



1-9 Cav. Soldiers conduct night patrols to keep the streets of Baghdad safe.

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Soldiers deliver medical aid to neglected citizens of Radwaniya.

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Cav Country

Volume 1, Issue 6

"Telling the First Team's Story"

July 9, 2004

Routine Op. Becomes Life-saving Mission

By Cpl. Benjamin Cossel
122nd MPAD

TAJI-- For the Soldiers of Company B, 2nd Battalion of the 162nd Infantry Regiment, June 10 started like any other day. The mission was to convey to Forward Operating Base Gunslinger, linking up with an element from 3rd Battalion of the 153rd Infantry Regiment, to perform a battlefield hand-off.

"Our whole day was just meant as a sort of right-seat ride for 3rd of the 153rd as we turned over some of our area to them," said 2nd Lt. Everett Perrin, Fire Support Officer, Bravo Co., 2-162, 2-7 Cavalry, 1st Cavalry Division. "As we were driving down River Road, I noticed a gentleman standing in the middle of the street trying to wave us down. A person standing in the road, waiving at us is nothing unusual, but as we pulled closer we noticed the blood."

Wary of the recent car bombings and ambushes, Perrin pulled his convoy to the side of the street approximately 300 meters away from the individual.

Upon reaching the man,

Spc. Joseph Kennedy, a combat life-saver with six years experience, began assessing him as the interpreter tried to figure out what happened.

"I immediately noticed he had been shot at least twice," Kennedy said. "The guy was pretty shook up and as far as I could tell, he was mumbling something about his brother in a vehicle down the way."

Working side-by-side with Kennedy, the team's interpreter learned that the brother in question was one of four others, all members of the man's family. The man and his family were traveling down the road when several unidentified individuals stepped out from behind some bushes and opened fire on their suburban. The attack blew out all the windows, causing the driver to lose control of the vehicle, which rolled off the road and down an embankment.

The Soldiers did not know if the wounded man was part of a ruse to attack coalition forces.

"If Anti-Iraqi forces are willing to commit suicide to attack us [Coalition Forces], certainly they would be willing

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Photos courtesy of 2-162 Inf. Reg.

(Above) Soldiers of B Co., 2-162 Infantry help a flight crewman load victims of an assault onto a helicopter for medical evacuation June 10. Company B was performing a battlefield hand-over of locations within their area of operation to 3-153 Infantry when they came upon a man who had been shot and stopped to render aid. (Right) Soldiers from B Co., 2-162 Infantry, work to save a man shot several times when his vehicle came under attack.



All is Quiet on the Western Front (of Baghdad)

By Cpl. Bill Putnam
122nd MPAD

AL RASHID-- Just before sunset June 27 -- on what would be the last night before the coal-

ition turned over control to a sovereign Iraq -- a platoon of Soldiers from Battery B, 1st Battalion, 21st Field Artillery Regiment, headed out on a counter-mortar mission.

Insurgents had been firing rockets and mortars at various targets from the battalion's area. Lately, such attacks have increased, making counter-mortar missions like this one more important.

Still, it's not a new mission to these Soldiers. In the gathering twilight June, Sgt. 1st Class Jose Barajas, a platoon sergeant in Bravo Battery, said they've been on them since arriving in country back in April.

Their job is, when they see a rocket or mortar engage Coalition forces, to estimate its launch point, head to it and kill the insurgents responsible.

But they don't always take the insurgents by surprise when they find them. The unit has had a couple of rocket-propelled

grenades (RPGs) fired at them, and have had a couple of small-arms engagements with anti-Iraqi insurgents.

"We've been in contact out here but we've never been in a situation where we've been out gunned," Barajas said.

The number of contacts has been small because the battery treats the area's residents with "dignity and respect," Barajas said.

"Treat the locals with it, and they'll help you out," he said.

That approach has worked well for the battery. Locals have led Soldiers to cached rockets and mortar firing points. They've been invited to weddings and offered tea "out of the blue" by the locals, Barajas said.

This mission ran much like

any other counter-mortar operation. The platoon of Multiple Launch Rocket System crewman and fire direction specialists reached their first observation point as the oppressive heat of the day slipped into something more bearable. Iraqis milled about, silhouetted against an orange and red sunset.

The Soldiers waited for something to happen. They heard the noises of parties off in the distance. They commented on dog-fights. It was a typical night for these Soldiers. They waited for something to happen, hoping nothing would.

"Now I understand how a cop feels," Barajas said at one point.

"They have donuts, though."

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By Cpl. Bill Putnam, 122nd MPAD

Sgt. Elias Ayala, a multiple launch rocket system crewman, raises binoculars to scan his sector during a counter-mortar operation the evening of June 27.

Dietary Supplement Dangers and Exercising in the Heat

By Lt. Col. (Dr.) Roberto Nang,
1st Cavalry Division Surgeon

On June 6th a 22-year-old medical specialist performing gate guard duties in the Green Zone died from cardiac arrest. The young woman had been on duty for 3 hours, escorting civilian contractors through a gate. She went on a break and was on her way to the latrines when she collapsed. She was taken quickly to the Level II Troop Medical Clinic of the Echo Medical Company, 215th Forward Support Battalion (FSB). There, doctors and physician assistants (PAs) worked feverishly to revive her.

Doctors quickly realized that her heart was in trouble. Her pulse was weak to non-palpable and ranged from beating very slowly (less than 30 beats per minute) to very rapidly (more than 110 per minute). Advanced Cardiac Life Support (ACLS) protocols were provided for her until the doctors in Echo Medical Company, 215th, felt and monitored enough of a pulse and heart rhythm to transfer her to the 31st Combat Support Hospital (CSH), just a few blocks away.

At the 31st CSH, doctors in the Emergency Room continued ACLS on her feeble and rapidly deteriorating heart. They worked on her for over an hour before they finally stopped the "code." The cause of death was determined to be cardiac arrest from arrhythmias.

Not a Heat Injury

She did not die from a heat injury (despite early media reports) and her temperature taken an hour into her cardiac arrest was in the 90s. The 3rd Brigade Combat Team Surgeon, Capt. (Dr.) James Wayne, Jr., signed a request for an autopsy to be conducted.

How could a young, healthy medic die

suddenly from cardiac arrest?

To answer this question, a quick medical and background review was conducted. Although on gate guard duty, the young specialist had regular and ample access to shade and water and was on shift in the morning, when the heat is not so oppressive compared to the afternoon sun.

She was healthy, but slightly overweight. She had been dieting and at times skipped meals. She was taking a dietary supplement called Ripped Fuel. It was the latest formulation and contained no Ephedra or Ephedra-like substances. It did contain significant amounts of caffeine and a "thermogenic fat metabolizer and metabolic enhancer" advertised to increase metabolism and to help lose calories and weight. She was also taking an anti-depressant and another medicine to "relax" some anxieties she was experiencing.

Dangerous Drug Interactions

Pathologists and toxicologists from the US Army will be investigating further as to what may have precipitated her cardiac arrest. However, among the suspected causes that may have been involved in her death are drug interactions from prescription medications she was taking and/or interactions with the active substances in her dietary supplement. It is well known that caffeine and other stimulating substances increase heart rates and can stimulate and irritate the heart.

It is important for Soldiers and all health consumers to understand that there are no wonder pills to help you quickly lose weight, build muscles, or stop the aging process. There is no magic "Fountain of Youth."

The best way to maintain good health and fitness is to eat a healthy, moderate, well-balanced diet and to exercise regularly (aerobic and anaerobic events) at least three times



By Spc. Bryan Kinkade, 1st Cav. Div. Public Affairs
Staff Sgt. Alan Ash, the 1st Cav. Div. Deputy Commandant, lifts some weights outside of his room after he gets off work.

a week for at least 20 minutes.

Don't Believe the Hype

Throughout the world, in eastern and western cultures, in developing and underdeveloped countries, the marketing of young and attractive people on TV and in movies sometimes creates an obsession for youth, beauty, and thin and sensual bodies. This comes at a time when there is a great discrepancy between what the "beauty marketers" in Paris, New York, and Hollywood are extolling and the reality of a greater percentage of obese people in the United States this year compared to previous years.

To fuel this obsession, huge industries in medicine, cosmetics, nutrition, and makers of fitness equipment have marketed ever-easier and faster ways to lose weight, stay young and look good.

One of the biggest involved in this beauty industry are the diet supplement manufacturers. Diet supplements can range from vitamins and minerals to exotic herbal substances, amino acids, and sometimes, even illegal substances. Since diet supplement manufacturers do not advertise themselves as a food or a drug, the U.S. Food and Drug Administration (FDA) does not regulate them.

They use catchy marketing mantras such as "energy" bars; "fat burning" substance; "antioxidant" agents, "mega"-this, "multi"-that, etc., to attract the youth and beauty seekers. In most cases, the active ingredients in the dietary supplements are not strong or efficacious enough to warrant research by drug manufacturers to concen-

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Spur The Moment

"What kind of mail do you get from home?"

Photos by Spc. Marie Whitney, 122nd MPAD

Every once in a while I get mail. I get mail from people I know and people I don't know.



Sgt. Jacob Cone,
Honor Guard, 1st Cav. Div.

I pick up the mail for my section, but I get personal mail almost every day. It makes me feel like I have family that cares for me back home. It's something that I look



Pvt. Jessica Dominguez,
HHC, 1st Cav. Div.

I get mail every other day. If I weren't for mail I wouldn't be happy right now. Mail is what keeps us motivated out here.



Spc. Will Escoto,
C Battery, 1-21 FA, 411th Eng.

I've gotten a few packages from my wife and my mother.



Spc. Jeff Satterwhite,
HHC, 1st Cav. Div.

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Night Patrols Keeping Baghdad Streets Safer

By Spc. Bryan Kinkade
1st Cav. Div. Public Affairs

BAGHDAD-- Jumping into their vehicles late in the night, Soldiers of 3rd Platoon, Company C, 1st Battalion, 9th Cavalry Regiment, and Iraqi National Guard were on the road to the worst part of the battalion's area of responsibility.

"That's where 90 percent of our attacks occur," said 2nd Lt. David Panian, the platoon leader. "I think that the majority of the bad guys use that area because it's a poor district."

Their mission that evening was no different than any other time they've been there: to patrol the area and set up a traffic control point (TCP).

First, they rolled up near the rail yard just outside their dismounted patrol area, when a Facility Protection Service guard came up to them and said he found an unexploded ordnance (UXO) round.

"It turned out to be some kind of anti-tank round," Panian said as he called higher headquarters reporting the round. "I wish there were more individuals like them." Panian and his squad gave the men who found the UXO, a cash reward, thanked them, and then continued their mission.

"Because of the UXO, we won't have time to do the TCP," Panian said to his men. Their next objective was to patrol Haifa Street – the worst part of the area.

The platoon split up into two squads and the first squad led them along the dark, quiet roads. Porch lights faintly lit the narrow roads. As they walked, squad members



Photos by Spc. Bryan Kinkade, 1st Cav. Div. Public Affairs
(Above) Soldiers from 1st Battalion, 9th Cavalry Regiment and members of the Iraqi Civil Defense Corps patrol the streets of Baghdad. Later during this patrol, the central city lost power, putting the patrol at even greater risk in the pitch-black night.

(Right) A squad leader for 3rd Platoon, Company C, 1-9 Cav., checks out unexploded ordnance found by a Facility Protection Services member. The round was discovered in a Baghdad rail yard, just outside the platoon's dismounted patrol area.

kept alert for danger.

Because it was so quiet, the squad was nervous.

"Anticipation is the scariest part of it, because you're waiting for it to happen," said Spc. Kenneth Travis, a rifleman with the platoon.

They were waiting for a grenade to explode or to hear shots fired, as they often have in the past. Less than five minutes into the patrol, a grenade exploded about 50 meters in front of the platoon. None of the Soldiers saw it, though.

Carrying on the mission, the Soldiers kept marching through the streets, and all of the sudden, the power went off. Everything got even quieter and the Soldiers moved closer to the buildings.

"When the power goes out; that's usually when something's

going to happen," Panian said.

Then a squad member saw a glow come toward them and they all dashed the opposite direction from what they thought was a grenade.

"My squad leader saw it and took off and ran," Panian said. "I saw it burning and thought it was a fuse, so I took off."

It only happened to be a cigarette thrown off a rooftop, but it's nothing to disregard; it could have been a grenade.

"You don't really have time to be afraid," said Spc. Roel Peña, a rifleman.

The platoon reformed and continued once again. Very few people were on the streets now. The platoon's footfalls echoed softly off of nearby buildings.

When they reached the end of



their patrol, the vehicles were waiting for them. They mounted up and took off, back to Forward Operating Base Headhunter.

In all, it turned out to be a decent mission, Panian said. Nobody was injured and nothing bad happened.

"Last night's patrol was actually a good patrol," Peña said. "We

found a UXO and we didn't get hit."

The next day, the platoon went out again on the same patrol, covering the same streets. A grenade attack injured two Soldiers.

Both Soldiers were taken to the medics, and were patched up. They were returned to duty, and Panian and his platoon continue the mission.

3-8 Cavalry Helps Nursery Staff, Children

By Spc. Bryan Kinkade
1st Cav. Div. Public Affairs

KARKH-- "It starts with the community," Capt. Henry Alvarez, Company C commander, 3rd Battalion, 8th Cavalry Regiment said. "It" is Alvarez and his unit attempting to improve the lives of local Iraqi people through assistance projects.

His company donated \$10,000 worth of office supplies to the al-Woede Nursery June 20 to help the teachers, staff and children.

New air conditioners, water heaters, computers, scanners, printers, copiers, refrigerators, and other office supplies were part of the supplies they donated.

They also handed out assorted toys to the children. Capt. Alexander Rasmussen handed one of the boys a water gun and he immediately started squirting everyone around with it. The toys were sent from families of the scout platoon in 3-8 Cav. to be donated to the

"It doesn't solve everything, but this helps the kids with sanitary [issues] and the computers help the head mistress."
-Capt. Alexander Rasmussen,
3-8 Cavalry Regiment

children.

This is just a small part of the company's mission to help rebuild Iraq. To do this they work closely with the local neighborhood advisory council (NAC).

"Basically, the NAC comes up with proposals to help the community and the [civil and military operations] gets projects approved," Alvarez said.

All of the equipment is locally purchased through Iraqi contractors.

Rasmussen said they try to send the bid out to as many contractors as possible to get the best quality equipment.

He said the funds came from the commander's emergency response program (CERP) and were donated to the Iraqi government.

"It doesn't solve everything, but this helps the kids with sanitary [issues] and the computers help the head mistress," Rasmussen said.

Just recently, the unit finished renovations on two local schools. He said they are working hard to help the teachers and staff of the community.

"We're also trying to get the emergency generators working, so when the power goes out, the plumbing will still work," Rasmussen said. "And we're paving the roads."

3-8 Cav. continues to work in this community, attempting to assist in the rebuilding of Iraq, one neighborhood at a time.



By Spc. Bryan Kinkade, 1st Cav. Div. Public Affairs
Spc. Brian Salyer, assistant projects manager with 3rd Battalion, 8th Cavalry Regiment, gives a toddler a toy at the al-Woede Nursery June 20. The toys were sent from families of 3-8 Cav.'s scout platoon to distribute.

Ironhorse

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Combat Medics Train to Save Lives

By Sgt. Dan Purcell
122nd MPAD

CAMP WAR EAGLE-- "Medic! Medic, over here!" The desperate cry of a Soldier whose buddy has been wounded is a shout no Soldier wants to hear, but it's reassuring to

know that they are calling for some of the best-trained medics in the country.

Each week, medics from the 1st Cavalry Division's Task Force 'Lancer', 2nd Battalion, 5th Cavalry Regiment and Task Force 'Charger', 1st Squadron, 12th Cavalry

Regiment attend an advanced first-aid program at the combined aid station located in Camp War Eagle.

"We started up the program because the medics, after their initial training, do not get a chance to keep their skills up to date," said Capt. Tom Laird, 2-5 Cav. physician's assistant.

The training program is focused on starting at a basic level and gradually working up to the more complicated. In eight or nine months there are plans for some very complex topics, such as advanced cardiac procedures, which are usually found at the physician's assistant and physician level.

"What we have done is taken their original military occupation skills and refreshed those," Laird said. "Now we are taking them to the next level."

Each class includes one hour of lecture and two hours of hands on instruction, Capt. David Mathias, battalion surgeon for 2-5 Cav., said.

"We try to make the training fun, especially after the last couple of months of intensive care of casualties," he said.

"I think the classes are a great opportunity to stay current in our skills and they give us a chance to talk about any



By Sgt. Dan Purcell, 122nd MPAD
Capt. David Mathias (far right), battalion surgeon, Task Force 'Lancers', elaborates on the proper technique for treating a Soldier with a spinal injury.

problems we might have encountered during the week," said Cpl. Adam Elliott, a medic with Headquarters Company, 2-5 Cav.

In addition to classes on splinting broken limbs and stopping internal and external bleeding, the program employs a simulation mannequin that can breathe, go unconscious or into cardiac arrest. It's not the same as working on a real person, but it's close, Laird said.

"The best part of the program is the hands on portion,"

he said. "With the amount of trauma the medics have had to deal with out here, it has really increased their knowledge."

Going through the class, the medics learn what they need to in case of emergency situations.

"You never know what you'll be called to do or when you might be by yourself and there's no doctor present," said Pfc. Aaron Fisher, a medic with HHC, 1-12 Cav. "What we are learning here could mean life or death for someone."



By Sgt. Dan Purcell, 122nd MPAD
Staff Sgt. Richard Litchfield, medic and instructor, Headquarters Company, 2-5 Cavalry, demonstrates how to immobilize a Soldier's broken leg.

Soldiers Visit Brightens Up Iraqi Orphanage

By Sgt. Dan Purcell
122nd MPAD

BAGHDAD-- Iraqi orphans from the Al-Rashid District in Baghdad received a donation of humanitarian-aid packages and a generator from the 478th Civil Affairs Battalion attached to the 1st Brigade Combat Team, 1st Cavalry Division.

The orphanage, located just outside the walls of Camp War Eagle, is home to 26 boys and girls between the ages of five and 18. The orphanage was a juvenile detention center before the war, but it was abandoned when the war began.

After the war, the Al-Hawsa organization [a fundamentalist Shi'a group] opened the orphanage and still provides some funding to it. The building is sparsely furnished, has broken windows and lacks electricity.

"Basically, there were some people who gathered up the orphans and then turned the detention center into an orphanage," Maj. Joel Hagy, team leader, 478th CA Bn., said.

The orphanage was not an official

project for the team. The team, also known as Team Strike, would occasionally drop by the orphanage to see how the orphans were doing and to drop off packages.

"This time, in addition to the packages, we had found a generator and we offered to give it to them," Hagy said. "We give them what we can, but it's nothing official."

The Soldiers found a generator, but they had no way of delivering it.

"We figured they could make it a community effort and find a way of getting the generator out to the orphanage, and this might help bring the community closer together," Spc. Ariel Rodriguez, 478th CA Bn., said.

In addition to the generator, 20 bags of humanitarian relief goods were given away. The bags include a variety of items such as rice, tea, clothes, crayons and candy for the children.

"A lot of these kids don't get what normal Iraqis get because they don't have identification cards as a result of not having any parents," Hagy said. "They are kids who have fallen through the cracks."

The team wants to continue to support the orphanage in the future.

"As a team we all pulled together to help this orphanage and we will definitely be going back out there to check up on them," Rodriguez said.



By Sgt. Dan Purcell, 122nd MPAD
An Iraqi orphan helps unload humanitarian relief packages donated by Team Strike, 478th Civil Affairs Battalion.

Crime & Punishment:

Fined for Sexual Harassment-

Although deployed in support of Operation Iraqi Freedom II, the division continues to process judicial actions; both in Iraq and back in the rear. The following is a summary of a recent 1st Cavalry Division case:

At a recent General Officer Article 15 hearing, a warrant officer was found guilty of cruelty and maltreatment of an enlisted soldier. This was in violation of Article 93, and Article 133 under the Uniformed Code of Military Justice (UCMJ), conduct unbecoming an officer. The charges were based on a pattern of sexual harassment of one of his subordinate Soldiers, and his habit of making inappropriate sexual comments in front of enlisted Soldiers.

The commanding general ordered him to forfeit \$1821 a month for two months. He also directed the Article 15 to be filed in the performance section of his Official Military Personnel File (OPMF).

Black Jack

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4-5 ADA Brings Medical Care to Radwaniya

By Spc. Marie Whitney
122nd MPAD

RADWANIYA-- In a small room of a vacant building located in the Radwaniya district of Baghdad, U.S. Army and Iraqi medical personnel are giving aid to local citizens. The walls of the waiting room in the small makeshift clinic are lined with Iraqi men, women and children of all ages. More are waiting outside the front door in the mid-morning heat.

These people are all getting much-needed care from the medics from the 4th Battalion, 5th Air Defense Artillery Regiment and the 1st Cavalry Division's Headquarters Company (HHC), along with an Iraqi physician and a dentist June 23.

During Saddam Hussein's regime, medical services weren't very effective, said 1st Lt. Sherrill Schaaf, the medical

officer for the 4-5 ADA. They were given initial checkups, but were never told where to go to get further help for their ailments. Because of this, many Iraqis were left with untreated injuries, illnesses and disorders. Schaaf said that because of this crisis, her group goes to various towns around Baghdad and conducts an operation they call Community Health Outreach Program (CHOP).

During this CHOP, the group of medical personnel set up their stations so they could run like an actual clinic, complete with a waiting room, a check-in desk, an examination room and a field-expedient pharmacy.

In the examination room, there were five exam stations, each one manned by a doctor or physician's assistant (PA), a medic and a translator. A Soldier at the doorway escorted one patient, or a whole family if they came

as a group, to each of the stations. During the exam, the patient explained his ailment to the doctor or PA through the help of the translator. The medic handled minor problems such as bandaging wounds or giving shots. The doctor or PA wrote down what was needed, and the patient took it to the medical supply room in the back, where he was given medication, vitamins or whatever else was required.

A dentist was on hand to perform simple work on teeth, such as extractions.

But there were some things that the group could not take care of during the CHOP.

"What we're set up for here today is basically the acute things, like a new cut or a new infection. We can take care of that with antibiotics," Schaaf said. "[But] a lot of what we have seen today has been things of a chronic nature or things that are so severe that they are above our capabilities to heal today."

For example, there was one 15-year-old boy who brought an x-ray of his back for the medics to look at. The x-ray showed that he had a bullet still in his back from a wound he had received years earlier. But there was nothing they could do for the boy on that day. They had to refer him to a local Iraqi hospital for more extensive care.

"People that need long-term treatment, we can't do much for," said Pfc. Gregory Goodale, a medic with 4-5 ADA. "We try to encourage them to go to the [local] doctors."

Those that couldn't be helped at the CHOP were referred to the appropriate Iraqi hospital. In special cases, if a local hospital couldn't help them, patients would be flown outside the country for further medical care, paid for by charity organizations like the Red Cross, Schaaf said. Sometimes,



By Spc. Marie Whitney, 122nd MPAD
Residents of the Radwaniya district in southeastern Baghdad wait in line with their children to be seen by the Soldiers of the 4th Battalion, 5th Air Defense Artillery and the 1st Cavalry Division's headquarters company. The people of Radwaniya had long been ignored by previous leaders of their country, said 1st Lt. Sherrill Schaaf, a medical officer for the 4-5 ADA.

even the hospital gives free care for certain cases.

All in all, Goodale enjoys these missions.

"It's a lot of fun. You get to go out and see people and help them."

By the end of the four-hour CHOP over 150 Iraqis had gone through the doors of the temporary clinic. Maj. Gary Aspera, the 1st Cav. Div.'s deputy division surgeon felt that the mission was a success.

"It went great. We helped a lot of people today," Aspera said. "I love doing [these kinds of programs]. That's what we're here for: to take care of the Iraqi people."



By Spc. Marie Whitney, 122nd MPAD

Pfc. Gregory Goodale, a medic with the 4th Battalion, 5th Air Defense Artillery Regiment, checks the blood pressure of an Iraqi man during his checkup at the Community Health Outreach Program put on by the Soldiers. The man had come to the clinic because of complications to stitches on a gunshot wound he had received on his foot.

Each and Every Soldier is an Ambassador

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

"What comes from the lips reaches the lips, what comes from the heart reaches the heart." Arabic Proverb

During our cultural awareness training in preparation for our mission in Iraq, most of us have been told that every Soldier is an ambassador. After all, we wear the flag of the United States of America on our right shoulder. We represent our nation, our government and our commander-in-chief in everything we say or do in front of local nationals.

This means that when the Iraqis see us, they see the United States of America. When they hear us speak, they hear the

voice of America and when they experience our actions, they experience not only America's power, but also her generosity and compassion for those who need her help to survive. Through these actions we are the ambassadors of good will for our country.

As ambassadors we must be cognizant of our duties and responsibilities toward the nation we represent. We must live up to the professional standard expected of an ambassador in uniform. We should always uphold America's values. We should speak and act in a way that will bring honor to our nation. We should never allow the frustrations of our day-to-day struggles with the insurgents to be reflected in our attitude toward the Iraqi people.

Instead, we should search our souls and remind ourselves that most Iraqis are just trying to cope with a violent, unstable and murky situation that offers little security. There is no guarantee that they will be able to feed their family in the near future. Many Iraqis look to America as the mighty but fair power that can help them build a new country with a brighter future. We as America's ambassadors in uniform (along with our Coalition partners) are tasked with this very challenging mission.

We will only get one chance to make a good first impression. Although we have been in our area of operation for some time now, there are still some Iraqi families that have not yet had personal contact with American Soldiers. What they experience, when they meet us for the first

time, will make a lasting impression. Let's make it a good one by being as friendly, helpful and caring as we can be under the circumstances.

A smile and a wave in passing, a small gift for a child, a gesture of respect or consideration for an elderly person are trademarks of a good ambassador. They will likely set the tone for the future relationship with that family. However, we must always be aware that in some areas it is very dangerous for Iraqis to be our friends. We must take that into consideration when we interact with them.

Sometimes the best way to show that we care is to allow them to keep the distance. By showing that we care, we are sending a message from the heart. It will go to their heart. Insha Allah (God willing).

3BCT Completes School Supply Donation

By Spc. Jan Critchfield
122nd MPAD

BAGHDAD--Truckload upon truckload of computers, furniture, carpet and air conditioners were delivered to five area schools June 9. The delivery marked the completion of a massive project organized by local district council members, businessmen, and the 1st Cavalry Division's 3rd Brigade Combat Team.

3rd BCT Soldiers toured the five campuses to see that the supplies promised were delivered. The Soldiers also were going to speak with the schools' directors about further projects that would benefit the students of central Baghdad.

The cost of the supplies totaled \$89,974, and was paid for with Commanders Emergency Relief Funds, a pool of money that the Coalition has dedicated to humanitarian aid for the Iraqi people.

Computers were among the supplies donated to aid teachers and to expose Iraqis to technology at a young age, making them more competitive in the modern workplace.

"The donations bring the schools much closer to having what they need to provide the best education possible," said Ali Kammona, a

Baghdad native and chief engineer in charge of the project.

"The students are responsible to guide the future," he said. Kammona believes it was the policy of the former regime to not fund many schools that now benefit from Coalition projects.

"They say that this is the greatest school that [Saddam] did ... but there was nothing in the building," said Shatha Al-Obeidi, a Baghdad businesswoman and city council member, referring to the absence of up-to-date equipment in one of the schools.

Al-Obeidi, who grew up and went to school in central Baghdad, remembers what it was like to attend school under the dictatorship of Saddam Hussein. She remembers a lack of supplies, and she is happy to see that the coalition is trying to alleviate the problem. "We are building a new era and we need Coalition help," she said.

"We identified [the needs of the schools] through civil affairs reports and the Neighborhood Advisory Council," said Capt. Douglass Copeland, commander of Company B, 2nd Battalion, 7th Cavalry Regiment, the unit from the 3rd BCT that oversaw the project.

"We prioritized those needs



By Spc. Jan Critchfield, 122nd MPAD

Capt. Douglass Copeland, commander of the 2nd Battalion, 7th Cavalry Regiment's B-Company, part of the 3rd Brigade Combat Team, turns to listen to his interpreter during a meeting with the director of one of five Baghdad schools that received a portion of \$90,000 worth of supplies purchased by the Coalition.

based upon what those schools needed to facilitate education. [We donated] more essential infrastructure types of things needed to facilitate education," Copeland

said. "This was an effort to get the schools squared away for next year and also to show the community that we care. This is a costly proj-

ect [at \$90,000], but if you look at what the return is ... we're sowing the seeds of success for the future," he said. "We're serious about taking care of these kids."

CA Soldier's Idea Saves Lives

By Spc. Bryan D. Kinkade
1st Cav. Div. Public Affairs

CAMP RED DRAGONS-- All it took was a suggestion from a corporal, and a noncommissioned officer open to ideas to save the lives of their comrades.

Cpl. Omar Leyva, an infantryman with 5th Platoon, Company B, 1st Battalion, 160th Infantry Regiment, 3rd Brigade Combat Team, 1st Cavalry Division, made a single suggestion during a threat analysis mission at the Adamiya Family Court that possibly saved the lives of many troopers of his platoon.

"We started hearing fire and it kept getting closer," the 25-year-old Los Angeles native said. "I went up to [Sgt. 1st Class Jorge] Velasquez, the platoon leader, and advised him to take people up to the roof, so they could have an over-watch position."

Velasquez sent troops onto the roof after Leyva's suggestion. Shortly after getting on the roof, the squad identified a rock-

et-propelled grenade (RPG) gunner.

"We started observing the buildings that were gutted out around us and we saw a guy with an RPG, and at the same time we started hearing rounds whizzing by us," Velasquez said. "Once we saw the guy with an RPG and he started to point it at us, we started returning fire."

The enemy forces started firing at the platoon from two different positions. They exchanged gunfire for two or three minutes until obtaining fire superiority over the enemy. They were still taking enemy fire through the windows when they started their way down the stairwell, so they returned fire again. They finally reached the bottom floor and got into their vehicles.

"We started hearing gunfire from the minute we stopped until we left; just constant gunfire," Sgt. Chris Luzader, a truck commander with the platoon, said.

From getting in the vehicle, getting a head count and leaving,

it was only 15 seconds, Velasquez said.

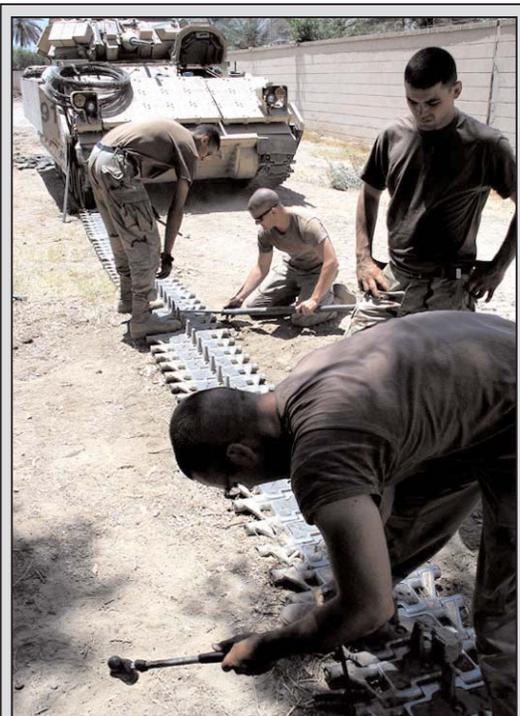
On the way out, the platoon started receiving machine gun fire from an alley and small arms fire from another building. Leyva returned fire and eliminated the threat on the building, but they couldn't get the enemy in the alley.

"If it wasn't for Corporal Leyva suggesting to put people on the roof, we probably would have been pinned in," Velasquez said. "It was pretty much a spoiled ambush for those guys. If it wasn't for his suggestion, we probably would have lost lives."

Knowing he saved his comrade's lives, Leyva said he was only doing his job.

"We've always trained that way; to gain the high ground," he said.

"I was doing my job, and every time we come back from a mission, I'm always happy and glad we come back safe," Leyva said. "All these guys are my brothers and I would hate for them to be hurt or to see them get hurt."



By Spc. Jan Critchfield, 122nd MPAD

Soldiers of 2nd Platoon, Company A, 1st Battalion, 9th Cavalry Regiment, 3rd Brigade Combat Team, adjust the tracks on their Bradley Fighting Vehicle.

Warriors

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Repairmen Sustain 1st Cav. Communications

By Sgt. Merrion LaSonde
122nd MPAD

CAMP COOKE-- Several heavy thumps of incoming rounds thunder in the distance. "Corporal, get on the radio and find out what is going on over there," an officer orders. "I can't raise anyone, sir. The radio must be broken."

In modern-day warfare, battles are fought as much by computers, phones and radios as they are by ground troops, rifles and explosive ordnance. Keeping the 4th Brigade Combat Team's communication and electronic equipment in good working order falls to an 11-man team of repair technicians.

"We have, what I think, is one of the most important jobs in the Army," said Spc. Mike Wiley, a computer automations repair technician with the Communications and Electronics shop, Bravo Company, 615th Aviation Support Battalion, 4th Brigade Combat Team, 1st Cavalry Division. "If people can't communicate, they can't work."

Given the hot, dusty environment, their small unit size and that they provide all communications repair support for the 4th BCT as well as the Division Support Command, the 615th has a seem-

ingly insurmountable task.

"We support all the ground maintenance for Camp Cooke," explained Warrant Officer Larry Melvin, officer in charge of the 615th. "We repair SINGARS (single channel ground to air radio system), NVGs (night vision goggles), phones, switchboards, power supplies, and what we call computer-off-shelf equipment."

The Force XXI Battle Command Brigade and Below (FBCB2) systems, the vehicle mounted battle-tracking computers, also fall under the 615th's area of responsibility. "That computer system gives you hazards, known enemy locations as well friendly's," said Melvin. "You can touch a point on the screen and get whatever information you need. Without the FBCB2, you are navigating by map and PLGR (precision light weight GPS receiver)."

Melvin went on to explain that all equipment repair requests come into their shop with a high priority level. "We are required to turn it around operational within 72 hours. I have a group of stellar performers. Like any other Soldier, they get the job done. I have a take-charge shop foreman and non-commissioned officer in charge—they take care of business."

"For the time we have been here (three months), we have

repaired over 400 pieces of equipment," said Staff Sergeant Richard Fairley, shop foreman and Mt. Olive, Miss. native. "We are the only unit in theater that is able to repair communications security equipment. We are the only unit able to repair the ANCDs (automated net control device)."

The volume of work caused by the extreme conditions and the stress of short turn around repair

times has provided a unique opportunity for the junior enlisted troops.

"I like the section I'm in; that is what makes me like my job," said 19-year-old Pfc. Ryan Scully, a special electronics repair technician from Phoenix, Az. "The NCO's are knowledgeable, open-minded and give good training."

The training the Soldiers of the 615th bring to the repair table is made up of five different military

occupational specialties. The small team is made up of radio repairmen, special electronics device repair technicians, communication systems maintainers, wire systems installation/repair technicians and computer systems repair technicians.

"We are really diverse," said Melvin. "We stress cross training. It makes the whole shop run smoother when everybody can do everybody else's job."



By Cpl. Benjamin Cossel, 122nd MPAD

Pfc. Ryan Scully, a special electronics repair technician, Communications and Electronics shop, Bravo Company, 615th Aviation Support Battalion, 4th Brigade Combat Team, 1st Cavalry Division, examines a pair of night vision goggles turned in for repair.

4th Brigade Paralegals Maintain Law and Order

By Cpl. Benjamin Cossel
122nd MPAD

CAMP COOKE-- Tucked into one of the many corner offices that comprise the Administration and Logistics Operation Cell (ALOC) building, it is easy to walk past the

4th Brigade Combat Team (BCT) "Warriors" legal office without notice or thought to the importance they play in the daily operations of the brigade.

Made up of Soldiers from both the Division Support Command (DISCOM) as well as the many units within the 4th BCT,

the Warrior's legal team is responsible for nearly all facets of legal council to the First Team's commanders and Soldiers alike of Camp Cooke.

"We do everything here except Trial Defense Services," said Capt. Michael Tierney, a trial counsel. He said his office has three major focuses.

"Of highest concern is the implementation of military justice, prepping court martial documentation, processing Article 15s ... things of that nature," he said. "Next is to provide council to commanders on changes to the interpretation of existing rules of engagement and laws of war. And finally, we provide legal council and assistance to Soldiers. That may mean processing a power of attorney, helping a Soldier to draft a will, citizenship applications ... to any of the varied legal situations we have seen so far."

As the office hummed with activity, Pfc. Estraead Kuartei, a paralegal specialist with 1st Battalion, 25th Aviation Regiment, noted that busy days and long hours were not out of the norm.

"Some days are slow and maybe I only have to type up one Article 15 or a power of attorney," the 21-year-old native of Guam said. "But usually, it's slammed in here. From preparing court martial documentation which, in itself, can be an all-day process, to typing up wills and everything in between, we definitely stay busy. But it's okay. We

have a very talented group of individuals here and the ability to learn from all of them is just incredible."

Paralegal Pfc. William Stanley attributed the ability to learn and a good working relationship in the office to outstanding leadership.

"Not only do our [leaders] understand every facet of our job and help us there, they understand that there is more to developing a Soldier than just their job," Stanley said. "My senior noncommissioned officer knows my wife, knows about my home life, and knows my goals and aspirations. So, if I come to one of them with a problem or concern, they already know the background and can offer guidance that perhaps they wouldn't otherwise be able to."

Taking a moment from advising the brigade's executive officer, ever the lawyer, Tierney offered a rebuttal to Stanley's comments.

"While exceptional Soldiers are typical of the paralegal field, I am fortunate to have such an exceptional group working for me," he said, "Several have been accepted into Officer Training Programs. It takes a special kind of Soldier to be a paralegal. With a 110 GT [general knowledge on the Army's recruiting aptitude test] score requirement, it makes it difficult to get into this field in the first place. I wouldn't be able to do my job if not for the team I have working with me."



By Cpl. Benjamin Cossel, 122nd MPAD

Pfc. Estraead Kuartei, paralegal specialist, 1st Battalion, 25th Aviation Regiment, prepares a power of attorney for a Soldier waiting outside his office. "Being deployed and being here is really great," Kuartei said, "Most of my friends back home are in college, so while they are sitting somewhere learning, I'm actually here doing."

World's First Science Fiction Museum Opens in Seattle

From MSNBC

SEATTLE- Perhaps it was a sign of things to come. Earlier this month, bright flashes in the sky had heads turning. Sure, it turned out to be a meteor, but then what to make of that green inflatable creature perched atop the Space Needle?

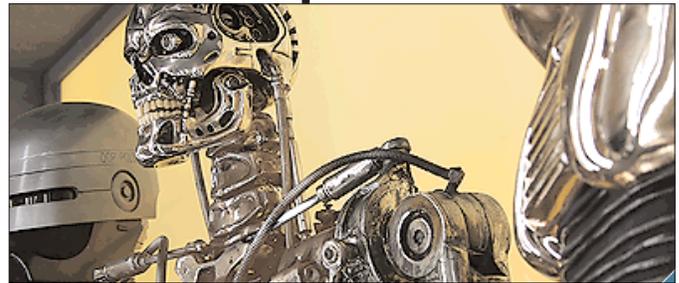
Yes, aliens had come to Seattle. The Science Fiction Museum and Hall of Fame, which opened June 18, features the usual intergalactic suspects - E.T. and Yoda; the robot B9 from "Lost in Space" ("Danger, Will Robinson!"); and Robby the Robot of "Forbidden Planet" fame. Captain Kirk's original chair from the U.S.S. Enterprise is here, as well as other more obscure artifacts, from the crossbow used by Jane Fonda in her 1968 sci-fi foray "Barbarella" to a Buck Rogers XZ-38 disintegrator pistol, circa 1936.

But the museum, hailed as the

world's first for science fiction, is meant to be more than just another pop-culture garage. For all its fanciful aspects, the museum succeeds in achieving one of its prime directives: to educate, showing the ways science fiction often becomes science fact, predicting evolutions in technology years before the evolutions actually happen.

The 13,000-square-foot museum is housed in the Frank Gehry-designed Experience Music Project building; both projects were the brainchild of Microsoft co-founder Paul Allen, a longtime science-fiction fan who contributed \$20 million and more than a few artifacts from his family collection.

Walking through the museum space, you're caught up in the whoosh and flash and thump of serious sensory overload. The numerous exhibits point up the close relationship between today's technology and its fictional antecedents: Flip open your cell-phone and hold it next to one of



Photos courtesy of The Science Fiction Museum and Hall of Fame

Using the usual intergalactic suspects, one of the prime directives of the Science Fiction Museum is to educate, showing the ways science fiction often becomes science fact.

the communicators from the "Star Trek" TV series from the mid-60's. The future of telephony was calling back then; can you hear it now?

"From early on, we thought we'd have to tell the whole story," said Greg Bear, a Hugo- and Nebula-award winning science fiction author, and the

chairman of the museum's advisory board.

"That means you take key artifacts - those you could get - and put them on display, everything from books and magazines to films. You interview authors, filmmakers, the creative minds and talk about what inspired them. And you put scientists into the mix. Put all that together and you've got a fabulous story, one that hasn't been told before."

Leading the effort to tell that story is museum director Donna Shirley, a former Jet Propulsion Laboratory engineer who directed the Mars Sojourner exploration program. The advisory board is a who's who of science fiction: Ray Bradbury, David Brin, Octavia Butler, Orson Scott Card, Freeman Dyson, George Lucas, Steven Spielberg and many more.



The Predator, from the early 90's movie of the same title, is one of the creatures featured in the "Them!" exhibit at the new Science Fiction Museum and Hall of Fame which opened in Seattle, Wash. June 18.

2-227 Avn. Receives Army Deployment Excellence Award

From Fort Hood Sentinel

FORT HOOD, Texas- Deploying a battalion's worth of UH-60 Blackhawk helicopters and all of the equipment that goes with them is no easy task. From blade folding kits to weapons systems, aviation groups must be especially mindful of their equipment to ensure mission success once "in country."

Recognizing the importance of a successful equipment deployment, the Soldiers and civilians of 2nd Battalion, 227th Aviation Regiment, 1st Cavalry Division took special care to make sure the plan for their February 2004 Operation Iraqi Freedom II deployment proceeded with as few problems as possible.

Their work did not go unnoticed. For their efforts, the 2-227th was recently awarded the Army Chief of Staff Deployment Excellence Award for a large unit.

"This success is a direct result of the tremendous effort

and teamwork of the Soldiers of the Lobo Battalion who made it all happen," Lt. Col. William Mooney, commander of the 2-227th said recently.

Devising a plan from lessons learned during previous deployments, and guided by a timeline that would ensure they would be ready for pre-deployment inspections early, 2-227th worked diligently to make sure their equipment arrived in Iraq on time and in one piece.

Moving an aviation unit presents unique challenges that the Soldiers of 2-227th addressed well, according to Terry Shivers, the 4th Aviation Brigade's Deployment Team leader. One of the challenges the 2-227th faced was a compressed deployment time frame.

Because of the time frame involved with flying aircraft to port to be put on ships, the deployment team had to come up with a plan that would ensure the equipment and Soldiers would be ready to

move when the time came. To accomplish this, the 4th Avn. Bde. deployment team actually started their inspections three days before the official division inspection day, so they could make sure they were ready to

go.

Rob Campbell, a deployment technician for the 1st Cav. Div., attributes the deployment success of 2-227th, and of the First Team as a whole, to the fact that the deployment sup-



By Sgt. Christina Rockhill, 1st Cavalry Division Public Affairs

Chief Warrant Officer 2 Rafael Rodriguez, a UH-60 Blackhawk pilot with Company C, 2nd Battalion 227th Aviation Regiment, checks out one of the helicopters that was shipped over from Fort Hood, Texas. His unit was awarded the Army Chief of Staff Deployment Excellence Award for its team work and effort deploying in support of Operation Iraqi Freedom II.

port teams had almost a full year to prepare.

"We started this deployment, essentially, a year ago, when we had the first order to deploy to OIF I and the preparation has been pretty much nonstop since then," Campbell said. "Throughout the division, everybody had a recent deployment experience, whether to the [National Training Center], the [Joint Readiness Training Center] or somewhere else, so we were pretty well prepared going into the reception of the deployment order for OIF II."

Like Campbell, Mooney said the lessons his battalion learned while helping push units out for OIF I, as well as during deployments to NTC and JRTC, helped his group develop a very successful deployment plan. Mooney said he also credits the "superb" support of the Deployment Support Teams and the Directorate of Logistics with the nearly problem-free movement of his equipment.

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Killeen Daily Herald

Maycee Ann Marie Anderson, 3, waves her flag during the God and Country Concert at the Bell County Expo Center in Belton, Texas.

Belton Kicks off Week-Long Celebration

From Killeen Daily Herald

BELTON, Texas- The Bell County Expo Center was brimming with red, white and blue Sunday afternoon for the 33rd annual God and Country Concert, a musical tribute that intertwined religious devotion with patriotism.

A massive American flag was draped behind the Sanctuary Choir of the First Baptist Church of Belton and the 4th Infantry Division band, the afternoon's featured performers. The stage was also flanked by two large screens that displayed images of the flag throughout most of the program.

The collars of the choir's blue robes were trimmed with red and

white stripes, and many of the several thousand people who filled the expo center for the concert wore patriotic-themed ties, T-shirts, hats and pins.

Some people waved hand-held flags as they swayed, tapped their toes and sang along with the familiar patriotic melodies.

The mood at the concert, which kicked off Belton's week-long Fourth of July celebration, ranged from solemn to festive as gospel hymns gave way to patriotic marches.

During a tribute to veterans of the several branches of the military, including reserves units and the National Guard, the crowd clapped and cheered as the band played

Procession of the Patriots, which includes the songs of each branch.

John Kitto, a 27-year veteran of the Air Force, said he appreciated the support from the community.

"It's heart warming," said Kitto, 81, who attended the concert with his wife, Chris, for the third year.

In a more somber moment, a ceremonial laying of the wreath honored those who have died defending their country.

The Rev. Andy Davis, pastor of First Baptist Church and emcee for the event, also acknowledged all of the widows of servicemembers.

Maj. Gen. James D. Thurman and Belton Mayor Dwayne Digby also spoke at the event.

2004 Miss Ark. to Compete for Miss America

From Arkansas Democrat-gazette

HOT SPRINGS, Ark.- Miss Ouachita Baptist University Lacy Fleming of Hampton crooned her way to the Miss Arkansas 2004 title, winning the crown after placing in the top rung twice before.

Fleming, 22, an early childhood education graduate of OBU, sang the 1930s hit "Happy Days Are Here Again" for her talent. She will spend the next year promoting child abuse awareness through a statewide network of educational cooperatives.

"Establishing a safe and secure society for our future generations" can be achieved

only with targeted education, she said.

Fleming succeeded 2003 Miss Arkansas Whitney Kirk of Cabot as the state's official ambassador and will compete Sept. 18 in the Miss America Pageant in Atlantic City, N.J.

Fleming outshone 43 other women competing for more than \$62,000 in scholarships, prizes and awards.

Arkansas ranks eighth in the nation in the number of contestants in the state affiliates of the Miss America pageant and is among the top 10 states for the amount of scholarships awarded.

The Miss America Organization continues to be the world's largest



Arkansas Democrat-Gazette

Lacy Fleming (front), Miss Ouachita Baptist University, wins the Miss Arkansas Pageant on Saturday night while first runner-up Meredith Buelow and 2003 Miss Arkansas Whitney Kirk (right) embrace.

provider of scholarships for women, with more than \$45 million in prizes awarded

through last year's contests, according to its Web site, www.miss-america.org.

Spotted Owl Faces New Environmental Threats

From AP

PORTLAND, Ore.- Protecting old growth forest habitat for the northern spotted owl is more important than ever because the bird faces new threats from its cousin the barred owl, West Nile virus and sudden oak death, a panel of scientists said Monday.

"Habitat is critical," said Jerry Franklin, a University of Washington professor of forest ecology. "Given all the uncertainties on the risk to spotted owls, it would just be exacerbated by the removal of additional habitat."

Though the northern spotted owl is one of the most-studied birds on Earth, the magnitude of the new threats is not well understood due to gaps in research, said John Marzluff, professor of wildlife science at the University of Washington.

"The spotted owl really taught us a lot about conservation in the last decade in terms of (habitat) reserve design," said Marzluff. "Now it's going to teach us what kind of sacrifices we have to make to battle some of these new threats."

Franklin and Marzluff are among nine scientists who have spent the past six months reviewing more than 1,000 research papers and interviewing northern spotted owl experts for the U.S. Fish and Wildlife Service, which is under court order to complete a review of the bird's threatened species status by Nov. 15.

The scientists were to outline their findings at their last public meeting today in Vancouver, Wash., before assembling their report, which will take two or three more weeks, said Steven P. Courtney, vice president of Sustainable Ecosystems Institute, which assembled the scientists and is overseeing the information gathering phase of the review.



AP

A male hybrid owl, produced by a northern spotted owl and a barred owl, snatches a mouse earlier this month in the Willamette National Forest near Lowell, Ore. Hybridization is one of several factors putting recovery of the spotted owl at risk.

Bowie Brigade

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Mechanics Keep 'Gunslingers' Rolling

By Benjamin Cossel
122nd MPAD

TAJI-- A bead of sweat rolled down the Soldier's forehead as he twisted the screwdriver, knocking away months of dust and oil, slowly removing the screw. "Looks like the alternator is bad," sounded his voice underneath the raised hood of a military vehicle. "We'll have to deadline this one until we can get a replacement part. But we have to make sure we get those guys something they can use before the day is over."

Working 24-hour shifts, mechanics of Headquarters Company, 3rd Battalion 153rd Infantry, ensure that vehicles needed by their infantrymen counterparts are fully functional.

"If we don't do our job, and do it right, our 'Gunslingers' can't go out the gate and do their job," said Spc. Paul Parson, a mechanic with Headquarters Company.

With 13 years experience as a mechanic, the Searcy, Ark. native has seen almost everything that can go wrong with a military vehicle and can quickly diagnose the problem.

"I do this both on the civilian and military side, so I've seen most problems numerous times over," Parson said. "On average we get about eight or so trucks a day in here. Most are really easy fixes, needing the air filter dusted out, a new tire, something like that. But we get the big problems too, like this one," he said pointing to a Humvee with its hood open and parts laid out on the workbench next to him. "We need to replace the pulley system on the alternator and that's going to take a little bit of time."

Working to ensure the mechanics have what they need to do their job is 18-year-old Pfc. Chris Crosby of Headquarters Company.

"I dispatch all the vehicles, make sure all the parts are available, order parts when the guys need them, and keep inventory of everything we have in this shop," Crosby said.

The Warren, Ark. resident starts looking for a piece of paper indicating the number of bolts in the shop.

"We're running a little low, and the guys have been on me to order some more," Crosby said.

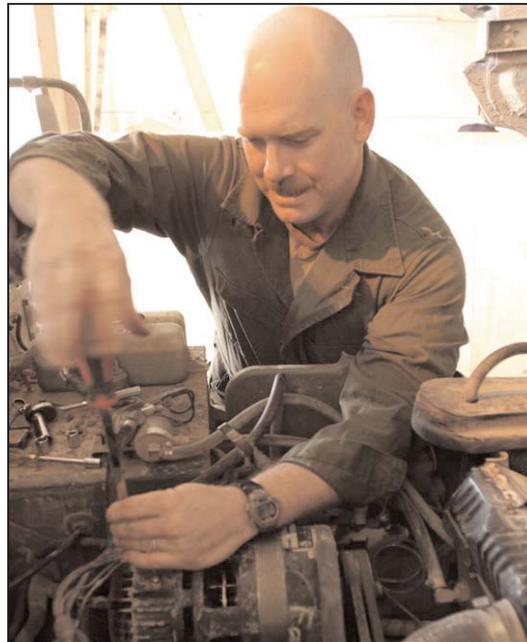
"They're a nice group of fellows. I really enjoy working here."

As Crosby reviews his paperwork, the sounds of a welding torch firing fills the air mixing with the scent of melted iron. Across the room local Iraqis are busy cutting iron sheets to mount on the side of a vehicle.

"We've been working with the locals since we got here about three months ago," said Spc. Bill Kellemms also a mechanic and resident of Searcy, Ark. "They do everything with us, from working on the trucks to getting us the occasional part when we're running low. Their biggest contribution has been their welding skills helping us up-armor some of our vehicles."

Kellemms said working with citizens of the area also serves another benefit.

"Working with the folks from this area really helps build a sense of community with us on the base and citizens in the villages right outside the wire," he said. "Plus, it gives them a job enabling them to put money back into the economy--buying food for their family and taking care of basic needs."



By Cpl. Benjamin Cossel, 122nd MPAD
Spc. Paul Parson, a mechanic with Headquarters Company, 3-153, works to remove a part from a Humvee recently parked in the shop for repairs.

Abu Al-Kaseeb School Reopens

By Cpl. Benjamin Cossel
122nd MPAD

BOB AL-SHAM-- For the students of the Abu Al-Kaseeb school, the building in which they attended class was as much a hindrance to their education as anything, community leaders said.

Collapsing walls, inoperable air conditioners, broken desks and no supplies composed the environment students were required to learn in. Members of the local area council requested assistance from the civil

affairs team assigned to the area to help rebuild and fix the facility. The request became a reality with a ribbon cutting ceremony reopening the school.

Investing over \$31,000 into the rebuilding and refurbishment of the Abu Al-Kaseeb School, Bob Al-Sham civic leaders and Soldiers of A-Team 3, 489th Civil Affairs Battalion, 2nd Battalion, 7th Cavalry Regiment, 39th Brigade Combat Team (BCT), 1st Cavalry Division participated in a ribbon cutting ceremony reopening the school June 1.

"The school was a wreck when we

first evaluated it," said Capt. Patrick Pascall, the civil affairs team chief. "Walls were crumbling, the air conditioning was blown out, the light fixtures were inoperable; the whole thing was just a mess."

The Bob Al-Sham Neighborhood Area Council (NAC) facilitated the initial consultations to time the beginning of the project to coincide with students being released for summer break.

As an additional benefit to the area, construction work on the school meant that the local economy would receive jobs.

"We try to make sure that every project we do, we hire as many locals as possible," Pascall said. "The only exception this time was our principal contractor who we've worked with before. He may not be the 'lowest bidder,' but he does excellent work in a short amount of time and he hires people from the area bringing jobs into the local economy."

As Pascall and Sgt. Charles Pilkington, the team sergeant, walked through the halls of the school, the smell of fresh paint floated through the air. Last minute preparations were talked through in expectation of the arrival of Sheik Jamil, the village's tribal leader.

"This is our first project in the Bob Al-Sham area, so we want to make sure everything is just right," Pilkington said.

An electricity outage threatened to spoil the day for the team, but power was restored before the ceremony began.

"Just wouldn't be an event without a minor glitch," Pilkington said with a chuckle.

Fanning herself as the air conditioner worked furiously to compensate for the brutal, 110-degree midday heat, Madam Nora, the school's headmistress, smiled and pointed to the air conditioner.

"The environment for the children made it almost impossible to learn," she said. "How can a child; how can anyone concentrate on mathematics when it's so hot in the classrooms?"

By mid-afternoon, Sheik Jamil had arrived. Greetings were made as Pascall led the sheik on a quick tour of the facility. Completing the walk through, the group congregated in front of the school. A thin pink ribbon adorned with roses stretched across two walls, blocking the entrance. Dressed all in yellow, a little girl presented the sheik with a pair of scissors nestled on top of a fluffy pillow. Taking the scissors, the sheik cut the ribbon. It fell down and cheers went up; the school was officially reopened.

"We (the Coalition Forces) really believe in the schools," Pilkington said, reflecting later on the events of the day. "The children are the ones that will truly move this country to democracy. You win them and you win the future."



By Cpl. Benjamin Cossel, 122nd MPAD
Sheik Jamil, tribal leader of the Bob Al-Sham area, cuts the ceremonial ribbon officially reopening the Abu Al-Kaseeb school during a ceremony June 1. Tribal leaders of the Bob Al-Sham area worked with the soldiers of the 489th Civil Affairs battalion to rebuild the school, which was run down after many years of neglect by the former regime.

Red Team

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5BCT Helps Recruit Iraqi Security Force

By Spc. Andy Miller
122nd MPAD

CAMP FERRIN-HUGGINS-- In anticipation of the June 30th transfer of authority, the 304th Iraqi National Guard (ING) Battalion ran a recruiting drive at the Camp Ferrin-Huggins ING compound early this month with help from the 1st Cavalry Division's 5th Brigade Combat Team (BCT).

Charged with internal Iraqi homeland security, the all-volunteer force is expected to eventually replace the coalition forces that are currently providing security in Baghdad. The recruiting drive was part of 5th BCT's goal of getting the ICDC prepared to operate independently of the coalition.

"If you are loaning your car out to somebody, you want to make sure your car runs good before you hand them the keys," Capt. William Sullivan, an ING liaison officer with 5th BCT headquarters, said. "So we are trying to make sure we get these guys established as best we know how."

"Red Team" Soldiers working on this recruiting drive said the experience gained from past drives helped make this one go smoother. Sullivan remembered hearing of a recent drive where Soldiers were overwhelmed when nearly 2,000 applicants showed up at the compound gate.

To avoid a similar problem, the Red Team Soldiers devised a system to target potential applicants. The Soldiers asked Al Rashid neighborhood and district advisory council members to recommend the most qualified applicants from their communities.

"It was limited, and it was thought out and planned before they put it out in the open," said Sgt. 1st Class Leroy Gadson, an ING battalion noncommissioned officer liaison with 5th BCT headquarters. "So

that makes it a lot easier to narrow down your selection of who fits the criteria of what you are looking for."

While previous recruiting drives were organized and managed by Red Team Soldiers, this time ING Soldiers ran the drive themselves. The Red Team Soldiers fell back into an advisory role, letting the Iraqi's make the decisions.

"We don't expect them to do it exactly the way we did it," Sullivan said. "They have their own systems that they've developed, so we just try to understand their systems, and just make sure that nothing bad is going on."

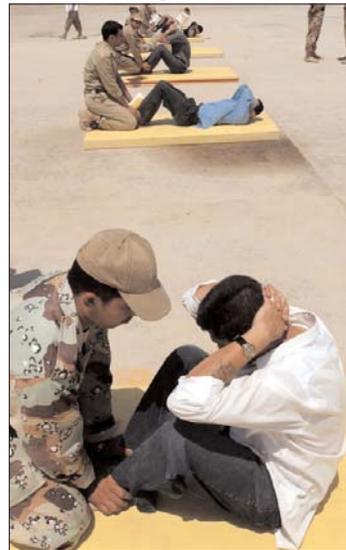
Essentially, Red Team Soldiers don't want to see preference given to certain families, tribes or religions. They would also like to see more female applicants. The goal is to enlist 10 percent female ICDC Soldiers across the board, Sullivan said.

Another worry is that Iraqis sympathetic to insurgents or other troublemakers will cause problems for the ICDC. This is why each recruit is required to show official identification and respond to two different interviews. In addition, all potential recruits are given a literacy test, physical fitness assessment and medical assessment their first day on the compound.

If a potential recruit passes all the tests and assessments the first day, they are invited back for an interview with the ING battalion commander and executive officer. ING recruiting drives typically enlist between 30 and 40 percent of the applicants, Sullivan said.

If an applicant passes and becomes an enlistee, he or she will enjoy a military lifestyle far superior to what was offered in the old Iraqi Army, said Maj. Abdul Hamid Kais, the 304th ING battalion executive officer.

"Here in ING they pay you, they feed



By Spc. Andy Miller, 122nd MPAD

Potential recruits perform a physical fitness test at the ING compound at Camp Ferrin-Huggins during a recruiting drive. Soldiers from the 5th BCT helped the ING leadership organize and manage the drive where applicants were subjected to a series of tests and assessments to determine their candidacy for the ING.

us good food here on the camp [and provide] medical treatment," Kais said. "In the old army I worked for 15 years. I didn't have [air conditioning]. I didn't have a fan."

He believes the biggest attraction to the ING for a new recruit right now is the opportunity for a decent paycheck and steady work. Many recruits also say they are interested in joining to help build a new Iraq, Kais said.



Iraqi Cultural Notes

Acceptable:

- shaking hands with men
- kissing men on the cheek
- giving gifts to men and children
- being polite when talking to people
- putting your hand over your heart when greeting someone
- socializing with either gender if the family allows it
- dressing properly: dark or white colored shirts are preferred for men

NOT acceptable:

- looking directly at or talking to women whom you do not know
- wearing shorts on the street
- talking in a loud voice with either sex
- holding hands with, or kissing your wife or girlfriend in public
- talking about politics
- talking about religion
- getting drunk in public
- putting your feet on the table or showing the bottom of your shoes to anyone

Whenever you're in doubt about the impact of an action try to avoid it if at all possible.

Soldiers Conduct Counter-mortar Operation

Continued from Page 1
Spc. Juan Jimenez, his driver,

said. The platoon hears a party off in the distance. They heard two loud booms and someone thought they were explosions.

"Did you hear that?" Jimenez asked.

"No, it came from over there," said Sgt. Elias Ayala, the vehicle's gunner.

The sound they heard turns out to be the booming of a loud drum. "They've got a good beat," observed Spc. Ivan Tana, the platoon's medic.

The area the platoon patrols must've been the sight of a huge battle; the ground is littered with shell casings and expended shells. Bullet pockmarks cover the face of one building like graffiti. Squatters moved into the area after the

war ended. It's these people the platoon deals with on a daily basis.

A popping noise would start and stop. Someone was firing a weapon in celebration of something.

"Dude's weapon is jamming," Jimenez said. They would hear the popping all night long.

A little later, they heard a rooster, whose crowing echoed across the fields around them.

"That rooster's clock is screwed up," Jimenez said.

"Must be on U.S. time," Sgt. Elias Ayala, the Humvee gunner said from his perch.

Then they saw a car quickly driving away from the party. Jimenez joked why it was leaving so early: free food.

"Yeah, man, he probably

hung out near the back door..." Jimenez said.

"And waited until dark to leave so no one would notice him leaving," Tana said picking up Jimenez's train of thought.

It was dark now and they brought out night vision goggles. They saw things they always see out there: half-built homes, people socializing and dogs on patrol.

As they night went on, the Soldiers tried to readjust their gear. As they readjusted their gear for what seemed the millionth time because of the heat, Barajas and Jimenez recounted how they were "told to keep their eyes open" more than usual out on patrol. They did.

Large packs of dogs would show up every so often. The barking of 100 dogs would announce their presence. After

almost four months on the ground the Soldiers have divided the dogs into gangs.

"The 'crips' and 'bloods,'" Jimenez said.

While looking for insurgents setting up mortars or rockets, they commented on the dogs and their constant fights. Huge packs would rush up and start barking at each other several times during the night, kicking up huge clouds of dirt as they circled each other.

To the Soldiers it was funny. They'd yell "Get some!" or "That's all you got?!" at the dogs.

Eventually, though, as fun as they are, the patrols end and they head back to camp. The drive back was quiet. The battery would run many more missions like this one in the months to come.



By Cpl. Bill Putnam, 122nd MPAD

Spc. Juan Jimenez, a fire direction specialist in Bravo, 1st of the 21st Field Artillery, listens to a radio call while on a counter-mortar mission.

2-5 Cav Captures Large Weapons Cache

By Sgt. Dan Purcell
122nd MPAD

CAMP EAGLE-- On the evening of June 14 Soldiers from Task Force Lancer, 2nd Battalion, 5th Cavalry Regiment, 1st Cavalry Division in conjunction with the



By Sgt. Dan Purcell, 122nd MPAD

Cpl. Arturo Rodriguez, Company C, 2-5 Cav. removes a couple of rocket propelled grenade launchers from a weapons cache found at an Islamic cultural center that was being used insurgents.

306th Iraqi National Guard 'Tiger Company' conducted a joint cordon and search that netted over 200 pounds of plastic explosives, thousands of rounds of ammunition, numerous rocket-propelled grenades, grenade launchers, light anti-tank weapons and several brand new heavy machine guns.

After a seemingly long, hot and dusty ride coalition forces descended on a cultural center in central Sadr City, the east Baghdad area where the Mahdi militia was suspected of hiding weapons and operating an illegal prison.

"We had several reports, which took several weeks to verify the information, that the Mahdi Army had an illegal prison in Sadr city and that they were detaining Iraqis who they thought were cooperating with the coalition," Command Sgt. Maj. Fernando Rodriguez, 2-5 Cav. explained. "Part of the information we received included the possibility that weapons might be stored there. [It] used to be a sports club and then it was turned into an Islamic cultural center, which they were using as a disguise."

Intelligence analyst Staff Sgt. Trent Bennet from 2-5 Cav., said a tip from local Iraqis led the unit to the site. In addition to stored weapons and the illegal detainment of Iraqi citizens, evidence suggests that the facility may have been used to torture prisoners.



By Sgt. Dan Purcell, 122nd MPAD

Sgt. Nathan Gibens, a team leader with Company C, 2-5 Cav. looks in awe at a weapons cache located at an Islamic cultural center that was being used by the Mahdi militia.

"We were mainly looking for prisoners, and really didn't expect to find all that we did," Bennet added.

After the Soldiers conducted a thorough search of the facility, no prisoners were found. However, two men on the premises were detained for further questioning.

"It was definitely a very successful operation. We didn't get as many detainees as we thought we would, but the weapons cache kind of made up for that," Sgt. Chadd Breit, squad leader, Company C, 2-5 Cav. said. "Also, coordinating with the [Iraqi National Guard] ING went really well too."

Right Seat Ride Becomes First Aid Mission for Cav. Soldiers

Continued from Page 1

to take a few bullet wounds to drag a group of American Soldiers into an ambush."

Deciding the situation warranted the risk, Perrin had his troops remount their vehicles and move to the position indicated by the wounded man.

"We pulled back a bit from the exact spot the guy had told us to go to and I had [the] men form a really tight security perimeter," he said. "My team is really good and focused at what they do, but I advised them of the situation and my concerns and cautioned them to be extra sharp."

Taking the team to the location, Perrin observed the suburban at the bottom of the embankment. As the wounded man had said, the vehicle was completely shot up. The windows were blown out and smoke emanated from the engine.

"As we were moving down the embankment we could hear the painful cries of someone coming from the truck," Perrin said, "so we picked it up a notch and quickly got to the

"I've seen situations like this before, and these guys were in a really bad way that needed serious treatment immediately or they were going to die."

-Staff Sgt. Kevin Hassett,
2-162 Inf. Reg.

scene."

When they arrived at the truck, they found another individual lying in the back seat.

"The second guy was in pretty bad shape," Kennedy said. "As soon as we got there, we began doing everything we could to stabilize and treat him."

While Kennedy worked to treat the man in the truck, Perrin heard another cry coming from behind a concrete barrier. Running to the barrier, Perrin discovered another vic-

tim. Before he could shout 'Medic!' Kennedy was on the scene treating the patient.

"At this point, the situation was starting to get bigger then we were able to maintain," Perrin said. "With only 20 guys on the patrol, security and treating patients was starting to stretch us a little thin, especially after the first guy told us he thought the individuals responsible were still in the area. It was about this time that word came down that one of my guys had started calling in a [medical evacuation]."

Staff Sgt. Kevin Hassett of Eugene, Ore. 2-162, relied on his experience and training to determine to evacuate the wounded even before the order was given.

"I've seen situations like this before, and these guys were in a really bad way that needed serious treatment immediately or they were going to die," Hassett said.

Hassett said the Soldiers immediately jumped in giving grid coordinates, number of casualties, and identifying an acceptable landing zone.

"Once we found out the birds were coming, we began

getting the casualties onto litters and preparing them for transport," Perrin said.

The next problem the Soldier faced was trying to figure out how to get the wounded to the landing zone. Miraculously, a truck of Iraqi Police pulled up and helped move the wounded to a field where the helicopters could land.

Once the helicopters landed, Perrin and his Soldiers assisted the flight crew in load-

ing the casualties. After they were loaded, the team began the convoy back to Camp Cooke.

"I'm really proud of the way my guys reacted and worked together in this whole incident," Perrin said. "But Kennedy and Hassett were of exceptional note. I'm putting both of them in for Bronze Stars. In my opinion, their actions exemplified what the Bronze Star was meant to reward."



Photo courtesy of 2-162 Inf. Reg.

After providing immediate medical attention, Soldiers of Company B, 2-162 Infantry load a patient on to a litter for medical evacuation. The man was one of five who suffered heavy wounds after their vehicle came under attack from unidentified individuals.

Take Precautions to Protect Yourself in the Heat

By Spc. Michelle Newbold
1st Cav. Div. Public Affairs

When pulling gate guard, Soldiers of Headquarters Battery, 4th Battalion, 5th Air Defense Artillery Regiment, 1st Cavalry Division, try to keep cool by taking breaks in a shaded area. In the extreme heat of Baghdad, preventing heat injuries can be a challenge.

"We set up a makeshift shaded area, and we have tons of water," Cpl. Ryan Woodcraft said. "We also have a shack with air-conditioners."

With temperatures routinely in the 100s, heat injuries are more likely to occur. It is important for everyone to know the symptoms, basic first aid, and preventative measures.

"The human body does not tolerate heat as well as it can tolerate cold," Master Sgt. Tyrone Ward, of 1st Cavalry Division Surgeon's office, said. "More people die during heat waves than during cold weather."

Heat cramps, heat exhaustion, and heat-stroke are the three types of heat injuries. Medical assistance should always be given if a heat injury is suspected.

"Heat cramps are painful cramps of muscles, usually in the stomach, legs, and/or arms," Ward said.

The body temperature remains normal during heat cramps. If an individual exhibits symptoms of heat cramps, they should be moved to a cooler area, and their clothing should be loosened. The individual should drink a canteen of water. Heat cramps are the mildest form of heat injury, but it is not the most common.

"Heat exhaustion is the most common form of heat injury," Ward said.

Warning signs of heat exhaustion



By Spc. Michelle Newbold, 1st Cav. Div. Public Affairs
Soldiers of Headquarters Battery, 4th Battalion, 5th Air Defense Artillery Regiment, 1st Cavalry Division, sit in the shade during a break in guard duty. The shade keeps them cool when the temperature reaches into the 100s in Baghdad.

include dizziness, rapid pulse, nausea, headache, profuse sweating, pale face, weakness, or fainting. Body temperature can rise a little higher than normal.

"Heat exhaustion and heat cramps may occur simultaneously," Ward said.

Medical care for heat exhaustion is the same as heat cramps, except the individual applying first aid should try to cool off the casualty.

"Attempts should be made to cool the individual by pouring water over him, and then fanning to assist in evaporation," Ward said.

If the individual continues to have heat exhaustion, they should drink water.

Elevating their legs can also help.

Heat stroke is the most serious of the three injuries. "It is a life-threatening situation requiring immediate medical attention," Ward said.

In a heat stroke, the body cannot control its temperature, which could climb quickly to unsafe levels.

"An individual suffering a heat stroke may vomit, collapse, be confused, delirious or argumentative, or have headaches," Ward said. Because the individual cannot regulate heat, they will have stopped sweating, also.

The most significant difference between heat stroke and heat exhaustion is body temperature. An individual with heat stroke has a

temperature of 104 degrees or more. If someone is confused as to whether it is heat exhaustion or heat stroke, assume it is heat stroke.

An individual with heat stroke needs to be taken to a health care facility quickly. "It is extremely important to cool the body as rapidly as possible," Ward said. The individual should be soaked with water.

"If you have ice packs, use them," he said. If there is a medic nearby, the individual should be given IVs.

"The fatality rate of heat stroke is high," Ward said. "Also, an individual who has experienced a heat stroke before is more prone to a recurrent attack."

Leaders should recognize anyone who is a previous heat casualty.

One of the most important methods in preventing heat injuries is to drink water.

"In hot, dry climates, drinking water is a must in order to prevent heat injury," Ward said. Individuals should not wait until they are thirsty before they begin to drink water. The amount of water an individual drinks depends on the temperature and the amount of activity. The general guideline is to drink three gallons of water per day.

Eating a nutritious diet and avoiding caffeine and tobacco are also preventative measures.

Acclimatization is necessary in the desert. "The key is spending time in the heat and then increasing activity and work levels for the first one to two weeks," Ward said.

Soldiers and leaders must be proactive in order to prevent heat injuries. Knowing the symptoms and proper first aid techniques in heat casualty situations is half the battle.

"Soldiers must ensure they practice individual protective measures," Ward said.

Commentary: Losing Weight; the Healthy Way

Continued from Page 2

trate and bottle the ingredient. Studies performed on the quality control of some dietary supplements reported varying ranges in the amount of active substances from batch to batch. Practically all of the active substances have side effects. Some of the side effects have been dangerous.

From June 1997 to March 1999, supplements containing Ephedra (a stimulant) were implicated in 140 FDA-documented cases of serious illness. After a few more years of well-publicized college, and even professional athlete deaths, the FDA took action and outlawed the use of Ephedra or other Ephedra-like substances (e.g., MaHuang).

Most of the deaths were due to cardiac problems and/or heat injuries. For a good listing of the major effects and side effects of many of these dietary supplements, please read "Dietary Supplements: Is Your Health at Risk?" from the Fall 2000 issue of Hot Topics, pages 8-9, published by the U.S. Army Center for Health Promotion and Preventive Medicine.

Available Even Here

Although the Army and Air Force Exchange Service does not sell any dietary

supplements with any Ephedra or Ephedra-like substances, in our review of the Camp Victory North's base exchange, there were at least 9 different dietary supplements available.

Perusing the beauty, health, and body-building magazines in the store lead to even more numerous dietary supplements that can be purchased through the mail, phone, or through the internet. Given the different manufacturers, different formulations, and different ingredients (some of which are only listed as proprietary), it is important for the consumer to understand and be aware of what they may be buying.

Although vitamins and minerals have been shown medically to be vital to our health, most people who eat balanced and sensible meals do not need additional vitamins and minerals. The herbal supplements

have not been shown to be very effective in achieving their claims, are not vital to our health, and often have significant side effects. Some of these side effects are enhanced when they are mixed with medications: over-the-counter or prescription drugs. Look at the



Given the different manufacturers of dietary supplements, different formulations, and different ingredients (some of which are only listed as proprietary), it is important for the consumer to understand and be aware of what they may be buying.

consumer pursues health, youth, beauty, and sensual bodies, there will be a lucrative market for "magic pills." Be informed and know that the vast majority of dietary supplements are unnecessary for good health and often carry significant side effects. Be aware that given the lucrative nature of this industry,

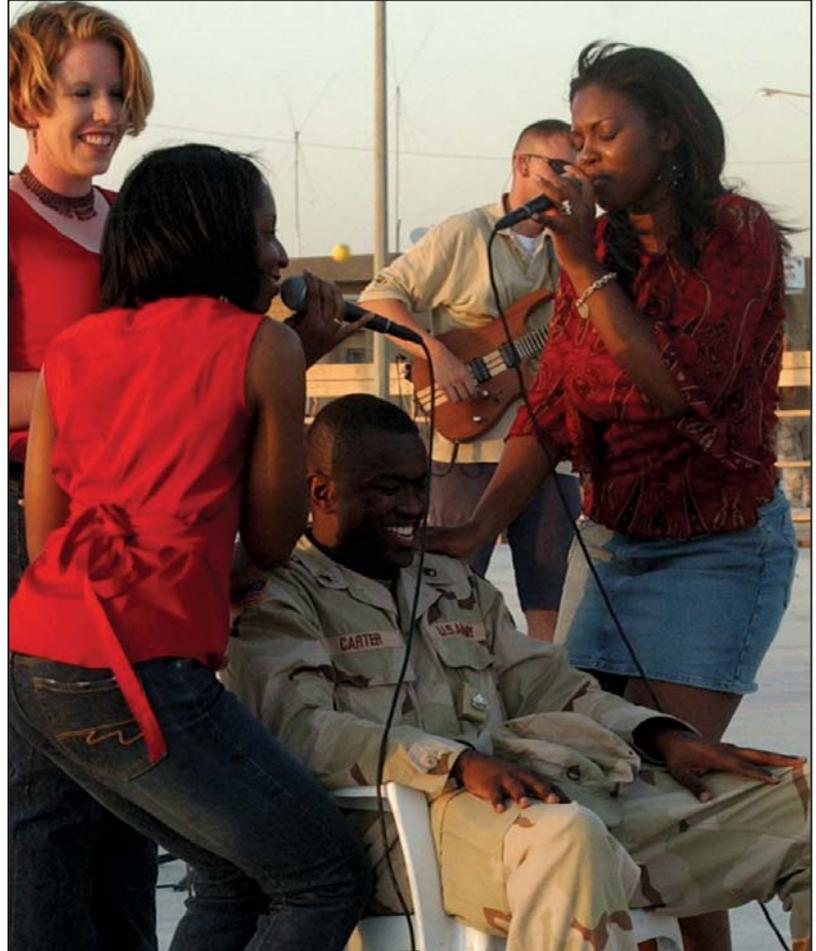
manufacturers will continue to use catchy phrases to attract buyers. Know that a big profit margin is what drives them.

Avoid Heated Exercise

Lastly, I must warn our Soldiers about all the bad ideas associated with exercising in the hot afternoon sun. All you are doing is subjecting your body to a huge heat stress and making your body very inefficient in the exercising and conditioning that you are doing.

Much of the weight you will lose in the hot afternoon sun is water weight that will instantly come back once you rehydrate yourself. Inefficiency in your exercising (due to the heat) only results in less effort and less conditioning. You actually "gain" less from this heated endeavor than if you were to maximally exercise when the temperature is more tolerable such as in the morning. By exercising in the afternoon, during the hottest time of the day, you also expose yourself needlessly to heat injuries.

All you need to do is eat a healthy, balanced, and sensible diet. Exercise regularly when the temperatures are more tolerable and you will ensure for yourself, a healthy, fit, and more beautiful life.



(Above) The show band USA Express helps 5th Brigade Combat Team Soldiers to forget, if only for an hour, that they are deployed far away from home and family. Camp Ferrin-Huggins was the third stop in Iraq for the band, which performed a 75-minute concert there June 17. (Right) After volunteering to come on stage, Staff Sgt. Michael Carter of Headquarters Company, 1st Battalion, 8th Cavalry Regiment, moves to the rhythm while Sgt. Daphne Cooper (right) sings a special song to him. Vocalists Spc. Rechell Sears (middle) and Staff Sgt. Jennifer McMahon sing backup at the USA Express Soldier Show at Camp Ferrin-Huggins June 17. signs outside the medic's building on the base.

Photos by Pfc. Al Barrus, 122nd MPAD

Band Brings Familiar Sounds to 5BCT

By Pfc. Al Barrus
122nd MPAD

CAMP FERRIN-HUGGINS-- They brought their instruments tuned, and their weapons zeroed. But most importantly, they brought a little piece of home to the Soldiers at Camp Ferrin-Huggins.

The USA Express, an eight-person cover band consisting of hand-selected Soldiers, made a stop here June 17 as part of their two-month tour of military installations in the Middle East.

Making their third stop in Iraq, the band played a wide variety of songs ranging from rock band Lynyrd Skynyrd to country pop singer Shania Twain during their 75-minute show at the base's basketball

court. Some Soldiers sat and listened, while others preferred to stand up and dance.

The group of spectators started out small, but as the music began to flow, the rhythm drew in a crowd of listeners clapping their hands and humming along the familiar sounds from home.

Being Soldiers themselves, many of the members of the band know what it's like to be deployed for a long period of time, and showed the crowd a good time while they could.

When one of the three vocalists Sgt. Daphne Cooper asked for a male volunteer, Staff Sgt. Michael Carter of Headquarters Company, 1st Battalion, 8th Cavalry Regiment didn't hesitate to bolt onto the stage with a chair in hand so Cooper could sing a

"The best part of this job is after the show, Soldiers come up to you and tell you how much they appreciate what you have done."

*-Sgt. Joe Lier,
USA Express*

special song to him.

"That was a good time I had," Carter said. "They took me back to the '80s. Them being here is great just because it's not the same old work day."

Having someone around to entertain and bring back something memorable to hear was something just about everyone enjoyed.

"I think the band is all right; they have their own style," said Pfc. Ben Lyon, of 5th Brigade Combat Team's Headquarters Company. "It's just great to have something different. It breaks up the monotony around here."

"It was a good show, I liked the '80s music," said 1st Lt. Irene Jackson, 5BCT Headquarter Company's executive officer who helped coordinate the event. "They played some of the new stuff ... and they played some country, but most of all it was a good opportunity for Soldiers to have fun and relax."

While the Soldiers of

5BCT appreciated the music and the show, the members of the USA Express enjoyed bringing their talents to their fellow troops who are in need of the relaxation.

"The best part of this job is after the show, Soldiers come up to you and tell you how much they appreciate what you have done," said USA Express guitarist Sgt. Joe Lier. "We had this one master sergeant two shows ago that came up to us and he said 'I was looking around the audience and I saw all these people smiling, and these guys haven't smiled for like five months.'

"When you get a comment like that it doesn't matter if you missed a note here or flubbed something; these guys are having a good time and that's what it's all about."

In Remembrance

July 9, 2004

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39th Pays Tribute to One of Their Own

By Cpl. Benjamin Cossel
122nd MPAD

CAMP COOKE-- The company first sergeant stood at the center of the formation. Roll call began.

"Sergeant Jones!" came the call, "Here, first sergeant!" came the response. "Specialist McKinley!" came the call. There was silence. "Specialist McKinley!" came the call again. There still was no response. "Specialist Eric McKinley!" the first sergeant repeated for a third

and final time. Again, the response was silence.

Honoring one of their own, Bravo Company, 2nd Battalion, 162nd Infantry Regiment, 39th Brigade Combat Team, 1st Cavalry Division conducted a memorial service for Spc. Eric Scott McKinley at Camp Cooke June 17.

Early on June 13, Alpha Platoon of Company B 2-162 departed the gates of Camp Cooke. They had been running route clearance missions for several weeks. Their terrain was familiar; the series of roads they would travel was known. Broken down cars littered the side of the road. There was nothing out of the ordinary, until one of the vehicles they passed exploded killing McKinley.

Staff Sgt. David Houston had a special relationship with McKinley.

"Eric was one of the troops I enlisted when I was a recruiter," said Houston. "He was a unique type of person."

Houston went on to explain that McKinley wasn't always the best of troops.

"There would be times where myself and his section sergeant would have to go get him and bring him to drill ... until the day we got the mobilization order." Houston said mobilization created a transformation in McKinley. He said it was nothing short of a miracle.

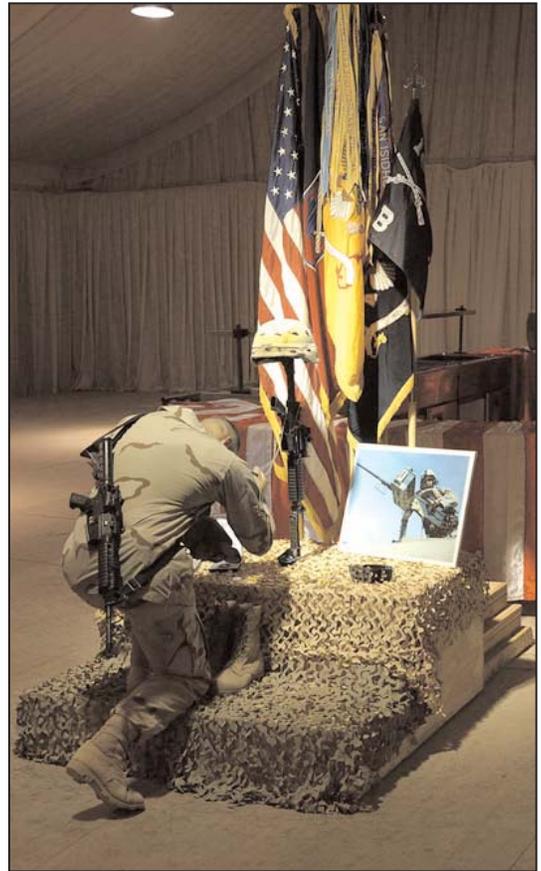
"Eric always knew the battle

drills and the routines but he just sort of went through the motions," Houston said. "But after the [mobilization] order, he started really putting his everything into it. He went from being an OK marksman to having one of the highest scores in the company. It was amazing. His loss will really be felt in this company. He was doggedly loyal to his friends and was friends with everyone."

Hidden from sight, a bugler began the gentle refrain of Taps as every Soldier in attendance stood in salute. When the final notes sounded, the honored guests slowly walked one-by-one to the memorial and said one-by-one good-bye to the fallen warrior.

Then all of Bravo Company passed the memorial. Some left mementos of their friendship; some held the dog tags hanging from his weapon; others touched McKinley's helmet sitting atop his rifle. All of them offered one final salute before retreating to the end of the procession.

"It always surprises you how things work out," said Sgt. 1st Class Peter Salerno, McKinley's platoon sergeant. "The Soldiers you think [are] the most squared away wilt under the pressures of combat. Those that seem the most ate-up come through and excel when faced with such great circumstances. Eric, you excelled."



Photos by Cpl. Benjamin Cossel, 122nd MPAD

A Soldier of Company B, 2nd Battalion, 162nd Infantry Regiment spends one final saying good-bye Spc. Eric McKinley during a memorial service at Camp Cooke June 17.



On the morning of June 13, a vehicle-borne improvised explosive device hit Company B, 162nd Infantry Regiment. Spc. Eric McKinley was killed in that attack. Four days later, the unit remembered their fallen hero with a memorial service at Camp Cooke.

Our Fallen Troops

Staff Sgt. Gregory Pennington

Spc. Jeremy Heines

1st Sgt. Ernest Utt

Spc. Thai Vue

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



(Below) First Cavalry Division Commanding General Maj. Gen. Pete Chiarelli comforts Pvt. Cipriano Griego, at a memorial honoring the life of his close friend Spc. Charles E. Odums of HHC 1-8 Cav. The 23-year-old combat medic was killed when an improvised explosive device detonated next to his vehicle coming back to Camp Ferrin-Huggins after a traffic control mission, May 31st.



Photos by Pfc. Al Barrus, 122nd MPAD

(Above) Sgt. Ricardo Mejia pays his last respects to his fallen Soldier Spc. Charles E. Odums of HHC 1-8 Cav. The 23-year-old combat medic was killed when an improvised explosive device detonated next to his vehicle coming back to Camp Ferrin-Huggins after a traffic control mission, May 31st. The memorial service was held at the FOB in front of 1-8 Cav. Headquarters June 3rd. The Sandusky, Ohio, native is survived by his wife Melanie Odums. He was awarded the Combat Medic Badge, Purple Heart and Bronze Star posthumously.

Sports & Leisure

Review: 'Spider-Man 2' One for the Ages

Film Surpasses Original in Many Ways

By Paul Clinton
CNV Reviewer

Two great sequels in one summer. No mean feat, that.

In the new "Spider-Man," two years have passed since Peter Parker (Tobey Maguire) walked away from his true love, Mary Jane Watson (Kirsten Dunst), and decided to take the road of responsibility as Spider-Man. But he's finding the burden of being a superhero more than he bargained for, and things have reached a crisis.

Parker is trying to hold down a job as a pizza delivery guy, remain a full-time student at Columbia University, keep his feelings for Mary Jane at bay, and still be the Spider-Man on whom everyone has come to depend. Talk about a tough job.

This mild-mannered, Average Joe quality is what makes this particular super-



Courtesy of Columbia

Tobey Maguire returns as Peter Parker, aka Spider-Man in the movie sequel "Spider-Man 2".

hero so accessible to fans, and director Sam Raimi -- along with numerous screenwriters, including Alvin Sargent (who won Academy Awards for his screenplays for 1977's "Julia" 1980's "Ordinary People") -- underscore Parker's ordinary-guy persona every chance they get.

Parker isn't the only character audi-

ences can relate to. Even the villain this time out -- Dr. Otto Octavius (Alfred Molina) -- is a reluctant bad guy with everyman qualities. Molina, who starts out a promising scientist involved in an experiment gone wrong, is great in the role of "Doc Ock."

Having a well-rounded villain makes the story, and the dilemmas suffered by our protagonist, more plausible than, say, the comic book plots in other films, even the "Batman" or the "X-Men" series. Let's not even mention "Daredevil."

While upping the emotional ante, Raimi has not forgotten that action is king in a summer movie, and there are plenty of razzle-dazzle, heart-pounding, adrenaline-pumping action sequences. Indeed, a scene featuring runaway subway cars is the best use of a train in an action sequence I've seen since "The Fugitive."

James Franco is back as Peter's best

friend, Harry Osborn, who's still nursing a grudge against Spider-Man for killing his father (Willem Dafoe), aka the Green Goblin, in the original film. His seething anger is pitch perfect. (Perhaps Franco is remembering that he auditioned for the role of Peter Parker and lost out to Maguire.)

J.K. Simmons continues to be a hoot, playing Peter's cigar-chomping, scenery-chewing boss at the Daily Bugle newspaper, where Peter's claim to fame is his ability to capture Spider-Man on film. It's never made clear how Peter can fly through the air as Spider-Man while taking his own pictures at the same time, but whatever.

"Spider-Man 2" is faithful to the spirit of Stan Lee's invention and the Marvel comics that made this action hero so beloved. Thanks to this terrific film, the bar has been set high for Part Three -- scheduled for a theater near you in 2007.

Basketball, Hockey Seasons Done; Football on the Horizon

Being deployed to Iraq, one of the many things I miss (sporting-wise, that is) are all the radio call-in shows dedicated to sports. The American Forces Network's radio signal is pretty weak in my life support area, and I understand that it's nonexistent in many places in and around Baghdad.

With that sorry state of affairs, I will attempt to replicate my own sports call-in show in this column. We'll call it ... uh ... umm ...

[Cue light bulb!] I've got a great idea! We'll let the readers decide. E-mail your "Name the Column" contest comments, questions and otherwise trivial information to david.j.larsen@1cd.army.mil. Anyway, on with the show:

[Cue driving rock music intro. Cue the talent.]

"Hi there, and welcome to the show! I'm Army Sergeant Dave Larsen, your host-with-the-most up-to-date information and opinions in the world of sports. Without further adieu, let's head to the phones! We've got Joe, from War Eagle on the line. Hey Joe, whattaya know?"

Joe, from War Eagle: "Hey Dave! I just want to talk about the great state of Texas! While our 'Horns may have fell in the College World Series, they're still the second best college baseball team in the nation! And most importantly - how about them Rangers! We're kickin' butt ... and without an overpaid infielder. Who needs A-Rod, anyway?!"

[Cutting off the caller.] "Joe ... Joe ... Joe. Say it ain't so. First off, lets talk about the Longhorns: ranked number one in the nation and choking in the finals, two games to zip, to a team

Trigger Pull - Talk Radio Version

that started off the season 14-15! Texas was cruising along until the championship round, when all that talent forgot to breathe. I'm talking MAJOR choke job here, almost as bad as the Vikings in the last season's NFL final regular season game! Nobody remembers who took SECOND in a College World Series, Joe! Pretty much, nobody remembers who won it last year! All the best to Cal State Fullerton, but all the CWS gives to baseball is next season's minor leaguers.

Next: who needs A-Rod? How 'bout them Yankees with the best record in the American League? Make that the best record in baseball! Alex Rodriguez started off slow, but now has climbed up near the league lead in home runs, RBI and he's even hitting over .300 now. The guy IS overpaid, but that's an ownership issue, not an A-Rod issue. He's simply the best player in the game today not on steroids. As far as the Rangers go: OK, they're in first place today (June 30, as I write), but it ain't gonna last! These guys are doing it with smoke and mirrors, and sooner or later that highly suspect starting rotation and no-name closer will kill them in the stretch run. I NEVER get on a bandwagon in June. If these Rangers are for real, they'll be challenging in August. I just don't see it! Let's see ... who's up next? It's Ed over at Ferrin-Huggins. Yo, Ed, what's up?"

Ed from Ferrin-Huggins: "Just a quick question, Dave: I get



Sports Buff

my free copy of the Stars & Stripes newspaper about every other day, and I never hear anything about the upcoming Olympics. What's going on? Is the U.S. gonna kick butt, or what?"

"I feel your pain, Ed. There was a story in today's paper with the headline "Kupets, McCool virtually assured Olympic berths." The story talks about selections and one more test for Olympic hopefuls, but the story (dateline Anaheim, Calif.) NEVER says what sport these women compete in! I'm guessing gymnastics, but that's just a guess. We're a captive audience over here, I guess. My favorite Summer Olympic sport will again be basketball. It's a world all-star tournament that shouldn't be missed. Of course, we will. Now that a lot of big names have bailed out on Old Glory, the U.S. Olympic Committee has had to fill the hoops team with second-tier stars, like Carlos Boozer. We should still win, but the world is catching up. The short answer to your last question: you bet! Time enough for one more caller, and then I've got to go back to work. Let's go to Ralph at Headhunter. What's up?"

Ralph at Headhunter: "Man, I gotta tell ya, I've been reading your column for a couple of months

now and you are so full of BEEEEEP! How can you pick the Packers to go anywhere in the playoffs, and pick the Kansas City Chiefs, of all teams, to win it all next season!?"

"Good thing we've got that seven-second delay, dude! You can't say that on the air!"

Ralph at Headhunter: "Sorry, man, but the question remains - how can you be so out of touch with reality? Everybody knows the Patriots will take it all again ... three out four years! They are the team of the decade, and Tom Brady is the new king of the NFL!"

"I didn't notice a New England accent, so I'm thinking you're one of these 'Johnny-come-lately, get-on-the-band wagon-of-whomever-is-on-top' kind of fans, Ralph. But that's OK. I admit that some of my picks were a stretch, and that the Chiefs and the Packers are one serious knee injury (to Priest Holmes or Brett Favre) away from mediocrity. Still, both have been hurt and still excel, and I think the 'Priest' will take the KC faithful to the Promised Land in '05!"

[Cue outro rock music. Cue talent to wrap it up.] "Ralph, thanks for the call. Now go wash your mouth out with soap! Tune in next time for another great edition of whatever you decide to call this thing! Drop me a line, and we'll talk more sports ... same bat time, same bat channel! Go Packers!"

[Fade out music.]
John the production manager: "That was OK, Dave, but you were a bit long-winded in your answers. Stick with the script next time, will ya?"
"Yeah, OK ... whatever."

Standings

MLB
As of June 18, 2004

American League

East Division			
	W	L	Pct GB
New York	47	26	.644 --
Boston	42	32	.568 5.5
Tampa Bay	37	36	.507 10
Toronto	33	43	.431 15.5
Baltimore	31	41	.431 15.5

Central Division			
	W	L	Pct GB
Minnesota	41	33	.554 --
Chicago Sox	39	33	.542 1
Cleveland	37	37	.500 4
Detroit	35	39	.473 6
Kansas City	28	45	.384 12.5

West Division			
	W	L	Pct GB
Oakland	43	30	.589 --
Anaheim	41	33	.554 2.5
Texas	41	34	.547 3
Seattle	30	44	.405 13.5

National League

East Division			
	W	L	Pct GB
Philadelphia	39	35	.527 --
Florida	40	36	.520 3
New York	36	38	.486 6
Atlanta	36	39	.480 6.5
Montreal	25	49	.334 14

Central Division			
	W	L	Pct GB
St. Louis	46	27	.628 --
Chicago Cubs	41	29	.584 4.5
Cincinnati	41	29	.584 4.5
Millwaukee	38	29	.562 6
Houston	39	31	.556 6.5
Pittsburgh	30	36	.450 14.5

West Division			
	W	L	Pct GB
San Francisco	43	33	.566 --
San Diego	40	35	.533 2.5
Los Angeles	38	35	.521 3.5
Colorado	28	46	.378 14
Arizona	27	49	.351 16

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