

Long Knife News

ISSUE 5

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Supporting



Victory



Commander's Corner

*By Col. Philip Battaglia
4th BCT Commander*

We've successfully completed our first 100 days, a key milestone in our deployment cycle. During the "First 100 Days" units are most vulnerable as troopers get accustomed to their new operating environment. We have done very well during this critical period because of your professionalism, training and the leadership of the chain of command. FOBs Garryowen and Hunter are up and running, and the 5-82 FA "Black Dragons" have rejoined the Long Knife BCT. I am extremely pleased with your continued professionalism, warrior ethos and the great work by our non-commissioned officers and the chain of command.

In this issue, I want to share my thoughts on 2 topics of importance: ISF partnership and team-



Col. Philip Battaglia

work. First, we measure our success on how well the Iraqi Security Forces perform. Their success is our success. You should continually ask yourself and each other: "what have I done today to make the ISF more effective?" My observations tell me you are having tremendous positive impacts partnering with and making them better. Continue your efforts and always look for ways to improve our partnership.

Second, maintain and solidify your Team – your squad, platoon and company. Keep an eye on your battle buddy and fellow Troopers. The security situation in Iraq and in

our area of operation has improved dramatically; however, the stressors of combat and separation remain the same. We continue to conduct combat missions every day, and we're still deployed and away from our families and individual support groups. That is why it's so important for each Trooper to develop and rely on your Team. Talk to your battle buddies, your leaders, the chaplains and the Combat Stress professionals about any issue bothering you. It's OK to seek help and talk to someone. Likewise, keep an eye on your buddies and be there for them. Keep the chain of command informed.

In conclusion, you are doing fantastic work and making a difference in Iraq during our deployment. Stay focused on the mission, don't get complacent and take care of each other.

Long Knife! First Team!

Long Knife News

FROM THE COVER



Pfc. Shon Berry guides Pfc. Brandy Cobb as she uses a fork lift to put supplies into a truck. Berry and Cobb are Soldiers in the 27th Brigade Support Battalion, take supplies to Forward Operating Bases Garry Owen and Hunter for the Soldiers who live there. (Long Knife Photo By Spc. Shannon Black)

- Col. Philip Battaglia 4th BCT Commander
- CSM Edwin Rodriguez 4th BCT CSM
- Maj. Chad Carroll Public Affairs Officer
- Sgt. 1st Class Damian Steptore PAO NCOIC
- Spc. Creighton Holub Photojournalist
- Pfc. Terence Ewings Editor
- Pfc. Rebekah Lampman TV Journalist

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Rough Riders deliver no matter the task



Left: 10th Mountain Division Deputy Commanding General of Operations, Brig. Gen. Jeffrey Buchanan, talks to Soldiers from the 27th Brigade Support Battalion, 4th Brigade Combat Team, 1st Cavalry Division, after finishing a combat logistical patrol to Forward Operating Base Hunter in the Maysan province of Iraq.

Right: Multi National Force-Iraq Command Sgt. Maj. Marvin Hill presents a coin, awarded for excellence to Soldiers from the 27th BSB, after a combat logistical patrol to Forward Operating Base Hunter in the Maysan province of Iraq. (Long Knife Photos by Pfc. Rebekah Lampman, 4th Brigade Public Affairs, 1st Cavalry Division)

*By Pfc. Rebekah Lampman
4th BCT PAO*

COB ADDER, Iraq - The 27th Brigade Support Battalion, 4th Brigade Combat Team, 1st Cavalry Division is known as the 'life support' of the brigade. Four months into the deployment, the 27th BSB continues to log many miles and many hours on the dusty, sometimes dangerous roads to the newly developed Forward Operating Bases Garryowen and Hunter.

"It's just part of our job as logisticians to push out to those remote areas and make sure they have everything they need to stay in the fight," said 2nd Lt. David Jackson, Combat Logistical Patrol commander, Com-

pany A., 27th BSB, 4th BCT, 1st Cav. Div. "I mean, we're obviously proud of what we do, and we take great pride in our jobs. It's just a great feeling to push out to those Soldiers who need it."

The Combat Logistical Patrol travels to the remote bases to deliver bulk containers of food, water and fuel. The Rough Rider Soldiers also transport containers filled with essential equipment for the 2nd Battalion, 7th Cavalry Regiment at Garryowen, and the 1st Battalion., 9th Cavalry Regiment at Hunter.

"I'm very thankful," said Pfc. Andrew Miller, a combat medic and native of Orlando, Fl., assigned to

Headquarters and Headquarters Troop, 1st Sqdn., 9th Cav., Regt., 4th BCT, 1st Cav. Div., stationed at FOB Hunter. "I know they put their lives on the line."

Miller and his fellow medics are using plywood transported to FOB Hunter by the 27th BSB to build a medical station for treating Soldiers on the base.

"I could not be prouder of the way our Soldiers have conducted themselves on this deployment thus far," said Lt. Col. Mark Simerly, 27th BSB commander. "We're just over the 100 day mark, and our Soldiers have been disciplined and are setting the example across the brigade."

L I V E T H E L E G E N D

Garry Owen Troopers partner with Iraqi Army during aerial mission

By 1st Lt. Dave Collins
2nd Bn., 7th Cav. Regt

AMARAH, Iraq – Soldiers of the 38th Iraqi Army Brigade and the 2nd Battalion, 7th Cavalry Regiment, 4th Brigade Combat Team, 1st Cavalry Division, completed their second combined tactical air insertion Sept. 28.

“Today was a good operation, and we look forward to visiting these areas again in the future,” said Josim Soban, assigned to the 38th IA Bde.

The 38th IA is focused on reaching the tribal villages in some of the more remote areas of the Maysan Province. The ability to move by air allows the Soldiers to search areas seldom patrolled by coalition forces. The battalion, which has

partnered with the 38th IA Bde. for the last three months, continues to support the IA units while conducting counter-smuggling operations along the Iraq-Iran border.

“These guys (38th IA) were top-notch; they really had a good understanding of what they wanted to accomplish out here today and just

executed,” said Tyler, Texas native 1st Lt. Jordan Hill, of 2nd Bn., 7th Cav., Regt., 4th BCT., 1st Cav. Div.

The combined patrol canvassed three different villages where the Iraqi and American patrol leaders met with local national officials. The leaders identified ways to work together to bring greater progress to the more isolated areas of the province.

Members of the patrol also handed out fliers promoting the Coalition tips line, which is used by locals to report smuggling and any suspicious activity.

The partnered units will continue to operate throughout Maysan as they work in coordination with the provincial government to integrate tribal villages.



First Lieutenant Jordan Hill, of 2nd Bn., 7th Cav. Regt., 4th BCT, 1st Cav. Div. conducts a pre-mission brief with leaders from the 38th Iraqi Army Brigade at FOB Garry Owen Sept. 28.



The 38th IA Bde. and the 2nd Bn., 7th Cav. Regt., 4th BCT, 1st Cav. Div. completed their second combined tactical air insertion in the 4th BCT's three months of partnership with the Iraqi unit Sept. 28.

Long Knife photos by 1st Lt. Dave Collins



1st Lt. Donald Frisco of 5th Bn., 82nd FA, 4th BCT, 1st Cav. Div., and a native of Morgantown, W.V., hands out candy to local Iraqi children while returning from a dismounted patrol during Operation Bobby Cox near Joint Base Balad, just north of Baghdad, Sept. 6. (Long Knife Photo by 2nd Lt. Justin Bishop)

Black Dragons receive new mission in Iraq

*By 2nd Lt. Justin Bishop
5th Bn., 82nd FA*

BALAD, Iraq – In general, field artillery units are content with shooting large mortar rounds at indirect enemy targets to execute mass destruction when the situation requires.

The 5th Battalion, 82nd Field Artillery Regiment, 1st Cavalry Division, 4th Brigade Combat Team have been called upon to do a little more, and they have gladly accepted.

“I had a lot of fun training for and (executing this mission),” said Pfc. Armond Benoit, of Battery A, 5th Bn., 82nd FA, 4th BCT, 1st Cav. Div.

Benoit and the rest of his unit conducted Operation Bobby Cox, a four-day mission involving an air assault within the Joint Base Balad oper-

ating environment, just north of Baghdad, Sept. 6.

Once the Soldiers were on site, they moved from house to house in a mix of mounted and dismounted patrols in search of anything that would help further eliminate instability in a region. The area, much like all of Iraq, has consistently seen a reduction in crime and a gradual decrease in reports of violence.

“As an artillery Soldier, I never thought I would have been doing air assault raid missions,” added Benoit, from Mamou, La. “It was a good change of pace from our regular schedule of mounted and dismounted patrols in the area.”

The Long Knife Soldiers teamed up with Soldiers from 2nd Bn., 320th FA, 1st BCT, 101st Airborne.

Div. during Operation Bobby Cox.

The Long Knife field artillery unit regularly works with the 320th FA when conducting patrols or other counter insurgency operations near Balad.

This was the first air assault mission for the 5th Bn., 82nd FA Soldiers; leaders conducted an extensive amount of extra planning and training to ensure the mission was completed safely and effectively.

“In just the few months that we have been here, I have already seen a difference in the way people in the towns and villages act toward us,” said Sgt. James Rein, of Battery A., and Glendale, Ariz. native. “They are much friendlier.”

— Black Dragons *continued on page 7*

Long Knife heroes receive awards for valor

By Pfc. Terence Ewings
4th BCT PAO

COB ADDER, Iraq – One of the first thoughts that came to Sgt. Steven Robinson during the rocket attack that struck Forward Operating Base Garry Owen, in southeastern Iraq, was to ensure that his Soldiers were alright.

After ensuring that his troops were geared up and accounted for, the artillery forward observer from Barre, Massachusetts, continued to assist his fellow Soldiers of the 4th Brigade Combat Team, 1st Cavalry Division.

Robinson, a non-commissioned officer in the Long Knife Brigade's Protective Security Detachment, was one of four recipients to receive the Army Commendation Medal with "V" device for valor at the 4th BCT Combat Action Awards Ceremony at Contingency Operating Base Adder Sep. 19.

"I wasn't thinking about being rewarded," said Robinson, who believes he was simply (at the right place

at the right time). "It was all about acting on what you've been trained to do for years."

The recipients of this honor received the medals for acts of bravery while under imminent enemy threat during combat operations. Lt. Col.

Scott Gerber, the Executive Officer of the Long Knife Brigade, and three junior non-commissioned officers sacrificed their own safety to assist their fellow Long Knife Soldiers

during the attack, which killed one U.S. Soldier and injured two others Aug. 19.

"When there is a guy's life on the line you do what needs to be done," said Gerber, who alerted the

combat medics and field surgeon team that there was a casualty in need of assistance.

The three non-commissioned officers who also received awards expressed similar ideas concerning their involvement that day.

Staff Sgt.

Javier Reyes, also a member of the brigade's protective security detachment, from Phoenix, explained that he acted on instinct and wanted to do as much as possible

to aid the victims.

"I was glad I was able to be there to help them out," said the recently promoted combat veteran. "It means a lot to be there and that's what

_____ Valor continued on page 7

It was all about acting on what you've been trained to do for years.

*Sgt. Steven Robinson
4BCT Protective Security Detachment*



Col. Philip Battaglia awards Sgt. Javier Reyes and Sgt. Nicolas King with an Army Commendation Medal with "V" device for valor at the Combat Action Awards Ceremony on COB Adder Sept. 19. The two combat veterans received the award for assisting their fellow Soldiers in the 4th BCT, 1st Cav. Div., during a rocket attack on FOB Garry Owen. (Long Knife photo by Pfc. Terence Ewings)

Thunder Horse Battalion expands operations in Southern Iraq

By Capt. Robin Worch,
2nd Bn., 12th Cav. Regt.

COB ADDER, Iraq—The 2nd Battalion, 12th Cavalry Regiment, 4th Brigade Combat Team, 1st Cavalry Division, has a mission that stretches across two provinces and 7,200 square kilometers in southern Iraq. Based on the large area of coverage, the Thunder Horse troops have moved a company-size unit to Joint Security Station Jenkins where the unit is co-located with the 2nd Battalion, 40th Iraqi Army Brigade.

By moving the Soldiers from Contingency Operating Base Adder, which is the headquarters for the Long Knife Brigade, the battalion can easily conduct joint patrols with the Iraqi Army in northern Dhi Qar, an area that has not seen Coalition Forces for more than two years.

“Having the Americans here will help our patrols and bring more stability to this region,” said Col. Al Kareem of the 40th Iraqi Army Brigade.

Along with the ability to accomplish the battalion’s huge mission, the 2nd Bn., 12th Cav. Regt., is focused on providing quality of life resources for those Soldiers selected to



Leaders from the 2nd Battalion, 12th Cavalry Regiment, 4th Brigade Combat Team, 1st Cavalry Division, discuss future quality of life planning at the remote Joint Security Station Jenkins Sept. 24. A company-size element within the Thunder Horse Battalion recently moved to the security station to live and partner with the 2nd Battalion, 40th Iraqi Army Brigade during counter-insurgency

live in the remote security station.

The Long Knife Brigade has made quality of life a high priority considering the unit is building two Forward Operating Bases Garry Owen and Hunter, both near the southeastern border of Iraq.

In addition, the brigade is in the process of resourcing JSS Jenkins with some of the same amenities the Soldiers were afforded at COB Adder. The project requires support from a number of agencies, to include Navy

———— Thunder *continued on page 11*

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means the most to me, helping Soldiers.”

“It feels good to be recognized,” said Sgt. Nicolas King, the combat medic from North Richland

Hills, Texas. “All I really expected was a thank you, but it’s nice that we received an award like this.”

However modest the recipients of the ARCOM’s are, they are re-

sponsible for saving the lives of their fellow Soldiers.

“There’s no doubt in my mind that those three NCOs saved lives that day,” said Gerber.

Black Dragons from page 5

As the Soldiers encountered local farmers while moving through crop fields near the Tigris River, nearly every Iraqi civilian showed their approval of the U.S. presence and were eager to provide information about criminals

in the area.

The area surrounding Joint Base Balad historically received heavy contact from enemy activity, but there were no reports of violence during the operation.





Top left: Long Knife Brigade Soldiers eat dinner under the brigade colors and a 1st Cavalry Division flag during the First Team's 87th birthday celebration at Contingency Operating Base Adder, near Tallil, Iraq, Sept. 13.

Above: 1st Lt. Aileen Farrell, a human resources officer assigned to the 4th Special Troops Battalion, 4th Brigade Combat Team, lights a candle in remembrance of the lives lost Sept. 11, 2001. Soldiers stationed at Contingency Operating Base Adder, near Tallil, Iraq, remembered the events of Sept. 11, during a memorial service at the base's Memorial Hall Sept. 11, 2008.

Far Left: Command Sgt. Maj. Edwin Rodriguez and Col. Philip Battaglia cut the First Team's 87th birthday cake during the Long Knife Brigade's birthday party for the 1st Cavalry Division at Contingency Operating Base Adder, near Tallil, Iraq, Sept. 13. The 4th Brigade Combat Team is working to stop smuggling in the southern Iraqi desert border region, much like the First Team's beginnings along the United States - Mexican border.

Left: Sgt. Gregory Calzado, a Long Knife Brigade property book office non-commissioned officer, sings "God Bless America" with the Adder Gospel Choir during a Sept. 11 memorial service for Soldiers stationed at COB Adder at the base's Memorial Hall Sept. 11.

(All photos by Spc. Creighton Holub)

The Romanian “White Sharks” join the Long Knives in Iraq

By Romanian 341st Inf. Bn.

COB ADDER, Iraq – The Romanian 341st Infantry Battalion has joined the 4th Brigade Combat Team, 1st Cavalry Division until the combat team completes its 15-month deployment in southern Iraq.

The White Sharks, with more than 400 Soldiers, are stationed here in Contingency Operating Base Adder to work with the Coalition Forces and Iraqi Security Forces to provide stabil operations and support the governance at the local and provincial levels.

Col. Philip Battaglia, commander of the 4th BCT, addressed the Romanian leadership. “We are looking forward to working with you to continue progress here in Iraq,” he said. “When you come over to my TOC [tactical operations cell], I hope you feel as welcome as we feel today in your area.”

The 341st Infantry Battalion, formerly the 1st Infantry Battalion, 34th Infantry Regiment, reflagged in 1995 as their own independent unit.

The history of this unit dates back to World War I and World War II, where the infantry regiment participated in multiple battles.

The 341st Infantry Battalion also participated in many national and multinational training events, starting

in 1999. During that period, the battalion was nominated to participate in peace keeping and humanitarian operations. Furthermore, the battalion took part in more than fifteen multinational training events in Romania, Ukraine and Bulgaria.

In 2004, the battalion received orders to support the Kosovo Forces in peace keeping missions until the summer of 2005. From 2005 to July 2006, the battalion deployed in countless missions, near the Kandahar region of Afghanistan, for Operations Enduring Freedom, under the command of the International Security Assistance Forces.

The White Sharks assumed authority from the 151st Infantry Battalion Aug. 21.

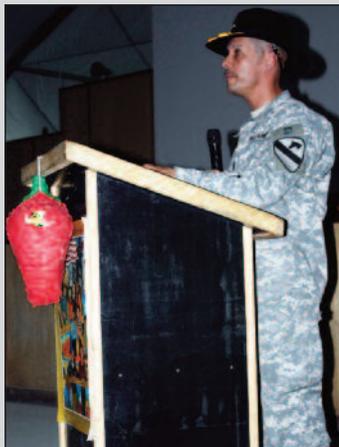
“The Black Wolves have set a very high standard, one we will maintain and of course, try to better,” said Lt. Col. Vreme, the incoming commander of the 341st Inf. Bn. “We will be great partners and the relations between us will prove that we are a team that can accomplish any kind of mission.”

The 341st Inf. Bn. will be working with the Long Knife Brigade in the Dhi Qar province to aid the Iraqi Security Forces and local nationals there.



Romanian soldiers from the 151st Infantry Battalion “Black Wolves” participate in the transfer of authority ceremony with the 341st Inf. Bn. “White Sharks” at Contingency Operating Base Adder Aug. 21. (Long Knife Photo by Maj. Chad Carroll)

Long Knives Celebrate Hispanic Heritage Month



Command Sgt. Maj. Edwin Rodriguez gives a speech during the Hispanic Heritage Month celebration at Contingency Operating Base Adder’s Warrior Memorial Hall Oct 3.

(Long Knife Photos by Pfc. Rebekah Lampman)



Sgt. 1st Class Philip Walls and Staff Sgt. Courtney James play Mexican Bingo at the Hispanic Heritage Month celebration at the COB Adder’s Warrior Memorial Hall Oct. 3 .



Sgt. Darren Hutson, a light wheel mechanic from Salem, Virginia, with the 1st Sqdn., 9th Cav. Regt., builds tables for the dining facility at Forward Operation Base Hunter Oct. 2. (Long Knife Photo By Staff Sgt. Mark Schenk)

Hunters make life better at newest border base

By Staff Sgt. Mark L. Schenk,
1st Sqdn., 9th Cav. Regt.

COB ADDER, Iraq – A handful of trucks filled with gear, food and water and approximately 200 troops left Forward Operating Base Garry Owen and headed south in mid-August.

The Long Knife Brigade Soldiers from the 1st Squadron, 9th Cavalry Regiment, arrived at an empty airfield prepared to open a new base, FOB Hunter.

“It’s hot and the work is hard, but at least I make a difference here,” explained Detroit native, Pfc. Jeffrey Hillman, a combat medic assigned to B Troop.

The Soldiers began unloading gear by hand, and erected tents while

keeping a guard force defending their new base. The Soldiers also set up their headquarters’ tactical operating center along with an aid station on the first day.

Sgt. Maj. Michael Williamson, the squadron’s senior operations non-commissioned officer had initial concerns with basic latrine and showering facilities available at FOB Hunter.

Fortunately, the living conditions have improved significantly since the base was created almost a month ago. CH-47 Chinook cargo helicopters come in with mail, water and food every day.

Ground convoys from FOB Garry Owen deliver wood and other construction materials to build and up-

grade the squadron’s living and operational areas.

The troops have field rations, such as individual meals-ready-to-eat. They also have filtered, bottled water from the Euphrates River and large refrigerators to keep their water cooled.

“This is (a better environment) than I expected,” said Trinidad native, Spc. Yasir Kahn, a medic assigned to the squadron headquarters.

The unit is now providing the Soldiers with computers and internet access to communicate with their loved ones back home.

The Long Knife Brigade and Headhunter Squadron also have plans to build a dining facility and post exchange at the base.

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Engineers, who recently installed air conditioners, electricity and plumbing at the security station.

The next step, and possibly most important to the Soldiers, will be the installation of free internet service.

This will allow the Thunder Horse Soldiers the ability to send and receive e-mails with family and friends back home in the states.

“That is what Soldier’s really want,” said Capt. Matthew Prescott,

assigned to 2nd Battalion, 12th Cav. Regt. “They are looking forward to the ability to communicate with their families even though they are in the middle of southern Iraq and living with the Iraqi Army.”

Continue Living the Legend, see your battalion retention NCO for details

Supplements and Deployment

By Sgt. 1st Class Patrick Caesar
4th BCT Medical Operations

COB ADDER, Iraq - "I'm going to use this deployment as an opportunity to get BIG...I'm gonna be working out, losing weight, and lifting... every one back home will see a big difference when I get back!"

How many times have you heard this before? For many of us, this is a common statement heard throughout our deployment from among the ranks. While most Soldiers will find better fitness by simply conducting regular exercise and maintaining a good diet, others will try 'shortcuts' or use methods that will give them an 'extra' edge through the use of supplements.

While the use of supplements, weight loss products and vitamins are not necessarily harmful, the improper use of these products, failing to maintain a proper diet or using supplements as a substitute for meals can be dangerous.

There are a wide variety of supplements available with numerous claims. One popular claim is that the supplement, referred to as Creatine, can help those who want to 'bulk up' through weight lifting. Creatine, by itself, is naturally produced within the body, and you can easily produce more of it by eating a regular diet.

Among weight trainers, Creatine is used to increase muscle mass. This is done simply by retaining water within the tissues and cells of muscles, thereby giving you a fuller look. However, with Creatine, once you stop using the product, the 'bulk muscles' disappear.

Another physiological fact re-

garding the supplement, is that the body will only use as much as it can metabolize. The remainder is excreted out of the body and unused.

Since creatine retains water within the body, you must consume large amounts of water to avoid being dehydrated. This can lead to serious injuries among weight trainers who are not conscious of their water intake levels. Considering the strenuous environment we endure during our deployment, Soldiers should exercise extreme caution before deciding to use these products.

" The improper use of these products, failing to maintain a proper diet, or using supplements as a substitute for meals can be dangerous. "

*Sgt. 1st Class Patrick Caesar
4th Brigade Combat Team, Medical Operations NCO*

Nitric Oxide (N.O.) is among the latest popular supplements being used today. N.O. is a free-form gas, which is also naturally produced within the body. To produce this gas, the enzymes inside the body break down an amino acid called Arginin. Arginin is commonly found in a normal diet, including a variety of fish and shellfish. N.O increases blood flow and dilates blood vessels, making it of particular interest among weight lifters and body builders. The increased blood flow will serve to help muscles become larger when subjected to stress.

In weight training, N.O. supplements increase muscle growth by increasing blood flow to muscle groups. However, remember to con-

sider the ingredients of this advertised supplement. N.O. supplements typically contain caffeine, creatine, and amino acids; all of which may have contributing common side effects such as diarrhea, weakness, nausea, and even sexual dysfunction.

For those looking to lose weight, Hydroxycut, as well as other products containing ephedra and caffeine have been highly advertised. However, like many supplements, its effectiveness has been questionable.

Hydroxycut's primary weight-loss ingredients include: garcinia

ambogia, chromium polynicotinate, caffeine and green tea. None of which have evidence of effectiveness.

Last but not least is Caffeine, which is a common ingredient in health supplements and found in numerous products we use. In fact, caffeine is found more so in beverages

than any other plant and herbal material combined. It is found in everything from sodas, coffee, tea and chocolate to the very health supplements found on the market today.

Caffeine is an alkaloid and powerful stimulant to the central nervous system. The common use of caffeine can be found as desirable by many of us, but the excessive use of caffeine can produce extremely undesirable effects such as anxiety, nervousness and headaches.

With the use of any supplement, you should exercise extreme caution before taking them. Many supplements can have serious side effects if not used properly. Some of these include: extreme muscle fatigue,

— Supplements continued on page 13

Married couples find deployment together easier as Rough Rider Soldiers

By Spc. Shannon Black
27th BSB

COB ADDER, Iraq - The first time Staff Sgt. Tonga Rose and her husband, Sgt. First Class Marcus Rose, deployed to Iraq in 2003, they were separated by approximately 80 miles. Tonga was stationed at Camp Taji; Marcus was near Tikrit.

This time around, the Roses are both assigned to the 27th Brigade Support Battalion, 4th Brigade Combat Team, 1st Cavalry Division, stationed at Contingency Operating

Base Adder, and they get to live together in the same room.

"It's a morale booster because we're able to be together, explained Tonga, from Killeen, Texas. "It's not a strain on our marriage this time, and it lessens the stress."

Like the Roses, Staff Sgts. Kelvin and Michelle Windham are also residing together during this deployment.

When asked for her opinion about the opportunity to not only be stationed with her husband at COB

Adder, but to also live with her husband, the supply sergeant from Guthrie, Okla. could only attribute it to divine intervention.

"I know I'm blessed," said Michelle. "I know that it is far and few between that married military couples get stationed together on a deployment--I can't put a price on being able to come home every night to my spouse and talk about my day."

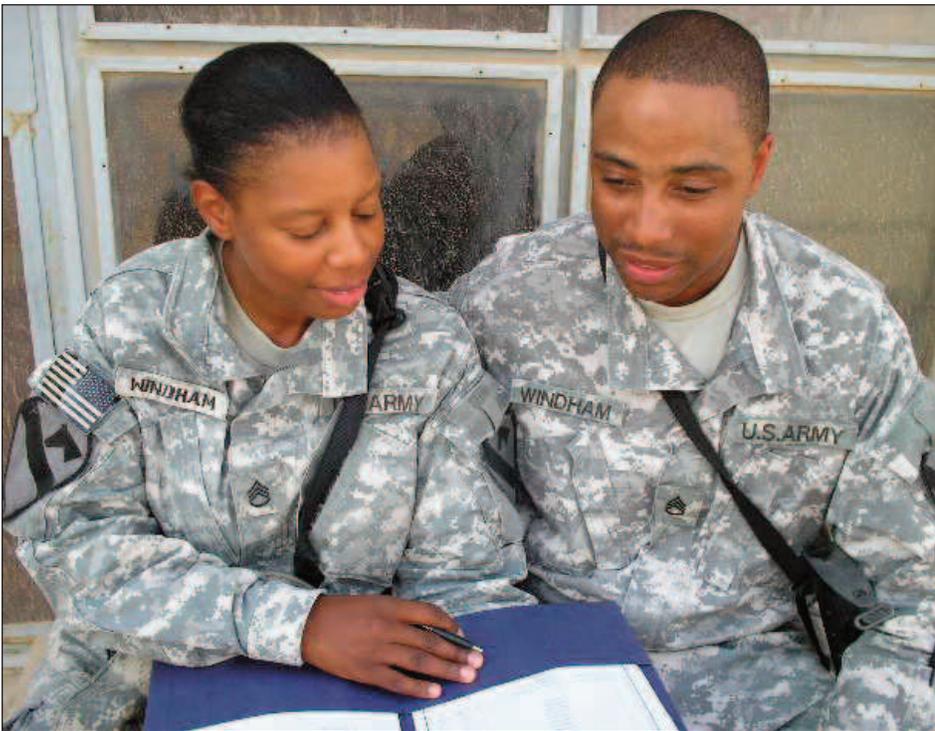
Michelle and her husband are fully aware of the dangers they face in combat. Kelvin serves as a gun-truck sergeant on vehicle convoys, which means he frequently provides security for the battalion's convoy vehicles to and from various locations.

"The only worry I have is that we are equally at risk of being injured by incoming rounds," she said. "I pray every day that the Lord will watch over my husband and Alpha Company Soldiers."

Considering the risks Long Knife Soldiers face during a deployment, the married couples in 27th BSB are happy to have each other just an arm's length away.

"One of the advantages of being in this company is that we can help each other with any issues that may arise in our day-to-day workload," said Michelle.

"To not have to look in a video camera to see his face is, by far, the best blessing ever," she concluded.



Staff Sergeants Kelvin and Michelle Windham sit and review documents outside their living area Sept. 7. The Windham's are assigned to 27th BSB, 4th BCT, 1st Cav. Div., at COB Adder.

Supplements from page 12

dehydration, kidney and liver failure.

Nearly none of the supplements currently available are regulated by the Food and Drug Administration (FDA), and are sold mostly based on manufacturer claims and advertising without actual scientific evidence.

As with all over-the-counter products, to include medicines, supplements and even vitamins, read and follow all instructions for use. We strongly recommend that you use only as directed for achieving the maximum results safely

The 4th BCT and some subordinate units have written policies on authorized and unauthorized supplements. If you have any doubts about any product you intend to use, consult your supervisor for a copy of the policy letter.

Long Knife Destinations

Editorial by

Sgt. 1st Class Damian Steptore
4th BCT PAO NCOIC

COB ADDER, Iraq — So the biggest topic this month has been about EML, and I'm not embarrassed to admit that I've never really known exactly what the acronym stands for.

At first I thought it stood for emergency leave, but then what would the 'M' represent? Then someone explained to me that EML was the acronym for Environmental Moral Leave. That made me wonder, "what does the environment have to do with taking a break, and going on a vacation?"

But anyhow, I've listened to Soldiers from all over the brigade discuss the ideal time to take EML and their intended destinations. Some are saying their initially requested date was changed based on the unit's allot-

ted slots and the percentage of Soldiers each unit is required to send per month.

"We're doing all we can to accommodate our Soldiers," said 1st Sgt. Peter Rocha, the company first sergeant for Headquarters and Headquarters Company, 4th Brigade Combat Team, 1st Cavalry Division, and a native of Crookston, Minn.

However, regardless of when you get to take leave, you are guaranteed approximately two weeks of 'leave me alone time'.

"I just hung out and visited with family and friends," said Pfc. Walton Rudy, of Co. A., 2nd Squadron, 12th Cavalry Regiment, 4th Brigade Combat Team, 1st Cavalry Division. "Oh...and I ate out a lot, added the Apple Valley, Calif., native."

See, that's what I plan to do...just want to hang out with family

and relax. And speaking of family, there's one 27th Brigade Support Battalion Soldier who decided to start his family while on EML.

"It was in the plans for a long time," said Pfc. Thomas Greene, referring to his marriage to Danielle Lawrence during his EML. "I'm really happy, and can't wait to get back home to my new wife."

Green, from Tonawanda, N.Y., took the morale in EML to a whole new level, but you might be surprised at some of the vacations many Long Knife Soldiers are planning.

I spoke to one female officer, whom I'm sure would want to remain anonymous, that plans to travel throughout Europe for 14 days.

That sounds exhausting to me, but here's what Warrant Officer Grant Weston had to say, "I don't even plan

— Destinations *continued on page 15*

From The Pulpit

By Chaplain (Maj.) Ray Bennett
Long Knife Brigade Chaplain

You Talking To Me???

A 4-year-old son was eating an apple in the back seat of the car, when he asked, "Daddy, why is my apple turning brown?" "Because," his dad explained, "after you ate the skin off, the meat of the apple came into contact with the air, which caused it to oxidize, thus changing the molecular structure and turning it into a different color." There was a long silence. Then the boy asked, "Daddy, are you talking to me?"

We have many conversations like this one. When we are talking on the phone, or chatting on email with our Spouse, loved ones, and Family members we sometimes get a response that makes us say, "Are you talking to me?" Maybe we get overwhelmed with too much content. Maybe the



**Chaplain (Maj.)
Ray Bennett**

content has the wrong emotional connotations. Maybe there is unnecessary anger or even contempt. When that happens – like the little boy in the car – we block out the

real meaning behind what was said. But unlike the boy in the car, we don't usually ask "Are you talking to me?" We automatically assume the worst – they don't love me; they don't respect me; they are trying to tick me off.

Yet most of the time our Spouse, loved ones, and Family members do not intend to send the wrong message. It is important for both sides of a conversation to assume the best.

Do not go back and read negative messages into stressful conversations. Instead take time to process the conversation, looking for the true meaning. If you can't determine the true meaning, ask. When your Spouse, loved ones, and Family members ask, do not go back and read negative messages into it. Realize that they need clarification and reassurance that you love and respect them.

We all say the wrong thing at the wrong time. When we understand that, we will be more willing to receive feedback to help us correct our conversations and attitudes.

Paul said in the Letter of Ephesians, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." (Ephesians 4:29)

Inside the Long Knife MiTT

By Sgt. 1st Class Steven Raposo,
Long Knife MiTT

AMARAH, Iraq – “You are not 4/1 CAV MiTT unless...” is a phrase used by the 4th Brigade Special Troops Battalion, 4th Brigade Combat Team, 1st Cavalry Division Military Transition Team to describe the unique experiences they encounter on a daily basis.

This phrase describes the unique moments that often occur during the close interaction with their Iraqi counterparts.

The Long Knife Brigade’s MiTT has the complex task of facilitating and training an Army division headquarters, while facilitating ongoing combat operations.

“Although the MiTT team is a small part of our unit, the personnel on the team have a mission that is critical to the security and future of Iraq and the region,” said Maj. Lou Morales, the team leader from Harriman, New York.

The team is composed of 12 officers and non-commissioned officers from various battalions throughout the 4th Brigade Combat Team, 1st Cavalry Division. Each section of the team partners with a staff section of the 10th Iraqi Army Division Headquarters.

“The team has become a close knit group in a very short amount of time,” said Los Angeles native, Staff Sgt. Ruben Montoya, a member of the logistics section from the 27th Brigade Support Battalion. “We wouldn’t normally work together, and it is a learning experience to see how each section operates.”

Daily interaction with the Iraqi Army staff allows the team to assess the



Soldiers of the 4th Brigade Combat Team, 1st Cavalry Division Military Transition Team, conduct computer training with the 10th Iraqi Army Division after a dinner meeting in Al Amarah, Iraq. (Long Knife Photo by Sgt. 1st Class Steven Raposo, Long Knife Brigade Military Transition Team)

combat readiness of the unit and present ideas that move the unit forward and assist them in accomplishing the missions at hand. On any given day, team members meet with and offer suggestions to personnel that are the decision makers at all levels of the Iraqi government, such as general officers, provincial leaders, city officials and members of the Ministry of Defense.

Working with their Iraqi counterparts has allowed the team to build unique and close relationships with the officers and non-commissioned officers of the Iraqi Army. The team recently returned from an extended mission to a forward operation base where they were the only Coalition personnel living in an Iraqi Army controlled camp.

“I have to keep an open minded and positive approach,” said

Staff Sgt. Heath Ward, a non-commissioned officer in the 27th Brigade Support Battalion from Greatbend, Kansas expressing his feelings on what it’s like to work this closely with their Iraqi counterparts. “Their values are not so much different from ours”

Whether it’s drinking juice boxes in an Iraqi general’s office at midnight, or learning to eat new delicacies with your hands after a day of fasting, each and every MiTT team member has a unique story to tell.

Each of these surprising tales and shared experiences will eventually aid the MiTT to solidify rapport with their 10th Iraqi Army counterparts which will eventually help increase the capabilities of the Iraqi Army.

And you don’t have to be in the Long Knife Brigade’s MiTT to understand how important that is.

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to go on EML, said the Long Knife Brigade’s personnel technician. “I think I’ll save my leave days and my money and stay here; it’s only one

year.”

I guess this is what makes us unique individuals because I couldn’t find two people who had the same

opinion about the topic. I can’t wait to hear more about the EML destinations throughout the Long Knife deployment.

In Memory of Our Fallen Heroes

Pfc. Tavarus Danard Setzler, 23, of Jacksonville, Fla., died of wounds sustained when his vehicle was struck by an improvised explosive device in Majar al Kabir, Iraq, Oct. 2.

Setzler joined the military in Nov. 2007, as a combat engineer and was assigned to the 1st Cavalry Division since March 2008.

He deployed with the 2nd Battalion, 7th Cavalry Regiment, 4th Brigade Combat Team, 1st Cavalry Division, in June 2008, in support of Operation Iraqi Freedom.

Setzler's decorations and awards include a Bronze Star, Purple Heart, Army Commendation Medal, Iraqi Campaign Medal, National Defense Service Medal, Global War on Terrorism Service Ribbon, Army Service Ribbon, Overseas Service Ribbon and a Combat Action Badge.

Sgt. Reuben Marcus Fernandez III, 22, of Abilene, Texas, died of wounds sustained when his vehicle was struck by an improvised explosive device in Majar al Kabir, Iraq, Oct. 11.

Fernandez joined the military in Sept. 2004, as an infantryman and was assigned to the 1st Cavalry Division since Feb. 2005.

He deployed with the 2nd Battalion, 7th Cavalry Regiment, 4th Brigade Combat Team, 1st Cavalry Division, in June 2008, in support of Operation Iraqi Freedom.

Fernandez's decorations and awards include a Bronze Star, Purple Heart, Army Commendation Medal, Army Achievement Medal, Army Good Conduct Medal, Iraqi Campaign Medal, National Defense Service Medal, Global War on Terrorism Service Ribbon, Army Service Ribbon, Overseas Service Ribbon and a Combat Action Badge.

