

## 1-7 Cavalry Neutralizes Insurgent Cell

By Cpl. Bill Putnam  
122nd MPAD

AL RASHID, Baghdad, Iraq- The cavalry troopers of 1st Squadron, 7th Cavalry Regiment, and Soldiers from the Iraqi National Guard's 304th Battalion launched a massive cordon-and-search operation on the first morning of Iraqi sovereignty June 29.

The operation targeted the "worker bees" of an active insurgent cell in the southern area of the squadron's zone, said Maj. Daryle Hernandez, the 1-7 Cav.'s operations officer.

All in all, the mission was incredibly successful, Hernandez said. Three of the squadron's six targets were found — one through incredible luck and the sharp eyes of a trooper on guard duty, he said.

"We think that cell has been effectively neutralized," Hernandez said.

A trooper in the squadron's Comanche Troop was pulling security on his vehicle when a



By Cpl. Bill Putnam, 122nd MPAD

**Troopers from Comanche Troop, 1st Squadron, 7th Cavalry Squadron, prepare to enter a house during a squadron-level cordon-and-search the morning of June 29.**

man popped out of a lit window holding an AK-47 rifle. A search team was next door to the man's house and he called his sergeant about it. A couple

of minutes later the search team entered the man's house and detained him. It turned out he was the troop's first target.

He tested so high for expo-

sure to explosive residue the trooper joked he had "washed his hands in it."

The troop's second target

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## 20th Engineers Improve Working Conditions at Electrical Stations

By Capt. Zachary Miller  
1st Brigade Combat Team  
Public Affairs

BAGHDAD, Iraq- The 1st Cavalry Division's 20th Engineer Battalion is attacking Baghdad's electrical problems on multiple fronts. While replacing old, inefficient and often inoperable equipment remains the focus, the 20th Engineers have added a second plan of attack in the battle to

repair Baghdad's electrical grid.

Realizing that major repair projects can take many months to plan, fund and execute, the engineers took aim at improving the living and working conditions at the electrical substations that dot the 1st Brigade Combat Team's area of operations east of the Tigris River. The infrastructure assessment team found that a lack of basic supplies and equipment was

hurting employee safety, efficiency and morale.

Every station has guards who live there, but very few had beds, air conditioned rooms or a way to prepare meals. Guards at most stations must spend their off-duty hours sleeping outside in heat that can exceed 120 degrees

"It's hard to expect these guards to be alert when they have to sleep outside and don't have access to cold water," said

Staff Sgt. Rubio Cadavid, an engineer with the 20 ENG.

The station managers face their own problems. Dealing with old, outdated equipment and an insufficient power supply is complicated by a lack of office equipment. The Farabi Substation, one of the most important in the area, had one plastic desk and chair from which the manager was expected to control the power to more

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## BURNOUT:

### Through Faith You Can Change a Negative Outlook on Life

By Chaplain (Capt.) Jim Combs  
2nd Battalion, 12th Cavalry Regiment

Do you ever feel like a Christian burnout? Whereas you were once a shooting star, now you're more like a dim bulb that any respectable moth wouldn't even give a second glance? If this sounds familiar, here are a few symptoms to make your final diagnosis:

You have misplaced your faith in God.

You have a lack of zeal in regards to the things of God.

You would rather criticize others than tell them about Christ.

You exhibit an overall attitude of bitterness and hatred rather than love.

If you suffer from spiritual burnout, know that you are not alone - even Moses occasionally lost his passion for Godly service. Although he walked and talked with God, Moses' spirit was broken by the numerous burdens encountered during the Israelites journey in the wilderness. In particular, the quarreling, grumbling and complaining of God's chosen people was a heavy burden to carry.

It wasn't always that way. After their miraculous deliverance from the hand of the Egyptians, the Israelites were

happy to follow Moses and eager to praise God along the way. However, once things got uncomfortable, they were quick to complain and cast blame.

First, they were hungry: "You brought us out into this desert to starve the entire assembly to death" (*Exodus 16:3*). Then, they were thirsty: "Why did you bring us up out of Egypt to make us and our children and livestock die of thirst?" (*Exodus 17:3*).

And later they were thirsty again: "Why did you bring us up out of Egypt to this terrible place? It has no grain or figs, grapevines or pomegranates. And there is no water to drink." (*Numbers 20:4*).

Think of how things might have turned out differently had they chose to interpret their trials as opportunities to exercise faith rather than to "put the Lord to the test."

In the first instance, God inevitably provided manna and quail to feed the people. In the later two episodes, He miraculously quenched their thirst by

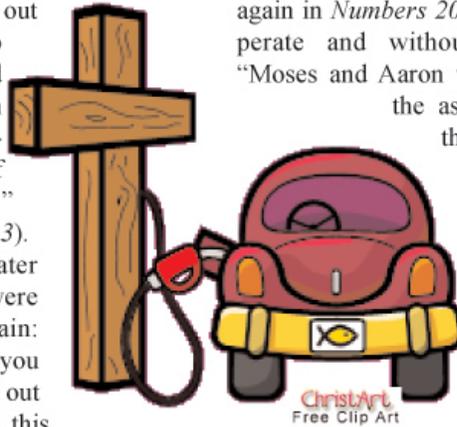
bringing forth water from the rock. Unfortunately, they were a faithless generation and their bad attitude eventually rubbed off on Moses.

When the people were hungry, he took it in stride and waited upon God. The first time they grumbled about thirst, Moses cautioned them and cried out to the Lord. By the time they were whining again in *Numbers 20*, he's desperate and without words: "Moses and Aaron went from

the assembly to the entrance of meeting and fell face down, and the glory of the Lord appeared to them."

Up to that point, Moses seemed to handle these trials with perseverance and longsuffering. Sure, their grumbling must have continually wore on his nerves, but he didn't let it affect his walk with God.

However, after sharing their daily trials, sweating under the same burning sun, hearing grumbling rather than encouragement - Moses lost his spiritual cool. In *Numbers 20:1-9*, we read that both Moses and Aaron used a "min-



## Chaplain's Corner

istry opportunity" to verbally lash out at God's people and take credit for His handy-work.

Now, it would be easy to cast stones and criticize Moses...had I never been there myself. What about you? Have you ever grown tired of challenges in your walk with God, been wearied from criticism and complaining even within your church, or maybe felt the inability to pray because you can no longer find the words to express your heart?

If so, first remember that Moses himself felt the same. But more importantly, ask yourself where God is in the midst of your burnout. Have you forgotten that He has promised to stand by you just as He stood by Moses?

For God said, "Never will I leave you; never will I forsake you" (*Hebrews 13:5*).

Hang in there. Times of refreshing will eventually come. For the "spiritual rock" that provided refreshing for Moses and the Israelites in the wilderness is with you today and that "rock" is Christ! (*1 Corinthians 10:4*)

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## Iraqis Report for Work on New Landfill



By Pfc. Al Barrus, 122nd MPAD

**Hundreds of Iraqis came to the site of a new landfill project July 7 in the Al Boetha neighborhood of southwestern Baghdad. The project, assisted in its origins by the 1st Cavalry Division's 5th Brigade Combat Team, will cost \$1.4 million and employ more than 1,000 local workers.**

### 20 Eng. Makes a Difference in Work Conditions for Iraqis Continued from Page 1

than half a million people.

"Most of the employees at these stations are hard-working, dedicated people," said Sgt. 1st Class Marcello Raphael of Company C, 20 ENG. "It surprised all of us seeing how much they were able to accomplish with poor working conditions."

1st Lt. Gary McDonald, one of the engineers responsible for the work said he thinks his unit is making a difference.

"This is a huge, complicated problem but we think that we'll be able to make an impact by continuing to address the needs of both the actual network and the people who run it on a daily basis," McDonald said.

## ING, 1-7 Cav. Team Up in Ongoing Efforts to Remove Insurgents

### Continued from Page 1

was home. That's typical not only for that morning's mission but in a lot of the squadron's missions, Hernandez said.

Neighbors at other targets said they had moved away, Hernandez said. "We're finding guys move but still maintain ties to their communities," he noted.

Efforts to take out the cell have been on-going, Hernandez said. They started whittling away the leaders, the financiers, gunrunners and planners, just after arriving in Iraq, he said.

The worker bees, the guys planting improvised explosive devices or shooting rocket-propelled grenades at coalition forces, were the only thing left, he noted.

The operation's scope was large. The squadron had planned on 10 targets, nine from the cell and another target with ties to a terrorist group. They detained three from the cell and the extra target for a total of four.

All of the troops were designed to hit their targets within a few minutes of each other, Hernandez said. That's quite a feat given the distance

to the targets and the timing of the mission, he said.

The mission's dynamics didn't change at all given the surprise change in the country's political environment with the previous day's hand over of sovereignty, Hernandez said.

They had planned for the Iraqi National Guard's Company A, 304th Battalion, to participate in the mission all along, he said. The ING will continue to work with the squadron, he said.

"They're good searchers" because they identify culturally with the locals, Hernandez said. "They know where to

hide things and will look in those places."

Leading up to Iraqi sovereignty, the squadron stepped up operations in late May to take apart the insurgency in their area-of-operations, Hernandez explained.

Their goal was to disrupt the anti-Iraq forces planning for an insurgency as the hand-over moved closer and closer, he said.

With numerous squadron and troop cordon-and-searches under their collective belt, Hernandez said the unit's leadership is confident they've done that.

**Tuesday**  
High: 110  
Low: 80

**Wednesday**  
High: 111  
Low: 83

**Thursday**  
High: 112  
Low: 84

**Iraqi Word of the Day**  
weapons                      as-li-Ha

## UA Recognizes Need for Male Nurses



Arkansas Democrat-Gazette

**University of Arkansas nursing student Ryan McSpadden shares some knowledge about shaving with classmates.**

► From *Arkansas Democrat-Gazette*

FAYETTEVILLE, Ark.-Tommy Reed talked quietly to his "patient" as he dabbed her forehead with a warm, damp washcloth.

"You still doing all right?" Reed asked Tina Pastakia, who was lying on a hospital bed, covered by a white sheet.

Reed and Pastakia are nursing students at the University of Arkansas at Fayetteville. They took turns in class last week practicing how to clean a bedridden patient.

Reed was the only man in the room.

Reed is one of eight male students in the nursing school at the Fayetteville campus. The other 92 are women.

At 8 percent, UA is at the national average for men enrolled in post-secondary nursing programs. Once they graduate, men join a smaller fraternity. About 6 percent of the nation's 2.7 million nurses are men.

"This has been an ongoing concern across the country," said Jean Bartels, president of the American Association of Colleges of Nursing.

Nursing schools in different states have developed marketing campaigns to draw men, said Bartels, who heads the nursing school at Georgia Southern University.

Her school worked with other south Georgia nursing programs to hold a recruitment fair last spring for men, she said. The event, which drew a couple hundred men, piggy-backed the Oregon Center for Nursing's recruitment campaign, launched in November 2002 with the slogan: "Are you man enough ... to be a nurse?"

A copy of the poster is displayed at UA's nursing school. Reed, a junior, said his friends and family would like him to find a job beyond nursing, such as a doctor. "They don't care about the care I'd rather give," he said. "I can't think of anything else I'd like to be."

The student nursing population needs to be more diverse, said Tom Kippenbrock director of UA's Eleanor Mann School of Nursing.

Kippenbrock was one of three men in a class of 50 when he attended Indiana University's nursing school in the 1970s. "It hasn't changed a lot over time," he said. Statistics show more men are enrolling in nursing schools nationwide than four years ago, according to the American Association of Colleges of Nursing.

Still, the percentage of men in nursing programs has dipped from 10.7 percent in 1995 to 8.4 percent in 2003, according to the association.

Men also dropped out of nursing schools at a higher percentage in 2000 than in 1992, according to the U.S. Department of Health and Human Services.

To understand the low numbers of men in nursing, one has to go back to the turn of the 20th century, said Gene Tranbarger, president of the American Assembly for Men in Nursing.

Florence Nightingale, the founder of modern nursing, believed nurses should be women, Tranbarger said.

Nightingale, who started a training school for nurses in London in 1860, didn't mean to discriminate against men, he said. She wanted to create a profession for women in the Victorian Era, he said. Because of Nightingale's influence, nursing is seen as a feminine profession, he said.

Men were barred from most nursing schools until the 1960s.

The Army Nurse Corps, founded in 1901, prohibited men until 1955.

## Replacements for Aging Poll Workers Not Easy to Find

► From *Arkansas Democrat-Gazette*

LITTLE ROCK, Ark.-Aging Pulaski County poll workers worry Charles King.

King, an election commissioner, raised the issue at the commission's July meeting, urging a greater effort to recruit younger workers before the 14-hour day at the polls becomes too much for senior citizens who make up the overwhelming majority of county poll workers.

"We have to thank them, but we also have to replace them," King said of the county's 1,300 poll workers who greet voters, find their name in the poll book and help them navigate the voting machine.

County election officials estimate the average age of poll workers in Pulaski County to be in the 70s, which mirrors the state average, according to the secretary of state's office. Nationwide, the average age of a poll worker is 72, according to the National Association of Secretaries of State.

Advancing computer-driven technology, increasingly stressful elections and more stringent election procedures have put more pressure on poll workers, election officials say.

That not enough younger people are coming along to replace the dedicated, civic-minded seniors has bamboozled election officials across the country.

In 2003, Arkansas, like many other states, lowered the minimum age for poll workers to include high school students to entice younger people to learn the ropes at voting sites. So far, the move hasn't yielded many recruits.

## Former UT Athlete, Knoxville Resident Headed to Athens

► From *Knoxville News Sentinel*

SACRAMENTO, Calif.-Tim Mack's victory in the pole vault at the U.S. Olympic track and field trials Sunday was a little like the reality-TV series "Survivor," in that he had to outwit and outlast the competition.

Five of the 13 finalists went out in relatively short order, but the remaining eight were more stubborn.

Ultimately, only Mack and Toby Stevenson cleared 19 feet, 2 1/4 inches, the eighth height of the day, ensuring the former University of Tennessee athlete and Knoxville resident his first trip to the Olympics. When Mack went on to clear 19-4 1/4, he was the last man on the island.

"I thought 80 would probably do it," said Mack, referring to 5.80 meters, or 19- 1/2, "the way everybody was jumping. But then a few guys jumped 80 ahead of me, and I missed it. It didn't really matter if I made 80 or not at that point. I think I

was in fourth or fifth. So I had to pass it.

"I was just sticking with my guns as much as possible. There are thoughts that can creep in, like, 'Oh, man, what pole do I need to be on? Is the wind all right? Am I going to make it or miss it, or whatever.' But it was really tough to just keep myself into that frame of mind where, you know, just forget it, I'm going to make it. ... It was pretty darned tough to keep your mindset with everything going on."

At the next height, 19-2 1/4, Mack missed on his first attempt and cleared on his second, brushing the bar in the process. Hitting that attempt proved to be the difference between elimination and a trip to Athens.

Mack then cleared 19-4 1/4 on his first attempt, shifting the tactical onus to Stevenson, who missed his first attempt at that height, then passed on the next two.

"I was fully expecting to have to make 90 inches (Mack's winning height) to



AP

**Timothy Mack, the 2002 U.S. Indoor champ from Knoxville, Tenn., vaults in the men's pole vault competition at the U.S. Olympic track and field trials in Sacramento, Calif. Mack placed first to qualify for the U.S. Olympic team.**

make the team," said Stevenson.

Mack's winning mark was just 1/2 inch off the U.S. trials record of 19-4 3/4, set by Kory Tarpenning in 1988 at Indianapolis.

## Today in History

### July 13

► From *historychannel.com*

**1881** Sheriff Pat Garrett shoots William Bonney, popularly known as Billy the Kid, to death at the Maxwell Ranch in New Mexico. Garrett, who had been tracking the Kid for three months after the gunslinger had escaped from prison only days before his scheduled execution, got a tip that Billy was holed up with friends. While Billy was gone, Garrett waited in the dark in his bedroom. When Billy entered, Garrett shot him to death.

**1943** The largest tank battle in history, the Battle of Kursk, involving some 6,000 tanks, two million men, and 5,000 aircraft, ends with the German offensive repulsed by the Soviets at heavy cost.

**1960** In Los Angeles, California, Senator John F. Kennedy of Massachusetts is nominated for the presidency by the Democratic Party Convention, defeating Senator Lyndon B. Johnson of Texas. The next day, Johnson was named Kennedy's running mate by a unanimous vote of the convention.

**1985** At Wembley Stadium in London, Prince Charles and Princess Diana officially open Live Aid, a worldwide rock concert organized to raise money for the relief of famine-stricken Africans. Continued at JFK Stadium in Philadelphia and at other arenas around the world, the 16-hour "superconcert" was globally linked by satellite to more than a billion viewers in 110 nations. In a triumph of technology and good will, the event raised more than \$125 million in famine relief for Africa.

TV GUIDE	AFN ATLANTIC	AFN PACIFIC	AFN Sports	AFN Spectrum
6 p.m.	Lizzie McGuire/ All That!	Tonight Show with Jay Leno/ The Late Show with David Letterman	Beyond the Glory	The Godfather 4 p.m.
7 p.m.	Jeopardy/ Headline News	Access Hollywood 7:30 p.m.	SportsCenter	The Wild Thornberrys/ Spongebob Squarepants
8 p.m.	ESPNNews/ Headline News	Thunderheart	ESPNNews/ Baseball Tonight 8:20 p.m.	The Simpsons/ Happy Days
9 p.m.	7th Heaven		SportsCenter	Ed
10 p.m.	Don't Say a Word	Blue Streak 10:15 p.m.	MLB - Century 21 Home Run Derby	ER