



The Freedom Post

Published for Task Force Freedom Soldiers Serving in Operation Iraqi Freedom III

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White Falcons say goodbye to FOB Patriot

23-6 IIF Ready to Take Full Control of Sector After Transfer of Authority

Story and Photos by Sgt. Dan Lucas



A lone American walks along the roads of FOB Patriot after the 82nd left for home.

MOSUL, Iraq - On the afternoon of March 7th, Soldiers from the 23rd Battalion, 6th Iraqi Intervention Force (IIF) Brigade assumed full responsibility for security in central Mosul.

“They have a lot of professional experience, equivalent to a Navy SEAL team,” said 1st Lt. Jonathon Westbrook, 3rd platoon leader, C Company, 2-325 Airborne Infantry Regiment. “They have airborne training, scuba training and years of actual combat experience.”

Not only are these soldiers ready for the fight, their leaders come prepared to continue the excellence at deterring anti-Iraqi forces from terrorizing the area.

“The IIF leaders are very impressive, they are seasoned and experienced. Their loyalties are unquestionable. They are very professional and highly disciplined and command courageous soldiers,” said Lt.

Col. Chris Gibson, 2-325 AIR Commander. “I enjoy working with them thoroughly.”

The Iraqi Forces conduct their own independent operations. They gather their own intelligence, conduct raids of suspected terrorists and patrol the area on their own. When the Iraqi Forces are conducting raids and patrols, they have an Army or Marine unit advising the Iraqi Forces to assist in performing their mission efficiently and safely.

“After we depart, the Iraqi Forces will be successful in the fight against the Anti Iraqi Forces,” said Gibson.

“On this sainted day of freedom, I want to thank the coalition forces for their sacrifices,” said Lt. Col. Adel Abbas, 23-6 IIF Commander. “Let us not forget those families who have lost their sons in the line of duty.”

Purrfect Angelz Wow the Crowd at FOB Courage

Story by Spc. Ashly Mitchell, Photos by Sgt. Rick Way



MOSUL, Iraq - Five members of the Purrfect Angelz Team spent their last evening in Iraq entertaining the Soldiers of Operation Iraqi Freedom. "We love you guys and it takes a special breed to do what you do and we thank you so much. We could not thank you enough and we're so honored to be here for you guys," said Tanea Brooks, Purrfect Angelz member.

The Purrfect Angelz is a group of women who sing and dance to entertain people for a living. This is the Angelz first military tour, and they hope to have many more this year, according to Lisa Ligon, choreographer and member of the Purrfect Angelz. There are 46 members on the Purrfect Angelz Team, most of them are former professional cheerleaders, according to Ligon. Five members performed as part of a Morale, Welfare and Recreation tour.

"For the Soldiers out there, I would just like to let them know that we think about them day in and day out, and just let them know everybody back home is thinking about them," said Ligon. "We love them and appreciate what they do for us."

The Purrfect Angelz performed over 13 shows for U.S. troops, according to Ligon. There would have been more but some were canceled due to weather conditions. The Purrfect Angelz were also

able to visit wounded soldiers in the hospital during their visit to Iraq.

"I think we make the most memories when we go to the hospitals and see what the Soldiers have gone through and what it's really all about out there," said Brooks.

"I have loved my time here in Iraq. It is above and beyond what I thought it would be. I really didn't know what to expect, but the soldiers have been amazing and such good audiences to perform for," said Maggie Cash, Purrfect Angelz member.



Soldiers Get Fit Using Common Sense

Story and Photos by Spc. Ashly Mitchell

FOB COURAGE, Iraq - The front leaning rest, squat thrust, flutter kick and the side straddle hop are just a few of the exercises a Soldier might perform during a physical training session.

The Morale, Welfare, and Recreation Palace, located behind the dining facility, offers a wide variety of weight machines, free weights and cardio equipment. Recently the palace has introduced an aerobics and spinning class. The aerobics class, located in the theatre room in the palace, is held Sunday, Monday, Wednesday and Friday mornings at 6:15. The spinning class, also in the theatre room, is held Tuesday, Thursday, Saturday and Sunday mornings at the same time.

Physical fitness can be conducted alone, in pairs or with a large group of people, depending on personal preference.

"I usually work out in a pair or with a group," said Staff Sgt. Christopher Black, 3rd Battalion, and 21st Infantry Regiment, Headquarters and Headquarters Company. "It's a great way to keep you motivated and build teamwork."

Building teamwork is only one of the positive benefits from working-out.

"Getting physical training on a regular basis



Free weights and benches for sit-ups are a must for any workout.



For soldiers using the bench press, a spotter is needed for safety.

can have many positive benefits," said Capt. Jake Roberts, officer in charge of the Aid Station here. Roberts is a member of the 547th Area Support Medical Hospital and in his civilian life is an emergency room doctor. "Some of these benefits include increased energy, weight loss, mental and physical well-being and it helps to prevent combat stress."

A workout is best when you alternate sessions. One day, do muscular strength and another day, cardio. This way, you don't burn out one set of muscles, according to Staff Sgt. Myron Brunson, 3-21, HHC.

A few things that help Soldiers prevent injury include; stretching before and after their workout and getting a proper warm-up. For weight lifters, start with a lower weight and fewer repetitions then build up.

"But above all, the one thing you should always remember, is to use common sense," said Roberts. "Don't be acting crazy when you're out playing sports, don't exceed your limitations, if you need a break, take one."

The Stallion Report

See soldiers from your area on the news!
Visit our website: www.tffpao.org

Before You Tell It to Your Inspector General

Task Force Freedom does have an Inspector General (IG) Office. Although relatively small, it is there, nonetheless; and is available for Soldiers and Commanders. The IG officer visits to the Forward Operations Bases to see and talk to soldiers and assess activities within the units. If Soldiers have issues and complaints, the IG is one avenue to find the facts and help seek resolutions to problems. However, because there are many more Soldiers out there than IGs, consider the following tips before taking your issues to the IG.

Be sure you have a real problem, not just a peeve.

Give your chain of command a chance to solve the problem.

Many problems must be addressed to the chain of command for resolution anyway.

If IG assistance is needed, contact your local IG first.

IG's at higher commands will normally refer the case to the local IG for action. Don't take a "shotgun blast" approach when sending your complaints to the IG, your Senator and/or your Congressman. Many times the IG ends up doing the Inquiry, but because you went to a Senator and/or Congressman, the IG can't tell you the final results. By regulation, the IG must forward the results back through the IG channels to the Senator and/or Congressman, and then IG will provide you with the results. You get the same answers, but it just takes longer.

Be honest and don't provide misleading information.

IGs will discover the truth quickly in most cases and there are penalties for knowingly providing false information.

Keep in mind that IGs are not policy makers.

If a policy is flawed you can submit proposed change(s) on a DA form 2028.

Keep in mind that IGs can only recommend, not order a resolution.

Only Commanders can issue orders; the role of the IG is to advise the Commander.

Remember IGs can only resolve a case on the basis of fact.

Your claim that a supervisor has violated the rules doesn't make it fact. A claim must be supported with evidence.

Don't expect instant action on your request... Be patient, this isn't "Burger King."

Investigations take time, and IGs tend to have heavy workloads.

Be prepared to take "No" for the answer.

In any case "Yes" or "No" the IG will explain why.

So, if you've considered all this and still feel the people you've approached can't help you, give us a call, email us, or stop by the office. You can speed up the process a little if you fill out a DA Form 1559 Inspector General Action Request before talking with the IG.

Your Local IG is: Lt. Col. Tim Reutter

DVNT: 527 – 1492

NIPR Email: tim.reutter@ignet.army.mil

IG NCOIC: Sgt. 1st Class Augustin Francois

DVNT: 527 – 1492

NIPR Email: augustin.francois@ignet.army.mil

Assistant IG: Sgt. 1st Class David Foster

DVNT: 527-1492

NIPR Email: david.foster@ignet.army.mil

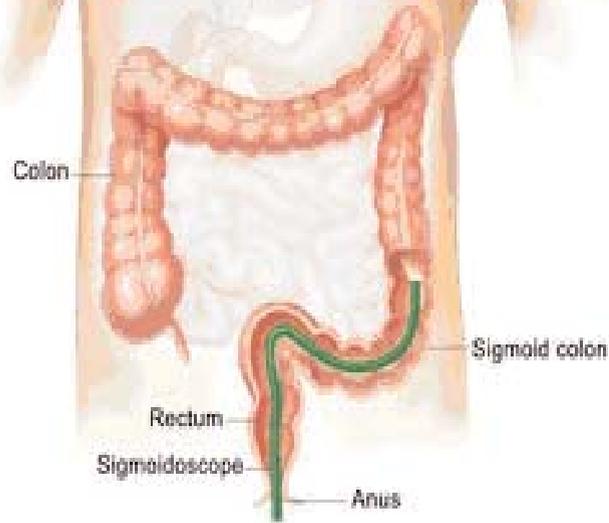
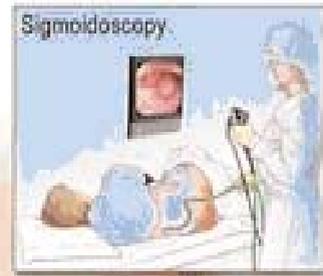
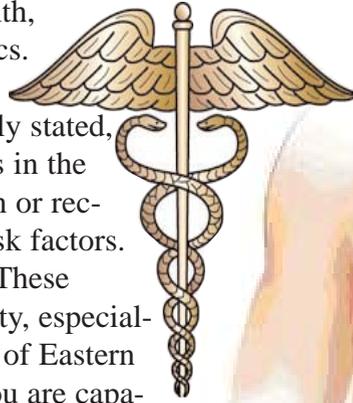
Remember, to file a complaint without fear of reprisal is the right of any Soldier, Civilian, or Family Member seeking IG help. After all, problem solving is one of the IG's primary missions.

Dr. T's Medical Matters

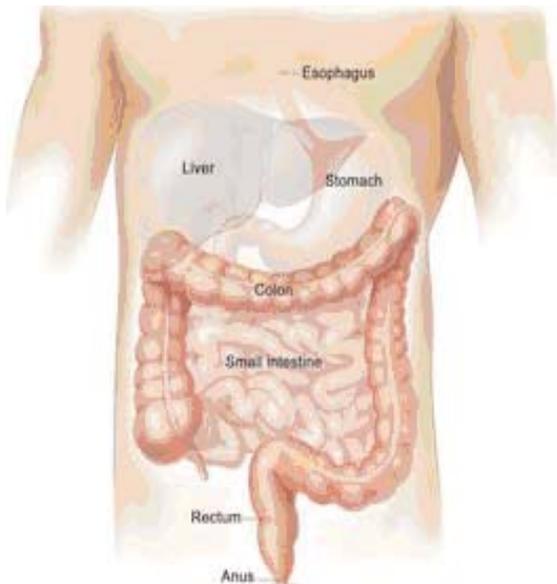
HOOAH Warfighters!! Each month, our nation focuses on specific health topics. March is Colorectal Cancer Awareness month. What is colorectal cancer? Simply stated, it is a type of cancer, which initially starts in the digestive system and is found in the colon or rectum. There are primary and secondary risk factors. Primary risk factors cannot be changed. These include people over the age of 40, ethnicity, especially African American and Ashkenazi Jews of Eastern European descent, and family history. You are capable of changing secondary risk factors thus reducing your risk of colon cancer such as a diet high in fat, lack of exercise, obesity, smoking, and heavy alcohol consumption.

Early recognition and detection of colorectal cancer has been found easier to treat and possibly cure. If you experience changes in bowel habits such as diarrhea, constipation, narrowing of the stool that lasts more than a few days. The feeling that you need to have a bowel movement that does not go away after doing so, bleeding from the rectum or blood in the stool, cramping or steady stomach pain, weakness or tiredness these could be a warning sign for you to seek medical intervention. Stay vigilant and focused on your mission WARFIGHTERS but also take care of your health.

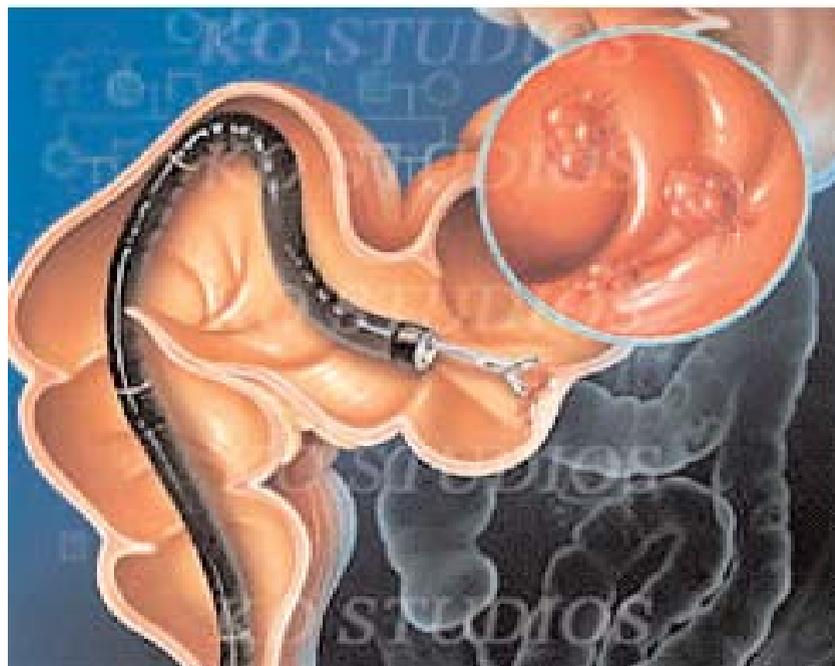
Maj. Michelle L. Snyder, Army Nurse, 228TH CSH
Photos from the National Cancer Institute



Above: Sigmoidoscopy. A thin, lighted tube is inserted through the anus and rectum and into the lower part of the colon to look for abnormal areas. **Below:** Cancerous cells.



Anatomy of the lower digestive system, showing the colon and other organs.



Secretary of the Army Visits Courage

Story and Photos by Spc. Ashly Mitchell

FOB COURAGE, Iraq - On March 19th and 20th, the Secretary of the Army, Francis J. Harvey, visited here to meet with the leadership of Task Force Freedom to discuss plans for the future.

During his two day tour of the Ninevah province, Harvey met with local leaders including Iraqi Governor, Duraid Kashmoula and Brig. Gen. Kevin Bergner, TFF Commander.

On his last day, Harvey took time out of his busy schedule to talk to Soldiers about their views on The War on Terrorism and our presence here in Mosul.



Above: Brig. Gen. Bergner introduces Sec. Harvey to the local police chief before sitting down to have dinner with the leadership of TFF.

Left: Secretary Harvey is given a tour of a Stryker vehicle by members of the 3rd Battalion, 21st Infantry Regiment, Stryker Brigade Combat Team.

“Democracy is like sausage,” said Secretary Francis J. Harvey, “ugly when it’s being made, but it tastes delicious.”



Rocking you from the Tigris to the Euphrates.

PLEASE E-MAIL YOUR REQUESTS TO blackhorse@tffpao.org

7 Day Weather Forecast for Mosul

Mon Mar 21	 Showers	68°/48°	60%		68 °F
Tue Mar 22	 Showers	70°/47°	40%		70 °F
Wed Mar 23	 Light Rain	69°/41°	60%		69 °F
Thu Mar 24	 Partly Cloudy	69°/41°	0%		69 °F
Fri Mar 25	 Sunny	72°/42°	0%		72 °F
Sat Mar 26	 Mostly Sunny	74°/46°	0%		74 °F
Sun Mar 27	 Partly Cloudy	77°/47°	10%		77 °F
Mon Mar 28	 Partly Cloudy	77°/49°	10%		77 °F

Chaplain's Corner

An old priest was dying. He sent a message for an IRS agent and his Lawyer to come to the Rectory. When they arrived, they were ushered up to his bedroom. As they entered the room, the priest held out his hands and motioned for them to sit on each side of the bed. The priest grasped their hands, sighed contentedly, smiled and stared at the ceiling.

For a time, no one said anything. Both the IRS agent and Lawyer were touched and flattered that the old priest would ask them to be with him during his final moment. They were also puzzled because the priest had never given any indication that he particularly liked either one of them, the Lawyer asked, "Father, why did you ask the two of us to come?"

The old guy mustered up some strength, then said weakly, "Jesus died between two thieves, and that's how I want to go, too."

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
- Easter Sunrise SVC 0700 in front of MWR palace
- Good Friday SVC 2130 at Chapel
- Easter Mass Saturday 1100
- Good Friday Service (catholic)

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Headlines From the Other Side of the World

Incumbent Mayor Loses Unopposed Race

HEMPSTEAD (NH) - James Neville achieved a rarity in American politics on Tuesday night. He ran unopposed for a third term as mayor in a North Hempstead village, and lost. He is the first to admit that he let his guard down. "I got lazy," he said. By the time the short flurry of votes were tallied Tuesday night, Maher, a small-business investor with the Independence Party, had floored his unsuspecting opponent, knocking him from his mayoral seat, 29 write-in votes to Neville's 14. "As a politician, I scored poorly on this one," Neville said he responds, in retrospect.

Lab Fireball 'May Be a Black Hole'

(AP) - A fireball created in a US particle accelerator has the characteristics of a black hole, a physicist has said. It was generated at the Relativistic Heavy Ion Collider in New York, which smashes beams of gold nuclei together at near light speeds. Horatiu Nastase says his calculations show that the core of the fireball has a striking similarity to a black hole.

Scooter Blown Up in Security Area

LONDON (Reuters) - Heidi Brown was told she could park her new scooter outside the vehicle regis-

tration office while she waited to get number plates. To her horror, it was blown up by the Engiarmy after someone reported that it might be a bomb. Police in Ipswich confirmed on Thursday that a moped had been blown up in a controlled explosion after local business people "raised concerns" that it could be a bomb. "The moped was chained to the perimeter fence outside the building. We weren't able to identify whose vehicle it was because there were no number plates on it," said a spokeswoman for Suffolk police.

Croc Released into Wrong Lagoon

(AP) - Authorities are hunting for a dangerous salt-water crocodile accidentally released by police into a popular lagoon in the far north of Western Australia. Department of Conservation and Land Management (CALM) staff has set traps at scenic Lily Creek Lagoon, near the tourist town of Kununurra, in an attempt to recapture the 1.8m reptile. Warnings have been issued for children and dogs to avoid the area while the crocodile is on the loose, CALM's Kimberley district wildlife officer Brad Rushforth said today. Kununurra police had confused the saltie with the common and much less dangerous freshwater species, Mr Rushforth said.

SPORTS SHORTS

NBA

ATLANTIC				NORTHWEST				
	W	L	PCT		W	L	PCT	
Boston	36	29	.554	Seattle	43	20	.683	
Philadelphia	31	33	.484	Denver	33	30	.524	
New Jersey	29	36	.446	Minnesota	33	33	.500	
Toronto	27	37	.422	Portland	23	40	.365	
New York	26	36	.419	Utah	20	44	.313	
CENTRAL				PACIFIC				
	W	L	PCT		W	L	PCT	
Detroit	40	23	.635	Phoenix	48	15	.762	
Cleveland	34	28	.548	Sacramento	40	26	.606	
Chicago	32	30	.516	LA Lakers	32	32	.500	
Indiana	32	31	.508	LA Clippers	29	35	.453	
Milwaukee	26	37	.413	Golden State	21	44	.323	
SOUTHEAST				SOUTHWEST				
	W	L	PCT		W	L	PCT	
Miami	51	16	.761	San Antonio	49	15	.766	
Washington	35	27	.565	Dallas	42	22	.656	
Orlando	31	33	.484	Houston	39	25	.609	
Charlotte	12	50	.194	Memphis	37	27	.578	
Atlanta	11	53	.172	New Orleans	14	49	.222	