



3rd Brigade Combat Team donates computers to Al-Eilaf All-Girls High School in Baghdad. **Page 3**

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1-12 Cav. brings medical assistance and supplies to Al-Rashid Medical Center.

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Cav Country

Volume 1, Issue 5

"Telling the First Team's Story"

June 25, 2004

Toby Keith, Ted Nugent Visit Camp Victory



Photos by Spc. Bryan Kinkade, 1st Cav. Div. PAO

A Soldier waves a flag in sea of U.S. service members during the free concert where more than 500 Soldiers, Sailors, Marines and air-men caught a 45-minute show put on by country music star Toby Keith and rock guitarist Ted Nugent. *See story, page 14.*

Celebrating the Army's Birthday, First Team Hits the Road on Victory North

By Master Sgt. Dave Larsen
1st Cav. Div. PAO

CAMP VICTORY NORTH, Baghdad-- "I got a letter in the mail; Go to war or go to jail; And it won't be long; 'Til I get on back home." A steady stream of cadence calls filled

the air at the break of dawn as the Soldiers of the 1st Cavalry Division hit the road in celebration of the Army's 229th birthday.

There were no balloons, party hats or streamers in this celebration. Instead, the First Team's commanding general, Maj. Gen. Pete Chiarelli led nearly

1,000 of his troopers on a 3-and-one-half-mile lope around the man-made lake on his headquarters' base camp. Pfc. Joshua Ridele accompanied Chiarelli in the lead of the division, chosen for the honor because he was the youngest Soldier present. The 18-year-old Florence, Ky. native and member of Company B, 91st Engineer Battalion, took his place next to his commanding general as they paced the division. Compared to a birthday bash back home, this was not a typical birthday celebration.

"What do I do on my birthday? I usually just sit around and chill," said 1st Sgt. Edwin Kerns, top sergeant for the division's headquarters company. "I don't run!"

Most Soldiers agreed with the first sergeant's assessment, but this was the Army's birthday they were celebrating, and there was going to be a huge birthday cake to make all the sweat worthwhile. The division annually conducts a division run, with more than 15,000 participating last year at Fort Hood. In Baghdad, with the division spread out throughout the Iraqi capital, most of the units represented came from the 2nd Brigade Combat Team, located on the adjacent Camp Black Jack.

With nearly a thousand Soldiers lined up awaiting a slice after the 30-minute jaunt, the prospects looked pretty slim to some troops waiting in the back of the line with the 411th Engineer

Battalion, an Army reserve unit from Guam.

"Well, I hope we get some of it," said Command Sgt. Maj. Raymond Irie, the battalion's senior enlisted member.

After a 10-minute wait, the bad news came: the Army birthday cake was Absent Without Leave.

"Commanders, take charge of your units!" Chiarelli finally shouted down the line of troops. "We can't find the cake!"

The cake eventually showed up at the division headquarters building, about an hour after the division was dismissed. It was a three-layered white sheet cake, 3-by-5-feet in dimension, with creamy frosting. It lasted about two hours in the foyer of the building.

The division band performed at the break of dawn run, and then played concerts at three other brigade forward operating bases in Baghdad. At 7 p.m., the band played a final hour-long concert in front of the Victory North Post Exchange.

Even without a sugary birthday breakfast treat, the celebration was a memorable one for many Soldiers.

"This is special," Irie said. "Because for us reservists, this is the first time we've activated with the active component. It's been about 50 years (for us) and it's awesome to be here with the 1st Cav."



By Spc. Marie Whitney, 122nd MPAD

Celebrating the Army's 229th birthday, Maj. Gen. Peter Chiarelli, commanding general of the 1st Cavalry Division, leads the division with the unit's youngest trooper, Pfc. Joshua Ridele, 18, from Company B, 91st Engineer Battalion. First Team units on Camp Victory North in Baghdad ran completely around the man-made lake on the base camp, a three-and-one-half mile jaunt. Nearly 1,000 Soldiers participated in the run June 14.

Crossing the Border

By Chaplain (Capt.) Andrew Ropp
15th FSB, 2 BCT

On February 3, 2004 I crossed the border from Kuwait into the country of Iraq. I recalled the time a couple of years earlier when I was staged with my unit in Kuwait wondering if we would enter Iraq, but now we were actually doing it. We were crossing that invisible line that separated one country from another. It was a boundary that separated ideas, culture, philosophy, and faith. For many years this boundary kept out those who wanted to reach out; and, it kept others captive, unable to reach out in times of need.

While the boundary between Kuwait and Iraq can be represented by a line on a map, we live with many other kinds of boundaries that are not so easily defined. An incomplete list, including public opinion, traditions of men, culture, prejudices, and religious hypocrisy, all serve to separate people, imprisoning some and ostracizing others. Those wanting to reach out across these barriers to help are often hindered by their fears, either their own fears or the fears of others who do what they can to hinder any effort to cross into the "forbidden land."

Crossing boundaries long kept unbroken can often take a great deal of courage, even a certain degree of risk. One man was well known for crossing boundaries that separated people. The Bible tells us about Jesus, who crossed significant cultural boundaries when He went into Samaria and spoke to a Samaritan woman. He crossed religious boundaries when He touched the unclean lepers and again when He healed on the Sabbath. He snubbed His nose at public opinion when He invited Himself to the house of a Jewish tax collector for dinner. He angered the religious leaders of His day when He challenged their hypocrisy and rules that kept the general

populace from experiencing all that God desired for His people.

Before leaving His disciples, Jesus gave them a few final instructions. He told them that they were to be His witnesses "in Jerusalem, and in all Judea and Samaria, and to the ends of the earth" (Acts 1:8). Essentially, Jesus eliminated any boundaries that would ordinarily define where they would go and wouldn't go. No group of people, or individual, was to be excluded from hearing the Good News. And, the disciples knew that Jesus' words were not empty words, but they were instructions that Jesus had already lived out in His own ministry.

And now, even centuries later, the principle found in Jesus' instruction still holds true. We still find people in need who are trapped behind some kind of boundary that keeps others from reaching out to them. For those desiring to help and are willing to cross boundaries, risks must be taken, fears overcome, and self-interests must be set aside as the potential for reward often lies only in the ability to lay comfortably at night thanking God for the privilege of helping another of His children.

Often the greatest and most valuable help comes from those who take the greatest risks and pay the highest price while crossing boundaries to go where the need is. Jesus paid the ultimate price for us, and we too can offer no less for those around us who need the loving touch of a hand reaching out, breaking barriers and crossing boundaries that have been so long in the making.

Please pray for the soldiers putting their lives on the line in foreign lands. And, be inspired by those same soldiers to take a risk and reach out to people in your own communities who are silently crying out for God's touch that perhaps will only come through your hands.



By Capt. Mitchell Zornes, 122nd MPAD girl.

An Iraqi child smiles for the camera in front of her family's shop in a marketplace in the Green Zone. The importance of hospitality is one of the key aspects to show the people of Iraq; from the oldest man and woman, all the way down to the smallest boy and

Cultural Awareness Key to Mission

By Sgt. 1st Class Warner Stadler
Division G-5 Liaison Officer

"Because I have been athirst, I will dig a well so others may drink."

-- Arabic Proverb

This proverb reflects the spirit behind the old rules of hospitality of the Bedouins. Offering a traveler, even an enemy, food, water and shelter for three days was an unwritten rule of the desert. It was needed for mutual survival in this harsh, merciless environment.

The custom is still practiced today. Even the poorest families will share all they have in an effort to extend proper hospitality to their guests. Over time, the custom has grown from a system of mutual life support to a treasured means for social interaction and friendship.

To become a good friend of an Arab, one must graciously accept his hospitality

and generously return the favor when the opportunity arises. To an Arab, hospitality is one of the most highly admired virtues. Much like we desire to impress our friends with our possessions or our ability to excel at a certain sport, an Arab strives to impress with his hospitality. Show him that you are impressed. It will gratify your host and strengthen your friendship.

Like hospitality, good manners are another measure of virtue and character. Although your Arab host will forgive you for minor infractions when he knows that you are unfamiliar with the local customs, he does expect you to make an effort to learn the proper etiquette.

When you are in his house, he expects you to follow the rules of the house, figuratively and literally speaking. We will soon change from being an occupational force to becoming guests in Iraq. It is important that we conduct ourselves properly, and do not wear out our welcome.

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Spur & The Moment

"What are your plans for R & R?"

Photos by Spc. Bryan Kinkade, 1st Cav. Div. PAO

"I'm going to ride my Harley for two weeks straight."



Sgt. Johnny Carroll
2nd Battalion, 12th Cavalry

"I'm going to go home and see my baby being born."



Sgt. Aaron Baca
3rd Bn., 82nd FA Reg.

"My wife and I plan on a state-side or European vacation."



Staff Sgt. Jeffrey Bernardino
411th Eng.

"I don't care where I go, as long as I'm with my family."



Spc. Davon Childress
1st Bn., 5th Cav. Reg.

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Iraqi All-Girl High School Receives Assistance

By Sgt. John Queen
3rd BCT Public Affairs

BAGHDAD-- Reading, writing, and arithmetic, just got little easier for students at Al-Eilaf High School in Baghdad on May 29 with help from the Coalition Provisional Authority and Soldiers from the 3rd Brigade Combat Team.

The all girls' school located in the Green Zone received nearly \$23,000 worth of supplies to help its students study in a more comfortable, up-to-date learning environment.

"This is something very good for the students," said Abeer Saeed Rashid, the school's physical education teacher. "We were suffering. In the ex-regime, schools were supplied with nothing for 25 years."

Rashid has worked at the school for seven years and assists its head mistress with administrative work. He said that whenever Saddam Hussein was asked about educational supplies, he would laugh and say "What will you do with this? Or, no, no, no, we do not have the money. We do not have anyone to supply us."

After emerging from 13 years of international sanctions and a rash of post-war looting, Al-Eilaf High School, like most Iraqi schools, was left in disrepair. Many lacked even the simplest of teaching aids.

All that changed when four large trucks loaded with everything from computers to dumpsters

pulled into the school's parking lot. Many of the young women attending classes at the school gathered at its entranceway. They were staring, pointing and giggling in awe as workers carried in the new equipment.

A few of the students, like Samara Howard and her friend Mawj, with the encouragement of some of the teachers and Soldiers, offered a helping hand.

"I am very happy for the help we are getting from the coalition forces," said 14-year-old Howard. "And I'm very happy for all of this for our school."

Besides computers, the school was also supplied with furniture, a refrigerator, televisions and nearly a thousand square feet of new carpeting. Funding for this project was arranged through the Neighborhood Advisory Council and the Coalition Provisional Authority. Capt. Alexander Rasmussen, the 3rd Battalion, 8th Cavalry Regiment, 3rd Brigade Combat Team, 1st Cavalry Division, S-5 officer, served as a liaison to the contractors.

"Our S-5 actually did a lot of leg work as far as talking with the contractors and getting the funding," said Capt. Henry Alvarez, the commander of Company B, 3-8 Cavalry. "We (the Soldiers) just got with the school and asked them what do you need."

According to Alvarez, bidding, purchase and delivery of the

school's new equipment took more than a month and a half.

"We don't know how to use the computers," said Rashid. "Of course we have the minds to, but we don't have the

machines, so this is something very good."

Like many schools in the United States, the school year for an Iraqi student is nine months long and lasts from mid-September

through June. Their school week, though, is much different. Students attend classes six days a week, from Saturday to Thursday. Friday is off in respect of the Muslim Holy day.



By Sgt. John Queen, 3rd BCT Public Affairs

The head mistress of Al-Eilaf High School in Baghdad discusses shortages in the inventory with Capt. Henry Alvarez, commander of Company B, 3rd Battalion, 8th Cavalry Regiment. Because the school did not receive the full amount of carpeting it was expecting, Alvarez negotiated to replace the undelivered carpet with curtains, which will help to block the sun shining through the school's bare windows.

Infantry Proves Vital to Civil Military Operations

By Staff Sgt. Rebekah-mae Bruns
39th BCT Public Affairs

TAJI, Iraq-- Military civil affairs teams are out on the streets of Iraq working hard to correct sewage problems, increase employment opportunities, and help rebuild structures. But moving across a country where danger still boldly loiters requires

more than just good will.

As they travel the streets of Baghdad, the infantry travels right along with them to the places they need to go. They protect and defend, so that civil affairs personnel can do their job without the added worry of dangers lurking around them.

Company A, 2nd Battalion, 162nd Infantry, does several escort missions a week. Their

military vehicles are strategically placed throughout the convoy and when they stop at their designated location, a chosen team acts as bodyguards for the civil affairs personnel while others remain beside the vehicles.

This particular mission was no different than most. They mounted up and rolled out the front gate of the small compound surrounded by concrete walls headed for a veterinarian clinic and a sewing factory.

While driving to their destination, the Soldier's eyes scanned for ill-omened insurgents. The loud blare of horns honking echoed down the streets as people hurriedly crossed the streets and vendors on the sidewalks sold goods.

The convoys may be risky, so the Soldiers take appropriate precautions. But a little extra protection never hurts.

Often locals, who want to talk to the Americans, get autographs, and shake hands, inundate those who are left waiting with the vehicles and securing the area.

The Soldiers wanted to befriend, extend openness, and talk to locals, but sometimes it may be difficult to tell the difference between a friend and a foe. Still, they took the chance and extended their hands.

"You may be shaking their hand and looking them in the face, but at the same time you're careful of the other hand," Pfc. Joe Davis, of Medford, Ore., said. "We're putting our lives on the line for these people, even if they don't see it."

The civil affairs team and the other infantry Soldiers exited the veterinarian clinic. The doctors asked for classes, possible exchange programs, medicines and computers.

One objective completed: the civil affairs team knows the clinic's needs and can see what they can do to help.

After leaving the veterinary clinic, the Soldiers jumped into their vehicles for their second stop: the sewing factory.

Entering the building, the Soldiers noticed mostly women diligently worked in the open

"There's a higher power that likes us. We have the suspicion we have a guardian angel."

- Sgt. Benjamin Roth, A Co., 2nd Bn., 162nd Inf.



By Staff Sgt. Rebekah-mae Bruns, 39th BCT Public Affairs

Spc. Scott O'Bryan of Grants Pass, Ore., and Spc. Ben Cortez, of Medford, Ore., are part of a security element that is regularly tasked out to escort and support civil military operations in Baghdad, Iraq.

area at antiquated sewing machines imported from former West Germany in 1963.

The factory of 600 employees has a contract with the Coalition Provisional Authority lasting through August for the production of Iraqi police uniforms, but A.M Ghintab, the managing director for the factory, is concerned about the state of his company after August passes.

"After the American people go, what shall we do?" Ghintab asked the civil affairs team. "I don't know what we will do."

Al-Rashid Residents Get Medical Help

By Sgt. Dan Purcell
122nd MPAD

CAMP EAGLE, Baghdad-Unknown and overlooked until now, the residents of Al-Rashid received a big boost when the battalion surgeon from the 1st Battalion, 12th Cavalry Regiment, pulled up outside their local health clinic with a truck-load of medical supplies.

The donation was part of an ongoing effort by the coalition to reach out to area clinics and volunteer doctors by assessing their needs and providing medical aid. The aid is sorely needed.

"The clinics are broken down, and in some cases gutted by thieves," said Lt. Col. Bob

Gerhardt, the battalion surgeon. "Their medical supply chain has been interrupted and they are unable to deliver care."

The problem as Gerhardt sees it is often found in the suburbs and rural areas of Iraq where you have the people and the will, but not the means to provide quality health care.

A case in point is Dr. Mohammed Hussein, a local doctor, who is finishing his residency as a pediatrician. During the day, he has his practice at an area hospital, but late afternoons and evenings he comes down to this clinic in Al-Rasheed to help.

"He has a shell of a clinic. It used to be fairly well supported by a German non-governmental organization [NGO], however, after the U.N. bombing in August

(2003), they pulled out because of security concerns," Gerhardt explained. "Since that time, he has been making due with pharmaceutical samples and occasional donations from various charitable groups. Clearly it has not been enough to do the trick."

Gerhardt's team provided a Medical Civil Affairs Project (MEDCAP) mission in support of the clinic, delivering much-needed medical supplies.

The help first started when Dr. Mohammed approached the Civil Military Affairs office at Camp Eagle and asked to speak with the American doctors. A meeting was held and he was able to articulate his needs.

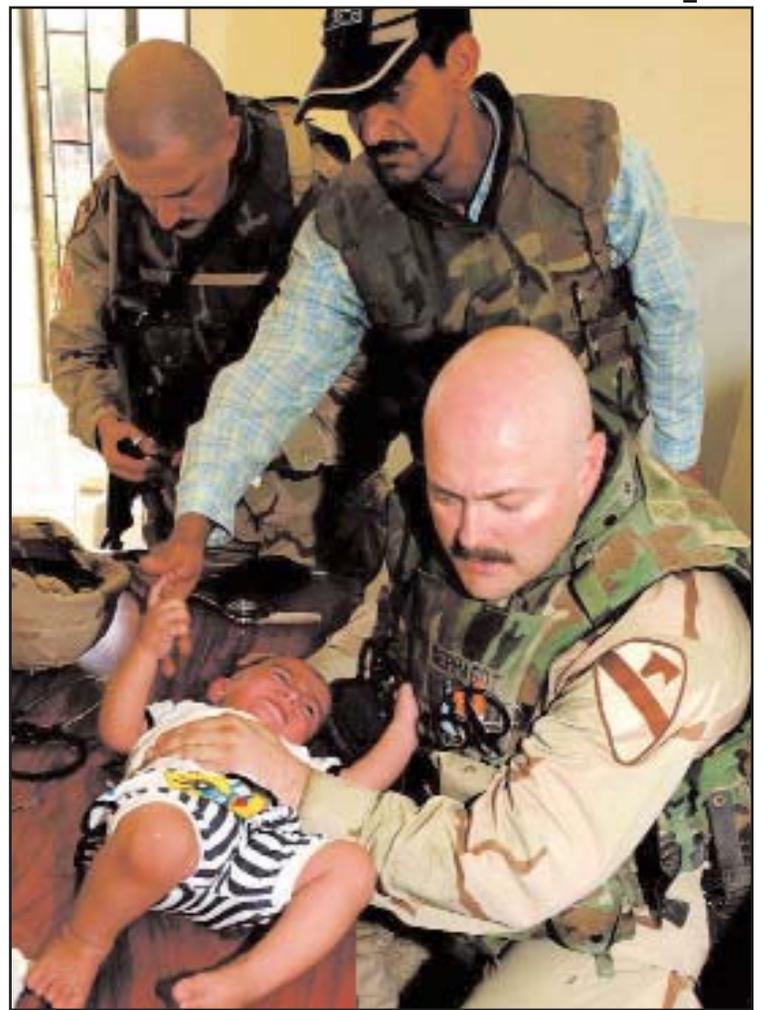
Following the meeting, Gerhardt was able to work with the 1st Brigade Combat Team, Civil Affairs and other division support channels to get a supply of medications, public health supplies and other humanitarian aid, which he was then able to deliver to the clinic.

"What made this enjoyable was, not just dropping off the supplies, but Dr. Mohammed was gracious enough to invite us in. Then what we were able to do is perform what I call consultations. We don't need to do his medicine for him because he is a very capable doctor...he knows his stuff," Gerhardt said. "But, together we saw about 40 patients. I learned a few things from him because they have diseases here that we don't have in the U.S. anymore, and I think he benefited from my experiences in emergency medical care."

The clinic has been open for about one year, and has been working through shortages in medication and equipment.

"We do the best we can with the small things we have. We are all very thankful for the help Mr. Gerhardt and the coalition has given us," Dr. Hussein said.

Before he lost the support of the NGO, Dr. Hussein was seeing



By Sgt. Dan Purcell, 122nd MPAD

Lt. Col. Bob Gerhardt, a surgeon with the 1st Battalion, 12th Cavalry Regiment, examines a crying baby at the Al-Rasheed Medical clinic.

about 300 patients a day. Those numbers soon dropped to about 100 with the shortage of supplies.

"Our hope is that now that he has a stock of supplies he will be able to treat more people," Gerhardt said. He added that his battalion plans to do even more MEDCAP missions in the future.

"Both the brigade and the division have put a priority on medical civic action projects," Gerhardt said. "We are hoping to come back to this clinic on a weekly basis and see some of the patients. Secondly,

we hope to expand these services to the other places we have visited."

Local neighborhood advisory council (NAC) members were grateful and pleased with the results of Gerhardt's mission to the clinic.

"For 35 years nothing has happened in this neighborhood. There are many diseases amongst our children and the hospitals are so far away, so this clinic will help make our children healthier and lessen the spread of disease," said Mohammed Kader Hussein, a local NAC member.



By Sgt. Dan Purcell, 122nd MPAD

The Iraqi baby held by his mother was ultimately diagnosed with rickets, which is caused by a calcium deficiency in the diet and common in Iraq.

Civil Affairs Soldier Finds Reward Helping Iraqis

By Sgt. Dan Purcell
122nd MPAD

CAMP EAGLE-- The task of cleaning up Al-Thawra city might seem monumental to the untrained eye, but some Soldiers, like Spc. Allen Webb, civil affairs operator, 478th Civil Affairs Battalion (Reserve), sees things differently.

Webb, a one time medic, is currently getting his feet wet as a civil affairs operator on his first deployment in support of Operation Iraqi Freedom II

"Civil affairs is like working in customer service. Typically, you are always trying to keep the customer happy. I have a little experience in that field and this is what it basically reminds me of...Whatever the customer wants, do whatever it takes to keep the customer happy," said the 33 year old Orlando, Fla. native.

"But at the same time, as in the case of the Iraqi people, we are trying to show them how to stand on their own two feet and something

about how Democracy works," Webb said.

As a civil affairs specialist it's not too bad, but sometimes the communication process can be frustrating because you have to constantly explain the same things over and over again, said Webb.

"The number of projects I work on will vary depending on the needs of the area we are working in. Before starting a project we will go out to a potential site and do an assessment and take pictures. Then we get someone to go out and draw up the specifications for the project and bring us back three bids from Iraqi contractors. We usually go with the cheapest bid, but that doesn't always mean it's always the best one...We try to get the most for our money," Webb explained.

Born and raised in Pontiac, Michigan, Webb is no stranger to the Army or to dealing with people.

I was active duty Army, as a medic, from 1990 to 1995, and then I took a little break from service until 1997 when I came back in and joined the reserves," Webb recounted.

"I moved into the civil affairs field because of my wife, Karen, who is a nurse. She was coming off active duty status and still had to do some reserve time, so she chose this unit. I knew it wouldn't be a problem for me to switch over to this unit because they had some openings for medics," Webb added.

When not on deployment, Webb works as a firefighter and emergency medical technician. He also enjoys football, basketball and playing video games with his two sons, Sean and Devon.

"I look forward to being with my family again, and it may sound funny, but I'm anxious to get back to my job. I really enjoy my job as an EMT and the camaraderie, it's kind of like the civil affairs team I'm on," Webb said.

According to Webb, the mission of a civil affairs operator can be rewarding.

"Especially, when you see a street filled with trash or damaged by improvised explosive devices, and we fix it up. You can also see that the Iraqis are happy because they had a part in cleaning up that road...that's rewarding.



By Sgt. Dan Purcell, 122nd MPAD

Spc. Allen Webb, civil affairs operator, 478th Civil Affairs Battalion, pulls perimeter security while fellow team members inspect a local Iraqi school.

Black Jack

June 25, 2004

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2nd Brigade Soldiers Find Better PT Program

By Spc. Michelle Newbold
1st Cavalry Division PAO

Moans, groans, and cheers of accomplishment can be heard. Sweat is dripping off the foreheads of the Soldiers. The canvas walls of the makeshift gym absorb the clanging of the weights, the whirl of the stationary bike, and the pounding of foot-steps on the treadmill. The gym is crowded as Soldiers guzzle down water, and tap their feet to the sound of the music on the stereo.

Many Soldiers are using the gyms on Camp Black Jack to vary their physical training routine. Instead of the normal daily grind of push ups and sit ups, Soldiers are turning to weights to become stronger and relieve stress.

"Army PT [physical training] is boring," said 1st Lt. Jozef Laski of the 91st Engineer Battalion, 2nd Brigade Combat Team, 1st Cavalry Division. "There are more practical applications from lifting weights."

"Weight lifting builds up your shoulders to carry a bigger ruck, it makes you stronger," said Capt. Brett Smithley, also of the 91st Engineer Bn.

Soldiers can lift weights, ride a stationary bike, or run on a treadmill at the 3rd Battalion, 82nd Field Artillery Regiment gym located on Camp Victory North. The gym is open 24 hours a day, seven days a week.

"Everyone can use our gym," said Sgt. 1st Class Osvaldo Acosta the 3-82 FA camp mayor.

The gym gives Soldiers a cooler place to work out. With daily temperatures in the 100s, doing intense physical training outside could make a Soldier a heat injury victim.

"It is too hot here to run," Laski said.

Unit physical training is not always an option with the busy schedules Soldiers endure while deployed.

"We work 12 to 15 hours a day, we don't always have time for organized PT," said Sgt. Tim Baca, who is a heavy track mechanic with Battery C, 3-82 FA.

"Lifting weights works you out more, and it's not as repetitive," he said.

The gym received most of the equipment from other units. The unit purchased some weights, stationary bikes, and



By Spc. Bryan Kinkade, 1st Cavalry Division PAO

Spc. Apostle Spencer, a heavy track mechanic with Battery C, 3-82 FA, lifts weights at the unit gym, while Sgt. Tim Baca spots him. They work out together two hours each day, five to six times a week.

82 FA.

Some Soldiers use the gyms as a stress reliever.

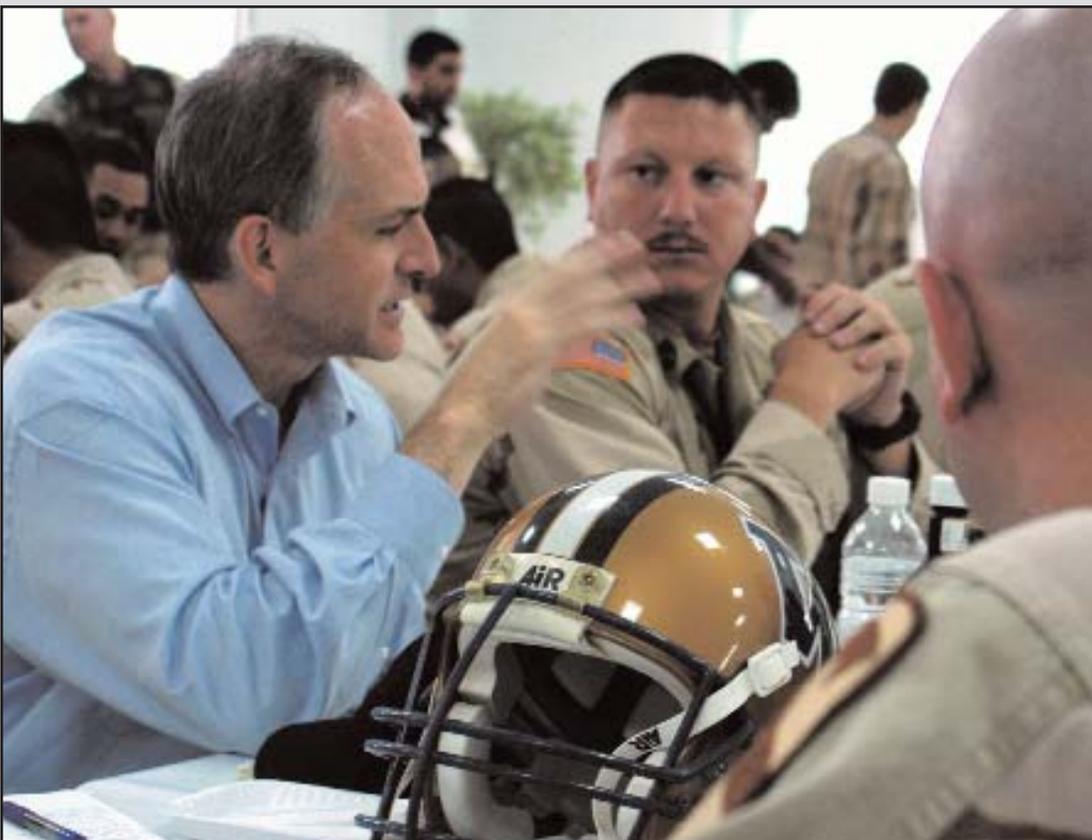
"It gets the aggression out," Baca said.

The gym is improving every day. Air conditioning and mirrors will be setup soon to make the Soldiers' workout even better.

For the Soldiers that are too far away from the 3-82 gym, there are new gyms popping up every day on Camp Black Jack.

Gyms are giving deployed Soldiers just one more little piece of home. Open any time, and convenient, they are a welcome sight on Camp Black Jack.

Congressional Delegation Meets With First Team Troopers at Camp Victory North

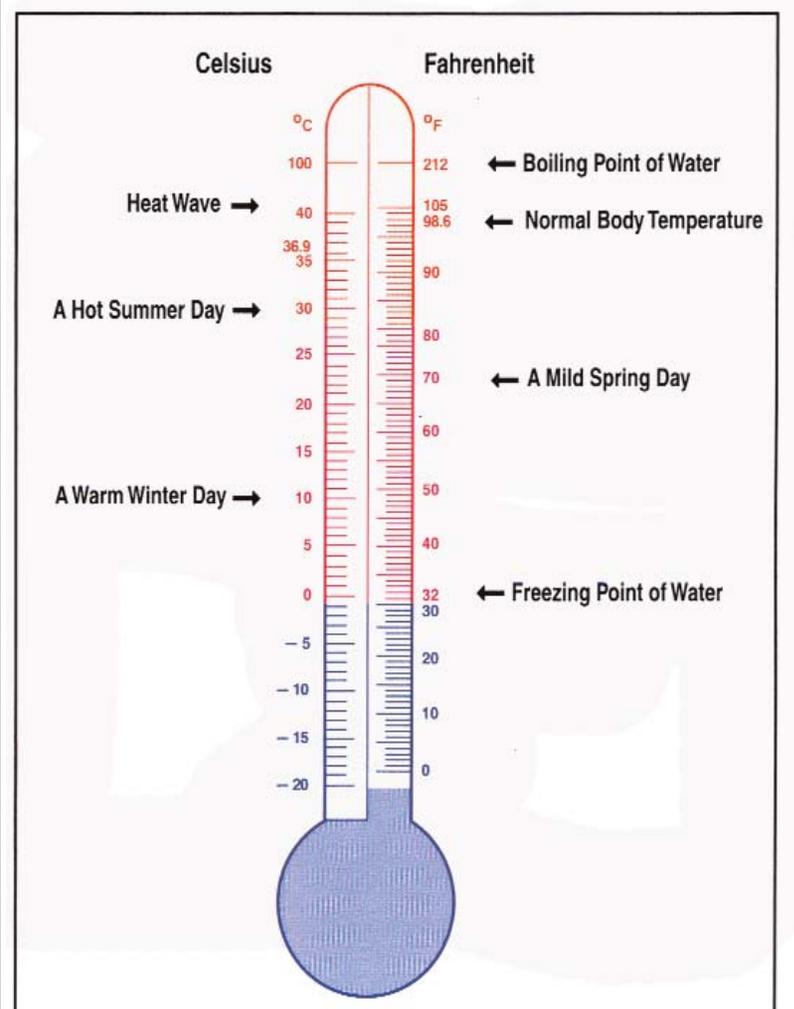


By Spc. Bryan Kinkade, 1st Cavalry Division Public Affairs

Washington congressman Adam Smith talks to 1st Cavalry Division troops during a luncheon at the Black Jack Dining Facility to discuss issues they have in Iraq. "It's been an incredible experience," Smith said. "It gives us a good idea of what they need to perform their job. The biggest thing they need is the long-term support from our nation." Smith, along with three other congressmen enjoyed a hot meal with their states' native Soldiers June 11.

Temperature Chart

To convert Celsius into degrees Fahrenheit, multiply Celsius by 1.8 and add 32. To convert degrees Fahrenheit to Celsius, subtract 32 and divide by 1.8.



3rd BCT Delivers Equipment to Maternity Hospital

By Spc. Jan Critchfield
122nd MPAD

BAGHDAD-- Equipment donated to the Elwiyah Maternity Teaching Hospital by the Freedom and Peace Trust, a non-governmental organization based in the United States, was delivered June 2 by the 1st Cavalry Division's 3rd Brigade Combat Team.

Elwiyah Maternity Teaching Hospital is the largest maternity hospital in Iraq, and is in serious need of new equipment and extensive renovations, said Dr. Mohammed Ghani Chabek, the hospital's director.

"The building needs a lot of maintenance," he said, pointing to

broken light fixtures and peeling paint, easily repairable deficiencies that are uncharacteristic of an orderly hospital environment.

"When I am asked [by the US Army] what the hospital needs, I say 'we need everything'," he added.

Although the hospital has a long way to go, the laparoscopic equipment donated by the Freedom and Peace Trust will be of great benefit to the community, said Dr. Enas Al-Hamdani, deputy director of Elwiyah Hospital.

"For the last two years, we haven't done any pelvic macroscopic surgeries because the equipment had been stolen," she said.

A laparoscope can be used both to diagnose and treat diseases,

tumors, and chronic pelvic pains, making it a very valuable piece of equipment.

"We are looking to provide first class treatment to our patients," Chabek said, "and you cannot run a gynecology department without a laparoscope."

"[The equipment] will save lives," he added, "With a laparoscope you can diagnose and treat immediately."

The equipment is very important to the Baghdad community, according to Al-Hamdani, because other laparoscopic devices in the city are limited to diagnostic work.

"This device is also therapeutic," she said.

With as many as 50 new patients a day that require laparoscopic examination, Al-Hamdani expects a large turnout at Elwiyah seeking the new treatment.

"I expect a huge crowd in our infertility department because people know we have such a gift," Al-Hamdani said, adding that the device can also be used in artificial insemination procedures.

"Freedom and Peace Trust—they deserve all the credit. We're just closing the deal," said Maj. Danny Hassig, Team Leader of Team 3, B Company, 478th Civil Affairs Battalion, the unit responsible for arranging the delivery of the equipment.

"We did an assessment of the hospital and asked [the director] to give us a list of things that they need," Hassig said.

"I happened to be working with someone from Freedom and Peace Trust on another project and started talking to him about the



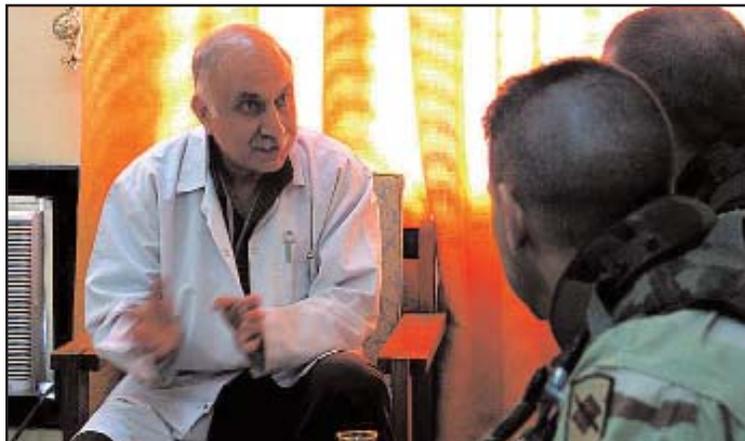
By Spc. Jan Critchfield, 122nd MPAD

A statue of a mother nursing her child adorns the front of Elwiyah Maternity Teaching Hospital in central Baghdad. The First Team's 3rd Brigade Combat Team delivered essential equipment there 2 May, expanding the limited capabilities of one of the only maternity hospitals in all of Iraq.

needs of the hospital," he said.

The Freedom and Peace Trust, an organization originally formed to help victims of post-traumatic stress disorder, happened to have laparoscopic equipment on hand and immediately saw that they had found a home for the equipment, Hassig said.

"I don't think we will ever know the full impact [of these donations], but it makes you feel good," he added. "If [a resident of Baghdad] is sitting on the fence, and his wife or mother or sister is treated with equipment that [the Coalition] delivered, it may show him that we are doing good."



By Spc. Jan Critchfield, 122nd MPAD

Dr. Mohammed Ghani Chabek, director of Elwiyah Maternity Teaching Hospital in central Baghdad, speaks with US Army leaders responsible for arranging the transport of equipment donated by the Freedom and Peace Trust to the hospital. Freedom and Peace Trust is a non-governmental organization that originated in the United States and receives donations from around the world.

Heart of the First Team's 3rd Brigade Combat Team

By Spc. Jan Critchfield
122nd MPAD

BAGHDAD-- Without blood, muscles will not flex, and it's the heart's job to keep muscles supplied with the blood they need. Similarly, the 215th Forward Support Battalion's responsibility is to ensure that the 3rd Brigade Combat Team's blood-diesel fuel-is available to feed hundreds of fuel-hungry trucks, tanks, and tracks. Without fuel, the brigade would be unable to flex its combat muscle.

"The 3rd BCT wouldn't be able to roll vehicles because we fuel them. They wouldn't be able to eat because we supply the food. They wouldn't be able to fire bullets because we supply the ammo," 215th FSB Executive Officer Maj. Russell Cavin said.

Convoying in vehicles that present such large and potentially explosive targets, the 215th FSB 'Blacksmiths' are well aware of the dangers that their job entails.

"Hearing about those fuelers getting killed ... it kicked it in gear a little bit," said 215th fuel truck driver and petroleum specialist Pvt. Jesse Wachtel, referring to a convoy of fuel trucks that was ambushed and destroyed by insurgents

when the unit first deployed to Iraq in March, sending a thick, black column of smoke into the air that could be seen for miles. "I'm not in Kuwait anymore, I'm not in the States anymore, I'm in Iraq and I need to watch out."

Though the unit is an explosive target, the trucks come well prepared.

"We have crew served weapons on all our vehicles, including the [fuel trucks]," 215th Command Sgt. Maj. Clarence Hillman said. "We've found that if we look like a hard target, we probably won't get hit. And if we do get hit, we have firepower."

Although they travel one of the most dangerous routes in Iraq on regular fuel re-supply missions, the 215th had been the only FSB in the 1st Cavalry Division to avoid any hostile action. But that was before a dozen insurgents with automatic weapons opened fire on one of their fuel re-supply convoys just outside of Baghdad International Airport.

Concealed in tall grass and positioned on the top of nearby houses, the insurgents failed to find their mark. No soldiers were injured and no equipment was damaged.

The 'Blacksmiths' did, however, expend several hundred rounds of ammunition, homing in on insurgent.



By Spc. Jan Critchfield, 122nd MPAD

Fuel trucks of the 215th Forward Supply Battalion roll into a bulk fuel station at Baghdad International Airport to fill up. The 'Blacksmiths' provide fuel, food, maintenance, and ammo to the 1st Cavalry Division's 3rd Brigade Combat Team.

"Soldiers could see rounds getting walked up towards their vehicles and that's when they engaged the enemy," Cavin said, who was riding in a humvee that was part of the convoy that was attacked.

"One thing I told [my soldiers] prior to going out was that they're probably going to get hit sooner or later and when they do get hit, they need to make sure they return fire," Hillman said.

It was unclear as to whether or not

the impressive barrage of suppressive fire inflicted any insurgent casualties, but the main intent was to discourage future attacks, Lt. Col Darfus Johnson, 215th FSB Commanding Officer, said.

"I want [insurgents] to see that 63 and associate it with a significant emotional event," Johnson said, referring to the '63' painted on the side of 215th Humvees.

"Hopefully, they'll think twice," Hillman added.

'Mosque of The Believers' Opens at Cooke

By Sgt. Merrion LaSonde
122nd MPAD

CAMP COOKE-- In an effort to enhance the quality of life for coalition forces, contractors and other Muslims who have access to Camp Cooke, the 4th Brigade Combat Team (BCT) and 39th

BCT, in partnership with local Iraqi citizens, opened the newly renovated 'Masjid Al-Mu'Mineen' or 'Mosque of The Believers' June 17.

"The mosque is the central focus of the Arab community," said Maj. Rashid Muhammad, 4th BCT's brigade chaplain. "It is where Muslims go to socialize,

enhance their spiritual growth and education and celebrate Ramadan, among other things."

The first remodeled mosque on a U.S. military forward operating base, the project took three months and over \$50,000 to complete.

"We replaced everything," said Command Sgt. Maj. Donald

Sanders, the command sergeant major of 4th BCT. "We put in all new light fixtures, carpeting and curtains. The garden was a mess, so we replaced the sod and planted bushes. We also repaired all the plumbing and cleaned all the tile work."

Acting as translator for the local Iraqi laborers working on the renovation was Pfc. Bashir Aburubia, a flight operations specialist with 2nd Battalion, 227th Regiment, 4th BCT.

"I worked with them for seven days, 16 hours a day," Aburubia said. "I emphasized the importance of this project to them. I wanted to motivate them to do their best work."

Born in Libya, Aburubia has been a naturalized U.S. citizen since the age of 12 and calls Houston, Texas home.

"I am a practicing Muslim in my beliefs," he said. "I am very happy to be from the U.S. It is an excellent home for a Muslim-full of opportunity."

Sgt. Mohammad Adam, non-commissioned officer in charge of the promotions section, 138th Personnel Services Battalion, 4th BCT, was assigned the task of calling the faithful to prayer during the ceremony.

"Before the mosque was finished, we were sharing the chapel," said Adam, a native of Ghana, West

Africa. "Although we did not mind that, it is nice to have our own place of worship."

The first Muslim chaplain in the Army and resident Imam, Muhammad presided over the historical prayer session.

"Being an Imam is a whole life experience," said the Buffalo, N.Y. native. "It is everything I believe."

Muhammad studied for 31 years to become an Imam. Born into the Baptist faith, he practiced this faith dutifully until he heeded the words of the Prophet.

"Allah called me to Islam," the chaplain said.

The opening ceremony of the mosque held particular significance for Pfc. William Stanley, a legal specialist with Headquarters Company, 4th BCT. He assisted with the day's preparation.

"The most important aspect for people to see is that we are not only taking care of their infrastructure, we are also helping with the cultural aspect of their lives," said the 26-year-old Phoenix, Az. native. "This is a great opportunity to show them that we are aware of [Iraqi] culture and their religion and the importance it plays. This project is one of many quality of life projects the Army has done here. People are seeing the Army give back to the Iraqi community."



By Cpl. Benjamin Cossel, 122nd MPAD

Ahmed Flaahi, an Iraqi Army member and Sgt. Muhammad Adam review their prayers for presentation during the opening ceremony of the 'Masjid Al-Mu'Mineen' or 'Mosque of The Believers' at Camp Cooke June 17. The newly-renovated mosque is the first working mosque located on a U.S. military forward operating base in Iraq.

New Restaurant Brings Local Flare, Relaxation to Camp Cooke

By Sgt. Merrion LaSonde
122nd MPAD

CAMP COOKE-- As you pass beneath the sign at the entrance to the Warrior Pad, the first thing you notice is the large patch of lush, green grass. Looking very much out of place on the desert landscape of Camp Cooke, the lawn covers the ground in front of a new restaurant featuring traditional Iraqi dishes, as well as some typical American fare.

The latest franchise of the Alsaar restaurant chain opened June 4 to a packed house with more than 200 people turning out for the first evening meal served there. This latest opening marks the sixth restaurant operating in and around the Forward Operating Bases in the Baghdad area.

"The main Alsaar restaurant is in downtown Baghdad," said owner, operator and primary financier, Kareem Shakoor. "We have restaurants in Tikrit, Falluja, [Baghdad International Airport] and in the Al Salam Palace outside the Green Zone. Camp Cooke's is the largest [restaurant] next to the main franchise in Baghdad."

Among the dishes featured on the menu are pizza, burgers

and fried chicken. Also available are whole roasted chickens, Lamb Tekka, which is like a shish-ka-bob and chicken or beef Shawarma's, which is meat and vegetables rolled up in a thin tortilla-like bread resembling a burrito.

"[The restaurant] breaks up the monotony of the mess hall and brings a little of the local culture to the Soldiers at Cooke," said Command Sergeant Major Juan Ortiz, CSM of the 615th Aviation Support Battalion, 4th Brigade Combat Team, 1st Cavalry Division.

Located just outside the restaurant is a tea and Hookah vendor. Patrons can lounge about the tables and chairs on the lawn sipping Arabic tea and sampling some of the local flavored tobacco's through a Hookah, a smoking apparatus which distills the smoke through water. Using a long tube which acts as a straw, the Hookah is meant to be shared by friends while enjoying conversation.

"This is a good place for Soldiers to come and relax," said Spc. Joshua Collins, an intelligence analyst with Headquarters Company, 2-227 Aviation, 1st Cav. Div. "The food is a nice change

from the [dining facility] and the souvenir shop is a nice touch."

Next to the tea vendor is an outdoor oven where the traditional Arabic pita-like bread is baked for the restaurant. Also located on the Warrior Pad complex is a barber, a gift shop, an internet café and a phone center.

"We employ over 150 locals per day just in this battalion (4th BCT)," said Ortiz. "Along with the Iraqi nationals that work the stores here, we have contracts out for plumbers, electricians, renovation and beautification. The idea is to constantly expand and improve so the military hand-off doesn't leave the locals out of jobs."

Offering the Soldiers another escape from their day to day grind in Iraq, the restaurant becomes a dance club on Friday, Saturday and Sunday nights. With two Soldiers manning the disc jockey booth, there is a little bit of something for just about everyone. Friday features the spicy sounds of Latin music; Saturday jumps with hip-hop, while Sunday is pure country and western.

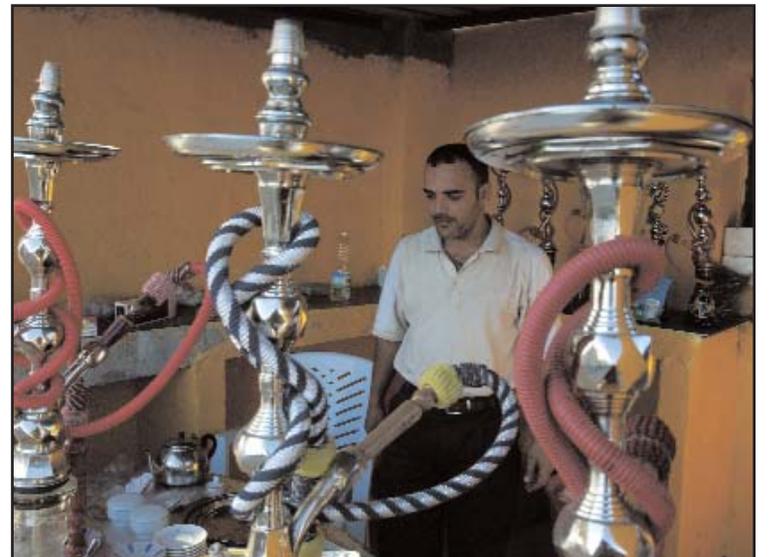
The instant popularity of the complex has delighted Ortiz and has spawned ideas for future entertainments.

"I want this place to be like a walk-in mall with shops lining both sides of the street," said Ortiz. "I hope to open an Olympic-sized swimming pool here as well. It is my plan to have someplace pleasant to be to enhance morale. Happy Soldiers are fulfilling their mission to the fullest."

While visions of a teaming marketplace full of Soldiers dance through Ortiz's head, it is the interaction with the

locals that one Soldier enjoys most.

"It is fun to sit and talk with [the Iraqi people]," said PV2 Randall Gray, a Nuclear, Biological and Chemical Operations Specialist with HHC, 2-227, 1st Cav. Div. "They are a very helpful, caring and dedicated people. It is the total opposite of what I thought it was going to be. I'm getting to see a new side to the world."



By Sgt. Merrion LaSonde, 122nd MPAD

The Warrior Pad complex at Camp Cooke boasts a barber, gift shop, tea and hookah vendor and a restaurant for the 39th BCT and 4th BCT Soldier who live there.

Eight Graduates From Fort Hood Area Headed to West Point

From Fort Hood Herald

KILLEEN, Texas-- The Fort Hood area's Class of 2004 is sending eight graduates to the U.S. Military Academy at West Point, N.Y., in the fall, a large number given the tough selection process and limited slots. Archie Smith, Jesus Urrutia-Salazar, Duncan Walker, James Gallagher, and Kyle Stramara are the Killeen High School among the area's recipients of the Army's coveted college scholarship. Also selected were Alex Munoz from Shoemaker High School, Daniel Ball from Harker Heights High School and Nathaniel Stickney from Temple High School.

The selection process for the nation's premier academy is a tough task that begins as early as a student's high school freshman year.

"I recommend a student call the admissions office as soon as they get into high school," said retired Lt. Col. Kim Hunt, the West Point Leadership Award Committee chairman for the Heart of Texas West Point Society.

Hunt, a West Point graduate, said the school will develop a file on students who call. Once a file is opened, the student's progress through high school is monitored.

"That way, a student knows his or her progress, and they are able to make adjustments where necessary so they qualify" Hunt said.

Hunt said the process includes more than just academia.

"You have to have good grades, but athletics, and leadership positions weigh very heavily on selection, as well," Hunt said.

West Point really considers the "whole-person concept," said Hunt, noting a candidate must possess good character and must seek leadership positions in the clubs they join.

"Just showing up for a club meeting isn't going to be good enough," Hunt said. "West Point is looking for people who will be leaders, so students should try to get on the executive committees of the clubs they choose to join."

Hunt said being a club president is not necessary. However, a position as secretary, vice president, or treasurer shows initiative to become involved at a leadership level.

"Those things begin as early as a student's freshman year of high school," Hunt said.

Once a student has an academic plan, and leadership plan in place, they must work hard to maintain grades, and do well in their extra-circular activities Hunt said.

"Then when it comes time to apply, a student must get a nomination from their local congressman, or state senator.

Each congressman is assigned a certain number of nominees.

"But there are some who choose not to use theirs, and so sometimes an area can get extras if there are unused slots," Hunt said. "Perhaps that's why there were so

many in our area this year."

Having a parent who is a West Point graduate or being the child of a Soldier who died in action can aid a candidate's chances, Hunt said.

Stramara will be following in his father's footsteps. His father, Col. Kevin Stramara, received his commission as a field artilleryman in 1980 from the academy. Kevin Stramara returned earlier this year from Iraq after leading the 4th Infantry Division's artillery brigade.

Like Stramara, Walker and Ball come from a family tradition of West Point graduates. "My dad went to West Point, so that was one of the reasons I wanted to go too," Ball said.

While helpful, many of the cadets do not have military backgrounds, Hunt said. "Mostly they have to earn their nominations themselves," Hunt said.

Once nominated by a local Congressman, the students begin a review process. "They must travel to a local military installation to take several tests," Hunt said.

"Their appointment to the academy isn't final until they take a written exam, a physical exam, and have a complete medical examination," he said.

Acceptance letters usually are received by the end of April.

The letter contains information about the academy and starting dates. Training usually starts in June or early July.



From Fort Hood Herald

Eight graduates from Fort Hood area's Class of 2004 are heading to prestigious West Point Academy. Pictured from left, clockwise are: Nathaniel Stickney, Duncan Walker, Jesus Urrutia-Salazar, James Gallagher, Daniel Ball, Kyle Stramara, Archie Smith and Alex Munoz.

Every 19 Years, Factors Create Lowest Tides

From Associated Press

SEATTLE-- From barnacles to limpets, crabs and sea stars, the lowest tides in 19 years are revealing all sorts of unusual creatures trapped in tide pools — to the delight of beach-combing masses.

"It's really, really interesting. It gives you a window into what is there all the time that you don't see — sea cucumbers, sea stars, maybe an octopus," said Polly Freeman, a local naturalist who brought her 20-month-old son, Nate, to the beach at

Seattle's Golden Gardens park.

There are 36 factors that affect the tides, from the Earth's proximity to the sun and the moon to the moon's angle in relation to the equator, said Richard Strickland, who teaches oceanography at the University of Washington.

Every 19 years, those factors line up just so — creating the lowest low tides and the greatest differences between low and high tides, he said. Virtually everywhere outside of the tropics will have seen the lowest low tides in 19 years between about

Friday and Sunday, he said.

"It's almost as if you have two watches, and one is running a little fast," Strickland said. "Somewhere down the road, one will be 12 hours faster than the other, but in twice that time they'll be back in sync."

Puget Sound's lowest tide is more noticeable than most because it's shallower than open ocean beaches, and the sound acts as a smaller container: When the tide drops to 4.1 vertical feet below the average low tide, as it did Friday at 12:26 p.m., the water can recede hundreds of yards from shore. The rest of this weekend, July 3 and 4, and a few other dates this summer will also offer extremely low tides.

While Friday's was the lowest in 19 years in Puget Sound, it's actually not much lower than other lowest-tides of recent years — less than six inches difference — but that small amount can reveal a lot of life.

As the water recedes, it strands creatures in the muddy pools left behind: anemones, barnacles, moon snails, clingfish and lots of fragrant, rotting seaweed. Clams become easy picking for gulls, herons and people alike.



Associated Press

A great blue heron takes flight during a low tide at Golden Gardens State Park in Seattle, Friday, June 4. Tides are at their lowest in 19 years on Puget Sound.

U.S. Mint Unveils Texas' Commemorative Quarters

From Associated Press

U.S. Mint:
<http://www.usmint.gov>

The state's commemorative quarters are now making their way through the banking system and into the hands of Texans.

The U.S. Mint will formally unveil the quarter in Austin on Thursday, but it released the coins into circulation last week. The Federal Reserve Bank of Dallas began distributing them to commercial banks in Texas yesterday.

The back of the Texas coin features an outline of the state with a Lone Star superimposed on it. The top of the coin says "Texas" with 1845, the year Texas became a state, just beneath the state's name. The rim of the quarter is encircled by a lariat.

Arlington artist Daniel Miller came up with the quarter design, which was selected in 2002 from among 2,700 entries.

Texas

The Texas quarter is the third quarter of 2004, and the 28th in the 50 State Quarters® Program.

On December 29, 1845, Texas became the 28th state to be admitted into the Union. The quarter's reverse design

incorporates an outline of the State with a star superimposed on the outline and the inscription, "The Lone Star State." The lariat encircling the design is symbolic of the cattle and cowboy history of Texas, as well as the frontier spirit that tamed the land.

Texas comes from the Indian word "tejas," meaning friends or allies, and appropriately Texas's motto is "Friendship." Probably the two most recognized symbols of Texas are its unique shape and the lone star that is represented on the State flag.



Fort Hood, Nation Honor Ronald Reagan

By Gerry Gilmore
Army News Service

WASHINGTON-- President Bush issued an executive order closing federal offices June 11, in observance of former President Ronald Reagan's death.

That June 6 order does not apply to organizations that need to stay open because of national security, defense or essential public business. Included in the exceptions are the departments of State, Defense, Justice and Homeland Security.

Defense Secretary Donald Rumsfeld put out further guidance in a memo today to all military organizations and elements under DoD.

In it, he directed that "all addressees shall determine which elements" under them "shall remain open to support and conduct military activities related to

the global war on terrorism; to maintain the health, safety and protection of DoD personnel and facilities; and to ensure the continuance of their respective organization's mission-essential functions."

"You should ensure that sufficient staff is on hand to support them in carrying out your essential responsibilities," Rumsfeld wrote to all DoD leaders.

The president proclaimed June 11 as a national day of mourning to honor the memory of the former president.

Reagan possessed "an unshakeable faith in the values of our country and the character of our people" and "renewed America's confidence and restored our nation," Bush proclaimed on June 6.

Reagan's "optimism, strength and humility," Bush pointed out,



By Spc. Nicole Poppe, Sentinel staff writer

Soldiers from the 2-20 Field Artillery, 4th Infantry Division, fired a cannon every thirty minutes beginning at reveille and ending at retreat Tuesday on Fort Hood's Sadowski Field, in memory of former President Ronald Reagan.

"epitomized the American spirit."

His "courage and determination," the president said, had "enhanced America's security and advanced the spread of peace, liberty and democracy to millions of people who had lived in darkness

and oppression."

Bush asked the American people "to pay homage to the memory of President Reagan" on June 11, adding that he invites "the people of the world who share our grief to join us in this solemn

observance."

Reagan's leadership as chief executive "has left us stronger and better," Bush declared, noting the former president "has left us for a better place, the shining city that awaits him."

A Long Journey Back Home for Luna

By Sandi Doughton
Seattle Times

The young orca known as Luna watched with interest yesterday as biologists assembled the 90-foot net pen they hope to capture him in today.

In fact, the 2-ton whale was so inquisitive that Canadian fisheries officials had to lure him away with a boat to keep him from nuzzling divers at work on the structure in the deep waters of Nootka Sound.

"We don't want him close to people, because the whole point is to de-acclimate him from humans," said Lance Barrett-Lennard, research scientist at the Vancouver Marine Aquarium, which is overseeing the \$250,000 effort to reunite the wayward whale with his family in northern Puget Sound.

But after three years of living solo near the town of Gold River on the west coast of Vancouver Island, the whale has observed humans at close range and may not be easily tricked when the team

tries to lead him into the pen using his favorite fishing boat as a lure, Barrett-Lennard concedes.

"It wouldn't surprise any of us if he sees that net coming and says 'No way.'"

Canadian government experts have decreed that the whale, also called L-98, must be moved for his own safety and the safety of boaters.

Last week, the 4-year-old male nearly collided with a float-plane, surfacing right in front of the aircraft as it was landing.

Inspired by the case of Springer, an orphaned female reunited two years ago with her birth pod in British Columbia, a group of Canadian and U.S. experts has been laying plans to move Luna later this summer. The schedule was accelerated after last week's near miss with the float-plane.

If the whale can be lured into the pen, he'll be held there for medical tests that will take about a week, Barrett-Lennard said. Then he'll be loaded onto a specially equipped truck and driven nearly 200 miles to

the southern tip of Vancouver Island, where another pen will be waiting in an isolated cove. Biologists will set him free when his birth pod - including his mother - swim past. L-pod recently was sighted in the Strait of Juan de Fuca.

The Canadian and U.S. governments each contributed \$100,000 to pay for the effort, with about \$50,000 more coming from individual donations.

L-98 was born into the family called L-pod, the 98th birth since biologists started monitoring the resident Puget Sound whales in 1974. Though he hasn't seen his family group in three years, the young male still speaks their language - though these days his audience is mainly a group of sea lions he socializes with.

"He swims along with them, they vocalize and he vocalizes along," said Paul Spong, who has been using underwater microphones to eavesdrop on Luna.

No one knows why Luna wound up alone, said Brent Norberg, marine mammal coordinator for the National Marine Fisheries Service in Seattle. One theory is that he was hunting with an uncle who died, leaving the young animal unable to make his way back to the group, which migrates between Puget Sound and British Columbia.

It's also possible he was kicked out of the pod, in which case they might not be enthusiastic to have him back, Norberg said.

Luna's reintroduction could help the population, although his birth pod already has several young males, Norberg said.

But first, the whale has to be tempted into the net pen.

"I'm just keeping my fingers crossed that it works," Spong said.



By Deddeda Stemler, Victoria Times Columnist

Luna, the 4-year-old orca, plays in the wake of a ferry last month near Mooyah Bay in the Gold River area. Canadian fisheries officials are making preparations to try to reunite Luna with his family pod.

US Army to Activate More Illinois National Guard Units

By Jan Dennis
Associated Press

About 350 Illinois National Guard members will be activated next month to help train U.S. troops, while about 250 others will have their scheduled yearlong deployments extended by six months, military officials said Tuesday.

Members of the Illinois Army National Guard's 1st Battalion, 131st Infantry from units in Bartonville, Bloomington, Kankakee, Joliet and Pontiac will report for duty the first week of July, said guard spokesman Tim Franklin.

Franklin said they will simulate opposition forces during war training exercises at a military training center at Fort Polk, La. He said their deployment is for up to 18 months but could be extended.

Deployments that keep troops in the United States have been common since the 2001 terrorist attacks in New York and Washington, Franklin said. Along with overseas assignments, Illinois National Guard members have been activated for duties that range from training to security for airports and nuclear facilities, he said.

"It's all dependent on the needs of the commanders," Franklin said.

The guard also announced

Tuesday that about 250 Illinois National Guard members who had been scheduled to return in November after a yearlong deployment will remain deployed for up to six months longer.

Members of the Illinois National Guard's 2nd Battalion, 122nd Field Artillery from Crestwood and Cottage Hills in suburban Chicago are providing security at Fort Carson, Colo., and U.S. installations in Germany.

"I know this extension is a big adjustment for our soldiers and their families. But I also know the caliber of our soldiers and, despite the personal hardship, I am confident that they will continue to serve with distinction," said Brig. Gen. Randal Thomas, adjutant general of the Illinois National Guard.

Franklin said 18-month deployments have become typical and extensions aren't uncommon as the military provides troops for war efforts in Iraq and Afghanistan, along with homeland security.

About a quarter of the Illinois Army National Guard's roughly 10,000 soldiers are on active duty, Franklin said. Nearly 4,300 Illinois National Guard members and reservists are currently deployed, covering all branches of the military, according to the Defense Department.

Bowie Brigade

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June 25, 2004

Early Morning Operation Nets Four Detainees

By Cpl. Benjamin Cossel
122nd MPAD

HAMMAMIYAT, Iraq-- Coalition and Iraqi security forces launched an early morning cordon and search operation in the village of Hammamiyat May 28, resulting in the detaining of four individuals who allegedly played a critical role in mortar attacks on Camp Cooke.

"The intelligence we've obtained indicated that there were several high value targets in



By Cpl. Benjamin Cossel, 122nd MPAD

Coalition and Iraqi security forces uncover a machine gun found in a locked storage area adjacent to the Hammamiyat mosque during a cordon and search operation May 28. Soldiers also detained four suspected anti-Iraqi insurgents during the operation.

Hammamiyat Village," said Capt. Demian San Miguel, commander of Company B, 2nd Battalion, 162nd Infantry Regiment, 39th Brigade Combat Team.

Working with a platoon from the Iraqi Civil Defense Corps, San Miguel and the troopers of Company B were responsible for the search of several houses, as well as the village mosque.

Sensitive to culture and customs, only members of the ICDC entered the mosque to perform the search, and only after covering their boots with plastic booties.

"We found an AK-47 and an RPK machine gun locked in a storage room adjacent to the Mosque," San Miguel said as he carried the weapons back to his vehicle.

As Company B continued their search of the area, Company A, 2nd Battalion, 7th Cavalry Regiment, worked with members of the new Iraqi Army sweeping the other side of the village.

"Apache (Company A) was responsible for the apprehension of the four individuals we believe are key to the attacks on Camp Cooke," said 2nd Lt. Everett Perrin, a fire support officer with the 2-162's Company B.

While the detainees are not considered the leaders of a local insurgent cell, they allegedly played a critical role in the cell's operations, San Miguel said.

Among those apprehended



By Cpl. Benjamin Cossel, 122nd MPAD

Capt. Demian San Miguel, commander of Company B, 2nd Battalion, 162nd Infantry Regiment of the 39th Brigade Combat Team, unlocks a closet during a cordon and search operation in the village of Hammamiyat May 28. The operation resulted in the apprehension of four Iraqis suspected of insurgent activity in the Taji area.

were a retired Iraqi Army major, believed to be responsible for the coordination of attacks, and an individual alleged to be the main constructor of the hand-made launchers used to fire rockets, mortars and missiles. The third person is suspected of being responsible for the storage and transportation of munitions. The fourth man is believed to be

responsible for production of improvised explosive devices used in the Taji area. A search of his home netted electronic components and bomb making materials.

"This was a very successful operation," Perrin said. "All of the soldiers did a great job performing their duties; especially the ICDC and new Iraqi Army."

Collapsing the cordon and

preparing to move back to Camp Cooke, San Miguel agreed with Perrin's assessment.

"We may not have gotten all the individuals we were looking for, but we definitely took away a high level of expertise from this area," San Miguel said. "It will take some time before anyone is able to reassemble a team with all of that combined expertise."

39th Brigade Combat Team Chaplain Gets His Wings

By 1st Lt. Chris Heathscott
39th BCT Public Affairs Officer

CAMP COOKE-- When a Soldier congratulated Chaplain (Col.) David McLemore on his promotion at a recent Sunday service, the 39th Brigade Combat Team's spiritual leader offered his thanks and said, "As you can see, the sermon didn't get any better, but the good news is...the government's paying more for it."

Rank and titles are not the rewards he seeks. McLemore has set his goal for positions that allow him to make a difference and touch more lives.

"I'm proud to have the rank of colonel and wear the eagle, but I want to make sure the eagle can be proud of me. But more important than that, on the other collar is the cross. If I ever lose focus of the cross, looking at anything

else, including the eagle, then I've lost my right to be a chaplain," McLemore said.

Having served as a captain during Operation Desert Storm, McLemore is experiencing many of the same issues now that he saw then. He is once again providing counseling to Soldiers with emotional, family, and relationship problems.

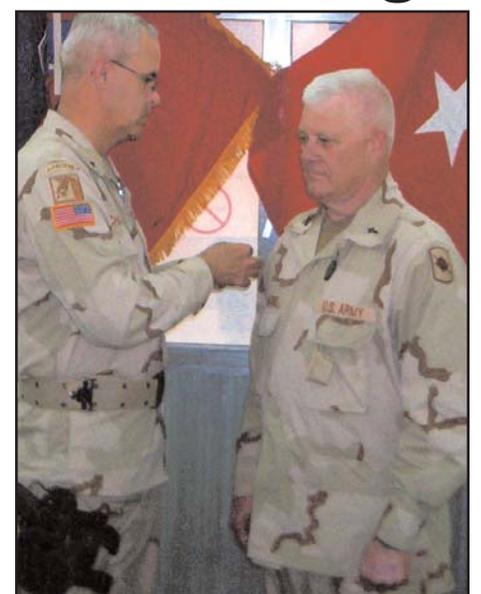
"Then you have those that have the emotional disturbances that come from combat...the threat of death...the experience of death...seeing someone else die," McLemore said. "Those things are always ongoing."

Having seen nine Soldiers with the 39th BCT lose their lives since the brigade arrived in Iraq, McLemore also wanted to offer his deepest condolences and comfort to the families of the friends we have lost.

"I personally owe a great debt of gratitude. A vet is a special individual, and a vet that has paid the extreme price cannot be compared to anyone else. They are supreme in my eyes," he said.

McLemore said he was not immune to the struggles of dealing with the loss of friends and the separation from his family. His ability to cope is driven by helping others deal with struggles of their own.

"I told my church before I came, that when I had a down moment I was going to go find somebody who needed me," he said. "That's what I'm here to do. If I stay in the room and fret it only gets worse, but if I get out and find somebody who needs me I feel valuable. That's what it's all about, being an asset to the brigade. And in my case an instrument that God can use."



By 1st Lt. Chris Heathscott, 39th BCT Public Affairs

Chaplain (Col.) David McLemore gets his wings pinned on by 39th Brigade Combat Team Commanding General Brig. Gen. Ronald Chastain.

Visit us Online at www.hood.army.mil/1stcavdiv/

Soldiers Detain Insurgents in Double Raids

By Pfc. Al Barrus
122nd MPAD

AL RASHID-- An Iraqi insurgent cell leader was captured during a two-part raid in Al Rashid Wednesday by the Soldiers of 1st Battalion, 21st Field Artillery Regiment and 1st Squadron, 7th Cavalry Regiment, both of 5th Brigade Combat Team, 1st Cavalry Division.

The primary target of the raid, a Sunni cell leader and financier, was detained at his used-car lot in Al Sadiyah along with 24 other men, said Capt. Michael Levy, 1-21 FA information officer. All others were released except for the cell leader's brother and two of his associates. The car lot was raided by Battery A, 1-21 FA, while Troop B, 1-7 Cav., raided the cell leader's home; a farm south of Al Radwaniyah.

The captured cell leader is allegedly linked to the kidnapping of Russian tourists, the murder of Spanish troops, attacks on U.S. forces and

weapon trafficking, said Capt. Christopher Wehri, Troop B executive officer for 1-7 Cav.

"[The target] started out a year ago in a group of six and they keep making new cells," Wehri said. "He gets one guy to start one, and [then] he gets another. This target is one of the key leaders."

At the farmhouse, the only person detained was the target's father. Three AK-47s and 400 rounds of ammo were found at the home, as well as some electrical equipment they suspected was used to make explosives. The Soldiers expected to find the cell leader at his place of work, Wehri said.

"We found the [identification] and some paperwork with our target's name on it, even though the target's father said he didn't live there," said Staff Sgt. Jose Najera, a search team leader in Troop B, 1-7 Cav.

Aside from the cell leader and his brother and father; nine women and 11 children lived at the farm home.

"At first they were

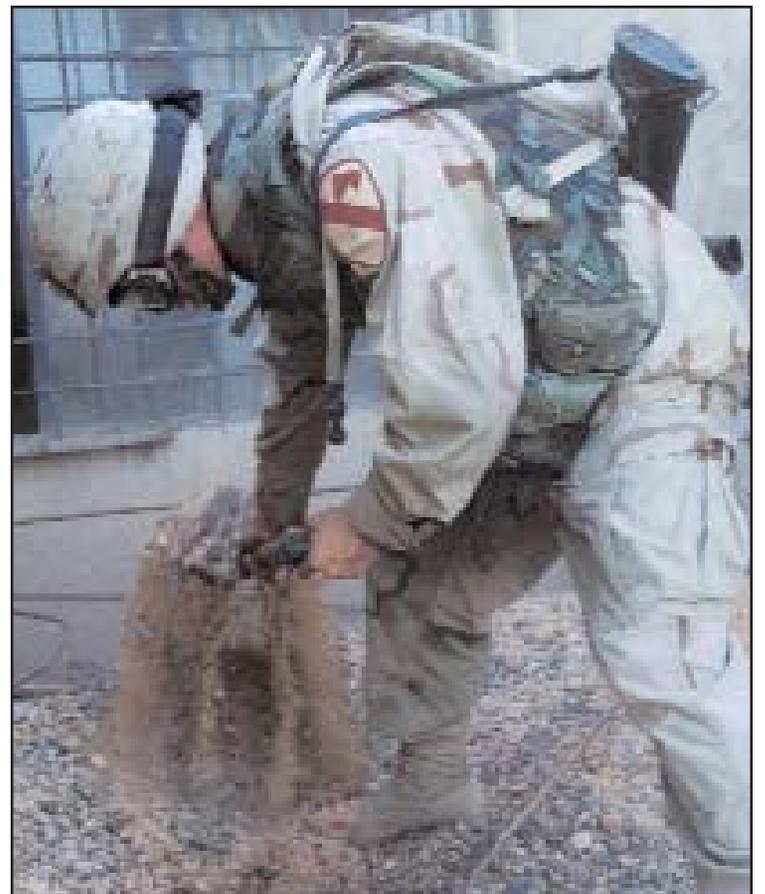
scared, but they cooperated really well after they calmed down," Najera said. "We brought a lot of candy and toys for the kids so they would be cool."

In a normal cordon and knock, the situation will usually start out calm and remain that way, Najera said. But because of the history of the targets, this search was conducted like a raid, which is carried out differently.

"There's a difference between a cordon and knock and a raid," he said. "In a cordon and knock, you knock on the door first and ask them to get outside the house. In a raid you rush in there and tell them to get out. This was a raid."

It can be a dangerous job, but it's a job that needs to be done.

"You always get a little bit of a rush when you're clearing a room," Spc. Arnulfo Padilla, a cavalry dismount, said. "You have several people whose lives are in your hands; we have to stay on the same sheet of music and stay focused."



By Pfc. Al Barrus, 122nd MPAD

As part of a cordon and search at an alleged terrorist's farmhouse south of Al Radwaniyah, cavalry scout Pfc. Justin Rychanek of Troop B, 1-7 Cavalry shovels through a heap of sand and gravel for any contraband.

5th BCT Helps Turn on the Lights for Iraqi Neighborhood

By Spc. Andy Miller
122nd MPAD

AL DAURA, Baghdad-- Electricity runs the infrastructure of Baghdad, the industry of the economy and the lights in the homes. But lately the flow has been sporadic, and it's a problem the 1st Cavalry Division's 5th Brigade Combat Team (BCT) is working to fix.

To bring an uninterrupted supply of electricity to Baghdad, it is essential that the Al Daura power plant returns to full operational capacity. Its four main generators have been inoperable for months so its old and damaged turbines can be repaired by German and Russian con-

tractors.

While the repairs will eventually put enough power for all the residents of Baghdad back into the grid, Soldiers from the 1st Battalion, 8th Cavalry Regiment are doing their part to ensure the plant remains secure from outside threats.

Sgt. First Class Alvin Alejandro, the platoon sergeant for 1st 'Red' platoon of Company B, calls this plant one of the crown jewels of the Al Rashid area of Baghdad. He thinks getting the power back on will not only help the Iraqis get their lives back together, but will change the way they perceive coalition forces in their neighborhoods.



By Spc. Andy Miller, 122nd MPAD

Sgt. 1st Class Alvin Alejandro, a platoon sergeant for Company B, 1st Battalion, 8th Cavalry Regiment, looks over the Tigris River from girders on the Al Daura power plant in Baghdad. Alejandro's platoon is helping the Iraqi Electric Power Security Service and Facility Protection Service provide security at the site. Alejandro calls the plant one of the crown jewels of the Al Rashid district.

"If we could give them full electricity right now, 24 hours a day, there will be a 100 percent change in the whole sector," Alejandro said. "If we can get this thing running and maintain it running, it will be a big plus for us and the Army overall."

While work is being done to restore the plant's power generating capacity, the "Red Team" is providing security to the site, with help from Iraqi security forces of the Iraqi Electric Power Security Service (EPSS) and Facility Protection Service (FPS). This security mission is vital to all parties involved. In the past, contractors have left the site after feeling threatened by insurgent activity. Having the Red Team Soldiers standing by gives them the confidence they need to do their job, Alejandro said.

"All of the agencies have their doubts about security, and if we don't get involved with it and talk to them, they don't feel comfortable," Alejandro said. "And if they don't feel comfortable, they're not working."

To make sure they feel secure, Alejandro's platoon provides daily and nightly site security, and has been working to train the EPSS and FPS to improve their security tactics. Working with the Iraqi security forces has improved their skills and lessened some of the intimidation they initially felt about the American Soldiers, said Lt. Donald Owens, the Red platoon leader.

"It's gotten a lot better since we've

"It has gotten a lot better since we've been here. The people here; they trust us."

- Lt. Donald Owens,
Red platoon leader

been here," Owens said. "The people here; they trust us. We've established relationships with the people in the power plant and all the companies that work here."

This relationship makes cooperation possible between the multinational group working together to bring power back to the people of Baghdad. Recently contractors have achieved a small victory in getting one of the turbines back into part-time operation. The flow of electricity in some sections of Al Rashid has improved from a rate of two hours on, four hours off; to a rate of three hours on, three hours off. Contractors at the site hope to steadily increase this rate until the supply is continuous and uninterrupted.

"The coalition force brought their help to fix the security and bring the power plant back to normal and I hope we will do that together," Bashir K. Omaid, the power plant manager, said.

Buckle Up ... Most Senior Occupant is Responsible for Safety of Passengers

By Spc. Michele Newbold
1st Cav. Div. PAO

You are following a vehicle in a convoy when the driver in front of you suddenly slams on his brakes. You hit your brakes. You're too late. The tires squeal, but the impact is hard. You're fine, just a little shaken up. Your passenger, however, flew into the windshield, sustaining serious injuries. The difference between you two: You were wearing your seatbelt; he was not.

1st Cavalry Division Safety Director Dale Smith has noticed Soldiers not wearing seatbelts more and more frequently.

"We stop vehicles all the time with Soldiers not wearing seatbelts," Smith said. "The prevailing attitude is that it doesn't matter because we're in a combat zone."

This attitude can lead to injury or death. A recent incident occurred when one vehicle broadsided another, knocking a Soldier completely out of the vehicle.

"It was a direct result of not wearing a seatbelt," Smith said.

Fortunately, the Soldier received only minor injuries.

"Bumps, bruises and scratches; that's what we

call a near miss," Smith added.

Part of the problem, Smith said, is that senior occupants of the vehicle are not taking care of their Soldiers.

"It is the senior occupants responsibility to ensure safety," he stressed.

Senior occupants are required to enforce all safety rules within the vehicle, including the wear of seatbelts. Soldiers are not only neglecting seatbelts in tactical vehicles, but non-tactical vehicles as well.

"It is a widespread problem," Smith said.

According to the Department of Defense, vehicle accidents are the primary cause of noncombat deaths in Iraq.

Some Soldiers complain that they will not be able to get out of the vehicle during a combat situation while wearing a seatbelt.

"There has been no case where a Soldier has died because he couldn't get out of a seatbelt in a combat situation," said Mike Foyle, the division's deputy safety officer.

A seatbelt can prevent you from falling out of a vehicle, and can keep you restrained during sudden stops, turns, and bumps, but they are useless when not worn.

Remember, you can save lives. Buckle up.



1st Cav. Div. ADC-M is Given his First Star with his 'Army Family'



By Spc. Bryan Kinkade, 1st Cav. Div. PAO

Commanding general of the 1st Cavalry Division, Maj. Gen. Peter Chiarelli, smacks on Brig. Gen. Michael Jones' first star. Jones, the division's assistant commander for maneuver, was promoted to brigadier general during a ceremony at the division headquarters building June 2. The ceremony was broadcast via video teleconference to Fort Hood, Texas, so his wife, Pat, could share the special day. Jones said he missed his family, but was happy she could see him get promoted.

"The only downside of today is that my family can't be here to share with this...the upside is, although my biological family isn't with me today, my Army family is," Jones said. about his promotion.

3rd BCT Fields New Explosive Material Detection Equipment

By Sgt. John Queen
3rd BCT Public Affairs

BAGHDAD-- Every day, hundreds of thousands of people move from place to place throughout Baghdad tending to their business. Chances are, hidden in the midst of friendly Iraqis, there are more than a few anti-Iraqi forces making coalition troops targets of opportunity for their aggressions.

To help deter this threat, coalition forces have begun to field a new weapon throughout Iraq. Not the type of weapon that shoots bullets or lobbs grenades, though, but one that "sniffs" for explosives.

"The Vapor Tracer 2 is a new piece of equipment that has been deployed here in Iraq in the last month or two," said Chris Miller, a security technical specialist for the Bureau of Diplomatic Security in Saudi Arabia.

It was designed by General Electric Ion Track and is a hand carried device designed with an innovative type of technology that can detect and identify vapors and particles produced by numerous forms of explosives and narcotics. It uses a unique, atmospheric sampling technique that is not only extremely sensitive but speedy as well. Its detection time averages a response in four to 10 seconds per sample.

Last week, Soldiers from the 3rd Brigade Combat Team took the opportunity to train with the Vapor Tracer to see how it works and most importantly how to

maintain it.

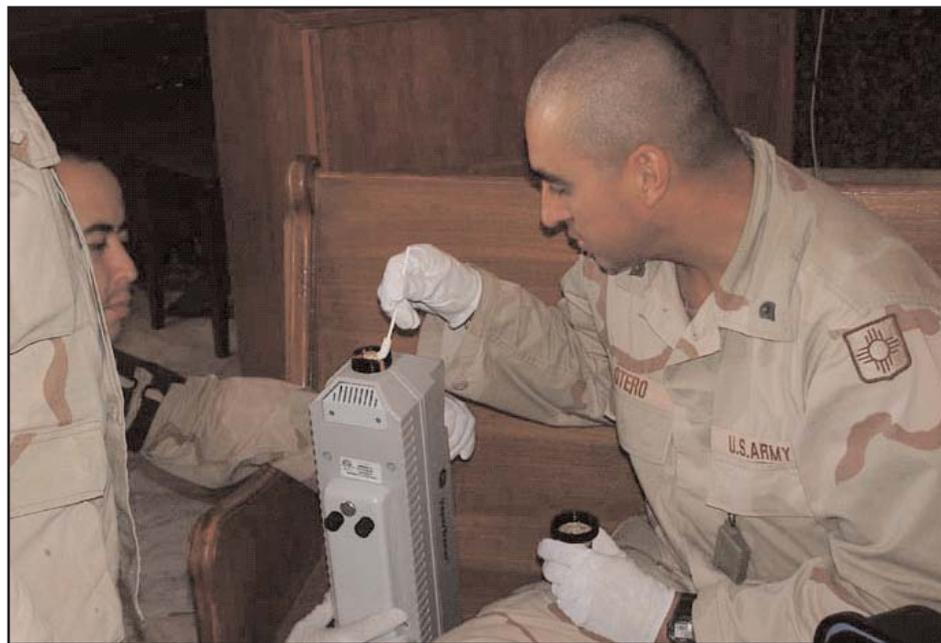
"The training we did has mainly centered on maintenance of the equipment," Miller said. "We felt that maintenance was key to getting it deployed; it's an important piece of equipment."

Currently the Vapor Tracer 2 is being used at all of the checkpoints around the Green Zone to help make them more secure.

"The check points have been letting a

large number of people through," said Roy Patrick a security-engineering officer for Coalition Provisional Authority. "Not just State Department people, not just DoD, but civilians - everything. And it's in our best interests (the State Department) to work as a team with the Department of Defense for everybody's safety."

It would be especially useful with the insurgents and anti-coalition forces that may try to enter the Green Zone according Master



By Sgt. John Queen, 3rd BCT Public Affairs

Being an extremely sensitive instrument, Spc. James Otero uses a thick alcohol swab to carefully clean a membrane in the vapor tracer's inner nozzle.

Sgt. Nathaniel Foreman, 2nd Battalion, 82nd Field Artillery's S-2 non-commissioned officer in charge and a member of Miller's class. "I think that the Vapor Tracer would be really helpful. It will give us a little more reaction time if our soldiers can detect that someone is involved with explosives and trying to get through a check point."

Soldiers from Troop F, 9th Cavalry Regiment, used the Vapor Tracer 2 earlier this month on a mission to find a suspected cache of explosives. Though the cache was not the explosive material it was reported to be, the Vapor Tracer 2 did positively identify a substance that could be used in explosives.

"We found a large number of medium sized drums and clear plastic bags with a white power in them," said Spc. Christopher Maust, a scout with the troop that was operating the Vapor Tracer during the mission. "I tested it. It came up positive for a possible explosive and we called [an explosive ordnance team]."

Once the EOD crew arrived they quickly determined that the powder, although reading positive on the Vapor Tracer, was not an exceptionally high quality type of substance used in bomb making.

The detection system is designed to provide high reliability with little down time after a large detection of explosives or narcotics. It's currently being used in civilian airports throughout the United States to check people, baggage, vehicles and cargo for explosive substances.

Visit us Online at www.hood.army.mil/1stcavdiv/

On Patrol

June 25, 2004

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1-9 Cav. Sweats it Out on the Streets of Baghdad

By Spc. Jan Critchfield
122nd MPAD

BAGHDAD, Iraq-- Grab your body armor, lock and load, and come along for the ride. Jump in the back of a Bradley fighting vehicle, and join the men of Forward Operating Base Headhunter on one of their regular-and dangerous-foot patrols through the streets of Central Baghdad.

Engaging the citizens of Baghdad in conversation and scanning every rooftop for threatening silhouettes, Soldiers of Task Force 1-9 "Headhunters" are on the prowl for insurgents who, hiding amongst the populace, wait in ambush for coalition forces.

"If we get hit in an area and don't go back there, that isn't the message that we want to send people. We need to be back there the next day to let people know we're going to be there for them," said 1st Lt. Fred Saxton of C-Company, 1st Battalion, 9th Cavalry Regiment.

It is this attitude of caring and dedication that the Soldiers of Task Force 1-9 believe will produce the most powerful weapon they can wield in the fight against terrorism—a feeling of hope in the lives of the Iraqi people.

Following leads and collecting evidence much like a police officer, the engineers, infantrymen, and scouts of Task Force 1/9 have had to

be 'Semper Gumby'-always flexible-with their new tasks.

Learning and applying new tasks in a field environment is not an easy feat, but the Headhunters have clearly adapted well, and it shows in their professionalism and calm in the field.

"The morale of the guys is high, but the patrols are rough. It's very hot out there, and it's very time consuming. Some of the guys get frustrated because it's very repetitious, doing patrol after patrol after patrol," said Sgt. 1st Class Henry Gadsden, platoon sergeant for 2nd Platoon, A-Company, 8th Engineers attached to C-Company 1-9 Cavalry.

"It's important for the Iraqi people to see that [we're in the streets with them] to help them out and keep them safe," added 2nd Lt. William Richardson, platoon leader for the engineers' 2nd Platoon.

Another task for the Headhunters is getting weapons off the streets in any way they can, making Baghdad a safer place for both Baghdad residents as well as coalition forces.

"We find caches occasionally, with [rocket propelled grenades], mortars, hand grenades, C4... we found a couple of mortar tubes," said Capt. Jack Crabtree, commander of Headquarters Company, 1st Battalion, 9th Cavalry Regiment.

"It is important to get



Photos by Spc. Jan Critchfield, 122nd MPAD

Iraqi Civil Defense Corps soldiers search a vehicle for weapons or other contraband at a tactical checkpoint set up during a patrol in Central Baghdad.

weapons off the street, so we can protect the population and ourselves," Crabtree said.

"Things in my area have been going very well. The people in my area seem to appreciate what the United States has been doing for them. They've actually asked us to increase the number of patrols we do because it makes them feel safer," he added.

In situations where the new Iraqi Police would be far outgunned, Iraqi Civil Defense Corps accompany the Headhunters on their patrols to aid in the hunt for those who seek to destabilize Iraq and recruit terrorists from among the Iraqi people. These soldiers, for many, represent a new hope for a stable and prosperous Iraq.



An Iraqi man and his son walk past a Headhunter patrol.

ICDC soldiers have been training hard for the challenge. They have become proficient in a wide array of tasks and tactics, including vehicle searches,

urban warfare, and squad tactics.

The ICDC soldiers are getting hands-on experience that will serve them the most when US forces leave Baghdad, by accompanying Headhunter patrols on a regular basis. They often take the lead on vehicle searches, a procedure that might offend a citizen if a foreign soldier were to dive into their glove box and sift through the contents of their trunk.

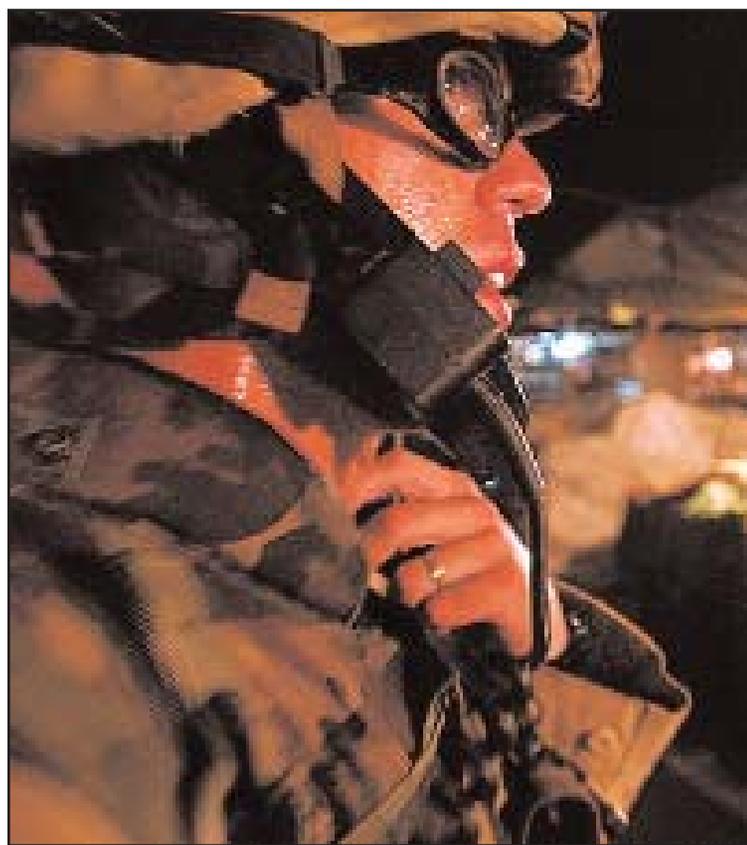
Drenched in sweat upon return from patrols conducted during hot Baghdad nights, the Soldiers of Task Force 1-9 take a few hours of down time to catch some sleep and take care of personal business and hygiene before the next patrol.

With an operations tempo of nine or more missions per week, the Headhunters and Soldiers like them are undoubtedly some of the hardest working in the country.



(Above) Engineers of Forward Operating Base Headhunter queue up for a night patrol through the streets of Central Baghdad. Their mission: to hunt and kill or capture insurgents, who threaten the stability of the developing Iraqi nation.

(Left) Soldiers of the 1st Battalion, 9th Cavalry Regiment pull security while they wait to move out on a nighttime patrol through the streets of Central Baghdad.



All-American Musicians Show Support

By Spc. Marie Whitney
122nd MPAD

CAMP VICTORY NORTH-- Temperatures of around 100 degrees Fahrenheit generally don't make optimal conditions for outside activities. But on June 5, over 500

Soldiers, sailors, Marines and airmen crowded around a stage in front of the Post Exchange on Camp Victory North. And the heat didn't stop them from having fun. They were enjoying a performance by two patriotic musicians; Toby Keith and Ted Nugent.

But before the two superstars hit the stage, Soldiers of the First Cavalry Division Band opened by performing cover songs by musicians such as Jamiriquoi, Outkast and Jimi Hendrix. But when Keith and Nugent finally started their approach to the stage, the

troops went wild.

Sgt. Christopher DePrater of Company B, 13th Signal Battalion for the 1st Cav. Div, was one of the troops in the crowd excited to see the musicians playing on Camp Victory North.

"I've been listening to Toby Keith for a long time. I've got all of his CDs," he said. "My brother gets to go to his concerts all the time. [Now] I finally get to see him."

Before they performed, Keith and Nugent took some time to address the crowd. Nugent let all of the Soldiers know that he and Keith, along with everyone back home, is proud of what the Soldiers are doing and give them their full support.

Keith and Nugent then spent the next 45 minutes playing some of their hit songs for the crowd. First Keith would play a song, with the support of Nugent's guitar. Then Nugent would play one of his songs, with Keith's guitar playing in the background. They even added new lyrics to some of their songs referencing things that the Soldiers would identify with, like the 1st Cav. Div., various military weapons and places throughout Iraq. Two

members of the 1st Cav. Band; one on the drums and one playing bass also supported the guitarists.

In between songs, the duo talked about different things to the crowd. At one point, while Nugent was telling the crowd about how he and Keith had already performed for Soldiers in Kosovo, Germany and Italy, he gave some encouragement to the crowd, "You guys are doing a great job over here."

At the end of their performance, Keith and Nugent were awarded tokens of appreciation from the First Team. Keith, wearing a 1st Cav. Stetson, and Nugent, holding onto one Soldier's M-16, were given certificates to thank them for their dedication to and support of the U.S. troops.

The performers then left the stage and signed a few autographs for the troops before they left.

After the show, Spc. Michael Holdren, from Headquarters Company, 1st Cav. Div., said, "It was a great concert. Two funny guys; an all-American country boy and a gun-totin' rocker; [a] great combination."



Photos by Spc. Bryan Kinkade, 1st Cav. Div. PAO

(Above) Toby Keith salutes during a performance that he and Ted Nugent did in front of the PX. Keith and Ted Nugent took turns playing their songs for the Soldiers for almost an hour. (Right) "You guys are doing a great job over here," Ted Nugent said to the Soldiers, sailors, Marines, and airmen who showed up to see Nugent and Toby Keith perform in front of the Camp Victory North Post Exchange on June 5.



Somc Useful Arabic Phrases

General Medical Terms

Bandage - *le-faf shash*
Blood - *dem*
Burn - *Ha-reg*
Doctor - *douk-tour/Tab-eeb*
Hospital - *mus-tesh-fe*
Injured - *mu-Sab/mej-ruuh*
Dead - *may-it*

Medicine - *du-wa*
Sick - *mar-eeDh*
Wound - *jar-eH*
What is wrong? - *Sha-ku?*
I am going to help - *raH as-a-aad*
Are you in pain? - *aan-dek alam?*
Are you injured? - *inta met-aw-er?*
I will take you to the hospital -
raH akh-Dh-ek lil-mus-tesh-fe

Can you stand? - *teg-dar tou-gaf?*

Emergency Terms

Emergency! - *tawa-r-i'*
We need a doctor! - *niH-taj tub-eeb*
Distress signal - *ish-ar-ehT nej-deh*
Help! - *l-Hag-guu-lee*
Evacuate the area! - *ikh-luu el-man-ta-qa*

In Remembrance

June 25, 2004

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Farewell to Fallen Comrades in Arms...



By Spc. Jan Critchfield, 122nd MPAD

(Above) Hundreds of Soldiers attended the memorial held June 14 at the 458th Engineer Combat Battalion headquarters for Spc. Thomas Caughman. (Bottom, Left) A 39th Brigade Combat Team Soldier salutes in honor of Sgt. 1st Class Troy Leon Miranda, a native of Wickes, Ark., who was fatally wounded when an improvised explosive device found its target.

(Bottom, Right) A 458th Engineer Combat Battalion Soldier kneels in prayer at the memorial held for Spc. Thomas Caughman, a fellow engineer, who was killed June 9 by a rocket propelled grenade.



By 1st Lt. Chris Heathscott, 39th BCT Public Affairs



By Spc. Jan Critchfield, 122nd MPAD

Our Fallen Troops

Sgt. Frank Carvill

Spc. Christopher Duffy

Sgt. Justin Eyerly

Spc. Justin Linden

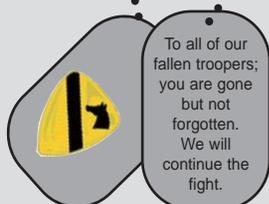
1st Lt. Eric McCrae

Spc. Ryan Doltz

Sgt. Timoteo Humberto

Pvt. Thomas Caughman

Spc. Eric McKinley



To all of our fallen troopers; you are gone but not forgotten. We will continue the fight.

Sports & Leisure

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June 25, 2004

1st Cavalry Division 'Desperado' Knows How to Move

By Cpl. Benjamin Cossel
122nd MPAD

CAMP COOKE-- In the 1995 movie *Desperado*, Antonio Banderas plays El Mariachi, a gun-wielding, fist-throwing, guitar-playing hero jumping to life from the pages of a Hollywood script. As if

cast from that same script, stands Staff Sgt. Luis Cintron of Task Force Lightning Attack, 1st Battalion, 25th Aviation Regiment "Desperados," 4th Brigade Combat Team, 1st Cavalry Division.

Not content with the two black belts he holds or the ability to dance masterfully three different styles of

Latin dance, Cintron has brought his passions to the Soldiers of Camp Cooke. With a schedule of events that encompasses the entire week, Cintron teaches martial arts, Latin dancing, and music.

"I taught these classes while back in Hawaii," the 30-year-old Loraine, Ohio native said. "When we

were getting ready to deploy, many of my students asked if I was going to be teaching in Iraq. At first I didn't think I would. As more and more people asked me, I decided to go for it, so I packed up my stuff and brought it over."

Monday, Wednesday, and Friday Cintron teaches the basics of Ala-Kai Sho-To-Kan and Gus Park style martial arts. He holds 6th level black belts in both. For two hours, beginning at 7:30 p.m., the Camp Cooke gymnasium is filled with the loud "Kia!" as students perfect their lessons on the tall rounded punching bags.

"Martial arts is a great stress reliever," he said. "We all know how much tension can build in a person being in the environment we are in. Being able to let that out in a positive manner is just so much more constructive."

"I'm a certified instructor for both of the styles I teach," the power plant mechanic section sergeant said. "Many of the Soldiers take advantage of that fact to get certified in one of the forms. Private lessons really help that along. In fact, a dedicated student could earn their black belt over the length of our year long deployment."

On the soft side of Cintron's instructions, a peek through the door of Kellogg, Brown and Root Theater, shows more than 30 Soldiers actively

engaged in Salsa, Meringue and Bachada dancing classes.

"Soldiers can really cut loose here," a grinning Cintron said through fast, heavy breaths. "The main thing is to have fun; maybe learn some great dancing moves to impress your friends when you get home; but mostly just have fun."

"The whole goal of everything I do is to provide a place where Soldiers can just forget where they are for at least a few hours a day," he said. "We're so enmeshed in all of this that we have to be able to just disconnect sometimes."

The friendly atmosphere of the theater combined with the jovial sounds of Soldiers make it easy for them to forget they are in a combat zone.

"I play the drums and I teach others to play them as well," he said. "As we started up with the music classes, more people started showing up with their own instruments and it sort of grew into a teaching jam session."

Cintron laughed as a Soldier suggested that he would be a valuable asset to a nightclub, as he could provide the security, band and dancers.

"I must admit, though, that there are some selfish motivations to me teaching all this," Cintron said. "It helps me to take my mind off of where I am."



Photos by Cpl. Benjamin Cossel, 122nd MPAD
(Above) Staff Sgt. Luis Cintron and Pfc. Yahira Ulloa, both of Task Force Lightning Attack 1-25 Avn., 4th Brigade Combat Team, 1st Cavalry Division, dance Salsa at the KBR theater on Camp Cooke. (Left) Staff Sgt. Luis Cintron demonstrates a jumping maneuver with a sword during a class on weapons as part of his training sessions at the Camp Cooke gymnasium.

Basketball, Hockey Seasons Done; Football on the Horizon

As I set digits (fingers, that is) to keyboard they are celebrating in the Motor City for the spanking the Detroit Pistons laid on the Los Angeles Lakers.

You remember the Lakers, right? The team stock-piled with future Hall of Fame talent predestined to take long-time NBA Finals losers Karl Malone and Gary Payton to the promised land: Championship City? Well, something happened on the way to the (Los Angeles) Forum. The Lakers didn't get back there for a Game 6, because Detroit decided to blow them out in five.

The Most Valuable Player of the NBA Finals was Piston point guard Chauncey Billups, who averaged 20 points and 5-plus assists per game, outplaying both Kobe Bryant and Gary Payton.

Personally, I would have picked Ben Wallace for the series MVP. Even without his 18-point, 22-rebound effort in the finale, Ben's got MVP hair. The division headquarters has a sergeant first class who is attempting to replicate Wallace's 'doo,' but within Army regulations, of course. (Yo, Dog! Get a hair net and it's all good!)

A week before the Pistons finished thrashing the Lakers, the Stanley Cup went south for the

off-season, as the Tampa Bay Lightning won hockey's grand prize. In a hotly contested, seven-game extravaganza, the Lightning prevailed even without any major stars on their roster. Call these guys the New England Patriots of the NHL. They just play well together.

Speaking of the Patriots, it is time to talk some FOOTBALL! Yeah, I know. Major League Baseball hasn't even reached the mid-way point of the season. How can I be thinking football already? Because right around this time of year, all the annual football pre-season publications start to hit the news stands. While they are always outdated when you buy them, I, too, am guilty of purchasing all of them just to see where the "experts" rank my favorite team. (Did I mention that I was a born and bred, corn fed, diehard, true-to-life Cheesehead from Wisconsin? Go, Pack, Go!)

Since we're over here, and the NFL season will probably be half over by the time we see any pre-season publications in the company store (because "They go where you go!"), I have to close out this edition with my picks for

Trigger Pull

MSG Dave
Larsen



Sports Buff

the upcoming season. We'll discuss roster moves, and my reasoning behind the following madness at a later date.

Here goes:

AFC East: Winner - Miami Dolphins. No repeat (again) for the Patriots. 2nd - Buffalo; 3rd - New England; Last - New York Jets (Herman Edwards, a great coach with no talent on his roster).

AFC North: Winner - Who cares? They all stink.

AFC South: Winner - Indianapolis Colts (who choke again in the playoffs, by the way). 2nd - Tennessee Titans; 3rd & 4th - again, who cares?

AFC West: Winner - Kansas City Chiefs (don't even falter in the playoffs; my bet to win it all). 2nd - Oakland (Warren Sapp

brings attitude back to the bay area); 3rd - Denver; 4th - who else, San Diego.

NFC East: Winner - Dallas Cowboys (but they get punked in the first round of the playoffs this year); 2nd - Philadelphia; 3rd - Washington; 4th - New York Giants (message to Eli Manning: Welcome to the league, Rook!).

NFC North: Winner - Minnesota Vikings (but lose to 2nd place Packers, at home in the dome, in the playoffs); 2nd - Green Bay; 3rd - Detroit; 4th - Chicago.

NFC South: Winner - Tampa Bay Buccaneers (John Gruden retools the team to his liking); 2nd - Carolina (and in the playoffs again!); 3rd - Atlanta; 4th - New Orleans.

NFC West: Winner - St. Louis Rams (last hurrah for Marshall Faulk, if he keeps healthy); 2nd - Seattle; 3rd - San Francisco; 4th - Arizona.

I fully expect someone to throw these in my face come January, but if I'm right, I get to talk big smack come playoff time! Go Packers!

Standings

MLB
As of June 18, 2004
American

League East Division

	W	L	Pct	GB
New York	42	21	.667	--
Boston	37	27	.578	5.5
Tampa Bay	28	34	.452	13.5
Baltimore	27	34	.443	14
Toronto	28	37	.431	15

Central Division

Minnesota	36	28	.563	--
Chicago Sox	34	27	.557	0.5
Cleveland	31	32	.492	4.5
Detroit	30	33	.476	5.5
Kansas City	24	38	.387	11

West Division

Oakland	37	26	.587	--
Anaheim	36	28	.563	1.5
Texas	34	28	.548	2.5
Seattle	25	38	.397	12

National League East Division

Florida	36	29	.577	--
Philadelphia	33	29	.540	1.5
Atlanta	31	33	.510	4.5
New York	30	34	.490	5.5
Montreal	20	43	.314	12

Central Division

St. Louis	38	27	.585	--
Chicago Cubs	36	29	.554	2
Cincinnati	36	29	.554	2
Milwaukee	33	29	.532	3.5
Houston	33	31	.516	4.5
Pittsburgh	25	36	.410	11

West Division

Los Angeles	34	28	.548	--
San Francisco	34	31	.523	1.5
San Diego	33	31	.516	2
Arizona	26	39	.400	9.5
Colorado	23	41	.359	12

Glossary:
W: Wins, L: Losses, PCT: Winning percentages, GB: Games back