

IRON STRONG DAILY



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1ST AD BAND PERFORMS: UNITY THROUGH MUSIC

**Story and photos by
Pfc. Alisha Nye
14th Public Affairs Detachment**

Victor Hugo once said, “Music expresses that which cannot be said and on which it is impossible to be silent.” This is an ideal that the 1st Armored Division band members brought to Iraq with them, making unity their musical expression.

The 1st Arm. Div. band members put on a concert in the Diyala province at the Diyala government center as part of a tour they are conducting in the seven provinces of Northern Iraq.

“The theme of this concert is ‘Unity Through Music,’” said Chief Warrant Officer Jason Mulhall, sphere of influence officer, Regimental Headquarters and Headquarters Troop, 2nd Stryker Cavalry Regiment. “It’s to bring Americans and, most of all, Iraqi citizens together.”

This is a task, however, that has only been made possible recently. The ability of 1st Arm. Div. to hold the concert tour shows the citizens of Iraq that the security situation in the country has improved.

“What we’re attempting to do is show the citizens of Diyala that the security situation has improved and allow citizens to come in and hear the history of American music as it’s played by the 1AD band,” said Mulhall.

“If the security wasn’t good enough, we wouldn’t have been able to do this,” said Chief Warrant Officer Gary Dorrell, band master and commander, 1st Arm. Div. Band.

“This is the first time since our entrance into Iraq that a performance



Chief Warrant Officer Gary Durrell, 1st Armored Division Band master and commander performs at a concert held for the Iraqi people at the Diyala Government Center in the Diyala Province of Iraq. The theme of the concert was “Unity Through Music.”

like this has taken place,” Dorrell said. “This concert is going to all these different places and this is the very first time this has happened.”

The concert is not only meant to unify the people of Iraq with Americans, but with each other, as well.

“It’s going to be a good show for the Iraqi people,” said Mulhall. “And that’s who it’s all for. Hopefully, this will bring some of the Iraqis closer together so they can start working together to start improving the situation in the country. Hopefully this is, at least, the start of unity for the Iraqi people.”

Unity may be the most important theme to the concert, but it is not the only one, however. The concert was

started as a gift to the Iraqi people from Maj. Gen. Mark Hertling, commander of Multi-National Division - North and 1st Arm. Div., and showcases the history of American music.

“This is General Hertling’s gift, sort of like his farewell gift to the Iraqi people, before we return to Germany,” said Dorrell. “The music goes everywhere from Yankee Doodle, at the very beginning of American history, all the way to alternative rock and roll.”

The selection included “American Folk Suite,” “Royal Gardens Blues,” “The Lady is a Tramp,” “Mr. Pitiful,” and “Ghost Rider in the Sky” as well

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6-17 CAV, COVERING TROOPS' '6'

**Story and photos by
Staff Sgt. Kyle J. Richardson
11th Public Affairs Detachment**

The methodical sounds created by the propellers of an OH-58 Kiowa light attack helicopter, calms the aviators as they fly over the city of Mosul in support of Coalition force ground assets.

The airspace over Mosul is patrolled and protected by the aviators of 6th Squadron, 17th Cavalry Regiment who deployed from Fort Wainwright, Alaska to replace the 4th Squadron, 6th Air Cavalry Regiment based at Fort Lewis, Wash., Aug. 24.

May 2006, the 6-17 CAV was to undergo a drastic change in climate as the unit was redesignated from Wheeler Army Air Field, Hawaii to Alaska, said Salt Lake City native, Nick Snelson, commander, Task Force Saber and 6-17 CAV.

“With only a handful of aircraft and 125 personnel for the total organization, the unit moved from Hawaii to Alaska and spent two years building up and getting ready for this deployment,” said Snelson. “There was a lot of work invested in standing the unit up by the previous commander and by some of the soldiers currently deployed here today.”

While possibly serving a 12-month deployment, the Soldiers of the 6-17 CAV primary mission is to support the ground troops in the Ninewa and Kirkuk Province.

“We add the third dimension element,” said Snelson. “We’re up over-head and we see can the big picture.”

“Our role as aviators is to be the eyes in the sky” said Capt. Keelan McNulty, UH-60 aviator and future commander of Blackhawk Troop, 6-17 CAV. “It’s a pretty important role, we provide the necessary cover for the ground guys to meet mission success without worrying more than they have too about the enemy sneaking up on them.”

Carrying the honor and pride of their unit, the aviators of 6-17 CAV take on the risks of their job diligently, said Saratoga, Calif. native, 1st Lt. Melissa Vu, executive officer for A Troop, 6-17 CAV.

“We’re here for situational awareness,” said Vu. “It’s an honor; I just want to do my part.”

Vu is currently the only female pilot in the 6-17 CAV.

Snelson said the 6-17 CAV provides aerial support seven days a week and with the constant call of duty, his unit met

and surpassed the amount of flight hours within the first six-weeks of their deployment than one year of flying in Alaska.

“It’s my honor and privilege to be able to replicate the amount of service and sacrifices that have passed and what is to come,” said Grand Rapids, Mich., native, Comand Sgt. Maj. Scott Bailey, command sergeant major for 6-17 CAV. “I’m just so proud that I’m able to do my part and watch the soldiers on a day-to-day basis do their jobs. It’s an incredibly inspiring thing to watch.”

As vital as aerial reconnaissance is, the increased

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Sterling, Mass. native, Capt. Brendan Taylor, commander, C Troop, 6th Squadron, 17th Cavalry Regiment performs a pre-flight inspection before going out on an air reconnaissance on Logistical Support Area Diamondback, Mosul, Iraq. Taylor makes sure all instruments and controls meets safety standards before he can take off.

Commanding General: Maj. Gen. Mark P. Hertling
Public Affairs Officer: Maj. Margaret Kageleiry
Public Affairs NCOIC: Master Sgt. Nancy Morrison

Contributing Writers: Pfc. Alisha Nye, Staff Sgt. Kyle J. Richardson
Layout and Design: Spc. Karla P. Elliott, 14th PAD
Editor: Staff Sgt. Mark Albright, 14th Public Affairs Detachment

Contact the *Iron Strong* at VOIP: 242-1190, DSN: 318-849-0089 or email mark.albright@iraq.centcom.mil

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A 1st Armored Division Band Soldier picks out a tune at a concert held for the Iraqi people at the Diyala Government Center.

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as music from “The Jungle Book” and “West Side Story.”

“We have all these small groups that are playing as well as the big concert band together,” said Dorrell. “Each one of those groups was assigned a certain music type and we put it all together so that it is chronological. What we are doing is reaching out to the general population of Iraq just to give the people an idea of what we are all about musically.”

So far the concert tour has been successful, said Mulhall.

“They’ve played in other provinces which have been extremely successful, with up to 700 people attending,” Mulhall said.

With hundreds of people attending, the reception of the band members and their concerts has been good.

“The reception we’ve been getting has been superb,” said Dorel. “There has

been a lot of picture taking, a lot of hand shaking. It’s just been great.”

Playing these concerts has meant as much to the band members as it has appeared to be to the Iraqis attending them.

“To the band members, I think, it’s extremely important for them to come play a situation like this,” said Mulhall.

Dorrell agreed.

“This is what I do,” said Dorrell. “I’ve been doing this for 22 years. Putting on concerts is what I’m all about. So, doing it here is a great thing.”

Dorrell said the effect of the concerts on the citizens in attendance is visible.

“We get to see their expressions, what it’s doing for the people of Iraq and how it’s affecting them and I think it’s a good effect,” he said.

“No matter where you go in the world, you’re going to hear music,” Dorrell said. “I think it’s a great way to pull people together. Music is a universal language.”

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flying creates greater stress on the helicopter making maintenance equally important.

“I’m like a third co-pilot in the helicopter for these guys,” said Cedar Rock, Ark. native, Pfc. Jerry Davis, aviation operations specialist, 6-17 CAV.

“Our unit is essential to the Mosul area as far as aerial reconnaissance and supporting the ground elements,” said Milton, Vt. native Staff Sgt. Shawn Keelty, aviation component repair supervisor, 6-17 CAV. “Therefore, my role is vital because me and the other NCOs have to make sure the helicopters and anything aviation passes the standard of safety for these pilots to go out there and fly every day.”

The day may end for one Kiowa team but another goes up. The mechanics will continue to turn their wrenches to keep their helicopters operational. No matter the job or skill set, every soldier in the 6-17 CAV is pitching in to ensure mission success for the 6-17 CAV who in-turn will ensure mission success for the ground troops.



Pfc. Clayton Carroll, El Paso, Texas, OH-58D crew chief, Pfc. Nathan Bloom, New Philadelphia, Ohio, OH-58D crew chief and Pfc. Katie Simm, Sandwich, N. H., OH-58D crew chief, conduct a uniball friction test on a OH-58D Kiowa light attack helicopter on Logistical Support Area Diamondback.

HEALTH NEWS

(AP) Turning your clock back on Sunday may be good for your heart. Swedish researchers looked at 20 years of records and discovered that the number of heart attacks dipped on the Monday after clocks were set back an hour, possibly because people got an extra hour of sleep.

But moving clocks forward in the spring appeared to have the opposite effect. There were more heart attacks during the week after the start of daylight saving time, particularly on the first three days of the week.

"Sleep — through a variety of mechanisms — affects our cardiovascular health," said Dr. Lori Mosca, director of preventive cardiology at New York-Presbyterian Hospital, who was not involved in the research. The findings show that "sleep not only impacts how we feel, but it may also affect whether we develop heart disease or not."

The study was described in a letter published in Thursday's New England Journal of Medicine by Dr. Imre Janszky of the Karolinska Institute and Dr. Rickard Ljung of Sweden's National Board of Health and Welfare.

Janszky said he came up with the idea for the study after last spring's time change, when he was having problems adjusting.

"I was on the bus, quite sleepy, and I thought of this," said Janszky, who has done other research on sleep and health.

They took advantage of Sweden's comprehensive registry of heart attacks to see if the disruptions to sleep and the body's internal clock caused by a time change had any effect on heart attacks from 1987 to 2006. They compared the number of heart attacks on each of the seven days after the time shift with the corresponding day two weeks earlier and two weeks later.

Overall, in the week after "spring forward," there was a 5 percent increase in heart attacks, with a 6 percent bump on Monday and Wednesday and a 10 percent increase on Tuesday. In the week after "fall back," the number of heart attacks was about the same, except

on Monday, which had a 5 percent decrease.

"The finding that the possibility of additional sleep seems to be protective on the first workday after the autumn shift is intriguing," the authors wrote.

Doctors have long known that Monday in general is the worst day for heart attacks, and they usually blame the stress of a new work week and increased activity. The Swedish researchers said their findings suggest that the minor loss of sleep that occurs at the end of ordinary weekends — with people going to bed later on Sunday and getting up early on Monday — might also be a contributing factor.

Last year, a study by American researchers found there were more pedestrian deaths during the evening rush hour in November than October as drivers and pedestrians adjust to the earlier darkness. They said the risk for pedestrians drops in the spring when clocks are set back and daylight comes earlier.

Daylight saving time in the United States ends this year at 2 a.m. Sunday. All states except Arizona and Hawaii will make the switch. Sweden and the rest of Europe turned back

their clocks last weekend. More than 1.5 billion people worldwide live in countries that use daylight saving time, the researchers said.

Sweden has a moderate rate of heart attacks and is at a high latitude, but Janszky said he would expect roughly the same results elsewhere.

Sleep can affect the heart through changes in blood pressure, inflammation, blood clotting, blood sugar, cholesterol and blood vessels, Mosca said. She suggested that anxiety from changes in routine may also be a factor, in addition to loss of sleep.

Dr. Ronald Chervin, director of the University of Michigan's Sleep Disorders Center, said this is a "sleep-deprived society," and he advises taking advantage of Sunday's time change and getting an extra hour of sleep.

In the spring, he suggests gradually adjusting to the one-hour loss by going to bed and getting up 15 minutes earlier for a few days before the time change.

"We spend a third of our lives sleeping and people forget how much effect it has on overall health," he said.



BASEBALL

(Reuters) The Philadelphia Phillies ended their long wait for a World Series title with a short burst of baseball on Wednesday as they clinched the crown by completing a rain-suspended 4-3 win over the Tampa Bay Rays.

The Phillies captured their first Fall Classic title since 1980 in a unique, three-inning finish as they resumed Game Five, suspended in the middle of the sixth on Monday with the score tied 2-2 when the field became unplayable after rain.

The victory gave the Phillies a 4-1 triumph in the best-of-seven series and ended a dream season for the Rays, who rebounded from the worst record in the majors last season.

"I always thought we could win the World Series," Phillies manager Charlie Manuel said after the game. "I knew we could beat anybody in our league.

"When I look at my guys, I see our chemistry and our attitude, our make-up and how much we like to play and how much the Philadelphia fans backed us. I knew we could win the World Series," he added as the crowd roared its approval.

Pedro Feliz drove in the game-winning run in the bottom of the



seventh, and reliever Brad Lidge struck out pinch-hitter Eric Hinske for the final out in the ninth, setting off a wild celebration as fireworks exploded over Citizens Bank Park.

Philadelphia starting pitcher Cole Hamels, who won the opening game of the series, was named Most Valuable Player.

Despite the Rays' loss, players and coaches were consoled they helped the 11-year-old franchise reach the postseason for the first time.

"This has been a remarkable year for us on so many different levels to get to this point," said manager Joe Maddon.

"Very few people throughout the baseball world even guessed that we could get here. We made a powerful statement.

"All of this country now knows who we are."

After both teams scored in their first time at-bat once the game was re-started following a delay of exactly 46 hours, the Phillies took their decisive lead when Feliz singled through a drawn-in infield to cash in a lead-off double by Pat Burrell.

BIZARRE GAME

The Fall Classic finish came in bizarre fashion after

the first suspended game in 104 World Series.

That game produced controversy over whether it should have started at all because of Monday's weather forecast, and whether it should have been halted earlier due to puddles on the infield.

There was nothing unusual with the way the Phillies finally claimed the championship, however, as Lidge completed a perfect season in closing games with 48 saves in 48 opportunities.

"Only because of the guys around me," Lidge said in explaining his sensational season. "The defense. The bullpen was ridiculous all year. They allowed me to do my thing."

Fans lingered on the field and in the stands for more than 90 minutes after the last out and are sure to pack Philadelphia's streets for the victory parade on Friday.

The triumph was especially sweet for Phillies' pitcher Jamie Moyer, 45, a Pennsylvania native who skipped school in 1980 to attend the last Phillies' title celebration as a fan.

"This is a dream come true," he said. "Being at the parade in '80 and now getting ready for another parade sometime later this week, it's all worth it.

"We battled together all season long. We've had our ups and downs like every club has. But here we are."



PAKISTAN

(AP) Desperate villagers clawed through piles of mud and timber looking for victims of an earthquake that collapsed thousands of homes in southwestern Pakistan before dawn Wednesday, killing at least 215 people.

As rescue workers resumed their search Thursday morning, officials said hopes of finding more survivors in the debris left by the 6.4-magnitude quake had dimmed.

"Almost all the rubble had been cleared by last night," said Shaukat Ali, the home secretary of the province of Baluchistan, where the quake occurred. "We don't know if anyone is still buried in the debris."

Army planes flew in tents, medical supplies and blankets to the quake zone in the province, erecting between 8,000 and 10,000 tents for some 15,000 homeless people in the impoverished region. Temperatures fell to around freezing overnight — a grim test for those forced to sleep in the open.

"I have lost everything," said Haji Shahbaz, mourning the deaths of 17 relatives in Wam, a hard-hit village. "Nothing is left here, and now life is worthless for me," he added, then wailed in despair, tears streaking his dust-caked face.

Pakistan is no stranger to natural disasters, but the quake comes at an especially precarious time for the Muslim country, with the civilian government

battling al-Qaida and Taliban attacks while grappling with a punishing economic crisis.

As the army and other government agencies rushed to provide help, at least three hard-line Islamic organizations also were quick to aid quake survivors, according to an Associated Press reporter who toured the area.

Among them was Jamaat-ud-Dawa, designated a terrorist group by the U.S. government for its links to Muslim separatists fighting in India's portion of the disputed Himalayan region of Kashmir.

The group set up relief camps and won friends among survivors of a 7.6-magnitude quake that devastated Kashmir and northern Pakistan in October 2005, killing about 80,000 people and leaving hundreds of thousands homeless.

Baluchistan is home to a long-running separatist movement, but has so far been spared the level of militant violence seen in the northwestern tribal areas along the border with Afghanistan, where Muslim extremists are strong.

Wednesday's quake hit before sunrise as most people slept. Witnesses reported two strong jolts about an hour apart, saying the second at 5:10 a.m. caused the destruction, collapsing the flimsy mud-brick and timber houses common to this poor region.

"We were awoken with a big thundering noise and a tremor and we came out of our home and started reciting prayers," said Malik Abdul Hasmat, a 35-year-old teacher. "We went back inside

because of the cold and then came the second and bigger jerk and all the homes collapsed."

As he spoke, excavators dug mass graves and villagers hacked away at the holes with spades. Over a loud speaker, a rescue official announced a grim find in the remains of one house: the body of young boy, believed to be around 1 year old.

The worst-hit area was the Ziarat valley, where hundreds of houses were destroyed in at least eight villages, including some buried in landslides triggered by the quake.

Provincial government minister Zamrak Khan said Thursday that 215 victims had been buried. Dilawar Kakar, mayor of the hilltop town of Ziarat, said 375 people were injured and around 15,000 left homeless. Ziarat itself, a popular summer resort since the days of the British empire, was spared major damage.

In the village of Sohi, a reporter for AP Television News saw the bodies of 17 people killed in one collapsed house and 12 from another. Distraught residents were digging a mass grave.

"We can't dig separate graves for each of them, as the number of deaths is high and still people are searching in the rubble" of many other homes, said Shamsullah Khan, a village elder.

Hospitals were flooded with dead and injured. One patient at Quetta Civil Hospital, Raz Mohammed, said he was awakened by the sound of his children crying before he felt a jolt.

"I rushed toward them but the roof of my own room collapsed and the main iron support hit me," he said. "That thing broke my back and I am in severe pain, but thank God my children and relatives are safe."

German Foreign Minister Frank-Walter Steinmeier said his country was offering \$310,000 in immediate aid, but the head of Pakistan's National Disaster Management Authority said an international relief effort was not needed.

"God has been kind, it has been a localized affair," said Farooq Ahmad Khan. "I think we can manage it."

Pakistan is prone to seismic upheavals since it sits atop an area of collision between the Eurasian and Indian tectonic plates, the same force responsible for the birth of the Himalayan mountains. Baluchistan's capital, Quetta, was devastated by a 7.5-magnitude temblor in 1935 that killed more than 30,000 people.

