

IRON STRONG DAILY



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American Gladiators visit Warhorse

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The American Gladiators cast; Panther, Militia, Venom, Titan and Phoenix, signed autographs and took pictures with 2nd Stryker Cavalry Regiment Soldiers during the American Gladiators Tour of Iraq while at Forward Operating Base Warhorse located in Diyala, Iraq.

Delayed by weather, the gladiators only met and greeted 2SCR Soldiers for about an hour. But even with the short amount of time, Soldiers still lined up in the halls of the main jump tactical operation center to meet the gladiators.

“We are all honored to be here and thank you for having us,” said Militia, also known as Alex Castro.

One Soldier, Sgt. Jeffery Beckham with 2nd Squadron, 2SCR, was even given a promotion by Phoenix, also known as Jennifer Widerstrom, the neon pink and black hair dyed rebel of the group. All the members of tour are regular cast members on the popular television show, the American Gladiators.

American Gladiators is a competitive competition between seasoned gladiators matched against a cast of amateur athletes in a



The American Gladiators: Panther, Militia, Venom, Titan and Phoenix, pose with Regimental Command Sgt. Maj. Victor Martinez during the American Gladiators tour of Iraq while at Forward Operating Base Warhorse located in Diyala, Iraq. The gladiators also signed autographs and took pictures with 2nd Stryker Cavalry Regiment Soldiers during their visit.

contest of strength and agility.

Venom, also known as Beth Horn, and Panther, also known as Corrine de Groot, along with the other members of the gladiator team, passed out letters to Soldiers written by elementary school children.

“We just wanted to say thank you for everything that you guys are doing over here,” said Venom. “We have some letters to pass out from some of the kids back at home.”

Whisking through the crowd of

Soldiers, the gladiators signed and took pictures with every Soldier they came across. Some Soldiers were disappointed though, hoping to get to battle or arm-wrestle the American gladiators to test how strong the gladiators really are. Unfortunately, there was not enough time.

The gladiator’s visit ended with a group photo and afterward, Soldiers went back to work as the gladiators boarded their flight to the next base.

ATTENTION: SERVICEMEMBERS STATIONED IN GERMANY

FUEL RATION CARD FACT SHEET

*The German government requested the U.S. Forces to change from manual fuel coupons to an automated fuel ration card to combat tax fraud.

*Members of the U.S. Forces who are stationed in Germany and have a vehicle registered within the USAREUR registry of motor vehicles are eligible to get a long-term fuel card.

*Members of the US Forces who are on temporary duty in Germany, or are stationed within Europe or Northern Africa and on official leave in Germany are eligible for obtaining a short term fuel card.

*Each fuel ration card will have as many as two licensed drivers as authorized users, and each vehicle may have as many as five licensed drivers with their names on fuel ration cards for your vehicles.

*Aral, ESSO, and AAFES will not accept fuel coupons after 31 December 2008.

*After activating your fuel ration

card(s), you will no longer be eligible to buy or use fuel coupons.

*You may delay activating your fuel ration card until the end of December if you wish, however, the 31 December ending date for coupons will not change.

*Prices for transactions at ESSO stations will always be the AAFES publicized price.

*All registered vehicles will continue their current monthly ration after they activate their fuel card.

*POV diesel cards are coded to only allow purchase of diesel fuel. POV gas cards are coded to only allow purchase of regular, super, or super-plus purchases.

*AAFES plans tentatively to begin issuing fuel ration cards in July 2008. There will be command information and direct mailings to vehicle sponsors to keep all U.S. Forces personnel stationed in Germany aware of new developments on this project.

*The German government does not allow "pay at the pump" technology to be part of this fuel ration card

system.

*The card is only for purchasing fuel. AAFES fuel prices will continue to be based on the national monthly average cost in the United States and updated weekly.

*Upon fuel ration card activation, the related vehicles are no longer eligible for use of fuel coupons. Customers may redeem their unused coupons at AAFES main exchange customer service counters for a direct refund of the value that was paid for the coupons.

*Never pump more fuel than the remaining vehicle ration will cover. The fuel ration card system will flag and report all transactions that exceed monthly rations as customs violations. The fuel ration card system does not approve the transactions that exceed monthly rations; the customer is obligated to pay for the full value of their transaction, as shown in Euro cash value on the fuel pump.

NOTE: ADDITIONAL FACTS TO FREQUENTLY ASK QUESTIONS MAY BE OBTAINED BY VISITING THE IMCOM-E WEBSITE:
[HTTP://WWW.IMCOM-EUROPE.ARMY.MIL/SITES/NEWS/FUELCARD_FAQ.ASP#HIGH](http://www.imcom-europe.army.mil/sites/news/fuelcard_faqs.asp#HIGH)

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SHOULDER-TO-SHOULDER

NO ONE STANDS ALONE

Prevention of suicide should be everybody's concern. Suicide is a preventable tragedy for Service Members, Family, Civilians and the Military Community.

WHY DOES ANYONE THINK ABOUT SUICIDE?

Causes of suicidal feelings...

- Problems with personal relationships, especially divorce, cheating or keeping secrets.
- Overwhelming combat stress.
- Legal, financial or UCMJ problems.
- Death of a friend, spouse, child or other family member.
- People lose their sense of worth.
- Problems build up and it seems like there is nowhere to go for help.
- Depression or other medical problems are not treated.

People say to themselves...

- “My marriage is a failure...I’m a failure.”
- “I just can’t seem to do anything right. There is no way that I’m going to fix this.”
- “I am in so much trouble that my life is over.”
- “There’s no way I can live my life without that person.”
- “No one really cares if I’m here or not.”
- “I don’t care about myself or anyone else.”
- “Nothing feels right; I don’t understand what is happening. There is no hope of anything getting better.”

WHAT ARE THE WARNING SIGNS FOR SUICIDE?

Someone has a “fatal attitude...”

- Saying that they hate – or don’t care about – themselves, their spouse or family.
- Talking or hinting about suicide or a desire to die.
- Suddenly finalizing personal affairs, paying off debts or talking about “what you should do if I’m gone.”
- Giving large gifts or giving away personal items.
- Making a suicide plan or arranging to be alone for no good reason.
- Obsession with depressing music, poetry or artwork.

Noticeable changes in behavior...

- Avoiding normal hobbies, fun activities or daily routines.
- Big increases or decreases in appetite.
- Wanting to spend a lot of time alone.
- Refusal to talk/email with friends, family or loved ones.
- Strange emotional outbursts.
- Failure to maintain uniform standards, hygiene or PMCS of personal equipment.
- Drop in duty performance or apparent skill level.
- Unusually dangerous, foolish or risky behavior, as if they don’t care about their life.

IS THERE ANY WAY TO PREVENT SUICIDES?

Individuals...

- Keep in mind the Army Values
 - *Selfless Service*: make the effort to help someone else.
 - *Integrity*: be honest about the problem.
 - *Personal Courage*: admit that you or someone else needs help.
- Talk to your buddies about your problems.
- Listen to your buddies’ problems. Don’t judge.
- Be worried about someone with a failing relationship.
- **Be blunt!** Ask “Are you thinking about suicide?”
- If someone is suicidal, NEVER LEAVE THEM ALONE, even for a “just a minute.”
- Get help immediately. Don’t try to solve the problem.

Leaders...

- Look for warning signs in anyone with relationship, financial or legal problems
- Learn about the Army’s suicide prevention strategies.
- Empower NCOs and Officers to get help for themselves and their Soldiers.
- Coordinate training, counseling and treatment.
- Involve Soldiers, Families and civilians in teamwork to build resiliency and support systems.
- Implement a suicide prevention plan, including a unit watch program.
- Take advantage of Behavioral Health assets.

HOW CAN YOU PREVENT A SUICIDE?

Protect them...

- NEVER LEAVE THE PERSON ALONE.
- Take away their weapon or whatever they might use to harm themselves.
- Do not “try to talk them out of it.” Listen and tell them that you understand.
- Tell them that you know their problems are real and that you want to help them.
- Talk to them about why they feel the way they do.
- BE PROFESSIONAL! Do not joke around or belittle someone for asking for help.

Get help...

- Take the person to the chaplain, medic, 1SG or commander immediately. Follow your Unit Watch SOP.
- If needed, send someone else to get help. Don’t leave them alone.
- Arrange for medical evacuation with an escort if help is not available locally.
- After they return from treatment, ensure that they go to their follow-up appointments.
- Keep tabs on people who have had problems in the past.
- Make time for unit-level education and discussion.

Understanding suicide can prevent it.

CALIFORNIA

(AP) Quintin Watts had a lengthy criminal record, a history of substance abuse and a string of motor vehicle offenses. Even his mother says he wasn't a good driver.

Yet on Sunday he was behind the wheel of a busload of senior citizens and Laotian immigrants traveling to an American Indian casino north of Sacramento. Eight people were killed and 30 others injured when the bus ran into a ditch and overturned.

Now authorities are investigating the possibility that the 52-year-old Stockton man may have been on prescription or nonprescription drugs. He was arrested Monday as he lay critically injured in his hospital bed.

The accident was at least the eighth serious crash in the U.S. in the last three years involving buses carrying people to and from casinos.

Investigators said the bus had an invalid license plate, and they were also looking into whether Watts had proper permits to operate the vehicle.

Records show Watts had been cited for speeding and other violations that resulted in loss of his license for nearly two years. He regained his driving privileges last January.

His mother said he had wrestled with drug and alcohol problems, was jailed several times on drug charges and had

smashed a car carrying a friend into a tree a few years ago, though neither was seriously hurt.

He was a longtime truck driver, but had been unable to find a trucking job since being released from jail, said his mother, Chaney Mae Watts.

His mother said she believed the crash came on her son's first day behind the wheel of the bus after several training trips watching the owner drive. She and her husband told their son they were uncomfortable with him driving a vehicle that carried people instead of cargo.

"He wasn't the best driver," she said. "He knew we didn't want him to drive."

A witness said the bus carrying the driver and 42 passengers to Colusa Casino Resort drifted off a rural two-lane road before the driver "overcorrected" and swerved back. It overturned and rolled completely over, ending up on its wheels facing the opposite direction.

Watts' criminal record dates back to 1981, when he served state prison time for receiving stolen property. He also served time in 1996 for check fraud and credit card theft. Beginning in 1998, he spent over a year in prison for possession of marijuana for sale and possession of a destructive device.

His latest state term was for possession of a firearm by an ex-felon. He was paroled in December 2007 after almost six months in prison, according to the state Department of Corrections and Rehabilitation.

John Poyner, district attorney for Colusa County, said it will be at least two to three months before the full accident reports are in and any charges are filed. Blood test results are not expected for two to six weeks.

Families flooded hospitals looking for relatives who may have been involved in the crash.

Yvonne Haynes, 35, of Merced, got a phone call Sunday night from her brother Tou Xiong, 29, saying there had been a bus accident. They started calling hospitals looking for their mother.

Finally, at 3 a.m., the siblings found their mother at UC Davis Medical Center in Sacramento. Mai Cha, 74, has a broken rib, face and right wrist. With tubes in her mouth, she

cannot speak, said Haynes.

Their aunt also was an injured passenger, 67-year-old Ge Vue of Sacramento. Her son, Xou Xiong, 26, said his mother described the crash to him.

"All of a sudden the bus swerved and then it felt like the driver tried to come back to the road and that made it worse," Xou Xiong said. "She said as soon as she felt the impact, she flew to the back. That's all she remembered. She got up and tried to look for my aunt and saw her laying there with another lady on top of her.

"She was shaking her, pulling her hand. She was trying to talk to her and she wasn't responding," Xiong said.

Tou Xiong said his mother and aunt had boarded the charter bus nearly every two weeks for the past two years to play at the casino.

"The riding conditions, most of the time they said it was unsafe," Tou Xiong said. "They say it's crowded and people sat in the aisles."

Despite those conditions, Tou Xiong said, "I just think they never expected this to happen."

Seng Her, the refugee project coordinator at the nonprofit Sacramento Lao Family Community Inc., said family members and adult children of the immigrants had raised concerns in the past about the chartered bus trips to the casino, which they said targeted senior Laotians living in Sacramento.

The bus fare for a day trip to the Colusa Casino Resort was cheap, around \$10 at the most, and the casino gave passengers free slot play, according to family members and friends of the passengers.

Pa Phang, 37, whose father-in-law was killed, said she and her husband also discouraged their parents from taking the casino-bound buses.

Authorities identified the dead as Daniel E. Cobb, 68, of Sacramento and Modesto; and Lou Her, 68; Muang Saepanh, 68; Khou Yang, 67; Meuay Saelee, 74; Fin Saechae, 64; and Ma Vang, 60, all of Sacramento. Family members also identified Xee Vang, 87, of Sacramento.

Authorities said they were investigating if Cobbs Bus Services owned the bus, but refused to say why they focused on that company. They also wouldn't say if Cobb, who died in the crash, was the owner of the company.

A man outside a home that is the primary listing for Cobb's business in Sacramento said the family was not ready to make a statement and declined further comment.



BASEBALL

(AP) The American League Championship Series will be an all-East Division affair. The Boston Red Sox and Tampa Bay Rays closed out their respective division series in four games Monday and will square off beginning Friday in St. Petersburg. The National League Championship Series between the Philadelphia Phillies and the Los Angeles Dodgers starts Thursday in Philadelphia.

The Red Sox blew a 2-0 lead in the eighth inning before defeating the Los Angeles Angels 3-2 on rookie Jed Lowrie's RBI single with two outs in the bottom of the ninth. Jason Bay started the series-winning rally by hitting a ground-rule double with one out before scoring on Lowrie's ground ball through the right side.

The Angels knotted the score on Torii Hunter's two-run single in the bottom of the eighth following a passed ball by Jason Varitek. Los Angeles had a chance to take the lead when Kendry Morales led off the ninth with a double. But Erick Aybar missed on a squeeze attempt, allowing Varitek to tag out pinch-runner Reggie Willits at third to end the threat.

Dustin Pedroia gave the Red Sox a 2-0 lead with his only hit of the series, an RBI double in a two-run sixth.

Boston starter Jon Lester had to settle for a no-decision after allowing four hits in seven innings. Angels hurler John Lackey gave up two runs and seven hits in seven innings.

Manny Delcarmen recorded two outs in the ninth to pick up the win. Scot Shields was the loser.

In Chicago, the Rays advanced to the ALCS for the first time in their 11-season history by downing the White Sox 6-2.

B.J. Upton, Cliff Floyd and Carlos Pena highlighted the



Rays' 10-hit attack while Andrew Sonnenstine held the White Sox to a pair of runs and three hits in five and two-thirds.

Upton opened the scoring with a solo homer two batters into the game before adding another solo blast that put the Rays ahead 2-0 in the third. Floyd fueled the Rays' two-run fourth, lacing an RBI double and scoring on Dioner Navarro's single.

Paul Konerko and Jermaine Dye belted solo shots off Sonnenstine, but Pena answered each home run by providing RBI singles to restore four-run leads.

J.P. Howell and Grant Balfour iced the victory by combining to blank the White Sox over three and a-third.

In other news, the Red Sox took third baseman Mike Lowell off their postseason roster before Monday's win over the Angels. The decision makes him ineligible for the ALCS.

Lowell was 0-8 in the series while battling a strained right hip.

The best-of-seven National League Championship Series gets under way Thursday night in Philadelphia, where the Phillies await the Dodgers.

Philly beat Milwaukee 6-2 yesterday to win their best-of-five division series 3-1.

L.A. completed a three-game sweep of the Chicago Cubs Saturday.

FOOTBALL

WEEK FIVE

SUNDAY, OCTOBER 05, 2008

FINAL	1	2	3	4	SCORE
TENNESSEE<<	0	3	0	10	13
BALTIMORE	3	0	7	0	10
KANSAS CITY	0	0	0	0	0
CAROLINA<<	7	14	10	3	34
CHICAGO<<	3	14	14	3	34
DETROIT	0	0	7	0	7
ATLANTA<<	10	7	0	10	27
GREEN BAY	0	7	3	14	24
INDIANAPOLIS<<	10	0	0	21	31
HOUSTON	0	17	3	7	27
SAN DIEGO	3	0	7	0	10
MIAMI<<	3	14	0	0	17
SEATTLE	3	3	0	0	6
NY GIANTS<<	14	13	10	7	44
WASHINGTON<<	0	9	7	7	23
PHILADELPHIA	14	0	0	3	17
TAMPA BAY	3	3	0	7	13
DENVER<<	0	6	7	3	16
BUFFALO	0	14	3	0	17
ARIZONA<<	7	17	7	10	41
CINCINNATI	0	6	7	9	22
DALLAS<<	10	7	0	14	31
NEW ENGLAND<<	7	10	7	6	30
SAN FRANCISCO	14	0	0	7	21
PITTSBURGH<<	7	13	0	6	26
JACKSONVILLE	14	0	0	7	21

MONDAY, OCTOBER 06, 2008

FINAL	1	2	3	4	SCORE
MINNESOTA<<	10	10	0	10	30
NEW ORLEANS	10	0	7	10	27

AUSTRALIA

(AFP) Australians who sound like crocodile hunter Steve Irwin or Crocodile Dundee actor Paul Hogan could soon be a relic of the past, a report said on Sunday.

Research shows the nasal Australian twang -- exemplified by the late Irwin and the character Mick 'Crocodile' Dundee -- will be phased out within a few decades as the nation shakes loose its colonial roots and moves towards a standard national pronunciation, The Sunday Telegraph said.

Citing a new book by Australian National University academic Bruce Moore, the paper said the change would come about as the need for Australians to distinguish themselves from their British forebears faded.

"Australians are becoming more confident with the standard Australian accent -- and that means there's no longer the need for those sorts of

extreme sounds," lexicographer Moore said.

Words like "mate" would no longer be pronounced "mite" as some of the unique characteristics of Australian speech disappeared, he said.

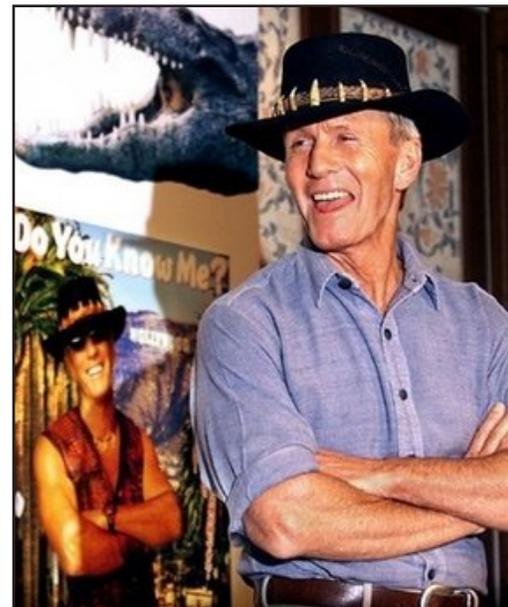
Meanwhile, the so-called "cultivated" Australian accent would vanish as fewer people mimicked the English accent and moved toward a "standard Australian accent", Moore said.

"There's no doubt the broad accent does carry cultural values. I'm not doubting that. That's why it's used in advertisements," said Moore, whose new book is titled 'Speaking Our Language: The Story of Australian English'.

"But in the future that extreme form of it won't be so necessary because the standard accent will carry those same values."

Moore said the broad accents came from the need for cultural

distinction in the late 19th century while the posh accents evolved from the use of what is commonly known as Queen's English in education in the late 1800s.



ISRAEL

(AP) The Russians are coming to downtown Jerusalem, reclaiming ownership of a landmark with the approval of the Israeli government, just as Prime Minister Ehud Olmert visits Moscow to try to iron out serious policy differences between the two countries.

After years of contacts, Olmert's Cabinet agreed Sunday to hand over the small tract known as Sergei's Courtyard. The area, which once accommodated Russian pilgrims visiting the Holy Land, now houses offices of Israel's Agriculture Ministry and the Society for the Protection of Nature in Israel.

The property includes a lush garden and the massive buildings around it

— a turret-like structure at the intersection of two downtown streets and the sand-colored fortress-like wings leading from it.

The timing of the gesture is clear. After years of relatively smooth relations, serious problems have cropped up between Israel and Russia. One concerned Russia's summer invasion of Georgia, which has become a close ally of Israel in recent years. More importantly, Israel is concerned about Russia's role in helping, or not stopping, the nuclear program of Israel's archenemy, Iran.

Olmert hopes to talk through those issues during his two-day trip to Moscow. He was scheduled to meet Russian President Dmitry Medvedev on Tuesday before returning to Israel.

Not everyone is happy about Israel's Jerusalem goodwill gesture. Hardline groups bridle at any transfer of control in Jerusalem, because they oppose Israeli-Palestinian peace efforts that would require sharing the city.

Israel TV described the transfer as "Russian autonomy in downtown Jerusalem." The Cabinet decision says no major changes can be made at the site without approval of both governments.

The official transfer may be delayed because of an appeal

filed by the nationalistic Legal Forum for the Land of Israel, which said the deal is a "breach of Israeli sovereignty."

Nachi Eyal, the group's director, warned the deal could set a precedent for other land claims.

A Russian official denied accusations it seeks greater influence in the Middle East through the acquisition of Sergei's Courtyard, calling its desire to own the place a matter of historical significance.

"This has nothing to do with what is being called imperial ambitions because it's not a military base or something that can serve those purposes," said Alexei Skosyrev, a political counselor at the Russian Embassy in Tel Aviv. He said the building will be used as a Russian cultural center to "promote bilateral relations" between the two countries.

The site, named for Grand Duke Sergei Alexandrovich, a son of Czar Alexander II, was built in 1890 and is part of the larger Russian Compound, most of which Israel purchased 45 years ago. It paid in oranges because it lacked hard currency.

Negotiations over the site began in the 1990s. In 2005, after years of lagging progress on the deal, then-Prime Minister Ariel Sharon promised former Russian President Vladimir Putin the land would be returned.

