



The Freedom Post

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Selfless NCO Leaves No Man Behind

Al-Kasik Master Sergeant saves the lives of two Iraqi Armed Forces Soldiers

Story and photo by Spc. David Nunn

AL-KASIK, Iraq – A Soldier of the 98th Division, a reserve command based out of New England attached to the 11th Armored Cavalry Regiment, displayed repeated acts of meritorious service above and beyond the call of duty while serving as the reconnaissance and surveillance advisor for the 98th Division, while deployed to Iraq on March 26, 2005.

Master Sgt. John Demarco's actions under fire, not only brought distinction upon himself, but upon his entire unit. He heard there were fellow soldiers of the Iraqi Armed Forces (IAF) in need of immediate medical attention and did not hesitate to help them.

The Iraqi soldiers were wounded in action when their Explosive Ordnance Team was attacked by Anti-Iraqi Forces during a patrol in Al-Kasik. The area is known to be heavy with insurgents. Demarco, a sherriff's deputy in Monroe County, N.Y., overheard on the radio that the Iraqi soldiers had sustained a sucking chest wound and a neck wound.

"Demarco took it upon himself to go to the gate to expedite their entrance into the base for medical support," said Air Force Capt. David Carnes, Physician Assistant – Certified, for the Al-Kasik Base medical clinic. "He knew that it was imperative to remove the patients quickly."

Meeting up with a medic, contracted through the Explosive Ordnance Team, Demarco drove an unarmored vehicle out of the protection of the base and into the line of fire. He pulled security so the medic could begin critical life saving care to the wounded IAF soldiers.

"His actions that day really helped in saving that patient's life," said Navy Petty Officer 3rd Class Bill Ross, Hospital Corpsman for the base medical clinic. "He got to him in time and safely brought him to our care."

The American/Iraqi medical staff was able to stabilize the wounded Iraqi Soldier who had suffered the chest wound and later evacuated him by air to the 228th Combat Support

Hospital of Forward Operating Base Diamondback of Mosul.

He is expected to make a full recovery, thanks to the speed in which Demarco was able to deliver him to the medical staff. The other soldier, who suffered a glancing gun-wound across the neck, was treated at the clinic and released later that day.

The IAF soldier, a member of the 103rd Battalion, 2nd Division IA, would likely have died if not for Demarco's actions under fire. Whether driving outside of the protection of the base, engaging the enemy, or removing the wounded from the hostile area, all while under enemy fire, Demarco remained calm under pressure as he delivered the wounded soldiers to the base medical clinic.

While a lot of Soldiers are recognized for their brave deeds, such unsung acts of valor are a true testament to the selfless service of the Men and Women of the United States Army in support of Operation Iraqi Freedom.

"His actions that day really helped in saving that patient's life, he got to him in time and safely brought him to our care."



Master Sergeant John Demarco advises his comrades in the 103rd Battalion, 2nd Division IA, during a Cordon and Search in a local village to find a suspected arms dealer.

TMC Keeps Soldiers in the Fight

Story and Photos by Ashly Mitchell



Capt. Jake Roberts, Officer in Charge of the Tactical Medical Center, monitors Sgt. Jon Phillip's heartbeat during a check-up.

FORWARD OPERATING BASE COURAGE, Iraq- Whether there is a mass casualty or a routine sick call, the medics of the Forward Operating Base (FOB) Courage Aid Station are always ready, willing, and able to serve their patients.

With a staff of ten people including one emergency room doctor, two physician's assistants, one lab technician, and six medics, the aid station is capable of providing life saving care for trauma victims, according to Sgt. Jon Phillips, combat medic of the 547th Area Support Medical Hospital (ASMH).

"It may look like a big chaotic mess when we're in there working with casualties, but everyone knows their job, knows what



Spc. Shawnta Cargile, Task Force Freedom, checks a Soldier's nose for fluid during a routine check-up, at the FOB Aid Station.



Staff Sgt. Ben Hernandez teaches a Combat Life Saver course to Soldiers of the 11th Armored Cavalry Regiment.

they need to be doing and where they need to be doing it," said Capt. Jake Roberts, officer in charge of the aid station. Roberts is also a member of the 547th ASMH from Fort Lewis, Wash., and is an emergency room doctor in his civilian career.

The aid station holds sick call between the hours of 9 a.m. to 11 a.m. and 4 p.m. to 5 p.m., and it's always open for emergency services. If a Soldier's work schedule doesn't permit them to go to sick call during these hours, exceptions are always made.

The aid station is capable of handling mass casualties and stabilizing individuals until they can be med-evaced to the Combat Support Hospital (CSH), which is a fully functioning hospital at FOB

Diamondback. The aid station is capable of handling almost everything but surgical intervention, according to Roberts.

Since one of the most common killers is blood loss, the FOB Courage Aid Station now has blood to give casualties in need. The aid station is always working to improve the way it can help Soldiers and civilians.

"The only thing that really keeps us from running like a civilian emergency room is that we don't have an X-ray machine, but we will," said Roberts. Once the Army supply catches up with it, this aid station will have X-ray capabilities."

The FOB Courage Aid Station is the busiest aid station in theatre for its size, according to

Roberts. He also said this aid station receives more trauma victims because of the urban environment. In a regular combat situation, a casualty would be med-evaced from the site, but in this environment they have to be taken by ambulance to the nearest aid station. Once there, the casualty can be stabilized and then med-evaced to the CSH.

One of the biggest tools the aid station utilizes everyday is teamwork. The aid station has two units that work there around the clock including the 547th ASMH and Charlie Company of the 25th Brigade Support Battalion, both are out of Fort Lewis. The aid station also has two medics from the 11th Armored Cavalry Regiment, Fort Irwin, Calif., who volunteer their services when they can, according to Phillips.

Unlike a lot of other units where Soldiers finish their work and go home, the medics are always at the aid station, according to Phillips. The front of the aid station looks like an Army aid station, but when you walk past the medical equipment, you cross over into the medics' living quarters.

"We live and work together," said Roberts. "We have our arguments here and there, but we make up and move on. The medics here are an excellent team, and I would work with any of them on the civilian side. What makes our job worth doing is that we know we make a difference."

The Stallion Report

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Communication Barriers

Story by Chaplain (Lt. Col.) Daniel G. Jenks

One of the common themes that I hear from Soldiers and family members in counseling is a desire to communicate more effectively. Frequently, I notice “communication killers” (what Dr. John Gottman calls, “The Four Horsemen of the Apocalypse”), which seem to get in the way of effective communication. Gottman suggests that we should be aware of the following:

Criticism. A sure-fire way to slow down (and potentially kill) positive communication is to enter into a dialogue pre-positioned with a negative attitude – presuming that what the other person has to say is going to be worthless! It’s important to avoid the “criticism monster . . .” Listen for the best from your partner and you’ll very likely hear it!

Contempt. This “communication killer” goes beyond the words the person is saying and attacks the person him-or herself. It presumes the person speaking is of little value and expresses itself with intentional insults and psychological abuse of the partner. To improve communication, seeing the other person as someone of value is essential to stopping contempt.

Defensiveness. Yet another blockade to effective communication is a defensive posture towards the other person – deciding (in advance) that they’re “out to get you” and hearing everything they say with defensive ears. The way to begin easing this problem is to practice trusting the other person and staying open to the healthful possibilities.

Stonewalling. The final “communication killer” is akin to a circuit breaker tripping. It’s a total “shut down” so that when the other person speaks, the listener “tunes out.” Often, this is a defense mechanism used by the listener in conjunction with the other communication blocks. The way to address this one is to begin replacing “stonewalls” with “bridges” – asking yourself, “Am I listening carefully to what the other person is saying and am I able to value where they’re coming from?” Effective communication is hard work but the payoffs are definitely worth it!

CHAPLAIN’S CORNER

Are you facing an impossible situation? Remember who is in control. Remember how many miracles He has done in your life up until now. And believe that He will do more.

Bonnie Ricks

PLEASE JOIN US AT THE CHAPEL FOR
FOB FREEDOM RELIGIOUS SERVICES:

Catholic Mass 1100 Saturday
Latter-Day Saint 0830 Sunday
Protestant 1100 Sunday
2000 Sunday
1930 Wednesday
Gospel 1300 Sunday

Photo of the Week



An element of U.S. and Iraqi soldiers conduct a Cordon and Search for buried weapon caches outside a village near Al-Kasik, Iraq. The 103rd Battalion, 2nd IA Division and members of the 98th Division, have been working together on missions since November, 2004 (photo by Spc. David Nunn).

Vehicle safety and awareness improving in Iraq

By Sgt. Michael J. Carden, Army News Service.

CAMP VICTORY, Iraq - From October 2004 to January 2005, Coalition forces in Iraq suffered 48 troop fatalities due to military-vehicle related accidents.

This is nearly half the number of troops that were lost during the entire 2004 fiscal year, according to Multi-National Corps - Iraq (MNC-I) safety reports.

After analysis and investigation, the MNC-I safety office has determined that more than half of the total accident fatalities that have occurred in Iraq are vehicle-related. Of those, 66 percent were vehicle rollovers.

Since February, the MNC-I safety office has noticed a considerable decrease in rollover accidents and a decrease in total vehicle accidents and fatalities, said David Martin, safety manager, MNC-I safety office. The safety office attributes this decrease to the institution of the safety stand-down program, which requires newly deployed units to hold a safety stand-down day within 30 days of assuming authority for an area.

“The safety stand-down reinforces the basics of vehicle safety and awareness by practicing rehearsals such as convoy briefs and rollover drills,” Martin said. “I think the safety stand-downs, better risk management, and previous accident (statistics) have opened Soldiers’ eyes. They’re paying more

attention to detail now.”

In an incident, there were five Soldiers in an up-armored Humvee. In a second incident, three troops were involved. After interviewing the troops and investigating the incidents, the MNC-I safety office learned that both convoys rehearsed and received rollover drill procedures and precautions. They were familiar with their vehicles and aware of the terrain in which they were traveling, Martin said.

“Units are doing the right thing,” Martin said. “They’re making sure they go over rollover drills, safety and threat awareness. They’re making sure that every Soldier in their vehicles know what to do during any situation. They’ve even been practicing egress of the vehicle after a rollover, and it’s shown.”

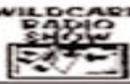
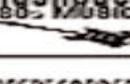
“If the Soldiers rehearse the rollover drills, in the event of a rollover, they’re much more likely to survive,” Martin said. “Getting the gunner back inside the vehicle, bracing yourself during a rollover and wearing your seat belt may all be deciding factors in the severity of any injuries.”

There are many contributing factors in sustaining vehicle safety that troops should be aware of when participating in convoy movements. Negligent discharges is one item that Martin said shouldn’t even be an issue. “There’s nothing accidental about a negligent discharge,” Martin said. “It’s simply a lack of situational awareness.” **story will continue next issue~**



107.3 THE STALLION

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1pm-3pm-	OLDIES RADIO OLDIES <i>Host: Jill & Uncle Ben</i>	WILDCARD RADIO SHOW 	BEATLES & OLDIES <i>Host: Harry & Ben</i>	Red Hot COUNTRY Tango & Hip <i>Host: Jill & Uncle Ben</i>	PRERECORDED PROGRAMING	PRERECORDED PROGRAMING	<i>Songs of PIANIS The Labor</i>
6pm-7pm-	SPORTS GUITARS <i>Host: HARVEYE</i>	Flashback ROCK MUSIC 	Classic ROCK	Rhythm & BLUES Dawn	SENOR FANZON'S LATINO NITE	PRERECORDED PROGRAMING	Classic Southern ROCK & COUNTRY KAPPY
7pm-8pm-	JOE'S GARAGE <i>Host: JAC BILLINGS</i>	Flashback ROCK MUSIC 	Classic ROCK	Rhythm & BLUES Dawn	SENOR FANZON'S LATINO NITE	PRERECORDED PROGRAMING	Classic Southern ROCK & COUNTRY KAPPY
8pm-9pm-	PRERECORDED PROGRAMING	PRERECORDED PROGRAMING	<i>Songs of PIANIS The Labor</i>	90's NEW ROCK <i>Host: FERRIS</i>	PRERECORDED PROGRAMING	PRERECORDED PROGRAMING	Classic & Celtic The Labor

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ADEMA comes to Iraq, to Rock

Story and Photos by Sgt. Richard Way.

FORWARD OPERATING BASE DIAMONDBACK, Iraq - A disappointed sigh came from the crowd of Soldiers, as Adema's lead singer had just announced the band had only one more song for the Soldiers before bidding them farewell. That was the only disappointment of the evening. The crowd begged for and received an outstanding encore. The Soldiers were left with smiles on their faces and perhaps a few ringing ears.

Lead singer Luke Caraccioli, guitarist Tim Fluckey, bassist Dave DeRoo, and drummer Kris Kohls, make up the modern rock band Adema, of Bakersfield, Calif. The USO show went without a hitch and Adema was a huge success with the troops.

The free concert was apart of a tour of military bases across Iraq and Kuwait.

DeRoo had this to say about the tour; "We're here to rock the house and give a little taste of home and pay a tribute to the Soldiers that are protecting our freedoms. Freedoms like playing rock and roll music. They're protecting our civil freedoms, we're here to give something back, this experience has really been an eye opener."

The show was performed outdoors on a stage built with trailers with wood overlay. This was possible thanks to the hard work of Soldiers like Capt. Andrew Hess, Personnel Officer for the 17th Corps Support Battalion stationed at FOB Diamondback. "We had to arrange for the construction of the stage and set up the meet and greets so the band could meet as many Soldiers as possible and see a variety of different things that the Army does."

"They're amazing, really down to earth and

they're here to see Soldiers. I've heard them say, 'This tour has opened my eyes, I got a different perspective that I'll never see anywhere else,'" said Hess.

The energy level was high at the show, everyone moved with the music as the band played with a passion to honor the soldiers. The crowd was alive with body surfing, dancing, singing, signs, and a 'mosh pit.' A few times during the show the security

personnel had to push against the barrier that was built to keep the fans back from the stage.

The band gave away a guitar, drum sticks, and threw t-shirts to the crowd of Soldiers. Caraccioli, a former Marine, was determined to give the crowd a show that they would remember well after returning to

their loved ones back home. Caraccioli was honored to perform for the Soldiers.

"It's been an amazing experience to be able to come over here and actually see first hand the men and women that are putting their hearts and lives on the line to liberate a people they don't even know. It's been an amazing experience for us," said Caraccioli.

After the concert, members of the band visited Soldiers at a variety of locations, including patients of the nearby 228th Combat Support Hospital (CSH).

"Visiting the hospital was the most moving experience I've had since we got to Iraq, this experience has really been an eye opener," said DeRoo.

"It goes a long way for [Adema] to assume the risk to come over here and to bring a boost of morale to the Soldiers," said 1st Sgt. James Everidge, 1st Sgt. of 16th Signal Battalion Bravo Co., and a patient of the CSH that met with the band.



The band Adema, of Bakersfield, Calif., entertains Soldiers during a free concert at FOB Diamondback, on April 4, 2005.

7 Day Weather Forecast for Mosul

Forecast Conditions	High/Low °F	Precip. Chance
Mon Apr 11  Partly Cloudy	85°/56°	10%
Tue Apr 12  Mostly Sunny	86°/57°	0%
Wed Apr 13  Partly Cloudy	90°/57°	0%
Thu Apr 14  Partly Cloudy	88°/58°	0%
Fri Apr 15  Partly Cloudy	83°/57°	10%
Sat Apr 16  Partly Cloudy	79°/57°	20%
Sun Apr 17  Rain / Thunder	78°/56°	60%

Adema continued from page 6

The band members got a rare opportunity to drive military vehicles, ride in a Stryker, visit a welding and repair shop, and the favorite of all the band members; fire a .50-caliber Machine Gun.

“We’re boys,” said Kohles. “We’re having an amazing time, all the Soldiers have been super cool and we got to do a lot of different things today. Shoot some guns, ride in some really cool vehicles and everyone has treated us really well. We appreciate what everyone is doing over here protecting our country and we respect that, we feel privileged to be here and to play for you guys, it’s going to be a good rock show.”

Nick Forcillo, the producer and sound technician for the band, was thrilled to come along on the tour.

“I saw this as a once in a lifetime opportunity to come here and see first hand the guys that are over here putting their lives on the line. This is an honor for me,” said Forcillo.

Fluckey, the guitarist with his trademark hair and amazing height was pleased with the response from the crowd and would like to come back to play for the Soldiers in the future.

Last on the events list for the evening was an autograph session that lasted over two hours. They signed shirts, rifles, arms, posters and chatted with everyone.

They were patient and seemed to enjoy the company of the troops as much as the Soldiers enjoyed their company and the show.

“These guys are willing to come out here and put their butts on the line for no reason. They’re taking a chance, the Soldiers respond to that and they respond to the honesty and the sincerity of these guys, that’s the big thing here,” said Hess.

* * * * *

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What do ya think?

What is the oddest thing you've received in a care packege?

Sgt. Jemel L. Phynon, 17th CSB, HHD, Local Nationals NCOIC



"Dried Cottage Cheese"

Spc. Staci Torrey, 445th Trans Co., 1st Plt Gunner



"Milk"

Staff Sgt. Robert Prunty, 445th Trans Co, Alpha Team Leader



"Female Deoderant"

Spc. Brandon Mason, Communications Specialist



"a Teddy Bear"

Headlines From the Other Side of the World

Weight gain effects survival in breast cancer

Women who gain weight after the diagnosis of breast cancer have a higher risk of dying from the disease.

Researchers from the Harvard Medical School, Boston, Mass., found the majority of women who undergo treatment for a breast cancer gain weight subsequent to the treatment, which may have an adverse impact on their survival.

Diverse multitude for Papal Funeral.

Presidents and patriarchs joined a teeming multitude of ordinary pilgrims in Vatican City, Rome, on Thursday as the world prepared for Pope John Paul II's funeral, the biggest in modern times.

Swisscom Challenge becomes Zurich Open

The Swisscom Challenge women's tennis tournament is changing names and venue. The 1.3 million dollar U.S. event, to be held from October 15th to the 23rd, will be called the Zurich Open and move from the Schluweg Arena to the Hallenstadion, organizers said Thursday.

SPORTS SHORTS

NORTH CAROLINA WINS NCAA CHAMPIONSHIP

Sean May scored 26 points and grabbed 10 rebounds to lead North Carolina to its first national championship in 12 years as the Tar Heels defeated Illinois 75-70 in Monday's NCAA championship final at the Edward Jones Dome in St. Louis.

Luther Head had 21 points for Illinois (37-2), which failed to win its first national championship in school history.

After North Carolina held a 13-point halftime lead and extended that to 15 points early in the second half, the Illini began to comeback. However, a 11-0 run by the Illini tied things up at 65-65 with 5:34 remaining. Deron Williams added 17 points for the Illini, who rallied in the second half only to fall short at the end.

North Carolina shot 52 per cent compared to just 39 per cent for Illinois. The win marks the fourth NCAA Tournament title for the Tar Heels and the first for Roy Williams as a head coach. Williams had reached the Final Four four times as the coach at Kansas but never managed to win a national title.

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