



Task Force 115th assumes mission



Photo by Capt. Heath Steele, public affairs officer, Task Force 62nd Medical Brigade
Col. Roberto Nang and Command Sgt. Maj. Garfield Skyers case Task Force 31st Combat Support Hospital's colors, officially signifying the completion of its 15-month tour.

Story by
Capt. William Betts
TF62nd PAO

Task Force 115th Combat Support Hospital formally assumed command of the split-based Combat Support Hospital covering three forward operating bases from Task Force 31st Combat Support Hospital during a transfer of authority ceremony on Camp Cropper June 10.

TF 31st, under the

leadership of Col. Roberto Nang and Command Sgt. Maj. Garfield Skyers cased their unit colors signifying the conclusion of their 15-month deployment and subsequent return to Fort Bliss, Texas, the ceremony marked the beginning of a 15-month deployment for TF 115th from Fort Polk, La., under the leadership of Col. John McGrath and Command Sgt. Maj. Shirley Hunt.

Col. Patrick Sargent, commander of Task Force 62nd Medical Brigade spoke highly of TF 31st's transition and mission accomplishments.

"Colonel Nang and Command Sergeant Major Skyers, I would like to publicly commend you and your Soldiers on the flawless execution of your detainee and Level III medical support mission," Sargent said.

Sargent noted the difficul-

ty of the detainee healthcare mission, often developing new tactics and procedures during the mission.

"Task Force 31st not only set the standard in detainee healthcare, it found itself in the position of having to write the standard. Unlike its sister combat support hospitals, Task Force 31st had the unique mission of working across the continuum of medical care, from developing wire medicine and detainee healthcare algorithms to providing primary, surgical and even rehabilitative care," Sargent said.

TF 31st deployed to two split-based locations in Iraq, encompassing one area support medical company and an ambulance platoon that provided exceptional medical support to the warriors fighting on the battlefield.

"Task Force 31st's dedication to the principles of protection, care, and respect of the enemy sick and wounded is testament to America's respect for the humane treatment of our adversaries," said Sargent.

"It's a great day for a

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Creating new paths



Photo by Pfc. Eric J. Glassey, 13th Public Affair Detachment

Civilian contractor, Dilliram Acharya, a native from Nepal and employee of FLUOR 18, works on the sidewalk near the Sports Oasis at Camp Victory June 17. The construction is part of an ongoing project to improve the roads and sidewalk throughout Camp Victory.

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transfer of authority and we are very glad and happy that this day is finally here,” Nang said.

Highlights of the 31st Combat Support Hospital’s deployment include administering over 62,000 insulin treatments for diabetic de-

tainees; immunizing over 30,000 Soldiers, coalition forces and detainees during the influenza medical campaign; and teaching numerous Combat Life Saver Courses to firemen, Army and Air Force Exchange and Kellogg Brown Root employees.

“I know that Colonel McGrath and the great men and women of Task Force 115th will take this mission, build upon what we have accomplished and do even bigger and greater things for Task Force 134 and Task Force 62,” Nang said.



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Crush addiction: tobacco cessation class can assist



Photo illustration by Pfc. Eric J. Martinez

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Task Force 62nd Medical Brigade provides tobacco cessation classes every Saturday 10:00 a.m. at the 785th Medical Support Company's Combat Stress Control office.

The class covers the health risks that smokers face and

the benefits of quitting. It is open to all personnel stationed on Victory Base Complex.

"The class shows how much your health is affected by smoking and tells you what you are putting into your body," said Pfc. Leanna Goodrum, mental health specialist, TF 62nd Med. Bde.

"Most people increase the amount of tobacco they use when in combat," said Maj. Sejal S. Patel, psychiatrist, 98th Medical De-

tachment. "Quitting will help you find a better way to manage stress."

Finding a reason to quit and a proper plan of action is often the hardest part of the cessation process.

"When you have a brain that wants nicotine, you have to go back and gain control of it again," said Lt. Col. Ronald D. Ross, preventative medicine officer, TF 62nd Med. Bde.

"In the class, we discuss ways of quitting that participants may have not tried in the past," Goodrum said. "You can slowly start cutting back on the amount of tobacco you use everyday. Find something else to do instead of a smoke break. You can combat the addiction with a combination of medication and a good plan of action."

If participants choose, they can take advantage of nicotine gum, patches or the medication, Zyban.

"There are various tools to help you stop smoking that all work in different ways. Nicotine patches, gum and medication aren't magic. They'll only work if you develop a plan to quit," Ross said.

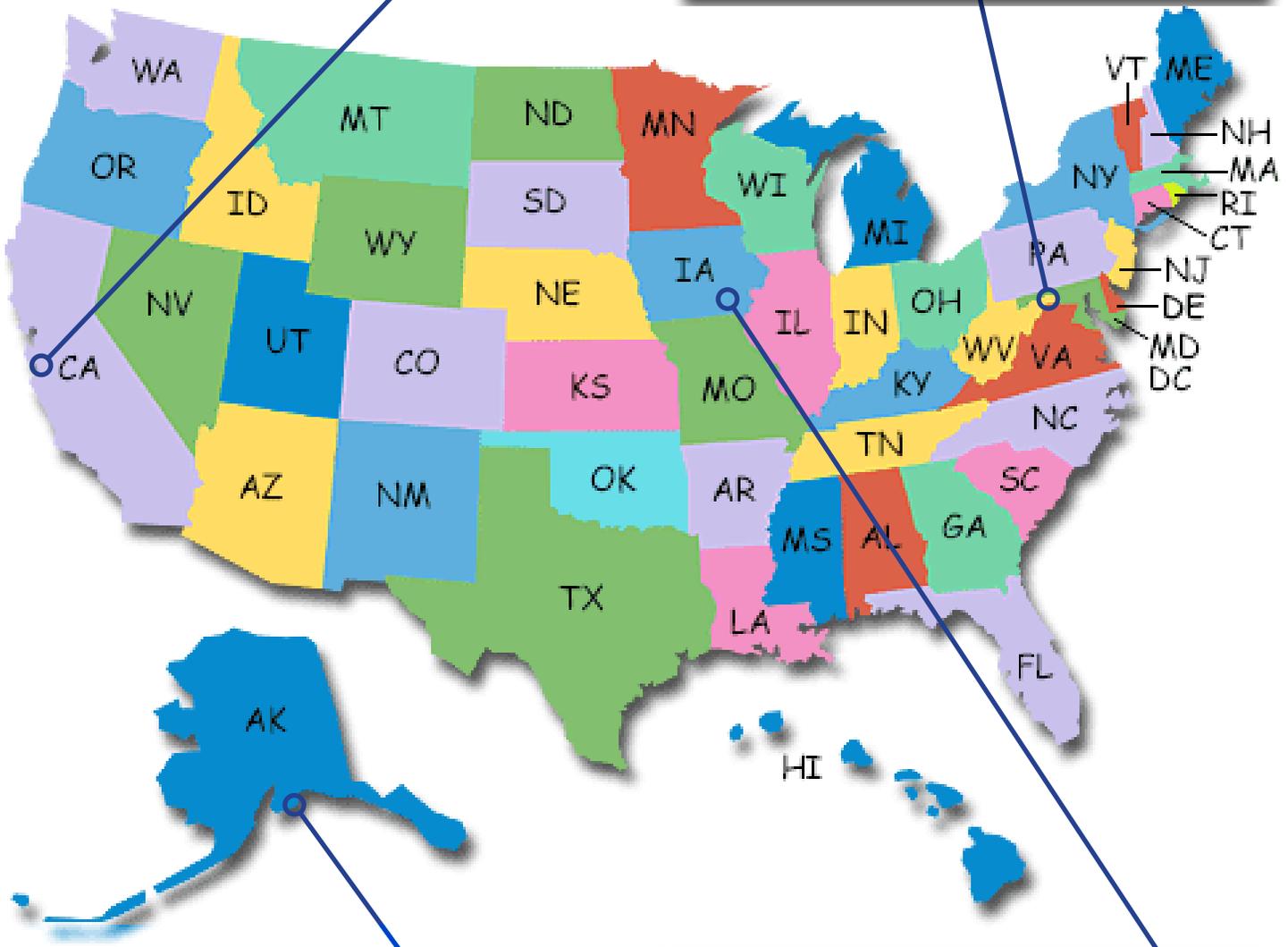
"Zyban helps to fight the chemical dependence and withdrawals associated with tobacco," Patel said. "You aren't just going to take the pill and then be smoke free. It has a lot to do with your motivation to quit."

"Stopping smoking is important at any point after you've started. If you want a doctor's advice, quitting smoking is always a home run," Ross said.

U.S. NEWS

PARADISE, California- High wind on Saturday continued to stoke fires across Northern California that had destroyed dozens of homes and forced thousands of residents to flee.

WASHINGTON, D.C.- Tom Brokaw lifted a bottle of Rolling Rock beer in tribute to fallen colleague Tim Russert, part of a day of tributes that brought the nation's top journalists and politicians and even Senators Barack Obama and John McCain together. Russert, the NBC "Meet the Press" anchor who died of a heart attack Friday at the age of 58, was eulogized at his funeral and a memorial service that was televised on MSNBC.



ANCHORAGE, Alaska-Two women missing for days in Denali National Park have been found and returned to park headquarters. Park spokeswoman Kris Fister says the women were found Wednesday afternoon outside the park's boundaries on the northern side.

CEDAR RAPIDS, Iowa-The dark, filthy water that inundated the entire downtown of Iowa's second-largest city was receding Saturday after forcing 24,000 people to flee, but those who remained were being urged to take draconian measures to avoid overwhelming the city's only remaining drinking water source.

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