dining facilities, laundry facility, shower points, ice house, concrete plant, indoor swimming pool and very

soon, the outdoor pool."

"Everywhere water is needed, we provide it. We get our water from two sources; the Tigris River and water wells within the base," Garces said.

Sgt. 1st Class Felix Rios is the NCOIC of water operations and has overall responsibility for daily operations.

"Water operations is a 24/7, 365 days a year operation," Rios said. "There are miles of water hoses throughout the base and we have to check for leaks and tears. If a water hose or a water bladder bursts in the middle of the night, we get our team and fix it no matter how long it takes."

Rios has to keep an inventory of parts, water pumps, hoses, fittings and everything needed to keep this operation going. He also has to do the same for the water operations of the other four forward operating bases.

Staff Sgt. Chukwuma Mbahotu is one of the four team leaders.

"Everyone on this team fully under-



Photos by 1st Sgt. Frank Casares

At the water tower site, Spc. Maria Gonzalez operates the gate-valve that controls the water flow to various facilities at LSA Anaconda.

stands how important our mission is, water is a necessity and you cannot do much without it," said Mbahotu. "Our satisfaction comes from what we do and from the knowledge that Soldiers enjoy a stress relieving shower or have a decent meal at the DFAC. Simply put, we love what we do."

In addition to LSA Anaconda, the 961st QM Co. (WS) has Soldiers at

other remote sites in and around Baghdad, at the various FOBs.

"These FOBs are smaller and require less equipment and personnel, but they have the same operation that we have here," said Garces.

*(Editor's note: 1st Sgt. Frank Casares was the Chief Public Affairs NCO with the 345th MPAD from San Antonio, and the 211th MPAD from Bryan, Texas.)*

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Commentary

# Customs of military funerals reflect history, tradition

By John D. Banusiewicz  
American Forces Press Service

When President John F. Kennedy was assassinated more than 40 years ago, television was able to bring the nation together in mourning as it had never been brought together before. For the first time on such a scale, people could see history as it unfolded without having to be there themselves. For anyone who experienced Nov. 22-25, 1963, the memories of the sights and sounds remain vivid.

Now, with exponentially more advanced technology bringing Americans more intimately and clearly into the national observance of former President Ronald Reagan's death, no detail will go undocumented and no distance will separate observers from participants. And among the memories of this unprecedented week will be the customs and rituals of the military honors bestowed upon the fallen commander in chief.

Prominent among these is Reagan's flag-draped casket. The blue field of the flag is placed at the head of the casket, over the left shoulder of the deceased. The custom began in the Napoleonic Wars of the late 18th and early 19th centuries, when a flag was used to cover the dead as they

were taken from the battlefield on a caisson.

Though all six horses pulling the caisson that bore Reagan's body to the Capitol were saddled, the three on the left side had riders, while the three on the right did not. That custom evolved from the days when horse-drawn caissons were the primary means of moving artillery ammunition and cannon, and the riderless horses carried provisions.

The single riderless horse that followed the caisson with boots reversed in the stirrups is called the "caparisoned horse" in reference to its ornamental coverings, which have a detailed protocol all to themselves. By tradition in military funeral honors, a caparisoned horse follows the casket of an Army or Marine Corps officer who was a colonel or above, or the casket of a president, by virtue of having been the nation's military commander in chief.

The custom is believed to date back to the time of Genghis Khan, when a horse was sacrificed to serve the fallen warrior in the next world. The caparisoned horse later came to symbolize a warrior who would ride no more. Abraham Lincoln, who was killed in 1865, was the first U.S. president to be honored with a caparisoned horse

at his funeral.

Graveside military honors include the firing of three volleys each by seven service members. This commonly is confused with an entirely separate honor, the 21-gun salute. But the number of individual gun firings in both honors evolved the same way.

The three volleys came from an old battlefield custom. The two warring sides would cease hostilities to clear their dead from the battlefield, and the firing of three volleys meant that the dead had been properly cared for and the side was ready to resume the battle.

The 21-gun salute traces its roots to the Anglo-Saxon empire, when seven guns constituted a recognized naval salute, as most naval vessels had seven guns. Because gunpowder in those days could be more easily stored on land than at sea, guns on land could fire three rounds for every one that could be fired by a ship at sea.

Later, as gunpowder and storage methods improved, salutes at sea also began using 21 guns. The United States at first used one round for each state, attaining the 21-gun salute by 1818. The

see TRADITION, on Page 4

## Letters to the Editor

Dear Editor,

My letter is being sent regarding what I see as a blatant show of disrespect being shown to former President Ronald Reagan and the order from our Commander In Chief President Bush that U.S. flags are to be lowered to half staff (mast for naval personnel) for a period of 30 days.

I see very few flags complying with this order. Are not the orders of the President applicable to us here in Iraq?

Staff Sgt. John Wingfield  
158th AVN Regt (AVIM)

Pfc. Abel Trevino. He referred to the vehicles that the Iraqi's are training on as freightliners. Wrong, this vehicle is totally different and manufactured by a different company. The vehicles they are operating are part of the Family of Medium Tactical Vehicles fleet. The vehicle they are driving is a M1088A1 Medium Tactical Vehicle built by Stewart & Stevenson. I'm the Field Service Representative here at Camp Anaconda. Thank you.

John E. Hamm  
Stewart & Stevenson, Inc.

Dear Reader,

We had a very enlightening discussion on the FMTVs prior to publication and our journalists feel duly educated, but we also concluded that freightliner could be used generically as in the ordinary transportation of goods afforded by a common carrier.

Anaconda Times editor

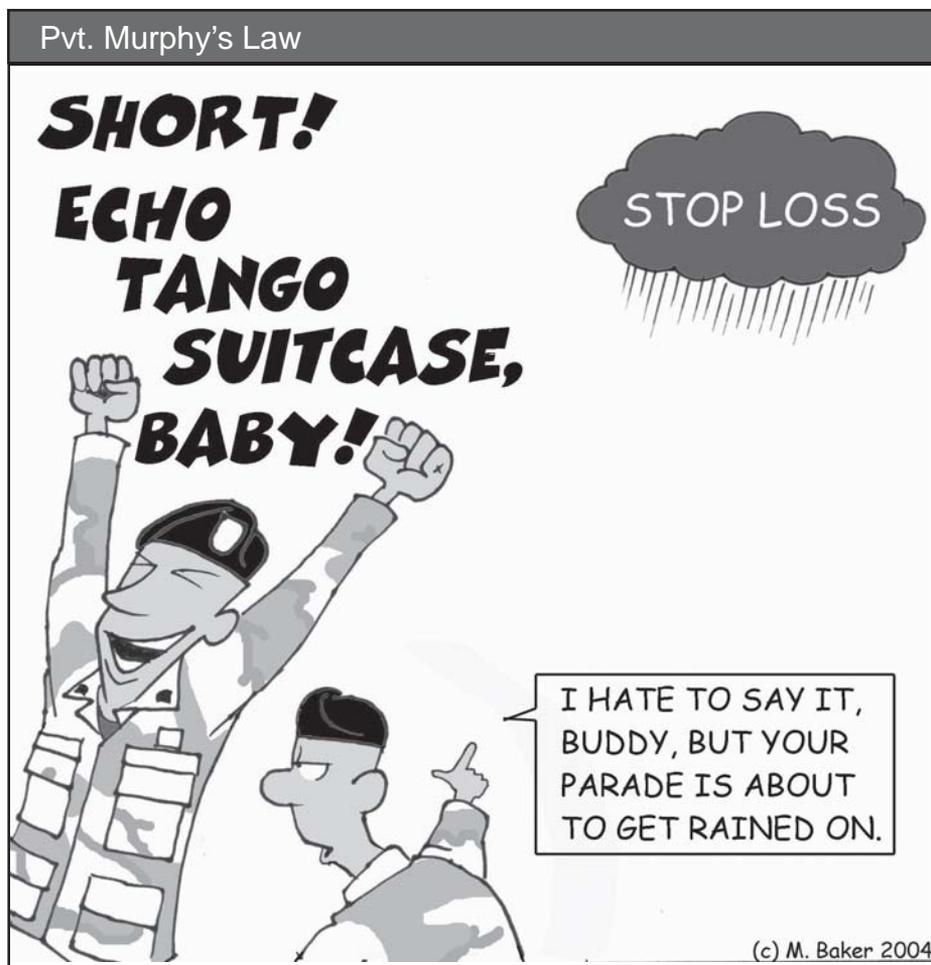
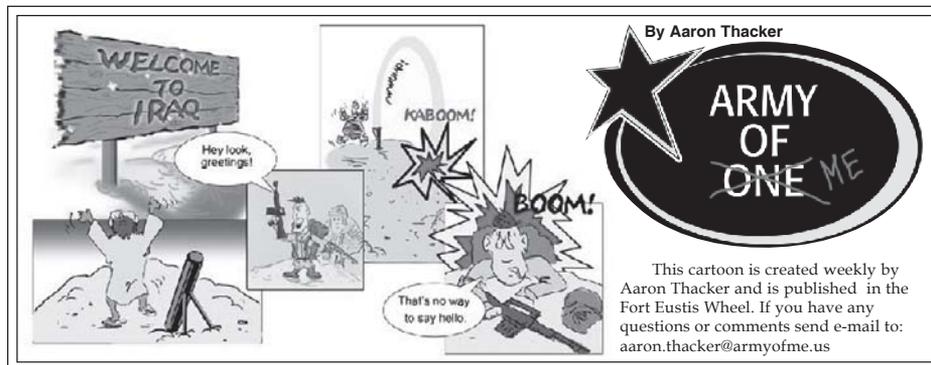
(Editor's note: We reserve the right to edit letters for content, clarity, brevity and propriety. Letters should be of importance to the community. All letters must include the writer's unit or employer, a valid e-mail address and telephone number. Only serious letters will be considered.

Send your letters to:  
annette.andrews@us.army.mil

Anaconda Times editor

Dear Editor,

I would like to correct something that was in the newspaper dated June 13, 2004, pages 8 and 9 written by





## Left Shoulder Diary

# United States Army Pacific Command

Compiled from  
Unit History

The U.S. Army Pacific Command shoulder sleeve insignia is characterized by a blue disc two and three-fourths inches in diameter, a red arrow bordered in white, pointing upward at a 30 degree angle between the star Polaris, the seven stars of Ursa Major and the four stars of the Southern Cross, all white.

The arrow is representative of the strength and valor of the Armed Forces of the United States, while star Polaris, the seven stars of Ursa Major and the constellation of the Southern Cross indicate the location of the Pacific Ocean Areas.

The insignia was approved for United States Army Forces, Pacific Ocean Areas Oct. 18, 1944 and re-designated four times between different areas in the Pacific to the Western command. It was finally re-designated for USARPAC Aug. 22, 1990.

USARPAC traces its history back to 1898, when the United States first became a Pacific power and American Soldiers first arrived in Hawaii.

USARPAC serves as the Army Component Command to the U. S. Pacific Command, less the geographic area of Korea.

USARPAC commands active U.S. Army and U.S. Army Reserve forces in Alaska, Hawaii, Japan, and in possessions and trust territories administered by the United States in U.S. Pacific Command.

USARPAC trains Army Forces for support of military operations and peacetime engagements in order to contribute to decisive victory and promote regional stability.

During the Vietnam War, USARPAC provided combat forces, training and logistical support for U.S. Army, Vietnam. In the years following the end of the Vietnam War, Army forces in the Pacific participated in major peacekeeping operations in the Sinai Desert and provided humanitarian and disaster relief missions in Bangladesh, the Philippines, Guam and the island of Kauai.

In late 1994, a USARPAC units deployed to Haiti as the United States and other governments worked to restore democracy to that nation. Two years later, USARPAC peacekeepers went to Bosnia to help restore hope to that war-shattered land.

In Oct. 2000, USARPAC became a Multi-Component Unit and Army Service Component Command as part of the Army transformation to meet the emerging security needs of the United States, in which the command continues to be key strategic player.

Since Sept. 11, 2001, USARPAC Soldiers have played a vital role in homeland defense for Hawaii, Alaska, Guam and Japan, as well as in support of operations with U.S. allies elsewhere in the world.

## Civilian of the Week

**R**odney K. Mahone, foreman of the arrival and departure control group here, is a KBR employee with 22 years of experience in the U.S. Air Force.

Mahone, a retired Air Force technical sergeant, left the military in May 2003. During his career, he had already been to the Middle East in support of Persian Gulf conflicts was ready for the hardships he faced at LSA Anaconda.

"I've spent a fair amount of time in Saudi, United Arab Emirates, so [coming here] was no surprise to me," Mahone said.

This Dayton, Ohio, native arrived at LSA Anaconda in October 2003, and finds coping with the heat the most difficult part of his job. The major difference between Ohio and LSA Anaconda is that there's no Taco Bell here, said Mahone.

"Although I am able to get some Burger King from time to time," he said.

Mahone has been excited about this trip from the moment he volunteered for it.

"This project (KBR supporting the installation) is a start up, and I'm getting in on ground level, bringing in some innovative ideas. This is history in the making," Mahone said.

His job encompasses arrival and departure control group operations, interfacing with the Army and overseeing the passenger terminal and the cargo deck area.

For Mahone, the most enjoyable part of his job is seeing a lot of happy Soldiers getting on a flight heading home.

Though he enjoys his job, he misses his son and his dog, Guido Linguini. His family is



**Rodney K. Mahone**

supportive of his desire to work in Iraq.

"My wife's okay with it. She knew this was something I wanted to do, and she's alright with it," Mahone said.

Mahone celebrated his birthday in Iraq June 11, and his co-workers surprised him with a cake and a small party.

### TRADITON, from Page 3

nation reduced its salute to 21 guns in 1841, and formally adopted the 21-gun salute at the suggestion of the British in 1875.

Arlington National Cemetery follows an "order of arms" protocol to determine the number of guns to be used in a salute. A president, ex-president or foreign head of state is saluted with 21 guns. A vice president, prime minister, secretary of defense or secretary of the Army receives a 19-gun salute. Flag officers receive salutes of 11 to 17 guns, depending on their rank. The rounds are fired one at a time.

A U.S. presidential death also involves other ceremonial gun salutes and military traditions. On the day after the death of the president, a former president or president-elect — unless this day falls on a Sunday or holiday, in which case the honor will rendered the following day — the commanders of Army installations with the necessary personnel and materiel traditionally order that one gun be fired every half hour, beginning at reveille and ending at retreat.

On the day of burial, a 21-minute gun salute traditionally is fired starting at noon at all military installations with the necessary personnel and materiel. Guns will be fired at one-minute intervals. Also on the day of burial, those installations will fire a 50-gun salute — one round for each state — at five-second intervals immediately following lowering of the flag.

The playing of "Ruffles and Flourishes" announces the arrival of a flag officer or other dignitary of honor. Drums play the ruffles, and bugles play the flourishes — one flourish for each star of the flag officer's rank or as appropriate for the honoree's position or title. Four flourishes is the highest honor.

When played for a president, "Ruffles and Flourishes" is followed by "Hail to the Chief," which is believed to have been written in England in 1810 or 1811 by James Sanderson for a play by Sir Walter Scott called "The Lady of the Lake."

The bugle call "Taps" originated in the Civil War with the Army of the Potomac. Union Army Brig. Gen. Daniel Butterfield didn't like the bugle call that signaled soldiers in the camp to put out the lights and go to sleep, and worked out the melody of "Taps" with his brigade bugler, Pvt. Oliver Wilcox Norton. The call later came into another use as a figurative call to the sleep of death for soldiers.

Another military honor dates back only to the 20th century. The missing-man formation usually is a four-aircraft formation with the No. 3 aircraft either missing or performing a pull-up maneuver and leaving the formation to signify a lost comrade in arms.

Reagan was buried with full military honors at his presidential library in Simi Valley Calif., June 11.

*Information from Web pages of the Military District of Washington and Arlington National Cemetery was used in this article.*

# Unit supplies good health to Iraq

By Sgt. Ann Venturato  
Assistant editor

Behind the scenes in every hospital, there is a medical supplier who provides the doctor with the necessary equipment to save lives.

The 226th Medical Logistics Battalion is that medical supplier for Iraq.

The battalion is comprised of four areas of operation: Class VIII medical supplies, medical maintenance, blood and optical fabrication, said Capt. Elena Raspitha, the personnel officer for the 226th Med. Log. Bn.

Each section plays their part in helping to improve the lives of Soldiers throughout Iraq.

The medical supply section has the mission of shipping, receiving and storing medical supplies until they are needed.

"We transport medical supplies all over the theater," said 1st Lt. Miguel Roque, the officer in charge of shipping, receiving and transportation of medical supplies.

The medical supplies come in and Soldiers from the battalion offload the crates.

"First we inventory the crate to see that it matches the packing list. Once the medical equipment is verified, the inventory is logged in and then set to be placed in a box in either the local or non-local delivery section. Local deliveries are picked up by unit medical representatives and non-local deliveries are crated up for ground or air transportation," said Spc. Serrida Keating, a supply specialist with the 226th Med. Log. Bn.

It is a never ending process, Keating said.

"All medical supplies in theater come through here," Keating said. "We see every medical supply. We touch everything that goes to sick call or emergency rooms."

The medical supplies that aren't shipped out are taken to a storage facility until they are needed by units, Keating said.

It is a huge responsibility for the Soldiers that keeps them very busy as they go through their daily tasks to complete their mission.

"It is hard work getting the medical supplies to those who really need it," Keating said. "We get it out to them as fast as we can."

The medical supply Soldiers have been very busy supporting their customers.

The medical supply warehouse and shipping and receiving sections support about 150 customers throughout Iraq, Raspitha said.

The warehouse processes an average of 2,000 customer orders for Class VIII medical supplies per week, Raspitha added.

Working to make that happen is the partnership between 226th Med. Log. Bn. and the 13th Corps Support Command.

"This is the first instance in history where a medical logistics battalion has integrated within a COSCOM," said Lt. Col. James A. Signaigo, the 226th Med. Log. Bn. commander. "Our cargo blended into COSCOM cargo, and the benefit for the customer is that they get one truck with all commodities on it."

Getting those medical supplies out for the benefit of customers is just one part of Sgt. Steven Lee's busy job.

"It keeps you on your toes," said Lee, a medical supply transportation specialist with the 226th



Photo by Sgt. Ann Venturato

**Spc. Quay Luong, a medical lab technician for the 226th Medical Logistics Battalion, takes inventory on packaged red blood cells in a storage refrigerator.**

Med. Log. Bn. "It can get very hectic at times with last minute flight changes."

The Soldiers in the medical supply section aren't the only Soldiers in the unit who are busy. The medical maintenance section of the 226th Med. Log. Bn. is just as busy keeping medical equipment throughout theater up and running.

"We have medical maintenance Soldiers performing missions throughout the theater," said Spc. Joel Workman, a medical maintenance technician with the unit.

"We go everywhere," Workman said. "We are kind of like the third-level shop for theater so we support most of everybody in the theater."

The medical maintenance section receives medical equipment that needs repair or calibration.

"Our biggest problem is getting parts to fix it," said Staff Sgt. Charles Judd, a shop foreman at the medical maintenance section. "Our turn-around time is about three weeks although we are trying to get down to two weeks or less."

The unit runs a replacement equipment program in which people bring in critical equipment for repairs.

The damaged item is replaced, repaired, and put back into operation.

"We make sure that doctors have what they need to save lives," Judd said.

Judd and the rest of the Soldiers in the medical maintenance section take their job at repairing and calibrating medical equipment very seriously.

"We make sure the repairs are done right because it could be used on anyone," said Judd.

The medical maintenance section handles about 125 work orders a week in theater.

"We are very aggressive when it comes to getting work orders," said Chief Warrant Officer

Bill Gasaway, the battalion maintenance officer for 226th Med. Log. Bn.

No work order is too big for the medical maintenance section to take. They have taken customer relations to a whole new level. They feel that their mission isn't complete until the piece of equipment is back in operation and helping save Soldiers' lives.

Another important maintenance section is the motor pool maintenance section of the 226th Med. Log. Bn.

Soldiers like Pfc. Jason Kline, a heavy wheeled vehicle mechanic, help keep the vehicles up and running so the supplies can be delivered to the right people.

"Even though we have a small part in the lives that are saved, it is a vital part," Kline said.

Besides fixing vehicles, the motor pool also repairs the forklifts used by the medical supply Soldiers to transport medical equipment around the warehouse.

"The motor pool does a good job at keeping the forklifts up," said Spc. Rod Nichols, a Soldier who assists in local dispersion of medical supplies.

An important medical supply that is in constant need comes from the blood section of the battalion.

The battalion supplies all of the blood for the Multinational Force-Iraq.

The blood section provides support to 19 agencies throughout Iraq and Kuwait.

"We support Combat Support Hospitals and Forward Surgical Teams," said Sgt. 1st Class Emerito Rodriguez, a medical lab technician with the 226th Med. Log. Bn.

Because blood expires every 21 days, there is always constant need for it to be resupplied.

The blood supplies the unit gets are from a blood transfusion center which gets the blood from military blood centers in the states, said Rodriguez.

"We receive the blood products, store them in the storage refrigerators and then ship them out when needed," said Rodriguez.

"I kind of feel like we are the people behind the scenes," Rodriguez said. "If people don't get blood at the right time, people will die."

Also behind the scenes providing support to the area is the optical fabrication section of the 226th Med. Log. Bn.

The optical fabrication section, which is located in the Troop Medical Clinic here, makes about 150 pairs of glasses a week.

"We make single-vision and most multi-vision glasses," said Sgt. Andria Bergner, an optical lab technician with the unit. "Those we can't make we send out or to a Navy lab in the states."

Glasses get sent out by either by land or air using medical packs or the military postal service.

Soldiers can get same day service for single-vision glasses and get multi-vision glasses within 48 hours.

Each section in the 226th Med. Log. Bn. plays their part in making the mission of the unit possible.

"It's my dream, and they're backing it," said Signaigo, "Without all the teamwork in the battalion it wouldn't all be possible."

"The bottom line is that those healthcare givers are only as good as the materials they have to work with," said Signaigo. "Our systems always have to be up."

## Sergeant escapes drugs, violence to lead troops

Sgt. Corey Reeves grew up surrounded by drugs and constant violence, but he was able to escape and is now serving his country in Iraq as a team leader in the Stryker Brigade Combat Team.

"When I was just a kid, I knew people getting killed by gangs," said Reeves from southwest Oklahoma City. "It was hard growing up in that kind of environment, but I knew I didn't want to be around it for the rest of my life."

Although he dropped out of high school to get away from it all, Reeves received his general equivalency diploma in 2000 and joined the Army.

Since December, Reeves has been in northern Iraq conducting infantry missions to support Operation Iraqi Freedom. He leads soldiers during patrols, raids and other operations.

"I have the best job in the Army, because we're right there doing the job that is so valuable to our overall mission of making Iraq a safer place," Reeves said.

"No matter if we're patrolling through the streets or searching a house for weapons, every mission is very important and we all work together to make sure everyone comes back alive. Being in a leadership position is very rewarding for me because I have a direct impact on my soldiers."

Reeves said that he always focuses on his soldiers before he does himself.

"On every mission, Reeves does a really good job ensuring the safety of his soldiers and making sure he has them in the right position to provide security," said Staff Sgt. Joshua Watson, Reeves' squad leader. "It makes my job a lot easier when I have



Photo courtesy of Army News Service

**Sgt. Corey Reeves patrols through the streets of Tall Afar in Iraq.**

competent team leaders like Reeves to depend on."

"I want people to know that there's always a way out of a bad situation. If I've learned one thing in the Army, it's that motivation can help you go a long way," Reeves said.

*Army News Service*

## Hospital Corpsman Earns Bronze Star For Heroic Effort

Hospital Corpsman 3rd Class Thomas Smith was awarded the Bronze Star Medal (with Combat Distinguishing Device) in May during an awards ceremony at the National Naval Medical Center Bethesda, Md., for his selfless act in saving the lives of his comrades.

Smith put his life on the line several times to save Marines while under enemy fire.

While stationed as a corpsman during combat operations in Iraq, April 4-5, 2003, Smith served with the 2nd Tank Battalion, attached to Regimental Combat Team 5, 1st Marine Division, I Marine Expeditionary Force in support of Operation Iraqi Freedom. During this period, Smith was instrumental in the recovery, treatment and evacuation of eight injured Marines under heavy enemy fire during a firefight with a battalion-sized force.

NNMC Command Master Chief James Piner said Smith's act "exemplifies the unspoken bond."

"[He] showed us what our (corpsmen) job is all about," Piner added.

During the ceremony, Smith was also presented with a coin from the Surgeon General delivered by Medical Force Master Chief Jackie DiRosa.

After being pinned with the Bronze Star by NNMC Deputy Commander Capt. Michael Krentz, Smith, looking somewhat overwhelmed at all the attention, said he wished that "everyone could get what I got, because they all deserve it."

A native of Brooklyn, N.Y., Smith is a five-year veteran currently stationed at Branch Medical Clinic Carderock, Md.

*Navy News Service*

## Marines, Iraqis use water project to break new ground in partnership

Marines from 1st Force Service Support Group joined with the leader of Al Kabani fishing village, as well as a local Iraqi government official, to break ground June 8, 2004, for a \$146,000 water purification system.

During the ceremony, leaders of 3rd Battalion, 24th Marine Regiment, were pleased to learn that the project to bring clean water to community residents will also now encompass a second village nearby, potentially tripling the number of Iraqis to be helped.

The visit allowed the unit's commander, Lt. Col. Milt Wick, to meet personally with the village leader and a local Iraqi government official to ensure all parties were satisfied with the incoming system.

Wick also brought 24 Marines and sailors with him to deliver candy, toys, coloring books, crayons and packets of school supplies to the children, while corpsmen assessed the villagers' medical needs.

The unit has "adopted" Al Kabani and visits its residents regularly. Families of the troops ship the donated goods from the United States, so that their Marines can give them to the Iraqi villagers.

"We're very thankful," said the village's leader.

Over the past few months, Wick has attempted to build a strong relation-

ship between himself and the leader.

"I don't see him as often as I would like, but when I do see him, we do good things," said Wick, a 42-year-old native of Winfield, Kan.

Now those good things are spreading to others.

At the direction of Iraq's water ministry, Thae Handala, representative for the Khaldyah district, incorporated the second village after surveying the project site with engineers a day prior to the Marines' visit and finding that he could do the extra work without any additional cost.

To survive, the approximately 1,000 residents of this village have had to hand-carry and boil water from a nearby lake to drink, a process that still left bacteria in the water and caused numerous health problems.

"This project is very, very important to them because that is the only drinking water they will have," said Handala.

Marines from the reserve infantry battalion, who provide security at nearby Camp Taqaddum, have delivered 3,000 gallons of purified water every two weeks since April and plan to do so when necessary until this project is complete and the people have their own.

"Things are happening for the town. It's very good for us," said Cpl. Jesse

C. Kuschel, a driver with the battalion and a 23-year-old native of Springfield, Mo.

The project, which is expected to serve fresh water to as many as 3,000 Iraqis, will also bring jobs to the area, said Handala.

He promised the village leader that very few workers would be brought from elsewhere to complete the project.

"Anybody that needs a job from the village will have work," said Handala, speaking to the community leader during the ceremony.

Marines plan to visit the site regularly to assist with the project, if necessary, and to ensure "the dollars are spent wisely," said Wick.

Yet, considering the benefits, fresh water for two villages, employment opportunities and the chance for Marines to work side-by-side with the Iraqi people at building their infrastructure, the cost is secondary.

"You can't put a dollar value on that," Wick said.

Al Kabani, like many rural Iraqi villages, hovers in poverty after being overlooked by Saddam Hussein's regime.

"Saddam had millions of dollars. He never did the water purification for the village," said Handala.

Hussein invested much in stockpiling weapons, which are now scattered

throughout the countryside.

"My battalion, we uncover weapons caches. We have blown up hundreds and hundreds of rounds of ammunition, the cheapest of which cost a hundred dollars a piece," said Wick.

"Some of them probably cost in the tens of thousands of dollars," Wick added.

"If that money had been spent for the benefit of the Iraqi people, how much further ahead would they be?" he said.

A Coalition Provisional Authority program that allows commanders to identify and support civil affairs projects in their area funded the contract, said 1st Lt. Johnny F. Luevano, a 1st FSSG disbursing officer and a 31-year-old native of Artesia, N.M.

Marines fronted Handala \$100,000, and will make two more installments of \$23,000 as work nears completion.

The contract for the work was signed on June 4, 2004, by Handala and the Marines.

The job is expected to be completed by the end of June.

The project is just one among many the Marines have launched aiming to improve the Iraqis' quality of life.

"It's what we hoped for from the Americans," said the village leader after the ceremony.

*Marine News Service*

## Around the Services

## D-Day veterans get Legions of Honor award, trip to France

Recalling the sacrifices of American troops who helped liberate Europe from the Nazi regime more than 50 years ago, the French government recently honored 100 D-Day veterans with its Legion of Honor and a trip to view the 60th anniversary D-Day commemoration ceremony in Normandy, France.

Just a few hours before a special Air France jet flew the veterans and their escorts across the Atlantic June 4, the French Embassy hosted the group for a farewell toast.

The 100 veterans were selected by the Department of Veterans Affairs to represent all D-Day veterans.

They include servicemen from all the armed forces, races, and the majority of units that participated in the D-Day invasion on June 6, 1944. Other

selection criteria included the ability to travel.

"These veterans liberated not only themselves, France or the United States, from tyranny, but the whole world," said Denis Pietton, French Embassy charge d'affaires. "For all the French people, you are true heroes. France knows what it owes the United States of America."

For Walter Goforth, a telephone lineman who parachuted into France June 5, 1944, with the 517th Parachute Infantry Regimental Combat Team, the trip will be the first time he has returned to Europe since the end of World War II.

After the war, he used the G.I. Bill for medical school. For more than 40 years he served the Kingsport, Tenn., community the 82-year-old veteran now lives in as a doctor.

"I earned one Purple Heart while over there — that was for injuries I received after getting shot out of a tree I

landed in the night before D-Day," Goforth said. "I thought I would never go back, but now is the right time for me to go."

For others, the trip back to Normandy is getting to be old hat.

"I was proud to go back for the 50th anniversary of the D-Day landing and proud to go back this time," said Earl Wilkerson, who landed on the Omaha Beach as rifleman with the 116th Infantry Regiment, 29th Infantry Division on D-Day.

Wilkerson retired from the Army as a master sergeant after a 23-year career — serving in combat in both World War II and the Korean War.

Wilkerson said he didn't recognize Omaha Beach on his last trip because of all the commercial shops now there. But, he said he will always remember the events of D-Day.

The Legion of Honor is France's most prestigious award for valor.

*Army News Service*

## Aircraft maintainers keep refuelers in air

Temperatures can climb above 100 degrees in the desert daily. On the flightline, it is about 10 to 30 degrees higher.

In the avionics compartment of a jet, it is hot enough to "fry an egg," said aircraft maintainers. Yet they work around the clock to launch KC-135 Stratotanker and KC-10 Extender aircraft for refueling missions supporting the war against terrorism from a forward-deployed location.

"It's a daily challenge to get the jets off the ground with a limited number of people," said Senior Airman Michael Payne, a KC-10 crew chief from the 380th Expeditionary Aircraft Maintenance Squadron. "People launch one plane and literally run to another that's landing. It's like playing tag."

Maintainers prepare the aircraft before takeoff, oversee launch and then conduct recovery when the aircraft lands. These Airmen usually work in "float" shifts for 12 hours at a time. An effective launch team or recovery team works together to quickly take care of incoming or outgoing KC-135s and KC-10s. After the aircraft lands, the recovery team tows the plane using a vehicle called a UKE, which can pull as much as 595,000 pounds.

"My first priority is safety of the plane," said Senior Airman Sean Dodson on his role as a tow supervisor with the 380th EAMXS. "I take initial charge of it once it lands. Everyone works together as a team to get the job done."

In fact, KC-135 maintainers with the 380th EAMXS have to cover an area spanning more than three miles, which can require up to 30 minutes of travel time to reach a plane and get back to their shop.

However, preparing a plane for a mission can take up to six hours or longer if problems arise. Aircraft maintainers are constantly working to resolve problems.

"Figuring out a problem is challenging," said Senior Airman Candice Richardson, a KC-10 guidance and control specialist with the 380th EAMXS. "But I enjoy helping out and learning about other specialties."

To ensure flight safety, aircraft maintainers are continuously critiqued by the strictest of standards, officials said.

"Air refueling doesn't happen with jets and crews alone," said Col. Jon VanGuilder, 380th Expeditionary Operations Group commander. "Everyone from maintainers to command post to transportation and services make it happen. When the air refueling pumps go on and fuel flows through the boom, it's just the final step in the incredible dance that is ... air refueling."

*Air Force News Service*

## Marines risking health with supplemental drugs for good physique

There are a lot of demands placed on Marines: discipline, honor, bearing, pride, appearance and maintaining a high level of physical fitness. Sometimes the pressure of staying in fit can lead Marines to use or abuse drugs and supplements in their quest for a better body and a higher physical fitness test score.

Fat burning supplements and protein weight-gainers are often used by Marines to increase performance, lose weight and gain muscle. However, the effects some products have on the body can do more harm than good, according to Amy Weir, registered dietician and health promotion specialist, U.S. Naval Hospital, Okinawa.

"The main dangers from fat burners are increased blood pressure, heat stroke, nausea, dizziness, irregular heartbeat and dehydration," Weir said.

According to Weir, these types of products are used by Marines to gain quicker results than thought possible through normal exercise.

"Marines are athletes and need to be in good shape to pass their PFT," Weir said. "They are supposed to be big, muscular and strong, and they want it to happen fast."

Dave Elger, health promotion department head at USNH, said fat burners affect the central nervous system. When mixed with other stimulants like nicotine and caffeine, fat burners can greatly reduce the desired results.

"Smoking also inhibits Marines' abilities to develop muscle mass," Elger said. "When they have an added stimulant like that (nicotine), it uses calories rather than supporting muscle growth."

One of Weir's biggest concerns with fat burners and other supplements is that the products are not properly labeled, and one doesn't always know what is in there.

"Supplements are not Food and Drug Administration-regulated," the Massillon, Ohio, native said. "People at Gen-

eral Nutrition Center are businesspersons and are just trying to sell a product, so they don't necessarily have any background in medicine or nutrition. If you are considering taking a supplement, talk to either a registered dietician or your doctor to find out the truth of how they work. Don't look at the (supplement) company's Web site or the employee at GNC."

According to Lt. Cmdr. Edith M. Reichert, a family nurse practitioner at Evans Medical Clinic, the ease of availability of supplements is one reason for their misuse.

"I don't condone supplements. Since they are not illegal and are not against any regulation for (the military) to use, my biggest concern is (Marines) are not using them in a controlled way," the Chicago native said. "Because supplements are not a well controlled drug, people commonly take more doses than they should."

The alarming fact is that Reichert said about one in every 10 Marines coming in for their Personal Health Assessment shows signs of using and abusing supplements. Elger does not have a major concern with protein supplements, which are common products taken for weight gaining, as long as they are used properly.

"Taking a protein shake is not going to hurt," the Muskegon, Wis., native said. "If you take above and beyond what the body needs, then it is going to get stored as fat, or you could run into potential problems with your kidneys."

"Food is always better. When you need something quick, a protein bar or shake is fine. But too much protein can be a problem because it can damage your liver," Weir added.

Weir also stresses that a proper diet with multivitamins will produce much better and healthier results than taking supplements.

*Marine News Service*



Photo by Lance Cpl. Chris Korhonen

**Supplements, such as fat burners and weight gainers, are quick, but potentially unhealthy answers to getting a better body and improved fitness levels. Amy Weir, registered dietician and health promotion specialist, U.S. Naval Hospital, Okinawa, said a proper diet with multivitamins will produce healthier results than taking supplements with enhanced ingredients.**



Senior Airman Jerry Daniels, gunner for the 2632nd Air Expeditionary Force, is one of the combat airmen who volunteered to run combat logistic patrols. When he arrived to LSA Anaconda, his mission included daily runs into danger and hands on experience with high caliber weapons many airmen never handle.

# Off they go, under the wild blue yonder

By Pfc. Abel Trevino  
Staff writer



Ratchet straps used for palletizing loads on combat logistic patrols are carefully inspected for nicks, cuts, rust spots and other damage that could compromise the safety of the load and the drivers.



Tech. Sgt. James Kohler catches a ratchet strap being tossed to him as he secures pallets to military vehicles bound for combat logistic patrols the next day. Kohler, a reservist from Fountain, Colo., is one of the first wave of combat airmen — Air Force personnel who are on the frontlines of combat.



Vehicles are lined up, tested and double-checked to ensure the safety of the pallets for the next combat logistic patrol by combat airmen of the 2632nd Air Expeditionary Force.

When 2362nd Air Expeditionary Force Truck Company arrived at Balad Air Base and LSA Anaconda, they didn't experience the blue skies and Operation Iraqi Freedom II from a safe position thousands of feet above the ground. They were driving the open roads alongside Army truck drivers facing the same daily dangers.

The airmen, most of which were volunteers for this mission from different units around the world, have responded to the dangers with direct firepower, something most airmen never have to do.

"A good day is not getting shot at," said Tech. Sgt. Anthony Sutphen.

Much like their Soldier counterparts, when attacked they have to react.

"At the time, you don't really think about it, it's instinctive; I never thought it'd be," said Staff Sgt. Clinton Perry, gunner. "It was a pretty big rush."

Attacks during their daily runs to other posts forced the company to defend themselves with direct small arms fire.

"I can guarantee you that most of us have shot more rounds here than we have in 20 years of service," said Senior Master Sgt. Jim Beard.

Other than facing the daily challenges of life on the road, the airmen have also had to adjust to new jobs.

Air Force vehicle mechanics are not trained to work on tactical vehicles such as the military designed freightliners and Humvees, but the mechanics arrived, assumed their duties promptly and excelled at executing them, Beard said.

The airmen also faced equipment challenges.

"When I went through basic [training], we weren't taught how to disassemble a weapon or pack a rucksack," said Staff Sgt. Jason Socia. "We had to open our eyes to a lot of things, especially how everything was supposed to fit. [Before this] I didn't know how to put my Kevlar on properly or how the chin strap fit. I didn't even have a sweatband in it. I have a new appreciation for what Soldiers have to go through."

The 200 airmen of the 2362nd AEFTC are part of the first wave of airmen scheduled to deploy in six month rotations to Iraq as drivers and gunners on combat logistic patrols.

The airmen have become so closely intertwined with the Soldier's lifestyle that other airmen have taken to calling them airmen-Soldiers," Beard said.

"I think every day we're here assimilates us with the Army," said Perry.

Even Soldiers responded to the airmen as peers.

"I've met [Soldiers] at the [dining facility] who look at us like we're just airmen, until they see us carrying M-16's. The attitude [from them] changes once they find out that we're running gun trucks," Beard said.

Being part of the front line was different from how these airmen typically approached combat.

"We're usually about 200 or 300 miles away from combat," said Staff Sgt. Darryl Fountain.

This approach to combat is no fault of theirs.

"It's not that we're not willing," said Socia, "it's just usually not necessary for us to do this."

Most units conducting resupply convoys have suffered injuries and the 2362nd AEFTC has been no different. They've suffered two injuries from improvised explosive devices that required medical evacuation by air. Other minor injuries suffered included back injuries, dislocated knees and general body aches, Berard said.

Nonetheless, the airmen keep rolling along.

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)

## June 20

- 3 p.m. Johnson Family Vacation  
6 p.m. Harry Potter and the  
Prisoner of Azkaban  
9 p.m. The Punisher

## June 21

- 3 p.m. The Punisher  
6 p.m. Connie And Carla  
9 p.m. Johnson Family Vacation

## June 22

- 3 p.m. Harry Potter and the  
Prisoner of Azkaban  
6 p.m. The Punisher  
9 p.m. Connie And Carla

## June 23

- 3 p.m. Johnson Family Vacation  
6 p.m. Harry Potter and the  
Prisoner of Azkaban  
9 p.m. The Punisher

## June 24

- 3 p.m. The Punisher  
6 p.m. Johnson Family Vacation  
9 p.m. Harry Potter and the  
Prisoner of Azkaban



Johnson Family  
Vacation



Harry Potter and  
the Prisoner of  
Azkaban

## Weekly Religious Schedule

### Christian Orthodox

Sunday 11 a.m. 185th Task Force Tent

### Church of Christ

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

### Islamic Prayer

Friday 1:30 p.m. Anaconda Chapel Tent

### Latter Day Saints

Sunday 10 a.m. Anaconda Chapel Tent

Sunday 7 p.m. Tuskegee Temple

### Lutheran

Sunday 8:30 a.m. Anaconda Chapel Tent

Sunday 2 p.m. 185th Task Force Tent

### Protestant-Contemporary

Sunday 7 a.m. Sustainer Indoor Theater

Sunday 10:30 a.m. Tuskegee Temple

### Protestant-Gospel

Sunday 11:30 a.m. Sustainer Indoor Theater

Sunday 7 p.m. Airborne Chapel (bldg 4148)

### Protestant-Praise and Worship

Sunday 9 a.m. Sustainer Indoor Theater

Sunday 9 a.m. Airborne Chapel (bldg 4148)

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

Sunday 11 a.m. Airborne Chapel

### Protestant-Traditional

Sunday 9:30 a.m. 31st Combat Support  
Hospital

Sunday 11 a.m. Airborne Chapel (bldg 4148)

Sunday 11 a.m. 185th Task Force Tent

Sunday 5:30 p.m. Tuskegee Temple

### Roman Catholic Mass

Saturday 7 p.m. Airborne Chapel (bldg 4148)

Sunday 8:30 a.m. 185th Task Force Tent

Sunday 10 a.m. Sustainer Indoor Theater

Sunday noon Tuskegee Temple

Sunday noon 31st Combat Support Hospital

Monday 9 a.m. PPI Dining Facility

Monday 7 p.m. PPI Dining Facility

### Jewish Prayer

Friday 6 p.m. Anaconda Chapel Tent

## Movie Synopsis for June 20 - 26

### Harry Potter and the Prisoner of Azkaban

PG, Fantasy, 139 min.

Daniel Radcliffe, Emma Watson, Rupert Grint

Azkaban is somewhat of a departure from its predecessors, and particularly beloved among fans for its surprise ending.

Prisoner of Azkaban also marks the introduction of Sirius Black (Gary Oldman), who has escaped from the title prison after 12 years of incarceration. Believed to have been the right-hand-man of the dark wizard Voldemort whom Harry (Daniel Radcliffe) mysteriously rendered powerless during his infancy.

With the help of his friends Ron (Rupert Grint) and Hermione (Emma Watson), and Defense Against the Dark Arts professor Remus Lupin (David Thewlis), Harry struggles to thwart the Dementors, find Sirius Black, and uncover the mysteries of the night that left him orphaned.

### Connie and Carla

PG13, Comedy, 98 min.

Nia Vardalos, Toni Collette, David Duchovny

Connie and Carla are two small-town girls whose dreams of stardom have taken them nowhere. The girls lose one of their few supporters when their boss Frank ends up on the wrong end of a criminal deal - a scene they unfortunately happen to witness.

Connie and Carla pack up their battered dreams and hit the road, running for their lives. In a new place with new identities, they create a cover (with a lot of cover-up) that makes them the toast of the town - headlining in a local drag club.

### Johnson Family Vacation

PG13, Comedy, 97 min.

Cedric the Entertainer, Vanessa L. Williams, Solange Knowles

Even A.A.A. can't help the Johnson family on this roadtrip for Nate Johnson and his family who embark on a cross-country trek to their annual family reunion/grudge match. Reluctantly along for the ride are Nate's wife, who's only in it for the kids; their rapper-wannabe son; their teenage daughter, who's fashioned herself as the next Lolita; and their youngest, who has an imaginary dog that Nate just can't seem to keep track of, no matter how he tries. Can the Johnsons survive each other, to make it to Caruthersville, Missouri? Can they even find Missouri?

### The Punisher

R, Action, 124 min.

Thomas Jane, John Travolta, Will Patton

The Punisher joins Spider-Man, X-Men, and The Hulk as another Marvel comic book to be given the big-screen treatment. Screenwriter Jonathan Hensleigh makes his directorial debut and Thomas Jane stars in the title role as the Punisher. Frank Castle (Jane) decides to settle down with his wife and children after a life in the Marines and FBI. Unfortunately, one of the criminals involved in his last case with the bureau has put Castle on his hit list and attempts to take out the whole family. Frank survives but his family lays dead, leading him to assume the alter-ego of The Punisher, a gun-toting anti-hero bent on ridding the world of all criminals.

# Growing through change from WAC to U.S. Army

By Pfc. Leah R. Burton  
Staff writer

Spc. Teresa L. Morris, born Teresa L. Stokes in Indianapolis, Ind., of the 138th Personnel Services Battalion has firsthand knowledge of the growth the Army has undergone in the past 30 years, as she answered the call of duty and enlisted in the Women's Army Auxiliary Corps Nov. 30, 1973.

This was when women were not allowed in the U.S. Army. WAC and the Army were two separate entities, and the woman's role was purely in a support capacity.

Morris attended six weeks of Basic Training at Fort McClellan, Ala., followed by eight weeks of Advanced Individual Training at Fort Jackson, S.C., to be a clerk typist.

"Back then the women trained separate from the men. The only men you might see on post were maybe a cook or a [military police officer], because even your command was all female," Morris said. "We had our own esprit d'corps."

Morris' AIT class was one of the first classes to train on the new electric typewriter.

"We didn't even have computers. We had just switched over from manual typewriters to electric typewriters, and we were very excited," Morris said.

Upon her successful completion of AIT, Morris was assigned to Headquarters Brigade Combat Team

Committee Group in Fort Dix, N.J.

While she was serving with HQ BCT Committee Group, the Army absorbed the WAC and for the first time men and women trained at the same installations. Prior to the dissolution of the WAC, women only attended Basic Training at Fort McClellan.

"The transition was smooth, except that now we worked with men," Morris said.

The Army mandated separate floors for the males and females with Charge of Quarters Soldiers posted on the floors to keep the opposite sex from entering the wrong area.

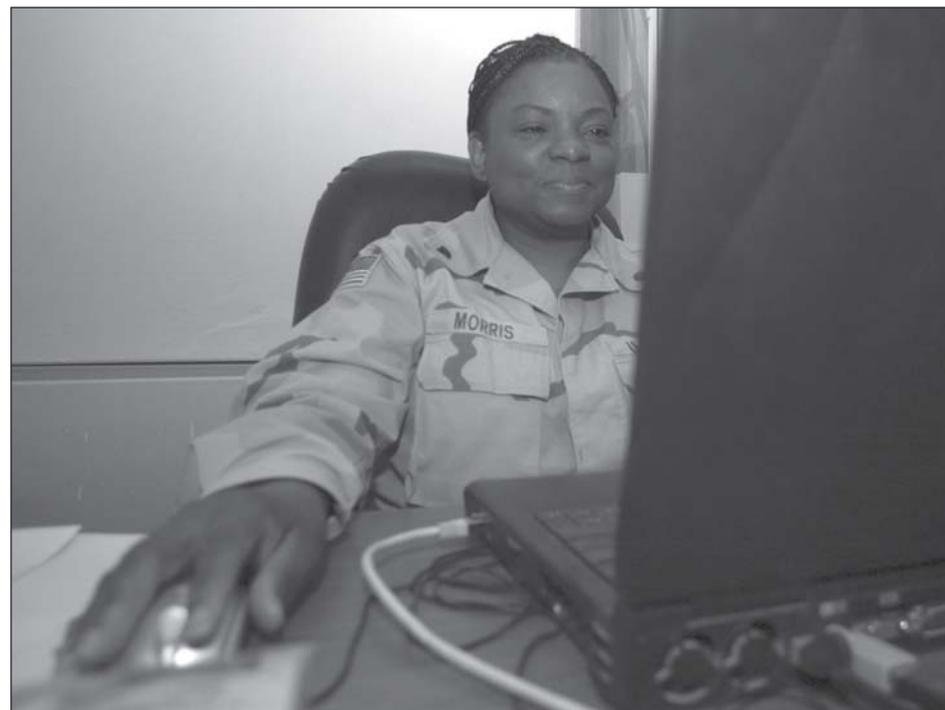
According to "The Women's Army Corps, 1945 to 1978" by Bettie J. Morden, women could be stenographers, linguists, military police, clerk-typists, nurses, doctors and many others starting in 1972. Still several career fields were exclusively male.

In Dec. 1977, Secretary of the Army Clifford L. Alexander announced the Army's exclusion policy, which opened 14 new career management fields to women.

Women could now be crewmembers for long-range missile and rocket sites, smoke and flame specialists, field artillery surveyors and others.

In addition, women could be assigned to the 82nd Airborne Division, a previously all male unit.

Even with the dissolution of the WAC, the Army still decreed that women were not to wear the Army



**Spc. Teresa L. Morris, once a Women's Army Auxiliary Corps Soldier and now an administrative specialist with the 138th Personnel Services Battalion here, types on her computer June 11.**

fatigues, and the women's pay was not made equal to men's until 1975.

"They believed in keeping the women looking feminine," Morris said. "It wasn't until 1974 that we were allowed to start wearing the old green fatigues with granny shoes."

Effective June 1972, the authorized women's uniform consisted of the light green, two-piece form-fitting suit for summer or warm weather.

The Class A uniform consisted of a green dress with a beige shirt with a black collar, low quarter shoes or black dress pumps and a shoulder bag.

Later, women were allowed to wear the green fatigues, with the low quarters and a black belt.

The physical training uniform consisted of light green shirts with a skirt (wraparound skirt, with shorts underneath). The uniform was worn

with white bobby socks and Army issued white canvas tennis shoes.

In 1974, Morris got married. She was on orders to move to Germany when she found out she was expecting their first child.

When Morris gave birth to her first son in 1975, she got out of the Army.

Morris spent her time earning her associate's degree in Theology through her Vietnam-era Government Issue Bill and raising her children.

In 1992, Morris joined the Indiana National Guard. Because of her previous service, she didn't have to attend Basic Training or AIT again.

"I was 36 when I came back in. I felt like since it was for the state, it was pretty safe. My kids were still in school, and it was a way to get my [bachelor's degree in Religious Studies]," Morris said.

Since enlisting in the National Guard, Morris has been assigned to

Company A, 38th Infantry Division, HQ State Area Command-Indiana and HQ, 138th PSB, where she was for only 30 days prior to deployment.

"Really, it was exciting. It was a once in a lifetime experience," Morris said about deploying here. "I felt compelled. I feel I've come full circle. I've gotten to finish what I started."

In her spare time, Morris enjoys going to bible study and her gospel women's group and working out at the gym.



Photos by Pfc. Leah R. Burton

**Spc. Morris concentrates as she develops an organizational matrix for her unit.**



# Nuts, bolts of filing a personnel claim

By Capt. Sally MacDonald  
*Judge Advocate, 13th COSCOM*

The Personnel Claims Act is a means that allows U.S. Army Soldiers to file a claim against the U.S. Army for damaged and lost personal property.

The PCA allows for soldiers to file a claim for losses that are "incident to service". Incident to service is the test applied to determine if the loss can be compensated. Examples of losses incident to service include household goods moves, tent fires, lost laundry, and barracks theft.

**Situations Covered:**

If the U.S. Army was responsible for shipping your goods, and they were lost incident to the shipment, you may file a claim.

If you are provided billets, and the loss results from your living in the billets, like a tent fire or a theft, you may file a claim. A theft is only covered if you properly secured your property. Likewise, if you started the fire, you may be liable for the loss.

If the U.S. Army is responsible for providing a service, like laundry service, and your personal items are damaged, you may file a claim. You should go through regular supply channels at the company level for items that were issued to you.

**Items Covered:**

The regulation implementing the PCA limits the dollar amount compensable. The limits are applied by category of item. In addition to the category limits, the regulation limits quantities and types of items for compensable claims. The standard applied is what is reasonable to possess. For example it is not reasonable to possess a mink coat

or other luxury items in a deployed environment, and a claim for such would be denied. This does not mean that you are prohibited from possessing such items. It simply means that the government will not bear the burden of the loss.

If you choose to have large quantities of goods or luxury items, we suggest looking into private insurance for these items. Most home owner's and renter's insurance policies cover losses, regardless of the location of the item. This is particularly a good idea for those soldiers possessing expensive jewelry and large electronic or entertainment goods.

**Depreciation:**

The PCA is not a substitute for insurance. The government will not pay replacement costs and property will be depreciated to reflect current value.

**What You'll Need:**

The more information you provide, the more favorable an outcome is for you. Proof of ownership and existence of the item lost are the biggest factors. In a deployed environment, we are sensitive to the fact that you may not have certain forms of proof. However, we still expect you to submit as much as possible.

**Things to Include:**

- Receipts
- Credit card statements
- Detailed description of the item, "backpack" vs. "large black bug-out backpack purchased at post exchange"
- A print out from a catalog or online source
- Pictures of the item and if your items are lost because of a fire, please take photos of the damage

prior to the clean up

- Memorandum from your commander

In addition you have up to two years to file your claim. Take your time, gather the appropriate documentation and then file your claim.

**The Process:**

Pick up a packet from the servicing claims office. Complete all forms and include your supporting documentation and return the completed packet to the claims office.

The claims office will evaluate your claim and process it in accordance with the regulation. Once your claim has been approved, it will be forwarded for payment through finance.

An electronic funds transfer will be deposited in the same bank account in which you receive your military pay.

Please provide current contact information so we may contact you if we need additional information and to inform you of the outcome of your claim. Once submitted, your claim should be processed and paid in about two weeks.

**Fraudulent Claims:**

The claims office is here to support our soldiers and compensate for appropriate losses. However, all claims will be investigated and individuals should file only accurate and honest claims to avoid filing a fraudulent claim. A fraudulent claim will result not only in your not receiving funds, but may result in UCMJ action.

To find out more or to file a claim contact the LSA Anaconda Legal Assistance & Claims Office located at building 4113 on Pennsylvania Avenue. DNV 302-529-7453. Office hours are 9 a.m. - 5 p.m., Monday through Saturday.

## R & R to nearest leave location for Soldiers, DoD civilians

By 126th Finance Battalion  
*Special to Anaconda Times*

A policy letter dated December 2003 from the Per Diem, Travel and Transportation Allowance Committee allows all Soldiers and DoD civilians serving in support of Operation Enduring Freedom or

Operation Iraqi Freedom free travel to their nearest leave location.

Personnel must be on orders for a minimum of 12 months and are entitled to a 15-day rest and recuperation period including travel days.

Soldiers are not entitled to the \$3.50 a day per-diem while on leave. Military members and employees

should be serving in one of these locations: Afghanistan, Bahrain, Djibouti, Iraq, Jordan, Kuwait, Kyrgyzstan, Oman, Pakistan, Qatar, Saudi Arabia, Tajikistan, Uzbekistan, United Arab Emirates or Yemen.

The following are authorized R&R locations and destinations for members of the uniformed services and for civilian employees:

## R&R repayment

By 126th Finance Battalion  
*Special to Anaconda Times*

Service members who paid for their own state-side travel last fall when participating in the U.S. Central Command's Rest and Recuperation leave program should start gathering their receipts, because President Bush has signed a law for retroactive reimbursement of expenses.

Public Law 108-220, signed by Bush, covers the airline tickets, mileage and other travel costs for people who used the leave program from the time it began last year in late September through Dec. 19, 2003. Those affected were among the first people to use the R & R leave program that allowed a 15-day break for those who had combat tours of a year or more.

The law contains no cutoff date for how long service members can take to apply, although the regulations to be issued by the Defense Department could contain deadlines.

This is the initial guideline for this policy and any questions can be addressed to the 126th Finance Battalion, LSA Anaconda.

Authorized R&R Leave	Command Region	Authorized OCONUS Destination	Authorized CONUS Destination	Re-certification Due Date
Iraq	Central	Frankfurt, Germany and then to airport closest to leave point	APOD (Atlanta, Georgia Dallas/Fort Worth, Texas and then to airport closest to leave point	Sept. 30, 2005
Afghanistan	Central	Frankfurt, Germany and then to airport closest to leave point	APOD (Atlanta, Georgia Dallas/Fort Worth, Texas and then to airport closest to leave point	Sept. 30, 2005

# Pumpin' up, staying fit for battle

By Sgt. Ann Venturato  
Assistant editor

Staying fit while being deployed takes working around a busy schedule in a high tempo environment; however, many Soldiers are still taking the time necessary to workout and staying fit.

"I make time in my weekly schedule to workout," said Sgt. 1st Class Orlando Galarza, who has been a Master Fitness Trainer for seven years now. "I get up at 4 a.m. in the morning on Tuesday through Saturday to work out at the gym."

"I exercise to maintain my current fitness level for the next two years," said Galarza, who is the NCOIC of the 13th COSCOM's Communications section.

"I do 200 to 300 sit-ups every night," said Staff Sgt. Alexander Bryant, who has been a Command Total Fitness Trainer for almost two years. "I workout during the evenings six nights a week, and run two and one-half to three miles, three times a week."

"My goal is to get into peak physical fitness like I was back in 2000," said Bryant, who is an ammunition manager for the 13th COSCOM. "My goal is to be able to bench press 405 pounds and dead lift 100 pounds."

Command Total Fitness Trainers are trained on new ways to stretch out and exercise that will help prevent injuries to Soldiers and trained on the new physical fitness test standard, said Bryant.

Both fitness trainers suggested

that variety in exercise is very important. Galarza and Bryant said they make sure to exercise different muscle groups on different days so they don't over stress specific muscles and give each muscle group rest or time to recover.

"Soldiers should find someone to go work out with; someone who will give them a push to get a good workout," said Galarza, who says he enjoys competing in bench press competitions.

Spc. Deana Luna, a communications specialist with the 13th COSCOM, said she also works out with a partner.

"We have a contest going on to see who will have the best-toned abs by the end of the deployment," Luna said.

"Maintaining the workout schedule is just as important as making time to workout. Soldiers need to be committed to keeping up a regular workout schedule," Galarza said. "Getting in shape doesn't happen overnight; it's a work in progress. Soldiers shouldn't get discouraged from working out just because they don't see the immediate results they want."

Bryant said he maintains a low carbohydrate diet, which includes a lot of green vegetables and some low fat proteins.

"Another tip for Soldiers is to eat right," Bryant said. "I suggest soldiers stay away from sweets and cut down on

the high fat and fried foods."

"Soldiers need to start off slow on a workout program that fits their workout ability at that moment and [gradually] work to increase the intensity of the workout," Bryant said.

"It is good for Soldiers to live a healthy lifestyle," Bryant said. "Soldiers need to stick with exercise and try to maintain a workout program."

Staff Sgt. Matthew Morrow, a Master Fitness Trainer with Company D, 29th Signal Battalion said, "Seventy-five percent of fitness is diet. Soldiers should stay away from

fats, high carbohydrates and high fatty foods."

"No amount of exercise will produce any gains in weight loss, if a Soldier has a poor diet," said Morrow, who successfully assisted 40 Soldiers in getting off the overweight program at his previous unit.

Morrow has experience as a personal trainer. Since he has been here in Iraq, Morrow has written out diet plans for 25 Soldiers.

Lt. Col. Betty Holm, the medical plans officer for the 13th COSCOM said, "Exercise makes you feel better, gives you energy, builds self-esteem, and makes time here go by faster."

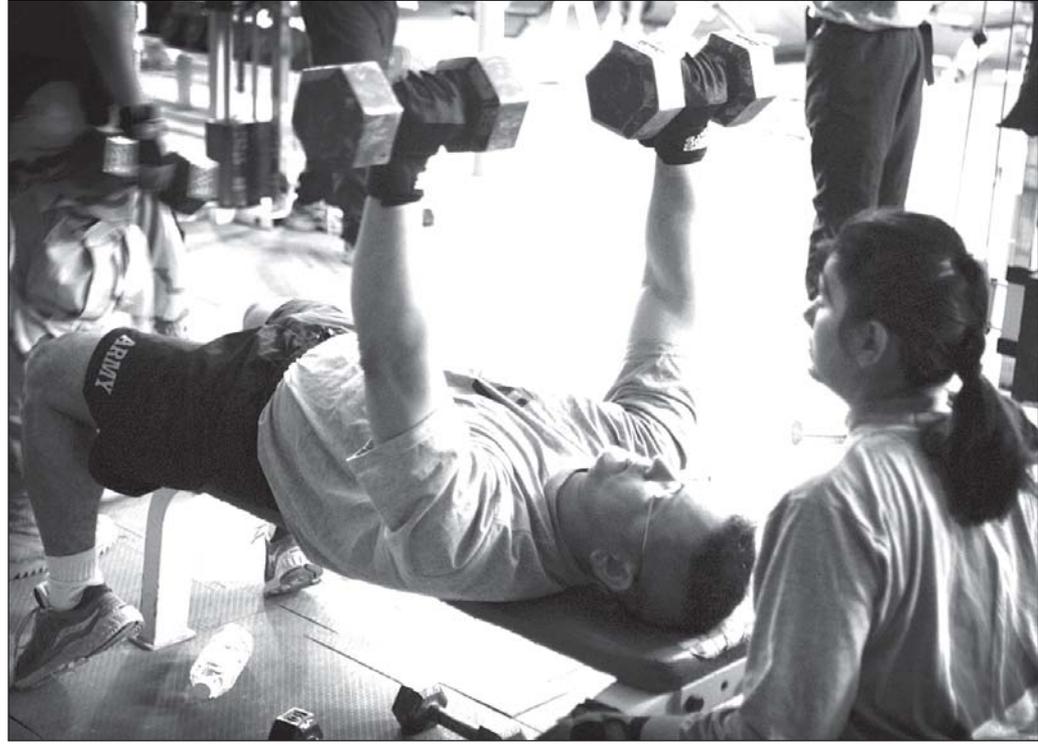


Photo by Sgt. Ann Venturato

Sgt. 1st Class Orlando Galarza, NCOIC for the 13th COSCOM Communications section has been a Master Fitness Trainer for seven years and trains with a partner when he works out.

## QUESTION OF THE WEEK

# What do you love most about your father?



1st Lt. Cheryl Sparks  
13th COSCOM

"I love his encouragement and support."



Sgt. 1st Class Leroy Richards  
1st Infantry Division

"[That] he's my dad."



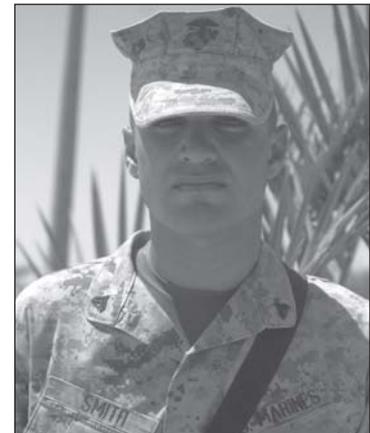
Sgt. Terrance Beamon  
185th Aviation

"I have a lot of his traits."



Spc. Julita Lorenzo  
574th Supply Company

"I love everything about my dad."



Cpl. Mark Smith  
6th Engineering Battalion

"I love that we know exactly what the other's thinking."



Courtesy photo

Sgt. 1st Class Jeff Myhre, the Program Executive Office NCOIC, sports the Army Combat Uniform, the recently approved wear for Soldiers. It contains 20 new improvements. "We have not made a major change to our uniforms since the BDUs (battle dress uniforms) were introduced in the early 1980s," Sgt. Maj. of the Army Kenneth Preston said. "This new uniform performs well in multiple environments. Its new pockets and color designs are a result of feedback from Soldiers in combat. Every modification made on the uniform was designed with a specific purpose and not just for the sake of change."

# Uniform Changes Coming

*For the first time in 20 years the Army has redesigned the Battle Dress Uniform.*

*Read about changes in the new uniform in the next edition of the*

# Anaconda Times



## Finance office extends customer service hours

The 126th Finance Battalion is now open on Sundays from 10 a.m. to 2 p.m. The customer service section is available to assist by cashing checks, providing casual pays and answering military pay questions.

The finance office is open for extended hours on the first day of every month from 7:30 a.m. to 6 p.m.

The finance office is in building 4139 across from the LSA Anaconda Post Exchange.

## \*Show Time at Anaconda\* 4<sup>th</sup> of July Talent Show All talents welcomed!

Pick-up registration forms at the MWR facilities, post exchange or Sustainer Theater.

Registration forms are due June 30 at 5 p.m.  
Drop-off box located at the PX and theater.

show time: July 4, 6:30 p.m.

For more information  
contact Pfc. Amanda Clark at

[Amanda.c.clark@us.army.mil](mailto:Amanda.c.clark@us.army.mil)

or call DNV 537-3075

The United States Army  
Community and Family Support Center

Sponsored By:  
226TH Medical Battalion, Logistics, (FWD)

PRESENTS

# USA Express

An ARMY Entertainment Production



DATE: 20, 21 JUNE, 2004

TIME: 7 p.m.

PLACE: Sustainer Theater





Photos by Pfc. Abel Trevino

In the final minutes of the game, Jeff Thompson of the 84th ECB volleyball team stretches to rebound the ball over the net. Thompson said that his team made it to the finals due to good teamwork. "Next tournament I'm going to have the same team," Thompson said. "We're going to come back and try to win."



Jeff Thompson of the 84th ECB volleyball team nudges the ball over the net. Thompson assisted his team in coming back from a seven-point deficit to nearly win the final game of the tournament against the 512th Maintenance Company Roughnecks.

# Volleyball tourney ends neck and "Roughneck"

By Pfc. Abel Trevino  
Staff writer

The fifth game in the volleyball tournament finals, the best of five games between the 84th Engineer Combat Battalion (Heavy) and the 512th Maintenance Company Roughnecks, came down to a battle for the win.

Down by seven points, the 84th ECB team came back to almost win the game.

Almost.

In volleyball, where a team must win by two points, the Roughnecks held a commanding lead until Jeff Thompson of the 84th ECB brought his team together and rallied saves and points to pull his team from the jaws of defeat.

"I have to hand it to them, it looked like they were down and they came back strong. They didn't give up," said David Smith, a Roughneck player.

But it wasn't enough and the Roughnecks maintained their cohesion to win 25-23.

The first two games of the series of five were not close wins. The Roughnecks dominated the board with scores of 15-5 and 15-8. With only one more game needed to win, the 84th team pulled together and won game three 12-15 and game four 13-15.

The real competitiveness didn't

begin until the end of the final game.

"The other team played hard, they came back, and it was a nice game in the end," said Smith.

Despite their effort, Thompson attributed the win to just being outplayed.

"We were coming back [from the deficit] with some really good teamwork," Thompson said. "We were just playing a really good team."

Their strong play wasn't enough to compete with the strategy the Roughnecks held throughout the tournament.

"We have a few real good players, but we didn't give it to them every time like the other teams did. The other teams tried to force the ball on their better players, and it's too easy to expect," Roughneck James Hale said.

The volleyball tournament put on by the LSA Anaconda Morale Welfare and Recreation Fitness Center is one of several sports tournaments that have been well received by the Soldiers.

"I appreciate that they did this tournament. It's awesome for the Army to put up a [volleyball] tournament here in Iraq," Smith said.

Another volleyball tournament is scheduled in the upcoming weeks, and interested parties should contact the fitness center help desk for further information.



Attempting to rebound the ball, 84th ECB volleyball player Stephanie Higgins rears back to volley the ball into the heart of the Roughneck's defense.



Photo by Staff Sgt. David E. Gillespie  
 Staff Sgt. Shawna Snodgrass of the 81st Brigade Combat Team stretches after Monday's run.



Photo by Spc. Adryen Wallace  
 Airmen, Marines and Soldiers run in their Interceptor Body Armor during the LSA Anaconda 5K Army Birthday Run in Iraq celebrating the Army's 229 years of existence June 14.

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Photo by Staff Sgt. David E. Gillespie  
 In the final stretch of the 5K run, a Soldier and Marine race to the finish line.



Photo by Spc. Adryen Wallace  
 The 172nd CSG exhibits morale and pride during the LSA Anaconda 5K Army Birthday Run.



Photo by Staff Sgt. David E. Gillespie  
 The 172nd Corps Support Group ran in formation for the LSA Anaconda 5K Army Birthday Run Monday.

