Volume 5 Edition 23, July 2005

Snakebite

The Official Newsletter of the 116th Brigade Combat Team

NGB Chief, Secretary of the Air Force pay a visit to 116 Brigade Combat Team

by Capt. Monte Hibbert, 116 BCT Public Affairs Officer

FOB WARRIOR– Soldiers and Airmen of the Army's 116th Brigade Combat Team and the Air Force's 506th Air Expeditionary Group heard from the top National Guard boss and the Acting Secretary of the Air Force June 28 at Kirkuk Regional Air Base, Iraq.

NGB Chief Lt. Gen. Steven Blum, Acting SECAF Michael Dominguez and other leaders addressed the crowd of over 200 Soldiers and Airmen. The visit allowed service members stationed at the air base (also known as Forward Operating Base Warrior) to have the opportunity to ask questions about a variety of topics, including length and frequency of future deployments, force restructuring, bonuses and military medical coverage.

Lt. Gen. Steven Blum speaks to the Soldiers and Airmen of the Army's 116th Brigade Combat Team and the Air Force's 506th Air Expeditionary Group June 28 at the Warrior Gymnasium on Kirkuk Regional Air Base, Iraq. (Photo by Capt. David Pyper, 116th BCT Information Operations)

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Commander's Corner

by Brigadier General Alan Gayhart, Commander

Fellow Warriors,

I am in awe of the professionalism that each of you display on a daily basis. Your continued dedication to the mission here in Iraq, regardless of the threats involved, make each American proud of what you do. You have never waivered in your willingness to do what our Nation has asked of you. The tight-knit bonds of friendship and brotherhood between fellow Soldiers will be with you forever.. You willingly go into harms way together to accomplish the mission given you. When faced with adversity, you continue to "Charlie Mike", continue the mission. You continue to meet my challenge of looking out for each other, and helping each other through the tough missions and the trials of being away from home. I am proud to have the opportunity to serve with such great Warriors, and I am humbled by the dedication and support your families continue to provide the Brigade. Thank you for doing the tough missions required of us in this province, and thank you for your dedication to duty and each other. You truly are a credit to your State and the Nation. Carry your head high, and be proud of all the things you continue to accomplish here in Iraq.

BG Gayhart

CSM Briefing

by 145th SPT Bn.Cmd. Sgt. Maj. Charles Whittier

We have been on the road over a year now, and have seen some pretty rough times. And as we have also noticed, life does not stop at home while we are away and changes seem to occur. The days here blend into one another not caring whether it is a weekend, holiday, or anniversary, just that it is indeed another day. Soldiers depart on leave and return with varying stories, but are happy to get the breather of another world. Lately talk is revolving around our departure from this fair country and speculation abounds on the date we will return. We know equipment is slowly heading south and soldiers are tasked to make this happen.

CSM Whittier

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CPT Schroeder (2-116 MEDO) talks with Dr. Burhan about the polio vaccine campaign that started across Iraq.

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Snakebite

Snakebites is a product of the 116th Brigade Combat Team Public Affairs Office. It is the official command information publication of the 116th BCT. This publication's intent is to provide timely and relevant information to the soldiers, families and employers of the 116th BCT.

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Submission Policy

The *Snakebites* staff welcomes submissions from its readers. If you have an article and/or photo that you feel would be appropriate for this publication please e-mail it to monte.hibbert@us.army.mil or drop it by the PAO office at Bldg. 370, FOB Warrior.

Media Interview Tips

- Always tell the truth.
- Assume that everything you say will be used and attributed to you. Avoid "Off the record" conversations with reporters. If you don't want to see it in print or on television, don't say it.
- Stay in your lane; talk only about things for which you are responsible.
- Do not speculate.
- It's ok to say: "I don't know."
- Refer specific recruiting questions to your recruiter.
- If you can't answer a reporter's question, explain why. For example, if the incident is under investigation, just let the reporter know.
- Always remain calm and professional.
- Practice what you want to say in front of a mirror or a friend to become more comfortable.
- Be yourself. You have a great story to tell and your community wants to hear it!
- Discuss what you know, provided OPSEC is not violated.

*******ATTENTION MEDIA OUTLETS********

The 116th BCT has no release authority for information about casulties or deaths. This falls to our higher headquarters. Please don't query us directly for this information. Thank you.

116th BCT to provide Northern Oil Co. OPF training support

by Staff Sgt. Jack White, 116 BCT Public Affairs NCO

The Oil Protection Forces school is being renovated . OPF officers provide the security for northern Iraq's Oil fields and facilities.(Photo by Staff Sgt. Jack White, 116 BCT PAO)

FOB WARRIOR, Iraq-

Members of the 116th Brigade Combat Team S-5 section visited the Northern Oil Company recently, to assess their training and equipment needs.

The task of assisting in repairing the OPF training facility is the job of the 356th Engineer Battalion, of the Pennsylvania Army National Guard. "This is only a short-term solution," said Sgt. 1st Class Al Chapa. "Some of the proposed renovations on the building, are a computer lab, a refurbished kitchen and a dining area."

Currently, twenty or thirty OPF students can come to class at the school. After renovation, some 60-90 students will be able to attend. "Later, we hope to build a multi-use training center and a barracks so students from Bayji and Mosul can attend as well as those from the Kirkuk area," explained Chapa. "By identifying their equipment needs, we'll know what help we can provide in procuring computers, printers, projectors and scanners."

The interior of the walls has already been replaced with plywood. The next step will be to run electrical outlets to all the rooms.

The job of helping to organize, identify the school's training shortfalls and help set up a training curriculum for the OPF, falls to the S-5 Sergeant Major., Michael H. Winstead. "First we'll identify all the tasks they train, like search techniques or IED Identification. Then we'll know what they need to train on, said Sgt. Maj. Winstead. "We will help them develop a training manual and then get it translated into Arabic."

Four former OPF Emergency Medical Technician graduates, have returned to the school to begin training their fellow officers. Training their own, means that the training can be sustained, a huge step for the OPF.

"One of the toughest things to accomplish will be to teach them about mid-level management," said Sgt. Maj. Winstead. "It's a concept that really doesn't exist in their experience. Once we've clarified their chain of command, we can show them how to do task organization."

With the added help of the S-5 team, the OPF will soon be able to plan, train, house and support their officers with expertise and efficiency.

Some of the facilities under the protection of the Oil Protection Forces in northern Iraq. The flames seen here are pressure-relief burn-off valves, which keeps the wells from a gas explosion. (Photo by Staff Sergeant Jack White, 116 BCT PAO)

Snake River Chapel Schedule

Sunday

0900 - Catholic Mass
1100 - General Protestant Worship Service
1400 - Catholic Mass
1530 - LDS

Monday

1830 - LDS Family Home Eve. CP18, Pod 15
1900 - Praise Band Rehearsal

Tuesday

1930 - Men's Fellowship

Wednesday

1900 - Bible Study

Thursday

1930 - Bible Study

Friday

1200 - Muslim Prayer Service @ Base Mosque

Saturday

1930 - Gospel Service

Freedom (Air Force) Chapel Schedule

Sunday

0630 - Protestant Morning Prayer
0800 - Gospel Service
0900- Latter-Day Saints @ the LRC
1000 - Contemporary Protestant Worship Svc.
1130 - Catholic Mass
1900 - Traditional Protestant Worship Service
2000- Latter-Day Saints @ the LRC

Monday

1900 - Ladies Fellowship
1945 - Godly Fathers/Husbands Bible Study (Chapel Admin. Office)

Monday-Thursday

1130 - Catholic Mass

Tuesday

1900 - Weekly Catholic Meditation @ the LRC
1930 - Protestant Band Practice

Wednesday

1900 - Bible Study
2130 - Praise & Worship Rehearsal

Thursday

1930 - Protestant Band Practice

Friday

1900 - Gospel Service

Saturday

1900 - Catholic Mass
2030 - Lutheran Service
2115 - Rosary & Mass (DFAC)

The Pulpit

by Chaplain (Lt.Col.) John Worster, 116th BCT Chaplain

When I was a kid I remember hearing that someone asked President John F. Kennedy, "How did you become a hero." He answered in a surprisingly simple way, "They (the Japanese) sank my boat." He was, of course, referring to the now famous PT-109. I've now lived through a generation of media assaults on public figures.

Chaplain Worster

President Kennedy's bright image as a "hero" has now been tarnished. Actually, it's lying in a shallow grave. Hardly anyone now dares to suggest that they are "heroic," or openly aspires to be such. This is the cynicism that reigns supreme in America. And yet, a bunch of heroes will soon be returning home – to be reunited with many others. Cynicism is taking a beating.

Our story is as straightforward as John Kennedy's: "On 9/11 Islamic terrorists attacked and destroyed the World Trade Center, killing over 3,000 innocent Americans. I was called up to serve in OIF III and went to Iraq for a year to assure free elections and the spread of democracy and freedom there."

It doesn't seem that a spouse that stayed home is a hero – but they certainly are. Many home front people went through greater suffering that those here in N. Iraq. There is great honor in being able to look at one's face in the mirror and say, "When my spouse went to Iraq I ran the house, paid the bills, did all the yard work, and kept the vows I made on my wedding day."

Folks from all over America have sent rulers, pens, crayons and other school supplies in support of Operation Provide School Supplies. Kids from many grade schools have sent greetings drawn on construction paper. Mostly, they tell us that they are "praying" for us. So, despite twenty-five years of trying to banish religion from elementary schools, little kids see us as larger than life and are sending messages to God on our behalf. One 2nd grade boy drew a decidedly non-PC picture of American aircraft, tanks and rifle-carrying soldiers on a battlefield. He drew a huge battle scene, and added the caption, "I hope you guys win the war!" Sounds like we are his heroes and that he's looking up to us.

Yes, indeed, cynicism is taking a beating.

Don't Forget!

Important Dates to Remember:

*4 July - **Independence Day***
*5 September - **Labor Day***
11 September - Patriots Day/ Grandparents Day
17 September - Citizenship Day
*10 October - **Columbus Day***

You don't want to forget your loved one's anniversaries or birthdays! Start planning now!

Commanders Corner...

Continued from page 1

God Bless each of you, and continue to take care of each other.

"Warriors First"

CSM Briefing...

Continued from page 1

Yet we still have a mission here to finish, and soldiers to take care of. Both leaders and soldiers are tired, but know there is work to be done and a reward back home. What reward many may ask? And the answer may vary. Some rewards will be in the arms of a loved one, some may be in duty assignments for a job well done, while some rewards may be that new car or truck bought with money saved. We see what is around us in this country and to think how lucky many of us are to live in America and to drink of its freedom certainly provokes

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Question of the Week

What is the oddest thing you've ever gotten in the mail?

Sgt. Lucas Lamb
B Co., 250th Signal

"Stuffed Animals."

Sgt. Michael Martin
B Co., 145th Support Bn.

"A Victoria's Secret package. (It wasn't mine!)."

Spc. Kelly Garcia
HHC, 116th BCT

"Eight jars of maple syrup! For my birthday."

Spc. Bryan Andersen
HHC, 116th BCT

"My mom sent me blow-bubbles."

Sgt. James Taylor
B Bty., TF 1-148 Field Artillery

"Unmentionable items. So let's not mention them."

NGB Chief visit...

Continued from page 1

"The Army was not structured to fight a sustained war and it is restructuring to be able to do that," said Blum regarding the issues of deployment length and restructuring.

According to Blum, the Army National Guard is restructuring into 34 brigade-sized units of action (UOA) and future deployments should last only 12 months instead of 18 month deployments like the one the 116th BCT is two-thirds through. Blum agreed that 18 months it "too long."

The new model has National Guard units deploying, "if needed," one year in every seven and Active Duty units deploying one year in every four, he said.

One soldier asked Blum about why health care providers can opt not to accept TRICARE, the Army's health plan. Blum said they are working on

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Messages from home

Lt. Sherman, Happy Father's Day to a wonderful husband and father. We think of you each and every day and we miss you so much! I couldn't have asked for a more thoughtful and considerate husband and the kids couldn't have asked for a more fair and loving dad. We will see you soon! We love you! Karri, Nikole and Nik.

Sgt. 1st Class Kearbey; Dear Tony, Just a quick note to tell you we love you, we miss you and to us, you are so wonderful! Happy Father's Day . . . next one we can hug your sweet neck. Bless you dear one!Love, Dad 'n' Mom.

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Adoptaplatoon provides Soldiers letters from home

by Cathy De Rusha, Adoptaplatoon

For Soldiers of the 116th BCT who would like to correspond with someone back home, adoptaplatoon may have the answer. Through the adoptaplatoon program, Soldiers can have an adopted family, and the organization provides screening of Soldiers and prospective adoptive families and individuals, to find a good match. The adopting individual or family will write to that soldier and perhaps send items. The soldier need only stay in contact with his adoptive family. For more information, contact Cathy De Rusha, 27020 104th Dr. NW, Stanwood, Wa. 98292.

Some of the conveniences of home

by Spc. Cathy Alberto, 116 BCT Public Affairs Specialist

FOB WARRIOR, Iraq-

For those not acquainted with life in a combat zone, even on the most austere of Forward Operation Bases (FOBs), Soldiers of the 116th Brigade Combat Team (BCT) have been surprised by the conveniences that have been provided. Many were ready to sleep on the ground under a tarp in a howling sandstorm, with canteens of water, a meal-ready-to-eat (MRE) and a dog-eared copy of a Louis L'Amour novel for company.

It came as a pleasant surprise that the facilities and services offered, exceeded their wildest expectations.

Though luxuries are few on the smaller bases, one of several is the communications access available to stay in contact with families back home. "I would have to say the best thing is the availability of the phones," said Spc. Nicholas Moran, a Task Force HHC 1-163rd Infantry Soldier.

Keeping in touch with friends and family is important to every Soldier. "I like the access to the Post Exchange (PX) and using the phones," said Spc. Keuton Hamman of HHC, TF1-163rd IN. "I didn't think that we would be able to call home."

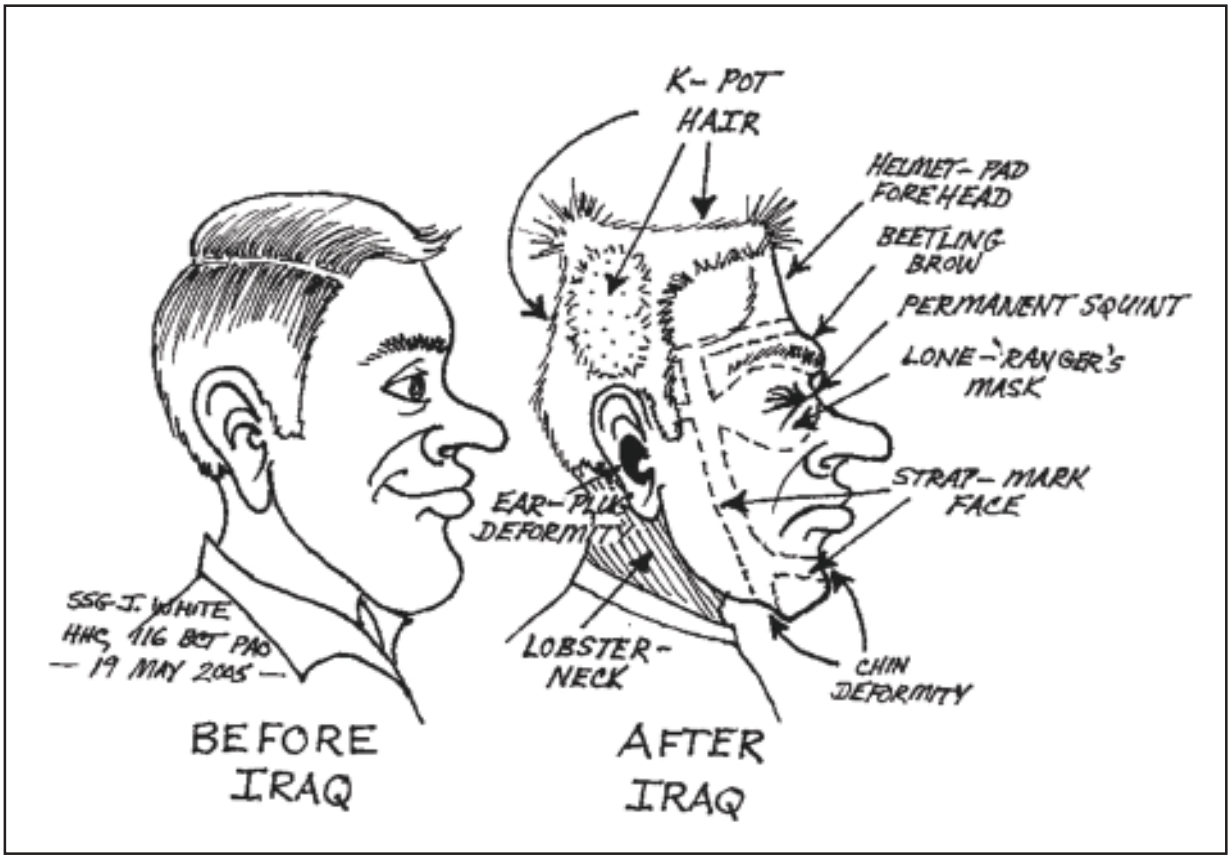
The living areas that the soldiers occupy are called Containerized Housing Units or CHU's, where usually two or more people share a space. With temperatures now soaring above one hundred degrees, Soldiers are doing their best to stay cool.

"I like the fact that after a hard day's work, you can go back to the CHU's, which have air conditioning," said Spc. Shane Medley of C Co., TF1-163rd IN.

With everyday stresses, Soldiers also need outlets to release a little tension, which means finding something constructive to do.

Some use the gym to relieve the stress. "I like going to the gym and working out in the facility we have," said 1st Lt. Steve Arnett of C Co., 116th Engineer Battalion. "I also enjoy shopping at the mini-PX on post."

Larger FOBs have amenities such as a PX, grocery stores, Pizza parlors, coffee shops, Barber Shops, swimming pools, fast food, to name a few. It seems everyone has at least one luxury they didn't expect before coming in country.



145th Support Battalion

145th Support Bn. Soldier of the Month for May, 2005

The 145th Support Battalion is pleased to announce its choice for NCO of the Month for May 2005. Spc. Seth Morgan of HHC, 145th Support Battalion was selected from a number of highly qualified soldiers from the battalion for his achievements and dedication.

Spc. Morgan works in the Organizational Maintenance Shop as a 63J performing the duties of a 63B and 63Y. His willingness and motivation are key in the section's ability to keep the battalion's operational readiness above 90%. Because of his outstanding attitude, he gives 100% to his section and can be counted on to accomplish the mission. He is always willing to help other soldiers whether it is his job or not, plus assists in convoy operations, is qualified on several weapons systems and volunteers to teach classes when possible. SPC Morgan is a member of the battalion's ramp team, participated in the PSD, coaches and plays on the maintenance section softball team and is on the unit litter team.

For relaxation, he plays the guitar for the entertainment of anyone who wants to listen.

Other candidates for the Soldier of the month include Spc. Terra Farmer of A Co., 145 Spt. Bn. and Spc. Rafael Aguilera of B Co., 145th Spt. Bn.

Spc. Seth Morgan, 145th Spt.Bn. NCO of the Month for May 2005

145th Support Battalion

In Your Honor

by Lt. Col. Terry Harrell, 145th SPT Bn. Commander

As we celebrated our one year anniversary this past month, June 7, 2005, I read this poem and it made me remember how the soldiers of the 145th Support Battalion have unselfishly lived the Army Values and have grown together over the past year. Every one of us has given up a little piece of home to be here so we can help the people of Iraq and this poem tracks our past year together.

LTC Harrell

Keep up the outstanding work and remember that we are making history every single day that we are here. Soon we will be home looking back at our short adventure we have had together and will go to bed proudly every night. I will walk with pride when I step on American soil once again knowing that I served with the best Battalion in the United States Army. I want to thank each of you for your selfless service. Keep up the outstanding job you do!!

Born of Pride!

"In your Honor"

-author unknown

Unselfishly, you left your fathers and your mothers, you left your sisters and your brothers.

Leaving your beloved children and wives, you put on hold, your dreams-your lives.

On foreign soil, you found yourself planted to fight for those whose freedom you granted. Without your sacrifice, their cause would be lost, but you carried onward no matter what the cost.

Many horrors you had endured and seen, many faces had haunted your dreams.

You cheered as your enemies littered the ground; you cried as your brothers fell all around.

When it was over, you all came back home, some were left with memories to face all alone, some found themselves in the company of their friends, as their crosses cast shadows across the land.

Those who survived were forever scarred emotionally, physically, permanently marred. Those who did not now sleep eternally 'neath the stars.

With a hand upon my heart, I feel the pride and respect; my reverence is revealed inthe tears that now stream down my upturned face as our flag waves above you, in her glory and grace.

Freedom was the gift that you unselfishly gave, pain and death was the price you ultimately paid.

Acceptance or denial

by Command Sgt. Maj.Charles Whittier , 145th SPT Bn.

We have been mobilized for over a year now, and it is surprising how many issues remain in the lime light that soldiers perceive as a problem. We will start with the uniform policy as an example. One of the many questions I receive is "Why can't we wear PT cloths in the MWR facilities?" The answer is simple, The Multi-National Forces Command and Division issued a memorandum forbidding this for the Army. Some will say what about the Air Force then, should they not follow the same rules? The Air Force is under another Command other than the Army and has different regulations and policies to follow. Yes, it seems unfair at times, yet no one has complained about the civilian KBR workers wearing civilian cloths into these facilities. We accept this as they are civilians not under our control, and this is the same for the Air Force, they are not under our control, and will follow the rules they fall under. We need only to follow and accept our own policies. The same rule applies as to why you cannot wear civilian cloths and shower shoes to the shower. No civilian clothing is authorized for wear in theatre, and what part of a uniform are shower shoes? You go to the shower in an APFT uniform as a uniform. Those Officers and NCO's that believe they are above this law, surely set a bad example and create some of the problems we have now.

CSM Whittier

Next... the Leave program. This issue may have created more IG and Congressional complaints than any other. At this time no soldier has been refused leave, nor have they been told they will not get to go home. The program has been shaky off and on, but the command works hard to keep it alive to get soldiers home. Again the Brigade cannot determine how many aircraft will fly, or how many allocations we will receive, only do the best with what we have. This is the first war in our history that I can think of, where troops have an opportunity to go home from a combat area for a leave. This is unheard of in any other country, but we cannot accept the fact that some may not have the opportunity. This unfortunately is war and no one yet has been told they will not have an opportunity, that falls in to the qualifying category.

Promotions... a third area of great concern for soldiers. The State, the Brigade, and all Battalions have scrubbed the UMR lists multiple times to ensure that every opportunity to promote soldiers is captured. Every effort is made to keep this a professional program, equitable for all. Many soldiers believe since they are number one on a list, they should be promoted and if capable I agree they should. But we must have a valid opening to request a fill, and the

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TF 2-116th Armor

TF 2-116 and Arapha Police conduct knock and greet

Arapha Police, with E Co., TF 2-116 Armor, was tasked to conducted a Knock and Greet on a possible suspect in Amu Shabi involved in the transportation of rockets. The intelligence given was that the man's name was 'Raeed' and that he drove a white 1965 model Toyota truck with Diyala province license plates. No specific house location, birthplace, family heritage, clan, tribe, or physical description of the suspect was given. The Arafa IPS, working with the Muktar of Amu Shabi (Taha), were able to make a list of five men in Amu Shabi that had the name of Raeed but were not able to confirm what vehicles these men had. Therefore, not having a specific house with a specific target, using two joint knock and search teams, with inner and outer cordon elements, the combined teams conducted a knock and greet on the five houses. The houses searched resulted in no contraband, weapons or other AIF material or white 1965 model Toyota trucks being found and all individuals had legitimate identification cards. Lastly,a methodical sweep throughout the town looking for white Toyota trucks resulted in 10 trucks searched, none searched were found with contraband, weapons, or other AIF material.

Arapha Police search a vehicle for possible AIF material.

TF 2-116 AR Soldier wins 5K

Sgt. Perez was presented a CSM coin by CSM Chin, following his victory in the 5K event.

Jun 4 dawned bright and sunny at FOB Warrior. The hint of summer heat was in the air as the starting time approached for the 5K Fun Run. At 0700 when the runners took their mark, the clouds moved in and blocked most of the sun's rays and keeping temperatures a little cooler for the coming event. Second Tank was present in half dozen runners against Third Tank and other units of the 116 BCT as well as the Air Force, sponsors and officiators of the race. Along with some of the regular runners, a few newcomers joined the race.

The course was laid out from the DFAC to the turn around point just past the concrete plant. The distance was 5 kilometers. Although short to some runners, it still seems a huge distance as the runners cover the ground matching their own unique rhythms of pounding feet and rasping breath for the task at hand.

In just over 19 minutes, Sgt Perez of 2nd Tank came in first with an Air Force runner and another 2nd Tank runner at his heels. This was the second run for Sgt Perez here at FOB Warrior. His first run was on Memorial Day when he finished 2nd out of about 50 runners. Sgt Perez was rewarded for his efforts by CSM Chin, also a competitor, who coined Sgt Perez on the spot. The event was enjoyed by all attending and an invitation to join the fun, is extended to all persons interested in distance running here on FOB Warrior.

Soldiers from TF 2-116 Armor and the Arapha Police conducted a Knock and Greet operation in Amu Shabi, Iraq.

TF 2-116 Armor trains Iraqi Army armorers

TF 2-116 Armor Soldiers recently trained the 2nd Iraqi Army company to care for and maintain their weapons. They have weapons that are not being used, due to deficiencies or disrepair. Some of the weapons were being used with broken parts, like buffer springs. Staff Sgt. Fujiwara and Spc. Sword gave the IA unit supply sergeant and armorer some pointers on their weapons.

Staff Sgt. Fujiwara and Spc. Sword of TF 2-116 AR, teach the IA armorers to maintain their weapons.

TF 2-116 Cavalry

Independence Day

by Command Sgt. Maj.Henry Chin

Rattlers, thanks for the work and dedication you have provided toward our missions this past week. Through your dedication and determination we are able to bring hope to the Iraqi people of a liberated country. We should be honored for the privilege we have to lend our hand to this cause. As we approach July 4th we remember and salute all those who have served in similar conflicts for the United States and humanity.

On July 4th, 229 years ago, an assembly of brave and determined Americans met to announce to the world the birth of a new nation, a nation borne of ideals rather than of coersion, where the power to govern rested with the consent of the people. Adams, Franklin, Livingston, Sherman, and Jefferson starting with just a few words etched on simple parchment, these bold colonists set in motion a radical experiment in democracy and in free enterprise. In time, that experiment would be known to people all over the world by many different names, the Land of the Free, the Home of the Brave, the Arsenal of Democracy, the Shining City on a Hill, and the World's Last Best Hope.

The signing of the Declaration of Independence struck fear and panic across the capitals of Europe. So much so that King George III ordered English churches to conduct prayer services against it. He also required his subjects to fast in preparation for a war intended to abolish it.

The Declaration of Independence also inspired and enlightened men everywhere, statesmen, scientists, philosophers, and theologians to abandon old ways of power and privilege and to embrace new ideals of freedom and justice. Slowly, they began to remake the world on principles that the Founders believed were self-evident.

Today, amid the spectacular fireworks and quiet backyard barbecues, we reflect on the precious endowment given to our nation and to our world by the Founders. Then we pause to remember the tremendous effort and sacrifice rendered by millions of Americans who have preserved that endowment for generations yet to come.

For this is a simple fact of our history that the swords of independence were drawn in battle, before the words of independence were drafted in ink. A year before the Signing, citizen Soldiers in New England had already paid in blood for those very rights that Jefferson would call "inalienable." Scores fell at Lexington and Concord. Thousands more would die at places like Princeton, Brandywine and Charleston before the United States of America became a reality.

History has shown the tremendous potential possessed by a nation whose citizens are willing to fight for ideals, willing to take a stand for freedom and the right of national self-determination. This is true whether those citizens fight

Cmd. Sgt. Maj. Chin

on their home ground or in lands far away. The great military strategist Sir Liddell Hart once said that "Soldiers who are infused with a faith will beat men who have no faith; only a good one can withstand the impact." From the Revolutionary War all the way to the liberation of Iraq, America's Soldiers have proved the truth behind that time tested maxim.

The same spirit of idealism that compelled the colonists to stand in Boston also gripped the very soul of Martin Triptow. He was a barber in a small Midwestern town when America entered the First World War. As a messenger between two frontline American units, Triptow often volunteered to run dispatches between front line units. He was eventually killed by a shell that landed at his feet.

When he was carried off the battlefield, a diary was discovered on his body. And on the diary's flyleaf, there appeared the words: "My Pledge." It read as follows: "We must win this war. Therefore I will work, I will save, I will sacrifice, I will endure, I will fight cheerfully and do my utmost, as if the issue of the whole struggle depended upon me alone."

American soldiers have always answered the call. We have been able to reflect on another war that started with a surprise attack.

Just as that generation mobilized and deployed to foreign shores in order to protect American National security, we today have deployed overseas to confront the enemy in the Global War on Terrorism.

Just as that generation defeated the forces of tyranny in Europe and Asia, we have defeated the Taliban in Afghanistan and the corrupt regime of Saddam Hussein in Iraq.

Just as that generation liberated Europe and established democracy in Japan, this generation has liberated Afghanistan and is currently helping to establish democracy in Iraq.

So we today follow in the footsteps of that generation, liberating the oppressed, fostering democratic reforms and, above all, protecting the American people, even if it means making the ultimate sacrifice.

As long as America is blessed with such young heroes, the efforts of the Founding Fathers will not have been in vain and the fruits of their labors will be preserved for each future generation of Americans. SINE MORA

TF 2-116 Armor trains Aruba police armorer

Task Force 2-116 went to the Aruba Police Station recently and conducted classes on Supply. The people attending the class were the Chief, Adnan Khero Ali, Sgt. Husein Mahmoud Ali and Sgt. Mukkaram Jalal Kareem. Sgt. Ali is the armorer and takes care of most supply issues. Sgt. Kareem is the repairer and maintainer of all radio equipment. The class coovered instruction on Identifying items for turn in, direct exchanging (DX), new issue, lost items, and replacement of unserviceable items as well as How to prepare turn-in documents, assigning numbers to turn in documents, processing requests up to Police HQ, turning in supplies and equipment, and disposal of turn-in documents.

TF 2-116 Cavalry

TF 2-116 Soldiers receive CSM coins

Six TF 2-116 Armor Soldiers were presented with Command Sergeant Major coins recently by Cmd. Sgt. Maj. Henry Chin.

Spc. Reynolds has demonstrated the ability to adapt to the tasks of an infantryman with little or no hesitation to excel in his duties tasked to him. Coming from a mechanic MOS background he has shown his ability to go the extra mile on anything he has been tasked to do. Showing a will to learn new jobs such as 50 cal. Gunner, showing others how to properly assemble the weapon and do a functions check on the weapon system. Spc. Reynolds also has on many occasions volunteered to do work details that has taken away sleep for him and at the end has proven reliable to do his other assigned duties such as vehicle PMCS and load plans as a HMMWV driver. He has one of the best work ethics I have seen in an E-4, always willing to do whatever it takes to get the mission accomplished at whatever cost. I am very proud to have Spc. Reynolds on my fire team.

Spc. William Sevier was coined by Cmd. Sgt. Maj. Chin for his unending dedication to duty and the mission.

Sgt. Bauer continually goes above and beyond what is asked of him on a daily basis. He accomplishes tasks without being told and is always the first to volunteer for any missions/jobs that may arise. Sgt. Bauer takes on many tasks that are beyond the scope of his duties without hesitation and he brings good experience and knowledge to his squad from his civilian acquired skills.

Spc. Leighton Quarles"can-do" attitude earned him the Cmd. Sgt. Maj.'s coin .

Spc. Quarles' performance as acting team leader from May 1 to May 25, 2005 far exceeding standards. During his team leader's absence Spc. Quarles excelled in all missions he was assigned. He demonstrated exceptional skills in the leadership and development of his peers. His actions inspire cooperation and confidence in people around him. He is an excellent soldier and will make an outstanding NCO.

Spc. Danford Wiese was "filler" for Troop E from the 1-160th Field Artillery. He's had some challenges with this deployment, but has settled into the HQ section well. He is assigned as the XO's driver, but his supply background has been a great help to the unit and he has taken on the additional duties as the Troop's supply clerk. While the Troop's regular supply sergeant was on leave, he capably backfilled the position while the unit was moving from it's patrol base onto the KRAB. His willingness to step up and do what it takes to make the Troop successful is a great example of the flexibility of our Soldiers.

Sgt. Bauer was presented a CSM coin by CSM Chin.

Spc. Brandon Ditton was presented a CSM coin, for his vast amount of knowledge and expeditious timing in maintaining the battalion's communication systems.

Spc. Danford Wiese has demonstrated his initiative and knowledge and maintained the Supply room.

Sgt. 1st Class Carl Jones was awarded a CSM coin, for his outstanding ability to maintain the battalion's air conditioning systems in a state of readiness.

Cmd. Sgt. Maj.Chin awarded Spc. Ditton and Sgt. 1st Class Jones his CSM coinfor their accomplishments.

TF 2-116 Armor

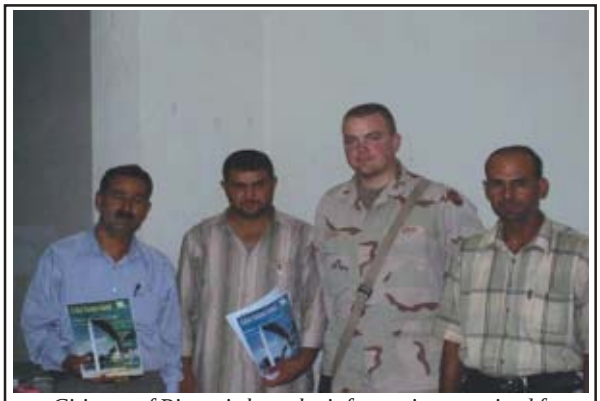
HHC, TF 2-116 Armor meets with local Muktars

HHC, TF 2-116 Armor recently discussed the importance of the safety of Kirkuk with local Muktars. They were asked to help gain information about insurgent activity from the local neighborhoods.Also, to tell the people of their neighborhoods to not be afraid to tell the police and coalition forces about criminals or terrorists. The award money programs in place for those that come forward with information was explained and that in regard to informants, confidentiality is foremost.

Members of HHC, 2-116 AR pose with a group of local Muktars.

TF 2-116 Armor addresses business climate in Rizgari

TF 2-116 Armor attended business discussions on how to get the local community more involved with projects. They presented an introduction to the current offerings of the Kirkuk Business Center and how to obtain a contracting license. Further discussion involved how to organize local representation for the citizens of Rizgari. The local population has been very supportive of the coalition forces, with cooperation in areas of security or general information, leaders have always been cooperative. Interest in getting involved with projects and local government has been expressed several times, so the opportunity was taken to pass out instructional information to help accomplish that goal.



Citizens of Rizgari show the information acquired from soldiers of TF 2-116 Armor.

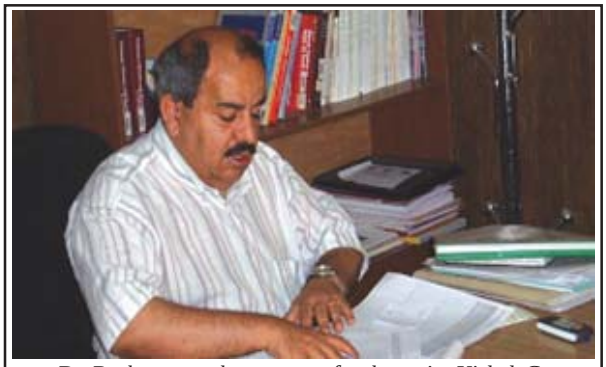
2-116 AR watchs peaceful Shi'a demonstration

A crowd of Shi'a gathered peaceably along police academy road to express their views on the future of Iraq and the deaths of religious leaders. The Shi'a stated that the recent deaths of religious leaders were not by the hands of Shi'a. The Shi'a also announced that anti-Iraqi forces (AIF) need to be punished for the crimes they commit, saying "No to the Baath Party" and "Yes to Justice." The demonstration started at 4 p.m. and lasted until about 5:30 p.m. It began with around 100 demonstrators and finished with 400. TF 2-116 Armor set up Observation post sites on the tops of houses to monitor the situation. Peaceful demonstrations such as this were not possible under Saddam's regime, a good indicator of the progress of freedom.

Shi'a in the Province of Kirkuk gathered peacefully to demonstrate against AIF and condemned the murder of leaders.

TF 2-116 Armor conducts Mumps, Measles and Rubella immunization program for kids

A 14 day mumps, measles and rubella immunization campaign is currently underway in the governorate of Kirkuk. The goal is to immunize 112,000 children in a 2 week period. 114 teams throughout the governorate will conduct immunization clinics at fixed sites and mobile teams will conduct house to house outreach to ensure no child is missed. As of the sixth day, the campaign had reached 59% of the intended goal, or close to 67,000 children immunized.



Dr. Burhan runs the program for the entire Kirkuk Governorate, keeping records for census and future campaigns.

Most parents are anxious to have their children protected from disease by immunization.

TF 2-116 Cavalry

Youth show appreciation for Soldiers, families on Armed Forces Day

by Tanya Chin, A Co., TF2-116 Youth Group Coordinator

Upon reflection in our lives, how many times do we wonder, "Have I been able to make a difference in someone's life? Was I able to make today a better day for them than yesterday was? Will my actions be a long-lasting thought carried in someone's mind for years to come?" Upon pondering each of these questions, I realized that for many of us the answers are unknown and the impact may never be brought to light. I do however know of a group of eighteen young Emmett Junior High kids who have made an impact on our Military families. Though they may never know to what depths of our hearts that they warmed, I would like to let everyone know what they have done to try to make our lives a little bit more bearable.

Deployment is very tough; there is nothing harder that I have experienced than putting a loved one on a plane and sending them to a war-torn country. This young group of kids saw our unimaginable pain and sacrifice and then set forth a plan to honor the soldiers and their families left behind. On Armed Forces Day in the Emmett City Park, many civilians, military personnel and the families of deployed soldiers, gathered together to pay tribute to our great defenders of freedom. This grand event was arranged by the eighteen kids mentioned above; they solicited and collected donations of money, food, and drinks. They served the families first and were ever so thankful for us. Upon getting in line late because I was talking, I was abruptly put to the front by one of the young boys who insisted that this was about me and that he would eat after me. How often does that happen?

This group of eighteen Emmett Junior High students solicited funds, food, drinks and arranged a way to show their appreciation to Soldiers and their families on Armed Forces Day.

Upon hearing about the event which so touched the lives of the families left behind, Cmd. Sgt. Maj. Henry Chin asked me to be sure that each of these kids were presented with his CSM coin. He then asked me to have Cmd. Sgt. Maj. Rusty Lewis present them on his behalf and have him explain the importance of this special privilege to the kids and also to explain to the kids that "Leading by Example" means that they are junior leaders. Lisa Thomas also presented the kids with bracelets from the family readiness group and Certificates of Commendation.

This group of kids took and successfully arranged an event that even the most giving and caring adults would have shied away from. Sometimes as adults we do not say thank you, we simply assume that others know we are thankful. They have definitely made a difference in many lives in Alpha Company. I would like for us all to say Thank You to them for they have truly made an impact and shown that life is truly about caring, supporting, understanding and appreciating others.

TF 2-116 Armor trains Aruba and Domies Police

The Platoon medic for TF 2-116 Armor, instructed the Aruba police recently in Performing First Aid for a Suspected Fracture and on Performing First Aid to prevent a Heat Injury. The police had a strong drive to learn and asked for more training.The training session was cut short by a Quick Reaction Force (QRF) mission, but the police have expressed their desire to conduct further classes in the near future.

Aruba police trainees evaluate a volunteer casualty.

TF 2-116 Armor conducted several medical task classes with Domies police at their police station. Classes that were taught by coalition forces included Evaluating a casualty, Treating for shock, Applying a field dressing, Stop the bleeding of an extremity, Splinting fractures and Reporting casualties to Police Headquarters. The policemen were very energetic and enjoyed the practical exercises after each block of instruction. They were also given help putting together Emergency First Aid kits to carry in their vehicles.

Trainees from the Domies police have applied a tourniquet to this casualty's left arm.

10K runners all prove to be winners

The morning of Jun 11 dawned bright, sunny and hot at FOB Warrior. At 6:30 a.m., the summer heat had not really hit us like this before. AFN (TV) said the low temperature for the evening was supposed to be 79F in Kirkuk and 88F in Baghdad but felt like the other way around. We had 20 male runners and 2 female runners for the 10K run (6.2 miles). At 7:00 a.m. when the runners took their mark, the 90F temperature made it feel like noon. 2nd Tank was present in half a dozen runners against 3rd Tank, Army SF and other units of the 116 BCT. The Air Force sponsors this run each Saturday with its own runners, timers, road guards and a runner recovery vehicle. Each week is different with new runners joining each race

This 10Km racecourse was laid out from the DFAC to the turn around point in between the two runways at the northern perimeter road of the KRAB and then back to the starting line. This run felt like a long distance as the runners tried their best to stay ahead of each other while the temperature went up 5 degrees that hour. It definitely was mind over matter for everyone. Water points were at each 2.5K interval. T- shirts were given to the first and 2nd place finishers in the male and female categories.

The winning time for this race was 38 minutes ran by CPT Tiegs of the SF unit. Everyone had a good time and everyone was supportive of all the other runners, and every runner finished the race and were congratulated for their efforts. This is an MWR event that makes you forget you are at FOB Warrior.

We encourage all those who like to run, to participate. The starting line is in the vicinity of the 4-way intersection near the white tent NE of the DFAC. Registration starts at 0645 each Saturday morning. The event is free. Water and fruit is provided at the start and finish lines. The races are either 5Km runs or 20Km relays (4 person team each runs 5Km each). On occasion, we run 10Km, 20Km and there will be 40Km runs too. Those interested contact Cmd. Sgt. Maj. Chin at DNVT 539-1503,or 1st Lt. Conway at DNVT 539-1425.

(L to R, 1st row); Capt. Tiegs, 1st Lt. Conway, Cmd. Sgt. Maj. Chin. (2nd row); Staff Sgt. Murphy, Spc. Galbreath, Sgt. 1st Class Gerrein, Staff Sgt. Crawford and Staff Sgt. Preddy.

Messages...

Continued from page 4

Capt. Mike Beck,
I promised to love and to comfort you, to support and to care for you and to respect and to cherish you. Eight years later, I still do!
Happy Anniversary! All my Love, Jeri (Camryn and Caleb too!).
To our Daddy, Capt. Michael Beck,We love you Daddy! When you come home, we can go to the fair, ride bikes and go swimming! And then to Disneyland!!! (We will get a dog later.) Stay safe. We miss you and we are VERY proud of you!
XOXOXOXOX,
Camryn & Caleb

Sgt. 1st Class Kevin Maybon.
My Dearest Kevin,
Thinking of you on our 18th wedding anniversary. Once again we spend our special day apart. Just know that you are loved and missed so very much. Counting the days until we are together again. Love you lots, Dana.

Sgt. 1st Class Wayne Chastain,
Happy 9th Wedding Anniversary, I love being your wife!!! With Love, from Farrah (Ashlie & Connor too!).

TF 2-116 meets with Kirkuk and Iraq health officials on Polio vaccination campaign

by Staff Sgt. Jack White, 116 BCT Public Affairs NCO

FOB WARRIOR, Iraq – Soldiers of TF 2-116th Armor, met with Kirkuk Directorate of Health and Iraq Ministry of Health representatives June 19, to discuss the upcoming Polio Vaccination campaign as well as other health projects being worked on in Kirkuk, as well as medical equipment shortages.

Dr. Abdul Jalil N. Hassan is the Director of the Center for Disease Control (CDC) in Iraq.

The discussion was held with Dr. Burhan, Kirkuk DOH and Dr. Abdul Jalil N. Hassan, Iraq MOH. The Polio vaccination campaign is in response to the recent outbreak of polio cases around the world. Iraq, in cooperation with the World Health Organization (WHO) and UNICEF, wants to assure an outbreak does not happen here. Kirkuk DOH currently has 318 teams that will be going house to house assuring vaccination of the estimated 148,000 eligible children (ages 0-5) in the Governorate.

CSM Briefing...

Continued from page 3

thoughts of what we represent. With all that has happened, that which is happening and that which is yet to be, let us stop and take a deep breath and ponder what direction we must take. Leaders must reassess their soldiers and ask the question, "Are we on track to accomplish our mission, and prepared to stay focused while we prepare for the final leg of our deployment?"

Soldiers must ask "Are we focused enough to be safe? And are we watching out for each other?" There is not one of us ready to pack up and head home, but yet the time ahead is still faced with uncertainty. Can we maintain the pace we have created and not stumble this close to the end? I say we can and we will if we just take that deep breath and take the next step.

TF 3-116th Armor

How are you seen?

by Lt. Col. Dan McCabe, TF3-116 Armor Commander

It wasn't too long after we arrived here in Kirkuk that I first started to hear stories of the past from local leaders. Most of these stories were geared towards breaking the ice and to reveal actions from years gone by and it showed how the Iraqis see themselves in the light of history. Some stories though, were told with the idea of delivering a subtle message of how they would like us, Coalition Forces, to act in their country. The one story that I heard several times was the one of Abu Najee and Abu Washair.

It seems that there was a man who lived in the south by the name of Abu Najee (meaning Father of Najee). This man was renowned for his pure living; living God's law in his life's deeds, as well as being a man of legendary hospitality; Abu Najee was a man who would help beggars not just with alms (which he did of course) but to go out of his way to help them find a way to live life with dignity. It seems that Abu Najee believed in the adage that while he'd give a man a fish in order to feed him for a day, he'd much rather teach a man to fish and so feed him for the rest of his life. He was a man everyone was glad to see and who was respected immensely for his actions and his kindly disposition.

Now at the same time, in a town close to Abu Najee (or maybe in the same town – the story differs with the teller), there also lived a man named Abu Washair. This man's character was really quite the opposite of Abu Najee's. It was well known that Abu Washair was an incredibly selfish and stingy man; he abused his wife and servants and he had such a surly attitude that people went out of their way to avoid him in the street wherever he went. He had no true friends and was generally the most despised man in town.

This story was well known during the time of the British occupation and the Brits, with their finely honed sense of occupation and learning how to co-opt native peoples, picked up from a couple of hundred years of empire building, were generally respected very much and soon earned the nick-

Lt. Col. McCabe

name of "Abu Najee." The first time I heard the story the man who was telling it to me finished and then looked at me and asked, "so now the question is how will the Americans be viewed by the Iraqi people; will they be Abu Najee or Abu Washair?"

So how will we be viewed? The tremendous amount of work we do for the people of Iraq; the schools and medical clinics we build, the water projects and city halls, the peace we bring are all very good and are very gratefully received. But the actions of a few can poison the entire process for the many. The orders we have for treating the Iraqi people with dignity and respect go a long ways in calming the fears of the population. Simple things like how we drive on the road or treat people when we enter their home (or how the Iraqi Army and Police - who are with us - enter their home), the wave of greeting on the street and a quick smile all work for us in getting the Iraqi people to move in the direction we think they should be moving. The simple truth our mothers told us applies here, 'you get more flies with honey than you do with vinegar.'

Most of us pride ourselves as living by Christian values, even if we aren't regular church goers, and the paramount rule we should always keep in mind when we are out there is to 'do onto other as we would have others do onto us.' This becomes very difficult sometimes, like when we see friends hurt from IED's or from small arms fire. The thought that usually surfaces is, 'how do I get some payback on those bastards?' But don't fall into the trap that the AIF is setting for you here. They WANT you to react like this. They WANT you to retaliate on civilians. They WANT us to be surly and gruff and viewed with fear because it makes their job easier for them. They are counting on us to do just this thing and it plays right into their hands when we do. We need to be bigger than they are and certainly more patient. We need to pick our targets and go at them with cold and ruthless efficiency that differentiates friend from foe (easier said than done of course).

Revenge is a dish best served cold, as the old saying goes, and you can get your satisfaction without hurting the innocent, provided you know what you are doing and you remember that every move and action you make is being closely watched. So think carefully at how you act and remember that we are more often judged on the day to day actions we present to the public than on the number of buildings we put up. In the end it will determine whether we are viewed as Abu Najee or Abu Washair. Personally, I'd just as soon be seen as the former and not the latter – it makes life here less complicated and a little easier if nothing else.

TF 3-116 Armor Soldiers discover large terrorist munitions cache

by STaff Sgt. Jack White, 116 BCT Public Affairs NCO

Soldiers of TF 3-116 Armor, in conjunction with TF 1-148th Field Artillery and the 4th Iraqi Army (IA) Bn., discovered and captured a vast array of terrorist arms and munitions June 29, near the village of Sary Tappa.

Acting on a report from the IA, Soldiers from both TFs 3-116 AR and 1-148 FA arrived to investigate the report. The cache contained fuses, grendades, mortar rounds, ammunition and electronic components used for making Improvised Explosive Devices (IEDs). The cache was secured and destroyed, putting a large dent in the ability of local terrorist cells to easily manufacture IEDs, which are typically used to target defenseless Iraqi citizens, especially women and children. Thanks to the efforts of the coalition and Iraqi forces here, every day the people of Iraq find themselves a little more safe and secure.

EOD displays recovered IED-making materials and components. (Photo furnished by TF 3-116 Armor)

TF 1-163rd Infantry

12 Purple Hearts awarded on Independence Day

Photos and Story by Staff Sgt. Jack White, 116 BCT PAO

FOB WARRIOR, Iraq – 12 Soldiers of the 116th Brigade Combat Team on July 4 at Forward Operating Base (FOB) McHenry, were presented the Purple Heart award for wounds received in action earlier this year.

The Soldiers, from TF 1-163rd Infantry and a unit attached to them, C Co., 116th Engineer Bn., were decorated personally by the Commander of the 116th BCT, Brig. Gen. Alan Gayhart, accompanied by Lt. Col. Walsh, commander of TF 1-163rd Infantry. The ceremony was held before a formation of their fellow soldiers.

The awardees were; Sgt. Tim Swander, of HHC, 1-163rd Infantry, Spc. Jonathon Pemp, of C Co., 116th Engineer Bn., Sgt. Kelly Nieskens, of C Co., TF 1-163rd Infantry, Spc. John Middlemas, of C Co., TF 1-163rd Infantry, Spc. Nathaniel Loomis, of HHC, 1-163rd Infantry, Sgt. Richard Kivett, of C Co., 116th Engineer Bn., Staff Sgt. Allen Hunt, of C Co., TF 1-163rd Infantry, Spc. Chet Hoerner, of C Co., TF 1-163rd Infantry, Staff Sgt. Daman Hall, C Co., 116th Engineer Bn., Staff Sgt. Christopher Grudzinski, of B Co., TF 1-163rd Infantry, Spc. Mark Cruz, of B Co., of TF 1-163rd Infantry and Spc. Adam Bagley, of HHC, 1-163rd Infantry.

The Purple Heart award was established by General George Washington at Newburgh, New York, on August 7, 1782 to honor those wounded in action during a time of war.

Soldiers of TF 1-163rd Infantry and attached units stand ready to witness the presentaton of the Purple Heart Medal to 12 of their fellow soldiers at FOB McHenry, July 4, 2005.

Spc. Adam Bagley shakes the hand of Brig. Gen. Alan Gayhart, 116th BCT commander, after being decorated with the Purple Heart Medal. To his right is fellow awardee, Spc. Mark Cruz

Sgt. Tad Swander stands at attention as the orders are posted, then he is the first one presented the Purple Heart Medal by Brig. Gen.Gayhart, commander of the 116th BCT.

Sgt. Kelly Nieskens of C Co., TF 1-163rd Infantry, after being presented the Purple Heart Medal from 116th BCT Commander,Brig. Gen. Alan Gayhart.He stands with fellow awardees Spc. Jonathon Pemp (L), and Spc. John Middlemas, (R)

All 12 Purple Heart awardees after being presented the Medal by the commander of the 116th BCT, before being presented to the formation of their fellow soldiers at rear, on July 4, 2005.

TF 1-163rd Infantry

TF1-163 medics save the life of an Iraqi infant

FOB WARRIOR, Iraq–

Soldiers of the 116 Brigade Combat Team (BCT) assisted an Iraqi family from Kirkuk Province who brought their 3 month old baby to Forward Operating Base (FOB) McHenry June 18.

The family brought the baby to their village doctor and the Hawijah hospital to remove a four inch abscess from the baby's chest. Neither the doctor nor the hospital could assist due to the lack of expertise and technology.

Task Force 1-163 Infantry medics apply dressing to the baby after removing the four inch abscess from the child's chest June 18. (Photo submitted by TF 1-163rd Infantry)

"Many areas of Iraq lack sufficient primary health care due to inadequate development of medical service by the previous Saddam regime," said 1st Lt. Patrick McCabe, a 145th Support Battalion physician assistant attached to Task Force 1-163 Infantry. "As Iraqis trust and work with Coalition forces, they will quickly realize that the coalition soldiers are here to help them unlike the terrorists who seek to destroy and murder the innocent children, men and women of Iraq."

In a desperate last ditch effort, the father brought the baby to the FOB McHenry gate. Task Force 1-163 Infantry medics went to work on the small child, opening up the abscess found in the child's chest. The medics drained and cleaned the abscess and, after seeing the severe situation the baby was in, evacuated the infant to the Air Force's emergency medical facility (EMEDS) on FOB Warrior.

A Task Force 1-163 Infantry medic consoles the little one as they apply wound dressing June 18. (Photo submitted by TF 1-163rd Infantry)

According to EMEDS personnel, the child only had about 24 hours to live if untreated. The TF 1-163 Infantry medics saved the baby's life, they said.

Acceptance or Denial...

Continued from page 6

request must come from the commander of that organization. He is not required to request a fill by regulation, which perturbs many soldiers waiting in line for rank. Low density MOS's have the slowest upward mobility and one may have to look at other options. Many soldiers have approached me about promotions and I ask them, "What are you doing to prepare yourself?" In most cases soldiers are standing in the waiting line doing nothing, but expect to be promoted. The best advice I can give is take correspondence courses. It is the fastest way to gain knowledge and points. Then some will say "I am deployed and do not have access to a computer." This is true, but prior to mobilization should not have affected their opportunity. Then I hear that they do not own a computer to log on, or know where to go to get logged in. Training NCO's at the unit had better be willing to help and in some cases can provide a computer during business hours to give them access. The local library is another option if friends and family do not own a computer. Bottom line is, do not sit back and expect a promotion, earn it. In support of some complaints, yes some positions fall through the cracks and some seem to stall for no apparent reason and could politics be involved? Who knows? An S-1 representative or the 1SG and Cmd. Sgt. Maj. should give you an answer. Do not listen to rumors of openings in units that you can be promoted to, or statements made by individuals that do not have the facts. Ask the command for the facts and get results.

Bottom line for this message is… Most of the rules we follow here are not of our own making, it is given from Division and higher. It is not for Command Sergeant Majors or NCO's to make regulations or policies, we enforce them. The ones that ignore violations in regards to uniforms, alcohol, sexual relations, and soldier welfare are the problem. Soldiers demand leaders that both set the example and follow the rules. We need to accept that we are in a set environment and do not have choices as we would at home. This is not a comfortable setting we are in, but we are doing well, overall. It's only a few that are in denial that create illusions of misery and mistreatment.

NGB Chief visit...

Continued from page 4

legislation to make it so providers have to accept TRICARE if they accept MEDICAID, which should reduce the numbers who won't accept TRICARE.

Dominguez and other Air Force leaders addressed the group regarding the future direction of the Air Force, giving the Airmen present a glimpse into the vision for the future of warfare in the sky and space.

The 116th BCT took over responsibility for combat operations in Kirkuk and Sulaymaniyah Provinces in February, but turned security operations for Sulaymaniyah province over to Iraqi security forces June 1.

TF 1-148 Field Artillery

Groundhog Day

by Cmd. Sgt. Maj. Green, TF 148 Field Artillery

I'm sure that most of you have had someone wish you "Happy Ground Hog Day" sometime, if not many times, during this deployment. This is as most of you know a direct reference to the movie Ground Hog Day starring Bill Murray and Andie McDowell. In the movie Murray plays an arrogant, cynical and totally unhappy small station TV weatherman who travels with his crew to Punxsutawney, Pennsylvania to do a weather story. The town's only claim to fame is that it is home to Pahunksatawnee Phil, the famous rodent who every year signals the arrival of spring or -- six more weeks of winter. The entire movie revolves around Murray waking up every morning to the same Sonny and Cher song, I've Got You Babe, and going through Ground Hog Day – over and over again. Watching Murray go through a series of very different stages as he tries to cope with this dilemma is what makes Ground Hog Day a great movie.

Murray's first reaction when he realizes what is happening is one of shock and denial. He cannot believe that this is really happening to him. He plods through the day, not wanting to go to bed because he knows that it will only start all over again. After the initial shock wears off he moves through other stages including a stage of depression and anger. He becomes destructive and mean and takes out his frustrations on those around him. Fortunately he soon realizes that this is doing no one any good, especially himself and he moves on to something else. He decides to make the best of an unpleasant situation. He knows what is coming each day so he manipulates the

Cmd. Sgt. Maj. Green

situation to his advantage and goes after the hot chick, Andie McDowell. Knowing full well what is coming each day he learns her likes and dislikes, her aspirations, her hopes and dreams and plays into all of them in order to win her heart. But, alas in the process something happens to him. At first all he is concerned with is the lust in his soul for McDowell, but in pursuing this lust he begins to change. He begins to grow and mature as a man and as a human being. He finds peace and happiness and for the first time in who knows how long, begins to feel good about himself. He begins to think more about the problems of others, than he does his own and in the end he becomes a better man.

So, what the heck does this have to do with anything? I'm sure you see what I'm getting at here. Iraq is our Ground Hog Day – yours and mine! To me the parallels are obvious. We have all gone through various stages during this deployment, and for many of us those stages have probably been similar, if not the same as Murray's in the movie. Think back to the first week you were gone. Were you not to some extent in shock and disbelief at what was happening to you? I know I was. Did not the frustrations and doubts coupled with the sometimes questionable policies and training practices of the 5th Army and 91st Division begin to depress and anger you? Did you not at some point begin to think to yourself I'll show them? I can take anything they can throw at me. And finally, at some point did you not start to feel pretty good about yourself? Did you not begin to feel a great sense of pride and accomplishment about what you were doing?

It's been a long year. None of you are the same person you were a year ago. You have all changed and I truly believe that the vast majority of you have changed for the better. You have seen and done things in the past twelve months that most civilians will never experience and for sure, will never understand. I know that you are all better soldiers than you were a year ago. I submit to you that you are also better men. Thanks for what you do and who you are.

And oh by the way, don't forget that in the end – Bill Murray DOES get the hot chick. Bonus!

Happy Groundhog Day!

The 500th Round

Submitted by Howitzer Battery , 1-148th FA Bn.

FOB WARRIOR, Iraq-

On April 29, 2005 How Battery 1-148th Field Artillery made another unit milestone while deployed in Iraq. Near midnight, HOW 12, crewed by Spc. Bryan Rowberry, Spc. Carlos Moreno, Sgt. Brent Holm, and Staff Sgt. Troy Harris fired the 500th round the battery has fired since crossing into country. Both HOW 12 and HOW 13 were firing separate missions in support of Iraqi Army troops in Al Huwayjah. These fires were a continuation of the support 1st Platoon, Howitzer Battery had been providing since the 27th of April in conjunction with Task Force Griz, TF 1-163rd Infantry.

"I didn't realize at the time that I had fired the 500th round until I was told a few days later," Spc. Moreno said. "I am glad to do my part when called upon." The gun chief Stafff Sgt. Harris commented further, "We stand ready at any time to support the infantry when needed. I am proud of my crew and the hard work they have done to make the time standards and then maintain them."

The crew of four on the Paladin has been together since Ft. Bliss, Tex. Much of the training and time spent together has helped them become a solid, cohesive crew. "We were running multiple missions and without the dry firing we have done to get ready, the constant changing would have been a bigger challenge. I am sure that later on when we get home we will think back on this and be proud of our contribution to this fight we are involved in," said Harris. 1st Plt. and it's sister platoons are standing ready and continually training to be there whenever, wherever the boots on the ground need light or steel rain from above. Hellhounds!

TF 1-148 Field Artillery

Scorpion Signal

by Capt. Darrin Crisp, 145th SPT Bn. S-6

Proword. What do we need to know about prowords for? What IS a proword? As opposed to the contemporary slang term "…WORD.", is it a word that works for a living?

Nope. It's short for Protocol Word. A proword is a short word known to everybody on the net. It provides a kind of shorthand to allow the operator quicker comprehension. Use of proper prowords shortens transmission time and increases understanding, particularly over poor connections or under high stress situations.

Proper use of prowords makes up a huge chunk of radio protocol. Radio protocol allows us to send quick transmissions and get our meaning across without distortion. Quick transmissions are necessary for efficiency reasons. We require efficiency in voice reception, because we don't want to repeat ourselves. We require efficiency as well to minimize transmission time on the net so the net is not so crowded. Everybody knows what it's like trying to get a spot report through on a busy command net. It's very frustrating to have to wait as some good ol' boy from Atlanta, Idaho stretches out his spot report to a couple of paragraphs when it could have been a few words. Finally, and not so important in these days of frequency hopping and uncrackable cryptography, we want to minimize the time on the net to avoid being picked up by radio direction finding equipment and by enemy intelligence gathering activities.

How we operate our radios is prescribed by protocols. Each type of net has a prescribed protocol. Police departments, for example, operate their radios based on protocols that differ from department to department. Police department protocols differ from Aviation protocols and those differ from HAM radio protocols and those differ from our military protocols. Once you know one system, it's relatively easy to make a transition. However, using the wrong protocol for the system you are using is confusing and detracts from your message.

As part of the military communications protocol, many of our transmissions are very routine. Therefore, in the military, our messages are often predetermined. "Radio Check" is one of them. I say again, proper protocol for a radio check in the military is predetermined. We make an initial transmission: "Bravo 52, this is Alpha 61, Radio Check, over." The receiving station replies, "Alpha 61, this is Bravo 52, Roger, Out."

That's it. Two transmissions and we know the radio is functional. Because of the type of radios we use, we don't have a tuning capability. We can make judgments based on the quality of transmission we receive from the other end, and know we need to extend our antennas. Beyond that, the radio works or it doesn't work. No need to give a quality statement ("Fair-Readable", "Five By Five") or any other information. Incidentally, quality statements are valid and are used by other radio nets in order to improve their transmission quality and/or distance. They are just not generally used by current Army tactical nets.

A big part of all radio voice communications protocols, prowords enhance transmission effectiveness. They also make it easier for non-English speakers to understand or send messages. An experi-

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A sense of well-being

by Chaplain William Nicholson, 145th SPT Bn.

In April I spoke about my first-hand observations of a nation, Iraq, rebuilding itself. This rebuilding is something very positive. It's a big plus because it means that leaders across the land are thinking of the possibility of meaningful peace and prosperity. While IEDs occasionally go off in Iraq, and innocent Iraqi people are killed or maimed, thankfully there are leaders willing to work towards stabilization and democratization. Peace and prosperity should always be in men's hearts. This focus on well-being is always an important matter in the heart of God.

Part of my role as a Chaplain with the 1-148 Field Artillery is providing an opportunity for American soldiers to experience peace and spiritual prosperity of heart and mind. It's really about having a sense of well-being in the combat zone! Outside of the regular stresses of living in a combat environment and loneliness, I am finding that the main reason soldier's experience "troubled hearts" is not because of the daily stresses of the job, but because of deep concern of what may be happening at home.

Since home related problems are a big issue for soldiers, they are reminded and encouraged to seek help from their Chaplain, Combat Stress Unit or someone in their chain of command who is able to help. For anyone in CONUS who is experiencing hardship or difficult relationship with their "separated" partner in Iraq, they are encouraged to seek their church pastor. Seeking and finding help from someone is important since, most of the time, problems never go away on their own.

The Chaplain, if he is doing his job, is a beacon of hope, a tower of faith, and a bond of love for struggling soldiers. Is the Chaplain adequate for the task? Yes and no! The Chaplain is trained to the best of what their military and seminary education provides (soldier skills, theology and clinical pastoral counseling), but spiritually there should be always a sense of humility and dependency upon God and His Word in order to fulfill His Will and purposes for us. We have "this treasure in jars of clay", but God accepts and uses our service never-the-less. Paul the Apostle learned to accept his limitations and weaknesses, so "that the power of Christ may dwell in me" (2 Corinthians 12:9). This is the same spiritual power which is a major factor in helping individuals when they are "down and out".

When soldiers leave their spouses two things happen; either the relationship strengthens or it weakens. If the relationship weakens, infidelity may occur. It is my prayer that soldiers spend as much time, now, during their deployment to pray for their spouses and children, invest quality time and energy in communicating by telephone with them, send cards, and even hand written letters (instead of email) to the family members. Now is the time to stock up on "coming home" gifts for our family members. Let's keep the home fire's burning!

Many of us are already thinking of redeploying home in a few months. Now is as good a time as any to nourish your marriage relationship and family so that you will have something to come back to. By keeping these relationships positive, there will be a sense of well being in the combat zone as well as home! Let me offer a couple of suggestions that you can use to help nourish your significant relationships during your separation: Permit each person to be him or herself. Accept them as they are. Be grateful for what is there, not an-

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TF 1-148 Field Artillery

E-4 Point of View

by Spc. Seth Helms, 148th FA Bn.

I was never big on writing papers in school, so when I was asked to write an article I was a bit unsure of myself. I am going to tell you a bit about myself and some lessons I have learned from being here.

When the Coalition Forces invaded Iraq in 2003, I was glad that I was at home watching it on TV. Shortly after, our turn came to be here in Iraq. Just like most of you, it was hard for me to leave home to go to Texas and it was even harder to leave when we left for Kuwait.

I always pictured Iraq to look like the deserts of Kuwait or just a barren desert. When we arrived at 8ur new Forward Operating Base in North Eastern Iraq, I was amazed to see mountains in the distance. I thought I was seeing a mirage! Winter came and so did the snow. What a place! This is just like the area of Southern Idaho where I grew up.

My job is to help run the Operation Center of an outlaying FOB. I have learned so much since I have been here. Most of what I learned is about how much the 1SG and the Commander work together to make the FOB an effective unit. I have seen our cohesive unit do the right thing when the popular thing was to do otherwise.

I have also learned qualities that I will need when I become a leader. Sometimes work is required outside of our scheduled work hours. Sacrificing some things you want for your troops may be required. When a good chewing out comes, just take it like a man and move on. These are just a few of the lessons that I have learned so far from being here.

As of right now, there isn't a date when we are scheduled to return home, however I know that if we work hard and put our minds to the task, time will fly. We will be back in no time. Take care and I'll see you around.

A sense of well...

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noyed by what they can't give.

Give each other space. We are entitled to our private feelings and thoughts. Persons who try to invade the inner space of one another risk destroying the relationship.

Be loyal. Loyalty is faithfulness. It means "being with" your friend in bad times as well as good and be true to each other even though you are separated.

Give praise and encouragement. Tell your family members what you like about them, how thankful you are for their presence in your life. Delight in their talents, applaud their successes.

Be honest. Open communication is the essence of relationship. Express your feelings, good and bad, instead of bottling up your anger or anxiety. Clearing the air makes the relationship grow. But be aware of what is better left unsaid.

Trust your spouse. We live in a messy, imperfect world made up of imperfect people. Trust can be betrayed, but it is essential to friendship as equals. Make an effort to believe in the intrinsic goodness of your spouse.

My prayers go out, not only to your spouse, but especially to your children waiting at home. I know two soldiers that had children born to them during their deployment. They are anxiously awaiting the day when they can see their newborns for the first-time.

The Chaplain has two girls, one aged 10 and the other 11. Recently, each daughter sent me a special birthday card expressing their feelings and tears for the hand written cards I sent them earlier. I invested time and energy for them; in turn they invested their positive and loving thoughts and feelings with their father.

As you invest your time and energy for your own loved ones, they will respond favorably. Truly if love is there, like the old saying goes, "with absence, the heart grows fonder". And with true love expressed and patiently practiced, there will be peace at home and in the combat zone.

Scorpion Signal...

Continued from page 21

ence I had several weeks ago serves to illuminate this concept. I needed to exchange some information with a German speaker over a poor telephone connection. In order to spell out the directions he was giving me, we used common NATO prowords and the International Phonetic Alphabet. In the space of a few minutes I had the information I needed, even though the language barrier and the connection imposed significant hindrances to communications.

Knowledge of our Army protocols will greatly ease communications in the field, when it counts. Use of prowords help you get your message across clearly and send or receive feedback about the message.

Just remember that the military system we use today is designed to facilitate communications, by speeding up transmission and by increasing comprehension.

Graduation Time

by Pvt. David Harris, 148th FA Bn.

Here in Iraq, a lot of things have changed since Saddam was removed from power. No where is that more clear than at the graduation of the Iraq Police. I attended the graduation of a class of Iraqi Police in Sulaymaniyah, recently.

It was much like a basic training graduation. Everyone came in and sat down, and then the graduates were marched in. The marching is a little different than ours—much more exaggerated than ours. We do 9 to the front and 6 to the rear; they do 29 to the front and 16 to the rear. Even so, they were all perfectly in step and their arms swung in perfect unison. After they were all lined up in formation, high ranking officials from the Iraqi Police and the Peshmerga, the Kurdish military, gave speeches to honor the graduates. One of them stuck in my mind.

Given by the Head of Intelligence for the Peshmerga, his whole speech was about the change between the police in the time of Saddam and the current police. In an area that is almost entirely Kurdish, the Iraqi police were not exactly the most courteous and helpful group. They abused the power that they had and exploited everything they could. They were terrorists in their own way. Now, the Iraqi Police do the same thing ours do: protect and serve.

We take for granted simple things like the ability to call on the police and have their help and support. Under Saddam, that kind of security was nonexistent. The police didn't have rules to guide them, didn't have the responsibility to do the right thing and they had the backing of Saddam and his party if they wanted to misuse the authority and power they had.

Many things have changed in Iraq since the US Army came. This, in my opinion, is the most important change: the Iraqis can rely on themselves for protection and justice.

TF 1-148 Field Artillery

Service of Remembrance
for Sgt. Michael Kelley

FOB WARRIOR, Iraq- The 148th Field Artillery Bn. honored and memorialized Sgt. Michael Kelley, a member of the 101st Field Artillery Regiment., who was lost on June 5th, 2005 while unloading a Chinook helicopter in Shkin, Afghanistan. The remembrance service was conducted by the 148th Battalion Chaplain William Nicholson. Friends from his unit were present, as well as Brig. Gen. Alan Gayhart, 116th BCT commander, Lt. Col. Russ Johnson, commander of the 148th FA Bn. and several Bn. staff members. Sgt. Kelley's boots, rifle, helmet and dog tags were placed on the presentation platform prior to the ceremony.

The ceremony began with the invocation by Chaplain Nicholson, then he lead in the singing of *Amazing Grace*. Capt. J.P. Berner delivered the eulogy, and several Soldiers spoke about Sgt. Kelley. Several minutes of silent meditation were observed while the bagpipes skirled quietly in the background. Chaplain Nicholson then offered the benediction, followed by Sgt. Kelley's fellow soldiers coming before the presen-tation platform, where they then passed and saluted, paying their final respects to a friend, a hero and a fellow soldier.

Sgt. Michael Kelley was born on September 2, 1978, to Joe and Karen Kelley. Sgt. Kelley was survived by a brother, Shawn P. Kelley, two sisters, Karianne J. Golemme of Rockland and Colleen Kelley of Scituate, Massachusetts, Grandmothers Carmella Kelley of Rockland and Ethel Tuv of Randolph, and his niece, Olivia Golemme.

He served with the 102nd Field Artillery, Massachusetts Army National Guard, as a Chaplain's Assistant. Later, he served as a Radar Operator with Echo Battery, 101st Field Artillery Regiment (Target Acquisition).

Sgt.Kelley was awarded the Bronze Star Medal with V device, the Purple Heart, the Army Good Conduct Medal, the National Defense Service Medal, the Iraqi Campaign Medal.

Capt. Bremer speaks with Chaplain Nicholson as the ceremony is about to begin. Sgt. Kelley's photograph, boots, helmet, rifle and dog tags are presented on the podium

Soldiers of the 148th FA pay their respects as they pass and salute the presentation of Sgt. Kelley's boots, rifle, helmet and I.D. tags.

(L to R), Chaplain Nicholson, Capt. Berner, 1st Sgt. , Lt. Col. Johnson, Brig. Gen. Gayhart.

Soldiers of the 148th Field Artillred to pay their final respects to friend and fellow soldier, Michael Kelley.

Vol. 5 Ed. 23, July 2005

Rec Schedule JULY 2005

CLAMTINA
CALL 460-1614 FOR DETAILS

USAF SERVICES
Combat Support & Community Service

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 Swing Bingo 1500 KBR 80's Night 2000	2 Progressive Bingo 2000 Karaoke 2130
3 Movie Premier 0700,1900 & 2100 Foosball Blackjack 2030	4 Fourth of July Events	5 Texas Hold'em/ 8-Ball 2000	6 LUNCH BINGO 1200 Chess 1900 Spades 2015	7 Blackjack/ Ping-Pong 2000 Movie Premier 0700,1900, 2100	8 SWING BINGO 1500 KBR Country Night 2000	9 Progressive Bingo 2000 Karaoke 2130
10 Movie Premier 0700,1900 & 2100 NASCAR 2004/ Blackjack 2030	11 LUNCH BINGO 1200 Halo 2/ Dominoes 2000	12 Texas Hold'em/ 9-Ball 2000	13 LUNCH BINGO 1200 Darts 1900 Spades 2015	14 Bunkos/ Ping-Pong 2000 Movie Premier 0700,1900, 2100	15 Bazaar 1300-2100	16 Bazaar 0900-1700 Progressive Bingo 2000 Karaoke 2130
17 Movie Premier 0700,1900 & 2100 Foosball/ Blackjack 2030	18 LUNCH BINGO 1200 Fight Night 2004/ Dominoes 2000	19 Texas Hold'em/ 8-Ball 2000	20 LUNCH BINGO 1200 Chess 1900 Spades 2015	21 Casino Night 2000 Movie Premier 0700,1900, 2100	22 SWING BINGO 1500 KBR Top 40 Night 2000	23 Progressive Bingo 2000 Karaoke 2130
24 Movie Premier 0700,1900 & 2100 Madden/ Blackjack 2030	25 LUNCH BINGO 1200 NBA Live 2005/ Dominoes 2000	26 Texas Hold'em/ 9-Ball 2000	27 LUNCH BINGO 1200 Darts 1900 Spades 2015 KRAB GUSTA FINALS	28 KRAB Feud 2000 Movie Premier 0700,1900, 2100	29 SWING BINGO 1500 KBR Latino Night 2000	30 Progressive Bingo 2000 Karaoke 2130

Homestate News Briefs

Compiled from Associated Press reports.

Two-faced cat dies

ROSEBURG, Ore. (AP) - Gemini, the two-headed kitten born this month, is no more. Owner Lee Bluetear said she didn't know what caused the death of the unusual creature, which died Thursday in the town of Glide, but she said the kitten appeared very tired and did not want to eat. The story and photo of Gemini was distributed worldwide. "I couldn't believe how much interest there really was," Bluetear said. Veterinarians initially gave Gemini a meager chance of one long life, let alone nine. Gemini was born with two mouths, two tongues, two noses and four eyes. Bluetear, 40, said things looked good at first. Gemini initially appeared strong and was drinking milk. "Everybody is totally amazed that this thing exists," Bluetear said at the time.

Exhibit celebrates bicentennial of Lewis and Clark

GREAT FALLS, MT (AP) - A national exhibit celebrating the bicentennial of the Lewis and Clark expedition and sponsored by the Department of Fish, Wildlife and Parks is scheduled to be there from Saturday through July 4. The exhibit at Giant Springs State Park offers an overview of the original expedition and includes various presentations, lectures, films and song and dance in the Tent of Many Voices, a 200-seat venue. Corps of Discovery II: 200 Years to the Future has a major focus on the multicultural makeup of the expedition and is largely funded by the National Park Service. The exhibit is on a four-year tour of the country. It began in January 2003 at Monticello, home of President Jefferson and continues through the fall of 2006.

Boise tea-totals river floaters

BOISE, Idaho (AP) - For the first time in recent memory, the Boise River will be an alcohol-free zone as floating season opens this weekend. The City Council decided Tuesday to crack down on alcohol consumption on the river, after decades of allowing floaters to enjoy suds and sun without penalty. City Council members David Eberle and Elaine Clegg, who had been hesitant about the crackdown, said the council should review the results at the end of the summer. River floating is a Boise tradition. Thousands of people use inflatable rafts, inner-tubes, kayaks and canoes to ride the 6-mile flatwater course from Barber Park to Ann Morrison Park downtown. Recently, there have been more serious complaints of drunkenness and even nudity. Clegg said she wants to hear from floaters if they have bad experiences with police officers. The issue isn't drinking on the river, it's behavior on the river, she said.

Army honors new inventions

FREDERICK, Md. (AP) - Two of the Army's top 10 inventions of 2004 have roots at Fort Detrick. They are the chitosan hemostatic dressing and the electronic information carrier. The dressing, created at the Oregon Medical Laser Center using a grant from the U.S. Army Medical Research and Materiel Command at Fort Detrick, is made from chitin, a material found in shrimp shells that bonds with blood cells to quickly form a clot. The electronic information carrier is a wireless data storage device the size of a dog tag that can store a soldier's medical records. It was developed by the Telemedicine and Advanced Technology Research Center at Fort Detrick. The Army honored the innovations June 8 at a ceremony in McLean, Va.

Kingda Ka closed for repairs

JACKSON, N.J. (AP) - A roller coaster billed as the world's fastest will remain shut down for several weeks while officials at Six Flags Great Adventure try to determine what caused a malfunction during a test. The heavily promoted Kingda Ka has been closed since June 8. The malfunction occurred during a test, when no one was aboard. Park officials later determined that a piece of liner covering an area under the coaster's tracks had dislodged and damaged a number of other parts. A few parts did come loose and landed in the area immediately around the track. No guests were in this area. The park is trying to identify the problem to make sureit does not recur and has ordered replacement parts from the 456-foot-tall roller coaster's manufacturer.

Iraq News Briefs

Compiled by the 42nd ID Public Affairs office

Iraqi Police bag50 suspected insurgents in Baqouba and Baghdad

BAGHDAD, Iraq (AP) - Iraqi police detained 50 suspected insurgents in separate raids in southeastern Baghdad and north of the capital on Thursday, officials said.

An Iraqi police rapid response team detained 30 people near Baqouba, including six suspected foreign fighters from Syria, Egypt and Sudan, Lt. Col. Walid Ismaeel said. The raid took place about 10 kilometers (6 miles) south of Baqouba, an insurgent stronghold 60 kilometers (35 miles) northeast of Baghdad. Separately, police also detained 20 suspected insurgents in three southeastern Baghdad neighborhoods, police spokesman Othman al-Lami said. The U.S. military, meanwhile, announced that Iraqi soldiers captured four terror suspects in western Baghdad on Wednesday. Also, a joint Iraqi-coalition force seized weapons caches in northeast and central Baghdad, including 16 AK-47 assault rifles and ammunition.

Saddam tells guards he's still President of Iraq

NEW YORK (AP) - Saddam Hussein loves Doritos, hates Fruit Loops, admires President Reagan, thinks Clinton was OK and considers both Presidents Bush no good. He talks a lot, worries about germs and insists he is still president of Iraq. Those and other details of the deposed Iraqi leader's life in U.S. military custody appear in the July issue of GQ magazine, based on interviews with five Pennsylvania National Guardsmen who went to Iraq in 2003 and were assigned to Saddam's guard detail for nearly 10 months. The magazine, which reached newsstands Monday, said the GIs could not tell their families what they were doing and signed pledges not to reveal the location or other details of the U.S.-run compound where Saddam was an HVD, or high value detainee, awaiting trial by Iraqi authorities for mass killings and other crimes. However, the five soldiers told GQ of their personal interactions with Saddam, saying he spoke with them in rough English, was interested in their lives and even invited them back to Iraq when he returns to power.