FOB KALSU – Many jobs are overlooked and underappreciated even though the fruits of their labor are evident all around. For example, the small preventive medicine staff at Forward Operating Base Kalsu helps keep service members safe.

“We do a lot of different things here and other locations,” said Spc. Matthew B. Hintermaier, preventive medicine technician, Company C, 172nd Support Battalion. “We help protect the forward operating bases from food-borne, water-borne and vector-borne diseases.”

To protect the residents of the FOB, the preventive medicine team conducts a variety of tests and studies, including monitoring insect populations and water sampling.

“We keep a water log to check for escherichia coli, phicolgrhme and mineral levels,” said Hintermaier, an Anne Arbor, Mich. native. “To determine if the water is usable for humans, we look at the military exposure guidelines for acceptable contamination levels.”

The military exposure guideline is designed to allow commanders to conduct risk assessments and determine acceptable levels of chemical exposure in a deployed environment.

A bigger part of a preventive medicine team’s job is to protect residents from insects and the possible diseases.
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they carry.

“Here on this FOB, there are three different types of mosquitoes and one type of sand flea or sand fly. Both can be dangerous to humans,” said Hintermaier.

To protect the people on the FOB, the preventive medicine team sets up light traps to attract mosquitoes and sand flies at 12 different sites which have a high concentration of people. Set up at night and retrieved in the morning, the traps are then placed in a freezer to be sorted later.

When the preventive medicine team finishes sorting the specimens, they send the samples to Baghdad to be tested. The traps are set up and sorted three times a week to ensure the safety of the FOB residents.

If any threat is found from the sampling, preventive medicine contacts vector control and informs them where the threat is located. Chemical pesticide is then used at night to fog the area.

Residents can protect themselves from mosquitoes and sand flies by wearing the proper clothing and using insect repellent on exposed skin.

Insects are not preventative medicine’s only concern on the FOB. They also work with vector control to maintain the animal and vermin population here. Animals found on the FOB include cats, dogs, porcupines, hedgehogs, snakes, jungle cats, foxes and rabbits.

Preventive medicine’s job may seem like an easy one, but there is a lot of hard work involved in what they do.

“We go to several different FOBs and work all over the Blackhawk area of operation,” said Hintermaier. Preventive medicine travels to patrol bases and joint contracting command posts, and larger FOBs like Echo, Scania, Delta and Rio Hillah.

Preventive medicine also conducts inspections in various areas of the FOBs, watching for possible health risks such as food contamination, safety hazards and the cleanliness of an area.

Areas inspected include dining facilities, eateries, barbershops and gyms.

Many things residents may take for granted are taken care of by the preventive medicine team. By educating the command and showcasing their expertise, the preventive medicine team hopes to make an impact on keeping personnel safe.

Jungle cats, also known as swamp cats, are found along the water reeds. Jungle cats are normally larger than domestic cats and tend to stay clear of humans.

For all of Pfc. Little’s stories go to: www.TheRedBulls.org/Little

Jungle cats, also known as swamp cats, are found along the water reeds. Jungle cats are normally larger than domestic cats and tend to stay clear of humans.

Photo by Bill Patsch

Click here for More Photos
COB ADDER – Spc. Amanda Cleveland describes herself as “a simple girl who is not into drama.” As an Army medic, sometimes she can’t avoid being in dramatic situations, but it is the ability to consistently help and aid people, not the drama, that drives this native of Williamsport, Pa. to excel at her job.

Cleveland graduated from Williamsport High School in 2007 and, at age 17, immediately set off for basic combat training and Combat Medical School.

“I really wanted to go into the medical field and wasn’t sure how I was going to do it,” said Cleveland. “A recruiter was able to get me into the health care field and give me a $20,000 bonus on top of it.”

Cleveland was 18 years old when her six months of rigorous medical training began and she became very nervous. “It was the longest time I had ever been away from my family,” she said. “I don’t know if I could have graduated if it had not been for a few older friends I had made who shared their previous experiences with me.”

While at training, Cleveland learned the ins and outs of emergency medicine and basic medical skills in general. She recalled one particular exercise, which she called “blood lanes.”

“We went through these blood lanes where we had to treat mock casualties in a stressful environment,” she said. “It was fast-paced training and we had to deal with them screaming, among other things.”

She went through similar training at the regional medical training site at Fort Indiantown Gap, Pa. in preparation for deployment.

Cleveland is currently serving with Task Force Keystone during her unit’s nine-month deployment to Iraq. Leading up to the three-month pre-deployment mobilization, Cleveland was one of several medics tasked with training the Soldiers of the 28th Combat Aviation Brigade in basic combat medical skills. This allows each Soldier to act as a bridge during the time between an emergency and the arrival of a medic. This time is often the most critical in ensuring a patient’s survival, according to Cleveland.

Her supervisor, Sgt. 1st Class Collin Bowser of Indiana, Pa., said Cleveland is extremely proficient at medical training. “She has done an excellent job teaching several hundred Soldiers the basics of first aid,” said Bowser. “And these are mostly Soldiers who are novices at this stuff and have minimal medical experience.”

Cleveland is humble about her teaching ability, but is quick to acknowledge the importance of the subject matter. “I really enjoy teaching, but it’s not always easy keeping a student’s attention, because I’m not a dominating person,” said Cleveland. “I just keep reminding myself that what I am teaching these Soldiers will not only affect them, but also the people they may have to save. I may be helping my students save a life!”

Cleveland is the primary instructor of the 28th CAB’s First Aid Refresher Course at Contingency Operating Base Adder, which is taught monthly to a rotation of Soldiers. When she is not training, she is receiving clinical experience in her unit’s medical clinic. She takes vital signs, screens patients, performs asthma treatments and even stitches sutures.

During her 12-hour shifts, she uses downtime to write home. Many Soldiers here use e-mail, but Cleveland prefers to put pen to paper. “I like to physically write letters for two reasons. First, some of my family members are technologically impaired,” she joked. “But really it just feels more personal. It feels good to have that letter in your hand, knowing there was more time and energy put into it.”

This is certainly one Soldier who thrives on putting time and energy into aiding others.

For more from the Keystone brigade, visit: www.TheRedBulls.org/Keystone
Emphasizing Iraqi success

**Warhorse Soldier among first to receive battlefield promotion**

By Staff Sgt. Rodney Foliente  
2nd BCT, 4th Inf. Div.

COB BASRA – A Warhorse Soldier was the first in the public affairs branch and among the first Army-wide to receive a battlefield promotion under a new policy allowing exceptional Soldiers to be promoted before their peers while deployed.

Pfc. Seth Barham, a broadcast journalist with the 2nd Brigade Combat Team, 4th Infantry Division, was promoted to specialist June 3, with a date of rank of May 20.

The Army recently allowed battlefield promotions, which was a common practice during World War II and continued through subsequent wars until the end of the Vietnam Conflict. After a successful year-long pilot program that began in April 2008 and saw more than 900 Soldiers promoted, the Army decided to officially reinstate battlefield promotions.

Barham, a 25-year-old native of Exeter, N.H., was able to advance to the rank of specialist five months before fulfilling the typical time-in-service requirement.

"Since he came to the unit, Barham conducted himself in a manner far beyond what his rank suggested. It seemed only fitting to get him promoted as soon as possible," said Staff Sgt. Carlos M. Burger II, public affairs noncommissioned officer-in-charge, 2nd BCT, 4th Inf. Div., and a native of Hampton, Va.

"I believe Barham is the first public affairs Soldier to be recognized in this program and that’s a pretty significant achievement that no one can take away from him," continued Burger.

"The fact that I was even nominated meant a lot. It meant the people working around me appreciate me and appreciate what I bring to the table day in and day out," said Barham. "The fact of the matter is, my chain of command didn’t have to do it. They chose to and that is a very special feeling."

As to why he was nominated, he shrugged and said he just tries to work hard to do the best he can, whatever the job, whatever the mission.

“I try to produce. If you produce in anything you ever try, no one can really get on your case. It’s just like winning in sports,” said Barham. “When you produce, you instantly become an asset to the team instead of a detriment.”

“We are proud of Seth and his promotion. We just think it is amazing that Seth got a battlefield promotion,” his parents wrote in an email. “He loves what he does and he will go far. We are very proud of Seth serving his country.”

Both of his parents served in the Army. His mother, Susan, served as a supply sergeant for 45 years and his father, Ernest is a Vietnam Veteran who served as a mechanic and retired as a sergeant first class.

“My parents weren’t necessarily my inspiration for joining, even though they did a number of good things in the service,” said Barham. “When I came down to which branch of service I would join, they had a huge impact on that. It was Army all the way.”

“I joined the Army to gain more structure and discipline in my life and to serve my country at the same time,” said Barham, who enlisted Jan. 8, 2008. “Serving my country is a great honor. I believe everyone should have to do it at least once in their lives.”

“The opportunities in the Army are endless and when you reach a point where you might get a little bored with some aspect of it, you can always go to a new school or try a new aspect of your job,” continued Barham. “There are always options to make your time in the Army exciting and fulfilling.”

“Making the Army a career is a possibility,” explained Barham. “However, my dream in life is to work in the management capacity for a professional sports team.”

Though he does not know what the future holds, he said he is content to do his job as well as he can, as a Soldier and a journalist.

“My job is to tell the Soldier’s story and the Army’s story, primarily by way of video product,” Barham concluded. “The best part of my job is telling people outside the Army see what a great job the American Soldier does on a daily basis. When a Soldier tells me that his family was able to see him on the computer, television or hear them on the radio, it makes my job very satisfying.”

For more of Staff Sgt. Foliente’s stories, visit:  
www.TheRedBulls.org/Foliente
The goal of the Multi-National Division - South Equal Opportunity program is to promote an environment within Contingency Operating Base Basra where Soldiers and Department of the Army civilians are mobilized into a combat environment with individuals and groups of people who are culturally and ethnically different from one another.

This is the challenge to everyone as leaders and the principles of good leadership.

The 34th Infantry Division, MND-S is a diverse composition of multiple units and organizations with an ethnic and racial makeup most reflective of American society. For many Soldiers from isolated and rural areas of the United States, this deployment is probably the first opportunity to meet and communicate with people who are "different." These differences are manifested through skin color, gender, religion, language, attitudes or in simple mannerisms. Moreover, these differences are also the characteristics that make us an elite fighting force today.

The converging of these differences can, have and will continue to create conflict. All conflict is not negative; and positive growth, experience, attitudinal change and understanding usually result with proper handling, processing and intervention.

If not properly handled, conflict and other negative behaviors based on actual or perceived differences can be detrimental to teamwork and unit cohesion. This is where the EO Program Office becomes a combat multiplier. By standing on the foundation of the four building blocks of Leadership, Understanding, Commitment and Knowledge, the EOL and EOAs can meet, greet and defeat the behaviors at the lowest level possible.

The responsibility of MND-S EO leadership is to recognize and manage these differences so they do not interfere with the Red Bull's mission effectiveness and ability to fight and win on the battlefield. ATTACK, ATTACK, ATTACK!

By Lt. Col. Trancey B. Williams
34th ID Equal Opportunity Program Manager

Shout out!
Will be played at the opening football game in the new TCF stadium!

Who? All University of Minnesota students, alumni and fans

When? Saturday, July 25, 12:15 showtime
12:30 Group Shout-out, followed by individual shout-outs.

Where? OFAC 2 by Division Main

Uniform? Duty uniform. Bring your U of M Gopher gear for video!
TAREGANIA, India - The longest solar eclipse of the 21st century created near darkness in daytime from India to China and the South Pacific July 21. Astronomers explain the phenomenon occurs when orbital mechanics are just right for the moon to cover the sun completely, casting a shadow on Earth. The eclipse was visible only in Asia. It moved eastward from India to Nepal, Myanmar, Bangladesh, Bhutan and China. At its peak, the total phase of the eclipse lasted 6 minutes and 39 seconds. That made it the longest-lasting total eclipse since July 11, 1991, when a stretch of totality lasting 6 minutes and 53 seconds was visible from Hawaii to South America. There will not be a longer total eclipse until 2132.

LEXINGTON, Ky. - A newborn baby was hospitalized in critical condition after being taken from his crib and carried outside by a family dog, authorities said July 21. The infant, Alexander James Smith, was in his crib for a nap July 20. When his parents looked outside later, they saw their pet, a 4-year-old mixed breed called a Native American Indian dog, holding the baby in his mouth, said Jessamine County chief deputy sheriff Allen Peel. The baby's father, Michael Smith, chased the dog into a wooded area behind the home near Nicholasville, just south of Lexington. It took the father about 10 minutes to recover his son about 200 yards behind the home, Peel said. The baby was taken to the University of Kentucky Hospital in Lexington, where he was listed in critical condition. The dog, named Dakota, was taken by local animal control officials and was being quarantined. No charges have been filed, and the case remains under investigation.

RENO, Nev. - A woman has filed a lawsuit accusing Pittsburgh Steelers quarterback Ben Roethlisberger of raping her last summer in his hotel room at a casino in Lake Tahoe during a celebrity golf tournament. Roethlisberger's lawyer denied the allegations July 21, and said the woman, who was working at the hotel, never went to the authorities. "Ben has never sexually assaulted anyone. The timing of the lawsuit and the absence of a criminal complaint and a criminal investigation are the most compelling evidence of the absence of any criminal conduct," David Cornwell said. "If an investigation is commenced, Ben will cooperate fully and Ben will be fully exonerated." The suit also alleges hotel officials for Harrah's Lake Tahoe went to great lengths to cover up the incident. It seeks a minimum of $440,000 in damages from the quarterback, at least $50,000 in damages from the Harrah's officials and an unspecified amount of punitive damages "sufficient to deter" Roethlisberger and the others "from engaging in such conduct in the future."

FORT LAUDERDALE, Fla. - A Florida woman has been sentenced to 14 months of house arrest for leaving two grandchildren alone in a parked car while she went to play the slots. A Broward County judge also gave the 54-year-old woman three years' probation July 20. Authorities say the woman left the children in a car parked outside a Hallandale Beach casino in August 2008. The windows were down, but the air-conditioning was off. A witness saw the 2-year-old girl and 14-year-old boy in the car and told the casino's security. The prosecutor told the South Florida Sun Sentinel that the woman pled guilty to charges including felony child abuse and misdemeanor contributing to the delinquency of a minor.