



# DANGER FORWARD



June 7, 2010 | Issue 19

## A march throughout history:

### Still Duty First, 1ID turns 93

The 1st Expeditionary Division was organized at Fort Jay in New York City on June 8, 1917. In less than a week, the first troops were on ships to Europe to fight in World War I. During the “Great War,” the division earned its first nickname, “The Fighting First,” and its Soldiers began placing red numeral ones on their sleeves and vehicles - the Big Red One.

The division would go on to fire the first American shell of World War I, score the first American victory, and suffer the first American casualty.

By the end of the war, the 1st Infantry Division had distinguished itself as the premier division of the United States Army.

After spending the interwar years at Fort Hamilton, N.Y., the “Big Red One” was the first division to see action in the European Theater. By 1942, the “1st Division” had been renamed the “1st Infantry Division” to delineate its different



A 1st Infantry Division Soldier mans the trenches during World War I.



Soldiers of the 1st Infantry Division storm the beaches of Normandy June 6, 1944.

war-fighting capabilities from the newly created airborne, armored, cavalry and mountain divisions.

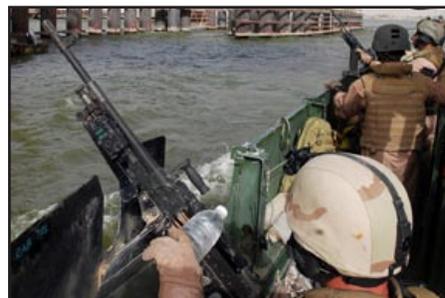
From North Africa to Sicily to Normandy, the 1st Inf. Div. led daring amphibious assaults during World War II that would be etched into the national consciousness forever, adding to the legacy that began in World War I.

After fighting across the European continent, the division finished the war in Czechoslovakia and was moved back to

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## Danger Six sends

Next month, on the 4th of July we Americans will celebrate the 234th birthday of our Nation. But this month, June, is the month we celebrate the strength of the Nation – the United States Army – 235 years of strength on 14 June. And we also celebrate the birthday of our Army’s oldest Division – the 1st Infantry Division – with 93 years of service to our Nation on 8 June.

The history of the U.S. Army is the history of America, and the history of the Division is marked by many famous firsts in history. Even today, we continue to serve our Nation and add to the illustrious history of America. I encourage you to reflect on the Army’s 235 years of service and the Big Red One’s 93 years of service. I want you to realize that on your shoulders, literally, you carry the legacy of these many years of history. On the left (and now on the right as well for you veterans) you carry the history of the Division. That is why 8 June is a “BRO up” day – to remind you and all who look at you that you are a modern reflection of 93 years of soldierly service. On the right shoulder we carry the emblem of our Nation – the flag. The same flag that was on display when each of us took the oath to serve our Nation; the same flag that will cover each of us at our final place of rest.

Soldiers demonstrate a sense of loyalty, a focus on our duty, respect for one another and for others, and we live by a code of selfless service. Honor is important to us. Integrity is important to us, and personal courage is essential to all that we do every day. Those Army values are not only important to the everyday lives of Big Red One Soldiers, but to our fellow Americans, in other services and throughout society. These values make us important to our Nation and are the source of our strength, even as we are our Nation’s strength.

While we pause to celebrate these many years of service in the cause of liberty, let us also pause to remember the fallen, the families of the fallen, and the seriously wounded as well who made the noblest and costliest sacrifices while doing their duty. Let us also be renewed in our devotion to our duty today and the work ahead of us tomorrow. Our Nation is counting on us.



Vincent K. Brooks  
Major General, U.S. Army  
Commanding



### Commanding General



Major General  
Vincent K. Brooks



### Command Sergeant Major

Command Sergeant Major  
Jim Champagne

## DANGER FORWARD

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- 3rd BCT, 4th Inf. Div.
- 12th CAB
- 3rd HBCT, 3rd Inf. Div.
- 367th MPAD



# “Accidents” not necessarily accidental

By Joseph P. Zelko

USD-S Safety Manager



Most injuries are preventable. Those who are injured tend to blame their injuries on “accidents.” However, when you examine the causes of most accidents, you’ll find that the accidents are actually the result of predictable and preventable occurrences. Suppose you know you’re driving with bald tires. If one of them blows out, causing you to lose control of the car and crash, this is not an accident; it’s a predictable and preventable event. To prevent injuries, Soldiers and their civilian counterparts must accept responsibility for their actions and must take obvious steps to eliminate safety hazards.

For example, let’s take “near misses” seriously. Near misses are something we tend to ignore. You might come close to cutting a finger off with a power saw and not think anything of it because you weren’t actually injured. However, sometimes, it’s just a fraction of an inch or a split second that separates the near miss from a serious injury. The next time you might not be so lucky. Find out what caused the near miss, and take proper action to prevent it from happening again.

USD-S Workplace Safety Tips:

1. Maintain a clean work area. Not only will you remove many hazards from a work area by keeping it clean, but you will also provide a more productive environment for each other.
2. Assume your Soldiers want to work safely and give them that chance. Help them understand the benefits of a safe program in your units.
3. Give clear work instructions. Make sure your Soldiers know the right way to do what you expect of them. Include Composite Risk Management in every procedure you write.
4. Don’t dwell on worst case scenarios but focus on what is most likely to occur. Abbreviated Ground Accident Reports (AGARs) are a great way to keep an accurate log of accidents to develop trends and analysis in preventing your most common incidents.
5. Care about your Soldiers and let them know you do. If something is becoming unsafe, shut it down before someone gets hurt.

Have a suggestion to make *Danger Forward* better? Send a SIPR email to our suggestion box: 1IDPAO SUGGESTIONBOX@1id.army.smil.mil

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## This week in Army history

### *This week in Big Red One history*

June 8, 1917: The 1st Infantry Division, the oldest continuously serving division in the United States Army was officially organized on 8 June 1917, under the command of Brigadier General William L. Sibert. It was organized in May 1917 from Army units then in service on the Mexican border and at various Army posts throughout the United States. The total authorized strength was 18,919 officers and enlisted men.

### *This week in OIF history*

June 7, 2006: Al-Qaeda in Iraq leader Abu Musab al-Zarqawi is killed by an American air strike. Zarqawi was a Jordanian militant who had called for attacks against Shi’ites. Most Iraqis hoped his death would help ease sectarian bloodshed, much of which was masterminded by him.

### *This week in 4th Infantry Division history*

June 7, 1944: D-Day, plus 1. The day after landing at Utah Beach, units of the 4th Inf Div broke through to the vital road center, Ste. Mere Eglise, to relieve a portion of the 82nd Airborne, isolated for 36 hours by numerically superior forces. While other elements moved toward Montebourg, and against coastal fortifications that stretched for miles.

## Trade show touts Iraq's business potential

By Master Sgt. David Bennett  
367th MPAD, USD-S PAO

**BASRA** – Just like the promise tied to the sea of oil that resides below Iraq's surface, the potential for building new industries in the country is great, yet remains untapped.

That potential is not lost on the vendors from 73 companies that attended the Basra Iraq Trade Expo, a four-day international trade exhibition held at the Basra International Airport May 24-27. And while oil didn't overshadow conversations, there is no question that petroleum-related industries will drive Iraq's economy going forward.

One exhibitor, Gemak Food Industry Machinery & Trading Co., based in Ankara, Turkey, produces stainless steel tanks that are used by dairy farms, chemical plants and petroleum truck companies. It is in Iraq's fledging oil industry that Gemak hopes to generate future sales.

International oil companies, working with the Iraqi government, are currently scouting viable drilling sites. Aktan Aydogmus, a sales representative for Gemak's foreign trade division, said Gemak is looking at the opportunity to outfit tanker trucks with 50,000-liter, steel containers to hold petroleum products.

"Turkey is a neighbor of Iraq and we follow their industries," he said.

Another area with potential for growth is Iraq's currently meager agricultural capacity.

As Iraq's economy begins to pick up the pace, Gemak sees an

opportunity to provide dairy and fruit producers the equipment to pasteurize milk and juice. Because such markets have yet to flourish, the time for the company to establish itself as a supply source is now.

Not only does the Turkish manufacturer supply industrial containers, Gemak also sells the equipment, materials and knowhow to customers to produce their own container lines.

The vendors — and what they had to offer — varied greatly from food service items to kitchen wares to construction materials. The international companies represented such countries as Egypt, Germany and Turkey.

The event enticed not only company representatives, but local residents who walked around the displays, sampling local teas and carrying company brochures.

Atilim Fairs & Organization Co., based in Istanbul, Turkey, organized the event. Yasemin Bulbuloglu, a project manager with Atilim, said the exhibition company promoted the event through advertising on radio and billboards, as well as by emailing potential vendors.

The turnout, she said, was beyond their expectations.

For vendors such as Gemak, expectation was the key sentiment surrounding the event.

"I think we can do business in Iraq," Aydogmus said.

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Photo by Master Sgt. David Bennett

Aktan Aydogmus, a sales representative for Gemak Food Industry Machinery & Trading Co., based in Ankara, Turkey, explains the company's product line at the Basra Iraq Trade Expo, a four-day international trade exhibition held at the Basra International Airport May 24-27.



Photo by Master Sgt. David Bennett

Area residents bustle around a local exhibitor handing out sample merchandise at the Basra Iraq Trade Expo, a four-day international trade exhibition held at the Basra International Airport, May 24-27.

## Father and son reunite in Iraq

By Sgt. 1st Class Daniel C. Maes  
211th MP Bn, 12th CAB

**CAMP TAJI** – Ideally, the bond between a father and son can endure time, distance and separation. At least that has been the case for the Soriano family.

“The opportunity to visit my son has been the best part of this deployment so far,” said Command Sgt. Maj. Jorge O. Soriano.

Soriano, the 412th Aviation Support Battalion’s command sergeant major, traveled to Camp Taji May 21 to visit his son, Spc. Diego O. Soriano, a 21-year-old infantryman with Company C, 1st Battalion, 3rd Infantry Regiment, “The Old Guard”.

The father and son hadn’t seen each other since the summer of 2009, before they both deployed to Iraq. The pace of the mission had kept the older Soriano too busy to consider the visit until recently, but he was very glad it finally happened.

“It has been a very special couple of days,” he said. “I appreciate the company leadership giving my son time off to spend with me. It’s very much appreciated.”

The visit meant just as much to the younger Soriano, who also recognized the significance of the moment.

“The visit was unexpected, but it means a lot,” he said. “I remember we had a conversation after 9/11 about how the world would change and here we are nine years later in Iraq together.”

The younger Soriano enlisted in the Army after graduating from Enterprise High School near Fort Rucker, Ala.

While the service of his father and older brother, who is currently deployed to Afghanistan with the U.S. Air Force, was an important part of his decision to enlist, he also felt an even stronger motivation.

“I watched the news and heard the names of Soldiers killed and I decided I wanted to help,” he said.

He took the oath of enlistment in January 2007 in front of more than 600 mem-



Photo by Sgt. 1st Class Daniel C. Maes  
Spc. Diego O. Soriano poses with his father, Command Sgt. Maj. Jorge O. Soriano, 412th Aviation Support Battalion (right), outside the headquarters of Co. C, 1st Bn., 3rd Inf. Regt., “The Old Guard,” May 22. Father and son had not seen each other in nearly a year prior to this meeting.

bers of his father’s class at the U.S. Army Sergeants Major Academy at Fort Bliss, Texas.

“I was pretty nervous but I’ll definitely never forget it,” he said.

His willingness to stand up and be counted didn’t end there. Last year, though the younger Soriano was assigned to another company in his battalion at Fort Myer, he volunteered to deploy with Co. C. After a little help from his father, he was able to serve on the first deployment of an Old Guard unit to a combat zone since the Vietnam War.

“This Soldier has blazed a trail with the rest of Charlie Company,” said Co. C’s

1st Sgt. Javier Montanez. “They know the history; they know what this deployment means.”

Spc. Soriano recalled that his proudest moment here in Iraq was leaving the base on his first patrol.

“Nothing happened, but it was exciting to finally get outside the wire,” he said.

Any worries that his father may have about Soriano serving in harm’s way are tempered by his pride.

“I don’t worry too much. I pray like any other father,” he said. “I’m proud that he wanted to serve his country in a time of war and I’m glad he’s doing what he wants to do.”

For more from 12th CAB, visit  
[www.dvidshub.net/12thCAB](http://www.dvidshub.net/12thCAB)

# New Riverine squadron gets feet wet in Basra

By Staff Sgt. Nathaniel Smith  
1st Inf Div, USD-S PAO

**BASRA** – The river delta of southern Iraq is the livelihood for many Iraqis in the area, providing important waterways for commerce and an all-important source of irrigation for farmers.

Recognizing the importance of these river highways, Riverine Squadron (RIVRON) 1 began their six-month deployment from Little Creek, Va., in early May with their main focus on securing these routes.

U.S. Navy Lt. Gregory Roberts, officer-in-charge of Detachment 2, RIVRON 1, from Houston, said his Sailors' mission is more multi-faceted than simply patrolling the water.

“We have several missions,” Roberts said. “One of them is doing [counter indirect-fire] patrols on the waterways, and we have other missions like training Iraqis.”

Some of their other missions involve going ashore to pursue enemies, recovering downed aircraft, and gathering intelligence on the areas around the rivers.

Roberts, who is on his second deployment with the squadron, said that, while his unit has only had its current mission for less than two weeks, the squadron is well-prepared, as many of the Sailors are on their second or third deployments.

Petty Officer 3rd Class Derek Washington, a gunner's mate from Saint Mary's County, Md., and one of the Sailors on his first deployment, said he is happy to be a part of a unique group.

“I had a small idea of what [Riverines] did and I volunteered for it,” Washington said. “Toward the end of A-School, I found out I ended up making it. When I found out, I was excited; instead of going to the regular fleet, I was going to do something more specialized.”

“I'm glad to be here, and I feel like I'm well-prepared to do what I was trained to do,” he said.

Part of the preparation the Riverines went through before deployment included conducting contact drills on rivers at Fort Knox, Ky., and Fort Pickett, Va., similar to how they would respond to contact in Iraq.



Photo by Staff Sgt. Nathaniel Smith

Sailors of Det. 2, RIVRON 1, set out on a patrol of the Karmat Al-Ali Waterway in Basra Province May 26. The Riverines deployed to Basra out of Little Creek, Va., in early May.

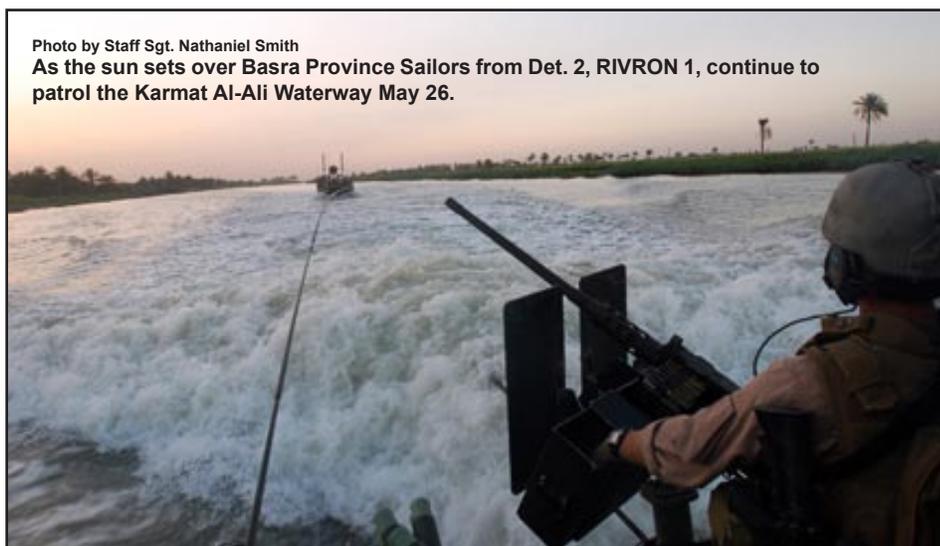


Photo by Staff Sgt. Nathaniel Smith

As the sun sets over Basra Province Sailors from Det. 2, RIVRON 1, continue to patrol the Karmat Al-Ali Waterway May 26.

Roberts said the training has paid off, as indirect-fire incidents from near the rivers are virtually non-existent when the Riverines are conducting patrols.

While the counter-IDF mission is important for the security of both U.S. forces and Iraqis, the Riverines also work with their Iraqi Army and Iraqi Police counterparts to ensure that they are prepared to take over the river security mission when the U.S. forces are no longer present.

Roberts said his detachment works

with the Iraqi Army's 52nd Brigade to accomplish this mission.

As the Sailors zoomed down the river toward an Iraqi Army outpost to talk to an officer about the upcoming missions for RIVRON 1, Roberts said he felt good about the day's mission.

“It's a great day to be a Riverine,” he said.

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# Army firefighters protect 3BCT in Iraq

By Maj. Alan S. Brown  
3rd BCT, 4th Inf Div PAO

**COS GARRY OWEN** – Army firefighters from Fort Carson, Colo., are providing for the safety of their fellow Soldiers at Contingency Operating Site Garry Owen, in Maysan Province.

The team, from the 60th Ordnance Company, 68th Combat Sustainment Support Battalion, 43rd Sustainment Brigade, is attached to the task force led by 1st Battalion, 8th Infantry Regiment, 3rd Brigade Combat Team, 4th Infantry Division.

These 10 Soldiers are the first team of Army firefighters ever to protect COS Garry Owen, providing emergency response at the adjacent Iraqi army installation and the nearby airstrip.

The team, comprised mostly of lower-enlisted, includes Spc. Clinton Dollahon, of Grassvalley, Calif.; Spc. Christopher Henderson, of Marshalltown, Iowa; Spc. Joseph Holliway, of Kansas City, Mo.; and Pfc. Chase Snodgrass, of Spencer, Ind.

Other members of the team include Spc. Edgar Acena, of Long Beach, Calif.; Spc. Daniel Fuller, of Flint, Mich.; Spc. Benjamin Haley, of El Paso, Texas; Staff Sgt. Brandon Harris, of Memphis, Tenn.; Spc. David Perez, of Lawrence, Mass.; and Spc. Percy Watkins, of Round Rock, Texas.

They live and work in a fire station they built themselves from the ground up with 10,000 square feet of raw lumber, determination and sweat.

“We were the first fire department on post. We actually had to build a decent enough structure to house a common area and communication area,” Henderson said.

While there’s no pole to slide down or firehouse dog, the station provides comfortable living quarters, a common area, space for their workout equipment and a covered parking area for their two fire engines.

“There are a lot of things that need to be done to start a fire station, so you can’t just jump right in and say you are a working fire department,” Henderson said. “We can skip some of this setting up, but if we



Photo by Maj. Alan S. Brown

**Army firefighters from the 60th Ordnance Co., 68th CSSB, 43rd Sustainment Bde., stand in front of their two custom fire engines they use to protect the task force led by 1st Bn., 8th Inf. Regt., 3rd Bde., 4th Inf. Div. in Iraq.**

are to be a Fort Carson-worthy firefighter, we know that there are two ways of doing things, the right way, and the RIGHT way.”

When they receive a call, the team rolls in two identical Tactical Fire Fighting Trucks built on a Heavy Expanded Mobility Tactical Truck frame, a common heavy duty vehicle used throughout the Army for a variety of purposes.

The trucks are custom-built by both Oshkosh Defense and their subsidiary, Pierce Manufacturing. The pumping assembly is made specifically for the Army by Darley and designed to provide over 1,000 pounds-per-square-inch of water pressure.

The truck can be maintained by a minimal crew of two mechanics, one for the vehicle and one for the pumping system, Henderson said.

While the crew has not yet been called to respond to a fire emergency, they are serious about keeping up with their training and being always ready. Henderson credits the lack of fires to the excellent precautionary measures taken by the unit-level fire marshals on the base.

Recently, they’ve been called to use their powerful water spray to clean the base’s two medical evacuation UH-60 Black Hawk helicopters. They’ve also

fired-up their rescue chain saws to provide demolition assistance for some old structures on the installation.

The group unanimously agreed that providing for the safety of their fellow Soldiers is their number-one priority.

“We don’t take shortcuts, and we don’t do anything that will compromise this mission or the safety of our fellow Soldiers,” Henderson said, to the affirming nods of the rest of his team. “Our job is protecting the fighting force, and we plan on doing everything possible to ensure that the Soldiers on post have a competent and ready fire department.”

The Soldiers all attended their initial entry training at the Department of Defense Fire Fighting Academy at Goodfellow Air Force Base, Texas, alongside prospective firefighters from all branches of service.

The unit has been deployed since November, first to Contingency Operating Base Adder before moving to COS Garry Owen in February. They are slated to return to Fort Carson in November, where they will continue training and working alongside the Fort Carson Fire Department.

For more from 3rd BCT, visit <http://www.facebook.com/3bct4id>

# Remaining “Danger Strong”

## Soldiers elect to fly high in reenlisting

By Sgt. Jason Kemp  
1st Inf Div, USD-S PAO

**COB BASRA** – Soldiers re-enlist only a few times in their career; doing so on a deployment is a more rare event.

When Soldiers of the 1st Infantry Division’s Headquarters and Headquarters Battalion got the opportunity to raise their right hand 5,000 feet up in the air in a Black Hawk helicopter with Maj. Gen. Vincent K. Brooks, 1st Inf. Div. commander, reciting the oath of enlistment, they flew at the chance May 26.

“Because of my job, I don’t get to leave the COB (Contingency Operating Base). I’ve never even flown in a Black Hawk before. This was a great opportunity for me to do it before we went back home,” said Spc. Darnell Jonas, a native of Kosrae, Micronesia, and unit supply specialist for Operations Company, DHHB, 1st Inf. Div. “It was really cool to re-enlist with the CG (Commanding General) too.”

One of the reasons 1st Inf. Div. Soldiers want to re-enlist with the commanding general is because of the re-enlistment coin he designed for this deployment, said Sgt. 1st Class Marco Bochmann, a career counselor with the 1st Inf. Div. retention office.

“I re-enlisted with the CG because this is the last time I can re-enlist before I go indefinite, and I wanted to do something special to remember it, so I re-enlisted 5,000 feet up in a Black Hawk with the commanding general,” said Tallahassee, Fla., native Staff Sgt. Amos Wade, a network systems operator maintainer with Signal Company, DHHB.

The way a Soldier re-enlists is their choice. Some choose their mentor and some choose officers they look up to; others choose different and meaningful locations to do their re-enlistment.



Photo by Sgt. Jason Kemp  
Spc. David Wilson, a satellite communications specialist from Kennett, Mo., with Signal Company, DHHB, and Sgt. Thomas Czarkowski, an intelligence analyst from Tobyhanna, Pa., with Intelligence and Sustainment Company, DHHB, raise their right hands during their re-enlistment ceremony in a Black Hawk 5,000 feet over Iraq.



Photo by Sgt. Jason Kemp  
Maj. Gen. Vincent K. Brooks re-enlists Staff Sgt. Amos Wade, a network systems operator maintainer from Tallahassee, Fla., with Signal Company, DHHB, 1st Inf. Div., and Spc. Darnell Jonas, a native of Kosrae, Micronesia, and unit supply specialist for Operations Company, DHHB, in a Black Hawk 5,000 feet over Iraq.

“We have also had Sgt. John Paylor, (from Port Orchard, Wash.) a mechanic from (Headquarters Support Company) the DHHB Motor Pool who reenlisted upside down on the climbing wall with the company commander,” said Bochmann, a Junction City, Kan., resident. “Another location where Soldiers have re-enlisted is by the NCO Creed wall over by the 17th Fires dining facility. It’s an honor for an officer to be asked to conduct a reenlistment ceremony.”

Being able to say they were a part of Operation Iraqi Freedom is significant to most Soldiers and wanting to stay a part the 1st Inf. Div. is something most take

pride.

“Since arriving in theater almost half of the re-enlistments that have been done are for current station stabilization at Fort Riley and that alone says a lot about the command,” Bochmann said.

“It was a moment in history, a once in a lifetime event and I got to live history and live Operation Iraqi Freedom,” said Sgt. Thomas Czarkowski, a Tobyhanna, Pa., native and information analyst with Intelligence and Sustainment Company. “It was a happy day for me.”

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# FIT TO FIGHT

Danger Forward

June 7, Issue 19

## Boxing organizer honored at final event

By Capt. Benjamin Dillon  
3rd BSTB, 3rd BCT, 4th Inf Div

**CAMP BUCCA** – The final chapter of a three-year tradition at Camp Bucca ended May 15 with a night of boxing, door prizes and a well-deserved farewell.

Commonly referred to as Bucca Boxing, the final Morale, Welfare and Recreation fight night included Soldiers from the 3rd Brigade Special Troops Battalion, 3rd Brigade Combat Team, 4th Infantry Division.

Hundreds of Soldiers and civilians gathered around the stage to celebrate the tradition, receiving door prizes and cheering-on their fellow Soldiers during the “final chapter” of Bucca Boxing.

The Camp Bucca commander, U.S. Marine Col. Daniel J. Lund, began the evening with a special tribute to the man who started it all, retired Marine Master Sgt. Felix E. Colman. Felix worked for the past three years as a civilian contractor at the camp information technologies department.

“Bucca Boxing began behind the gym with some pickets and engineer tape and grew over the years,” Coleman said. “Now it is time for someone else to continue the



Photo by Capt. Benjamin Dillon

The fighters and main supporters of the “Final Chapter” of Bucca Boxing pose one last time for a picture in the ring May 15. The ring will be transported to Camp Victory later this summer.

events as I leave.”

The ring of engineer tape is now a professional-quality boxing ring, and boxers have everything they need for an excellent fight.

Lund dedicated two new flagpoles on the stage to honor Felix for his commitment to caring for the Soldiers and providing for their morale and welfare.

Four Soldiers from 3rd BSTB competed in the event, representing the “Phoenix” battalion. Spc. Steven “Bean Town

Brawler” McGloin, of Boston, Mass., assigned to Company B, 3rd BSTB, was the first Phoenix Soldier to fight. While he lost the match by technical knockout, he and his opponent won special recognition as the fight of the night.

Pfc. William Aldridge, also of Co. B, competed against Pfc. Brandon Perry of Headquarters and Headquarters Co. Aldridge won the match by a second-round TKO.

Staff Sgt. Candice “Mama Guns” Caudill, also from HHC, fought strong and hard, but lost by decision after three rounds.

Those who attended participated in a raffle for prizes ranging from playing cards to running shoes, and a chance at two grand-prize Hewlett Packard notebooks.

During intermission, Lund challenged anyone to a fight over a box of Doritos.

Only one Soldier was willing to get in the ring with him, but before they could begin the match, Felix stepped in and gave the Soldier the box of Doritos. Inside the box was an HP notebook, a handsome reward for his courage.



Photo by Capt. Benjamin Dillon

Two members of TF Phoenix, 3rd BSTB, compete in the “Final Chapter” of Bucca Boxing at Camp Bucca May 15. The U.S. colors fly with the Camp Bucca flag in the background on the poles dedicated to retired Marine Master Sgt. Felix E. Colman. Felix worked for the past three years as a civilian contractor at the camp information technologies department and was the main organizer of Bucca Boxing.

For more from 3rd BCT, visit  
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# Bodybuilding a stronger Soldier

By Sgt. Francis Horton  
367th MPAD, USDS PAO

**COB BASRA** – These days, you would be hard pressed to find a military base without some kind of weightlifting area, whether it is a full-sized gym or a bench surrounded by scrounged vehicle parts tethered to a makeshift lifting bar.

Here on Contingency Operating Base Basra, the very first bodybuilding contest was held with the help of a former bodybuilder and the Morale, Welfare and Recreation facilities.

Competing were 29 participants, five females and 24 males, who squared off in multiple weight classes May 29.

“I’m teaching them what they can do with their bodies,” said Sgt. Mark Kring of the 206th Military Police Company and resident of Albany, N.Y. Kring is a former bodybuilder and winner of the 2002 Mr. New York State bodybuilding competition.

Working with former sponsors, Kring scored more than \$5,000 worth of prizes to hand out to the contestants, he said.

Kring said with some coaching and commitment, most participants made a good showing.

“They are learning how to do it naturally,” Kring said. He has been training the servicemembers how to use only diet and exercise rather than drugs or diuretics.

Kring put his contestants on a strict diet and training regimen to get them in shape for the eventual competition. For four weeks, the servicemembers ate little more than boiled fish or chicken, rice and vegetables, he said. Coupled with the diet was a stringent exercise routine of weights and cardiovascular exercise.

While it is a rigorous workout, the competing Soldiers still have a job to do in Iraq. The Soldiers are required to not only complete their missions under the strict dietary conditions, but also to get to their posing practices and complete workout schedules in their free time, Kring said.

“I’ve been working out the whole deployment and wanted to show what I was made of,” said Spc. Colin Erwin, a police



Photo by Sgt. Francis Horton

The contestants of the body building competition stand tall as they introduced to the crowd as members of the 1st Infantry Division choir sing the national anthem.



Photo by Sgt. Francis Horton

Staff Sgt. Joel Lydon, an operations non-commissioned officer with the 206th MP Co., throws promotional t-shirts to the crowd during a break in the bodybuilding competition on COB Basra.

transitional security member with the 203rd MP Battalion.

The native of Huntsville, Ala. saw a sign advertising the competition in the main Basra gym and decided to take on the challenge, he said. From there, he learned how important every muscle group is, as well as how to discipline his body and mind for such a competition.

Despite the discipline, it has been difficult for the servicemembers, especially during meal times.

“The hardest part was going to chow and watching everyone eat what I can’t,”

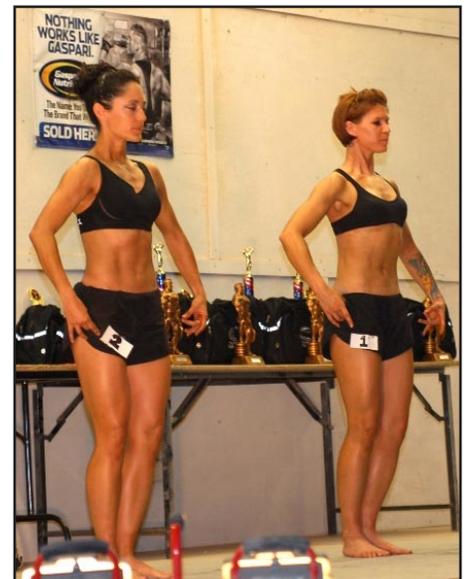


Photo by Sgt. Francis Horton

Sgt. Paulette Taggart (left) from Austin, Texas, an operations noncommissioned officer with the 341st Psychological Operations Company, and Spc. Kayla Shortt from St. Louis, a production control specialist with Co. B, 308th BSB, stand in the “relaxed” pose during the Basra bodybuilding competition.

said Spc. Kayla Shortt, a native of St. Louis and a production control clerk with Company B, 308th Brigade Support Battalion.

“I’m still planning to eat healthy and exercise,” Erwin said, though he won’t be as stringent about his future diet.

For more from USD-S PAO, visit [www.facebook.com/1stInfantryDivision](http://www.facebook.com/1stInfantryDivision)

HISTORY, from page 1

In 1955, the “Big Red One” moved to Fort Riley, Kan., the installation most people now associate with the division. While most of the unit moved to Kansas, the division’s 3rd Brigade remained in Germany. The 1st Inf. Div. would maintain a presence in Germany through the Cold War years and beyond, from 1945 to 2006.

In Vietnam, the “Fighting First” was the first U.S. division to enter theater, arriving in the summer of 1965. Similar to World Wars I and II, the 1st Inf. Div. in Vietnam was characterized by light infantry Soldiers backed by field artillery. In Vietnam, however, a new technique was introduced as the division used helicopters and air mobility to battle the Viet Cong in the “Iron Triangle” near Saigon.

At places like “Thunder Road,” Soldiers of the division continued to make a name for themselves with 11 being recognized with the Medal of Honor.

The division suffered more than 6,000 killed in action during the conflict, including a division commander, Maj. Gen. Keith L. Ware, whose command helicopter was shot down while conducting battlefield observation.

The “Big Red One” was the first division to breach Iraqi defenses at the begin-



Soldiers with the 1st Infantry Division clear a building during Operation Iraqi Freedom.

ning of Operation Desert Storm on Feb. 23, 1991. By this time, the division had been converted into a “heavy” division consisting of infantry fighting vehicles, main battle tanks, and self-propelled howitzer artillery.

In 1994, as part of the military draw-down following the end of the Cold War, the 3rd Infantry Division in Wuerzburg, Germany, was reflagged as the 1st Infantry Division. The 24th Infantry Division at Fort Stewart, Georgia, was reflagged as the 3rd Inf. Div., and the 24th Inf. Div. headquarters was stood up at Fort Riley, serving mainly as a command and control organization for guard and reserve units. During its 12 years in Germany, the 1st Infantry Division deployed to Bosnia, was the first division headquarters in Kosovo, and deployed to Operation Iraqi Freedom

in 2004.

In Iraq and Afghanistan for Operation Enduring Freedom, elements of the division have distinguished themselves in places like Fallujah, Baghdad and Tikrit in Iraq and Kunar in Afghanistan. In 2008, Spc. Ross McGinnis became the division’s 33rd Medal of Honor recipient.



First Division Soldiers make the move from Germany to Fort Riley, Kan., during “Operation Gyroscope.”



A Soldier with the 1st Infantry Division points out Fort Riley, Kan., on a map.



A “Big Red One” Soldier traverses a field in Vietnam.

## Flint Eisenhower Elementary to host 3K run-walk to promote fitness

By Khalil AlHajal  
*The Flint Journal*

**FLINT, Michigan** — Eisenhower Elementary School is scheduled to hold a free 3K run-walk to promote physical fitness on Saturday. The race will begin at 8 a.m. at the Flint Farmers' Market and follow the Flint River Trail before ending back at the market, according to a news release from Flint Community Schools.

The fitness-focused school is holding the event as part of a series of health programs funded by a \$50,000 grant from Blue Cross Blue Shield of Michigan.

"We are hopeful that if the turnout is strong enough, we can make this an annual event," said Eisenhower physical education teacher Mike Maienbrook in the release.

The first 200 people who register will receive a T-shirt and pedometer and the Farmers' Market will provide \$1 coupons for every participant at the end of the race.

"This run-walk is an opportunity for everyone involved — parents, students, teachers, community — to celebrate being physically active," said Erin Lamb, youth program coordinator for the Crim Fitness Foundation, a community partner on the grant.

**Flint is the hometown of Spc. Daniel Fuller, who appears in the story on page 7.**



Photo by Ryan Garza

Eisenhower Elementary School first-grader Amanda Howard (center) follows along to a kickboxing exercise while her class participates in a HopSports video exercise earlier this year. Blue Cross Blue Shield awarded the school a grant for health and physical education programs including the HopSports program and a 3K run-walk.

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## Fake Houston doctor pleads guilty to health care crimes

By Mary Flood  
*Houston Chronicle*

**Houston, Texas** — A Houston man who falsely claimed a doctorate in psychology but who'd purchased a degree online pleaded guilty today to receiving nearly \$1 million from Medicare and Medicaid for phony behavioral counseling.

Edward Birts, 51, pleaded guilty to conspiracy to commit health care fraud, health care fraud and aggravated identity theft, according to a written statement from U.S. Attorney José Angel Moreno.

Birts operated a behavioral counsel-

ing company called Courage to Change. He'd awarded himself bogus professional certifications in counseling, according to prosecutors. His plea agreement with the government said he billed the two government programs for \$1.2 million for non-existent psychological treatments and received more than \$968,500 in payments.

Birts acquired beneficiaries' names, addresses and account numbers which he would use to file false claims. Prosecutors said he claimed he employed a nonexistent doctor who ran nonexistent group therapy sessions.

The billing spanned from January 2003

through September 2006.

The maximum penalty on any one of his charges is 10 years in prison and a \$250,000 fine. He faces a mandatory two years in prison under federal law.

The investigation into Birts was conducted by the Department of Health and Human Services and the Texas Attorney General.

**Houston is the hometown of U.S. Navy Lt. Gregory Roberts, who appears in the story on page 6.**

# Morale Call



Dear Basra Betty,

What is the deal with all the spoons disappearing in the dining facilities?

—Signed, Annoyed at wasting a plastic fork and knife at every meal.

Dear Annoyed,

It's hilarious to me how much 'air-time' this topic is getting around division headquarters. I've heard it in not only the DFAC, but in various meetings and on the bus, so when I received your query, I decided to go straight to the one man that could solve this "Scooby Doo Mystery," Sgt. 1st Class Corey Jenkins, DFAC Two's noncommissioned officer-in-charge. After a quick chuckle when I broached the subject, he reaffirmed my disappointing theory: the spoons are being stolen. Jenkins, having faith in his fellow Soldiers, thought the dishwashers were damaging the spoons, but his, shall we say, not-so-trusting staff decided to do a test and placed 300 hundred spoons out for use. After only two meals, more than 200 spoons were missing. TWO HUNDRED had been taken from the DFAC from fellow Soldiers. Hello, people of integrity, flatware is available for FREE next to the to-go boxes! Jenkins went on to say KBR has new spoons on order, but the arrival date is not yet determined. My opinion, the spoon you're taking to your room is intended for all to use, so please start being a team player! It seems like a small issue, but to me, it is indicative of a person's true character.

Until Next Time,

*Basra Betty*

## Rock and Roll Trivia

Can you guess which colleges these stars attended?

- |   |   |
|---|---|
| 1)  Alicia Keys  | a)  Columbia University        |
| 2) Chuck Berry  | b) Harvard University   |
| 3) Don Henley   | c) Howard University  |
| 4)  Garth Brooks | d)  Kent State University      |
| 5) Gene Simmons (Kiss)  |  M.I.T.                        |
| 6) Joe Walsh  | f) North Texas State University   |
| 7) Kim Thayil (Soundgarden)   | g) Oklahoma State University  |
| 8) Kool Moe Dee   |  Oxford                        |
| 9) Kris Kristofferson   | i) Poro College of Cosmetology  |
| 10) Rivers Cuomo (Weezer)   | j) Richmond College (NY)  |
| 11) Sean Combs (aka P.Diddy)  | k) SUNY Old Westbury  |
| 12) Tom Scholz (Boston)   | l)  University of Washington |



### NASCAR Sprint Cup Series Top Ten As of the Coca-Cola 600 (30 May)

#29 Kevin Harvick	1893
#18 Kyle Busch	1869
#17 Matt Kenseth	1781
#24 Jeff Gordon	1760
#11 Denny Hamlin	1732
# 2 Kurt Busch	1726
#48 Jimmie Johnson	1694
#31 Jeff Burton	1657
#16 Greg Biffle	1648
# 5 Mark Martin	1635

The next race is on the Michigan International Raceway (MIS), 2 mile, D-shaped oval, on June 13. Last year's winner was Mark Martin, but the driver with the most carrier wins at Michigan is David Pearson, who totaled up 8 wins between 1972 and 1978. The active driver with the most wins is Bill Elliott, who won seven of eleven races ran at the Michigan track between June 1984 and June 1989.

The Helava Good! Sour Cream Dip 400 will be shown live from MIS on AFN's Xtra-Channel with prerace coverage starting at 1900.

Your fantasy picks this week are, #5 Martin, #48 Johnson and #39 Newman; with your dark horse being #00 David Reutimann.

# Danger Forward

We know it's the finest weekly literary masterpiece  
but there's a piece missing...

It's whatever you like to keep up with regularly  
and we want to know what that is!

**Do you want:**

- Sports Scores
- USO Movie Schedules
- Puzzles or Trivia
- Movie or Video Game reviews
- Personal Columns
- Comics?

Send your ideas to  
[DangerForwardTips@yahoo.com](mailto:DangerForwardTips@yahoo.com)  
or SIPR email to 1st ID PAO  
[suggestionbox.@1id.army.smil.mil](mailto:suggestionbox.@1id.army.smil.mil)

## Big Red One Puzzle of the Week






*Hint for this week: The first character is a Greek letter*

**Each week, look for a new brain teaser here, with the answer in the following week's Danger Forward.**

*Solution for last week: Grandma's apple pie  
Brought to you by the 1st Inf. Div. ORSA Cell*

## A look around USD-S



Photo by Sgt. 1st Class Christopher DeHart

Service members from units across Contingency Operating Base Adder pay their respects to veterans, past and present, at the Memorial Day Ceremony held May 31 at the Memorial Hall.

Have a photo from around USD-S? Email it, along with the photographer's name, rank and unit, the date and place it was taken, and a short description, to [benjamin.kibbey@iraq.centcom.mil](mailto:benjamin.kibbey@iraq.centcom.mil), and you could have it featured here and receive a coin from DCSM Jim Champagne.

# Sudoku

6	9					3	8
	7					1	2
				7			
				5	1	9	
5	8	3		1		6	4
	1	2	6				
		4	9			7	1
2	9			3	7		5
						4	

For solutions visit: [www.puzzles.ca/sudoku\\_puzzles/sudoku\\_hard\\_003.html](http://www.puzzles.ca/sudoku_puzzles/sudoku_hard_003.html)