

CORRA



STRIKE!

VOL. I, ISSUE II

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TAKING CHARGE



5th Brigade, 6th Iraqi Division in the lead

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Battle space Handover - -pg.6



Black History Month--pg.16



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COVER PHOTO: Iraqi Army soldier maintains watch in his guard shack overlooking a sector in Baghdad's Karradah District. (U.S. Army photo by Pfc. Jason Dangel)



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COBRA⁶ on POINT

Leaders, Soldiers and our Cobra Family members back home,

Recently, Iraq has faced tremendous adversity and the Iraqi people continue to prevail. Now more than ever, we must stand with a united Iraq. In spite of the setbacks, we have made even more progress this past month, and look forward to continuing our mission at hand.

The government, the Iraqi Security Forces and most of all, the citizens of Iraq have made a steadfast declaration against sectarian strife and fear by choosing peace over violence. I see the tide continuing to turn in our favor as we rely more and more on the capabilities of the Iraqis to eradicate terror.

Under the direction of the Iraqi Government, the Iraqi Security Forces have proven again to be unwavering and determined to protect and to serve. The Iraqi Army and the Iraqi Police are

working very hard to secure peace and enable the political process to move forward in a secure manner. As our combined forces continue to grow, we will follow the Iraqi lead to defeat the enemies of a free Iraq.

In the last month, we have really seen Iraqis taking charge. The Iraqi Army's 5th Brigade, 6th Division made a great step forward in securing the future of Iraq by taking responsibility for security operations in and around the International Zone in Baghdad. The 5th Brigade is a tough, well-trained and well-led unit and is in the lead.

With 60% of Baghdad's security in control of the Iraqi forces and the upcoming seating of the Council Representatives, our mission remains the same.

Thanks to the efforts of the ISF to keep this nation secure, and the Iraqi citizens who continue to demonstrate their

resiliency and hope for a brighter future for Iraq, we will continue to follow the Iraqi lead.

Thanks to the unwavering support of our family and friends back home, our Soldiers are inspired and able to serve proudly while keeping the mission in focus. I appreciate the continuous efforts of our Family Readiness Groups taking care of each other back home. Knowing our families are okay helps us to stay strong in the fight.



Col. Michael F. Beech

COBRA STRIKE!

F*R*O*M THE F*R*O*N*T

By the time this edition of the *Cobra Strike!* hits the newsstands we will have been here more than 90 days. For some of you, the time may have moved along rapidly; for others, it may have seemed to chug along. All in all, the days behind us have been quite productive. I have observed you perform your duties in the motor pool, dining facility, entry control points, on log missions, movement missions, patrol missions and medical missions, and I must say you are accomplishing the task most efficiently. You have been professional, sharp, and quite frankly, you've been on your game! These actions can only be attributed to the rigorous training that we readily embraced over the past year and the outstanding performance of our Junior Leadership (Lieutenants, Staff Sergeants, and Sergeants). These individuals are at the tip of the spear making things happen everyday, and I stand in awe of your performance. Given the mission, guidance and the empowerment to execute, you have stepped up to the plate and made each difficult task seem easy—you amaze me!

In light of our successes, I must still caution our leaders that challenges are still ahead. The first quarter of this tour saw us in a new mission, new environment, and very attentive and alert under mild weather conditions. In the coming months,



Command Sgt. Maj. John E. Moody, Jr.

as the thermostat begins to rise, I implore each of you to start preparing those under your leadership for the days ahead when hydration will be vital—more water and less carbonated beverages. It is also a very common part of the human nature to become complacent once familiarity sets in. There is nothing familiar around here!! Being complacent will cause us to lose our razor sharp edge. Being complacent will cost! Junior leaders, continue to enforce discipline and strict adherence to the standards which will assist our soldiers in staying focused and safe.

Discipline - FM 7-7.22 states, "If leadership is the lifeblood of the army then discipline is its heart. Discipline isn't just responding to orders or imposing punishment for infractions it is something Soldiers and leaders build together. It means doing what is right even when the boss isn't watching. A unit is best seen as collection of individuals who must put aside their personal interests, concerns and fears to pursue the purpose of the group." There is no doubt what our purpose is here—to assist the Iraqi people in forming a stable government and help the country become more secure.

Discipline in all things!

Cobra 7



Iraqi NCOs take lead in training

Cobra MiTT teams focus on building Iraqi NCO Corps

Photo by U.S. Army Pfc. Jason Dangel

An Iraqi Soldier from 1st Battalion, 5th Brigade, 6th Iraqi Army Division pulls guard at a small media station in the Karradah District in central Baghdad.

Story by Pfc. Jason Dangel

Minutes away from the Karradah District in Central Baghdad, Iraqi soldiers operate independently at a forward operating base, working to secure the city from terrorists.

Home to roughly 1000 Iraqi Army Soldiers, FOB Honor is where the Iraqi jundi, or soldiers, take training to the next level with help from the tactical trainers of the 4th Brigade Combat Team, 4th Infantry Division.

"Our mission is to develop a self-sufficient, self-sustaining, and defensive capable Army for Iraq," said 1st Sgt. Michael Welborn, Company B, 1st Battalion, 12th Infantry, 4th BCT, and 1st Battalion, 5th Brigade, 6th Division Military Integrated Transitional Team noncommissioned officer-in-charge.

"This mission is greatly important," the native of La Grange, Ga. explained. "For us to transition out of the role we're in, not just as a MiTT team, but as an army, we have to develop these units so they can take over

Infantry Division successfully trained the 5th Bde. jundi to a level similar to what U.S. Army Soldiers know as basic training.

"When we first arrived, all the Iraqi Soldiers were basically on the same level,"



Photo by U.S. Army Pfc. Jason Dangel

Iraqi Soldiers, or Jundi, armed with automatic weapons can be seen staffing OP's and various checkpoints in Baghdad day and night, securing the city from terrorists.

our sectors and efficiently secure their own country." Prior to the Cobra Brigade arriving in Baghdad, members of the 4th BCT, 3rd

Welborn said. "We used our first 40-45 days to assess where exactly they were at in terms of operational capabilities, and then in turn

came up with a plan of action," he said.

As the Iraqi brigade continues to evolve into a highly capable fighting force, members of the "Cobra" MiTT teams focus on building a strong Iraqi NCO Corps and improving leadership abilities in the unit, said Staff Sgt. Seth Thomas, infantry squad leader, Co B, 1-12 Inf., and 1st Bn. MiTT Maintenance NCOIC.

"Right now our main concern is getting the NCOs to take a leadership role within their units," he explained. One of the biggest challenges the MiTT faces is figuring out how to bridge the cultural gap between the two forces.

In the old Iraqi Army, for instance, officers and senior enlisted personnel routinely abused their power and distanced themselves from their subordinates, said Thomas. Leading by exam-



Maj. William McClary, MiTT Chief for the 1st Battalion, 5th Brigade, 6th Iraqi Army Division, discusses operations with Iraqi Soldiers at a small media station in the Karradah District in central Baghdad March 3.

Photo by U.S. Army Pfc. Jason Dangel

ple was a foreign idea to most men in a position of power.

With this in mind, leaders of the 1st Bn. MiTT have developed a new phase of training for the Iraqi NCO. For the first time in the new Iraqi Army, Iraqi NCOs will conduct a 41-day training cycle, which is scheduled to start this month, said Welborn.

The training is aimed to improve Soldiering skills at the individual, squad, platoon and company levels. The instruction will place emphasis on leadership and discipline, he explained. The leadership training the Iraqi NCOs receive is modeled after the U.S. Army system, but is tailored specifically for the Iraqi Army, said Thomas.

"We are teaching them the basic leadership skills, so they can turn around and teach their own Soldiers, explained the Senora, Calif.-native. "(U.S. Army Sergeants) can't go out there

and train an Iraqi noncommissioned officer's Soldier, that would be setting the wrong example,"

"If their own NCOs train their junior Soldiers, they will look up to them as lead

only thing the Cobra MiTT is concerned with as they continue to ensure the success of the 5th Bde.

Another issue the transition teams work to fix is admin

tions that focus on administrating areas such as personnel, intelligence, logistics and communications, but problems do still exist.

While organizing its efforts, the division deals with unpredictable electricity, limited Internet connection and other technological barriers.

Welborn said there have been problems with pay and promotions among the ranks, but with new systems recently implemented into administration sections, these problems are now fixed.

Iraqi jundi deal with these obstacles in stride since they have customarily logged all of their plans and logistics with pens and paper, but the new systems will help to bring the unit up to speed, Welborn said.



Photo by U.S. Army Pfc. Jason Dangel

An Iraqi Soldier from 5th Brigade, 6th Iraqi Army Division stands guard at the gate of Forward Operating Base Honor, located in the International Zone in central Baghdad. The 5th Bde., took control of FOB Honor during transfer of authority ceremony with the 4th Brigade Combat Team, 4th Infantry Division and recently obtained its own battle space Feb. 20.

ers and subject matter experts, basically making them more self-sufficient," he said.

Iraqi leadership is not the

istrative capabilities within Iraqi staff sections, Welborn said. The Cobra MiTT has helped restructure the brigade into separate sec-

Iraqis in the L-E-A-D



Photo by U.S. Army Pfc. Jason Dangel

Soldiers from the 3rd Battalion, 5th Brigade, 6th Iraqi Army Division march during a pass in review at the battle space transition of authority ceremony between the 4th Brigade Combat Team, 4th Infantry Division, and the 5th Bde., 6th IAD., at Forward Operating Base Honor Feb. 20.

Story by Pfc. Jason Dangel

The 5th Brigade, 6th Iraqi Army Division, took assumed responsibility for the battle space areas in central and southern Baghdad during a battle space transfer of authority ceremony from 4th Brigade Combat Team, 4th Infantry Division, at Forward Operating Base Honor Feb. 20.

The ceremony took place after many months of training and joint missions between the two units, in which the Soldiers of the 4th BCT assisted the soldiers of 5th Brigade in preparation to assume the battle space inside and around the International Zone.

Col Mohammed Wasif, the 5th Brigade commander, accepted responsibility from Col. Michael Beech, the 4th BCT commander, as his unit became the latest Iraqi unit to gain control of its own battle space.

"This brigade has trained hard, and we are ready for the mission," Mohammed said to the crowd of spectators. "We promised God and the Government that we will remain loyal Soldiers, defending the borders of this country."

The battle space changeover marks the unrelenting progress in the Iraqi Security Forces' capabilities.

"This event sends a clear message to those who wish to disrupt or doubt the successful future of Iraq," Beech said. "As our combined forces continue to grow, we will follow

the Iraqi lead as they continue to keep the pressure on the enemies of a free Iraq."

Beech said he remains optimistic about the new transition. The Iraqi army is now responsible for the security of nearly 60 percent of the Baghdad area. This is important in light of the fact the country is preparing for the upcoming



U.S. Army Photo by Pfc. Jason Dangel

The 5th Brigade, 6th Iraqi Division stands outside Forward Operating Base Honor symbolizing the continuous progression of Iraqi Security Forces. The 5th Bde. assumed command of Battle space in Central Baghdad during a ceremony Feb. 20.

"We are proud to continue combined operations as Allies and to support the success of the 5th brigade."

Currently, the 6th Iraqi Division is responsible for all the battle space in Baghdad. The 5th Brigade's area of operations covers approximately 73 square kilometers of the city.

The brigade's three battalions will primarily operate inside the International Zone and the Karradah Peninsula. The ISF will be responsible for running various checkpoints in the area of operations.

"The responsibility of our Army is to protect this country and it's people," said Maj. Gen. Mubdar Hatim Hazya Al-

Duleimi, commanding general, 6th IAD, "and because of the bravery of our Armed Forces that sacrifice themselves on a daily basis, the amount of insurgent activity will continue to decrease."

Arriving in December, the 4th BCT, working as part of the Multi-National Division - Baghdad, relinquished control of Forward Operating Base Honor to its Iraqi counterparts Jan. 31.

The battle space transition marks the continued progress of ISF as it fights to secure the country for its people.



(LEFT) An Iraqi gunner from the Iraqi Army's 5th Brigade, 6th Iraqi Army Division mans the turret of an up-armored humvee during the brigade's battle space transition of authority ceremony with the 4th Brigade Combat Team, 4th Infantry Division, at Forward Operating Base Honor Feb. 20
(BELOW) Col. Mohammed Wasif, commander, 5th Bde., 6th Iraqi Army Div., addresses his troops during a battle space transition of authority ceremony with the 4th BCT, 4th Inf. Div. Feb. 20.

Photo by U.S. Army Pfc. Jason Dangel



Photo by U.S. Army Pfc. Jason Dangel

Soldiers receive

CAB

Story by Pfc. Jason Dangel

Nine Soldiers from the 4th Brigade Combat Team, 4th Infantry Division were awarded Combat Action Badges by the Vice Chief of Staff of the Army General Richard Cody in an awards ceremony at Forward Operating Base Liberty Feb. 13.

The Combat Action Badge is a direct reflection of the changes the Army is going through in the 21st Century, said Cody.

"The Chief of Staff of the Army recognized that this is a 360-degree battle space, and every Soldier has to defend themselves, defend their buddies, as well as react to contact and do the right thing," he said.

Award Recipients are; Sgt. Gregory Thomson, Headquarters and Headquarters Company, 4th BCT, Sgt. Jonathan Johnson, HHC, 4th Special Troops Battalion, Sgt. Alvro Razo-Garcia, Company A, 704th Support Battalion, Sgt. Juan Rivera, Co A, 704th SB, Sgt. Michelle White, HHC, 704th SB, Spc. Alexander Faiive, HHC, 4th BCT, Spc. Termaine Poitis, Co A, Pfc. Neil Cotham, HHC, 4th

BCT and Pvt. Karah Cox, Co F, 2nd Battalion, 506th Infantry Regiment, 101st

where hostile pay or imminent danger pay is sanc

360-degree battlefield, just like General Cody said. It's great to be recognized for that," he said

Cotham was involved in an Improvised Explosive Device attack on Jan. 16 where three of his fellow Soldiers had to be medically evacuated.

The second vehicle in his convoy was struck by the IED, which destroyed the vehicle and turned it on its side.

The gunner, driver and a passenger were injured in the blast.

Cotham, along with Thomson and Faiive, who were also involved in the same incident, all received CAB's for their service.



Photo by U.S. Army Pfc. Jason Dangel

Vice Chief of Staff of the Army General Richard Cody addresses a group of Soldiers before presenting them the Combat Action Badge at FOB Liberty Feb 13.

Airborne Division.

"On behalf of our chief it is a great honor to be able to present the Combat Action Badge to each of you. Your nation is proud of you," he said to the formation of Soldiers amassed in front of him.

The Chief of Staff of the Army approved the Combat Action Badge in 2004 in an effort to recognize all Soldiers engaged in battles all over the globe.

The CAB may be awarded to any branch of service and/or military occupation

tioned, who is personally present and is actively engaging or being engaged by the enemy, and performing adequately in accordance with the Rules of Engagement.

"It's great to get recognition for a none-combat Soldier like myself, a mechanic, to be receiving an award like this," said Pfc. Neil Cotham, command group personal security detachment, HHC, 4th BCT, 4th Inf. Div.

"All Soldiers are put in harms way, and today is a



Photo by Pfc. Jason Dangel

The Vice Chief of Staff of the Army General Richard Cody pins Pfc. Neil Cotham HHC, 4th BCT with a Combat Action Badge.

GEORGIAN ALLIES keep IZ, Task Force Cobra safe



21st Georgian Light Infantry Battalion is Task Force Cobra's Coalition Partner in the War on Terrorism

Story and design by Sgt. 1st Class Aleksander Lagurashvili
21st Georgian Light Infantry Bn.

Georgian Armed Forces are in the process of reconstruction, and at the base of this effort are the young battalions, ready to face the difficulties in building a new democratic country.

Under the name of "Upper Imereti's Combat Team," the 21st Georgian Light Infantry Battalion, operating with the 4th Brigade Combat Team, 4th Infantry Division, was founded as a subordinate unit of the Georgian National Guard Corps May 13, 1990. From '90-'93, the battalion was involved in military operations for Georgia's territory, working against Abkhazian and Ossetian separatists. In 1992, the 21st Bn. was renamed as Besik Kutateladze's 16th Special Mountaineering Bn.

During April of 2004, a company from the battalion participated in peace support operations for Operation Iraqi Freedom, and by August 2004, one platoon was deployed to Afghanistan to take part in peace support operations. Simultaneously that month, the remaining 16th SM Bn., was deployed to fulfill peacekeeping mis-

sions in Tskhinvali region.

It was during this time the battalion, became a subordinate unit of the 21st Inf. Bn., which is currently deployed in its entirety to Iraq to take part in United Nations' mission support operations.

The 21st Bn. is currently deployed to the International Zone in Baghdad, Iraq and provides IZ Security with the 4th BCT's 1st Battalion, 12th Infantry.

Georgian soldiers fulfill their missions successfully guarding two primary checkpoints within the "Green Zone" and other primary areas in Baghdad.

"By providing security in the International Zone, Georgian soldiers have been executing their mission since September," said Capt. Nikoloz Nemsitsveridze, commander, 21st Georgian Light Inf. Bn., "and we are proud that we are doing our bit in creating a new Iraqi state

while assisting the Iraqi nation to have a peaceful future."

As five months have passed, the 21st Georgian Light Inf. Bn. is prepared for another Georgian unit to take over its responsibilities.

The Georgian soldiers are ready to leave, as they are waiting upon this day with joy. Some of them miss their parents, spouses, and children; and some of them, simply miss their motherland.

The light infantry soldiers are in a hurry to fly back to their country; although, they continue to accomplish their task with high level of responsibility.

During their leisure time, they also like to take part in different type of competition; as everyone in IZ knows, the 21st has an unbeaten football, or soccer, team.

There are some new missions, which 21st Bn., will have, when they get return to Georgia, where they will use their experience, obtained in Iraq, to execute these new missions.

The new tasks might prove to be more difficult than their current mission, but the 21st isn't afraid and will improve their knowledge and professionalism with training.



The Definitive GEORGIA

Georgia occupies the Central and Eastern parts of the Caucasus. In ancient Roman sources it is called Iberia. Its neighbor countries are the Russian Federation (in the North), Azerbaijan (in the East), Armenia (in the South), Turkey (in the South-East) and Western part of the country is washed by the Black Sea.

Some may associate the Caucasus with the dove which Noah released from his ark during the flood. It reached Mount Ararat and when it returned with an olive branch in its beak Noah understood that peace had come to the world. Together with his family and all living things he left the ark. If your mind is open to the

world of myths, imagine the great Titan chained to one of these mountain faces, punished for bringing fire to humanity. Others may recall the Golden Fleece stolen from the kingdom of Colchis by Jason with the aid of the king's daughter Medea, who was then taken to Greece together with Jason's Argonauts.

In 337 A.D., Georgia officially adopted Christianity

The Georgian Language is the state language of Georgia. The Georgian alphabet is among the 14 existing ones throughout the world. The Georgian language belongs to the Kartvelian group of the Iberian-Caucasian language and is one of the oldest living languages of the world.

COBRA RESPONDER



U.S. Army Photo by Pfc. Jason Dangel

Pvt. Michael Luna, medic, HHC, 1-12 Inf. allows Cobra Soldiers to insert a nasal airway tube during a Cobra Responder Course at FOB Prosperity Feb. 16.

Story by Pfc. Jason Dangel

It has been well documented in the theatre of war that the "golden hour," which is the first 60 minutes post injury, is vital to saving the life of Soldiers.

This treatment is imperative when time and distance limit proficient casualty evacuation, and in an effort to better train Soldiers in immediate life saving techniques the 4th Brigade Combat Team, 4th Infantry Division now offers a medical class called Cobra Responder.

The two-day course is similar to the Combat Lifesaver Course and is designed to teach Soldiers essential lifesaving skills specific to the current combat environment in Iraq.

"This class is specifically designed to teach Soldiers basic trauma care on the battlefield," explained lead course instructor, Pvt. Michael Luna, medic, Headquarters and Headquarters Company, 1st Battalion, 12th Infantry, 4th BCT, 4th Inf. Div.

"Every minute counts, and if these guys can recognize and stabilize wounds quickly, the chance the casualty will live is very high," Luna said, a native of San Antonio, Texas.

Cobra Responder is a link in the military chain of survival between buddy and self first aid and the platoon medic, who is a fully qualified medical professional, he said.

The course trains Soldiers in immediate emergency first aid and reviews lifesaving techniques previously learned in CLS such as rescue breathing, evaluating a casualty, heat and

cold weather injuries, splinting broken limbs, and burn treatment.

In addition, Soldiers are also taught how to correctly extract a casualty from a vehicle, identify and treat tension pneumothorax (a condition in which the chest becomes filled with fluid and/or air), various techniques to stop hemorrhaging as well as performing a nine-line medical evacuation.

On day one, Soldiers spend time in the classroom reviewing medical terms and techniques, and on day two, they get the chance to assess different hands-on scenarios.

"When we get to the hands-on segment of the class, everything learned in the classroom comes together," said instructor Spc. Timothy Hilinski, HHC, 1st Bn. 12th Inf., 4th BCT, a native of Cleveland, Ohio.

During the scenario portion of the class Soldiers can expect to receive training in tactical field care, or the ability to properly assess a casualty while under fire without further injuring the Soldier or themselves.

Each scenario is modeled after what Soldiers may encounter while in Iraq.

Luna said even though Soldiers are taught many life saving techniques, instructors heavily emphasize management of severe bleeding and the ability to treat casualties efficiently.

Class participant, Pfc. Charles Johnson, radio transmissions operator, HHC, 4th BCT, feels confident that after completing the Cobra Responder Course he will be better prepared to treat casualties on the battlefield.

"There's not always a medic on hand," Johnson explained. "It's good to know that if your buddy goes down you can give him some type of aid to maybe save his life," the Grayson, Ky.

According to Luna, today's combat environment has seen fewer casualties than previous wars due to the improved medical equipment and improved training of Soldiers on the front line.

Cobra Responder is considered a bare minimum for Soldiers who must provide first response to a call for help.

"We are giving these Soldiers the training necessary to help give qualified medics, doctors and surgeons the opportunity to save lives," said Luna.

"CLS was fine and dandy when we were in garrison and we weren't getting shot at," Luna explained. "But now that we're here in Iraq, Soldiers need to be trained for combat situations, and the answer is Cobra Responder."



U.S. Army Photo by Pfc. Jason Dangel

Pfc. Brian Carpenter, chemical operations specialist, 704th SB performs an intravenous injection.

UNSUNG HEROES

Since leaving Fort Hood, Texas, Pfc. Douglas Boswell, Company B, 4th Special Troops Battalion, 4th Brigade Combat Team. Upon arrival in Kuwait he wasted no time with installing and testing the FBCB2 navigation system for 4th BCT Brigade Vehicles. Due to his outstanding abilities he was chosen to convoy from Kuwait to Iraq. His attention to detail and high level of mental alertness allowed him and the team to quickly establish team cohesion and successfully and safely travel to Iraq.

Since his arrival in Baghdad he has continued to be a model for Soldiers. He has developed numerous ingenious solutions to problems he and his team



Pfc. Douglas Boswell, Co B, 4STB have faced. His tenacity and resourcefulness are the key to the Retrans/ENM team. In conclusion (in a message to his wife Melissa, and children Raschaud and Brianna) he stated he has been working our everyday and is thinking about going to the 2008 Olympics in Beijing to bring hom a medal in the

Pfc. Amanda Higdon, Headquarters and headquarters Company, 4th Brigade Combat Team, 4th Infantry Division relentlessly ensured lines of communication stayed open between the Red Cross and Soldiers from the Cobra Brigade. Acting on her own accord, Higdon took time out of everyday to call the Red Cross office to ensure Cobra families could be notified in case of and emergency. For her contribution to the she recieved a coin and a \$50.00 gift certificate from Red Cross officials from thier FOB Liberty Office in central Baghdad.

"On behalf of myself, because you have been a great asset to talk to and even before when we were going through the phone problems you made a real concerted effort to get in touch with us," Linda Bruckart, Red Cross Assistant Station Manager at Camp Liberty as she presented a token of appreciation to Higdon.

I think on behalf of the families and the Soldiers and everybody that was here you have been an asset."



Photo by Army 1st Sgt. Robert Leimer
Pfc. Amanda Higdon, HHC, 4BCT is congratulated by Linda Bruckhart, Red Cross at FOB Liberty.

2-506 SCOUTS NAB AIF MORTAR TEAM

Scouts from the 101st Airborne Division, currently attached to the 4th Infantry Division's Task Force Cobra scored big Feb. 14.

The Soldiers from the 2nd Battalion, 506th Infantry engaged an enemy mortar team, killing two terrorists and capturing an enemy 120mm mortar tube.

Waiting in a hide sight for more than 24 hours, the scout element achieved success after encountering an enemy mortar team responsible for harassing the area of operations during the last month.

"Those same guys have been working that whole zone for the last month,"

Ranker said. "It's very satisfying to finally get these guys, because we have been mortared a lot."

"I am very proud of them."

Col. Michael F. Beech, commander, 4th Brigade Combat Team, 4th Infantry

Division, surprised the squad with an unannounced visit to commend and reward the successful completion of the troops' mission.

The following Currahee Soldiers were awarded the



Photo by U.S. Army Staff Sgt. Brent Williams
Col. Mike Beech, commander, 4th BCT, 4th Inf. Div. awards Currahee Soldiers from the 101st Abn. Div.'s 2nd Bn., 506th Inf. the U.S. Army Commendation Medal with Valor Device.

U.S. Army Commendation Medal and a 4th Brigade Combat Team Coin for combat actions against the enemy Feb. 14:

- Staff Sgt. Jose Quiros, HHC, 2nd Bn., 506th Inf.
- Staff Sgt. Kelly Woodruff, HHC, 2nd Bn., 506th Inf.
- Sgt. David McNeil, HHC, 2nd Bn., 506th Inf.
- Spc. William Gillespie, HHC, 2nd Bn., 506th Inf.
- Spc. Eric Wrisley, HHC, 2nd Bn., 506th Inf.
- Pfc. Daniel Johnson, HHC, 2nd Bn., 506th Inf.
- Spc. Henry Ernest, HHC, 2nd Bn., 506th Inf.
- Pfc. Nicholas Barber, HHC, 2nd Bn., 506th Inf.

SPOT REPORT

(RIGHT) Staff Sgt. Jonathan Blue, brigade retention noncommissioned officer, 4th Brigade Combat Team, 4th Infantry Division, places the finishing touches on a "Army of One" mural in his office at Forward Operating Base Prosperity.



Photo by U.S. Army Pfc. Jason Dangel

(BELOW) An Iraqi martial arts expert exhibits his skill during the transfer of battle space ceremony between the 5th Brigade, 6th Iraqi Army Division and the 4th Brigade Combat Team, 4th Infantry Division, at Forward Operating Base Honor Feb. 20.

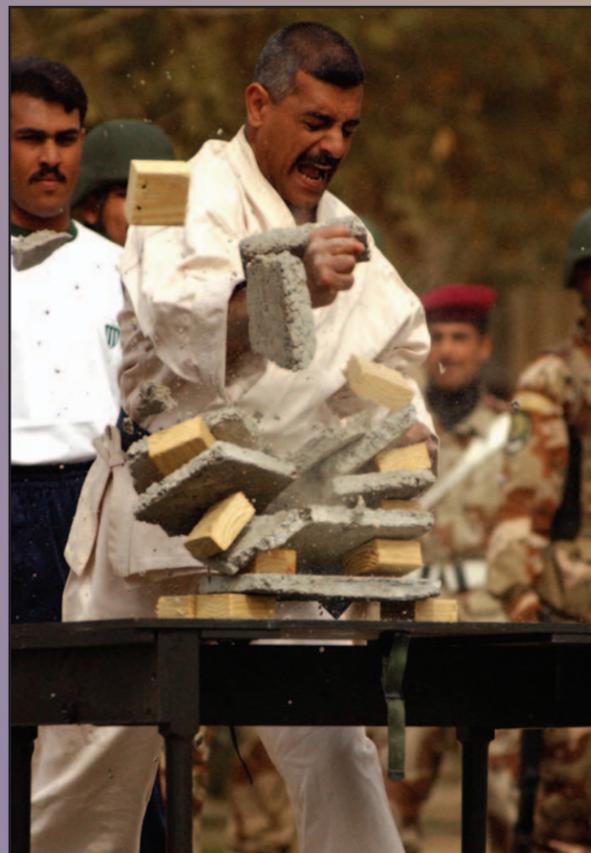


Photo by U.S. Army Pfc. Jason Dangel



Photo by U.S. Army Staff Sgt. Brent Williams

(LEFT) Pfc. Christopher MacDonald, infantryman, Headquarters and Headquarters Company, 4th Special Troops Battalion, 4th Brigade Combat Team pulls security from his turret during a site survey mission in a Al Dora neighborhood in southern Baghdad.

(BELOW) Sgt. Maj. Tammara Wipf, Company A, 425th Civil Affairs Bn., visits with a young Iraqi orphan girl during a civil affairs mission at the Salhiya Orphanage in the Karradah District in Central Baghdad.



Photo by U.S. Army Pfc. Jason Dangel



Photo by U.S. Army Staff Sgt. Brent Williams

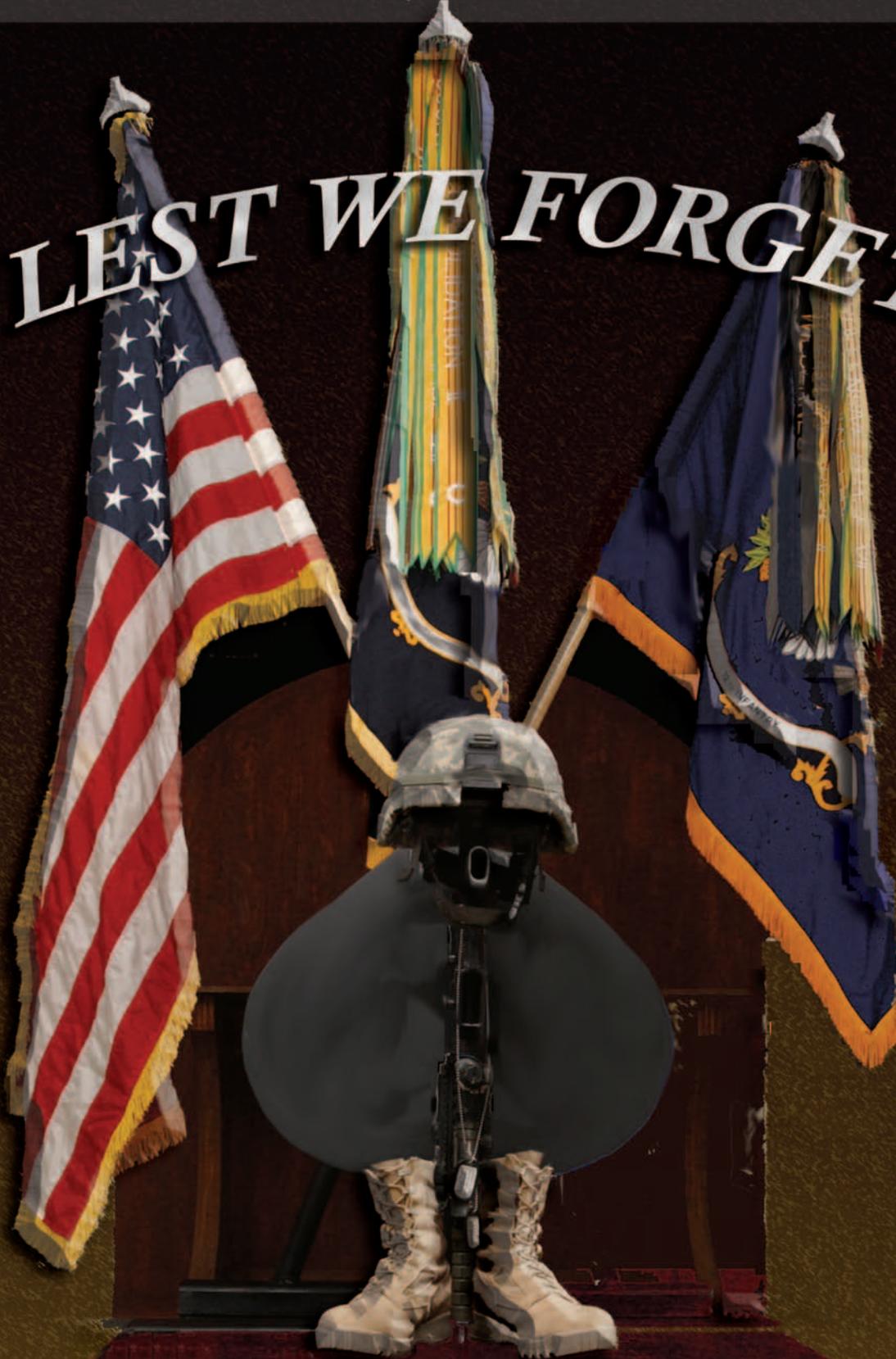
1st Lt. Nathan Hendrice, platoon leader, Co. A, 2-506th Inf., 101st ABN. Div. interviews Iraqi citizens during a mission in southern Baghdad.



Photo courtesy of 21st Georgian Light Infantry Bn.

Georgian Army Soldiers from the 21st Light Infantry Battalion conduct vehicle inspection at check point 18 in the International Zone in Central Baghdad. The Battalion is attached to the 4th Brigade Combat Team, 4th Infantry Division, and are responsible for check point security throughout the IZ.

LEST WE FORGET



*A better world shall emerge based on
faith and understanding
GEN Douglas MacArthur*

Cobra Soldiers remember friend, leader



Photo by U.S. Army Pfc. Jason Dangel
Capt. Rodney Morgan, company commander, Co. C, 1-12 Inf., 4th BCT, 4ID says farewell to Staff Sgt. Christopher Schornak at Forward Operating Base Falcon March 7.

Story by Pfc. Jason Dangel

March 7, 2006 was a day for remembrance as the Warriors of 1st Battalion, 12th Infantry, 4th Brigade Combat Team, 4th Infantry Division said farewell to a brother-in-arms at Forward Operating Base Falcon.

Staff Sgt. Christopher James Schornak of Marietta, Ga., assigned to Company C, 1st Bn., 12th Inf., attached to 2nd Battalion, 506th Infantry, 101st Airborne Division was remembered as a true leader, loyal to the army, who died fighting for his family, friends and country, said Lt. Col. Gregory Butts, commander, 2-506th Inf.

Schornak, 28, was killed in southern Baghdad Feb. 26 when he was struck by small arms fire while on patrol.

"Staff Sgt. Schornak's ultimate sacrifice is a painful reminder that the price of freedom is often measured in blood, sweat and tears shed by its protectors," Butts said during his goodbye to the young squad leader.

"As we continue our mission through the upcoming months, we will do so with his memory in our hearts. His dedication to duty, selfless service and courage will inspire us each day," he said.

Schornak's company commander, Capt. Rodney Morgan remembered his noncommissioned officer for his leadership skills and knowledge of Iraq's combat environment.

"From the second we first step foot in our company's sector, Staff Sgt. Schornak led his men safely and effec-

tively on patrol after patrol," Morgan explained.

"Regardless of what the enemy threw at the Comanches, he was able to see his men through. His knowledge and experience made him priceless to his peers."

Close friend and subordinate Sgt. Jerald W. Gragg, Co. C, 1-12 Inf.,



Photo by U.S. Army Pfc. Jason Dangel
Sgt. Jerald Gragg, Sgt. Francisco Quintana and Pfc. Anthony Henry, Co. C, 1-12 Inf. 4th BCT, 4ID bid farewell to a leader and friend at Forward Operating Base Falcon March 7.

said Schornak would not want people to grieve about his death; he would want them to carry on.

"I don't really have much to say," Gragg said as he choked back tears. "If you knew him you knew him, and if you didn't you didn't."

"I just have one thing I want to say to him," Gragg said as he bid farewell to his friend. "You bled for me, I'll bleed for you. You taught me, I'll teach for you. You led me, I'll lead for you. You fought for me, I'll fight for you. You die for me, I'll live for you. I love you

brother."

Pfc. Anthony Henry, Co. C, 1-12 Inf. recounted many great memories with his NCO and described him as a lovable person.

According to Henry, Schornak made friends quickly because of his sense of humor.

Schornak had a lot of influence on Soldiers of his platoon and many looked up to him as an older brother, the young Soldier explained.

"You couldn't help but to love him, from his goofy personality, the guidance he always gave, to his balding head," he said, smiling while tears dripped down his face.

Henry said his sergeant's memory will stay with him for the rest of his life.

"No matter what I do in life, whether it be Army or civilian, I will try to follow in his footsteps even though his footprints are too big to fill," he concluded. "I will see you again my brother."



Photo by U.S. Army Pfc. Jason Dangel
Dozens of Soldiers gather at the Steel Falcon Chapel to say goodbye to their fallen comrade at FOB Falcon.

Soldiers celebrate Black History Month at FOB Prosperity

Story by Pfc. Jason Dangel

The month of February is a time to celebrate the history of African-Americans in the United States. It is a time to recognize their continual contribution to society today, and perhaps more importantly, enable people of all races to understand a culture, which has been part of the country for more than 200 years.

Soldiers of the 4th Brigade Combat Team, 4th Infantry Division came together to commemorate Black History Month during a Forward Operating Base Prosperity Art Challenge and Open Microphone Night at the King Cobra Café Feb. 22.

The night's theme, "Reaching Out to the Youth: A Strategy for Excellence," featured various poems and artwork prepared by 4th BCT Soldiers deployed in support of Operation Iraqi Freedom to remember the struggles

and triumphs of blacks in American history.

Brigade Command Sergeant Major Command Sgt. Maj. John E Moody, Jr., said Black History Month gives everyone a chance to learn about black culture and remember what place it holds in American history.

"The reason we hold these observances is to recognize different cultures and learn from each other," said Moody, a native of Fort Lauderdale, Fla.

"You can be black, white, Hispanic or Asian and still enjoy Black History Month," he said.

Spc. Albert Dean, Headquarters and Headquarters Company, 4th Special Troops Battalion, 4th BCT and Mr. Luis Garza, an employee with Kellogg-Brown and Root competed during the Art Challenge with unique renditions

of their personal artwork.

Garza was the winner by a round of applause, and was awarded a certificate of appreciation and a gift card from the Army Air Force Exchange Service.

"My artwork is an expression of a child who has been separated from his parents," Garza explained.

"Right now we are separated from our families and it is important to remind them that we are always thinking about them."

"We must all remain strong during these times," he said.

Black History Month is a chance for any person from any race to join in the celebration of a unique culture, said Staff Sgt. Arthur Scott, Brigade Surgeon Noncommissioned Officer-in-Charge, 4th BCT.

Brigade command sergeant major Command Sgt. Maj. John Moody Jr., 4th Brigade Combat Team, 4th Inf. Div., presents an award to Luis Garza, Kellogg-Brown and Root billeting office employee, for winning the art challenge during a Black History Month celebration at the FOB Prosperity King Cobra Cafe Feb. 22.



Photo by U.S. Army Pfc. Jason Dangel



Photo by U.S. Army Pfc. Jason Dangel

Capt. Torrance Cleveland, brigade logistics officer, 4th Brigade Combat Team, 4th Infantry Division performs a song during Black History Month Open Microphone Night and Art Challenge at FOB Prosperity King Cobra Cafe.

Scott, a native of El Paso, Texas, said that there are many different cultures, and if people take the time to learn about one another, they would be able to negotiate ethnic barriers and further the progression of the nation as a united people.

According to Scott, everyone should learn their heritage, and be proud to be part of America.

"We should all take the time to learn where we came from and teach each others, and our children, the cultures of our ancestors," he said.

According to the Black History Month Association, blacks have been in America at least as far back as colonial times, it was not until the 20th Century that they gained a reputable presence in American History.

Dr. Carter G. Woodson started what is known today as Black History Month. Born to parents who were former slaves, he spent his youth working in the Kentucky coal mines and enrolled in high school at age twenty. He grad-

uated within two years, and later went on to earn a Ph.D. from Harvard.

The scholar was disturbed to find in his studies that history books largely overlooked the black American population. Woodson decided to take on the challenge of writing black Americans into the nation's history. He established the Association for the Study of Negro Life and History in 1915, and a year later founded the esteemed Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history.

Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the black American population, Frederick Douglas' and Abraham Lincoln.

Master Sgt. Eric Stewart, 4th BCT equal opportunity NCOIC, coordinated the event.



Black History Month Association Photo

Dr. Carter G. Woodson started what is known today as Black History Month. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history.

Cultural Notes: To work with Amrikions

Together we rebuild Iraq

Story by D. Saleeh

Since April 2003, Iraqis have been working together with their brothers and friends, the Americans. Despite the casualties from both sides, Iraqis and Americans, the Iraqi Forces are growing up, and the economy is growing with our friends supporting us.

After the liberation, Iraqis were looking for a new start in the new Iraq, and working with the U.S Army, we have a new job. This job is to rebuild Iraq and help the Iraqis have a better future. So during the last three years, there have been a lot of infrastructure projects accomplished, and the training of the Iraqi Forces was one of the main priorities.

But the Ba'athist and the insurgents don't like the new situation, so the new Iraqi government must fight to defend us, and the U.S. Army is backing up the Iraqi Forces.

For instance, there is an Iraqi, working with Company B, 1st Battalion, 12th Infantry, 4th Brigade Combat Team. He has been working with the U.S. Forces since 2004. He says that he has worked with many units and has seen the difference and the progress made in the security in this country. It is evident, he said, as the Iraqi Forces are taking over the sectors around the International Zone, and the Iraqi Army is doing more patrols than the U.S. Army.

Almost three to one to be precise, because the Iraqi Security Forces are doing so good.

He has worked in Haifa Street with 1st Cavalry, while it was very dangerous to work there, but he could care less because he believes that he is serving his country when he works with the U.S. Army.

He adds that we become close friends with the Soldiers with whom we serve.

It is evident in the Iraqi food we bring, and we eat together just like one family.

Yet despite his closeness with the American Forces, when asked if he would like to leave the country, he says that he would rather stay here and rebuild his country.

I am one those Iraqis who works with the U.S. In my time, I have worked with many units to include the 3rd Infantry Division, 1st Cavalry Division and now the 4th Infantry Division, as we have helped a lot of poor people, and worked to rehabilitate schools, Mosques, streets, sewer stations, and etc.

During this time, nobody asked me if I am a Muslim, a Christian, a Sunni or a Shiite; and I learned a lot of things. I have learned to treat human beings as a human.

To work with the U.S. Army makes us, as Iraqis feel happy because we are serving our country and are working on good relationships with people who come from different countries and have different cultures.

SECTARIAN VIOLENCE IN THE NEW IRAQ

Story by Sammy Waheed

The most dangerous thing that has happened since the coalition forces took over Iraq is the sectarian violence, which now represents a significant case in the International society and current events in Iraq.

First, it's a matter of must to talk about the historical sectarian background in Iraq.

Islamic society is divided into two sects (Sunni and Shiite). Sunnis led Iraq for a long time even despite the fact that Shiite Iraqis represent the majority in Iraq. Many Shiite Iraqis consider that as iniquitousness.

Shiite Iraqis believe this because Saddam's regime basically was the last leadership of the Sunnis in Iraq, and the result of this regime was the sectarian discrimination ideology, because Ba'ath Party was

supporting the Sunnis and marginalizing the Shiite.

After Saddam's regime had gone, with the entering of the coalition forces in Iraq, the Shiite were returned a lot of their rights, the most important right was ability to vote for a new government.

Consequently, this has resulted in the taking over on the national authority, which has led to the increase of the sectarian hatred between the two denominations by motivating some religious extremists and members of Al Qaeda who are supported by Saddam's followers.

Iraqi Shiite Ali Mohammed Abaas, a 24-year old student in the College of Engineering, thinks that the sectarian discrimination has begun since the starting of Saddam's regime,

but it wasn't seen in Iraq, because the whole authority belonged to the Ba'ath Party.

After the coalition forces had taken over Iraq and the Shiite participation in the Iraqi government, the infidels and former regime loyalists began to agitate the disturbance between the sects in Iraq for religious and political reasons.

Abaas, like many, believes that federalism in the Iraqi government is the best solution to avoid the sectarian war, because the federalism wouldn't give the whole power or authority to one particular sect like in Saddam's regime.

Instead, the federalism would give each province the right to have its own laws, and all provinces would belong to a central government.

Omar Firas Ahmed, a 32-year

old teacher in one of the high schools in Baghdad, thinks that the sectarian violence, like that recently experienced in Al Doura community of Baghdad, would eventually spark the flames of a civil war.

He feels that governments of the neighboring countries are trying to drive Iraqis into sectarian war in order to prove to the world that any dictatorial regime in the Middle East shouldn't be replaced.

Instead, said Omar, the religious leaders from both sects have prevented the situation by calling for peace..

This is just the beginning of their roles as leaders. Omar believes that the religious men and tribal leaders in Iraq will have an important part in leading Iraqis to maintain peace within the society.

SAFETY FIRST!

WEAPONS CLEARING BARREL PROCEDURES

M16 RIFLE/M4 CARBINE
M9 PISTOL

Point weapon into clearing barrel for all steps.

1. Remove the magazine from the weapon.
2. Place the weapon on "safe."
3. Lock the bolt/slide to the rear.
4. Visually inspect the chamber/remove any ammunition.
5. Let the bolt/slide go forward.
6. Place the weapon on "fire."

For M16/M4:

8. Charge the weapon.
9. Place the weapon on "safe."



Photo by U.S. Army Pfc. Jason Dangel

Forward observers from Troop C, 8th Squadron, 10th Cavalry clear their weapons upon entering the front gate at FOB Prosperity. Every FOB uses clearing barrels tactically placed for the safety and convenience of Soldiers.

For M9:

8. Place the weapon on "safe."
9. Return the weapon to holster.

We follow MNC-I Weapons Clearing Procedures:

Trigger pull is part of procedure - read the instructions

Two person rule - mandatory for clearing

Leader supervises clearing:

Soldier hands magazine to leader

Both verify and announce chamber "CLEAR"

Leader reloads ejected round in the magazine

Muzzle Discipline - always pointed in safe direction

Always treat your weapon as if it were loaded

Selector switch on "Safe" until you are going to fire

Finger on the trigger only if you are going to fire

Negligent Discharges can KILL or MAIM:

TAKE YOUR TIME CLEARING & DO IT RIGHT!

Cobra & REAR-D

the VTC



Photo by U.S. Army Staff Sgt. Brent Williams

Col. Michael Beech, commander, 4th BCT, 4ID speaks through a digital camera during a live video teleconference with the command of the brigades rear detachment and FRG Feb. 21.

Story by Staff Sgt. Brent Williams

Connecting real time with the Brigade Rear Commander Maj. Pete Stanonik and First Sgt. Peter Rocha, Cobra Commander Col. Michael F. Beech, 4th Brigade Combat Team, addressed the detachments located at Fort Hood, Texas, providing the group an overall picture of the task force's current operations.

Broadcasting from Forward Operating Base Prosperity, Feb. 20, the 4th BCT command group congratulated and thanked its "Rear-D" and the Family Readiness Centers at home, Fort Hood, Texas, using a live feed via a video teleconference.

"All the hard work you did before the deployment has paid off 100-fold, so the brigade can focus on its mission here on the ground," Beech told the heads of the brigade rear detachment and family readiness group. "We appreciate particularly everything you have done for the families of our fallen heroes the last two months. The caring and the compassion showed to our families were nothing short of superb."

Fifty-one Soldiers dedicated to supporting the brigade,

currently deployed in support of Operation Iraqi Freedom, the Cobra Rear-D has several essential tasks, said Stanonik, but none as important as serving as a bridge for communications with family members.

Providing timely and accurate communication to families of deployed Soldiers, empowers everyone to endure the separation of a deployment, he explained.

"Soldiers can concentrate on their mission forward, confident their family members are equipped with the knowledge and connected to caring leaders who have access to a variety of resources and ways to assist during the sometimes difficult situations that can occur during the deployment of their loved one," he said.

The Rear-D's other essential tasks, said Stanonik, include integrating, training, equipping and deploying newly arrived Soldiers to their forward units; assisting the unit and its family members through crisis situations, processing Soldiers leaving the Army, and maintaining equipment and property book issues.

The Rear-D also represents the command at various lev-

els to include off-post functions, and will play a key role in preparing garrison in anticipation of redeployment, he said.

"Forward Soldiers can expect competent, compassionate, caring leaders, who by enforcing standards, balance the needs of the forward mission, the Soldiers and family members in the rear for overall mission accomplishment," Stanonik said.

"Everything here in Baghdad is going very well," Beech said to the group via the teleconference. "Our campaign plan is focused on putting the Iraqi security in the lead in countering insurgency operations throughout Baghdad and certainly our area of operations in central Baghdad and southern Baghdad."

The commander of Task Force Cobra, responsible for 4th Infantry Division's operations in and around the International Zone, especially highlighted the day's events--a transfer of authority ceremony, taking a sector of Baghdad from his own forces and delegating it to the Iraqi Army's 5th Brigade, 6th Division.

"That brigade has its own

battle space around the International Zone," Beech told his audience, "and is fully in charge of their area of operations."

Beech assured his audience that the brigade is making progress while working to build up the Iraqi Security Forces, to include the Iraqi Army, Ministry of Interior Forces, and the Iraqi Police, to take control of operations in Baghdad.

"The tempo of the Iraqi Forces' operations far exceeds the operation tempo of operations in our brigade," he said. "On any given evening, the Iraqi Security is conducting anywhere from a couple to a dozen operations against the insurgency."

Battalion commanders and leaders across the brigade plan to utilize the VTC technology on a monthly basis to continue to inform their home base and keep their rear detachments abreast of current operations, said Beech.

The opportunity for Soldiers to use the technology to speak with family members is also in the works.

TODAY IN HISTORY

March 15, 44 B.C. The Ides of March

Gaius Julius Caesar, dictator of Rome, is stabbed to death in the Roman Senate house by 60 conspirators led by Marcus Junius Brutus and Gaius Cassius Longinus.

March 16, 1865 Battle of Averasboro, NC

The army of Union General William T. Sherman encounters its most significant resistance as it tears through the Carolinas on its way to join General Ulysses Grant's army at Petersburg, Virginia.

March 17, 1776 British evacuate Boston

On this day in 1776, British forces are forced to evacuate Boston following Gen. George Washington's successful placement of fortifications and cannons on Dorchester Heights, which overlooks the city from the south.

2003 The start of Operation Iraqi Freedom

On this day in 2003, President George W. Bush addresses the nation via live television and announces that Operation Iraqi Freedom has begun.

March 21, 1965 Selma to Montgomery March

In the name of African-American voting rights, 3,200 civil rights demonstrators, led by Martin Luther King Jr., begin a historic march from Selma, Alabama, to the State Capitol at Montgomery.

March 22, 1945 Arab League formed

Representatives from Egypt, Syria, Lebanon, Transjordan, Saudi Arabia, Iraq, and Yemen meet in Cairo to establish the Arab League, a regional organization of Arab states.

2003 Turkey denies U.S. Troops entrance

The Pentagon will no longer send its 4th Infantry Division through Turkey into northern Iraq. The troops will now be sent through the Suez Canal.

March 24, 1999 NATO bombs Yugoslavia

The North Atlantic Treaty Organization (NATO) commences air strikes against Yugoslavia with the bombing of Serbian military positions in the Yugoslav province of Kosovo.

March 25, 1946 Soviets release withdrawal from Iran

In conclusion to an extremely tense situation of the early Cold War, the Soviet Union announces that its troops in Iran will be withdrawn within six weeks.

March 15, 2005

March 26, 1979 Israel-Egyptian peace agreement

In a ceremony at the White House, Egyptian President Anwar el-Sadat and Israeli Prime Minister Menachem Begin sign a historic peace agreement, ending three decades of hostilities between Egypt and Israel and establishing diplomatic and commercial ties.

March 29, 1945 Patton takes Frankfurt

On this day, Gen. George S. Patton's 3rd Army captures Frankfurt, as "Old Blood and Guts" continues his march east.

April 2, 1941 "The Desert Fox" recaptures Libya

On this day in 1941, German Lieutenant General Erwin Rommel, "the Desert Fox," resumes his advance into Cyrenaica, modern-day Libya, signaling the beginning of what nine days later will become the recapture of Libya by the Axis forces.

April 4, 1968 Dr. King is assassinated

Just after 6 p.m. on April 4, 1968, Martin Luther King Jr. is fatally shot while standing on the balcony outside his second-story room at the Motel Lorraine in Memphis, Tennessee.

2003 4th Infantry Division lands in Kuwait

After two months of waiting for permission to unload in Turkish ports, the Ivy Division arrives in Kuwait.

April 8, 563 B.C. Gautama Buddha is born

On this day, Buddhists celebrate the commemoration of the birth of Gautama Buddha, the founder of Buddhism, thought to have lived in India from 563 B.C. to 483 B.C.

April 9, 1865 Robert E. Lee surrenders

At Appomattox, Virginia, Confederate General Robert E. Lee surrenders his 28,000 troops to Union General Ulysses S. Grant, effectively ending the American Civil War.

April 12, 1961 First man in space

On April 12, 1961, aboard the spacecraft Vostok 1, Soviet cosmonaut Yuri Alekseyevich Gagarin becomes the first human being to travel into space.

1981 First launching of the space shuttle

The space shuttle Columbia is launched from Cape Canaveral, Florida, becoming the first reusable manned spacecraft to travel into space.



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COBRA STRIKE!

COBRA FITNESS

Stay fit in the combat zone!

**Newsletter and Fitness tips by:
Pfc. Jason Dangel
Former Personnel Trainer certified
by the American Counsel on
Exercise**

The Benefits of Cardiovascular Training

Everyone knows that a toned body with a low amount of body fat looks more appealing (and sexier) than a body that is hidden by an unwanted layer of adipose tissue (fat). Yet, achieving a low or healthy fat level is easier wished upon than done.

Along with eating a well-balanced diet and lifting weights, adding cardiovascular exercise to your daily life is the best way to burn off that undesired fat.

There are many reasons why achieving and maintaining a healthy body fat level using cardio should be an important part of your life:

Cardio aids in preventing heart attacks due to clogged arteries in obese individuals. Cardio strengthens the heart and may extend your life span!

It decreases depression and anxiety.

Cardio can show off the muscles, definition, and body that you've worked so hard to create. (Many times people possess or build amazing muscle tone, but cannot show it off due to an excessive underlying layer of fat resting beneath the skin and on top of the muscle!)

It prevents excessive blood pressures and lowers your resting heart rate.

Cardiovascular exercise will increase aerobic work capacity allowing you to do more work with less strain on your heart.

It also increases overall function, performance and well-being of your life, and enhances blood flow to working muscles, which in turn, delivers more nutrients for optimal performance and growth.

Cardio exercise increases overall heart function.

When it comes to reaping the benefits of cardio, there are some key aspects to consider. These are:

Frequency, Duration and Intensity.

Frequency

In general, cardio should be performed 3-5 times per week without more than 48 hours of rest passing

between sessions. Any longer than 48 hours and your body starts to lose the positive effects of the previous session(s).

Duration

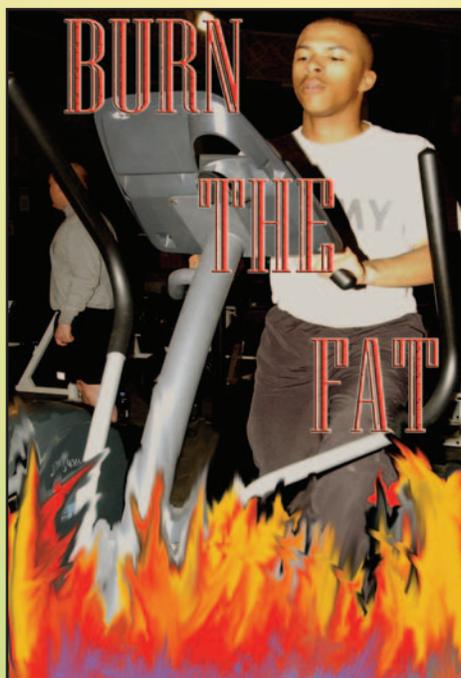
20-60 minutes per session is sufficient for intermediate and advanced cardio fitness levels. For beginners, 1-2 small sessions of 10-12 minutes (not including warm-up/cool-down periods) should be performed for the first few weeks, then gradually up the duration per session each week thereafter as your body progresses.

Intensity

Using an appropriate intensity level is key to obtaining significant results from any type of cardio activity.

Beginners should work at a pace below 55% of their maximum heart rate for a few weeks to build a strong tolerance to the cardio activity before raising the intensity level.

While intermediate and advanced individuals should work at a pace of 55/65-90% of their maximum heart rate.



Graphic by U.S. Army Pfc. Jason Dangel

**Spc. Terrance Johnson,
HHC, 4th Special Troops Battalion**

REMEMBER!!!

Cardiovascular exercise is an important component of general health. There are many methods for training which all have their advantages.

You should learn what works for you and what you truly enjoy so that you will continue to perform cardio.

Running, bicycling, aerobics, weight training, swimming, sports and calisthenics all contribute to a healthy lifestyle and will increase your physical abilities and performance.

COBRA'S LIGHT

LEARNING LESSONS THAT COUNT

by Chaplain (Capt.) Jimmy Staggs
704th Support Battalion

While I was growing up in a small farm community in Arkansas, the only knowledge of the military I had was what I learned on television. I was quite naïve to anything to do with the Army.

My sister, Denise, had a friend named Angie. She had her over playing one day after church. As we were jumping in the leaves I found out that she was from Germany.

I immediately told her, "No you are not! All Germans do is fight in wars!"

As you can see I had a lot to learn about the military.

While I was in my senior year of High School, I decided to join the military because of the lack of good appealing jobs in the area and I sure didn't have a desire to attend college! So, it was off to the U.S. Air Force and my real life of military learning had begun.

Well, some would say that I was only scratching the surface since I chose the Air Force over the U.S. Army or U.S. Marines Corps.

Now, here I am 25 years later and I do think I have learned something about the military. I think the most valuable lesson I have learned is that a Soldier who has a deep sense of God in their life makes a good dedicated warrior.

On the back of our 4th Infantry Division bibles is a quote from Gen. George C. Marshall which states, "The Soldier's heart, the Soldier's spirit, the Soldier's soul is everything; unless the Soldier's soul sustains him, he cannot be relied on and will fail himself, his commander, and his country in the end."

Marshall summed up one of the greatest lessons that can be learned in life.

Furthermore, the Scripture says that "where there is no vision the people perish" (Proverbs 29:18). As Soldiers we must possess a vision of who we are, from whom we were created,

and to where we are going.

The Lord says to "call upon me and I will answer you..." (Jeremiah 33:3). I hope and pray as you are here going out on convoys, or going on patrols that you have learned that your spiritual fitness go hand in hand with the Warrior Ethos.

Yes, I started out in my life with some naïve thinking about the military, but being raised in church I always knew that I was created by God, and although I haven't always lived for Him, I knew that my future was in His hands; and I needed to respond to His plan if I was ever going to possess real wisdom.

So, don't let your time in Iraq be wasted on frivolous pursuits. Find out those questions of meaning of why was I created by God, and what plan does He have for my life?

God bless and by all means stay safe.

Prayer for the Army

Lord God of hosts, stretch forth, we pray, your almighty arm to strengthen and protect the Soldiers of our country. Support them in the day of battle, and in the time of test and training keep them safe from all evil. Endow them with courage and loyalty; and grant that in all things they may serve without reproach; through Jesus Christ our Lord. Amen.



Photo by U.S. Army Pfc. Jason Dangel
Chap. (Capt.) Will Horton, 4th BCT, 4th Inf. Div., leads Cobra Soldiers during worship before church service at the FOB Prosperity Chapel in Baghdad's International Zone.

ROLLOVER PROCEDURES

EXECUTE ROLLOVER DRILL

Driver

- (1) Releases the accelerator
- (2) Yells "Rollover!"
- (3) Keeps hands on the steering wheel and tucks head and chin into chest and braces for impact.

Vehicle Commander

- (1) Yells "Rollover!"
- (2) Pulls gunner into cab
- (3) Tucks head and chin into chest and braces for impact.
- (4) Plants feet firmly on the floor while holding on to a stationary object.

Gunner

- (1) Yells, "Rollover!"
- (2) Pushes/pull self down into vehicle.
- (3) Tucks head and chin into chest holding onto a stationary object, braces for impact.

Crew

- (1) Yells, "Rollover!"
- (2) Pulls gunner into cab.
- (3) Tucks head and chin into chest and braces for impact.
- (4) Places feet firmly on floor and holding onto a stationary object

After the rollover has stopped:

- (1) Disconnect headset
- (2) Release seatbelt
- (3) Assess injuries
- (4) Unlock combat lock
- (5) Exit the vehicle with weapon
- (6) Assist other crew to exit

Driver

- (7) Checks for fire
- (8) Provides security
- (9) Provides first aid
- (10) Recovers sensitive items
- (11) Assists in vehicle recovery

Vehicle Commander

- (7) Establishes security
- (8) Accounts for sensitive items
- (9) Reports accident
- (10) Provides first aid
- (11) Assists in vehicle recovery

Gunner

- (7) Clears & Checks weapon for serviceability
- (8) Establishes security
- (9) Recovers sensitive items
- (10) Provides first aid
- (11) Assists in vehicle recovery

Crew

- (7) Provides security
- (8) Provides first aid
- (9) Recovers sensitive items
- (10) Assists in vehicle recovery