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Duke Dispatch



February 2009

3rd BCT, 1st ID

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**6-4 Cavalry
Scouts take on
tough mission**

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Photo by Army Staff Sgt. Melinda Johnson

Members of the Nangarhar Provincial Reconstruction Team, Agribusiness Development Team and Task Force Duke listen to a speaker during a ceremony marking the 20th anniversary of the withdrawal of the Soviet Union from Afghanistan. More than 200 people, including Nangarhar government officials, former Mujahideen commanders and coalition forces partners participated in the event.

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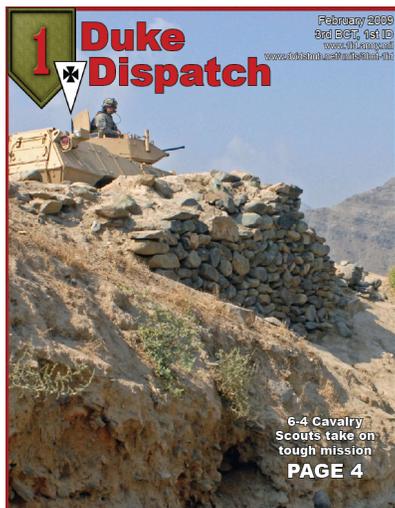
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A Soldier from 1st Battalion, 26th Infantry regiment overlooks a Voter registration site in the Konar province, Afghanistan. 1-26 Inf. conducted several patrols and provided security to allow local Afghan citizens the chance to register. (Photo by Staff Sgt. Adora Medina)



3rd BCT, 1st ID Magazine

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Austin Marathon satellite run comes to Afghanistan



Photo by Staff Sgt. David Hopkins

More than 100 runners leap to action as they are given the command to start the Austin Marathon satellite run in northeastern Afghanistan on Feb. 15. The run was conducted on the same day as the run in Austin Texas.

*By Staff Sgt. David Hopkins
3rd BCT, 1st ID, PAO*

More than 100 runners gathered on Feb. 15, to participate in the Austin Marathon satellite run in northeastern Afghanistan, nearly 8,000 miles from the main run in Austin, Texas.

The group of runners, consisting of Soldiers, Airmen and civilians, ran around the airfield on a Forward Operating Base in the Nangarhar province on the same day as nearly 11,000 runners completed the Austin Marathon.

"There were over 150 registered, and I think the final count is about 110 who showed up today to run it, which is an awesome turnout," Air Force Capt. Phillip Johnston, event organizer from Decatur, Ill., said.

Two A-10 Warthog jets were slated to fly over the tightly-gathered group of runners at the start point, but they were delayed due to real-world missions, but this didn't stop or even slow the opening of the run which started at 11 a.m.

"The 'starting gun' that I was

planning, got delayed for contingency support, which after all is the real job out here," Johnston said.

After the shout of "GO" by Johnston the runners stepped, in one large group, over the starting line and were on their way to completing a half or full marathon. The runners thinned out over the first lap around the nearly four-mile course as the faster runners pulled away from the crowd, leaving the recreational runners behind.

"It was a good run," Army Sgt. 1st Class Brendan Nintzel, top ten finisher in the half marathon, and native of Cary N.C., said. "I had a good pace, the weather was good and the road was good."

Only seven of the runners participated in the entire 26.2-mile run while the remainder ran the still-impressive 13.1 miles.

"We had runners who were experienced in races and some who were beginners just out to have a good time and challenge themselves," Johnston said. "I was impressed with those who pushed through the pain of the long run and finished today."

Many of the runners settled

into a steady pace and ran strong throughout the entire distance while others succumbed to fatigue and slowed their pace through to the finish-line, but almost everyone ran, walked or hobbled across the finish-line.

"Nearly all who started the race finished it," Johnston said. "A couple of the seven who started out intending to finish the entire marathon changed their mind and went with the half marathon, but that is also a great accomplishment."

The winner of the full marathon, Richard Mangongo, a Kellogg Brown and Root employee from Kenya finished the entire marathon in 3:23.

"This was my first marathon," Mangongo said. "It was a good run, but I am very tired and happy for my run."

Winning first place in the half marathon with a time of 1:13:20, was Army Maj. Keith Matiskella from Lakewood, N.J., who also won the Army 10-miler satellite run last fall.

"It's great to see this many people out doing this," Matiskella said. "It shows a lot of motivation and character. I think the people who are doing the full marathon are nuts, but I think it's great they are doing it."

Marathon Run-times

Full-Marathon Top Finishers-Men

1. Mr. Richard Mangongo 3:23:00
2. Army 1st Lt. Scott Eshom 3:35:35
3. Army Sgt. 1st Class Jeffery Wood 4:09:35

Half-Marathon Top Finishers-Men

1. Army Maj. Keith Matiskella 1:13:07
2. Army Pfc. Daniel Starks 1:30:00
3. Army Sgt. Andrew Tafola 1:37:15

Half-Marathon Top Finishers-Women

1. Army 1st Lt. Jean Archer 1:46:29
2. Army Sgt. Kristal Reszler 1:48:35
3. Army Cpt. Rachelle Thompson 2:02:20

6-4 Scouts take tough mission to northeast Afghanistan

*By Staff Sgt. David Hopkins
3rd BCT, 1st ID, PAO*

Cavalry Scouts of Headquarters and Headquarters Troop, 6th Squadron, 4th Cavalry Regiment, perform regular missions along the unpaved roadways in the Konar province of northeastern Afghanistan, guarding and protecting the Afghans and their fellow Soldiers.

“We do about 20 to 25 missions a month,” Army Capt. Paul Roberts, HHT commander, from Altus, Okla., said. “We do Combat Logistics Patrol over watch, night patrols, route recon, ambushes and escort missions.”

Recently, the 3rd Brigade Combat Team, 1st Infantry Division Soldiers conducted a CLP over watch at one of the most frequently attacked locations along the main road running through their Area of Operations. They were called on to guard a convoy of jingle trucks and military vehicles as they passed through the dangerous stretch to transport supplies to out posts in the region.

“CLP over watch missions are the hardest. They require the most combat power and there are a lot of moving parts,” Roberts said.

The location the scouts were watching has been attacked several times over the preceding months, including a large attack on a convoy last October wounding four American service members and killing several Anti-Afghan Forces in the close-range ambush.

During the latest mission, the scouts sat on



Photos by Staff Sgt. David Hopkins

Capt. Paul Roberts, Headquarters and Headquarters Troop, 6th Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 1st Infantry Division, commander, gives the night security plan to 1st Lt. John Grant, 3rd Platoon leader for A Troop before dark. The scouts had to wait out the night in the location, securing it for transports coming through the area.

a plateau along the river where they have a vantage point along the road, while a group of Afghan National Army soldiers headed up a mountainside to set up a position with a view from above.

As they scan the road, the valley and the hillsides, they watch cars and trucks, children playing in the small village, goat herders or any other movement for possible threat. They use binoculars, laser range-finders and the naked eye, and they watch and wait for the convoy to come through.

The scouts saw some suspicious signs along the road and on the mountain ridges, but the mission went off without incident. The supplies were delivered and no shots were fired. This is not always the case for the cavalry scouts. They are frequently attacked and have to counterattack. However, the scouts are well trained for such attacks and for the mission, and they are gaining experience with every operation they perform.

“I’m really proud of my guys,” Roberts said. “They’ve been doing exactly what I expect of Cavalry scouts. They are out there all the time doing a tough job.”

The scouts’ leadership has many hopes for the future of their troop, but their main hope is for the Afghan National Security Forces.

“My biggest hope for the future of the unit is for the ANSF guys,” Roberts said. “My hope is that all the ANSF guys get better and take on more responsibility, extending the face of the government, take the fight to the bad guys. Until then we’ll be there doing our job.”



A Combat Logistics Patrol moves up an unpaved road as they receive security coverage from the air and from the scouts of HHT, 6-4 Cav. The stretch of road is frequently attacked so the security is necessary to the overall mission success.

Recycling program kicks off in Laghman province



*By Spc. Brandon Sandefur
3rd BCT, 1st ID, PAO*

A recycling program, aimed to improve air quality and reduce trash, began recently at Forward Operating Base Mehtar Lam, in Laghman province, Afghanistan.

Army Capt. Ryan Burrus, Headquarters and Headquarters Company commander for 1st Battalion, 178th Infantry of the Illinois National Guard, got the idea to start a recycling program the moment he stepped onto FOB Mehtar Lam and noticed the amount of trash, general waste and increased level of pollution.

"I then began to brainstorm to see how we could limit the trash on the FOB and burn only trash and not things that could be recycled," Burrus, St. Louis, Mo. native, said.

Upon his initial assessment, Burrus began to formulate a plan on how to incorporate recycling into



Courtesy Photos

A Soldier with 1st Battalion, 178th Infantry, of the Illinois National Guard, recycles a plastic Gatorade bottle as part of a new recycling program that just began at Forward Operating Base Mehtar Lam, in northeastern Afghanistan.

the daily routine.

"I got with the FOB carpenter, who is a National Guard Soldier and a union carpenter on the civilian side, the Field Sanitation Team and the battalion surgeon to brainstorm ideas," Burrus said. "The carpenter rebuilt the trash bins outside of the dining facility and made receptacles for plastic, cans and trash."

Many things had to happen for the recycling program to begin, though. Separation of trash and constructing labelled bins for where things went was one of the first steps to get the program started. Afghans on the FOB also took part in the program. The field sanitation team along with the interpreters made stencils for plastic, cans, paper and trash in English and Pashto to paint onto the trash bins.

In addition, the battalion surgeon and Burrus experimented with what it actually took to burn up all the trash in the trash pit. The incinerator on the FOB was not being actively used so to reduce smoke from the burn pit they began using the incinerator to burn trash.

"The air quality is much better on the FOB now verses when we first arrived here," Burrus said. "There is almost no visible smoke in the air now and people can actually run around the track here."

Along with Burrus, Sgt. 1st Class Donald Holland, Kellogg Brown Root and the FOB Carpenter are building trash points that will eventually be put up to ensure trash and recyclable materials are separated all over the FOB.

There is a noticeable difference in the air quality and the cleanliness of the FOB. The trash at the trash pit has greatly reduced and you see a good number of Soldiers, Marines and Airmen running on the track.

Burrus explained how the FOB has improved to 30 percent of recycling material versus the zero percent they were at before.

"We're headed in the right direction and we can't go 100 percent in a day," Burrus said. "I hope that everyone gets with the message on the importance of recycling," said Burrus.

The recycling efforts are paying off on the FOB with hopes for continued success.

"One of my duties here is the FOB Mayor, so making the FOB better is an important part of that," said Burrus. Things like building Hesco barriers, running constantia wire and constructing guard towers are important, but finding ways to limit the amount of trash on a FOB improves the FOB quality and keeps it operational for a longer period of time."

Reinforcements join TF Duke in securing Afghan border



Col. John Spiszer
3rd BCT, 1st ID, Commander

This month we continued counterinsurgency operations, Operation Lionheart, welcomed a new battalion to the area of operations, moved into our new Tactical Operations Center and had several distinguished visitors.

During the month we welcomed 1st Battalion, 32nd Infantry Regiment, 10th Mountain Division, to the Task Force Duke family. They will be working with

“During the month we welcomed 1st Battalion, 32nd Infantry Regiment, 10th Mountain Division, to TF Duke’s AO. They will be working with us by securing a portion of the Afghan border with Pakistan.”

Col. John Spiszer

us by securing a portion of the Afghan border with Pakistan. They took over a segment of the border that was previously being handled by units from 1st Battalion, 26th Infantry Regiment. Those Soldiers have now been moved to another part of the AO so they can be more effectively used.

With the coming of spring and summer our Soldiers are beginning to already feel the effects of the Afghan heat. We are taking the time in all the units throughout the area to make sure everyone is trained in the prevention and the treatment of hot-weather injuries so we don’t have any heat casualties.

This month we were visited by the Undersecretary of Defense for Policy, Ms. Michelle Flourney, the president of Afghanistan, Hamid Karzai who visited Laghman province and United Kingdom

Foreign Secretary, David Milliband.

We recently completed construction on the Brigade Tactical Operations Center and are moved in. The new facility allows us to complete our mission in a safer, more secure location with increased functionality.

Last but not least, I would like to take this time to acknowledge the great bravery and professionalism of four Soldiers who received medals for valor during the month: Spader troops, PFC Joshua Orcutt and SPC Christopher Padgett received the Bronze Star Medal for Valor and SPC Christopher Padgett and SPC Adam Rawson received the Army Commendation Medal for Valor.

Finally, thanks to all the Families for their support of us here in Afghanistan.

No mission too difficult, no sacrifice too great. Duty First!



The Nangarhar, Konar, Nuristan and Laghman Governors and Afghan National Security Forces leadership along with representatives of Task Force Duke eat lunch during the N2KL Joint Security Conference Feb. 2, 2009 at the Nangarhar Governors compound. (Photo by Maj. Chevelle Thomas)

Uncasing ceremony marks return of 1-32 to Afghanistan

*By Staff Sgt. David Hopkins
3rd BCT, 1st ID, PAO*

1st Battalion, 32nd Infantry Regiment, 10th Mountain Division, officially took over responsibility of a region along the Pakistan border in northeastern Afghanistan in a traditional uncasing ceremony on February 4.

1-32 Inf., nicknamed Chosin Battalion after the Chosin Valley in Korea, is taking over the region from 1st Battalion, 26th Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division, who has conducted counterinsurgency operations in the area since June of 2008.

"The battalion has a great history in the Army and a great history right here in the Konar province and Afghanistan," Army Col. John Spiszer, 3rd BCT, 1st ID commander, said. "They are ready to go and I have great confidence in them."

The territory 1-32 Inf. is taking over is not unfamiliar to the battalion. They were deployed in the region during Operation Enduring Freedom VII and spent 16 months in operations in the province.

"[Bringing us back to this spot] was one of the smartest decisions our leaders have done," Army Command Sgt. Maj. James Carabello, 1-32 Inf. command sergeant major from North Andover, Mass., said. "We are familiar with the area, we have relationships with the people, with the government and with

"We are familiar with the area, we have relationships with the people, with the government and with the elders. The people remember us. The people who walk around on the streets remember us and that is important to our success."

Command Sgt. Maj. James Carabello, 1-32 Inf.



Photos by Army Staff Sgt. David Hopkins

Soldiers from 1st Battalion, 32nd Infantry Regiment, 10th Mountain Division stand in formation as they officially take over responsibility for an area along the Pakistan border in the Konar province of Afghanistan on February 1, at the Transfer of Authority ceremony.

the elders. The people remember us. The people who walk around on the streets remember us and that is important to our success."

The 1-26 Inf. units will be moving to a different area where their skills will be better utilized in the overall mission.

"They [1-26 Inf.] did a phenomenal job here over the past six months," Maj. Kendall Clark, executive officer for 1-26 said about the outgoing units.

1-32 Inf. will take over where 1-26 Inf. left off as they continue to put pressure on the enemy and their movements and activities in the region.

"We hope to integrate quick-

ly with Task Force Duke and have success along the border," Army Lt. Col. Mark O'Donnell, 1-32 Inf. commander from Carlisle, Penn., said. "We want to be able to deny enemy routes, deny them access to their safe havens, force them out of our AO; we want to make movement hard on them."

Even though 1-32 Inf. is familiar with the region and the work done over the past they needed to be brought up to speed on the specifics of recent operations through a process that includes the outgoing unit doing hands-on training with the incoming unit.

"The relief in place started in mid-January and we are continuing to work with [1-32 Inf.] until we pull out of the area and let them take over," Clark said.

1-32 Inf. is happy to be back in the region and ready to help.

"The people are very cordial. We respect them and I believe they respect us," Carabello said. "I love this place and am happy to be back."

The success of the Task Force stems from individuals



*Command Sgt. Maj. Ronald Orosz
3rd BCT, 1st ID CSM*

I want to thank every Service Member and civilian for doing their daily duties. Each one of you makes this deployment successful and it wouldn't be possible without each of you and the expertise you bring to the Task Force.

Without the Logisticians we wouldn't have food, ammunition or fuel to operate or defend our outposts. Our Combat Logistics Pa-

Without the Airmen we wouldn't be successful at requesting precision munitions. Our Airmen are the link between the ground and Air Force close air support that deliver precision munitions on the enemy and support the Soldiers on the ground. Without the Air Force and their precision munitions our Soldiers would be minus a vital asset that can quickly turn the table in favor of our Soldiers.

Without the Route Clearance Package Soldiers (Engineer and Infantry Soldiers make up the majority of the route clearance package) we wouldn't be able to defeat improvised explosive devices. This is one of the toughest jobs on the battlefield and requires a great deal of concentration and patience.

Without the explosive ordnance disposal teams we wouldn't be able to render safe improvised explosive devices. This is very dangerous work and we all owe a great deal to these Warriors that come from all the military services.

Without our Military Police Soldiers, we wouldn't be able to mentor and train the Afghan police.

the Task Force including company intelligence teams.

Without our helicopter task force we wouldn't be able to move supplies and Soldiers throughout the battlefield in a timely manner. These brave Soldiers fly day and night moving supplies and personnel around the battlefield. The Army Aviators provide close combat support that is critical to the Soldiers on the ground and can quickly come to the aid of troops in contact.

Without our Engineers we wouldn't have the facilities we live in. Our Engineers bring many tools to the fight...literally. They rapidly build facilities for our Soldiers and build in very austere conditions.

Without our Medics and Medical Doctors our Soldiers chances of survival after enemy contact would be significantly reduced. Our Medics and Medical Doctors provide outstanding care to our Soldiers.

Without a technically and tactically proficient staff we wouldn't be able to plan effectively. Our staff is top notch and is responsible for coordinating with battalion staffs to provide equitable support across the entire area of operations.

I know I have overlooked many Service members and civilians that contribute to this deployment and I apologize. I hope each of you know that our Army ceases to exist without dedicated Service Members and civilians and many of you work diligently without thanks, The mechanics, cooks, drivers, radio operators, senior leaders, all contractors, Asymmetric Warfare Group, Rapid Equipment Fielding, CJTF 101, movement control team, airfield personnel, grade scale workers, plumbers, electricians, carpenters, welders, and weapons technicians make this deployment successful. Thank You for your service.

“Without a technically and tactically proficient staff we wouldn't be able to plan effectively. Our staff is top notch and is responsible for coordinating with battalion staffs to provide equitable support across the entire area of operations.”

Command Sgt. Maj. Ronald Orosz

trols provide Soldiers all classes of supply that are critical to mission accomplishment.

Without the Infantry and Cavalry Soldiers we wouldn't be able to close with and destroy the enemy. Our Infantry and Cavalry Soldiers are the Soldiers on the front lines taking the fight to the enemy every day.

I can't think of any better Soldiers than our own Military Policeman to train the Afghan police.

Without our Intelligence Soldiers we wouldn't be able to gather effective battlefield intelligence and exploit enemy weaknesses. Our Soldiers that work in the Intelligence field are critical to accomplishing our mission and work at all levels in

Task Force Duke promotes legal awareness in Afghanistan



Photos by Air Force Capt. Dustin Hart

Provincial Prosecutor Abdul Qayoum follows along with Soldiers from the 3rd Brigade Combat Team, 1st Infantry Division as they explain their efforts to build awareness of Afghan laws and rights guaranteed under the nation's constitution.

Army Sgt. 1st Class Timothy Conner and Army Capt. Michael Vincent take notes as local leaders explain the needs of their respective villages during a meeting to promote programs regarding legal awareness throughout Afghanistan.



*By Pfc Charles Wolfe
3rd BCT, 1st ID, PAO*

As part of an effort to improve governance and promote legal awareness throughout Afghanistan, a group of legal personnel from 3rd Brigade Combat Team, 1st Infantry Division, is acting to encourage recognition of a court system and a universal set of laws.

Reports of legal disputes in the district have nearly ceased,

however, illegal activities continue. The apparent deficiency prompted Abdul Qayoum, Nangahar's provincial prosecutor, to ask the brigade's legal team for assistance.

"Part of our responsibility as TF Duke's legal team is to promote the Rule of Law throughout N2KL [Nangahar, Nuristan, Konar, and Laghman provinces]," Army Capt. Michael Vincent, Task Force Duke's Deputy Judge Advocate from Mesa, Ariz. native said.

Afghan Rule of Law dictates crimes and punishments, but

also requires action within a system some natives may question. Instead, many Afghans turn to "Pashtun Wali," a system of tribal law.

"The Afghan people, particularly at the tribal level, are holding onto the system of settling disputes of all kinds through the tribal elder system. They view it as quicker and more enforceable than what they perceive the formal system can do," Vincent said.

However, because of the many differences between tribes and regions of Afghanistan, the lack of a universal legal system can lead to deliberation over appropriate punishments.

"It's kind of a law that's been developed over years in that tribe, so there's vast differences from tribe to tribe and region to region on the punishments that are handed out," Master Sgt. Timothy Conner, TF Duke, senior paralegal, and Harker Heights, Texas native, said. "Obviously, that doesn't work in the [overall] community."

Efforts are being made to communicate with natives across the country as the brigade tries to educate Afghans about putting their legal system to use. The 1st Inf. Div. Soldiers employ a number of outlets to garner publicity for their cause.

"News advertisements, newspaper articles, or even just word of mouth, they all help us spread legal awareness," Conner said.

The publications, meetings, and programs are all part of a large effort to bridge the government to its constituents, allowing the citizens of Afghanistan to solve their disputes in a peaceful fashion.

"The ultimate goal is to engender confidence in all Afghans in their own government's ability to protect them and to enforce the laws that create a civil society." Vincent said.

Pacing ourselves through the ‘deployment marathon’



*Chaplain (Maj) Steve George
3rd BCT, 1st ID*

It’s been said that deployment is more “like a marathon than a sprint.” As we enter our 8th month of deployment in support of Operation Enduring Freedom, some may be starting to feel the “aches” and “pains” associated with the current ‘marathon.’ What kinds of things can we do to ensure health and well-being as we proceed forward with the important mission that we’re conducting here in Afghanistan?

First, we need to remember to pace ourselves. Another way to say this might be “take it one day at a time.” In a Calvin and Hobbes cartoon, we see Hobbes looking like he’s been run over by a freight train. Calvin asks him, “What happened to you?!” Hobbes replies, “I know I’m supposed to take it one day at a time but lately, several days have been ganging up on me all at once!” As the deployment continues, it may feel somewhat like “several days are ganging up on us.” A reminder

from the world of the long-distance runner calls us to take things at a methodic and even pace – before you know it, we’ll be approaching the end of the deployment and we’ll still have energy to spare! If we break it down into manageable bits, looking for opportunities to find the balance, we will be much more able to come through the deployment [potentially] even stronger than before. We need to pace ourselves.

We also need to stay hydrated. During a marathon race, water stations are typically set up at various intervals along the way to ensure that runners maintain enough fluids in their systems to effectively finish the race. The presence of those little tables filled with small cups of water or Gatorade can be a welcome sight to a thirsty runner. The American Road Race Medical Society says, “Staying properly hydrated is important during marathon racing for both safety and perfor-

mance.” During deployment, what kinds of things function like “cool, refreshing water” to keep us from drying up or becoming exhausted? Are we taking advantage of the life-giving waters that come from extended family, friends, neighbors – persons that can help us “quench the thirst” of loneliness or fatigue? How about the importance of a vibrant, active faith? The Psalmist once wrote, “As the deer pants for streams of water, so my soul pants for you, O God,” (Psalm 42:1). Are we staying spiritually hydrated during this deployment through a living,

vital relationship with the Almighty? Clearly, if we’re to remain healthy during the ongoing days of deployment we need to stay hydrated.

Finally, in order to survive the marathon that is deployment, we need to visualize the finish. In Runner’s World Complete Book of Running, it says, “Visualize the finish: you have made it, and you’re exhausted but triumphant as you run the final few hundred yards feeling strong and steady. See yourself raising your hands as you cross the line to the cheers of thousands of spectators.” In the last months of deployment, like the last painstaking miles of a marathon, it might be tempting to feel like it’s never going to end. If we can keep the victorious image of friends and family meeting us as we return home from the mission – smiling, welcoming, cheering us on – we will continue to know the encouragement that is associated with the last miles of a

marathon. One runner said it like this: “I was ready to call it quits but when I started those last few miles and heard the voices of

people lining the streets, calling my name, I found energy that I didn’t know I had. It was great!”

During this Month 8 of the deployment may we continue to pace ourselves ensuring that we take it one day at a time, and if that gets too difficult, take it one minute at a time! May we take time to stay hydrated through quality relationships with God and others. And may we continue to look to the finish knowing that “the One who began a good work in us will see it to completion,” (Philippians 1:6). Stay blessed and have a great February!

“In order to survive the marathon that is deployment, we need to visualize the finish. ”

***Chaplain (MAJ) Steve George
Task Force Duke Chaplain***

Afghan National Army trains on lifesaving techniques

*Story by Staff Sgt. David Hopkins
3rd BCT, 1st ID, PAO*

The Soldiers of C Company, 201st Brigade Support Battalion, 3rd Brigade Combat Team, 1st Infantry Division, trained four Afghan National Army soldiers in Tactical Combat Casualty Care Under Fire in northeastern Afghanistan so they can better save their comrade's lives in battle.

After six weeks of training in assessing wounded individuals, stopping bleeding, restoring breathing, administering Intravenous Therapy, use of tourniquets and other life-saving techniques, the soldiers graduated in a small ceremony on February 28, at Forward Operating Base Fenty and are ready to take their training to the field. The training was the same as the American Soldiers go through.

"They went through everything our medics go through in the states," Army 2nd Lt. Victor Lopez, treatment platoon leader from Tucson, Ariz., said. "Tactical Combat Casualty Care Under Fire is the basic doctrine of what we are teaching in the states."

The training involved classroom and hands-on instruction, using the most realistic and up-to-date techniques the U.S. Army uses on their own Soldiers, developing them into life-saving experts.

"We didn't hold anything back," Lopez said. "We put them through the best available training with the latest techniques and we've seen these guys grow from students to subject matter experts."

The training was new to the ANA soldiers and was difficult at times, but they managed to make it successfully through.

"The toughest part is learning to stabilize our friends in the kill zone and then carrying them out to safety," Quamuddin Sabbilnd, graduating ANA soldier, said. "We have to stop the bleeding right away or they can die. It is very difficult, but we did it."

The training culminated in a group exercise for the soldiers. They were faced with a battlefield problem involving two casualties in a hostile area and they had to quickly assess the situation, secure the area and save the lives of the U.S. Soldiers who were playing the part of wounded.

"They were put through the paces as if they were in combat and got hit, moving in tactical formation, coming under fire and then reacting to the casualties' wounds," Army Lt. Col. Bradley White, BSB commander from Council Bluffs, Iowa, said. "They quickly found the casualties, moved them from the kill zone and treated them. We're proud of our Soldiers, but

[ANA MEDICS continued on Page 14]



Photos by Army Staff Sgt. David Hopkins

3-1 Soldiers of Alpha Company, STB, enter into the Shirazad District Center to meet with the sub-governor of the area.



3-1 Soldiers of Alpha Company, STB, enter into the Shirazad District Center to meet with the sub-governor of the area.

Spartan platoon building trust, peace, infrastructure

*Story by Staff Sgt. David Hopkins
3rd BCT, 1st ID, PAO*

A recent visit to Waradish village in Konar province, Afghanistan, allowed 3rd Brigade Combat Team, 1st Infantry Division Soldiers the chance to meet with leaders and discuss construction projects in the area.

Soldiers of C Company, 1st Battalion, 26th Infantry Regiment patrol local villages on a daily basis to build relationships with the people and help improve their living conditions.

"We go to about eight different villages and valleys," Army 1st Lt. Justin Lynch, platoon leader from Clarksville, Tenn., said. "We go to each village about every week and a half to two weeks to meet with the people."

On a rainy day during a visit to the Waradish village, 3rd Platoon Soldiers visited a local school built without a roof, and on that rainy day it was easy to see why the school needs to be completed. While the platoon leader talked with the locals his men secured the site and interact with the locals.

"We use what little of their language we know and they use what little English they know and we try to communicate," Army Spc. Cristopher McDonald, platoon forward observer from Stafford, Virginia, said. "I like to joke around with them, but it's difficult to do that and remain professional."

The platoon has to secure the area for safety, but they have to also show a kind face to the locals and show them they are there to help them. The balance is not easy, but the Soldiers manage.

"The Soldiers have a good balance between pulling security and interacting with the people,"



Photo by Army Staff Sgt. David Hopkins

Army Spc. Cristopher McDonald, platoon forward observer for 3rd Platoon, C Company, 1st Battalion, 26th Infantry Regiment of 3rd Brigade Combat Team, 1st Infantry Division, pulls security in the village of Waradish during a population engagement on January 25.

Lynch said. "I thought it would be tough for them, but they seem to do it naturally. It's an important job and they do a good job."

During the meeting Lynch discussed the school project with village elders to find out what they need to complete the building. They already have metal supports for the roof, but they need concrete. The villagers claim they will have about 400 students attend the school and they want a suitable facility.

"We talked with them about getting them concrete to finish the school," Lynch said. "We just needed to figure out how many bags of concrete to get for them to complete it."

The concrete goes a lot further than just building a physical structure; it builds a bond with the people as well.

"If we can get them the concrete it will go a long way in building trust with the people."

When the platoon leader was finished talking with the elders

of the village they walked along a muddy road back to their vehicles to head back to the Forward Operating Base and put the information to work for the villagers. They left feeling good about what they did.

"I believe in what we're doing here," Lynch said. "We are helping [the villagers] build things and are helping keep the extremists out of the area. It's hard to see the progress we are making here in the short-term, but as we continue to come back over the months we see it."

After the mission in the field was over Lynch goes back to his Civil Affairs team and requests the concrete for the construction. When the request is approved it will go to the governor and the villagers will pick it up from him so they can complete the project.

"It seems like a lot to go through, but the system seems to work," Lynch said. "In the end they will have a good school and we will have a more trusting relationship."

Military Police distribute Humanitarian Aid to locals



Photos by Pfc. Charles Wolfe

A Military Police from Special Troops Battalion hands out Humanitarian Aid to local Afghan citizens in the vicinity of Jalalabad city, Afghanistan.

*By Pfc. Charles Wolfe
3rd BCT, 1st ID, PAO*

In an effort to build a strong, positive relationship with the local community, Soldiers from the 3rd Brigade Combat Team, 1st Infantry Division's Special Troops Battalion visited a number of locations throughout the Jalalabad area.

The small convoy was loaded down with bundles of humanitarian aid as the Duke Brigade troops delivered shoes, pencils, and paper to the city's schools and handed out candy to the children who followed them. The local youth came out to welcome the STB Soldiers, many of them waving and cheering excitedly.

201st BSB medics test ANA soldiers on medical skills

[ANA MEDICS continued from Page 11]

even more proud of these four [ANA] soldiers here today."

The 201st medical command and the 5th Kandak command consider this first training circuit a success and has high hopes for the future of the program.

"Our first four soldiers [to go through the training] will train more ANA soldiers and we will be witness to other ceremonies like this," ANA Lt. Col. Abdul Qauoom Gurbaz, 5th Kandak commander, said. "We

The mission didn't just benefit the locals, however. Many of the Soldiers on board appreciated the chance to interact with a different culture, sharing the customs of one people with another. Watching the young Afghans run and play seemed to be a favorite highlight for everyone. Ventures like this do have a purpose outside of making people happy, though.

Security is difficult to maintain when information isn't flowing between locals and Soldiers. Operating under a counter-insurgency motif, keeping positive relations with the Jalalabad residents increases the likelihood that any dangers in the area will be reported

before they're allowed to do any damage and decreases the chances the city will embrace or harbor terrorism, separating them from militant groups. The smallest of gestures seems to have the potential for the largest of impacts, gaining cooperation from the young and old alike.

The day drawing to a close, the Soldiers close up their vehicles and start back towards the wired walls of their home base. As the large trucks roll away, standing in a cloud of dust is a group of satisfied Afghans, holding their thumbs up, some of them even running after the convoy. The mission continues on, though, as the locals wait until the next visit, when they'll all line the streets once more.

have 10 more soldiers ready to get medical training so we hope the U.S. doctors will train them as well as they trained these four soldiers."

The hope is that the program that was developed over the time 201st BSB has been in Afghanistan will continue to teach ANA soldiers to save lives after they redeploy .

"This program was presented to us when we got here and we developed it," Lopez said. "This was our first group of four to go through. I hope that when we leave we'll pass this on and the next unit will be able to expand on it."

2-2 Inf. trains ANA Soldiers for mission readiness



Photos by Air Force Tech Sgt. Jill Lavoie

A 2-2 Inf. soldier talks an Afghan National Army soldier through his zeroing target during basic rifle marksmanship training.

*By Tech. Sgt. Jill Lavoie
2-2 Inf., 3rd BCT, 1st ID, PAO*

2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division, Soldiers are improving Afghanistan National Army's ability to respond to enemy activities through various joint training exercises at Combat Outpost Pegasus.

Delta company Soldiers are training local ANA soldiers on basic infantry tactics, including basic rifle marksmanship, how to react to enemy contact, first aid and building clearing.

"I requested this training because it's good for the Soldiers. Many forget some of the skills because they don't have the opportunity to train that often," said Afghan Army Capt. Abul Salami, a company commander from 205 Corps, 1st Brigade, 1st Battalion.

Most of the Soldiers had received about five months of training prior to the basic rifleman marksmanship class, but

2nd Battalion, 2nd Infantry Regiment soldiers look on as Afghan National Army soldiers zero their weapons during basic rifle marksmanship training.



for some it was their first training experience. Many of the ANA soldiers had already received training.

"Many of them displayed infantryman skills, such as a good sight picture and sight alignment – essential keys to being a skilled marksman," Army Staff Sgt. Jeffery Adams, platoon sergeant from Waterloo Ala, said.

Today's training was more than improving our allies' infantry skills. It was about the next step for the Afghanistan military.

"We give them the initial training and teach their NCOs and leaders how to do it," Adams, said. "Eventually they will be able to train themselves without having to be guided by us."

"It's the end state. We are training the ANA so they can defend themselves and [be able to handle enemy activities better]," Army 1st Lt. David Ochs, of Charlottesville, Va., said. "We are training them to replace us."

Though the construction on their post hasn't begun yet, the ANA remain motivated and willing to receive the advanced training.

"These guys are extremely motivated and live in harsh conditions – worse than our Soldiers. The least we can do is give them some good training and help them be at a better state of readiness," Army Capt. Michael Soyka, D Company commander from Cleveland, Ohio, said. "Training of the ANA is the most important mission we have out here. It gets them ready to take our job and let this country stand on its own."

Afghan agencies conduct joint medical training



Guards and Afghan Customs Police practice different techniques while Sgt. Joseph Michaud, a noncommissioned officer with 1-6 field artillery, observes.

Story and Photos courtesy of 1-6 FA

During the month of February the 1st Platoon Redlegs took a break from conducting Joint Border Patrol and Security Operations with the Afghan National Security Forces to conduct joint medical training with various Afghan agencies. On one planned security patrol the Squad Leader Staff Sgt. Joshua Dykes and the two platoon medics; Sgt. Joseph Michaud and Sgt. Christopher Weber, conducted Combat Lifesaver Training (CLS) with members of the Afghan Border Police (ABP), Afghan Customs Police (ACP), and the National Security Directorate (NDS).

The combat life saver "CLS" training was conducted at the ABP compound in Tor Kham, Afghanistan, and the compound sits on the Afghan/Pakistan border in the Khyber Pass. The class began with an initial classroom introduction to Tactical Combat Casualty Care including opening an airway, monitoring for breathing and bleeding control. The soldiers then demonstrated their new skills through hands on exercises.

The goal of the class was to provide initial instruction to the various agencies on basic CLS principals. Many of the soldiers had some basic concepts, but their skills were not fine tuned. The instructors stressed the processes and importance of each procedure in hopes that the soldiers would go back to their

respective agencies and teach their fellow soldiers these skills.

"We work in close proximity with these agencies and it is nice to know that if anyone is injured they will have the capabilities of helping us and themselves" says course instructor SGT Christopher Weber. SGT Weber is a soldier with the 3rd BDE 1st Infantry Division, 1-6 FA and is originally from Ames, Iowa. He holds a Bachelors of Science in Psychology from Saint Ambrose University in Iowa, and is working towards a Masters degree in Health Care Administration.

The agencies were then provided boxes of first aid supplies for both training and field use. The students were eager to get back to their normal job and share their newly gained knowledge.

Col. Rajab, the deputy commander of the Afghan Border Police at Torkham, was extremely pleased with "the time and effort the Red Leg soldiers have dedicated to increasing my soldiers knowledge of first aid".

All of the agencies involved in the training expressed gratitude for being given an opportunity to improve their skills. "It was really great to see these different agencies continuing to work and train together, and despite the difficulties of this mission it is rewarding to see everyone working together", noted SSG Dykes. The Torkham platoon's primary mission has been to assist with security and to conduct border operations with the involved Afghan agencies, but another aspect of their mission has been to assist the Afghan's and other various agencies ability to improve the land port of Torkham Gate, which is a major processing point along the NATO supply route through Pakistan and into Afghanistan.



An Afghan Customs Police Officer applies a tourniquet to a Border Police soldier during joint medical training with various Afghan agencies.

February Reenlistments

2nd Battalion 2nd Infantry Reg.

BERNTSSON MOLLAHASSANI R. (C CO.)
 BOSWELL JOHN HOWARD (HHC)
 CARMEAN ANDREAS I. (D CO.)
 CASILLO GERALD N. (D CO.)
 FILOIALII AANOALII S. (D CO.)
 HILBURN JOHN ANDREW JR (A CO.)
 HINOJOSA ROGELIO JR. (C CO.)
 MARTINEZ OSCAR R. (B CO.)
 MCFARLAND SHAWN P. (HHC)
 MOSLEY WILLIAM T. (FSC)
 RAMOS RAY J. (A CO.)
 ROUNTREE CHARLES A. (HHC)
 SCHMITT JACOB T. (B CO.)
 SCHOBERT STEPHEN J. (HHC)
 SIMMONS ZACHARY L. (HHC)
 STEWART VIRGIL T. (C CO.)
 STINER JOSHUA M. (B CO.)
 WICKMAN JEREMIE M. (C CO.)

6th Squadron 4th Cavalry Reg.

ADRABI ETAMAR Y. (HHT)
 BERTRON MATTHEW T. (A TP.)
 BROWN ANTHONY D. (A TP.)
 CHRISTIANSEN KYLE L. (C TP.)
 FOSTER MICHAEL R. (B TP.)
 HARVEY THAD J. (HHT)
 JEFFREY MICKEY C. (A TP.)
 JONES DUSTIN E. (B TP.)
 PINCIOTTI WILLIAM F. I (HHT)
 PLUMLEY DAVID J. (HHT)
 SHREFFLER GEORGE R. (HHT)
 SIMMONS PATRICK J. (HHT)
 SWOPES CORTEZ (FSC)
 WEIPERT DANIEL A. (HHT)
 WILLIAMS MICHAEL T. (A TP.)

1st Battalion 6th Field Artillery

ARSHANSKY ADAM I. (HHB)
 GILCREASE JACOB D. (B BAT.)
 JOSEPH KENTRELL D. (FSC.)
 MALDONADO JORGE A. (HHB)
 MARSHALL JESSE T. (B BAT.)
 NICHOLS ERIC G. (B BAT.)
 PHILLIPS LATERRIO D. (FSC)

1st Battalion 26th Infantry Reg.

ADCOCK ROSS II (FSC)
 ALBRECHT JUSTIN R. (HHC)
 ALCON BERT R. (A CO.)
 BOURGET THOMAS G. (C CO.)
 BUDINSKI BETHANY A. (FSC)
 CALL JOHNATHAN C. (A. CO.)
 CHOI ANDREW D. (FSC)
 CURTIS JOSHUA D. (HHC)
 DEVOEMENDOZA JOSHUA M. (A CO.)
 DOWNEY RUSTY B. (FSC)
 FINLEY JON Z. (A CO.)
 HINESLEY ANDREW W. (HHC)
 LARSON BRAD T. (B CO.)
 MILLER CALVIN L. (HHC)
 MORENO MARTIN JR (HHC)
 MULHOLLAND KEVIN M. (HHC)
 REED JONATHAN E. (D CO.)
 SALAZAR MARCUS R. (C CO.)
 SOTO ROBERT 1/26 IN B
 TENUT ANDREW B. (B CO.)
 YANES YOBANI (B CO.)

201st Brigade Support Battalion

CHANDLER STEVEN P. (B CO.)
 FARIAS HIGINIO E. (HHC)
 GAGE ANNA I. (HHC)
 JIRON CHRISTOPHER A. (B CO.)
 MAGOON BRETT S. (A CO.)
 PARSONSSHIFLETT WILLIAM O. (HHC)
 TORRES VICENTE CHRISTOPHER (A CO.)
 TOUSEY PHILLIP J. (A CO.)
 VENABLES MONIQUE Y. (A CO.)

Special Troops Battalion

ANGELAITIS CHRISTOPHER J. (A CO.)
 DIGIOVANNI JACK R. (B CO.)
 EDGELL SUMMER L. (HHC)
 HODGKISS BILLY J. (A CO.)
 PIRTLE JAMES D. (B CO.)
 WILLIAMS ERROL R. (B CO.)

HHC Brigade

MARTINEZ MARIO JR
 PRICE JERRY A. II
 THETFORD DAVID R.