



LIGHTNING STRIKES



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UNITED STATES DIVISION - CENTER

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U.S. Army photo by Sfc. John Soucy, 29th Mobile Public Affairs Detachment

PLANTING THE SEEDS OF SUCCESS



**Story and photos by
1st Lt. Kurt Rauschenberg,
29th MPAD, USD-C**

The University of Baghdad Agriculture College recently reopened its doors in a grand opening celebration that is part of an effort to revitalize agriculture in Iraq.

A program implemented by the United States Department of Agriculture and Baghdad Provincial Reconstruction Team called Ag Co-operatives, or 'Co-Op', is helping to meet the needs of Iraqi farmers through education, training and resource support.

According to PRT members, the program, already proven a success from an earlier project in east Baghdad, provides USDA agricultural advisors who specialize in greenhouse horticulture, soil science, pest management and irrigation engineering. The advisors work in conjunction with the Baghdad PRT and United States Division-Central civil affairs, which support the Co-Op program.

"The benefit is getting the farmers back to work," said Mr. John Ellerman, USDA advisor. "Many farmers are now back to work on their land and gaining income through farming, which is a family business here."

According to the PRT, agriculture is the largest source of employment in Iraq and the second largest contributor to Iraq's gross domestic

product; however, it has been under pressure over the last decade.

"We want to re-establish Abu Ghraib as the bread basket of Iraq like it was twenty years ago," Ellerman said. "Iraqis will once again be able to depend on themselves for agriculture production."

This program is a private-sector, not-for-profit agri-business that provides low cost agriculture inputs and services to its members, being local Iraqi farmers, and low-interest lines of credit. Services provided in this program include developing the farmers' capacity by gaining access to high-production seeds, equipment and machinery, livestock medical treatment, and technology and training for drip irrigation systems.

"The Co-op is a means to get

farmers through the hard times by pooling their resources together to make new equipment more affordable, purchase discounted supplies, and provide low interest loans," said Lt. Col. Michael D. Henderson, commander of the 1st Battalion, 63rd Armor Regiment.

Henderson's battalion and the 6th Iraqi Army Division combined efforts to provide security for the college, the PRT, Government of Iraq officials and other partners that made the establishment of the Co-Op possible.

The funding of \$1 million to establish the program allowed the Co-Op to buy such resources as tractors, tillage equipment and plows and is then sold to farmers at a discounted price.

"The help from the United

States with getting the Co-Op up and running is changing the way residents of Abu Ghraib view Americans," said Dr. Jawad Kadum, director of research and development at the college. "So by doing this linkage between the United States and us, we are making a lot of changes and allowing people to see the good relationship between the two countries."

The program will help farmers to market their crops, increase bargaining power and process their commodities to add value.

"The Co-Op and the college can now educate the farmers to make them successful at not only their own production, but learning the business trade as well," said Mr. Anthony Swalhah, Baghdad PRT section leader.



Lt. Col. Thomas J. Brown, United States Division-Center civil affairs officer, greets the dean of the University of Baghdad Agriculture College, Dr. Hamza Al-Zubaidi, at the grand opening of the agricultural cooperatives in Abu Ghraib, Iraq, March 19.



Brand new tractors are lined up in the parking lot of the University of Baghdad Agriculture College at the grand opening of the agricultural cooperatives in Abu Ghraib, Iraq, March 19.



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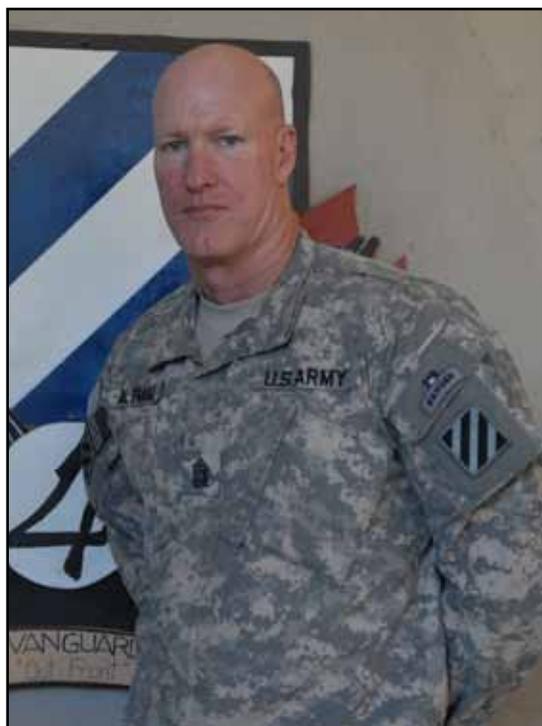


WHY I STAYED ARMY



THE NCO CORPS MADE ME INTO A LEADER

BY **COMMAND SGT. MAJ. JOE ALTMAN**, BRIGADE COMMAND SERGEANT MAJOR, 4/3 AAB



normally at 6:30 a.m. followed by physical training. We then conducted personal hygiene, cleaned common areas, ate chow and were back in formation at 9 a.m. One room held 16 Privates, eight sets of bunks and 16 lockers. What didn't fit in two duffle bags and a ruck wasn't permitted. If your room failed the barrack's inspection, your door was taken so someone had to always be in the room ensuring security.

A normal day's 0900 in-ranks inspection consisted of checking that each Soldier had a pressed uniform, haircut, spit shined boots, ID card, and smart cards you were required to carry. Inspection taught NCOs and Soldiers to spot little changes in their everyday environments and surroundings that could save lives in combat.

The 1300 inspection was quick, followed by training and back at

1700 for further guidance. Having no cell phones or internet, the Day rooms and Orderly room forced Soldiers to know their buddy and any issues they had.

In this controlled environment, movements were usually done by marching.

In the field we almost always slept in a patrol base. Every morning you did weapons maintenance, personal hygiene, re-camouflaged, packed your ruck, and laid in the prone at 100% security. If we had hot chow, a third of the platoon would move to the chow line and were inspected to see if you shaved, your face was painted, and that your weapon was to standard.

Inspection upon return from the field was sometimes held in Class A's. Individual equipment was laid out by SOP including your weapon broken down on your bunk and all TA-50 meticulously folded and dress right dress in your sleeping bag to be checked for service-

ability and accountability.

After Germany, I moved on to Fort Campbell. I was in 1-502 when the plane returning for Sandi, Egypt crashed in Newfoundland, Canada, killing all 248 aboard. I was selected to serve as a pallbearer at the crash site.

The mentorship of NCOs appointed over me in my early days as a Soldier and during this tragic event made a difference in my life. I felt that I could grow into a remarkable Leader. It always will be the Leader at the point of friction that makes the difference. The Army has made huge strides in taking care of Soldiers, quality of life for families, mitigating risks, and preventing suicide since.

All could not have been accomplished without a strong Non-Commissioned Officer Corp. I encourage all Soldiers who are willing to sacrifice for the good of others, and have high physical and ethical standards to stay Army Strong.

I joined the Army in August of 1983 during a time when the NCO Corps was being rebuilt and new standards established.

My first unit in Germany consisted of NCOs who were mostly Vietnam Vets, had a different training. In garrison, first formation was

I WAS WILLING TO MAKE A DIFFERENCE

BY **SGT. MAJ. JASON A. DETTY**, DIVISION OPERATIONS CENTER SERGEANT MAJOR, USD-C

For the most part, I have had great leadership, from the rank of private to the rank of SGM.

I have learned many important aspects from my career, both in life and work, and I continue to learn new things each and every day.

I thought to myself about how I, as a leader, should be helping to alleviate certain issues while trying to make an overall better difference.

I've had choices to make and decided I could do one of two things: ETS and laugh about it later in life about how foolish things in the Army were overall, or I could stay in and try to make a difference.

What I can affect is everyone under me and try to give them the outstanding leadership they de-

serve.

I do this by taking the good from those throughout my career and doing my best to dispose of the aspects that were lacking.

I have made my share of mistakes and have also made some bad decisions over the years. The 90/10 rule holds true- If 90% of the time you are spot on, the 10% on the time you're not, your Soldiers see that you are human and don't hold that against you, especially when they see that you hold yourself accountable and learn from those same mistakes in the future.

As a team leader, I worried about my team, as a Squad Leader my squad, and as a Platoon Sergeant my platoon; so on and so

forth.

Once you think you have learned all there is to know about leadership and your job, this is when you have truly learned and mastered nothing at all. If you ever feel like you can't learn from your subordinates you've done a great disservice to all Soldiers as I like to say, you should simply do us all a favor and get out!

I have learned more from my subordinates than from my superiors. The interesting thing to note is that it is the terrible leaders that I've learned from the most.

I'd like to think the Army overall, is better today than it was yesterday, and with great individual Soldiering and teamwork, it will



continue to be better tomorrow than it is today. This is why I've stayed in and continue to stay in, to affect as many Soldiers that I can for the better.

USD-C SPOTLIGHT



Sgt. Maj. Richard Burnette
6th Squad, 9th Cav., USD-C



Sgt. Maj. Richard Burnette, senior enlisted advisor with 6th "Saber" Squadron, 9th Cavalry, United States Division - Center and a Anderson, S.C., native, received the Bronze Star, the Purple Heart, and the Army Times Soldier of the Year award in 2006 for actions and injuries received during an attack against his patrol in Baghdad in May 2005 as the operations sergeant major for BSTB, 2nd BCT, 3rd ID.

Burnette lost both thumbs in the attack, sustained a broken arm, a stray round to the calf, severe nerve damage, an exploded ear drum, and shrapnel wounds throughout his body.

"In all, I had about 500 staples and 600 stitches in my body," said Burnette. "I had a total of roughly 18 surgeries over a three-month period. If I had not been wearing my protective gear and wearing it correctly, I know for a fact that I would not be here today."

Burnette stresses the importance of all Soldiers being intensely and repeatedly trained on casualty and medical evacuation procedures.

"The attack made me realize that life truly is precious and that any of us could be taking our last breath any minute," said Burnette.



Col. Robert K. Lytle (left), Idaho Army National Guard Chief of Staff, presents Staff Sgt. Ulysses Mittelstadt (right), of the 116th Brigade Special Troops Battalion, 116th Cavalry Brigade, and a Hailey, Idaho resident, with the Non-Commissioned Officer of the Year award for winning the annual Idaho Army National Guard Best Warrior Competition, March 6, at Gowen Field in Boise, Idaho.



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Warrant Officer Karen Beattie, an electronic missile systems technician with the 299th Brigade Support Battalion, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division-Center, answers a question as a panelist during an interactive discussion on the theme of "Women Serving in Combat" at Camp Liberty, Iraq, March 16. (U.S. Army photo by Sgt. Jennifer Sardam, 29th MPAD, U.S. Division - Center)

WOMEN'S HISTORY MONTH DISCUSSION PANEL OPENS DISCUSSION ABOUT MILITARY WOMEN



**Story by
Sgt. Jennifer Sardam,
29th MPAD, USD-C**

Service members from throughout United States Division-Center commemorated Women's History Month with an interactive discussion at Camp Liberty, Iraq, on the theme of "Women Serving in Combat."

"I think it's extremely important that we recognize women in combat," said Lt. Col. Shilisa Geter, commander of the Brigade Special Troops Battalion, 2nd Advise and Assist Brigade, 1st Infantry Division, USD-C, "because we are constantly serving...in two combat (theaters) at the same time, which hasn't been done in a while."

The hour-long dialogue focused on a variety of issues that affect many deployed female service members such as sexual assault, balancing career and family and the role of women in combat.

The first topic of discussion focused on reporting incidents of sexual harassment or assault, which many agreed that often those incidents go unreported because of fear or perceived stigma of false complaints.

"There is a way to remediate issues by that first-line leader making himself (or herself) available and comfortable enough where any Soldier should be able to approach when they have an issue," said

1st Sgt. Catalina Lacuesta, first sergeant of Signal Company, Headquarters and Headquarters Battalion, 25th Infantry Division, USD-C.

Geter agreed with the need for solving the dilemma down through the ranks.

"If the leadership supports the program in emphasizing the education down to the junior enlisted Soldier, and everyone sees that and sees fairness, then it helps to mitigate the stigma for false reporting," said the McRae, Ga., native.

Some panelists commented that choosing when to start a family while maintaining an active-duty military career was a challenge.

"It's difficult, especially for dual-military (couples)," said Warrant Officer Karen Beattie, a panel member, and electronic missile systems maintenance technician with the 299th Brigade Support Battalion, 2nd AAB, 1st Inf. Div., USD-C. "You (may) have both people gone at the same time (because of deployments or training). So what do you do? You can't wait forever."

The discussion continued with the topic of future combat roles for women, as many panelists advocated an equal standard to be shared by males and females.

"There is no TM (training manual) and no regulation that specifies male or female," said Lacuesta, who is from Methuen, Mass. "Everything that we train on and we read doesn't specify if you're a female

you turn this wrench, but if you're a male, you've got to turn that wrench. Therefore, when we train, mentor, coach and teach, it should be straight across the board."

And some on the panel have already served in combat arms units.

Geter reflected back to a time in her early career when one of her male peers said she would not be selected to command an air defense artillery unit because of her gender.

"Little did he know the battalion commander had already interviewed me and told me that I was going to be that battery commander," she said, smiling broadly.

Toward the end of the discussion, Col. Paul Calvert, commander of 2nd AAB, 1st Inf. Div., USD-C, stood up from the front row and summed up what much of the discussion

seemed to be saying.

"It's about having the right person in the right place to do the right job to accomplish the mission," said Calvert, to the audience after the end of the ceremony. "What we're not seeing up here are female Soldiers. What we're seeing are Soldiers that are committed to a profession, that are committed to making the difference, and that are committed to leading other Soldiers. And in the end, that's all that matters."



1st Sgt. Catalina Lacuesta, the first sergeant of Signal Company, Headquarters and Headquarters Battalion, 25th Infantry Division, United States Division-Center, answers a question as a panelist during an interactive discussion on the theme of "Women Serving in Combat" at Camp Liberty, Iraq, March 16.

WHAT MAKES



MASTER SGT. JOHN LERBACK

116th Cav. Bde. Combat Team (Garrison Command)

mySOLDIERS

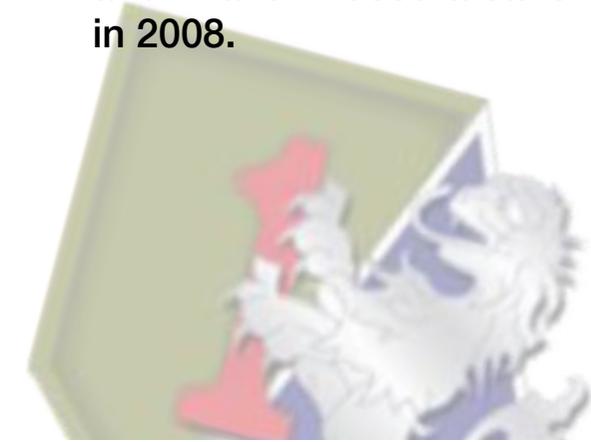
The young Soldiers of my section make me strong. They display initiative and drive to succeed that is absolutely awe-inspiring, while maintaining a level of innocence and youth that you would expect from young Soldiers. They do not need to be told to do anything more than once and they take initiative to get things done with no supervision. They maintain a constant level of motivation and enthusiasm that is infectious to everyone around them. Their actions make me proud and honored to serve with them and gives me the belief that we are leaving things in good hands. They make me believe that I have done a good job with them which, in turn, makes me strong.

SGT GAIL A. BROWN

2nd AAB, 1st Inf. Div.

myFAITH

My faith in GOD, family and friends are what makes me strong. Back in 2006 doctors told me I would never run again and that I will most likely walk with a cane or some form of a walking aid. I'm a witness to the awesomeness of our GOD, that I am able to run two miles for the APFT and I haven't used a cane or walker since my last surgery in 2008.



ME STRONG

1SG MAURICE JONES

Operations Company, HHBN, 25TH INF. DIV.

myFAMILY

My family is what makes me STRONG. The support I receive from them, along with the understanding that I am doing the best in everything I do is very comforting during times where my life seems to be extremely stressful. My religious faith is what feeds my strength. God is the foundation of my being and that is coupled with the belief that he will guide me through whatever life has to throw at me. My father is my biggest support and hardest critic. His guidance as a leader, along with my faith in God is what keeps me strong.

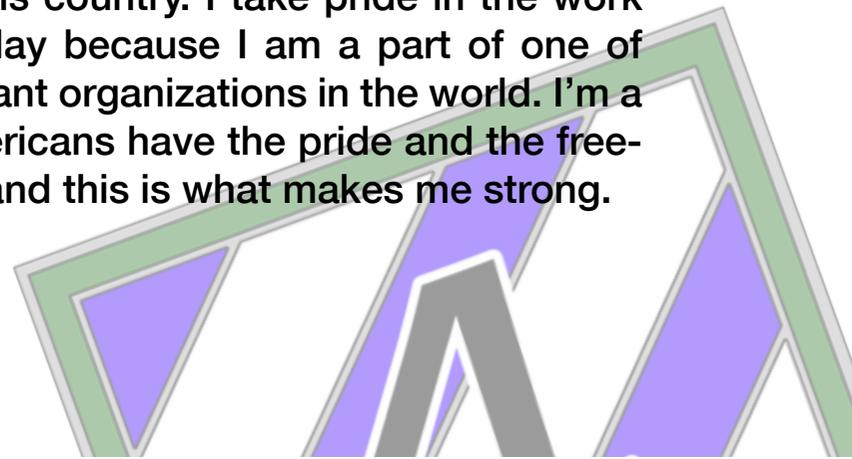


PFC. JOHN R. LAMMON

4th AAB, 3rd Inf. Div.

myFAMILY

Knowing that I am working to make a better life for my family back home keeps me going everyday and helps me get through any problems I may encounter while I am serving in Iraq. I believe what me and my platoon are doing is making a huge difference for the people of this country. I take pride in the work that I do everyday because I am a part of one of the most important organizations in the world. I'm a part of why Americans have the pride and the freedom they have and this is what makes me strong.



Operation Eagle's Talon:

Iraqi Army Soldiers Sharpen Marksmanship Skills



(Above) Sgt. Ryan Fox, with B Company, 3rd Battalion, 15th Infantry Regiment, 4th Advise and Assist Brigade, 3rd Infantry Division, assists Iraqi Army soldiers with the 8th IA Brigade, 1st IA Division, as they practice Military Operations in Urban Terrain procedures at Camp Taqaddum, Iraq, March 8. The exercise allowed Soldiers from both armies to focus on training on tactical skills such as movement techniques and marksmanship as well as leadership skills.



**Story by
Staff Sgt. Tanya Thomas,
4/3 AAB, USD-C**

Gusty winds and low visibility during another Iraq sandstorm didn't deter Soldiers from the Iraqi Army's 8th Brigade, 1st Iraqi Army Division willingness to train.

About 30 Soldiers from the Iraqi brigade joined U.S. Soldiers from 3rd Battalion, 15th Infantry Regiment, 4th Advise and Assist Brigade, 3rd Infantry Division at Camp Taqaddum, Iraq, recently, to take part in Operation Eagle's Talon, a five-day exercise that allows the Iraqi and U.S. troops the opportunity to share their tactical expertise while training together.

"We're trying to increase the basic skill level of the Iraqi Soldiers in this brigade, as well as trying to focus on their leadership so that once we leave (Iraq), their (non-commissioned officers) and their junior officers are able to effectively train their junior Soldiers on their own," said 1st Lt. Steven Alquesta, platoon leader with B Company, 3rd Bn., 15th Inf. Regt., and East Canaan, Conn., native.

Alquesta and his Soldiers worked with the IA Soldiers on the basic fundamentals of marksmanship, how to react to contact, team and squad movement techniques, as well as other tactical skills.

"They've been doing quite well," Alquesta said. "You can see marked improvement from the beginning of the class to the end. Marksmanship is

somewhat of a challenge (to teach) and a lot of that is (due to) the language barrier. (Also), some of these guys are very new and a lot of the techniques that we're teaching them they haven't seen before."

The U.S. Soldiers worked with the IA leaders separately, then took on an advisory role and watched as the IA leaders took the information they learned and taught their Soldiers.

"What we're really trying to do is get their NCOs to be able to take the lead with these kinds of (soldiering) tasks so that they will be able to continue doing this after we leave," Alquesta said. "It is important that they continue this kind of training often and effectively, even when no one is watching."

Staff Sgt. Tripler Soalo, platoon sergeant with B Co., and native of Pago Pago, American Samoa, said he was glad that the IA students showed a great interest in the training.

"They asked a lot of questions, and we gave them a lot of answers," he said. "It's a good feeling to know that when you teach somebody our basic fundamentals, and our tactics, that they're willing to learn. We just want to train them so that they can be proficient and become better Soldiers for their country."

Operation Eagle's Talon is also underway at other IA training areas in Iraq. Soldiers from throughout the 3rd Bn., 15th Inf. Regt plan to continue instructing the course throughout their deployment.



(Above) Sgt. Ryan Fox, with B Company, 3rd Battalion, 15th Infantry Regiment, 4th Advise and Assist Brigade, 3rd Infantry Division, assists Iraqi Army soldiers with the 8th IA Brigade, 1st IA Division, as they practice Military Operations in Urban Terrain procedures during Operation Eagle's Talon, a training exercise at Camp Taqaddum, Iraq, March 8. The exercise allowed Soldiers from both armies to focus on training on tactical skills such as movement techniques and marksmanship as well as leadership skills.



Capt. Victoria Starks (left) of Hopewell, Va., chief of administrative law at the Office of the Staff Judge Advocate, 25th Infantry Division, United States Division-Center, and Spc. Tara Mendez (right) of Window Rock, Ariz., a court reporter with OSJA, 25th Inf. Div., USD-C, use the fireman's carry to move a simulated casualty to safety during the trauma lanes, the final phase of the Combat Lifesaver Course given by medics from Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Inf. Div., USD-C, at Camp Liberty, Iraq, March 10. (U.S. Army photo by Sgt. Jennifer Sardam, 29th MPAD, USD-C)

Comba+ Lifesaving Gets 'Real'



**Story and photos by
Sgt. Jennifer Sardam,
29th MPAD, USD-C**

A military convoy rolled down a dusty road returning to base, when a deafening blast and a blinding flash of light ripped through the air. An improvised explosive device had gone off and as the dust settled, an eerie silence followed, broken only by the growing moans of the injured. A Soldier screamed, asking in confusion, "Where are we? Where are we?" All in the convoy were wounded, and many might not survive without immediate medical care.

Fortunately, the IED encounter was only a simulation in the final phase of the Combat Lifesaver Course given recently by medics from Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Infantry Division, United States Division-Center, at Camp Liberty, Iraq.

Known as the trauma lanes, this last stage of the 40-hour course puts students' skills to the test and is the culmination of classroom instruction and hands-on training in tasks such as controlling bleeding and splinting a leg.

The pace was demanding as teams hurried through the lanes, evaluating casualties, applying tourniquets where needed, returning fire and moving the injured to safety for further first aid and medical evacuation.

"You're working in a time constraint, and in real life, you've got to think about where you have to be, running around quickly," said Spc. Christie Adams of Niagara Falls, N.Y., who serves in the role of administrative noncommissioned officer in charge, Office of the Staff Judge Advocate,

25th Inf. Div., USD-C. "You can't pause and think. You just have to act."

Role-playing medics acted as casualties and challenged the students, shouting for help and covered in fake blood and wounds to create a scene reminiscent of combat.

Some students of past CLS classes said the added human element made training difficult but also more effective.

"Last time I actually did the training, it was with dummies," said Spc. Tara Mendez of Window Rock, Ariz., a court reporter with OSJA, 25th Inf. Div., USD-C. "I like this better, just because of the fact that you can see how heavy they are and how their clothing gets in the way. They are yelling and screaming, and the dummy's just always unconscious."

The combat-like environment helps to reinforce the knowledge gained during class.

"You can perfect it in the classroom, but once you get out and actually have to put it to use, that's when all of it really comes to show what you've learned," said Spc. Rodrick Davis of Jacksonville, Fla., a supply clerk in HSC, HHBN, 25th Inf. Div., USD-C. "I definitely think I would be more prepared if I ever have to do this again in real life."

While some of the students were first-timers in the course, others had come to recertify and noticed how the training had changed.

Past CLS training was confined to the classroom and primarily focused on tasks like administering fluids intravenously, said Capt. Victoria Starks, who is from Hopewell, Va., and chief of administrative law at OSJA. "We didn't do a scenario like this. So this application-based test is a lot better than what I'd initially gone through."

The CLS Course is now more geared toward the basics of what Soldiers need to do to save lives on the battlefield, said Staff Sgt. Andre Sonne, HSC, HHBN, 25th Inf. Div., USD-C, who supervises the division program. "They've gone away from some of the stuff they know doesn't work."

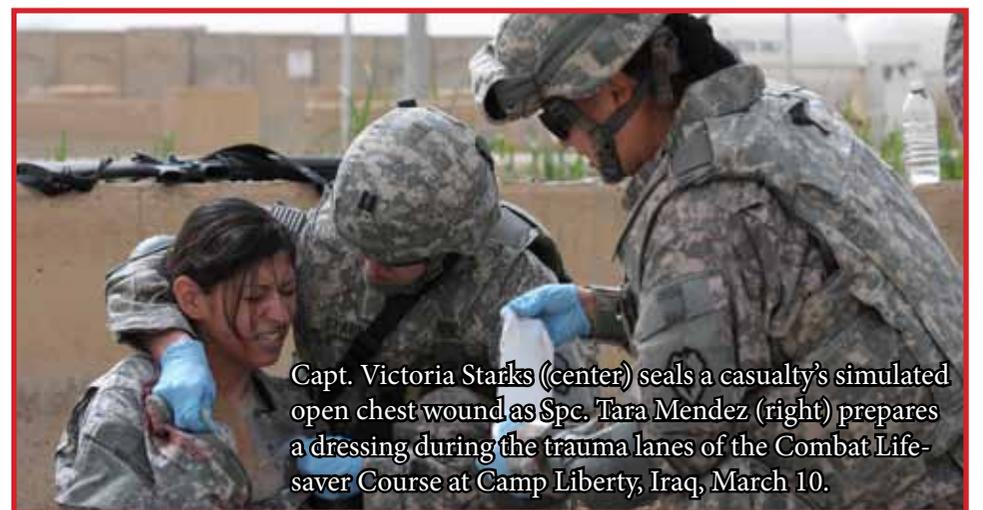
Although the course isn't mandatory for every Soldier, the Army goal is to basically have two certified per squad, said Sonne, a Saco, Maine, native. "In this kind of setup, you want at least two per section, and of course the more the better. We don't really try to set a maximum at all, just a minimum."

Still, Sonne recommends that everyone get this training. Since the division began teaching the CLS Course here in January, he said they have trained approximately 50 Soldiers and will continue to offer the course each month.

"Every Soldier can perform these basic medical skills to save lives," he said. "Whether you're on the FOB (forward operating base), or you're actually out in sector, you never know what's going to happen."



Spc. Christie Adams (left), helps transport a simulated casualty to safety during the trauma lanes of the Combat Lifesaver Course given by medics from Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Inf. Div., at Camp Liberty, Iraq, March 10.



Capt. Victoria Starks (center) seals a casualty's simulated open chest wound as Spc. Tara Mendez (right) prepares a dressing during the trauma lanes of the Combat Lifesaver Course at Camp Liberty, Iraq, March 10.



25th Infantry Division Leaders General Frederick C. Weyand



Story by
U.S. Division - Center
Public Affairs Office

February 10, 2010, became a somber day for many on the island of Oahu, Hawaii, with the news of the passing of a humble man. An active member of his local community, a supporter of many benefits and charities in the area, and an accomplished military leader, this man went by many names and titles including husband, father, brother, general, friend and Chief of Staff of the U.S. Army.

When retired General Frederick C. Weyand passed away, the impact was felt worldwide by those whose lives he personally touched by his service in three wars, including Vietnam as the commander of the 25th Infantry Division, and his lifetime work with the local Hawaiian communities well into his 80s.

In remembrance of the legacy he has left behind for today's 'Tropic Lightning' Soldiers, the deployed leaders of the 25th Inf. Div. gathered at U.S. Division - Center Headquarters, Camp Liberty, Iraq, March 25, to witness a rededication ceremony. Maj. Gen. Bernard S. Champoux, the division's current commanding general, encouraged those in attendance to take a moment to reflect on the contributions and sacrifices heroes such as Weyand have made to the U.S. Army and our Nation.

"Forty four years since he commanded the 25th Infantry Division and his leadership is still an inspiration to those of us serving with the division," said Col. Bjarne M. Iverson, Chief of Staff, 25th Inf. Div.

Following his 38-year military career, Weyand went on to serve in his local communities through volunteering and participating in charities and public service organizations like the Boy Scouts of America and The Honolulu Rotary Club. Weyand's character and pride in the military was one which inspired admiration for many of the people who met him, like Champoux.



Major General Bernard S. Champoux, commanding general, 25th Infantry Division and U.S. Division - Center, A. Devens, command sergeant major, 25ID and USD-C, unveil a memorial photo honoring former division Gen. Frederick C. Weyand during a ceremony dedicating the division headquarters' conference room as "The Dawn" at Camp Liberty, Iraq, Mar. 25. The conference room is used daily by division leadership to discuss operations. (U.S. Army photo by Sgt. Jesus J. Aranda, 25th Infantry Division Public Affairs Office)

"(After his retirement) he still wore his Class As, even in Hawaii, when most people wore class Bs," said Champoux during the ceremony. "He was a very tall, stately gentleman and he had so much grace in the way he carried himself. He walked with a quiet confidence."

During his time as commander for the 25th Inf. Div., Weyand and American forces faced a difficult enemy in a challenging environment while also taking on the non-traditional approach of humanitarianism in combat.

"General Weyand and the division fought an enemy on a battlefield that included more than just land features; the people of Vietnam were also part of the terrain being contested," said Adam Elia, division historian. "He initiated programs to

help civilians within the division's area while conducting operations to secure the population and go after the enemy. He understood the importance of knowing the people in his area and making sure they were secure," Elia said.

As Weyand was once called upon to lead the division through a campaign of partnership, rebuilding and humanitarian efforts in Vietnam, the Nation has called upon today's 25th Inf. Div. to take on a similar campaign in Iraq.

"When he was commander of all US forces in Vietnam, he oversaw the drawdown of American troops from the country while continuing to advise, train, and assist local forces," said Elia. "His experiences and lessons learned directly influenced the way we approach

these operations today."

It was because of his wisdom, leadership and vision that our Army has prospered and become the dominant force it is today, according to Iverson.

"He was an architect who helped to design today's Army," said Iverson. "He had a vision for the Army and he planted those seeds to help grow the greatest Army in the world today."

His accomplishments can also be seen as having built a strong foundation for Soldiers of today's 25th Inf. Div. and his leadership and his life as a man of the community and family were what Champoux felt deserving of the honor.

"He brought this division into combat and he fought with this division in Vietnam and I hope we

s Honor nd



ter (left) and Command Sgt. Maj. Ray
commander and Army Chief of Staff,
e General Weyand Conference Room”
ns pertaining to Operation New



Photos from the time of Gen. Frederick Weyand's command of the 25th Infantry Division adorn the walls outside of the General Frederick Weyand Conference Room. (U.S. Army photo by Sgt. Jesus J. Aranda, 25th Infantry Division Public Affairs Office)



U.S. Division – Center leaders meet with U.S. Forces – Iraq Deputy Commanding - Operations General Lt. Gen. Frank G. Helmick, at the General Frederick Weyand Conference Room to discuss ongoing operations within the area. (U.S. Army photo by Sgt. Jesus J. Aranda, 25th Infantry Division Public Affairs)

all will take a few minutes today to remember the contributions he has made to the division, his legacy, and his family,” said Champoux.

With the dedication of the General Weyand Conference Room - its entrance adorned with photos of Weyand and his Soldiers serving during the Vietnam era, overseeing the Division Operations Center much in the same way Weyand oversaw the three wars in which he participated - 25th Inf. Div. leaders will have the opportunity to pay tribute to the accomplishments of a great leader.

“Every morning the leadership of this division start the day here in this room,” said Champoux. “Now, every morning we will be reminded of General Frederick Weyand and what he did for this division.”





COMMAND SGT. TAKES



**Story by Sgt. 1st Class
Krishna M. Gamble
USD-C Public Affairs Office**

There were six recommendations, but only one selection.

“He is probably an unconventional choice for some,” said Maj. Gen. Bernard S. Champoux, 25th Infantry Division commanding general, on his choice for the new command sergeant major of the “Tropic Lightning” Division. “But I think this is exactly what this division deserves; someone who was raised a little bit differently, has a different perspective on things, and who is a quality leader [who will ensure] our Soldiers and officers thrive.”

Command Sgt. Maj. Ray Devens accepted the duties, responsibilities and authority as command sergeant major for all Soldiers of the 25th Inf. Div. during a March 19 ceremony at Camp Liberty, Iraq.

“He started his military career in this division,” Champoux said. “He has served with distinction in all his assignments. He’s always been a quiet professional who expects more of himself than he ever demands from anybody else. He leads by example and takes pride in who he is. He takes pride in the uniform he wears, and most importantly, he takes pride in his Soldiers.”

For Devens, being named the division sergeant major was more about those he has served with that helped him along the way.

“This is a great opportunity for me, but this is not about me,” Devens said.



Maj. Gen. Bernard S. Champoux, commanding general, 25th Infantry Division and United States Division - Center (right), passes the noncommissioned officer’s saber to Command Sgt. Maj. Ray A. Devens, the incoming command sergeant major for the 25th Inf. Div. and USD-C (left), during a change of responsibility ceremony at Camp Liberty, Iraq, March 19. (U.S. Army photo by Sgt. Jesus J. Aranda, U.S. Division - Center Public Affairs)

“This is about a lot of people I’ve known in my life that put me in this place. A lot of wonderful warriors and leaders, who helped me achieve... what I’ve gotten to today, and I hopefully (will) progress on.”

Devens, a founding member of the U.S. Army’s Asymmetric Warfare Group, comes to the “Tropic Lightning” Division after serving with I Corps at Fort Lewis, Wash. He takes over his duties with the 25th Inf. Div. two months after Command

Sgt. Frank Leota departed to fulfill his new role as the U.S. Army Pacific Command sergeant major. Following Leota’s departure, Sgt. Maj. David Armour, 25th Inf. Div. operations sergeant major, was appointed as the division command sergeant major in addition to his normal daily duties..

“When I asked [Sgt. Maj. Armour] to be the division command sergeant major, I didn’t ask him to be the acting division

command sergeant major, and Sgt. Maj. Armor you’ve just been brilliant,” Champoux said. “You provided a service that you didn’t ask for, you didn’t anticipate and we couldn’t have been as successful as we have been for the couple of months without your leadership. I have tremendous admiration and respect for you. Thank you.”

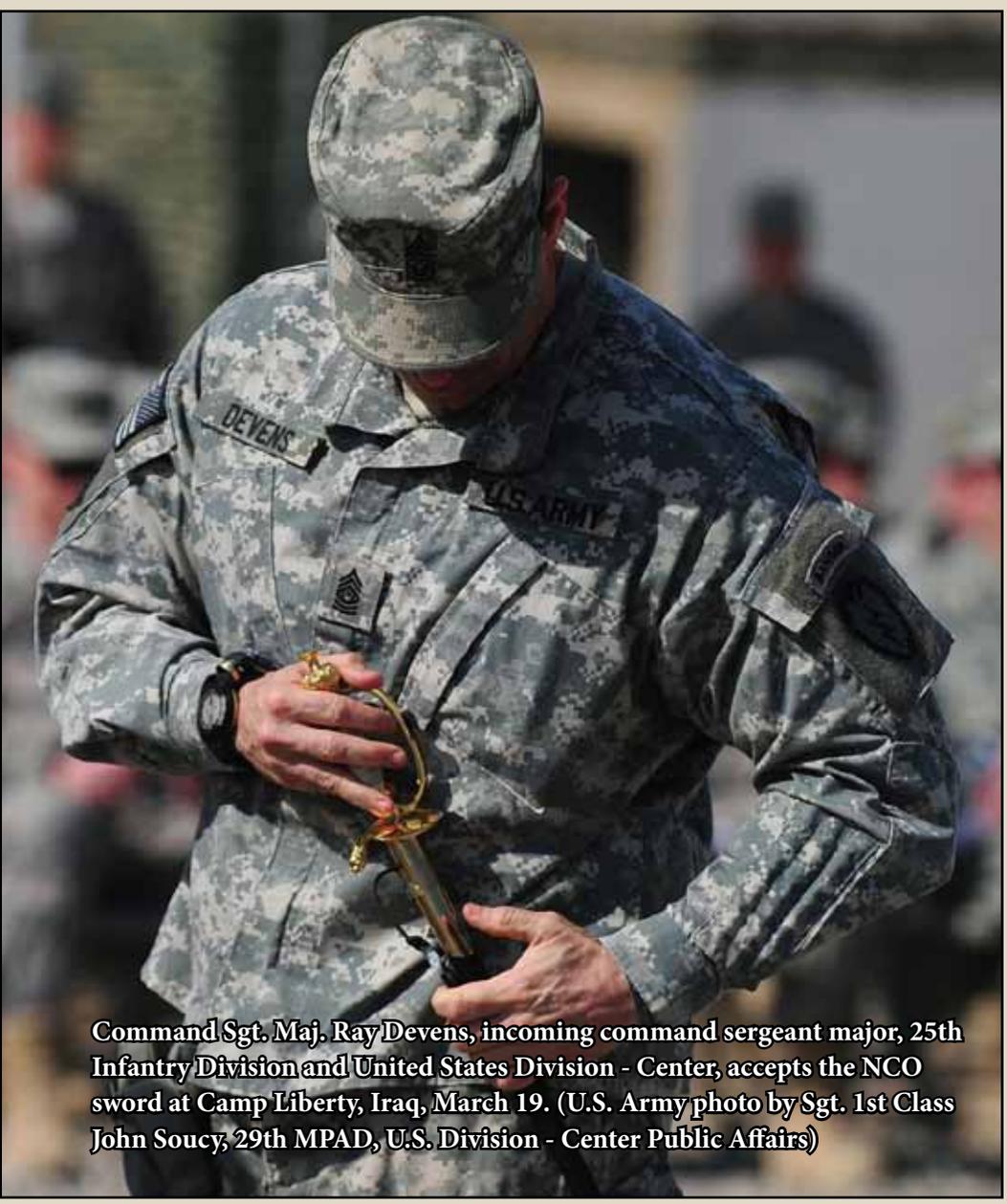
Devens is married and has two daughters who are currently serving in the Air Force and Army.



Color guards, led by their respective command sergeants majors, stand in formation during the change of responsibility ceremony honoring Command Sgt. Maj. Ray Devens at Camp Liberty, Iraq, Mar. 19. (U.S. Army photo by Sgt. 1st Class John Soucy, 29th MPAD, USD-C)

MAJ. DEVENS

THE LEAD



Command Sgt. Maj. Ray Devens, incoming command sergeant major, 25th Infantry Division and United States Division - Center, accepts the NCO sword at Camp Liberty, Iraq, March 19. (U.S. Army photo by Sgt. 1st Class John Soucy, 29th MPAD, U.S. Division - Center Public Affairs)



Sgt. Maj. David Armour, outgoing command sergeant major, 25th Infantry Division and United States Division - Center, salutes as the National Anthem is played during a change of responsibility ceremony at Camp Liberty, Iraq, March 19. (U.S. Army photo by Sgt. Jesus J. Aranda, U.S. Division - Center Public Affairs)



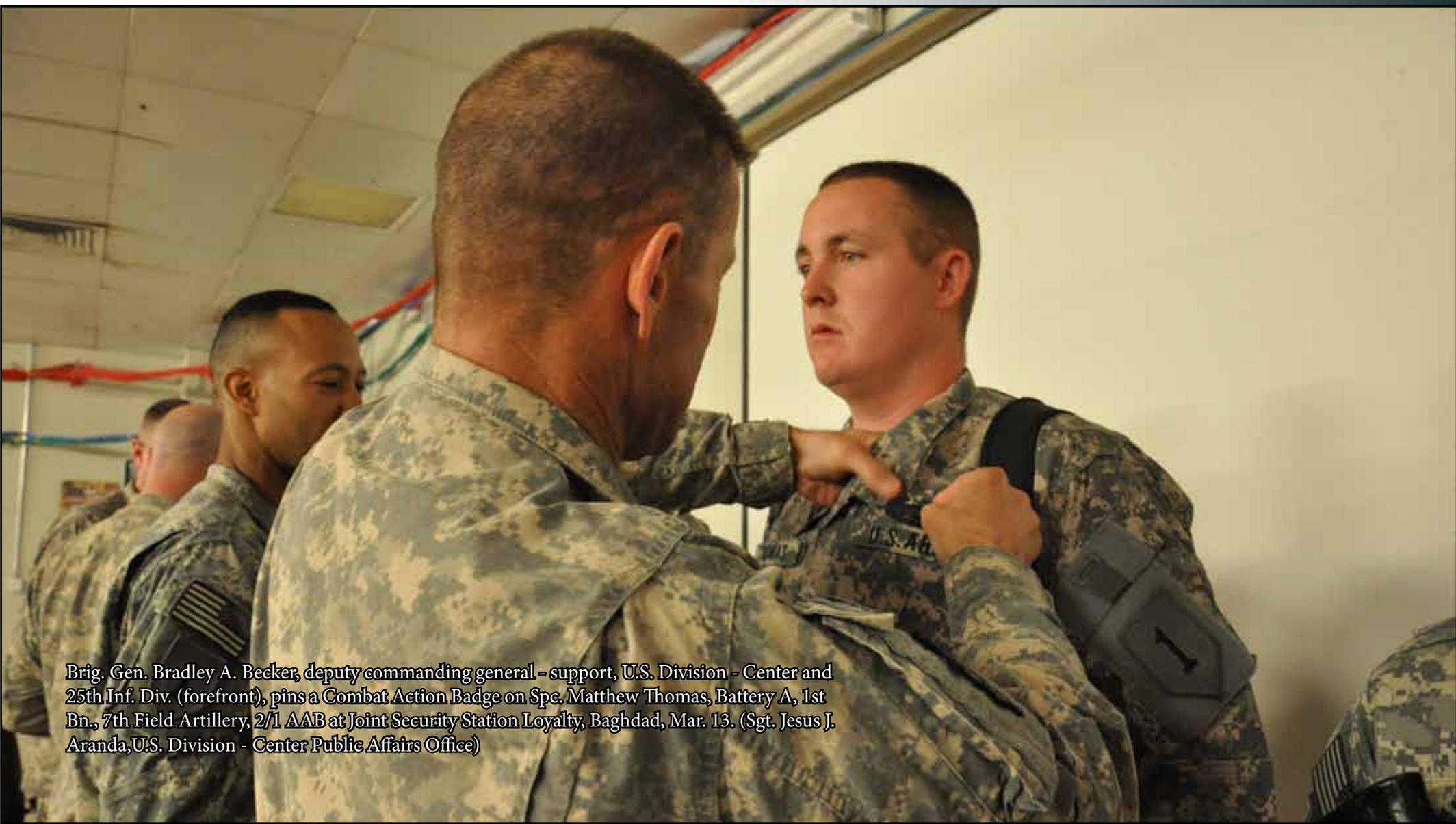
Command Sgt. Maj. Ray A. Devens, left, command sergeant major, 25th Infantry Division and United States Division - Center (left), looks on as Maj. Gen. Bernard S. Champoux, commanding general, 25th Inf. Div. and USD-C, speaks to those in attendance at a change of responsibility ceremony at Camp Liberty, Iraq, where Devens took over responsibilities as command sergeant major for the 25th Inf. Div. and USD-C, March 19. Outgoing sergeant major, Sgt. Maj. David Armour, will return to the position of operations sergeant major for the 25th Inf. Div. and USD-C. (U.S. Army photo by Sgt. Jesus J. Aranda, U.S. Division - Center Public Affairs)



Spc. Frank Novosel, with B Company, 3rd Battalion, 15th Infantry Regiment, 4th Advise and Assist Brigade, 3rd Infantry Division, looks on as Iraqi Army Soldiers with the 8th IA Brigade, 1st IA Div. practice basic rifle marksmanship during a training exercise known as Operation Eagle's Talon March 7, at Camp Taqaddum, Iraq. (U.S. Army photo by Staff Sgt. Tanya Thomas, 4th AAB, 3rd ID, USD-C Public Affairs)



USD-C at a glance

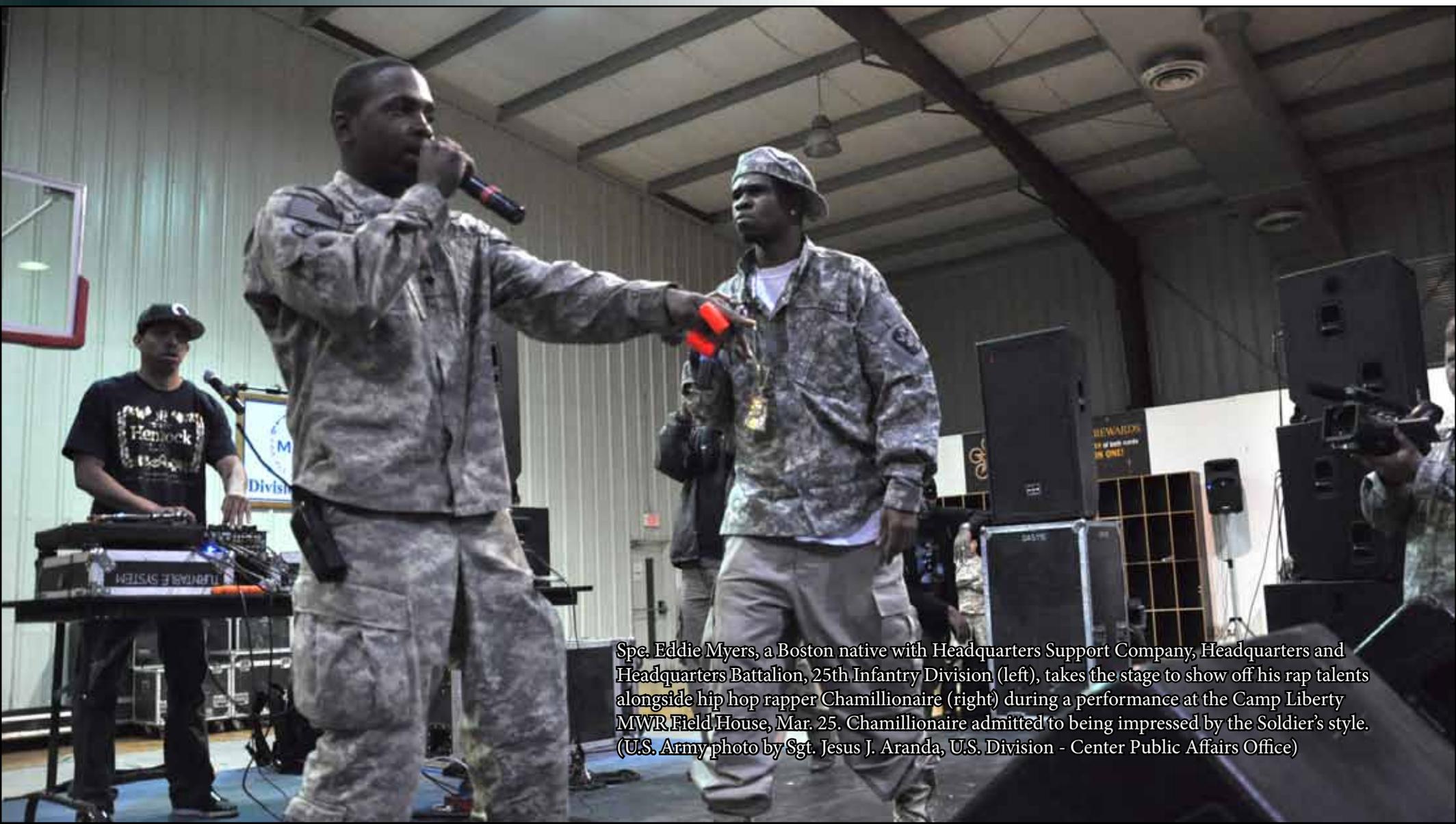


Brig. Gen. Bradley A. Becker, deputy commanding general - support, U.S. Division - Center and 25th Inf. Div. (forefront), pins a Combat Action Badge on Spc. Matthew Thomas, Battery A, 1st Bn., 7th Field Artillery, 2/1 AAB at Joint Security Station Loyalty, Baghdad, Mar. 13. (Sgt. Jesus J. Aranda, U.S. Division - Center Public Affairs Office)



Spc. Anthony Wong (right) a mechanic with Company, 1st Battalion, 18th Infantry, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center and a Bethel, Pa., native, works with an Iraqi Soldier with the 11th Iraqi Army Division on identifying parts of a Humvee during training at Joint Security Station Old Ministry of Defense, Iraq, March 7. Soldiers with B Co. work regularly with new Soldiers of the 11th IA Div. on basic Soldier skills. (U.S. Army photo by Spc. William K. Ermatinger, 2nd AAB, 1st Inf. Div., USD-C)

USD-C at a glance



Spc. Eddie Myers, a Boston native with Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Infantry Division (left), takes the stage to show off his rap talents alongside hip hop rapper Chamillionaire (right) during a performance at the Camp Liberty MWR Field House, Mar. 25. Chamillionaire admitted to being impressed by the Soldier's style. (U.S. Army photo by Sgt. Jesus J. Aranda, U.S. Division - Center Public Affairs Office)



Schoolchildren observe the festivities during the al Duwaya Primary School's opening ceremony in northern Baghdad, March 20. A project was undertaken more than a year ago to refurbish the school, which had fallen into disarray and used as a combat outpost at the height of "the 2007 U.S. troop surge."

Back to School

Northern Baghdad School Reopens for Classes after Years as Military Base



**Story by
Capt. Richard B. Toland,
2/1 AAB, USD-C**

In late 2006 the Duwaya Primary School in northern Baghdad had no students, no teachers and seemingly no future. The grounds were abandoned. The school's equipment had been looted and squatters had moved in. Because of insurgent activity, for many local residents the area had become just too dangerous of a place to send children to school.

Those days, however, are long past and

the school recently reopened after more than a year of planning and construction. As part of the renovation, local contractors refurbished the 12 classrooms and offices of the existing structure and built a new annex containing additional classrooms.

The additional rooms mean the average class size is reduced to 40 students, instead of 60. Additionally, the Iraqi Ministry of Education provided the teachers with new blackboards and whiteboards with markers to conduct their lessons.

All of this is a far cry from the school's not-so-distant past use as a combat outpost

during the U.S. troop surge of 2007 and then as base for Iraqi Security Forces.

While many in the neighborhood saw the presence of the ISF as one of the elements that kept violence in the area to a minimum, their presence at the school also prevented the children from returning to the classroom. A new station for the ISF was planned and is currently nearing completion. During the construction the ISF were able to move out of the school and into temporary buildings on their new compound, which lead the way for allowing children in the area to return to school

and prepare for the future.

"Education is the backbone of stable societies and communities such as the one around al Duwaya," said Dr. Nihad al Jibouri, the deputy minister of education and the education manager for all of Iraq, during the school's ribbon-cutting ceremony. "We all must continue to focus on improving education well into the future." Nihad said he believes that Baghdad still suffers from a severe shortage of schools, but sees the Duwaya School is an example of progress being made.

"There are 3,000 schools in Baghdad Province that need to either be built or renovated, and the Ministry of Education will continue to support the teachers and students in Baghdad just as we have done here," he said.

For those in the area around the school, the reopening was a big day. Nearly all children who attend the school were present for the celebration with many arriving in suits and colorful dresses. Many girls brought flowers to give as thanks, and others brought potted palm trees to plant at their new school.

Iraqi Security Forces, including the 9th Iraqi Army Division and the local Iraqi Police, attended the ceremony and provided security at the school opening, as they do for many of the events that occur in the area.

"It is important for our young people to receive a proper education to better prepare them for life," said IA Maj. Gen. Qasim, commander of the 9th IA Div. School officials thanked the Ministry of Education staff for their support in the renovation work and described the impact the new school would have on the community.

"The new school will be reflected in the attitudes and ultimately the success of the teachers and students," said Azhar Moosa Kadum, the principal of the Duwaya School. "I also thank the North Baghdad Provincial Reconstruction Team, and the United States forces for their involvement and support of the renovation project."

All 850 children who are students at the school were presented with new backpacks containing construction paper, crayons, and colored pencils delivered by the 9th IA Div. The school also received soccer balls for physical education classes.

The boy and girl class leaders from each grade were then presented with certificates of achievement, and a large bag of gifts that contained books, boxes of crayons, pencils, pencil sharpeners, dolls for the girls and soccer balls for the boys.

The ceremony concluded with a celebration of traditional Iraqi dance. The men formed a circle in the courtyard with many of the schoolboys in the middle.

A popular Baghdad singer sang an old Bedouin folk song while he mentioned all of the people who made the creation of the school possible.

Also in attendance at the school's opening ceremony were Dr. Etab al Doori, a member of the Iraqi national parliament; Sheik Mohammed Abd Hamid, chairman of the Taji Sheik Support Council; Lt. Col. John D. Cross, commander of the 1st Battalion, 18th Infantry Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center; and Timothy Lowery, embedded Provincial Reconstruction Team – North site lead.



(Above) Dr. Nihad al Jibouri, the deputy minister of education, prepares to cut the ribbon to the newly-renovated al Duwaya Primary School in northern Baghdad, March 20. (U.S. Army photo by Capt. Barry L. Mattson, 2/1 AAB)



A local girl observes the festivities during the opening ceremony of the newly-renovated al Duwaya Primary School March 20, in northern Baghdad. (U.S. Army photo by Spc. Jason Young, U.S. Forces - Iraq)



A boy holds a palm tree steady as the principal of a northern Baghdad school digs a hole during Iraqi Arbor Day March 22. Schools across Baghdad received trees from the Ministry of Education for the children to plant on the school grounds. (U.S. Army photo by Capt. Richard B. Toland Jr., 2nd AAB, 1st Inf. Div., USD-C)



Dagger Brigade Snapshot Corner



Baghdad



Camp Liberty



FOB Prosperity

FILING YOUR TAXES?

2010 INCOME TAX FILING INFORMATION

Though our office will not be providing tax services, the Client Service Team at the Legal Center would like to put out the information below regarding personal income tax:



OPTIONS CONCERNING FILING TAXES WHILE DEPLOYED

Soldiers can do it themselves:

- Free do-it-yourself electronic filing resources are available at: www.irs.gov, www.militaryonesource.com, and www.taxslayer.com (you will need to know your Employer Identification Number (EIN), which is found in Box b. of your W-2).
- Starting January 18, 2010, Military OneSource will provide H&R Block At Home® online tax filing (formerly TaxCut), plus tax consultations by phone — free to service members and their spouses. Additionally, many Soldiers can file for free directly with the IRS. Simply go to: <http://www.irs.gov/efile/index.html>, and follow the instructions.



A Soldier may have their spouse or another individual prepare taxes for them while they are deployed if they grant that individual a special power-of-attorney specifically for taxes. We have these available at our office.

When a soldier is deployed, the IRS suspends any action in regard to their taxes, so a deployed Soldier may simply wait to file their taxes until they return home.

Upon leaving a qualified combat zone, Soldiers receive an automatic 180-day extension to file their taxes, plus whatever time was left in the regular tax season when the Soldier first deployed.

EXAMPLE: If a Soldier deployed on 1 December 2010, he/she would have 285 days to submit a tax return from the time that he/she left the qualifying combat zone. The Soldier would automatically receive a 180-day extension, in addition to the number of days left between the end of the tax year (31 December 2010) and the end of the filing period for that year (15 April 2011). There were 105 days left in this period when he/she deployed on 1 December 2010 (1 January 2011 to 15 April 2011), therefore 180 days + 105 days = 285 days after returning from the deployment to file a return for the 2010 tax year.

STATE TAXATION OF NON-MILITARY SPOUSES' INCOME

If a Soldier and a spouse share the same domicile (state of legal residence), that spouse is exempt from taxation in any state that he or she has moved to as a result of their spouse's military orders. The spouse (and the Soldier) will still be taxed by the states in which they are domiciled. Domicile is a legal term of art, and it is sometimes a complicated process to determine where one is domiciled. Domicile is based on the intent to make a state your permanent home, but that intent must be backed up by objective evidence. Evidence as to where you are domiciled MAY include: where you vote, where your cars are registered, where you own a home, etc.

For more information about filing taxes as a deployed Soldier, see Publication 3, "Armed Forces' Tax Guide," located at <http://www.irs.gov/pub/irs-pdf/p3.pdf>.

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Holding the gait keys It's Your Turn to Run



Capt. Cory Durbin

Captain Cory Durbin has earned a Bachelor's Degree in Exercise Physiology from Bridgewater State University at Bridgewater, Massachusetts in 2003. He has worked as a Corporate Fitness trainer with Raytheon and has also worked

as an instructor for the Wellness Program with the Massachusetts National Guard. He is a graduate of the Master Fitness Training Course of 1999.

Increasing Speed - There are only two ways to increase your run speed: stride length—the total distance covered in your stride—and stride frequency—how fast you can complete your stride. That's it. You only have two options to work on. I'll provide some awareness on muscle groups which may limit running performance, touch on stride length, and address stride frequency next issue.

Esprit-de-Corps Runs - I'm going to let you in on a little secret...most formation runs aren't helpful for increasing speed. In fact, "40-inches all around" may not be adequate room to properly move—it's like a PT cubical. If you are going to open up your stride, you'll need adequate space to move your legs. Esprit-de-Corps is one thing..., but training troops for the next level is another. Don't get me wrong, formation runs keep Soldiers accountable to the unit and cadence calling—aside from the "C130" and "My Grandma"—still pumps me up, but it's not the best method for overall speed improvement. Typically, the slowest person is tortured, while your fastest person remains unchallenged. Our job as leaders is to train the force—not the weakest link.

Adapt and Overcome - One challenge I have noticed is the strain placed on the Hip Flexors. Even though they are double tapped on an APFT (sit-ups and 2 Mile Run) hip flexors are often overlooked and undertrained. Hip Flexors are used to bring the knees closer to the chest, also known as hip flexion. They also work when bringing your chest towards your knees when the feet are stationary as in a sit-up. This action is called trunk flexion. Granted, the abdominals or abs perform trunk flexion, but when your primary muscles (abs) become fatigued the secondary ones (hip flexors) attempt to compensate. This is why your running gait is initially shorter at the beginning of the APFT. Fatigued Hip Flexors will lead to a shortened running gait and, as a result, a slower run time. Here's how you beat it.

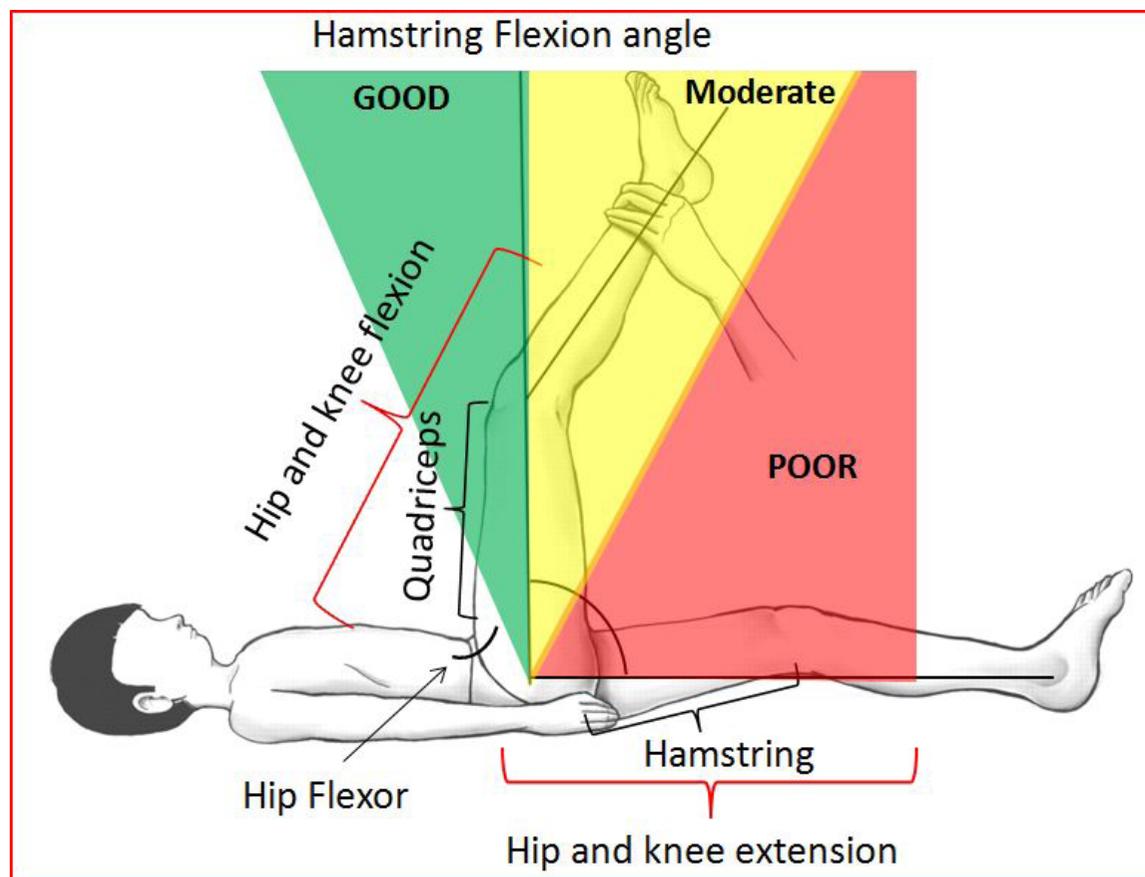
Stretch "Fo', Fo', Fo'" Sure- First, make sure you stretch. I know you're heard it before, and I got a good laugh when my college professor said it too...until he showed me his 1983 NBA Championship ring when he was the 76ers' Strength and Flexibility Coach. Poor

flexibility limits your stride length and hinders efficient running. The hamstring is responsible for knee flexion—bringing your foot towards your butt—and is overused in formation running. For example, picture yourself looking down in a formation run. You'll notice your knees don't go too much farther than your hips. This causes an imbalance between the quadriceps or quads—responsible for knee extension—and the hamstrings. This is one reason why you will see more hamstring injuries rather than quads. When laying on your back and lifting the leg towards the head for a hamstring stretch, the typical overworked hamstring will average about 90 degrees or less before the stretch is felt. If you can't reach 90 degrees with a straightened leg, you are probably more prone to incur a pulled or strained hamstring. See the picture below to assess yourself.

A Leg Up on the Competition - Solutions for training poor stride length. First suggestion is to find a treadmill and walk on it with the highest elevation you can handle. It will force you to repeatedly use your hip flexors for an extended period of time, which will help you train your hip flexors for endurance. The hip flexor treadmill workout combined with increased flexibility of the hamstrings will allow you to get your legs up during a run, which will result in increased stride length. Quad flexibility combined with downhill running at low to moderate grade will also aid in opening up your stride.

It is important to note when running down hill that the grade isn't so steep the runner has to lean backwards and/or slow momentum with each foot stride. The runner should be able to be upright or slightly forward with an exaggerated full stride. Another good test of the right hill grade it to try running backwards up the same hill—it will challenge the hamstrings and gluts (butt) and will also reveal poor flexibility in the quadriceps.

Work on opening up your stride, and next time I will focus on increasing your stride frequency, which will truly satisfy you need for speed.



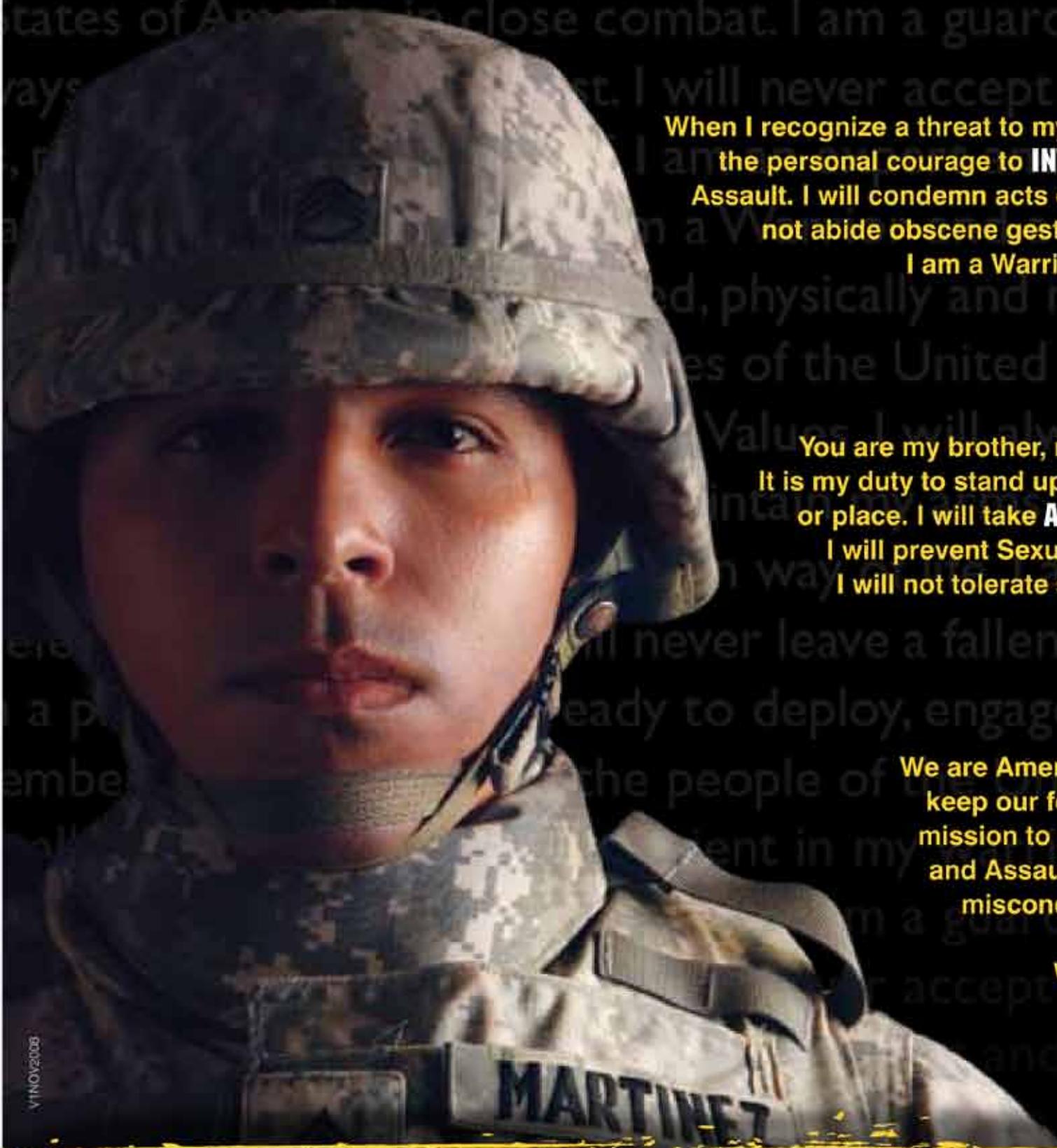


U.S. ARMY

I.A.M. STRONGSM

INTERVENE ★ **ACT** ★ **MOTIVATE**

Sexual Assault and Sexual Harassment Prevention



INTERVENE

When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior.

I am a Warrior and a member of a team. I will **INTERVENE**.

ACT

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right.

I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior.

I will **ACT**.

MOTIVATE

We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all

MOTIVATED to take action.

We are strongest...together.

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