

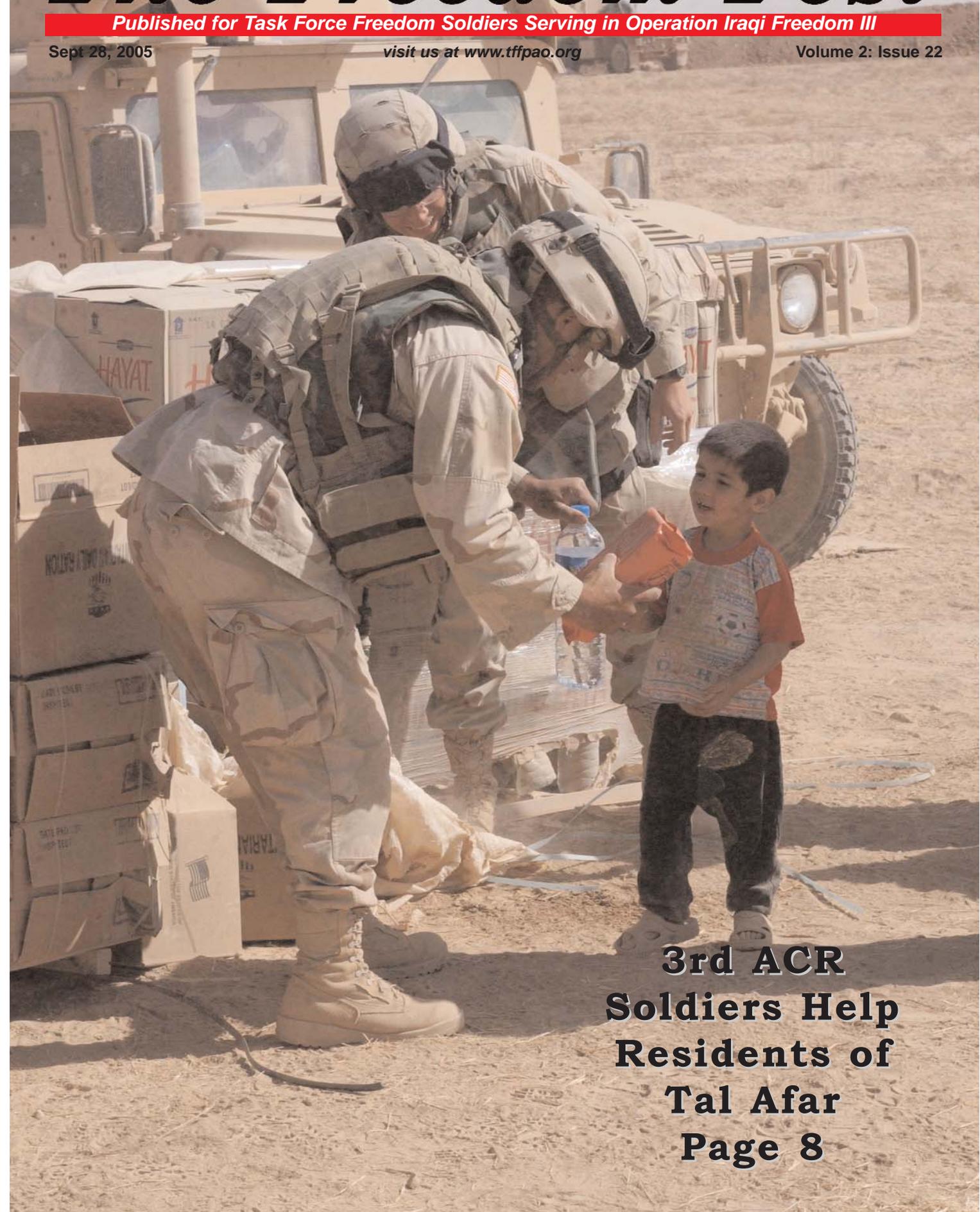
# *The Freedom Post*

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Volume 2: Issue 22



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Soldiers Help  
Residents of  
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# Soldiers with Asthma Can Breathe Easy

*Lt. Col. Catherine Ryan, 228th CSH*

**A**sthma is a disease of the lungs in which the airway becomes blocked or narrowed, causing breathing difficulty. People with asthma have over-responsive airways. The airway reacts by narrowing or obstructing when irritated. Uncontrolled asthma prevents the Soldier from completing normal daily activities, let alone more strenuous combat activities.

Symptoms include wheezing, coughing and/or problems breathing. They can be reversed or controlled. The narrowing or obstructing is caused by airway swelling, inflammation, or spasm of the muscles that circle the airways. The wheezing, coughing or breathing problems are most common at night or early in the morning.

Asthma can be aggravated by airway irritants (such as cold, heat, weather changes, smoke, dust, and strong odors), exercise, stress and viral respiratory infections.

Smoke is a very strong trigger: smoke from one cigarette lingers up to seven days in a closed environment such as an office or barracks.

Causes of airway inflammation and over-responsiveness are less easily reversed and last longer. The most common causes are allergies: seasonal (pollen) or perennial (molds, dust, cockroach droppings, dust mites, and animal dander). Exposure produces immediate wheezing, coughing or breathing problems; after four to eight hours, the breathing problems return because the lungs respond with an inflammatory response.

Goals of asthma management are to keep up normal activity and avoid exacerbations of asthma symptoms. Symptoms can be controlled by medicine management. Preventive medications should be used daily; they are slow acting and cannot manage acute symptoms. With correct managing of asthma, Soldiers will be able to maintain combat activities.

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# PSD Travels With Style in Strykers

Story and Photos by Spc. Ashly E. Mitchell



**Spc. Benjamin Heck provides rear air guard security from the back hatch of a Stryker.**

**M**OSUL, Iraq - The 11th Armored Cavalry Regiment (ACR) Personal Security Detail's (PSD) main mission is to make sure their principle (person being escorted) gets from point A to point B safely. For the past eight months, their missions have been carried out in M1114 Up-Armored Humvees, but now they will be using Stryker Combat vehicles.

The PSDs were trained by members of the 1st Brigade, 25th Infantry Regiment, Stryker Brigade Combat Team to learn the basics of the Stryker vehicle. After training the PSD, the 1-25 left theatre in mid-September, signing six Stryker vehicles over to the 11th ACR.

This training included: driving, maintenance, weapons systems, and various safety drills for emergency situations, according to Sgt. 1st Class Edward Huizar, PSD Platoon Sergeant.

"I know what my guys can do, I totally trust they will learn and know their jobs with the Stryker," said Huizar. "The Stryker guys I talked to were really impressed with how fast the PSD learned to use and maintain the vehicle."

The PSD trained for two weeks with the Strykers while also conducting missions, according to Spc. Benjamin Heck, gunner for 2nd squad. Half of each squad trained while the other half conducted missions with the help of a few Soldiers from the 122nd Rear Operations Center. Cross-training was a valuable part of the process to get everyone up to speed.

"When it comes to driving, there really isn't a whole lot in comparison, the Stryker is a lot harder to maneuver," said Pvt. 1st Class Peter Glader, driv-

er for 2nd squad. "It's a lot harder to see. After driving the Stryker for a little bit, I jumped in a humvee; it felt like I was driving a hot rod or something."

Although they have already conducted successful missions with the Stryker, the PSDs will continue to train on the vehicle until the end of their rotation. Each squad is already divided into teams, one team per humvee. The teams will remain the same for the Stryker.

"We stuck with the humvees for quite awhile," said Heck. "We had eight months with the humvees, learning routes, doing missions, and now that we have these Strykers; it's a big difference. They're a little difficult to drive at first, until you get the hang of it. The security that they give you; you can't match that. I wouldn't give one up now. I would hate to go back to a humvee."

Although the gunners wear more protection in the humvee, the Stryker is able to withstand a blast from an improvised explosive device or suicide bomber better than the humvee.

"Learning the Stryker was a very challenging experience," said Sgt. Victor Guzman, gunner for 2nd squad. "We're still in the sustainment phase. We have made a lot of improvements. Our guys are very confident, but we will get more experience on the Strykers."

The PSDs are adaptable to their situation, according to Huizar. They have great team work and will continue on with the mission by Stryker or humvee.

# Iraqi Recruits Become Soldiers

Story and Photos courtesy of 172 SBCT

**Q**-WEST BASE COMPLEX, Iraq - On Sept. 17, 3rd Brigade 2nd Iraqi Army (IA) Division Basic Combat Training (BCT) Class, began its first day of training. Fifty-seven Iraqi Soldiers coming from the 1st, 2nd, 3rd IA Battalions, and from their Brigade headquarters reported for BCT.

The first day began with a complete medical screening. Each IA Soldier was medically evaluated to ensure that they were physically able to perform the challenging tasks of the BCT class.

Once the Medical screening was



complete, the IA Soldiers went to the Centralized Issuing Facility (CIF) to get their uniforms and other necessary items for training.

After the Iraqi Soldiers were finished with the CIF, they were able to move into their barracks. Each Soldier was provided a bunk and a wall locker. They received classes on wearing their uniform and how to organize their wall lockers. Uniform and wall locker inspections are part of the daily routine at BCT. As their first day came to a close, the Academy Commandant, Sgt. Maj. Murrell, provided his guidance and motivational comments.

Sgt. Sultan Mohamed Edham, the 2nd Platoon Platoon Sergeant, was asked how attending the BCT would affect Iraq's future; "My goal is the security of my country and to build a future for Iraq. My second goal is to work together, Kurds and Arabs as one team to fight terrorists."

# Show Me the Money

9th Finance brings cash to a location near you.

Story and Photo by Sgt. Richard W. Way

LSA DIAMONDBACK, Iraq - "One of the common misconceptions about finance is that we sit around in air conditioning all day long," said Spc. Eric Hayes with C Detachment, 9th Finance Battalion.

"Half of our detachment is out on missions going from [Forward Operating Base (FOB)] to FOB, providing the same support that one of the major bases would have. We go out on Strykers, helicopters, and with staff escorts," said Hayes. Some locations the 9th Finance Battalion travels to are remote.

"When going to some of the smaller FOBs, we never know if we're going to have power. We have to bring our own power supply and make sure the computers are charged before we go. We also check to make sure we have all the cash that we need so all the Soldiers get paid. We just have to adapt and overcome each situation," said Hayes.

Check cashing, casual pay, and inquiries are some of the services the 9th Finance provides to the Soldiers of Task Force Freedom (TFF). "Since we don't have the luxury of ATMs at the Soldiers' disposal, they can get up to \$350 per month in casual pay," said Hayes.

"They use it for the PX, entertainment and gifts for friends and family at home," said Spc. Eric Williams, a finance specialist with C Detachment. "We also do pay inquiries. If someone has a problem (with their pay) we try to fix it. If we can't

resolve the error, we send it to [Defense Finance Accounting Service] for correction," said Williams.

"This job is important for the morale of the Soldiers," said Spc. Christopher Fleming, finance specialist with C Detachment. "You can tell the customers are very appreciative. Some of them even bring us sodas to show their appreciation."

"Mistakes can happen when you are sitting at a desk all day typing in numbers, but they are minimal.

If someone comes in with a complaint of an error, most of the time we can fix it immediately," said Spc. Derrick Cropper, finance specialist. "The busiest days are the pay cycle days."

Spc. Tomas Valdez, a finance specialist, enjoys going to different locations and meeting new people.

"The most interesting part of the job is traveling

to the different FOBs and meeting new people with different stories and different personalities," he said.

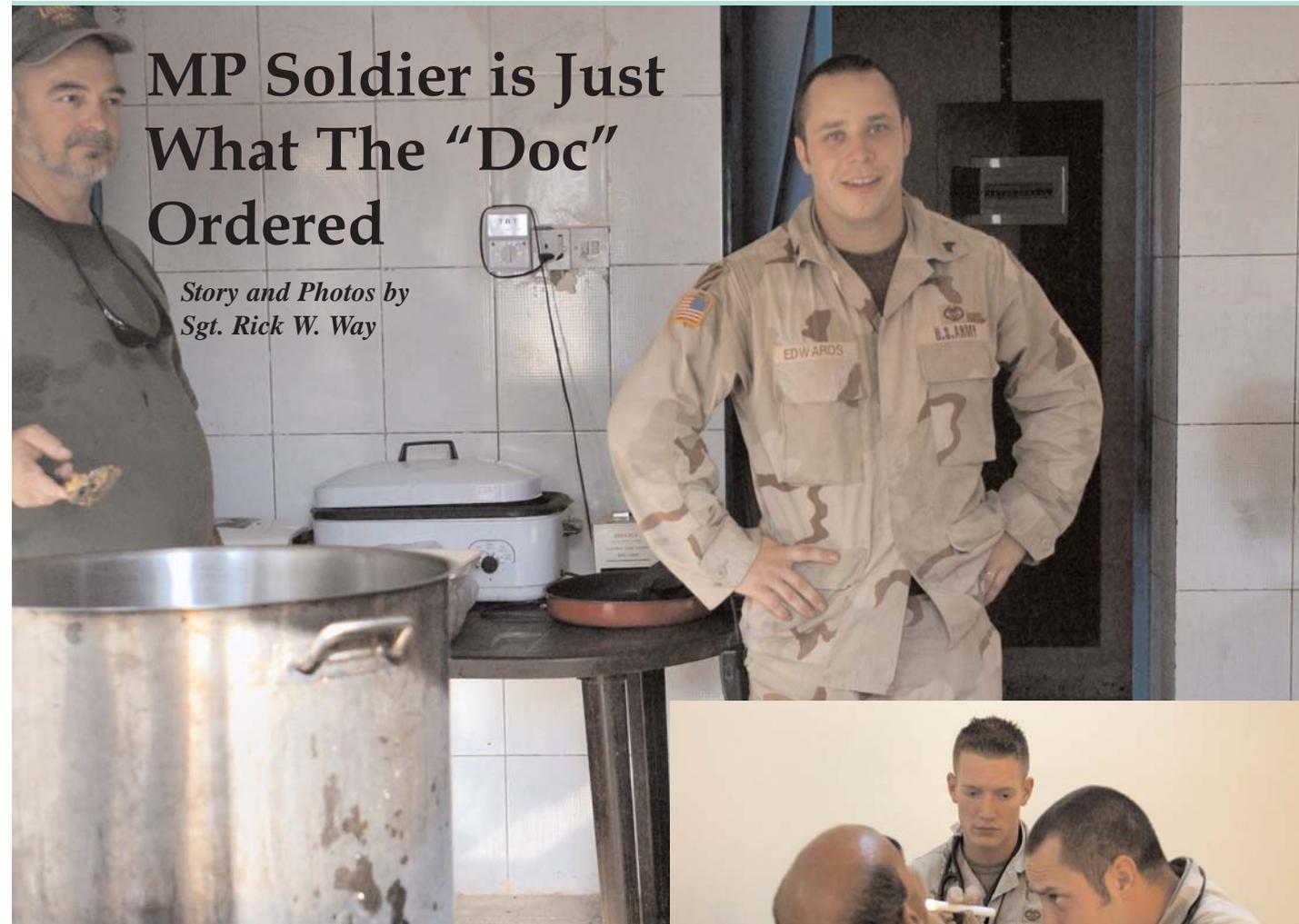
Balancing the books can be the hardest part of the job," said Valdez. "It can take up to 36 hours to balance the books for one week of casual pay and cashing checks."

Soldiers aren't the only customers that rely on the services provided by the 9th Finance Battalion. Wherever there is an PX, they take the money generated from sales and serve as a bank facility, according to Williams. Check cashing services are also available for civilian contractors.



# MP Soldier is Just What The “Doc” Ordered

Story and Photos by  
Sgt. Rick W. Way



**M**OSUL, Iraq - It is early morning in Iraq. A Soldier changes a flat tire on a Heavy Expanded Mobility Tactical Truck (HEMTT), performs maintenance on the same vehicle, drives the HEMTT to pick up supplies, drives the big truck down a concrete ramp built by a Soldier in the unit, installs a new door in one of the unit's buildings, loads and unloads the vehicle, brings medical supplies to the aid station, and delivers more supplies to other parts of the Mosul Public Safety Academy (MPSA).

A lot of work has been accomplished and it's only 0900. There is a great deal more to do. It may appear like this unit is engaged in a whirlwind of activity. All of these accomplishments are the work of *one* Soldier, and he's just getting started.

Sgt. David Edwards could be the poster boy for the “Army of One” advertising campaign. Edwards is a Combat Medic, whose days are filled with productivity from the time he wakes up in the morning to the time his head hits the pillow at night.

“When I am not out on supply runs I will usually do the cooking for that day to help out Staff Sgt. Hunter, who cooks quite a bit of the time. Preparing the dinner chow you usually have to start cooking around 1530,” he said. “Then, while in the middle



of cooking, I do sick call from 1630 to 1930; where I have an average of 25 to 40 patients a night. If I don't cook that day, I help Sgt. Sullivan with force protection issues, by moving Hesco and concrete barriers with my crane or helping him build something.”

To the other members of the 179th Military Police Detachment, Edwards is known affectionately as “Doc”. The nickname naturally comes from his Military Occupational Specialty (MOS), but could also be applied to his many other skills, as in “The Doctor of Repair” or “The Doctor of The HEMTT”.

“Doc” Edwards' primary responsibility at the MPSA is to provide medical care for members of his unit, as well as cadets at the academy.

“Three-and-a-half years ago, I changed my MOS to Combat Medic. A month after finishing medic

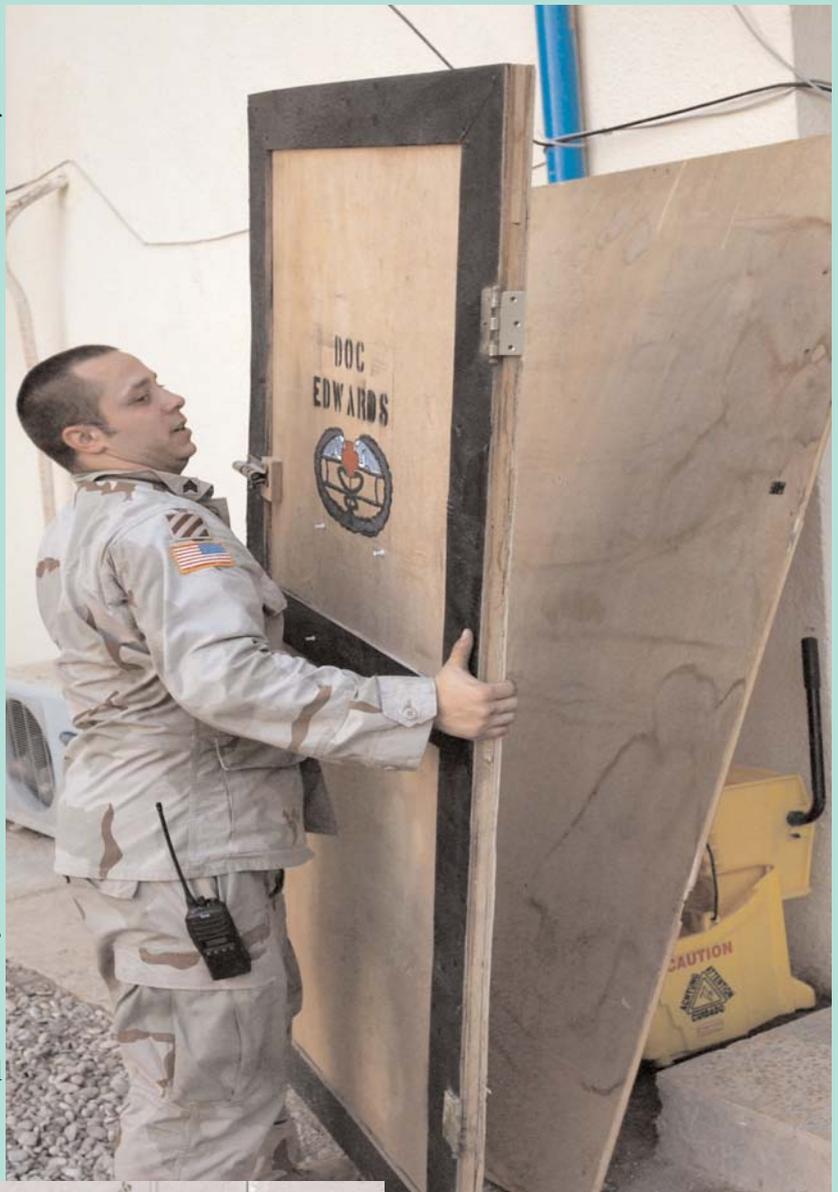
school, I was deployed to OIF I [Operation Iraqi Freedom]. It was during that time that I picked up on most of my medical skills. After [going home], I spent a lot of time taking medical classes and reading medical books,” he noted.

Knowing how to save Soldiers’ lives isn’t the only skill listed on his resume. “I have had numerous jobs in the past,” he added. “I was a cook at Denny’s and Golden Corral, where I learned my cooking skills. I learned my concrete skills when I laid asphalt and concrete for roads around my town.”

He worked as an operator foreman, building water features for Jack Nicklaus golf courses, where he became proficient in plumbing and operating heavy equipment .

However, the learning process didn’t stop there. “I was once a traffic signal technician, where I learned my electrical, welding, and programming skills,” he said. “Then I did interior demolition, where I learned my carpentry skills. Finally, my mom taught me about working on cars.”

Why does a sergeant stay so busy and take the initiative on so many tasks? “I figure while I am over here in Iraq, if I



fill every hour with something to do, it will make the time move faster to when I will be able to hold my family in my arms again. At home, as long as I appear busy, my wife won’t nag me to do household chores,” he joked.

Edwards said his wife is his biggest supporter. “She understands my love for the Army and our great country. That’s why I must deploy at times,” he said.

After the day is done, it’s time for “Doc” to have some personal time. “When I have finally finished all my duties, I usually hit the weights for a couple of hours and then go to bed.”

That is the only time “Doc” Edwards isn’t busy.

# Big Operations in

## Three Big Missions Help the Local People of Tal Afar Screening Site, Rest Area Help Locals Out of Harm's Way

Story and Photos by Sgt. Daniel W. Lucas

TAL AFAR, Iraq – For the city of Tal Afar, the ability to distinguish the insurgents from everyone else is a big problem, but for Soldiers of the 3rd Armored Cavalry Regiment (ACR), with the help of Iraqi Army (IA) and Iraqi Police (IP) from Mosul and Tal Afar, a solution was implemented which placed the elusive insurgents into the hands of Coalition Forces. A screening site was setup just south of the city to help the local people leave safely and to identify who the insurgents were and where they were hiding.

“A critical part of the operation is to develop a screening site in an attempt to identify and segregate the insurgents from the rest of the people,” said Lt. Col. Rich O’Conner, Supply and Transportation Squadron Commander, 3rd ACR. “That is the insurgent’s strength, to hide in the local populous and we are going to take that away.”

The residents of Tal Afar were guided from two other checkpoints towards the screening site. The displaced civilians were channeled south of the city in order to keep them safe from the harm insurgents could cause them during the offensive, and to begin to separate friend from foe.

“The first place the civilians go is the IP Emergency Battalion checkpoint,” said 1st Sgt. Kevin Patrick Lyons, Maintenance Troop First Sergeant, Supply and Transportation Squadron, 3rd ACR. “This way, the first face these people see is an Iraqi one, so they will feel safe and secure when they leave their homes.”

The Emergency Battalion is made up of IPs from Mosul with a year and a half experience in the area. These policemen are very good at spotting forged or fake passports and other identification. The search



**Soldiers from Maintenance Troop hand out food to departing families.**

included a preliminary screening of the civilians and checking for suspicious vehicles.

“Our goal is not to target the civilians,” said O’Conner. “Our goal is to detain the insurgents who are terrorizing the people. While the civilians go through the screening process, we have treated them with dignity and respect.”

The second checkpoint the civilians reach is manned by Iraqi and Coalition Forces Military Police. Here, the vehicles are searched again and the civilians’ identification is checked once more before they move to the screening facility.

After that checkpoint is crossed, the people make their way toward the screening site, their last stop before leaving the Tal Afar area.

At the site, they are segregated into two groups: men in one, women and children in the other. Both groups move through a shaded area where each individual waits to be searched by Coalition Forces.

“We have erected a privacy shelter for the women,” said Lyons. “We understand the importance this culture has on women’s privacy and we try to give them as much as we can.” Women are

# Little Tal Afar

## Afar Recover From the Insurgency

searched by female Soldiers and men by male Soldiers.

After the displaced civilians are screened for contraband and tested for explosive residue on their hands and clothing, they are taken to another tent for a few questions.

“We search each individual for contraband or intel, like maps, of where the insurgents are,” said Sgt. 1st Class Larry David Langeberg, Non-Commissioned Officer in charge of the screening and search lane, Maintenance Troop, Supply and Transportation Squadron, 3rd ACR. “After the search, there are three tents with interpreters where we ask them questions, like their name, tribe, part of the city they came from, if they have seen any insurgent activity, and if they know any information regarding the insurgency.” If the civilians have any information, they are escorted to another unit for more specific questions.

There is also a medical station present at the screening site to give first aid to any civilian who needs it.

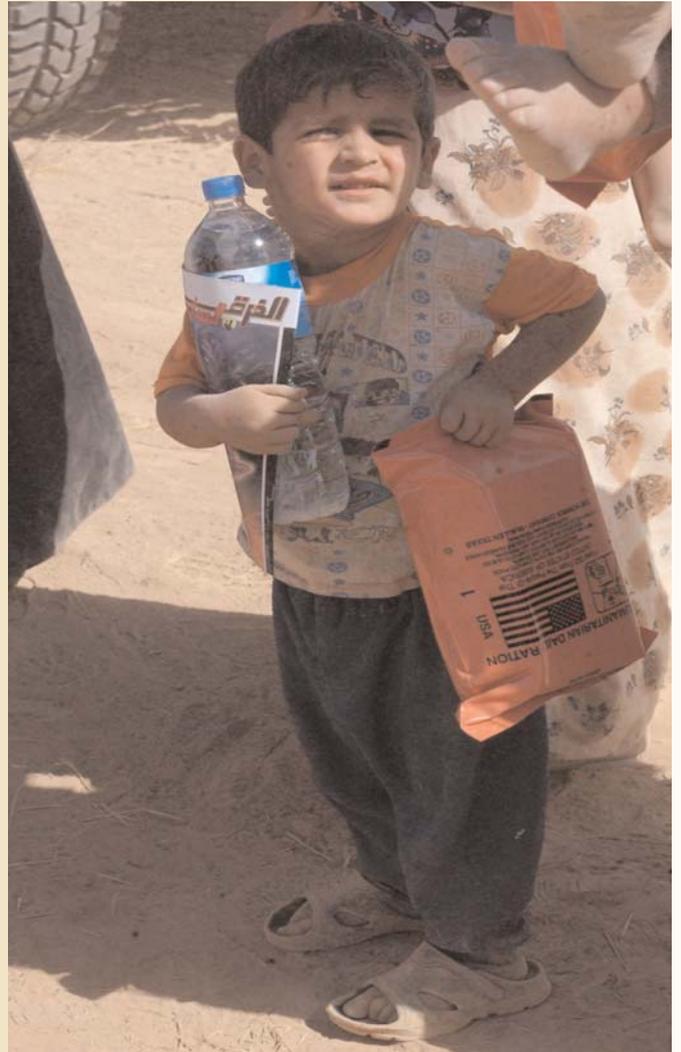
After the screening is complete, the families are reunited. For those families moving on, they are offered food and water. Displaced Civilians without a destination in mind are given the option to stay at the Displaced Civilian Rest Area on Forward Operating Base Sykes.

The facility has all the necessities to handle a large number of displaced civilians. Any family who chooses to stay at the rest area is offered a place to rest, eat, and prepare for their next destination.

“The people move through the sites with no problems,” said Spc. Adan Serna, Maintenance Troop, Supply and Transportation Squadron, 3rd ACR. “We make sure nothing bad happens to them and nobody tries to threaten them or push them around as they leave their homes. We are giving these people a chance to get out of the city, away from the insurgents.”

For Iraqi and Coalition Forces, the mission to help these people move away from the terrorists is foremost in their minds.

“Our troop was picked to do this mission,” said Spc. Jason W. Gutnecht, Maintenance Troop, Supply and Transportation Squadron, 3rd ACR. “The mission is to bring the people out of Tal Afar safely, to



***A young boy proudly carries his own food and water as he leaves the screening site with his family.***

go through the processing station, screen them for information, and run them through as quickly as possible. The site is prepared to receive civilians 24 hours a day, seven days a week. They understand what we are trying to do and are cooperating.”

Part of the success of this operation is the partnership formed between the Iraqi Army and the Coalition forces.

“These troops have done an incredible job establishing a screening site and certainly weren’t trained for this,” said O’Conner. “With some great non-commissioned officers and officers to plan the mission to segregate the terrorists from civilians, and the help of the Iraqi Army and Police, our mission will be a success. Their willingness to help out makes this mission attainable.”

# Local Gov't Steps in to Help

After the operation, local Tal Afar residents are local mayors top priority.

Story by Sgt. David J. Nunn

TAL AFAR, Iraq – In the wake of the successful offensive spearheaded by the members of the 3rd Armored Cavalry Regiment and the 82nd Airborne Division, the local Iraqi government has quickly stepped forward to lead their citizens to the path of healing; to build a foundation of safety and security upon ground infected by the cancer of insurgency.

A fine example of local leader helping to temper their people's resolve and hope for a better future, is Najem Adbullah Al-Jabouri, the Major of Tal Afar, who spoke to the people of his home and members of the Iraqi Police and Army. He addressed some of the critical issues his people face and informed them of his plans to remedy these as quickly as possible.

"We are suffering from this [lack of food and medical supplies] because most of the truck drivers carrying these supplies refuse to enter the city," Najem Adbullah Al-Jabouri said in response to a question during the conference. "They worry about



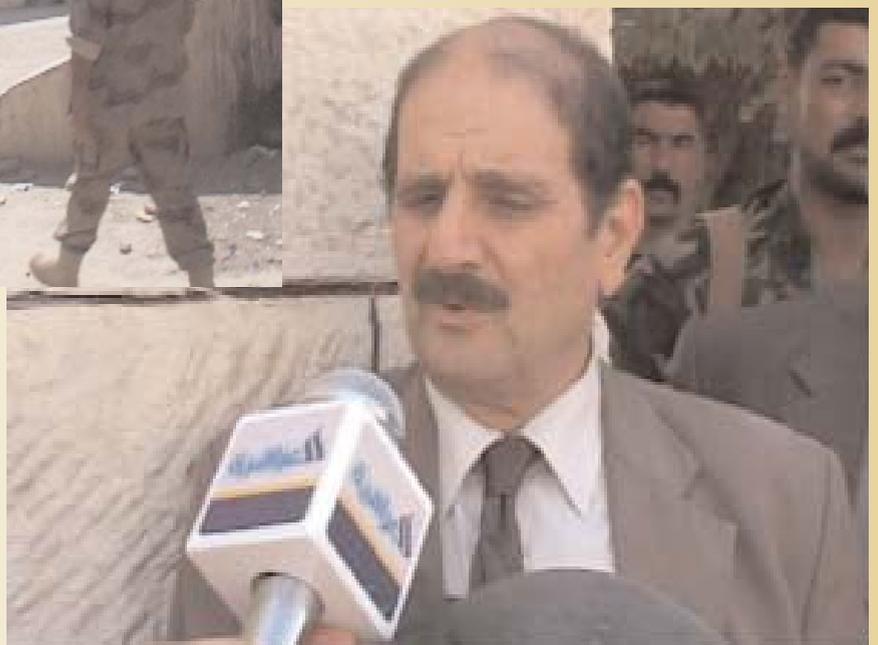
the security situation and possible [Improvised Explosive Devices] placed along the road ways. We are working with the Multi-National Force and the 3rd Division Iraqi Army to rid all the dangers [caused by the insurgency]."

Since ridding the area of any Anti-Iraqi Forces, many Iraqi families still have not been allowed to return to their homes. The mayor assured his citizens that he had a plan for everyone to come home and return to their lives.

"God willing; the families are expected to come back to their houses on Tuesday, September 20, 2005," said Najem Adbullah Al-Jabouri. "This is an official statement for all the people to return to the city."



**Top Right: Najem Adbullah Al-Jabouri, Tal Afar Mayor, talks to the press about the rebuilding of Tal Afar. Above: IA and Coalition Soldiers take a tour of some of the reconstruction projects. Right: Duraid Kashmoula, Governor of the Ninevah province talks about some of Al-Jabouri's projects.**



# Forward Aid Station Saves Lives on Front Lines

Story Sgt. Daniel W. Lucas, photo courtesy of 25th ID

**T**AL AFAR, Iraq – Since World War II, Soldiers have learned the importance of keeping their medics close. The 3rd Armored Cavalry Regiment (ACR) has taken that lesson to heed as they tackle the insurgency in the city of Tal Afar.

“The farther forward the aid station is and the more advanced care they can provide, the better it is for the Soldiers,” said Maj. Roger L. Gelprin, Provost Doctor, 3rd ACR. “We are as forward as we are allowed to go, right behind the front lines.”

The Soldiers face insurgent snipers, improvised explosive devices, rocket propelled grenades, and small arms fire. But for the Soldiers of the 3rd Armored Cavalry Regiment ACR, they can rest easy knowing they are in the good hands of the physicians and medics at the Forward Aid Station close by.

“The cavalry moves around a lot,” said Gelprin. “They are a highly mobile and highly lethal unit, and they take their medics with them. For us, it’s all about taking care of the Soldiers. We will go anywhere and do anything to bring everyone back home.”

For these medics, it meant turning a dirty, abandoned building into a functioning aid station. They started after dark and worked well after midnight to clean the area and prepare the rooms to receive patients.

“We unloaded both our vehicles and surveyed several of the surrounding buildings that might suit our purpose,” said Lt.

Col. Armon Imbriglio, a physician’s assistant from the New York Air National Guard that volunteered to help the 3rd ACR aid station.

“After we picked one, we cleaned the building, setup a trauma room, casualty collection point, and setup the trauma bags and medicines. After we decided where our living quarters were going to be, we got to work,” he said

The medics not only cater to the Coalition

Forces, they also take care of the wounded natives of Tal Afar who were attacked by terrorists inhabiting their city.

“A young boy was shot in the leg by a [terrorist] sniper in the town,” said Imbriglio. “He was brought here and his wounds were taken care of. One of the best things we can do is help the children of Iraq. We are breaking the cycle of hate and showing the future of Iraq, we are here to help.”

Before Imbriglio moved to Tal Afar, he was the commander of the troop medics and ran the Combat Life Saver course and the medic course in Al Kasik. He volunteered to join the team at the aid station to do the most good that he could do.

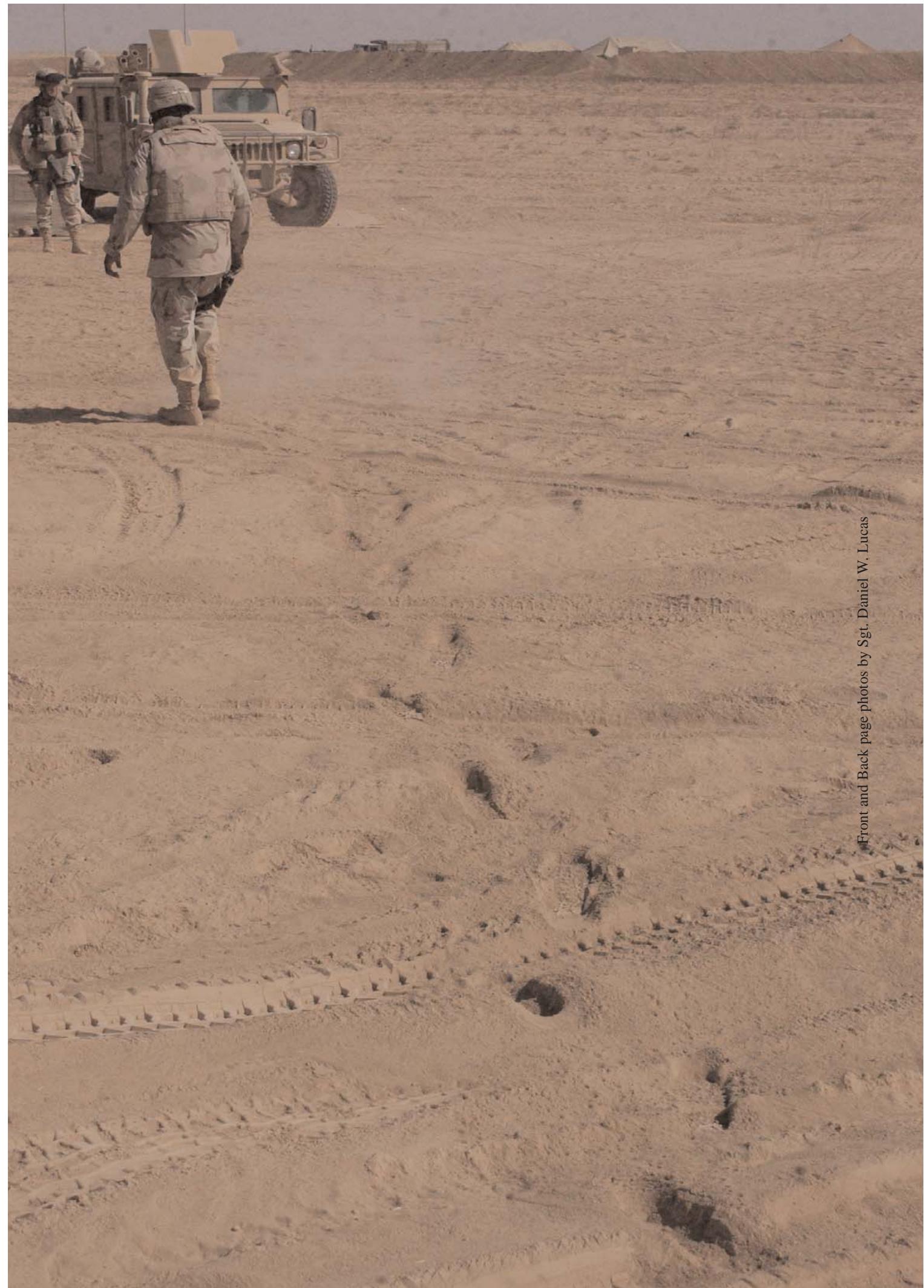
“I found out about the operation and figured I could do more good out here,” said Imbriglio. “I know my knowledge and experience as a surgical physician’s assistant could help out.”

Almost more than his medical experience, his attitude helps the medics, Soldiers, and civilians alike.

“[The Coalition and Iraqi Forces] will win back the freedom of Iraq. We can’t let the terrorist win. They can’t be allowed to carry on their destructive plan to destroy the good,” said Imbriglio. “I’m here for the Coalition Soldiers and the people of Iraq. I’m here for my friend, who died in the attack on 9/11. I’m here for New Yorkers. I am here to make a difference.”



The Freedom Post



Front and Back page photos by Sgt. Daniel W. Lucas